

MAURITIUS TIMES

"Tough times never last, but tough people do." - Robert H Schuller

Will there be a new normal?

'Experts are cautioning us that even when the pandemic has reached its peak across the world, the dying down period until we are deemed to be safe is likely to be protracted, months if not well unto next year. That is because there is a possibility of re-surge.'

Photo - newsinfo.inquirer.net

By Dr R Neerunjun Gopee * See page 3



We Are In This Together



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The chequered road to normality will have to be a step by step and cautious process. Photo: irishtimes.com

Pandémie du coronavirus

**Vive l'Etat
social et
solidaire!**



Par Aditya Narayan * Voir page 5

On Lifting The Lockdown

Where are so many technical and semi-technical opinions going around about when and how the lockdown should be eased or lifted that confusion is apt to prevail. However, certain criteria seem to be emerging: 1. The decision must be based on data available, which includes that derived from modelling where this is done 2. It should be done in a staggered or phased manner, i.e. gradual opening of sectors of the economy in addition to the essential services already operating 3. Each country will have to work out its own modalities, based on as wide as possible stakeholder consultations 4. The modalities should be pre-planned, that is be ready when the announcement is made 5. There should be strict enforcement of the guidelines and defaulters must be heavily penalized.

From the observations made by consumer representatives such as Suttiedeo Tengur and the outcry from trade unionists, it is clear that the bias in favour of big business as shown by directing food supply activities to the supermarkets has not been seen in a good light. The logistics that have had to be put in place, such as deployment of the police and even the SMF – both entities surely having more important roles to play especially in such a crisis – weigh quite heavily on the country's already strained resources, but they have also raised some pertinent queries among customers. Should someone have to queue up for hours if s/he needs only a few items, or just some *baguettes*?

The bigger issue of course is that by being too liberal with licences the country has encouraged the development of a supermarket culture that has spread even to rural regions, effectively killing an important component of the small and medium enterprise sector which was represented by the numerous outlets such as the local shops and *tabagies* serving clients in the locality. The decried *carnet la boutique* offering credit was more than a commercial transaction: it was also a cultural feature which established trust between shop owner and client, something which is absent in the large outlets where it's only about goods and profit, not the fibre of human interaction that oils the cogs of the wheel of society.

Definitely this model has to be revisited, and this crisis gives an opportunity to do so.

As the paper has pointed out earlier, vegetable and fruit growers and sellers seem to have been forgotten in the calculations when the first set of modalities were announced after the lockdown was declared. In fact, Minister Joe Lesjongard who was tasked to do that said that they were the recommendations made by an interministerial committee, and he spelt out the composition. Strangely enough, the Minister of Agriculture was not named! This at a time when our fallback will inevitably have to be on local produce, and clearly the agricultural sector has the most crucial role to play.

The long and the short of it is that it must be realized that the vegetable markets must be allowed to operate, both to supply the people's needs as well as to continue ensuring the livelihoods of thousands of people for whom this activity, and the ones related thereto, are their only source of revenue. The same controlled conditions can be applied, but at the same time the sellers in the outlying areas, villages and *cités* can surely be authorized to run. They are the ones who also sell bread, which they obviously source from the bakeries. Bread is ingrained into the Mauritian cuisine, and everybody must be able to obtain it in the morning at least as is usually the case. This means that the bakeries must operate, and the smaller outlets be supplied daily but again respecting the guidelines.

This also implies that the growers must be allowed to work in their fields, and that is where the help of law enforcers must be directed so that their security is assured. If, as has happened last week, the growers are chased from their fields by the police, then where are our vegetables and fruits going to come from? Not to forget that there have been inordinate and unjustified hikes in prices, a situation that can lead to social unrest when scarcity begins to hit us. This eventuality must be absolutely preempted.

On the other hand, one must seriously begin to think beyond the crisis on this important aspect of our supplies, lest it be forgotten when the crisis has passed. This may well be a beneficial aspect of the pandemic, as it will force us to decide on the model of development that is most needed and suitable to guarantee our basic needs and essentials as the priority of priorities. All other development must be centred around this fundamental.

The World Before This Coronavirus And After Cannot Be The Same

The consequences will be far more severe and long lasting in poorer countries

With Covid-19 infections now evident in 176 countries, the pandemic is the most significant threat to humanity since the Second World War. Then, as now, confidence in international cooperation and institutions plummeted new lows.

While the onset of the Second World War took many people by surprise, the outbreak of the coronavirus in December 2019 was a crisis foretold. Infectious disease specialists have been raising the alarm about the accelerated pace of outbreaks for decades. Dengue, Ebola, SARS, H1N1, and Zika are just the tip of the iceberg. Since 1980, more than 12,000 documented outbreaks have infected and killed tens of millions of people around the world, many of them the poorest of the poor. In 2018, the World Health Organisation (WHO) detected outbreaks of six of its eight "priority diseases" for the very first time.

No one can say we weren't warned.

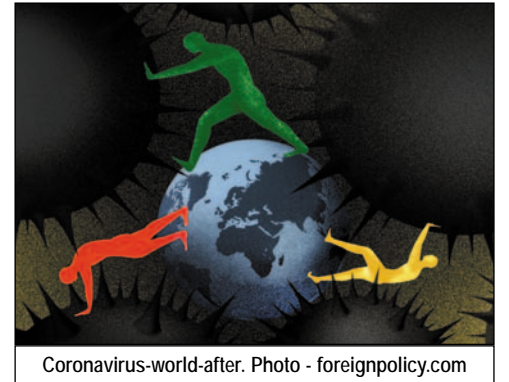
Even as we attend to the countless emergencies generated by Covid-19, we need to think deeply about why the international community was so unprepared for an outbreak that was so inevitable. This is hardly the first time we've faced global catastrophes.

The Second World War reflected the catastrophic failure of leaders to learn the lessons of the 1914-1918 war. The creation of the United Nations and Bretton Woods institutions in the late 1940s and early 1950s provided some grounds for optimism, but these were over-shadowed by the Cold War. Moreover, the Reagan and Thatcher revolutions of the 1980s rolled back the capacity of governments to address inequality through taxation and redistribution and governments' ability to deliver health and essential services.

The capacity of international institutions to regulate globalisation was undermined precisely at a time when they were most needed. The 1980s, 1990s and 2000s were a period of rapidly rising cross-border movements of trade, finance and people. The accelerated flow of goods, services and skills is one of the principal reasons for the most rapid reduction of global poverty in history. Since the late 1990s, more than 2 billion people have climbed out of extreme poverty. Improved access to employment, nutrition, sanitation and public health, including vaccine availability, added over a decade in average life expectancy to the world's population.

But international institutions failed to manage the downside risks generated by globalisation.

Far from empowering the United Nations, the world is governed by divided



Coronavirus-world-after. Photo - foreignpolicy.com

nations, who prefer to go it alone, starving the institutions designed to safeguard our future of the necessary resources and authority. The WHO shareholders, not its personnel, have failed dismally to ensure it can exercise its vital mandate to protect global health.

Butterfly defect

As the world becomes more connected, it also necessarily becomes more interdependent. This is the dark underbelly, the butterfly defect of globalisation, that if left unmanaged inevitably means that we will suffer escalating, increasingly dangerous systemic risks.

One of the most graphic demonstrations was the 2008 financial crisis. The economic meltdown reflected a dangerous negligence by public authorities and experts in managing the growing complexities of the global financial system. Not surprisingly, the carelessness of the world's political and economic elite cost them dearly at the ballot box. Campaigning on an explicitly anti-globalisation and anti-expert ticket, populists stormed to power.

With evidence of infections rising fast, most national politicians now recognise the traumatic human and economic costs of Covid-19.

Where the damage will be worst

The economic fallout from COVID-19 will be dramatic everywhere. The severity of the impacts depends on how long the pandemic lasts, and the national and international response of governments. But even in the best case it will far exceed that of the 2008 economic crisis in its scale and global impact, leading to losses which could exceed \$9 trillion, or well over 10% of global GDP.

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The full text is available online. Please consult: www.mauritiustimes.com

Mauritius Times

Founder/Editor: Beekrumsing Ramlallah - Aug 1954-Sept 2000

Editor-in-chief: M. Ramlallah
Senior Editor: Dr RN Gopee

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Dr R Neerunjun Gopee

Will there be a new normal?

The other crisis: Toilet paper

Why are we hoarding it when experts agree that rinsing with water is more sanitary and environmentally sound?
-- New York Times

The panic buying of toilet paper as people started stocking piling or over-stocking as the Covid-19 pandemic began to roll, leaving empty shelves in supermarkets around the world – that went viral on social media – would have been matter for humour if not ridicule for others who normally use water to cleanse themselves, had it not been for the fact that the phenomenon assumed the proportion of another crisis. In fact, physical violence broke out in several supermarkets, again seen courtesy viral videos, as shoppers came to blows over the last remaining rolls, or even snatching from other shoppers nearby who were lining up to pay.

These incidents and reflections they prompted led to the publication of an article by journalist Kate Murphy in the *New York Times* of April 3, 2020, titled **'Stop Using Toilet Paper'** with a sub-headline *'Why are we hoarding it when experts agree that rinsing with water is more sanitary and environmentally sound?'*

Loads of articles have been written since the pandemic began about whether when it is over we will enter into a 'new normal' world, by design or by default. Some idea of what the 'new normal' would include would be, for example, more working from home, less travelling for conferences and more videoconferencing among a host of other changes related to the workplace. There are expectations about reinforcing the re-discovered social relationships, family togetherness and balanced use of time at home spread between attending to domestic chores and cooking (innovations!) and leisure, time spent with children and overseeing their online schooling and other activities.

With the realization of the importance of being in good physical condition and maintaining sanity during the confinement in the home, there are recommendations galore for the practice of yoga and meditation. Both of these have already been increasingly adopted in several countries the world over, but whether they will receive a boost as part of the anticipated 'new normal' remains to be seen.

However, since it is an overwhelmingly serious and mortal health threat that has triggered the *remise en question* of the way that humanity has been doing things especially in the last few decades, the critical issue quickly became one of our survival – which it is now realized hinges on our sanitary habits. And therefore the re-

commendations and guidelines being drummed into our heads about handshakes, hugs, exchanges of objects touched by others' hands, proximity among individuals, the simple and vital acts of breathing and speaking, touching one's face, and personal cleanliness.

Experts are cautioning us that even when the pandemic has reached its peak across the world, the dying down period until we are deemed to be safe is likely to

colorectal surgeon states in the article. 'Most of the time it has to do with over-zealous cleaning — wiping too vigorously with toilet paper or using wipes, which often contain harsh fragrances and chemicals', he says.

In addition, 'you can get seriously ill from diseases transmitted via feces. Cholera, hepatitis, and E. coli and urinary tract infections are prime examples'. But more worryingly, **'Recent studies have found coronavirus in faeces as well'**.

This is what leads these specialists to opine that 'toilet paper is an antiquated technology that infectious disease and colorectal specialists say is neither efficient nor hygienic', and experts to 'agree that rinsing yourself with water is infinitely more sanitary and environmentally sound'. Further, 'you're just never going to get as clean as rinsing with water'.

The introduction of wet wipes, originally intended for babies, and subsequently 'marketed aggressively to adults' was supposed to address the irritation problem. But it led to an even more concerning issue: 'the wipes have begun to



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be protracted, months if not well unto next year. That is because there is a possibility of re-surge and because the search for treatment and for a preventive vaccine will be equally long. And, further, based on the recent past history of epidemics and pandemics, we must expect that another new one may surface in another few years.

The message is clear: we must make the new sanitary habits part of our 'new normal'. The one aspect that has not been emphasized is cleaning ourselves after opening our bowels. Unsafe and unhygienic practices which involve use of toilet paper and rougher substitutes such as newspapers or magazines can lead to significant irritation in the bottoms, as a

coalesce with grease in city sewer systems to form blockages the size of airliners'. As Jeeves of PG Wodehouse fame would have said, 'It boggles the imagination'. As it is, environmentalists have been raising alarm about deforestation associated with paper – of any kind – use.

Experts are therefore agreed that **'rinsing yourself with water is infinitely more sanitary and environmentally sound'**.

A matter that deserves our most serious consideration. Unless we want another pandemic to make us tremble again – remembering that each new one becomes deadlier. The choice lies with us.

Musings

Covid-19: Is it a wake-up call?

Who would have imagined only a few months ago that we would be witnessing such a drastic change in our lifestyle? Who would have thought that whatever material wealth we have desperately been running after, and the ego we have been nurturing over our lifetime, would be of little value in resolving this unprecedented calamity? Should we consider ourselves as the unfortunate ones having to tone down our comfortable lifestyle and our materialistic ambitions? Or should we rather feel lucky for having been given this wake-up call?



Photo - apicms.thestar.com.my

One thing is certain: our normal hectic life has come to a halt, almost! This gives us an opportunity for introspection; it is never too late! Though post Covid-19 is bound to be very different, at least in the short- and medium-terms, we can still live happily if we strive to adjust to our basic purpose in life.

Those with Karmic beliefs will surely appreciate that this pandemic is not a mere coincidence. We reap what we sow; to every action, there is an equal reaction. Without delving into the harm that we have been inflicting on Mother Nature -- we tend to forget that Man is only one of some many hundreds of species -- is it not time to assess how we have deviated from life's essentials? We are born with a purpose, which we have, or at least have to try to fulfil, so we can ascend towards this objective and be remembered over the forthcoming generations. Do we require anything else besides our basic needs – food, clothing and shelter – or is it more important to show our superiority over other living beings? Do we have the right to boast about this supremacy? Does success mean achievements to others' detriment?

The prevailing pandemic has reminded us that all humans find themselves in the same boat, irrespective of their race, creed, caste, social class, or physical differences. They remain vulnerable during their lifespan, notwithstanding the comfort which they may have been provided with, until they are all eventually reduced to dust. Let us all remind ourselves therefore of this Simple Truth.

D.

We Are In This Together

Covid-19 must necessarily have a sobering effect on mankind. Major existential lessons have to be learnt



Mrinal Roy

The world has been jolted and stunned by the rising death toll and widespread havoc wreaked by Covid-19. All the countries of the world have been overrun and infected by the virus. The world's largest economy, the United States is the most affected country with more than 435,000 cases of Covid-19 which is some three times the number of cases in Spain and Italy which are after the US the most infected countries in the world. The number of cases registered in the US is also more than five times the official number of cases recorded in China, where the outbreak of the Covid-19 pandemic originated in December 2019. France also has more Covid-19 cases and more than three times the number of deaths than in China.

infection and transmission of the virus through person to person contact. Rigid social distancing norms and rigorous hygiene precautions such as regularly washing our hands with soap also help minimize the risk of infection. Strict confinement of people in their homes also prevent undetected carriers of the virus infect people. Furthermore, contact tracing helps flush out persons who have been infected through contact with carriers of the virus. Hotspots of infection must therefore be cordoned off in order to trace and stem the virus in the area through rigorous disinfection and systematic testing. We need to come to a point when they are no new cases of Covid-19 detected in the country during a certain period.

“Covid-19 has enabled the world to adapt to the lockdown through the use of modern technologies. Video conferencing has enabled multinational companies carry on their business and meetings without having to travel. The corporate world is discovering that video conferencing is more flexible, family friendly, more environmentally sustainable and significantly reduces business travel costs. We will certainly see a drastic cut down in business travel costs when things get back to normal...”

Despite the grim situation, we must remember that the outcome of the battle against Covid-19 is in our own hands as it is through person to person contamination that the virus which is very contagious survives and spreads in the country. Human beings are its vector of transmission.

Breaking the chain

The chain of contamination of the virus can therefore be broken and its spread in the country halted by enforcing a complete lockdown of the country and a strict confinement of people in their homes to prevent the risk of

Without new persons to infect, the spread of the virus which has a short life span can be stopped. Once the virus is eliminated from the country, Mauritius being an island will be protected from the risk of new infections so long as the country does not take the risk of opening its borders to foreign carriers of the virus. Pre-Covid-19 normality can only be envisaged when the virus is eliminated from the world. The chequered road to normality will therefore have to be a step by step and cautious process to avoid the risk of a resurgence of the virus and its dire consequences.

The country cannot therefore condone any undisciplined behaviour by some who flout the curfew, risk being infected and spread the virus as well as putting their lives and those of others at risk.

The onus is therefore squarely on all the citizens of the country to be disciplined and to strictly abide by the confinement rules enforced in the country. Such a responsible stance will save lives and free the country from the deadly menace of Covid-19.

The world must remember that we are all in this together. We can only win this battle if we join hands to combat and eliminate the virus from our midst in a concerted manner by ensuring through a strict confinement of people at home that the virus finds no new person to infect and to spread.

Existential lessons

In a very short span of time, the virus has radically transformed our lives. Confinement has put an end to our daily rat race and replaced it by the conviviality and simple joys of family life and the pleasures of cooking and enjoying healthy homemade food. It has thus significantly cut down the consumption of unhealthy fast food and put a stop to indulgence in post work happy hours. The lockdown imposed in some of the most polluting countries in the world has also significantly reduced or shut down industrial output and caused a sharp drop in road traffic across the world. This has drastically reduced carbon emissions and pollution in the world and provided a welcome breather in the world's battle against polluting industries and countries which continue to belch carbon emissions in the atmosphere despite the overwhelming scientific evidence of an impending climate change disaster on planet Earth.

Covid-19 has also exposed the vulnerability and helplessness of mankind in front of a microscopic virus despite the pointed and state of the art advances made in medical science and knowledge as well as in so many scientific fields. Covid-19 must necessarily have a sobering effect on mankind. Major existential lessons have to be learnt.

Nature's backlash

It is patently evident to all except those who continue to bury their heads in the sand that

the reckless despoiling of the environment and wanton human interventions on nature have negative impacts. The trade-off cannot systematically be at the expense of nature and the planet. The resilience of nature and ecosystems to human depredation has its limits. The destructive fallout of climate change on



A social distancing sign River Valley Park, Swords, Co Dublin on Tuesday. Photo - Gareth Chaney/Collins

planet Earth is a case in point. Humans must learn that if they push nature too far, there will be a devastating backlash.

Has human depredation of nature, deforestation, encroachment on animal habitats, the illegal hunt of endangered species and biodiversity loss spawned Covid-19? Tinkering with nature upsets the laws of nature. Is it not therefore high time to change tack and ensure that all policy decisions are in harmony with and diligently protect Nature and the environment for the benefit of mankind and future generations?

Reshaping the future

Covid-19 has also enabled the world to adapt to the lockdown through the use of modern technologies. Video conferencing has enabled multinational companies carry on their business and meetings without having to travel. The corporate world is discovering that video conferencing is more flexible, family friendly, more environmentally sustainable and significantly reduces business travel costs. We will certainly see a drastic cut down in business travel costs when things get back to normal.

Working from home has also caused office colleagues to create online spaces, akin to a virtual coffee corner, to interact, brainstorm, innovate and adapt positively to the new circumstances. Similarly, the lockdown has boosted the prospects of streaming services like Amazon and Netflix and risk sidelining traditional players in the sector. E-commerce and digital platforms have grown and extended their scope and field of activity. These

changes are here to stay and will reshape the future. The business world will therefore need to take on board these path breaking changes and adapt accordingly.

The Covid-19 pandemic has also helped underscore the generous philanthropy of billionaires like Jack Ma of Alibaba, Bill Gates founder of Microsoft, Mark Zuckerberg of Facebook and others who are multiplying efforts to help the world fight the Covid-19 crisis as opposed to those among the extremely rich who find the crisis an opportunity to profit from it and accumulate even more wealth.

The lockdown due to the Covid-19 therefore provides opportunities to all to innovate and operate differently with the help of the wide toolkit of modern technologies. It is thus an opportunity for economic actors from diverse sectors to critically review and replace their outdated modus operandi by innovative new ways of operating taking full advantage of the wide range of pointed technologies available. In a highly competitive marketplace, those who fail to innovate and adapt to stay ahead of the game will do so at their own risk and peril.

Pandémie du coronavirus

Vive l'Etat social et solidaire!

Aditya Narayan

A ce jour, la pandémie du coronavirus dans le monde a fait suffisamment de dégâts, notamment en nombre de personnes infectées ou décédées et la suspension de certaines activités économiques avec des pertes d'emplois inéluctables. L'on s'interroge sur la viabilité et la résilience des systèmes en place face aux chocs imprévisibles et sur la capacité des pays affectés de rebondir du présent marasme.

Ce que l'avenir immédiat nous réserve est incertain mais, d'ores et déjà, on peut tirer certains enseignements de cette crise que personne n'a vu venir.

Il y a des points de rupture par rapport au *statu quo ante* (la situation avant la crise) qui sautent aux yeux : ils auront une influence certaine sur la réflexion et la politique économiques dans les années à venir. Est-ce que ces points de rupture seront suffisants pour donner lieu à une refondation de la politique et de l'économie? La question est pertinente.

Déstigmatiser l'Etat

Avant l'avènement de la crise, la théorie néolibérale selon laquelle "le gouvernement est le problème et non pas la solution au problème" gagnait du terrain presque partout dans le monde occidental, et ce, au gré des populismes de droite qui se sont emparé du pouvoir pour préconiser le désengagement de l'Etat dans les services publics, en particulier les secteurs de la santé et de l'éducation à travers la privatisation.

L'île Maurice n'a pas été épargnée par cette idéologie "libertarienne", comme en témoigne la floraison de cliniques et d'écoles privées sur le sol national selon la rationalité d'un système à deux paliers (*two-tier system*), l'un pour les nantis et l'autre pour les gens moins lotis.

Pendant longtemps, les économistes néolibéraux, professant une foi absolue dans la logique du marché, ont stigmatisé le rôle de l'Etat comme pourvoyeur de services publics en arguant que le gouvernement percevait trop de taxes pour financer les dépenses publiques. Ils voulaient moins d'Etat, donc moins de taxes.

Or, la crise sanitaire a fait découvrir aux citoyens de certains pays l'étendue du manque de



Dans une remarquable allocution télévisée il y a quelques jours, le Président français Macron a dit vouloir préserver l'Etat-Providence, "un bien précieux", et placer certains services essentiels "en dehors du marché". Photo - pbs.twimg.com

masques de protection, de respirateurs et de lits dans leurs hôpitaux. L'impréparation du système de santé face à l'épidémie résulte du désinvestissement de l'Etat pendant des années dans les services essentiels. Aux Etats-Unis, par exemple, on a constaté la tiers-mondisation de la santé dans un pays qui se vante pourtant d'être le plus riche sur la planète avec des compétences médicales exceptionnelles.

Maintenant l'Etat central a retrouvé son rôle de leader dans beaucoup de pays pour réagir face à la crise, tant sur le plan sanitaire que sur le plan économique. Même aux Etats-Unis, le Congrès a voté en faveur d'une aide substantielle aux hôpitaux malgré le désir de son Président de marchander la reprise économique contre la santé publique (l'une se faisant aux dépens de l'autre) dans le processus d'élaboration du plan de sauvetage économique.

Il y a une prise de conscience de la part du public américain de la nécessité d'un système de santé publique financé par le gouvernement. C'est une ironie du sort que l'admission du Premier ministre anglais à l'hôpital, cette semaine, a mis en évidence l'importance du *National Health Service* (NHS), que l'on disait menacé de coupures dans la foulée du Brexit.

Non au ruissellement économique

Dans une remarquable allocution télévisée il y a quelques jours, le Président français Macron a promis de combattre l'épidémie et de relancer l'économie mise en hibernation "quoi qu'il en coûte", signifiant que l'Etat français dépenserait autant que nécessaire

pour trouver une sortie de la crise. Il a dit vouloir préserver l'Etat-Providence, "un bien précieux", et placer certains services essentiels "en dehors du marché". C'est dire que la logique du marché, en vertu de laquelle tout s'achète et tout se vend, ne saurait s'appliquer à la santé publique.

« Pendant longtemps, les économistes néolibéraux, professant une foi absolue dans la logique du marché, ont stigmatisé le rôle de l'Etat comme pourvoyeur de services publics en arguant que le gouvernement percevait trop de taxes pour financer les dépenses publiques. Ils voulaient moins d'Etat, donc moins de taxes. Or, la crise sanitaire a fait découvrir aux citoyens de certains pays l'étendue du manque de masques de protection, de respirateurs et de lits dans leurs hôpitaux. L'impréparation du système de santé face à l'épidémie résulte du désinvestissement de l'Etat pendant des années... »

On aurait cru entendre un socialiste. Macron est pourtant le politicien qui se réclamait du dépassement de l'antinomie gauche-droite dans la recherche d'une troisième voie.

Sur le plan économique, l'Etat social et solidaire s'est déployé dans bien des pays pour indemniser les employés privés d'emploi soudainement ainsi que les travailleurs indépendants. Cela marque une différence radicale par rapport à la crise financière de 2008 où tous les pays affectés, y compris Maurice, avaient proposé des plans de sauvetage destinés aux entreprises uniquement.

A l'époque, l'approche consistait à aider les employeurs selon la logique de l'économie de ruissellement (*trickle-down economics*) qui veut que l'argent public donné aux entreprises permette de maintenir les activités et de produire des richesses qui ruissellent du haut

vers le bas. Le ruissellement n'avait fait qu'accentuer les inégalités économiques avec des salaires et des bonis de performance faramineux payés aux cadres des entreprises sauvées par l'Etat.

Le keynésianisme de retour

Cette fois-ci, l'Etat privilégie l'aide aux employés par la subvention des salaires et l'allocation versée aux travailleurs du secteur informel. Il y aura sans doute un plan de sauvetage d'entreprises avec des crédits remboursables, mais ce ne sera pas la démarche exclusive de l'Etat. Ce qui est novateur dans la nouvelle approche, c'est qu'elle accrédite l'idée d'un revenu de base garanti pour chaque famille, qu'il soit sous la forme de l'impôt négatif en supplément au salaire d'un employé sous-payé, du salaire minimum vital ou d'une allocation directe à celui ayant un emploi précaire. Le financement du revenu de base garanti serait un sujet de débat idéologique féroce entre les pro-

gressistes, partisans des taux d'imposition marginale plus élevés sur les riches, et les conservateurs, adeptes de l'impôt uniforme minimal.

Alors que le monde semblait englué dans une vague de néolibéralisme implacable, la crise permet de renouer avec l'approche économique fondée sur le keynésianisme, la philosophie qui veut que l'Etat fasse les investissements publics nécessaires dans les infrastructures et les équipements collectifs afin de relancer l'économie après une récession.

C'est l'alternative raisonnable aux sempiternelles demandes de baisse d'impôts sur les sociétés, de dérégulation des marchés et de privatisation des services publics que les patrons nous sérinent à longueur d'année. Ces propositions, une fois mises en pratique, n'ont jamais assuré une croissance équilibrée et inclusive.

Musings

Me, Corona?

Neither here am I nor there
Not nowhere either
But Everywhere Always
No eyes have I nor ears
nor mouth nor nose
Pain I do not feel nor do
I not feel
Neither do I have
thought nor
thought-less am I
I. Just.
Am

Neither do I like nor
do I dislike
Not to anything nor
anybody
Am I attached or
unattached
Nothing have I nor any
desire
Neither poor am I nor
rich
Duty I have none nor
work do I do
I. Just.
Am

No virtue have I nor
vice
Neither do sin
commiteth I nor good
deed
Pain or pleasure
happiness or sorrow
None do I have
The experienter I am
not nor the experience
No observer am I nor
the observed
I. Just.
Am

Born I was not
Die I do not
Mother father relative
friend
I have not
Not teacher nor student
am I
I. Just.
Am

Your Corona
Not mine
Not me
Formlessness or form
I. Is. All
All. Is. I
I
Is

Aham Brahmasmi

Om Namo namah to
Jagadguru Adi
hankaracharya

RN Gopee

Private labs can't charge people for Covid-19 tests, orders Supreme Court



Private labs had been roped in India to conduct tests for Covid-19. Photo: Hindustan Times

The Indian Supreme Court on Wednesday barred private laboratories from testing patients for coronavirus disease. The judges said they were satisfied that there was a case for not charging patients for the tests and would decide later if they were entitled to any reimbursement from

the government.

"The private hospitals including laboratories have an important role to play in containing the scale of the pandemic by extending philanthropic services in the hour of national crisis. We thus are satisfied that the petitioner has made out a case for issuing a direc-

tion to the respondents to issue necessary direction to accredited private Labs to conduct free of cost COVID-19 test," the bench comprising Justices Ashok Bhushan and S Ravindra Bhat said.

The court said allowing private labs to charge **Rs 4,500** for screening and

confirmation test of Covid-19 may not be within means of a large part of population of this country. No person should be deprived of the test due to the person's inability to pay for the test, reports Murali Krishnan of Hindustan Times.

Private labs had been roped in India to conduct tests for Covid-19 since government facilities are not sufficient in the face of increasing case counts. According to the Union health ministry website, India reported 5,194 cases and 149 fatalities as of Wednesday afternoon.

Incidentally when the Indian Council of Medical Research had earlier spoken of allowing private labs to conduct tests, the government had underlined that it appealed to them to conduct the tests free of charge.



Brazilian PM Bolsonaro invokes Ramayana, Christ in letter to Modi

It is well known that Brazilian president Jair Bolsonaro had sought the anti-malarial drug, hydroxychloroquine, or HCQ, during a phone call with Indian PM Narendra Modi last weekend.

However, little is known about the letter Bolsonaro wrote to Modi urging him to send a supply of HCQ, wherein he drew references to the Ramayana, and Jesus Christ to back his request, reveals Elizabeth Roche of Livemint. The drug is being touted as a potential treatment for covid-19.

"Just as Lord Hanuman brought the holy medicine (the *sanjeevani booti*) from the Himalayas to save the life of Lord Rama's brother Laksmana, and Jesus healed those who were sick and restored sight to Bartimeu, India and Brazil will overcome this global crisis by joining forces and sharing blessings for the sake of all people," said an extract from Bolsonaro's letter written to N. Modi just before he spoke to the Indian Prime minister.

Elizabeth Roche comments that the reference to the Ramayana by Bolsonaro may be surprising to many in India, but according to India's foreign ministry, "there is enormous interest in India's culture, religion, performing arts and philosophy" in Brazil. "The first forms of Indian Culture to reach Brazil were related to spirituality, philosophy and religion," according to a country specific note on the foreign ministry's website.

India had in March stopped exports of HCQ and on 4 April, its exports was banned, without any exemption. The curbs were however lifted on Tuesday with the government saying that exports would be considered on a case by case basis and would be contingent on ample domestic availability.

* * *

Leading by example

We learn from *Financial Times* that Marriott chief Arne Sorenson, whose hotel group has put thousands of staff on unpaid leave, will not take a salary for the remainder of the year.

Fiat Chrysler's John Elkann, who has suspended much of the carmaker's production, will forgo his annual pay. At Qantas, which has halted all international flights, chief executive Alan Joyce will not take any salary for the remainder of the 2020 financial year.

BT chief Philip Jansen — who was himself taken ill with coronavirus — said on Monday that half his annual salary would go to the UK's National Health Service.

Compiled by
Doojesh Ramlallah

'Mixed messages' blamed for failure to inform thousands of vulnerable Britons

That sounds unbelievable, but the British press has revealed that 'thousands of vulnerable Britons at high risk from coronavirus have not yet been told they should stay indoors for 12 weeks, it has emerged, as officials admit there have been "mixed messages" about who should be shielding themselves from exposure,' reports The Independent, this week. It says that last month, the British government announced it would contact 1.5 million people to tell them they should be in isolation, but GPs tasked with finding out more information on at-risk patients have, in some cases, been unable to add people to existing lists due to technical issues.

On the other hand, Prime Minister Boris Johnson remains in intensive care after contracting Covid-19 but is in a "stable" condition, according to his stand-in Dominic Raab. The British PM is still receiving oxygen but does not have pneumonia, the foreign secretary said on Tuesday.

Trump thanks Modi for lifting ban on export of HCQ



US President Donald Trump on Wednesday thanked Prime Minister Narendra Modi and the people of India for lifting curbs on the export of hydroxychloroquine (HCQ) — a drug used to treat malaria but seen as useful in the treatment of patients suffering from covid-19.

"Extraordinary times require even closer cooperation between friends. Thank you India and the Indian people for the decision on HCQ. Will not be forgotten! Thank you Prime Minister @NarendraModi for your strong leadership in helping not just India, but humanity, in this fight!"

Trump said in a Twitter post on Wednesday.

Earlier on Tuesday, in an interview to Fox News, Trump said the US had secured 29 million doses of HCQ from India.

"I bought millions of doses. More than 29 million. I spoke to Prime Minister Modi, a lot of it comes out of India. I asked him if he would release it. He was great. He was really good. You know they put a stop because they wanted it for India. But there is a lot of good things coming from that," Trump told Fox News.

Beyond Sanitizing and Social Distancing

A healthy circadian rhythm may keep you sane and increase resilience to fight Covid-19



Social distancing and washing hands have become the frontline in the fight against COVID-19, but there is another powerfully protective resource immediately available to all: your circadian rhythm.

I head a lab that researches circadian rhythms, the daily cycles of bodily functions that form the foundation of good health. These body clocks, found in nearly every organ of the body and part of the brain, are central and vital to a properly functioning immune system. A synchronized circadian rhythm in the lungs, heart, kidney and brain ensures that the processes in our body go as planned while the immune system can effectively fight and defeat a virus. When the timing systems in the human body are desynchronized, essential organs are compromised, reducing the potency of your immune system. Circadian disruption dampens your immune system and makes a virus harder to defeat.

How do we maintain a robust circadian rhythm?

The answer is as simple as developing a daily routine and sticking to it consistently.

Circadian rhythm in the brain is synchronized to the outside world by light and darkness. Circadian rhythms in the rest of the body are synchronized by when we eat. We can maintain a healthy circadian rhythm by the following simple practices: sleep, eating time, daylight exposure, exercise and stress management.

Sleep researchers suggest babies and toddlers may sleep as much as 12 hours each day; children and teenagers should spend nine hours in bed; and adults should try to be in bed for eight hours. Dimming light for two to three hours before bedtime and taking a bath before bed will help you to get a good night's sleep. A bedtime bath also cleanses our body and may wash off any virus that might have stuck to our skin.

When we eat can nurture or torture our rhythms

When we are not asleep, we tend to snack or eat. Studies show that nearly 50% of adults are likely to eat over a 15-hour window or longer. Shift workers who work early morning, evening or overnight sleep and try to catch up with regular life during off-days.

This erratic scheduling may lead to an even worse eating schedule because of the nature of their work. However, you don't have to be a shift worker to live like one.

Such large eating windows disrupt the body's circadian rhythm and

weaken organs, including the gut, liver, muscle, heart, kidney and lungs, making it harder to fight an infection. Conversely, animal and human studies are increasingly showing that eating food and beverages within an 8- to 12-hour window reduces disease and infection risk and improves brain and body health. This style of eating is referred to as time-restricted eating or intermittent fasting.

Light up your mood and dim down before sleep

Finally, light and darkness play a crucial role in the brain's circadian rhythm and brain health. Being outdoors and in daylight for at least 30 minutes each day is a great way to synchronize your brain clock with the outside world. It also reduces depression and anxiety and increases alertness.

In the current climate of hunkering down, staying home and rarely venturing out, not having access to daylight may increase the risk of depression and other mood disorders. Also of note: The UV portion of sunlight is a disinfectant. Just 30 minutes of UV light on clothing may kill bacteria and viruses that may be attached to the exterior of our clothes.

When it becomes dark outside, reducing exposure to bright indoor light for two to three hours before bed will help you sleep.

An ideal routine

We can incorporate these insights into our daily routine to maintain sleep, eating time, light schedule, exercise and strategies to stay positive to profoundly help millions of people who are now stuck at home or have minimal incentive to go out. My lab has developed a research app, myCircadianClock, to guide people how to monitor and optimize their own circadian rhythms.

A simple plan for adults would include the following:

- **Sleep:** Aim to spend eight hours in bed each night to allow at least seven hours of sleep. This allows the brain to rest, detoxify and rejuvenate. Teenagers and children older than the age of 10 should try to be in bed for nine to 12 hours each night.
- **Diet:** Eat within an 8- to 10-hour window of time each day. Note the time you ingest your first calories of the day (beverage or food) and plan on taking your last calories of that day 10 hours later. Make sure that the last calories are consumed two to three hours before bedtime. Such time-restricted eating can be enhanced by being combined with home-cooked healthy food to sustain healthy gut, liver, heart, lung, kidney and immune function. Time-restricted eating may also help shed some extra weight and manage blood pressure, blood glucose and cholesterol.
- **Light:** Spend at least 30 minutes outdoors during daylight hours to reduce depression, increase alertness and improve mood.
- **Stress management:** Social distancing can be social isolation, which can lead to increased stress, depression and difficulty in falling asleep. Spend more time with the people you live with and get in touch with your faraway family and friends over video chat. Keep your mind busy with positive thoughts, read some books you wanted to read for a long time, make new music playlists, play some board games or do puzzles. Avoid too much TV and depressing news.
- **Exercise:** Don't forget to get some exercise. For those of you who feel you are physically less active, try to get in some steps. Walk around the neighborhood, do some simple strength exercise at home. Turn on some music and dance. If you can, get outside for a walk or hike. Try to do your intense exercise in the afternoon when the muscle clock can give you the most benefit of exercise.

The exact time when each family goes to bed, eats, exercises, explores the outdoors or socializes depends on where they live and what other constraints they may have. But it takes only a week to develop and follow such a plan. By the second week, you may begin to see the benefits of healthy circadian rhythms.

Satchin Panda

Professor of Regulatory Biology at the Salk Institute for Biological Studies, University of California San Diego

In A Light Vein

Donald Trump met with the Queen of England, and he asked her, "Your Majesty, how do you run such an efficient government? Are there any tips you can give me?"

"Well," replied the Queen, "the most important thing is to surround yourself with intelligent people."

Trump frowned, and then asked, "But how do I know the people around you are really intelligent?"

The Queen took a sip of tea. "Oh, that's easy; you just ask them to answer an intelligent riddle."

The Queen pushed a button on her intercom. "Please send Boris Johnson in here, would you?"

The Prime Minister walked into the room and said, "Yes, Your Majesty?"

The Queen smiled and said, "Answer me this, if you would, Boris. Your mother and father have a child. It is not your brother and it is not your sister. Who is it?"

Without pausing for a moment, he answered, "That would be me."

"Yes! Very good," said the Queen.

Trump went back home to ask Mike Pence the same question. "Mike, answer this for me. Your mother and your father have a child. It's not your brother and it's not your sister. Who is it?"

"I'm not sure," said Pence. "Let me get back to you on that one." He went to his advisers and asked. Finally, Pence ran in to his friend Jack Murphy in a restaurant the next night. Pence asked, "Jack, can you answer this for me? Your mother and father have a child and it's not your brother or your sister. Who is it?"

Jack Murphy answered right back, "That's easy, it's me!"

Pence smiled, and said, "Thanks!"

Pence then went back to speak with Trump. "Say, I did some research and I have the answer to that Trump got up, stomped over to Pence, and angrily yelled, "No, you idiot! It's Boris Johnson!"

Coronavirus: why clapping for carers feels so strangely uplifting

Clapping is the auditory equivalent of a group hug, according to neuroscience



Clap for carers: millions applaud NHS staff on coronavirus frontlines . Photo - images.immediate.co.uk

I was immediately worried when I had a call from my mum at just after 8pm on March 26. She has early-stage dementia and lives in a remote village in England with very few neighbours. But instead of panic or worry, I was greeted by an excited voice asking me if I had been outside to cheer for the National Health Service (NHS), the institution for which she worked for more than 40 years.

Despite her poor memory, my mum had somehow remembered that people in the UK had pledged to clap and cheer at 8pm that evening for the tireless health workers treating the rapidly growing number of COVID-19 patients in the country. She had fully expected to be on her own. To her absolute delight and joy, she heard loud whoops and applause from the three houses at the bottom of the hill. She was so uplifted by this moment that she couldn't wait to see if I had felt it too.

Like millions of people across Europe, I had. My London street had come alive - despite lockdown - with people cheering from their doorsteps or pavements, and children's faces appearing at open bedroom windows. For the next few hours, my social media was packed with similar shared stories and a palpable sense of hope, joy, gratitude and solidarity. This left me pondering why this simple communal act had such a significant impact on so many of us?

At a very basic level, this display of appreciation makes us feel good because it is an opportunity to explicitly express our gratitude for the extraordinary efforts that so many of our health workers are making.

Being grateful has repeatedly been shown to boost wellbeing and promote prosocial behavior.

These uplifting feelings are further boosted by the brain's unconscious memory system: from a young age, we learn to associate clapping and cheering with positive moments in our life - success, celebration, appreciation and victory. In the same way that the sight of food makes us salivate or the smell of grass evokes a sense of summertime, these sensations automatically elicit positive feelings through the basic process of conditioning.

But the effects we felt last Thursday go beyond learned association and feeling grateful. What many of us found for those few minutes was a much needed sense of human connection and belonging. Social psychologist Stephen Reicher has shown that collective participation, for example at sporting events or in music and religious festivals, enhances our sense of shared social identity, which encourages individuals to support and look out for one another.

As a species, humans have survived because they work in groups, so it is natural for us to feel stronger when there is a sense of togetherness. Some have even argued that our capacity to engage in coordinated activities such as singing, dancing and marching may have contributed to our evolutionary success.

There may be some parallels with research on collective musical performance. An increasing number of scientific studies has shown that performing together has many health benefits. For example, singing in choirs and rhythmic music making have both been consistently

What clapping with our neighbours on March 26 did for me, for my mum, and probably for many of you, was to provide a powerful, emotional and physical reminder that that we are part of something bigger and for once it feels as though we are all on the same side..."

linked with better social, psychological and physical wellbeing. In fact, neuroscientists have now shown that when individuals perform together, there is evidence that brain activity becomes synchronised.

For me, one striking feature of this celebration for the health service was the sound of other human voices. Neuroscience has shown that the human voice has an important impact, reducing stress hormones and raising levels of the "cuddle hormone" oxytocin. In fact, research shows that a mother's voice can offer similar comfort to giving an actual hug.

During a period when we are so restricted in terms of physical contact with others, maybe it is no surprise that we find comfort in the physical sound of other people cheering - the auditory equivalent of a group hug. It also explains the huge emotional response to stories and videos of people singing from their balconies, as well as musicians performing outside care homes.

From our earliest living moments until our last breath, our most fundamental emotions are expressed and received through variations in rhythm, pitch and timbre. Social isolation is difficult for most of us at the best of times. It contradicts our deep human instinct to congregate socially and work in groups.

From an evolutionary perspective, we are generally safer when we come together, but for now we find ourselves in the unusual position where safety depends on us keeping our distance. What clapping with our neighbours on March 26 did for me, for my mum, and probably for many of you, was to provide a powerful, emotional and physical reminder that that we are part of something bigger and for once it feels as though we are all on the same side.

Catherine Loveday
Neuropsychologist,
University of Westminster

Ishqbaaz fame Shrenu Parikh home quarantined after returning from US



But at the same time I feel there is a lack of compassion for people who have travelled out of the country during this period. It is really sad, I just read somewhere that few doctors were asked to vacate their homes by society. I mean how can people behave like this, they are the same people who are going to help when you will fall sick. You can't treat them like that especially when they are risking their lives for us. It is a sad state. We need to be very careful but at the same time we need to be a little compassionate towards people who are being nice. It is very cruel. I don't think being a little kind would harm anyone.

Government is doing a commendable job

I really have to commend the government for whatever steps they have taken so far and for the work they are doing. With a country of more than 1.3 billion population, to manage everything is difficult and we have to admit it, but they are still keeping track of it. Even the airport authorities, they made sure we are checked and followed the process. People who travelled from Europe were taken to the secondary test. I feel it is quite well organised. I just hope that we win this war and everyone is taking so much effort. Even the BMC people, they call me everyday to ask me how am I and what are my symptoms. When they even came to stamp me, they shared that they are running from pillar to post everyday just to make sure that the virus is curbed. It is really commendable and I feel they are doing the right thing. This is only going to help us.

She returned to India at the right time

To tell you honestly, I wanted to stay back but my brother works with an airlines and he informed me when the flights started getting cancelled one after the other in the states. He kept updating me and I was confused. Then everyone suggested me to return to India before the borders get locked. Then my brother and I booked the tickets and came back.

About her family being worried about her

They are very worried about me and I had planned to return, things were not this bad. But things have changed in multiple fold in the last few days. Now, the entire country is under lockdown. They are worried but they are relieved that I am safe and sound in my building. They want me to come back, but I don't want to put anyone at risk.

Shrenu opens up about the self-isolation period

You always keep saying I wish I had some time off for myself. In my case it is not an empty mind, it is a mind full of panic, anxiety as to what will happen next. I called up my mom saying mom I woke up with a sore throat and I would panic. She kept talking to me and saying nothing will happen and not think negative. She kept telling me to relax and it could also be because of being jetlagged. In fact, I kept getting calls from my society people who enquire about my health. One day a lady called me and I had just gotten up. I had slept late so had a *kharash* and she panicked. I just want to tell people that if I am sitting at home, I am not going to give you an infection.

Ishqbaaz actress Shrenu Parikh recently returned to India from the USA when the coronavirus outbreak happened. The actress, who was initially in a dilemma about returning to India was advised by family and friends to travel back. Shrenu was put in quarantine for a period of 14 days at her Mumbai house. In an exclusive chat with the TimesofIndia.com, the *Sarvagunn Sampanna* actress talked about the quarantine period and praised the government for the commendable job that they are doing. Shrenu also spoke about mental health and lashed out at people who were roaming on the streets during the Janta Curfew.

On returning home

I returned on 15th March. Initially, I was thinking if everything goes fine I would return to my home in Gujarat after completing the 14 days quarantine period. But now with most of the cities under lockdown, I don't think it is possible. I don't know what is going to happen as the flights are not working. Now, with borders being closed, I don't know what I will do.

It is really sad to read that doctors are being asked to vacate their homes by societies.

YOUR STARS

Sagittarius: Nov 22 - Dec 21

In the financial domain, the present astral configuration will provide you with material ease. As for your affective life, you'll be able to make the good choice; but you may put the man (woman) on a pedestal: this could entail a few drawbacks in the long run.

Capricorn: Dec 22 - Jan 19

The joys of family will be given precedence over all other things. Your children will be a source of satisfactions for you. Some material improvement, resulting from a favourable juncture, will come to strengthen this rather euphoric atmosphere.

Aquarius: Jan 20 - Feb 18

Fulfil your mind and your heart with the thoughts and dreams which you haven't had time until now to explore. A financial problem may perturb you somewhat. Refrain from building up utopian plans; keep your feet on earth and overestimate neither your strength nor that of others.

Pisces: Feb 19 - Mar 20

You'll be well decided to take your sentimental destiny in hand. If you've the impression of having been fooled by a charming person, you'll take your revenge in an appropriate manner. You'll know how to seize certain attractive business deals.

Aries: Mar 21 - Apr 19

You won't go unnoticed and your charm will attract many sympathies. Thus you can rapidly put an end to your loneliness. Healthwise, you've certainly known better days even if you refuse to admit it; you must absolutely avoid food deficiencies.

Taurus: Apr 20 - May 20

If you've had problems, everything will now clear up in a happy way. Your material life will be well protected, but beware of exaggerated spendings. Physically, it's your liver and throat that must be watched over.

Gemini: May 21 - June 20

Expect some material or domestic problems; unexpected purchases or important repairs may prove necessary at the bad moment! To find the ideal mate: this will become a true obsession if you're still lonely; but try to show discernment and don't let yourself be charmed by appearances.

Cancer: June 21 - July 22

You'll show much joy of living and contagious liveliness. In your home, it's you who'll take initiatives, and your near ones will follow you readily for they'll be captivated by your resolute and enthusiastic attitude.

Leo: July 23 - Aug 22

You'll be the target of certain self-styled friends who'll tell bad tales about you everywhere; this may upset you; in order not to fall into the trap of such unscrupulous friends, be conscious of your own value.

Virgo: Aug 23 - Sept 22

Your various problems will clear up rather rapidly. Physically, you'll be in full possession of your means. Despite your numerous occupations, don't neglect sport. Observe a rigorous hygiene in your sexual relations, specially if they are varied.

Libra: Sept 23 - Oct 22

You'll know how to make use of tact, especially if persons of your family entourage are concerned, while dealing with things thoroughly. You'll give much of yourself so as to reach the summit rapidly. You'll achieve a good balance between the different sectors of your life.

Scorpion: 23 Oct - 21 Nov

Profit by the good aspects of your astrological sky in order to improve your professional situation. You might be given a job which implies more responsibilities but also a noticeable increase of prestige and remuneration. Try to moderate your impetuous outbursts or your unjustified fits of anger.

Coronavirus lockdown brings out Bollywood's doting dads

A look at the Bollywood stars who are catching up with their kids during lockdown

The coronavirus lockdown in Mumbai has brought out the doting dads of Bollywood as they find novel ways to bond with their children and family. Here's a look at some of them who are managing to entertain us with their doting parenting antics even while they are stuck at home, as reported by Gulf News



Karan Johar: The Johars take their afternoon tea parties seriously. While one of his twins Roohi wears her fanciest headband for the occasion, Karan Johar's mother brings out the diamonds from her vault. Another video that has surfaced online includes his son Yash declaring that superstar Amitabh Bachchan can save them from the coronavirus outbreak. Image Credit: Instagram.com/karanjohar

Shahid Kapoor: "Behind every successful mother, there's a dad behind who cooks up a storm." Okay, I made that up. But ask Mira Rajput, wife of Bollywood actor Shahid Kapoor, and she will vouch for it. During the coronavirus lockdown, Kapoor - the father of two young children - displayed his cooking skills as he made pancakes with strawberries and bananas for his wife. "Success! I'm glad I put my feet up, so he can step into my shoes," posted a blissful Rajput. But the gravy? Kapoor said: "She actually ate it." Image Credit: Instagram.com/shahidkapoor

Daniel Weber: Sunny Leone's husband is trying his best to keep the spirit alive during the coronavirus lockdown. A video of him dancing to Justin Timberlake's song as he takes his three children out for a quick stroll is winning the internet. Image Credit: Instagram.com/dirty99

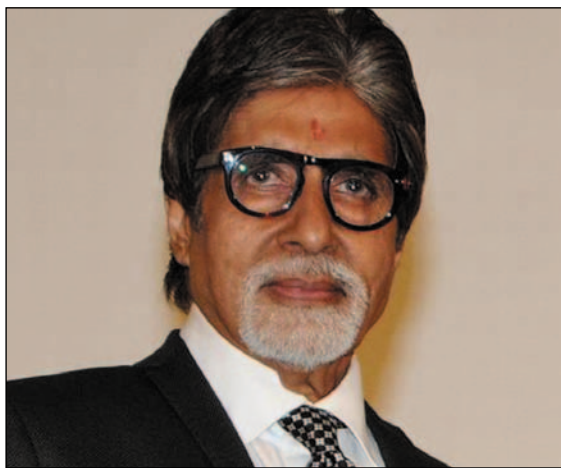
Aayush Sharma: The aspiring Bollywood actor celebrated his son's fourth birthday in a muted manner due to the coronavirus lockdown in Mumbai. But that didn't deter him from posting a sweet message for his son: "It's been 4 years since you've come into our lives and since then you've only made us smile and bring happiness into our lives. I haven't taught you a lot but you taught me the meaning of selfless love. Thank you for making me a father Happy Birthday my little Avenger. too many more priceless hugs and fictional stories," he posted tagging his wife Arpita. Image Credit: Instagram.com/aayusharma

Hrithik Roshan: Bollywood actor Hrithik Roshan and his former wife Sussanne Khan are giving us goals about how to function as

a unit while raising their children. On March 25, Roshan took to his Instagram to post a picture of his wife lounging at his home in Mumbai. Apparently, she had kindly agreed to move in with him temporarily during the lockdown so that their boys aren't emotionally affected during the lockdown. "It is unimaginable for me, as a parent, to think of having to be separated from my children at a time when the country is practising lockdowns. It is heart-warming to see the world come together as one in this time of deep uncertainty and the possibility of months of social distancing and potential lockdowns for several weeks perhaps," said Roshan. He has also been posting pictures of his children lounging around his balcony as he enjoys the perfect moment of bliss. Image Credit: Instagram



Leading stars of Bollywood join Amitabh Bachchan in initiative for daily wage earners



Amitabh Bachchan is leading an initiative to help the daily wage workers of the Indian film industry, who have been most affected by the shutdown of film, television and over-the-top productions owing to the Covid-19 outbreak. Several leading lights of the Indian film industry join him in a multi-starrer short film that unveils the initiative pledging support and sustenance for over 100,000 daily wage earners for a month, reports The Hindu *Family*, starring Amitabh Bachchan, Rajinikanth, Ranbir Kapoor, Priyanka Chopra, Alia Bhatt, Chiranjeevi, Mohanlal, Mammooty, Sonali Kulkarni, Shiva Rajkumar, Prosenjit Chatterjee and Diljit Dosanjh, premiered on Monday at 9 p.m. across all channels of Sony Pictures Network. Supported by Sony Pictures Networks India and Kalyan Jewellers, the film has been concep-

tualised and virtually directed by Prasoon Pandey in collaboration with Bachchan.

According to a press statement, the film underlines that staying at home, staying safe, maintaining hygiene, working from home and maintaining social distancing can be productive and should be taken in one's stride.

Through this film, Bachchan will also unveil the initiative that supports the sustenance of daily wage workers associated with the entertainment industry.

"While most of us continue to work from home, it's the daily wage workers who have borne the brunt and are suffering the most," says the statement. The initiative undertaken by Mr. Bachchan, 'WE ARE ONE,' has been supported by Sony Pictures Networks India and Kalyan Jewellers, through which the monthly ration of 1,00,000 households across the country will be funded. Through a commercial tie-up with a leading chain of hypermarkets and grocery stores in India, digitally barcoded coupons have been distributed to a verified list of workers from the All India Film Employees Confederation. Furthermore, monetary help has also been extended to those in need.

"SPN's support will ensure that at least 50,000 workers and their families have their home supplies for a month... While the times may be tough, the human spirit is resilient & strong, and this film captures that essence," said N.P. Singh, Managing Director and CEO, Sony Pictures Networks India (SPN).

Jaaved Jaaferi to star in Takht

Jaaved Jaaferi will play the head priest in Mughal emperor Shah Jahan's court in Karan Johar's Takht.



Actor Jaaved Jaaferi is set to feature in Karan Johar's much-anticipated period drama *Takht*.

Takht, which marks Johar's first attempt at directing a period drama, traces the relationship between Mughal emperor Aurangzeb and his brother Dara Shukoh.

Jaaved Jaaferi will play the head priest in Mughal emperor Shah Jahan's court.

"I'm playing the head priest of Shah Jahan's court. I'm the qaazi who is in-charge of all the religious affairs. It's a very strong part," the 56-year-old actor told PTI.

Takht features a star-studded cast of Ranveer Singh, Alia Bhatt, Vicky Kaushal, Kareena Kapoor Khan, Anil Kapoor, Janhvi Kapoor and Bhumi Pednekar.

The film is scheduled to be released on December 24, 2021.

Jaaved Jaaferi will next be seen in Akshay Kumar-starrer *Sooryavanshi* and *Coolie No 1*, with Varun Dhawan in the titular role.

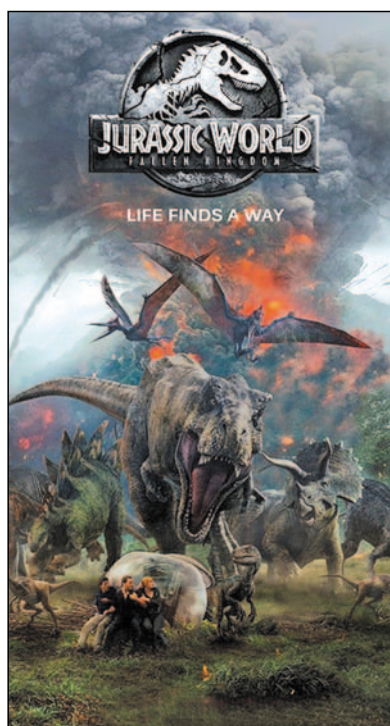
His last feature outing was Netflix film *Maska*.



Vendredi 10 avril - 21.15

Jurassic World

Avec: Chris Pratt, Bryce Dallas Howard, Ty Simpkins



Samedi 11 avril - 10.44

Max Et La Crypte Des Revenants

Avec: Ryan Ochoa, Bella Thorne, Madison Pettis



	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
vendredi 10 avril	06.30 Local: Vie Loto Moris 07.05 Dessin Anime 10.45 Massive Monster Mayhem 11.15 Local: Entrepreneuriat 12.00 Le Journal 12.25 Local: Autour Des Valeurs 12.30 Local: Pape François 13.25 Film: Zistore Jesus 14.39 D.Anime - Teenie Weenies 14.40 D.Anime - Croque Nuage 15.40 D.Anime: Petit Creux 16.04 D.Anime: Baby Boss 16.27 D.Anime: The Garfield Show 16.40 D.Anime: Trollhunters 17.00 Local: Mati Ke Mol 18.00 Live: Samachar 18.30 Serial: Siya Ke Ram 20.00 Journal & La Meteo 20.00 Local: Press Conference 20.45 Local: Un Patrimoni... 21.10 Centenaire Herve Masson	04.30 Aastha TV 07.00 DDI Live 10.00 Serial: Tumhaari Natasha 11.19 Serial: MOL 12.04 Film: 15.00 Live: Samachar 15.20 Honaar Soon Mee Hya... 15.43 Mooga Manasulu 16.03 Apoorva Raagangal 16.30 Serial: Ki Jaana Mein Kaun 16.53 Serial: Gangaa 18.00 Serial: Dr. Quin 18.30 Tele: Mariana Et Scarlett 19.00 Zournal Kreol 19.30 DDI Magazine 19.50 Local: Yaadein 20.20 Serial: Mah-E-Tamaam 21.25 Local: Anjuman 21.26 Local: Urdu Programme 22.37 DDI Live	06.00 Mag: Eco India 06.44 Mag: Shift 07.00 Mag: Border Crossing 07.26 Doc: A Question Of Science 07.33 Mag: Tomorrow Today 07.59 Doc: Comme Un Poisson... 08.53 Doc: World Stamps 09.02 Live Educational Program... 14.05 Doc: 360 Geo 15.20 Doc: Street Food Tales... 16.06 Mag: Eco India 16.32 Mag: Urban Gardens 16.37 Mag: Sur Mesure 16.50 Mag: Shift 17.05 Mag: Border Crossing 17.32 Mag: Tomorrow Today 18.00 Doc: The Secret Of Home... 18.43 Mag: Urban Gardens 18.48 Mag: Arts And Culture 19.01 Open Univ: Student Support 19.27 Doc: A Question Of Science	00.24 Tele: Peau Sauvage 01.38 Film: L'amour De Mes Reves 03.08 Mike Hammer 05.31 Tele: Amanda 06.13 Serial: When Calls The Heart 06.55 Serial: The Quest 09.00 Serial: Les Experts 09.45 Telenov: Au Nom De L'amour 10.35 Serial: Mike Hammer 11.25 Telenovela: Dulce Amor 12.00 Film: Chair De Poule 13.35 Tele: Amanda 14.45 Serial: The Quest 16.40 Serial: Les Experts 17.25 Serial: When Calls The Heart 18.10 Tele: Au Nom De L'amour 18.31 Tele: Mariana et Scarlett 19.00 Tele: Dulce Amor 20.05 Tele: Totalment Diva 20.30 Serial: Midnight, Texas 21.19 Film: Jurassic World	09.18 Film: Haathi Mere Saathi 12.00 / 20.10 - Ek Deewana Tha 12.27 / 20.31 - Kulfi Kumarr Bajewala 12.46 / 20.47 Radha Krishna 13.06 / 20.50 - Kaleerein 13.28 / 21.15 - Zindagi Ki Mehek 13.38 / 21.36 - Bade Acche Lagte Hai 14.03 / 21.59 - Chhanchhan 14.35 / 22.25 - Ishqbazz 14.55 / 22.46 - Yeh Hai Mohabbatein 15.30 Film: Ae Dil Hai Mushkil Aishwarya Rai Bachchan, Ranbir Kapoor, Anushka Sharma Kohli 18.00 Live: Samachar 18.30 Kumkum Bhagya 18.50 Piya Albela 19.12 Mere Angne Mein
samedi 11 avril	06.00 Dessin Anime 09.37 Magazine: Origami 09.50 Serial: Grandpa In My Pocket 10.20 Serial: Heidi, Bienvenida... 11.13 Entrepreneuriat Au Feminin 12.00 Le Journal 12.25 Local: Pause Cuisine 12.35 Local: Avant Scene 13.00 Local: Pape François 13.55 Local: Viens Decouvrir 14.32 D.Anime: Teenie Weenies 14.40 La Famille Blaireau-Renard 17.00 Local: Kal Aaj Aur Kal 17.30 Local: Bhakti Saagar 18.00 Live: Samachar 18.30 Entertainment: Dance 20.00 Journal & La Meteo 20.00 Local: Press Conference 20.35 Prod: Pape François 21.30 Serial: Chicago Med 22.55 Local: Pape François 00.00 Le Journal	04.30 Aastha TV 07.00 Film: 11.40 Good Morning Shanghai 12.00 Nanda Saukhyia Bhare 12.30 Serial: Mooga Manasulu 12.48 Serial: Brundavanam 13.10 Serial: Annakodiyum Ainthu 13.35 Serial: Anu Pallavi 14.05 Entertainment: Dil Hai Hindu 15.00 Live: Samachar 15.20 Film: Imtihaan 18.00 Mag: Check In 18.30 Mag: Eco@Africa 19.00 Zournal Kreol 19.30 DDI Magazine 20.05 Serial: Vikram Betaal Ki Rahasya Gatha 20.21 Serial: Bitti Business Wali 21.00 Film: 23.15 DDI Live	06.00 Doc: The Secret Of Home... 06.42 Mag: Urban Gardens 06.50 Mag: Arts And Culture 07.30 Doc: A Question Of Science 07.38 Mag: Euromaxx 08.52 Doc: World Stamps 09.50 Doc: Jellyfish On The Rise 10.32 Doc: Digital Nomads 11.00 Doc: The Secret Of Home... 11.43 Mag: Urban Gardens 11.48 Mag: Arts And Culture 12.01 Mag: Global 3000 12.30 Doc: A Question Of Science 12.38 Mag: Euromaxx 13.04 Doc: Secret Worlds 13.52 Doc: World Stamps 14.50 Doc: Jellyfish On The Rise 15.33 Doc: Digital Nomads 16.43 Mag: Urban Gardens 16.49 Mag: Arts And Culture 17.02 Mag: Global 3000 17.31 Mag: Euromaxx	00.35 Tele: Peau Sauvage 01.20 Film: Jurassic World 03.20 Film: A Bunch Of Amateurs 04.56 Tele: Destiny 05.51 Serial: Midnight, Texas 06.33 Film: Notting Hill 08.32 Serial: Seal Team 09.15 Serial: Sherlock 10.44 Film: Max Et La Crypte Des Revenants 12.15 Serial: The Bletchley Circle 13.00 Tele: L'Esclave Blanche 13.45 Tele: Premiere Dame 14.34 Hollywood Best Film 15.05 Film: A Bunch Amateurs 17.06 Serial: Midnight, Texas 17.48 Film: Manchester By The Sea 20.05 Tele: Totalment Diva 20.30 Serial: Midnight, Taxes 21.15 Film: The Walk 23.13 Tele: Eva Luna	04.05 Ek Deewana Tha 04.26 Kulfi Kumarr Bajewala 05.03 Zindagi Ki Mehek 05.28 Bade Acche Lagte Hai 05.53 Chhanchhan 06.16 Ishqbazz 06.37 Kumkum Bhagya 06.58 Piya Albela 07.20 Mere Angne Mein 08.00 Zindagi Ki Mehek 10.02 Yeh Un Dinon Ki Baat Hai 12.00 Ek Deewana Tha 12.30 Film: Veer Zaara 13.34 Kaleerein 18.00 Samachar 18.30 Film: Bhaiaji Superhit Starring: Sunny Deol, Ameesha Patel, Preity Zinta 20.30 Serial: Motu Patlu 20.41 Serial: Naagin Season 2 21.26 Serial: Zindagi Ki Mehek 23.17 Serial: Mere Angne Mein
dimanche 12 avril	06.00 Dessin Anime 09.35 Magazine: Origami 09.45 Serial: Grandpa In My Pocket 10.10 Au Pays Des Merveilles 11.30 Local: Arsv MBC - Fer Roule 12.00 Le Journal 14.30 D. Anime: Teenie Weenies 14.32 D. Anime: Croque Nuage 14.40 La Famille Blaireau-Renard 15.31 D.Anime: Petit Creux 16.18 D.Anime: The Garfield Show 16.30 D.Anime: Trollhunters 17.00 Local: Chatkar Pakwan 17.30 Local: Bhakti Saagar 18.00 Live: Samachar 18.30 Local: Production: Safar 19.00 Local: Anjoria 20.05 Local: Paques 2020 20.15 Local: Press Conference 21.40 For The Love Of George 23.10 Serial: Mike Hammer	04.30 Aastha TV 07.00 Film: Paapi 10.00 Local: Shree Durga... 11.00 Serial: Oru Kai Osai 12.00 Film: 15.00 Samachar 15.20 Serial: Mooga Manasulu 15.40 Serial: Eka Lagnachi Teesri 16.06 Apoorva Raagangal 16.28 Local: Yaadein 16.54 Serial: Mahakali 18.00 Lettre Pastorale Careme 18.30 Local: Tipa Tipa Nu Avance 19.00 Zournal Kreol 19.30 DDI Magazine 20.00 Serial: Maharakshak 20.42 Serial: Naagin 21.28 Serial: CID 22.15 Serial: Piya Rangrezz	06.00 Doc: Horizon 06.51 Doc: Olivia's Garden 07.17 Mag: Mixeur, Les Gouts Et... 07.43 Doc: Chernobyl, Fukushima 08.38 Doc: World Stamps 08.41 Miss World Pageant 2019 11.07 Doc: Horizon 11.58 Doc: Olivia's Garden 12.24 Mag: Mixeur, Les Gouts Et... 12.50 Doc: Chernobyl, Fukushima 13.45 Doc: World Stamps 13.48 Miss Wourld Pageant 2019 16.14 Doc: Horizon 17.05 Doc: Olivia's Garden 17.31 Mag: Mixeur, Les Gouts Et... 18.00 Doc: Zenith 18.30 Doc: Garden Party 19.00 Doc: Builders Of The Future 19.30 Mag: Mixeur, Les Gouts... 19.54 Doc: World Stamps 20.57 Doc: Marvel	00.25 Tele: Peau Sauvage 01.12 Film: The Walk 03.10 Film: Manchester By The Sea 05.22 Tele: Destiny 06.15 Serial: Midnight, Texas 06.48 Film: Life's A Breeze 08.30 Serial: Seal Team 09.12 Film: Dad's Army 10.48 Film: Changing Saddles 12.18 Serial: Hawaii 5-0 13.00 Tele: L'Esclave Blanche 13.45 Tele: Premiere Dame 15.05 Film: Jurassic World 17.33 Serial: Midnight, Texas 18.30 Serial: Mission: Impossible 19.19 Serial: Hawaii 5-0 20.05 Tele: Totalment Diva 20.30 Serial: Counterpart 21.20 Film: Miracles From Heaven 23.05 Film: Life's Breeze	00.35 Yeh Hai Mohabbatein 02.19 Kaleerein 04.15 Pavitra Rishta 05.59 Film: Bhaiaji Superhit 08.00 Serial: Motu Patlu 08.11 Serial: Chhanchhan 10.05 Itna Karo Na Mujhe Pyaar 12.00 Ek Ishqbazz 12.30 Film: Fryday 14.30 Kulfi Kumarr Bajewala 17.00 Punar Vivaah 17.30 Serial: Comedy Classes 18.00 Samachar 18.30 Film: Lamhe Starring Anil Kapoor, Sridevi, Waheeda Rehman, Anupam Kher 21.29 Entertainment: Dance 22.11 Bade Acche Lagte Hai 00.03 Ishqbazz

vendredi 10
avril- 15.30Stars: Aishwarya Rai Bachchan, Ranbir
Kapoor, Anushka Sharma KohliStars: Sunny Deol, Ameesha
Patel, Preity Zinta

Samedi 11 avril- 18.30



What does 'recovered from coronavirus' mean?

4 questions answered about how some survive and what happens next

Officially, not that many people have recovered from the coronavirus. An epidemiologist explains what has to happen for a COVID-19 survivor to get a clean bill of health



Alma Clara Corsini, 95, from Modena, Italy, who was diagnosed with coronavirus has since recovered. Photo - i2-prod.mirror.co.uk

The coronavirus is certainly scary, but despite the constant reporting on total cases and a climbing death toll, the reality is that the vast majority of people who come down with COVID-19 survive it. Just as the number of cases grows, so does another number: those who have recovered.

In mid-March, the number of patients in the U.S. who had officially recovered from the virus was close to zero. That number is now in the tens of thousands and is climbing every day. But recovering from COVID-19 is more complicated than simply feeling better. Recovery involves biology, epidemiology and a little bit of bureaucracy too.

How does your body fight off COVID-19?

Once a person is exposed the coronavirus, the body starts producing proteins called antibodies to fight the infection. As these antibodies start to successfully contain the virus and keep it from replicating in the body, symptoms usually begin to lessen and you start to feel better. Eventually, if all goes well, your immune system will completely destroy all of the virus in your system. A person who was infected with and survived a virus with no long-term health effects or disabilities has "recovered."

On average, a person who is infected with SARS-CoV-2 will feel ill for about seven days from the onset of symptoms. Even after symptoms disappear, there still may be small amounts of the virus in a patient's system, and they should stay isolated for an additional three days to ensure they have truly recovered and are no longer infectious.

What about immunity?

In general, once you have recovered from a viral infection, your body will keep cells

called lymphocytes in your system. These cells "remember" viruses they've previously seen and can react quickly to fight them off again. If you are exposed to a virus you have already had, your antibodies will likely stop the virus before it starts causing symptoms. You become immune. This is the principle behind many vaccines.

Unfortunately, immunity isn't perfect. For many viruses, like mumps, immunity can wane over time, leaving you susceptible to the virus in the future. This is why you need to get revaccinated - those "booster shots" - occasionally: to prompt your immune system to make more antibodies and memory cells.

Since this coronavirus is so new, scientists still don't know whether people who recover from COVID-19 are immune to future infections of the virus. Doctors are finding antibodies in ill and recovered patients, and that indicates the development of immunity. But the question remains how long that immunity will last. Other coronaviruses like SARS and MERS produce an immune response that will protect a person at least for a short time. I would suspect the same is true of SARS-CoV-2, but the research simply hasn't been done yet to say so definitively.

Why have so few people officially recovered in the US?

This is a dangerous virus, so the Centers for Disease Control and Prevention is being extremely careful when deciding what it means to recover from COVID-19. Both medical and testing criteria must be met before a person is officially declared recovered.

Medically, a person must be fever-free without fever-reducing medications for three consecutive days. They must show an

improvement in their other symptoms, including reduced coughing and shortness of breath. And it must be at least seven full days since the symptoms began.

In addition to those requirements, the CDC guidelines say that a person must test negative for the coronavirus twice, with the tests taken at least 24 hours apart.

Only then, if both the symptom and testing conditions are met, is a person officially considered recovered by the CDC.

This second testing requirement is likely why there were so few official recovered cases in the U.S. until late March. Initially, there was a massive shortage of testing in the U.S. So while many people were certainly recovering over the last few weeks, this could not be officially confirmed. As the country enters the height of the pandemic in the coming weeks, focus is still on testing those who are infected, not those who have likely recovered.

Many more people are being tested now that states and private companies have begun producing and distributing tests. As the number of available tests increases and the pandemic eventually slows in the country, more testing will be available for those who have appeared to recover. As people who have already recovered are tested, the appearance of any new infections will help researchers learn how long immunity can be expected to last.

Once a person has recovered, what can they do?

Knowing whether or not people are immune to COVID-19 after they recover is going to determine what individuals, communities and society at large can do going forward. If scientists can show that recovered patients are immune to the coronavirus, then a person who has recovered could in theory help support the health care system by caring for those who are infected.

Once communities pass the peak of the epidemic, the number of new infections will decline, while the number of recovered people will increase. As these trends continue, the risk of transmission will fall. Once the risk of transmission has fallen enough, community-level isolation and social distancing orders will begin to relax and businesses will start to reopen. Based on what other countries have gone through, it will be months until the risk of transmission is low in the U.S.

But before any of this can happen, the U.S. and the world need to make it through the peak of this pandemic. Social distancing works to slow the spread of infectious diseases and is working for COVID-19. Many people will need medical help to recover, and social distancing will slow this virus down and give people the best chance to do so.

Tom Duszynski

Director Epidemiology Education, IUPUI

In A Light Vein

Tump has a heart attack and dies. He goes to hell where the Devil is waiting for him.

"I don't know what to do," says the Devil. "You're on my list but I have no room for you. But you definitely have to stay here, so I'll tell you what I'm going to do. I've got three people here who weren't quite as bad as you. I'll let one of them go, but you have to take their place. I'll even let YOU decide who leaves."

Trump thought that sounded pretty good so he agreed.

The devil opened the first room. In it was Richard Nixon and a large pool of water. He kept diving in and surfacing empty handed over and over and over, such was his fate in Hell.

"No!" Trump said. "I don't think so. I'm not a good swimmer and I don't think I could do that all day long."

The Devil led him to the next room. In it was Tony Blair with a sledgehammer and a room full of rocks. All he did was swing that hammer, time after time after time.

"No! I've got this problem with my shoulder. I would be in constant agony if all I could do was break rocks all day!" commented Trump.

The Devil opened a third door. In it, Trump saw Bill Clinton lying on the floor with his arms staked over his head and his legs staked in spread-eagle pose. Bent over him was Monica, doing what she does best.

Trump looked at this in disbelief for a while and finally said, "Yeah, I can handle this."

The Devil smiled and said, "Monica, you're free to go!"

* * *

A British doctor says: "In Britain, medicine is so advanced that we cut off a man's liver, put it in another man, and in 6 weeks, he is looking for a job."

The German doctor says: "That's nothing. In Germany we took part of a brain, put it in another man, and in 4 weeks he is looking for a job."

The Russian doctor says: "Gentlemen, we took half a heart from a man, put it in another's chest, and in 2 weeks he is looking for a job."

The American doctor laughs: "You are all behind us. A few months ago, we took a man with no brain, no heart, and no liver and made him President. Now, the whole country is looking for a job!"