

MAURITIUS TIMES

"You can revive economy, but not a corpse." -- Abhijit Naskar



Open letter to Hon K Jagutpal Minister of Health & Wellness

By Dr R Neerunjun Gopee *See page 2

À la Réunion, la pandémie aggrave les inégalités sociales



Par Marie Thiann-Bo Morel
Université de la Réunion
* Voir page 3

La sauvagerie dans l'air...

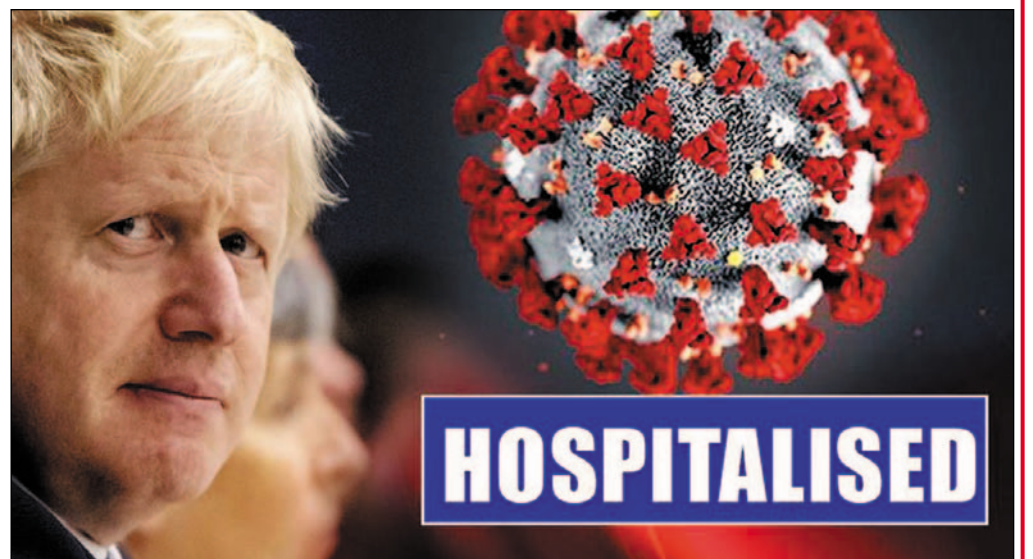


La déforestation pour des raisons économiques, l'élevage de bétail qui finit dans les assiettes des restaurants fast food pour le plaisir gustatif des uns et des autres, l'exportation a privé le virus de la vie sauvage d'une évolution naturelle dans son habitat

Par Nita Chicooree-Mercier
*Voir page 12

Spotlights

Covid-19: Some things good, Some things bad



*See page 4

Covid-19 Solidarity Fund

There is no denying that the coronavirus pandemic has created an economic crisis "like no other" as Kristalina Georgieva, managing director of the IMF, put it at a news conference last Friday -- one that is "way worse" than the 2008 global financial crisis. This is why governments across the world have made available extensive financial packages to support employees, the businesses sector and large corporations affected by the Covid-19 pandemic. Central banks have also intervened and decreased their lending rates to almost zero. The sizes of the support packages of the rich countries are record-breaking: there is the US's \$2.2 trillion stimulus package, representing about 10% of GDP, and New Zealand's is about 5% of GDP.

The Mauritan government came up with a 'Plan de Soutien', comprising both monetary and fiscal elements, whereby the government will be injecting Rs 9 billion. According to AXYS, that injection, representing 2% of GDP, may prove insufficient for the long term given that growth rate will witness a contraction of almost 5%, and it would require much more to kickstart the economy once we get back to a situation of normalcy. That view is shared by other economists who believe that the proposed measures will do little to protect the economy from the unfolding crisis.

In an interview to this paper, Dr Ancharaz mentioned that all of this illustrates the limited fiscal space that the government is currently facing. 'Government's recurrent spending has increased continuously to over Rs 130 billion for the financial year 2019-20. With public debt reaching 70%, government's ability to borrow is severely constrained... However, it can raise bridging finance by imposing a solidarity levy on the most profitable sector - the banks.' That was not to be. Instead the Ministry of Commerce has through a Government Notice modified the price structure of fuel, which allows for a deduction, as from April 4, of Rs 4 on each litre of gasoline and diesel to be paid to the Covid-19 Solidarity Fund.

The questions that arise is how the funds thus collected will be used, who

will benefit from them and whether these funds will serve to beef up the Plan de Soutien - in effect a stimulus package by another name? Dr Ancharaz also said that the government should be mindful about not repeating the outcomes of the bail-out or economic stimulus packages that were dished out during the financial crisis of 2008-09, which left workers out in the cold, whereas the business groups made good for themselves. A concern that is shared across the world where stimulus packages financed by taxpayers can and indeed in some cases have been put to wrong ends or in the wrong hands. That is why it is important that we scrutinise these programs carefully.

'The sums involved are incredibly large and we will be remiss if we mispend what we are now borrowing from our children and grandchildren,' argues Ilan Noy, Chair in the Economics of Disasters and Professor of Economics, Victoria University of Wellington. 'Whether large corporations need to receive support depends partly on the longer-term importance of their sector. It is easier to justify support for national airlines, which are an important linchpin in many countries' global ties, than to support fossil fuel producers, for example. Nor are there many reasons why taxpayers (present and future) should bail out wealthy individual owners of large businesses, when these businesses could be restructured in bankruptcy proceedings that should not lead to their shutdown.

Covid-19 stimulus packages should be threefold, and we should assess them against these three goals: (1) make sure people's basic needs are satisfied, (2) make it possible for the economy to spring back into action once the necessary social distancing measures are relaxed, and (3) use these funds to create positive change, and rebuild areas we previously neglected. From an economic perspective, it is clearly more efficient to provide support only to the people/business sectors who really need it - those who have lost income and would not be able to support themselves.' That's an important consideration which should not be lost sight of.

Open letter to Hon K Jagutpal Minister of Health & Wellness



Dr R. Neerunjun Gopee

Dear Hon Minister

First of all, may I wish you *bon courage* in coping with this major public health crisis that befell the country within a few weeks of your assuming ministerial responsibility.

What has prompted me to write this letter to you is the distressed appeal made by a doctor on social media which I heard two days ago, on Sunday, about the type of service being provided to him and others quarantined at Le Victoria hotel in the north, and to his mother at Souillac Hospital.

But first I will start with some general remarks. I must confess that I have not been listening to every single press conference that you and your colleagues have held, and I will therefore pick up only a couple of points from the ones I have seen, from what is being relayed on social media, and inputs from medical staff.

One clip that is repeatedly going around is your reply in Parliament to Hon Dr Arvin Boolell, Leader of Opposition. His question was legitimate, since he clearly had information about tourist arrivals. And your answer too was based on *what was known at that time* - that there was no *confirmed* case of Covid-19 as yet. Why? Because community testing had not yet been introduced, as it still is not being done. Secondly, the only screening that was available was the thermal testing of incoming tourists at arrival, which, according to Dr Pieter Pyot, currently Director of the London School of Hygiene and Public Health (and co-discover of Ebola virus, and pioneer in the fight against HIV-AIDS), is not entirely reliable. But there is also the fact that some clever tourists take paracetamol before they land, and obviously they will go undetected.

Nevertheless, thermal testing is a simple screening measure that is recommended. The decision to allow tourists from affected countries like China, France, Reunion, and for a cruise ship to visit was clearly a whole of government one as happens in a democracy, and I do understand that you had no option but to follow the principle of collective responsibility. But the people must know whether they were undergoing the thermal test.

About the comparative death figures for Mauritius and Reunion, the fact is that journalists are doing their job and have to earn their living, and the greener ones are under pressure to ask seemingly clever questions, being innocently ignorant of the complexities and nuances about the medical science involved. Paraphrasing what Jesus is claimed as to have said on the cross, 'Forgive them my Father, for they know not what they do', I would request you to forgive them for they know not what they ask. The difference, though, is they are persistent. If I may suggest, your reply under such circumstances should be that the proper analysis can only be carried out when all the stats are in when the pandemic (or epidemic) is over, so they'll have to wait. There is no need to give any lengthier explanation, which will go over their heads any-

way.

I must also draw your attention to the lack of PPE and essential drugs such as Ventolin nebulizer - apparently there is no stock at the Central Store - at Health Centres, which also receive patients with respiratory symptoms, and the staff there too need protection.

But my main purpose is to make an appeal to you to urgently look into the conditions prevailing in the quarantine centres and take the immediate remedial measures needed. At the hotel the food served, according to the doctor's version, was ice cold and served late. Is this an example of hostility to the bloody natives - the favourite description by the English during colonial times - and hospitality to the tourists?

And at Souillac, where the mother was transferred, there was no nursing or medical attention given for hours altogether, and no response to the calls made to the nursing staff. Further, when the food came, the plates (there were two in a room) were just shoved through a small opening as if the two persons there were pariahs. Even caged animals in a zoo receive with more care and compassion.

You will surely agree that such practices are totally unacceptable, and as Minister responsible also for *Wellness* I sincerely hope that you will ensure that henceforth all the persons in quarantine are treated with the humaneness and compassion that they deserve.

Besides, there is a need to revisit the medical supervision and case detection/confirmation protocol and treatment at the quarantine locations, so as not to confine patients there for unduly long periods, and consider self-isolation at home where this is indicated.

I need to reiterate that health staff must absolutely be supplied with the standard protective gear recommended by WHO. May I also request you to also ensure their safety and send a clear message that any kind of violence against them, whether verbal or physical, will not be tolerated and will be severely sanctioned.

And finally, a suggestion: being in quarantine is very stressful emotionally, psychologically and physically. There are five clinical psychologists in your ministry. If this has not been done already, their services could surely be deployed to offer much-needed counsel and advice to those who are quarantined. This will become even more necessary should there be a need to extend the lockdown.

Thank you and wishing you and your team all the best during these difficult times.

Dr R Neerunjun Gopee
Director General Health Services (2006-2013)



Hon K. Jagutpal Minister of Health

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À la Réunion, la pandémie aggrave les inégalités sociales

À La Réunion, la culture du risque a contribué à la mise en place rapide du confinement. Mais les mesures valables pour l'Hexagone ravivent dans l'île les graves inégalités socio-économiques

L'île de la Réunion subit de plein fouet la pandémie. La mise en place du confinement a été déclarée dès le stade 1 de l'épidémie avec seulement 12 cas déclarés et pas de circulation du virus sur le territoire. Cette mesure de confinement perçue comme salutaire intervient sur un territoire rompu à cette pratique mais l'application de l'ensemble des mesures valables pour l'Hexagone peuvent paraître inéquitable sur ce territoire insulaire qui connaît de graves inégalités socio-économiques.

La culture du confinement à La Réunion

Cette épidémie vient s'ajouter à de nombreux autres risques pérennes – cyclone tropical intense, épidémies de dengue récurrente. L'île de la Réunion n'est pourtant pas novice en termes de gestion du risque et du confinement. En effet la culture du risque cyclonique profite à cette culture du risque) épidémique.

Le risque cyclonique impose ainsi un rituel annuel de vérification des stocks d'eau potable, de bougie, de gaz, de piles, de conserves, de riz, de pâtes...

«Vider» les rayons de leurs marchandises montre que tous se préparent activement au confinement, pratique familière à La Réunion. Ces actes ne traduisent pas uniquement du «chacun pour soi». La constitution de stocks n'est pas que comportements «faméliques, inciviques et individualistes» (comme indiqué ou entendu dans la presse) mais aussi protecteurs des besoins alimentaires de la famille élargie en vue d'un confinement total.

Chaque année, les mêmes mesures de précaution sont répétées : se tenir informée du bulletin météorologique et des instructions préfectorales, faire des réserves et se préparer à la pénurie des denrées alimentaires, aux coupures d'eau d'électricité, aux inondations... Il existe trois niveaux d'alerte cyclonique qui confinent, après une phase de préparation (pré-alerte), le public scolaire (alerte orange) puis toute la population (alerte rouge).

Chacune cultive ses propres façons de le gérer et dispose de stratégies pour contourner les ruées périodiques (générale-

ment en fin d'année) sur les marchandises de première nécessité. Certains vont mobiliser le réseau de connaissances pour faire le plein de légumes avant la hausse des prix de ces denrées (hausse qui intervient systématiquement après le passage de tout cyclone), d'autres s'en vont chez les grossistes pour éviter la cohue dans les supermarchés. Il est aussi répandu chez les habitants de maison individuelle de disposer de citernes en cas de coupures du réseau d'eau, ce qui épargne d'avoir à faire la tournée des supermarchés pour trouver des bouteilles d'eau (première denrée prise d'assaut sur les étalages).

Fortes de ces expériences, les populations acceptent d'autant mieux le confinement qu'il intervient en période cyclonique : les réserves sont parfois déjà faites même si elles n'empêchent pas les dernières ruées sur les étalages par crainte de la pénurie habituelle en cas de cyclone.

Un territoire vulnérable paradoxalement habitué aux crises

Contrairement à l'Hexagone, il n'est pas besoin de remonter très loin dans le temps pour trouver des périodes similaires en termes de mesures sociales et sanitaires urgentes.

En 2006, sévit une épidémie de chikungunya, maladie aux conséquences parfois particulièrement handicapantes, transmise par les moustiques. On comptera plus de 266 000 cas et 267 décès à La Réunion. Cette épidémie a mis en exergue la très mauvaise santé des Réunionnais. Sa gestion sera décrite, certains auteurs parleront de forme d'aveuglement.

Un peu comme en Camargue, à La Réunion, la résistance aux moustiques permet de séparer symboliquement les locaux des nouveaux arrivants.

Pour autant, des solidarités nouvelles semblent s'être créées entre créoles et *zoreils* (nom attribué aux personnes venues de l'Hexagone), ces derniers étant perçus par les autres populations comme «dominants» socialement, économiquement et politiquement.

En 2011, une autre crise réactive cette ligne de partage identitaire entre *zoreils* et créoles. Il s'agit de la «crise requin» qui intervient sur la côte ouest considérée comme concentrant le plus de *zoreils*.

Cette crise-là, plus relayée dans l'Hexagone par son côté sensationnel, a par ailleurs abouti à l'interdiction totale de toute activité nautique et de baignade non surveillée sur le littoral ; interdiction ayant entraîné un report des baignades sur le lagon déjà très vulnérable.

En 2018, la crise des «gilets jaunes» qui bloqua durablement le territoire pen-

dant 15 jours avec l'instauration d'un couvre-feu par arrêté préfectoral, a de nouveau posé cette question de «classe raciale». À cette occasion avait émergé l'expression publique d'un sentiment anti-*zoreil*.



Port de la Réunion le 1 mars 2020. Les manifestants dénoncent le débarquement de passagers du Sun Princess sans que des contrôles de santé ne soient effectués. Richard BOUHET / AFP

Les revendications sur les ronds-points relayaient notamment au préfet des demandes de préférence régionale devant l'emploi, traduction d'un sentiment d'injustice dans la répartition du pouvoir et des responsabilités. Des agressions racistes ont eu lieu sur et en marge des ronds-points.

Absence de clés de compréhension du social

Peu de travaux en sciences sociales s'intéressent à ces tensions raciales et cherchent à instruire le débat sur le sentiment d'injustice socio-économique à La Réunion. Chaque crise repose inlassablement les mêmes questions, qui restent sans réponse. Pourtant la volonté de résilience culturelle et sociale des habitantes a émergé sur les ronds-points en 2018 mais les structures émancipatrices de l'histoire esclavagiste et coloniale manquent.

Les inégalités se reproduisent, surtout en l'absence de clés de compréhension du social. Bien que des projets de recherche cherchent aujourd'hui à comprendre et construire cette résilience, le débat est renvoyé à la sphère privée.

Dans un tel contexte, la communication de crise est cruciale et peut à tout moment alimenter ces tensions. Contrairement aux épidémies récurrentes de dengue, il n'y a pas eu d'informations cartographiques sur la répartition en local des «cas importés»

malgré les demandes pressantes d'informations concernant cette répartition (annonce de la directrice de l'ARS, plateau télévisé, mercredi 25/03/2020).

Pour l'ARS, l'injonction de ne pas stigmatiser des populations et de garantir l'anonymat des cas importés et des 800 personnes contacts répertoriées par ces services s'impose encore plus.

Le confinement reproduit et aggrave les inégalités sociales

À La Réunion, la culture du risque a contribué à la mise en place rapide du confinement. Alors que l'île n'en était «qu'à» 12 cas dits «non autochtones», la mise en

place du confinement pour l'épidémie de coronavirus semblait une mesure salutaire et familière.

Le respect des consignes de confinement est aujourd'hui salué comme du civisme par les autorités sanitaires après avoir été assimilées à de la panique. Mais si le confinement semble bien observé, c'est au détriment des solidarités usuelles (accueil et prise en charge des membres vulnérables dans les familles) qui ne pourront s'exprimer.

À l'inverse, lorsqu'elles se sont exprimées, elles auront peut-être participé à la mise en danger des populations les plus fragiles.

Dans la droite ligne de l'unité nationale prônée par la ministre de l'Outre-mer, les modalités tous azimuts visant à ne pas bloquer l'économie risquent également de creuser les inégalités. Certaines mesures semblent ainsi très peu adaptées au territoire. La mise en place du télétravail et du plan de continuité pédagogique par exemple ne semblent tenir compte ni des 39 % de pauvreté (contre 14,2 % sur le territoire national), ni de l'illettrisme et encore moins de la fracture numérique. De quoi aggraver les inégalités que les écoles et l'université peinent à endiguer.

Marie Thiann-Bo Morel -
Université de la Réunion

Covid-19 : Some things good, Some things bad

The Covid-19 pandemic is likely to last for a good while yet. How long, nobody knows. Every country is responding as best it can with whatever resources it has to limit spread of the virus, give treatment, prevent deaths. Covid-19 has brought out both the good and the bad in people.

Every leader is trying to gain the people's trust in his own way, and mobilize national efforts in a positive direction. Here are some of the things happening:



India lights up

Prime Minister Narendra Modi invited all citizens to switch off the lights at their homes and light up lamps, candles or mobile phone torches for nine minutes at 9 pm on Sunday last to display the country's 'collective resolve' to defeat coronavirus.

But lights in all essential services including hospitals, police stations and manufacturing facilities

as well as street lights were not switched off. There were some apprehensions that there might be instability in the grid and fluctuation in voltage which may harm the electrical appliances. But no untoward incident was reported and the event went very well.

Many people in Mauritius too participated in the event in the same manner, starting at 7.30 pm local time.

* * *

Boris Johnson admitted to hospital

UK Prime Minister Boris Johnson has been admitted in a hospital in London for a check-up and further tests after he exhibited more severe symptoms. The latest update about his health condition indicates that he was moved into intensive care on Monday, 'a worrisome turn in his 10-day battle with the coronavirus and the starkest evidence yet of how the virus has threatened the British political establishment and thrown its new government into upheaval,' com-



ments the *New York Times*.

It adds: 'In a sign of how grave the situation had become, Downing Street said in a statement on Monday that Mr. Johnson had asked the foreign secretary, Dominic Raab, to deputize for him "where necessary." The pound fell against the dollar after investors reacted to the news.'

In Ireland, former Prime Minister Leo Varadkar, who is a medical doctor, has donned his white coat and is back in hospital looking after patients. *Chassez le naturel* – but so much the better...

* * *

'Dr Donald Trump'

President Donald Trump in his press briefing at the White House recommended the use of hydroxychloroquine, a drug that is used for malaria, for the treatment of patients with Covid-19. The danger: people can hoard the medicine, self-medicate and suffer side-effects and complications. There could also be a shortfall for others who may genuinely need it.

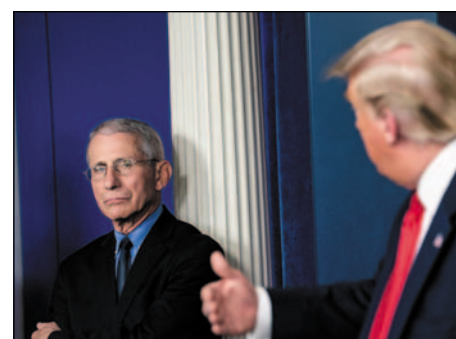
At the same press briefing, Trump prevented his top adviser Dr Anthony Fauci from replying to questions about the drug, to the dismay of the press reporters. Dr Fauci is known to have expressed his reservations about its use until there is more robust medical evidence.

On the other hand, Trump and Cuomo, the governor of New York which is hardest hit, keep throwing barbs at each other. Due to shortage of place in the morgues, dead bodies are being kept in refrigerated lorries in hospital compounds.

Justin Trudeau takes on Donald Trump

The Canadian Prime Minister has warned Donald Trump that his decision to stop a US manufacturing company from sending respirators to Canada could prompt retaliatory measures.

3M, a Minnesota-based ma-



Donald Trump STOPS Dr Fauci answering a question about unproven anti-malarial drug during briefing and insists he sees the 'light at the end of the tunnel' after US passes the 'horrific point of death' in the next two weeks

nufacturer of protective health-care equipment, said it had been asked by the White House to limit exports of protective equipment manufactured in the US to Canada and Latin America, which the company opposed on 'humanitarian grounds'. Germany too has accused the US of poaching 3M made surgical masks from a planeload meant for it.

Fact: Hospitals across the world are facing severe shortages of protective equipment, which puts medical staff at greater risk as they treat coronavirus patients. In the US, many doctors and nurses are re-using

their masks every day.

* * *

Man in UK wipes saliva on products

A 20-year-old man has been arrested after being accused of 'purposefully' wiping his saliva on products on the shelves of a branch of Lidl in Dorset, potentially endangering the health of fellow shoppers amid the coronavirus outbreak', so reports *The Independent Online UK*.

The man entered the supermarket at about 2 pm on Friday afternoon wearing a face mask and gloves, was then seen to lower the mask and lick his fingers before rubbing his spit across produce in the aisles.

He was arrested after enquiries and charged with the offence of contaminating or interfering with goods with intent under Section 38 of the Public Order Act 1986.

This kind of incident, deliberate contamination of food and other items during this period, has been reported in Australia and India as well.

As if we did not have enough trouble already!

* * *

Hard times ahead

Barely noticed, amid the dramatic changes to day-to-day life and the gathering collective fear, has been the fastest and most fundamental recasting of economic policy since... when? The Bolshevik Revolution, perhaps. Even wartime restrictions and mobilisations arrived more gradually, and while the global financial crisis of 2008 certainly turned the unthinkable into received wisdom pretty fast, it did

not do so without a whole lot of (sometimes time-consuming) argument.'

Why are you doing this to the world Covid-19?

* * *

Meanwhile...

Enjoy the many humorous video clips being circulated on social media for 'time pass'.

Just one of them: 'From the Psychiatric Society: It's normal during a lockdown to talk to plants, flowers, tables. Contact us only if you hear them start talking back.'



The view of India from NASA's satellite at 9.05 pm

Evolution of response to Covid-19

Social distancing and stay-at-home directives seem to be helping in reducing the spread of the hidden enemy



Kishore Teelanah

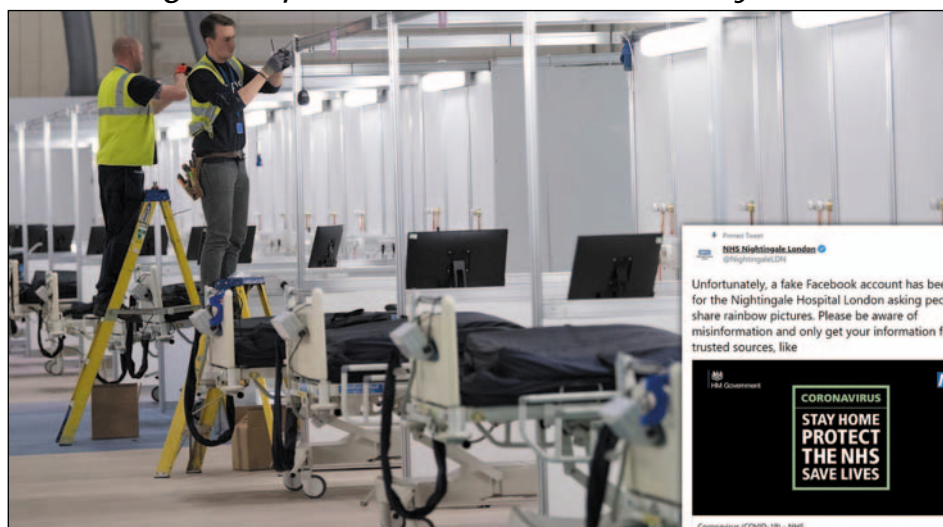
At the time of writing (March 21), coronavirus (Covid-19) has already caused over 42,000 deaths worldwide and still counting, causing shock in the whole world in the medical, scientific, political spheres. Originating in the city of Wuhan, China in December 2019, causing deaths rising on a daily basis, this has pushed world leaders to take drastic actions like isolation and lockdown in order to halt its devastating progression. During the last month, Europe has been the worst hit with most of the deaths occurring in Italy, Spain, France and UK.

With the explosion of cases in Wuhan, Public Health England announced that it was moving the risk level in Britain from "very low" to "low". This prompted Heathrow airport to screen all arrivals from Wuhan. In early March, Italy announced it was shutting schools and universities amid what was developing with the worst outbreak in Europe.



Before the 2-metre distancing rule, doctors and nurses promoting strict government rules -- Photo: Yngre Læger

In the meantime, UK's death rate and spread were much lower, due to being at an incubation period; hence all the businesses remained fully functional. There was some complacency during early March 2020, whereas Wuhan imposed a lockdown right at the outbreak of the viral infection. After seeing the dire effects in EU countries, the British government took strong action by mid-March. Many universities had already started online teaching, with very few students on campuses, and some companies followed suit with people working from home. By 16th March, many schools and colleges were shut, leaving only skeleton staff present. Only key workers in the National Health Service (NHS), the police, paramedics and other volunteers were allowed to travel to perform their duties.



"The plea from the British government has drawn 20,000 doctors and nurses as well as paramedics from retirement to help control the spread of Covid-19. Many final year medical students have also volunteered. More ventilators and testing kits have been ordered from motor manufacturers and Dyson to enable testing tens of thousands more people. In readiness to cope with the rapid spread of the pandemic as it is reaching its peak, some more hospitals are being built, such as Nightingale Hospital in London which can accommodate 4000 beds..."

Prime Minister Boris Johnson made regular live announcements to discourage people from travelling to work unless it was absolutely necessary. Soon many more businesses and the transport hub were shut down in order to reduce cross-infection. It was reported that one person can spread this virus to 10,000 other people, and it keeps escalating exponentially. This is what prompted the UK population to stay at home for the second week. Most places have two-metre distance rule as well as a controlled number of shoppers going inside. This has brought about the long supermarket queues, with delays in shopping. There has been panic-buying, which left many supermarkets short of toilet paper, bread, eggs, soap, hand washing gels and many other items.

The result has been an unexpected doom in the business world. As employers all over the world reflect on the state of the economy, the domino effects will continue in Britain. The new Chancellor or Exchequer of UK, Rishi Sunak, has provided a generous package to help with loss of earnings, which he described as an unprecedented government intervention on a scale unimaginable a few weeks ago. Any business that needs access to cash will be able to apply for government-backed and guaranteed loans worth a total of £330 billion, promising that he would make more available if demand was greater in the weeks ahead.

The virus has now reached almost every country in the globe with more than 850,000 confirmed worldwide cases at the time of writing. The social distancing and stay-at-home directives seem to be helping in reducing the spread of the deadly and hidden enemy. While the travel and tourism industry and other businesses have suffered, there are other pitfalls ahead.

The plea from the British government has drawn 20,000 doctors and nurses as well as paramedics from retirement to help control the spread of Covid-19. Many final year medical students have also volunteered. More ventilators and testing kits have been ordered from motor manufacturers and Dyson to enable testing tens of thousands more people. In readiness to cope with the rapid spread of the pandemic as it is reaching its peak, some more hospitals are being built, such as Nightingale Hospital in London which can accommodate 4000 beds for corona cases and this will be replicated in cities such as Manchester, Birmingham, Glasgow and even in Northern Ireland.

Kishore Teelanah holds the post of Section Manager for Science in a College of Further and Higher Education (London). He left Mauritius for the UK in 1974 and started his career with the NHS as a nursing officer. He has over 34 years of experience in teaching, learning and education management in Science having worked in many educational establishments at different levels.

Food for Thought

Suddenly we realized...

Suddenly, we slept in one world and woke up in another. Disney has no more magic and Paris is no longer romantic.

Suddenly, in New York everyone sleeps. And the Great Wall of China is no longer a fortress.

Suddenly, hugs and kisses become weapons. Holding hands and walking the parks become outlawed.

Suddenly, not visiting aging parents and grandparents becomes an "act of love".

Suddenly, our bombs and machine guns, our tanks and artilleries begin to gather dust.

Suddenly, we realized that power is with God alone. And that money has no value when it can't even buy you toilet paper.

Suddenly, we have been put back in our place by the hands of the universe.

And we've been made aware how vulnerably "human" we truly are, when faced with a microbe so powerfully inhumane.

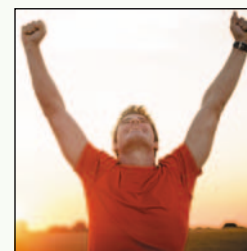
Author Unknown

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Mental anxiety health tips

Every day: Set goals, find joy and call a friend

The first, "mastery," requires setting a reachable goal for the day, whether it's practising the piano for 20 minutes, trying a new recipe or exercising. A second daily essential is finding an element of pleasure: eating a delicious snack or taking a bath, for instance. Then comes "connection," which means calling or video chatting with a friend or relative to take ourselves outside of isolation and into a circle of fellowship.



Take mental inventory of your well-being

"Our fear is about the future. It's what we anticipate. But if you stop and say, 'I am healthy in this moment,' it pulls you out of rumination and anxious, helpless preoccupation. Your brain will come to this moment of quiet realization. 'Things are not great, but they're basically OK. I am still surviving.' It gives you more of a sense of agency."

Limit media intake

It's important to find a line between educating yourself with information that helps guide your decisions and inundating yourself with information that simply increases anxiety.

Turn panic into service

"Write down people's names, thinking of those most likely to be in need because of their age or medical situation or if they live alone. We ourselves are much less likely to feel panicked if we channel our anxiety into, 'Who can I help right now and how can I help?'"

Source: New York Times

Protection of our soldiers against Covid-19

If you don't sacrifice for what you want, what you want will become the sacrifice. -- Jay Shetty, via twitter.com

The Spanish Flu pandemic killed around 50 million people, exceeding the number of people and soldiers killed during World Wars I and II. The frontliners were the soldiers, ones most at risk of dying. But at least they could see their enemy. The frontliners against Covid-19 are health care workers who face an invisible enemy. Thousands of them – physicians, nurses, paramedics -- have already got infected by their patients, and hundreds have died. The first victim was Dr Li Wenliang, the ophthalmologist in Wuhan who raised the alarm against coronavirus.



Dr CS Ramdaursingh

To date, Covid-19 has claimed around 65,000 lives, despite drastic actions worldwide: lockdowns, mass quarantines, travel restrictions, etc.

The statistics are frightening. Across China more than 3300 health care workers have been infected as of early March and, by the end of February, at least 22 had died. In Italy, the virus had infected more than 5000 doctors, nurses, technicians, ambulance staff and other health employees, with 41 deaths. The majority were on the frontline in the badly affected northern regions around Lombardy; they contracted the illness at the start of the outbreak when protective equipment was lacking; this happened in Wuhan too.

“Access to personal protective equipment for health care workers (HCWs) is a serious concern. Even developed countries like the UK and USA report extreme shortages, and the situation is worse in parts of the developing world which may be most hit by the pandemic.

Many HCWs are forced to put themselves at risk, managing patients using sub-standard equipment. HCWs are overstretched, with no end in sight working in an under-protected, stressful and frightening environment, making them very vulnerable to infection...”

More than 3900 health care workers (HCWs) in Spain are reported to be infected. Worldwide, including Mauritius, there is panic and the public are not strictly following the official guidelines and rules. People are loitering around uselessly and the police have limited capacity to take required actions. Government is at a loss, changing strategies every now and then, and is unable to foster trust in the public. Despite the uncertainty and instability HCWs are continuing their battle but seem to have been forgotten.

Their weapons are limited: regular

washing of hands, self-isolation when mandated, social distancing, avoiding crowded areas; and if symptoms aggravate to contact their colleagues in hospitals.

Access to personal protective equipment for HCWs is a serious concern. Even developed countries like the UK and USA report extreme shortages, and the situation is worse in parts of the developing world which may be most hit by the pandemic. Many HCWs are forced to put themselves at risk, managing patients using sub-standard equipment. HCWs are overstretched, with no end in sight working in an under-protected, stressful and frightening environment, making them very vulnerable to infection.

If they are not adequately protected, they will end up becoming patients. The following measures will greatly help these soldiers, our 'Corona warriors':

Establish triage areas and source control

- Well-trained staff should be placed at entrance of each health care facility, where there should be physical barriers (glass/plastic) to limit contact with potentially infected patients. All patients must be assessed for possible Covid-19 infection. Those who are high risk must be separated and directed to specially designated wards for management by separate medical teams.
- The **standard hygiene practices** should be reinforced for the general public as well as for the health care workers. These combined with protective gowns for the latter increase the protective effectiveness to 91%.
- **Safety measures whilst dealing with OPD/Clinic patients:** To avoid crowding and transmission OPD work should be kept to a minimum. Relatives should be allowed to visit exceptionally. Social distancing must be practised - waiting-room chairs placed six feet apart; all patients with respiratory symptoms to wear a mask in the waiting area and instructed on cough and sneeze hygiene.

- There should be good ventilation. Doctor should wear surgical masks, scrub their hands with soap/water and use an alcohol-based disinfectant after each examination.
- **Safety measures in hospitalised Covid-19 patients:** Ideally, to be cared for in single rooms with adequate ventilation. As their numbers increase, they should be placed in designated wards, on separate floors or in newly-constructed temporary units, with bed spacing of at least 2 meters.
- A dedicated team of medical staff should be assigned to the care of such patients so as to limit transmission and conserve personal protective equipment. They should use N-95 masks, eye protection
- **For personnel working with positive Covid-19 patients and for those in ICUs,** special precautions must be followed for aerosol generating procedures (tracheal intubation, non-invasive ventilation, tracheostomy, etc). These procedures are all associated with increased risk of transmission of Covid-19, and should be carried out in an adequately ventilated room or in 'airborne infection isolation rooms', with HCWs in full protective gear as detailed above.
- **Environmental and engineering controls** ensure adequate ventilation of all health care facilities and proper environmental disinfection. Water and detergent can be used for cleansing environmental surfaces and regularly



(goggles) or face shield to prevent contamination of mucous membranes, and wear clean non-sterile long-sleeved gown and gloves.

- Clear instructions on how to store and dispose PPE is essential.
- Relatives and visitors should not be permitted, but stay in touch with loved ones through electronic means.

The important message is: universal precautions of strict hygiene must be adhered to, with N-95 masks and full PPEs then being conserved for procedures where respiratory secretions can be aerosolized and for known or suspected cases of Covid-19. For medical staff who are inadvertently exposed to a patient who unexpectedly tests positive, a time of exposure must be defined before deciding to place HCWs in quarantine. If this is done after even casual exposure and hospitals shut down, there will be no one left to treat patients.

- **Prophylactic drug for HCWs:** Hydroxychloroquine is not recommended for the time being.

used hospital disinfectants will suffice. Management of laundry, food service utensils, and medical waste should be performed in accordance with routine policy. Laboratories should abide by biosafety practices and recommended transport requirements.

Our frontline soldiers will need all the right protective equipments to sustain the fight which is likely to last a while. They will also need the back-up of ancillary staff to increase the frequency and rigour of cleaning light switches, countertops, handrails, elevator buttons and doorknobs. Such measures can give much-needed reassurance to stressed care givers and protect the public too.

One has to remember that the HCWs provide heroic patient as they battle against this mortal enemy but like soldiers, they too face considerable mental stress. They also do feel the sorrow of loss when their patients succumb to the virus. They too have families, and so will also naturally be fearful that the virus might reach those they love most.

Three reasons why Jacinda Ardern's coronavirus response has been a masterclass in crisis leadership

As someone who researches and teaches leadership, I'd argue New Zealand Prime Minister Jacinda Ardern is giving most Western politicians a masterclass in crisis leadership

Imagine, if you can, what it's like to make decisions on which the lives of tens of thousands of other people depend. If you get things wrong, or delay deciding, they die.

Your decisions affect the livelihoods of hundreds of thousands of people, resulting in huge economic disruption, mass layoffs and business closures. Imagine you must act quickly, without having complete certainty your decisions will achieve what you hope.

Now imagine that turning your decisions into effective action depends on winning the support of millions of people.

Yes, you do have enforcement capacity at your disposal. But success or failure hinges on getting most people to choose to follow your leadership – even though it demands sudden, unsettling, unprecedented changes to their daily lives.

This is the harsh reality political leaders around the world have faced in responding to COVID-19.

As someone who researches and teaches leadership – and has also worked in senior public sector roles under both National and Labour-led governments – I'd argue New Zealand's Prime Minister Jacinda Ardern is giving most Western politicians a masterclass in crisis leadership.

Three communication skills every leader needs

When it comes to assessing New Zealand's public health response, we should all be listening to epidemiologists like Professor Michael Baker. On Friday, Baker said New Zealand had the "most decisive and strongest lockdown in the world at the moment" – and that New Zealand is "a huge standout as the only Western country that's got an elimination goal" for COVID-19.

But how can we assess Ardern's leadership in making such difficult decisions? A good place to start is with American professors Jacqueline and Milton Mayfield's research into effective leadership communication.

The Mayfields' research-based model highlights "direction-giving", "meaning-making" and "empathy" as the three key things leaders must address to motivate followers to give their best.

Being a public motivator is essential for leaders – but it's often done poorly. The Mayfields' research shows direction-giving is



typically over-used, while the other two elements are under-used.

Ardern's response to COVID-19 uses all three approaches. In directing New Zealanders to "stay home to save lives", she simultaneously offers meaning and purpose to what we are being asked to do.

In freely acknowledging the challenges we face in staying home – from disrupted family and work lives, to people unable to attend loved ones' funerals – she shows empathy about what is being asked of us.

The March 23 press conference announcement of New Zealand's lockdown is a clear example of Ardern's skillful approach, comprising a carefully crafted speech, followed by extensive time for media questions.

In contrast, British Prime Minister Boris Johnson pre-recorded his March 24 lockdown announcement, offering no chance for questions from the media, while framing the situation as an "instruction" from government, coupled with a strong emphasis on enforcement measures.

Where Ardern blended direction, care and meaning-making, Johnson largely sought "compliance".

Enabling people to cope with change

Ardern's approach also strongly reflects what well-known Harvard leadership scholar Professor Ronald Heifetz has long argued is vital – but also rare and difficult to accomplish – when leading people through change.

Ardern has used daily televised briefings and regular Facebook live sessions to clearly frame the key questions and issues requiring attention.

Also consistent with Heifetz's teachings, she has regulated distress by developing a transparent framework for decision-making – the government's alert level framework –

allowing people to make sense of what is happening and why.

Importantly, that four-level alert framework was released and explained early, two days before a full lockdown was announced, in contrast with the prevarication and sometimes confusing messages from leaders in countries such as Australia and the UK.

Persuading many to act for the collective good

The work of another leadership scholar, the UK's Professor Keith Grint, also sheds light on Ardern's leadership approach during this crisis.

sis.

For Grint, leadership involves persuading the collective to take responsibility for collective problems. Much of the prime minister's public commentary has been dedicated to exactly that – and it's been overwhelmingly effective, at least so far, with a recent poll showing 80% support for the government's response to COVID-19.

Grint also argues that when dealing with "wicked problems" – which are complex, contentious and cannot be easily resolved – leaders must ask difficult questions that disrupt established ways of thinking and acting.

It's clear this has happened in New Zealand, as shown in the suite of initiatives the government has taken to respond to the pandemic, including its decision to move to a national lockdown relatively fast compared to many – though not all – countries.

Of course, not everything has been perfect in New Zealand's or Ardern's COVID-19 response. Ongoing, independent scrutiny of the government's response is essential.

But as my own research has argued, expecting perfection of leaders, especially in such difficult circumstances, is a fool's errand.

It's never possible. Nor should we allow the "perfect" to become the enemy of the "good" when speed and enormous complexity are such significant features of the decision-making context.

Whether you're comparing Ardern's performance against other Western leaders, or assessing her efforts using researchers' measures of leadership excellence, as a New Zealander I think there is much to be grateful for in how she is leading us through this crisis.

Suze Wilson
Massey University

Food for Thought

C'est la crise, mais joliment dit !

Les problèmes des boulangers sont croissants...

Alors que les bouchers veulent défendre leur beefsteak,

Les éleveurs de volailles se font plumer,

Les éleveurs de chiens sont aux abois,

Les pêcheurs haussent le ton!

Et bien sûr, les éleveurs de porcs sont dans la merde,

Tandis que les céréaliers sont sur la paille.

Par ailleurs, alors que les brasseurs sont sous pression,

Les viticulteurs trinquent.

Heureusement les électriciens résistent.

Mais pour les couvreurs, c'est la tuile

Et certains plombiers prennent carrément la fuite.

Dans l'industrie automobile, les salariés débrayent,

Dans l'espoir que la direction fasse marche arrière.

Chez CEB les syndicats sont sous tension,

Mais la direction ne semble pas au courant.

Les cheminots voudraient garder leur train de vie,

Mais la crise est arrivée sans crier gare,

Alors... les veilleurs de nuits, eux, vivent au jour le jour.

Pendant que les pédicures travaillent d'arrache-pied.

Les croupiers jouent le tout pour le tout,

Les dessinateurs font grise mine,

Les militaires partent en retraite,

Les imprimeurs dépriment

Et les météorologistes sont en dépression.

Les prostituées se retrouvent à la rue.

Amis, c'est vraiment une mauvaise passe.

Mais rarement les banquiers perdent au change.

5 Buddhist teachings that can help you deal with coronavirus anxiety

Buddhist meditation centers and temples in coronavirus-hit countries around the world have been closed to the public in order to comply with social distancing measures.

But Buddhist teachers are offering their teachings from a distance in order to remind their communities about key elements of the practice.

In Asia, Buddhist monks have been chanting sutras to provide spiritual relief. In Sri Lanka, Buddhist monastic chanting was broadcast over television and radio. In India, monks chanted at the seat of the Buddha's enlightenment, the Mahabodhi Temple in the eastern state of Bihar.

Buddhist leaders argue that their teachings can help confront the uncertainty, fear and anxiety that has accompanied the spread of COVID-19.

This is not the first time Buddhists have offered their teachings to provide relief during a crisis. As a scholar of Buddhism, I have studied the ways in which Buddhist teachings are interpreted to address social problems.

Engaged Buddhism

The Zen master Thich Nhat Hanh first coined the concept of "engaged Buddhism." During the Vietnam War, faced with the choice between practicing in isolated monasteries or engaging with the suffering Vietnamese people, he decided to do both.

He later ordained a group of friends and students into this way of practice.

In recent years many Buddhists have been actively involved in political and social issues throughout much of Asia as well as parts of the western world.

The following five teachings can help people in current times of fear, anxiety and isolation.

1. Acknowledge the fear

Buddhist teachings state that suffering, illness and death are to be expected, understood and acknowledged. The nature of reality is affirmed in a short chant: "I am subject to aging ... subject to illness ... subject to death."

This chant serves to remind people that fear and uncertainty are natural to ordinary life. Part of making peace with our reality, no matter what, is expecting impermanence, lack of control and unpredictability.

Thinking that things should be otherwise, from a Buddhist perspective, adds unnecessary suffering.



Buddhist monks have been chanting sutras to provide spiritual relief during the coronavirus crisis. A scholar of Buddhism translates some Buddhist teachings into ways we can deal with uncertain times

Instead of reacting with fear, Buddhist teachers advise working with fear. As Theravada Buddhist monk Ajahn Brahm explains, when "we fight the world, we have what is called suffering," but "the more we accept the world, the more we can actually enjoy the world."

2. Practise mindfulness and meditation

Mindfulness and meditation are key Buddhist teachings. Mindfulness practices aim to curb impulsive behaviors with awareness of the body.

For example, most people react impulsively to scratch an itch. With the practice of mindfulness, individuals can train their minds to watch the arising and passing away of the itch without any physical intervention.

With the practice of mindfulness, one could become more aware and avoid touching the face and washing hands.

Meditation, as compared to mindfulness, is a longer, more inward practice than the moment-to-moment mindful awareness practice. For Buddhists, time alone with one's mind are normally part of a meditation retreat. Isolation and quarantine can mirror the conditions necessary for a meditation retreat.

Yongey Mingyur Rinpoche, a Tibetan Buddhist monk, advises watching the sensations of anxiety in the body and seeing them as clouds coming and going.

Regular meditation can allow one to acknowledge fear, anger and uncertainty. Such acknowledgment can make it easier to recognize these feelings as simply passing reactions to an impermanent situation.

3. Cultivating compassion

Buddhist teachings emphasize the "four immeasurables": loving-kindness, compassion, joy and equanimity. Buddhist teachers believe these four attitudes can replace anxious and fearful states of mind.

When emotions around fear or anxiety become too strong, Buddhist teachers say one should recall examples of compassion, kindness and empathy. The pattern of fearful and despairing thoughts can be stopped by bringing

oneself back to the feeling of caring for others.

Compassion is important even as we maintain distance. Brother Phap Linh, another Buddhist teacher, advises that this could be a time for all to take care of their relationships.

This could be done through conversations with our loved ones but also through meditation practice. As meditators breathe in, they should acknowledge the suffering and anxiety everyone feels, and while breathing out, wish everyone peace and well-being.

4. Understanding our interconnections

Buddhist doctrines recognize an interconnection between everything. The pandemic is a moment to see this more clearly. With every action someone takes for self-care, such as washing one's hands, they are also helping to protect others.

The dualistic thinking of separateness between self and other, self and society, breaks down when viewed from the perspective of interconnection.

Our survival depends on one another, and when we feel a sense of responsibility toward everyone, we understand the concept of interconnection as a wise truth.

5. Use this time to reflect

Times of uncertainty, Buddhist teachers argue, can be good opportunities for putting these teachings into practice.

Individuals can transform disappointment with the current moment into motivation to change one's life and perspective on the world. If one reframes obstacles as part of the spiritual path, one can use difficult times to make a commitment to living a more spiritual life.

Isolation in the home is an opportunity to reflect, enjoy the small things and just be.

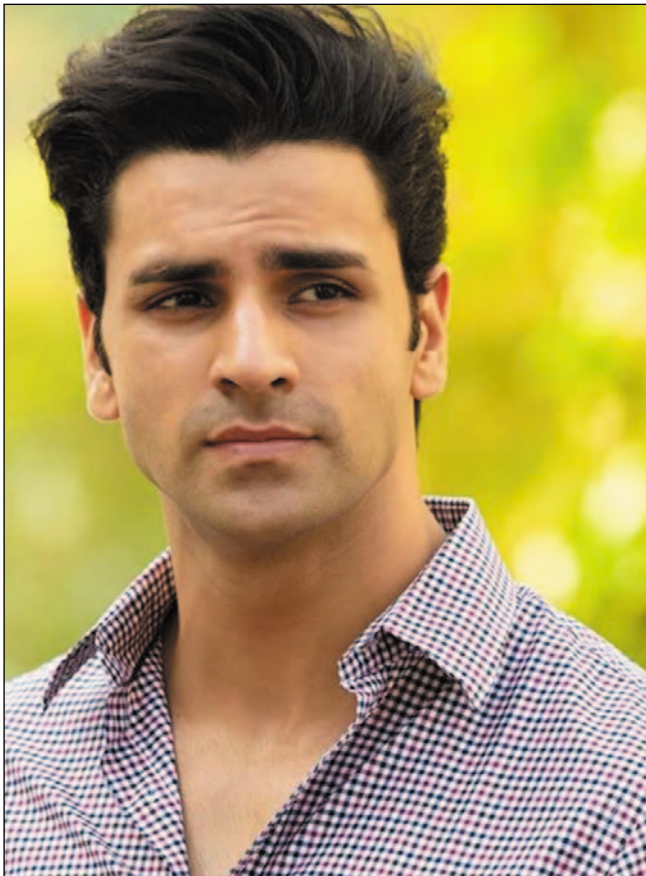
Brooke Schedneck

Assistant Professor of Religious Studies,
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Corona Briefs

Vivek Dahiya: We've become one entity, one force

The actor also shares how the effects of social distancing has turned the actor in him into a writer



Sharing his perspective on the coronavirus crisis, which has confined him to home, Vivek Dahiya took to Instagram to put out a long 'dear diary' note, talking about how the pandemic has got everyone "stuck in a limbo until the cure is discovered", reports Radhika Bhirani of Hindustan Times.

While he acknowledges the several lives it has cost and the havoc it is causing, he feels that there is a silver lining in how "it's the first time over a long period that all of us stand together against one enemy".

The 35-year-old actor adds in his note, "All the financial, political, religious wars, petty riots and difference of opinions have come to a standstill. Irrespective of nationality, we all stand by one another, sending out warnings, alerts and creating awareness. There is a strong global wave of empathy... I feel the countries have never been so united the way as they are now. We have become one entity, one force. It is human kind vs Covid-19."

Dahiya tells us that since he's so used to working out and being outdoors, the first two days of social distancing were frustrating for him. "But now, I've come to terms with it and I'm using my time constructively. I'm watching a lot of content, I'm reading, I'm doing my workout at home, and it's actually not bad," says the actor, whose maiden web show has just been launched.

Meanwhile, he's also enjoying being pampered by his wife, actor Divyanka Tripathi Dahiya, which is evident through his social media updates. They recently shifted to a new home, and they are "spending quality time" with each other. "It's a forced break, but it's good. Otherwise, a city like Mumbai can take a toll on you You're always mobile, hardly staying at home. This has really made us stay at home, think about life, and plan the rest of the year. That's what I want to do... Plan how I want to spend the next six or nine months," he signs off.

Ekta Kapoor will not be taking a year's salary - Rs 25 M

so that the paychecks of her employees at Balaji Telefilms are unaffected

As makers of television shows suffer massive losses, producer Ekta Kapoor has announced her decision to forgo a year's salary of Rs 25 million, so that her employees at Balaji Telefilms are not forced to take a pay cut.

In a statement shared on her Instagram account, Ekta wrote, "The impact of Corona crisis is huge, unprecedented and multi-pronged. We all need to do things that will ease the hardships of people around us and of our country at large. It is my first & foremost responsibility to take care of the various freelancers & daily wage workers who work at Balaji Telefilms & who are going to suffer immense losses due to no shootings in the current scenario and uncertainty over the indefinite period to follow."

The statement added, "I would thus forsake my one year's salary at Balaji Telefilms so that my co-workers don't have to take a hit during this period of crisis and complete lockdown. The only way ahead, is together. Stay Safe, Stay Healthy."

Last month, Ekta announced that since they were unable to shoot new episodes of their popular shows *Kumkum Bhagya* and *Kundali Bhagya*, they would temporarily replace it with their ALTBalaji web series *Karrle Tu Bhi Mohabbat*, starring Ram Kapoor and Sakshi Tanwar.

Meanwhile, all administrative and production work across Ekta's production houses - Balaji Telefilms, Balaji Motion Pictures and ALTBalaji - has been completely stopped. "Amongst many firsts, this is the first time we have shut office, as the team worked even during the floods, terror attacks and bank holidays. But today is not about spirit, but safety!" she shared in a statement posted on her Instagram account.



Jennifer Winget talks about the importance of mental health during the time of self isolation



and shooting being stalled took an opportunity to talk to her fans about the importance of mental health during the self-isolation period.

The actress shared a video on her Instagram account where she talked about how she is coping up with being homebound since last 6 days. She revealed in the video that she has been inside her house for the past 6 days and shared that the first three days went by quickly. The actress also talked about the importance of mental health and what isolation could do to the mental health. She urged people to shift focus and indulge in self love and care.

She also spoke about how few people still don't seem serious about the coronavirus outbreak and are going around with their normal life. She urged everyone and also explained the importance of social distancing.

Take a look at her post: "Quarantine Time, Not Down Time! Social distancing is crucial during this trying time and we're all in this together. It's funny if you come to think of it, but a virus has managed to equalise us all - caste, class, religion and creed. But Social distancing doesn't need to be boring. While this video will seem like a plea to stay indoors and stay safe (and not be callous and come out celebrating just yet), I also come bearing tips on how to turn this self isolation positively around and make it more about self care and shifting the focus on mental health. So stay tuned to my stories, take a look at what I've been up to. Be my quarantine?"

Jennifer is currently seen playing the role of Maya in *Beyhadh*. The actress has been receiving rave reviews for her performance. However, the second season of the show has not been able to garner good numbers.

Beyhadh actress Jennifer Winget, who is also currently home like many others owing to the coronavirus scare

Prayers Never Go In Vain

From Anushka Sharma and Virat Kohli to Deepika Padukone and Ranveer Singh, stars came out to their balconies and posted their pictures with candles on social media to support PM Narendra Modi's 9pm 9min initiative, reports India Today



Responding to PM Narendra Modi's 9pm 9min initiative, Bollywood celebs switched off lights in their homes and lighted diyas and candles. From Anushka Sharma and Virat Kohli to Deepika Padukone and Ranveer Singh, stars came

out to their balconies and posted their pictures with candles on social media.

Anushka Sharma wrote a long note on how prayers never go in vain. Sharing a picture of herself with husband Virat Kohli, she wrote, "I light a diya everyday for many years now. And as I light the diya I seek guidance, asking for the darkness in me to be dispelled. For many days since the turn of the recent events across the world, I have prayed to God to end the suffering of so many who are losing their lives without their families beside them, for the less-fortunate and the needy whose lives have turned upside down completely, for all the healthcare professionals who are working tirelessly & bravely to protect the lives of other beings, for those who are uncertain about their jobs and future. So tonight, I prayed extra for everyone and I lit diyas with the whole of India and we all prayed for each other. Prayers never go in vain (sic)."

While Deepika Padukone posted a picture of a candle, husband Ranveer Singh shared a photo featuring the two of them. Deepika wrote, "To Good Health, Peace of Mind & the Undying Human Spirit... #weshallovercome #9pm9minutes



(sic)."

Alia Bhatt shared a picture of two candles. She wrote, "When I was younger I would kiss my dad on his forehead before going off to school and after every kiss he would say 'Aaaaaah.. light aa gayi. I might have not fully understood what it meant back then... but because of his response I understood that light has wayyyyy more depth than just illuminating our lives. Light means so much. It's hope, beauty, strength... today it was unity... But no matter where we are and what we are going through we must always try and keep the light within us alive (sic)."

Amitabh Bachchan lighted diyas and candles at their home temple. Aishwarya Rai shared a photo of their temple along with one featuring her with husband

Abhishek Bachchan and daughter Aaradhya.

Karan Johar posted a video of the view from his terrace. In the video, the filmmaker can be seen with his mother and twins, Roohi and Yash, as they show flash lights to support PM Narendra Modi's initiative. He wrote, "Let there be light.....there is light at the end of this dark tunnel... (sic)."

Kartik Aaryan shared a happy picture of himself with diyas. He wrote, "Together, Everything is Possible #9Baje9Minutes (sic)."

Vicky Kaushal also joined the bandwagon by sharing a picture of candles and diyas. He wrote, "To unity. To togetherness. To us! (sic)."



5 upcoming book adaptations in Bollywood

Cinema and books have had a long-standing romance in Bollywood. Many classic novels have been adapted over the years into successful films on the big screen. From J.K. Rowling to Chetan Bhagat, we have seen a variety of author's works being converted to films in the past year and 2020 is no different. Filmfare decided to list the films that will be inspired from books releasing the coming year.

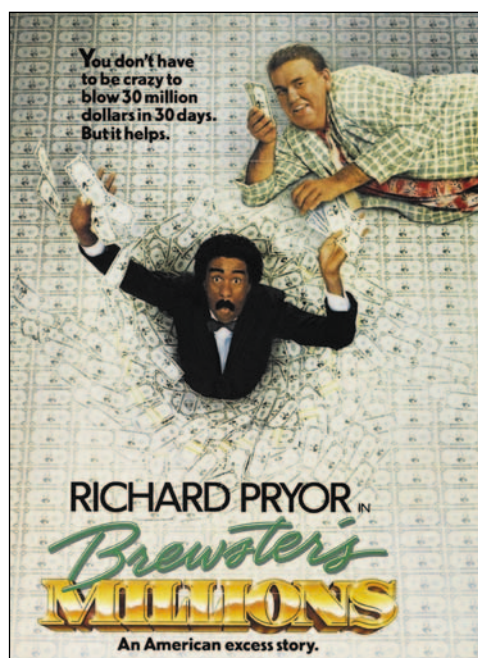
1. The Fault in Our Stars

Release Date: 8 May 2020



Tentatively titled Dil Bechara, the film is the remake of the immensely successful book on teenage love written by John

Green. The Fault In Our Stars has already been made into a film in the US and now it's time for Bollywood to give it a go. The film marks the debut of Mukesh Chhabra as director and stars Sushant Singh Rajput and Sanjana Sanghi in lead.



2. Brewster's Millions

Release Date: To Be Announced (TBA)
Brewster's Millions is an iconic comic novel that had millions laughing. Based on

a young man who is bequeathed a fortune by his grandfather with a rather unique condition to spend 1 Million dollars in the first year to acquire the rest of the inheritance. The film is said to be produced by Ravi Bhagchandka, who made the documentary, Sachin: A Billion Dreams (2017). It's a popular novel much adapted worldwide and in India as well. Malamaal (1988) was an earlier Hindi adaptation starring Naseeruddin Shah and Satish Shah. While the cast of the film is yet to be finalised, the script has already been locked down. It's written by Saand Ki Aankh fame Balwinder Singh Janjua.



3. The Girl On The Train

Release Date: 8 May 2020

The Girl On The Train is a mystery novel that had everyone hooked across the world. Its Hollywood adaptation, starring Emily Blunt, was a big hit and we're sure

that the Bollywood adaptation too will be a blockbuster too. The film stars Parineeti Chopra in the lead and is directed by Ribhu Dasgupta.

4. The Exile: The Flight of Osama Bin Laden

Release Date: TBA

Osama Bin Laden was one of the most powerful terrorists the world has ever seen. Adrian Levy and Cathy Scott-Clark penned down a book containing fascinating details from his past. Now, Vishal Bhardwaj is all set to bring forward a Bollywood adaption of the novel and we're sure it'll make for a cracking film.

5. Indira: India's Most Powerful Prime Minister

Release Date: TBA

Vidya Balan has often spoken about how she would like to play Indira Gandhi on screen and well looks like that'll soon turn into a reality after she brought the rights of the biography written by renowned journalist Sagarika Ghose. We sure can't wait to watch Vidya bring Indira's character to life on screen.

Note: The release date for these are tentative and with a delay in production work due to the coronavirus pandemic virus, we might see some of these films postponed to the next year.

CINE 12

Mardi 7 avril - 21.15

Blanche Neige Et Le Chasseur

Avec: Kristen Stewart, Chris Hemsworth, Charlize Theron

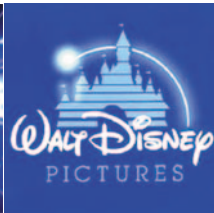


CINE 12

Mercredi 7 avril - 21.15

Total Recall

Avec: Patricia Arquette, James Van Der Beek, Ted Danson, Peter MacNicol, Charley Koontz, Shad Moss, Hayley Kiyoko



mardi 7 avril

MBC 1

06.30 Local: Memwar Dan Ros
07.05 Dessin Anime
10.34 Mag: Origami
11.15 Local: Entrepreneuriat
12.00 Le Journal
12.25 Local: Autour Des Valeurs
12.45 Local: Encounter
13.15 Local: Pape François
14.30 Dessin Anime
14.40 La Famille Blaireau-Renard
15.30 D.Anime: Petit Creux
15.58 D.Anime: Baby Boss
16.21 D.Anime: The Garfield Show
16.35 D.Anime: Trollhunters
17.00 Local: Aaj Ke Jawan
18.00 Live: Samachar
18.30 Serial: Jamai Raja
20.00 Journal & La Meteo
20.00 Local: Press Conference
20.45 Local: Pape François
21.30 Serial: Unforgotten

MBC 2

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 Journal 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

MBC 3

06.00 Mag: Eco@Africa
06.44 Mag: World Stories
07.00 Dessin Anime
12.01 Entertainment: En Rique Iglesias
13.05 Doc: 360 GEO
14.30 Dessin Anime
18.00 Mag: Rev: The Global Auto...
18.26 Magazine: Urban Gardens
18.30 Doc: Les Artisans Du Rebut
19.00 Mag: Check In
19.26 Doc: A Question Of Science
19.34 Mag: Made In Germany
20.02 Local: Tamil Programme
20.26 Film: Katha Nayagan
22.22 Doc: The Thrill To Ride
23.04 Doc: Little Yellow Boots
23.47 Mag: Urban Gardens
23.51 Doc: Les Artisans Du Rebut
00.16 Mag: Check In
00.42 Doc: A Question Of Science
00.44 Mag: Made In Germany

Cine 12

00.44 Tele: Peau Sauvage
01.32 Esmeraldas
02.57 Mike Hammer
05.12 Tele: Amanda
06.00 Serial: Dynasty 2
06.43 Serial: Sherlock
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: Changing Saddles
13.40 Tele: Amanda
14.34 The Karate Kid
16.47 Serial: Les Experts
17.25 Serial: Dynasty
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: Dynasty
21.19 Film: Blanche Neige Et...

Bollywood TV

09.18 Film: Ram Aur Shyam
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: Mujhse Dosti Karoge
Hrithik Roshan, Rani Mukerji,
Kareena Kapoor
18.00 Live: Samachar
18.30 Kumkum Bhagya
18.50 Piya Albela
19.12 Mere Angne Mein
19.33 Yeh Un Dinon Ki Baat Hai

mercredi 8 avril

06.46 Local: Ces Fous Des Vieux...
07.00 D.Anime: Twirlywoos
08.03 D.Anime: Boule Et Bill
08.34 D.Anime: Taratabong...
09.01 The Minimighty Kids
10.28 Magazine: Origami
12.00 Le Journal
12.25 Local: Coin Jardin
12.45 Local: Encounter
13.15 Local: Saveurs Plus
14.32 D.Anime: Croque Nuage
14.40 La Famille Blaireau-Renard
17.00 Local: Chikitsa Aur Swastya
17.30 Local: Bhakti Saagar
18.00 Live: Samachar
18.55 Local: Nayi Drishti
20.00 Journal & La Meteo
20.00 Local: Press Conference
20.35 Prod: Tam Tam
20.50 Film: The Life Of Jesus
00.00 Le Journal
00.35 Serial: Mike Hammer

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 Journal 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 Magazine: Rev
06.26 Doc: Les Artisans DuRebut
06.50 Mag: Check In
07.19 Doc: A Question Of Science
07.48 Doc: Photo Number 6
08.31 Mag: Close Up
09.02 Live Educational Programme
14.05 SOS Animaux En Danger
14.57 Mag: Close Up
15.25 Doc: The Thrill To Ride
16.08 Doc: Little Yellow Boots
16.53 Mag: Rev
17.19 Mag: Urban Gardens
17.53 Mag: Motorweek
18.19 Mag: Urban Gardens
18.24 Doc: Olivia's Garden
18.50 Local: Shab-E-Baraat
19.00 Student Support Programme
19.26 Doc: A Question Of Science
19.32 Doc: Garden Party
20.06 Programme In Marathi
20.32 Film: Dry Day

00.27 Tele: Peau Sauvage
01.27 Film: Blanche Neige Et Le...
03.28 Serial: Mike Hammer
04.16 Film: Life's Breeze
05.36 Tele: Amanda
06.18 Serial: Dynasty
07.00 Tele: Esmeraldas
09.00 Serial: Les Experts
10.29 Serial: Mike Hammer
12.00 Film: Life's A Breeze
13.20 Mag: Hollywood News Feed
13.35 Tele: Amanda
14.45 Jem Et Les Hologrammes
16.44 Mission Impossible
17.24 Serial: Dynasty
18.09 Tele: Au Nom De L'amour
19.00 Tele: Dulce Amor
20.05 Tele: Totalment Diva
20.30 Serial: When Calls The...
21.15 Film: Total Recall
23.20 Tele: Amanda
23.56 Serial: Les Experts

04.05 Ek Deewana Tha
04.26 Kulfi Kumarr Bajewala
05.03 Kaleerein
05.47 Bade Acche Lagte Hai
06.11 Chhanchhan
06.33 Ishqbazz
07.50 Kumkum Bhagya
08.11 Piya Albela
08.33 Mere Angne Mein
08.00 Zindagi Ki Mehek
09.16 Film: Guide
12.00 Ek Deewana Tha
12.42 Radha Krishna
13.05 Kaleerein
15.30 Film: Ok Jaanu
18.00 Samachar
18.30 Kumkum Bhagya
18.50 Piya Albela
19.12 Mere Angne Mein
19.34 Yeh Un Dinon Ki Baat Hai
20.06 Ek Deewana Tha
20.23 Kulfi Kumarr Bajewala

jeudi 9 avril

06.00 Local: Art Live
07.13 Dessin Anime
10.29 Magazine: Origami
10.45 Massive Monster Mayhem
11.30 Local: Arsisv MBC
12.00 Le Journal
12.35 Local: Metissages
13.30 Local: Pape François
14.30 Dessin Anime
15.31 D.Anime: Petit Creux
16.18 D.Anime: The Garfield Show
18.00 Local: Saver Kil Tirel
16.31 D.Anime: Trollhunters
17.00 Local: Prakriti Ki God Mein
17.30 Local: Bhakti Saagar
18.00 Live: Samachar
18.30 Serial: Jamai Raja
20.00 Journal & La Meteo
20.00 Local: Press Conference
20.35 Film: Phillauri
23.35 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 Journal Kreol
19.30 DDI Magazine
20.00 Serial: Maharakshak
20.42 Serial: Naagin
21.28 Serial: CID
22.15 Serial: Piya Rangrezz

06.00 Magazine: Motorweek
06.25 Magazine: Urban Gardens
06.30 Doc: Olivia's Garden
06.57 Mag: Arts.21
07.26 Doc: A Question Of Science
07.32 Doc: Trajectory
08.27 Doc: Amazing Gardens
08.56 Doc: World Stamps
09.02 Live Educational Program...
14.05 Doc: A Question Of Science
14.15 Doc: World Stamps
14.18 Doc: Visite Guidee
15.01 Mag: Initiative Africa
15.31 Mag: Focus On Europe
16.00 Doc: Incredible But India
16.42 Mag: Motorweek
17.08 Doc: Olivia's Garden
17.34 Mag: Arts.21
18.00 Mag: Eco India
18.26 Mag: Urban Gardens
18.31 Mag: Sur Mesure

01.04 Tele: Peau Sauvage
01.36 Film: Total Recall
03.35 Film: Notting Hill
05.33 Tele: Amanda
06.15 Serial: When Calls The Heart
06.57 Film: The Karate Kid 2
08.46 Mag: Hollywood News Feed
09.12 Serial: Les Experts
09.45 Tele: Au Nom De L'amour
10.10 Tele: Mariana Et Scarlett
11.47 Film: Notting Hill
13.45 Tele: Amanda
14.45 Film: Chasseur De Tresor
16.41 Serial: Les Experts
17.19 Serial: When Calls The Heart
18.07 Tele: Au Nom De L'amour
18.30 Tele: Mariana Et Scarlett
20.05 Tele: Totalment Diva
20.30 Serial: When Calls The Heart
21.15 Film: L'amour De Mes Reves
22.45 Tele: Amanda

04.05 Ek Deewana Tha
04.22 Kulfi Kumarr Bajewala
05.05 Kaleerein
05.47 Bade Acche Lagte Hai
06.11 Chhanchhan
06.33 Ishqbazz
07.50 Kumkum Bhagya
08.20 Piya Albela
08.42 Mere Angne Mein
09.03 Yeh Un Dinon Ki Baat Hai
09.30 Film: Rajkumar
12.00 Ek Deewana Tha
12.20 Kulfi Kumarr Bajewala
12.41 Radha Krishna
15.30 Film: Karz
18.00 Samachar
18.30 Kumkum Bhagya
18.50 Piya Albela
19.12 Mere Angne Mein
19.34 Yeh Un Dinon Ki Baat Hai
20.06 Ek Deewana Tha

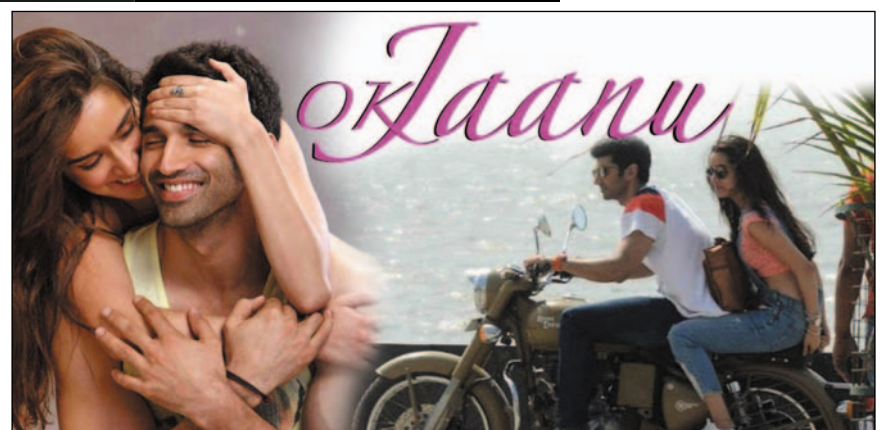
Mardi 5 avril- 15.30

Stars: Hrithik Roshan, Rani Mukerji, Kareena Kapoor



Stars: Aditya Roy Kapur, Shraddha Kapoor

Mercredi 5 avril- 15.30



La sauvagerie dans l'air...



La déforestation pour des raisons économiques, l'élevage de bétail qui finit dans les assiettes des restaurants fast food pour le plaisir gustatif des uns et des autres, l'exportation a privé le virus de la vie sauvage d'une évolution naturelle dans son habitat



Nita Chicooree-Mercier

Une petite fille sous un tas de fumier, la revanche de la vie sauvage, comportement sovaz appréhendé lors de la réouverture des supermarchés.

Alors que l'opération Res Lacaz a évité que les chocs violents poussent motocyclistes et automobilistes à rendre l'âme sur l'asphalte en même temps que leur permis de conduire..., et a épargné des familles d'une souffrance inutile, quelques malfrats en manque de cigarettes et de boissons alcoolisées, sans foi ni loi, n'ont pas hésité à sectionner le poignet d'un agent de sécurité. Les titres des informations sans ces actes sordides : un répit de courte durée.

Point de matricide, patricide, une pause dans le 'féminicide' commis par les maris violents dans le jargon des féministes de la mouvance #Balancetonporc, point de crime entre compagnons de beuverie. Ce fut trop beau pendant ces dernières semaines. Dans le registre de la criminalité intrafamiliale, cherchez la mère. C'est fait.

Quelle mouche a piqué la jeune mère à fracasser le crâne de son enfant ? Misère sociale, misère morale ? La sacralité de l'enfant vole en éclats. Une fillette de neuf ans qui met deux heures à déjeuner par ce temps de confinement ne devrait pas être dérangeante pour les parents désœuvrés, on serait tenté de croire, ce n'était pas une raison pour être à bout des nerfs. Plus qu'une nécessité biologique, le repas est aussi un acte affectif et social. Les pensées qui préoccupaient l'enfant qui prolongeait le temps du repas sans faire exprès, une inquiétude, une peur, un traumatisme ? On ne le saura jamais.

L'oncle n'en revient pas. Il pleure sa nièce. Qu'est-ce qui a pu libérer une telle furie chez sa sœur ? Il lui pardonne quand même parce que c'est sa sœur. Crime sur son propre enfant commis par une mère avec l'aide du concubin ? Un rappel qu'il y a un monde périphérique peuplé de familles brisées, couples précaires, concubinage, familles détruites et recomposées où l'absence d'un garde-fou qu'assurent, en général, l'éducation et les valeurs peut libérer une folie meurtrière d'un Moi émancipé par la libération des mœurs, renforcé par le principe de l'immédiateté, la satisfaction des besoins et des caprices, un Moi livré à ses passions... Et, dans tout ça, une fillette qui éternise son

repas.

Préoccupés à se protéger d'un virus mortifère et à assurer leur propre survie avec masques, gants et sanitizer, la peur aux tripes, le bon peuple aurait exprimé, en temps normal, son indignation, sa révolte à coup de : Une chose pareille, comment est-ce possible ? Il n'y a plus de respect ni de valeurs. Où va le pays, 'mo papa ô' ? Le tribunal inquisiteur que sont devenus les réseaux dits 'sociaux' serait monté sur le podium et chacun aurait prononcé son verdict à qui veut l'entendre. Mais là, silence radio.

Point de marche blanche, ni bougies ni prières pour l'enfant désacralisé - couvre-feu oblige. La ministre de la Famille et de l'Egalité des Genres a résumé le sentiment de tout le monde. Choquée et révoltée, elle promet de protéger tous les enfants de ce pays. Comment s'y prendra-t-elle ? Pour l'heure, triste égalité des genres en matière de criminalité... Un peu exagéré, certes. La fillette sera oubliée jusqu'au prochain meurtre.

Dans les contrées où on discute des choses sérieuses, la Semaine internationale du Cerveau s'est déjà écoulée avec emphase sur le cerveau droit et gauche. Manquait au programme des discussions, le côté primitif du cerveau humain. Ici, rien de trop intellectuel ; cela encourage la consommation et évite de penser.

Dans quelques jours, aux petites heures du matin lorsque le laboureur se dirigera vers son champ pour travailler la terre maternelle et nourricière, assise sur un tas de fumier, une petite fille l'observera. Partie trop tôt, elle rôdera autour du foyer maternel le soir venu. L'opération découpage ayant été interrompue, dans quelque temps, les habitants du monde souterrain des défunts verront arriver vers eux, en boitant, une petite fille qui a mal à la hanche. Nos prières l'accompagnent.

* * *

C'est l'afflux au royaume de Yama, dieu védique de la mort, à celui de Hades de la mythologie grecque, et bien d'autres divinités du panthéon de l'univers, si on les évoque, d'un millier de personnes d'un certain âge par jour munies d'un billet aller-simple en provenance de New York, d'Italie et d'Espagne principalement pour l'instant. L'Europe est devenue le tiers-monde, observe le philosophe Michel Onfray. Encore faut-il attendre le bilan en Afrique et en Asie du sud-est dans les semaines à venir.

Un coup de main de la vie sauvage aux

Une récession mondiale annoncée depuis longtemps et précipitée par la force inouïe d'un virus invisible. What goes around comes around en anglais, justice karmique pour d'autres. Les hommes sont impatients de reprendre leurs activités économiques, y compris celle qui consiste à tuer des millions d'animaux par jour. Une sauvagerie qu'on se garde bien de discuter. En tirera-t-on des leçons un jour ?

gouvernants pour régler le phénomène du Péril Gris ? Le vieillissement des populations à travers le monde et surtout là où leur nombre croissant suit la courbe de la prospérité et l'augmentation de l'espérance de vie. Regard cynique, dira-t-on. Pension de vieillesse, maisons de retraite, soins médicaux, etc., revus à la baisse. Un allègement du budget des gouvernants, soutiendront les adeptes de la théorie de complot.

La réalité, c'est la rencontre fortuite mais inévitable d'un tueur en série avec un autre serial killer par excellence, l'homme himself. La biodiversité requiert que les animaux des forêts propagent leur virus chez d'autres petits êtres rampants qui le transmettent à bien d'autres sans qu'il soit mortel.

La déforestation pour des raisons économiques, l'élevage de bétail qui finit dans les assiettes des restaurants fast food pour le plaisir gustatif des uns et des autres, l'exportation a privé le virus de la vie sauvage d'une évolution naturelle dans son habitat.

Dévié de sa trajectoire naturelle et la promiscuité improbable entre civette et chauve-souris imposée par l'homme dans un grand marché, le virus du préhistorique pangolin aurait acquis une toxicité dans sa mutation et a circulé en électron libre comme toute vie sur terre mais n'a rencontré aucun petit animal sauvage qui pourrait l'accueillir. Sans faire exprès, il est tombé sur l'animal à deux jambes qui parle le mandarin. Une catastrophe écologique.

Tueur par défaut érigé en ennemi. L'artillerie lourde sortie pour l'occasion dans les discours, le Premier des ministres exhortant la population à maryé piké, manzar li, repris en chœur sur les ondes et par le bon peuple. Vocabulaire militaire renforcé par la doctoresse expédiée de la Réunion qui invite les petits Mauriciens à se comporter comme des soldats. Pendant qu'on y est, pourquoi pas le très gaulois Aux armes, citoyens !

Il faut avouer que culturellement, ici, on n'est pas très à l'aise avec la rhétorique de l'ennemi, malgré l'adhésion superficielle par mimétisme, semble-t-il. Le peuple, quoique projeté dans l'ère de la consommation et de la modernité, et malgré les apparences, n'a pas perdu son indépendance d'esprit, le bon sens populaire et une certaine sagesse héritée des temps anciens. Un grand atout.

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Tree of Knowledge

Madisyn Taylor



When external factors shift, we have an opportunity to rediscover our core, the only truly safe place to call home.

There are times when our whole world seems to be falling apart around us, and we are not sure what to hold onto anymore. Sometimes our relationships crumble and sometimes it's our physical environment. At other times, we can't put our finger on it, but we feel as if all the walls have fallen down around us and we are standing with nothing to lean on, exposed and vulnerable. These are the times in our lives when we are given an opportunity to see where we have established our sense of identity, safety, and well-being. And while it is perfectly natural and part of our process to locate our sense of self in externals, any time those external factors shift, we have an opportunity to rediscover and move closer to our core, which is the only truly safe place to call home.

The core of our being is not affected by the shifting winds of circumstance or subject to the cycles of change that govern physical reality. It is as steady and consistent as the sun, which is why the great mystics and mystical poets often reference the sun in their odes to the self. Like the sun, there are times when our core seems to be inaccessible to us, but this is just a misperception. We know that when the sun goes behind a cloud or sets for the night, it has not disappeared but is simply temporarily out of sight. In the same way, we can trust that our inner core is always shining brightly, even when we cannot quite see it.

We can cling to this core when things around us are falling apart, knowing that an inexhaustible light shines from within ourselves. Times of external darkness can be a great gift in that they provide an opportunity to remember this inner light that shines regardless of the circumstances of our lives. When our external lives begin to come back together, we are able to lean a bit more lightly on the structures we used to call home, knowing more clearly than ever that our true home is that bright sun shining in our core.