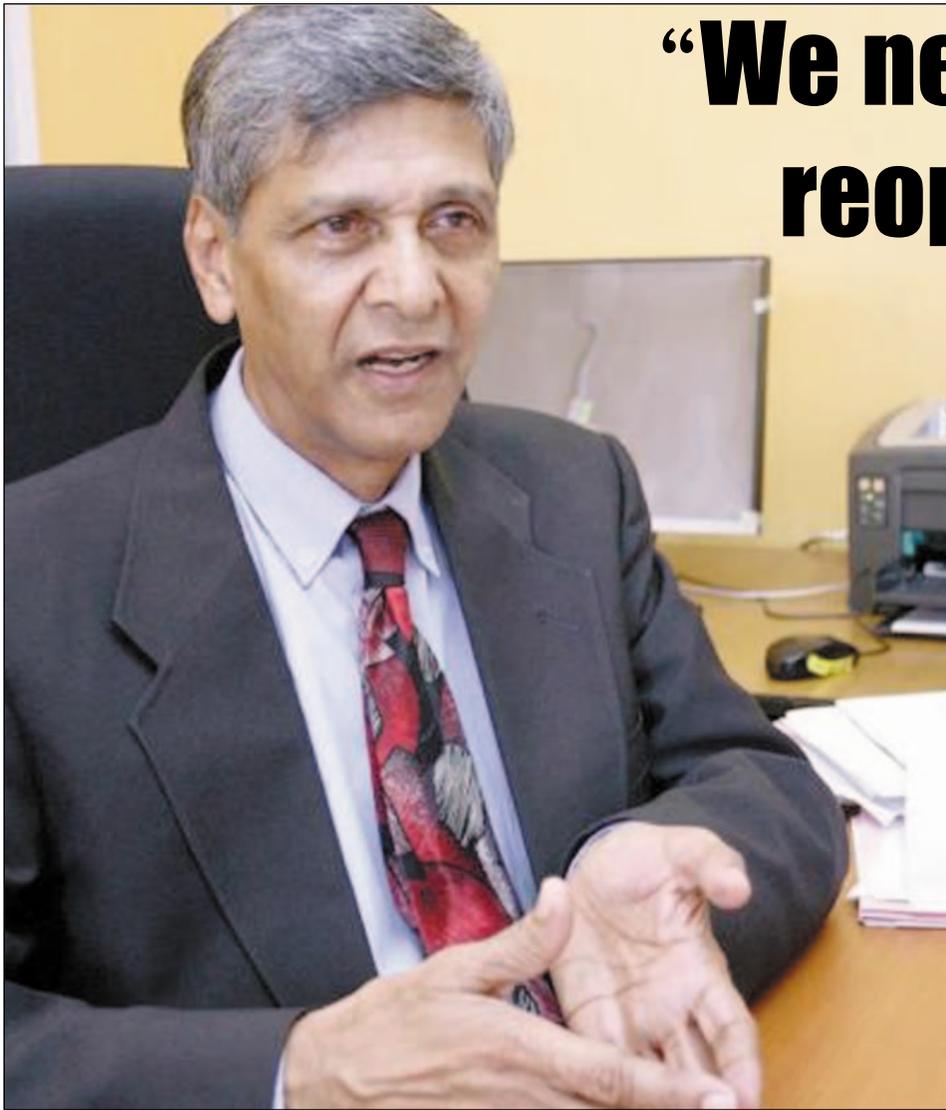


MAURITIUS TIMES

"The best time to fight corruption was ages ago, the next best time is now." -- Amit Kalantri, Wealth of Words

Interview: Dr Deoraj Caussy, Independent Epidemiologist



"We need to be vigilant when reopening the borders"

"A second wave is not only unavoidable, but it is a natural course of many respiratory viral diseases"

See Pages 7-8



As prevention is always the best treatment, let us do our part as responsible citizens by self-protecting and protecting others through preventive measures advised

Covid-19: A long way to go yet

Our Waterloo is awaiting at the next bend - especially when the enemy is invisible and elusive

By Dr R Neerunjun Gopee See Page 3

Arbitrary transfers and harassment

By TP Saran See Page 4

Le tourisme, une assurance tout risque



Par Nita Chicooree-Mercier See Page 16

Uphill Climb

The present government has yet to reach mid-term, but if one were to assess its balance sheet so far, would one be wrong to say that it has accumulated more liabilities than assets? On the surface of it, unfortunately this looks to be the case. It started off on a right note by its relatively successful handling of the menace posed by Covid-19. However, this has lately been marred by allegations levelled by a daily about the calculated decision to postpone the lockdown last March so as to allow the PM's family to fly back safely to the country. This has been strongly denied by the latter's wife. To add to this comes another dark spot: the revelations about the questionable procurement of medical supplies and drugs from sources other than established suppliers, such as hardware businesses and others involved in the travel and tourism sector, etc.

Moreover, several of its actions have gone contrary to what it had proposed in its government programme. Meritocracy has not always occupied the front stage. Friends and relatives of politicians have been favoured to an extent that has shocked the population. Several members of the government and the administration have shown in their public dealings that they have not measured up effectively to the level that is expected of individuals who occupy such key and strategic positions. The country is thus having to bear the consequential burdens of the mismanagement blunders at Air Mauritius and State Bank of Mauritius, with the former almost grounded. Yet another issue which has added to the negative public perception of the government has been the corruption scandal linked to the St Louis power plant redevelopment project with funding from the African Development Bank. To add insult to injury as it were, this has come in the wake of the European Commission's decision to place Mauritius on the list of high-risk jurisdictions, causing a severe blow to the country's reputation and to the integrity of its Global Business sector, which was already feeling the tremors coming in the wake of the mishandling of the DTA issue with India.

This accumulation of mishaps has inevitably had the effect of neutralising the attempts of government to defend itself. Being on the defensive automatically renders any party even more vulnerable, so that government has made itself an easy target of criticisms from all and sundry, as is evident on a daily basis in part of the local media. Given the time it still theoretically has on its side before the end of its mandate, the question arises whether it can set right all that it has been doing wrong? The possibility that it could partly redeem itself cannot be fully ruled out, given the pressure under which it has come of its own doing or wrongdoing. The problem however is: it keeps adding to its shortcomings almost regularly.

In politics, people remember the negative aspects more than the positive ones – its own campaign during the last two electoral bouts are proof of this if any were needed. One great moral principle in ethics is: when your adversary is down, don't kick him anymore. But in a political environment notorious for transgressions of morality, the opposition forces are baying for blood and are prepared to engage in mortal combat. Politics is no longer grounded in respect of the opponent, which was premised on treating it as adversary rather than enemy. The least that can be said is that the government is faced with a steep uphill climb if it wants to regain the pre-pandemic image that it started with. The sooner it gets over the top the better it will be not only for itself but for the country and its citizens – which is the most important issue at stake. And the time to act has never been more urgently now.

Mauritius Times

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

Editor-in-chief: M. Ramlallah / Senior Editor: Dr RN Gopee
This paper has been produced with the assistance of

Doojesh Ramlallah, Sultana Kurmally and Kersley Ramsamy

Pearl House 4th Floor Room 406 - Sir Virgil Naz Street, Port Louis
Tel: 5-29 29301 Tel/Fax: 212 1313

The Conversation

Putting ethics before profits

As Covid-19 surges in the United States and worldwide, even the richest and best insured Americans understand, possibly for the first time, what it's like not to have the medicines they need to survive if they get sick. There is no coronavirus vaccine, and the best known treatment, remdesivir, only reduces hospital recovery time by 30% and only for patients with certain forms of the disease.

Poorer people have always had trouble accessing essential medicines, however – even when good drugs exist to prevent and treat their conditions.

In the U.S., where there is no legal right to health, insurance is usually necessary for medical treatment. Remdesivir costs about US\$3,200 for a typical treatment course of six vials, though critics argue its manufacturer, Gilead, could make a profit off much less. Internationally, high drug prices mean that critical medicines are often available only to the richest patients.

Access to medicines, in other words, is usually an ethical problem – not a scientific one. And that's going to complicate the global coronavirus fight. Experts worry that any Covid-19 vaccine is likely to have a high price tag and, as a result, be unequally distributed according to countries' purchasing power, not need.

With a little imagination, this challenge can be overcome. My new book 'Global Health Impact: Extending Access to Essential Medicines' documents how in past epidemics, from polio and Ebola to HIV, the international community managed to get lifesaving drugs to patients – no matter where they lived or how much they earned.

Past wins

It took years for scientists to identify an effective treatment for HIV. But by 1997, most people diagnosed with HIV in Europe and the US were living long and productive lives thanks to antiretroviral drugs.

Meanwhile, the disease was still killing 2.2 million people each year in sub-Saharan Africa because pharmaceutical companies claimed it was impossible to lower the US\$10,000 to \$15,000 annual cost per patient for antiretrovirals.

In response, human rights activists galvanized a global AIDS campaign, educating African patients about antiretrovirals, giving them the tools they required to demand treatment and even suing drug companies. Eventually, mass protests erupted in South Africa and elsewhere, shifting public opinion on access to medicines.

Ending COVID-19 ethically

These health campaigns both demonstrate the virtue I call creative resolve, which is a fundamental commitment to overcoming apparent tragedy.

Other examples include the adoption of "ring vaccinations" in the 1960s – a contact tracing-based immunization strategy pioneered in the 1960s after mass vaccinations failed to stop smallpox – and a 2010 campaign to give children in Afghanistan their polio vaccinations at the cir-



cus.

Ending the global coronavirus pandemic will require similar creative resolve.

Recently, the U.S. agreed to pay \$1.2 billion for early access to a promising Covid-19 vaccine in the United Kingdom and secured first access to another by the French pharmaceutical company Sanofi, enraging citizens of those countries. Such arrangements also harm manufacturing countries like Brazil, Egypt and India, whose people have little access to the medicines their factories pump out.

Unequal access to COVID-19 medicines isn't just a moral problem. In a global pandemic, an outbreak anywhere threatens people everywhere.

There is some creative resolve on display in the Covid-19 fight, though.

For example, the Medicines Patent Pool – a United Nations-backed organization that encourages companies to share their patents in order to speed up innovation – is pushing this method for advancing the research and development of Covid-19 drugs.

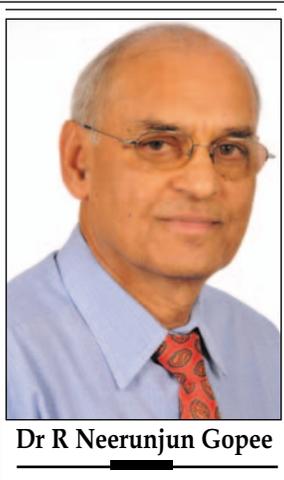
Other health experts are proposing new medicine distribution mechanisms that would send drugs and vaccines where they're most needed based on the net health benefits a population would receive.

That plan and others require smart data use. The Global Health Impact Project, a research collaboration that I direct, measures the effectiveness and availability of lifesaving medicines. The idea is that if we know which drugs are actually addressing pressing health needs and where, policymakers and health organizations can craft more targeted treatment access plans.

Such information could be also used creatively to reward drug companies for their global health impact. Governments could create an international prize, say, that awards funds to companies based on the lives saved by their Covid-19 drugs and other essential medicines. That could offset profit as the primary motivation for drug research, development and sales.

And if pharmaceutical companies don't voluntarily help people in poor countries, those governments can do what they've done in past health crises: let other companies produce generic versions of patented medicines, to protect the common good.

Nicole Hassoun
State University of New York



Dr R Neerunjun Gopee

Covid-19: A long way to go yet

Our Waterloo is awaiting at the next bend – especially when the enemy is invisible and elusive

Six months into the pandemic caused by Covid-19, it is perhaps time to make a pause and survey the scene with some detachment. From this angle, there's the good, the bad and the ugly. Nature revived, pollution levels plunged and blue skies were seen again in many cities, and people the world over have realised that there's no alternative to going green and create a sustainable environment if we want to survive as a species. However, worldwide the number of cases is increasing and so too the number of deaths, and there's no knowing when the trend will be buckled for good.

“The disease is coming in so many forms that are baffling doctors and researchers attempting to find explanations of the ‘how’ that can lead to more effective treatments. Practically everybody will now have some basic understanding of the various tests being undertaken, and are by and large willingly submitting to them especially where the disease is spreading rapidly. Understandably, the sheer volume of tests needing to be done is posing a logistical nightmare in some countries, but there is no other alternative to try and perform as many as are required if a country is to be made safe...”

Meanwhile, Covid-19 has become a scapegoat for many a repressive policy decision and has shaken both national and global politics, causing rifts and antagonisms even as scientists and doctors are trying to find common cause by sharing information about various aspects of the virus, the disease syndromes it is giving rise to, the various approaches to diagnosis, prevention and treatment. A very tall order indeed - but as doctors we are used to navigate such situations and combine knowledge with experience so as to produce the best outcomes possible for our patients, fully aware that our Waterloo is awaiting at the next bend – especially when the enemy is as invisible and elusive as Covid-19.

It is worth noting that since the virus was first detected in Wuhan there have been almost 24,000 publications related to it, many of them at pre-print stage. That is, not peer-reviewed but containing findings significant enough to be brought to the attention of the scientific community and to clinicians, pending further studies of a more rigorous nature to confirm or modify the preliminary conclusions arrived at.

A good place to survey the situation is to start from the beginning, namely the origin of the virus: it appears that the scientific community is coming round to a consensus that it originated from bats and not from a laboratory by design or default, an escapee virus. The question that therefore arises is: will the obvious solution of not consuming those poor bats and other potentially infective animals be applied? Who will venture a guess?

As regards diagnosis, the disease is coming in so many forms that are baffling doctors and researchers

attempting to find explanations of the ‘how’ that can lead to more effective treatments. Practically everybody will now have some basic understanding of the various tests being undertaken, and are by and large willingly submitting to them especially where the disease is spreading rapidly. Understandably, the sheer volume of tests needing to be done is posing a logistical nightmare in some countries, but there is no other alternative to try and perform as many as are required if a country is to be made safe.

That the disease is not a mere influenza or influenza-like has been shown by the fact that it is affecting all age groups and even children – for example, a few days ago I read that in Texas they are treating 100 children under one year of age who have been infected. Earlier, about 350 children had developed what was termed a ‘Kawasaki-like’ syndrome (Kawasaki disease is an autoimmune inflammation of small arteries), which presented with a severe inflammation of the heart muscle along with red skin patches on the thighs.

Besides, the virus particles have been found not only in the lungs but in several other organs as well, for example the kidneys and the nervous system including the brain. Early on, a curious phenomenon was seen, what has come to be labelled as ‘happy hypoxia’. Hypoxia is a reduction in the level of saturation of oxygen in the blood, which is usually 96-98%. Below 94% is considered dangerous and may cause loss of consciousness. But here were patients presenting with levels of 60-70% who were walking into hospital smiling and apparently well, except that their lung scans showed the advanced changes seen in Covid-19 cases.

While clinicians are still trying to find an explanation for this bizarre presentation, a pre-emptive measure has been to use pulse oxymeters to keep a tab on the oxygen levels. This is a small device, made affordable, that can be clipped on the thumb; it assesses the oxygen saturation levels electronically.

When it comes to treatment, this has to cover the whole gamut of cases from the asymptomatic ones to those with the more severe complications, many of whom cannot alas be saved. What has been apparent from the start is that possession of a strong immune system is a great advantage, and so a variety of ‘immuno-boosters’, coming from the field of complementary medicine, such as the Ayurvedic and Unani systems, have found a place alongside the allopathic therapies which are based on scientific principles. Several drugs used for other conditions have been ‘repurposed’ and used for Covid-19, and these include the antiviral Remdesivir, dexamethasone, hydroxychloroquine (HCQ).

While the evidence for the first two was strong enough, the use of HCQ has been



The sheer volume of tests needing to be done is posing a logistical nightmare in some countries, but there is no other alternative to try and perform as many as are required if a country is to be made safe. Photo - media-eng.dhakatribune.com

mired in controversy that started with the publication of a paper by Prof Didier Raoult recommending its use together with an antibiotic. Both that paper and one published in the *Lancet* – which has been retracted since – have been severely criticized. However, in India, HCQ has been used for prevention in hospital personnel who are in close and constant contact with Covid-19 cases, following the strict guidelines of the Indian Council of Medical Research based on indigenous studies. But it must also be underlined that malaria is endemic in India and so practitioners have wide experience with HCQ which is used as an antimalarial drug. That's not the end of the story, though: now randomized controlled trials – the gold standard of evaluating treatments – are being undertaken in Seattle, Washington, so that HCQ may yet prove its worth.

This brief overview is to remind that there is still a long way to go before we can claim control over Covid-19, and as prevention is always the best treatment – it is still our best bet. Therefore, let us do our part as responsible citizens by self-protecting and protecting others through preventive measures advised.

RN Gopee
ngopee@intnet.mu

LIC
भारतीय जीवन बीमा निगम
LIFE INSURANCE CORPORATION OF INDIA

Together with you, every moment
Insure & be Secure

63
1956 - 2019

LIC Centre, 1st Floor, J. Kennedy St,
Port Louis
Phone: 208 1485
marketing@licmauritius.intnet.mu

Arbitrary transfers and harassment

TP Saran

A particular category of officers are being allegedly targeted at the Ministry of External Affairs for arbitrary transfers and harassment. In fact, some officers have been served letters ordering transfers with immediate effect to other ministries, and they are at a loss to understand why they are being forced out of the Ministry of External Affairs. No reason is given for their orders to be transferred and as far as they are concerned there is no justification for their being pushed out from the Ministry.

Similarly, it would appear they are being subjected to harassment that takes the form of being asked to explain non-existent problems as regards the way they are processing files, which they have been doing as a matter of established routine following usual procedures. They have to waste time in giving answers, and this naturally detracts from their work.

They have approached the Staff Union but so far nothing has been done to stop this practice that is going on. Appointment has also been sought with the Minister, and this is pending.

As it is, there are enough problems he is having to handle, such as the repatriation of the Mauritians stranded abroad. Surely he could do without the additional burden of staff harassment/arbitrary transfers as alleged? However, given that he is the Minister responsible, staff well-being should also be one of his priorities, and the victims are hoping that he will be able to stop this injustice being perpetrated against them.

* * *

Ignoring advice, Spaniards flock to the beach

Unmindful of advice issued by the authorities, Spaniards have been flocking to the beach since Sunday last, in the region of Catalonia. Though they were maintaining social distancing, many were reported not to be using masks. There has been a recent surge in this area, which why there is concern that the crowding may disrupt the control that has been achieved to date and that there may be a flare-up of more and more cases.

As at yesterday, the statistics in Spain showed Confirmed



The statistics in Spain showed confirmed cases at 307,335, 7015 recovered and 28,420 deaths, giving a fatality rate of 9.2 %. Photo - i.dailymail.co.uk

cases at 307,335, 7015 recovered and 28,420 deaths, giving a fatality rate of 9.2 %. 617 critical cases were being treated in ICU.

Spain along with Portugal and the UK was one of the countries that was severely affected with the virus when the epidemic was in full swing in northern Italy. Like many other countries in the region it also faced a crisis in the initial stage of the disease,

but gradually it was able to establish control whereby the numbers affected diminished considerably. There have been only a few new cases reported, but they have to learn a lesson from Florida, where there is a large Hispanic population and where there was a surge in cases after repeated crowding at the beach in defiance of instructions given to them.

Police were deployed to try and get people to return home so as not to swell the numbers, but that is to be seen – because despite the warning the crowds invaded the beach on Sunday. If they continue to flout the instructions, as is also happening in the US in some states, their health system once again runs the risk of being overwhelmed.



The Buddha statue vandalised in Pakistan is nearly 1700 years old and is from the Gandhara Civilisation. Photo - im.indiatimes.in

Destruction of 1,700 year-old Buddha statue in Pakistan

According to a report by Raza Hamdani in the *Independent, UK*, police in Pakistan have arrested four people, under the antiquities law, in connection with the destruction of a third-century life-sized Buddha statue.

This took place in Khyber Pakhtunkhwa, the north-western province of Pakistan. The report adds that the rare idol was discovered during construction work in a village near Takht-i-Bahi, known around the world for being the main cradle of the Buddhist civilisation. According to the police, so far it is not clear why and on whose directives the four accused destroyed the statue, although there have been allegations that it was at the behest of a local religious leader.

Abdul Samad, the provincial director of archaeology, has said that when they discovered the statue, instead of informing the archaeology department that they have found a life-sized Buddha statue, they destroyed it and

made a video. This went viral and led to their arrest. As director of archaeology, he is well placed to express concern about the potential fallout of this destruction, because the village where the destruction took place is not too far from Takht-i-Bahi, which 'is the most popular tourist destination in Khyber Pakhtunkhwa where a large number of people from Sri Lanka, Korea and Japan come every year'.

One would recall the destruction of two giant Buddha statues at Bamiyan, an equally famous world tourist resort in Afghanistan. They were savagely blown up, and no restitution has been possible, save a laser generated projection which of course is a poor substitute for the original. What a pity that some people are so narrow-minded that they refuse to appreciate the great works of art that are the legacy of great civilizations which should be regarded and preserved as the proud heritage of mankind. In fact, the Bamiyan statues were a UNESCO World Heritage Site.

How a Colombian market is using AI to combat Covid-19 outbreaks

When the coronavirus outbreak first hit the Plaza Minorista market, Edison Palacio knew that it would take more than disinfectant and face masks to contain it. So he decided to use artificial intelligence.

Mr Palacio is the director of the densely packed market which sits in the heart of the Colombian city of Medellín. Every day, up to 15,000 people flood into the giant building where more than 3,300 vendors sell fruits, vegetables, meats, eggs, spices, grains and clothes, reports BBC.

Markets like Minorista act as a key food supplier for cities like Medellín. They are a crucial link bringing food grown on farms to a metropolitan area of nearly four million people. But such crowded markets have become hotbeds for the coronavirus to flourish across the region. Similar outbreaks have occurred in Mexico, Peru, and Brazil.

Tech to the rescue?

At the end of June, Colombian authorities traced more than 300 cases to wholesale markets. Minorista has already been at the centre of two outbreaks. Some have closed down entirely. Others have shut

down large sections of their facilities, done deep disinfections and dropped building capacity to encourage social distancing.

Minorista teamed up with researchers at the University of Antioquia to install AI technology to control and track the virus at markets. They are among the first in Latin America.

Mr Palacio explains how they use facial recognition software connected to cameras at the entrances and to security cameras around the building to collect data on the vendors and market-dwellers. Among the data they collect is their age range, gender, and if the person is wearing their mask correctly in order to assess risks and more vulnerable demographics.

Thermal cameras can take the temperature of 200 people per minute, he says. If someone has a high temperature or wears their mask incorrectly, an alarm will go off and alert market security.

"We have to learn to coexist with the virus," Mr Palacio says. "We as administrators of a place like this, with massive flows of people, have a responsibility to implement all of these scientific and technological

protocols."

The World Health Organization has declared Latin America the new epicentre of the virus and despite nearly four months of government-mandated lockdown, Colombia has reported more than 165,000 confirmed cases and more than 6,000 deaths.

Mr Palacio wants local governments to further harness the AI technology to curb the spread of the virus and implement it in other crowded public spaces like the metro system and government buildings.

The tech has also been used in countries like China, South Korea and Japan.

'Complex issue'

Nora Restrepo, a U de A researcher involved in the AI project, describes its use as "a complex issue". She argues that AI has become an increasingly useful tool to combat the pandemic, especially when closing the markets was not an option.

She says that cities like Medellín would collapse without the markets, and those relying on them to get affordable produce would have to go hungry. In this case, the sacrifice is worth it, she says, and researchers can take precautions to ensure



Facial recognition software connected to cameras at the entrances of markets and to security cameras around the building collect data on the vendors and market-dwellers. Photo - BBC

the technology is not invasive.

Ms Restrepo and her team of researchers plan to test surfaces, residual water, food and staff throughout the building to see where the virus lingers and how effective disinfection efforts are.

They hope to use that data, and what is collected from the AI cameras to build a heat map showing how the virus moves throughout the building.

"It's not just to detect who may be sick but to look much deeper than that - how we can detect the virus and at what moment we can intervene before it spreads," she says.

US elections 2020: Indian-American voters could make a huge difference, says top Democratic leader

The Indian-American vote can be an absolute difference-maker, says Thomas Perez, chair of the Democratic National Committee. Perez was speaking at a virtual event 'An Electorate Coming of Age: Indian

AAPI vote more broadly, can be an absolute difference maker (in the 2020 presidential elections)," Perez said, reports India Today.

He added that Michigan has 125,000 Indian-American voters.

"We lost Michigan by 10,700 votes in 2016," he said, referring to the loss of Hillary Clinton, the then-Democratic presidential nominee at the hands of President Donald Trump.

"In Pennsylvania, (there are) 156,000 (Indian-American voters). We (Democratic party) lost (presidential elections in) Pennsylvania by 42-43,000 (votes). In Wisconsin (there are) 37,000 (Indian-Americans). We lost Wisconsin by 21,000 (votes) in 2016," said the head of the Democratic party.

"We are hustling to the finishing line 108 days till the weekend. Think about those three states alone that I mentioned. The Indian-American votes alone can be the difference in moving forward," Perez said.

Shekar Narasimhan, chairman of AAPI Victory Fund, said that there are 1.3 million potential Indian-American voters in eight

battle ground states of Arizona (66,000), Florida (193,000), Georgia (150,000), Michigan (125,000), North Carolina (111,000), Pennsylvania (156,000), Texas (475,000) and Wisconsin (37,000).

In 2016, Narasimhan said 77 per cent of the Indian-American voters polled in favour of Hillary.

"Today in all the polls and surveys, their favorability for Biden over Trump is 2.3 to one, (which) is very close to what it was then (in 2016: 2.4 to one)," he said, asserting that the party can aspire to get 75-80 per cent of the Indian-American votes, if they do the work.

There are 1.3 million Indian-American adult citizens, by definition, who are eligible to vote in these (eight battleground) states, he said.

"It is our goal to deliver one million to actually vote in by November 3, 2020 and vote for a Democrat candidate namely for Joe Biden," Narasimhan said, adding that the information is based on data and latest research prepared by data guru Karthik Ramakrishnan.

"There are sectors of the Indian-American community throughout our country, throughout our battleground states. And we want to make sure we're engaging and connecting directly with you

all," senior advisor of 'Biden for President' campaign Julie Chavez Rodriguez said in her address to the event attended by over 800 Indian-Americans from across the country.

Amit Jani, the national AAPI director for the Biden campaign, said that the Indian-American community has grown in size, influence and in political and civic involvement. More Indian-Americans are joining politics and government.

"The election in November for the president is going to be historic, and we really need the help and support from the Indian-American community to really make a difference," Jani added.

* * *

If elected, Biden would help India get a seat on UNSC, says former US Ambassador to India Richard Verma

In a strong pitch to the highly influential community of Indian-Americans to vote for Democratic presumptive presidential nominee Joe Biden, former Indian-American diplomat Richard Verma said that if elected, he could help India get a permanent seat on the United National Security Council.

"There's no question that under his (Biden) leadership, he would help shape international institutions like the UN to give India a (permanent) seat on the

Security Council, he would fulfill its (India) status as a major defense partner," former US Ambassador to India Richard Verma said on Saturday, reports India Today.

"He (Biden) would work together with India to keep our citizens collectively safe. That means standing up against cross-border terrorism and standing with India when its neighbours attempt to change the status quo," he added.

India has been pushing for reforms of the United Nations, including the Security Council, stating that its composition doesn't reflect the current realities and is not representative enough.

The 77-year-old former US vice president is set to be formally nominated by the Democratic Party in August. He will challenge 74-year-old incumbent President Donald Trump, a Republican in the November 3 presidential elections.

"There's no question president Biden would build a more inclusive, tolerant just and fair administration that would take US-India relations to new heights," Verma said at the event -- 'An Electorate Coming of Age: Indian Americans for Biden Community Town Hall'.

He urged the Indian-American community to make Biden's dream of making India and the US the two closet nations in the world a reality. "I can confidently say, there would have been no US India Civil Nuclear Deal but for Joe Biden," Verma said.

☞ Cont. on page 7



Both the Republican and the Democratic parties are making huge efforts to reach out to the small but influential Indian-American community. Photo - Reuters.com

Americans for Biden', jointly hosted by the South Asians for Biden along with Asian-American and Pacific Islanders (AAPI) Victory Fund and Indian-American Impact Fund.

The US elections are due for November 3. Both the Republican and the Democratic parties are making huge efforts to reach out to the small but influential Indian-American community in some of the key battleground states such as Michigan, Pennsylvania and Wisconsin.

"The Indian-American vote, the

EU summit extended after deadlock over coronavirus recovery plan

European Union leaders failed to agree on a massive stimulus fund to revive their coronavirus-hammered economies on Saturday after two days of fraught negotiations, but extended their summit for another day to try and overcome their differences.

As the 27 leaders scurried back to their hotels after a late, inconclusive dinner, German Chancellor Angela Merkel and French President Emmanuel Macron stayed behind in the EU's headquarters in Brussels to haggle with the Dutch-led camp of thrifty countries demanding cuts to the 1.8-trillion-euro package.

"The negotiations were heated," said Prime Minister Giuseppe Conte of Italy, one of the EU countries most affected by the coronavirus crisis that are seeking generous aid from the bloc. "Europe is under the black-mail of the 'frugals'."

"We have to do all what is possible to reach a deal tomorrow. Further delays are not useful to anybody."

Summit chairman Charles Michel was due to hand new proposals before the 27 reconvene at noon (1000 GMT) on Sunday.

With the pandemic dealing Europe its worst economic shock since World War II, leaders first locked horns on Friday over a proposed 750 billion euro (\$856 billion) recovery fund and a 2021-27 EU budget of more than 1 trillion euros.

But a group of wealthy and fiscally "frugal" northern states — the Netherlands, Austria, Denmark and Sweden — blocked progress in the first face-to-face EU summit since spring lockdowns across the continent.

They favour repayable loans rather than free grants for the hard-hit indebted economies mostly on the Mediterranean rim, and they want stricter control over how the funds are spent.

Hopes for an agreement grew earlier on Saturday when Michel proposed revisions to the overall package designed to assuage the Dutch concerns.

Under his new plan, the portion of grants in the recovery fund would be reduced to 450 billion euros from 500 billion and an 'emergency brake' on disbursement would be



European Council President Charles Michel, German Chancellor Angela Merkel, French President Emmanuel Macron and European Commission President Ursula von der Leyen meet on the sidelines of the first face-to-face EU summit since the coronavirus disease. Photo - reuters.com

added.

But hopes that this would be enough faded quickly as Sweden asked for grants to be cut to 155 billion euros, according to diplomatic sources. Some pointed out the recovery scheme would risk being irrelevant at that much-reduced scale.

Michel also said a de-facto veto on national applications for aid sought by The Hague was "politically and legally improper and also largely unfeasible".

"High time"

The budget commissioner of the bloc's executive reminded the leaders - who wore masks and kept their distance from each other - that Covid-19 was still among them and they needed to act.

"Just a solemn reminder: the Corona crisis is not over: infections on the rise in many countries," Johannes Hahn tweeted. "High time to reach an agreement which allows us to provide the urgently needed support for our citizens+economies!"

Diplomats said the "frugals" also pressed through the day for bigger rebates for net payers into the core EU budget, among other demands.

Other countries had their own demands in negotiations criss-crossing different regional and economic priorities, putting in doubt an unprecedented act of solidarity for the EU under which the executive European Commission would borrow billions of euros on capital markets on behalf of them all.

The exact size of the EU's long-term budget and how far to use payouts as leverage for reforms, or whether to withhold money from countries that fail to live up to democratic standards, were unresolved as the leaders left on Saturday.

UAE launches historic first mission to Mars

The United Arab Emirates' historic first mission to Mars is under way, after a successful lift-off in Japan.

The Hope probe launched on an H2-A rocket from Tanegashima spaceport, and is now on a 500-million-km journey to study the planet's weather and climate. Two previous attempts to launch the probe in the past week had to be called off because of adverse weather. Hope's arrival in February 2021 is set to coincide with the 50th anniversary of the UAE's formation.

The mission will be commanded from the Mohammed Bin Rashid Space Centre in Dubai. Sarah Al Amiri, the science lead on Hope, spoke of her excitement and relief in seeing the rocket climb successfully into the sky. And she stated the impact on her country would be the same as that on America when its people watched the Apollo 11 Moon landing 51 years ago, also on 20 July.

The UAE craft is one of three missions heading to Mars this month. The US and China both have surface rovers in the late stages of preparation. The American mission, Perseverance, sent its congratulations to Hope. "I cannot wait to join you on the journey!" its Twitter account said.



The Hope probe successfully launched from a spaceport in Japan. Photo - httpstechtoday19.com

Why is the UAE going to Mars?

The UAE has limited experience of designing and manufacturing spacecraft - and yet here it is attempting something only the US, Russia, Europe and India have succeeded in doing. But it speaks to the Emiratis' ambition that they should dare to take on this challenge.

Their engineers, mentored by American experts, have produced a sophisticated probe in just six years - and when this satellite gets to Mars, it's expected to deliver novel science, revealing fresh insights on the workings of the planet's atmosphere.

In particular, scientists think it can add to our understanding of how Mars lost much of its air and with it a great deal of its water.

The Hope probe is regarded very much as a vehicle for inspiration - something that will attract more young people in the Emirates and across the Arab region to take up the sciences in school and in higher education.

Coronavirus: Zimbabwe arrests 100,000 for 'violations' of measures

More than 105,000 people have been arrested in Zimbabwe since March for violating regulations aimed at curbing the spread of coronavirus, police say. Around 1,000 were arrested in the last two days for "unnecessary movement" or for not wearing face masks, they add. Restrictions have been eased slightly in the country, where more than 1,500 infections have been confirmed.

Critics accuse the government of using the measures to target the opposition and arrest activists, which it denies. Opposition and civil society groups are mobilising for nationwide protests on 31 July to demand



Police say they will get stricter to enforce restrictions aimed at containing Covid-19 infection rates. Photo - img.bulawayo24.com

that President Emmerson Mnangagwa step down.

Under current regulations, all Zimbabweans returning from abroad are required to remain in quarantine for three weeks at a government-approved facility. According to police, a total of 276 people had fled quarantine centres, including some who had tested positive.

Almost 30 of them had been arrested, and would be taken to court for exposing their families and communities to the virus, police added. They included two men who had infected seven members of a family, state television reported.

Police say they intend to step up efforts to enforce regulations arguing that many people have become complacent.

Drinking dens had opened and "beer-drinking binges" were being held in backyards, police said. "We'll be arresting all these violators," spokesman Paul Nyathi was quoted by state television as saying.

Zimbabwe's lockdown measures to combat the spread of coronavirus have worsened the country's economic and political crisis. The government expects the economy to shrink by 4.5% this year while annual inflation surged to 785% in June.

Nantes cathedral fire: Questioned volunteer released without charge

A volunteer detained for questioning over a fire at the Saint-Pierre-et-Saint-Paul cathedral in Nantes has been released without charge. The blaze tore through the cathedral early on Saturday morning, destroying stained glass windows and the grand organ inside. The detained Rwandan refugee, 39, was in charge of locking up the building the day before the fire.

The Nantes public prosecutor said the man was freed on Sunday evening. Pierres Sennès said the authorities had wanted to clear up any inconsistencies and that the questioning was a "normal procedure".

The volunteer has not been named.

Mr Sennès said the fire is believed to have been arson. Three fires were started at the site and an investigation is now under way. Quentin Chabert, the lawyer for the refugee, said at the time of detention there was "nothing at this stage to link my client to the fire" and that the investigation must go on "with respect for everyone's rights and in particular those of my client".

About 100 firefighters managed to stop the flames from destroying the main structure at the cathedral on Saturday. French Prime Minister Jean Castex praised their "professionalism, courage and self-control".

The fire comes over a year after a blaze nearly destroyed Notre-Dame Cathedral in Paris.

Earlier this month, French President Emmanuel Macron announced its iconic spire would be rebuilt exactly as it was, ending speculation it would be changed to a more modern style.

Dr Deoraj Caussy, Independent Epidemiologist

“We need to be vigilant when reopening the borders”



Mauritius Times: Coronavirus is far from over in many countries. Some countries are still dealing with large epidemics, others that have controlled the virus fear a "second wave". New Zealand, has seen its first cases after 24 days without coronavirus. Beijing is facing an outbreak after 50 virus-free days. We have had no local case for the last 86 days. There is therefore no reason to fear a second wave, right?

Dr Deoraj Caussy: We live in a global village in which the world is interconnected. The compelling evidence to date shows that the virus will spread as long as there are susceptible population and appropriate environmental conditions.

The virus continues to spread worldwide and has already infected over 14 million persons globally. China and other countries like Germany and France are seeing second waves.

The second wave is expected as long as the world and a region of a country have not been synchronously infected to build a herd immunity level of about 60-80% required to naturally halt the virus spread.

*** What is a “second wave” anyway, and what are the things that should happen for us to meet the criteria for a second wave?**

A second wave is phenomenon whereby the epidemic resurges after an initial outbreak. It happens because an equilibrium in the triangle of interaction among the

Will the reopening of the country to international travel once it becomes effective put the country and its population at risk and bring in its wake a second wave of Covid-19? In view of the growing apprehension of the population about the risks involved, we have sought the views of Dr Deoraj Caussy, who currently practices as an Independent Epidemiologist (Integrated Epidemiology Solution at drdeorajcaussy.com), after a long career working in various laboratories, including with the US Centers for Disease Control. He joined WHO as an epidemiologist and retired as Regional Epidemiologist in Asia, based in India. His response to the possibility of a second wave that “we cannot lower our guard”, he says, draws from our current working hypothesis, based on statistical modelling, which predicts a herd immunity of 60-80% for halting the pandemic. “But we know from the epidemics around the world that at the most between 5-10% of the population of a country has been infected. With the movement of goods, services and human beings in an interdependent globalized world, it stands to reason that a second wave is looming round the corner.”

“The measles vaccine which has existed for years, yet here in Mauritius we see outbreaks of measles due to inadequate vaccine coverage. Our best vaccine remains the classic public health measures of surveillance, testing, contact tracing and isolation, and breaking the chain of transmission by social distancing, wearing masks and environmental management...”

“The epidemiological observations indicate that implementation of timely public health measures would have averted 10 mortalities and countless stress and inconvenience to the population. To remedy all these shortcomings, we have to use state-of-the-art and internationally validated methods and protocol. A complete pandemic preparedness plan with activities for all phases of the pandemic including post-pandemic is a critical public health must have...”

population, the virus and the environment has not been reached or is shifted in the favour of one factor: the number of susceptible persons in a population can drive an epidemic, as can the mutation or adaptation of the virus or an environmental factor like humidity or temperature favouring the spread of the virus.

*** Is a second wave inevitable?**

A second wave is not only unavoidable, but it is a natural course of many respiratory viral diseases like human influenza and SARS-CoV-2 viruses. Our current working

hypothesis, based on statistical modelling, predicts a herd immunity of 60-80% for halting the pandemic.

But we know from the epidemics around the world that at the most between 5-10% of the population of a country has been infected. With the movement of goods, services and human beings in an interdependent globalized world, it stands to reason that a second wave is looming round the corner.

*** One argument against a deadly second wave is that viruses become less dangerous as they evolve, to better infect people. But the second phase of Spanish flu a century ago was deadlier than the first. And how bad could a second wave be?**

Currently, there are no *a priori* reasons to believe that the SARS-CoV-2 virus will be less dangerous or deadlier since this is a new virus and we have not observed it for long enough. We can extrapolate from Spanish, Asian, Hong Kong and H1N1 influenza pandemics. In these past pandemics three main patterns were seen: a mild first wave followed by severe second wave; a severe first wave followed by a mild second wave, or a mild first wave followed by a mild second wave. Whether SARS-CoV2 will follow the influenza model or its own remains to be seen. For these reasons we cannot lower our guard.

*** Even though there have been no local case of Covid-19 detected in Mauritius since 26 April 2020, those that have been detected are imported ones. Lots of Mauritians are therefore apprehensive about the reopening of the country to the outside world given the risks involved, although they do understand that this will have to be done sooner or later. What would be the safest way to go about reopening the country?**

It is a perfectly normal reaction to be apprehensive: we are like scalded cats dreading cold water. But cats and water do not mix, whether cold or hot. Health and economic development are interdependent; a wealthy population is a healthy population and a healthy population is an economically productive population.

“A second wave is not only unavoidable, but it is a natural course of many respiratory viral diseases”

☞ Cont. from page 7

For sure we need to be vigilant when reopening the borders, and our priorities should aim at 1) ensuring our surveillance is state-of-the-art to detect both symptomatic and asymptomatic cases so as to prevent re-seeding of the virus in our territories, 2) maintaining a well-performing and resilient health system to take timely and proper medical care of infected patients to mitigate morbidity and mortality, 3) protecting the vulnerable groups, including the frontline workers, and 4) promoting, supporting and maintaining the already proven public health measures of social distancing, wearing of masks and abundant use of disinfectants to break the chain of transmission.

“We can extrapolate from Spanish, Asian, Hong Kong and H1N1 influenza pandemics. In these past pandemics three main patterns were seen: a mild first wave followed by severe second wave; a severe first wave followed by a mild second wave, or a mild first wave followed by a mild second wave. Whether SARS-CoV2 will follow the influenza model or its own remains to be seen. For these reasons we cannot lower our guard...”

*** We would assume that the same or stricter health protocols in terms of tracking, quarantine and treatment would be put in place once the country is reopened to the outside world, but do you fear that the demands on the local health authorities would be much too heavier than it can manage once international travel starts picking up?**

We have to learn from and remedy our glaring initial mistakes of failing to be pro-active in timely closing of the border in the face of an impending epidemic and of excluding asymptomatic cases in the initial surveillance. This time we have to carefully follow and monitor the virus and wipe it at the outset rather than allowing it to seed and transmit at community level as was the case during the first wave: a single spark of fire may ignite a whole forest if not controlled in time, similarly a single undetected and uncontrolled case may set up a wave of second epidemic.

As a seasoned epidemiologist with extensive experience in managing pandemics around the world, I observe frequency and pattern of events to search for cause and control measures. The epidemiological observations indicate that implementation of timely public health measures would have averted 10 mortalities and countless stress and inconvenience to the population.

To remedy all these shortcomings, we have to use state-of-the-art and internationally validated methods and protocol. A complete pandemic preparedness plan with activities for all phases of the pandemic including post-pandemic is a critical public health must have for any authority involved in successfully controlling the Covid pandemic.



*** More than 140 teams of researchers around the world are racing to develop a safe and effective coronavirus vaccine. But these are said to normally require years of testing and additional time to produce at scale, but scientists are hoping to develop a coronavirus vaccine within 12 to 18 months. How close do you think we are to developing that vaccine?**

“Our current working hypothesis, based on statistical modelling, predicts a herd immunity of 60-80% for halting the pandemic. But we know from the epidemics around the world that at the most between 5-10% of the population of a country has been infected. With the movement of goods, services and human beings in an interdependent globalized world, it stands to reason that a second wave is looming round the corner...”

“We need to be vigilant when re-opening the borders, and our priorities should aim at 1) ensuring our surveillance is state-of-the-art to detect both symptomatic and asymptomatic cases so as to prevent re-seeding of the virus in our territories, 2) maintaining a well-performing and resilient health system to take timely and proper medical care of infected patients to mitigate morbidity and mortality, 3) protecting the vulnerable groups, including the frontline workers, and 4) promoting, supporting and maintaining the already proven public health measure...”

Since vaccines will be used to immunize billions of people, the development of vaccine has to conform to international norms in both technological and ethical domains.

Currently, there are close to 300 vaccines that are being tested in a race against time, scientific and commercial gains. However, we are far from a vaccine in the immediate 12 months.

*** Could it be said that we'll only be out of danger once a vaccine has been developed?**

Absolutely not. There are three main hurdles to be overcome once a vaccine is developed: 1) we have to ensure that the vaccine confers long term immunity; that is only possible by observing the vaccinated subjects over subsequent epidemics, 2) the vaccine may not be affordable for the developing countries and the most vulnerable like the old, poor and socially disparate groups 3) the vaccine has to be socially acceptable by all groups including the high risk groups that are super-spreaders.

*** David Nabarro, professor of global health at Imperial College, London, and an envoy for the WHO on Covid-19 recently said that ‘humanity will have to live with the threat of coronavirus for the foreseeable future and adapt accordingly because there is no guarantee that a vaccine can be successfully developed’. What’s your take on that?**

David Nabarro is an ex-colleague of mine from WHO and he echoes my sentiments in my previous response.

Vaccines are not panacea. Look at polio vaccine, we have effective vaccines for years now, yet despite the massive global efforts of polio eradication and billions of dollars spent, we still have polio endemic countries to this day.

Take another example: the measles vaccine which has existed for years, yet here in Mauritius we see outbreaks of measles due to inadequate vaccine coverage.

Our best vaccine remains the classic public health measures of surveillance, testing, contact tracing and isolation, and breaking the chain of transmission by social distancing, wearing of masks and environmental management.

Five activities that can protect your mental and physical health as you age

Weekly participation in social activities reduced the risk of developing a chronic condition by 8% compared to no participation

No one is immune to developing chronic illnesses such as heart disease, cancer or arthritis as they get older. But research shows social activities, like joining clubs, interest groups or volunteering, are linked to better mental and physical health and a longer lifespan.

Our own recent research found that the more that people participated in social activities, the less risk they had of developing or accumulating chronic conditions. We looked at people aged 50 and older from 12 European countries over a five year period, and studied how volunteering, education, joining a club or being involved in religious or political groups impacted their likelihood of developing major chronic illnesses.

We found that weekly participation in social activities reduced the risk of developing a chronic condition by 8% compared to no participation, and reduced the risk of developing two or more chronic conditions by 22%.

Even if you're busy, our findings suggest that just a few hours spent on a social activity every week can protect your health. Not only are social activities important for keeping physically active, engaging in activities with other people is shown to benefit your mental wellbeing, which in turn further protects your physical health.

With that in mind, there's a wealth of research that shows doing just one of these five activities regularly will provide benefits.

Learn something new

Taking time to be inspired by new things is good for our health. Studies show that people who read books live longer, and bilingual people have better cognitive health. Pursuing new knowledge or learning new skills is known to promote wellbeing and memory function.

Activities like attending an art or music class are associated with enhanced brain health, as they improve the communication between different brain regions. They can also improve psychological resilience, meaning that they can improve people's ability to cope better and persevere through stressful or challenging situations.

People who have made a habit of learning throughout their lifetime generally have better physical and mental health, including reduced risk for heart diseases and obesity, healthier habits (such as good nutrition, exercise, and not smoking), better wellbeing and cognition, and a stronger sense of purpose in life.

Join a sport or social club

Research shows joining a handball or football team has multiple health benefits, such as lower blood pressure, better heart rate, lower fat mass and musculoskeletal fitness. People are also more motivated and have better wellbeing. Even less common activities like rock climbing reportedly ward off symptoms of depression, while hiking is shown to promote emotional health, creativity, a sharp mind and healthier relationships.

This might be because living in the moment can be a healthy distraction from stress and worries. Physical activity might let someone experience "flow", the state of



Exercising with friends is one way of protecting your health as you age. Jenny Sturm/ Shutterstock

being completely absorbed, focused and involved in something. During flow, people typically report deep enjoyment, creativity and happiness.

Even non-exercise group pastimes are beneficial. Mentally stimulating activities, such as card and board games, videogames, needlework or crafts, have been shown to improve and sustain good mental and cognitive health.

Joining a choir not only protects physical and mental health, enhances wellbeing and reduces loneliness, it also promotes lung health and reduces anxiety as a result of controlled breathing practices. Group activities such as singing, knitting, painting, playing board games or football have also been shown to increase social belonging and help people bond.

Volunteer

The old saying that it's better to give than to receive might be true. Research shows that spending time volunteering is associated with enhanced mental health, higher physical activity, fewer functional limitations and lower risk of mortality.

We have previously shown that weekly volunteers are twice as likely to have optimal mental health compared to non-volunteers. Other researchers have reported similar links to acts of kindness in general. Volunteering can benefit mental health by providing a sense of meaning and purpose, improving competence, self-esteem, solidarity and compassion, as well as opportunities to connect with others.

Political or community involvement

Being able to contribute to one's community is also key to mental health. This is because humans have an intrinsic need to both be connected with a community and have a role to play in it. One way to do that is through political or civic group activity.

Community engagement is generally associated with better physical and mental health and wellbeing, and some research even shows civic involvement at age 33 is protective against cognitive impairment at age 50. This means that being active in a civic group is linked to sustained cognitive health over 15 years.

Religious or spiritual activity

A large volume of research shows that religion and spirituality in general are beneficial to mental health. These mental health benefits positively impact physical health and decrease the risk of disease by improving

immune function and lowering the stress response.

When becoming ill, many use their religious beliefs to cope with illness, which is important since poor coping skills can lengthen hospital stays and increase patient mortality. Accordingly, some evidence suggests that religious people tend to have better recovery when ill or having undergone surgery.

Attending religious services is associated with long life and better brain health, as well as increased resilience against depression - even for high-risk people.

No matter what activity you choose, all of them have three behavioural principles in common that we have written about before, known as Act-Belong-Commit. Getting active, getting social, and getting involved can help you maintain good mental and physical health in general and as you age.

Ziggi Ivan Santini

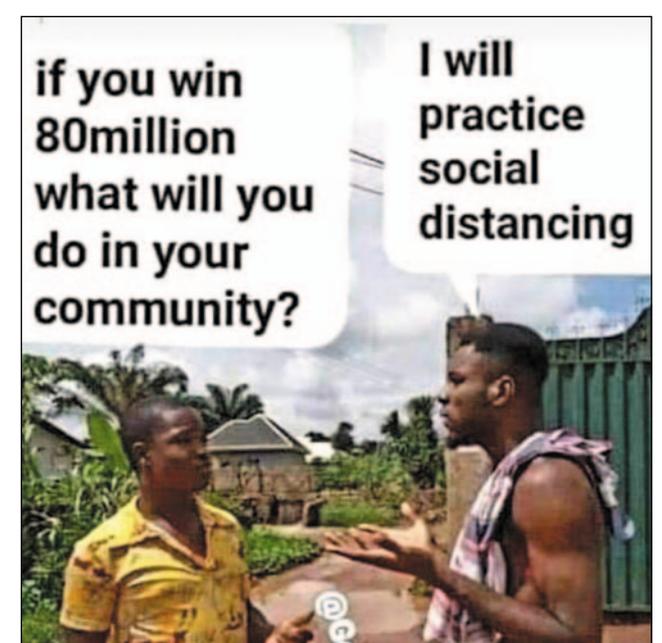
University of Southern Denmark;

Paul E. Jose

Te Herenga Waka - Victoria University of Wellington;

Vibeke Jenny Koushede

University of Copenhagen



How John F. Kennedy changed decision making for us all

Late in the evening on October 18, 1962, Attorney General Robert Kennedy squeezes into the front seat of his car. With him is the CIA director, the chairman of the Joint Chiefs of Staff, and a driver. Six other high-level officials crowd into the back seat. The packed car secretly speeds off from the State Department to the White House, where President John F. Kennedy waits.

What are all those hotshots doing jammed into a car that evening in Washington? It's all part of a plan for President Kennedy to make the most critical decision in his life—how to respond in the Cuban Missile Crisis.

And as it turned out, the way President Kennedy orchestrated and led the decision-making process made all the difference. For that, he leaves a huge legacy in management.

But at the time, success was hardly assured.

Eighteen months earlier, he'd made arguably the worst decision he ever made, to support an ill-conceived covert operation to unseat Fidel Castro, known today as the Bay of Pigs fiasco. Yale psychologist Irving Janis used the debacle to coin the term "groupthink," which refers to a psychological drive for consensus at any cost that suppresses dissent and appraisal of alternatives. Historian Arthur Schlesinger, who took part in that decision process, later wrote that "our meetings were taking place in a curious atmosphere of assumed consensus, (and) not one spoke against it."

And yet, as I write in more detail in 'Collaboration', after the Bay of Pigs Kennedy brilliantly retooled his group decision-making process. He ordered a review (keep in mind that not even the military was doing formal after-action reviews at the time) and subsequently instituted four changes to how his top team would make critical decisions:

- Each participant should function as a "sceptical generalist," focusing on the problem as a whole rather than approaching it from his or her department's standpoint.

- To stimulate freewheeling discussions, the group should use



President Kennedy's redesign of his decision making process has had enormous influence on today's management thinking on leading teams.

Photo - mediad.publicbroadcasting.net

informal settings, with no formal agenda and protocol, so as to avoid the status-laden meetings in the White House.

- The team should be broken into sub-groups that would work on alternatives and then reconvene.

- The team should sometimes meet without Kennedy present, so as to avoid people simply following his views.

The whole idea was to solicit diverse viewpoints, stimulate debate, explore options, probe assumptions, and let the best plan win on its merits.

Then, on the morning of October 15, 1962, President Kennedy and his team learn that the Soviets are placing nuclear-armed missiles in Cuba—missiles that a few minutes after being fired would kill eighty million Americans.

That very morning, top military brass insists on an immediate and massive military strike to take out the missiles. But this time, instead of debating only the one plan, they follow the new approach, which calls for exploring options. So someone

suggests an alternative—a naval blockade to force the Soviets to remove the missiles.

As the new process unfolds, Kennedy instructs his brother to lead a thorough deliberation of the two alternatives. The group of more than a dozen men meets in an unassuming office at the State Department and shuttles secretly back and forth to the White House (hence the ride with ten men stuffed into the car that evening). Frank discussions ensue. "There was no rank, and in fact we did not even have a chairman... the conversations were completely uninhibited," Robert Kennedy would later recall.

As time passes, they deploy another new approach: they divide into sub-groups, with one developing a position paper arguing for the military strike, the other for the blockade. They then swap papers, dissecting and criticizing one another. In this way, the groups are able to probe decisions and surface pros and cons. Two days later, the group presents the fully developed alternatives to President Kennedy, who chooses to pursue the blockade. The blockade is successful, and prevents a nuclear confrontation with the Soviet Union.

How often do we see leaders learn from their mistakes this profoundly?

President Kennedy's redesign of his decision making process has had enormous influence on today's management thinking on leading teams. The idea of instilling candid debate to avoid groupthink has become a guiding principle in many business school classrooms and boardrooms.

It would be easy to assume that we'd always made high-stakes decisions through a structured method of seeking different options and debating which was right. But that would be wrong; first, someone had to decide to invent it.

Morten T. Hansen
Harvard Business Review

Warren Buffett's Top Productivity Tool

-- Robin Sharma

I'm a fan of Warren Buffett.

Although his firm Berkshire Hathaway booked big losses on airline stocks, its stake in Apple is now worth \$91 billion. Yet that's not what makes me respect him. I love his humility, his intensity to grow and his dedication to philanthropy.

His biography 'Buffet: The Making of an American Capitalist' is one of my all-time favourite books.

I have also been affected by this quote of his: "The difference between successful people and very successful people is that very successful people say 'no' to almost everything."

World-class is so much more about what you don't do, rather than what you actually do.

Mastery is so much more about seeking simplicity versus adding on layers of complexity. Virtuosos do one thing really really really well. (Ali didn't play polo and Picasso didn't play the piano, right?)

Amazing producers and world-changers are Masters of The Thoughtful No. And while your To-Do list is important, your Not-To-Do list is essential.

I offer you 6 other lessons Buffett taught me, to release any average from your days so you activate your success in these times of massive disruption:

- 1. Stop focusing on the cost of something** (like a work tool or a Zoom conference) versus the value you'll receive from the investment. Cheap is more expensive. And professionals invest in whatever is required to cause them to lead their fields. Yes, everyone's cutting back in this economy. Yet please remember that creating your own economy of mastery will make you win.

- 2. Stop going on social media without a clear intention of your outcome.** Too many potential genius-grade producers use "likes" as an escape. To create a feeling that they are progressing because they are actually bored. And to medicate the sorrow of human potential unexpressed. Use technology as a lever to scale your business and drive your performance. Never as a drug.

- 3. Stop starting your weeks without a clear and calibrated game plan.** That's like attempting to scale Everest with no strategy. Hope and prayers are not a map. And lucky loves the prepared.

- 4. Stop using victimspeak.** Our words have dazzling power to shape our results. And to energize ourselves. Excuses, gossip and criticism diminish your native talents. And degrade your original magic. Deploy words of hope into the world and watch your creativity rise.

- 5. Stop using your phone as an alarm clock.** It's just too easy to begin your day checking email or notifications this way, taking you down a digital rabbit hole of terrific distraction and toxic interruption.

- 6. Stop listening to the trolls.** Releasing your poetry into the world is a threatening act to stuck people. You modelling possibility and demonstrating creative bravery brings up their acts of potential betrayed. It's far easier to sling arrows at your art than step up their own courage. And produce work that wows. So don't let the haters and naysayers get you down.

Being criticized is a symptom of heroism.

In a light vein**English lesson**

Professor Ernest Benecken of Columbia is credited with inventing a sentence that can be made to have eight different meanings by placing one word in all possible positions in the sentence: "I kissed her in the train yesterday."

The word is "ONLY".

The Message:

1. ONLY I kissed her in the train yesterday. (None else kissed her except me)
2. I ONLY kissed her in the train yesterday. (Did not do anything except kissing)
3. I kissed ONLY her in the train yesterday. (I did not kiss any other lady except her)
4. I kissed her ONLY in the train yesterday. (I did not kiss outside the train)
5. I kissed her in ONLY the train yesterday. (Not other places)
6. I kissed her in the ONLY train yesterday. (There was no other train that day)
7. I kissed her in the train ONLY yesterday. (Not today or any other day)
8. I kissed her in the train yesterday ONLY. (Did not wait for today)

It's Pun Time!

- | | |
|---|---|
| <ol style="list-style-type: none"> 1. My best mates and I played a game of hide and seek. It went on for hours...
Well, good friends are hard to find. 2. You're not completely useless; you can always serve as a bad example. 3. I broke my finger last week. On the other hand, I'm okay. 4. Someone stole my Microsoft Office and they're gonna pay. You have my Word. 5. I can't believe I got fired from the calendar factory. All I did was take a day off. 6. My boss is going to fire the employee with the worst posture. I have a hunch, it might be me. 7. Our uncle died when we couldn't remember his blood type. As he died, he kept saying, children "be | <ol style="list-style-type: none"> 8. What is the best thing about living in Switzerland? Well, the flag is a big plus. 9. Did you hear about the guy who got hit in the head with a can of soda? He was lucky it was a soft drink. 10. How did I escape Iraq? Iran. 11. To the mathematicians who thought of the idea of zero. Thanks for nothing! 12. Son: "Dad, can you tell me what a solar eclipse is?" Dad: "No sun." 13. My math teacher called me average. How mean! 14. Clinic receptionist: "Doctor, there's a patient on the line that says he's become invisible."
Doctor: "Well, tell him I can't see him right now." |
|---|---|

Intelligent Answers

Wife, "Tell me who is STUPID? You or Me?"

Husband (calmly), "Everyone knows that, you are so intelligent, you will never marry a STUPID person."

What a decent way to reply!

Wife to her accountant husband: What is Inflation?

Husband: Earlier you were 36-24-36. But now you are 48-40-48.

Though you have everything bigger than before, your value has become less than before.

This is INFLATION.

Economics is not that difficult if we have the right examples.

Interviewer: What is recession?

Candidate: When "wine & women" get replaced by "water & wife", that critical phase of life is called recession!!

Accountancy fact: What is the differ-

ence between liability & asset?

A drunken friend is a liability. But a drunken girlfriend is an asset.

An economist beautifully explained two reasons for having two wives.

A - Monopoly should be broken.

B - Competition improves the quality of service.

If you have 1 wife, she fights with you!

If you have 2 wives, they will fight for you!

Philosophy of marriage:

At the beginning, every wife treats her husband as GOD.

Later, somehow don't know why alphabets get reversed.

Secret formula for married couples...

"Love one another".

And if it doesn't work, bring the last word in the middle!

Wisdom**Studying Vedas**

A young man in his mid-twenties knocks on the door of a renowned Guru. He says: "I've come to you because I wish to study the Vedas."

"Do you know Sanskrit?" the Guru asks.

"No," replies the young man.

"Have you studied any Indian philosophy?"

"No. But don't worry. I just finished my doctoral dissertation at Harvard on logic. So now, I would just like to round up my education with a little study of the Vedas."

"I doubt," the Guru says, "that you are ready to study the Vedas. It is the deepest knowledge ever known. If you wish, however, I am willing to examine you in logic, and if you pass that test I will teach you the Vedas."

The young man agrees.

Guru holds up two fingers. "Two men come down a chimney. One comes out with a clean face; the other comes out with a dirty face. Which one washes his face?"

The young man stares at the Guru. "Is that really a test in logic?"

The Guru nods.

"The one with the dirty face washes his face," he answers confidently.

"Wrong. The one with the clean face washes his face. Examine the logic. The one with the dirty face looks at the one with the clean face and thinks his face is clean. The one with the clean face looks at the one with the dirty face and thinks his face is dirty. So, the one with the clean face washes his face."

"Very clever," the young man says. "Give me another test."

The Guru again holds up two fingers. "Two men come down a chimney. One comes out with a clean face; the other comes out with a dirty face. Which one washes his face?"

"We have already established that. The one with the clean face washes his face."

"Wrong. Each one washes his face."

Examine the logic. The one with the dirty face looks at the one with the clean face and thinks his face is clean. The one with the clean face looks at the one with the dirty face and thinks his face is dirty. So, the one with the clean face washes his face. When the one with the dirty face sees the one with the clean face washing his face, he also washes his face. So, each one washes his face."

"I didn't think of that," says the young man. It's shocking to me that I could make an error in logic. Test me again."

The Guru holds up two fingers. "Two men come down a chimney. One comes out with a clean face; the other comes out with a dirty face. Which one washes his face?"

"Each one washes his face."

"Wrong. Neither one washes his face. Examine the logic. The one with the dirty face looks at the one with the clean face and thinks his face is clean. The one with the clean face looks at the one with the dirty face and thinks his face is dirty. But when the one with the clean face sees the one with the dirty face doesn't wash his face, he also doesn't wash his face. So, neither one washes his face."

The young man is desperate. "I am qualified to study Vedas. Please give me one more test."

He groans, though, when the Guru lifts two fingers. "Two men come down a chimney. One comes out with a clean face; the other comes out with a dirty face. Which one washes his face?"

"Neither one washes his face."

"Wrong. Do you now see why logic is an insufficient basis for studying the Vedas? Tell me, how is it possible for two men to come down the same chimney, and for one to come out with a clean face and the other with a dirty face? Don't you see? The whole question is nonsense, foolishness, and if you spend your whole life trying to answer foolish questions, all your answers will be foolish, too."



Diet & Weight Management

Reasons you're not Losing Belly Fat



Too many starchy carbohydrates and bad fats are a recipe for that midsection to expand. Photo - image.freepik.com

Unhealthy eating is the biggest driver of big bellies. Too many starchy carbohydrates and bad fats are a recipe for that midsection to expand. Instead, get plenty of veggies, choose lean proteins, and stay away from fats from red meats. Choose healthier fats in things like fish, nuts, and avocados.

Even a moderate cutback on carbs (grains, pasta, sugars) can help, too.

You're just too into food

That under-skin belly fat (called subcutaneous) and the fat under your abdominal muscles and around vital organs (called visceral) need to go. Visceral fat makes cardiovascular disease and diabetes more likely. It can also lead to high blood pressure and more. Eating too much is at least partly to blame for that flab. Limiting your portions can keep visceral fat down.

You're Smoking

We all know the dangers of smoking. Add this to the list: One study showed that it leads to more abdominal and visceral fat. So if you needed one more reason to quit, you have one.

You're Stressed

When the stress hormone cortisol goes through your body, fat takes residence in your belly. Talk to your doctor about how to handle your stress. Exercise can help ease it. Meditate. Do yoga. Put together a good support system. Talk to a mental health professional if you need it.

You're not exercising enough

Nobody said shedding belly fat was going to be easy. If your gut is stretching the tape measure too much -- for men, that's more than 40 inches around the waist, and women, more than 35 -- you need moderate physical activity (like walking) for at least 150 minutes a week, or vigorous (running) for 75, and strength training at least twice a week. Check with your doctor first before starting any exercise program.

You're doing the wrong exercises

Those sit-ups aren't enough. You also need weight training to build muscle. More muscle means more calorie burning.

That said; if you can only do one exercise, choose aerobic exercise (like walking or running). It works best for burning fat. Make it a habit, and slowly ratchet up the intensity to get the results you're after.

You like beer

It's not just beer and the carbs in beer that make that beer belly pop. All alcohol has calories. If you take in too many calories -- especially if you're not exercising and eating well -- you're going to pack on the pounds. If you drink, remember to do it in moderation.

Sports and energy drinks fill your fridge

Sports drinks can have a lot of sugar. That brings calories. If you drink too many of these, you're setting yourself up for weight gain that might end up around your beltline. Cut back on sugary, high-calorie drinks. That means energy drinks and non-diet sodas, too.

You're not drinking enough water

Studies show that drinking more water can help you lose weight. Choosing H₂O instead of sweetened drinks means fewer calories. That can help you trim that belly fat. It's also the only beverage that can hydrate without adding sugars or other compounds.

Genetics

Yes, your family tree affects your chances of obesity. It also has a say in where you store fat. Still, there is hope. Striking the right balance between how many calories you take in (your diet) and how many you burn (through exercise) can help keep you from gaining weight, despite your genes.

You're not sleeping well

Those night time raids on the fridge are diet killers. Not only that, if you're not sleeping, you're jump-starting stress hormones. Those encourage your body to keep fat.

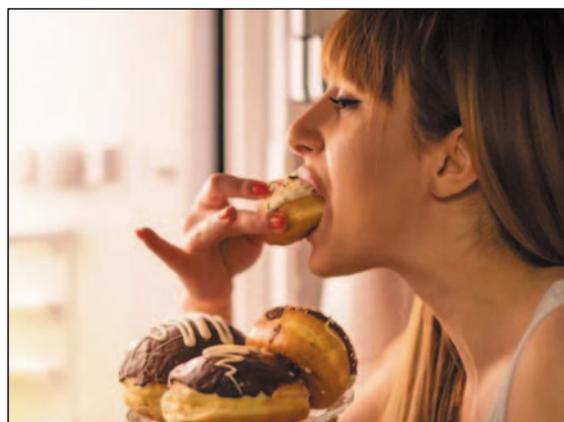
Learn good sleep-time habits, like:

- Put down the phone.
- Turn off the laptop.
- Go to bed at the same time each night.
- Avoid alcohol before bed.
- Get your exercise.

You're obsessed with the scale

Here's some good news: You might be losing that belly fat and not even realize it. If you're eating well and exercising right, remember that how your clothes fit -- measured by your waist size -- is more important than what the scale says. If that waistband is less snug, you may have replaced some belly fat with muscle.

-- WebMD



Thoughts to live by

Time to bring out the lion in you

In the jungle which animal is the:

- Biggest... Elephant
- Tallest... Giraffe
- Wisest... Fox
- Fastest... Cheetah

Yet, the Lion is the King of the jungle even without any of these qualities!

Why?

Because...

The Lion is courageous, bold, walks with confidence, dares anything and is never afraid.

The Lion believes he is unstoppable.

The Lion is a risk taker.

The Lion believes any animal is food for him.

The Lion believes any oppor-

tunity is worth giving a try and never lets it slip from his hands.

So what is it that we get to learn from the Lion?

- You don't need to be the fastest.
- You don't need to be the wisest.
- You don't need to be the smartest.
- You don't need to be the most brilliant.

All you need is courage.

All you need is the will to try.

All you need is the faith to believe it is possible.

All you need is to believe in yourself, that you can do it!

It's time to bring out the Lion in you!

HEIGHT OF POSITIVITY:

A reporter was interviewing a 99 year old man.

interviewer: I certainly Hope I can return next year and see you reach 100.

Old man: Why not young man? You look healthy enough

**NOTICE FOR PERMISSION FOR LAND USE**

Take notice that **NAFFIZAH HOSANY** will apply to the Municipal Council of **Port Louis** for a Building & Land Use Permit for a proposed building at ground floor level **Retail Sale of other goods in specialised stores n.e.c (ready made goods) and First & second floor level for residential purposes at Corner Saint Francois Xavier Street & Hossenbye Peerbye Street, Port Louis.**

Any person feeling aggrieved by the proposal may lodge an objection in writing to abovenamed council within 15 days as from the date of this publication.

Date: 21 July 2020

DASAUTO CO LTD

Tel nos: 248 3693 / 5850 1922 / 5256 4837

BMW SPECIALIST GARAGE

Servicing & General Repairs
Mechanical & Electrical Problems
Diagnosis & Coding & Programming
Engine Overhaul/Oil & Water
Leakages/Suspension



Bhumi Pednekar: I am looking forward to being inspired and that will happen when I am on a set



During her time at home in the last few months, Bhumi Pednekar turned to various other creative pursuits to keep herself engaged, creatively and constructively. However, the Bollywood actress is now eager to get back on the sets. Bhumi, who plans to have low-key birthday celebrations with her family today, says, "I am actually very big on birthdays. I include a lot of people, a lot of my loved ones in the celebrations. I get pampered a lot, but I think this year, I am going to be with my mother and sister. We will probably do a video call with everyone that I love."

In this phase, where most of us are housebound, Bhumi found other creative

outlets. "I have been writing a bit these days, watching some great content and reading a lot of books. I have also been working out a lot and meditating. Of course, cooking and household chores are also a part of my daily routine," she shares. These days, the actress takes over the music scene in her house and creates playlists for her family.

Elaborating on creating playlists for her family, Bhumi says, "I think music uplifts our spirits. There are days when we listen to classic Hindi songs, because my mother loves them, and on other days, we listen to pop music or even opera. I think it just depends on the cuisine that's on the menu and the mood we are in."

Like most of her colleagues, Bhumi is eager to get back on the sets. "Honestly, I can't wait to be back on the sets, but we have to be extremely careful. Yes, we need to go back to work, and I think many are doing that. There are so many daily-wage workers, who are dependent on the

movies that we do," she says, adding, "Personally, I am a workaholic. I am really looking forward to being inspired, and only being on a set and playing a new character can do that. What I am going to shoot next is very exciting. I don't know which of the two new films I will start with, but I am prepping for both."

The actress has been doing her bit by providing ration and footwear to migrant workers as well as PPE kits and masks to the medical fraternity. "I think everything that has happened over the last four months has been a wake-up call. It broke my heart when I saw the plight of the migrant workers. It is our duty to help them. So, I tried doing whatever I could, but I think this needs to be a constant process," she concludes.

Daisy Shah is looking forward to starting work again



The past few weeks have witnessed a lot of discussion on the Indian Government's decision to ban Chinese apps. TikTok, which boasted of millions of Indian users was among those apps that was in the banned list. Several celebrities supported the decision, saying the government had done the right thing in the wake of the India-China face-off at Ladakh. Daisy Shah was among those, who supported the ban, and in an interview, said that we should stand by the government.

The actress said that she was certain that the government had taken the decision after a lot of thought and had strong reasons for it. She also said that the problems that India was facing against China were well-known, and that at this point, it was important to support one's country.

Daisy admitted that she herself was a TikTok user for about two months and will not miss using the app. However, the actress said she felt bad for the influencers who had amassed huge followers on the app.

On the work front, Daisy was to begin work on 'Bulbul Marriage Hall' just before the lockdown was implemented. The film is going to be directed by Rohit Nayar and also stars Pulkit Samrat, Kriti Kharbanda and Sunil Grover. The actress is also said to be keen to explore Gujarati cinema and is looking forward to starting work soon.

Neha Sharma's career is going from strength to strength. The actress is gearing up for the release of her music video 'Dil Ko Karaar Aaya', which features her along with Sidharth Shukla. The romantic track is directed by Sneha Shetty Kohli with music by Rajat Nagpal. Fans are excited to see the video – Neha and Sidharth's fresh pairing has already generated a lot of buzz. The music video was reportedly on the outskirts of Mumbai and will soon be released.

Sidharth was earlier seen in another music video – 'Bhula Dunga' along with his 'Bigg Boss 13' fellow contestant Shenaaz Gill. That video was a hit, especially with SidNaaz fans. Neha was last seen on the big screen in the hit 'Tanhaji: The Unsung Warrior', which also starred Ajay Devgn, Kajol and Saif Ali Khan in lead roles.

The actress is glad to resume work after months of lockdown. Her Instagram handle is full of throwback vacay pictures, giving her followers an idea about how much she is missing travelling. Neha also has Bejoy Nambiar's 'Taish' in her kitty. The film is said to be a revenge drama.

Neha Sharma is excited to be a part of 'Dil Ko Karaar Aaya'



Rasika Dugal is glad to be taking a break from intense roles

Rasika Dugal has carved a distinct niche for herself as an actor with her eclectic film choices. As she levels with work-from-home, the Manto actor now awaits her next project, a comedy.

Earlier, the actor has portrayed intense roles, such as in *Hamid* and *Manto*. Dugal remarks that her upcoming film was a breath of fresh air for her as it's her first comedy film.

Says Rasika, "It was good to turn up on set and have fun. The light heartedness was very welcome."

The actress is often seen in serious roles and it would be interesting to see her shift the genres after a long time.

Will miss my 'Naagin' family: Supriya Shukla



As they shot for the last episode of *Naagin: Bhagya Ka Zehreela*, actress Supriya Shukla who played Swara Ma, got emotional while bidding adieu to her reel family. "My character Swara was one of the best experiences as an actor. The show will always be close to my heart. It was short but heartfelt journey. I will miss working with the team and even our off screen time on sets.

"I'm going to miss my *Naagin* family" says the actress.

Talking about her shooting for the final episodes, the actress reveals, "I have completed all my shoots. I can promise that audience will witness a high voltage drama with lots of twists and turns. We have shot while the risk of virus was still around. But I'm thankful to our production for being extra concerned about us, which led to being extra cautious with everything we used. They have been really careful about safety measures - from sanitising machines being stationed all through the set, even at the entrance to our makeup rooms to sets being sanitized at regular intervals in the day. Everyone wore a mask, when not acting. Our makeup and hairdressers used PPE suits, and our unit size was reduced to 40-45 people only. Moreover, they were checking temperature and using oximeter for every individual at the entrance of set. And many other small measures to ensure our safety and well being in such times".

Apart from *Naagin*, Supriya also features in *Kumkum Bhagya* and *Kundali Bhagya*, which are on currently. In a video posted on social media, one could spot Supriya in tears during the last episode shoot. She was clearly quite emotional about the closure.

Kulfi Kumar Bajewala fame Mohit Malik signs a love story

Actor Mohit Malik, who has some back to back male dominated roles on Indian television, is all set to return with Rashami Sharma's upcoming show based on a couple and their marriage turmoil during the lockdown.

A source close to the project informed Times of India, "Mohit is known for his acting and so the channel and the makers were very keen on him for the lead role. In fact no Plan B was even considered and while there are other names floating in the market, the truth is that Mohit was the only name considered for the show."

Recently, there were reports in the media that the project was initially offered to Sharad Malhotra of *Muskaan* fame, but he couldn't do the show because of

remuneration and the project then went to Mohit, reports TOI.

In the past, Mohit has mentioned in several interviews that he wants to do a romantic show. The actor was seen playing an estranged father in his previous show and an obsessive lover in the one before that, it's the first time he will be seen in a lighter hearted, less serious role.

Mohit's last show *Kulfi Kumar Bajewala* won him praise for his acting and storyline. His bonding with his onscreen daughter Aakriti Sharma and Myra Singh were quite appreciated.

Gurmeet Choudhary: I prefer working out in the morning

For Gurmeet Choudhary, the gyms being shut due to coronavirus fears did not deprive him of his workout all through these months, reports Times of India. He says, "I don't miss working out at the gym as much as I thought I would. I've really started enjoying home workouts, I do everything at home now; weight training, yoga and meditation. I am a fitness lover; I believe a healthy body leads to a healthy mind and that's why I believe in being regular with exercise every day. I love the way I feel after a good workout, I feel energised and ready to take on anything."

He also has his choice of exercise. "I practice Kriya Yoga, which is a form of meditation. I do that twice a day and regular yoga once a day. Yoga is one of my preferred workouts, because it benefits my mind as well as my body," he says.

People have their own scheduled time to work out in and for Gurmeet, it's the morning. He states, "I prefer that time as I find that exercising in the morning gives your body a healthy kind of fatigue at the end of the day, which results in deeper and better sleep. Also, morning exercises affect not only the quality of your sleep, they also help you get better results."

Is there any particular diet that he follows? He



informs, "I keep my diet very simple - I eat less carbs and more protein. I also ensure I'm eating as many vegetables as possible because they're the best source of nourishment."



Karam Rajpal: I sanitise my clothes every hour

Karam Rajpal from 'Gudiya Hamari Sabhi Pe Bhari' resumed shooting last month and says that though it has been tough to be mindful of all the safety measures while shooting, he is not complaining about getting back to work. The actor says that some recent cases of actors testing positive for Covid-19 has made him a little more conscious about his safety, but he is still glad that he can go for shoots regularly, reports Times of India.

He says, "I am not nervous about the fact that I have to come to the set regularly in the current situation. I did hear about some actors and even some of my own friends testing positive for Covid-19, and the first thought that came to my mind was that I need to be more careful and conscious when it comes to taking precautions and following safety measures, which I am any way following."

Karam adds that he has been extra careful on the set in recent times. "All of us have to understand that we have to stay safe and keep others around us also safe. The shooting experience is very different from what it used to be. Social distancing is maintained strictly. We cannot sit with our co-actors in the same makeup room, we cannot share food. I get my own home-cooked food on the set and since I drink warm water every hour, I also carry my own kettle. I wash my hands and face every hour and even spray my clothes with sanitiser. I take off my mask and gloves only in front of the camera. It is not just me, but everyone on the sets is following these rules for our safety," the actor says.

SOCIETE R. CHUNDUNSG & FILS RADHAYSING LTD



Accredited Agent of:
Swan Life: Life, Pension and Loan
Swan General: Motor, Fire, Household, Liability
Office: 24 Bourbon St, Fook House, Port Louis
Tel: 212 3265 / 213 1049
Fax: 213 1048
Mobile: 525 83661, 525 61866, 57561388

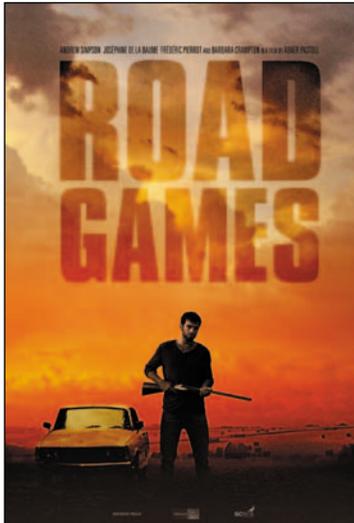
societete.rchundunsg@intnet.mu



Mardi 21 juillet - 21.25

Road Games

Avec: Andrew Simpson, Joséphine de La Baume, Frédéric Pierrot

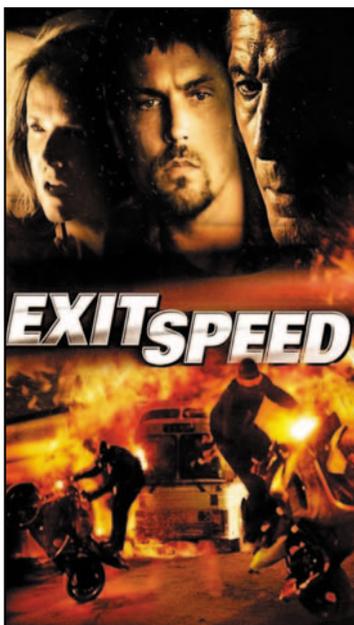


Mercredi 21 juillet - 21.15

Astronaut



Jeudi 21 juillet - 21.15



	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
mardi 21 juillet	07.00 Local: Rencontre Avec Nos... 09.22 Local: Rodrig Prog 10.17 Local: Fam Model 10.20 Local: Rodrig Mo Pei 12.00 Le Journal 12.25 Doc: Autour Des Valeurs 12.35 Doc: Comm Un Poisson... 14.00 Local: Rencontre Avec Nos... 14.30 D.Anime: Nos Voisins Les... 14.41 D.Anime: Le Quiz De Zack 14.45 D.Anime: Astrology 14.59 D.Anime: MIA 16.18 D.Anime: Sissi 17.31 Serial: You and Me 18.00 Live: Samachar 18.30 Serial: Jamai Raja 19.30 Journal & La Meteo 20.00 Local: Priorite Sante 21.10 Film: Road Games 22.40 Serial: The Blacklist 23.21 Le Journal	10.00 Serial: CID 11.44 Serial: Ye Vaada Raha 12.04 Film: AAG Starring: Govinda, Shilpa Shetty, Sonali Bendre 14.26 DDI Magazine 15.21 Serial: Honaar Soon Mee... 15.48 Serial: Mooga Manasulu 16.15 Serial: Apoorva Raagangal 16.41 Mehandi Tohra Naam Ke 17.30 Serial: Gangaa 18.00 Serial: Dr. Quin 18.30 Serial: Premabhishekam 19.30 DDI Magazine 20.00 Magazine 20.30 Film: Pasanga Starring: Kishore DS, Sree Raam, Vimal 23.00 DDI Live	06.00 Mag: Eco@Africa 06.44 Mag: World Stories 07.00 Mag: Voa Connect 07.29 Doc: A Question Of Science 07.30 Mag: In Good Shape 09.00 Doc: 360 GEO 10.22 Mag: Made In Germany 11.33 Mag: Eco@Africa 11.59 Mag: Urban Gardens 12.02 Mag: Sur Mesure 12.27 Mag: Voa Connect 13.04 Mag: In Good Shape 14.25 Doc: 360 GEO 15.18 Mag: Global 3000 16.15 Doc: Ocean Grabbing 16.57 Mag: Eco@Africa 17.40 Mag: World Stories 18.23 Mag: Urban Gardens 18.30 Live: News 18.44 Mag: Shift 19.00 Student Support Prog...	01.31 Film: The Recall 02.55 Serial: Chicago Med 03.35 Film: Royal Matchmaker 05.51 Serial: Shades Of Blue 06.36 Film: Geronimo 09.00 Serial: NCIS 09.45 Tele: Au Nom De L'Amour 10.10 Tele: Mariana Et Scarlett 10.35 Serial: Chicago Med 11.30 Tele: Dulce Amor 12.00 Film: Royal Matchmaker 13.30 Tele: Totalement Diva 14.45 Film: Geronimo 16.40 Serial: NCIS 17.24 Serial: Shades Of Blue 18.07 Tele: Au Nom De L'amour 19.10 Tele: Dulce Amor 20.05 Tele: Le Prix Du Désir 20.30 Serial: Shades Of Blue 21.15 Film: Flower Shop Mystery	08.00 Film: Raanjhanaa 12.04 / 19.54 - Kahan Hum Kahan Tuam 12.26 / 20.11 - Kullfi Kumarr Bajewala 12.38 / 20.32 Radha Krishna 13.09 / 21.09 - Bin Kuch Kahe 13.31 / 21.24 - Zindagi Ki Mehek 13.56 / 21.46 - Bade Acche Lagte Hai 14.20 / 21.59 - Chhanchhan 14.28 / 22.25 - Bin Kuch Kahe 15.09 Film: Shreemaan Aashique Starring: Rishi Kapoor, Urmila Matondkar 18.00 Live: Samacher 18.30 Kumkum Bhagya 18.51 Piya Albela 19.13 Mere Angne Mein 19.33 Yeh Un Dinon Ki Baat Hai
mercredi 22 juillet	06.30 Local: Ecriture Mauricienne 07.25 Local: Priorite Sante 08.55 Local: Lavi Zoli An XXL 12.00 Le Journal 12.25 Local: Autour Des Valeurs 12.30 Doc: Les Porteurs D'espoir 14.00 Local: Priorite Sante 14.30 D.Anime: Nos Voisins Les... 14.41 D.Anime: Le Quiz De Zack 14.45 D.Anime: Vitaminix 14.47 D.Anime: Chuck's Choice 14.59 D.Anime: MIA 16.03 D.Anime: Chicken Town 16.41 D.Anime: Delilah Et Julius 17.30 Serial: You And Me 18.00 Live: Samachar 18.30 Serial: Jamai Raja 19.30 Journal & La Meteo 20.00 Prod: Lottotech 21.10 Film: Astronaut 22.40 Serial: The Blacklist 23.20 Local: Le Journal	10.00 Pyar Ka Dard Meetha... 11.17 Suhani Ek Ladhi 12.00 Film: Veeru Dada Stars: Dharmendra, Amrita Singh, Aditya Pancholi 14.13 DDI Magazine 15.00 Mag: Strictly Street 15.23 Honaar Soon Mee Hya Gharchi 15.50 Mooga Manasulu 16.40 Mehandi Tohra Naam Ke 17.30 Serial: Gangaa 17.30 Serial: Ki Jaana Mein Kaun 18.00 Serial: Dr. Quin 18.30 Serial: Kulvadh 19.30 DDI Magazine 20.00 Programme In Marathi 20.30 Film: Boyz 2 - Marathi Film Starring Om Ahire, Kishori Ambiye, Parth Bhalerao 22.30 DDI Live	06.00 Mag: Rev: The Global 06.26 Mag: Urban Gardens 06.55 Mag: Check In 07.54 Doc: Horizon 08.43 Doc: World Stamps 08.53 Doc: L'Evolution En Marche 09.45 Local Prod: Klip Seleksion 11.40 Mag: Urban Gardens 12.40 Doc: A Question Of Science 14.01 Doc: World Stamps 14.59 Local: Klip Seleksion 16.28 Mag: Rev: The Global Auto.. 16.54 Doc: Builders Of The Future 17.20 Mag: Check In 17.58 Mag: Motorweek 18.23 Mag: Urban Gardens 19.30 Doc: A Questin Of Science 20.02 Doc: Trajectory 20.32 Doc: The World From Above 20.58 Doc: Visite Guidee 21.53 Mag: Business Africa 22.18 Mag: Focus On Europe	01.26 Film: Flowewr Shop Mystery 03.31 Film: The Shadow Riders 05.03 Tele: Totalement Diva 05.52 Serial: Shades Of Blue 06.48 Film: Hope Dances 09.00 Serial: NCIS 09.45 Tele: Au Nom De L'amour 10.35 Serial: Chicago Med 11.25 Tele: Dulce Amor 11.54 Film: The Shadow Riders 13.33 Tele: Totalement Diva 14.28 Mag: Hollywood News Feed 14.45 Film: Hope Dances 16.13 Mag: Hollywood News Feed 16.39 Serial: Mission: Impossible 17.30 Serial: Shades Of Blue 18.12 Tele: Au Nom De L'amour 19.00 Tele: Dulce Amor 20.05 Tele: Le Prix Du Désir 20.30 Tele: Esmeraldas 21.15 Film: Bite The Bullet 23.21 Tele: Totalement Diva	08.00 Film: Shreemaan Aashique 12.04 / 19.54 - Kahan Hum Kahan Tuam 12.26 / 20.11 - Kullfi Kumarr Bajewala 12.47 / 20.32 Radha Krishna 13.09 / 21.09 - Bin Kuch Kahe 13.31 / 21.24 - Zindagi Ki Mehek 13.56 / 21.46 - Bade Acche Lagte Hai 14.20 / 21.59 - Chhanchhan 14.36 / 22.25 - Bin Kuch Kahe 15.09 Film: U R My Jaan Starring: Mikal, Preeti, Himani Shivpuri, Anil Dhawan 17.35 Yeh Hai Mohabbatein 18.00 Live: Samacher 18.30 Kumkum Bhagya 18.51 Piya Albela 19.13 Mere Angne Mein
jeudi 23 juillet	06.00 Klip Seleksion 07.00 Local: Arsiv MBC 09.00 Local: Memwar Dan Ros 09.30 Local: Itinerer Rodrig 12.00 Le Journal 12.35 Doc: Visite Guidee 14.30 D.Anime: Nos Voisins Les... 14.41 D.Anime: Le Quiz De Zack 14.59 D.Anime: MIA 15.10 D.Anime: Dinofroz 15.35 D.Anime: Vitaminix 15.37 D.Anime: Yo Yo 16.06 D.Anime: Chicken Town 16.42 D.Anime: Delialh Et Julius 17.30 Serial: You And Me 18.00 Live: Samachar 18.30 Jamai Raja 19.30 Le Journal 20.06 Film: Chaar Din Ki Chandni 22.15 Serial: The Blacklist 23.05 Le Journal	10.00 Karm Phal Data Shani 12.05 Film: Arpan Starring Jeetendra, Reena Roy, Raj Babbar 14.19 DDI Magazine 15.00 Mag: Strictly Street 15.23 Honaar Soon Mee Hya Gharchi 15.47 Mooga Manasulu 16.15 Apoorva Raagangal 16.40 Mehandi Tohra Naam Ke 17.30 Gangaa 18.00 Serial: Dr. Quin 18.30 Serial: Ghar Pahucha Da Devi Maiya 20.00 Local: Bhajan Sandhya 20.30 Film: Chaar Din Ki Chandni Starring Tusshar Kapoor, Rana Jung Bahadur, Mukul Dev, Harish, Farida Jalal 22.36 DDI Live	06.00 Mag: Motorweek 06.25 Mag: Urban Gardens 07.31 Doc: Garden Party 08.48 Doc: World Stamps 10.38 Doc: Goodbye Yellow Sea... 11.20 Mag: Motorweek 11.51 Doc: Olivia's Garden 14.09 Doc: Visite Guidee 16.38 Mag: Motorweek 17.29 Mag: Arts.21 18.24 Mag: Urban Gardens 18.30 Live: News 19.05 Open Univ: Student Support 19.34 Mag: Tomorrow Today 20.05 Doc: Comme Un Poisson... 21.03 Doc: 360 Geo 21.55 Mag: Strictly Street 22.19 The Death Train To Freedom 23.05 Mag: Eco India 23.27 Mag: Urban Gardens 23.32 Mag: Sur Mesure	00.50 Film: Bite The Bullet 02.55 Film: Kingsglaive 04.46 Tele: Totalement Diva 05.33 Tele: Esmeraldas 06.38 Film: Karate Kid 09.00 Serial: NCIS 09.45 Tele: Au Nom De L'amour 10.35 Serial: Chicago Med 11.25 Tele: Dulce Amor 11.44 Film: Kingsglaive 13.30 Tele: Totalement Diva 14.30 Film: The Karate Kid 16.44 Serial: NCIS 17.26 Tele: Esmeraldas 18.11 Tele: Au Nom De L'amour 19.00 Tele: Dulce Amor 20.05 Tele: Le Prix Du Désir 20.30 Serial: Esmeraldas 21.15 Film: Exit Speed 22.46 Tele: Totalement Diva	08.00 Film: U R My Jaan 12.04 / 19.54 - Kahan Hum Kahan Tuam 12.26 / 20.11 - Kullfi Kumarr Bajewala 12.47 / 20.32 Radha Krishna 13.09 / 21.09 - Bin Kuch Kahe 13.31 / 21.24 - Zindagi Ki Mehek 13.56 / 21.46 - Bade Acche Lagte Hai 14.20 / 21.59 - Chhanchhan 14.36 / 22.25 - Bin Kuch Kahe 15.09 Film: Toonpur Ka Superhero Starring: Ajay Devgn, Kajol 17.05 Yeh Hai Mohabbatein 18.00 Live: Samacher 18.30 Kumkum Bhagya 18.51 Piya Albela 19.13 Mere Angne Mein



Mercredi 22 juillet - 15.09

Stars: Mikal, Preeti, Himani Shivpuri, Anil Dhawan



Jeudi 23 juillet - 20.20

Stars: Tusshar Kapoor, Rana Jung Bahadur, Mukul Dev, Harish, Farida Jalal





Nita Chicooree-Mercier

Une embellie dans le secteur touristique si la classe moyenne aisée, entre cent et deux cent mille roupies par mois, prend du bon temps dans les hôtels à travers l'île, du nord au sud et de l'ouest à l'est. La détente personnelle, le plaisir familial allant de pair avec l'injection revigorante dans l'économie, le client-pigeon des centres commerciaux y trouve son compte à défaut de voler vers d'autres destinations car la pandémie reste la carte maîtresse qui régule la mobilité des bipèdes Sapiens sur la planète Terre.

Le pilier du tourisme vacille et fait trembler tout un pays. Emplois directs et indirects sont durement touchés comme personne n'aurait imaginé dans son pire cauchemar. L'Homo Mauricianus est contraint de prendre la mesure de son insularité et, en pleine figure, les limites de son développement économique si d'autres secteurs innovants tardent à pointer le nez. Source de son malheur par l'exigüité même du territoire qui impose une révision des ambitions à la baisse, mais également de son bonheur de par la convivialité tant appréciée d'une population de villes et villages à taille humaine.

Un atout insulaire orné des côtes de sable fin, de filaos et mangroves, et encerclé, générosité du ciel et de l'océan, des eaux du bleu clair virant au bleu turquoise au gré de la lumière du soleil présent quasiment toute l'année. Convivialité humaine et des paysages doublement attrayants à ceux qui viennent des contrées où le soleil leur fait faux bond toute l'année et où ils sont soumis à l'anonymat et l'étouffoir de fortes populations, ou alors, de conditions climatiques extrêmes.

L'Europe et l'Asie se font attendre tant persiste l'incertitude du scénario de déconfinement et reconfinement, ce qui est alarmant chez nos principales sources d'arrivée touristique. Le peuple latin discipliné est sommé au port de masque obligatoire par la force des choses en France, en Italie et en Espagne. Acharné pour l'instant à faire remonter son taux de croissance et à reconfiner en série, maintenant dans le Xing Xiang, le dragon en Chine se fait discret sur la scène internationale. L'immense classe moyenne ravale son appétit pour le voyage. De même, son équivalent en Inde est assigné à domicile à une période où elle cherche à fuir la chaleur accablante tant le principal souci du pays est de sauver des vies et à reprendre le confinement au nord et au sud.

L'espoir de retrouver des touristes d'Asie ? C'est une épreuve de patience

Le tourisme, une assurance tout risque



“Le pilier du tourisme vacille et fait trembler tout un pays. Emplois directs et indirects sont durement touchés comme personne n'aurait imaginé dans son pire cauchemar. L'Homo Mauricianus est contraint de prendre la mesure de son insularité et, en pleine figure, les limites de son développement économique si d'autres secteurs innovants tardent à pointer le nez. Source de son malheur par l'exigüité même du territoire qui impose une révision des ambitions à la baisse, mais également de son bonheur...”

qui risque de durer un an. Ici, on appréhende toute arrivée en provenance d'Europe en mesurant l'ampleur des dégâts au cas où la moindre contamination imposerait une organisation matérielle impossible de quarantaine pour les visiteurs.

L'Europe, peu motivée à se soumettre à des contraintes sanitaires ou toute autre contrainte tant la liberté individuelle est sacralisée, suscite une méfiance quant à la garantie d'un risque zéro de ses ressortissants. Un certificat médical remis avant le départ pourrait peut-être apaiser la méfiance...

Le malheur en série, l'urgence de redorer le blason du pays est palpable. C'est poussé au pied du mur qu'on se

débat avec toute son énergie. Le tourisme en berne, et le pays fiché sur la liste aux couleurs sombres des instances internationales, et Londres mise sur le Rwanda comme centre financier, l'ère des tergiversations est terminée. C'est une question de survie. En témoigne ainsi la série des lois proposées pour sortir Maurice de ce bourbier où il est pointé du doigt pour le blanchiment d'argent et d'autres délits que le pays a feint d'ignorer en fermant les yeux sur les investissements dans les secteurs juteux des individus douteux. Espérons que ces mesures enlèveront le pays de la liste des malfrats.

La souffrance résultant de la précarisation et des pertes d'emplois dans le secteur touristique est enrobée de pudeur dans les régions côtières plus prospères qui favorisent une orientation diversifiée d'activités commerciales tandis que la possibilité de rebondir a atteint ses limites à l'intérieur de l'île.

Mais cela étant, c'est aussi l'occasion de se découvrir d'autres compétences, de suivre diverses formations et de se munir d'une polyvalence qui permet de mener sa barque sur les vagues houleuses à l'avenir.

Trop d'assurance, voire une certaine arrogance assumée par la fierté d'un secteur qui a été une manne financière mais aussi une ouverture sur le monde, a confiné dans le tiroir des oubliettes une modestie et un sens de retenue qu'on ferait bien de retrouver. Le slogan idiot contre toute règle de la bienséance de 'Welcome to Paradise Island' - à flatter l'ego de l'île - a circulé sans gêne pendant des années. A profiter pendant ce temps d'un exercice d'autocritique sur la laideur des villes qu'il vaudrait mieux cacher aux visiteurs, hormis un certain cachet historique de la capitale, et la monotonie des

villages, en bref, dès qu'il y a une conglomération d'habitats. A se demander s'il y a bien des architectes dans le pays : question pertinente posée par un architecte français...

Reste le tourisme régional, principalement de la Réunion, qui peut se rabattre sur Maurice et Rodrigues faute de choix et par sécurité. Une ouverture prochaine des frontières détournera les voyageurs de l'île voisine de ses habitudes récentes d'escapade en Thaïlande ou au Vietnam. Ils retrouveront avec plaisir les magasins et les marchés où ils font leurs courses pour l'année, et la tendance de réserver d'avance la pêche au pied des débarcadères à Grand Gaube et à Mahebourg, coût nettement moins cher ici. Et bien sûr, un éventail des lagons accueillants autour de l'île.

Quant aux rentiers locaux et détenteurs des comptes bancaires hyper gonflés de 300 à 500 mille roupies par mois, ne serait-ce par patriotisme, ils pourraient profiter de leur week-end à se prélasser dans les hôtels qui fonctionnent encore... Moins riches mais aisés, d'autres le font déjà. Les pieds sous la table, se laisser servir, se détendre au bord d'une piscine et, au lever du jour, se balader à pied dans les petits villages où on vit encore à l'ancienne et où le comportement social conserve une authenticité, loin des airs superficiels d'arrivisme social engendré par un sentiment également superficiel de classe sociale fondé sur le culte de l'argent.

Hormis les *guest houses*, les campements et les hôtels, les foyers à plus de 50 à 100 mille roupies de revenus et plus gagneront à soigner leur santé personnelle par la pratique des sports. Vu la pesanteur dans la démarche des Mauriciens, il y a matière à réflexion. Hommes et femmes bien installés dans le confort se déplacent - si on nous permet cette comparaison -- comme des dindes suralimentées, une lourdeur désagréable à la vue des autres et, sans doute, aussi pour eux-mêmes.

Et profiter ainsi pleinement du week-end avec un bon livre ou en se consacrant à d'autres activités de détente, une sortie ou une randonnée à la découverte des lieux ignorés le reste de l'année au lieu de s'atteler à des corvées ménagères, ou de se restaurer ailleurs.

Le fondement de l'économie était calculé, dit-on, sur la circulation du sang. Comme une source d'énergie qu'est le sang, l'argent aussi doit circuler. Et tant d'autres moyens d'éviter l'asphyxie des comptes bancaires bien remplis, de déboucher les artères engraissées par l'entassement financier, et enfin, d'assurer la bonne santé économique pour que règne la paix sociale.