

MAURITIUS TIMES

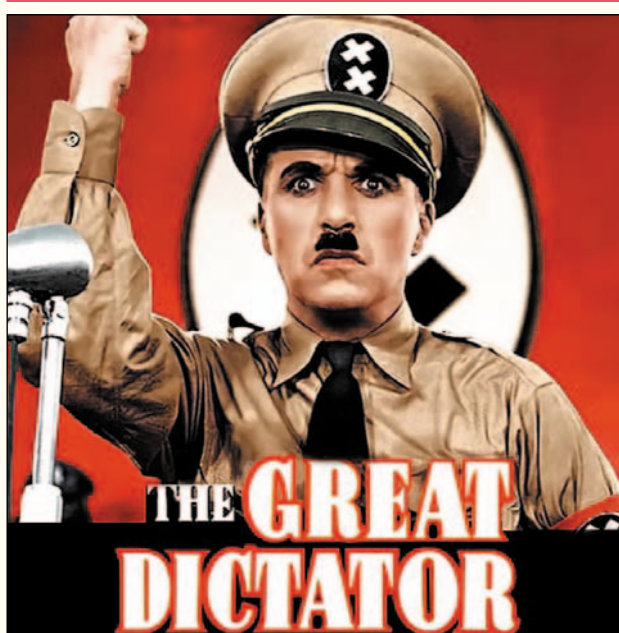
"To oppose corruption in government is the highest obligation of patriotism." -- G. Edward Griffin

Echiquier politique



L'alternative Ptr-MMM-PMSD se précise

Par Aditya Narayan ✉ Voir Page 4



A Message for All Times

We must relentlessly continue to 'fight for a world of reason, a world where science and progress will lead to all men's happiness'. Tough call, but there is no alternative...

By Dr R Neerunjun Gopee ✉ See Page 3

Winter of Daily Struggles



"If the well-off feel like giving a special lunch or dinner to relatives and friends, why not let others do so for you? Loads of women have been learning culinary skills inspired by local tradition and foreign trendy food habits. A good idea to ask private cooks to put up a nice menu on Saturdays and Sundays, which foreign expat guests also may appreciate..."

By Nita Chicooree-Mercier ✉ See Page 18

Interview: Couldip Basanta Lala, Former Founder & Director, Sanne (Mauritius)



Mauritius risks European Commission's blacklist

"We have to be prepared for the worst"

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Diaspora



'Things will get worse before they get better'

Really! How much more worse?

By Preamvada Dookhun ✉ See Page 10

The Opposition Comes together

Rumours were doing the rounds in political circles earlier this year about a proposal to bring together the LP, the PMSD and the MMM into a political alliance after their debacle at the last elections. What gave some substance to that rumour was the proposal then made by the leader of the Labour Party, who had canvassed the idea of a common boycott of the Presidential Address by the opposition parties in Parliament, namely the MMM, the PMSD and the Labour Party. And, with a view to remaining "consistent" with the LP-PMSD-MMM opposition's challenge of the November 2019 general elections, he had also suggested that the Opposition should refrain from participating in the parliamentary debates on the Government Programme.

A common stand could not be reached due to the divergent views of the MMM and the PMSD. The PMSD leader had ruled out the LP leader's suggestion for non-participation in the parliamentary debates, but decided that it would instead go for a "symbolic boycott" of the Presidential Address – thus giving rise to speculation that there would be more behind the words of the PMSD leader. It would seem that the new dynamics operating at the level of the electorate, coupled with its own electoral weight, might have prompted the PMSD to rethink its positioning on the political spectrum.

The new dynamics that have developed on the political stage are in large part due to the doings, rather misdoings of the current government. A number of controversies around the appointment of highly remunerated persons close to politicians in power to positions in public bodies has become a major preoccupation for the country. The government has just done exactly or even worse than what the public had been reproaching previous governments of doing: being over-generous towards cronies by drawing from the public purse, i.e. taxpayer money.

In spite of knowing about the daunting economic issues that were facing it and that demanded urgent solution, it began to shoot itself in the foot during the rather short time in office with a long trail of scandals – from the power plant re-development project to the highly controversial procurement of medicines and equipments during the confinement period. To catch up from the harm it has done is not easy. Moreover, it is hemmed in by numerous

potential risks. These might arise from the various challenges from the opposition parties as regards the conduct of the last general elections as well as the unfavourable international economic climate which is made worse by the Covid-19 pandemic.

As we have argued many a time in this paper, a vibrant democracy requires a credible opposition. This has been lacking since the coming to power of the current government. The opportunity exists, and the circumstances demand that this lacuna be filled promptly. It is too early in the day to speak in terms of an alliance of the Labour Party-MMM-PMSD proper, with the next elections four long years away. Jean-Claude de L'Estrac in his interview to this paper last week poses as a determining issue the question of who will lead this 'alliance' at the next election, and thinks it is not too early to answer it.

However, we take a slight different view, though we also concur that this issue must be resolved at the earliest possible, despite the fact that the election is still a few years away. We feel that while working towards a formal alliance, if ever that were to materialize, making their presence felt as a solid common front in the meantime should send a strong signal to the government that they mean business, especially if their stands on the various matters of national concern are coordinated with the Parliamentary Opposition's.

This will definitely send another signal that there is a unity of concern and approach towards the problems that the country is facing. However, we should add that besides criticizing government actions or policies as well as unraveling the irregularities that we are being bombarded with, they should also come up with concrete, positive and actionable solutions to the problems. Even if government should spurn these, the common front will thereby beef up its credibility, and these solutions can be debated and further refined as they go along.

What happens next may not lie within the control of the opposition parties themselves for a lot of water will certainly flow under the bridge, but it would not do any harm if they could also start with rebuilding and reinventing themselves through internal reordering and democratization. By taking such a call they will be ensuring their future relevance on the political landscape.

The Conversation

Could we live in a world without rules?

We all feel the oppressive presence of rules, both written and unwritten – it's practically a rule of life. Public spaces, organisations, dinner parties, even relationships and casual conversations are rife with regulations and red tape that seemingly are there to dictate our every move. We rail against rules being an affront to our freedom, and argue that they're "there to be broken".

But as a behavioural scientist I believe that it is not really rules, norms and customs in general that are the problem – but the unjustified ones. The tricky and important bit, perhaps, is establishing the difference between the two.

Of course, there has long been an appetite among some people for a less formalised society, a society without government, a world where individual freedom takes precedence: an anarchy.

The trouble with anarchy, though, is that it is inherently unstable – humans continually, and spontaneously, generate new rules governing behaviour, communication and economic exchange, and they do so as rapidly as old rules are dismantled.

The urge to overturn stifling, unjust or simply downright pointless rules is entirely justified. But without some rules – and some tendency for us to stick to them – society would slide rapidly into pandemonium. Indeed, many social scientists would see our tendency to create, stick to, and enforce rules as the very foundation of social and economic life.

Our relationship with rules does seem to be unique to humans. Of course, many animals behave in highly ritualistic ways – for example, the bizarre and complex courtship dances of different species of bird of paradise – but these patterns are wired into their genes, not invented by past generations of birds. And, while humans establish and maintain rules by punishing rule violations, chimpanzees – our closest relatives – do not. Chimps may retaliate when their food is stolen but, crucially, they don't punish food stealing in general – even if the victim is a close relative.

In humans, rules also take hold early. Experiments show that children, by the age of three, can be taught entirely arbitrary rules for playing a game. Not only that, when a "puppet" (controlled by an experimenter) arrives on the scene and begins to violate the rules, children will criticise the puppet, protesting with comments such as "You are doing that wrong!" They will even attempt to teach the puppet to do better.

Indeed, despite our protests to the contrary, rules seem hardwired into our DNA. In fact, our species' ability to latch onto, and enforce, arbitrary rules is crucial to our success as a species. If each of us had to justify each rule from scratch (why we drive on the left in some countries, and on the right in others; why we say please and thank you), our minds would grind to a halt. Instead, we are able to learn the hugely complex systems of linguistic and social norms without asking too many questions – we simply absorb "the way we do things round here".



Instruments of tyranny

But we must be careful – for this way tyranny also lies. Humans have a powerful sense of wanting to enforce, sometimes oppressive, patterns of behaviour – correct spelling, no stranded prepositions, no split infinitives, hats off in church, standing for the national anthem – irrespective of their justification. And while the shift from "This is what we all do" to "This is what we all ought to do" is a well-known ethical fallacy, it is deeply embedded in human psychology.

One danger is that rules can develop their own momentum: people can become so fervent about arbitrary rules of dress, dietary restrictions or the proper treatment of the sacred that they may exact the most extreme punishments to maintain them.

Political ideologues and religious fanatics often mete out such retribution – but so do repressive states, bullying bosses and coercive partners: the rules must be obeyed, just because they are the rules. Not only that, but criticising rules or failing to enforce them (not to draw attention to a person wearing inappropriate dress, for example) becomes a transgression requiring punishment itself.

And then there's "rule-creep": rules just keep being added and extended, so that our individual liberty is increasingly curtailed. Planning restrictions, safety regulations and risk assessments can seem to accumulate endlessly and may extend their reach far beyond any initial intention.

Restrictions on renovating ancient buildings can be so stringent that no renovation is feasible and the buildings collapse; environmental assessments for new woodlands can be so severe that tree planting becomes almost impossible; regulations on drug discovery can be so arduous that a potentially valuable medicine is abandoned. The road to hell is not merely paved with good intentions, but edged with rules enforcing those good intentions, whatever the consequences.

Individuals, and societies, face a continual battle over rules – and we must be cautious about their purpose. So, yes, "standing on the right" on an escalator may speed up everyone's commute to work – but be careful of conventions that have no obvious benefit to all, and especially those that discriminate, punish and condemn. The latter can become the instruments of tyranny.

Rules, like good policing, should rely on our consent. So perhaps the best advice is mostly to follow rules, but always to ask why.

Nick Chater, Professor of Behavioural Science, University of Warwick

Mauritius Times

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

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

This epaper has been produced with the assistance of

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Dr R Neerunjun Gopee

A Message for All Times

We must relentlessly continue to 'fight for a world of reason, a world where science and progress will lead to all men's happiness'. Tough call, but there is no alternative...

It comes from the film 'The Great Dictator', made in the 1940s, and the message is in the form of a speech made by Charlie Chaplin who was the actor. Practically everybody who

has seen the video clip and heard the speech agrees that its message is still relevant not only for today but for all times and to all of humanity.

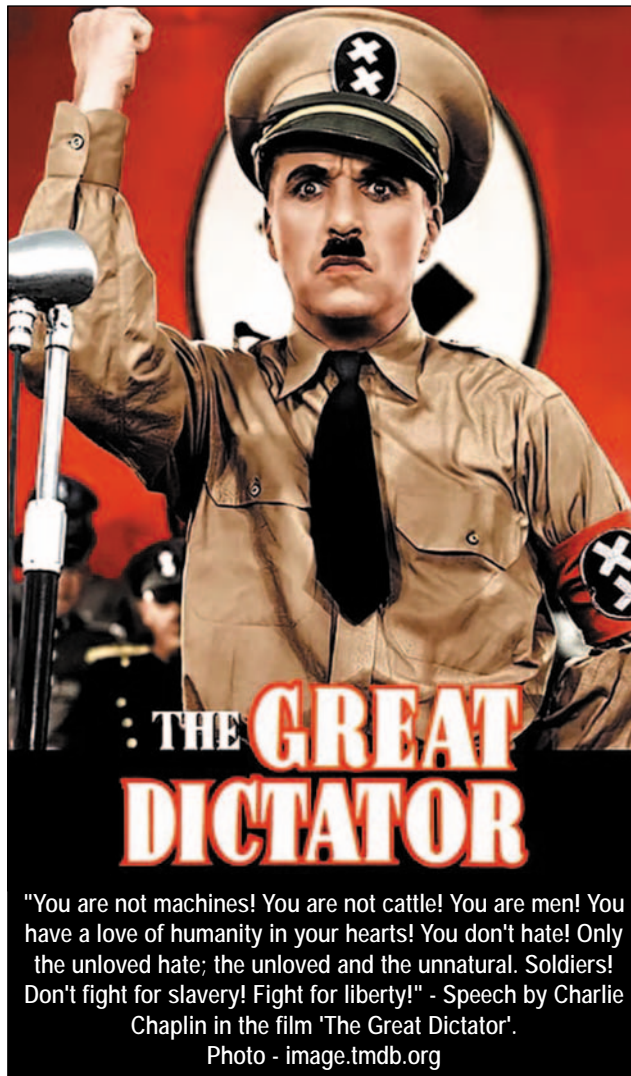
The speech starts with the line: 'I'm sorry but I don't want to be an emperor. That's not my business. I don't want to rule or conquer anyone.' One of the sayings about democracy that I have come across is that it is a system that allows us the freedom to choose our dictator every so many years. Is it because, unfortunately, the same system also makes it possible for parties to gain victory and come to power by an overwhelming majority, as we have witnessed in our own country, which may then see the emergence of dictatorial powers even in those who may not have been so inclined when they set out to be elected? That is when the 'of the people, by the people, and for the people' aspirational objective of Abraham Lincoln's famous Gettysburg address about democracy gets perverted.

And then the way is lost, because, to paraphrase from the Charlie Chaplin speech, men's souls become poisoned with greed. Instead of wanting 'to live by each other's happiness, not by each other's misery', those who have assumed the responsibility of leading their people forget that - 'In this world there is room for everyone. And the good earth is rich and can provide for everyone'. Hate and suspicion take the place of kindness and compassion, because 'we think too much and feel too little'. That is why, 'More than cleverness, we need kindness and gentleness. Without these qualities, life will be violent and all will be lost'. The cleverness that ought to be put to the use of the country and the people is instead diverted towards scheming for the benefit of a few.

Were it that indeed, 'The misery that is now upon us is but the passing of greed, the bitterness of men who fear the way of human progress. The hate of men will pass, and dictators die, and the power they took from the people will return to the people'. Yes, but what will the people do with this power? Have we not here seen what we call *bonnet blanc, blanc bonnet*, which is captured in the well-known adage *plus ça change, plus c'est la même chose*: it's the same thing all over again!

Further on, the speech exhorts soldiers as follows, 'Don't give yourselves to brutes, men who despise you and enslave you; who regiment your lives, tell you what to do, what to think and what to feel! Who drill you, diet you, treat you like cattle, use you as cannon fodder! Don't give yourselves to these unnatural men - machine men with machine minds and machine hearts! You are not machines! You are not cattle! You are men! You have a love of humanity in your hearts! You don't hate! Only the unloved hate; the unloved and the unnatural. Soldiers! Don't fight for slavery! Fight for liberty!'

These words may just as well be addressed to the lay people, because the fight for liberty is an eternal one. Machine minds and machine hearts have now morphed into powerful CCTVs and ubiquitous overhead systems that are tracking the citizenry in real time. While they cer-



tainly help to nab criminals and have their undoubted utility, the fine line between surveillance for civilian good and spying for the state that can be instrumentalised for harming citizens is a thin one. Do we have the adequate legislation that will define the limits of surveillance before it slips into spying that may make victims out of innocent people?

True it is that spranks can unintentionally damage the reputation of those targeted by them, and it is also the duty of citizens to act responsibly. Here again, there are fine nuances which the immediacy of social media content may not allow one to make out, so that something meant to be humorous or mildly cynical -- which can be a powerful means of conveying messages, somewhat like Shakespeare's fools of court jesters -- is apt to be taken amiss with dire consequences for their authors, especially in such times of heightened tension as we are living through what with the ongoing Covid-19 pandemic.

The last part of the message resonates even more: 'You, the people, have the power, the power to create machines, the power to create happiness! You, the people, have the power to make this life free and beautiful, to make this life a wonderful adventure. Then in


the name of democracy, let us use that power. Let us all unite. Let us fight for a new world, a decent world that will give men a chance to work, that will give youth a future and old age a security.'

Come to think of it, the need of the moment is indeed to 'give youth a future and old age a security'. The first step to address any problem is to state it clearly --and the authorities have acknowledged that there are going to be massive job losses, and for youth that are newly setting out to seek their place under the sun, this is going to be particularly trying times. The country's national decision makers must therefore search their hearts and minds and sincerely ask themselves whether all the measures they are taking and their decisions go in the direction of ensuring a secure future for our youth? If not, then will they do the necessary course corrections before it is too late? After all, they have made promises and given hope -- at the very least, shouldn't these pledges be fulfilled?

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Let us not be given the occasion to lament that, 'By the promise of these things, brutes have risen to power. But they lie! They do not fulfill their promise. They never will! Dictators free themselves but they enslave the people!'

We must relentlessly continue to 'fight for a world of reason, a world where science and progress will lead to all men's happiness'. Tough call, but there is no alternative...



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Echiquier politique

L'alternative PTr-MMM-PMSD se précise

Aditya Narayan

La réunion tripartite des leaders du Parti travailliste, du MMM et du PMSD, tenue samedi le 24 juillet, pour discuter de la situation politique et économique du pays et dégager une plateforme commune de l'opposition parlementaire est sans aucun doute un événement significatif sur l'échiquier politique.

Est-elle historique? Tout dépendra de l'évolution future des relations entre les trois partis, au Parlement comme ailleurs, et ce qu'elle apportera en termes d'actions communes sur le plan politique, parlementaire et légal.

Pour une première, la réunion en était une vu qu'elle regroupait les trois leaders autour d'un agenda commun. Jamais auparavant les trois partis ne s'étaient rencontrés pour accorder leurs violons, se mettre d'accord sur le diagnostic de la situation dans le pays et envisager des perspectives d'actions conjointes.

Il y a eu dans le passé des alliances entre le MMM et le PTr (1995-1997), entre le PMSD et le PTr (2005-2014), et entre le MMM et le PMSD (brève alliance avec feu Hervé Duval) pour contester les élections ou gouverner ensemble.

Une alliance PTr-MMM-PMSD serait historique si elle devait se concrétiser d'ici les prochaines élections municipales (2021) ou élections générales (2024).

Bipolarisation inévitable

Une telle alliance, qui rassemble déjà 63% des électeurs ayant voté contre le MSM-ML-MP aux dernières élections, serait un adversaire redoutable aux partis dirigeants. Le système électoral, qui a permis aux partis dirigeants d'accéder au pouvoir avec 37% des voix mais avec une majorité relative de sièges, n'est pas propice à une lutte à trois, comme on l'a vu aux élections de 2019.

Ce système inique impose la bipolarisation politique entre deux camps opposés. Les partis d'opposition mesurent parfaitement les risques politiques d'une dispersion des forces face aux partis dirigeants, qui ne lésinent pas sur les moyens d'affaiblir l'opposition démocratique et de museler la société civile.

La première réunion tripartite semble de bonne augure pour l'avenir des relations inter-partis. Elle sera suivie de réunions tripartites toutes les deux semaines en vue de coordonner les actions et les discours. Entretemps, des équipes de jeunes de chaque parti se rencontreront pour planifier une action coordonnée sur les réseaux sociaux, qui influencent certainement la jeunesse branchée aux plateformes numériques. Il y a évidemment une volonté de faire cause commune, qu'elle soit tactique pour contrer un gouvernement tout-puissant ou stratégique pour le déloger du pouvoir à terme.

Apparemment, la démarche des partis dirigeants d'incriminer le leader du MMM dans l'affaire Saint-Louis Gate faisait partie d'une stratégie visant à isoler le MMM au sein de l'opposition et favoriser la recombinaison d'une alliance bleu-orange-rouge (comme l'alliance bleu-blanc-rouge qui régna de 1983 à 1991). On disait le PMSD mal à l'aise dans l'opposition après le scrutin de 2019. Or, il paraît que cette stratégie n'a pas eu l'effet escompté car les leaders du PTr, du MMM et du PMSD ont resserré les rangs contre leur adversaire commun.



“Une alliance PTr-MMM-PMSD serait historique si elle devait se concrétiser d'ici les prochaines élections municipales (2021) ou élections générales (2024). Une telle alliance, qui rassemble déjà 63% des électeurs ayant voté contre le MSM-ML-MP aux dernières élections, serait un adversaire redoutable aux partis dirigeants. Le système électoral, qui a permis aux partis dirigeants d'accéder au pouvoir avec 37% des voix mais avec une majorité relative de sièges, n'est pas propice à une lutte à trois, comme on l'a vu aux élections de 2019...”

Quatre raisons de collaboration

Essentiellement, les trois leaders ont donné quatre raisons pour justifier le regroupement des partis d'opposition en vue de mieux collaborer au Parlement d'abord et ensuite étendre cette entente sur le terrain. Elles sont:

- les dérives anti-démocratiques du régime;
- la contestation des dernières élections en Cour suprême;
- les nombreux scandales financiers en ces temps d'austérité économique; et
- la stratégie de diversion du régime par l'appel aux instincts sectaires.

En matière de démocratie, il est clair que le régime démontre de plus en plus une intolérance à la critique. Le Parlement ne fonctionne pas comme il se doit avec les expulsions fréquentes des députés de l'opposition, causées par leurs réactions aux provocations venant du côté de la majorité ou de certaines interventions du Speaker.

L'opposition s'estime lésée dans ses droits avec pour preuves le refus de questions parlementaires jugées

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embarrassantes et la limitation du temps de parole sur les projets de loi. L'exaspération de l'opposition est telle qu'elle a présenté une motion de blâme contre le Speaker, laquelle motion est d'ailleurs débattue à des heures indues. Il va de soi que les règles d'impartialité et de respect mutuel n'y sont pas scrupuleusement respectées.

Dérives anti-démocratiques

En dehors de l'Assemblée nationale, les détracteurs du Gouvernement ne sont pas mieux traités. La société civile est soumise à des pressions diverses avec l'arrestation d'internautes trop téméraires, la convocation devant des comités disciplinaires des intellectuels qui osent parler librement, le transfert de fonctionnaires considérés comme lanceurs d'alerte dans les scandales financiers et le licenciement de syndicalistes trop revendicatifs dans le secteur public. Les lois liberticides votées dans le sillage de la pandémie visent à museler l'opinion publique autant que possible.

L'opposition est convaincue que toutes les institutions publiques, à l'exception du DPP et du judiciaire, sont instrumentalisées à des fins politiques. Comme en témoignent la nomination d'une ex-politicienne pour remplacer une scientifique à la tête de la Mauritius Standards Bureau et celle d'un chef d'une association socio-culturelle pour présider une institution qui est censée laïque (Conseil des Musées). Alors que l'ICT Act est invoquée pour interpellier des internautes -suspects de manque de réserve, un amendement proposé au Code pénal vise à criminaliser tout délit d'information ou tout délit d'opinion à propos de la souveraineté mauricienne sur les territoires de Maurice. Aucun débat ne serait donc possible sur les Chagos (objet de contentieux avec la Grande Bretagne avec des Chagois installés à Londres dans le camp anglais), Rodrigues (où certains souhaitent plus d'autonomie) et même Agaléga (où la présence des Indiens fait l'objet de contestation de la part de certains).

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Coronavirus: Spain drives fears of European 'second wave'

Spain is taking new measures to cut a spike in coronavirus cases, amid fears of a more widespread "second wave".

Catalonia has closed its nightlife for two weeks but cities outside the north-eastern region are also seeing a surge.

France and Germany have also both seen new cases rise, as nations grapple between staving off fresh outbreaks and reopening economies, reports BBC News.

The European rises are echoed in far bigger increases across the rest of the globe, with record daily new-infection figures of around 280,000 in both of the past two days.

What is happening in Spain?

Barely a month after Spain ended its state of emergency, cities including Barcelona, Zaragoza and the capital Madrid have seen a surge in new infections, prompting the government to warn that a second wave could be imminent.

The government of Catalonia now says all nightclubs and late-night bars in the region are to close for the next two weeks. The Spanish defence ministry is also implementing an early response tracker system to prevent any upturn in cases in the military.

The health ministry reported more than



A couple celebrate the Sant Jordi (St George) celebrations in Barcelona amid coronavirus. Photo - EPA

900 new cases of the virus on Friday. One football team in the second division, Fuenlabrada, now has 28 confirmed cases.

Epidemiologist Dr Daniel Lopez-Acuna told the BBC the average age of cases could rise "because the transmission is going from the youngsters to the rest of the household, and certainly the elderly".

The UK says all those returning from Spain must self-isolate for 14 days from Sunday. This includes the Canary Islands and Balearic Islands, although those destinations are not included in the UK's new general warning to avoid all but essential travel to mainland Spain.

Norway has said it will also start quarantining people arriving from Spain, while France has warned its citizens not to travel to Catalonia.

Belgium has banned travel to Huesca and Lleida, with recommendations against travel to a number of other areas in Spain.

A Spanish foreign ministry spokeswoman said the country was safe, with only localised, isolated and controlled outbreaks.

Are other European nations concerned at spikes?

Most are seeing increases and outbreaks but want to keep economies functioning and hope any second wave will

be regionally limited.

Belgium has slowed down its reopening amid a sharp rise in cases.

Italy is isolating arrivals from Romania and Bulgaria for two weeks after a number of imported cases.

French Prime Minister Jean Castex says people arriving from 16 countries where the virus is widely circulating will be subject to on-the-spot coronavirus tests.

France's health ministry said there were now more than 1,000 new cases each day in hospitals.

Germany said it might introduce compulsory testing for holidaymakers returning from high-risk destinations after infections hit a two-month high.

What are the global increases?

The trajectory is still worryingly upwards, says the WHO - more than a quarter of a million new cases for three days straight up to Friday.

One major concern is India, where there are now 1.3 million confirmed cases - 100,000 of them in just the past two days - with experts fearing the worst is still to come.

The United States, Brazil and South Africa are still showing sharp increases.

Mystery Russian projectile raises fears of arms race in space



US Space Force commander General John Raymond addressing Congress on May 6, 2020. Photo - AFP

The United States this week accused Russia of having tested an anti-satellite weapon in space, a charge Moscow has denied, saying the device was a "special instrument" for inspecting orbiting Russian equipment.

Whatever it was, the incident marks for Washington a rare military escalation in space.

The ability of one satellite to attack another was until now merely theoretical. The United States, Russia, China and, since 2019, India, have been able to target satellites with Earth-launched projectiles, but these explosions create millions of pieces of debris in orbit, prompting the world powers to refrain from such tests, reports Agence

when it released a sub-satellite, Cosmos 2543, capable of maneuvering in orbit to observe, inspect or spy on other satellites.

This sub-satellite moved close to a US spy satellite, USA-245, and to another Russian satellite. A game of cat and mouse began in orbit, easily observable from Earth by astronomers and the US military, which publicly expressed its concern.

On July 15 at around 0750 GMT, Cosmos 2543 (the sub-satellite with a surface area of less than a square meter, according to the US military), released an object at a high relative speed, around 200 meters per second, said

France-Presse.

This week's incident may be seen as a message to Washington, which under President Donald Trump is building up a new "Space Force" wing of its military.

Space Force's commander, General Jay Raymond, on Friday reiterated that "space is a warfighting domain just like air, land and sea."

'Object E'

In November 2019, Russia launched a satellite named Cosmos 2542. A week later, that satellite surprised observers

astronomer Jonathan McDowell.

Dubbed "Object E" by the United States, it is still in orbit and appears not to have hit anything. Its size, shape and purpose remain a mystery, but that does nothing to diminish the threat it may pose.

A 'bullet'

In orbit, satellites speed through the void at tens of thousands of miles per hour. The smallest contact with another object risks smashing a hole in its solar panels or damaging or even destroying it, depending on the size of whatever it may hit.

In space, the difference between a satellite and a weapon is therefore theoretical: whatever its function, "Object E" is a de facto "projectile" and therefore a "weapon," the US says.

It is the equivalent of a "bullet" in space, said Christopher Ford, assistant secretary of state for international security and nonproliferation.

"There's no such thing as a fender bender up there."

Moscow has implicitly admitted as much by accusing Washington and London of having satellite inspection or repair programs that can be used as "counter-satellite weapons."

The United States has maneuverable military satellites in orbit which can launch smaller satellites.

But it's unclear if the US has the capability to launch high-speed projectiles as the Russians have just done, said Brian Weeden, a space security expert at the Secure World Foundation in Washington.

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UK Government accused of creating 'sense of panic' with Spain travel advice



British ministers stand accused of creating a sense of "panic and loss of control" due to the sudden decision to scrap an air bridge agreement with Spain. Photo - parstoday.com

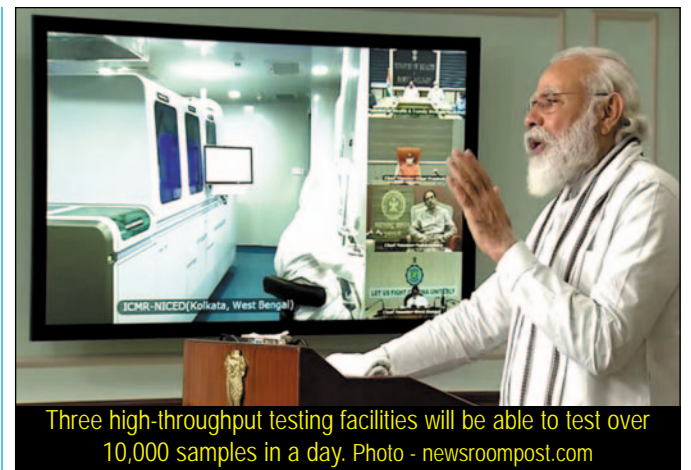
to send package travellers to parts of mainland Spain despite a Foreign Office warning. The move by Jet2 Holidays highlights the fury in the travel industry at what is seen as another botched decision from the UK government, reports The Independent.

Coronavirus face masks become compulsory in England shops

People will be required to wear face masks in shops and supermarkets in England, but they will also need to cover their mouths and noses when entering sandwich shops or takeaways, according to the UK's government's guidance. In an attempt to slow the spread of coronavirus, the Department of Health and Social Care confirmed face coverings will be required in shops and takeaways if people intend to take their food and coffee away. But it said if a

customer is able to sit down and consume food or drink they have purchased, the face covering can be removed to eat or drink on site.

And all adults in the UK aged 50 and over will be offered a flu vaccination this autumn as ministers look to double the number of people immunised through winter. Fears of a seasonal flu crisis hitting at the same time as a resurgence of the coronavirus have prompted the government to launch a major expansion of the annual vaccination programme.



Three high-throughput testing facilities will be able to test over 10,000 samples in a day. Photo - newsroompost.com

Indian PM Modi to launch 'high throughput coronavirus testing' facilities on July 27

Indian Prime Minister Narendra Modi launched 'high throughput COVID-19 testing' facilities yesterday via video conferencing. These facilities will ramp up testing capacity in the country and help in strengthening early detection and treatment, thus assisting in controlling the spread of the pandemic, reports Himanshu Mishra of India Today.

"These three high-throughput testing facilities have been set up strategically at ICMR-National Institute of Cancer Prevention and Research, Noida; ICMR-National Institute for Research in Reproductive Health, Mumbai; and ICMR-National Institute of Cholera and Enteric Diseases, Kolkata, and will be able to test over 10,000 samples in a day," the release said.

"These labs will also reduce turn-around-time and exposure of lab personnel to infectious clinical materials, it stated while adding that the labs are enabled to test diseases other than Covid as well and post the pandemic, will be able to test for Hepatitis B and C, HIV, Mycobacterium tuberculosis, Cytomegalovirus, Chlamydia, Neisseria, Dengue, etc," it added.

Meanwhile, the situation in India continues to remain grim as the country reported fresh 48,661 coronavirus cases in the last 24 hours, according to the Health Ministry data.

Time capsule to be placed under Ram temple site in Ayodhya

The Shri Ram Janmabhoomi Teerth Kshetra Trust has said that a time capsule will be placed about 2000 feet underground at the Ram Temple construction site in Ayodhya.

According to Kameshwar Chaupal, a member of the Shri Ram Janmabhoomi Teerth Kshetra Trust, the capsule will help anyone in the future who wishes to study the history of the temple.

Kameshwar Chaupal incidentally, is a Dalit from Bihar who had laid the foundation stone for a Ram temple in Ayodhya on November 9, 1989, reports IANS.

Since then, the 64-year-old Kameshwar Chaupal, has been anxiously waiting for the construction of the temple to begin.

Almost nine months after the verdict of Supreme Court on the Babri Masjid vs Ram Janmabhoomi



Ram Mandir - Photo - images.newindianexpress.com

dispute, Prime Minister Narendra Modi will visit Ayodhya on August 5 for the 'Bhumi puja' ceremony to begin the construction of a grand Ram Temple.

The Supreme Court had, on November 9 last year, ruled in the favour of a Ram Temple at the disputed site in Ayodhya. The court had also directed the Centre to allot an alternative five-acre plot to the Sunni Waqf Board for building a new mosque at a 'prominent' place in the holy town in Uttar Pradesh.

Meanwhile, hectic preparations have begun for the 'bhumi puja' ceremony that will be performed by laying a 40 kg silver brick at the sanctum sanctorum.

Three-day-long Vedic rituals, beginning August 3, will precede the main ceremony, according to the members of the Trust.

The entire temple town is being given a makeover with walls being painted in vibrant colours.

The 'Bhoomi Puja' ceremony in Ayodhya at the site for the proposed Ram temple on August 5 will be telecast live by public broadcaster Doordarshan.

Compiled by Doojesh Ramlallah

Couldip Basanta Lala, Former Founder & Director, Sanne (Mauritius)



Mauritius risks European Commission's blacklist “We have to be prepared for the worst”

become so complex that the risks of escaping the vigilance of the regulators and operators are much higher today?

It is true that the world of finance is becoming more complex, and will continue to evolve as we go along. We have been faring very well with plain vanilla structures, but now with complex structures the risk of something falling into the cracks, principally for lack of specific technical skills, is high. I am sure that there exists a mechanism of knowledge and intelligence sharing among regulators on a worldwide scale, and by operators through their associations. The risk is much higher with standalone operators having no international connections. They should equip themselves with the necessary tools to assist them in their diligence work.

Hence to mitigate the risk, we need to ensure that regulators and operators make diligent use of such intelligence and be on the alert at all times with events in the world of finance. We have to uplift our expertise and at the same time be more vigilant at all levels - be it by management companies, by banks and by the regulators.

*** There have nevertheless been grave accusations levelled against some foreign investors indulging in suspicious money laundering activities from our GB sector. This has been a common occurrence over here lately and is undoubtedly causing reputational damage to our jurisdiction. Do you think the regulator is sufficiently equipped and has been doing what is required to protect the reputation of the Mauritius jurisdiction?**

There are a couple of pertinent issues that are being raised in your question.

First, protecting the reputation of the jurisdiction is a matter for all stakeholders. We should not assign all the responsibility of reputation to solely the regulator, in our case the FSC. There are other important and wholesome considerations within a country that determine the reputation of a country.

Second, money laundering activities should not be ascribed to only foreign investors transacting in the global business sector. They may well exist in the domestic economy too. Admittedly the risk is higher in international transactions.

A foreign investor's first port of call is the management company either directly or through an intermediary. The intermediary may be banks or fellow professionals from other reputed jurisdictions. The first level of due diligence on the investor therefore rests with the management company and the bank at which the investor is opening an

account. The focus has to be on the assessment of source of funds.

We should however bear in mind that identifying the trail of funds in complex and cross jurisdictional structures is not too easy. There are several examples of leading and world-renowned banks which have been heavily fined under Anti-Money Laundering laws in the Western financial centres.

“We know what international investors want - sound law and order, stability, an independent judiciary, adherence to the rule of law, an educated work force, reasonable labour relations, good work ethics, and quality service level, among others. The success of the aspiring countries will very much depend on whether these attributes are present. It may also be true to Mauritius if we are to stay ahead of the competition...”

The regulator comes in at the last leg and it relies on the diligence work carried out by the management company. It may supplement the diligence by other information that it may have on the investor through other channels. I assume that the regulator has the necessary contacts and tools in place to carry out the additional checks. The checks are done prior to granting the licence and also on an ongoing basis. I believe that it is at the ongoing monitoring level that operators and the regulator may be having shortcomings. The finance world is evolving and it will not be presumptuous to state that regulators and operators have to beef up their knowledge and skills so as to understand complex issues and detect suspicious situations.

*** In the light of the reputational risks involved and given it is a sector which attracts international attention, would you say that the time is ripe to refurbish the regulatory armoury of our global business sector?**

I do not think that the existing regulatory framework should be overhauled. Problems that might have cropped up are not due to absence of regulations. They would be as a result of incorrect or non-implementation or still by condoning acts of “corner cutting”. We should ensure that the existing regulations are understood by all stakeholders and are correctly interpreted and implemented. Notwithstanding, with changes taking place worldwide, we need to adapt the relevant ones and align them to international best practices.

*** The element of uncertainty has however set in in everybody's mind following the EU's decision, especially investors. If the worst-case scenario were to happen, what could be the consequences for the GB sector?**

I understand that the sector is already experiencing difficulties in attracting new or growing the business.

What happens to Mauritius' Global Business sector in the wake of the European Commission to place the Mauritius jurisdiction on its list of “high risk jurisdictions”? And how does it meet the competition coming from Singapore and Africa? In this interview, Couldip Basanta Lala, former Founder & Director, Sanne (Mauritius), shares his considered views on the challenges being faced by our GB sector; he also comments on the DTA arrangements, and makes some suggestions about a way forward for restoring the country's image as a sound financial centre.

Couldip Lala cofounded together with Kapil Dev Joory International Financial Services Limited (IFS) in December 1993 at a time when the global business sector was nascent in Mauritius. The focus initially was to provide fund administration and support services for Indian investments. Over time, IFS expanded its geographical focus to include Africa and other parts of Asia, and at one time it was providing services to more than 1000 global entities, and with assets under administration in excess of \$82 billion. In 2017, International Finance Services Limited and IFS Trustees have been acquired by SANNE, a leading global provider of alternative assets and corporate business services, with clients from 20 global networks spread across the Americas, Europe, Africa and Asia-Pacific.

Mauritius Times: Is there a feeling in our Global Business sector that the European Commission's decision to place Mauritius on its list of “high risk jurisdictions” is unwarranted and grossly unfair?

Couldip Lala: I am no longer occupying an executive position in this sector to gauge the prevailing sentiment across the board. However, as a keen observer and having been engaged since the start of this sector, I sense that there is such a feeling among both the operators and the authorities. This feeling has been expressed every time some shortcomings have been highlighted by other countries or organisations like GAFI (Financial Action Task Force on Money Laundering/Groupe d'action financière).

Leaving that feeling aside, the question one should however ask is whether such a decision is unfair in light of the several measures being taken worldwide to counter money laundering and terrorism financing. Have we been fulfilling all the requirements expected of a financial centre of repute?

*** The main shortcoming of our GB sector, according to the EU, relates to “strategic deficiencies in (its) anti-money laundering and counter terrorism financing regimes”. Would you say that the world of finance, banking and cross-border investments has**

'Protecting the reputation of the jurisdiction is a matter for all stakeholders. We should not assign all the responsibility of reputation to solely the regulator'

☞ Cont. from page 7

We need not wait for the worst-case scenario to assess the impact. At this juncture, the sluggish growth may not be due to the EU's decision. Admittedly it has come at a very difficult moment.

The pandemic has led the whole world economic situation to a catastrophic level. All countries are running on record high budget deficits and experiencing high levels of unemployment. Productivity and investor sentiment are low. In such a climate, we cannot expect our global business sector to be attracting too much of investments and to flourish.

The real impact on our economy, not only the global business, may be felt if we are unable in the very limited time available to the authorities to address the EU concerns and remedy the shortcomings that have been identified by them satisfactorily. The global business sector will be the one that will suffer the most. The consequential effect on the other closely related sectors will also be disastrous.

“Protecting the reputation of the jurisdiction is a matter for all stakeholders. We should not assign all the responsibility of reputation to solely the regulator, in our case the FSC. There are other important and wholesome considerations within a country that determine the reputation of a country. Second, money laundering activities should not be ascribed to only foreign investors transacting in the global business sector. They may well exist in the domestic economy too. Admittedly the risk is higher in international transactions...”

*** What are the options available to our global business operators if all this were to come to the crunch?**

We hope that this situation does not arise. We have nonetheless to be prepared for the worst.

Let us first understand the effect that the EU decision to maintain Mauritius among the high-risk jurisdictions on the global business. Investors and their advisers will shy away from setting up their investment vehicles in such a jurisdiction. International banks will probably be unwilling to act as correspondents for our local banks, hence the difficulty in transferring funds to other countries. There will be rigorous and very close scrutiny on any funds moving out of the country by a receiving counterparty.

The immediate action is for authorities to ensure that we do not fall in the list, and if we do, we should take strong remedial actions to implement the directives of the multilateral organizations within the shortest possible time - more on a proactive basis and not be reactive.

It is also time for operators to rethink their business model. The sector initially attracted several international investors on the basis of favourable tax treatments and treaties. Once established we saw interest in other structures principally for asset protection and intermediary investment holding companies. These may reduce considerably within a short time.

I am already noticing a few management companies diversifying their product offerings, focusing now on specialized legal and accounting services. We are fortunate to have an educated mass of young professionals in these two fields, but they seem to be more generalists. It is a question of training them into specialists in relevant branches of law and accounting. Side by side, we have to

inculcate positive attitude and good work ethics among the upcoming professionals.

The option I am suggesting therefore regardless of the EU decision is to move away gradually from investment holding offering to service offering. We could start with referred works and gradually build up expertise of our own.

*** Would the indictment of the Mauritius jurisdiction by the European Commission also affect any initiative of our GB sector to tap the African market?**

I do not think that these two are mutually exclusive. The indictment is pervasive and the two are interrelated. Investors into Africa are to a large extent from Europe; they are particularly associated with Development Financial Institutions (DFI). Hence, our initiative to cause international organisations to use Mauritius as the platform for investments into Africa may not succeed.

On the other hand, Mauritian conglomerates investing into Africa and intra-African investments may not be greatly impacted, except probably for funds transfer.

As I mentioned earlier, international banks would be hesitant to act as correspondents for our local banks. The bulk of transactions are done in US Dollars, and transfers in US Dollars have to pass via a US correspondent bank for clearance.

There are a couple of Mauritian banks whose parent companies are based in mainland Africa. A suggestion would be for such parent companies to provide a clearing system for their Mauritian subsidiaries or associates. However, I do not know whether this is permissible.

*** Singapore's financial services industry has been doing fairly well; it's said better than Mauritius, despite the lack of the special benefits which accrued to investors from the India-Mauritius treaty. Is there an important gap to fill in the case of Mauritius to drive as hard as a jurisdiction like Singapore has been doing?**

We should first understand the history behind the success of Singapore. It has been a well-regarded financial centre even before Mauritius launched its offshore/global business. Singapore was rigorous in the application of its regulations, and has been agile enough to adapt the regulations to international requirements over the years.

Hong Kong and Singapore have been established financial centres of Asia. With what has happened in Hong Kong, the financial centre of Singapore may well benefit further.

Coming to the India-Mauritius Double Taxation Agreement (DTA) we should remind ourselves that it was not by design that we had negotiated such a treaty. We did not even know the incidence of the tax advantage at the time of signing the treaty. If there were any advantages it would have been accruing to India which had a banking and insurance outfit here.

When India opened up its economy, almost at the same time Mauritius came up with offshore legislations to attract international investors. The combination of the two led to mutual benefits to both countries. India attracted foreign investments and Mauritius built up its offshore/global business. Mauritius was the preferred choice of investors because of the tax advantage. We slowly built in the substance requirement in our legislation. On the other hand, Singapore required presence and substance from the investors since day one. Several investors did not mind the additional cost of setting shop in Singapore. It was peaceful, and offered a good quality of life and the right infrastructure to expatriates.



Following the renegotiated India-Mauritius DTA when the two countries are almost on a level playing field, investors may be willing to opt for Singapore instead of Mauritius. Mauritius can still make the difference on grounds of service level standard and cost. Our offering of Tax and Ease of Doing Business take a back seat.

Hence the hard drive for Mauritius would be in terms of quality of service and enhanced seriousness implementation of regulations, leaving no room for discretion on licensing and ongoing monitoring of licencees.

“Let us first understand the effect that the EU decision to maintain Mauritius among the high-risk jurisdictions on the global business. Investors and their advisers will shy away from setting up their investment vehicles in such a jurisdiction. International banks will probably be unwilling to act as correspondents for our local banks, hence the difficulty in transferring funds to other countries. There will be rigorous and very close scrutiny on any funds moving out of the country by a receiving counterparty...”

*** Besides the Singapore jurisdiction, there is today strong competition to our GB sector coming from some African countries. That would have been unimaginable some ten years back. Does that mean that they have quietly built up their capacity and have become smarter than we are?**

Setting up financial centres has been in the radar of several African countries. South Africa already has always attracted foreign investors and has a developed market. Botswana has been marketing its centre for quite a while. Nairobi may well develop into a platform for investments into other African countries. I understand that Rwanda and Ethiopia are following the same path. In West Africa, Nigeria may be a competitor. Hence, Mauritius should not be complacent and consider that it has a monopoly in this sector.

Every success creates competition. Except for South Africa, the other countries are gearing up to strengthen their regulatory arms and offer financial services to international investors. I see it as a positive sign for these countries as such measures will enhance good corporate governance practices within the countries. As regards Mauritius, they will keep us on our toes.

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COMMUNIQUE

GOVERNMENT WAGE ASSISTANCE SCHEME (GWAS)

Extension for the Month of July 2020

The Mauritius Revenue Authority (MRA) informs the public that the Government Wage Assistance Scheme (GWAS) has been extended for the month of July 2020, to ensure that employees in the tourism sector are duly paid their basic salary.

The scheme is applicable to businesses which have the necessary licence/permit from the relevant authorities to operate the following activities in the tourism sector:

Tourism sector

1. Hotels, guest houses, tourist residences and domains;
2. Tourist enterprises;
3. Pleasure crafts engaged in commercial nautical activities;
4. Travel agencies, tour operators, tourist guides or canvassers;
5. National airline including Air Mauritius Ltd and Airmate Ltd;
6. Businesses deriving at least 50% of their income from goods sold or services provided to persons engaged in tourism activities as listed at (a)(1) to (5) above*;
7. Restaurants, pubs, tables d'hôtes holding a tourist enterprise licence**;
8. Contract car businesses contract bus businesses, event management companies**, and
9. Public Attractions, amusement parks, natural sites and museums**.

Note:

*A self-employed engaged in activities falling under item (6) above is entitled to GWAS only.

**Items (7) to (9) are applicable to businesses whose turnover has fallen by more than 50% in July 2020 as compared to the corresponding turnover in July 2019. However, this condition does not apply to an enterprise which has been set up on or after 01 July 2019.

The scheme covers both Mauritians and expatriate employees working in Mauritius. However, the scheme is not applicable to Ministries and Government Departments, Local Authorities, Statutory Bodies and Government Owned Companies.

The Eligible Employers will benefit a financial assistance from the Government as per the table below:

For every employee with basic salary (Rs) in July 2020	Basis	Assistance per employee (Rs)
From 9,700 to 25,000	One month wages	From 9,700 to 25,000
From 25,000 to 50,000	Fixed Amount	25,000
Above 50,000	Nil	Nil

The quantum of assistance claimed should be based on the basic salary of the employees as normally declared by employers in their monthly NPS Contribution Returns.

In processing the applications under WAS, the MRA will carry out internal checks to verify the correctness of claims. Thereafter, MRA will credit the approved amount to the employer's bank account used by him for payment of monthly NPS contribution.

Applications should be made through the MRA website: www.mra.mu

For any additional information, applicants may phone MRA helpdesk on: 207 6000.

MAURITIUS REVENUE AUTHORITY

24 July 2020

Ehram Court, Cnr Mgr. Gonin & Sir Virgil Naz Streets, Port Louis, Mauritius
T: +230 207 6000 | F: +230 207 6048 | M: headoffice@mra.mu | W: www.mra.mu



Interview: Couldip Basanta Lala

'We know what international investors want - sound law and order, stability, an independent judiciary, adherence to the rule of law...

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Will they be able to establish and sustain themselves as financial centres? Only time will tell. We know what international investors want - sound law and order, stability, an independent judiciary, adherence to the rule of law, an educated work force, reasonable labour relations, good work ethics, and quality service level, among others. The success of the aspiring countries will very much depend on whether these attributes are present. It may also be true to Mauritius if we are to stay ahead of the competition.



* It is on the strength of past DTAs that our Global Business sector was raised to the same level of the other pillars of our economy, bringing in hard currency and creating jobs for thousands of young professionals here. But when you look at the bigger picture today with some African countries terminating their DTAs with Mauritius, aren't these same DTAs doing a disservice to the reputation of our jurisdiction?

It is true that it was our favourable treaty with India that triggered the development of our global business sector. It is however to be understood that DTAs between two countries are not carved out in a vacuum. DTAs follow either the OECD or the UN model. The tendency now is more to follow the OECD model which countries either adopt in its entirety or with such negotiated amendments. The amendments are principally on taxing rights of interest income, dividends, and capital gains.

Hence DTAs themselves are not challenged. It is the taxing right to the flow of income or gains. Whilst during the negotiation between two countries the objective might have been clear, in time it is felt that there have been an abuse by investors or a laissez-faire on the part of one of the countries on the taxing rights. In my view, instead of terminating a DTA, a better option would be to renegotiate the taxing rights and check on the abuses, if any.

Some African countries may have not experienced any abuse, but they might be feeling edgy to carry on with the DTAs in view of high-profile scandals on the international front with Mauritius linked up somehow. Also, there are continuous pressures by NGOs in Africa claiming tax leakage due to the DTAs without highlighting the benefits accruing from foreign investments as a result of the DTAs.



Preamvada Dookhun

'Things will get worse before they get better'

Really! How much more worse?

The world in 2020 learned to speak a new global language, that of Covid-19. This virus spares no one. Politicians, Bollywood heroes, the rich, healthy, religious, old, young, white, brown, black... anybody is a potential victim. Most people around the world now relate to terms like home schooling, work-from-home, zoom meetings, self-isolation, social distancing, 20 seconds hand washing, and panic buying.

Born in the 1980s, I do not recall any major global crises, other than witnessing from afar, the 9/11 attack, the 2004 tsunami and the 2008 financial crisis. I didn't live through World Wars, independence fight, devastating Carol-type cyclones, but I am now living through this pandemic, which challenges us all, and I do not know yet if, and how, I will survive this crisis. Nobody knows. And yet we are told to expect things to get worse before they get better.

Worldwide we are witnessing stressed government leaders struggling to keep their countries safe and economies afloat. To make matters worse, some countries are even choosing this time to test their supremacy and claim territories while others are seeking ways to collaborate on common grounds. It is a most challenging time for any ruling government and probably a good time for opposition parties as they can openly criticize and promise to do things differently. It must be so daunting for the decision makers. Do we lock down again or not, do we close the schools or not, is the time right to raise the pay for the essential workers, do we impose the wearing of masks or not? Hopefully at a later (pray it be rather sooner) stage, one of the decisions they would be debating is how to proceed with the vaccination against Covid-19?

Leaders make decisions everyday and the impact of those deci-

sions affect people's lives in various ways. As a child I had watched serials and read about the kings and rajas who, at night, would disguise themselves as commoners and peasants and walk in the villages to see the plight of their *praja* (the people). It also reminds me of a retired corporate leader whose best advice to the new managers was 'management by walking', which I understood was a way of being close and accessible to the people, the employees. For, it seems, only then one gets the true feel of the people's plight and subsequently support.

One of India's oldest books on statecraft and economics, the Arthashastra, thought to have been written between 2nd and 3rd century BC by Chanakya also known as Kautilya, (who in today's language would be described as) a professor of economics and political science at the ancient Takshashila University, elaborates on the art and science of leading and managing a *Rajya* (state). The book emphasizes the imperative of economic growth and welfare of all. Chanakya, who was also the Guru (revered teacher) of the Mauryan Emperor Chandragupta, taught him, amongst others, to observe and learn from others' mistakes. He also taught about disaster management (both natural and man-made), elaborating ways to prevent disasters and the

need to deal with them by boosting morale and providing financial support to disaster victims (Source: <http://library.bjp.org/jspui/handle/123456789/80>)

It took Australia six months, post the lockdown, crisis, and a second wave threatening to destroy everything again, to get some selected leaders to finally listen to the experts. Epidemiologists and doctors have been warning since the very beginning that we needed to wear masks. Doctors worldwide are pleading with people to act reasonably, wear masks, practice social distancing and avoid crowds. Speaking behind a mask, the Victorian premier Daniel Andrews conceded on 21 July 2020 that they should have listened to the advice of the experts and used the masks well before.

I am speaking to you from behind a mask. This is a full dress rehearsal for what becomes life in Victoria from midnight tomorrow. And guess what. It is not that hard. I can see, I can breathe, and as much as it is not my habit, I can think. I don't feel my human rights have fled out the window with my dignity. I don't feel that the state has robbed me of individuality. I feel as if I am doing the sensible thing to help fight this coronavirus and the only regret is Victoria should have done it weeks ago.'

was no need to wear masks or take extreme actions, had to give in, some even catching the bug. This virus spares no one. And as descendants of the *Homo sapiens* who survived calamities, it is time we behaved responsibly and humbly resort to the simple acts of prevention. Aussies are being warned to quarantine even if tested negative. Articles abound in the media about how the virus is changing and now, one is even unsure about the incubation period. People who tested negative twice, have tested positive the 3rd time. The worst cases are those

'lucky' Covid-19 'resistors', the asymptomatic ones who walk about freely as human bombs infecting the 'unlucky' ones.

There are increasing numbers of cases being reported in New South Wales too, though not as many as in Victoria. The NSW Premier, Ms Gladys Berejikian, boldly refuses to consider another lockdown for the state and still appeals to individuals' sense of civic duty in acting responsibly, staying safe, getting tested and self-isolating when instructed. She has been communicating nearly every day and stood by her team, winning support of the federal government and people of NSW. I also think that it is really in our ('praja') interest to support the 'Suppression strategy of the government'. Until the vaccine is produced, Ms Berejikian said they would do everything to prevent the bug from spreading. We just cannot afford it! And as the saying goes, a problem stated is a problem half solved. Victorian and NSW Premiers have clearly stated the problem and the consequences if we don't contain the pandemic while the vaccines get ready. No travels, no socializing, isolation, loneliness, poverty, not to mention the lives lost...indeed it will be a catastrophe.

As a Corporate Trainer and Performance Coach, I have facilitated many group discussions and shared theories, tips and methods of dealing with crises and problems at work. The frame of the discussion was often based on Albert Einstein's famous quote:

"This virus spares no one. And as descendants of the Homo sapiens who survived calamities, it is time we behaved responsibly and humbly resort to the simple acts of prevention. Aussies are being warned to quarantine even if tested negative. Articles abound in the media about how the virus is changing and now, one is even unsure about the incubation period. People who tested negative twice, have tested positive the 3rd time. The worst cases are those 'lucky' Covid-19 'resistors', the asymptomatic ones who walk about freely as human bombs infecting the 'unlucky' ones..."

'Can we solve our problems with the same level of thinking that created them?' No, we cannot. Another big tension of all governments is how to get the economy back on track. How realistic is this goal? If we were to pay heed to the advices of Einstein and Kautilya, then in the face of such a looming calamity, the focus must also be on maintaining the morale and ensuring the financial stability of the people.

How can this be done? This is something for all of us to seriously ponder.



There are increasing numbers of cases being reported in New South Wales too, though not as many as in Victoria. The NSW Premier, Ms Gladys Berejikian, boldly refuses to consider another lockdown for the state and still appeals to individuals' sense of civic duty. Photo - chef.bbci.co.uk

Love: Is it just a fleeting high fuelled by brain chemicals?

When it comes to love, science has not yet got it right. And there's a wonderful reason why

"I am head over heels in love but my cynical friends keep telling me that love is nothing but a cocktail of pheromones, dopamine and oxytocin, and that these wear off after a couple of years. The thought scares me, it makes the whole thing seem meaningless. Is love really just brain chemistry?"

-- Jo, London

*Licence my roving hands,
and let them go,*

Before, behind, between, above, below.

It is no accident that arguably the most erotic line of English poetry is all prepositions. The essence of love, at least of passionately romantic love, is revealed in its very grammar. We fall in love, not wander into it. And, as you say, we fall head over heels, not dragging our feet – often at first sight rather than on careful inspection. We fall in love madly, blind to the other's vices, not in rational appraisal of their virtues.

At its root, romantic love is spontaneous, overwhelming, irresistible, ballistic, even if, over time, its branches take on more complex hues. It is in control of us more than we are ever in control of it. In one sense a mystery, it is in another pure simplicity – its course, once engaged, predictable and inevitable and its cultural expression more or less uniform across time and space. The impulse to think of it in terms of simple causes precedes science. Consider the arrow of Cupid, the potion of a sorcerer – love seems elemental.

Yet love is not easily conquered by science. Let us look at why. Sex pheromones, chemicals designed to broadcast reproductive availability to others, are often quoted as key instruments of attraction. It is an appealing idea. But while pheromones play an important role in insect communication, there is very little evidence that they even exist in humans.

If a chemical can signal attraction outside the body, why not inside it? The neuropeptide oxytocin, often inaccurately described as a "bonding hormone" and known for its role in lactation and uterine contraction, is the leading candidate here. This has been extensively studied, mainly in the prairie vole, whose monogamy and public displays of affection make it an ideal model animal.

Blocking oxytocin disrupts the pair bonding that is here a surrogate for love,



and makes the voles more restrained in their emotional expressions. Conversely, inducing an excess of oxytocin in other, non-monogamous vole species blunts their taste for sexual adventure. In humans, though, the effects are much less dramatic – a subtle change in the romantic preference for the familiar over the new. So oxytocin is far from proven to be essential to love.

Love's letterbox?

Of course, even if we could identify such a substance, any message – chemical or otherwise – needs a recipient. So where is the letterbox of love in the brain? And how is the identity of the "chosen one" conveyed, given that no single molecule could possibly encode it?

When romantic love is examined with imaging of the brain, the areas that "light up" overlap with those supporting reward-seeking and goal-oriented behaviour. But that parts of our brains are set ablaze by one thing does not tell us much if they are just as excited by a very different, other thing. And the observed patterns of romantic love are not that different from those of maternal bonding, or even from the love of one's favourite football team. So we can only conclude that neuroscience is yet to explain this "head over heels" emotion in neural terms.

Do we simply need more experiments? Yes, is usually the scientist's answer, but here that assumes love is simple enough

to be captured by a mechanistic description. And that is extremely unlikely, as nature would resist it. Evolutionarily speaking, love is ultimately about reproduction. Consider what would happen to an organism whose sexual attraction operated through a very simple mechanism involving a string of critical molecules, or a dozen or so vital neural nodes.

Its reproductive success would then be gated by the integrity of very few genetic elements, with the potential to be knocked out entirely by a mutation or two. A predator could evolve a poison that rendered its victim not just compliant, but positively amorous, only too happy to slide from a petite mort to the real thing. Were some inanimate thing to contain the key molecule in abundance, the entire species could become objectum sexuals, choosing to play with it over sex with each other. This is almost the joke truffles play on wild pigs, and it is telling that the animals are only temporarily diverted by it.

But the evolutionary vulnerability goes deeper. Remember that sex is not primarily about the reproduction of the species, but about its optimisation, and not just in response to the world as it is now, but as it might be across the widest range of hypothetical futures. This requires that organisms are diverse across their traits, as much as selected for their fitness. Were it not so, a sudden change in the environment could make a species go extinct overnight.

So each reproductive decision can be neither simple nor uniform, for we cannot be allowed to be guided by any single characteristic, let alone the same one. Universally attractive though tallness might be, if biology allowed us to select on height alone we would all have gigantism by now. And if the decisions have to be complex, so must the neural apparatus that makes them possible.

Romantic attraction

While this explains why romantic attraction must be complex, it doesn't explain why it can feel so instinctual and spontaneous – unlike the deliberative mode we reserve for our most important decisions. Wouldn't a cool, detached rationality be better? To see why it would not, consider what explicit reasoning is there for in the first place. Evolving later than our instincts, we need rationality only to detach ourselves from the grounds for a decision so that others can record, understand and apply it independently of us.

But there is no need for anyone else to understand the grounds for our love, indeed the last thing we want to do is provide others with a recipe to steal our object of desire. Equally, in ceding control to recorded cultural practice, evolution would place too much "trust" in a capacity – collective rationality – that is, in evolutionary terms, far too young.

It is also a mistake to think of instinct as simple, and inferior to careful deliberation. That it is tacit makes it potentially more sophisticated than rational analysis, for it brings into play a wider array of factors than we could ever hold simultaneously in our conscious minds. The truth of this stares us in the face: think how much better we are at recognising a face compared with describing it. Why should the recognition of love be any different?

Ultimately, if the neural mechanisms of love were simple, you should be able to induce it with an injection, to extinguish it with a scalpel while leaving everything else intact. The cold, hard logic of evolutionary biology makes this impossible. Were love not complicated, we would never have evolved in the first place.

That said, love – like all our thoughts, emotions and behaviours – rests on physical processes in the brain, a very complex interplay of them. But to say that love is "just" brain chemistry is like saying Shakespeare is "just" words, Wagner "just" notes and Michelangelo "just" calcium carbonate – it just misses the point. Like art, love is more than the sum of its parts.

So those of us lucky to experience its chaos should let ourselves be carried by the waves. And if we end up wrecked on the surf-hidden rocks, we can draw comfort from knowing reason would have got us no further.

Parashkev Nachev, Professor of
Neurology, UCL



COMMUNIQUE

SELF-EMPLOYED ASSISTANCE SCHEME (SEAS)

Extension for the Month of July 2020

The Mauritius Revenue Authority (MRA) informs the public that the Self-Employed Assistance Scheme (SEAS) has been extended for the month of July 2020 to self-employed individuals in the tourism sector, and who have the necessary licence/permit from the relevant authorities to operate the following activities:

- Hotels, guest houses, tourist residences and domains;
- Tourist enterprises;
- Pleasure crafts engaged in commercial nautical activities;
- Travel agencies, tour operators, tourist guides or canvassers;
- Businesses deriving at least 50% of their income from goods sold or services provided to persons engaged in tourism activities as listed at 1 to 4 above;
- Restaurants, pubs or tables d'hôtes holding a tourist enterprise licence;**
- Contract car businesses or contract bus businesses; and**
- Public attractions, amusement parks, natural sites and museums.**
- Artists;
- Holders of a licence, certificate or permit issued by the Tourism Authority or Beach Authority other than for skippers, or non-commercial pleasure crafts;
- Licensee of Beach Authority;
- Persons making handicrafts;
- Stall holder in the Central Market engaged in the sale of tourist products as certified by the Municipal Council of Port Louis;
- Taxi drivers operating at the airport, or based at a hotel

Note:

** Item (6) to (8) are applicable to businesses whose turnover has fallen by more than 50% in July 2020 as compared to the corresponding turnover in July 2019. However, this condition does not apply to an enterprise which has been set up on or after 01 July 2019

The applicant must be a self-employed or tradesperson of Mauritian nationality aged above 18 years and who has been economically active for the **last 3 months**.

The following individuals are **NOT** eligible to the scheme:

- an individual who is an employee, whether full-time or part-time;
- a person who is eligible to receive basic retirement pension;
- an individual who receives monthly social benefits;
- an individual pursuing higher studies on a full time basis;
- a person who is a dependent spouse;
- a person who was unemployed at the beginning of March 2020;
- an individual who forms part of a household having total monthly income (including passive income, e.g rent, dividends, interests or profits) exceeding Rs. 50,000;
- an individual who is in a business where he earns only passive income, e.g rent; or
- fisherman.

Eligible self-employed individuals and tradespersons will receive a financial support of Rs 5,100 for the period 01 July 2020 to 31 July 2020. All payments will be credited to the applicants' bank account.

Applications should be made through the MRA website: www.mra.mu

For any additional information, applicants may phone MRA helpdesk on: **207 6000**.

MAURITIUS REVENUE AUTHORITY

24 July 2020

Ehram Court, Cnr Mgr. Gonin & Sir Virgil Naz Streets, Port Louis, Mauritius
T: +230 207 6000 | F: +230 207 6048 | M: headoffice@mra.mu | W: www.mra.mu



Echiquier politique

L'alternative Ptr-MMM-PMSD se précise

* Suite de la page 3

Pétitions électorales

La contestation des élections de 2019 dans certaines circonscriptions est une autre préoccupation chère aux partis d'opposition. Idéalement, les pétitions électorales auraient dû être débattues en Cour dans un délai raisonnable (30 jours), mais les tactiques dilatoires alléguées des défenseurs retardent les auditions en Cour depuis 9 mois. Ailleurs, en Afrique, notamment au Malawi, la Cour suprême s'est saisie des pétitions électorales très vite après les dernières élections et a donné son verdict. Comme quoi nous avons à apprendre de nos pairs africains en matière de gouvernance.

Scandales financiers

Les scandales financiers se succèdent à un rythme effréné. Un scandale chasse l'autre. Il y a eu les pertes énormes chez SBM pour cause de créances douteuses (prêt non garanti accordé à un homme d'affaires indien). Air Mauritius a fait un crash financier avec ses lourdes dettes. Le Saint-Louis Gate a révélé des pratiques de corruption autour de l'allocation d'un contrat du CEB. La STC et le ministère du Commerce et celui de la Santé sont englués dans une controverse sur l'allocation de contrats d'approvisionnement en produits et équipements médicaux pour Rs 1,5 milliards sans appel d'offres. Dans tous ces cas, le Gouvernement refuse une commission d'enquête ou se cache derrière une prétendue enquête de l'ICAC pour refuser de répondre aux questions au Parlement. Les coups d'éclat de l'ICAC avec les perquisitions et la saisie d'ordinateurs des parties incriminées n'impressionnent guère.

Ethnicisation des enjeux

Accablé par les critiques de l'opposition et les interrogations de la société civile au sujet des pratiques de mauvaise gouvernance, le régime essaie de faire peur par l'arrestation ou l'intimidation de ses détracteurs. En sus de ces tactiques, il y a un recours à une campagne de diversion fondée sur l'ethnicisation de certaines questions (le problème des squatters, la brutalité policière durant le confinement). Les attaques sectaires contre certains politiciens accusés de crime de lèse-majesté ("India-bashing" allégué concernant des médicaments importés) ou de mentalité coloniale sont perfides.

L'île Maurice se veut moderniste, mais des politiciens, vieux comme jeunes, ne peuvent s'empêcher d'invoquer l'épiderme de leur adversaire dès qu'ils sont acculés. C'est dire combien la politique n'a pas changé en 50 ans d'indépendance. Certains restent prisonniers du carcan des préjugés hérités d'un autre âge. Les plus optimistes croient que la communalisation des enjeux est une tactique conjoncturelle (la fin justifiant les moyens) qui ne remettra pas en question l'équilibre de la société, mais elle ouvre des plaies peu cicatrisées. Elle exploite des lignes de faille latentes dans une société multi-culturelle qui n'a pas besoin de fractures sociales en ces temps difficiles.

Les quatre raisons données pour l'unification des forces de l'opposition reflètent sans doute les préoccupations fondamentales d'une grande partie de la population. Certains idéalistes vont renvoyer dos à dos le régime et l'opposition parce qu'ils sont désabusés par un système politique incorrigible. Les cyniques diront que tous les politiciens sont pareils. A chacun son tour de manger, disent-ils.

Etant donné les contraintes du système politique (mode d'élection par *First Past The Post*, financement occulte des partis, dominance des grands partis, appareil d'Etat au service du pouvoir, MBC propagandiste), une alliance de l'opposition n'est-elle pas la seule alternative valable à l'autoritarisme?

Aditya Narayan

In a light vein

Khushwant Singh in the ICS Interview

Khushwant Singh wrote that he got 300 out of 300 in the ICS interview in London, in the late 1930s. He had not done well in the first paper, so dropped in the second paper, submitted a good essay and appeared for the interview, just for the experience.

The first question was "Why are you appearing for the ICS?"

Most candidates said that they were interested in administration or that they wanted to serve the British government.

Khushwant said: "I hear the salary is pretty good!" There was laughter around the table.

The second question was: "We notice you are doing Bar-at-law also; have you ever been to a British court of justice?"

Khushwant: "Yes Sir, I have been to the Old Bailey."

"And what did you see?"

"Sir I saw that cases which drag on for six months in India, are decided here in 40 minutes."

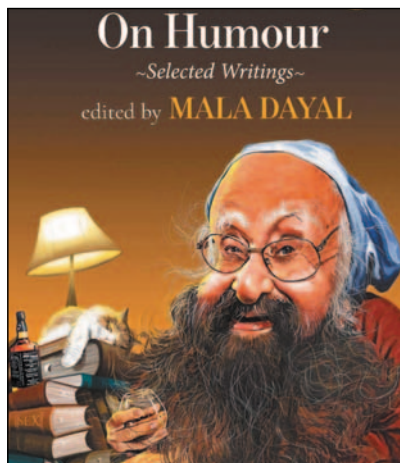
"So what is your conclusion?"

"Sir, I wonder how British lawyers make a living?"

Another big laugh around the table.

The final question from Harold Laski: "How many guns salute is fired when the Viceroy's wife delivers a male child?"

"I don't know how many guns salute is fired, but I know that the ADC is fired."



Huge laughter around the table. What a fantastic presence of mind!

An Afghani, upon landing at Islamabad Airport, introduced himself to a Pakistan Immigration Officer, as ex-Minister of Ports & Shipping of Afghanistan.

The surprised Pakistani officer asked: "But there is no sea in Afghanistan. How can you be the ex-Minister of Ports & Shipping?"

The Afghani replied: "Wallah ya Habibi, don't you have a Minister for Law & Justice in Pakistan?"

What is celibacy?

Celibacy can be a choice in life, or a condition imposed by circumstances.

To illustrate; while attending a marriage weekend my wife and I listened to the instructor declare, 'It is essential that husbands and wives know the things that are important to each other.'

He then addressed the men, 'Can you name and describe your wife's favourite flower?'

I leaned over, touched my wife's hand gently, and whispered, 'Self-raising, isn't it?'

And thus began my life of celibacy.

A 55-year-old lady was standing next to the railing on a cruise ship. She was using both hands to hold her hat

onto her head so it wouldn't blow away.

A gentleman approached the lady, and said: "Ma'am, I am sorry to bother you but the wind is blowing your dress up."

The lady replied, "Sir, if I take my hands off of my hat, it will blow away."

"I understand, Ma'am, but you aren't wearing any panties," replied the gentleman.

The lady looked down then back up at the gentleman and said, "Sir, anything you see down there is 55 years old. I bought this hat yesterday."

Wife: 'You always carry my photo in your wallet. Why?'

Hubby: 'When there is a problem, no matter how great, I look at your picture and the problem disappears.'

Wife: 'You see how miraculous and powerful I am for you?'

Hubby: 'Yes! I see your picture and ask myself what other problem can there be greater than this one?'

A rat swallowed a diamond and the owner of the diamond contracted a man to kill the rat.

When the rat hunter arrived to kill the rat there were more than a thousand rats bunched up all together and one sitting by itself away from the pack.

He spotted and killed the one sitting by itself and to the owner's surprise, that was the exact one that had swallowed the diamond!

The amazed diamond owner asked: "How did you know it was that rat?"

He responded: "Very easy. When idiots get rich, they don't mix with others!"

Food for Thought

Balancing

An ascetic was practising asceticism for years. He did such extreme practices that his body almost dried out, it became like a dry tree. He stood so unmoving that birds built their nests in his hair and laid their eggs. He moved only when the eggs had hatched, the baby birds came out and flew away so that birds may not suffer. He did not even go to beg for food and remained hungry for months. One day great pride and ego germinated in him, he thought "Who is a greater ascetic than I am? Who is a greater non-violent person than I am? I am the greatest."

Suddenly, he heard the sound of laughter in the lonely forest. An invisible voice said, "Do not be so filled up with ego! If you want to see humility and equanimity, go and learn from the shopkeeper known as Tuladhar (one who holds the balance)."

He could not understand: "Tuladhar, a shopkeeper? And an ascetic should sit at his feet? The greatest ascetic known for his non-violence, mercy and compassion?" But then he went in search of Tuladhar.

The shopkeeper lived in Kashi. The ascetic went to meet him and could not believe it - that he was just an ordinary shopkeeper! Day and night, he was selling goods, holding his scales. When the ascetic arrived, the shopkeeper did not even look at him. He asked him to sit down and said, "Do not be so proud that birds made their



nest in your hair and you did not move until they could fly away."

Hearing this, the ascetic was amazed. He thought, "This man certainly knows something; he is ahead of me. And I cannot even see what art he has, what spiritual discipline he has mastered."

He sat down, but his ego was shattered. He began watching. People of different status came, they all spoke differently to the shopkeeper; some spoke nicely, some insulted him - it was a shop! But the shopkeeper responded evenly and equally to all, neither with anger nor with any emotion, neither in favour of someone nor against. The ascetic went on watching. There was not the

slightest change in his balance: relatives or strangers; his weighing remained the same for everyone.

When it was closing time of the shop, the ascetic asked, "What is your advice for me?"

The shopkeeper said, "I am just an ordinary shopkeeper. I am not a learned man. I only know that just as when both pans of a scale are equal there is a balance; in the same way, when there is parity between both sides of the mind, anger and non-anger, love and hate, like and dislike, attachment and detachment, then an inner balance is achieved. And in that moment samadhi happens."

He said: "While balancing the scales, I have learnt to balance myself. I have done no more than that. Birds have not built their nests in my hair; I have not been an ascetic. My whole secret is that by balancing the scales I have learned the art of balancing the Self. I have understood that when there is perfect balance within, the ego disappears. Balance creates a void, and in that void descends divinity. Balance is a daily, a weekly, a monthly process, gradually changing opinions, slowly eroding old barriers, and quietly building new structures.

"You are a great scholar. You are learned; you are an ascetic. Perhaps this may help you or it may not. I know only this much, and this is what I can tell you: that even if you are in the forest and your ego takes hold of you, then you are back in the world. It is not a question of where you go and what you do. The question is what you are.

Adaptation of an ancient story from Upanishads, titled 'Merchant Tuladhar and Jajali'

Diet & Weight Management

Best Foods for Boosting Energy

Make your meals count: Go for oatmeal, beans, and these other eats



them don't gain weight or have other signs of bad health from them. That could be because the fiber slows how your body takes them in and the "healthy" fats satisfy hunger.

Coffee: It's where many of us get our morning caffeine jolt. And it works. It boosts your energy and keeps you more alert. Just don't overdo it. Caffeine can make you jittery and interfere with your sleep if

Doesn't all food boost energy? Yes, but in different ways. Sugary drinks, candy, and pastries put too much fuel (sugar) into your blood too quickly. The ensuing crash leaves you tired and hungry again. "Complex carbs," healthy fats, and protein take longer to digest, satisfy your hunger, and provide a slow, steady stream of energy. Read on for more tips.

Oatmeal: It's a complex carbohydrate. That means it's full of fiber and nutrients. Oatmeal is slower to digest and supplies energy evenly instead of all at once. A bowl in the morning will keep you going for hours.

Eggs: A single one has just 70 calories, and yet has 6 grams of protein. That provides fuel that gets released slowly. It also has more nutrients per calorie than most other foods. That helps it satisfy hunger. As a result, you're more likely to skip that mid-morning doughnut in the office break room that will spike your blood sugar and crash your energy.

Chicken: Trimmed of skin, it's a great source of lean protein. A piece of grilled chicken with some steamed or lightly dressed greens makes a perfect light lunch that won't weigh you down and will fuel you steadily until dinner. And chicken has less of that unhealthy saturated fat than other meats like pork, beef, and lamb.

Oysters: Besides being a good source of low-fat protein, they're loaded with zinc. That helps your body fight off germs that could run you down and make you feel tired. Try them raw with a squeeze of lemon when they're in season, or roast them in the oven or on the grill.

Beans: They're a great source of protein, especially if you're vegetarian or vegan. Beans also have plenty of fiber to help slow digestion. They're rich in magnesium, too. That helps your cells make energy.

Sardines: They're not for everyone, but sardines do provide high-quality animal protein for steady energy. They also have loads of omega-3 "marine" fatty acids that help prevent heart disease. If they're just too fishy for you, try salmon, tuna, or mackerel.

Walnuts: It's those omega-3s again. Walnuts have one in particular that your body uses for energy. Though nuts are high in calories, studies show that people who eat

you have too much, you're not used to it, or you have it late in the day.

Tea: A simple cup of tea is a low-calorie way to replace sugary sodas and soft drinks that can spike and then crash your energy levels in the middle of the day. That switch makes you more likely to get the nutrients and fluids you need each day, which can help keep you alert and energized. Some teas have caffeine that can give you a little boost, too.

Berries: Blueberries, blackberries, strawberries: They're perfect if you want something sweet that doesn't have the calorie blast and "sugar crash" of a doughnut or candy bar. Berries also have antioxidants and other nutrients that help nourish and protect cells all over your body.

Dark chocolate: If you just have to have candy, this is a good choice. It's lower in sugar than candy bars and milk chocolate. It's also been shown to improve mood and brain function. Antioxidants in the cocoa can help protect cells, lower blood pressure, and improve blood flow. This can keep you healthy and energized. Dark chocolate does have fat, so check the label and keep portions small.

Water: When your body doesn't have enough, you get tired. It also helps carry fuel and nutrients to your cells and helps get rid of waste. People who drink more of it usually take in less fat, sugar, salt, cholesterol, and total calories. That leaves more room for healthy nutrients that keep you energized. It's especially important to drink up when you exercise. Have 8 ounces before and after your workouts -- more if your circuit is longer than 30 minutes.

Foods for exercise: The best fuel for exercise is carbohydrates, preferably "complex" ones like fruits, vegetables, and whole grains. Healthy fats from fish, nuts, vegetable oils, and avocados can help fuel endurance sports like long-distance running. Protein can help boost an immune system worn down by exercise. It can also repair muscle that tears naturally when you strengthen it, like when you lift weights, for example.

WebMD
Reviewed by Kathleen
M. Zelman, MPH, RD, LD

Essential Oils for Your Hair

See what jojoba, rosemary, and other oils can do for your hair and scalp, plus how to use them

Using oils in your hair care is a hot trend, from products infused with essential oils to homemade coconut oil deep conditioners.

But they're not new. For centuries, people have used oils for various medicinal and cosmetic purposes. Now, you can find them in many shampoos, serums, and other hair care products. You can also use them to make your own hair care treatments.

Essential Oils and Carrier Oils



Essential oils are distilled from the plant itself. They have the signature scent of the plant they came from. And they're highly concentrated. For instance, it takes 220 pounds of lavender flowers to make a single pound of lavender oil.

Carrier oils (such as coconut oil, jojoba oil, almond oil, and olive oil) also come from plants, but they have a more neutral smell. And they're not necessarily distilled down like essential oils are.

Here are the benefits of some essential and carrier oils:

- **Almond oil** soothes and moisturizes the scalp.
- **Cedarwood oil** stimulates the scalp and promotes hair growth.
- **Chamomile oil** adds shine and softness to hair, and soothes the scalp.
- **Clary sage oil** promotes hair growth and stimulates the scalp.
- **Coconut oil** softens hair and increases shine.
- **Geranium oil** strengthens hair.
- **Jojoba oil** moisturizes the hair, adds nutrients, and stimulates the scalp.
- **Lavender oil** deep conditions the hair, keeps it shiny, and helps control dandruff.
- **Moroccan argan oil** moisturizes, nourishes, and provides antioxidants to hair.
- **Rosemary oil** stimulates the roots, improves hair growth, and increases circulation in the scalp.
- **Sandalwood oil** helps with dry ends, and adds fragrance to the hair.

How to Use Essential Oils for Your Hair

You only need a few drops of an essential oil. You can mix one or more types in a shampoo or conditioner. Or mix the drops into 2 ounces of a carrier oil.

Be aware that if you put some essential oils directly to your scalp, they may cause irritation. Read label instructions for how to dilute oils, and never use more than the recommended amount.

If you're allergic to plants such as ragweed, test the oil on a small area of your skin or scalp to see if you have a reaction.

Try these combos:

- Cedarwood, clary sage, and lavender
- Jojoba, clary sage, and cedarwood

After you apply the oil mixture, cover your head in a towel or shower cap.

You can wash out the treatment after 30 minutes, leave it on overnight and shampoo in the morning, or use some as a leave-in conditioner. See what works best for your hair texture.

WebMD

Bell Bottom: Lara Dutta to essay the character of THIS politician in Akshay Kumar-Vaani Kapoor starrer?

Akshay Kumar and Vaani Kapoor's Bell Bottom is inspired by true events and is written by Aseem Arora and Pervez Shaikhand

The Khiladi of Bollywood Akshay Kumar will be among the first stars of B-Town to start the shoot after the lockdown as he will be flying to London along with the entire team of *Bell Bottom*. While Vaani Kapoor will be paired opposite Akki, the latest reports suggest that Lara Dutta will essay the character of PM Indira Gandhi in the film. As per the PinkVilla report, a source close to the development said, "The film is set in the '80s with Akshay playing a special agent who helps solve one of the biggest conspiracies that shook the country. But there are three leading ladies in the film. Vaani Kapoor plays Akshay's wife and romantic interest in the film, whereas there's a special character that Lara Dutta will be seen essaying. Lara will play the role of Indian Prime Minister Indira Gandhi and has an extremely pivotal part to play in the entire narrative. The film is set in the times when Indira led the country and the makers wanted a good performer to step in for the role and they thought of Lara."

The source further added, "They needed a different set up to shoot the film and the producers have taken proper permission from the UK Government for shoot. The entire cast, including Vaani Kapoor, Huma Qureshi and Lara Dutta along with Akshay, Jackky Bhagnani (the producer) and Ranjit Tiwari (director) are expected to fly sometime in the next few weeks."

The story of *Bell Bottom* is inspired by true events and is written by Aseem Arora and Pervez Shaikhand. It is touted to be a very high-end espionage thriller. Akshay Kumar will be portraying a never seen before avatar and the makers are riding high on the content.



Janhvi Kapoor on facing casual sexism in Bollywood: Everyone has an opinion on how you look

Janhvi Kapoor will be next seen in Gunjan Saxena: The Kargil Girl, which will release on Netflix. The film is based on the life of Gunjan Saxena, who is the first woman IAF combat pilot, who played a very important role during the Kargil War in 1999. She was also awarded with Shaurya Chakra for her bravery.

Boney Kapoor and Sridevi's daughter Janhvi Kapoor, who made her Bollywood debut with *Dhadak*, recently opened about facing sexual racism in Bollywood. Talking to Filmfare, she said, "A lot of times in meetings and in narrations, when we have a male co-actor present, the director or the writer while narrating the scene make more eye-contact with the guy than with you. And in my head I am like yeah maybe it's because he has a longer role or maybe the scene is like that. But then I realized that maybe it's just some sort of subliminal conditioning that is making them do that. There is a lot of attention that is paid to how we look and how we're presented. We are very quickly judged by our appearance, what we are wearing. Even on social media sometimes when I go through the comments, the kind of comments a girl gets for wearing what she wants to wear is extreme. And the kind of comments I get for going to the gym in a certain outfit... You can't question someone's character based on what they are wearing, you can't call names, pass judgments. But all that is happening."

The Roohi-Afza actress added, "People feel that it might be okay to say a few things that might be demeaning, everyone has an opinion on how you look. I don't know if this would matter so much for a guy who is part of the industry, but as a woman, if you are not meeting a certain standard then everyone has the right to say something."

On the work front, Janhvi Kapoor will be next seen in *Gunjan Saxena: The Kargil Girl*, which will release on Netflix. Apart from Janhvi Kapoor, the film also features Pankaj Tripathi in a key role, who plays the actress' father in the film. The film is based on the life of Gunjan Saxena, who is the first woman IAF combat pilot, who played a very important role during the *Kargil War* in 1999. She was also awarded with Shaurya Chakra for her bravery.

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It is important to see our work and learn from it: Nirvana Sawhney

Nirvana Sawhney who essays the role of Rhea in Zee TV's *Bin Kuch Kahe*, produced by Rajshree Ojha and Ram Kamal Mukherjee, is happy to be featuring in the show that showcases the close bonding between sisters, she says in a conversation to Tellychakkar.

For Nirvana, this is her first outing as an actor on TV. However, the highly talented girl has had oodles of acting experience in theatre. Having been involved in many plays from her college days in Delhi, Nirvana bagged her first TV role out of sheer luck.

Says Nirvana, "I was not even in India when *Bin Kuch Kahe* was offered to me. I was in New York when someone told me of auditions happening for the show. I then got in touch with them and sent my video from New York. I also gave my look test from New York, and that was when I got shortlisted. The makers wanted to have a final look test with me in person and that was when I flew down. The moment producer Rajshree Maam saw me, she said that she has got her Rhea. I felt happy bagging the role."

Nirvana plays a musician in the show, and has made sure that she looks the character she plays. "I have had scenes playing various musical instruments, and I have always seen to it that I do not appear to be faking it. I have



made sure to look as realistic as possible in my character."

The biggest challenge for Nirvana is to keep going with the same character for months. "It has been seven months now, since we started to shoot. And to hold on to the characteristics of the character for so long is indeed a task. Since *Bin Kuch Kahe* is a finite series, we have been shooting for it with very little breaks. And it is a challenge to stay on all the time. This has been a learning

experience."

Also shooting away from Mumbai in Jaipur brings in a lot of 'actor bonding' on the set. "At different points in the show, we have been shooting closely with certain actors. I have had lot of scenes with Shamata (Aanchan) and we used to enjoy time together. The same rapport has been built with our onscreen mother, as I share the make-up room with her."

Adding on to the camaraderie that exists between actors and people in the crew, Nirvana states, "The entire cast of *Bin Kuch Kahe* bonds well over food and tea. Whenever we have time off, we used to move out for a quick dinner. At times the entire gang used to go, and there were also times when only the girls would go out. Also, the camera crew has been very friendly."

Ask Nirvana about her future plans and she sees it as a daunting question and immediately says, "I want to take one step at a time. Even if I plan something, it is not necessary that it will turn out the way I want it to. So it is crucial to take in the fact that we have worked for so long, and it is also important to see our work and learn from it. I do not want to pressurize myself for the next step. As of now, my focus is on the show and I will take it as it comes."

'Saat Phere' fame Rajashree Thakur Vaidya returns to TV with Shashi and Sumeet Mittal's next



Jaiwanta Bai Songara in 'Bharat Ka Veer Putra - Maharana Pratap'.

Talking about her comeback to Times of India, she says, "I took a break after '*Maharana Pratap*' to embrace motherhood. Once I made up my mind to return to TV, I wanted to be back with something that I hadn't attempted before. I was either getting the typical mother roles or offers from mythological and historical shows. So, I waited for something exciting to come my way. This show is all about giving life a second chance and it's really interesting. This is a complete breakaway from what I have done so far on TV. We haven't seen such a subject and story on the small screen in a long time. It's the storyline and the graph of my character that prompted me to take it up."

After a three-month forced break owing to the lockdown in the wake of the coronavirus pandemic, things are finally looking up for the television industry. From today, fresh content is being aired on TV shows. But that's not it! Some makers are working on new shows as well. One such producer-duo is Shashi and Sumeet Mittal, who currently have '*Shubharambh*' and '*Barrister Babu*' on air. While they are all set to launch a third show, titled '*Tera Yaar Hoon Main*', which stars Ssudeep Sahir and Rajendra Chawla, work on a fourth project is on in full swing.

Now, we have an update on the cast of the show. It will mark the comeback of Rajashree Thakur Vaidya of '*Saat Phere: Saloni Ka Safar*' after almost five years. The actress was last seen as Maharani

The actress is returning to acting at a time when the industry has just started taking baby steps following a three-month shutdown. She shares, "I am excited about returning to work after a long gap. However, I wish my comeback hadn't coincided with such grim times. I hope that I bring a smile to everyone's face and people shower me with their love all over again."

Ankit Bhatia and Myra Singh join the cast of 'Sunny Winters'



Bringing yet another promising show to the audience, ULLU app is set to present *Sunny Winters*, an entertainer that is set to take you on a roller coaster of emotions. The show, which explores various emotions and relationships, is set on the premises of a boy and his unconventional ambition. What makes the show all the more exciting is the cast of the show.

Actor Ankit Bhatia, who is best known from his role in the hit series *Akbar* will be seen in the leading role. His role of an ambitious boy, whose career choices put in him a forever state of chaos, will tickle your funny bone and make you adore him too.

Joining Ankit as the female lead will be actor Myra Singh, who is known for her work in Punjabi film *Adub Muttiyaaran*. She plays a sweet, yet confused girl from Delhi, whose life revolves around learning a particular skill.

Talking about the show, Vibhu Aggarwal, CEO, ULLU, says, "*Sunny Winters* is a story which brings forth very different perspectives on youngster's career choices. It's entertaining and doesn't have a single dull moment. I am sure everyone will enjoy this show."

Other cast members include Prem Nath Gulati, Manoj Bakshi and Mayur Kumar. *Sunny Winters* will be released on ULLU app tomorrow.



Mardi 28 juillet - 21.10

Brush With Danger

Star: Ken Zheng, Livi Zheng,
Nikita Breznikov



Mercredi 29 juillet - 21.10

Cross



Jeudi 30 juillet - 21.15

Avec Ice Cube, Kevin Hart



mardi 28 juillet

MBC 1

07.00 Local: Encounter
09.15 Local: Rodrig Prog
10.00 Local: Fam Model
10.15 Local: Rodrig Mo Pei
12.00 Le Journal
12.25 Local Prod: People
12.35 Doc: Comme Un Poisson...
14.00 Local: Sur Prise
14.30 D.Anime: Kid-E-Cats
14.46 D.Anime: Le Quiz De Zack
14.45 D.Anime: Le Quiz De Zack
15.03 D.Anime: MIA
15.58 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: Brush With Danger
22.35 Serial: The Blacklist
23.21 Le Journal

MBC 2

10.00 Serial: CID
11.44 Serial: Ye Vaada Raha
12.04 Film: Betaabi
Starring: Chandrachur Singh,
Arshad Warsi, Anjala Zaveri
14.26 DDI Magazine
15.00 Mag: Strictly Street
15.21 Serial: Honaar Soon Mee...
15.48 Serial: Mooga Manasulu
16.15 Serial: Apoorva Raagangal
16.41 Mehendi Tohra Naam Ke
17.05 Ki Jaana Mein Kaun
17.30 Serial: Gangaa
18.00 Serial: Dr. Quin
18.30 Serial: Premabhishekam
19.30 DDI Magazine
20.00 Magazine
20.30 Film: Isal
Starring: S. J. Surya,
Sathyaraj, Sulagna
23.29 DDI Live

MBC 3

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 Daughters Of Karakorum
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...

Cine 12

01.31 Film: The Rivere Murders
02.55 Serial: Chicago Med
03.35 Film: Flower Shop Mystery
05.13 Tele: Totalement Diva
06.45 Film: Victor Et Le Manoir...
09.00 Serial: NCIS
09.45 Tele: Au Nom De L'Amour
10.35 Serial: Chicago Med
11.25 Tele: Dulce Amor
12.00 Film: Flower Shop Mystery
13.30 Tele: Totalement Diva
14.45 Film: Victor Et Le Manoir...
16.40 Serial: NCIS
17.20 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
22.45 Tele: Totalement Diva

Bollywood TV

08.00 Film: Mera Haque
12.04 / 19.54 -
Kahan Hum Kahan Tuam
12.26 / 20.11 -
Kulfi 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: Ghar Ghar Ki
Kahani
Starring: Rishi Kapoor, Jaya
Prada, Govinda
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 29 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: Chuck's Choice
15.01 D.Anime: Vitaminix
15.03 D.Anime: MIA
16.03 D.Anime: Sissi
16.36 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: Cross
22.50 Serial: The Blacklist
23.35 Local: Le Journal

10.00 Pyar Ka Dard Meetha...
11.17 Suhani Ek Ladhi
12.00 Film: Ghulami
Stars: Dharmendra, Mithun
Chakraborty, Naseeruddin
Shah, Reena Roy, Smita
Patil
14.13 DDI Magazine
15.00 Mag: Strictly Street
15.23 Honaar Soon Mee Hya
Gharchi
15.50 Mooga Manasulu
16.40 Mehendi Tohra Naam Ke
17.30 Serial: Gangaa
17.30 Serial: Ki Jaana Mein Kaun
18.00 Serial: Dr. Quin
18.30 Serial: Kulvadhu
19.30 DDI Magazine
20.00 Programme In Marathi
21.00 Film: Hero The Great
Chinese Film
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 Aloha-The Spirit Of Hawai
09.36 Mag: Close Up
10.04 Local: Klip Seleksion
10.01 Doc: A Question Of Science
14.23 Aloha-The Spirit Of Hawai
14.59 Local: Klip Seleksion
16.28 Mag: Rev: The Global Auto..
16.22 Doc: Chicago
17.04 Magazine: REV
17.33 Doc: Builders Of The Future
18.30 Local Prod: News
19.06 Open Univ: Student Support
20.02 Doc: Trajectory
20.32 Doc: The World From Above
20.58 Doc: Master Of Engineering
21.53 Mag: Initiative Africa
22.18 Mag: Focus On Europe

01.28 Film: Flowewr Shop Mystery
03.31 Film: Bite The Bullet
05.35 Tele: Totalement Diva
06.24 Serial: Shades Of Blue
07.06 Film: Brush With Danger
09.00 Serial: NCIS
09.45 Tele: Au Nom De L'amour
10.31 Serial: Chicago Med
11.11 Tele: Dulce Amor
11.54 Film: Bite The Bullet
13.41 Tele: Totalement Diva
14.45 Film: Brush With Danger
16.13 Mag: Hollywood News Feed
16.39 Serial: Mission: Impossible
17.22 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: Meurtre à Hollywood
22.57 Tele: Totalement Diva
23.49 Serial: NCIS

08.00 Film: Ghar Ghar Ki Kahani
12.04 / 19.54 -
Kahan Hum Kahan Tuam
12.26 / 20.11 -
Kulfi 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 - Bitti Business
15.09 Film: Waqt
Starring: Akshay Kumar,
Amitabh Bachchan, Priyanka
Chopra
17.35 Yeh Hai Mohabbatein
18.00 Live: Samacher
18.30 Kumkum Bhagya
18.51 Piya Albela
19.13 Mere Angne Mein

jeudi 30 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: Kid-E-Cats
14.46 D.Anime: Le Quiz De Zack
14.59 D.Anime: MIA
15.10 D.Anime: Teenie Weenies
15.35 D.Anime: Les Enquêtes De...
15.51 D.Anime: Kid-E-Cats
16.06 D.Anime: Fils De Wouf
16.32 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: Setters
22.15 Serial: The Blacklist
23.05 Le Journal

10.00 Karm Phal Data Shani
12.05 Film: Bhanwar
Starring: Ashok Kumar, Randhir
Kapoor, Parveen Babi
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 Mehendi 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: Setters
Starring: Shreyas Talpade,
Aftab Shivdasani, Sonnalli
Seygall
22.27 DDI Live

06.00 Mag: Motorweek
06.25 Mag: Urban Gardens
07.31 Doc: Garden Party
08.53 Doc: World Stamps
10.38 Doc: Curse Of The Pacific
11.20 Mag: Motorweek
11.51 Doc: Olivia's Garden
14.18 Doc: World Stamps
16.07 Mag: Motorweek
16.59 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 Doc: The DC 3 Story
23.05 Mag: Eco India
23.27 Mag: Urban Gardens
23.38 Mag: Sur Mesure

00.50 Film: Meurtre à Hollywood
02.36 Serial: Chicago Med
03.17 Film: The Walk
05.15 Tele: Totalement Diva
06.06 Tele: Esmeraldas
06.38 Film: The Karate Kid 2
09.00 Serial: NCIS
09.42 Tele: Au Nom De L'amour
10.35 Serial: The Good Doctor
11.25 Tele: Dulce Amor
11.44 Film: The Walk
13.40 Tele: Totalement Diva
14.30 Film: The Karate Kid 2
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: Mise A L'Epreuve 2
22.53 Tele: Totalement Diva

08.00 Film: Waqt
12.04 / 19.54 -
Kahan Hum Kahan Tuam
12.26 / 20.11 -
Kulfi 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 - Bitti Business
15.09 Film: Kudrat
Starring: Urmila Matondkar,
Akshaye Khanna, Aruna Irani
17.05 Yeh Hai Mohabbatein
18.00 Live: Samacher
18.30 Kumkum Bhagya
18.51 Piya Albela
19.13 Mere Angne Mein

Mercredi 29 juillet Stars: Akshay Kumar, Amitabh
- 15.09 Bachchan, Priyanka



Jeudi 30 juillet - Stars: Shreyas Talpade, Aftab Shivdasani,
20.06 Sonnalli Seygall





Nita Chicooree-Mercier

Today's youngsters are having a taste of the tropical winter of yesteryears which marked a real seasonal change hardly two decades ago. Ever since, due to climate change effects, summer overstayed till May to our great dismay, putting folks in the complaining mode of the damn heat draining our energy all day long and hardly giving us a respite at night. Following the long summer, the much expected sweetness of April, reminiscent of Keats' *An Ode to April*, went almost unnoticed so short did it last.

The last time streets were swathed in fog and early morning workers donned woollen caps and sweaters for a day's work in the north was in 2016, so it seems.

Super cold in Curepipe, said folks pouring out of a bus at Mont Choisy, a pensioners' day out for a mild sunny day in the north. Cardigans over their sarees and blouses, caps, scarves and all. Lest we forget, pullovers, sweaters, caps, baby clothes and even socks used to be handmade in wool or cotton by our mothers.

Should we welcome the relatively cold weather? Sure, yes. Why? Not only for physical comfort because it keeps us fit for longer hours, but it also creates the right conditions for hard work. Hard work does not mean toiling and slaving for peanuts all day long to satisfy the greed of stingy employers. It implies giving the best of oneself, acquiring new skills, exploring unbeaten tracks and developing one's full potential over the years.

Right conditions and a decent salary in the private sector are prerequisites for a deep commitment to work, and derive satisfaction from positive results in a win-win bid to enhance skills and promote employers' interests as well. Hard work in every field is the gateway to success, and success is a positive gain which enhances self-esteem at a personal level and contributes to collective wealth on a broader scale.

Why should we remember the value of hard work? Over the last decade, laziness and the will to do little, or make quick bucks out of shady activities and spill out money in reckless superfluous spending has been the trend. Quite a paradox to talk about hard work when the job market has been put on stand-by and workers made redundant. Everyone is fully aware that the present situation is not of the government's making, neither is it to be pinned on the back of

Winter of Daily Struggles



❗ If the well-off feel like giving a special lunch or dinner to relatives and friends, why not let others do so for you? Loads of women have been learning culinary skills inspired by local tradition and foreign trendy food habits. A good idea to ask private cooks to put up a nice menu on Saturdays and Sundays, which foreign expat guests also may appreciate..." Photo - yummychooeats.files.wordpress.com

governments around the world.

Unprecedented situation calls for exceptional measures. In times of normalcy, it is not the government's job to feed all the needy, act like mother and father to whiners of all hues - who are given ample space and time in the media - and run to the rescue of any sinking boat in a country. Yet, this is what it is doing like other governments to avoid a disastrous economic situation. Otherwise, in normal times, we'd rather be wary of the French Dom-Tom style of putting down problems at the doorstep of the State, namely for patronizing Mother France to solve.

Over the decades mimicry of RFO Reunion, now Radio and Tele Reunion, to give it a semblance of autonomy, has gained ground in this country too with anchors importing from adulterated creolized forms of politeness to the habit of erecting a Wailing Wall for every issue. Now with two French channels which target every country where French language has made headway, there is no scarcity of navel-gazing and permanent political campaign and high adrenaline debates on hypothetical future power play.

While we leave it to political politicking to air a winter of noisy discontent wherever it can, we might as well pick up the suggestions put forward in this column last week.

Lots of people are going through extreme hardships while waiting for state aid to come in, which might take two months to

materialize. 'Locaphilia' is the buzzword which sets in motion all creative energy to keep the economy afloat. Local tourism can be promoted on national television and radio not only in hotels and guest houses but also in pensioners' resorts once they are no longer used as Covid-19 quarantine centres. Other countries are asking their population to spend locally, why not here?

Pensioner couples earning more than 18000 rupees and having no unemployed adult sons and daughters to look after can be requested to spend in hotels around the coast or travel to Rodrigues. Government should not hesitate to make an appeal to the patriotic spirit of citizens. High-end income earners may be invited to forget plans for future winter holidays in Lapland or winter resorts in Switzerland and the Mont Blanc and invest in the tourism sector locally.

Upper middle-class in the Civil Service enjoying job guarantee and well-paid employees and executives in private companies can help in a myriad of ways and give jobs to the desperate new class of unemployed:

- Refurbishing their houses, asking youngsters to sell away superfluous furniture, kitchenware, tools, clothes, etc., on social networks and give them a percentage on the sale. They are very good at it, and it helps get rid of clutter some stuff in the house. Order local furniture, wardrobes, beds if need be, modern style mirrors etc;
- Change curtains and cushions, buy new material and have new ones made;
- Clean up yards; create a zen atmosphere with ponds, plants and fishes. Buy different plants and give a new look to gardens and backyards;
- Have small stores built in local style with corrugated iron rooftops and wrought iron gates;
- Allow street art young artists to draw and paint on the walls of shops for a fee.
- Not many weddings taking place these days; the service of cooks, *bhandaris* can be resorted to for special ceremonies, *kathas*, etc. This is what you think of when they hand their business cards to you;
- And if the well-off feel like giving a special lunch or dinner to relatives and friends, why not let others do so for you? Loads of women have been learning culinary skills inspired by local tradition and foreign trendy food habits. A good idea to ask private cooks to put up a nice menu on Saturdays and Sundays, which foreign expat guests also may appreciate. Instead of rushing around with preparations and all, you just relax and supervise the organization;
- There should also be no reluctance in asking foreign residents to participate in saving jobs in a myriad of ways.

The point is that those who are financially comfortable should make efforts to give work to their compatriots as much as possible.



Tree of Knowledge

Madisyn Taylor

Making Life Work for You

Running your life and your household is a bit like running a business, for which some things can easily be delegated.

Sometimes we have so many varying responsibilities in our lives, ranging from work obligations to caring for children to running a household, we feel we cannot possibly make it all work. We may feel overwhelmed in the face of it all, ending each day feeling hopelessly behind schedule. However, regardless of how frustrating this can be, these are the parameters that make up our lives, and we owe it to ourselves to find a way to make it work. Rather than buckling under the pressure of an impossible to-do list, we might take a moment to view the larger perspective.

Like the president of a large organization, we must first realize that we cannot do every job ourselves. The first step to sanity is learning how to delegate some of the responsibility to other people, whether by paying someone to clean our house or trading childcare duties with another parent. In addition, we might find places where we can shift our expectations in ways that make our lives easier. For example, expecting ourselves to create a healthy home-cooked meal every night after a full day of work, errands, or caring for an infant or toddler may be a bit excessive. We might allow ourselves to order in food once in a while without any guilt. Accepting the adjustments needed to make our lives work is an essential ingredient to being at peace with our situation.

At the end of the day, we must come to terms with changing what we can and accepting what we cannot change. Sometimes the laundry piles up, a sick child demands more of our attention than usual, and we temporarily get behind with our schedule. Accepting this momentary state of affairs and trusting in our ability to get back on track when the time is right, we gracefully accept our life as it is, letting go of perfectionism and embracing life as it stands.