

MAURITIUS TIMES

"Leaders instill in their people a hope for success and a belief in themselves. Positive leaders empower people to accomplish their goals." -- Unknown

Interview: Nishan Degnarain - Development Economist

The Wakashio Crisis

"There are many questions that need to be answered about how this incident was allowed to happen. Trust has been lost"



Reinventing ourselves



The underlying symbolism of Ganesha Chaturti can provide us with the all-encompassing vision that is at all times a vital necessity

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Fixing the illiberal democracy that is Mauritius

Mauritius also does not need a system where an unpopular monarch is replaced by another strongman with quasi absolute powers



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MV Wakashio Disaster: The Aftermath

There's a lot, perhaps even too much that has been said and written about the shipwreck of the MV Wakashio. Now it is time for the authorities to proceed coolly and with determination in the handling of the grave consequences and implications of that accident as regards the marine ecosystem that has been impacted and about the social and economic fallouts that concern livelihoods and the tourism sector, given the negative image that has already been projected of the country as tourist destination.

There are three main aspects to this incident: one is to establish how the MV Wakashio got grounded on the reef; secondly, the response of the authorities as a result; and thirdly, the compensation that will become due for the cross-cutting, extensive damage done.

In his interview to this paper today, Nishan Degnarain who has already written comprehensive articles on the incident in *Forbes* magazine, provides some guidance in this matter. As regards how the vessel deviated from its path and hit the reef, this is a matter for the shipping company and the regulators to sort out, and they have to be held to account for that.

When it comes to the response of the authorities, there are many questions that they need to answer to the satisfaction of the people, because so far all the explanations that have been given have been found wanting in one way or another. According to the views expressed by experts in interviews in this paper and other platforms, the country had the necessary range and sophistication of equipment and of human expertise to swing into action without delay to prevent an oil spill, in which task the shipping company and regulators also ought to have promptly joined in with equipment as well as human resources. Why did this not happen?

The same thing applies to the clean-up once the oil spill had occurred, namely the responsibility of the shipping company and the regulators, and here the use of the appropriate dispersants was crucial. Apparently, there are natural dispersants as opposed to cleanup chemicals which can increase the damage to the marine ecosystem, whereas the natural ones do not.

The most crucial aspect is the third one,

which experience with past shipwrecks and oil spills points to potentially a long-drawn legal battle that will stretch over years, but we hope not 16 years as was the case with the Amoco Cadiz disaster off the coast of Spain and Portugal.

And here there are some serious obstacles that will have to be faced by the Mauritian authorities. They will concern the communication strategy to be adopted to counter adverse propaganda that has already begun against the country; a full inventory through rigorous collection and documentation of the scientific evidence about the damage done to the marine ecosystem, and similarly for the socio-economic impact; and the constitution of the best legal team that will defend the country's case at the international level.

Views have been expressed by English Conservative Party MP Henry Smith to the effect that Mauritius' handling of the present accident "does not bode well for their sovereignty claim they could protect the Chagos Islands' pristine waters if in control" and, further, it has been argued that the Blue Bay lagoon was already in decline and therefore only minimal damage was caused by the oil spill. One must therefore be careful here about accepting experts forced upon the country by the shipping company and host nation, whose assistance here must take the form of funds that will enable Mauritius to choose its own scientists and experts. It goes without saying that these will have to work in tandem with local ones to prepare the required dossier.

As regards the legal team, here too we will have to recruit the best lawyers both for defending the scientific evidence and for the complex compensation aspects, which in turn depend on equally complex insurance policies which the shipping companies contract.

On the other hand, there is a possibility that a successful outcome may help Mauritius to emerge stronger, as a middle income country with world class science and on the way to building world class ocean capacity.

If the authorities henceforth play the game more transparently and with the national interest genuinely at heart, we may well win this battle with flying colours.

The Conversation

Global business travel will not be killed off by coronavirus

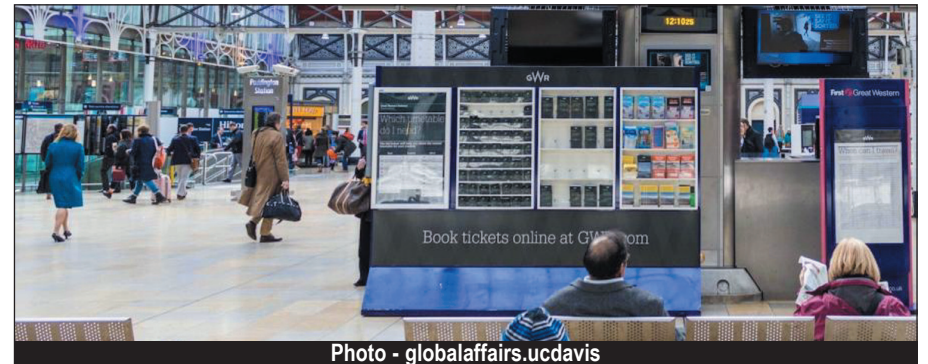


Photo - globalaffairs.ucdavis

Global business travel has largely ground to a halt during the pandemic. Experts have been raising the alarm that this is the death of business travel as we know it, arguing that it will be a long time before the virus is really gone and that business people have become used to meetings on the likes of Zoom and MS Teams. As a result, many of them no longer see the need for constantly crossing the globe and living out of a suitcase.

We want to urge caution here. There have been similar predictions before, and they were proven wrong. The 9/11 attacks had a negative effect on global business travel, for example, but it found its feet several years later. There was a similar downturn and revival in business travel after the global financial crisis of 2007-09.

In 2015, the International Air Transport Association found that it takes at least five years for the industry to recover from substantial short-term shocks. But despite those bumps, global airline traffic has shown stable long-term growth since the 1970s. Clearly, the longer the pandemic lasts, the longer the recovery may be, but it will probably come.

Our research

A revival in global business travel is likely to vary across sectors and the required location of travel. One sector that is centre stage right now, and arguably more insulated from the pandemic than others, is life sciences.

Medical device companies such as Medtronic and Roche have been benefiting by selling equipment to help fight the virus, such as ventilators and testing kits. Pharmaceutical companies such as AstraZeneca and Pfizer are banking on producing a vaccine before 2021.

So this is an industry that has stayed active during the crisis and is likely to be a big winner over the next

couple of years. It is also a sector that engages its employees in substantial business travel around the world. For these reasons, it is arguably the ideal sector in which to carry out research into the future of business travel.

We interviewed 15 global managers in major medical devices firms, before and during the pandemic, to explore the importance of business travel in carrying out their global work. They resoundingly agreed that although their travel schedules are for the most part on hiatus, they expect to be back in the air as soon as they can.

At least in the short term, however, they expect global travel to proceed differently for them. Their companies will focus on sending executives to countries that are part of regional travel corridors where flights are permitted and there are not quarantine requirements at either end.

Our interviewees report that some firms have already increased their travel in cars or trains where convenient, particularly in Europe. Intercontinental business travel is expected to be the slowest to return, with North and South America likely to be the last continents to open up again. Companies we talked to have planned their first face-to-face global gatherings for October 2020, based within their home region.

In parallel, the travel industry is keen to remove restrictions and open up travel routes, particularly within and between Europe, the Middle East and east Asia. We are also witnessing a rise in the use of individuals and organisations hiring private jets as short-term solutions to avoiding airport delays.

Kieran Michael Conroy, Queen's University Belfast, Anthony McDonnell & Stefan Jooss, University College Cork

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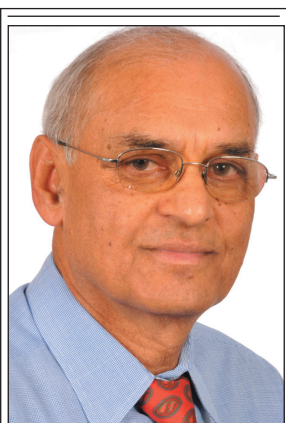
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Reinventing ourselves



Dr R Neerunjun Gopee

The underlying symbolism of Ganesh Chaturti can provide us with the all-encompassing vision that is at all times a vital necessity

If you want any reform in your society, you have to begin with yourself. How does it matter what the other has done, or not done? – Mauni Baba of Ujjain

And by God do we need reform indeed at this time of chaotic churning that is taking place in the country, of truths and half-truths, fake news and all kinds of dystopian information! This state of affairs is perhaps best captured in the following words from the

preface to the third edition of 'A Bunch of Thoughts' by M.S. Golwarkar: 'The crisis in our country is more intellectual and mental than physical. Whatever physical maladies are seen today ravaging our body politic have their roots in the mental weaknesses and intellectual perversions of the leadership at the helm of our national affairs. Often these failings strut about masquerading as high ideals trying to cover up their disastrous effects.'

Since charity begins at home, we could start by doing our own *mea culpa* and then look around to the rest of the world, to realise that there are any number of countries where this kind of crisis has been ongoing or erupting – the latest being Mali and Belarus –, and where we need winds of profound change and if possible transformation. That must begin first in men's heart, as Mahatma Gandhi said about peace, so that then minds can be guided towards visions of construction rather than destruction of countries and societies.

Meaning and message of Ganesha Chaturti

And this is where the underlying symbolism of Ganesh Chaturti (as indeed of all Hindu religious festivals) can provide us with the all-encompassing vision that is at all times a vital necessity for every country, indeed for the world at large. One can start by recalling that there is no important activity or auspicious occasion which the Hindu starts without invoking Shri Ganesha - one of the myriad *forms* (see below) in which Hindus perceive the Supreme - , who is Vinayaka (the Best of Guides), Vighneshwara (Remover of Obstacles) as well as being possessed of wise learning because He was the scribe who wrote down the Mahabharata as Vyasaji was narrating it.

“We need wisdom and guidance in order to make the right choices and take the correct decisions by first, defining a shared vision that would translate into the welfare of the community and the country. In so doing we would also be paying a deserved homage to the spirit of our forbears. Let us not forget how many obstacles they had to overcome so as to preserve and practise their culture, and transmit these values to us their descendants. The starting point of any construction must be these cultural values...”

What this means in practice, therefore, is that we must treat all entities that exist with due care and respect. To all that exist we give various *names* and forms, but behind this multitude there is one thing that is common, and *that* is what we must come to recognize. For example, we are familiar with different *forms* of gold used as ornaments on different parts of the body, to which we give names such as neck

chains, earrings, bracelets, anklets, nose rings and so on. Yet underlying these names and forms there is one thing that is common to all of them: gold. Now think of the whole universe of forms to which we have given names – and there may be others not discovered yet. *What* underlies *all* of them? Whence are they derived, in *what* are they grounded?



As the festive season kicks-off, with the arrival of Ganesha, two celebrities, Sonu Sood and Rithvik Dhanjani, prepare for the celebrations at home. Photo - housing.com

Call *that* as Supreme Being, Lord, God or by any other name, in our daily lives we must acknowledge its existence even if we may not know its exact nature. And thus we can see that all forms and names, in other words, all that is created, resolve into that single One, and by extension, all names and forms can be considered as representing or be a *symbol* of that underlying Oneness. In Vedic Sanatana Dharma, we refer to the Supreme as Brahman, whose nature is *Satchidananda*. In simple terms, *Sat* is the One Eternal Truth, *Chit* is Universal Consciousness (of that Truth), and *Ananda* is the state of joyful Being one is in once one has become conscious of and lives one's life based on that Truth.

Sadhana or spiritual discipline (austerity, fasting, prayers, etc.,) leads us to the understanding and realization of Sat and Chit, as also to experiencing Ananda. The closest approximation would be to say that Ananda is the joy that one feels in contemplation of beauty unbound – not being 'lost' in doing so, but constantly aware of being in such a state. In our festivals, the physical counterpart of Ananda is sattvic or good food and sweetmeats (*laddoos* and *modaks*, and *panchagam* too on the occasion of Ugadi), along with the chanting of bhajans, as well as *nritya* or dancing, which too is grounded in spiritual principles.

But there is more to these festivals than mere entertainment, as Swami Tejomayananda, former Spiritual Head of the Chinmaya Mission Worldwide, reminds us:

'The Sanskrit word for entertainment, *mano-ranjana*, means delighting the mind, entertaining the mind... Recognizing this need for change and entertainment, the Hindu religion provides special occasions, festivals of a religious nature called *utsava*. No religion can last very long if it does not understand the common needs and desires of people, insisting only on strict discipline at all times. Aside from fasting there must also be feasting, singing, dancing, and joyous celebration.'

As he goes on to explain further, the purpose of these festivals is to not only to 'give us occasions for merry-

making, but they also give us a noble, divine vision and inspire us to raise our mind to the heights of that great goal' – namely, bettering ourselves for the greater good of humanity, which begins with our society and our country.

Collapsing boundaries, Constructing the Future

As far back as 1957, Pandit Jawaharlal Nehru gave an admonition: 'I do not want any of us to hide our failings. We cannot get over them by hiding them. One of our principal failings is a great tendency to disrupt, to get excited about secondary matters. This is what we have seen in the recent elections...which have brought out not only this business of caste again, but provincialism and linguism. Kept in their proper place, they may be all right, but if they get out of their proper sphere they are dangerous to the country as a whole... Let us not mix sentiment, however justified it may be, with higher political considerations of the nation's welfare.'

Unless we refuse to see, it should be evident that the challenges of the 21st century demand a collective can-do determination that must of necessity break down the obstacles and replace them with a robust convergence of mutually enriching mindsets. What better inspiration than to invoke Vighneshwara?

And as pointed out above, the occasion of Ganesha Chaturti should impel us to take stock of our present situation in relation to where we were in the past, and inspire us to identify any failings, and resolve to address them cooperatively so as to work towards and ensure a better and brighter future for our children and grandchildren. Everything we do must have that as the leading focus. The many

festivals in the Hindu calendar are that many occasions for clear thinking and inspired action - but we seem not to be doing much of the latter.

Perhaps the pathological interest displayed by some sections of the media in the internal affairs of the Mauritius Sanatana Dharma Temples Federation – which, to be fair, the wannabees invited themselves by calling press conferences – should trigger that much-needed thinking, taking Pandit Jawaharlal Nehru's remarks as a starting point. To quote him again: 'Instead of condemning other people, rather think of your own failings. We have got to build our house on our own soil, with our own ideas. But we must keep the windows of our minds open to the winds that come from other countries'. We should, however, beware of being blown off by these winds, as Gandhiji remarked in relation to taking the best from, and leaving the rest of, other cultures.

In other words, we need wisdom and guidance in order to make the right choices and take the correct decisions by first, defining a shared vision that would translate into the welfare of the community and the country.

In so doing we would also be paying a deserved homage to the spirit of our forbears. Let us not forget how many obstacles they had to overcome so as to preserve and practise their culture, and transmit these values to us their descendants. The starting point of any construction must be these cultural values which have maintained our civilisational integrity, and which as the oldest extant civilisation it is our duty to share with others.

If the new team at MSDTF can succeed in attaining the lofty goals it has set itself, simulate fresh thinking about the social, economic and cultural objectives that need to be pursued to build a better society and a prosperous country, and pass on this legacy down the line to worthy successors, it may perhaps then begin the process of truly reinventing ourselves.

A Bunch of Thoughts can be a most useful guide in this endeavour.

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Fixing the illiberal democracy that is Mauritius



Sameer Sharma

Mauritius also does not need a system where an unpopular monarch is replaced by another strongman with quasi absolute powers

Aristotle's favoured form of government was the rule by the best over the rest, an aristocracy based on merit rather than blood. The philosopher even thought that a good monarchy was better than a democracy. Aristotle's key objection to democracy was

that it undermined the rule of law. To say that a state is democratic is to say little about how it is actually governed. A functioning state requires that everything is governed by laws. Without this there is nothing to stop those who hold the most power doing what they want and tyrannising everyone else.



Photo - www.newmandala.org

Coming back to more recent times, back in the mid-1990s, many thought that new democracies would invariably turn liberal over time. It is today generally accepted by political scientists that democracies may follow different paths and may turn up as liberal or illiberal. What we call liberal democracies have traditionally accepted the need for the rule of law and other forms of checks and balances to stand between the expression of popular will and its implementation. In the contemporary West, the rule of law is a core principle that stands alongside representative government by popular election. Checks and balances come in the form of a well-oiled constitution with separation of powers, timely dispensation of justice by independent courts, a free press, term limits on the powerful in some countries and strong albeit independent institutions.

In simple terms, liberalism is about the norms and practices that shape political life. A properly liberal state is one in which individual rights are paramount. It protects the individual not only against the abuses of a tyrant but also against the abuses of democratic majorities. In 1997, Fareed Zakaria's essay in the journal *Foreign Affairs* argued that illiberal democracies were on the rise. This rise, he argued, then assumes a familiar form: more corruption, greater restrictions on assembly and speech, constraints on the press, retribution against political opponents, oppression of minorities. All of these things are bad, but they are not necessarily undemocratic. Putin's Russia is spangled with repressive and illiberal policies, and yet Putin is quite popular among Russians. He is, like many

near tyrants, a populist.

The illiberal trend Zakaria noted in 1997 has, if anything, accelerated. The Western world is not becoming less democratic, but it is becoming less liberal. The degree of "illiberalism" seems to depend on the quality of checks and balances, namely on the quality of institutions and the degree of concentration of power.

When it comes to Mauritius, institutions have increasingly been weakened and politicized over the past decade. Ethnic belonging and communal undertones push everlasting party strongmen forward. These leaders who claim to be star representatives of *nouban* more often than not use ethnic belonging as a key tool in the power game. In the current setup, the Constitution provides quasi monarchic powers to the Prime Minister of the day. Indeed in such a system it pays to be loyal to the quasi monarch of the day, which explains the regular worship of the leader on television and in the press by the usual suspects.

Louis XIV built the Chateau of Versailles so that he could get nobles closer to him and under his control. Loyalty and praise to the Sun King was more often than not rewarded by being provided with better rooms, privileges and greater proximity. Over time, nobles would quarrel among themselves for the honour of seeing the Sun King relieve himself on his throne like toilet during the *cérémonie du lever du Roi*.

“In order to prevent demagogues from selling dreams to the masses, there should be an independent budget office which would report to Parliament and would conduct independent impact studies on the consequences of electoral promises of major parties and of all budgets. Electoral financial reforms, when combined with the de-centralization of power, would also help constrain the power of powerful lobby groups and of corporatism...”

Institutions in Mauritius have gradually been politicised and weakened, meritocracy has increasingly become a secondary reflex at best, parts of the press is increasingly viewed as being with the government or against it while district councils and municipalities remain largely controlled by the central government. From increasingly repressive laws which limit the freedom of expression to the time it takes to obtain justice from the still independent courts, Mauritian democracy is as illiberal as ever.

Independence and accountability

While many including those in the Opposition and in civil society have criticized the political system in recent times, few have proposed solutions which would take the ground realities of Mauritius into account and that would do away with the core problem, that is, the concentration of power into the hands of the Leader of the day. Mauritius also does not need a system where an unpopular monarch is replaced by another strongman with quasi absolute powers.

What Mauritius actually needs is a leader who is willing to promise that he or she will reduce his own powers and share it. For example, this could mean greater powers and independence to district coun-

cils and municipalities that would also be able to raise local taxes and manage their affairs. It would mean greater participative democracy at the local level, which could bring more proportional representation of different groups at the local level at least for a start.

Institutions like the central bank should be made much more independent than they have become today while they should be made accountable to Parliament. These institutions should be increasingly populated with technocrats rather than yesmen. A former Governor of the Bank of Mauritius, for example, did not even have a university degree in recent times, for such things as university degrees no longer matter when compared to loyalty, and sadly it never created any alarm.



Photo i0.wp.com - hungarianspectrum.org

In order to prevent demagogues from selling dreams to the masses, there should be an independent budget office which would report to Parliament and would conduct independent impact studies on the consequences of electoral promises of major parties and of all budgets. Electoral financial reforms, when combined with the de-centralization of power, would also help constrain the power of powerful lobby groups and of corporatism. It is easier to target the one than the many. The rights of the press should also be more formally guaranteed by an amended constitution.

Power corrupts and absolute power corrupts absolutely. Rather than defending the current Leader or focusing on promoting the next one, whatever remains of the Mauritian intelligentsia should be focusing on ways to convince the masses on the need to limit the ability of future leaders to have such a strong influence over the State and on everyone's lives.

Sameer Sharma is a chartered alternative investment analyst and a certified financial risk manager.



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One-second coronavirus test achieves 95% success rate - initial data

An initial clinical trial of a coronavirus-testing technology that is believed to detect viruses in a fluid sample in less than a second has achieved a 95% success rate in Israel, according to data released last week from the trial performed at Sheba Medical Center, Tel Hashomer.

The test was designed by Newsight Imaging, a Ness Ziona-based start-up firm, and centres on a device that is about the size of a computer mouse, which can identify and classify evidence of a virus in the body in less than a second, using a sample of fluid – blood serum or saliva – inserted into a disposable test cuvette, reports The Jerusalem Post.

In spectroscopy, a sample is tested with a broadband light source, Newsight CEO Eli Assoolin told *The Jerusalem Post* last month when it first received Sheba Medical Center's IRB Ethics ("Helsinki") Committee approval to conduct a pilot program for rapid Covid-19 detection tests. The light that returns from the sample is analyzed to determine its wavelength content.



The test was designed on a device that is about the size of a computer mouse, which can identify and classify evidence of a virus in the body in less than a second. Photo - images.jpost.com

Prof Eli Schwartz of the Center for Geographic Medicine and Tropical Diseases at Sheba said that under laboratory conditions, the research team was clearly able to differentiate between Covid-19 samples that were positive and those that were negative, with a 95% accuracy rate.

"For a new AI-based technology such as this, the results are quite encouraging," Schwartz said.

Patents for the company's technology have already been registered worldwide. Newsight and the ARC are also establishing a joint company called Virusight Diagnostics, Ltd., which will make the Covid-19 test and other ground-breaking solutions commercially available to the medical community around the globe.

Sir Richard Branson calls for big changes in global shipping following Wakashio oil spill

Virgin Group Founder and strong advocate for ocean sustainability, entrepreneur Sir Richard Branson, expressed his sorrow and solidarity for the unfolding environmental situation on the Indian Ocean Island of Mauritius following a major oil spill, reports Nishan Degnarain in Forbes Magazine.

Speaking from his home on Necker Island in the Caribbean earlier today, he called for important changes to be made to global shipping in the wake of the breakup of Japanese vessel the Wakashio.

In a statement issued on Tuesday 18 August morning, he said:

"Global shipping should step up to its responsibilities and offer support to the people of Mauritius to clean the pollution and ensure the long-term monitoring and rehabilitation of the entire site."

The Virgin Group is known for being at the forefront of disruptive new technology and ideas, and they have built a reputation on doing business differently whilst also championing change. They are also pioneers in developing alter-

native and more sustainable low-carbon fuels.

The group has been advocating for a clean fuel revolution in global shipping, through the Carbon War Room, launched by Richard Branson and Virgin Unite in 2009, which focused on moving shipping toward more sustainable alternatives, as well as developing clean energy roadmaps for small island economies. Despite over ten years

of effort and several important wins, the shipping industry has stubbornly refused to make the genuine changes toward greater sustainability and safety on their own, that activists have been calling for.

Sir Richard Branson is also a member of the Ocean Elders, an influential group of 23 of the world's global Business and Government leaders who have stood for a more sustainable ocean. The Ocean Elders include Prince Albert of Monaco, former US



Virgin Group Founder and strong advocate for ocean sustainability Sir Richard Branson. Photo - specials-images.forbesimg.com

Under Secretary of State Catherine Novelli, Queen Noor of Jordan, Ocean Explorers Sylvia Earle and Jean-Michele Cousteau, solar aviation pioneer Bertrand Piccard, Movie Director James Cameron, British primatologist Jane Goodall, founder of CNN Ted Turner, and Native Hawaiian navigator Nainoa Thompson who sailed around the Pacific in an Polynesian double-hulled canoe designed 700 years ago.

Thousands of pupils won't receive grades despite Williamson 'being warned of algorithm problems'

UK Education secretary Gavin Williamson and the exams regulator Ofqual were warned at least a month ago about flaws in the government's moderating system for A-level and GCSE exams, according to reports this morning, reports The Independent.

The Department for Education was forced into a humiliating U-turn earlier this week after a controversial algorithm used to moderate results in the absence of exams was abandoned and replaced with estimated grades from teachers.

Mr Williamson said on Monday that he only became aware of major problems with the Ofqual algorithm over the weekend. However, two reports now claim

both the minister and the regulator were warned in advance that the system for moderating results was unreliable and risked giving students unfair grades.

* * *

Barack Obama delivered an unprecedented condemnation of Donald Trump's presidency at the Democratic National Convention on Wednesday night, touting the "character and experience" of Joe Biden before effectively passing the baton of the party's future to California senator Kamala Harris as she formally accepted its vice presidential nomination.

Mr Obama said Mr Trump



Mr Obama said Mr Trump would "tear our democracy down" in order to win re-election. Photo - assets.vogue.com

would "tear our democracy down" in order to win re-election. "What we do these next 76 days will echo through generations to come," he said. "For close to four years now, he has shown no interest in putting in the work ... no interest in finding common ground." Mr Obama accused Mr Trump of using the office to "help himself and his

friends" and called the consequences of the incumbent's first term "severe", arguing that the Democratic nominees would, if elected, lead the country "out of dark times".

Joe Biden was officially anointed as the Democratic Party's nominee for president at its virtual convention. The former vice president tweeted his acceptance, saying: "It is the honour of my life to accept the Democratic Party's nomination for president of the United States of America." The dramatic moment played out without the customary cheering crowd and packed arena. Instead, Mr

Biden and his wife, former second lady Jill Biden, celebrated remotely with family members.

* * *

Russian opposition leader Alexei Navalny has been hospitalised with suspected poisoning, his press secretary has said. In a series of tweets, Kira Yarmysh said Mr Navalny fell ill shortly after take-off on an early morning flight from Tomsk in Siberia to Moscow.

The pilot was forced to make an emergency stop 500 miles away in Omsk, where he was rushed to hospital. Doctors concluded he had been poisoned via a hot liquid.

"We believe Alexei was poisoned by something mixed into his tea," Ms Yarmysh wrote. "It was the only thing he drank in the morning."

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Sushant Singh Rajput made his big-screen debut in 2013. Photo - bbc.com

Sushant Singh Rajput: Federal probe ordered into Bollywood star's death

called a "gold digger" who "took away Sushant's money".

She has denied any wrongdoing and issued a plea to Home Minister Amit Shah for a fair investigation into Sushant's death. She had also moved the court asking that the case be heard in Mumbai. She has since been questioned by various investigative agencies.

Who was Sushant Singh Rajput?

Sushant Singh Rajput lived an extraordinary life - just like some of the characters he played in his hit Bollywood films.

He grew up in Bihar. He worked hard and was admitted to one of India's top engineering colleges - a sure way of securing a bright future for middle class families.

But his heart was set on acting. So he dropped out of college and went to Mumbai - the home of Bollywood, India's Hindi film industry.

He did small roles, took up odd jobs and worked in theatre for years until one of his TV shows became a hit. Success on the big screen followed soon.

His story fired the ambitions of young people in small towns - it's why many of his fans took his death as a personal loss.

Why has his death been so controversial?

With heartbroken fans looking for

answers over why he may have taken such a drastic step, unverified details about Sushant's career, financial status, relationships and even mental health started circulating on social media and in debates on news channels.

No-one has been spared by the voyeuristic coverage - his therapist, his former cook, his friends, his manager, his family, his colleagues have all been hounded for interviews and exclusives.

With police drip-feeding details to the media, the mystery around his death has only deepened.

Days after he died, some social media users claimed that he killed himself because a few powerful Bollywood families and directors had treated him unfairly.

They said he was an outsider who had no "godfather" in the industry, and that his rise was unacceptable to certain Bollywood dynasties. They pointed to recent reports of him being side-lined after he was promised roles in big-budget films.

The Mumbai police has been investigating what led to the actor's death. They have interviewed more than 50 people from the film industry to find out if there is enough evidence to file abetment of suicide charges. The officers are yet to file a final report.

Brexit: UK hopeful of EU trade deal next month, says No 10

The UK still believes it can agree a post-Brexit trade deal with the EU next month, according to Downing Street.

The PM's spokesman said UK negotiators would "continue to plug the gaps" when talks enter their seventh round in Brussels on Wednesday.

The two sides remain divided over competition rules, fishing rights and how a deal would be enforced.

The UK has ruled out extending the December deadline to reach an agreement.

This week's talks are the last scheduled negotiating round ahead of the autumn, although both sides have previously said talks would continue in September.

EU chief negotiator Michel Barnier had dinner with UK counterpart David Frost on Tuesday evening, with talks set to conclude on Friday.

On Tuesday, ahead of talks resuming, a European Commission spokesman said a deal would need to be agreed by October "at the latest".

Mr Barnier has said an agreement is required by this date so it can be ratified before the UK's current post-Brexit transition period ends, in December.

After the last negotiation round in London, he accused the UK of not showing a "willingness to break the deadlock" over difficult issues.

Mr Frost said EU offers to break the deadlock had failed to honour the "fundamental principles which we have repeatedly made clear".

But he said the UK, which has so far insisted on a series of separate deals in different areas, was also willing to consider a "simpler" structure for an agreement.

He added the EU had shown a "pragmatic approach" over British demands to limit the role of the European Court of Justice after the transition period ends.

Compromises on both sides are inevitable if a deal is to be struck, but don't expect breakthroughs this week.

France is jumpy that Michel Barnier may be so keen to be seen to get a deal done with UK this autumn that he "could be tempted to give away too much".

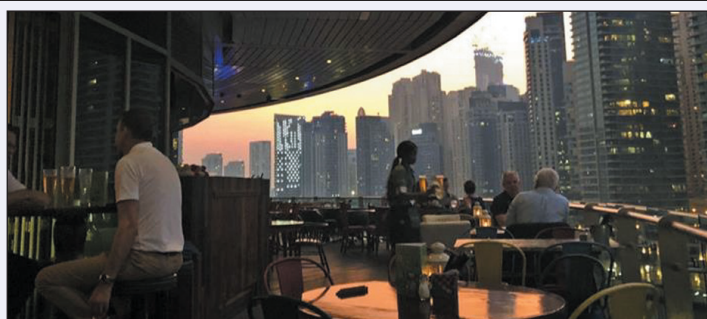
Meanwhile, German Chancellor Angela Merkel repeats over and over that the EU won't agree to anything it believes would damage its single market.

The EU believes Mr Johnson needs to show he can reach a deal, especially after controversy surrounding the government's initial handling of Covid-19.

Compiled by Doojesh Ramlallah

Dubai relaxes alcohol rules in bid to revive economy struck by pandemic

Dubai again has loosened laws governing alcohol sales and possession of liquor as the sheikhdom tries to claw its way out of an economic depression worsened by the coronavirus pandemic, reports Associated Press.



Bars and nightclubs in Dubai are almost entirely limited to operating inside or connected to hotels Photo - Kamran Jebreili/AP

The outbreak of the virus exacerbated the already-gathering economic storm engulfing the emirate, which has seen mass layoffs thin the ranks of its foreign workforce and empty homes even amid slight signs of recovery. Even now, experts warn the sheikhdom's crucial real-estate market is on track to hit record lows seen in the 2009 Great Recession.

Alcohol sales have long served as a major barometer of the economy of Dubai, a top travel destination in the UAE, home to the long-haul carrier Emirates. Ice-cold bottles of beer tempt tourists on hotel

beaches, while decadent Champagne-soaked brunches draw well-to-do crowds of expatriate residents.

The sales also serve as a major tax revenue source for Dubai's Al Maktoum ruling family.

In Dubai, alcohol sales in general reflect the confidence of buyers in their own finances and in turn, the economy.

Pre-pandemic, those sales already showed the trouble Dubai faced amid falling global energy prices and a weakening real estate market. Dubai also postponed its Expo 2020, or world's fair, to next

year, another major blow.

Overall sales of alcohol by volume fell sharply in 2019 to 128.79 million liters (34 million gallons), down some 3.5 per cent from 133.42 million liters (35.2 million gallons) sold the year before, according to statistics from Euromonitor.

The 2019 sales are down nearly 9 per cent from 2017, which saw 141.51 million liters (37.3 million gallons) sold.

Amid the lockdown, Dubai's two major alcohol distributors began legal home deliveries of alcohol for the first time in hopes of boosting the sales. Now, the city-state has changed the very system granting permission to residents to legally purchase alcohol.

By law, non-Muslim residents are supposed to carry red plastic cards issued by the Dubai police that permit them to purchase, transport and consume beer, wine and liquor. Otherwise, they can face fines and arrest - even though the sheikhdom's vast network of bars, nightclubs and lounges never ask to see the permit.

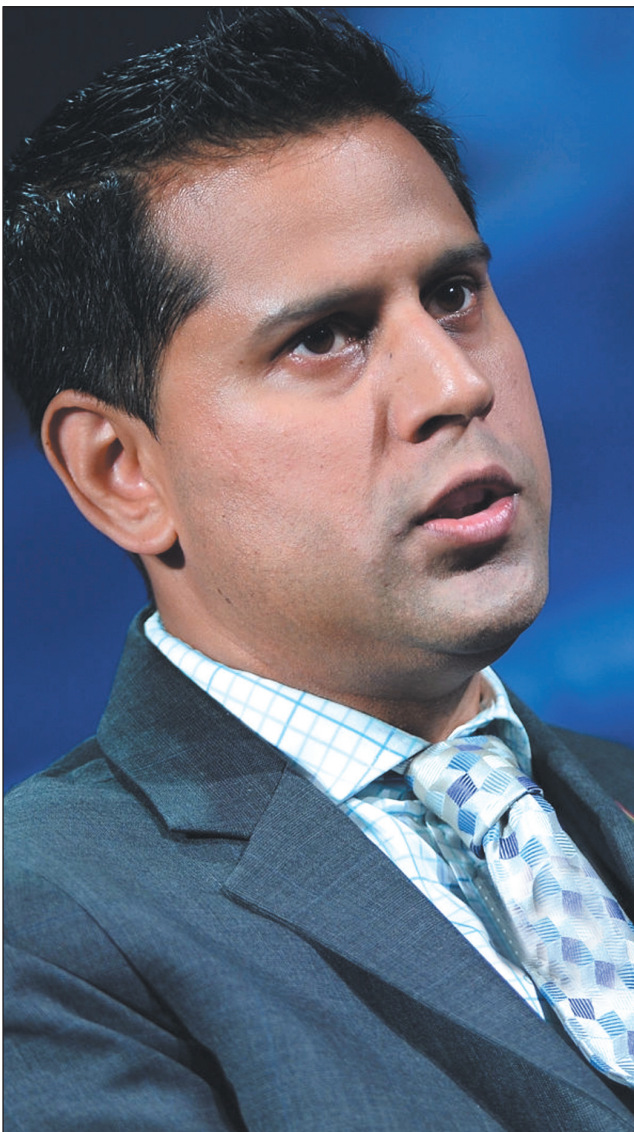
Those red cards now have been replaced with a black card and a simplified application process only requiring an Emirati national ID card.

"There are many questions that need to be answered about how this incident was allowed to happen. Trust has been lost"

The MV Wakashio struck a coral reef off Pointe d'Esny on July 25, spilling about 1000 tonnes of fuel oil and triggering a state of "environmental emergency". Clean-up operations are still underway, and these will hopefully mitigate the pollution in the region. What happens next?

Who will pay for the oil spill and how much? We sought the views of Nishan Degnarain on these matters. He had earlier contributed a series of articles to Forbes Magazine on the Wakashio shipwreck, the first of which detailed how a global satellite analytics company, using their data analytics platform, had been able to trace the movement of the 'MV Wakashio' in our region prior to striking the reef.

Nishan Degnarain is a Development Economist with degrees from Harvard University's Kennedy School of Government and University of Cambridge. His focus is on Innovation, Sustainability, and Ethical Economic Growth. He currently works with leading Silicon Valley technology companies on sustainable growth opportunities, particularly targeted at lower income nations.



Mauritius Times: In a reply to a Parliamentary Question on Tuesday 18th August, the Prime Minister informed the House that our National Coast Guard (NCG) is equipped with the necessary means of surveillance "for enhancing maritime domain awareness". He also stated that the "NCG officers based at CSRS stations use the system to identify and interrogate merchant vessels entering our territorial waters. Vessels which are not destined to Port Louis Harbour are directed to clear our coast". The tools for surveillance are available, but the reasons for the late response to the presence of the MV Wakashio in our territorial waters remains a mystery to this day. Any clue?

Nishan Degnarain: I don't know the technical details, but this was no ordinary accident. The MV Wakashio is a Capesize-class of vessel. This means that it is big. How big? It is in the top 1% of all vessels in the ocean. Its length is comparable to that of the United States nuclear-

powered Nimitz-class aircraft carrier - the biggest that has ever been built. A vessel that size travelled for 1200 miles in a straight line for four days and landed at cruising speed of 11 knots onto the shores of Mahebourg.

Just let that sink in for a moment. This is not a question about which machine was switched on or not. This is about a catastrophic and cascading set of systems failures at every level of the country - political, civil service, security, technology, training, leadership, protocols, practice, drills, procurement, planning. Every level. Wakashio wasn't a small incident. The subsequent operation to clean up the vessel has left Mauritians around the world feeling embarrassed. It will require a complete overhaul of every single aspect of how Mauritius runs its ocean territory.

*** As regards the Wakashio disaster here, it's being said that the single biggest focus right now is on getting the scientific testing done, and how compensation is calculated. What's your take on that?**

Mauritius needs to understand what is happening. This is the first time Mauritius has been through a major oil spill. The first wave is the initial shock and dealing with the shipping company and host government. They are the polite ones. Very soon, a new set of people will descend on Mauritius. These are 'specialists' hired by the insurance company. This happens all over the world. They will not be as friendly as their only task is to limit the amount of compensation that Mauritius is entitled to. Do not be under any other impression - it happens all around the world in the same way. Mauritius would be foolish to think that it is the global exception.

There are those who have successfully defended local communities from large corporate interests trying to reduce the amount of compensation truly needed for an environmental cleanup. Listen to those who have successfully represented island communities against polluters. Ask for credential before deciding who to represent Mauritius.

Two things are about to happen.

First, there is clearly a lot of anger about Wakashio. That anger is raw and real and won't go away. Mauritius is in a 'fog of war' situation that is confusing and disorienting. All countries go through this in the immediate aftermath of a major oil spill. There are many questions that need to be answered about how this incident was allowed to happen. Trust has been lost. To rebuild that trust back will take transparency. Mauritius will get through this, but keep that part of the discussions internal to Mauritius. These include being transparent. I cannot understand why I hear Mauritian officials talk about the effects of the pollution when the international regulator themselves don't know (see Wednesday's piece published in *Forbes Magazine*). Make the shipping company and regulators explain the impact and hold them to account. In the same way, this applies to any cleanup chemicals that may be used in the lagoon called 'dispersants'. They are often even more

“It is not just Political Leaders but also Business Leaders too. The second generation of Business Leaders post-independence have presided over the largest decline in land-based Mauritian nature and greatest rise in inequality. The growth of tarmac and concrete is inversely correlated with the country's progress in this regard. The fault there lies with the economic models these leaders have pursued...”

"The Wakashio crisis and the speed with which Mauritians around the world emerged showed that there are one million Mauritians in Mauritius and perhaps two million abroad, some at the very highest levels of their professions. Why isn't the full force of Mauritian talent being used to advance the country? The world will change rapidly in the next decade, and there are those with the skills who can build a gender-balanced and values-oriented team to navigate this for the benefit of all, not the few..."

harmful than the initial oil spill. Natural alternatives exist, so transparency is key here for the best outcome.

Now on the international side. There are several things moving fast very quickly already. It all centers around who has to pay what, how much and to whom. Let's understand this.

Clean-up fees are usually calculated in two parts: Blame x Damage incurred. All the discussion so far has been around Blame - how much Mauritian systems, how much 'rogue employee', how much systemic issues with the shipping company and beyond. There will be a percentage to decide on who bears what part of that blame.

That is then multiplied by the Damage incurred. In most countries in the world, they never have the opportunity to do a full inventory of the damage (what is called a Natural Resource Damage Assessment or NRDA). This leads to years and decades of protests from individuals who felt they were never properly heard or that science was never properly collected. Mauritius needs to be careful to not fall into this trap.

It is important not to politicize the science. The shipping company and host nation want Mauritius to use scientists of the polluter's choice so they can paint a picture of a 'declining lagoon' with minimal damage to an already bad situation. I've already seen communication on this circulating internationally. Speak to the local NGOs and you will hear examples of success and turnaround. Mauritius was not in decline there - there is evidence.

'This is about a catastrophic and cascading set of systems failures at every level of the country - political, civil service, security, technology...'



* Contd from page 7

Mauritius is an independent nation with great research scientists and universities, and access to leaders in this field who can come out and support the cleanup and rehabilitation efforts. Why does Mauritius need to rely on the polluting nation's scientists? If the polluting nation and shipping company genuinely want to help Mauritius, they will offer a fund for scientists, and Mauritius chooses which scientists to bring in, so the impact can be assessed to a world-class international standard whilst training Mauritian scientists. Mauritius has the opportunity to emerge from this tragedy with some of the best studied oceans in the world. The science needs to be the very best so it can be accepted in an international court of law. Can someone tell me what is wrong with this picture?

There is an opportunity to establish Mauritius as the model ocean state with world-class science to show how a middle-income country can build a world-class ocean capability. This could then be replicated around the world, and support small islands manage their fragile ecosystems more effectively against large corporate interests. It's in your interest for Mauritius to emerge stronger. Your leaders talk about urgently addressing climate change and loss of biodiversity, yet how serious has your support been to build this capability? We've seen the proposals and support offered in the past few years and it is nowhere near where it should be in terms of scope, ambition, innovation. You can do

better. You know it. We know it. This is your opportunity to prove it.

This will be a multi-year battle drawn out in international law courts. The only part of this that Mauritius can control is the evidence of the damage (the NRDA). This has to be conducted with a credible science team who can defend the findings in the highest legal courts against some of the world's best paid lawyers. Mauritius has a track record of beating all odds in legal cases. It can take this on.

The shipping company has already engaged a global crisis communication firm which is actively putting out a narrative to downplay the amount of damages Mauritius is entitled too. If there is a narrative about saying the maximum that a company can pay is limited to \$1 billion, does that not raise questions that the true damage to natural ecosystem is far greater. Why are they talking about limits? Let's get the science to tell us the true impact. Do not let the narrative around 'Blame' disrupt the independent work of scientists who are willing to collect this data and defend Mauritius in an international court. Every day that is wasted, is a day less that this evidence can be collected, and the case becomes harder to build.

If the shipping company can pay for a global crisis communication firm (how much are they paying?), then they can well afford to fund Mauritian scientists to collect and store the samples needed. That is the bare minimum that Mauritius should expect from a company that is loud on

“The shipping company has already engaged a global crisis communication firm which is actively putting out a narrative to downplay the amount of damages Mauritius is entitled too. If there is a narrative about saying the maximum that a company can pay is limited to \$1 billion, does that not raise questions that the true damage to natural ecosystem is far greater. Why are they talking about limits?”

apologies but quiet on action.

* The Ministry of Blue Economy, Marine Resources, Fisheries & Shipping has, through a press communiqué, invited "any person or entity who has sustained a loss or damage... as a consequence of the grounding of MV Wakashio and ensuing oil pollution" to submit his claim. It also adds that this "should in no circumstances be considered as an acknowledgement of liability by the Government of Mauritius towards any person submitting a claim". What this means is that the Government does not hold itself in any way responsible for what has happened. Do you agree?

I need to understand where this is coming from. Sometimes, insurance companies say they want an indication. But their true motivation is to point to the original claims and say the damages were limited to what was originally claimed, and not what the science can eventually prove. The Government of Mauritius should get international legal advice on this matter. There is a depth of experience on this.

* You stated in a recent article published by 'Forbes' that the clean-up cost resulting from the oil spill from MV Prestige along the coastlines of Spain, Portugal and France was estimated at over \$1 billion, which eventually led to a complex 16-year journey to claim these damages. Does this suggest that the compensation process wrt the MV Wakashio oil spill could end up being a long and complex process?

The global shipping and oil industry have a complex set of insurance policies that insure companies for catastrophic losses of multiple billions of dollars. Please get insurance experts to start providing a range of opinions in Mauritian papers. Do not jump on the first opinion. After 10 or 15 opinions, several paths should start to become apparent as to how the Government of Mauritius should proceed. Do not rush to a decision on this today, but listen carefully and do your research on other 'bunker fuel' spills.

* You also stated that during the month of July, over 2000 vessels passed close by the Mauritian coast in one of the most concentrated shipping

lanes in the world connecting Asia, Africa, Europe and Latin America, and with many poorer island and coastal nations not having sophisticated oil and gas industries, there are often insufficient resources to handle even moderate spills, such as the 'MV Wakashio.' Does this constitute an opportunity for Mauritius to step in and invest into becoming a regional hub for surveillance, rescue, salvage and other operations in this part of the world?

The heart of Mauritius' ocean economy is not the water, but the life in the water. That's where the real value is. Scientists in Mauritius know this and have been carefully working out plans on how to sequence and find value. In the last few years, technologies such as DNA Reading, Writing and Editing and Machine Learning have rapidly accelerated this field (a field called Synthetic Biology). The areas of the coast with the greatest biodiversity hold the greatest promise.

The heart of this new Marine Bioeconomy was supposed to be around the Blue Bay Marine Park to Pointe d'Esny area that could have given a massive employment boost to the towns in the South. In a few months, some of these organisms (many of them microscopic) could be lost forever after millions of years of evolution. Mauritius will need to rapidly sequence them and ensure this data can be safely stored, as this will be the natural heritage of Mauritius that could one day help restore the ecosystem. This is the next horizon for the Mauritian economy.

* English Conservative Party MP Henry Smith has given another twist, in a social media post, to the "Mauritian government's very slow response" to the "ecological disaster" resulting from the oil spill from MV Wakashio. It "does not bode well for their sovereignty claim they could protect the Chagos Islands' pristine waters if in control," he states. Do you think that makes for a solid argument against Mauritius' sovereignty claim over the Chagos Archipelago, or is it yet another of the arrogant and condescending colonial attitude towards Mauritius' sovereignty claim?

* Contd on page 9

'Mauritius is an independent nation with great research scientists.'

Why does the country need to rely on the polluting nation's scientists?

* Contd from page 8

This could be a cheap shot put out by the global crisis communication firm - one of the world's largest crisis communications firms - within days of the accident, and might continue to put negative stories about Mauritian authorities and blame in the international media. That needs to be countered by talking about the failings of the global shipping regulators, the shipping companies and shipping insurance themselves.

But it does not mean that serious questions have not been raised by the Wakashio disaster. At the very highest level, it opens up the question about whether Mauritius needs constitutional reform. It is clear that several ministries are too complex for Mauritius to depend on a talent pool of 60 elected members. The Wakashio crisis and the speed with which Mauritians around the world emerged showed that there are one million Mauritians in Mauritius and perhaps two million abroad, some at the very highest levels of their professions. Why isn't the full force of Mauritian talent being used to advance the country? The world will change rapidly in the next decade, and there are those with the skills who can build a gender-balanced and values-oriented team to navigate this for the benefit of all, not the few.

In today's more complex world, the most successful countries now have a system of Nominated Ministers for the most complex ministries. There is democratic oversight through parliamentary sub-committees that run televised hearings for any appointment and regular performance management. Such a system would attract the right sort of talent, ensure transparency and also create greater democratic accountability.

Mauritius will be unable to progress much more rapidly until such a system is in place.

*** As a Development Economist "focused on innovation, sustainability, and on sustainable growth opportunities in the Fourth Industrial Revolution, particularly targeted at lower income nations", as mentioned in your CV, what's your assessment of Mauritius' economic situation, its handicaps and opportunities?**

Mauritius had a first cohort of leaders who led it through independence and beyond. Generation 1 leaders. Rapid progress was made in every aspect of Mauritian society for forty years: economic, social, education, health, infrastructure.

"Mauritius is an independent nation with great research scientists and universities, and access to leaders in this field who can come out and support the cleanup and rehabilitation efforts. Why does Mauritius need to rely on the polluting nation's scientists? If the polluting nation and shipping company genuinely want to help Mauritius, they will offer a fund for scientists, and Mauritius chooses which scientists to bring in, so the impact can be assessed to a world-class international standard..."

Then came a second generation of leaders post independence. These are the leaders that have let Mauritius down. On every indicator, Mauritius has fallen back relative to other countries under their stewardship of the country.

Rather than look forward, Mauritius built a transport system built on a 200-year old technology - trains. In every country in the world, they are looking at developing autonomous vehicle technologies. Why is Mauritius building trains? On outlying islands, Mauritius is wasting a fortune on expensive runways. Elsewhere in the world, drones have been built that can perform similar roles and have a much smaller footprint. In the ocean, why are expensive patrol boats being purchased? Other countries are using autonomous patrol vessels at a fraction of the cost. In education, Mauritian students are nowhere near prepared for the world of Artificial Intelligence that we're about to see in the next ten years. In Health, the entire world has moved toward Digital Personalized Health and Medicine. Where is the Mauritian medical system?

It is not just Political Leaders but also Business Leaders too. The second generation of Business Leaders post-independence have presided over the largest decline in land-based Mauritian nature and greatest rise in inequality. The growth of tarmac and concrete is inversely correlated with the country's progress in this regard. The fault there lies with the economic models these leaders have pursued.

If they had genuinely want to change,



they would have done it by now - it is not rocket science. There is a Third Generation that was born after Mauritian independence. They understand all the phrases I've just written. Perhaps it's time they be passed the baton to build a better socio-economic model for Mauritius that respects and cherishes nature and can understand the world we're now in.

*** What do you think will the post-Covid 19 pandemic economy will look like for a country like Mauritius?**

Covid-19 was a dress rehearsal for climate change. The rest of the world is only just waking up to this and are now putting in place new systems to build back better. When you don't, there have been protests in Lebanon and the US following the George Floyd's death at the hands of police officers. These incidents were not the cause of the protests, but the flame against the deep, underlying structural issues that were never addressed. Mauritius (and a third generation of business and Government leaders) needs to think very carefully about this.

*** As for the way forward, what are the do's and don'ts?**

Don't forget about the Wakashio. There are important systems level questions that need to have a space for open debate. This is not about politics, but about systems used in the civil service, performance management, organizational structures. Mauritius will not progress unless they are addressed. The media needs to give

"Mauritius had a first cohort of leaders who led it through independence and beyond. Generation 1 leaders. Rapid progress was made in every aspect of Mauritian society for forty years: economic, social, education, health, infrastructure. Then came a second generation of leaders post independence. These are the leaders that have let Mauritius down. On every indicator, Mauritius has fallen back relative to other countries under their stewardship of the country..."

space for a mature discussion about these issues that make sense for the generation of business and Government leaders born after independence. Just contrast the average age of those who went to the front lines of the Wakashio, cut their hair and defended the country with the average age of Board and Executives in every parastatal entity.

The Wakashio may be the transitional point for widespread generational change.

Work Smarter

Lead with Transparency in Times of Crisis

If your team is working from home for the first time, chances are they might be feeling somewhat disconnected and out of the loop. You can help them by being transparent and making sure that everyone knows what's going on. Communicate what's happening at the organizational level around finances, client relationships, and big-picture goals.

People may be nervous about revenue goals and other deliverables. Share as much information as you can, with as many people as you can, to help them feel like things are going to be OK. And communicate equitably. No team member should feel like they have less access to you than others. So make an effort to be available to everyone.

Finally, when you run your virtual team meetings, aim for inclusion. Balance the airtime, so that everyone feels seen and heard. When people feel isolated, their imagination can begin to go wild. Transparent communication from leaders can help reign that in and set a good remote culture for their team.

This tip is adapted from "15 Questions About Remote Work, Answered," by Tsedal Neeley

* * *

Ask these questions if you've been laid off

Unemployment has spiked in recent weeks and will continue to for some time. If you've been laid off or furloughed, or if you're worried that you might be, make sure to get the information you need from your employer. This means asking your boss and HR the right questions, such as: When will I receive my last paycheck, and what will it include? What exactly happens to my benefits? Will I get paid for unused vacation time?

It's crucial to ask about severance and health care packages - and don't assume you can't negotiate the

terms. And while it may be tough to think about the future, do what you can to make getting the next job easier. This means asking your boss if they'll be a reference for you later, and asking HR for copies of your performance reviews, which will help you update your resume. While they may seem small, these steps will help you clarify the future and regain control.

This tip is adapted from "7 Questions to Raise Immediately After You're Laid Off," by Susan Peppercorn

* * *

Stay positive to help yourself - and others - through this stressful time

During stressful and uncertain times, it's normal to feel anxious and scared. Chances are, most people around you feel it, too. It's easy to infect each other with anxiety and fear, but we can take steps to protect ourselves from these emotional contagions.

To start, cut down on how often you engage in venues where fear feeds on itself, such as social media, cable news, and frenzied conversations with friends and coworkers. Do your best to distinguish between people who are speculating and those who have sound information. Also, take care of your mental health. This means exercising, practicing mindfulness and meditation, volunteering, and seeking out positive, high-quality connections with others - even if they're virtual.

Simple wellness practices like these will help you build resilience and positivity, and maybe pass some along to the people in your life.

This tip is adapted from "The Contagion We Can Control," by Sigal Barsade

* * *

Be transparent and reassuring in times of uncertainty

As the pandemic continues to disrupt business as usual, managers must grapple with overwhelming uncertainty about the future. But even when you don't have all the information, you should be transparent with your team

whenever possible. Think about your employees' perspective, and consider what you would want to hear if you were in their shoes. Allay their anxiety as much as you can - and be honest about what you don't know. You might say something like: "I wish I could tell you exactly what's going to happen. We're giving you updates as soon as we can." At the same time, don't sugarcoat bad news. You may be tempted to gloss over information that won't be well received, but that won't help anyone. Affirm your team's capabilities, and use positive, inspiring language to motivate them. Acknowledge that there will be hard times ahead, but also say something like: "I believe in each and every one of your abilities - and I believe even more so in our joint capabilities. We can get through this together."

This tip is adapted from "How to Talk to Your Team When the Future Is Uncertain," by Rebecca Knight

* * *

Focus your writing with these 3 tips

Writing under deadline pressure is always a challenge, but all that last-minute tinkering ultimately won't help much if your larger message isn't clear. Replacing the word "purchase" with "buy" would be like rearranging the deck chairs on the Titanic. Instead, take a step back and follow these three tips. First, ask yourself: Do I get right to the point? You need to lead with your central message to focus your reader's attention. Give enough detail to contextualize your main point and cut the rest. Second, make sure your topic sentences - the first lines of each paragraph - give the reader a sense of what's coming. These lines shouldn't just be descriptive (I met with the client at his office in Boston), they need to communicate the most important information (My meeting with the client focused primarily on plans for future growth). Third, use active voice, not passive voice, whenever possible. Jack made a mistake is better than A mistake was made - unless, of course, you don't want to tell on Jack. If you use these three strategies during the writing process, you shouldn't need to do as much last-minute tinkering in the future.

This tip is adapted from "3 Ways to Make Your Writing Clearer," by Jane Rosenzweig



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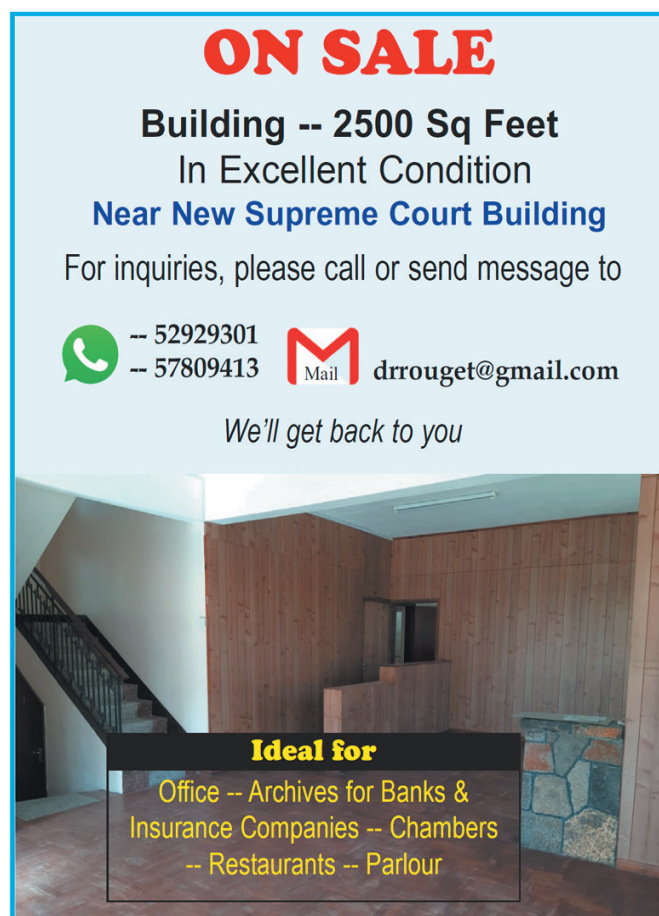
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Symposium on Covid-19

Creating Awareness, empowering youth



Chelvin Ramsamy

Following the proclamation of L'Escalier as the first-ever International City of Peace in Mauritius on 23 June 2020 and on the sidelines of the UN International Day of Peace celebrations on 21 September 2020, Chelvin Ramsamy – who has been appointed as Peace Ambassador by the Cities of Peace organisation with United Nations ECOSOC accreditation in the US – convened a symposium on the environmental, economic and social aspects of the Covid-19 global

pandemic at Domaine Dalais, L'Escalier on Sunday 16 August 2020.

The participants were predominantly youths both from the village and beyond, belonging to different religions and backgrounds. They set off at 07.30 am from L'Escalier, walking the 3.5 km to Domaine Dalais, a pristine green space bordered by a river. After they had been served light refreshments, the symposium got under way at 09.00 a. sharp. Chelvin acted as MC, Shri Seemadree Latchayya (Vice-President of Mauritius Telugu Maha Sabha) as Coordinator, and two resource persons - from Chinmaya Mission Shri Kamlesh Dukayka (PhD Astrophysics from USA and President of the NGO 'Young Leaders in Environmental Harmony'), and Dr Neerunjun Gopee (Orthoplastic Surgeon, former Director General Health Services, and regular contributor to *Mauritius Times*).

After the welcoming and introductory remarks by Chelvin Ramsamy, he invited Dr Gopee to give an overview of Covid-19 pandemic. The latter outlined briefly the origins and rapid spread of the virus until the pandemic stage, and explained in simple language how the virus was affecting the lungs as well as other organs of the body, producing disease in all age groups though it was mainly the senior citizens and those with underlying disease conditions who were the most hardly hit. After citing some global statistics about the number of cases and deaths, he stressed on the importance of strictly following the prevention measures recommended by WHO – handwashing, social distancing, using face mask among others -- because treatment was still evolving, and a vaccine was not yet available. And youth could and should be the essential ambassadors in actively promoting prevention by setting the example themselves.

The participants were then divided into three groups, each designating a Group Leader, a Reporter and a Speaker who would respectively coordinate ideas, write down answers and make the presentation on the group's reflections. Each group was assigned one of the following topics/sub-topics:

Economic:

- Can we recover with a new economic model?
- What should be our economic priorities and how do we contribute to it?
- Unemployment and inflation in the Covid-19 recession.
- How can the global economy recover from Covid-19 with a focus on trade?

Environment:

- Positive effects of Covid 19 on wildlife, travel and climate change.



Participants and resource persons at the symposium on the environmental, economic and social aspects of the Covid-19 global pandemic at Domaine Dalais...

- Environmental lessons learned from Covid-19, living in harmony with nature.

Social:

- Physical and social isolation, stress and uncertainty due to pandemic and restrictions.
- Serenity, relationships and strengthening family ties during Covid-19.

After 45 minutes, presentations were made by each group as follows:

Economy

The team was of the view that the Mauritian economy was already unstable even before the pandemic, which however will worsen the situation. Further, under certain circumstances the government in order to curb the spread of the virus had been forced to make quick decisions and financial commitments, some of which could be long-term, and might have to be implemented even beyond Covid-19. However, given the financial constraints that the country is facing, it might be impossible to fulfill the commitments, as this could worsen the country's debt going forward.

Environment

The team pointed out that there is less movement of people since the lockdown. Most parts of the country have started to witness cleanliness in public areas as there is less to near zero littering during the lockdown period. Since many industries are closed, there is less air pollution. Also, because of the reduction in transport movements, emissions will be reduced. As protected areas including marine and nature reserves are also under the influence of the lockdown, one could say that 'biodiversity is at peace'.

Social

This team discussed the positive and negative aspects of Covid-19 on the social lives of people. It is anticipated that many people will lose their jobs, including a high number of retrenchments which will lead to poverty. The country has a high number of homeless people that government has had to care for during the lockdown. This might stretch the budget even further.

It is the first time in its history that the country is locked down, and several events including cultural ones have been postponed or cancelled. Political parties seem to have put aside their differences and are working together to defeat the 'invisible enemy' that is the coronavirus, and overall there is a new solidarity being practised within the country.

After the presentations, Kamlesh Dukayka who had earlier presented the 5 R's of the environmental paradigm, made some constructive comments and concluding remarks

on the delivery of each group. He also congratulated them for their active participation and encouraged them to remain engaged in such endeavours.

There was subsequently an award ceremony for the five winners from the L'Escalier Telugu Maha Sabha of a WhatsApp general knowledge competition conducted during the Covid-19 lockdown in Mauritius. The prizes were handed over by Clarel Dalais himself, the owner of Domaine Dalais.

Overall, the event turned out to be a complete success.

25-year old Chelvin Ramsamy originates from L'Escalier in Mauritius. He has had a bright academic career right from his primary school days, eventually graduating from Middlesex University London with LLB (First-Class Honours) and LLM (International Business Law), securing a second consecutive bursary to pursue an MBA. Awarded a fellowship by the US Department of State through President Obama's Young African Leaders Initiative (YALI), he followed a public management and governance course at the University of South Africa, and subsequently represented Mauritius at the African Union Youth Volunteer Corps programme in Egypt.

IRRIGATION AUTHORITY EMPLOYEES UNION

PLAINE DES PAPAYES

Members are kindly invited to attend the Annual General Meeting of the of the Irrigation Authority Employees Union to be held on Thursday 10th September 2020 at 9.00 am at the Irrigation Authority Office Compound at Plaine des Papayes.

AGENDA

1. Reading and approval of minutes of proceedings of the last AGM
2. Matters Arising
3. Treasurer's Report
4. Amendments to Rules (if any)
5. Motions (if any)
6. Election of Executive Members
7. Appointment of Auditors
8. Any other Business.

Members who wish bring any motion should write to the secretary of the Union at the latest by Friday 30 August 2020.

S. Bhagooli
Secretary

Global business travel will not be killed off by coronavirus

● Cont. from page 2

Some UK universities have also pursued this route, chartering private jets for incoming international students as a way to ensure a steady flow of income.

Years to come

In the medium term, our study suggests that life sciences companies will continue to expand, particularly in developing countries, and view travel as a vital channel for maintaining existing and securing new business in these markets.

Our interviewees insist that doing business in developing markets requires overcoming complex cultural issues, and that you build up trust by meeting face to face. Sealing a deal with a new customer, training a local physician on a new product, or solving a problem in a global team can only be done in person.

Our research, therefore, makes us sceptical that global firms will replace travel with virtual substitutes over the longer term. The companies of our inter-

viewees have been relatively slow to adjust to virtual meetings. So far, managers have received little training on global remote working or building virtual skills, and commonly have been left to their own devices.

We found that global remote working was not the escape from the intense conditions of business travel that you might think. Managers found that it still meant extended workdays in order to connect across time zones. They were

generally bored of Zoom meetings and eager to get back in the air, despite the intensive lifestyle it creates and work-family conflicts. It appears that global travel is ingrained in the culture of their companies, and will remain part of these managers' DNA.

Having said all that, our research also raises significant concerns over how these companies are managing the wellbeing of their business travellers. Our findings corroborate recent work by the International SOS Foundation revealing that frequent business trips lead to physical and mental challenges ranging from stress and depression to poor sleep and a bad diet.

Worryingly, most company wellbeing initiatives related to flexible working, mental health, or training and development do not account for the trials that frequent fliers face. And as business travel returns after the pandemic, it is likely to be more stressful than before. Despite the desire to return to the way things were, the world may look quite different and may add further, unanticipated pressure points.

This evidence may be an early indicator of where other industries might get to after the pandemic has ended. Above all, the much discussed "new normal" may apply less to business travel than many believe.



Photo - globalaffairs.ucdavis

REMEMBRANCE

Preeaysunkur Rosunee

7 July 1928 - 19 Aug 2016

A special thought for our late father today...



He was a teacher for more than 30 years, a period of uphill struggle that powered him to go on this great journey of freedom and opportunities. He ended his career as Inspector of Primary Schools.

His willingness to help and advise his students as well as his academic staff and the poise and self-confidence with which he would tackle any situation earned him the respect of his profession as a whole. His faith in the dignity of the common man was unshakeable and constitutes the cornerstone of his life and work.

It is in this perspective that we believe a proper understanding of his ideals and living up to them constitute the most eloquent and lasting tribute that can be paid to him:

"Qu'importe que l'on meure si l'oeuvre doit durer" - Robert Edward Hart

Thinking of you always

Dhiren, Amal & Pritilash



1 THE MR. CALIFORNIA - JMLS CANCER SUPPORT CUP

1850 m Valeur [0-20] Time - 12h15

1 REDWOOD VALLEY	RM	3-2-2/7-4	61	S.Bussunt	1	380
2 SIR CAPERS	PM	3-7/3-6-3	61	C.Segeon	9	650
3 DAREDEVIL AVIATOR	JMH	8-10/10-4-2	60.5	R.Joorawon	5	340
4 GREAT FIVE EIGHT	CD	10-5-1/9-5	60.5	S.Rama	7	900
5 KINGS EMPIRE	SH	2-2/9-9-5	60.5	D.Bheekary	6	820
6 THE BARRISTER	SN	9-6-5/5-9	60.5	G.D.Aucharuz	3	750
7 BYPASS	SPN	5-8/9-10-3	58.5	R.Boutanive	8	720
8 BLUNDERBUSS	CR	3-7-5/4-8	54	B.Sooiful	4	1500
9 SLIGHTLY SCOTTISH [EA]	AS	7-10/6-8-10	60	-----	2	-----

2 THE PIERRE NOEL CUP

1450 m Valeur Benchmark 31 Time - 12h50

1 BOUCLETTE TOP	G	4-6-1/9-8	60.5	R.Boutanive	2	2500
2 KING OF TARA	VA	0-0-0-2-1	60	R.Joorawon	4	200
3 IT DOESN'T MATTER	GR	2-1-6/5-4	59.5	N.Juglall	3	450
4 MINALOUSHE VENTURE	AS	1-4-8/10-3	59.5	S.Bussunt	1	500
5 JULLIDAR	PM	6-8/2-3-4	59	C.Segeon	5	1500
6 SILVER HERITAGE	RM	1-2-6/5-3	59	D.Bheekary	6	420
7 NEWSMAN	RG	8-6/3-6-2	58	D.David	7	820
8 STREET BYTE	CD	9-7-5/7-1	57	S.Rama	8	1200

3 THE NUNDKISHORE GUJADHUR CUP

1400 m Valeur Benchmark 36 Time - 13h25

1 ALSSAKHRA	G	1-6-9/9-5	61.5	R.Boutanive	1	550
2 BESTDAY OF MYLIFE	CD	0-0-0-0-2	60	S.Rama	5	370
3 CAMP DAVID	GR	0-0-0-0-8	60	N.Teeha	3	1400
4 ZODIAC JACK	JMH	3-5-4-3/4	59.5	S.Bussunt	6	600
5 KU DU TU	VA	5-7/7-7-5	59	B.Sooiful	2	1200
6 ROMANUS	G	3-1-7/2-1	59	R.Joorawon	4	210

PROGRAMME DES COURSES

4 THE DR. V. PIERRE GOUPILLE CUP

1600 m Valeur Benchmark 41 Time -- 14h00

1 LUMBER JACKAROO	PM	0-0-0-3-4	61	C.Segeon	1	400
2 TEXAS SKY	SN	1-6-7/6-3	61	G.D.Aucharuz	4	520
3 DRIVEN FORCE	GR	0-0-6-2-5	60	N.Teeha	7	800
4 SUBTROPICAL	CD	7-8-9/5-7	60	S.Rama	5	1100
5 IRON WOLF	GR	3-1-9/3-10	59	N.Juglall	8	920
6 POTAWATOMI	AS	5-7-6/10-8	59	S.Bussunt	2	3000
7 SUPREME ORATOR	CR	8-7/2-8-4	59	B.Sooiful	6	850
8 MOSCHINO	VA	4-3/5-1-3	56.5	R.Joorawon	3	310

5 THE CHICA CUP

1850 m Valeur Benchmark 46 Time - 14h35

1 OVATION AWARD	GR	4-5-4-1/2	60.5	N.Juglall	7	210
2 SENATLA	GR	8-6-4-1/5	60.5	N.Teeha	6	900
3 SPRING MAN	RM	7-1/5-7-3	60	S.Bussunt	1	520
4 MOONRISE SENSATION	SH	3-1-6/5-4	59.5	D.Bheekary	3	700
5 PROTEA PARADISE	RG	0-0-0-7-6	59.5	R.Joorawon	5	2000
6 CONSUL OF WAR	CD	5-8-3/3-1	56.5	S.Rama	8	650
7 THE GREY CRUSADER	RG	4-3/3-6-3	55	D.David	2	750
8 CHARLESTON HERO	VA	2-2/4-4-4	54	B.Sooiful	4	1000

6 THE LEOVILLE L'HOMME CUP

1400 m Valeur Benchmark 61 Time -- 15h10

1 VIRTUE	PM	2-1-3-1/5	61	C.Segeon	2	500
2 EHSAAN	G	0-0-0-1-2	60.5	R.Joorawon	3	270
3 TRIPPI'S EXPRESS	RG	0-0-0-1-2	59	D.David	4	300
4 PERA PALACE	RM	10-9-7-6/8	58	R.Hoolash	6	3300
5 TOWER OF WISDOM	GR	9-1-2/1-2	57.5	N.Juglall	5	400
6 ERNIE	JMH	4-5-7/6-6	57	K.Kalychurun	1	4000

SELECTIONS

1. DAREDEVIL AVIATOR, SIR, CAPERS, REDWOOD VALLEY
2. KING TARA, MINALOUSHE VENTURE, SILVER HERITAGE
3. BESTDAY OF MYLIFE, ROMANUS, ZODIAC JACK
4. LUMBER JACKAROO, MOSCHINO, TEXAS SKY
5. OVATION AWARD, CONSUL OF WAR, SPRING MAN

11e Journée - Samedi 23 août 2020

7 THE HINTERLAND CUP

1400 m Valeur [60+] G.3 Time -- 15h50

1 BARITONE	PM	5-5-8/2-1	61	C.Segeon	1	270
2 TABLE BAY	G	3-2-2/1-3	59.5	R.Joorawon	2	220
3 WALL TAG	VA	2-1/2-2-3	59.5	N.Juglall	4	270
4 ELUSIVE PATH	VA	7/6-8/8-7	52.5	B.Sooiful	3	3500

8 THE BABS A. R. MOOSSA CUP

1500 m Valeur Benchmark 31 Time -- 16h25

1 VAR EXPRESS	G	0-0-0-4-1	60	R.Joorawon	8	200
2 DECLARATOR	RG	2-5/10-6-9	59.5	D.David	1	1200
3 INTERNET KID	VA	0-7/11-7-6	59.5	R.Boutanive	4	3000
4 PERFECT PURSUIT	AS	9-10-4-10-9/	58.5	S.Bussunt	6	3000
5 RIVER THAMES	SJ	0-0-8/7-8	58.5	K.Kalychurun	7	1200
6 SENOR'S GUEST	GR	2-2-1/6-2	58.5	N.Juglall	5	330
7 AFTER THE ORDER	CR	4-3-4/1-3	58	B.Sooiful	2	900
8 AMANDLA	JMH	0-0-0-3-4	57.5	S.Rama	3	1300

9 THE WINGED PHAROAH PLATE

1400 m Valeur [0-25] Time -- 17h00

1 GREY AGAIN	RG	0-0-0-6-7	60	D.David	2	2000
2 MR MOGAMBO	AS	0-0-5-2-5	60	G.D.Aucharuz	7	600
3 MANOLETE	CD	4-9-4-2/2	58.5	S.Rama	5	330
4 DOUBLE GAMES	VA	0-0-0-6-3	58	B.Sooiful	3	350
5 DOUBLE GRATITUDE	RM	0-0-0-0-6	58	S.Bussunt	8	3000
6 JUSTINIAN	G	nouveau	58	R.Joorawon	4	320
7 KALI'S CHAMP	CR	2-1/5-9-1	58	D.Bheekary	1	1500
8 DELUSIONAL	SPN	0-0-0-8-7	57.5	R.Boutanive	6	3500

6. EHSAAN, VIRTUE, TOWER OF WISDOM
7. TABLE BAY, WALL TAG, BARITONE
8. VAR EXPRESS, SENOR'S GUEST, AFTER THE ORDER
9. MANOLETE, KALI'S CHAMP, KALI'S CHAMP

In a light vein

The Irony of Life

The lawyer hopes you get into trouble.

The doctor hopes you get sick.

The landlord hopes you don't buy a house.

The dentist hopes your tooth decays.

The mechanic hope your cars break down.

Only a thief wishes you "prosperity in life" and also wishes "you have a sound sleep".

What a gesture

Two guys were sitting on the riverbank chatting, suddenly they saw a funeral procession coming towards them. One of the men took off his hat and solemnly held it over his heart.

"That was a nice gesture," said his friend.

"Oh!" the guy replies, "we were married for 25 years."

The hole in the garden

Little Tom was in the garden busy filling in a hole.

When his neighbour looked over the fence, the guy asked: "What are you up to, Tom?"

"My goldfish died," he replied tearfully without looking up, "and I have buried it."

The neighbour frowned. "That's a really large hole for a goldfish, isn't it?"

Tom threw down the last heap of earth. "Well, that's because he's inside your f.....g cat," he replied.

Wizard under the sheet

As the congregation settled into the pews, the priest rose to lecture with a red face.

"Someone among you has spread the rumour that I belong to Ku Klux Klan," he began gravely.

As whispering spread around the hall, the preacher continued.

"It's is a horrible lie - one I am embarrassed about and which a Christian cannot tolerate. I ask the party who is behind this to stand and ask for forgiveness from God."

No one moved, and the priest continued: "Do you not have the nerve to face me and admit this is a falsehood?"

Again all was quiet, then slowly a gorgeous blonde stood up from the second pew, her head was bowed and her voice quivered as she spoke: "Reverend, there has been a

terrible misunderstanding; I never said you were a member of the Klan."

"Oh! What did you say?" asked the Father.

The blonde chewed her lip sadly: "I simply mentioned to my friends that you were a wizard under the sheets."

The Ultimate Punch

After 20 years of marriage, a wife one day asked her husband to describe her... and truthfully so.

He looked at her slowly and without blinking an eye, he said, "ABCDEFGHIJK."

"What does that mean?" she asked.

"Adorable, Beautiful, Cute, Delightful, Elegant, Fashionable, Gorgeous, Hot!" he replied.

She then smiled as she asked, "What about IJK?"

He replied, "I'm Just Kidding!"

Wife: I'm already 58, yet, one of your friend still praises and finds me attractive!

Husband: Must be that Usman bhail!

Wife: Exactly. How did you know?

Husband: He's a scrap dealer!

A Sardar visits a 5-star hotel in Paris

As he sat there at the bar, enjoying his Black Label, a devastatingly hot French girl in a red dress, came to him and said something in French, which he wasn't able to understand.

Unable to get over her heavenly body mixed with the heady aroma of her alluring French perfume, Sardar invited her to sit down next to him, took a napkin and drew a picture of a champagne glass.

She nodded, and he ordered a glass of champagne for her.

After a while, he took another napkin, drew a picture of a plate with food on it, and she nodded.

They ordered dinner, after which he took another napkin and drew a picture of a couple dancing.

She nodded, and they got up to dance.

When they were back at their table, the young lady took a napkin and drew a picture of a screw.

Till date Sardar is scratching his head trying to figure out how on Earth did she know about his hardware store in Punjab!

5 Good Parenting Tips



When a child comes, unknowingly you laugh, play, sing..., and do all those things that you had forgotten to do. Photo - integrallife.com

-- Sadhguru, Isha Foundation

what is best for them.

4. There's no hurry to grow up

It is very important a child remains a child; there is no hurry to make him into an adult because you can't reverse it later. When he is a child and he behaves like a child, it's wonderful. When he becomes an adult and behaves like a child, that's bad. There is no hurry for a child to become an adult.

5. It's time to learn, not teach

What do you know about life to teach your children? A few survival tricks are the only things you can teach. Please compare yourself with your child and see who is capable of more joy. Your child, isn't it? If he knows more joy than you, who is better qualified to be a consultant about life, you or him?

When a child comes, it's time to learn, not teach. When a child comes, unknowingly you laugh, play, sing, crawl under the sofa, and do all those things that you had forgotten to do. So it is time to learn about life.

1. A child is a privilege

It is a privilege that this child - this bundle of joy - has come through you and arrived in your house. Children are not your property; they do not belong to you. Just see how to enjoy, nurture, and support them. Don't try to make them an investment for your future.

2. Let them be

Let them become whatever they have to become. Don't try to mould them according to your understanding of life. Your child need not do what you did in your life. Your child should do something that you did not even dare to think in your life. Only then will the world progress.

3. True love

People misunderstand that loving their children is to cater to whatever they ask for. If you get them everything they ask for, it is stupidity, isn't it? When you are loving, you can do just whatever is needed. When you truly love someone, you are willing to be unpopular and still do

Motivation

Feel blessed

Break through all the barriers and feel that you are blessed. This is the one and only step you have to take - the rest will all happen.

This deep sense of feeling that "I am blessed" can help you overcome any obstacles in life. It gives you courage and confidence and it will open your lid for grace to be poured in.

Once you realize that you are blessed, then:

All the complaints disappear

All the grumbling disappears

All the insecurities disappear

A sense of feeling unloved disappears

Wanting love disappears.

If you don't realize you are blessed, then the

doership begins.

And especially for those on this path of knowledge, there is no reason for you to not feel blessed. So, feel you are blessed. This is the first step towards the Self.

Blessing comes to you in many forms.

If you are generous, blessing comes to you as abundance.

If you are hardworking, blessing comes to you as happiness.

If you are lazy, blessing comes to you as hard work! (Laughter)

If you are pleasure loving, blessing comes to you as dispassion.

If you are dispassionate, blessing comes to you as knowledge of the Self.

Gurudev Sri Sri Ravi Shankar

Becoming a better you

6 Potential Reasons You Waste Time

Everyone procrastinates. But if you constantly struggle to finish tasks, there may be more going on



Does it take you forever to make a doctor's appointment, clean out your garage, or do your taxes? Putting off something that needs to be done is called procrastination. We all do it sometimes. But if you constantly struggle to finish tasks, there may be a bigger problem at play. Once you figure out your reasons, you can work on making the most of your time.

Are you stressed?

When you're facing something, you don't want to do, it can make you feel tense. Putting off that dreaded chore is a way to get some short-term relief. The downside is that you'll still have to tackle your task in the future, which may make you feel guilty or angry -- and cause your stress to rise more.

If the tension's bad enough to keep you from getting things done, you might notice it affects you in other ways, too, like:

- * Trouble sleeping
- * Racing thoughts
- * Lack of energy or trouble focusing
- * Headaches or muscle tension

Keep your mood in check with regular exercise, limit alcohol and caffeine (which can make stress worse), and get enough sleep. Talk to a friend or counselor about what's on your mind, too.

Could it be ADHD?

Attention-deficit hyperactivity disorder (ADHD) affects behaviour. People who have it often have trouble making decisions or getting tasks done before a deadline. Some get too distracted with other activities around them. Others find it hard to plan ahead, or they get frustrated easily and give up.

Other symptoms of ADHD include:

- * Daydreaming
- * Forgetting or losing things
- * Making careless mistakes or taking unsafe risks
- * Squirming or fidgeting

Medications can often help control many symptoms of the disorder. Cognitive-behavioural therapy, which helps identify and change negative thought patterns, also can

help many people with the condition better manage their time.

Are you tired?

The amount of willpower you have changes every day and depends on many things, including whether you've had enough sleep. If you've had less than 6 hours, it's harder for your brain to tune out distractions and focus long enough to finish what you need to do.

Other signs that you need more shut-eye include:

- * Falling asleep while watching TV or reading a book
- * Feeling irritable
- * Sleeping longer on weekends
- * Trouble waking up in the mornings

To get a good night's rest, keep the same bedtime and wake time. Don't smoke, and steer clear of alcohol, caffeine, and heavy meals for a few hours before bed, since they can disrupt your Zzz's.

Could it be anxiety?

This condition means your brain overreacts to negative emotions. You expect the worst, even when there's nothing to fear. Some people with anxiety spend so much energy worrying about family, health, money, or work that they find it hard to carry out everyday tasks.

You might also have:

- * Muscle tension
- * Fatigue
- * Trouble sleeping
- * Irritability

To stop anxious feelings, take 10 slow, deep breaths, or replace a negative thought with a positive one. It's also important to get enough rest, exercise regularly, and make sure you don't skip meals. Keep a journal to help you learn what triggers your anxiety. Some people need medications or talk therapy to get the condition under control.

Could you be depressed?

Depression alters your brain's chemistry. You may have very little energy, even for hobbies and activities you love. It's also com-

mon to feel helpless and self-critical, which can cause someone with the condition to "shut down."

Other symptoms of depression include:

- * A feeling of sadness that doesn't go away
- * Low appetite and weight loss, or overeating and weight gain
- * Restlessness or feeling irritable
- * Thoughts of suicide or death

Call a friend or family if you're thinking about hurting yourself or others. Even if not, talk to a counsellor or therapist if you have any of these other symptoms. Your doctor is a good resource as well. Some people also find relief from their depression with antidepressant medicine.

Could it be obsessive-compulsive disorder?

If you have this disorder, your brain can't signal when you're doing something correctly. Instead, you have a nagging sense that your actions aren't "just right." Rather than finish a task, people with OCD get stuck looking for a "perfect" solution.

Other symptoms include:

- * A lot of unwanted thoughts or images
- * Feeling helpless to stop the thoughts
- * Rituals like hand washing
- * Spending at least 1 hour a day on these thoughts and rituals

Anti-anxiety medication or antidepressants can often improve OCD symptoms. Many people also use cognitive-behavioral therapy or exposure therapy, in which they learn to slowly face their fears.

What you can do

Be honest with yourself about what might be holding you back from getting a task done. Then think of realistic ways you can get past it.

If you think you're stuck because of a more serious health problem, talk to your doctor to make sure you get the right diagnosis and treatment.

If good old-fashioned procrastination is your issue, break big projects into smaller ones you can do more easily. You can set deadlines to stay on track. Some people also find it helpful to reward themselves when they make progress.

When you catch yourself wasting time, forgive yourself rather than feeling ashamed or angry. You may be less likely to procrastinate again if you go easy on yourself.

WebMD

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Vidya Malvade opens up on 'Chak De! India'; reveals why her scenes with Shah Rukh Khan were edited

Vidya Malvade rose to fame with the film 'Chak De! India'. The actress played the role of a strong-willed girl, who went against her family's wishes and decided to chase her dreams of playing international hockey for the Indian team. In a recent interaction with an entertainment portal, the actress opened up about the film.

She reportedly said they spent a year and a half on that film and called the whole process outstanding. The actress revealed of her and Shah Rukh Khan that a lot of scenes were deleted because the length of the sequence was too much. The impact of the scene between SRK and her had a lot of impact.

The actress further talked about the nepotism debate in the Hindi film industry. She said that it depends on the person's mindset about what to believe and what you want to think. The diva stated that she has come here to do her job and she will do it in the best of her capability. If something is meant for her it is not going anywhere. There's nepotism in every industry.

The actress is a fitness enthusiast and practices Yoga regularly. She is an avid social media user and often shares videos and pictures of her work out session on social media.



Radhika Madan's 'shaitan' ways are quite contagious

She's not only a talent to watch out for on the big screen, but also on social media. Radhika Madan, who was recently seen in 'Angrezi Medium', creates priceless video spoofs and boomerangs, all associated with some iconic Bollywood moments. Striking a glamorous dancing pose (as seen above) in her latest post, the actress wrote: "Bure bure hum hum shaitan zara zara bachna re humse!" For those who didn't get it, it's a hookline taken from a song in 'Bluffmaster' (2005), starring Abhishek Bachchan, Priyanka Chopra and Riteish Deshmukh. The song 'Bure Bure' takes its inspiration from an Iranian song, 'Boro Boro' sung by Arash. Another time she makes you guess a film is when she posts a picture of herself dialling a number on her cell. The caption reads: "Hello 9821026212 BPL ? Shyah! Are 982002-6235 max touch? Shyah! Ps- Only Govinda fans will get this." And right enough they did, one of them being a celeb, who worships the actor - and that is none other than Ranveer Singh, who responded with a laughter emoticon. The reference is to the catchy Govinda-Karisma Kapoor number, 'What is mobile number? Karu kya dial number?' from the film 'Haseena Maan Jayegi' (1999).

Radhika's videos are equally hilarious. Tapping on the newest topic of the day, she creates her own versions of it - right from 'Binod meme', where she can be seen striking a Shah Rukh Khan pose to including the much-talked about matchmaker Sima Aunty views on the contestants in the show 'Indian Matchmaking', which is put to great use in the spoof, where the actress is persuading her pet to play with her. One of the first time this quirky talent of the actress came to light is when she did a spoof of balancing a hot cup of coffee to the beats of Michael Jackson's 'Billie Jean'. It got numerous reactions, including from actor Ayushmann Khurrana.

YOUR STARS

Sagittarius: Nov 22 - Dec 21

You could without fear confide yourself to your best friends, and they'll be able to advise you usefully. A climate very favourable to an improvement of the conditions of everyday work; but it'll be necessary to be cautious on the associative plane. Money problems may be the cause of quarrel with your close relations.

Lucky Numbers: 3, 16, 17, 20, 30, 36

Capricorn: Dec 22 - Jan 19

Discussions and arguments will cause agitation in your family life. Watch out, you'll have a clear tendency to live well above your means; don't think that you'll always be able to get away with it; you're likely to find yourself at a dead end.

Lucky Numbers: 25, 26, 30, 34, 36, 40

Aquarius: Jan 20 - Feb 18

Don't worry too much about your love life: everything will straighten itself out according to your wishes. You'll be on the road to success: nothing will come to slow down your professional progress, and you'll go straight ahead; all the same be careful of some jealous ones!

Lucky Numbers: 5, 7, 12, 20, 23, 25

Pisces: Feb 19 - Mar 20

You are likely to face important problems if you give in to your present tendency to making fun of everything all the time. It'll be necessary to remain on your guards in your professional environment: the more you gain successes and the more numerous your adversaries will be.

Lucky Numbers: 1, 9, 12, 13, 15, 27

Aries: Mar 21 - Apr 19

Near your close friends you'll find comfort and sympathy that'll again give life its beautiful colours. You'll be able to make good bargains, and the small delays that annoyed you will be forgotten. Good astral influxes, which will favour your love affairs.

Lucky Numbers: 10, 17, 23, 25, 31, 37

Taurus: Apr 20 - May 20

Excellent week to make decisions that are slightly based on intuition and much on common sense. Keep your spirits up in spite of your problems, for everything will sort itself out rather quickly. For couples, understanding will be good; moderate your words and show small attentions, which can arrange many things.

Lucky Numbers: 2, 11, 15, 18, 20, 25

Gemini: May 21 - June 20

You'll feel romantic, with certain nostalgia for the past. Don't wake up your dead love affairs: you may cause forgotten sufferings to come back. At work, don't get involved in quarrels between your colleagues.

Lucky Numbers: 15, 17, 20, 23, 29, 33

Cancer: June 21 - July 22

Don't take things too much at heart: with some aloofness, you'll have a better view of things and then everything will fare better. You're most likely to be confronted with sentimental problems which are difficult to solve; listen to your heart!

Lucky Numbers: 7, 19, 29, 30, 31, 38

Leo: July 23 - Aug 22

Healthwise, you'll finally recover all your vitality: no more sinking feelings and lacks of tonus as in the previous periods! Don't wrap yourself up at the slightest blow to your self-pride; be less emotional.

Lucky Numbers: 13, 18, 25, 36, 37, 40

Virgo: Aug 23 - Sept 22

Show great cautiousness in your sentimental and sexual relationships because there'll be an undeniable risk of complications and contamination. You'll want to assert your independence toward the ones you love, but you'll wonder about their possible reaction.

Lucky Numbers: 9, 15, 23, 29, 30, 31

Libra: Sept 23 - Oct 22

You'll be able to count on the frankness and honesty of your friends. Couple life subject to bad conditions. In general, you'll have an interest in being very careful in the management of your finances; don't spend for what is useful, but only for what is absolutely indispensable.

Lucky Numbers: 4, 5, 9, 15, 20, 23

Scorpion: 23 Oct - 21 Nov

If you're not afraid of failure, then it's failure that will fear you this time and will keep away from your path; so dare to launch original initiatives and take calculated risks. Your professional ambitions will be rewarded. Luck will smile to you in your practice of new leisure activities. You'll be given discrete assistance.

Lucky Numbers: 9, 11, 15, 16, 25, 30

Bin Kuch Kahe

It is not easy to enact the role of a journalist: Sameer Arora

'Bin Kuch Kahe' actor Sameer Arora talks to Tellychakkar about his aspiration as an actor, about the show, his achievements and more

To begin with, tell us a bit about your character?

I am playing the role of Kabir, who is half Brazilian and half Indian. He is a journalist who loves football, politics and A.R. Rahman's music. He will come down to India for an assignment where he will happen to meet Kyra (Shamata Anchan).

How is the experience of playing a journalist on small screen?

It is not easy at all. It demands a lot of research. I had to work on my body language and mannerisms on how to do reporting and cover each story with minute details. Being Brazilian and Indian I had to do research on journalism standards in both the countries. The journey till now has been exciting.

Enlighten us a little bit about yourself?

I was born in Nainital and since my childhood I had decided to become an actor. I shifted to Delhi to pursue my passion. My parents were against my idea of joining the entertainment industry. I had to struggle hard to make my place in the industry. I started with music

videos, advertisements, short films, etc. I also worked with Sanjay Leela Bansali behind the camera as an assistant director for the movie *Ramleela*.

What challenges did you face before bagging this project?

Being not from the industry and city Mumbai, it was very difficult to get acquainted with the fraternity. I had zero knowledge about things like whom to approach, how to give auditions, how casting takes place, so there were too many questions going on in my mind. However, later things fell in place and I managed to bag my first TV show *Bin Kuch Kahe*, and now sitting next to you all giving interviews.

How was your experience working with Sanjay Leela Bansali?

Well, to fix up a meeting with him was a big task for me. When I met him he understood that I am here to become an actor. He told me that I look good, have good height so why would you become my assistant director? I said I only wanted to learn.

What was your feeling when you faced the camera for the first time for this show?

I was very excited as I like the character of Kabir a lot. I face challenges everyday to portray the part. And I think be a newbie or an experienced actor, everyone gets nervous on their first day of shoot. Ten thousand things run in your mind. So I was excited and a bit jumpy.

Do you think working with Sanjay Leela Bansali has helped you in your career?

Yes, definitely. Any experience is good experience.

Why do you think people should watch *Bin Kuch...*?

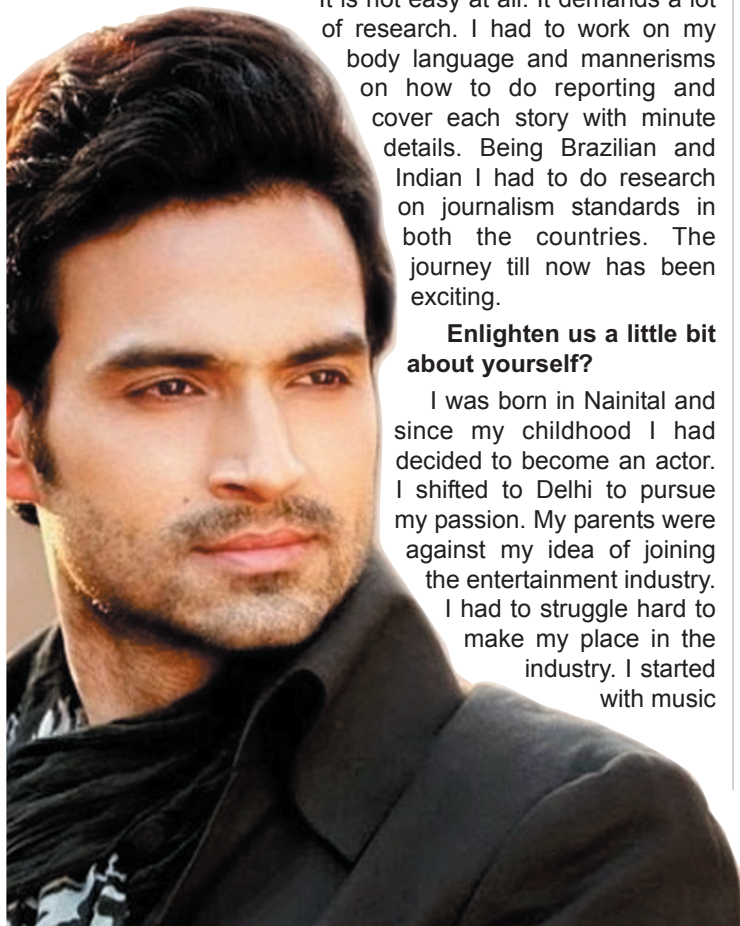
It is a very different light-hearted romcom with a bit of drama. We are giving audience a mix of emotions. You will relate to every emotion from your daily routine life.

Have you been an avid watcher of TV?

Sometimes when I get time, I do watch little bit of TV. I don't restrict to any particular genre.

If not an actor, what would you have been?

Cricketer, footballer or formula car racer.



"I wanted to cry badly but somehow held myself together" - Megha Ray

Multiple shows were shut down midway when the lockdown was going on, and while the shoots have now resumed and all the leading shows are back, the sudden shutdown was indeed shocking.

One of them was Zee TV's *Dil Yeh Ziddi Hai* starring Megha Ray who played the leading role in the show.

In a recent interview with Bombay Times, Ray opened up on how disheartening it was that the show went off-air midway and how she dealt with it. Ray said, "It was a heartbreak. I'm usually a tough nut and don't end up crying, but I sure wanted to cry when I got to know that the show was going off-air. Somehow, I held myself together."

She added, "It was my first show, and I had never dreamt that something like this would ever happen. The world had already become so strange with the lockdown and the idea that once the lockdown was over, I would go back on set, and work again kept me very positive. So when I got the news, I couldn't believe that it was all over so abruptly, without any warning. I was super excited to play the part where Kajal would lose her eyesight (which was always the main theme of the show). Little did I know that Kajal's journey would remain incomplete and leave a void in my heart. However, I have chosen to look at this in a positive way. We never know what is in store for us so it is always a good idea to make the best out of today."



TV SERIAL

Yeh Un Dinon Ki Baat Hai

Friday 21 Aug: One of the daughters goes missing and the other daughter is about to suicide as she says that she committed a crime, stay tuned to find out what happens to the family and the girl.

Monday 24 Aug: Sameer and Naina spend the night in the lawn as they loose their keys. Kaanchi bhaiya comes and wakes them up and tells Naina that he like to work at their place more than any other household. That's when Naina realises that their lifestyle is quite unique from other people.

Tuesday 25 Aug: Preeti's Father recieves a deadline from his elder brother formpaying him an amount of fifth thousand by today evening which he had no option other than agreeing with it. Sameer lies to Naina and goes off watching a cricket match.

Wednesday 26 Aug: Sameer to seek forgiveness, wakes up early and is ready before Naina is up. Naina is suffereing from her periods and is very shy in talking about it to Sameer. She goes to the market alone for the pads and no matter whatsoever, Sameer has no clue about what has happend to Naina.

Thursday 27 Aug: Now that the exams are over and new year is on the brink, Naina plans for the new year eve when suddenly, Mamaji who was supposed to come tomorrow for dinner at their place, are coming tonight itself and Naina has gone into panic mode.

Kahan Hum Kahan Tum

Friday 21 Aug: Sonakshi is hurt by Rohit's blame-game while Nethra gives her a surprising news. Later, Sonakshi pleads with the father of a church to let Rohit enter the premises.

Monday 24 Aug: Rohit gets confused when he imagines Sonakshi in his prayers. Later, Sonakshi spots an intoxicated Pari on the street late at night.

Tuesday 25 Aug: Suman slaps Pari while Sonakshi assumes that Rohit does not love her. On the other hand, a determined Rohit resolves to confess his feelings for her.

Wednesday 26 Aug: Raima's unexpected reaction after noticing Sonakshi leaves her mother and the doctor surprised. Elsewhere, Rohit rehearses his proposal to Sonakshi.

Thursday 27 Aug: Sonakshi tells Rohit that she wants to end their fake relationship. Unable to confess his feelings, he agrees to part ways with her.

CINE 12

Samedi 21 août - 21.15

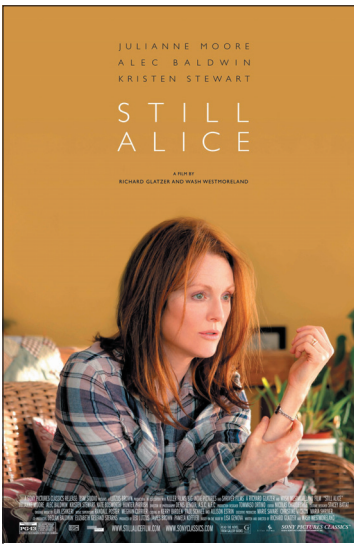
Page Eight

Avec: Bill Nighy, Rachel Weisz,
Tom Hughes

CINE 12

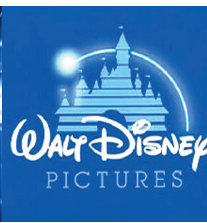
Samedi 22 août - 21.15

Still Alice

Star: Julianne Moore, Alec Baldwin,
Kristen Stewart

CINE 12

Dimanche 23 août - 21.10



vendredi 21 août

MBC 1

07.05 Local: Passerelles
09.30 Local: Later Set Kouler
10.34 Local: Arts.21
11.00 Local: Saver KilTirel
12.00 Le Journal
12.25 Mag: Women Who Changed
12.30 Mag: Eye On SADC
14.00 Local: Rodrig Prog
14.46 D.Anime: Le Quiz De Zack
15.02 D.Anime: Petit Creux
15.15 D.Anime: Teenie Weenies
16.11 D.Anime: Boule Et Bill
16.33 D.Anime: G-Fighters
17.05 D.Anime: Spirit
18.00 Live: Samachar
18.30 Serial: Siya Ke Ram
19.30 Journal & La Meteo
20.00 Ganesh, Dieu Du Savoir...
20.10 Prod: Komiko
21.50 Serial: The Blacklist
23.00 Le Journal

MBC 2

10.00 Serial: Mah-E-Tamaam
11.20 Serial: Tum Mere Paas Raho
12.04 Film: Katti Batti
Starring: Arun Nalawade, Vilas Ujavane, Jayraj Nayar
14.27 DDI Magazine
15.00 Mag: Strictly Street
15.27 Serial: Honaar Soon Mee
15.50 Serial: Mooga Manasulu
16.13 Serial: Apoorva Raagangal
16.33 Serial: Bisaat-E-Dil
16.55 Mehendi Tohra Namam Ke
17.17 Serial: Gangaa
18.00 Serial: Dr. Quin
18.30 DDI Magazine
19.00 Live: Zournal Kreol
19.30 DDI Magazine
20.00 Serial: Tawaan
20.44 Local: Anjuman
21.11 Local: Urdu Programme
22.11 DDI Live

MBC 3

06.00 Mag: Eco India
06.44 Mag: Shift
07.00 Mag: Border Crossing
07.35 Mag: Tomorrow Today
08.01 Doc: Comme Un Poissn...
09.08 Doc: 360 GEO
10.01 Doc: The Emperor Of The...
12.07 Mag: Urban Gardens
12.25 Mag: Shift
12.41 Mag: Border Crossing
13.07 Doc: A Question Of Science
13.39 Doc: Comme Un Poisson...
14.31 Doc: World Stamps
15.29 Doc: Living In Dignity
17.49 Mag: Urban Gardens
17.54 Doc: A Question Of Science
18.00 Doc: The Rich, The Poor...
18.30 Live: News
18.43 Mag: Arts And Culture
19.00 Open Univ: Student Support
19.28 Doc: A Question Of Science

Cine 12

01.30 Film: Hailey Dean Mysteries
02.51 Serial: The Good Doctor
03.32 Serial: Island Doctor
05.02 Tele: Totalement Diva
05.53 Tele: Esmeraldas
06.38 Serial: The Quest
09.00 Serial: NCIS
09.45 Tele: Soleil Levant
10.35 Serial: The Good Doctor
11.31 Tele: Dulce Amor
12.00 Serial: Island Doctor
13.30 Tele: Totalement Diva
14.45 Serial: The Quest
16.40 Serial: NCIS
17.21 Tele: Esmeraldas
18.05 Tele: Soleil Levant
19.10 Tele: Dulce Amor
20.05 Tele: Le Prix Du Désir
20.30 Serial: Emerald City
21.15 Film: Page Eight
23.54 Tele: Totalement Diva

Bollywood TV

08.00 Film: Bajatey Raho
12.05 / 19.54 -
Kahan Hum Kahan Tuam
12.16 / 20.11 -
Kullfi Kumarr Bajewala
12.46 / 20.32 Radha Krishna
13.09 / 21.09 - Bin Kuch Kahe
13.31 / 21.24 - Zindagi Ki Mehek
13.53 / 21.46 -
Bade Acche Lagte Hai
14.13 / 21.59 -
Jai Kanhaiya Lal Ki
14.39 / 22.25 - Bitti Business...
15.21 Film: Angrezi Mein Kehnte..
Starring: Sanjay Mishra,
Pankaj Tripathi, Brijendra Kala
18.00 Live: Samacher
18.30 Kumkum Bhagya
18.51 Piya Albela
19.14 Mere Angne Mein
19.33 Yeh Un Dinon Ki Baat Hai

samedi 22 août

06.00 D.Anime: Robot Trains
07.25 D.Anime: Kid-E-Cats
08.50 D.Anime: Looped
12.00 Le Journal
12.25 Local: People
12.35 Mag: Garden Party
13.05 Local Production
14.10 Local: Rodrig Prog
14.35 D.Anime: Fruit Ninja Frenzy...
14.46 D.Anime: Le Quiz De Zack
15.01 D.Anime: Petit Creux
15.14 D.Anime: Teenie Weenies
15.17 D.Anime: Poko
16.11 D.Anime: Boule Et Bill
16.35 D.Anime: G-Fighters
17.40 Local: Zanfan Nou Pei
18.00 Live: Samachar
18.35 Entertain: Nach Baliye
19.30 Journal & La Meteo
20.00 Prod: Lottotech
21.10 Film: The Beautiful Country
23.10 Le Journal

10.00 Bade Acchelagte Hai
12.00 Serial: Nanda Saukhyia Bhare
12.50 Serial: Brundavanam
13.12 Annakodiyum Ainthus
Pengalum
13.35 Serial: Anu Pallavi
14.00 Dil Hai Hindustani
15.00 Mag: Strictly Street
15.30 Film: Vighnaharta Shree
Siddhivinayak
Starring: Ramesh Deo,
Parmeet Sethi, Divya Dutta,
Ashalata
18.30 Mag: Strictly Street
19.00 Zournal Kreol
20.05 Serial: Vikram Betaal Ki
Rahasya Gatha
20.28 Serial: Bitti Business Wali
21.00 Film: Dillagi
Starring - Sunny Deol, Bobby
Deol, Urmila Matondka
23.39 DDI Live

06.00 Doc: Collected Memories
06.47 Mag: Arts And Culture
07.00 Mag: Global 3000
07.30 Doc: A Question Of Science
07.35 Mag: Euromaxx
08.01 Doc: Iran Short Of Water
09.00 Doc: Code(s)
09.53 Doc: Mounments Men Of...
10.36 Doc: The Ruins Of Raqqa
12.21 Mag: Global 3000
12.56 Mag: Euromaxx
15.34 Doc: Desert Patrol
16.03 Live from Maratha Mandir
18.30 Live: News (English)
18.43 Mag: Healthy Living
19.00 Mag: Word On The Street
19.56 Doc: Japan 2020
19.56 Mag: Mediterranean....
20.58 DocL World Stamps
21.04 Doc: 360 GEO
21.53 Doc: The New Maharajas...
22.35 Doc: Book Hunters Saving...

01.26 Film: Page Eight
03.06 Serial: Chicago Fire
03.45 Film: Arena
05.27 Tele: Destiny
06.01 Serial: Emerald City
06.43 Serial: Sherlock
08.30 Serial: Mike Hammer
09.18 Serial: Brooklyn Nine Nine
09.59 Serial: Counterpart
10.52 Film: Hailey Dean Mysteries
12.18 Serial: Chicago Fire
13.03 Serial: The Magicians
13.45 Tele: Premiere Dame
15.05 Serial: The Good Doctor
17.00 Serial: Emerald City
17.45 Film: I Think My Babysitter's
19.18 Mag: Hollywood News Feed
20.05 Tele: Le Prix Du Désir
20.30 Series: Hawaii Five 0
21.15 Film: Still Alice
22.52 Tele: Eva Luna

04.05 Kahan Hum Kahan Tum
04.26 Kullfi Kumarr Bajewala
04.43 Radha Krishna
05.05 Zindagi Ki Mehek
05.27 Bade Acche Lagte Hai
05.55 Jai Kanhaiya Lal Ki
06.14 Bitti Business Wali
06.38 Kundali Bhagya
06.58 Piya Albela
07.20 Mere Angne Mein
08.00 Zindagi Ki Mehek
10.02 Yeh Un Dinon Ki Baat Hai
14.02 Bin Kuch Kahe
16.00 Pavitra Rishta
18.30 Film: Mubarakan
Starring Anil Kapoor, Arjun
Kapoor, Ileana D'Cruz
21.01 Serial: Siya Ke Ram
21.43 Serial: Naagin
22.27 Serial: Zindagi Ki Mehek

dimanche 23 août

06.00 D.Anime: Robot Trains
06.27 D.Anime: HTDT
08.45 D.Anime: The Garfield Show
09.24 D.Anime: Astrology
09.35 Serial: Dark Oracle
12.00 Le Journal
12.30 Local: Elle - No 110
15.00 D.Anime: Fruit Ninja Frenzy...
15.16 D.Anime: Le Quiz De Zack
15.20 D.Anime: Chuck's Choice
15.31 D.Anime: Petit Creux
16.10 D.Anime: Les Enquêtes Des...
16.26 D.Anime: Fils De Wouf
16.41 D.Anime: Boule Et Bill
17.02 D.Anime: G-Fighters
17.29 D.Anime: Roger
18.00 Live: Samachar
18.30 Local: Yeh Shaam Mastani
19.30 Le Journal
20.00 Prod: Mett Sa Ladan
21.10 Film: Rabbit Proof Fence

07.00 Film: Saraswathi Chandra
Starring: Nutan, Manish
09.15 DDI Magazine
10.00 Local Production
11.00 Serial: Oru Kai Osai
11.21 Serial: Santoshi Maa
12.00 Film: Hadh Kardi Aapne
Starring - Govinda, Rani
Mukherji
14.19 DDI Magazine
15.00 Mag: Strictly Street
15.23 Serial: Mooga Manasulu
15.49 Eka Lagnachi Teesri Gosht
16.13 Serial: Apoorva Raagangal
17.00 Serial: Mahakali
18.00 DDI Magazine
19.00 Zournal Kreol
20.00 Serial: Maharakshak
20.44 Serial: Naagin
21.27 Serial: CID
22.15 Serial: Piya Rangrez

06.00 Doc: Amazing Gardens
06.26 Doc: Ville En Fête
06.52 Doc: The World From Above
07.15 Mag: Mixeur, Les Goûts...
08.36 Doc: World Stamps
10.13 Doc: Book Hunters Saving...
11.26 Doc: Ville En Fête
12.18 Mag: Mixeur, Les Goûts
18.00 Doc: World Stamps
18.00 Doc: Trajectory
18.30 Local: News (English)
18.44 Doc: Set One: Heavy Load...
19.05 Doc: Empty Nets
19.55 Doc: Japan 2020
21.00 Doc: 360 GEO
21.52 Doc: Never Enough
22.34 Doc: Sustainable Labelled
23.17 Doc: Trajectory
23.43 Doc: Garden Party
00.09 Doc: Empty Net
00.33 Mag: Futur Mag

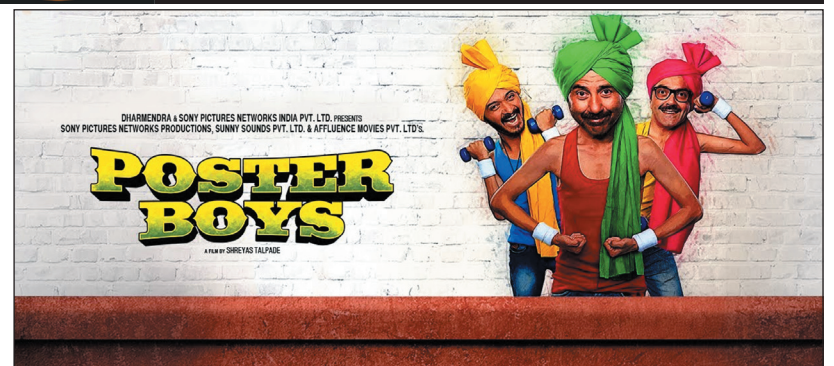
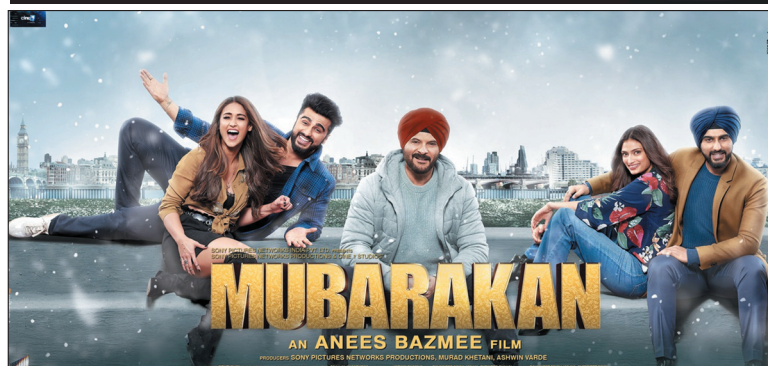
01.32 Film: Still Alice
03.05 Serial: Hawaii 5-0
03.46 Film: La Parole Est Au Colt
05.10 Tele: Destiny
05.58 Serial: Hawaii Five 0
06.40 Film: Nessie & Me
08.30 Serial: Mike Hammer
09.15 Serial: Brooklyn Nine Nine
09.56 Serial: Counterpart
10.48 Film: I Think My Babysitter's
12.20 Serial: Hawaii 5-0
13.02 Tele: The Magicians
13.44 Tele: Premiere Dame
15.05 Serial: The Good Doctor
17.08 Serial: Hawaii Five 0
17.50 Serial: The Enemy Within
18.31 Serial: Mission: Impossible
20.05 Tele: Le Prix Du Désir
20.30 Serial: Incorporated
21.15 Film: Don't Think Twice
22.46 Film: Nessie & Me

00.30 Yeh Hai Mohabbatein
02.12 Bin Kuch Kahe
04.03 Pavitra Rishta
05.28 Film: Mubarakan
08.06 Motu Patlu
08.16 Chhanchhan
08.54 Jai Kanhaiya Lal Ki
10.05 Jaana Na Dil Se Door
11.35 Piya Albela
14.00 Kahan Hum Kahan Tum
15.45 Kullfi Kumarr Bajewala
17.00 Punar Vivaah
18.00 Samachar
18.30 Film: Poster Boys
Starring: Sunny Deol,
Bobby Deol, Shreyas
Talpada
20.34 Motu Patlu
20.44 Bade Acche Lagte Hai
22.27 Piya Albela

Samedi 22 août - 21.00

Stars: Anil Kapoor, Arjun
Kapoor, Ileana
D'Cruz

Dimanche 23 août - 18.30

Stars: Sunny Deol, Bobby
Deol, Shreyas Talpada



Nita Chicooree-Mercier

On the Road and in the Temple: Casual Encounters

A few signs of summer heat chasing away the cool air hesitantly made their appearance last week, but light rain and sporadic winds and gusts were quick to frighten them away and to refresh the atmosphere and bring back the winter cold that spurs folks into undertaking things

that had better be done today than postponed for tomorrow. Rays of sunlight piercing through the cloudy sky last week had been most welcome; they enliven the environment, the trees and flowers, and boost the morale of people. Not that folks whine about rain and the greyish sky, these help keep us fit so that we spend much energy and feel less tired.

Our compatriots are very good at predicting the future.

One fellow says, 'Summer is going to be awful this year.'

Another one drags his feet back home after his late afternoon drink at the *laboutik*, and out of the blue announces, 'Did you hear that: Covid-19 is back. The end of the world is near.'

All right, thanks for the news.

'It is here to stay. Mind my words... you hear me?'

Why, someone else reminds you of another matter in case you have forgotten, 'There have been no cyclones in Mauritius for the past ten years or so.' And to make his point clearer, he adds: 'It is unlikely that there will be any cyclone in the future.'

Why does Nature bestow favours on the island? Pray, tell us.

Simple answer: 'Because we all pray a lot. And we, for instance, meet with other Reiki masters to perform rites to avert hostile winds barrelling towards us.'

He is a Tamilian with an advanced level in Reiki.

In fact, the winds which thoughtlessly head fiercely towards the island are not averted, they are diverted. They go on rampage in the neighbouring islands. It's a good thing they are not aware of our diversion tricks. Nor are we going to have any tsunami or whatever.'

How does the young executive know?

'She did some research into the topic.'

What about the slight quake off the coast of Blue Bay last year?

'That's nothing. It's not going to happen again.'

How does she know?

'Well, the tectonic plates are not moving anywhere in our area.'

Good news, then. Despite Blue Bay being struck nearer the coast this time.

'Mauritius is safe. Covid-19 is under control because God looks after us. We all pray a lot.' This pronouncement comes from a middle-aged Creole woman. Prayers matter a lot, everyone concedes. You would think the island is full of divine creatures, angels and all.

Standing in front of the closed gate of St Antoine Church in Port-Louis at the southern end of the town, a sturdy Creole woman is looking dejected.. In our very Mauritian habit of spontaneous and quite natural social interaction, she pours out her story to me as I conveniently happen to be the only creature walking her way on Friday.

'I don't understand why the church is closed. I thought



"July-August is a blessed period of religious festivals. The position of the moon in Hindu and Buddhist calendars, yaj ceremonies performed at several Arya Samaj centres, the chanting and recitation of mantras in Sanskrit after the ceremony conducted by pundits and punditas..."

mass was going to be held now.'

Maybe it was held earlier.

'How can they do it at 6 am? I mean there is no bus from Pointe aux Sables so early.'

She had walked all the way from Victoria bus station to attend the ceremony in honour of St Antoine.

'Oh!' I don't know much about St Antoine. In fact, nothing except vague hearsay as to his healing powers.'

Perversely, the stuff a Middle-Ages historian wrote about the Gregorian calendar and the sanctification of a bunch of characters ranging from mediocre to highly dull ones among monks in Egypt and the region flashed across my mind.

A nurse assistant was next. It was her day off. She looked a bit tired; I sympathized. Yesterday, she said, she had asked her sister to put a candle in some place. I could not pick up everything she was saying. The sister could not do it, so she asked her brother. He declined, too.

'You know it's not very Christian, how can they not help?'

Maybe they are busy.

'People have no time for others', she laments.

She also planned to go to Immaculée Church for a mass at noon.

'It is for Virgin Mary, you know.'

That's in St Georges Street, at the other end of the town. To me she looks in her thirties.

'Your children are at school, I guess.'

'Oh no!' she answered. 'My son is 30, and my daughter 20.'

She did not mind walking, as there was still some time left for the next mass. She has strong faith in her beliefs. A yearning for the transcendental comes naturally to people hailing from countries where other traditions

existed before new faiths took over.

Pity she missed the mass at St Antoine. I could offer little comfort except walk a bit further alongside her to keep company.

'It's a beautiful sunny day, you'll enjoy it on your way to the church.'

'I am glad I met you', she said before parting. Her face lit up into a smile.

The Kovil nearby has been full of devotees, flowers, music, prayers and the elevating smell of incense sticks burning for the whole week.

July-August is a blessed period of religious festivals. The position of the moon in Hindu and Buddhist calendars, yaj ceremonies performed at several Arya Samaj centres, the chanting and recitation of mantras in Sanskrit after the ceremony conducted by pundits and punditas. A few guests from various walks of life made interesting speeches at the Arya Samaj Mandir in Triolet. The Grand Bay Arya Samaj held the function three days earlier.

Conversations centred mostly on ceremonies held in various places.

Quite a change from the *Puranic bhakti* tradition of worshipping *murthis*, Vedic ceremonies without *murthis* to highly devotional ISKCON yaj in honour of Lord Krishna - morphing from Baby God to Spiritual Guide on the battlefield. The symbolism of *murthis* escapes some.

'Philosophy without religion is mere speculation,' an ISKCON pundit explained on one occasion before the final yaj on Saturday. Is that the secret for the survival of old civilisations?

A long line of devotees queued up in front of the temple, so it was going to be full inside.

A member suggested that we attend the sitar concert to be held in the hall nearby. Sitting on the steps of a small temple, we had a full view of the vast plain next to ISKCON. A soothing atmosphere of peace emanated from it as the place was about to be swathed in darkness. The temple lit up with lamps and garlands, and the air filled with music and chantings in Sanskrit.

Regular members greeted one another, some hopped in after *puja* at the Shivala nearby. Some people, it seems, devote most of their spare time to attending ceremonies or doing *pujas*. These are opportunities for socialising too. Similarly, yoga groups organize prayer sessions occasionally.

ISKCON food with carefully chosen spices is most healthy, no doubt. With coffee and tea banned, Ayurvedic tea is served at every meal. Ayurvedic medicine, treatment for different impairments, skin ailments and all are the main topic of conversation.

Inside the brightly lit hall, Mr Santokee and his musicians blessed the audience with beautiful sitar music. Transcendental and divine.

Indeed, there is more to life than investing all our energies in figuring out ways to amass more, make ends meet, survive, follow the Kali Yug development of world affairs and sorting out puzzling crazy situations.