

MAURITIUS TIMES

• *Leadership is the capacity to translate vision into reality. -- Warren Bennis*

Interview: Dharam Gokhool

**“The winds of change
have arrived. The
writings are on
the wall”**

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Getting our priorities right



A truly popular movement should not pander to vested agendas or allow itself to be hijacked by politicians or other lobbies bent on pushing their own parochial interests or by those who want to turn back the clock

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Whose Mauritianism, and which type?



A dose of humility and much understanding, vast openness of mind, and a cavernous heart are required for the symphony of Mauritianism to reverberate across all divides

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No Place for Atavistic Mindsets

A video of what appears to be a lunch speech by one Pierre Noel, senior cadre of Alteo Ltd, has gone viral this week on social media and seems to have been widely circulated via WhatsApp in the country. It would appear that the speech has been furtively captured on video by one of the guests at the lunch, presumably held on one of the 'chassées' of the island, access to which is usually restricted to a few Mauritians. Most of those in attendance at the lunch, except for the one who recorded the speech, may have found it humorous, but not so by the thousands who have seen the recording and expressed their indignation on social media and in different settings at the contempt expressed by the Alteo employee for the Hindu community of this country and for Indians generally.

On the other hand, we note that the speech-maker-cum-comedian did not choose to circulate his speech in the public domain; he has had also the good sense of not posting it on any social media platform, which according to legal minds would not have allowed him to escape from the long arm of the law by virtue of Section 46 of ICTA for "causing annoyance", etc. However, we cannot help condemning in the strongest terms the vulgarities and expletives used in the speech. They betray a deep-seated mindset that seems to refuse to die down – one prevalent during the pre-Independence days as promoted by the likes of NMU and his ilk – despite all the benefits that may have accrued to the anti-Independence forces since 1968 to this day.

As could be expected, the reaction from citizens across a wide cross-section of the population, especially on social media and during social interactions and in workplaces has been strong: "Dégoûtant! Shameful! Excessivement puant!..." And much more... so virulent and violent that we deem them not publishable in the columns of this paper.

We understand that the speechmaker has been called by the CCID for interrogation. Alteo Ltd - a subsidiary company of IBL -, which advertises itself as "one of the leaders in the sugar, renewable energy and property sectors of the Indian Ocean and also a major player in the Mauritian sugar industry" has announced yesterday the suspension of its employee and its decision to undertake an "enquête interne". Will that go far enough to mitigate the harm caused to its

corporate image as a company that boasts of its adherence to the virtues of "respect... l'une de nos valeurs clés" – is for Alteo Ltd and IBL to decide.

There is more however. In an interview on the Alteo Group site on 15 September 2017, Pierre Noel was presented as the new Agricultural Manager of the Group after his return as in charge of the Group's TMC in Tanzania, where he had worked for 17 years. To the first question asked of him, this is what he replied: 'Ça a été une expérience enrichissante qui m'a apporté une grande ouverture d'esprit. Découvrir un nouveau pays, une nouvelle culture, une nouvelle langue et une nouvelle façon de travailler était extraordinaire.'

Three years down the line, in light of this video, we may be permitted to ask what has happened to the 'grande ouverture d'esprit' that Pierre Noel claimed to have been endowed with as a result of contact with a new culture? Since 'charité bien ordonnée commence chez soi', Pierre Noel would be well advised to apply whatever remains of his 'grande ouverture d'esprit' to the cultures in his land of birth, and perhaps a bit more to the Hindu culture which he seems not to be either familiar with or fond of. He might be surprised to discover its richness, its breadth and depth – and that would take him much beyond his Facebook apology. There is nothing like the light of knowledge to dispel the darkness of ignorance.

At the end of the day, what is regrettable and is likely to complicate matters is that this highly unacceptable incident involving the highly condemnable speech of Pierre Noel has come in the wake of the two recent protest marches of the "Pou Nouvo Moris" movement, which has caused discomfort amongst a large swathe of the population for the vulgarity on display during these marches, as well as the speech of Cardinal Piat at the Pere Laval anniversary, which from echoes that reach us is also not condoned by all and sundry. There are good reasons for the Government to embark on a reform of its governance of the country; we need not catalogue the long list of failings and scandals that have marked its mandate so far. What is perceived by an important section of the population as an aggression of their culture and morals will elicit counter reactions, and these could be leveraged by the powers that be to champion for the maintenance of the *status quo*.

The Conversation

Why foreign countries are scrambling to set up bases in Africa

The Horn of Africa is the epicentre of foreign military activity. Foreign troops have been deployed to support peace initiatives, subdue terror groups and support foreign security initiatives

Recent media reports claim that a covert Kenyan paramilitary team is responsible for the unconstitutional killing of terror suspects in night-time raids. The reports are based on interviews with US and Kenyan diplomatic and intelligence officials.

The team was trained, armed and supported by US and British intelligence officers.

It has been reported that since 2004, a Central Intelligence Agency (CIA) programme has been operational in Kenya without public scrutiny. For its part, the British Secret Intelligence Service (MI6) has played a key role in identifying, tracking and fixing the location of targets.

This has drawn renewed attention to the reality of widespread foreign security operations in Africa.

Several African governments are hosting foreign military bases. This is despite the African Union (AU) Peace and Security Council's ongoing concerns about the proliferation of foreign military bases on the continent. The AU is also concerned about its inability to monitor the movement of weapons to and from these military bases. Regardless, a host of bilateral agreements between AU member states and foreign powers underlie the spread of foreign military forces across the continent.

At least 13 foreign powers have a substantial military presence on the continent. The US and France are at the forefront of conducting operations on African soil.

Moreover, private military groups are active in several con-



French Air Force soldiers work on a Boeing C135 parked on the French Air Force base in Niamey, Niger in December, 2017.

flict zones on African soil. Northern Mozambique is the most recent case.

These dynamics coincide with claims that Russian MiG-29 and Su-24 warplanes have now conducted missions in Libya in support of Kremlin-backed private military forces to extend Moscow's influence in Africa.

Military base mapping

Currently, the US has 7,000 military personnel on rotational deployment in Africa. These troops carry out joint operations with African forces against extremists or jihadists. They are hosted in military outposts across the continent, including Uganda, South Sudan, Senegal, Niger, Gabon, Cameroon, Burkina Faso and the Democratic Republic of Congo.

In addition, 2,000 American soldiers are involved in training missions in 40 African countries. American special forces operate across east Africa in so-called forward operation locations in Kenya and Somalia.

Like the US, France has either deployed military forces or established bases in a number of African countries. The country has more than 7,500 military personnel currently serving on the continent. Its largest presence is in the Sahel, especially in the border zone linking Mali, Burkina Faso and Niger.

Theo Neethling
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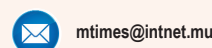
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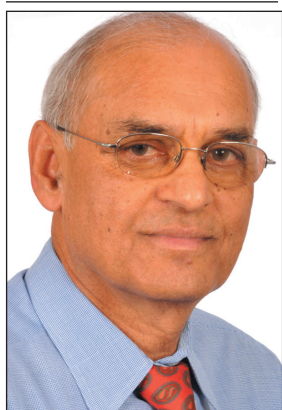
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Dr R Neerunjun Gopee

Whose Mauritianism, and which type?

As expected the two protest marches that have taken place recently have received widespread media coverage as being representative of true Mauritianism or a revival thereof. Without doubt they flagged some critical national issues that have become a matter of serious concern to all citizens, but from there

to extrapolate that they depicted 'true Mauritianism' is, to my mind, a skewed interpretation.

The attempts to define let alone catch that will-o'-the-wisp called Mauritianism go back to many years ago. Given its elusiveness, we really do not need to have a precise academic definition of Mauritianism to be Mauritians. But it is all right for academics and others to have interesting discussions about it, and it would not matter in the least if they never managed to come up with such a definition which... by definition, would most likely circumscribe the notion or concept. Or it would need to be so long to encompass all that it means to be Mauritian that it would cease to fall under the category 'definition.'

All genuine Mauritians know what it means to be one. Not only, however, do they know, but they live and experience it fully and daily, whether it is in Mauritius or abroad – in fact, it would seem especially so when they are abroad. Being a Mauritian has evolved as a mix of the diversities of beliefs, practices and behaviours that were brought in with the different cultures of the peoples that came to inhabit the island. To use a current terminology, it has now become part of our DNA – but meme, not gene.

By a process of sharing, borrowing, copying, exchanging and observing in matters of dress, food habits, language, down the generations we have created so to speak a unique blend that consists of openness of hearts and minds, acceptance of differences which provided a fertile ground for cultural infusions and fusions, mutual respect and adjustment, an *élan* of spontaneous help and solidarity in times of difficulty – cyclones or bereavement for example – and a *bonhomie* and *camaraderie* which is probably unique in the world. All of us who have travelled – which nowadays means a lot of us – know this for a fact. And the best we can do is to continue to live it in our daily interactions, especially in the manner that we do so when we are away from Mauritius. Why not practise 'extra-territorial Mauritianism' in Mauritius?

All of us have multiple identities which are lived simultaneously – social, religious, cultural, professional where this applies, and which particular identity comes to the fore depends on context and circumstance without, in any way, affecting the others. For example, in professional activities, cultural and religious identities are secondary, and are relevant only as so far as they may have any bearing on the matter at hand as in medical practice, where a particular belief or a food custom may be relevant, such as Jehovah's witnesses not accepting blood transfusions. Where others are battling false demons, we are quite happy with one another in many ways, and not least among these are what we share both on a daily basis – the varied food fare on our tables – and in particular on special occasions and festivals. Divali, Kung Shee Fat Choy, and Eid come to mind – when friends or neighbours send sweetmeats around.

Should that food commonality surprise us? Not if we



"By a process of sharing, borrowing, copying, exchanging and observing in matters of dress, food habits, language, down the generations we have created so to speak a unique blend that consists of openness of hearts and minds, acceptance of differences which provided a fertile ground for cultural infusions and fusions, mutual respect and adjustment, an *élan* of spontaneous help and solidarity in times of difficulty and a *bonhomie* and *camaraderie* which is probably unique in the world. All of us who have travelled know this for a fact. And the best we can do is to continue to live it in our daily interactions..."

realize that food is our fundamental need, what keeps us alive – and by extension, without stretching the imagination too far, I would venture to say that it also infuses our Mauritianism with liveliness. Not for nothing that we speak about the 'cultural life' of a nation. Some people lament that we are not a nation, because we tend to accentuate the differences. I beg to disagree, because I think we have moved a long way on the path of nationhood.

But I would also say that, if any of us find that there are negative things that are preventing us from making faster progress, then we must take the responsibility as educated and concerned adults to try and address them, especially where, because of our positions whether by virtue of the benefit of education, community, religion, profession or social network, we are better placed than our other compatriots to bring pressure to bear and exert influence for the better on our peers.

This debate on Mauritianism dates back, as far as my memory goes, to the pre-Independence period. I remember that the term '*entité mauricienne*' was in vogue, and many intellectuals of the time, among whom some teachers at the Royal College Curepipe, gave their views in various forums. Why this subject came up around that time would no doubt constitute a rich field of research for historians, but subsequently the notion of *entité* (entity) seems to have morphed into *métissage* (interbreeding) and *Mauricianisme*. These surface from time to time, and as we have said, let the academic play go on for fun or the sake of seriousness (need to be published: publish or perish...) but we, Mauritians, have other things to do and need to get on with our lives.

What is more important for us to make the next leap in our Mauritian commons (akin to the global commons) is to see how we can further enrich our living space, not the physical space but our moral, psychological and cultural space. For this we have to turn inwards, and start

putting order in our own house: we must consciously examine what is it in our customs and practices that, for example, may disturb our neighbours, and apply what lawyers call the test of *reasonableness*. Each community or religious entity must do that, and remember that reasonableness depends a lot on common sense, both of which go into creating that essential ingredient (amongst other things) of a vital commons, namely civic sense. We will soon enough discover that if we are comfortable in our own skins, then aggressive assertions of identity are neither necessary nor fruitful, and will ill-serve the future generations of Mauritians for whom we all bear – must bear – collective responsibility.

This discussion could go on interminably, but we must choose to be practical and to focus our energies on how best to serve the country and the people in all aspects of our lived daily experiences. A dose of humility and much understanding, vast openness of mind, and a cavernous heart are required for the symphony of Mauritianism to reverberate across all divides.

That is why, much as I have acknowledged the disciplined manner in which these marches were conducted, I consider that as responsible elders it is our responsibility to sound a note of caution for the benefit of the organizers and participants, and help them to channelize their enthusiasm and energy in the direction of 'unitedness' rather than divisiveness. For this reason, I am not as pepped up as many others are by the slogan '*b... li de hors*' which is vulgar, offensive and connotes aggressiveness.

Ask ourselves: will we use this language in our family setting, in front of children whom we must groom for their future in this country – or elsewhere for that matter?

I may sound archaic, but I cannot help myself from reiterating that we of the generation that has been witness to the vitriol and violence of the pre-independence period – which those crowds have had no experience of -- have a collective duty and responsibility to never allow the conditions of those times to prevail again. I am genuinely afraid that such slogans as alluded to can potentially give rise to these conditions and create a backlash of violence. And we all know that violence can easily spiral out of control as it breeds more violence. Is that what we want for our children?

I too like others have followed the protest marches happening elsewhere – France, Hong Kong, Belarus, the US, etc – but loud and assertive as they were, the language used to calumny leaders and regimes was measured. All of us are agreed that the country needs a radical transformation in the manner of governing or of dealing with opponents, and in our institutions as they tackle the various ills that are plaguing us. The protest marches have sent in the strongest way possible the message that large swathes of Mauritians are asking for change – but we need not articulate this message in a language that belongs to the street. Those who choose otherwise will have to answer to the court of history as to which type of Mauritianism they have left as a legacy – one of peace and harmony, or one of violence and discord.



Mrinal Roy

Getting our priorities right

A truly popular movement should not pander to vested agendas or allow itself to be hijacked by politicians or other lobbies bent on pushing their own parochial interests or by those who want to turn back the clock



Photo - edition.cnn.com

“The upshot after 52 years of independence is that inequality has widened. Large swathes of Mauritians are still battling to meet their basic existential needs. Unchecked rising prices of essential consumer goods in the context of Covid-19 have worsened their situation. The cost of residential land fuelled by the sale of upmarket villas and high priced properties in real estate and smart city projects to wealthy foreigners has been priced out of reach of mainstream Mauritians...”

Too many things are amiss in the country. The root causes of the current mess stem from the fact that in the wake of independence the promises made to the people to correct the systemic wrongs of the colonial regime through fundamental reforms and the establishment of a new socio-economic order which puts the continuous improvement of the well-being of the people at the centre of government actions have been thwarted and supplanted by the blind pursuit of political power by all means by political leaders entrusted to honour these promises.

Once in power, the political leaders seem eons distanced from the lofty ideals, ethos and commitment of service to the people which underpinned the unswerving battle as from 1937 of the stalwarts who mobilized the workers of the sugar industry and fought for their fundamental rights and improved working conditions for their diligent hard work and for the freedom of the people and the country from colonial rule and the yoke of exploitation to usher a better socio-economic and political order.

In their relentless pursuit of absolute power, political leaders have extended their control over various levers of power. They basically ‘own’ their respective political parties through the unconditional support of a coterie of apparatchiks bent on perpetuating the leader’s stranglehold over the party or assuring the future of dynasts. The national TV has been press ganged by the governments in power into an abject instrument of daily partisan propaganda at public expense. Government interference, nepotism and the nomination of a cohort of political appointees at the head of or on the board of key government institutions and state companies have undermined the management acumen and efficiency of the country’s administrative machinery and key institutions. All leaders of political parties adopt a similar template of governance.

The upshot after 52 years of independence is that inequality has widened. Large swathes of Mauritians are still battling to meet their basic existential needs. Unchecked rising prices of essential consumer goods in the context of Covid-19 have worsened their situation. The cost of residential land fuelled by the sale of upmarket villas and high priced properties in real estate and smart city projects to wealthy foreigners has been priced out of reach of mainstream Mauritians. The biggest wealth are concentrated in fewer hands. In 2019, some 69 % or more than 251,000 employees of the private sector earned up to Rs 15,000.

This decried economic model and appalling mode of governance in the country was bound to backfire and

blow up on the government’s face. The Wakashio shipwreck and its disastrous oil spill causing dire ecological fallouts, the death of dolphins and seamen has exposed the systemic flaws, risks and pitfalls of such an inept and deplorable system of governance. It has detonated the existential angst and ire of the people.

All stand guilty

The situation has now come to a head. The public anger and the clamour from the streets are not only directed against the ineptitude of government, its decried mode of governance and its disastrous crisis management acumen but also against the whole political class. They all stand guilty. It is obvious from their political shenanigans that the various leaders of opposition political parties are jockeying to derive a political capital from the public outcry against the ruling regime.

Other lobbies are also joining the bandwagon of public anger with their own vested agendas. Some are conjuring past hangovers. The media is having a field day. Why is the *Contribution Sociale Generalisée* which benefits small income earners brandished as a cause of angst to the people? The upshot is a hotch-potch of inchoate objectives which risk derail the process of an urgent paradigm shift in governance in the country and a salubrious political big bang to free the country from the shackles of incompetence and mediocrity.

There is therefore an urgent need for clarity and the need to focus on essential issues instead of being distracted by controversial matters such as voting rights for the diaspora which certainly do not muster consensus. A truly popular movement should not pander to vested agendas or allow itself to be hijacked by politicians or other lobbies bent on pushing their own parochial interests or by those who want to turn back the clock. We cannot muddle things up. We above all need to get our priorities right. We certainly do not want to replace the current mess by chaos.

It is obvious from the spontaneous mobilization of the people to help mitigate the dire impact of the Wakashio oil spill that the protection of the marine ecosystem, our pristine lagoon, the livelihoods of those dependent on the sea, the blue economy, our biodiversity and the environ-

ment are high up in the priorities of the nation. People are also alive to the fact that for too long successive governments have pandered to the lucrative interests of coal lobbies despite the impending risk of a climate change catastrophe which would have dire consequences on a small island developing state like Mauritius and the livelihoods of coastal communities. Coal emits about twice more CO₂ than natural gas. The urgent replacement of highly polluting coal and other fossil fuels by clean and green energy sources like solar and wind farms, wave energy, geothermal power and eventually low cost hydrogen fuel cells, etc., and renewable sources such as from plant biomass to produce electricity must also be a top priority for the country.

Dented legitimacy

The government must realize that its mode of governance and ineptitude are pilloried and its legitimacy dented. The status quo is not an option. It will heighten the revolt of the people. The leaders of opposition parties must also realize that the anger of the people is directed at the whole political class, their banana republic culture of subservience to omnipotent leaders rooted to their posts, dynastic politics and the absence of a democratic changing of the guards at the helm of parties in the wake of defeats and disavowal at the polls. Will the government and the opposition political parties draw lessons from the people’s exasperation and take immediate corrective steps to set things right?

Concrete actions

This should include a whole set of concrete actions.

- Will the government start by ensuring that all appointments and promotions in the government Establishment are merit based and in accordance with transparent procedures and that the experience, strategic thinking and management acumen of the top brass of the civil service are geared to provide wise counsel and institutional memory and competently manage the problems and challenges faced by the country?
- Will government replace all the defeated candidates and the party faithful appointed as ambassadors and advisors or at the head of key government institutions and state companies by serving career diplomats and competent professionals having the track record, experience and credentials required through a transparent recruiting process?
- Will it put an end to nepotism and the decried policy of appointing the coterie to fat cat jobs at public expense?
- Will the government demonstrate through concrete actions, stricter laws and cogent evidence that the scourge of drug trafficking in the country is being quashed?
- Will it take the required steps to ensure that the many outstanding investigations such as in the alleged case of corruption and bribery in the Rs 4.3 billion CEB St Louis power plant contract and scandals regarding various wrongdoings by Ministers and MPs be expedited and the culprits brought to book in a bid to build public confidence?

Joe Biden holds lead over Trump among Indian-American voters

Sixty-six per cent of Indian Americans currently favour Democratic presidential candidate Joe Biden for the 2020 presidential election as compared to only 28 per cent who prefer President Donald Trump, according to a survey released Tuesday.

Indiaspora, a nonprofit member organisation of global Indian diaspora leaders, and Asian American Pacific Islanders (AAPI) Data on Tuesday released their joint report on Indian American voters' attitudes in the upcoming 2020 US presidential election, reports NDTV.

"66 percent of Indian Americans currently favour Vice President Biden, 28 percent favour President Donald Trump, and 6 percent were undecided. In the 2016 presidential election, 77percent voted for Secretary Hillary Clinton, and 16 percent voted for President Trump. If the remaining undecided voters broke in the same pattern as those who have made up their mind, Joe Biden would secure 70 percent of the vote, when compared to 30 per cent for Trump," the report read.

Election experts project that Democrats should be worried about Indian American voters attrition considering the overall percentage number may have dropped down for the Democrats from the 84 percent that supported Obama in 2012 and the 77 percent who supported Hillary Clinton 2016 as compared to the 66 percent supporting former Vice President Joe Biden. Meanwhile, President Trump's vote share has gone up from 16 percent in 2016 to 28 percent.

"I think Democrats absolutely should be concerned about making sure that they conduct sufficient outreach to the different groups that comprise bases and Indian Americans because every vote is going to count especially in those battleground states," said Raja Krishnamoorthi, a Democrat congressman.

An Indian American himself and a representative from the state of Illinois, Raja Krishnamoorthi further said that the states of Pennsylvania, Michigan, Florida and North Carolina could be a part of the tipping factor this election. "And because of that I think the Joe Biden campaign has to be especially attentive," Raja Krishnamoorthi further asserted.

The survey report also documents the strengthening political power of the Indian American electorate in the U.S. due to factors such as their rapidly growing population and increased political participation.

"With increased attention being paid to the Indian American vote given our growing numbers, increasing political contributions and overall political engagement, we wanted to shine a spotlight on the issues that really matter to Indian American voters," said MR Rangaswami, founder of Indiaspora.

The report, which has survey results of 260 Asian Indian registered voters, regardless of party affiliation, found that some of the issues at the top of the list for Indian Americans in this election included education, jobs and economy, health care, and the environment.

The report also chronicles the rise of the Indian American electorate as one of the fastest-growing minority groups in the U.S., with significant numbers in "battle-



66 percent of Indian Americans currently favour Vice President Biden. Photo - www.orissapost.com

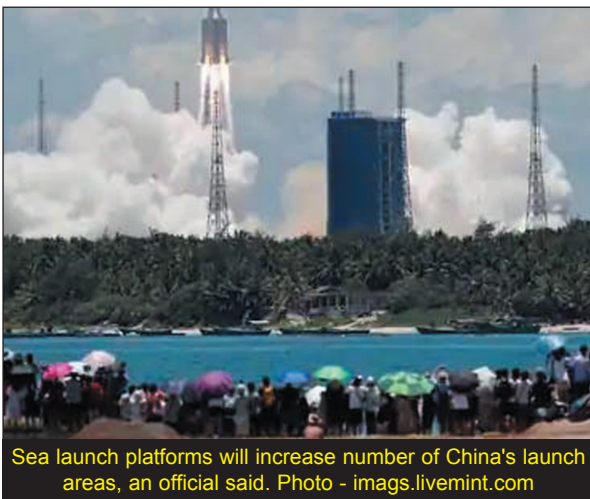
ground" states.

Currently, there are 1.8 million Indian Americans in the U.S. who are eligible voters. About 310,000 Indian green cardholders remain in a backlog for citizenship as of 2019, and another 310,000 Indian residents in the U.S. are in a backlog to obtain their green cards.

In addition, several hundred Indian American candidates also are running for office in record numbers at federal, state and local levels.

"Given the Indian diaspora's increasing political importance in the US, it's no surprise they are being courted by both sides of the aisle," said MR Rangaswami, Founder of Indiaspora. "It's great that both major political parties have begun to realize just how critical it is to reach out to Indian Americans - our impact is only going to increase over time."

China sends 9 satellites into space in first sea-based commercial launch



Sea launch platforms will increase number of China's launch areas, an official said. Photo - imgs.livemint.com

China has successfully sent nine satellites into orbit in its first commercial launch of a rocket from a platform at sea, state media reported on Wednesday.

The satellites, one of which belonged to video-sharing platform Bilibili, were deployed by a Long March 11 rocket from the Yellow Sea on Tuesday, media reported.

The Long March 11, designed to be deployed quickly and from mobile launch sites such as a ship, is mainly used to carry small satellites. The rocket

made its first sea launch in June last year.

"Sea launch platforms will increase the number of China's launch areas, improve launch efficiency, and make launches safer and more flexible," the official People's Daily cited Li Zongli, director of the Taiyuan Satellite Launch Center, as saying.

China has three inland space launch centres, where used rocket stages return to earth and sometimes pose a danger to inhabited areas. Sea launches would reduce that risk.

China has made its space programme a top priority in recent years as it races to catch up with the United States and become a major space power by 2030.

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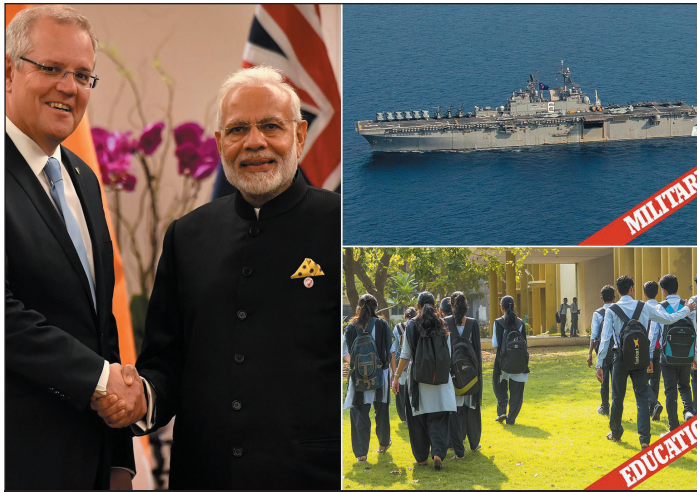


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Australia pushes trade with India as row with China exposes dependence



Australia's escalating tensions with Beijing have shown up its reliance on China trade and propelled a push to increase links with India. Photo - i.dailymail.co.uk

Australia's escalating tensions with Beijing have shown up its reliance on China trade and propelled a push to increase links with Asia's other giant economy, India.

New enrollments of international students from India expanded 32% in 2019 from a year earlier and it's the fastest growing major market for Australian services. India has overtaken China as the largest source of net migration to Australia, and its diaspora is the third largest Down Under, just behind China and the U.K., reports NDTV.

India's swelling population -- set to overtake China's in 2027 -- suggests ongoing opportunities for Australia to diversify a trade portfolio that currently makes it the developed world's most China-dependent economy. The need to switch things up has accelerated as ties sank to their lowest ebb in 30 years after Canberra's calls for an international inquiry into Covid-19's origins was taken by Beijing as a political attack, with China imposing barriers on barley, beef and wine from Down Under.

This has Australia looking to its democratic, cricket-loving ally to fill the void. Prime Minister Scott Morrison held a virtual summit with his Indian counterpart Narendra Modi in June and the two signed a defense agreement and upgraded ties to a Comprehensive Strategic Partnership. The trade ministers of Japan, India and Australia recently agreed to work toward achieving supply chain resilience in the Indo-Pacific region.

"We can sell India education, health care, and there's potential in science and technology," said Ian Hall, a professor of international relations at Griffith University in Queensland. "It's much more the consumer market of India's growing middle class than goods."

Yet trade with India has its own challenges. Its government is wedded to economic nationalism, as showcased last year when it pulled out of the Regional Comprehensive Economic Partnership designed to free up trade.

Delhi wants to send lots of people to Australia on work visas and doesn't want to reduce tariffs, according to former Australian Trade Minister Craig Emerson, who initiated the Australia-India free trade negotiations in 2011, resulting in a two-way trade around just one tenth of China-Australia shipments.

"India is highly concerned about its trade deficit," said Lai-Ha Chan, a political scientist at the University of Technology in Sydney, who notes that after signing free trade agreements with South Korea and Japan, India's trade deficit with those nations ballooned. "It would be very worried about Australian farm products, like dairy, harming Indian farmers."

Russian vaccine maker ties up with Dr Reddy's Labs for supply of 100 million doses of Sputnik-V shot in India

The Russian Direct Investment Fund (RDIF) on Wednesday said it will supply Dr Reddy's Laboratories with 100 million doses of the Sputnik-V Covid-19 vaccine for trial and distribution in India.

The RDIF, which is Russia's sovereign wealth fund, said it has agreed to cooperate with Dr Reddy's Laboratories on clinical trials and distribution of the vaccine in India. It said the process will start soon after getting regulatory approval.

"The Sputnik V vaccine, which is based on well-studied human adenoviral vector platform with proven safety, is undergoing clinical trials for the coronavirus pandemic," RDIF said in a press release.

"Deliveries could potentially begin in late 2020 subject to completion of successful trials and registration of the vaccine by regulatory authorities in India," it added.

Kirill Dmitriev, CEO of the Russian Direct Investment Fund, said: "We are very pleased to partner with Dr Reddy's in India. India is amongst most severely impacted countries from Covid-19 and we believe our human adenovirus dual vector platform will provide a safe and scientifically validated option to India in the battle against Covid-19."

The Sputnik-V vaccine has been developed by the Gamaleya National Research Institute of Epidemiology and Microbiology on August 11. It was registered by the Ministry of Health of Russia and became the world's first registered vaccine against Covid-19 based on the human adenoviral vectors platform.

However, several medical experts and scientists around the globe had earlier raised doubts over Russia's Covid-19 vaccine due to lack of transparency regarding trial data.

Japan's new PM Yoshihide Suga is self-made, powerful adviser

Japan's new Prime minister Yoshihide Suga is a farmer's son with a reputation for inscrutability who has been a key government adviser and policy enforcer.

The 71-year-old easily won election to office on Wednesday in parliament, where his ruling Liberal Democratic Party commands a comfortable majority, replacing Shinzo Abe, who resigned for health reasons.



Japan new PM. Photo - www.usnews.com

Suga's election caps a career that has seen him serve in several key political roles, including most recently as chief cabinet secretary -- an office that involves coordinating policy and bringing government agencies and the bureaucracy to heel.

He has also been the face of Abe's government as its top spokesman, defending decisions in daily press conferences, including in sometimes testy exchanges with reporters.

While the chief cabinet secretary role has in the past been a stepping stone to the prime minister's office, Suga had regularly said he was not interested in the top job.

But soon after Abe announced in late August that he would resign over health issues, Suga emerged as the leading choice to succeed him, with key LDP factions throwing their support behind him.

Suga has earned a somewhat fearsome reputation for wielding his power to control Japan's sprawling and powerful bureaucracy and help push through government policies.

"People think I'm terribly scary, especially bureaucrats," he said during a leadership debate.

"But I'm very kind... to those who work seriously."

Compiled by Doojesh Ramlallah

Ministry of Local Government and Outer Islands Welfare Association

(Reg. No 15327)

Field Services Unit (FSU)

Mgr Leen Street, La Butte

Port Louis

Annual General Meeting

Compliant members of the abovenamed Association are invited to attend the AGM for the year 2019/2020 which will be held on **Wednesday 30th September 2020 at 13hrs00 at the Office of the Field Services Unit, Mgr Leen Street, La Butte Port Louis.**

Agenda:

1. Welcome address and report of President
2. President's Report
3. Reading and approval of last minutes of proceedings
4. Matters arising from the minutes
5. Treasurer's report and approval of the final accounts for the year 2019/2020
6. Dissolution of the Managing Committee and Election of office bearers to sit in the Managing Committee for the year 2020/2021.
7. Appointment of Auditors for 2020/2021.
8. AOB
9. Closing remarks

Members wishing to sit/serve on the Board of the Committee for the year 2020/2021 are kindly required to send their candidature in writing to the Secretary by the **25th September 2020** at the above address.

In case of lack of quorum, the meeting will be held on **Wednesday 7th of October 2020** at the same venue, same time.

M.Z. Ruhomaully
Secretary

14.09.2020

Dharam Gokhool

“The winds of change have arrived. The writings are on the wall”

Dharam Gokhool, former Minister of Education in a Labour-led government, shares with our readers his views on a number of current issues which are engaging the citizens and are of critical concern to the country. He feels that the government has to take seriously the message of the need for change in the way things are being done that has been sent by the street protests, but also that the opposition has to review its own stand and approach as regards its future policies and strategies in light of these developments. He comments on the Wakashio incident and the management of the Covid situation and the reopening, as well as on posts on social media which are of a divisive nature and can cause harm to national unity.



Mauritius Times: We seem to be facing difficult social and economic circumstances in the country presently, and it is no better on the political front what with events that have taken place lately and the challenges ahead. What are your thoughts on the current situation and are you worried that things may deteriorate?

Dharam Gokhool: Well before Covid-19, the world economic outlook was quite grim and the effects of global economic slowdown were already impacting our social and economic landscape. During the period 2014-2019, under an MSM-led government, the management of our economy, under different Ministers of Finance, did not register any significant breakthrough. And when the November 2019 general elections were held, the prospect of a hung Parliament due to a three-cornered fight and the associated political uncertainties as to who would eventually be heading the government, polarised public attention to such an extent that there was hardly any public debate or concern about the economic agenda that an incoming government would be adopting and implementing.

We all know the outcome of the general elections. The MMM was an outsider, people voted against Labour and...

“I often come across people who view the present Government as a “Hindu” Government and they make the argument that all “Hindus” are benefiting from the favours being dished out by the Government. In effect, Government privileges are going to a handful of close relatives, and political cronies, referred to as “the clan”. By taking short-cuts and associating a whole community with a “clan” is highly disturbing and objectionable...”

MSM came to power by default, without a well-articulated and well-calibrated economic strategy for the country. If we exclude the mega multi-billion Metro project – originally a Labour Party project vehemently opposed by the MSM, in particular by its outspoken patriarch (SAJ) during the 2019 electoral campaign --, we are left with the Safe City and the Côte d'Or Stadium projects, neither of which can be classified as revenue generating. On the contrary, both will have to be sustained through Government subsidies, which will constitute a heavy burden on our public finances in the coming years.

In recent times, the absence of a well thought-out economic strategy has been compounded by the EU blacklist, the reputational damage caused by the St Louis corruption scandal involving a Deputy Prime Minister, the advent of Covid-19 and its disastrous economic toll, the MV Wakashio oil spill with its associated deleterious impact on a vital socio-economic pillar of our society (the tourism sector)... the cumulative impact of all these unfavourable events cannot but be detrimental to the future of our economy and society and a cause for serious concern for the whole nation and its future.

* On the social front, if we go by comments on social media, in particular on Facebook, and videos circulated via WhatsApp of anti social/communal rantings heard on the ‘chassées’ of the island – though it’s not known when that took place --, we seem to be approaching potentially dangerous waters. What’s your take on that?

Let me put it to our readers that this is certainly not a new phenomenon; nor is it the last of its kind. But we have to be vigilant in order to protect peace and harmony in our multicultural society. Let me also state that this mentality or mindset is not restricted only to the “chassées of the

island”. Other platforms are equally very patronising towards such irresponsible conduct. But we should refrain from making sweeping generalisations.

However, such attitudes and behaviours should be viewed as a sign of immaturity, lack of civic responsibility and poor cultural intelligence.

Having said so, let me add that there are people who will continue to take a myopic, monochrome view of the world and their world. Their social relations will be conditioned by what I would refer to as the binary algorithm, wherein either “you are with us or against us”. This is a cultural deficit due to ignorance of others.

Let me illustrate this point through an analogy. I often come across people who view the present Government as a “Hindu” Government and they make the argument that all “Hindus” are benefiting from the favours being dished out by the Government. In effect, Government privileges are going to a handful of close relatives, and political cronies, referred to as “the clan”.

By taking short-cuts and associating a whole community with a “clan” is highly disturbing and objectionable. This mode of reasoning may lead people to adopt an antagonistic posture towards all “Hindus” and exacerbate communal tensions.

“We may be Covid-safe but not Covid-free, and the risks of reopening of our borders and dangers of the second wave must not be underestimated. To face the next phase of Covid-19, a strong sense of unity and solidarity at all levels of our society should be a top priority of the agenda of Government. Will Government be able to rise to this challenge?...”

Inadvertently, some protesters are reinforcing an erroneous perception that the PKJ Government is a “Hindu” government and all “Hindus” are enjoying the privileges of power. Can a community be equated to a clan? This is a potentially dangerous amalgam which some people are making and it can undermine the solidarity and unity that people should display when confronted with problems that cut across all communal lines, be it the proliferation of drugs, loss of purchasing power, corruption, nepotism or favouritism. Each one is not in her/his own ship; we are all together in the same boat... or mess.

* From what we hear, the speech by Cardinal Piat at the ceremony to mark the death anniversary of Pere Laval which was perceived as a direct attack on the mis-governance of the current government for a number of reasons has also not been taken kindly by a large cross-section of the population. How do you react to that?

Cardinal Piat delivered a written speech and it was telecast live and therefore watched by the whole nation. It was delivered in the presence of the Prime Minister and other members of the Cabinet.

☞ Cont. on page 8

'It is time not only for Government but also for Opposition to reinvent themselves'

☞ Cont. from page 7

Cardinal Piat touched upon a number of burning issues of public interest and the message was indeed a powerful one. It clearly referred to a number of policy failures/shortcomings on the part of Government in a number of sensitive areas like drugs.

Was Cardinal Piat's address a conventional Church sermon? Given the present context, the timing, the content and the tone of the address, it certainly went a wee bit further and may very well have given rise to qualms and queries in certain quarters.

Let us remind ourselves that Father Pere Laval, being a Catholic monk, transcended all communal barriers and reached out to the poor and the suffering with humanity and magnanimity. We should uphold the authentic spirit and legacy of the revered Father at all times and refrain from any attempt to curtail the ethos of his universal message. Beyond being a Catholic, he was *l'apôtre des pauvres*.

Like I stated earlier, today, we are dealing with problems that cut across all communities, and they should be presented and treated as such in order to avoid "communalising" or "ethnicising" them. Cardinal Piat may very well have had the right intentions but his script writers may not have fully captured the universal dimension of Father Laval's legacy and may have fumbled, to a certain extent, in the formulation of the message, read out by Cardinal Piat, on that particular occasion.

☞ **21st century politics should be defined by politics beyond egos and not by political partisanship fuelled by super-sized egos of political leaders. It is being argued that tomorrow's leadership should be based on the principle of Transpersonal Leadership, defined as "leadership beyond the limits of ego and personality." They are leaders who demonstrate a high sense of ethics, emotional intelligence and empathy...**

*** It unfortunately may be taking a communal turn when there may be good reasons to censure the government for a long list of failings and questionable decisions or absence of decisions in relation to a number of issues despite these last months notwithstanding its successful management of the Covid-19 threat. What do you think?**

I would not go so far as to label the management of the Covid-19 as being successful. The presence of the pandemic in Wuhan dates back to around November 2019, and there were calls to close the frontiers much earlier than mid-March 2020, which Government ignored. Besides the controversies surrounding the emergency purchase of medicines and safety equipment, and the chaotic management of supermarkets, amongst others, are all vivid reminders of the rather amateurish way in which Covid-19 has been handled.

Indeed, like the shortcomings in the management of Covid-19, there is a long list of failings/absence of decisions on the part of government. They do not affect a single group or community; their impact cuts across communities.

Let me take another topical example: social housing.

Does this problem affect only one community? Maybe it affects a particular community more acutely. But is this the whole story? If a proper survey were to be carried out, it would reveal that this is a problem that cuts across communities. So fundamentally, it is a policy failure in the domain of social housing and should be addressed from that perspective and not from a purely communal angle, otherwise there will be a violation of a fundamental human right that should apply to all citizens in a social housing deprivation situation.

*** Lots of people had joined in the protests against the government, as seen in the initial rally held in Port Louis on 29th August, and it dwindled to a lesser crowd at Mahebourg for the second one. What good will this achieve for the country?**

The 29th August rally was more of a national event whereas the 12th September rally was more regional. It was to be expected that Mahebourg would not pull a crowd as big as that of Port Louis.

There was a time when people thought that Mauritians would not leave their comfort zone and come out to protest on the streets. That psychological barrier has been crossed and Government cannot just ignore these protests and carry on with business as usual and be in a denial mode. It must readjust or face further protests.

Government should refrain from having recourse to repressive measures, which may degenerate into violence. Especially as the majority of the protesters were from the younger generation and they do constitute an influential segment of the population.

Also, we should not downplay the involvement of Mauritians abroad in the protest movements and their influence in mobilising international public opinion. One should not underestimate the power of the NET.

As for the Opposition parties, the protest movement is a golden opportunity to revisit their priorities to reflect the legitimate concerns and aspirations of the protesters in their party agendas.

The winds of change have arrived. The writings are on the wall. Those who ignore them will do so at their risk and peril.

*** We would like to think that we know who call the shots at the level of the MMM or the Labour Party or the PMSD, but isn't it risky to lend support to whoever would be calling the shots for these rallies and whose real motivations and backings remain unknown to the public at large?**

The rallies which we have witnessed focused on a number of public grievances, which were mainly but not exclusively targeted at the present government. There were messages that were also aimed at the present political class, the political elite and the political system. In an oblique manner, the protesters also reminded the Opposition parties that many of the obnoxious practices of the present government do not date back to 2014.

However, the core message was that, after 52 years of Independence, there was need for a new political culture, a more inclusive, more participative and more responsive system of public governance and a new breed of politicians and political leaders, more ethical, more transparent and more accountable in their public duties.

*** In fact, the opposition parties played the political opportunism card to join the fray in the first rally on 29th August, probably with the intent of being seen as**



☞ **As far as Covid is concerned, we are Covid-safe but not Covid-free. But when it comes to corruption, neither are we corruption safe, nor corruption free. Since transparency and accountability is not a priority for government, it is the responsibility of the Opposition, media and public opinion to keep the administrators of MIC on their watch-list ...and hit-list...**

going with the flow, but they have since chosen to keep away from that crowd for the rally at Mahebourg. Is it again political opportunism or have they taken good measure of the threat posed by this movement to their political credentials?

It was important for Opposition political parties to be attentive to the emerging aspirations of the population, in particular of the upcoming generation, in order to reconfigure their political strategies. And hence their support to the rallies in the initial stages. We are now beyond this phase. Obviously, the Opposition parties have to tread carefully. If the rallies take the shape of a third force, they might then be a challenge not only for the Government but for the Opposition as well.

As I stated earlier, in view of the public grievances, primarily against the present government, particularly with regard to the mishandling of the MV Wakashio tragedy, the general wave of discontent among the population on many fronts - corruption, nepotism, repressive legislation, lack of transparency and accountability amongst others, the Opposition could not logically stay away from the 29th August protest. It was more of a case of political pragmatism than political opportunism.

If both Opposition and the protesters are motivated by genuine public interest considerations, there is always the possibility for both Opposition and the protesters to maintain channels of communication and dialogue in a spirit of "agree to agree or agree to disagree". *In lieu* of outright confrontation and deadlocks.

☞ Cont. on page 9

'We are Covid-safe but not Covid-free. But when it comes to corruption, neither are we corruption safe, nor corruption free'

☞ Cont. from page 8

* It could also be that the people, at least those who are concerned about ecology and the current government's governance of the country and taken to the streets out of frustration and anger, may also not be happy with the main opposition parties for what may be perceived as lack of teeth. Do you think the opposition is also failing the people?

The fact that the protesters were able to mobilise such huge crowds without the traditional *manger boire* and other facilities that accompany political gatherings is an indication that the Opposition has been running out of steam and public approval in recent times.

The protests are not only a wake-up call for the government ranks; it is also a strong message for the Opposition to revisit its policies, strategies and practices, and to be more in tune with the emerging trends, both globally and locally.

For example, I do not see how an Opposition party can ignore such issues like the quest for greater democratisation not only of our political system but also their internal structure and functioning; the need for sustainable policies as far as our vulnerable environment and ecosystem is concerned; food security, more effective fight against the scourge of drug trafficking, employment creation to tackle youth joblessness, independence and autonomy of our public institutions.

In short, it is time not only for Government but also for Opposition to reinvent themselves.

* **There will come a time when the leaders and establishments of the MMM and Labour Party in particular will have to take the call on the 'What's next?' and 'Who leads?' questions. It may be too early for these questions to come up, but what are your thoughts on these matters?**

As regards what next, I will refer to the UK Prime Minister Harold Wilson, in the mid-1960s, who stated that in politics one week is a long time. We are now in 2020. Things may evolve within seconds. Difficult but not impossible to get the Opposition platform going. The focus should be on priorities and policies and not on personalities.

To my mind, at this juncture, political statesmanship should take precedence over political brinkmanship. 21st century politics should be defined by politics beyond egos and not by political partisanship fuelled by super-sized egos of political

“It was important for Opposition political parties to be attentive to the emerging aspirations of the population, in particular of the upcoming generation, in order to reconfigure their political strategies. And hence their support to the rallies in the initial stages. We are now beyond this phase. Obviously, the Opposition parties have to tread carefully...”

leaders. It is being argued that tomorrow's leadership should be based on the principle of Transpersonal Leadership, defined as “leadership beyond the limits of ego and personality.” They are leaders who demonstrate a high sense of ethics, emotional intelligence and empathy and who can inspire others to carry forward their vision when they have left the scene.

This is certainly not an exhaustive list of attributes for defining who leads but they provide some useful guidelines and food for thought.

* **On the other hand, if the government has been generally perceived to have managed well the Covid-19 threat from the national public health perspective, there is an opacity surrounding the assistance earmarked for big business, the conditionalities attached, if any, and the beneficiaries. Are we in for other unpleasant surprises? Another storm in the making?**

In this Covid context, many governments have come forward with schemes to support their industries to cope with the difficult days they are facing and public funds are being disbursed.

The Bank of Mauritius (Bank) has set



up the Mauritius Investment Corporation Ltd (MIC) as a Special Purpose Vehicle under its aegis. The MIC claims to be an innovative people-centric initiative and also aims at securing and enhancing financial wealth for current and future Mauritian generations while ensuring the stability of the banking sector.

As far as the noble intentions of the MIC are concerned, there is hardly any room for controversy or dispute. But since public funds are involved, it is imperative that full transparency and accountability is observed in the disbursements. The fact that National Assembly will not exercise the right of scrutiny gives rise to legitimate concerns that opacity can lead to unethical practices.

As far as Covid is concerned, we are Covid-safe but not Covid-free. But when it comes to corruption, neither are we corruption safe, nor corruption free.

Since transparency and accountability is not a priority for government, it is the responsibility of the Opposition, media and public opinion to keep the administrators of MIC on their watch-list ...and hit-list.

* **The government clearly does not want to take any risks as regards the**

reopening of our borders. Rightly so, perhaps, but do you think the worse is yet to come on the economic front?

The first phase of Covid-19 is not yet over and the second wave is already at the doorsteps of many countries, including Mauritius. An effective vaccine is not yet in sight. WHO is issuing warnings that the worse is yet to come.

It is true that the situation is unprecedented and there is no easy, cut-out solution. Uncertainty and unpredictability are complicating matters. Government's typical wait and see and reactive approach and the absence of a coherent, credible communication strategy, often clouded in opacity, are serious bottlenecks in mobilising the public to remain in a state of preparedness. How well-informed is the population about the whole process of the reopening of our borders and its implications? Or the likely implications of a second wave?

The MV Wakashio is a live case study of how a country may fail due to a systemic failure of leadership at the top. Have the lessons been learnt from the MV Wakashio oil spill tragedy?

I do not feel that the population is being prepared upfront mentally and psychologically. We may be Covid-safe but not Covid-free, and the risks of reopening of our borders and dangers of the second wave must not be underestimated. To face the next phase of Covid-19, a strong sense of unity and solidarity at all levels of our society should be a top priority of the agenda of Government. Will Government be able to rise to this challenge?

In these moments of adversity, there are genuine worries in the hearts and minds of the population which I share and which Government must not ignore if we are to limit the inevitable further damages on the socio-economic front.

Notice for Permission for Land Use

Take notice that I, **Mr Dheeraj Jhoomuck Enterprises Ltd**, will apply to the District Council of Flacq for a Building and Land Use Permit for a proposed retail sale of poultry in stores at Camp Ithier, Central Flacq.

Any person feeling aggrieved by the proposal may lodge an objection in writing to the above-named Council within 15 days from the date of this publication.

16 September 2020





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1956-2020

From the Pages of History - MT 60 Years Ago

4th Year No 147

MAURITIUS TIMES

Friday 31 May 1957

• In these times we fight for ideas and newspapers are our fortress. -- Heinrich Heine

'Quelques Mots' of Mr Cabon

D. Napal

The controversy round the question of the teaching of French has started again. This time Mr Cabon has come into the fray. He seems to ignore what has so often been said or rather he deliberately does so.

French is not the mother tongue of Indo-Mauritians. It is but too true that French is remarkable for its beauty, elegance and what not. But after all that is said in its favour, it remains a language which can find but a secondary place among us. We might say that it should occupy a third place, English being the official language in the colony. Our first love goes to Oriental languages. The sentiments which animate you, Mr Cabon and those who consider French as their mother tongue, fail to move us.

We too take pride in the tongue which we learnt on the lap of our mother. And to force French on our children is unjust if not sacrilegious. They should be given facilities to learn their mother tongue. The pity of it all is that government has been slow to realise the full importance of this fact. In Wales, for example, the mother tongue, that is Gaelic, is the medium of instruction in Standards I, II - English being taught only from Standard III. Mr Cabon realises this for he spoke of Welsh in a previous article. Yet he errs, in that what he brings to support him, when considered deeply, condemns him. His whole trouble is that he cannot bring himself to understand that French is not the mother tongue of Indo-Mauritians.

What is worse is that while competing for the primary scholarships the Indo-Mauritian student has to face a great setback because French is a compulsory language. Until quite recently French was compulsory in the English Scholarship Examination, with the result that it was very difficult, if not well-nigh impossible for Indo-Mauritian students to carry off the palm. The future of how many Indo-Mauritians students have not been blighted but for this fact!

Even today what injustice is not committed in the name of French. Take this year's Entrance Examination of the College of Agriculture. The French Paper is exaggeratedly stiff. And the consequence! Indo-Mauritians are barred. There are cases even this year when many an Indo-



Photo: insider.com

Mauritian has failed in French only. And many of these students have either passed the GCE in French or hold the School Certificate with credit in French. What has Mr Cabon to say to this?

Authoritative opinions as those of Royal Commissions have been pronounced on the injustice of forcing French on Indo-Mauritians. The Royal Commission of 1872 recommended that the medium of instruction of Indo-Mauritian children should be an Indian dialect. It recommended English as the second-best language, on the ground of its being the official language. In 1909 again, the Royal Commissioners recommended the establishment of schools where "simple instruction in reading, writing, arithmetic and gardening should be given as far as possible in the mother tongue of the child".

In the Ward Report again the language question cropped up. His recommendations were set at naught by the committee appointed to study it. Needless to add that most of the Members of that committee were Francophiles. The coterie influencing government policy always stood for French. Dr Ramgoolam sat on the committee. Credit goes to him for having defended Oriental languages but all to no purpose. His voice was drowned in the universal uproar against his suggestions.

Mr Cabon would make us believe that French is the mother tongue of the Indo-Mauritian. At least he argues in that sense when he contends that the Indo-Mauritian child is conversant with the Patois which he seems to say is the twin sister of French. No, Mr Cabon, any amount of argumentation on your part will leave us unconvinced - we may learn French but only after our children's birth right to learn their mother tongue is not lightly dismissed.

What is wonderful is that in his over-earnestness in the defense of the policy which forces French on our children, he drags in the treaty of 1810. He writes:

"L'Angleterre, qui sait tenir parole, nous a bien promis, quand elle a pris ce pays, de respecter notre langue française. Et comment pourrait-elle mieux la respecter qu'en faisant ce qu'elle fait depuis 1810?" What has the treaty of 1810 to do with the controversy, we do not know.

We should remind Mr Cabon of some basic facts concerning that treaty, which was ratified in important matters by the Treaty of Paris in 1814. Do you forget, Mr Cabon, that in 1810, 69 p.c. of the population were not Indo-Mauritians? Again, do you forget Mr Cabon that three quarters of the population were slaves who had no voice in the making of the treaty? With the march of time, new problems have come to the forefront and it is fruitless to raise the ghosts of the treaty makers of 1810 to withhold long exploded theories and beliefs. A word more, Mr Cabon. Let us view the question with fair play. Would you have liked Hindi or any other Oriental language to be a compulsory subject in the schools and colleges? How would you react if an Oriental language were thrust on your children? The tragedy of it all is that there are still in this blessed colony some intellectuals of pre-French Revolution formation (*les ultra-royalistes*) who cannot understand why the Indo-Mauritian does not willingly submit to French being rammed down his throat.

The Indo-Mauritian has a mother tongue. And that makes a lot of difference, Mr Cabon! He justly feels his pride hurt, as a good Malagasy would feel it, if Swahili were forced on his child while his mother tongue was not taught.

To those brave intellectuals who accuse us of communalism, we would ask: "Who are in fact communalists? You who want to force on us a language which is neither our mother tongue nor the official language of the country OR we who say that it should become an optional subject?"

Getting our priorities right

* Cont. from page 4

The people are eagerly awaiting the findings of the investigation into the Wakashio catastrophe to know what went wrong and how such disasters can be prevented in future.

- Will all those responsible for the Wakashio disaster resign?
- Will government revisit the laws encroaching on some of the fundamental rights of people which enable arbitrary arrests?

The list is long. Unless these fundamental issues are addressed promptly, the clamour from the streets and the ire of the people are not likely to subside.

Similarly, will the political leaders of the main political parties step down and take urgent steps to democratize

their parties to enable the induction of a new generation of young talented and able Mauritians driven by an ethos of altruistic service to the people? Young men and women who would cut loose from the shenanigans of the past to up democratic standards and the benchmarks of governance in the country.

Will arrogance in a context of prevailing disarray test the patience of the people?

New contract of trust

The people must also realize that protests cannot be carried in limbo. There is a need for a credible alternative. This means the imperative need of a new breed of young talented and competent Mauritians driven by a commitment of altruistic service to the people and having the intellect, professional track record, ex-

perience and sense of purpose to mobilize the people. They would team up to propose in consultation with the people and diverse stakeholders innovative pathways for a better socio-economic order which rally the multitude. This cannot be done from their drawing room. They have to work hard, be on the field, connect with the people, listen to them and build trust to establish a far better socio-economic and political order which takes on board the concerns and aspirations of the people whilst consolidating the ideals and driving principles on which the independence of the country was fought and won.

People have too often been short changed by politicians who have repeatedly failed them over the last 52 years. More than anything else, there is above all a paramount need to build and diligently honour a new contract of trust between the people and a new political class committed to set right the wrongs of the past decades.

Mrinal Roy

Calories or macros: nutritionist explains which works best for weight loss or building muscle

Counting macronutrients offers more food flexibility - but may be most useful when trying to build muscle



The basic principle to achieving weight loss is eat less energy than your body requires on a daily basis and you will lose weight

While reducing calorie intake is a proven way to reduce your weight, there's no shortage of diets promising the same results but with more flexibility. One such popular diet is "If It Fits Your Macros" (IIFYM), which offers users less restriction in what they eat, while still guaranteeing results.

Rather than counting calories, IIFYM counts the daily macronutrients (fats, carbohydrates, and proteins) found in the foods and drinks we consume. Many people like the diet because it offers flexibility and allows them to consume any food as long as it fits into their daily macronutrient ("macro") requirements.

However, there's currently no scientific research that has specifically examined whether counting macros is as effective as other methods in achieving different weight goals. Past research has looked into the effects of reducing or manipulating individual macros for weight loss, such as comparing the effect of consuming a low-fat versus low-carbohydrate diet or comparing four diets containing different proportions of fat, carbohydrate and protein. Ultimately, researchers found no significant, long-term difference between the diets on how much weight they helped people lose - and all are difficult to adhere to in the long term.

As such, this makes it difficult to know whether counting calories or macros is more useful when it comes to your different body weight goals.

Weight loss

The basic principle to achieving weight loss is eat less energy than your body requires on a daily basis and you will lose weight. Any diet can lead to weight loss as long as this basic principle is applied.

The tricky part is establishing what our energy requirements really are. The most

practical and accurate measure of this, indirect calorimetry (a measurement of the gases that we breathe from which energy expenditure can be estimated), is still not 100% accurate. And the prediction equations commonly used in dietary counselling and by online apps to set calorie intake goals for weight loss are even more inaccurate. This is especially so in those who are overweight or obese due to the equations being based on body weight, and not taking account of fat mass.

But whether you're counting calories or macros, you still need this starting point to work from to keep within your targets. While our actual energy requirements are uncertain and can vary greatly depending on how active we are, our requirements for macronutrients are more certain, based on government guidelines.

An advantage of counting macros is that it ensures that some essential nutrients are incorporated into your diet, instead of focusing solely on calories. Counting calories takes no account of nutrients. And while it seems obvious that choosing wholesome nutritious sources of calories is better than processed, high-sugar and saturated fat foods, you could hypothetically eat seven chocolate bars (each worth 228 calories, a total of 1,596 calories) and still lose weight if your total energy expenditure is around 2,000 calories a day.

Macro calculations are estimated based on body weight, height and activity levels and can be adjusted to your weight goal. While fewer restrictions on what to eat may be a bonus for some on IIFYM, for others keeping track of macro intake and hitting those targets can be difficult and time consuming.

Whatever you're counting you'll require an affinity for reading food labels and keeping a record of all foods and fluids

consumed throughout the day. While there are numerous online nutritional databases and apps that help you track macros and calories, they may not always be accurate either. Plus there's the added complication that we may not actually absorb all of the energy or nutrients that food labels list, making it even harder to meet specific targets.

Additionally, neither method will guarantee that you meet all of your other nutrient requirements. For example, as macros only focus on carbs, protein and fats, they may overlook the importance of other vitamins and minerals, such as vitamin A, which are essential for staying healthy and preventing deficiencies. Unless combined with dietary advice about making permanent changes to a healthy balanced diet, neither method is a long-term solution to weight loss or maintenance.

Muscle gain

On the opposite end of the spectrum are people looking to gain weight to build muscle. Someone looking to gain muscle would need to increase their basic daily protein intake to around 1.2-1.7 grams of protein per kilogram of body weight for muscles to repair any micro-damage that occurs from resistance or strength training which is necessary for muscle growth. As well as protein, energy and carbohydrate needs must also be met to ensure the body has enough fuel available to work out. This is where keeping track of macros, instead of counting calories, could be useful to ensure all protein and carbohydrate requirements are met.

Timings of macros are also important for muscle growth. Research shows regular protein intake throughout the day and after exercise, rather than large single doses, is recommended for muscle growth and refuelling.

Ultimately, which method you choose for altering body weight and composition

depends on your goals and how motivated and tech savvy you are. If you are keen to learn more about the nutrients in the food you are eating then counting macros may be for you. For those who find endless counting and monitoring tedious it may be easier to follow more general guidance for weight loss or maintenance or for bulking up.

Emma Kinrade,
Glasgow Caledonian University

Ministry of Local Government Employees Union

(Reg. No 95)

Annual General Meeting 2019/2020

All members of the abovenamed union are invited to attend the AGM for the year 2019/2020 at the seat of **Field Services Unit, Mgr Leen Street, La Butte** on **Tuesday, 06 October 2020 at 11.00 am.**

Agenda:

1. Welcome address and report of President
2. Reading and approval of last minutes of proceedings
3. Treasurer's report and approval of the final accounts for the year ending December 2019.
4. Election of office bearers to sit in the Managing Committee for the year 2020/2021.
5. Appointment of Auditors for 2020/2021.
6. AOB

Members willing to stand as candidate for election of office bearers must inform in writing to the secretary Mr B. Mohun c/o FSU, La Butte, Port Louis by latest **Friday 02 October 2020.**

In case there is no quorum, the AGM will be re-scheduled for **Tuesday 13 October 2020.**

Mr B. Mohun
Secretary

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Why foreign countries are scrambling to set up bases in Africa

Cont. from page 2

The presence of foreign military forces in Africa is not limited to Western powers. China has been particularly active with its military presence in the Horn of Africa. It has become more engaged since 2008 when it participated in the multinational anti-piracy mission in the Gulf of Aden.

Since then China has maintained an anti-piracy naval presence in the Horn of Africa and Gulf of Aden. Between 2008 and 2018, the Chinese Navy deployed 26,000 military personnel in a variety of maritime security operations.

In 2017, China inaugurated its first overseas military base in Djibouti. This came after the US established Camp Lemonnier in Djibouti in 2003.

Lemonnier was established alongside French, Italian, Spanish, German and Japanese bases. China has developed a 36-hectare military facility to host several thousand Chinese troops and provide facilities for ships, helicopters and fixed-wing aircraft.

China's military base in Djibouti was set up to support five mission areas. These are counter-piracy in the Gulf of Aden; intelligence collection on other countries; non-combat evacuation of Chinese citizens in East Africa; international peacekeeping operations where Chinese soldiers are deployed; and counter-terrorism operations.

India is another Asian nation that has

increased its naval presence in Africa. The country has established a network of military facilities across the Indian Ocean to counter China's rising military footprint in the region.

It also wants to protect its commercial sea lanes from piracy.

India has ongoing deployments that monitor developments in the Horn of Africa and Madagascar. The country also plans to establish 32 coastal radar surveillance stations with sites in the Seychelles, Mauritius, and other locations outside Africa.

When it comes to the Middle East, Turkey and the United Arab Emirates (UAE) are the two countries with a notable military presence in Africa.

Turkey joined the international counter-piracy task force off the Somali coast in 2009. In 2017, it opened a military base in Mogadishu, Somalia. The purpose is to train recruits for the Somali National Army. Turkey will also support the Somali navy and coast-guard.

The UAE has had a military base in Eritrea since 2015. It comprises a military airfield with aircraft shelters and a deepwater naval port. The base has been used in operations against opposition forces in Yemen.

Foreign military motivations

It is clear that the Horn is the epicentre of foreign military activity in Africa. Foreign troops have been deployed there to counter

threats to international peace, subdue terror groups and pirates, and support foreign security initiatives.

But there are other motivations to establish military bases in Africa. These include protection of commercial interests, aligning with friendly regimes, and expressing dominance on a continent that is the focus of rising global competition.

Of course, Africa is not the exception. The US, for example, also maintains a substantial military and security presence in the Gulf region. It has bases in countries such as Bahrain, Kuwait, Qatar and UAE.

For some observers it might seem like foreign governments are imposing their militaries on Africa, but, in fact, many African governments are keen to host them.

Bilateral agreements with major powers generate income for African states. The opening of China's military base in Djibouti is a case in point. Most of Djibouti's economy relies on Chinese credit.

The presence of foreign military forces has also played a significant role in fighting terror groups. These include groups like al-Shabaab in East Africa and jihadists in Mali. This explains why several African countries are willing to turn to foreign governments for advice, intelligence and support.

But there is a downside to the presence of foreign forces on the continent. For instance, the African security landscape has

become overcrowded by a multiplicity of foreign security and military activities. These activities often function at cross purposes.

The competition among some of the world's powers has been heightened by the increasing presence of Asian powers. China's expanding presence in Djibouti has caused concern.

Its influence in Africa and the Indian Ocean has ruffled feathers within Japanese and Indian political and security circles. A Chinese monopoly could impede their engagement with the continent.

Finally, African countries are not agreed on how to regulate foreign security and military activities. The approach so far has been disjointed.

Though Africa's peacekeeping capacity has increased significantly, the AU is still highly dependent on external funding and resources for its peacekeeping operations. It does not have the freedom to take independent strategic, operational and even tactical decisions in its operations.

As long as these shortcomings exist in Africa's response to armed conflict, foreign militaries and intelligence services will continue to operate on the continent.

These are matters that have to be addressed before African states can heed the AU Peace and Security Council's concerns about extensive foreign military involvement on the continent.



1 THE ROAD TO GOLD - JMLS SOLIDARITE MARYE PIKE CUP					
1450 m Valeur [0-25] Time - 12h15					
1 BOLD PHOENIX	SJ	0-0-0-0-2	60	B.Bhaugerothee	2 225
2 GORDONSTOUN	SN	9/9-9-4-6	60	G.D.Aucharuz	1 800
3 LIT	G	0-0-0-0-3	60	R.Joorawon	3 290
4 RIVER THAMES	SJ	0-8/7-8-6	60	K.Kalychurun	4 1400
5 FAIRBANKS	VA	5/6-3-4-4	59	B.Sooful	6 800
6 SILVER SONG	CD	2-6-1/3-4	58.5	I.Chisty	5 600

2 THE CASEY'S FLIGHT CUP					
1850 m Valeur Benchmark 36 Time - 12h50					
1 DREAMFOREST	CD	7/7-7-6-5	60	I.Chisty	2 750
2 POTAWATOMI	AS	7-6/10-8-3	60	R.K.Chumun	8 2000
3 IRON WOLF	GR	1-9/3-10-7	59.5	N.Juglall	1 600
4 ALL ABOARD	SH	7-1/4-1-2	59	J.Allyhosain	9 260
5 EIGHT CITIES	VA	5-5-2-4-1	59	B.Sooful	3 350
6 ONE DIRECTION	JMH	8-4-5-6-4	59-4	N.S.Batchameah	6 1100
7 SIBERIAN HUSKY	CR	2/7-7-8-3	58	R.Joorawon	5 600
8 WEST COAST WARRIOR	RG	4/10-5-9-3	58	S.Bussunt	7 750
9 BURG	SN	3/7-4-5-6	57	G.D.Aucharuz	4 1400

3 THE WORLD VETERINARY DAY CUP					
990 m Valeur Benchmark 41 Time - 13h25					
1 EMERALD BAND	VA	0-0-3-1-1	61	B.Sooful	2 140
2 RAHEEB	RM	4-1-8/10-3	61	R.Hoolash	1 550
3 IN YOUR DREAMS	SH	1-4-8-4/3	60.5	J.Allyhosain	4 650
4 TICKET HOLDER	SJ	3-8-2-3-2/	60.5	N.Marday	3 2500
5 MR CRUMFORD	SN	6-10-3/7-7	60	G.D.Aucharuz	6 1000
6 SHADOWING	AS	0-0-5-4-1	59	N.Teoha	9 700
7 SUBTROPICAL	CD	8-9/5-7-6	59	I.Chisty	7 3300
8 VISION OF TRUST	SPN	1/4-8-4-5	57.5	R.Boutanive	8 1000
9 ROCHESTER	JMH	9-5/10-8-7	55	K.Kalychurun	5 5000
10 BONO [EA]	SJ	5/8-5-8/7	59.5	-----	10 ----

PROGRAMME DES COURSES

4 THE RAOUL ROCHECOUSTE CUP					
1450 m Valeur Benchmark 46 Time -- 14h00					
1 WAVEBREAKER	SN	10/10-7-4-2	60-4	N.S.Batchameah	3 700
2 ALL ABOUT THE BASS	SH	5-1-2/2-2	59.5	J.Allyhosain	6 200
3 NORTHERN SPY	SJ	1-2/1-1-5	59.5	B.Sooful	2 500
4 DOLLAR TRACTOR	SN	3/9-4-3-C	59	G.D.Aucharuz	1 580
5 STEAK AND ALE	GR	0-0-0-5-4	59	N.Juglall	4 1000
6 VIKING TRAIL	SJ	2-1-9/3-3	59	B.Bhaugerothee	7 750
7 EDGE OF THE SUN	AS	7-2/2-5-2	58	N.Teoha	5 650

5 THE HOOMESHWAR CHUMMUN MEMORIAL CUP					
1500 m Valeur Benchmark 56 Time - 14h35					
1 IDITAROD TRAIL	GR	5-1/1-1-2	60.5	N.Juglall	4 300
2 LICKERIO	AS	5-1/9-4-4	59.5	N.Teoha	6 1000
3 MARAUDING	G	1-1/1-1-1	59	R.Joorawon	3 185
4 SACRED FLAME	RG	1-1/10-3-1	58.5 - 4	N.S.Batchameah	5 800
5 WILD HORIZON	SH	9-7-7-6/5	58	J.Allyhosain	1 600
6 GUNSTON	SH	1-1/10-5-6	56.5	B.Sooful	2 600
7 INN A MILLION	SN	7-6-3-3/4	56.5	G.D.Aucharuz	7 2000

6 THE RENE MAIGROT CUP					
1400 m Valeur Benchmark 66 Time -- 15h10					
1 KAZAAR	PM	5-3-3/5-5	60	C.Segeon	2 700
2 IDEAL SECRET	RM	4/3-4-3-2	57.5	S.Bussunt	1 380
3 TOWER OF WISDOM	GR	1-2/1-2-1	57.5	N.Juglall	5 300
4 OVERSHADOW	SPN	4-4-2-5/5	57	R.Boutanive	4 4000
5 PALACE CHAPEL	SJ	0-0-3-3-2	56	B.Bhaugerothee	3 220
6 TEN GUN SALUTE	SPN	N-6-6-7-6	56	B.Sooful	6 3000

7 THE MAURITIUS GUINEAS CUP					
1600 m Valeur [40+] 4yrs G.2 Time -- 15h50					
1 ALYAASAAT	GR	0-0-6-1-2	61	N.Juglall	5 160
2 THE SULTANS BAZAAR	PM	0-0-0-8-6	57.5	C.Segeon	1 1200
3 ARABIAN AIR	JMH	0-0-0-2-1	56	R.Joorawon	3 350
4 SENATLA	GR	6-4-1/5-7	53	K.Kalychurun	2 2500
5 LEMON DROP SHOT	SH	0-0-5-2-1	52	B.Sooful	4 380

16e Journée - Samedi 19 Septembre 2020

8 THE TOMMY BOY CUP					
1365 m Valeur Benchmark 31 Time -- 16h25					
1 OCEAN DRIVE SOUTH	CD	6/9-5-2-4	60.5	I.Chisty	3 520
2 SANDY SPORT	P	4-9-6-3-6/	60.5	R.Hoolash	4 1600
3 ZODIAC JACK	JMH	4-3/4-N-6	60.5-4	N.S.Batchameah	9 1400
4 RUBY SPIRIT	AS	0-0-0-5-7	59.5	K.Kalychurun	6 1000
5 MINNESOTA DREAM	GR	0-5-5-6-1	59	N.Juglall	1 260
6 DONNAN	SN	0-0-2/6-10	58.5	G.D.Aucharuz	5 1600
7 DOUBLE GAMES	VA	0-0-6-3-1	58	B.Sooful	8 210
8 FUNDRAISER	PM	nouveau	58	C.Segeon	7 750
9 REAL VISION [EA]	JMH	10-9-5/9-6	57	-----	2 ----

9 THE TEN CENTS PLATE					
1500 m Valeur [0-26] Time -- 17h00					
1 PERFECT PURSUIT	AS	10-4-10-9/8	61.5	R.K.Chumun	5 3000
2 AMANDLA	JMH	0-0-3-4-4	61	S.Bussunt	2 400
3 MIDDLE PATH	RG	3/3-6-3-1	61	J.Allyhosain	9 700
4 GROBAN	RM	0-0-0-10-9	60.5	R.Hoolash	8 2000
5 MANOLETE	CD	9-4-2/2-2	59.5	I.Chisty	6 330
6 XANTHUS	PM	8-8/8-3-3	59.5	C.Segeon	4 520
7 HEAD OF THE PACK	SPN	6/9-9-5-8	59	R.Boutanive	7 3000
8 THE FORERUNNER	VA	0-0-0-0-2	59	B.Sooful	3 290
9 SPECIAL FORCE	SPN	10-9-10/11-6	57	K.Kalychurun	1 4000

SELECTIONS

1. BOLD PHOENIX, LIT, SILVER SONG
2. EIGHT CITIES, ALL ABOARD, SIBERIAN HUSKY
3. EMERALD BAND, IN YOUR DREAMS, RAHEEB
4. ALL ABOUT BASS, NORTHERN SPY, DOLLAR TRACTOR
5. MARAUDING, IDITAROD TRAIL, GUNSTON
6. PALACE CHAPEL, IDEAL SECRET, IDEAL SECRET
7. ALYAASAAT, ARABIAN AIR, LEMON DROP SHOT
8. MINNESOTA DREAM, DOUBLE GAMES, O. DRIVE SOUTH
9. THE FORERUNNER, MANOLETE, AMANDLA

In a light vein

Don't break anybody's heart; they only have 1. Break their bones; they have 206.

Ralph is driving home one evening, when he suddenly realizes that it's his daughter's birthday and he hasn't bought her a present. He drives to the mall, runs to the toy store, and says to the shop assistant, "How much is that Barbie in the window?"

In a condescending manner, she says, "Which Barbie?" She continues, "We have Barbie Goes to the Gym for \$19.95, Barbie Goes to the Ball for \$19.95, Barbie Goes Shopping for \$19.95, Barbie Goes to the Beach for \$19.95, Barbie Goes Nightclubbing for \$19.95, and Divorced Barbie for \$265.00."

Ralph asks, "Why is the Divorced Barbie \$265.00 when all the others are only \$19.95?"

"That's obvious," the saleslady says. "Divorced Barbie comes with Ken's house, Ken's car, Ken's boat, Ken's furniture..."

A guy and his wife are sitting and watching a boxing match on television.

The husband sighs and complains, "This is disappointing. It only lasted for 30 seconds!"

"Good," replied his wife. "Now you know how I always feel."

A police officer attempts to stop a car for speeding and the guy gradually increases his speed until he's topping 100 mph. The man eventually realizes he can't escape and finally pulls over.

The cop approaches the car and says, "It's been a long day and my shift is almost over, so if you can give me a good excuse for your behaviour, I'll let you go."

The guy thinks for a few seconds and then says, "My wife ran away with a cop about a week ago. I thought you might be that officer trying to give her back!"

After Brian proposed to Jill, his father took him to one side.

"Son, when I first got married to your mother, the first thing I did when we got home was take off my pants. I gave them to your mother and told her to try them on, which she did. They were huge on her and she said that she couldn't wear them because they were too large. I said to her, 'Of course they are too big for you, I wear the pants in this family and I always will.' Ever since that day, son, we have never had a single problem."

Brian took his dad's advice and did the same thing to his wife on his wedding night.

Then, Jill took off her panties and gave them to Brian. "Try these on," she said.

Brian went along with it and tried them on, but they were far too small.

"What's the point of this? I can't get into your panties," said Brian.

"Exactly," Jill replied, "and if you don't change your attitude, you never will!"

A woman was taking an afternoon nap. When she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace. What do you think it means?"

"You'll know tonight," he said.

That evening, the man came home with a small package and gave it to his wife.

Delighted, she opened it to find a book entitled "The Meaning of Dreams."

Life's Lessons

What would others say? Don't bother!!

An old man, staying in a small south Indian town came to visit his son in Mumbai recently. The son in his early thirties is a successful businessman living with his wife and son. The father, having spent most of his life at his birthplace, South, hardly understands Hindi, English and Marathi. But he doesn't care. 'I have come here to spend a few days with my son and his family. I don't have to go out and socialize with the city people,' he said.

But the son is very excited about his father's rare visit to Bombay. He wants to make the best of it. He and his wife want to show him around the city. And yes, the son enjoys those evening hours too, when he and his father go out and sit in a good bar, sipping their favourite drink.

Last week he told his father 'Let's go to a five star hotel's bar tonight'. It was a beautiful evening. Talking about everything under the setting sun, they had a few drinks. As usual they were offered some salad, peanuts, wafers, etc., as accompaniments with their drinks. The old man being almost toothless was not much interested in eating. But that day when they got up to leave, he simply took a handful of *channa* (roasted grams) and stuffed it in the fold of his dhoti. He might have thought about munching on them, sitting in the car.

Unfortunately, while walking in the lobby, he missed a step and stumbled. Down he went, scattering the *channa* on the plush carpet.

No problem. Now try to visualize that scenario. Someone else in his son's place would have been mortified, embarrassed to death. He might have cursed not his father but his own self for causing this awkward situation. 'Never again will I take my old man to such hotels,' he would have vowed.

No sir, not this son. Gently, with a smile, he helped his father get back on his feet. Instead of feeling irritated or angry, he was amused. He found the whole incident very funny. Laughing, they both went home and on the way they decided to return to the same place the following Sunday. The old man liked the place and liked the *channa* too.

A few days ago, at a friend's place they both described this event and made everybody laugh.

Weren't you embarrassed? Somebody asked the son. 'Oh, come on now,' replied the son. He is my father. He talks in his native language, prefers to wear a dhoti even to a posh city hotel, takes *channa* from the bar to eat later, does whatever he feels like... So what? Why should I feel

embarrassed with his nature and habits? Nobody has a right to stop him from doing whatever he feels comfortable with, as long as it is not harmful to others.'

The son doesn't care what the staff in the hotel thought about that incident. He says, 'They should be concerned only with their bills and tips. I am concerned about my father's happiness.' The wife too totally agrees with the husband on this issue. She feels there are enough other qualities in her father-in-law to feel proud of.

The above incident is not mentioned just to show the love and devotion of a son for his father. More than love it is a matter of understanding and a healthy respect for the other person's lifestyle.

A seventy plus old man doesn't want to change his lifestyle now. He likes the way he eats or dresses or talks. In his eyes, there is nothing wrong with the old ways of living. And the son says, ok, fine. Everybody has a right to live as per his wish. Now at his age, why should he be forced to learn to eat with a fork and knife, if he doesn't want to? I will feel bad if he is doing something morally wrong or indulging in some harmful activities. But otherwise it is fine. I am not going to try to change him at this stage. He is my father. I love him and respect him.

Hey folks, can you think this way? So many times we see people getting embarrassed by the so called unsophisticated behaviour of their family members. They keep on apologizing about their lack of class and manners, or about their drawbacks to outsiders.

"My wife can't speak proper English; she doesn't know what's happening in the world, so I avoid taking her out or introducing her to my friends and business associates."

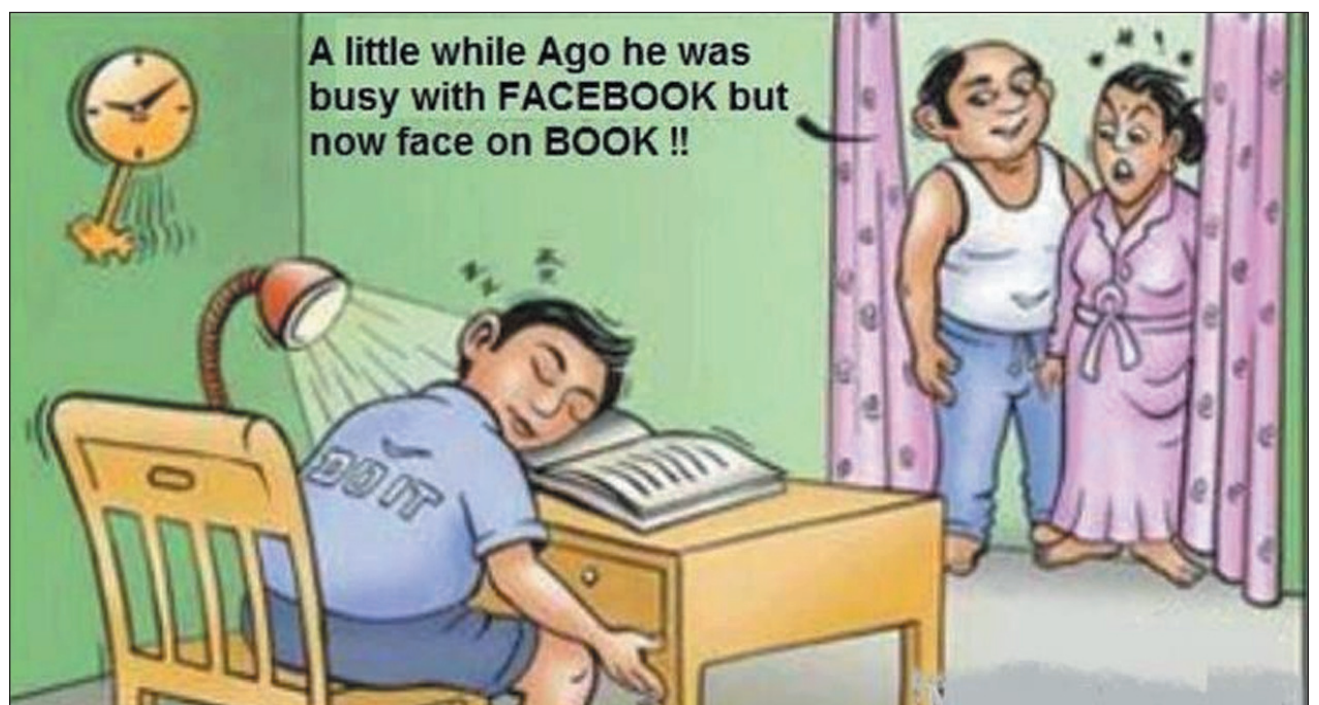
"My parents can't eat with a spoon and fork, so I don't take them to restaurants."

"My husband is working as an ordinary clerk, so I feel awkward when I introduce him to my rich friends."

"My brother is mentally challenged, so I don't feel like going out with him."

And many more... Are you plagued with such thoughts or do you meet such people who think alike? If you do, please ask yourself why do others or I feel this way? Really what is there to feel ashamed of? Most of the people always have this fear of other peoples' opinions and comments. What would others say? Don't bother!!

And why worry about a speck in the eye of a brother when you have a board in your own?



Hesitant to book a medical appointment? Think you can't have a heart attack? Here's some tough love: These oversights can lead to bigger problems...

You already know you need to drop a few pounds and cut back on the drinks and potato chips. Besides, you feel fine. Men are geniuses when it comes to finding reasons not to see the doctor. But one of the most important things you can do for your health is schedule -- and show up for -- a regular visit.

Think you can't have a heart attack

The "Big One" is something most guys worry about for their dad or granddad. But the threat is often there for much younger men. If heart disease runs in your family, it could find you as early as your 30s. No matter what your age is, make it a point to take care of your ticker.

Ignore the snore

Sawing logs at night? About half of guys who snore have something called obstructive sleep apnea. It does more than just annoy the person next to you. This disorder can make you stop breathing for a few seconds. It's also linked to heart disease and high blood pressure.

Skip the sunscreen

We're not just talking about sports or beach days. You should slather on a product with an SPF 30 or higher every time you go outside to prevent skin cancer. Most

10 health mistakes men make



guys never put it on their faces -- or any other exposed skin. Protect yourself.

Refuse to get help for impotence

Don't be ashamed. Bedroom problems have nothing to do with your masculinity. Chances are they aren't caused by your state of mind, either. The main cause of impotence is usually a lack of blood flow to the penis. This can also be a sign of heart trouble, so put your pride aside and see the doc.

Drink away the blues

More women than men get depressed. That's part of the problem -- the idea that it's a "female problem" often keeps the more men who have it from seeking help. As a result, more guys turn to drugs and alcohol to help them feel better. This just makes depression that much harder to spot -- and treat.

Go with the flow

How many times have you gone to the bathroom today? Really, who has time to keep track? Maybe you should. If you go more than eight times a day or more than twice at night, it could be more than a nuisance. It could be a sign of a medical problem like enlarged prostate, overactive bladder (OAB), or even some forms of cancer. Talk to your doctor about it.

Keep your mouth shut

In the US, women are more likely than men to get routine dental checkups. But guys need to see the dentist regularly, too. Not only because they can spot and prevent oral problems, but sitting back and saying "ah" can also reveal symptoms of things like diabetes, Crohn's disease, lupus, and even leukemia.

Stick with meat and potatoes

It's a rare guy who gets enough fruits and vegetables during the day. Doctors suggest four to five servings of each for a heart-healthy diet. If that's not enough, eating the good stuff also lowers the odds that you'll have a stroke, cancer, or digestive problems. And it keeps your blood sugar in check.

Tempt fate

Some guys just love to drink, smoke, gamble, drive fast, or jump out of planes. Sure these things are fun, but all of them can be bad for your health. Truth is, men are more likely than women to do all these things. Why? Some guys do drink more, which messes with their judgment. Others just spend less time worrying about the outcome of their actions. Sometimes, it pays to think twice.

WebMD

Hidden Benefits of Cardio Workouts

You might have guessed that cardio, or "aerobic," exercise helps to strengthen your heart. But did you know it's good for your health in lots of other ways, too?

Heart Health Is Just the Start

You probably already know that cardio, or "aerobic," exercise -- the kind that gets your heart pumping -- is good for your ticker. It lowers your resting pulse and strengthens your heart muscle. That's why, as you slowly lengthen your cardio workouts, you're able to go for longer time and distance. But your heart isn't the only part of your body that benefits.

Lower Your Blood Sugar

Cardio exercise helps lower blood sugar (glucose) levels and improve insulin resistance if you have diabetes. Resistance training, like weightlifting, is also good. A combination of the two seems to help the most. Talk to your doctor before you start a new fitness routine if you have diabetes, especially if you take insulin or other meds.

Improve Your Mood

Aerobic exercise like running can help ease depression and anxiety well enough that your doctor or therapist may suggest it as a treatment. Part of the reason might be that it seems to enlarge your hippocampus -- an area of your brain that manages emotion -- and slow the breakdown of brain

You might have guessed that cardio, or "aerobic," exercise helps to strengthen your heart. But did you know it's good for your health in lots of other ways, too?

cells. Stick with it on a regular basis for several months to get the most benefit.

Get a Better Night's Sleep

Cardio may be good for your shut-eye. Scientists know that it can help you keep an even mood, wind down at bedtime, and set up a healthy sleep-wake cycle (circadian rhythm). The exact brain effects aren't always clear, but people who exercise more tend to get more of the deep "slow wave" sleep that helps renew the brain and body. But try not to exercise too close to bedtime, which disrupts sleep for some people.

Think Better

People who do more aerobic exercise may be better at "executive function" -- the ability to organize information, interpret it, and act on it. Just a single workout session can increase blood flow to the part of your brain called the prefrontal cortex, which helps control your executive function. Over the long term, exercise seems to help brain cells in your prefrontal cortex connect more easily.

Remember Better

People who move around more are less likely to get Alzheimer's disease and other forms of dementia. That's in part

because exercise helps prevent things that can raise your chances of getting dementia, such as obesity, diabetes, high blood pressure, and depression.

Learn Better

Neuroplasticity is the ability of your brain to change when you learn and do new things. Younger brains are generally better at this than older ones, but you can help preserve your neuroplasticity with cardio exercise, along with resistance training.

Help Ease Arthritis Pain

As you age, your knees and other joints can get osteoarthritis. The movement of aerobic exercise, like jogging or biking, is one of the most effective ways to ease pain and inflammation. And whether you walk, swim, or row a boat, your heart gets fitter, which makes it easier to stay active. When you combine physical activity with a healthy diet, you can drop extra pounds, which takes pressure off your knees.

Breathe Better

Even if you have a lung condition, regular cardio exercise can help improve your breathing. If the gym's not your thing, a walk, jog, or a regular tennis game can do the trick. Just make sure to talk to your

doctor about your exercise plan if you already have breathing problems.

Help Fight Germs

Regular aerobic exercise appears to help your body fight illness caused by viruses and bacteria. That's partly because it helps blood get around your body better, which means germ-fighting substances get where they need to go. Scientists continue to study exactly how exercise helps boost the immune system -- your body's defense against germs.

Improve Your Cholesterol

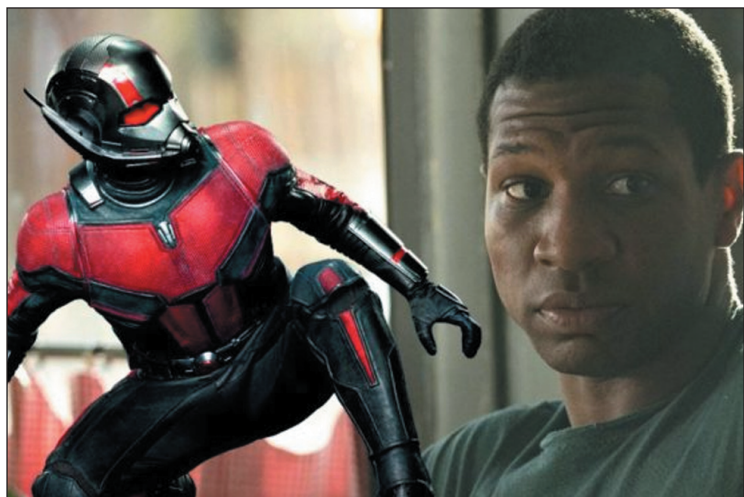
Exercise seems to raise your HDL "good" cholesterol. It can also lower your LDL "bad" cholesterol, though you may need to make your workout more intense to get the full effect. Unhealthy cholesterol numbers make you more likely to build up plaque in your arteries that can lead to a heart attack or stroke. Talk to your doctor about starting a fitness routine if you're already ill or you haven't exercised in a while.

How Much Exercise Is Right?

Standard recommendations call for 30 minutes of moderate exercise on most days of the week. That's a great place to start. But upping that to 300 minutes a week or higher can add even more benefits. The length of each session matters, too. Some of the best brain benefits come in exercise periods that last a bit longer: 45 to 60 minutes.

WebMD

'Ant-Man 3': Jonathan Majors likely to play super-villain Kang the Conqueror in Paul Rudd starrer



Actor Jonathan Majors has joined the cast of 'Ant-Man 3', starring Paul Rudd and Evangeline Lilly.

According to reports on online portals, Majors is likely to play time-travelling super-villain Kang the Conqueror in the third film of the hugely successful Marvel Cinematic Universe (MCU) franchise.

Although word has already spread around

town, Marvel Studios has not yet made any official announcement on the same.

According to reports, the film may just have one of the MCU's biggest villains in Phase 4. The third part of the franchise is also expected to bring back the Quantum Realm technology introduced in 'Ant-Man & the Wasp', which fueled the plot of 'Avengers: Endgame'.

Peyton Reed, who helmed the first two films - 'Ant-Man' and 'Ant-Man and The Wasp', returns to direct the latest installment with a script written by Jeff Loveness.

The first 'Ant-Man', released in 2015 and minted over USD 500 million at the global box office. The sequel that released in 2018 earned USD 622 million worldwide.

Meanwhile, the MCU has films like 'Black Widow', 'Thor: Love and Thunder', 'Doctor Strange in the Multiverse of Madness' lined up for releases in the years ahead.

Urmila Matondkar feels it is unfair to say that everybody in the industry is into drugs and are junkies

Urmila Matondkar has been engaging in a war of words with Kangana Ranaut over the alleged Bollywood drug row. The 'Rangeela' actress feels it is unfair to say that everybody in the industry is into drugs and are junkies. Talking to a news portal on the same, Urmila reportedly said the kind of image that people have been portraying about Bollywood is unjust. She also stated that showing the industry as the nexus of drugs is not true and it is not like that the industry only consists of 4-5 people, it comprises people from technicians to other hard-working people.

She added that Bollywood is an amazing industry that is not in this country but is internationally known for its work. According to her, people come from various places with big dreams in this industry and she used to be one of them and the film industry has always collectively taken people ahead but given that you work extremely hard for it along with a dash of luck. Elaborating more, Urmila added that many people in Bollywood have made a name for themselves which includes actors like Shah Rukh Khan, Akshay Kumar, Deepika Padukone, Tiger Shroff, and more. According to her, it is being projected that everybody in the industry is into drugs and is junkies which is quite an unfair thing to say.

She also went on to say that people from the industry are very vulnerable and they are in dire need of feeling secure because whatever they say, they are questioned for it. So, one has to be very vulnerable because this is where you become a star or lose it all overnight. So, the highs and lows are extreme and to deal with them



is difficult.

According to her, what is needed is for people to have a little more understanding that the industry people go through a lot and if some of them consume drugs then they should be held responsible for their actions. But to assume everyone is a druggie is wrong because this industry has given us a lot of stars and movies.

Talking about herself, she stated that even she is not a media made star but a people made star. According to her, when people speak ill of a film or a celebrity, they're nullifying the hard work of a lot of people, so, they are bringing all of that down and it is not in good taste.

YOUR STARS

Sagittarius: Nov 22 - Dec 21

This week will be favourable to mental curiosity and inventiveness. A colleague at work will try to play a nasty trick on you. A muddled family matter that has been going on for a long time will be settled to the satisfaction of all.

Lucky Numbers: 5, 12, 13, 18, 20, 31

Capricorn: Dec 22 - Jan 19

You'll be inclined to introspection; this will help you to consider what you really want in life. Don't try to settle your disputes in a shattering way: give your preference to amicable solutions. At your work, a low profile will prove to be a good tactic.

Lucky Numbers: 15, 20, 21, 29, 30, 32

Aquarius: Jan 20 - Feb 18

A week very favourable to the happy conclusion of a business matter or the crowning of a long-drawn-out effort. Propitious climate for peaceful love affairs, far from jealousy and from screams of hate and passion.

Lucky Numbers: 1, 8, 15, 20, 26, 30

Pisces: Feb 19 - Mar 20

The family atmosphere will be electric; but if you keep your calm, the storm will quickly fade out. You won't spare your efforts to make well-being and harmony reign in your couple. A favourable week for undertaking a study or business trip. Don't neglect your parents.

Lucky Numbers: 20, 21, 31, 36, 38, 40

Aries: Mar 21 - Apr 19

Acting with more comprehension would help you gain the favours of your family and friendly entourage. Changes in your well ingrained habits, but you'll adapt yourself well. Think more about yourself: don't burst your budget for others.

Lucky Numbers: 11, 14, 17, 29, 35, 37

Taurus: Apr 20 - May 20

You'll be able to make new friendly relationships under the sign of good-heartedness. An extremely favourable week for matters of the heart; you'll live your love affairs on a rosy cloud. Ideal moment to carry out financial transactions.

Lucky Numbers: 17, 21, 29, 31, 32, 34

Gemini: May 21 - June 20

At work, luck might come unexpectedly: keep your eyes and ears wide opened. In friendship, don't be too particular and demanding. If you water down your wine, harmony will return in your home and you can then count on your close relatives' support.

Lucky Numbers: 9, 10, 12, 21, 25, 33

Cancer: June 21 - July 22

You'll be in a position to solve a thorny family problem, which will relieve you of an enormous weight. On the heart's side, you'll be attracted by novelty, by vibrating but ephemeral passing fancies. You'll receive warm-hearted compliments, but beware that they aren't totally sincere.

Lucky Numbers: 10, 14, 17, 23, 25, 31

Leo: July 23 - Aug 22

Think about privileging your family life; invite your parents or parents-in-law, spend more time with your children. Your relationships with your beloved one will be placed under the sign of passion. Don't buy anything on credit.

Lucky Numbers: 1, 3, 5, 20, 23, 30

Virgo: Aug 23 - Sept 22

You'll be exposed to an emotional stress, which is likely to disturb your stability. You'll have a better opinion of yourself, and you'll have a better estimation of your financial possibilities; learn how to make the right choices that'll lead you to success.

Lucky Numbers: 10, 15, 18, 19, 30, 31

Libra: Sept 23 - Oct 22

You'll have to be more realistic: don't undertake more than you're capable of carrying out, and don't try to solve problems that have no solution. All the while being very attentive to your children's welfare, don't forget to open their eyes to the misery of others.

Lucky Numbers: 8, 9, 10, 15, 18, 20

Scorpion: 23 Oct - 21 Nov

The stars will protect you, and nothing serious can bring you down. Possibility of friction with your spouse or partner; try to be much more tactful so as to improve things. You can count on some valuable friendly support.

Lucky Numbers: 18, 20, 21, 26, 32, 33

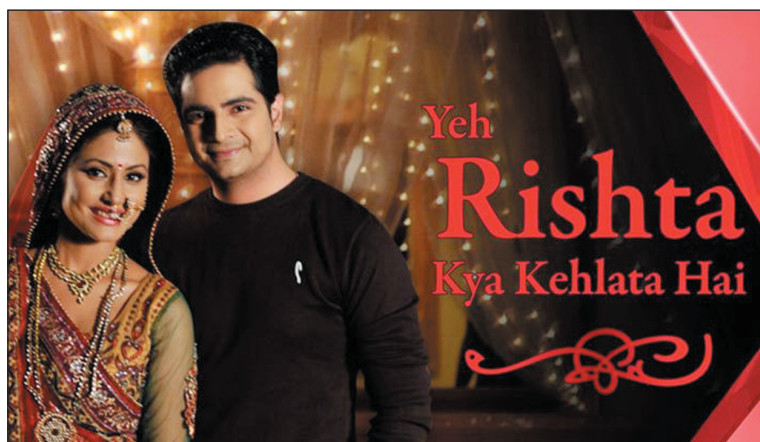
'Yeh Rishta Kya Kehlata Hai' actor Sanjay Gandhi

"I want the industry to stop auditioning senior actors and insulting them by not casting them"

Versatile actor Sanjay Gandhi, after expressing his views against the Indian government's rule on actors above 65 to not resume shoot because of the Covid-19 situation, has now opened up on the audition procedure, especially in regards to senior actors, and also on loyalty by both producers and actors.

The *'Yeh Rishta Kya Kehlata Hai'* actor feels that people should call senior actors only if they are confirmed for a role, they shouldn't put them through the humiliating process of auditions.

"I am not happy with the casting process. I want the industry to stop auditioning senior actors and insulting them by not casting them. Once I was called for an audition of a particular role, there was another actor, a popular senior actor with some great work to his credit, who was also there. We started talking and realised both were called for the same role. Though I was selected, imagine how the other actor would have felt. You should consider their age a bit, and if you



want to choose someone, go through their previous work. Call them for a role only when you trust them and their work, don't humiliate them by calling them for an audition and then not casting them. It's so disrespectful. But yes, if you are doing a biopic or a historical film, you can call them because then you need to match their look-alike, but otherwise please don't make them go through it," he said.

Sanjay also mentioned that loyalty has gone missing from the industry especially when it comes to actors who are given a break and a launch by producers, and also by producers in some way. He asserted that it should be both ways and

they should stand by each other.

"I have seen a lot of actors, who don't know the meaning of loyalty. Once they are famous and successful, they don't even look towards the people who gave them a break. You don't know how someone becomes a producer, how he arranges the money, you don't know how he invests it in a film or TV show, without a guarantee whether it will work or not. And that takes a lot of courage. If you don't understand the producer's pain, the producer won't understand yours. Similarly, even the producers need to be loyal to their actors and technicians, they should pay them on time and should treat them well too. Because if a producer wants to become a godfather, they need to understand that godfather never cheats, they stand rock solid with their team no matter what the situation is. So please be loyal to one another," Sanjay signed off hoping that his voice will be heard and these changes will be considered.

Am ok with weight gain, don't want a Covid relapse: Shrenu Parikh

Shrenu Parikh, who tested positive for Covid-19 in July, shares, "While I was recovering, I realized that a lot of people tend to take life for granted. And although I have never done that, I still got the virus. I was really worried for my life, and for my family. This whole pandemic has taught me that there's more to life than just materialistic things," she said to Times of India.

"We all keep thinking about money, career, how to earn more, but this phase made us relook at our priorities, and I was happy and grateful just to be alive! At a time when there is a surge in the number of coronavirus cases daily, we realize how precious life is and I have started taking my health very seriously. As a family, we got closer and thankfully, Shubham (younger brother) was also with us. While I was very scared, I never expressed that fear in front of my family. Had I broken down in front of them, it would have made things worse because your family finds it tough to handle things when they see you in pain.

'Glad I have friends like Surbhi Chandna and Mansi Srivastava'

"I was in constant touch with my industry friends like Surbhi Chandna and Mansi Srivastava, and the support of my



friends in Vadodara also gave me a lot of strength. Although I was at a Covid hospital for a few days, they didn't think twice about visiting the hospital and leaving stuff for me, which I might need. All these things really mean a lot to me.

'I can lose weight anytime, but I want to rest it out'

"Recently, while I was chatting with my fans, someone pointed out that I have put

on weight, which is quite evident. When you are on medication, resting continuously and eating a lot, you are bound to put on weight. In my profession, I can't afford to put on weight but I want to tell everyone that it is important to rest it out, and not rush back to doing things. I know everyone wants to get back to work as soon as possible after recovery, and even I thought the same.

"But there have been a few cases of Covid relapse too and so, we should learn to take it easy as much as possible. I can lose weight anytime I want, but I won't get my health back, isn't it? This has been a life-changing experience and I don't want the virus to have any long-term impact on my health. Instead of worrying too much about what is happening right now, we should stay safe and avoid any gatherings as much as possible. Nothing's more important than staying healthy.

'The mindset regarding Covid-19 patients is slowly changing'

Thoda sa kam hua hai, lekin abhi bhi stigma toh hai. Ye kisi ko bhi ho sakta hai, people have realized that and so, the mindset is changing slowly. From my own experience, I also feel that considering the magnitude of the pandemic, the authorities are doing a commendable job.

TV SERIAL

Yeh Un Dinon Ki Baat Hai

Friday 18 Sept: When the day after the exhibition no one shows up at Naina and Sameer's boutique, they both get tensed. Finally, when two customers show up at their boutique the volcano of happiness erupts for both Naina and Sameer, but when they get to know that both of those customers were sent by Kamlesh.

Monday 21 Sept: Naina is upset because of Sameer and she doesn't even eat food. When Sameer pressurizes her to eat she gets even more upset and tells him that she won't eat. Sameer tells her that he will keep standing there until and unless she doesn't eat, Naina tells him to keep standing.

Tuesday 22 Sept: Sameer's world goes in a whirlpool when Munna tells Naina that Sameer is taking the measurement for female clothes. Naina is angry looking at Sameer take the measurements of girls to sew their clothes. When a customer comes again and again and asks Sameer to take the measurements, he gets into deep trouble.

Wednesday 23 Sept: Naina and Sameer after reading a lot of letters from Preeti have known a lot about Mumbai. Naina reads out a letter from Preeti stating about how her life has been in Mumbai. The letter also states about her mother-in-law in comparison to her mother.

Thursday 24 Sept: After the shoot starts in Sameer and Naina's mansion, Sameer on seeing the actors attitude and fame, he dreams on to be an actor and this desire is even more flamed when he gets a small role in the advertising shoot.

Kahan Hum Kahan Tum

Friday 11 Sept: Deepa's spy catches Rohan and Pari romancing while Raima is hurt by RoNakshi's conversation. Later, Sonakshi is shocked upon learning a disturbing truth.

Monday 14 Sept: While the family is busy preparing for the engagement, Rohit eagerly awaits Sonakshi's arrival. Obsessed with the latter, Mahesh vows to stop her marriage.

Tuesday 15 Sept: Mahesh locks Rohan and Pari in a room and does the unthinkable. On the other hand, an agitated Naren refuses to wait for Sonakshi while she makes a memorable entry.

Wednesday 16 Sept: Sonakshi screams for help as Mahesh harasses her. Meanwhile, unaware of her plight, Rohit enjoys the engagement function with his family.

Thursday 17 Sept: Rohit lovingly helps Sonakshi dress up for the engagement ceremony. Later, the Rastogis are in a tough spot as Rohit's ring is lost.

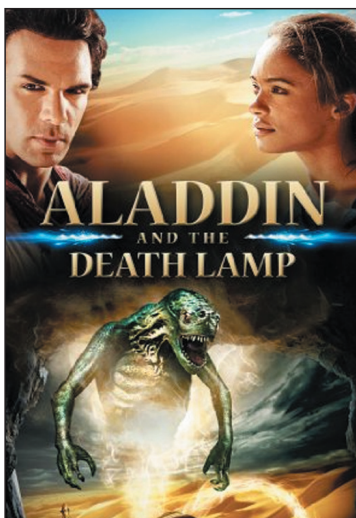
CINE 12

Vendredi 18 sept - 21.15

Blanche Neige Et
Le ChasseurAvec: Kristen Stewart, Chris Hemsworth,
Charlize Theron

MBC 1

Samedi 19 sept - 21.10

Aladdin And The
Death LampStar: Darren Shahlavi, Noam Jenkins,
Kandyse McClure

MBC 1

Dimanche 20 sept - 21.10



MBC 1

vendredi 18 septembre

07.05 Local: Passerelles
09.45 Local: Later Set Kouler
10.15 Local: Itinerer - Rodrig
11.00 Local Prod: Saver Kil Tirel
12.00 Le Journal
12.25 Mag: Eye On SADC
12.55 Mag: Eye On SADC
14.21 Prod: Urban Gardens
14.30 D.Anime: Grenadine Et...
15.12 D.Anime: Petit Creux
15.50 D.Anime: Fils De Wouf
16.03 D.Anime: Boule Et Bill
16.38 D.Anime: Roger
17.20 Serial: Lucas etc...
18.00 Live: Samachar
18.30 Serial: Siya Ke Ram
19.30 Journal & La Meteo
20.10 Magazine: MBC Prod
21.45 Serial: The Blacklist
23.00 Le Journal
23.35 Mag: Eye On SADC

MBC 2

10.00 Serial: Mah-E-Tamaam
11.20 Serial: Tum Mere Paas Raho
12.04 Film: Parivaar
Starring: Chetan Dalvi, Maithili Javkar, Prashant Bhelande
14.02 DDI Magazine
15.00 Mag: Comedy Classes
15.21 Serial: Honaar Soon Mee
15.43 Serial: Mooga Manasulu
16.07 Serial: Apoorva Raagangal
16.28 Serial: Bisaat-E-Dil
16.49 Mehendi Tohra Namam Ke
17.11 Serial: Gangaa
18.00 Serial: Die Now
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
07.30 Mag: Tomorrow Today
08.01 Doc: Delacroix From Paris...
09.08 Doc: 360 GEO
10.01 Displaced: Tomatoes And...
11.31 Mag: Sur Mesure
11.45 Mag: Shift
12.01 Mag: Garden Makeover
12.30 Mag: Tomorrow Today
13.05 Mag: Delacroix From Paris...
14.45 Mag: Strictly Street
15.50 Doc: Japan 2019
16.00 Mag: Eco India
16.47 Mag: Border Crossing
17.02 Mag: Garden Makeover
17.44 Doc: To The Moon
18.23 Mag: Urban Gardens
18.33 Doc: Obsession Magnifique
19.00 Open Univ: Student Support

Cine 12

01.30 Film: Money Monster
03.09 Serial: Dynasty 2
03.42 Film: Pitch Black
05.27 Tele: Totalement Diva
06.18 Tele: Esmeraldas
06.59 Serial: The Quest
09.00 Serial: Chicago Fire
09.45 Tele: Soleil Levant
10.35 Serial: Dynasty 2
11.31 Tele: Dulce Amor
12.00 Film: A Date With Miss...
13.38 Tele: Totalement Diva
14.45 Serial: The Quest
16.40 Serial: Chicago Fire
17.30 Tele: Esmeraldas
18.11 Tele: Soleil Levant
19.10 Tele: Dulce Amor
20.05 Tele: Le Prix Du Désir
20.30 Serial: Hawaii Five-0
21.15 Film: Blanche Neige Et Le...
23.17 Tele: Totalement Diva

Bollywood TV

08.00 Film: Kayda Kanoon
12.05 / 19.54 -
Kahan Hum Kahan Tuam
12.30/ 20.11 -
Kullfi Kumarr Bajewala
12.47 / 20.32 Radha Krishna
13.10 / 21.09 - Bin Kuch Kahe
13.36 / 21.24 - Zindagi Ki Mehek
13.53 / 21.46 -
Bade Acche Lagte Hai
14.17 / 21.59 -
Jai Kanhaiya Lal Ki
14.43 / 22.25 - Bitti Business...
15.20 Film: Second Hand
Husband
Starring: Gippy Grewal, Tina Ahuja, Dharmendra, Ravi Kishan
18.00 Live: Samacher
18.30 Kumkum Bhagya
18.51 Piya Albela

samedi 19 septembre

06.00 D.Anime: Robot Trains
07.25 D.Anime: Kid-E-Cats
08.50 D.Anime: The Garfield Show
12.00 Le Journal
12.25 Local: People
12.35 Doc: Builders Of The Future
14.10 Local: Rodrig Prog
14.30 D.Anime: Teenie Fables
14.35 D.Anime: Bob Le Bricoleur
14.46 D.Anime: In The Night...
15.08 D.Anime: Petit Creux
15.44 D.Anime: Teenie Craze...
15.47 D.Anime: Fils De Wouf
16.00 D.Anime: Boule Et Bill
16.27 D.Anime: Sinbad And The 7...
17.15 Serial: Lucas Etc
18.00 Live: Samachar
18.35 Entertain: Nach Baliye
19.30 Journal & La Meteo
20.00 Prod: Lottotech
21.10 Film: Aladdin And The Death
Lamp

07.00 Film: Anupama
10.00 Bade Acchelagte Hai
12.00 Serial: Nanda Saukhya Bhare
12.50 Serial: Brundavanam
13.12 Annakodiyum Ainthus
Pengalum
13.35 Serial: Anu Pallavi
15.23 Film: Jeet
Starring Sunny Deol, Salman Khan, Karisma Kapoor
18.00 Mag: DDI Magazine
19.00 Zournal Kreol
20.05 Serial: Vikram Betaal Ki
Rahasya Gatha
21.00 Film: Dobaara
Starring -Huma Qureshi ,
Saqib Saleem , Lisa Ray ,Adil
Hussain Khanna, Amrita Rao
22.43 DDI Live

06.00 Doc: To The Moon
06.49 Doc: Obsession Magnifique
07.14 Mag: Global 3000
07.48 Mag: Euromaxx
08.14 Doc: Wildlife Heroes
09.00 Mag: Women Who Changed
09.57 The Sound Of Freedom
11.25 Doc: To The Moon
12.09 Mag: Urban Gardens
12.39 Mag: Global 3000
13.13 Mag: Euromaxx
15.22 Doc: The Sound Of Freedom
16.22 Student Support Prog...
19.30 Doc: Obsession Magnifique
19.55 Doc: Japan 2020
20.05 Doc: The Real Sherlock...
21.10 Mag: Women Who Changed
21.15 Doc: Black Is The Colour
22.49 Doc: Treasures Blossoms...
23.37 Doc: Amazing Gardens
23.57 Doc: Ville Fête
00.29 Doc: The World From Above

02.49 Film: Dead Men
05.47 Tele: Destiny
06.32 Mag: Hollywood On Set
07.02 Serial: Sherlock
08.30 Serial: Mike Hammer
09.18 Serial: 12 Monkeys
09.59 Serial: Counterpart
10.52 Film: A Doggone Adventure
12.15 Serial: Chicago Fire
13.00 Tele: Amanda
14.09 Tele: Premiere Dame
14.51 Serial: Dynasty 2
16.11 Mag: Hollywood News Feed
17.00 Serial: Hawaii Five-0
17.45 Film: Honey 3
19.18 Mag: Hollywood On Set
20.05 Tele: Le Prix Du Désir
20.30 Series: Hawaii Five-0
21.15 Film: Drôle De Père
22.45 Tele: Eva Luna

04.05 Kahan Hum Kahan Tum
04.26 Kullfi Kumarr Bajewala
04.51 Radha Krishna
05.14 Zindagi Ki Mehek
05.27 Bade Acche Lagte Hai
06.01 Jai Kanhaiya Lal Ki
06.22 Bitti Business Wali
06.45 Kundali Bhagya
07.07 Piya Albela
07.29 Mere Angne Mein
08.00 Zindagi Ki Mehek
10.12 Yeh Pyaar Nahi Toh Kya...
12.00 Yeh Hai Mohabbatein
14.22 Bin Kuch Kahe
16.00 Pavitra Rishta
18.30 Film: Inteqam
Starring Manoj Bajpayee,
Isha Koppikar, Nethra
Raghuraman
20.34 Serial: Siya Ke Ram
21.07 Serial: Naagin
21.51 Serial: Zindagi Ki Mehek

dimanche 20 septembre

06.00 D.Anime: Robot Trains
06.27 D.Anime: HTDT
08.45 D.Anime: The Garfield Show
09.27 D.Anime: Astrology
09.35 Serial: Dark Oracle
12.00 Le Journal
12.30 Local: Elle - No 112
15.00 D.Anime: Petit Creux
15.12 D.Anime: Twirlywoos
15.24 D.Anime: Poko
15.47 D.Anime: Teenies Craze...
16.27 D.Anime: Uma And Devan...
16.32 D.Anime: Roger
16.52 D.Anime: Trollhunters
17.20 Serial: Lucas Etc.
17.30 Mag: Zoboomafooo
18.00 Live: Samachar
18.30 Local: Yeh Shaam Mastani
19.30 Le Journal
20.00 Local: Info 7 Sur 7
21.10 Film: Death Fighter

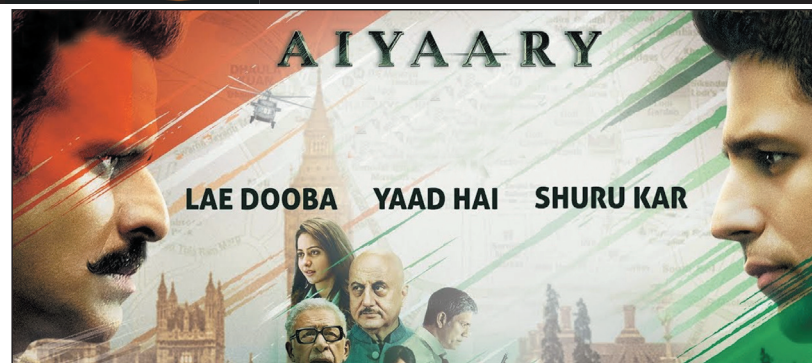
07.00 Film: Anuradha
Starring: Balraj Sahni, Leela Naidu
09.11 DDI Magazine
10.00 Local Production: Exerpts
Of Shikhar Kalash Puja
11.00 Serial: Santoshi Maa
12.00 Film: Mujhse Shaadi Karogi
Starring - Salman Khan,
Akshay Kumar, Priyanka
Chopra
14.32 DDI Magazine
15.00 Mag: Comedy Classes
15.21 Serial: Mooga Manasulu
15.44 Eka Lagnachi Teesri Gosht
16.06 Serial: Apoorva Raagangal
17.00 Serial: Mahakali
18.30 Local: Tipa Tipa Nu Avance
19.30 DDI Magazine
20.00 Serial: Maharakshak
20.44 Serial: Naagin

06.00 Doc: Amazing Gardens
06.26 Doc: Ville En Fête
06.52 The World From Above
07.15 Doc: Obsession Magnifique
08.36 Mag: Women Who Changed
10.23 Doc: Treasures Blossoms
11.09 Doc: Amazing Gardens
12.21 Doc: Obsessin Magnifique
16.34 Doc: Ville En Fête
17.31 Doc: Obsession Magnifique
18.00 Doc: Trajectory
18.30 Garden Party
19.05 Doc: Big Money
19.30 Mag: Future Mag
21.00 Doc: News (English)
21.10 Mag: Women Who Changed..
22.07 Doc: Stolen Soul
22.49 Doc: Incredible India
23.32 Doc: Trajectory
23.58 Doc: Garden Party
00.21 Doc: Big Money

01.30 Film: Drôle De Père
02.52 Serial: Hawaii 5-0
03.48 Film: Kill Kane
05.02 Tele: Destiny
05.50 Serial: Hawaii Five-0
06.40 Film: Hope Dances
08.30 Serial: Mike Hammer
09.16 Serial: 12 Monkeys
09.57 Serial: Counterpart
10.50 Film: Honey 3
12.23 Serial: Hawaii 5-0
13.03 Serial: Amanda
13.47 Tele: Premiere Dame
15.05 Serial: Dynasty 2
17.08 Serial: Hawaii Five-0
17.48 Serial: The Enemy Within
18.30 Serial: Mission: Impossible
20.05 Tele: Le Prix Du Désir
20.30 Serial: The Good Doctor
21.15 Film: The Breed
22.45 Film: Honey 3

00.40 Yeh Hai Mohabbatein
02.23 Bin Kuch Kahe
04.13 Pavitra Rishta
05.55 Film: Inteqam
Starring Manoj Bajpayee,
Isha Koppikar, Nethra
Raghuraman
08.06 Motu Patlu
08.11 Jai Kanhaiya Lal Ki
09.54 Jaana Na Dil Se Door
11.40 Piya Albela
13.27 Kahan Hum Kahan Tum
15.16 Kullfi Kumarr Bajewala
17.00 Punar Vivaah
18.00 Samachar
18.30 Film: Aiyaary
Starring: Sidharth , Malhotra,
Manoj Bajpayee, Rakul Preet, Singh
20.14 Nach Baliye
21.04 Bade Acche Lagte Hai
22.48 Piya Albela

MBC 2

Samedi 19
septembre - 21.00 Stars: Huma Qureshi , Saqib Saleem , Lisa
Ray, Adil Hussain Khanna, Amrita RaoDimanche 20
septembre - 18.30Stars: Sidharth, Malhotra, Manoj
Bajpayee, Rakul Preet, Singh



Nita Chicooree-Mercier

Please do not speak in our name

What happened at the Pere Laval opening ceremony last week was most shocking to the silent majority of people who witnessed to their great dismay an unprecedented scene of a head of the Catholic Church delivering a political discourse to blatantly run down the Prime Minister right in his very presence, after accepting the framed death certificate of a 19th century priest in whose memory the ceremony was held. In light of well-orchestrated street protests sponsored behind the scene by divisive forces, the idea of presenting the head of the church with the particular gift, which functionaries at the Registrar Office took care to prepare, was a civilized gesture in a bid to bring appeasement and serenity. The Prime Minister opted for a speech which befitted the occasion and underlined the laudable social role played by the 19th century priest.

The dramatic irony of the whole scene was that the Prime Minister and his associates were totally unsuspecting and had no idea of the slap the PM was going to take full face. What we all witnessed was that on an occasion of a commemoration which pilgrims attend with religious fer-

vour, the Cardinal chose to embark on a diatribe against the authorities – which sounded more like a political discourse rather than a religious one as expected of a prelate. A media outlet, the right arm of the capitalist oligarchy, joyfully posted an online video of the Cardinal's criticism of the government the day after.

A predominant presence of the flocks in street protests, and mainly the bargaining power of the affluent oligarchy which has maintained a firm grip on the economy since Independence, emboldened the Cardinal to adopt a condescending tone to pontificate to the elected representatives of the people on issues for which he clearly has no solution to offer. It was all a show of how different levers of power are activated to create a maximum nuisance value when the community comes in the spotlight of criticism after disparaging comments on the morality of ethnic groups at the helm of political power posted on social networks. It all boils down to their unlimited right to post year-round ugly comments in their online media outlet and their incapacity to accept criticisms in return. The thick skin, inflated ego and erroneous sense of superiority prompt them to resort to retaliatory action to embarrass the government and the silent majority. The manipulation of their

flocks paid off in the 1960s anti-Independence movement, and 1990s anti-government propaganda and is proving to be effective once again.

The cardinal's speech was peppered with repeated references to 'sufferings' of the people, a leitmotiv which suits the commemoration of Pere Laval, a priest who was much devoted to the plight of the newly emancipated slaves. The irony of the allusion to Moses, the epic leader who liberated Jews from slavery certainly raised a smile in many households who are well-versed in the history of slavery in Mauritius.

As in most countries of the world going through economic slowdown at varying degrees due to the pandemic, Mauritius is not spared of disruption at economic and social levels, resulting in unemployment and struggles to make ends meet. In rich countries like France, self-employed people and small enterprises are still waiting for more cheques from the government after the three months' wage rescue scheme. Unemployment is reaching soaring levels much like in England where homelessness sends the most unfortunate to sleep on pavements. An honest look at the complacency in the victimhood status encouraged by the clergy speaks

volumes on who complain the most in the media. In actual fact, lots have been done at different levels in education and housing by successive governments over the past two decades to lift *all* needy people out of poverty. The demographic explosion of families with 4 to 6 children in their midst and the family allowance benefits paid by taxpayers' work and money are hardly mentioned for the precise reason of an agenda which has been pushed forward for two decades.

We wish to be spared of the lexical jargon of 'suffering' hammered year in year out day in day out. We understand that the idea of suffering has permeated religious discourse of priests owing to the relation established between the clergy and poor peasants who paid a tax to the church, and the glorification of poverty. A whole litany developed on poverty which was presented almost as a virtue to comfort them with the idea of the kingdom of heaven open to them. The same phenomenon occurred over here and the spirit of victimhood gets ingrained in the mindset.

Please do not speak in our name since the so-called '*marche citoyenne*' does not reflect the opinion of the public at large, nor does the 'voice of the people in the streets' aired in the media.



When We Don't Take Action

Our actions shape our lives, but what we don't take action on can be just as powerful

-- Madisyn Taylor

Life is sculpted on a moment-to-moment basis. Every one of the thoughts we think, the words we speak, and the actions we take contributes to the complex quality and character of the universe's unfolding. It simply is not possible to be alive without making an impact on the world that surrounds us. Every action taken affects the whole as greatly as every action not taken. And when it comes to making the world a better place, what we choose not to do can be just as important as what we choose to do.

For example, when we neglect to recycle, speak up, vote, or help somebody in immediate need, we are denying ourselves the opportunity to be an agent for positive change. Instead, we are enabling a particular course to continue unchallenged, picking up speed even as it goes along. By holding the belief that our actions don't make much of a difference, we may find that we often tend to forego opportunities for involvement. Alternatively, if we see ourselves as important participants in an ever-evolving world, we may feel more inspired to contribute our unique perspective and gifts to a situation.

It is wise to be somewhat selective about how and



Photo: positivepsychology.com

where we are using our energy in order to keep ourselves from becoming scattered. Not every cause or action is appropriate for every person. When a situation catches our attention, however, and speaks to our heart, it is important that we honor our impulse to help and take the action that feels right for us. It may be offering a kind word to a friend, giving resources to people in need, or just taking responsibility for our own behavior. By doing what we can, when we can, we add positive energy to our world. And sometimes, it may be our one contribution that makes all the difference.

* * *

Centered Silliness

When we laugh, we give ourselves over to the immediacy of the present moment.

-- Madisyn Taylor

Many people might be surprised to think of laughter as a form of meditation. Yet not only is laughing meditation one of the simplest forms of meditation, but

also it is a very powerful one. The physical act of laughing is one of the few actions involving the body, emotions, and the soul. When we laugh, we give ourselves over to the immediacy of the present moment. We also are able to momentarily transcend minor physical and mental stresses. Practiced in the morning, laughing meditation can lend a joyful quality to the entire day. Practiced in the evening, laughing meditation is a potent relaxant that has been known to inspire pleasant dreams. Laughter also can help open our eyes to previously unnoticed absurdities that can make life seem less serious.

There are three stages to mindful laughter. Each stage can last anywhere from 5 to 20 minutes. The first stage involves stretching your body like a cat and breathing deeply. Your stretch should start at the hands and feet before you move through the rest of your body. Stretch out the muscles in your face by yawning and making silly faces. The second stage of the meditation is pure laughter. Imagine a humorous situation, remember funny jokes, or think about how odd it is to be laughing by yourself. When the giggles start to rise, let them. Let the laughter ripple through your belly and down into the soles of your feet. Let the laughter lead to physical movement. Roll on the floor, if you have to, and keep on laughing until you stop. The final stage of the meditation is one of silence. Sit with your eyes closed and focus on your breath.

Laughter brings with it a host of positive effects that operate on both the physical and mental levels. It is also fun, expressive, and a way to release tension. Learn to laugh in the present moment, and you'll find that joy is always there.