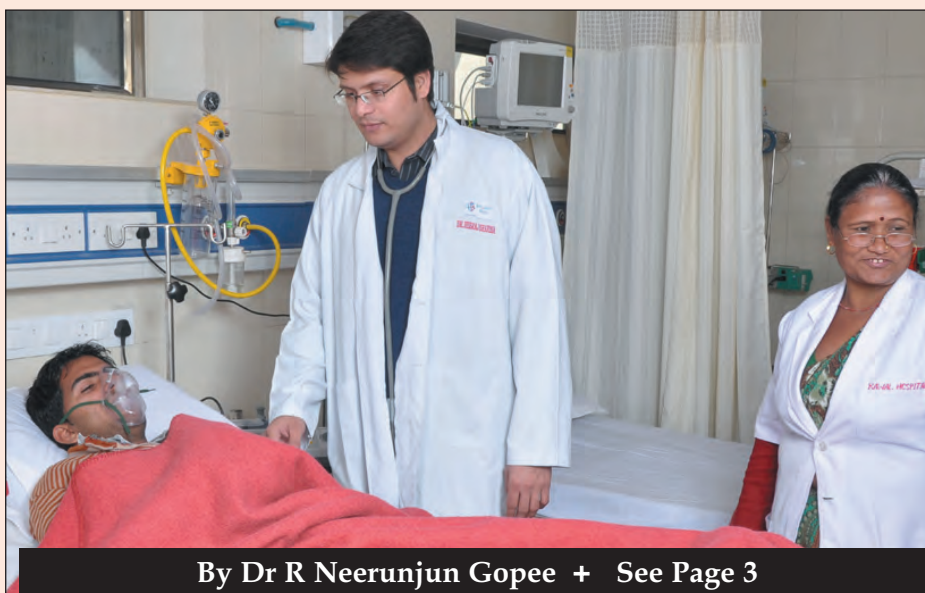


# MAURITIUS TIMES

• "Freedom is not worth having if it does not include the freedom to make mistakes." -- Mahatma Gandhi

## Health Is A Public Good



By Dr R Neerunjun Gopee + See Page 3

*All health systems are a non-stop work in progress. We just have to go on improving across the system, from the bureaucrats to the technical. In other words, everybody's responsibility*

Interview: Devesh Dukhira, CEO - Mauritius Sugar Syndicate



**"Producers first need visibility on the financial viability of their operations, hence the urgency for a thorough reform of the sector"**

+ See Pages 7-8-12

## The Intercultural Gandhi and Mauritian Society

Mauritian society today nurtures its own segregation practices whether in the form of gated communities built on colour, religion, ethnicity and class



By Sada Reddi + See Page 4

### Opinion

## Are "monsters" self-created?

As long as we do not factor in the fatal attraction between the political establishment and Big Business as the primary source of our misery, no matter how vigorous our protest we will merely reap a flash in the pan.

By Samad Ramoly + See Page 9





## The Conversation

# Estonia is a 'digital republic' - what that means and why it may be everyone's future

*Estonia has digitised 99% of its public services*

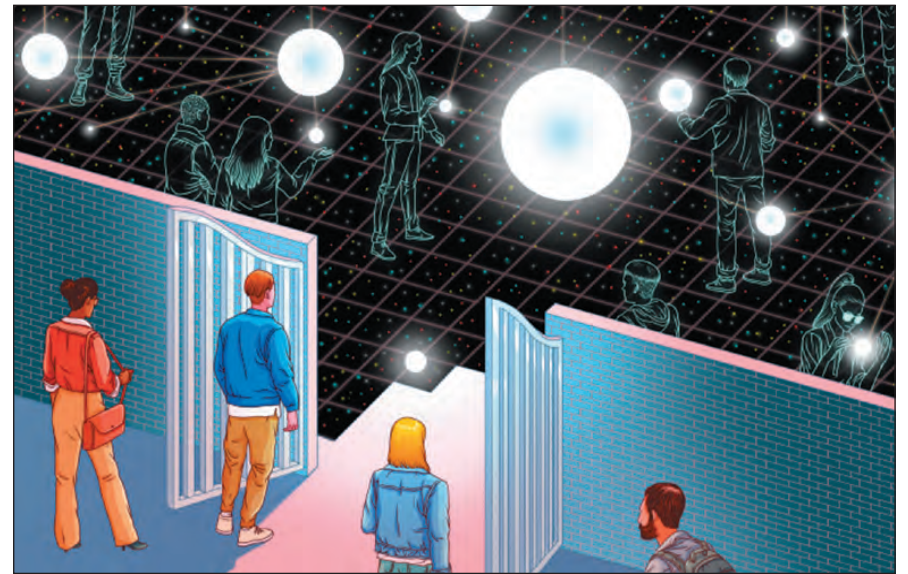


Photo - tedideas.files.wordpress.com - Glenn Harvey

People around the globe have been watching the build up to the US election with disbelief. Particularly confusing to many is the furore over postal ballots, which the US president, Donald Trump is insisting will lead to large-scale voter fraud - despite a complete lack of evidence to back this. And yet this issue has become a central feature of the debate.

Citizens of Estonia, a small nation in Baltic region, will perhaps be particularly perplexed: since 2005, Estonians have been able to vote online, from anywhere in the world. Estonians log on with their digital ID card and vote as many times as they want during the pre-voting period, with each vote cancelling the last. This unique technological solution has safeguarded Estonian voters against fraud, use of force and other manipulations of remote voting that many American voters are apprehensive about in the 2020 US election.

Voting online is just the start. Estonia offers the most comprehensive governmental online services in the world. In the US, it takes an average taxpayer with no business income eight hours to file a tax return. In Estonia, it takes just five minutes. In the UK, billions of pounds have been spent on IT, yet the NHS still struggles to make patient data accessible across different health boards. In Estonia, despite having multiple private health service providers, doctors can collate and visualise patient records whenever and

wherever necessary, with consent from patients - a real boon in the country's fight against coronavirus.

Branding itself the first "digital republic" in the world, Estonia has digitised 99% of its public services. And, in an era when trust in public services are declining across the globe, Estonia persistently achieves one of the highest ratings of trust in government in the EU. The Estonian government claims that this digitisation of public services saves more than 1,400 years of working time and 2% of its GDP annually.

## The tiger leap

The foundation of this digital republic dates back to 1997, a time when only 1.7% of world population had internet access, a start-up called Google had just registered its domain name and British prime minister John Major was celebrating the launch of 10 Downing Street's official website.

Meanwhile, the government of the newly formed state of Estonia envisaged the creation of a digital society, where all citizens would be technologically literate and governance would be paperless, decentralised, transparent, efficient and equitable.

Dr Imtiaz Khan & Ali Shahaab,  
Cardiff Metropolitan University

\* Cont. on page 12

# Precarious Future

Despite the attempts at reassuring the population by the government, with the Prime Minister in the fore asserting that he is firmly in control and publicly displaying optimism, it is difficult for people to be convinced that all is well and they need not fear for the economy. Recently, if we were to take a grassroots example, even for a minor post as salesperson in a shop in Quatre Bornes, there were 78 applications, some from as far as Balaclava and Grand Bay. For a job which normally interests the younger age group, there were several middle aged applicants.

More worrying signs are compounded by the latest disbursement that the Mauritius Investment Corporation Ltd has made, namely Rs 3.1 bn to the Sun Resorts group, following upon the Rs 1 bn allocated to the Lux chain. There have been repeated signals sent to the authorities by various stakeholders regarding the conditionalities about these grants but information has not been as forthcoming as would have been wished by the public. It is therefore completely in the dark about the exact conditions attached to the disbursement of such colossal sums of taxpayer money, and some troubling concerns are raised.

The hotel & tourism industry is supposed to be in debt to the tune of Rs 70 bn. If dividends have continued to be paid to shareholders it means that profits were being generated, and to be fair no business can operate without profits. However, it is also known that these big groups have been diversifying both locally and abroad in several other lucrative sectors such as energy and real estate. Normal business practice would involve building reserves out of profit that would come in handy for hard times such as we are going through currently, and this does not seem to have been done. Hence the recourse to bank loans for renovation upon renovation that keeps the flow within networked conglomerates belonging to the same circle. And then run to or put pressure on government to bail out.

How long and how often will this game go on with taxpayer money? One can couch this fact in all manner of complicated semantics but the plain fact that cannot be changed is

that it is public money that is being handed out without any transparency or accountability, let alone the country undergoing in the process a real democratization of the economy as had been envisaged by the former Labour government, a missed opportunity to redress historical imbalance which this government could have pressed for given its overwhelming mandate.

\* \* \*

On the other hand, nothing much has been heard about the MIC packages from the alliance in the making of the three opposition parties - the Labour Party (LP), MMM and PMSD, nor on another core issue, the energy sector - so busy are they working out the modalities of their 'entente' due to morph into an alliance, as earnestly wished for by the MMM leader. They have again met, as announced earlier, and clearly they must have agreed on some common ground regarding a number of issues such as the leadership of the alliance, allocation of tickets, constitutional and ministerial posts and so on. What's taking place now is the management of public opinion, so crucial for rallying support from the parties' faithfuls, especially with regard to the leadership of an eventual concluded alliance. The MMM has to convince its electorate to accept the alliance with LP despite the failed one of 2014, surely a hard sell, and vice-versa for LP. If the MMM electorate refuses it will simply abstain as it did in 2014, and as for LP electorate its alternative is to turn to MSM.

Yo-yo again.

And we have to therefore ask ourselves whether that is what the people want or need. We keep harping on the infusion of fresh and younger blood to dynamise the parties and bring about a real transformation, but keep coming up against the wall of the old guard that will neither change nor let go.

Both economically and politically, therefore, the future is hugely uncertain and precarious. It is only a mature and committed leadership that can bring about the change that is needed to put the country on course towards a sound and stable future - but nothing is visible on the horizon as yet.

## Mauritius Times

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

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

*This paper has been produced with the assistance of*

Doojesh Ramlallah, Sultana Kurmally and Kersley Ramsamy

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





Dr R Neerunjun Gopee

# Health Is A Public Good

*All health systems are a non-stop work in progress. We just have to go on improving across the system, from the bureaucratise to the technical. In other words, everybody's responsibility*

From the beginning of this year, the advent of the Covid-19 pandemic has brought awareness of and attention to health in a manner and on a scale never seen since nearly a century ago when the Spanish flu ravaged the world. Like everything precious, it is only when we lose it that we realise its value - and this has been the life changing experience of several people from all over the world who have had the good fortune of recovering their health and not falling victim to the coronavirus, which to date has affected nearly 35 million people worldwide and killed about 215 000. And with many countries in Europe recording steep increases in infection after initial lockdowns, facing the unwelcome prospect of very strict measures or even second lockdowns being imposed, no wonder apocalyptic scenarios are being feared as the year end approaches. Covid-19 is set to play spoiled sports for all major collective events that accompany end-of-year celebrations.

Health is indeed our true wealth, and while personal initiative ('self-care') is the starting point for enjoyment of good health, in the modern world where we face a double burden of disease - comprising infectious diseases and the NCDs or non-communicable diseases that result from a poor lifestyle - personal effort has to be supported by affordable and accessible healthcare when the need arises, and this can only be provided by a national health system. Because health has a multitude of dimensions as is evident from the World Health Organisation's definition of health - 'Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'.

In all US presidential elections, health has been a constant, central and contentious issue, and it is so again in the forthcoming one on November 4, 2020. The Democrats and the Republicans, which are two major voter categories, take almost diametrically opposite positions on what health system model America should have. The struggle to bring reforms has raged for decades, with President Obama succeeding in bringing the Affordable Care Act (ACA) during his second mandate. President Trump, predictably, has done everything to dismantle it.

One of the main objectives of the ACA was to extend coverage to the millions of Americans who did not have insurance, as

the US has an insurance-based health system. In the pre-ACA era, nearly 45 million Americans were uninsured, and post-ACA this number was reduced by nearly 20 million, according to an intervention from a US doctor that I heard some days ago during a discussion on the subject in the context of the election. If the ACA were revoked, there would be a slide back to the *status quo ante*, perhaps even with an increase in the number of uninsured further to about 50 million. That is why, commented another participant in the debate, it was time that America considered health as a **public good** and, like many other advanced countries do, and shift to universal health coverage for all its citizens. Access would then be guaranteed, more affordable, and patients spared from catastrophic expenditure.

Economists tell us that a **public good** is a good that individuals cannot be excluded from use or could benefit from without paying for it, and where use by one individual does not reduce availability to others, or the good can be used simultaneously by more than one person. Further, a public good has 'positive externalities' in the sense that it is good for both the individual and society at large. This should be evident enough for health, as a healthy individual - especially one who comes as close as possible to WHO's definition - would be a productive member of society and thus enhance economic prosperity as well as contributing to maintaining a peaceful and conducive environment in the country.

Healthcare in the US is very expensive. I learnt this from the experience of a Mauritian doctoral student at Cornell University, New York, where he was in the early 1990s. He suffered from an attack of migraine and had to be admitted to the university hospital, for investigations which included a CT scan of the brain, neurology consultation, and treatment. His bill for one night of stay? 9000 USD! His student insurance covered only half of that, and it took protracted negotiations to have the balance settled and that also meant an unexpected out of pocket expenditure for him.

It is to pre-empt such situations that the Affordable Care Act, also known as Obamacare, was signed into law in 2010, according to online source. It aimed to provide affordable health insurance coverage for all Americans, and was also designed to protect consumers from insurance company tactics that might drive up patient costs or restrict care.

Millions of Americans have benefited by receiving insurance coverage through the



“At a global health meeting held in Mexico, it was agreed that the best health system for a country is mix of public and private health care, which is the case in our country. Our system of universal health coverage is based on the UK's National Health Service, in which healthcare is funded by indirect income tax and is free of user cost at the point of delivery, that is, the patient does not have to pay anything for the services offered, everything including human resources being paid for out of public funds. Despite the limitations and criticisms, under such a system the patient is guaranteed of receiving essential emergency care...”

ACA. Many of these people were unemployed or had low-paying jobs. Some couldn't work because of a disability or family obligations. Others couldn't get decent health insurance because of a pre-existing medical condition, such as a chronic disease. However, the ACA has been highly controversial, despite the positive outcomes.

Conservatives objected to the tax increases and higher insurance premiums needed to pay for Obamacare. Some people in the healthcare industry are critical of the additional workload and costs placed on medical providers - this was confirmed to me by a paediatrician who practices in Los Angeles. They also think it may have negative effects on the quality of care. As a result, there are frequent calls for the ACA to be repealed or overhauled.

I recall that several years ago, at a global health meeting held in Mexico, it was agreed that the best health system for a country is mix of public and private health care, which is the case in our country. Our system of universal health coverage is based on the UK's National Health Service, in which healthcare is funded by indirect income tax and is free of user cost at the point of delivery, that is, the patient does not have to pay anything for the services offered, everything including human resources being paid for out of public funds.

Despite the limitations and criticisms, under such a system the patient is guaranteed of receiving essential emergency care, which is the critical component of the *public good dimension* of health and which many people fail to appreciate.

Unfortunately, the sheer volume of attendances and admissions in the public health system is such that it is not possible to provide for what are termed the 'hotel aspects': privacy, more individualized attention or the levels of cleanliness that would be desirable by the patient - which is the reason that many have resort to private nursing homes. Naturally there is a cost to all this, and that's where insurance comes in, or if unavailable one has to pay out of one's own pocket, what is technically known as 'out of pocket expenditure'. But as far as the level of technical care is concerned, this is comparable in both sectors. It is of interest that according to our NHA (National Health Accounts - WHO), private healthcare expenditure has exceeded public healthcare expenditure. A separate exercise in itself would be needed to analyse why this is so.

The financing of a national health system is usually measured as a percentage of the country's total expenditure on health and as a percentage of the country's GDP. Every year the government budget for health has to be negotiated and increases have to be fought for very hard, and are not infrequently denied altogether by curtailing, for example, recruitment of additional human resources.

If there is a way to rein in expenditure especially in the public sector, given the ever-present budgetary constraints, it is by increasing the efficiency of the health system. Ajoy Nundoochan, Health Economist WHO Office Mauritius, has conducted a study on this subject: 'Improving public hospital efficiency and fiscal space implications: the case of Mauritius\*', published in the *International Journal for Equity in Health* of September 4, 2020.

There is no perfect health system. Every country has to evolve its own. What is known is that even the richest country in the world, America, which spends more than any other on healthcare (about 16% of GDP), doesn't have the best health indicators. All health systems, like any other service, are a non-stop work in progress. We just have to go on improving across the system, and doing so across all levels, from the bureaucratise to the technical. In other words, everybody's responsibility. How many of us are prepared to undertake that?

RN Gopee

\* Ajoy Nundoochan's study on public hospital efficiency is available at:

<https://equityhealthj.biomedcentral.com/articles/10.1186/s12939-020-01262-9>



# The Intercultural Gandhi and Mauritian Society



Sada Reddi

*Mauritian society today nurtures its own segregation practices whether in the form of gated communities built on colour, religion, ethnicity and class*

Reading an article about Gandhi as an intercultural Indian in The Hindu of 2nd October 2020 by Prof Ramin Jahanbegloo, Director of the Mahatma Gandhi Centre for Nonviolence and Peace Studies at O.P. Jindal Global University, Sonapat, Haryana, one could identify three major factors which contributed towards the making of the intercultural Gandhi – his personality, his formative influences and his ethical standard. The article deals with various dimensions of his intercultural philosophy that influenced his action.

The list is long - such as promoting non-violence, inter-cultural dialogue, a pluralistic and an empathetic democracy, a policy of inclusiveness and a just society, embracing humanity and rejecting all sources of hatred, exclusion, violence, unjust laws, totalitarian government and fanaticism of all kinds. What interests me more were the formative influences of his personality. These elements are interesting in that they provide some kind of yardstick to throw light on the way on the intercultural development in the multicultural society of Mauritius and identify a few of the shortcomings towards this ideal.

In the making of the Mahatma, the professor identifies the context in which Gandhi's open-mindedness exposed him to new ideas. He was influenced by Hinduism, Jainism and

Buddhism but also by the teachings of Jesus Christ, Socrates, Tolstoy, John Ruskin and Thomas Thoreau. He had also read Thomas Carlyle's essay on the Prophet Muhammad. This did not make him become a stranger to his own culture; on the contrary he learnt from others to fulfill his ideal as 'an intercultural Indian'.

Other writers too have highlighted the influence of his stay in Britain during his law studies but also how his stay in South Africa led him to discover other Indians from the subcontinent and other peoples and cultures. As a man of his time, he too imbibed some of the prevailing prejudices, but throughout his life he made a determined personal effort to develop a philosophy that embraced humanity. His autobiography 'The Story of My Experiments with Truth' is a quest for this ideal of interculturalism.

When we transfer our insights of Gandhi's experiment to our own Mauritian context, we may discover the extent to which we have travelled on the path of interculturalism and some of the shortcomings as well. If we take the context as one critical element in the development of the Mahatma, then the Mauritian context is also a crucial element in the making of the Mauritian.

In spite of the fact that all of us live in a small island, we do not have the same experience of knowing and learning about each other and other cultures. The rea-

sons are many. Firstly, for most of us, our family environment, however mixed it may be, is grounded in one particular cultural mode. It is only outside the family, in the street, the neighborhood, the village or the town that we come across people of different cultures, more often in a superficial way, and this sometimes may develop into more intense social interactions and become part of our upbringing. The environments outside the home are varied ranging in various degrees from near the mono-cultural to the more multi-cultural.



A further and more deepening influence in the next stage of our life is the school environment from primary to secondary and even tertiary levels. Spending another 6 to 15 years will definitely have an impact on our outlook. Our teachers, friends, the curriculum - both formal and informal -, the type of schools, religious or state, single sex or mixed - all these will impact on us positively or negatively. Segregation practices based on religion, ethnicity, class, whether intentionally or not, will influence our character and our outlook on life, though one cannot and should not discount the role of agency and our personality in shaping our attitudes and personal values.

Though one may counteract what one considers as some of the negative influences of the school environment or assimilate what are viewed as positive, other influences come in our way in the course of our adolescent years where we may also acquire new approaches to life. Through studying, living and visiting or working in other countries with opportunities to explore and learn about other cultures either in the workplace or at home, we may come across new influences.

Each of these different environments has its contribution to make to our life while continuing to retain in varying degrees the values of our own home cultures.

These few observations suggest that in our multi-cultural Mauritius, the cultural outlook and experience of our population will vary a lot from individual to individual. We should not be surprised that this is so for this is the reality of Mauritian nation. Even if the home culture is a mixed one and our perceived unrelated past is more related than we think, the

historical forces continue to survive and shape the present environment. Mauritian society today nurtures its own segregation practices whether in the form of gated communities built on colour, religion, ethnicity and class.

Having said this, one must also acknowledge and recognize that we have travelled some distance along the path of interculturalism. We have come to respect differences and most of us are comfortable with differences and reject cultural hegemony of any kind. The road however remains long.

What we must remember about Gandhi was that that the self has also a crucial role to play. Gandhi was disciplined, and determined to attain this ideal of embracing humanity, and this was his forte. His philosophy was informed by a strong rigorous ethical standard. This is where we may have failed.

We have failed in altering the structural factors in our environment which promote exclusion and segregationist practices whether in the environment, the

**“We have inherited from colonial and plantation societies certain historical forces that have shaped not only our environments but also our mentalities. Geographical segregation in its various ethnic and class forms, the great cultural divide which became so notorious in the early and mid-20th century with its contempt for the “other” has only superficially given place to a cultural dialogue on the basis of equality. These historical forces continue to survive and shape the present environment. Mauritian society today nurtures its own segregation practices whether in the form of gated communities built on colour, religion, ethnicity and class...”**

identity of the home culture remains strong not because it is unalloyed but simply because it is also continuously being reinvented, readapted and re-envisioned and forged out of multicultural influences. Cultural rootedness, cultural revivalism, cultural transformation are all part of the dynamics of any society.

On the other hand, we have inherited from colonial and plantation societies certain historical forces that have shaped not only our environments but also our mentalities. Geographical segregation in its various ethnic and class forms, the great cultural divide which became so notorious in the early and mid-20th century with its contempt for the “other” has only superficially given place to a cultural dialogue on the basis of equality. These

school, the workplace, in trade, business and other infrastructures as well as in the economic and political institutions. Gandhi had shown that the idea of interculturalism was not a dream but can be realized in actual life. He was a man of action. In the words of one of his biographers Louis Fisher, 'Gandhi advanced to greatness by doing. The Gita, Hinduism's Holy Scripture was Gandhi's gospel for it glorifies action.'

Interculturalism is thus not a doctrine of words or a rationalization of our personal circumstances but a philosophy of action open to everybody - the search for a way of life that embraces humanity with all its differences beyond what we have inherited in our home environment.

**“We have failed in altering the structural factors in our environment which promote exclusion and segregationist practices whether in the environment, the school, the workplace, in trade, business and other infrastructures as well as in the economic and political institutions. Gandhi had shown that the idea of interculturalism was not a dream but can be realized in actual life. He was a man of action. In the words of one of his biographers Louis Fisher, 'Gandhi advanced to greatness by doing. The Gita, Hinduism's Holy Scripture was Gandhi's gospel for it glorifies action'...”**



## Donald Trump has claimed he has fully recovered from Covid-19



President Trump: "A total and complete sign off from White House Doctors yesterday. That means I can't get it..." Photo - image.cnbcfm.com

In the US, Donald Trump has claimed he has fully recovered from Covid-19 and is now "immune" to the virus that has killed more than 215,000 Americans.

"I have to tell you, I feel fantastically. I really feel good. And I even feel good by the fact that, you know, the word immunity means something - having really a protective glow means something. I think it's very important to have that, to have that is a very important thing," the president said in an interview with Fox News on Sunday.

Mr Trump repeated his claim to be immune from coronavirus on Twitter, where he wrote: "A total and complete sign off from White House Doctors yesterday. That means I can't get it (immune), and can't give it. Very nice to know!!!"

The post was flagged by Twitter as "spreading misleading and potentially

harmful information" as studies have yet to establish whether being infected with coronavirus leads to future immunity.

\* \* \*

Police in parts of Britain are handing out coronavirus fines 80 times more frequently than others, with people in some of the worst-hit areas receiving the fewest penalties. Analysis of official figures by *The Independent* shows significant differences between police forces, with some having issued more than 1,000 fines and others less than 100.

The vast majority of penalties have been given out under the health protection regulations, which initially enforced the UK-wide lockdown but later split into numerous versions for different areas and restrictions.

## SpaceX to develop high-speed rocket to transport US army weapons anywhere in 60 minutes

SpaceX is now collaborating with the US Army to build a rocket that could transport weapons systems anywhere on the globe in merely 60 minutes. This comes days after Elon Musk's SpaceX inked a USD 149 million contract with Pentagon to develop missile-tracking satellites.

Addressing a virtual conference on Wednesday, head of the US Transportation Command General Stephen Lyons made the new deal public. Gen Lyons added that SpaceX will now assess the technical challenges and costs of this ambitious project.

Initial tests can be expected by as early as 2021, Gen Stephen Lyons said adding, "Think about moving the equivalent of a C-17 payload anywhere on the globe in less than an hour." He was referring to the maximum payload that can be carried by US military transport aircraft C-17 Globemaster which costs USD 218 million

per aircraft and can fly at a top speed of 590 mph.

In comparison, the proposed high-speed rocket SpaceX is planning to build will be able to travel at 7,500 mph, according to *The Times*. This essentially means that a journey from Florida in the US to Afghanistan could be covered in an hour with a payload the equivalent of what a C-17 Globemaster can carry. As per the US Air Force's official website, a C-17 Globemaster can carry a payload of over 74,000 kilograms.

In September, SpaceX signed a deal with the US Space Force, enabling it to reuse rockets to carry national security payloads. Reports at the time had pointed out that Elon Musk's SpaceX will reuse a Falcon 9 booster to carry the fifth GPS III satellite to orbit in 2021. This deal is expected to save the US Space Force at least USD 52.7 million in a single launch.

## Ahead of crucial FATF meet, Pak hires top lobbying firm to woo Trump administration to come out of grey list

Ahead of the crucial plenary and sub-groups meeting of the Financial Action Task Force (FATF) that is slated to take place between October 21 and 23, Pakistan has reportedly hired a top lobbying firm on the Capitol Hill in a bid to change Trump administration's attitude towards Islamabad to come out of the club of "grey list" nations with the help of US.

The virtual FATF plenary scheduled for October 21-23 will decide if Pakistan should be excluded from its grey list, based on a review of Islamabad's performance to meet global commitments and standards on the fight against money laundering and terror financing (ML&TF), reports *India Today*.

According to reports, Pakistan Foreign Ministry has hired Houston-based lobbying firm Linden Strategies to push its case with the US administration.

The website of Linden Strategies reads, "Our philosophy is simple: assist clients with strategies that yield results."

With China, Turkey and Malaysia backing Pakistan, Islamabad is unlikely to be pushed into FATF's back list as only three out of 39 member states are required to block the proposal.



Pakistan Prime Minister Imran Khan. Photo - imgk.timesnownews.com

However, Islamabad requires the support of at least 12 out of 39 member states to remove its name from the grey list.

FATF, the Paris-based global money laundering and terrorist financing watchdog had placed Pakistan on the grey list in June 2018 and asked Islamabad to implement a plan of action to curb money laundering and terror financing by the end of 2019 but the deadline was extended later on due to Covid-19 pandemic.

With Pakistan's continuation in the 'grey list', it is increasingly becoming difficult for the country to get financial aid from the International Monetary Fund (IMF), World Bank, Asian Development Bank (ADB) and the European Union, thus further enhancing problems for the nation which is in a precarious financial situation.

## India to be third-largest economy in world by 2050, says study



India will become the fourth-largest economy in the world by 2030 and subsequently moved to third spot by 2050. Photo - assets.vccircle.com

Indian economy will become the third-largest in the world by 2050 after the United States and China, a study published in the *Lancet* journal has said. Currently, India is at fifth spot followed by France and the United Kingdom.

The researchers studied working-age population trends of countries and calculated Gross Domestic Product (GDP) based on the data-driven scenarios.

In 2017, India was the seventh-largest

economy in the world. The study took that as the base year and calculated the growth of the country. As per the study, India will become the fourth-largest economy in the world by 2030 and subsequently moved to third spot by 2050.

If that happens, India will overtake Japan in the list which is currently at the fourth spot.

This comes as the Indian economy is reeling under the burden of Covid-19 pandemic which has pushed many

businesses into losses. This year, the GDP contracted by 23.9% in the April-June period quarter. It had grown at 3.1%, its slowest pace in at least eight years.

India's GDP growth has been among the highest the world in the last decade. Constant urbanisation and improvement in technology have fuelled the rapid rise in the economy.

\* More on Page 6



# China commemorates 110th birth anniversary of Dr Dwarkanath Kotnis

China on Sunday commemorated the 110th birth anniversary of Indian doctor Dwarkanath Kotnis who served in the country during the Chinese revolution headed by Mao Zedong and the World War II.

Dr Kotnis, who hailed from Sholapur in Maharashtra, came to China in 1938 as part of a five-member team of doctors sent by the Indian National Congress to help the Chinese during the World War II. He joined the Communist Party of China in 1942 and died the same year at the age of 32, reports PTI.

The Chinese People's Association for Friendship with Foreign Countries (CPAFFC), an official body of the Chinese government, held an online commemorative event along with the Director of the Centre for South Asian Studies of the Peking University.

Ma Jia, a senior official from the Chinese Embassy in India, as well as teachers, students and media representa-



Dr Dwarkanath Kotnis went to China in 1938 as part of a five-member team of doctors sent by the Indian National Congress to help the Chinese during the World War II. Photo - twitter.com

tives from Chinese and Indian universities attended the online event, a CPAFFC press release said.

Chairman Lin Songtian of CPAFFC and teachers and students of the universities of the two countries who attended the event



had a candid dialogue on promoting the spirit of Dr Kotnis, correctly understanding the current Sino-Indian relations, and promoting Sino-Indian youth and cultural exchanges, it said.

Lin said this year marks the 70th

anniversary of the establishment of diplomatic relations between China and India.

"At a time when the world has undergone major changes unseen in a century and China-India relations are facing temporary difficulties, we solemnly hold the Kotnis commemorative event on the anniversary of Dr Kotnis' birthday, which is of great significance," he said, apparently referring to the current border tensions between the two countries.

Dr Kotnis' medical assistance during the difficult days of the Chinese revolution was praised by Chinese leader Mao Zedong. His status and memorials were also set in some of the Chinese cities in recognition of his services. He was married to Chinese national Guo Qinglan, who died in 2012.

A bronze statue of Dr Kotnis, known in China as Ke Dihua, was unveiled at the medical school at Shijiazhuang in September.

## Indians seeing 60,000 Chinese soldiers on their northern border: Mike Pompeo



China has deployed 60,000 soldiers on India's northern border": Mike Pompeo. Photo - english.cdn.zeenews.com

US Secretary of State Mike Pompeo has hit out against China for its "aggressive military behavior" and the threat posed by the Chinese Communist Party to the Quad group of countries, including India as well as Beijing's response to the handling of the coronavirus pandemic.

In several interviews after his return from the Quad ministerial meeting in Japan, Mike Pompeo pointed out how the Chinese have begun to amass huge forces against India and that Indians are seeing 60,000 Chinese soldiers on their northern border.

Speaking on The Guy Benson Show, Pompeo said: "A million people are now dead because the Chinese Communist Party (CCP) didn't respond to the Wuhan virus in a way that they should have. Economies have been destroyed as a direct result of that. Indians are seeing 60,000 Chinese soldiers on their northern border."

The US Secretary of State reiterated this in an interview with Larry O'Conner while speaking about his "important trip" in which he met his Indian counterpart S Jaishankar along with those from Japan and Australia, to further efforts to

"build out the coalition that is working to ensure that the Chinese Communist Party doesn't become the global hegemon that it seeks to become."

"The Chinese have now begun to amass huge forces against India in the north," Pompeo told Larry O'Conner.

Pompeo also talked about the important allies of the United States in Asia.

"They absolutely need the United States to be their ally and partner in this fight. But they've all seen it, whether it's the Indians, who are actually having a physical confrontation with the Chinese up in the Himalayas in the northeastern part of India - right? The Chinese have now begun to amass huge forces against India in the north - whether it's the Australians who did the simple thing of saying the Chinese screwed this deal up with the virus, and we'd like to understand what happened and said we ought to have a full investigation, and in exchange for that, the Chinese Communist Party began to extort, coerce, bully the Australians," Pompeo said.

## Mexico makes nearly \$160 million down payment for COVAX vaccine plan

Mexico's government announced on Saturday that it paid the World Health Organization \$159.88 million to secure access to Covid-19 vaccines through the agency's COVAX plan as countries across the globe race to secure supplies, reports NDTV.

The global health agency's COVAX Facility is a multilateral initiative running trials on several potential vaccines. The latest payment will allow Mexico to acquire enough doses of a vaccine to immunize up to a fifth of the country's population of around 125 million people, the foreign ministry said.

The foreign ministry statement added that the government had presented the "risk guarantee" paperwork for another \$20.6 million, which it described as part of the contractually required commitments to access the eventual vaccine supply. The statement did not provide additional details on the second payment.

According to the health ministry, Mexico has confirmed nearly 810,000 cases of the highly-contagious respiratory disease caused by the coronavirus, along with more than 83,000 recorded deaths, though both likely represent only a fraction of the true number of infections and fatalities due to little testing.

Compiled by Doojesh Ramlallah

**ON SALE**

**Building -- 2500 Sq Feet**  
In Excellent Condition  
**Near New Supreme Court Building**

For inquiries, please call or send message to

52929301

57809413

59154723

Mail drrouget@gmail.com

We'll get back to you

**Ideal for**

Office -- Archives for Banks &  
Insurance Companies -- Chambers  
-- Restaurants -- Parlour



Devesh Dukhira, CEO - Mauritius Sugar Syndicate

# “Producers first need visibility on the financial viability of their operations, hence the urgency for a thorough reform of the sector”



**Mauritius Times:** “2020 will be a crucial year for our sugar sector. We need bold actions to reflect the true value of its contribution to the country... It is far from being a sunset industry as some people might have perceived,” stated Nicolas Maigrot, President of the Mauritius Sugar Syndicate at its annual general meeting on 28th Sep 20. Do you really think that it's really not a sunset industry and can “look forward to a brighter future”, as the MSS's president further stated?

**Devesh Dukhira:** We often tend to ignore the contribution brought by the sugarcane industry beyond the sales of sugar. Sugar revenue has certainly been under pressure since the abolition of gua-

**W**hat's the future of the sugar industry? Is it indeed a "sunset industry" that economists have been saying for years now? The Mauritius Sugar Syndicate, which is the commercial arm of the sugar sector and is responsible for the marketing and export of all the sugar produced locally, thinks differently. In fact it is placing much hope on the World Bank's study detailed to come up with a competitiveness analysis of the sector as well as its recommendations on how to assure its long-term viability. These have to be promptly implemented, says Devesh Dukhira, CEO of the Syndicate, to check the further abandonment of lands under cane cultivation and to give the industry a new start. Read on.

ranteed prices under the defunct ACP/EU Sugar Protocol, but producers have so far not been able to derive full benefit from the cane co-products which should have complemented these sugar proceeds. As these resources have been optimized over the years, bagasse, for example, now accounting for 14% of the electricity produced for the national grid, it is essential that they be remunerated adequately. We now have to refer to a 'Cane Industry', with sugar being only one of the components.

As for sugar supply itself, the industry has shifted from a supplier of essentially basic raw sugar meant for further processing during the Sugar Protocol days, to exclusively direct consumption sugars. Sales of the value-added special sugars, which stood at below 70,000 tons in the preceding decade, increased to 120,000 tons by 2011 and has now surged to some 140,000 tons, the market base having meanwhile been diversified to over 55 countries worldwide.

The MSS has set as objective to increase further its production to some 180,000 tons over the next 4-5 years, but competitiveness, hence cost efficiency in the fields and in the mills as well as along the supply chain, is key to attaining this target.

The recent Covid-19 pandemics and related confinement have increased our awareness of the importance of the sugar sector. It not only assured sufficient sugar and energy supplies for the domestic market, but export revenue was the least interrupted as demand was much less affected. Some 40,000 tons sugar were exported during the 10 weeks of lock-

down.

\* “2020 will be a crucial year for our sugar sector,” stated the MSS's president, adding that “after having suffered over 10 years of depressed revenue levels,... we are being given a very last chance to take the required decisions to give a new start to the sugar industry.” In concrete terms, what are the “bold actions” the MSS has in mind?

Government go to support the industry than what have already been made available to it - directly or indirectly, like rupee depreciation, the protection of the domestic market through the imposition of 100% tariff duty on imported sugar, an overall payment of Rs 25,000 per ton for the first 60 tons sugar for the 2019 harvest, additional remuneration for bagasse under the Sugar Cane Sustainability Fund for the

“An ageing growers' population represents a challenge, and it is essential that the younger generation be encouraged to go back to agriculture. The Covid-19 pandemic should have been a wake-up call in this regard, given the resilience shown by the sugar industry, both with regard to production and export demand, during the related lockdown...”

Government, cognizant of the dire financial difficulties faced by sugar producers, approached the World Bank last year for a competitiveness analysis of the sector and also its recommendations on how to assure its long-term viability. The consultants are supposed to submit their report next month.

Although most stakeholders, after several years of deliberation, are aware of what is needed to attain the viability price, which is now closer to Rs 17,500 per ton sugar, it is useful, even essential, that these measures are validated by international consultants in thorough impartiality, so they can be accepted by all parties and promptly implemented. Time is of the essence. The significant land abandonment in the absence of bold reforms speaks for itself: without bold and urgent measures, the shrinking of the cane acreage is bound to persist which will add to the escalating loss in competitiveness.

As the President stated in his speech, the economic viability of the cane industry rests on two fundamental reviews, namely (i) a thorough improvement in its competitive edge, and (ii) a profound enhancement of other revenue streams, especially from cane biomass.

\* But how much further should the

2017 and 2018 crops? That may not be sustainable in the long run given the state of the government's finances, isn't it?

Producers are not asking for financial support from Government but simply an adequate remuneration for their products. We fail to understand how the Central Electricity Board is willing to pay the market price for coal or heavy fuel oils, but unwilling to remunerate the local substitute, i.e. bagasse, at an equivalent value.

Moreover, certain sectors of the economy are enjoying subsidies in their energy bills: while they probably need them given the difficult market conditions, such support cannot be done to the detriment of the sugar sector which is also fighting for its survival. If bagasse were to be compensated for its calorific value at the equivalent level for heavy fuel oil, planters should have no difficulty in attaining their present viability prices. The additional remuneration for bagasse under the Sugar Cane Sustainability Fund for the 2017 and 2018 crops in fact set the tone in this direction but it was insufficient and was not renewed beyond that.

“Sugar revenue has certainly been under pressure since the abolition of guaranteed prices under the defunct ACP/EU Sugar Protocol, but producers have so far not been able to derive full benefit from the cane co-products which should have complemented these sugar proceeds. As these resources have been optimized over the years, bagasse, for example, now accounting for 14% of the electricity produced for the national grid, it is essential that they be remunerated adequately...”

☞ Cont. on page 8



# 'If the co-products are adequately remunerated, and the required framework is in place to assure cost-efficiency, cane cultivation should become a viable operation'

☞ Cont. from page 7

As regards the imposition of the 100% import tariff on sugar, it unfortunately has had no impact on imports as they are now coming from COMESA and SADC countries, which enjoy duty-free access under the respective trade provisions, and also through industrial users which are exempted of same. Such protection is sought because there is no level playing field as we are having to compete with sugar imported at world market prices.

I should emphasize that since only one third of the global sugar production is traded, exports are often cross-subsidized, which together with the domestic support extended to producers in several countries, distort global sugar prices: they are presently around half of the world average production cost and sugar is presently being imported in Mauritius at such price levels.

As these sugars are displacing our local produce, which has therefore to be exported, it represents a significant revenue shortfall for the sector, estimated at some Rs 200 M for the 2019 crop. Paradoxically, the same COMESA & SADC countries which are supplying sugar to Mauritius, impose non-tariff barriers to keep out our sugars, which therefore have to be exported farther afar.

\* Doesn't all this indicate that without Government's financial support, the sugar industry would have gone bankrupt, and it might have necessitated the selling off of part of its lands as it did with the 'Petit & Grand Morcellements' in the 1920s to keep it going?

Producers have been seeking financial support pending a thorough reform of the industry. I am not sure such assistance will be required once they secure an adequate remuneration for their co-products and the necessary framework is in place to assure cost-efficiency at all levels with the MSS increasing at the same time the portion of value-added sugars in its sales mix.

Obviously, in return, the planters should also adopt good cultural practices, ensuring timely cane replantation, application of fertilizers, etc., to assure the highest yields.

\* **Following the drastic fall in market prices in 2017, farmers in some countries, for example Russia with a 20% year over year (YoY) reduction in beet area and Thailand with a further 8% YoY reduction for the 2020/21 season, are switching to more attractive crops, while factories shut down or shift to ethanol. Isn't that the logical thing to do if we want to avoid further land abandonment here?**

Cane is one of the rare crops resistant to cyclones and droughts, to which the country is vulnerable. To my knowledge, we have not yet found another crop which could replace cane cultivation on a large scale in Mauritius.

In addition, as already indicated, we should not look only at the sugar produced but also the biomass which reduces our energy import bills. I would like to reiterate that if the co-products are adequately remunerated, and the required framework is in place to assure cost-efficiency, cane cultivation should become a viable operation in the island.

Even for the sales of sugar, we are well placed to focus on niche market segments to fetch us the highest value obtainable on the strength of the expertise built up



“Producers first need visibility on the financial viability of their operations, hence the urgency for a thorough reform of the sector. Once that is in place, and sugarcane cultivation becomes sustainable, Government will need to adopt measures to curtail further land abandonment. It will require a coherent approach in this regard with a view to maintaining a minimum surface under cane...”

“We should not look only at the sugar produced but also the biomass which reduces our energy import bills. I would like to reiterate that the co-products are adequately remunerated, and the required framework is in place to assure cost-efficiency, cane cultivation should become a viable operation in the island...”

over decades in the production of value-added sugars. We can also benefit from the market trend worldwide in favour of healthy products, especially in emerging markets like China, with which Mauritius has already finalized a bilateral free trade agreement.

\* **In fact, the acreage of lands previously under sugar cane cultivation and abandoned for various reasons but mostly due to unfavourable returns from the current sugar prices has increased down the years. It will require a lot of convincing for planters, mostly the small ones as well as the medium-sized sugarcane land holders, not to abandon their lands, isn't it?**

Producers first need visibility on the financial viability of their operations, hence the urgency for a thorough reform of the sector. Once that is in place, and sugarcane

cultivation becomes sustainable, Government will need to adopt measures to curtail further land abandonment. It will require a coherent approach in this regard with a view to maintaining a minimum surface under cane. With the input of the related support institutions, it should also ascertain that planters adopt good cultural practices to assure the highest yields. In the same vein, the influence of climate change on cane yields should be properly assessed and remedial actions taken to minimize any adverse impact.

An ageing growers' population represents a challenge, and it is essential that the younger generation be encouraged to go back to agriculture. The Covid-19 pandemic should have been a wake-up call in this regard, given the resilience shown by the sugar industry, both with regard to production and export demand, during the related lockdown.

\* **What's the feeling in the industry as regards the inputs of various Government institutions, namely the Mauritius Cane Industry Authority and the Mauritius Sugarcane Industry Research Institute, etc., towards supporting the industry to overcome its persisting difficulties?**

The Mauritius Cane Industry Authority (MCIA) has a key role in advising Government on the policies to be adopted to assure the viability of the sugarcane industry and consequently implementing the strategic decisions taken for this purpose. It is working in close collaboration in this regard with the consultants of the World Bank in the exercise currently undertaken. We hope it would already have ensured during the consultations that the recommendations to be made can be implemented without further delay, hence stopping the haemorrhage of further abandonment of land under cane cultivation.

The MCIA has recently been given the responsibility to set up a land bank to recover abandoned lands and restore sugar production to reach at least the 400,000 tons level and likewise increase the share of bagasse in the energy mix. It is estimated that at least 10,000 hectares of abandoned land are presently unutilized, hence easily recoverable provided the necessary reforms are implemented.

\* **Where do matters stand in terms of maximizing opportunities, such as working on by-products and sugar-based new products, which would compensate for revenue shortfalls from low sugar prices?**

In a recent study financed by the 'Agence française de développement' on the Bioelectricity Strategy for Mauritius, Nodalys underscored the need to introduce an adequate remuneration for bagasse, though they have benchmarked it on coal. It is already a first step in the right direction though it is believed that the comparison should rather be with Heavy Fuel Oil used by the CEB in its thermal power plants.

Likewise, distillers/bottlers of absolute alcohol for domestic consumption now make a financial contribution to cane growers for the molasses used as raw materials, which has substantially increased their revenue derived from this co-product. The World Bank consultants would probably assess whether this new level of revenue from molasses is adequate.

☞ Cont. on page 12





Samad Ramoly

# Are “monsters” self-created?

*This current government is only the legacy of previous failings in governance. Our previous governments were not more competent, they were rather less bad. Anyway public disillusion has started building up for a long time. It is this vacuum that has fostered the emergence of “monsters” in all its forms*

**G**eneralised demotivation seems to be one of the main symptoms of our existential crisis. It emerges through its own channels of resentment, namely unhealthy lifestyle when it is not repressed. Let's try to read

through the pattern that led to this unbearable situation while striving to avoid the slippery ideological track.

Globalisation and capitalism count among the buzzwords that have stirred so much heated debates for at least three decades. With the 'There Is No Alternative' (TINA) doctrine, which sanctifies the all-out deregulation and privatisation of markets, Margaret Thatcher has greatly contributed to boosting the rat race. With over-consumption acting as a catalyst and key driver.

## Pro-market, at all costs please!

First of all, let's dispel the confusion between private enterprise and (predatory) capitalism. The latter is based on parameters that misrepresents what Adam Smith, one of the icons of socio-economic thought, contemplated. Indeed, when he spoke of the "invisible hand," he insisted that it would only be efficient if it was supported by an enlightened force which would not harm the general interest. By upholding greed and the pursuit of mindless material possessions as virtues, the dogma of the self-regulating market has been instrumental in the drift we are experiencing.

To contain inevitable market failures, on the one hand, a competition watchdog is expected to intervene and impose a level playing field where healthy competition reigns in the quest for rent seeking. In return, such market rewards innovators. On the other hand, the state also becomes a market player when Big Business (understood here as large shareholder-centric conglomerates and multinationals bent on whitewashing stakeholders' concerns and rights) does not have the necessary resources to operate in a specific sector or when fat rents and margins are not in sight.

In contrast, a corrupt state is a pro-big business agency that applies arbitrary policies to facilitate the expansion of Big Business. This to the detriment of small and medium-sized enterprises which are more likely to boost the market and generate jobs. When, for example, we were heading towards the end of preferential agreements and the transformation of the sugar industry began to occupy the "national" agenda, the cane industry was promoted as the win-win formula.

In reality, it was a sneaky lobby to support its conversion to the concrete industry (or property development for foreign buyers) and harness the energy industry which portrayed itself as green but is mainly powered by coal. All accompanied by generous, direct and indirect subsidies imposed on citizen-taxpayers. Who are the real “assistés”? As a matter of fact, the impact on food sovereignty and home ownership is overwhelming.

Reversing this modus operandi is an imperative that is as economic as it is social and ecological because it holds back productive energies, the source of effective competitiveness.

## Massenbetrug

Massenbetrug (mass deception) is a phenomenon deconstructed by philosophers Theodor Adorno and Max Horkheimer to describe the commodification of popular culture and its dissemination to distract citizens, without the constraint of sublimating the work. Meanwhile resource-grabbing is unleashed. Professors Noam Chomsky and Edward



“A corrupt state is a pro-big business agency that applies arbitrary policies to facilitate the expansion of Big Business. When, for example, we were heading towards the end of preferential agreements and the transformation of the sugar industry began to occupy the "national" agenda, the cane industry was promoted as the win-win formula. In reality, it was a sneaky lobby to support its conversion to the concrete industry (or property development for foreign buyers) and harness the energy industry which portrayed itself as green but is mainly powered by coal. All accompanied by generous, direct and indirect subsidies imposed on citizen-taxpayers. Who are the real “assistés”?...”

Herman later delved into how the mainstream media relate to this situation in the book ‘Manufacturing Consent’.

It is no coincidence that mainstream media today is so disapproved as their operation depends much more on market-dominant advertisers, than paid readership, who shape the contours of the system. Thus, many journalists internalise codes that tend to inhibit the expected nobility, even if passionately desired.

Internationally, eyes are often directed towards Donald Trump, the “jihadists” and so on. That they could embody the traits of a “monster” capable of doing great harm is undeniable, but would they have been headline-grabbing if previous governments have not been Big Business puppets?

This current government is only the legacy of previous failings in governance. Our previous governments were not more competent, they were rather less bad. Anyway public disillusion has started building up for a long time. It is this vacuum that has fostered the emergence of “monsters” in all its forms.

## Governments and Big Business lamin-dan-lamin

The street and social media protests are a convergence of citizens' various frustrations against the political and economic establishment. Anger is directed at the wealth captured by this establishment, a reality translated into staggering inequalities. In a sloppy bid to reverse this setback, Mauritius was offered its TINA moment in the 2000s. France is now making up for it with Emmanuel Macron, after Nicolas Sarkozy's failed attempt.

A system inherently undermined by decades of deception can never be saved by further deception revamped in an ivory tower. True salvation will come from a straightforward diagnosis, a well-defined destination, an integrated, global and intelligently communicated action plan. The course will have to be resolutely driven by a synergy between all the stakeholders. All inspired by leaders setting a good example, credible guardians of institutions and regulators that bite for

real without get figur.

The United Kingdom characterises a country doomed to survive the backlash of massive deindustrialization and the excessive financialisation of its economy. By foolishly replicating a similar accident-waiting-to-happen in our tiny territory, the resulting invasive gentrification can only be more devastating. Other utterly absurd decisions further strained the landscape, including:

- the abolition of the Ministry of Planning;
- the dismantling of the railway;
- the simultaneous launch of the offshore platform with a floating exchange rate regime (validation of even more slippery exchange rates);
- the incentives to grab “waterfront” sites and, simultaneously, the consecration of the Zougader temple.

The usual suspects, that is the Scandinavian countries as well as Germany, Estonia, Canada and Singapore, are trying hard to overcome this rat race, if only less painfully, because their captains have never been really infatuated with TINA. Their foresight and their vision have generally prevailed over navel-gazing and the blame game.

## Dire straits

The time has come, according to Andy Haldane, the Bank of England iconoclast, to end the tyranny of “experts” and listen to popular wisdom. Unfortunately, this will not be an automatic transition because many Millennials, like many of the celebrated “experts”, have not benefited from sufficiently sharp cognitive tools to navigate the systemic links with an interdisciplinary and sophisticated approach. In addition, social media is not necessarily conducive to the revival of participatory citizenship: the information circulating there is heavily filtered by algorithms that are not always benevolent.

For bigots still advocating predatory capitalism, name calling any other alternative, however credible, is their lifeline. But the usual suspects have shown that labels do not matter in building a viable project. Fortunately, promising vibes are being released here and there. Ironically, or not so much, women are mostly the ones flying high the anti-TINA flag.

Namely, Mariana Mazzucato for scholarly research; economic thinkers Rana Farooq and Gillian Gett within the *Financial Times*, the voice of global capitalism; Jacinda Arden, Prime Minister of New Zealand. Behavioural findings by Daniel Kahneman and Richard Thaler, among the most cited, are contributing to relieve orthodox economics from its one-track mindedness. In South Korea, the chaebols (conglomerates) are being brought to heel. Pope Francis is constantly demonising the rat race. Popular socio-economic thinker Thomas Piketty has demonstrated how wealth concentration has hurt nations. By ignoring this reality, proponents of global (predatory) capitalism risk their own credibility.

The political establishment and Big Business feed each other. As long as we do not factor in this fatal attraction as the primary source of our misery, not only will we contribute to maintain the mass deception, but no matter how vigorous our protest we will merely reap a flash in the pan and satisfy a feel-good sentiment provided by the self-therapy for “at least doing something”.



From the Pages of History - MT 60 Years Ago

4th Year No 149

MAURITIUS TIMES

Friday 14 June 1957

● *Nothing is more surprising than the easiness with which the many are governed by the few. - David Hume*

# A Great Man's Sacrifice

Peter Ibbotson

In the pamphlet *'Economic Aid'*, number two in the Labour Party's series, on its colonial policy, there is a brief reference to Mauritius. Criticising the dreadful conditions that existed in the colonies before the recent war, the pamphlet says: "The first effective challenge to such conditions came in 1937-38 when riots convulsed the colonies. Mauritius, the West Indies and the Gold Coast were aflame and the Labour Party in Britain pressed for action. One of the results was the appointment of a Royal Commission to enquire into conditions in the West Indies." (Let me say, before I go any further, that a Royal Commission to enquire into social and economic conditions in Mauritius would be extremely useful. It is certainly necessary).



What were the riots in Mauritius? Many older Mauritians can remember the events of August 1937; but the younger generation cannot. During the early 1930s the sugar industry went through a bad spell, and wages were reduced. When in 1935, 1936 and 1937 the industry began to pick up and recover a measure of prosperity, the sugar barons did not raise wages. The workers asked for more wages and were refused. Say Barnwell and Toussaint: "They had no obvious, peaceful way of forcing the Government and the planters to listen to their complaints, and in August 1937... trouble broke out violently. There were riots at Flacq, and then in other parts of the island. Several labourers were killed..."

From 1934 to 1936 there been one elected M.L.C., the Member for Plaines Wilhems, who had consistently supported the demands of the workers for higher wages: Dr Maurice Cure. He had founded the Mauritius Labour Party; he agitated for many things including a Minimum Wages ordinance and Trade Union legislation.

After the general strike of 1937 – it began in August and went on for 45 days – in which there were 5 deaths, dozens of arrests, and hundreds of arpents burned, a Commission of Enquiry was appointed. It found that the workers were underpaid and underfed and recommended an immediate increase of 10 per cent in labourers' wages. The Labour Department was set up. The Agricultural Bank was empowered to lend money to the small planters. The Legislative Council was enlarged by the addition of two members to represent the small planters.

Dr Cure's championing of the cause of the underprivileged, underpaid and underfed plantation labourers was triumphantly vindicated by the Commission of Enquiry. But what happened to Dr Cure himself, when he had been proved right? He was, in fact, subjected to degradation, slow and deliberate, by the Franco-Mauritian community. He was boycotted by the whites, by the wealthy, and by the aristocrats. His name became taboo. People who visited Dr Cure's surgery, or who called Dr Cure to their house to attend to a case of illness or accident (even an urgent case) risked losing their jobs, if they were employed by white employers. People not employed by whites still were afraid to call Dr Cure when they were ill, for fear of becoming marked men. Imperialism had been defeated, but a sacrifice to the great god Mammon none the less had to be made; and Dr Cure was the sacrificial victim.

Bit by bit he lost his practice. Bit by bit he fell into debt. He mortgaged his house. He sold his car. By these means he was able to clear his debts. Hounded by the imperialists, he left the Labour Party (which he had founded) and went into the political wilderness. Imperialism had triumphed over justice; might had triumphed over right.

Fifty years ago the American socialist, Jack London, wrote his monumental work *'The Iron Heel'*, in which he described how reactionaries 'framed' a liberal-minded university professor, forcing him out of his job, out of his home, out-almost-of life itself. The treatment of Dr Cure by the reactionaries in Mauritius twenty years ago is an almost exact parallel of Jack London's story. (For those who want to read about what imperialism really can be like, *The Iron Heel* is compulsory reading).

Today Dr Cure lives, venerable and near-legendary, an almost forgotten figure, in retirement in Mauritius. His son is in practice as a doctor in London. But only last month an enquirer at Mauritius House asked for the address of Dr Cure in London and was told that no such person was in practice in the UK. What the reactionaries regarded as the sins of the father are still, evidently, being visited on the son! Although the sugar barons and their hangers-on have for long decried Dr Cure and his work, his pioneering of the Mauritius Labour Party, and his valiantly successful efforts on behalf of the workers twenty years and more ago, can never be allowed to be forgotten. This month sees Dr Cure's birthday; I hope that the workers of Mauritius will on

the day itself pay tribute to Dr Cure; for he is a man who deserves well of the workers.

For them, he sacrificed well-nigh his all. He sacrificed his living, his position, his career. He saw his early agitation for better wages and conditions bear fruit. He has seen his founding Labour Party grow from its infant beginnings to the largest political force in the island, commanding a majority of elected seats in the Legislative Council.

For the welfare of the many, one man – Dr Cure – gave up much. Let the People now show their appreciation of Dr Cure by paying to him on his birthday the homage that is his rightful due. In recent years his pioneer work has been forgotten, neglected; let amends be honourably made on the occasion of the birthday of the Grand Old Man of Mauritius Labour.

\* \* \*

Perhaps Dr Cure may yet see the complete emergence of Mauritius to Dominion status. The third in the Labour Party's series of pamphlets on colonial affairs – *'Smaller Territories'* – has just been published. Says the Party: "It is the declared policy of the Labour Party that the people in every territory, great or small, shall ultimately have the right of self-determination... The only way of giving full reality to the right of self-determination is through a sovereign parliament. In the case of the small territories the difficulty is to find an area big enough to maintain full sovereignty. The two best ways of getting over this difficulty are by federation or by integration... some of the small territories may desire integration with another Commonwealth country."

Other small territories, unwilling or because of isolation not able to federate with another Commonwealth country, should become Dominions: "The grant of Dominion status to the small territories cannot of course make them, in fact, into nations capable of looking after their own foreign policy and defence; by definition they are too small for that. What Dominion status means is that they and they alone would decide how and with whom arrangements would be made for the conduct of their external affairs... Territories such as Mauritius, Seychelles, Gambia, Sierra Leone, the Pacific, Indian and Atlantic Ocean islands may become Dominions or some of them may integrate with other Commonwealth countries."

If ministerial responsibility is successful in Mauritius, this policy of the Labour Party may well bring Dominion status to Mauritius within a few years. If it does, then Dr Cure's sacrifices will not have been in vain. Nor will the sacrifices of other people.

But first we must have what Dr Cure founded --- a united Labour Party.



Protecting lives, ensuring happiness



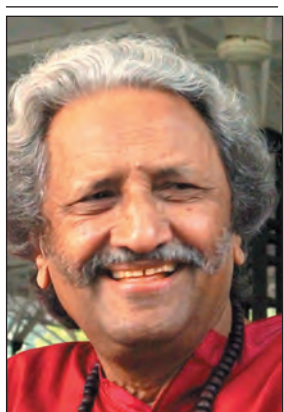
1956-2020

LIC Centre, 1st Floor,  
John Kennedy Street,  
Port Louis

marketing@licmauritius.intnet.mu

208 1485, Ext 24 [Port Louis]  
4674960 [Qautre Bornes]





Kul Bhushan

# No close encounters as cinemas open after six-month lockdown

**A**fter a long agonizing gap of six-month lockdown due to Wuhan Virus, cinemas in Delhi and Mumbai are opening on 15 October. The owners have run up massive losses by now and hope to start recovering them gradually.

However, there are plenty of restrictions on the cinemas once they open. For a start, only half of the seats can be sold, thanks to social distancing. Alternate seats will be left vacant. For the cinema goers, it means that you cannot sit next to your girlfriend and when an action scene shakes the hall, she will not be able to sink her nails in your arm!

Moreover, you cannot coochy-coochy when a strong romantic scene is played out with serenading music in the background. How the courting couples overcome these barriers remains to be worked out. This is a reminder of a satirical notice outside a closed movie theatre: *No Close*

Phew! All this is going to make it a totally different experience of going to the cinema! It will soon become the new normal, just like everything else. Yet the cinema addicts will swarm to the theatres to relish their long-lost experience of the big screen. And it will be much longer for the owners to recoup their losses.

However, opening the theatres in shopping malls means much higher footfalls and higher income for food courts and many cinema goers go for a meal or a snack after the show is over. And they may also end up buying some products too.

But hold on! There are no big blockbusters to draw the crowds! With many Bollywood films going for a direct-to-digital release, theatre owners are left with little fresh content over the next couple of months (which includes the high spending Diwali season) until the films under production are completed. Fearing low audience turnout, some cinemas may open later than mid-October.

Bollywood has these films lined up for the next few months: *Khaali Peeli*, *Bunty aur Babli*, *Indoo ki Jawani*, *Chhalang*, *Sandeep Aur Pinky Faraar* and *Roohi Afzaan*. Any of these could be a hit with the audiences and end up as a blockbuster. But the expected blockbusters or big-ticket movies are:

*Sardar Udham Singh*, *Sooryavanshi* with Akshya Kumar and Katrina Kaif; *Lal Singh Chadda*, Amir Khan's remake of *Forrest Gump*; and 83 sagas of India winning the cricket World Cup which will release during Diwali and Christmas/new year.

Hollywood has lined up these potboilers: *Tenet*, *Peter Rabbit*, *My Spy*, *The Rental*, *Force of Nature*, *Dune*, *Death on The Nile*. The much-awaited James Bond



movie, *No Time to Die* with Daniel Craig's fifth and final stint as 007 was scheduled for release for the festive season but has been delayed until April 2021. *Batman* and *Jurassic World: Domination* have also been postponed. *Jurassic World* will now debut on 10 June 2022! Yes, that much waiting! *Batman* will hit the screens on 1 October 2021, a year from now. *Shazam! Fury of the Gods* has been pushed back to 4 November 2023. *The Flash* due for June 2022 will now be released on 4 November 2022. *Wonder Woman 1984* is still, thankfully, hoping for 25 December 2020 opening.

In early October, the second-largest movie theater chain in the US temporarily shuttered its locations due to a lack of blockbusters on the calendar and major domestic markets like New York remaining closed. Cineworld Group Plc said that it would close 536 Regal cinemas in the US, and 127 Cineworld and Picturehouse venues in the UK this week, affecting some 45,000 employees.

Yet moviegoers are eager to flock to the theaters as they are fed up with home screens. No wonder, a crazy fan hung a sign outside his house: 'I've watched all Netflix'. Not to be outdone, another boasted: 'I've watched all YouTube videos!'

*Kul Bhushan worked as a newspaper Editor in Nairobi for over three decades and now lives in New Delhi*



## Encounters of Any Kind.

Plus, other operating measures include:

- | Only asymptomatic persons allowed in theatres.
- | Advance booking with digital payments, if possible
- | Only packaged food and beverages allowed inside the theatres.
- | Delivery of food and beverages inside the theatre not allowed.
- | Staggered show timings.
- | Sufficient time lag between successive shows in a multiplex.
- | Queue markers for entry and exit into the theatre for social distancing.
- | Entry and exit to be done in a staggered rowwise manner.
- | Theatres shall be sanitized after every screening.
- | Management shall prevent crowding and physical distancing in food and beverages areas.
- | It also means it will be much longer for the owners to recoup their losses.



## Moka District Council Employees Union

The Annual General Meeting of MDCEU will be held on Thursday 29 October 2020 at Noon, at the District Council Multi-Complex Hall, Petit Verger, St Pierre.

### AGENDA

1. Opening Ceremony of AGM: 1.00 pm to 1.40 pm
2. Reading and approval of minutes of the last assembly - 1.40 pm to 3.15 pm
3. Matters Arising
4. Finance
5. President's / Negotiator's report
6. Amendments to rules (if any) Motions
7. Reshufflement of Managing Committee (if any)
8. AOB & Light Snack

08 October 2020

I. Gajadhur  
Secretary



Devesh Dukhira, CEO - Mauritius Sugar Syndicate

# "Producers first need visibility on the financial viability of their operations..."

Cont. from page 8

\* We see that the sugar industry is now flagging the environment narrative to strengthen its demands for more government support: "Apart from being the most efficient converter of biomass into energy, the cane plant prevents soil erosion, thus protecting our water streams and lagoons, and, moreover, has excellent carbon capture properties." Earlier it was about the preservation of jobs, and this has been gradually diluted by the application of the Voluntary Reduction Schemes. Does that make for a convincing argument?

The industry must adapt to the evolving socio-economic environment of the country. While it was the main provider of employment when it was the backbone of the economy, its importance in this



"Sugar revenue has certainly been under pressure since the abolition of guaranteed prices under the defunct ACP/EU Sugar Protocol, but producers have so far not been able to derive full benefit from the cane co-products which should have complemented these sugar proceeds. As these resources have been optimized over the years, bagasse, for example, now accounting for 14% of the electricity produced for the national grid, it is essential that they be remunerated adequately..."

respect has declined as the economic base broadened.

On the other hand, as people turned to other sectors for jobs, availability of labour for sugarcane plantation became scarce, so much so that the larger growers have had to invest in mechanical harvesting. This challenge is even more pronounced among the smaller growers, who are not

able to invest in mechanization while they are confronted with an ageing manual workers' population.

On the other hand, as we are all suffering from the impact of climate change, it is everyone's duty to play a part towards the protection of the environment. The contribution of sugarcane in this respect has probably not been adequately recog-

nised in the past. A study conducted earlier this year by the German firm Soil & More Impacts highlighted that the average carbon and blue water footprints for cane sugar in Mauritius from field to harbour amount to only 0.36 Carbon Dioxide Equivalent (CO<sub>2</sub>e) per kg sugar and a mere 6.8 litres per kg sugar cane respectively, significantly better than the global generic averages of 0.43 CO<sub>2</sub>e per kg sugar and 50 litres per kg sugarcane.

Most notably, it revealed that generation of renewable electricity from bagasse results in emissions of -0.53 CO<sub>2</sub>e per kg sugar, thus exceeding the negative climate impact of the entire domestic cane sugar production process by 0.17 kg CO<sub>2</sub>e per kg sugar. Such a strength cannot remain unnoticed while countries worldwide are taking required actions to fight climate change.

## Estonia is a 'digital republic' - what that means and why it may be everyone's future

\* Cont. from page 2

The young post-Soviet government decided to ditch all communist-era legacy technologies and inefficient public service structure.

In a radical move, the government - which had an average age of 35 - also decided not to embrace western technologies. Neighbouring Finland offered an analogue telephone exchange as a gift and the Estonian government declined, envisaging communicating over the internet rather than analogue telephone.

The government of Estonia launched a project called *Tiigrihüpe* (Tiger Leap) in 1997, investing heavily in development and the expansion of internet networks and computer literacy. Within a year of its inception almost all (97%) of Estonian schools had internet access and by 2000, Estonia was the first country to pass legislation declaring access to the internet a basic human right. Free wi-fi hotspots started being built in 2001, and now cover almost all populated areas of the country.

The government also understood that, in order to create a

knowledge-based society, information needs to be shared efficiently while maintaining privacy. This was a radical understanding, even in the context of today, when for most countries, data sharing among different organisations' databases is still limited. It is predicted that by 2022, 93% of the world's total data collected or stored will be such "dark" or siloed data.

Two decades ago, in 2001, Estonia created an anti-silo data management system called X-Road through which public and private organisations can share data securely while maintaining data privacy through cryptography. Built in partnership with Finnish government, X-Road came under cyber-attack from Russian IP addresses in 2007. This attack made clear how vulnerable centralised data management systems are, and so Estonia required a distributed technology that is resistant to cyber-attack. Addressing this need, in 2012 Estonia became the first country to use blockchain technology for governance.

### Blockchain governance

Distributed ledger technology,



commonly known as blockchain, is the underpinning technology of the cryptocurrency Bitcoin. The technology has moved on significantly since its inception in 2009 and is now used for a variety of applications, from supply chains to fighting injustice.

Blockchain is an open-source distributed ledger or database system in which an updated copy of the records is available to all stakeholders at all times. Due to this distributed nature, it is almost impossible for a single person or company to hack everybody's

ledger, ensuring security against cyberattacks.

Deploying blockchain technology not only ensures protection against any future attacks, but also poses many other benefits to Estonians. For example, in most countries citizens have to fill in many different forms with the same personal information (name, address) when they need to access public services from different government agencies. In Estonia, citizens only need to input their personal information once: the blockchain system

enables the relevant data to be immediately accessible to the required department.

This might scare people worried about data privacy. But citizens, not the government, own their personal data in Estonia. Citizens have a digital ID card and approve which part of their information can be reused by which public service. Estonians know that even government officials can't access their personal data beyond what is approved by them for the required public service. Any unauthorised attempt to access personal data will be identified as invalid: indeed, it is a criminal offence in Estonia for officials to gain unauthorised access to personal data. This transfer of ownership and control of personal data to individuals is only possible due to blockchain technology.

This should be an inspiration for the rest of the world. It is true that most countries do not have similar circumstances to post-Soviet Estonia when the Tiger Leap was introduced. But the same futuristic mindset is required to address the challenge of declining trust.



In a light vein

A mother comes home from work to find that her kids are hiding behind the couch.

She asks what's wrong, and the kids reply that Aunt Sally was in the house naked. So she goes to her bedroom to investigate, and she finds her husband lying on the bed naked and sweaty.

She asks, "What's going on?"

He replies, "I'm having a heart attack."

She says "I'm going to call 911, while I'm really looking for my sister."

She discovers the aunt in the bathroom closet in the nude, and gives her a slap, "How dare you! My husband is having a heart attack and you're running around scaring the kids!"

\*\*\*

Q: Why are most hurricanes named after women?

A: Because when they come they are wet and wild and when they leave they take your house and your car.

\*\*\*

Lady 1: "Why is your husband so punctual when returning home from work?"

Lady 2: "I made a simple rule: sex will begin at 9pm sharp, whether he is there or not."

\*\*\*

Wife: "Our new neighbour always kisses his wife when he leaves for work. Why don't you do that?"

Husband: "How can I? I don't even know her."

\*\*\*

A man goes to see a wizard and says, "Can you lift a curse that a priest put on me years ago?"

"Maybe," says the wizard, "Can remember the exact words of the curse?"

The man replies, "I pronounce you man and wife."

\*\*\*

If a man opens the car door for his wife, you can be sure of one thing: either the car is new or the wife.

\*\*\*

If you want to know who is really man's best friend, put your dog and your wife in the trunk of your car, come back an hour later, open the trunk, and see which one is happy to see you.

\*\*\*

Stan is seconds away from receiving a vasectomy when his brother and sister-in-law barge in holding their new-born baby.

"Stop! You can't do this!" exclaims the brother.

"And why not?" asks Stan.

"Don't you want to have a beautiful baby someday? Like my wife and I have here?" Stan says nothing.

The brother grows impatient, "C'mon Stan, I want a nephew. Stan, make me an uncle."

Stan can't take it anymore. He gives his sister-in-law an apologetic look and asks his brother, "You're sure you want a nephew?"

"Yes," the brother replies. "It would be an honour."

"Well, congratulations, you're holding him."

\*\*\*

A wife asked her husband, "Honey, will you still love me when I am old and overweight?"

The man replied, "Yes, I do."

\*\*\*

Man: Your place or mine?

Woman: Both. You go to yours and I'll go to mine.

\*\*\*

A young man and woman got married. At the time of their marriage, the husband noticed his wife carried a decently sized metal box and shoved it up at the top of their closet. Curious as he was, the wife told him to never to look in it no matter what the circumstances.

Over the years, he saw that metal box in the closet, but never peered into it for the sake of his wife. One day, though, the wife had a stroke and was rushed to the hospital. As the husband sat grieving at home, he thought of the box, snatched it up, and sped to the hospital where his wife remained with her death coming soon. The husband bolted to her hospital room and pleaded and begged her to allow him to open the box by her side.

"Well" she said, "I suppose now would be the right time."

The husband unlatched the hook and peered inside. On one side sat two crocheted dolls, and on the other, to his surprise, sat one million dollars!

"Honey, before we got married, my mother gave me this box and told me that whenever I got mad at you, I should go to the bedroom and crotch a doll," said the wife.

The husband was thrilled and thankful. He absolutely couldn't believe his wife had only been mad at him two times!

"That is amazing!" said the husband to his wife. "Honey, I'm grateful beyond belief you've only been mad at me twice, but how on this earth did you manage to get one million dollars?"

"Oh, honey" said the wife, "That's the money I got from selling the dolls."

\*\*\*

My friend asked me, "Why are you getting a divorce?"

I responded, "My wife wasn't home the entire night and in the morning, she said she spent the night at her sister's house."

He said, "So?"

And I responded, "She's lying. I spent the night at her sister's house!"

\*\*\*

Marriage is a 3-ring circus: engagement ring, wedding ring, and suffering.

Guernica



The world famous "Guernica". Photo - Dan Kitwood - Getty Images

During the Nazi occupation of Paris, Pablo Picasso was taken to be "interrogated" by a special branch of Gestapo that had been set up to handle intellectuals and artists.

The officer who confronted Picasso, in spite of being a Gestapo thug, was almost polite, spoke good French and seemed even educated. A rarity.

The Nazi policeman gestured Picasso to sit in front of his desk, then he produced a photo of the now world famous "Guernica", the large painting that depicts Picasso's take on the Nazi bombing of the Spanish town of the same name during the Spanish Civil War.

With that facial expression that at the same time betrays tolerance toward a recognized genius and anger for his misdeed, the Nazi pointed at the photo and said with a harsh voice:

"Picasso! Have you done this?"

The reply of Picasso was worthy of a genius.

Said he: "No, you did it! I only painted it".

Funny Oxymorons

An oxymoron is defined as a phrase in which two words of opposite meanings are brought together....Here are some funny oxymorons:

1. Found Missing

2. Open Secret

3. Small Crowd

4. Act Naturally

5. Clearly Misunderstood

6. Fully Empty

7. Pretty Ugly

8. Seriously Funny

9. Only Choice

10. Original Copies

11. Exact Estimate

12. Tragic Comedy

13. Foolish Wisdom

14. Liquid Gas

15. A Detailed Brief

And the mother of all oxymorons is:

16. "Happily Married".

Easy Quiz

Passing requires only 3 correct answers out of 10!

1. How long did the Hundred Years' War last?

2. Which country makes Panama hats?

3. From which animal do we get cat gut?

4. In which month do Russians celebrate the October Revolution?

5. What is a camel's hair brush made of?

6. The Canary Islands in the Pacific are named after what animal?

7. What was King George VI's first name?

8. What colour is a purple finch?

9. Where are Chinese gooseberries from?

10. What is the colour of the black box in a commercial airplane?
- Remember, you need only 3 correct answers to pass.
- Check your answers below.
1. 116 years.

2. Ecuador.

3. Sheep and Horses.

4. November.

5. Squirrel fur.

6. Dogs.

7. Albert.

8. Crimson.

9. New Zealand.

10. Orange.



# How to Fall In Love With Yourself

Marelisa

“To love oneself is the beginning of a life-long romance.”  
- Oscar Wilde

There's a lot of emphasis in our culture on romantic love. A lot of people think that finding the right partner will somehow make them "whole", fill an inner void, and solve all of their problems.

However, another person can never do all of these things for you. You have to do them for yourself. That is, you have to fall in love with yourself. Falling in love with yourself will allow you to do all of the following:

- Give yourself what you need, instead of waiting for others to do so.
- Embrace both your strengths and your weaknesses.
- Be gentle with yourself when you make a mistake or fail.
- Have the confidence to go after what you really want.

Sounds great, doesn't it? So, how does one fall in love with oneself? I'll tell you.

## 1. Make a list of your accomplishments

We all have to-do list filled with all of the things that we need to get done. How about creating a list of all the things we've already accomplished?

Everyone should keep a running list of their accomplishments. This has numerous benefits, including the following: It will remind you of how much you've achieved. It will also help you to feel pride and admiration for yourself.

Feeling good about yourself will certainly help you to love yourself more.

## 2. Talk to yourself how you talk to people you care about

I have two young nephews. When they were very small I discovered that if I softened my voice when I spoke to them, and I spoke sweetly, they were more likely to pay attention to what I was saying. In addition, they would soften their own demeanor toward me and I was more likely to get smiles, hugs, and kisses from them.

Lately I've been making it a point to make my inner voice use the same "tone of voice" that I use with my nephews. That is, I speak to myself -- in my head -- in a sweet, tender tone. And I can't tell you how nice it is to have a soft-spoken person inside your head.

Of course, it's not just the tone of voice that you use with yourself that's important, but also the kinds of things that you say to yourself. Fall in love with yourself by saying positive, uplifting things to yourself and speaking sweetly to yourself.

## 3. See yourself through the eyes of someone who loves you

Think of someone who loves you -- this can be your spouse, your child, your best friend, or an admirer. Picture that person standing there, looking at you.

- How would they describe you?
- What would they say they appreciate about you?
- What would they say makes you a great friend, romantic partner, parent, and so on?
- Why do they love you?

This exercise will allow you to focus on your good points, instead of dismissing them or taking them from granted.

## 4. If there's something you don't like about yourself, change it

If there's something you don't like about somebody else, there's very little you can do about it. However, if



To be able to fully love yourself you have to know that you can trust yourself. Photo - cdn-az.allevants.in

there's something you don't like about yourself, you can change it.

I grew up with a very critical father, so I have a tendency to be critical myself. A couple of years ago I decided that I didn't like this about myself. Therefore, I decided to change it. I began monitoring what I was thinking and I stopped myself every time I realized that I was judging someone.

That is, I'm much closer to the kind of person I want to be, which makes me love myself more.

## 5. Fall in love with yourself by working on your self-trust

To be able to fully love yourself you have to know that you can trust yourself. You can increase your self-trust by doing the following:

- Have retrievable memories of experiences where you were able to rely on yourself to handle a difficult situation.
- Keep your promises to yourself. When you set a goal, follow through with it.
- Trust your own judgment. When you have a decision to make, you can ask others for their input. However, at the end of the day do what you think is right.
- Bet on yourself. Back your own plan.

Fall in love with yourself by making sure you can rely on yourself.

## 6. Treat yo' self

When I decided that I was going to add myself to the list of people whom I love, I started getting gifts for myself. Not all the time, of course, and not extravagant gifts, but if there's something that I really want, I treat myself.

Pampering yourself is a great way to show yourself some love.

## 7. Develop positive habits

I've developed many positive habits over the years. Here are some of them:

- I drink 10 glasses of water a day.
- I meditate.
- I spend time out in nature.
- I eat more fruits and vegetables every day.
- I run three times a week and I weight-lift three times a week

How can I not love myself when I take such good care of myself? Love yourself more by developing positive habits.

## 8. Listen to yourself

One of the best ways to listen to yourself is to journal. Two journaling methods you may want to try are proprioceptive writing -- a method for exploring the mind through writing -- and morning pages, three pages of stream of consciousness writing which is done first thing in the morning.

## 9. Ask yourself what you need

Ask yourself the following:

- What do I need right now?
- Do I need some alone time?
- Do I need to explore different career opportunities?
- Do I need more play and laughter in my life?
- Do I need to move more?
- Do I need to get myself out of a rut by learning something new?

How would you feel about someone who's attuned to your needs, and then does their best to fill those needs? Find out what you need, and fall in love with yourself by fulfilling your needs.

## Conclusion

Doesn't the person above sound wonderful? They're accomplished, they speak kindly to you, they listen to you, they're attuned to your needs, they take good care of you, they take you out on fun dates, they're trustworthy, and they even give you great gifts!

*Marelisa Fabrega is a lawyer and entrepreneur*

## Appartement à louer - long terme



Appartement meublé de 3 c.a.c, climatisé, cuisine équipée, piscine et parking, sécurité (24/24) à Trou aux Biches - Complexe Fleury sur Mer  
Tel: 57809413 - 57530881



## Satyameva Jayate 2: John Abraham starrer ropes in this former Bigg Boss contestant as the villain

*John Abraham's Satyameva Jayate 2 also features Divya Khosla Kumar and will hit the screens in Eid 2021.*



In the last month we saw the makers of *Satyameva Jayate 2* sharing the new poster of John Abraham starrer and it raised our excitement for the film. While we are also looking forward to see the chemistry between the fresh pair of John and Divya Kumar Khosla, *Bigg Boss 6* contestant Santosh Shukla has come on board to play the villain in the film. Interestingly, he was also seen in Salman Khan starrer *Jai Ho*, which was directed by Sohail Khan. Santosh will be one of the badies in this masala entertainer.

The actor confirmed the news and told E

Times, "This film is special, because it reminds me of all the movies I have grown up watching in the '90s. I love that decade, especially the music created at the time. It is also synonymous with quintessential masala films, which were a treat to watch at single screens. I still remember when there was euphoria around a popular dialogue or action sequence, people would throw coins at the screen. We hardly make such films now, because filmmakers, today, have a rather realistic approach towards cinema. But thank God for Milap Zaveri, he doesn't let you forget the classic '90s-style cinema."

Talking about the prep, he added, "I have learnt martial arts and have become quite flexible and athletic now. I have also experimented with my looks. I am sporting short hair and a dense beard in the film." Milap Zaveri recently said in a media statement, "Creatively we changed the script to Lucknow as it gave us a chance to make it more massy and also make the canvas larger. Visually also Lucknow adds to the scale and grandeur. The action of this film is gonna be ten times more dynamic, heroic and powerful. John is going to smash, Rip and annihilate the corrupt like he never has before on the silver screen and Divya is going to wow audiences with her power-packed scenes, dramatic prowess, grace and beauty. *Satyameva Jayate 2* like part one is a film of the masses and is also a celebration of action, music, dialoguebaazi, patriotism and heroism. "Eid" is a perfect occasion to release as it will offer entertainment galore. With Bhushan sir, Monisha Advani, Madhu Bhojwani and Nikkhil Advani backing me once again I can promise next year on 12th May we will do our best to deliver a festive bonanza for all audiences!"

## What to Watch on Netflix this Week: *A Choo*, *La Revolution*, *The Trial of the Chicago 7* – 5 OTT titles to satiate your binge-watching urge

*To make your life easier, we've taken it upon ourselves to filter the most promising of the lot, bring you five web series and web films that have or are releasing across these seven days on Netflix, perfect for your binge-watching needs*



***A Choo* (web movie) - 14th October**

A Chinese fantasy film revolving around a young man who gains superpowers and confronts a villain in the boxing ring.

***The Three Deaths of Marisela Escobedo* (documentary)- 14th October**

Investigative documentary about a mother's journey to incarcerate her daughter's murderer, which should tick all the boxes for true-crime aficionados, seeking an important tale of justice.

***A Babysitter's Guide to Monster Hunting* (web movie) - 15th October**

Netflix adapts the super-successful children's ghost stories in a bid to turn into a franchise, and couldn't have timed the release better than Halloween month.

***La Revolution* (season 1) - 16th October**

An epic French series that reimagines the French Revolution, this one should be right up the alley of both history buffs and those yearning for the next big epic on the small screen.

***The Trial of the Chicago 7* (web movie) - 16th October**

Sacha Baron Cohen stars in this biopic, written and directed by Aaron Sorkin, the scriptwriter of the Oscar-winning, *The Social Network*.

## Anita Hassanandani opens up on her pregnancy: God planned it beautifully

*Anita Hassanandani and Rohit Reddy are going to welcome home a child in February 2021. The lady opened up on how the families were ecstatic on the news*

Anita Hassanandani and Rohit Reddy are on cloud nine. The couple are expecting their first child. They had tied the knot in 2013. Speculations of Anita Hassanandani being pregnant were doing the rounds since a couple of months now. She confirmed the news yesterday with an adorable video. Talking to Hindustan Times, Anita Hassanandani said, "Honestly, we have been planning it for a while now. It was not necessarily that we had to do it at this time. We knew right from the start that 2020 is the year, and I think it happened at a great time. God planned it beautifully."

It seems it is the families who have derived maximum joy from this wonderful news. Anita told the paper, "They were all teary eyed, so amazed, and ecstatic. Something like this is always full of mixed emotions, they are very happy." The actress lost her father-in-law



some months back. Rohit Reddy and Anita met each other at a club for the first time. After a couple of years, they got married in Goa. It seems they are taking it one day at a time. She told the publication about the video, "It was just for fun, I took my wedding dupatta. As far as prepping for this phase goes, abhi toh bas shuruat hai. There is lots to do, and we are looking forward to all of it. A new phase is about to start."

There were rumours in 2019 that Anita Hassanandani was planning to have a baby via surrogacy like her good friend, Ekta Kapoor. She rubbished the news. Anita said she was busy with a couple of shows, and would have a baby in the natural biological way. It looks like 2021 is going to have a huge baby boom!



## 'My character of Srishti has made me a household name'



Anjum Fakih began young as a model and looked to acting to prove her mettle. The talented and fun-loving Anjum went on to impress audiences with her work in *Tere Sheher Mein*, *Ek Tha Raja Ek Thi Rani*, *Devanshi*.

However, the popular show on Zee TV, *Kundali Bhagya* has put her in the limelight, and she aces it in the mature and spirited role of Srishti. She's certainly a talent who has a long road to traverse with an abundance of work potential in her. In a conversation with IWMBuzz.com, Anjum Fakih talks about her defining moment as an actor and her desires for the future. Excerpts:

**You have had a good journey as an actor. Take us through your highs and lows.**

As an actor, I have been very lucky to experience and learn a lot about the way the industry functions at a very young age. I got great opportunities and met some wonderful people along my way, who have helped me grow as an individual and as an artist.

When I look back at my journey, I look at it as a beautiful life experience. Like every individual, I too have had my highs and lows. There were times when there was not enough work; I would walk from Bandra to Andheri for auditions. Survive on a packet of Maggi. Those were very difficult times and I felt very low and dejected. But then I got my first break, my first modelling assignment, my first TV show and everything changed. I strongly believe that one must celebrate their highs, but at the same time never forget their lows, because that's what motivates us to keep on moving ahead with positivity.

**Kundali Bhagya has been huge for everyone associated. Tell us about your gains from the show?**

To be very honest, I am very elated that I got an opportunity to work in a show like *Kundali Bhagya*. The audience has showered us with immense love and it is very encouraging for all of us. My character Srishti on the show

made me a household name. People recognise me on the streets and that is the biggest compliment for an artist to be known for their work. Fans walk up to me and tell me how much they love my character and how relatable it is. That is the best thing that has ever happened to me as an actor.

**Is there any genre of work you are eager to tap on in the near future?**

I believe as an artist one must not shy away from experimenting with different genres and I am open to experimenting with various genres. As Srishti, I have got to experiment a lot on screen and I wish I get to do something new more often, to keep my fans entertained. Personally, I would want to do characters with shades of grey and some comedy. There is a lot of scope to perform with such characters.

**Who is your inspiration when it comes to acting?**

I am learning every day and I get inspired every day by the people around me, Supriya ji, Shraddha and my co-actors. Surrounded by such talented artists, I am inspired every day.

**How has the industry accepted you on the whole, Anjum Fakih?**

I think the industry is very welcoming if you have the talent. Since I started my journey, I have never looked back. I have taken everything in my stride and I was lucky to have met people who acknowledged and appreciated my talent and encouraged me to take up work and move ahead.

**Do you have any regrets?**

No regrets. I always believe in looking at life through the windshield and not through the rear-view mirror. As an individual one must learn from all experiences - good or bad and move forward.

**You will be seen in an important sequence in *Kehne Ko Humsafar Hain 3* when it comes. How was the experience?**

So, when I was offered *Kehne Ko Humsafar Hain 3*, I immediately said a yes because I always wanted to work with ALT Balaji. The experience was really great and I was looking forward to working with Ronit Roy, Gurdeep Kohli and Suchitra Pillai. In fact, I am a huge fan of Suchitra Pillai and I had a fangirl moment on the set when I met her. I have grown up watching Ronit Roy on television and I really respect him as an artist. All of them are such seasoned actors and there is so much to learn from them.

**Getting back to Srishti, what are your takeaways from the role, Anjum Fakih?**

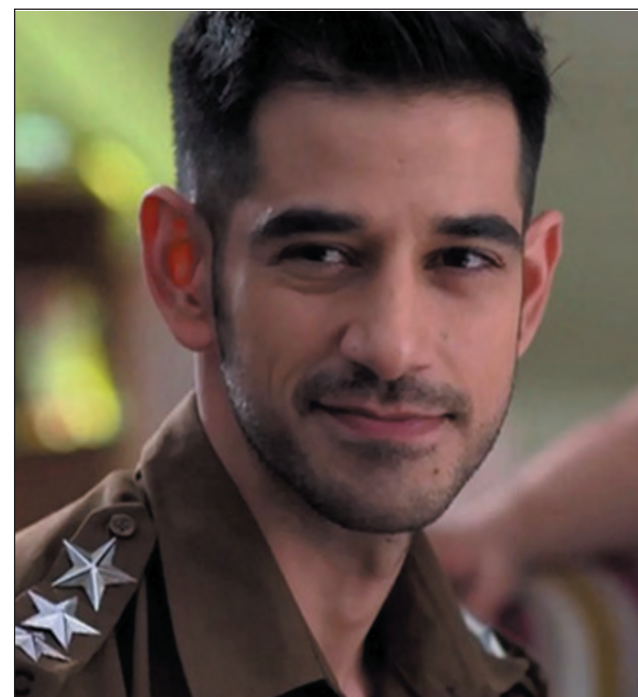
Srishti is a happy go lucky girl and somewhere I can relate to her because I am very similar in my personal space too. She lives in the moment, is fearless, ambitious and always stands up for what is right. Srishti is someone who speaks her mind. I think it is very important to stand up for yourself and the people around you and always look ahead and focus on the positives in your life.

**Who is the prankster on the set?**

Dheeraj Dhoopar is a huge prankster on our set. He loves scaring people. Shraddha also pranks people sometimes, but Dheeraj wins hands down.

**Message for your fans, Anjum Fakih**

Keep indoors, follow social distancing and be safe. These are trying times for everyone and I am sure, together we all will pull through this. Take this opportunity to learn a new skill, cook, read or do anything that you enjoy and spend some quality time with your family.



## Did you know Nikhil Sabharwal of Bin Kuch Kahe was a professional pilot before turning an actor?

Model-turned-actor Nikhil Sabharwal is garnering great appreciation from his fans for his striking good looks and acting skills. Currently seen playing the role of Akshay, an army man in Zee TV's romantic dramedy *Bin Kuch Kahe*, not many know that Nikhil is also a certified commercial pilot. Nikhil has clearly come a long way in his life from being a pilot to a sought-after TV heartthrob. Before the acting bug took over, he used to fly for Cessna Aircrafts in the Philippines. But his passion for facing the camera led the handsome hunk to modelling assignments, a career on television and landed him his role as Akshay Sharma in *Bin Kuch Kahe*.

Nikhil shared, "I had learnt flying aircrafts in Manila, Philippines at my flying school called Ace Pilots Aviation Academy. After getting an engineering degree, I trained in aviation for 8 months in 2007. I flew trainee Cessna aircrafts and flew a ten-seater charter aircraft called BN2A-21, Islander. I came back to India and converted my license as recession had begun to kick in. Since I had started modelling after my school and all through my engineering years, I continued that once I came back from Philippines. I shot for several TVC's and eventually that led to a film and a show within a year. I guess acting was my calling all along!!"

**SOCIETE R. CHUNDUNSING & FILS RADHAYSING LTD**



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

[societe.rchundunsing@intnet.mu](mailto:societe.rchundunsing@intnet.mu)





Mardi 13 oct - 21.10

**30 Days Of Night**Avec: Russell Crowe, Christian Bale,  
Ben Foster

Mercredi 14 oct - 21.10

**3:10 To Yuma**

Jeudi 15 oct - 21.00

Cuba Gooding Jr., Cole Hauser,  
Jonathan LaPaglia**MBC 1**

07.10 Magazine De La Sante  
09.45 Local: Close-Up  
10.10 Mag: Euromaxx  
10.40 Local Prod: Rodrig Mo Pei  
12.10 Le Journal  
12.25 Abderrahmane Sissako  
13.20 Local: Nos Aines  
14.30 D.Animes: Grenadine Et...  
14.37 D.Anime: In The Night...  
14.59 D.Anime: Nutri Ventures  
15.21 D.Anime: The Minimighty...  
16.01 D.Anime: Monster Math...  
16.34 D.Anime: Lucky Fred  
16.48 D.Aimes: Astrology  
18.00 Live: Samachar  
18.30 Serial: Jamai Raja  
19.30 Journal & La Meteo  
20.00 Local: Priorite Sante  
20.35 Local: An Eta Dalert  
21.10 Film: Extinction  
23.00 Serial: The Blacklist

**MBC 2**

10.00 Serial: CID  
10.44 Serial: Ye Vaada Raha  
12.04 Film: Rajnigandha  
Starring: Amol Palekar, Vidya Sinha, Dinesh Thakur  
13.43 DDI Magazine  
15.00 Mag: Comedy Classes  
15.21 Serial: Honaar Soon Mee...  
15.43 Serial: Mooga Manasulu  
16.06 Serial: Apoorva Raangal  
16.32 Serial: Bisaat-E-Dil  
16.50 Mehendi Tohra Naam Ke  
17.16 Kullfi Kumarr Bajewala  
18.00 Serial: My Little Princess  
18.30 DDI Magazine  
20.00 Local: Tamil Programme  
20.30 Film: Chirag  
Starring: Sunil Dutt, Asha Parekh, Om Prakash  
22.58 DDI Live

**MBC 3**

06.00 Mag: Eco@Africa  
06.34 Mag: Sur Mesure  
07.00 Mag: Voa Connect  
07.32 Mag: In Good Shape  
07.58 Doc: Amazing Gardens  
08.58 Mag: Women Who Changed  
10.47 Doc: Albania's Last Trains  
11.32 Mag: Eco@Africa  
11.52 Mag: Green Touch  
12.06 Mag: Sur Mesure  
12.30 Mag: Voa Connect  
13.20 Doc: Amazing Gardens  
14.30 Doc: 360 GEO  
15.15 Mag: Global 3000  
16.04 Doc: Albania's Last Trains  
17.18 Mag: Green Touch  
17.26 Mag: Sur Mesure  
18.26 Mag: Green Touch  
18.34 Doc: Printing Out The World  
19.00 Student Support Prog...  
19.29 Mag: Made In Germany

**Cine 12**

02.09 Film: Anaconda 3  
03.31 Serial: The L.A. Complex  
04.11 Film: Tickle Me  
06.42 Tele: Totalement Diva  
07.19 The Bletchley Circle  
08.43 Mag: Hollywood News Feed  
09.00 Serial: The Magicians  
09.45 Tele: Soleil Levant  
10.35 Serial: Midnight, Texas  
11.30 Tele: Tanto Amor  
12.00 Film: Tickle Me  
13.30 Tele: Totalement Diva  
14.45 Film: The Bletchley Circle  
16.40 Serial: The Magicians  
17.23 Serial: S.W.A.T  
18.05 Tele: Soleil Levant  
19.10 Tele: Tanto Amor  
20.05 Tele: Le Prix Du Désir  
20.30 Serial: S.W.A.T  
21.15 Serial: Emerald City

**Bollywood TV**

08.00 Film: Listen Amaya  
12.04 / 19.54 -  
Kahan Hum Kahan Tuam  
12.26 / 20.11 -  
Kullfi Kumarr Bajewala  
12.38 / 20.32 Radha Krishna  
13.09 / 21.09 - Bin Kuch Kahe  
13.31 / 21.24 - Zindagi Ki Mehek  
13.56 / 21.46 -  
Bade Acche Lagte Hai  
14.20 / 21.59 -  
Jai Kanhaiya Lal Ki  
14.39 / 22.25 -  
Bitti Business Wali  
15.30 Film: Nazrana  
Starring: Rajesh Khanna, Sridevi, Smita Patil  
18.00 Live: Samacher  
18.30 Kundali Bhagya  
18.51 Piya Albela

mardi 13 octobre

mercredi 14 Octobre

jeudi 15 octobre

06.30 Local: La Mauricienne  
07.30 Local: Priorite Sante  
09.00 Doc: Can The Citarum Still...  
12.00 Le Journal  
12.25 Local: Groov'in  
13.35 Local: An Eta Dalert  
13.50 Local: Profil  
14.30 D.Anime: Grenadine Et...  
14.37 D.Anime: In The Night Garden  
14.59 D.Anime: Nutri Ventures  
15.23 D.Anime: The Minimighty Kid  
16.13 D.Anime: Investion Story  
16.27 D.Anime: Lucky Fred  
16.52 D.Anime: Astrology  
17.15 D.Anime: Raju The Rickshaw  
18.00 Live: Samachar  
18.30 Serial: Jamai Raja  
19.30 Journal & La Meteo  
20.00 Prod: Lottotech  
21.10 Film: 3:10 To Yuma  
23.10 Serial: The Blacklist  
23.55 Local: Le Journal

10.00 Pyar Ka Dard Meetha...  
11.17 Suhani Ek Ladhi  
12.00 Film: Sau Din Saas Ke  
Stars: Ashok Kumar, Raj Babbar, Reena Roy  
15.00 Serial: Comedy Classes  
15.21 Honaar Soon Mee Hya...  
15.44 Mooga Manasulu  
16.10 Apoorva Raangal  
16.30 Bisaat-E-Dil  
16.53 Mehendi Tohra Namam Ke  
17.12 Kullfi Kumarr Bajewala  
17.33 Serial: Kulvadh  
18.00 Serial: My Little Princess  
18.30 Serial: DDI Magazine  
19.30 DDI Magazine  
20.00 Programme In Marathi  
20.30 Film: Parakh Natyanchi  
Starring: Milind Gawali, Nisha Parulekar, Siyaa Patil

06.00 Rev: The Global Auto...  
06.34 Doc: Printing Out The World  
07.00 Mag: Check In  
07.29 Mag: Made In Germany  
07.58 Doc: Garden Party  
08.46 Mag: Women Who Changed  
10.53 Doc: Like Flowers Or Salt  
11.39 Rev: The Global Auto...  
12.03 Mag: Green Touch  
12.09 Doc: Shanghai  
12.39 Mag: Check In  
13.39 Doc: Garden Party  
14.33 Doc: From War To Wisdom  
15.24 Mag: Close Up  
16.33 Doc: Like Flowers Or Salt  
17.45 Mag: Green Touch  
18.00 Motorweek  
18.26 Mag: Green Touch  
18.34 Doc: Bearing The Burden  
19.00 Student Support Prog...  
19.26 Doc: Garden Party

00.20 Serial: S.W.A.T  
01.02 Serial: Emerald City  
02.48 Serial: Midnight, Texas  
03.29 Film: The Shadow Riders  
05.01 Tele: Totalement Diva  
06.38 Film: Clarity  
09.00 Serial: The Magicians  
09.45 Tele: Soleil Levant  
10.35 Serial: Midnight, Texas  
11.30 Tele: Tanto Amor  
12.00 Film: Mike Hammer  
13.33 Tele: Totalement Diva  
14.45 Film: Clarity  
16.40 Serial: The Magicians  
17.26 Serial: S.W.A.T  
18.12 Tele: Soleil Levant  
19.00 Tele: Tanto Amor  
20.05 Tele: Le Prix Du Désir  
20.30 Serial: Seal Team  
21.15 Film: Exit Speed  
22.45 Tele: Totalement Diva

08.00 Film: Nazrana  
12.04 / 20.06 -  
Kahan Hum Kahan Tuam  
12.26 / 20.26 -  
Kullfi Kumarr Bajewala  
12.47 / 20.46 Radha Krishna  
13.09 / 21.09 - Bin Kuch Kahe  
13.31 / 21.31 - Zindagi Ki Mehek  
13.56 / 21.46 -  
Bade Acche Lagte Hai  
14.20 / 21.59 - Jai Kanhaiya Lal...  
14.36 / 22.25 - Bitti Business...  
15.25 Film: Luv...Phir Kabhie  
Starring: Saurabh Roy, Arijita Roy, Meghna Patel & Narendra Bedi  
18.00 Live: Samacher  
18.30 Kumkum Bhagya  
18.51 Piya Albela  
19.13 Mere Angne Mein  
19.35 Yeh Pyaar Nahi Toh Kya...

06.00 Klip Seleksion  
07.00 Local: Fam Rakonte  
09.00 Doc: Mega Yachts  
09.45 Local: Prodiksion Alimanter  
10.30 Mag: Tomorrow Today  
12.00 Le Journal  
12.30 Doc: Farah Diba Pahlavi  
13.20 Mag: Urban Gardens  
14.30 D.Anime: Granadine Et...  
14.35 D.Anime: In The Night Garden  
14.59 D.Anime: Nutri Ventures  
15.23 D.Anime: The Minimighty Kid  
15.40 D.Anime: Gadget And The...  
16.02 D.Anime: Monster Math...  
16.17 D.Anime: Invention Story  
16.39 D.Anime: Lucky Fred  
18.00 Live: Samachar  
18.30 Jamai Raja  
18.55 Local: Yatra  
19.30 Le Journal  
20.25 Film: Housefull 3

10.00 Karm Phal Data Shani  
12.05 Film: Katha  
Starring Naseeruddin Shah, Farooq Shaikh, Deepti Naval  
14.21 DDI Magazine  
15.00 Serial: Comedy Classes  
15.21 Honaar Soon Mee Hya Gharchi  
15.43 Mooga Manasulu  
16.06 Apoorva Raangal  
16.29 Bisaat-E-Dil  
16.51 Mehendi Tohra Naam Ke  
17.13 Kullfi Kumarr Bajewala  
18.00 Serial: My Little Princess  
18.30 Serial: Ghar Pahucha Da Devi Maiya  
20.00 Local: Les Grandes Lignes  
21.00 Film: The Hit List  
Starring Cuba Gooding Jr., Cole Hauser, Jonathan LaPaglia  
22.36 DDI Live

06.00 Mag: Motorweek  
06.25 Mag: Green Touch  
07.26 Doc: Garden Party  
08.23 Mag: Women Who Changed  
10.16 Doc: The Nefertiti Phenomen  
11.00 Mag: Motorweek  
11.27 Mag: Green Touch  
12.01 Mag: Arts 21  
14.26 Mag: Focus On Europe  
17.34 Mag: Business Africa  
18.00 Mag: Eco India  
18.34 Mag: Sur Mesure  
19.05 Open Univ: Student Support  
19.29 Mag: Tomorrow Today  
19.56 Doc: Japon 2019  
21.15 Doc: 360 Geo  
22.02 Mag: Strictly Street  
22.31 Doc: Myanmar Time Travel...  
23.56 Mag: Eco India  
00.22 Mag: Green Touch  
00.30 Mag: Sur Mesure

00.20 Serial: Seal Team  
01.35 Film: Exit Speed  
03.35 Film: Brush With Danger  
05.28 Tele: Totalement Diva  
06.12 Serial: Seal Team  
07.02 Film: Mike Hammer  
09.45 Tele: Soleil Levant  
10.35 Serial: Midnight, Texas  
11.32 Tele: Tanto Amor  
12.00 Film: Brush With Danger  
13.30 Tele: Totalement Diva  
14.45 Film: Mike Hammer  
16.40 Serial: The Magicians  
17.21 Serial: Seal Team  
18.05 Tele: Soleil Levant  
19.00 Tele: Tanto Amor  
20.08 Tele: Le Prix Du Désir  
20.30 Serial: Seal Team  
21.15 Film: All The King's Men  
23.19 Tele: Totalement Diva  
00.09 Serial: The Magicians

08.00 Film: Luv...Phir Kabhie  
12.05 / 19.54 -  
Kahan Hum Kahan Tuam  
12.26 / 20.11 -  
Kullfi Kumarr Bajewala  
12.47 / 20.32 Radha Krishna  
13.09 / 21.09 - Bin Kuch Kahe  
13.31 / 21.24 - Zindagi Ki Mehek  
13.56 / 21.46 -  
Bade Acche Lagte Hai  
14.20 / 21.59 -  
Jai Kanhaiya Lal Ke  
14.36 / 22.25 -  
Bitti Business Wali  
15.20 Film: Utt Pataang  
Starring: Vinay Pathak, Mahie Gill, Saurabh Shukla, Mona Singh, Sanjay Mishra  
18.30 Kundali Bhagya  
18.52 Piya Albela  
19.17 Mere Angne Mein



Jeudi 15 oct - 15.20

Vinay Pathak, Mahie Gill, Saurabh Shukla, Mona Singh, Sanjay Mishra



Jeudi 15 oct - 20.25

Stars: Akshay Kumar, Nargis Fakhri, Jacqueline Fernandez





# Finding joy in 2020? It's not such an absurd idea, really

*The pandemic and political turmoil have left many people feeling anxious, angry and despairing. Being open to joy might bring some respite*

The year 2020 hasn't been one to remember - in fact, for a lot of people it has been an outright nightmare. The pandemic, along with political turmoil and social unrest, has brought anxiety, heartbreak, righteous anger and discord to many.

Amid such suffering, people need some joy.

As a scholar who has investigated the role of joy in day-to-day life, I believe that joy is an incredibly powerful companion during suffering.

## Speaking at funerals, teaching joy

This is more than academic work for me. In late 2016, less than a year after I was hired to be on a team researching joy at Yale University, three of my family members unexpectedly died within four weeks: my cousin's husband Dustin at 30 by suicide, my sister's son Mason at 22 of sudden cardiac arrest, and my dad, David, at 70 after years of opioid use.

While researching joy, I was speaking at funerals. At times, even reading about joy felt so absurd that I almost vowed to be anything but joyful.

In 2020, many people can relate to this.

I want to be clear: Joy is not the same as happiness. Happiness tends to be the pleasurable feeling we get from having the sense that life is going well.

Joy, on the other hand, has a mysterious capacity to be felt alongside sorrow and even - sometimes, most especially - in the midst of suffering. This is because joy is what we feel deep in our bones when we realize and feel connected to others - and to what is genuinely good, beautiful and meaningful - which is possible even in pain. Whereas happiness is generally the effect of evaluating our circumstances and being satisfied with our lives, joy does not depend on good circumstances.

## An illumination

A couple of days after my cousin's husband died, a small group of family members and I were shopping for funeral items when the group decided to go to the place where Dustin had died by suicide. It was getting dark and the sun had almost set. As we were taking in the landscape we suddenly noticed a star above the trees. Standing next to one another in a line, we looked across the sky and one of us asked whether any other stars could be seen. There were none. We realized that there was just this one exceedingly bright shining star in the sky.

Gazing at the star, we felt as if Dustin had met us there, that he'd allowed that single star to be seen in the sky so that we would know he was all right. It was not the kind of relief we wanted for him. But for a few minutes we allowed the tragedy of what had



occurred in this very space just two days before to hang in the background, and we instead focused on the star. We were filled with a kind of transformative, quiet joy. And we all gave ourselves over to this moment.

As scholar Adam Potkay noted in his 2007 book "The Story of Joy," "joy is an illumination," the ability to see beyond to something more.

Similarly, Nel Noddings, Stanford professor and author of the 2013 book "Caring," describes joy as a feeling that "accompanies a realization of our relatedness." What Noddings meant by relatedness was the special feeling we get from caring about other people or ideas.

Joy is also the feeling that can arise from sensing kinship with others, experiencing harmony between what we are doing and our values, or seeing the significance in an action, a place, a conversation or even an inanimate object.

When I teach about joy, I use an example from my family to explain this. When my sister looks at a Mason jar now - whether in someone's hand filled with tea or bursting with flowers on a friend's coffee table - it reminds her of her son Mason. It is not just an object she is seeing, but a relationship imbued with beauty, goodness and meaning. It gives her a feeling that can be described only as joy.

We cannot put joy on our to-do lists; it does not work that way. But there are ways

we can prepare ourselves for joy. There are "gateways" to joy that help us to become more open to it.

Gratitude involves bringing to mind the good that is in the world, which makes rejoicing possible. The feeling that follows contemplating nature or art that we find inspiring is often joy, as these are experiences that help people feel connected to something beyond themselves, whether to the natural world or to others' feelings or experiences. Since "hope," as theologian Jürgen Moltmann has said, is "the anticipation of joy," writing out our hopes helps us to expect joy.

## Three types of joy

In my book, "The Gravity of Joy," I identify multiple kinds of joy that can be expressed even in today's troubled times.

Retrospective joy comes in vividly recalling a previous experience of unspeakable joy. For example, we can imagine in our minds an occasion when we helped someone else, or someone unexpectedly helped us, a time we felt deeply loved ... the moment we saw our child for the first time. We can close our eyes and meditate on the memory, even walk through the details with someone else or in a journal and, often, experience that joy again, sometimes even more acutely.

There is a kind of joy, too, that is redemptive, restorative - resurrection joy. It is the feeling that follows things that are broken getting repaired, things that we thought were dead coming back to life. This kind of joy can be found in apologizing to someone we have hurt, or the feeling that follows recommitting ourselves to sobriety, a marriage or a dream we feel called to.

Futuristic joy comes from rejoicing that we will again glimpse meaning, beauty or goodness, and seemingly against all odds feel that they are connected to our very life. This type of joy can be found, for example, through singing in a religious service, gathering at a protest demanding change or imagining a hope we have being realized.

In the midst of a year in which it is not difficult to stumble onto suffering, the good news is that we can also stumble onto joy. There is no imprisoned mind, heartbreaking time or deafening silence that joy cannot break through.

Joy can always find you.

Angela Gorrell

George W. Truett Theological Seminary  
Baylor University



Tree of Knowledge

Madisyn Taylor

## Feeling Jealous

Jealousy is a common human feeling and usually stems from a place of lack in our own lives.

Jealousy is one of the toughest feelings we come up against in our lives. There is not much worse than this aching sense that somehow life has been unfair to us, while amply rewarding someone else. It's even worse if that someone else is present in our daily lives, making it difficult for us to get the space we need to feel and heal our pain. We may be jealous of a sibling, a dear friend, or even famous personalities. We may even face the challenge of feeling jealous of our spouse, our child, or one of our parents. Whatever the case, we can normalize our experience by understanding that, as painful as it is, jealousy is a common human feeling.

Nevertheless, it is important that we not revel in our jealousy for too long, feeding it with inner talk or gossip with others. If we do, we run the risk of losing ourselves to its negative power. Jealousy has something good to offer us, though, and that is information about our own heart's desire. When we are jealous of certain people, we want what they have, and if we are to be conscious, we must acknowledge that. In this way, we discover what we want for ourselves, which is the first step to getting it. It may be a certain kind of relationship or a career. Whatever it is, it is possible that we could create it for ourselves, in our own lives, if we are able to honor our own desires.

Of course, there are times when we cannot heal our jealousy in this way, and then the lesson may be about acceptance and the understanding that our path is different from the paths of those around us. It may be hard to see now, but perhaps it will eventually be clear why our life has taken its particular path. In the end, the best cure for jealousy is the recognition that the life we have is full of its own meaning and beauty, utterly unique to us--a gift that could never be found in the life of another.