

MAURITIUS TIMES

• "Whether you sniff it smoke it eat it or shove it up your ass the result is the same: addiction." -- William S. Burroughs

Covid-19 Vaccines: Glimmer of Light at the End of the Tunnel



Countries which are free of Covid-19 would be able to enhance bilateral trade and travel. Borders will only be selectively opened. However, pre-Covid-19 normality will still be quite far away

By Mrinal Roy * See Page 4

Interview: Prof Sheila Bunwaree

"Many people are fed up with the way politics is being conducted locally, and with certain faces leading certain political parties"

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Public Health

To see the ball, to run after it, makes me the happiest man in the world.

Diego
DIEGO
(10)

**DIEGO
MARADONA**



Sports Injuries as a Public Health Crisis

By Dr R Neerunjun Gopee * See Page 3

Immovable Object Meets Irresistible Force



"When a politician says he is doing something 'in the best interest of our Country' you can be sure he has his own best interest in mind..."

By Anil Madan * See Page 18

Drug Problem - A Dire Urgency for Action

Mauritius learned with horror about the death of a young woman police officer, Dimple Raghoo, at Mahebourg during a control delivery operation mounted by the Anti-Drug and Smuggling Unit (ADSU) last Tuesday. Police deaths occurring in the performance of duty against suspected criminals are fortunately quite rare, but the death of WPC Raghoo in violent circumstances, pictures and a video recording of which have been circulated on social media have shocked the nation. Questions are being asked anew about the political will and institutional capacity to fight drug trafficking in the country despite the severe observations and (over 400) recommendations made by the Lam Shang Leen Drug Commission almost two years back.

It would be recalled that following the publication of the report of the Lam Shang Leen Commission of Inquiry a Task Force had been set up under the chairmanship of the Director General of the ICAC, to coordinate the implementation, by the relevant investigative agencies, of the recommendations contained in the report. In his reply to the PNQ put by the then Leader of the Opposition Xavier Duval in October 2018, the former Minister Mentor Sir Anerood Jugnauth had stated that out of 87 recommendations concerning prisons made by the Commission of Inquiry, 32 measures had already been implemented and 22 other measures were in the process of being implemented. We have not since heard much from that Task Force following the ignominious departure of certain politicians and others in proximity to the Government allegedly connected with some drug traffickers, who would also have financed past electoral campaigns.

In the meantime, the almost daily media reports of drug seizures and arrests of traffickers indicate a rise in the proliferation of synthetic drugs. In fact, the number of people arrested in relation to synthetic drugs has doubled every year, and a significant increase of in-patient cases of drug abuse has been recorded at public health institutions, with the figures showing 44% of drug abuse cases related to new psychoactive substances. The ENACT Organised Crime Index for Africa at one time ranked Mauritius number one in the synthetic drug trade in the Southern African Development Community (SADC) region and in the top 10 on the continent.

Richard Chelin, Researcher, ENACT project, ISS, in a report on the drug situation here quotes former Attorney-General and Justice minister Rama Valayden as stating that 'there is no way to win the fight against synthetic drugs, since drug producers were replacing compounds in the drug faster than law enforcement could detect them'. Chelin notes in his report that despite the best efforts of the police, the low price and availability of the ingredients coupled with greater reach to buyers through advanced technology enable traffickers to remain a step ahead of law enforcement. 'Unless this pattern changes, traffickers will

have the upper hand and synthetic drugs could become much more prevalent on the island.' This is indeed what seems to be happening.

The catastrophic consequences on society of proliferating drugs are all too well known. The costs at the level of individual lives and families are incalculable. Common sense is that, unless strong affirmative actions are taken, the situation is bound to deteriorate and drugs would proliferate even more than what is the situation today. Moreover, repression comes at a very heavy cost to the state exchequer, and does not always meet the expectations of society, thus the rethinking being undertaken in some countries about repression and alternative measures to stem drug trafficking.

In an earlier editorial, we had quoted Alison Ritter, Professor & Specialist in Drug Policy, UNSW Australia, who concluded in an article titled 'Our drugs policies have failed. It's time to reinvent them based on what actually works' that 'there is only one way to make better decisions about illicit drugs and so save lives and money: we need to change the way drugs policies are made. The alternative is to remain stuck in the same futile cycle... We can do much better. We have decades of research that tells us what works and why. In Australia, there are about 100,000 arrests every year for drug use – not for drug supply, but for drug use. This represents an enormous cost, both economically and socially. International evidence shows that the decriminalisation of personal drug use reduces the cost to society and to individuals, and does not significantly increase drug use.'

We may also take the cue from Uruguay and Portugal, or the several states in the US that have implemented successful projects using cannabis with all the safeguards, regulatory structures and within legal parameters. These countries have come to terms with the evidence that repression is not working and have adopted the alternative approach of decriminalization and legalization.

As concluded by Alison Ritter, we should 'stop doing things that simply don't work, no matter how sensible they might seem. Current drug policy is rarely driven by evidence. Instead, it is driven by perceptions of what the public wants, fuelled by shock jocks and other outspoken media voices. All too often, this reflects responses to single events and tragedies, not patterns and outcomes established over years or decades of methodical research.'

This is a matter of urgency, for the current situation shows that the existing system of control over the drug business has been completely perverted by the drug industry to its benefit. If we keep relying on it, there will be more of the same and society will have to pay an even heavier price in days to come. Will national authorities play ostrich, or will they dare to act? After all, that's what they have been elected for.

The Conversation

Data from 45 countries show Containing Covid vs saving the economy is a false dichotomy

Countries that have contained the virus also tend to have had less severe economic impacts than those that haven't



There is concern that stronger measures against the virus, from social distancing to full lockdowns, worsen its impact on economies. As a result, there has been a tendency to consider the problem as a trade-off between health and economic costs.
Photo - resources.stuff.co.nz

There is no doubt the Covid-19 crisis has incurred widespread economic costs. There is understandable concern that stronger measures against the virus, from social distancing to full lockdowns, worsen its impact on economies.

As a result, there has been a tendency to consider the problem as a trade-off between health and economic costs.

But the notion of a trade-off is not supported by data from countries around the world. If anything, the opposite may be true.

Data from 45 nations

Let's examine available data for 45 nations from the Organisation for Economic Co-operation and Development, using Covid-19 data and economic indicators.

The Covid-19 statistics we'll focus on are deaths per million of population. No single indicator is perfect, and these rates don't always reflect contextual factors that apply to specific countries, but this indicator allows us to draw a reasonably accurate global picture.

The economic indicators we'll examine are among those most widely used for overall evaluations of national economic performance. Gross domestic product (GDP) per capita is an index of national wealth. Exports and imports measure a country's international economic activity. Private consumption expenditure is an indicator of how an economy is travelling.

Effects on GDP per capita

Our first chart plots nations' deaths per million from Covid-19 against the percentage change in per capita GDP during the second quarter of 2020.

The size of each data point shows the scale of deaths per million as of June 30, using a logarithmic, or "log", scale – a way to display a very wide range of values in compact graphical form.

Michael Smithson,
Professor, Australian National University

* Cont. on page 11

Mauritius Times

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

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

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Sports Injuries as a Public Health Crisis



Dr R Neerunjun Gopee

I am not the sporting type, although I did enjoy my share of sporting activities such as football, racing etc in the family setting and at school when growing up, later as a Boy Scout, and in secondary school till my attention then shifted completely to my studies which were becoming more demanding. But that does not mean that I don't love to watch say, a good football match, as I used to do with my son who is a Man U fan. And for whom, on a visit to the UK in 1992, I walked up and down the length of Oxford Street in London to buy a Man U T-shirt, at 34 pounds sterling. I had already bought all the other Man-U paraphernalia according to the long list that he had given me, most of them from Argos which during my earlier stay in the UK for specialization had been a frequent shopping outlet.

Other than that, my only interest in sports is from the health and medical point of view, and given my speciality of Orthopaedics, it has been part of routine practice to have to deal with sports injuries pertaining to my field, knee injuries in particular when it comes to football. I am not crazy about so-called legends in sports, about whom there is a lot of hype – but there is also the obverse of the coin in their lives.

Footballer George Best for example, who succumbed to alcoholism and had to undergo a liver transplant (2002), dying of complications at the age of 59. Argentinian football icon Maradona died Wednesday, similarly at the relatively young age of 60 from a heart attack, when one would have thought that being such a top-notch sportsman he would have been in a good enough state of physical health that he could have lived much longer. But he had been treated in the past for drug addiction and heart ailment, an indication that perhaps his lifestyle overall didn't match his level of excellence in sport.

In fact this is part of a commentary that I heard yesterday morning on BBC radio, which was interviewing a compatriot of Maradona. But lifestyle of sportspersons apart, there are health issues associated with sports, resulting from specific types of injuries depending on the type of sports.

What a coincidence that a few days before the death of Maradona, on November 23, there was an article in *The Conversation* that caught my interest. It was titled 'Football and dementia: heading must be banned until the age of 18', whose opening lines read as follows:

'Alarm bells are ringing in sport about the risk of a group of chronic, neuro-degenerative diseases, common-



Football and dementia: heading must be banned until the age of 18.
Photo - expressandstar.com

ly understood as dementia. There is an increasingly large body of evidence which has identified that small, repetitive collisions of the brain inside the skull cause this disease. More high-profile players from England's 1966 World Cup-winning squad are getting dementia and heading the football is to blame. It is now time for a blanket ban on heading until the age of 18, and from then on it should be closely monitored and reduced.'

The article goes on to elaborate on how it is not only the 'big collisions that end with players being carried off the pitch or taken to hospital' but it is the 'small, daily collisions' which are responsible for the 'particular form of dementia (known as chronic traumatic encephalopathy or CTE) seems to only exist among those who, as part of routine activities, incur these regular assaults to the brain'.

It cites the case of Jeff Astle, a member of England's 1970 World Cup squad, who 'became the first British footballer confirmed to have died from CTE', whose 'family had long claimed it was heading the ball that was to blame. But it was only when England's 1966 World Cup-winning heroes began to be diagnosed with dementia that the football world really took notice'.

However, other sports too have been found in recent studies to be associated with 'immediate and measurable alterations to brain functioning.' This damage to the brain has been confirmed in other 'heading studies', notably 'research on repetitive impacts that occur from other sports such as downhill mountain biking, resulting from riding over rough terrain'.

Furthermore, 'more worryingly, in a large study of former professional footballers in Scotland, when compared to matched controls, players were significantly more likely to both be prescribed dementia medications and to die from dementia –

with a 500% increase in Alzheimer's'.

The stark warning is that 'brain trauma in sport is not a medical question, it is a public health crisis'.

This has led to football associations changing the rules about 'heading' in football, and a demand that it should be banned before the age of 18 years. However, commenting on this, a reader has drawn attention to the fact that 'we should be banning heading on medical grounds for under-25s... We do not just need to protect football-playing children; we need to protect football-playing young adults as well'.

"I am not crazy about so-called legends in sports, about whom there is a lot of hype - but there is also the obverse of the coin in their lives. Footballer George Best, for example, who succumbed to alcoholism and had to undergo a liver transplant. The Argentinian Maradona died yesterday at the relatively young age of 60 from a heart attack, when one would have thought that being such an excellent sportsman he would have been in a good enough state of physical health that he could have lived much longer. But he had been treated in the past for drug addiction and heart ailment, so despite being a legend he doesn't seem to have had a good lifestyle otherwise..."

No doubt this age demarcation will invite more debate and probably more research will have to be carried out to settle the matter, but as is usual when it concerns health, recommendations are not set in stone and have to be changed as new findings emerge over time. But meanwhile, decisions must be taken based on current knowledge.

This said, there is no doubt - and growing research evidence - that physical activity is beneficial in many ways for both physical and mental health, but there are so many other factors that come into play in the course of one's life. Thus, two of my college friends, both of whom had achieved peak levels and bagged numerous coveted prizes - one in boxing and the other in gymnastics - sadly had tragic ends too early, through suicide, alcoholism and depression.

Sports may be good – but it is not the be-all and end-all of life: there are many other things besides.





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Mrinal Roy

Covid-19 Vaccines: Glimmer of Light at the End of the Tunnel

Countries which are free of Covid-19 would be able to enhance bilateral trade and travel. Borders will only be selectively opened. However, pre-Covid-19 normality will still be quite far away

The fantastic news announced this month that vaccines developed by three research laboratories namely the pharmaceutical giant Pfizer and its German partner BioNTech, the biotechnology firm Moderna and the University of Oxford have been found to be highly effective in clinical trials have lifted hopes across the world. In the race to find an effective vaccine, there were legitimate apprehensions as to the level of protection provided by Covid-19 vaccines being developed in research laboratories across the world, bearing in mind the scale, dire fallout and death toll of the pandemic in the world.

On 16 November, Moderna reported that its coronavirus vaccine was found to be 95 percent effective. On 19 November, Pfizer reported that final trial results showed that its vaccine was also 95% effective. On November 23, University of Oxford researchers announced that interim data showed that its vaccine provided 70% protection, but the protection rate may be as high as 90% if the first dose was half the typical dose, with the second booster dose given a month later.

Both the Moderna and Pfizer vaccines also require two doses. Pfizer's booster shot is given three weeks after the first one whereas Moderna's second dose is administered four weeks later. Russia has also indicated that a double jab of its Covid-19 vaccine Sputnik V is 95% effective against the virus. There are in addition a wide range of vaccines being developed across the world which are in Phase III clinical trials which means that the vaccine is being given to thousands of people and tested for efficacy and safety.

It must be highlighted that research scientists have used a wide range of innovative pathways to develop a Covid-19 vaccine. This in itself is a gold mine in terms of scientific innovativeness for research scientists. For example, both Pfizer and Moderna vaccines use messenger RNA, or mRNA. When a person is injected with mRNA in a vaccine, their cells use the information in that mRNA to create a coronavirus protein which triggers the patient's immune system to produce protective antibodies and immune cells.

If the Pfizer and Moderna vaccines obtain approval from the US Food and Drug Administration, they will be the first-ever authorized vaccines that use mRNA. It will open the way for the development of a whole range of vaccines



Photo - cdn.ttweb.net - EPA-EFE/CHRISTOPHE PETIT TESSON

“When a person is injected with mRNA in a vaccine, their cells use the information in that mRNA to create a coronavirus protein which triggers the patient's immune system to produce protective antibodies and immune cells. If the Pfizer and Moderna vaccines obtain approval from the US Food and Drug Administration, they will be the first-ever authorized vaccines that use mRNA. It will open the way for the development of a whole range of vaccines against a broad spectrum of viruses...”

against a broad spectrum of viruses. However, a major constraint in the distribution of these two vaccines is the storage requirements. The Pfizer vaccine has to be stored in temperatures of minus 70 degrees Celsius, which is colder than winter in Antarctica whereas the Moderna vaccine has to be kept in temperatures of minus 20 Celsius which is more like being stored in a regular freezer. This could hamper the distribution of the vaccine in developing countries not having the required ultra cold temperatures to store the vaccine.

In contrast the Oxford vaccine is claimed to be far cheaper, easier to store and distribute across the world as it requires standard refrigerator storage facilities rather than the ultra-low temperatures required for the Pfizer and Moderna vaccines.

Peer review and safety checks

The world is already scrambling to obtain their share of these vaccines to fight the pandemic in their countries. Governments must however bear in mind that several hurdles need to be crossed before the vaccines are approved for use. All three vaccine companies have to seek regulatory clearance before offering their vaccines to millions of people. The vaccines have to meet required safety standards and be peer reviewed. This is doubly necessary as the research for an effective vaccine has been fast tracked.

In the US, the Food and Drug Administration (FDA) regulators will assess the effectiveness, safety and the conditions and norms of manufacturing of each vaccine to ensure safety. An FDA advisory committee will vote on whether to recommend that the agency approves each vaccine. In the UK, it is the Medicines and Healthcare products Regulatory Agency (MHRA) which is the regulator responsible for assessing the quality, safety and effectiveness of vaccines before they are approved for use in the country.

tiveness of vaccines before they are approved for use in the country.

Creating a vaccine and obtaining approval for its use is only the first step. Its production has to be organized in safe and approved manufacturing conditions to meet demand. As two doses of the vaccines will be needed to be effective, the vaccine producing companies will have to produce some 15 billion doses to meet the total requirements of the world population. It is a race against time to save lives in a context of a resurgence of Covid-19 infection.

In order to measure the time frame of vaccine production, it should be noted that Pfizer has indicated that based on current projections they expect to globally produce up to 50 million vaccine doses in 2020 and up to 1.3 billion doses in 2021. As regards, the University of Oxford vaccine, a minimum of 100 million doses will be available by January 2021 and hundreds of million doses could be ready by the end of February according to the Serum Institute, the manufacturer of the vaccine in India.

The production of 15 billion doses of vaccine and the vaccination of some 7.5 million people in the world could therefore spill into 2022. Hopefully other vaccines will be approved soon which will help boost production and distribution capacities of vaccines in the world. The need for two doses of vaccine per person also means that the number of doses required by each country as well as its costs is doubled. There is also the key question of whether the vaccine gives lifelong immunity.

“The choice of a vaccine or vaccines must be a careful exercise based on objective criteria and advice and the findings of due diligence exercises carried out by internationally renowned vaccine regulators and international bodies... It is however important to ensure that unlike the controversies and allegations tainting previous tenders, the procurement of the required quantity of vaccines for the country is carried out in a transparent, accountable and competitive manner...”

Long drawn battle

The constraints regarding production and the stringent storage conditions add to the challenges facing the world in its long drawn battle to conjure the pandemic. A rigorous vaccination programme will hopefully free cities, regions and countries from the throes of Covid-19 in stages. Countries which are free of Covid-19 would be able to enhance bilateral trade and travel. Borders will only be selectively opened. However, pre-Covid-19 normality will still be quite far away.

Those who continue to irresponsibly clamour for our borders to be opened must remember that Covid-19 positive passengers are detected on almost every incoming flight and are corralled for treatment.

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How Europeans are preparing for Christmas and New Year



Travel restrictions will be lifted over Christmas in France. Photo - c.files.bbc.co.uk

For months now, coronavirus restrictions have dictated where millions of Europeans can travel to and who they can see when they get there. With Christmas fast approaching, governments are having to make tough decisions on whether to ease restrictions in time for the holiday period.

Here's a breakdown of what's been announced so far, as reported by BBC.

Italy: Warnings against festive holidays

Many Italians head to the ski slopes over Christmas and New Year, but Prime Minister Giuseppe Conte has warned against these traditional breaks. "We cannot afford it," he said.

It means popular ski resorts in the Alps and Dolomites are likely to lose out on billions of euros in festive revenue.

Mr Conte is looking for a European

consensus, on keeping the ski resorts shut and on other measures too.

"I think it is a European problem," Mr Conte told La7 television. "If Italy decided to shut down all its ski lifts without any support from France, Austria and the other countries, then Italian tourists would risk going abroad and bringing the [virus] back home."

Italy is currently seeing the highest number of deaths since the end of March and the prime minister has told Italians to expect a "more sober Christmas, without Christmas Eve gatherings, hugs and kisses".

France: Travel restrictions lifted over Christmas

After weeks of national lockdown, President Emmanuel Macron has restrictions will start being eased from 28 November. But the majority of lockdown

measures will stay in place until just ahead of the festive break on 15 December.

Shops, theatres and cinemas will reopen in time for Christmas and people will be able to visit their families over the festive period. "We will be able to travel without authorisation, including between regions," Mr Macron said in a TV address.

It's worth noting that France has been under a second national lockdown since late October. But on 15 December, this will be replaced by a nationwide curfew from 21:00 to 07:00. The curfew won't apply on Christmas Eve and New Year's Eve, however.

Restaurants and schools will not reopen until at least 20 January, and this is dependent on daily cases dropping below 5,000. Bars, cafes and nightclubs are closed indefinitely.

Religious services will be free to take place from 28 November with a limit of 30 people.

Germany: A cap on social gatherings

Draft guidelines agreed by the leaders of Germany's 16 states aim to limit social gatherings over Christmas.

From 1 December, two households and a maximum of five people will be able to meet. Children aged under 14 are not included in this limit.

But there could be a temporary easing of the rule with up to 10 people able to meet between 23 December and 1 January. The limit of two households may also be increased.

The plan calls for discussions "with

religious communities on measures to reduce contacts at religious services".

Germany's "lockdown light" would continue until 20 December. Bars, restaurants and entertainment venues are closed but schools and shops are open. This is expected to be extended over the festive period.

Most major Christmas markets have already been cancelled, but some local ones are outlining plans to go ahead on a reduced scale.

As for New Year, fireworks displays have been cancelled while letting them off in the street is likely to be discouraged.

Spain: Terrace parties and limited gatherings

The Spanish government is planning a "different" festive period with a limit of six people allowed at parties, reports say.

It is set to recommend that social gatherings in the run-up to Christmas be held on restaurant terraces or other outdoor locations.

Spanish families also traditionally celebrate the Feast of the Three Kings with a parade on the evening on 5 January and the government will recommend that celebrations do not take place.

The plan also recommends ventilating indoor spaces and maintaining social distancing where necessary. But more broadly, Health Minister Salvador Illa has said "nothing is set in stone".

"We need to find consensus about [Christmas restrictions]. When it's decided we will announce the measures," he said.

Indian second-hand car website becomes latest 'unicorn'

India's Cars24 has seen a big rise in business during the pandemic as people look to alternatives to public transport such as pre-owned cars.

India's popular but unreliable rail networks were shut off completely when the country went into lock-down.

A unicorn refers to a privately-owned start-up firm that is now valued at more than \$1bn.

Other start-ups that have gone on to become unicorns, and household names, include Uber and Airbnb.

Covid-19 infections in India have now surpassed 9 million and further lockdowns are being considered.

While trains and buses in India's big cities have resumed services, many commuters are avoiding public transport over fears they could catch the virus while commuting.

This has led to a rise in demand for Cars24, which is based in the city of Gurgaon, near New Delhi.

By the middle of this year, sales had risen 20% from



Some Indian commuters are searching for alternatives to public transport over Covid-19 concerns. Photo - c.files.bbc.co.uk

pre-lockdown levels and continue to rise.

"People who did not have cars were looking to own a car due to safety issues while many others wanted to

upgrade from two-wheelers," said founder and chief executive Vikram Chopra.

Unicorn club

The firm's potential has caught the eye of investment firm DST Global, which spearheaded a \$200m funding deal for Cars24 which it announced on Tuesday.

This latest round of financing values the online platform at more than \$1bn. Business analytics firm CB Insights says there are now 500 unicorn companies around the world.

Mr Chopra started Cars24 after finding he could not sell his Hyundai Accent, eventually giving it away to a friend.

"The market for used cars and bikes in India is a huge \$50bn opportunity," he explained.

DST Global is based in Hong Kong and has backed a number of high-profile tech companies over the years, including Facebook, WhatsApp and Alibaba.

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UK government's spending on Covid-19 crisis: £12,000 for every household



Chancellor of the Exchequer Rishi Sunak committed a further £55bn to fighting Covid-19 next year. Photo - thehindubusinessline.com

daily figure reported since early May.

The government said there had also been a further 18,213 lab-confirmed cases of the virus as of Wednesday morning. This took the national tally for cases to more than 1,557,000. The total number of deaths within 28 days of a positive test rose to 56,533, after the government announced the 696 additional deaths on Wednesday.

Separate figures published by the UK's statistics agencies for deaths where Covid-19 has been mentioned on the death certificate, together with additional data on deaths that have occurred in recent days, show there have now been 72,000 deaths involving coronavirus in the UK.

Families will be granted five days of looser coronavirus restrictions to spend the Christmas period with two other households, after a four-nation agreement was struck. Scotland, Wales and Northern Ireland have backed the plan put forward by Boris Johnson at the weekend, despite fears infections could rise.

All the political leaders concluded it was essential to allow people to meet their loved ones, amid fears they would otherwise flout the rules. The relaxation will run from 23 to 27 December, with travel restrictions eased to allow families to meet up. They will be able to nominate two other households to form a "bubble" to meet up with over the five days. People will also be able to hug their loved ones, as social distancing rules are removed for the period.

The British government's spending on the Covid-19 crisis has reached the equivalent of £12,000 for every household in the UK, as Rishi Sunak committed a further £55bn to fighting the disease next year.

The scale of the economic emergency was laid bare in official figures published alongside the chancellor's spending review on Wednesday, showing the UK economy shrank by 11.3 per cent in 2020 in the worst recession for 300 years, reports The Independent.

The extra £55bn committed to dealing with Covid-19 next year - a figure more than the entire defence budget - brings the total bill for the pandemic to at least £335bn, putting government spending as a share of the economy at levels only previously seen in wartime.

Nearly 700 more people have died within 28 days of testing positive for coronavirus in the UK - the highest

Chinese spacecraft sets off on Moon sample quest

China has launched a mission to try to retrieve rock samples from the Moon.

Its robotic Chang'e-5 spacecraft departed the Wenchang launch complex on a Long March 5 rocket early on Tuesday morning local time, and if successful should return to Earth in mid-December.

It's more than 40 years since the Americans and the Soviets brought home lunar rock and "soil" for analysis.

China aims to be only the third country to achieve this feat, which will be an extremely complex endeavour.

It's a multi-step process that involves an orbiter, a lander-ascender and finally a return component that uses a capsule to survive a fast and hot entry into Earth's atmosphere at the end of the mission.

But confidence should be high

after a series of well-executed lunar missions that started just over a decade ago with a couple satellites.

These were followed up by lander-rover combinations - with the most recent, Chang'e-4, making a soft touch down on the Moon's far-side, something no spacefaring nation had previously accomplished.

Chang'e-5 is going to target a nearside location called Mons Rümker, a high volcanic complex in a region known as Oceanus Procellarum.

The rocks in this location are thought to be very young compared with those sampled by the US Apollo astronauts and the Soviet Luna robots - something like perhaps 1.3 billion years old versus the 3-4-billion-year-old rocks picked up on those earlier missions.

This will give scientists another

data point for the method they use to age events in the inner Solar System.

Essentially, researchers count craters - the older the surface, the more craters it has; the younger the surface, the fewer it has.

"The Moon is the chronometer of the Solar System, as far as we're concerned," explained Dr Neil Bowles at Oxford University.

"The samples returned by the Apollo and Luna missions came from known locations and were dated radiometrically very accurately, and we've been able to tie that information to the cratering rate and extrapolate ages to other surfaces in the Solar System."

The new Chang'e-5 samples should also improve our understanding of the Moon's volcanic history, said Dr Katie Joy from the University of Manchester.

Russia 'threatened to ram' US ship in Sea of Japan

Russia says one of its warships caught and chased off a US Navy destroyer after it entered territorial waters in the Sea of Japan on Tuesday.

Moscow accused the USS John S McCain of travelling 2km (1.2 miles) across its maritime border in Peter the Great Gulf and says it threatened to ram the ship.

The US warship then left the area, according to Russia.

However, the US Navy denied any wrongdoing and said its ship had not been "expelled".

The incident took place on Tuesday in the Sea of Japan, also known as the East Sea, a body of water bordered by Japan, Russia and the Koreans.



The USS John S McCain was involved in a deadly collision with a tanker in 2017

According to the Russian defence ministry, its Pacific Fleet destroyer the Admiral Vinogradov used an international communications channel to warn the US ship about "the possibility of using ramming to get the intruder out of the territorial waters".

"The Russian Federation's statement about this mission is false," said a spokesman for the US Navy's 7th Fleet, Lt Joe Keiley. "USS John S McCain was not 'expelled' from any nation's territory."

He said the US "would never bow in intimidation or be coerced into accepting illegitimate maritime claims, such as those made by the Russian Federation".

Such incidents at sea are rare, although the Admiral Vinogradov was also involved in a near-collision with a US cruiser in the East China Sea last year.

Both Russia and the US exchanged blame for that incident.

The two countries regularly accuse the other of dangerous military manoeuvres - at sea and in the air.

In 1988, a Soviet frigate, the Bezzavetny, "bumped" a US cruiser, the Yorktown, in the Black Sea, accusing it of intruding in territorial waters.

Relations between Moscow and Washington remain strained, and President Vladimir Putin has still not congratulated Joe Biden on his victory in the US presidential election.

The two countries have also yet to finalise the last remaining nuclear arms pact between them, which is due to expire in February.

In 2017, the USS John S McCain was involved in a collision with an oil tanker off Singapore, when 10 sailors were killed.

Compiled by Doojesh Ramlallah

Prof Sheila Bunwaree

“Many people are fed up with the way politics is being conducted locally, and with certain faces leading certain political parties”

Sheila Bunwaree, sociologist, is convinced that the results of the village elections are a clear indication of the people's rejection of the government's way of running the country and that the four years of wait before the next general election are but a transition period to the change that is coming. She comments on the lacunae and the weaknesses of the Climate Bill, and also on the Children's Bill. Saying that the tragic loss of the Woman Police Officer is just one too many, she expresses disgust at the recommendations of the Lam Shang Leen Drug Commission report gathering dust somewhere, and condemns the shenanigans about what is happening about the Angus Road saga and ICAC's role.



Mauritius Times: The initial reaction of opposition parties following the results of the Village Council elections on Sunday 22nd November has been one of satisfaction to what they perceive as favourable political winds blowing in their favour. What's your reading of these results?

Sheila Bunwaree: That favourable political winds are blowing in favour of the opposition is undeniable. The village council elections results clearly indicate that important segments of the rural population have turned their back on the government. The rise in the percentage of voters from 50% to 57% is itself an indication that more people wanted to make their voices heard, to say 'enough is enough'. The villagers are fed up with a rotten system that is not responding to their daily existential problems.

Despite the fact that the PM went on a rural tour of the country on the pretext of invitations in the context of Divali celebrations, the people did not succumb to his wooing. Nor did they fall prey to other senior ministers who

unashamedly tried to buy votes through the offer of some kind of electoral bribes. The narrative that is emerging is one of hope, highlighting the average villager's capacity of discernment and choice of right over wrong. The villagers want representatives who can deliver on transport, infrastructure, good roads, lighting, leisure, water, etc., and who truly mean business.

*** But wouldn't it be futile at this stage, four years away from the next elections, to draw facile conclusions from these results as it should be expected that a lot of water will flow under the bridge till 2024?**

We must remember that the MSM-led government emanating from the 2019 ballot had been vaccinated with a number of turn-coat politicians, considered as stalwarts, as well as some new faces who some voters trusted, thinking that the latter would live up to their discourses of doing politics differently. Even if a lot of water flows under the bridge, the people turned into lackeys will not attract an iota of sympathy from the voters in 2024.

The Pack and Blisters story with some Rs500 million rupees gone to waste with respirators still not working to date, the incompetence of the government around the MV Wakashio ecological crisis, lives lost in the Sir Gaëtan tug saga, people's inability to access clean potable water 24/7, the weaknesses of the extended programme exposed by a recent World Bank study showing how the system continues to fail vast majority of our children, the island on EU's black list, the conflict over CSG between the private sector and the state, let alone the thousands

“It is not impossible to curtail money politics and ensure the renewal of the political class. For this to happen, we have to get an effective legislation on the financing of political parties and we have to also revisit and enhance the powers of the Electoral Supervisory Commission. It is often the thirst for power and privileges which make people engage in unethical practices...”

losing their jobs, Air Mauritius going down the drain, the failure of our institutions, absence of meritocracy - all these cannot and will not be forgotten.

This long list of negatives is etched in people's minds and no matter how much effort will be put to try and repair damage done, it will not work. The street protests which we saw on August 29th is an indication of Mauritian citizens' awakening and desire for new forms of governance. We are duty bound to keep the momentum going because, as I said in an earlier interview, PKJ and his team represent a major danger for Mauritian democracy. There can be no futility attached to the cumulation of frustration of the people expressed in several forms of discontent.

*** Notwithstanding any favourable wind or not, we hear some opposition politicians acknowledging that the wait could be long for change to happen given that the ruling party has demonstrated it has the means and the personnel as well as support from some key institutions to wage a determined fight. How do you react to that?**

“All the opacity and the lack of accountability which pervade our entire system have become very worrying. Angus Road, the way ICAC functions and what is happening in the National Assembly are certainly bringing more shame on the entire nation at the international level. I have no doubt that we have become a laughing stock...”

What is long - 4 years? General elections are technically due in 2024 and given that there is a well-anchored culture of electoral democracy, the electoral cycle and peaceful transfer of power will be respected.

The Mauritian population may have no choice than putting up with all the miseries that it is currently enduring. But at the same time, it is important to realize that each day that passes by is testimony not only to growing discontent but to increased recognition that if we do not mobilize, and strategise, not only to oust PKJ and those turned into lapdogs of his, but to develop an implementable, alternative social contract, there may be nothing left to salvage.

The 'determined fight' you refer to is largely supported by lies, by instilling fears in people, by perverting our institutions, by privileging a handful to the detriment of the masses, in short by making a mockery of our democracy. The good thing is that the citizens of Mauritius increasingly repudiate all of this. They are choosing their own fight which is one for the truth, justice and inclusion, for making politics take a noble turn again. If this fight requires the people to engage in some form of civil disobedience, then so be it!

'All the opacity and the lack of accountability which pervade our entire system have become very worrying'

☞ Cont. from page 7

*** But if there is indeed a "vent de changement" blowing all over the place, it could mean that the people are fed up with the way politics is being conducted locally; they might be looking forward to see change happening at that level as well as with regard to the faces leading the political parties, and not only those in power. What do you think?**

The winds of change are indeed here, but we must remember that each local context and village has its own realities with some people able to appreciate and reward those who truly engage in serving at grassroots level. Take the case of Nitin Jeeha in St Hubert, for instance, not only has he come out first with more than 1000 votes but he has surpassed the candidate who came out 10th, hailing from the MSM, by some 800 votes if I am not mistaken - a real feat.

But looking beyond the numbers, what does this mean? It simply means that people want representatives who can assist them and who are truly concerned for their well-being. The kind of engagement that Nitin Jeeha showed during lockdown and the Wakashio ecological crisis is hard to find. The sense of service demonstrated has been rewarded.

Now compare this with one of the young women who has been elected in another village and was brought to national TV on the very next day to tell us that it's not true to say that forces opposing the PKJ's regime have come out victorious; she has been ridiculed by many and classified as one extra eulogizer of PKJ. Now such happenings certainly do not form part of the 'vent de changement' at all - instead this contributes to perpetuating the status quo. *Du pareil au même.*

It is true that many people are fed up with the way politics is being conducted locally, and may to some extent be even fed up with certain faces leading certain political parties but Mauritian citizens are intelligent. They are appreciative of the fact that the country has to inevitably go through a period of transition, with some of the faces that they may not very much wish to see but which are temporarily required for us to be able to move into something cleaner, stronger with a new vision responding effectively to the emerging challenges.

“Although the Children's Bill comes on the heels of the Covid-19 pandemic and the Wakashio ecological crisis, leading to new forms of poverty impacting disproportionately on children, there is hardly any thought given to this important dimension. How on earth can we protect our children when they cannot even be fed due to sudden loss of jobs and income by their parents/guardians?...”

I am confident that a new crop of leaders with a strong sense of morality in public life will emerge very soon, with women and youth being at the forefront. Political pedagogy in this direction is ongoing and taking multiple forms.



*** We have seen new faces coming forward to contest these elections -- many of whom with a solid background and keen to make things happen at the grassroots level - and doing their campaign most probably at a fraction of what is spent during general elections. Curtailing the influence of money politics and ensuring the renewal of the political class should be possible, isn't it? What's coming in the way?**

Money politics has unfortunately taken root in our democracy but is not as pronounced in the village elections. However, it is not impossible to curtail money politics and ensure the renewal of the political class. For this to happen, we have to get an effective legislation on the financing of political parties and we have to also revisit and enhance the powers of the Electoral Supervisory Commission. It is often the thirst for power and privileges which make people engage in unethical practices and when those who lead facilitate such practices, we have every reason to despair.

The amendment of section 38 (e) of the Local Government Act 2011 by the Anerood Jugnauth-led government in 2015, allowing for floor crossing is a clear example of how hard it is to obtain 'clean politics'. Quite some trading has already started and will worsen over the next few days when competition over who controls the District Councils becomes more intense. Will money speak and to what extent is the burning question?

*** On the other hand, what are your views on two major Bills that have come up for debate in Parliament: The Children's Bill, and the one in relation to climate change? Do you think the implementation of the legal provisions in both Bills would be achievable, practical and relevant to the current situation?**

tuation?

Let me come to The Climate Change Bill first since it is one which Peoples Voices Network (PVN), an NGO of which I am a founding member, pronounced itself on, even before debates started in Parliament.

On 30th October, PVN assembled a multidisciplinary panel of experts to scrutinize and discuss the Bill. Sadly, it is one which lacks ambition and foresight, let alone its incoherence and layers of bureaucracy with so many unnecessary institutions and committees. We are glad that many of the points that PVN made and compiled in an open letter to the Prime Minister and published in the local press, were echoed by some members in Parliament.

The greatest disappointment is that the legitimate expectation by climate activists that the Bill would address issues of climate justice has not been met, about which there isn't one mention in the Bill. Adaptation and mitigation are certainly central to addressing climate change but when one does not get a sense of how the development model itself will be attuned to climate change, there is reason to worry and to ask whether we are being responsible enough towards future generations.

“The Mauritian population may have no choice than putting up with all the miseries that it is currently enduring. But at the same time, it is important to realize that each day that passes by is testimony not only to growing discontent but to increased recognition that if we do not mobilize, and strategise, not only to oust PKJ and those turned into lapdogs of his, but to develop an implementable, alternative social contract, there may be nothing left to salvage...”

The argument that there is a need for a delicate balancing act between the environment and development often means that a number of politicians and policy makers are unable to untrap themselves out of the logic of profit and to factor in the ecological question in the development equation.

We at PVN have also made a case for the introduction of ecological economics in our tertiary institutions but needless to say that this may remain largely ignored by the political class, resonating with the views of people such as Greta Thunberg and Richard Attenborough who denounce the hypocrisy of the political class on issues of climate change.

Also, hiding behind the fact that the Ministry of Environment had organized the *Assises nationales* on the question of the environment and saw the participation of a multiplicity of stakeholders, does not help to address the lack of consultations with civil society as regards this important Bill.

☞ Cont. on page 8

"If we do not mobilize, and strategise to develop an implementable, alternative social contract, there may be nothing left to salvage..."

☞ Cont. from page 8

When people have insufficient knowledge of what is happening to our wetlands, for example, and at the same time are learning that permits are being given for further construction on certain wetland sites and thereby putting at stake our biodiversity, there is legitimate cause for concern.

When people do not know how many more trees are being cut down in the name of development and have insufficient information about reforestation plans if any, one cannot but ask whether the authorities are aware of the difference between a holistic and a piece-meal approach to climate change and development.

* What about the Children's Bill?

I think it is commendable that the ministry has come up with this long-awaited Bill. Putting the legal age for children's marriage at 18 without derogation is, to my mind, a very good thing. A separate child friendly court is, of course, timely and pertinent. The failure to address concubinage amongst young people however is problematical and merits attention.

As pointed by Ariane Navarre Marie and rightly so, the Bill could have been an opportunity to revisit the functioning of the correctional youth centre and rehabilitation youth centre. A study of these two centres constituted an important component of the 'social fabric study' that I led for the Mauritius Research Council in collaboration with the Tata Institute of Social Sciences of Mumbai, and I can tell you that many of the recommendations made then i.e. more than 20 years ago, have still not been implemented. Claiming to be a modern and inclusive jurisdiction and failing to address these aspects is a big lacuna.

I will be writing a full paper on the Children's Bill very soon. For now suffice it to say that although the Bill comes on the heels of the Covid-19 pandemic and the Wakashio ecological crisis, leading to new forms of poverty impacting disproportionately on children, there is hardly any thought given to this important dimension. How on earth can we protect our children when they cannot even be fed due to sudden loss of jobs and income by their parents/guardians?

* One police officer lost her life in a control delivery operation in the south of the island. Despite the best efforts of the police and hefty prison sentences,



“It is true that many people are fed up with the way politics is being conducted locally, and may to some extent be even fed up with certain faces leading certain political parties but Mauritian citizens are intelligent. They are appreciative of the fact that the country has to inevitably go through a period of transition, with some of the faces that they may not very much wish to see but which are temporarily required for us to be able to move into something cleaner, stronger...”

“The village council elections results clearly indicate that important segments of the rural population have turned their back on the government. The rise in the percentage of voters from 50% to 57% is itself an indication that more people wanted to make their voices heard, to say 'enough is enough'. The villagers are fed up with a rotten system that is not responding to their daily existential problems...”

there are daily media reports on drug seizures and arrests of traffickers, and it would seem there has also been a rise in synthetic drugs. Repressive measures have clearly failed to effectively curtail supply or consumption. What's your take on the drug situation in Mauritius?

The tragic death of this police officer raises many questions. Condolences to the family, but we cannot remain quiet. The tragic death of this police officer is one far too many, and this raises many questions: Is our police force equipped enough? Why did ADSU stay put despite the recommendations of the Lam Shang Leen commission to dismantle it?

The number of young people's lives being destroyed due to drugs has reached alarming heights. The state is failing its children terribly on this count. I cannot even understand how such a huge problem affecting almost every family and our young ones has not caught the attention of the Ombudsperson for Children. Her latest report is silent on this issue and yet we know that drugs remain a major scourge for many families.

We are also left to wonder why the recommendations of the Lam Shang Leen Report have been left to gather dust. We need a dispassionate, honest debate with all stakeholders before it is too late. We run the risk of losing an entire generation.

* What else would be bothering you these days? Angus Road and ICAC/National Assembly? Or is it the functioning of the MIC and the opacity surrounding the disbursements and conditions attached thereto...?

There is a lot bothering me these days, but most of all the opacity and the lack of accountability which pervade our entire system have become very worrying. Angus Road, the way ICAC functions and what is happening in the National Assembly are certainly bringing more shame on the entire nation at the international level. I have no doubt that we have become a laughing stock.

The lack of transparency regarding our money, funds taken from the central bank to finance all sorts of projects without us being able to get answers to our questions is very distressing. All of this is totally unacceptable and cannot go on. It is our collective responsibility to stop all this nonsense.

Obituary

Rama (Lachanah) Seetanah

Rama Seetanah (born 10 Dec 1929) passed away peacefully in his sleep after a short illness on 17th November 2020 in London at the age of 90 years.

Rama will be remembered affectionately by all who knew him. Beloved father, father-in-law, grandfather, uncle, cousin and true friend to many. Now reunited with his beloved wife, Prema and his precious daughter, Asha. A memorial service

and celebration of his life, led by his son Sanjay and the family, is planned once Covid restrictions allow.

Rama was born to Pandit Balram (ex-editor of *The Jagriti*) and Gangamah Appadoo. Rama was determined to teach at an early age, teaching English to the children in his circle before leaving to join the British Army in 1948. He quickly rose through the ranks but left service as a Lieutenant. On his return to Mauritius he married

Premavathy Lutchmeenaraidoo in 1952 and left for London almost immediately to study journalism.

Rama had a big interest in politics and launched *The Mauritius League* in London in 1957 to lobby parliamentarians about the wellbeing of Mauritius. Members of the League included Barbara Castle, James Callaghan and Lord Fenner Brockway. Following the death of his father-in-law in 1958, he returned to Mauritius continuing



to write for the *Mauritius Times* to become Sub-Editor. He stood as candidate in the 1967 elec-

tions representing the Independence Party; he thereafter helped Mr S. Balgobin launch Eden College in Vacoas and Rose Hill where he became Principal of both. In the mid-1970s Rama and family left Mauritius to join the team at the Mauritius High Commission in London.

Rama was a very spiritual man, full of love and kindness and content with life's simple pleasures. A man of great principles, he fought for justice and fairness for all. Although he met with much sorrow and tragedy in his life, his faith did not wane. May he rest in peace.

China beat the coronavirus with science and strong public health measures, not just with authoritarianism

I live in a democracy. But as Thanksgiving approaches, I find myself longing for the type of freedom I am seeing in China



Elanah Uretsky
Associate Professor of
International and Global
Studies, Brandeis University

People in China are able to move around freely right now. Many Americans may believe that the Chinese are able to enjoy this freedom because of China's authoritarian regime. As a scholar of public health in China, I think the answers go beyond that.

My research suggests that the control of the virus in China is not the result of authoritarian policy, but of a national prioritization of health. China learned a tough lesson with SARS, the first coronavirus pandemic of the 21st century.

How China flattened its curve

Barely less than a year ago, a novel coronavirus emerged in Wuhan, China, with 80,000 cases identified within three months, killing 3000 people.

In late January 2020, the Chinese government decided to lock down this city of 11 million people. All transportation to and from the city was stopped. Officials further locked down several other cities in Hubei Province, eventually quarantining over 50 million people.

By the beginning of April, the Chinese government limited the spread of the virus to the point where they felt comfortable opening up Wuhan once again.

Seven months later, China has confirmed 9100 additional cases and recorded 1407 more deaths due to the coronavirus. People in China travel, eat in restaurants and go into theaters, and kids go to school without much concern for their health. Juxtapose that to what we are experiencing in the U.S. To date, we have confirmed over 11 million cases, with the last 1 million recorded in just the last one week alone.

In September and October, friends from China sent me pictures of food from all over the country as they travelled around to visit friends and family for the mid-autumn festival and then the seven-day National Day vacation week. I envied them then and envy them even more now as Americans prepared to celebrate

Thanksgiving this year.

We Americans are told that the freedoms Chinese now enjoy come at the expense of being subject to a set of draconian public health policies that can be instituted only by an authoritarian government. But they also have the experience of living through a similar epidemic.

SARS broke out in November of 2002 and ended in May of 2003, and China was anything but prepared for its emergence. It didn't have the public health infrastructure in place to detect or control such a disease, and initially decided to prioritize politics and economy over health by covering up the epidemic. This didn't work with such a virulent disease that started spreading around the world.

After being forced to come to terms with SARS, China's leaders eventually did enforce quarantine in Beijing and cancelled the week-long May Day holiday of 2003. This helped to end the pandemic within a few short months, with minimal impact. SARS infected approximately 8000 worldwide and killed about 800, 65% of which occurred in China and Hong Kong.

The Chinese government learned from SARS the important role public health plays in protecting the nation. Following SARS, the government improved training of public health professionals and developed one of the most sophisticated disease surveillance systems in the world. While caught off guard for this next big coronavirus outbreak in December 2019, the country quickly mobilized its resources to bring the epidemic almost to a halt inside its borders within three months.

What can we learn from China?

Knowing that there were no safe or proven treatments or an effective vaccine, China relied on proven non-pharmaceutical interventions to conquer the epidemic. First and foremost was containing the virus through controlling the sources of infection and blocking transmission. This was accomplished through early detection (testing), isolation, treatment and tracing the close contacts of any infected individual.

This strategy was aided by the three field hospitals (Fancang) the government built to isolate patients with mild to moderate symptoms from their families.



One of the Wuhan train stations in fall 2020. The city reopened in April 2020 after a total shutdown. Photo - images.theconversation.com

Strict quarantine measures were also central to preventing the spread of this epidemic, as it was with the SARS epidemic in 2003. This was paired with compulsory mask-wearing, promotion of personal hygiene (hand-washing, home disinfection, ventilation), self-monitoring of body temperature, universal compulsory stay-at-home orders for all residents, and universal symptom surveys conducted by community workers and volunteers.

SARS exposed serious weaknesses in China's public health system and prompted its government to reinvent its public health system. Covid-19 has exposed similar shortcomings in the U.S. public health system. To date, however, the current administration has taken the exact opposite approach, devastating our public health system.

The Trump administration made major cuts to the budgets of the National Institutes of Health and Centers for Disease Control and Prevention. The last budget submitted by the Trump administration in February 2020, as the pandemic was beginning, called for an additional reduction of US\$693 million to the CDC budget.

This affected our ability to prepare for a pandemic outbreak. In the past, this preparation included international partnerships to help detect disease before it reached our shores. For example, the CDC built up partnerships with China following the SARS epidemic, to help contain the emergence of infectious disease coming from

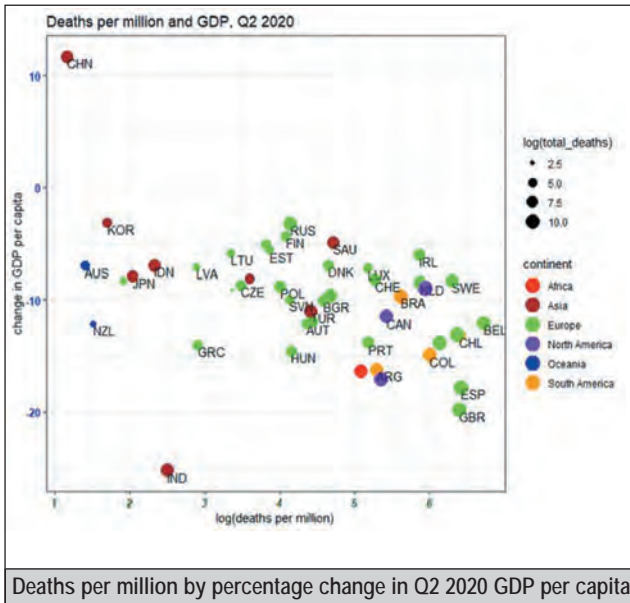
the region. At one point the CDC had 10 American experts working on the ground in China and 40 local Chinese staff, who mostly concentrated on infectious disease. Trump started slashing these positions shortly after taking office, and by the time COVID-19 broke out, those programs were whittled down to a skeleton staff of one or two.

The Declaration of Alma Ata guaranteed health for all, and not just health for people governed under a specific type of bureaucratic system. The U.S. has been, and can be, just as dedicated to protecting the health of its people as China under its authoritarian government. We demonstrated this during the Ebola epidemic, with the launch of a whole government effort coordinated by Ron Klain, who has been appointed White House chief of staff under President-elect Biden.

This effort, which included a coordinated response with both African nations and China, improved preparedness within the U.S. and ultimately helped to save hundreds of thousands of lives around the world. A reduction in funding for our public health infrastructure, under the Trump administration, was a divestment in the health of the American people and should not have happened. A new administration that places public health at the helm, once again, will I hope prove to us that health is not just something that can be protected under an authoritarian government, but is in fact a right for all.

Data from 45 countries show Containing Covid vs saving the economy is a false dichotomy

* Cont. from page 2



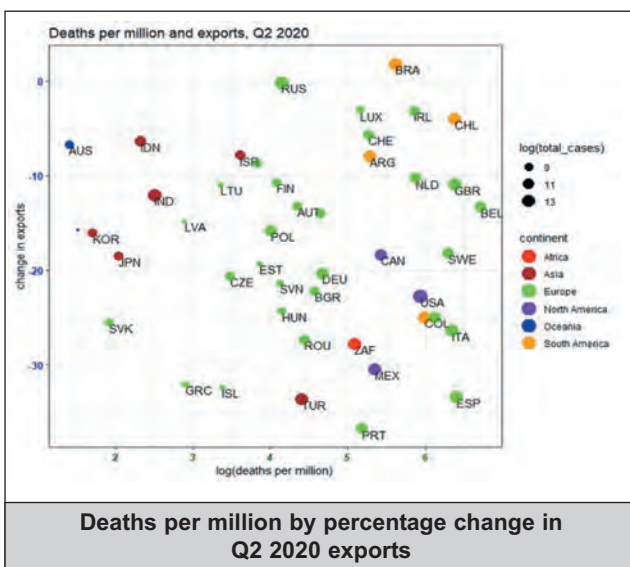
If suppressing the virus, thereby leading to fewer deaths per million, resulted in worse national economic downturns, then the “slope” in figure 1 would be positive. But the opposite is true, with the overall correlation being -0.412.

The two outliers are China, in the upper-left corner, with a positive change in GDP per capita, and India at the bottom. China imposed successful hard lockdowns and containment procedures that meant economic effects were limited. India imposed an early hard lockdown but its measures since have been far less effective. Removing both from our data leaves a correlation of -0.464.

Exports and imports

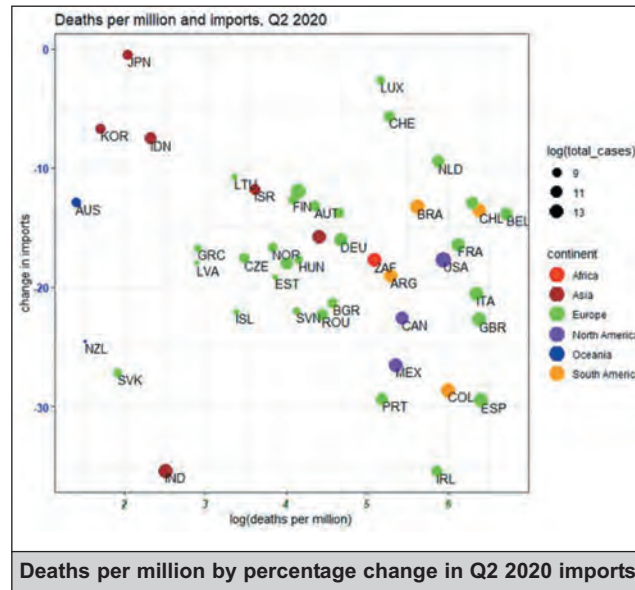
Our second chart shows the relationship between deaths per million and percentage change in exports.

If there was a clear trade-off between containing the virus and enabling international trade, we would see a positive relationship between the changes in exports and death-rates. Instead, there appears to be no relationship.



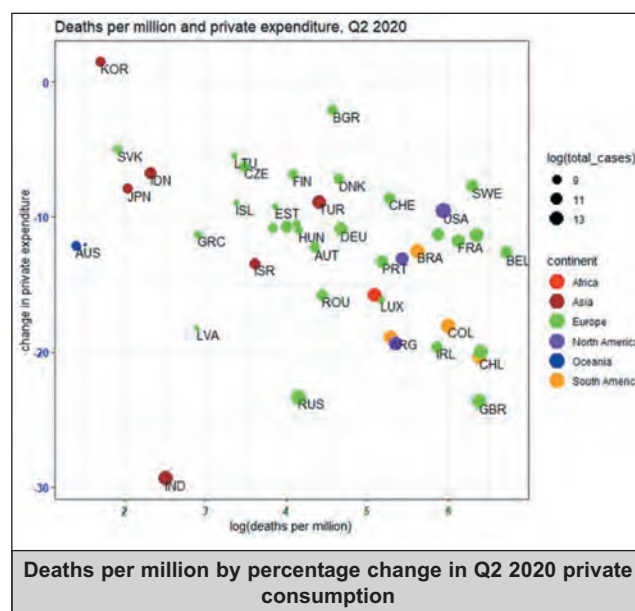
Our third chart shows the relationship between deaths per million and percentage change in imports. As with exports, a trade-off would show in a positive relationship. But there is no evidence of such a relationship here

either.



Consumer spending

Our fourth chart shows the relationship between deaths per million and percentage change in private consumption expenditure. This complements the picture we get from imports and exports, by tracking consumer spending as an indicator of internal economic activity.



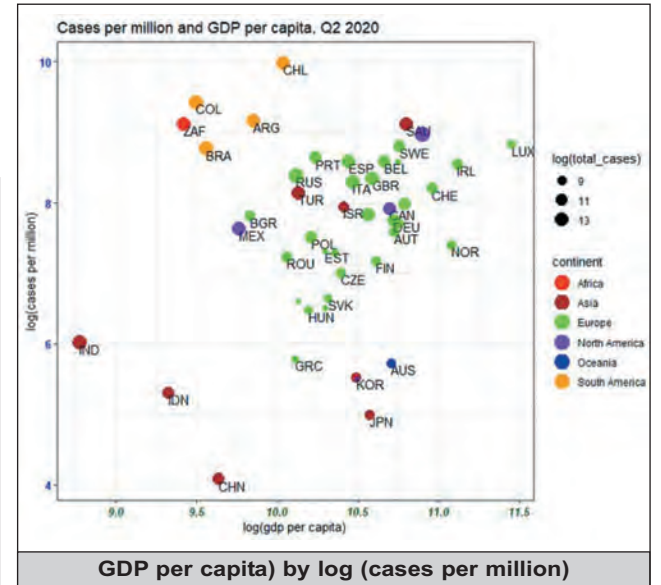
Again, no positive relationship. Instead, the overall negative relationship suggests those countries that succeeded (at least temporarily) in suppressing the virus were better off economically than those countries adopting a more laissez-faire approach.

National wealth

As a postscript to this brief investigation, let's take a quick look at whether greater national wealth seems to have helped countries deal with the virus.

Our fifth and final chart plots cases per million (not deaths per million) against national GDP per capita.

If wealthier countries were doing better at suppressing virus transmission, the relationship should be negative. Instead, the clusters by region suggest it's a combination of culture and politics driving the effectiveness of nations' responses (or lack thereof).



In fact, if we examine the largest cluster, of European countries (the green dots), the relationship between GDP per capita and case rates is positive (0.379) – the opposite of what we would expect.

It's not a zero-sum game

The standard economic indicators reviewed here show, overall, countries that have contained the virus also tend to have had less severe economic impacts than those that haven't.

No one should be misled into believing there is zero-sum choice between saving lives and saving the economy. That is a false dichotomy.

If there is anything to be learned regarding how to deal with future pandemics, it is that rapidly containing the pandemic may well lessen its economic impact.

Michael Smithson
Professor, Australian National University

Bhojpuri Speaking Union
(Under the aegis of the Ministry of Arts and Cultural Heritage)

4th Commemorative Anniversary of the Inscription of Bhojpuri Folk Songs of Mauritius: Geet Gawai on the UNESCO Representative List of Intangible Cultural Heritage of Humanity

GEET GAWAI UTSAV 2020
Theme For This Year - Global Climate Change
Harparawri Bhojpuri Songs

Date : Wednesday 2nd December 2020
Time : 12.30 hrs. to 14.30 hrs.
Venue : IGCIC, Phoenix

Bhojpuri Speaking Union,
Old Prison Building,
Maillard Street,
Port Louis

BSU Tel: 2138613
IGCIC Tel: 6973437

Covid-19 Vaccines: Glimmer of Light at the End of the Tunnel

I Cont. from page 4

One asymptomatic Covid-19 carrier caused the first case of coronavirus infection in the country after months of being Covid-19 free. It necessitated a vast contact tracing exercise which identified more than 800 persons which had to be tested for coronavirus.

Too many people are yet to realize that the Covid-19 pandemic is an unprecedented crisis which can only be overcome if we do what it takes to first contain and circumscribe the virus rather than persistently try to arbitrate between the economy and the lives of people. People cannot be expendable. The recent resurgence of Covid-19 infection in Europe, in the US, South America and many other countries across the world and the imposition of new lockdowns, curfews, confinement and social distancing rules have caused the world to wake up to the glaring reality that social distancing, strict hygiene rules and the wearing of masks are our best protection against the virus and the most effi-

cient battle plan to contain its spread.

In a context where Mauritius and the world are buckling under the colossal socio-economic costs of the pandemic, the driving leitmotifs must be solidarity and burden sharing. Is it reasonable in such a grim economic context where whole sectors such as the tourism sector and large swathes of economic activity have stopped operating owing to the pandemic to clamour for demands which the country can certainly not afford at this juncture? Can't such demands be postponed till after the Covid-19 crisis? Is it not also high time for government and politicians to stop leveraging dwindling public funds to gain political mileage in these trying times?

Judicious choice and planning

Vaccinologists have warned that a small proportion of people, representing less than 2% of recipients of the Pfizer and Moderna vaccines developed severe fevers of 39°C to 40°C or suffered other transient side effects such as sore arms and fatigue. These are

“unpleasant but not dangerous”. Front-line public health workers should therefore alert people that they may experience a fever that can feel severe but is temporary. Honest sharing of information on the vaccine will help overcome apprehensions regarding vaccination. People must realize that Covid-19 kills at least one in 200 of those it infects. An effective vaccine is basically a robust protection against the virus and a gateway to a normal life.

Each approved vaccine is promoted by its marketing narrative and hype. The choice of a vaccine or vaccines must therefore be a careful exercise based on objective criteria and advice and the findings of due diligence exercises carried out by internationally renowned vaccine regulators and international bodies like COVAX (led by WHO, GAVI and CEPI) which facilitate the equitable access and distribution of approved vaccines to protect people in all countries in particular the people most at risk. It is however impor-

tant to ensure that unlike the controversies and allegations tainting previous tenders, the procurement of the required quantity of vaccines for the country is carried out in a transparent, accountable and competitive manner so as to judiciously manage dwindling public funds.

It is equally important in anticipation of the availability of vaccines for each country to establish a vaccination plan which gives priority to frontline workers, the elderly and the ailing and covers the rest of the population in a well planned and orderly manner to the satisfaction of one and all.

It is still a long way to go before the world population of some 7.594 billion people is vaccinated by vaccines having a high protection rate. In the meantime, social distancing, strict hygiene rules and the wearing of masks remain our most effective vaccine to protect us. We are still far from being out of the woods. Vaccines are however a big step forward towards seeing a glimmer of light at the end of the tunnel after the trauma and trials of the past year.

Mrinal Roy

1 THE WING PASSAGE - SOLIDARITE MARYE PIKE CUP 1500 m Valeur [0-15] Time - 12h15

1 MIDNIGHT MESSENGER	SPN	8-9-1-5-2	61	G.D.Aucharuz	6	600
2 GIMME A SWINGER	PM	5-4-6-5-6	60.5(-4)	N.S.Batchameah	7	650
3 HEAD OF THE PACK	SPN	8-8-4-6-7	60.5	K.Ghunowa	9	3000
4 MISTY ROLLER	CD	2-9-7-2-2	60.5(-4)	A.Sonaram	11	450
5 BLUNDERBUSS	CR	8-2-3-1-4	59	R.Joorawon	5	500
6 SLIGHTLY SCOTTISH	AS	8-10-6-8-9	59(-4)	B.Deenath	3	2500
7 PHILOSOPHER	P	8/4-11-6-6	58.5	S.Bussunt	4	1100
8 SIERRA REDWOOD	JMH	9-8/10-7-4	58.5	J.Allyhosain	2	1000
9 KIMBERLEY	SN	5-6-7-8-5	57.5	R.Hoolash	8	2000
10 SPUN OUT	SH	6-5-9-6-3	56	S.Rama	10	650
11 GREATFIVEEIGHT [EA]	CD	5-7-8-6-7	60	-----	1	-----

2 THE BOLD STATEMENT CUP 1400 m Valeur [0-26] Time - 12h50

1 CAPKUTA	P	nouveau	61	S.Bussunt	5	600
2 CARLTON HEIGHTS	AS	3-8-8-3-4	61	M.Martinez	10	550
3 EPIC SWORD	SN	5-8/7-5-6	61(-4)	N.S.Batchameah	7	2000
4 LEAD SINGER	PM	0-0-0-0-3	61	C.Segeon	9	400
5 RIVER OF JANUARY	CR	10-4-4-6/5	61	R.Joorawon	8	2000
6 WYLIE'S CHOICE	PM	0-0-0-0-8	61	R.K.Chumun	11	4000
7 SENTIDO	VA	8-7-5-8-3	60.5	B.Fayd'herbe	2	420
8 STREET BYTE	CD	5/7-1-6-5	59.5	I.Chisty	1	600
9 SEVENTH EXPRESS	G	3-1-6-3-8	59	G.D.Aucharuz	6	1600
10 TIME IS GOLD	SH	nouveau	58.5	S.Rama	4	1400
11 KINGS EMPIRE [EA]	SH	6-5-4-6-R	55.5	-----	3	-----

3 THE PETRUSMOK SOUVENIR CUP 1500 m Valeur Benchmark 36 Time -- 13h25

1 APOLLO STAR	AS	9-6-3-4-1	61	M.Martinez	6	520
2 VAR EXPRESS	G	0-4-1-1-8	61	G.D.Aucharuz	1	550
3 KEIKO	SJ	0-0-5-2-4	60	J.Allyhosain	9	600
4 WELL CONNECTED	VA	2-3-2-5-3	60	B.Fayd'herbe	7	600
5 LADDER MAN	PM	0-0-0-3-7	59.5	C.Segeon	4	400
6 WHY WOULDN'T YEW	RM	1-1-6-4-3	59.5	P.C.Orffer	2	500
7 CAMP DAVID	GE	8-N-4-9-7	59	N.Juglall	3	2000
8 NAO FAZ MAL	RG	0-5/7-6-2	59	D.David	11	820
9 SUPREME ORATOR	CR	8-4-5-4-8	59	R.Joorawon	10	2000
10 ROYAL RESOLUTION	JMH	2-1-2-7-9/	58	T.Juglall	8	5000
11 LUCKY AT LAST [EA]	CD	3/8-5-1-7	56.5	-----	5	-----

4 THE I SPA SOUVENIR CUP 1365 m Valeur Benchmark 36 Time -- 13h55

1 HARMONICA	CD	0-6-2-7-3	60	I.Chisty	3	500
2 KING OF TARA	VA	2-1-3-1-4	60	B.Fayd'herbe	5	550
3 CANDY APPLE	GR	3-2-2-2-3	59.5	N.Juglall	8	400
4 GREAT STOHVANEN	AS	R-1-4-2-5	59.5	M.Martinez	7	550
5 NINOTTO	RG	1-1-3-5-2	59.5	D.David	2	800
6 VARSIDE	SH	1-1/2-5-4	59.5	S.Rama	1	500
7 RAHEEB	RM	8/10-3-3-4	59	P.C.Orffer	4	2000
8 ROMAN DANCER	G	5/6-R-1-7	58.5	G.D.Aucharuz	6	2000
9 BADAWEI [EA]	SJ	9/2-4-5-7	59	-----	9	-----



5 THE BACKSTAGE CHALLENGE TROPHY 1850 m Valeur Benchmark 46 Time - 14h30

1 CHARLESTON HERO	VA	4-3-1-3-1	61.5	B.Fayd'herbe	2	600
2 LEMON DROP SHOT	SH	2-1-2-3-7	61	R.Joorawon	8	850
3 MOONRISE SENSATION	SH	5-4-2-6-6	60.5	R.Boutanive	7	2000
4 ROLL OF DRUMS	CD	0-0-7-7-7	60.5	I.Chisty	3	900
5 THE BYZANTINE	JMH	1/9-7-4-5	60.5	J.Allyhosain	5	2000
6 PROTEA PARADISE	RG	7-6-6-6-4	60	D.David	1	480
7 INAUGURATION	PM	4/1-5-9-6	59.5	C.Segeon	4	2000
8 JET STREAM	AS	3-3-3-4-5	59.5	M.Martinez	9	570
9 ALL ABOARD	GR	4-1-2-1-3	57.5	N.Juglall	6	370

6 THE SUSHIME CHALLENGE TROPHY 1450 m Valeur Benchmark 51 Time -- 15h05

1 LICKERIO	AS	4-4-3-2-6	61	M.Martinez	8	800
2 PRINCE OF PERSIA	G	0-1-4-3-5	61	G.D.Aucharuz	1	600
3 SEATTLE KID	CD	2-2-1-1-1	61	I.Chisty	9	550
4 AFDEEK	RM	4-4-6-3-2	60.5	P.C.Orffer	4	400
5 OVATION AWARD	GR	4-1/2-5-3	60.5	N.Juglall	5	800
6 SACRED FLAME	RG	10-3-1-4-6	60.5	J.Allyhosain	10	2000
7 ALL ABOUT THE BASS	SH	2-2-2-1-4	60	S.Rama	2	400
8 TRIPOD	PM	1-2-6-3-6	59.5	C.Segeon	3	2500
9 JOHN HANCOCK	G	0-3-3-6-9	59(-4)	N.S.Batchameah	6	2000
10 CLOUDED HILL	JMH	0-0-0-0-9	57	T.Juglall	7	5000
11 WILD HORIZON [EA]	SH	7-6/5-6-8	59	-----	11	-----

7 THE INDIGO SOUVENIR TROPHY 1600 m Valeur Benchmark [71] Time -- 15h35

1 HAYLOR	SJ	1/5-3-2-2	60	J.Allyhosain	6	400
2 TOWER OF WISDOM	GR	1-2-1-3-3	58	N.Juglall	2	330
3 STREAM AHEAD	CD	3-6-5-3-1	57.5(-4)	A.Sonaram	1	500
4 TRIPLE FATE LINE	SH	0-0-4-5-4	57.5	S.Rama	4	1600
5 KAMADEVA	RG	1-1-2-1-5	56.5	D.David	5	330
6 RAP ATTACK	SH	1/3-3-4-4	56	R.Joorawon	3	800

8 THE HENNESSY PARK HOTEL-LA COUPE DES PRESIDENTS 2100 m Valeur [60+] G.2 Time -- 16h10

1 OPERA ROYAL	SH	5-3-3-4-5	60.5	D.David	3	-----
2 PATROL OFFICER	GR	1/1-1-1-1	58.5	N.Juglall	2	-----
3 PUGET SOUND	CD	0-10-8-7-6	57	I.Chisty	1	-----

Programme des Courses

28^e Journée samedi
28 novembre 2020

9 THE RIVER RUN CUP 990 m Valeur Benchmark 31 Time -- 16h40

1 NIMITZ	SJ	nouveau	61	T.Juglall	9	2500
2 VISION OF TRUST	SPN	4-5-9-10-R	61	G.D.Aucharuz	3	750
3 THE RIGHT STUFF	CD	2-3-4-7-3	60.5(-4)	A.Sonaram	6	1000
4 CAPTAIN GARETT	GR	0-0-0-6-R	60	N.Juglall	1	470
5 DOUBLETHINK	GR	nouveau	60	D.David	5	650
6 GREENFLASHSUNSET	RG	1-6-3-3-1	60	P.C.Orffer	4	470
7 WENDYLLE	RM	1-5/2-4-4	60	M.Martinez	10	620
8 MARULA	AS	7-4-8-5-6	59	J.Allyhosain	2	570
9 SPY FICTION	JMH	0-0-0-10/9/	58.5(-4)	B.Deenath	8	5000
10 INTERNET KID [EA]	VA	6-7-9-6-3	57	-----	7	-----

10 THE GASTON DESJARDINS PLATE 1500 m Valeur [0-25] Time -- 17h15

1 ANZA- BORREGO	VA	6-3-5-6-5	60	B.Fayd'herbe	1	350
2 ARTAX	AS	6-1-5-9-4	60	M.Martinez	7	600
3 COME ON SONNY	SPN	7-1-1-3-2	60	R.Joorawon	2	400
4 MANETHEREN	SN	4-7-6-5-5	60	D.Bheekary	9	1600
5 NEWSMAN	RG	3-4-3-2-6	59	D.David	4	650
6 THE RIDDLER	SH	9-3-6-4-6	59	S.Rama	8	2000
7 SILVER SONG	CD	1/3-4-5-2	58.5	I.Chisty	3	550
8 LADY'S KNIGHT	RM	5-3-2-2-2	58	P.C.Orffer	5	650
9 OPAGUE	G	nouveau	58	G.D.Aucharuz	10	2000
10 ROCHESTER	JMH	7-7-6-6-7	58	J.Allyhosain	6	2000

Selections

1. BLUNDERBUSS, MISTY ROLLER, SIERRA REDWOOD
2. LEAD SINGER, SENTIDO, CARLTON HEIGHTS
3. WHY WOULDN'T YEW, VAR EXPRESS, KEIKO
4. CANDY APPLE, KING OF TARA, VARSIDE
5. CHARLESTON HERO, PROTEA PARADISE, L. DROP SHOT
6. ALL ABOUT THE BASS, SEATTLE KID, PRINCE OF PERSIA
7. TOWER OF WISDOM, KAMADEVA, HAYLOR
8. PATROL OFFICER, OPERA ROYAL, PUGET SOUND
9. THE RIGHT STUFF, GREENFLASHSUNSET, VISION OF TRUST
10. ANZA- BORREGO, COME ON SONNY, LADY'S KNIGHT,



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A Gem Travels Initiative

I love this Japanese doctor!

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Heart only good for so many beats, and that's it... Don't waste time on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it's like saying you extend life of a car by driving faster. Want to live longer? Take nap.

Q: Should I reduce my alcohol intake?

A: Oh no. Wine made from fruit. Fruit very good. Brandy distilled wine: that means they take water out of fruity bit so

you get even more of goodness that way. Beer also made of grain. Grain good too.

Bottoms up!

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of one, sorry. My philosophy: No pain...good!

Q: Aren't fried foods bad for you?

A: You not listening! Food fried in vegetable oil. How getting more vegetable be bad?

Q: Is chocolate bad for me?

A: You crazy? HEL-LO-O!! Cocoa bean! Another vegetable! It best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming good for figure, explain whale to me.

Q: Is getting in shape important for my life-style?

A: Hey! 'Round' is also a shape!

Finally, the Japanese doctor summed up: Look mister, life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - beer in one hand, chocolate in the other, body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride my life was"!



Life's Stories

The True Story Behind It

This is a painting sold for more than 30,000,000 Euros to someone who knows all the value. It's about a poor old man during the time of Louis XIV who had been sentenced to the death penalty, but a tragic death: Starve to Death! for stealing a loaf of bread.

His daughter asked for permission to visit him; the guards at each visit carefully searched the young lady as well as the six-month-old baby she was carrying, then let her enter, once a day.

At the end of the fourth month, having found that the convicted did not die of starvation, the authorities decided to monitor him thoroughly. Their observation concluded that his daughter was feeding her father the breast milk intended for her infant during her daily visits.

Informed, the judges, instead of getting angry, were impressed by the love of this woman for her father. She had vowed to save his life at all costs.

The judges ordered the release of father and daughter, and that story



reached the ears of one great and famous painter who would later draw this painting.

Do we always recognize the sacrifices made by the women in our lives? A question worth pondering.

'Could I know what a cop is?'

Apoliceman was dead and lying in a pool of blood, when a boy and his father watched the scene. The boy asks his father: 'Who is this man who is killed?'

'I do not know, son, I just know that he was a police officer.'

The young boy approached a person who was dressed in a beautiful uniform different from the others, very elegant. It was the commander of the unit where the policeman worked. The boy took his hand and asked: 'Could I know what a cop is?'

The officer responded in a trembling voice and his eyes were full of tears:

'A policeman/woman is a person who sleeps less than many people, passes cold, sun, rain, hunger,

And there are times that he/she has no holidays - Christmas, New Year and many other important moments. He/she is far away from the family, their children when they are sick, or their husband/wife as well as their parents and siblings.

A police officer receives insults, physical assaults, they cry, suffer, spend thousands of scares and many more things that happen to them in their line of duty.

But when he leaves for his job, very early, he does not know if he will return home alive... This is part of what a police officer is.'

Suddenly the

officer heard the sound of a phone that rang in the pocket of the deceased. He left the child for a moment to take the call. When he saw it, he realized that it was his home. He saw that it was a message, and in a very low voice he read:

'Hello Daddy, I took my mother's cell phone to write this message:

I want to congratulate you for your birthday. I look forward to give you your present because it has been two days that you cannot be at home. So today we will cut the cake. Today we will be together as a family.

I love you dad, you're my super dad.

A kiss...

I'll wait for you at home.'

Such is the life of a policeman/woman. Instead of criticizing, value the effort of a police officer. Respect police officers





The best diet tips ever

Some of these are super-easy, like drinking a glass of water before meals



Before you tear into that bag of potato chips, drink a glass of water first. People sometimes confuse thirst with hunger, so you can end up eating extra calories when an ice-cold glass of water is really all you needed. If plain water doesn't cut it, try drinking flavoured sparkling water or brewing a cup of fruit-infused herbal tea.

Be choosy about nighttime snacks

Mindless eating occurs most frequently after dinner, when you finally sit down and relax. Snacking in front of the TV is one of the easiest ways to throw your diet off course. Either close down the kitchen after a certain hour, or allow yourself a low-calorie snack or a half-cup scoop of low-fat ice cream.

Enjoy your favorite foods

Instead of cutting out your favorite foods altogether, be a slim shopper. Buy one fresh bakery cookie instead of a box, or a small portion of candy from the bulk bins instead of a whole bag. You can still enjoy your favourite foods -- the key is moderation.

Eat several mini-meals during the day

If you eat fewer calories than you burn, you'll lose weight. But when you're hungry all the time, eating fewer calories can be a challenge. "Studies show people who eat 4-5 meals or snacks per day are better able to control their appetite and weight,"

says obesity researcher Rebecca Reeves. She recommends dividing your daily calories into smaller meals or snacks and enjoying most of them earlier in the day -- dinner should be the last time you eat.

Eat protein at every meal

Protein is the ultimate fill-me-up food -- it's more satisfying than carbs or fats and keeps you feeling full for longer. It also helps preserve muscle mass and encourages fat burning. So be sure to incorporate healthy proteins like seafood, lean meat, egg whites, yogurt, cheese, soy, nuts, or beans into your meals and snacks.

Spice it up

Add spices or chilies to your food for a flavour boost that can help you feel satisfied. "Food that is loaded with flavour will stimulate your taste buds and be more satisfying, so you won't eat as much," says American Dietetic Association spokeswoman Malena Perdomo.

Stock your kitchen with healthy, convenient foods

Having ready-to-eat snacks and meals-in-minutes on hand sets you up for success. You'll be less likely to hit the drive-through or order a pizza if you can throw together a healthy meal in five or 10 minutes. Here are some essentials to keep on hand: frozen vegetables, whole-grain pasta, reduced-fat cheese, canned

tomatoes, canned beans, pre-cooked grilled chicken breast, whole grain tortillas or pitas, and bags of salad greens.

Order children's portions at restaurants

Ordering a child-size entree is a great way to cut calories and keep your portions reasonable. This has become such a popular trend that most servers won't bat an eye when you order off the kids' menu. Another trick is to use smaller plates. This helps the portions look like more, and if your mind is satisfied, your stomach likely will be, too.

Always eat breakfast

It seems like an easy diet win: Skip breakfast and you'll lose weight. Yet many studies show the opposite can be true. Not eating breakfast can make you hungry later, leading to too much nibbling and binge eating at lunch and dinner. To lose weight -- and keep it off -- always make time for a healthy morning meal, like high-fibre cereal, low-fat milk, and fruit.

Include fibre in your diet

Fibre aids digestion, prevents constipation, and lowers cholesterol -- and can help with weight loss. To reap fibre's benefits, most women should get about 25 grams daily, while men need about 38 grams -- or 14 grams per 1,000 calories. Good fibre sources include oatmeal, beans, whole grain foods, nuts, and most fruits and vegetables.

Clean the cupboards of fattening foods

If you have chips in the pantry and ice cream in the freezer, you're making weight loss harder than it has to be. Reduce temptation by purging the cupboards of fattening foods. Want an occasional treat? Make sure you have to leave the house to get it -- preferably by walking.

Lose weight slowly

If you're losing weight but not as fast as you'd like, don't get discouraged. Dropping pounds takes time, just like gaining them did. Experts suggest setting a realistic weight loss goal of about one to two pounds a week. If you set your expectations too high, you may give up when you don't lose weight fast enough. Remember, you

start seeing health benefits when you've lost just 5%-10% of your body weight.

Weigh yourself once a week

People who weigh themselves regularly tend to have more weight loss success. But most experts suggest weighing yourself only once a week, so you're not derailed by daily fluctuations. When you weigh yourself, follow these tips: Weigh yourself at the same time of day, on the same day of the week, on the same scale, and in the same clothes.

Get enough sleep

When you're sleep deprived, your body overproduces the appetite-stimulating hormone ghrelin but under-produces the hormone leptin, which tells you when you're full. Getting enough sleep may make you feel rested and full and keep you from doing unnecessary snacking.

Eat more fruits and vegetables

The best "diet" is one where you get to eat more food, not less. If you eat more fruits and vegetables, you shouldn't feel as hungry because these nutrient-rich foods are also high in fibre and water, which can give you a feeling of fullness. Snacking can be a good thing as long as you choose smart snacks.

Limit alcohol to weekends

Alcohol contains empty calories: a five-ounce glass of wine has 125, a bottle of beer about 153. Because our bodies don't require those calories, they can get converted into fat. If you enjoy an occasional drink, consider a compromise. Enjoy your favourite alcoholic beverage on weekends only, with just one drink for women per day, two for men.

WebMD

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'Fabulous Lives of Bollywood Wives'

Karan Johar, Kareena Kapoor, Sonam, Alia Bhatt have best reactions to the trailer



Several Bollywood celebrities took to their social media pages and reacted to the trailer of 'Fabulous Lives of Bollywood Wives', reports DNA.

Netflix India dropped the trailer for *Fabulous Lives of Bollywood Wives* and people despite criticising it are waiting to watch the first season soon. Featuring Seema Khan, Maheep Kapoor, Bhavana Panday and Neelam Kothari Soni, it revolves around their extravagant life sarcastically and hilariously. Soon after the trailer was unveiled, leading Bollywood actors couldn't stop giving their reactions to on their social media pages.

Rhea Kapoor, who is the niece of Maheep took to her Instagram story and wrote, "My aunt @maheepkapoor is secretly the most hilarious person in the family. Now it's not a secret anymore."

While Sonam K Ahuja wrote, "I've died laughing and spat my morning coffee all over my bed @maheepkapoor. I can't believe the world will see how ridiculously hilarious you are."

Kareena Kapoor also shared the trailer on her Instagram story and wrote, "Killing it girls."

Ananya Panday quoted The Dirty Picture dialogue, "Entertainment, Entertainment and Entertainment." While Alia Bhatt wrote, "Hilarious... Can't wait."

Karan Johar took to his Instagram page and shared the trailer with a caption stating, "These girls have sass, spunk and chutzpah! Watch them unravel and travel... They Have Fabulous lives but there is so much more than what meets the eye!" (The definition of sassy is someone or something that is lively, bold and a little feisty. An example of sassy is a quick witted, clever girl.)

Netflix India described the trailer on YouTube as "What happens when glam meets sass? Get a sneak-peek into the lives of four fabulous women: Seema Khan, Maheep Kapoor, Bhavana Pandey and Neelam Kothari Soni. Watch these BFFs take the girl code up another notch, as they navigate through the ups and downs of parenthood, profession and friendship. Catch *Fabulous Lives of Bollywood Wives* on 27th November, only on Netflix."

Surbhi Chandna opens up on her role in 'Sanjivani'



'I'm very different from Dr Ishani in real life'

Television actress Surbhi Chandna, who last seen in *Ishqbaaz*, is excited and nervous about her show *Sanjivani*. Recently, she opened up about her character of Dr Ishani in the reboot version and how it is different from her real personality.

Talking about her character, Surbhi said Dr Ishani is a very serious character. She is someone who plays by the rules, puts her patients above everything else but won't break any norms in doing so. She does exactly what is right. Whereas in real life, I am a different person. I am a happy-go-lucky person who doesn't shy away from speaking her mind out. Dr Ishani

is a character who has a little too many layers to her. She has a background and a history which have made her the way she is, and for that, the prep was needed. Siddharth really helped me with it.

Ishqbaaz actress Surbhi Chandna plays Dr Ishani, a Punjabi girl who gets into *Sanjivani* hospital with an aim to prove her parents' innocence. Surbhi who played bubbly Anika in *Ishqbaaz* will play a subdued character in *Sanjivani*. While Namit Khanna will play Dr Sid, a surgeon in the medical drama. The two will start on a bitter note but will eventually fall in love.

YOUR STARS

Sagittarius: Nov 22 - Dec 21

At work, you'll have great chances to obtain the promotion that you've been dreaming about. Couple life subject to bad conditions. In general, you'll have an interest in being very careful in the management of your finances.

Lucky Numbers: 2, 4, 7, 12, 15, 20

Capricorn: Dec 22 - Jan 19

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

Lucky Numbers: 20, 25, 29, 30, 31, 36

Aquarius: Jan 20 - Feb 18

It'll be necessary to remain on your guards in your professional environment: the more you gain successes and the more numerous your adversaries will be. Good accord at home, which will be a true haven of peace for you.

Lucky Numbers: 5, 10, 12, 14, 17, 33

Pisces: Feb 19 - Mar 20

Very pleasant sentimental encounters in view. Think about getting rid of those relations that only make you waste your time and even your money; only keep those of whom you're sure and who share certain interests with you.

Lucky Numbers: 9, 15, 21, 26, 29, 31

Aries: Mar 21 - Apr 19

Be an opportunist and consolidate the relations that are

likely to be useful to you. Watch out, you'll have a clear tendency to live well above your means; don't think that you'll always be able to get away with it.

Lucky Numbers: 4, 7, 8, 11, 30, 33

Taurus: Apr 20 - May 20

Worries due to thorny family questions could have a harmful effect on your physical state. It will be in your interest to take time to think so as to thwart the dangers that are threatening you at this moment. Your love affairs will be favourably influenced.

Lucky Numbers: 25, 26, 30, 31, 39, 40

Gemini: May 21 - June 20

It'll be difficult for you to make some savings, but prudence will be essential. You'll have many opportunities to meet a partner to your liking who, in addition, will share your passions. Be careful of overwork and its damaging consequences.

Lucky Numbers: 12, 18, 21, 29, 30, 36

Cancer: June 21 - July 22

Don't let yourself be contaminated by birds of ill omen. Be cautious in your couple life, not because of possible external aggressions, but because of your tendency to act the wrong way.

Lucky Numbers: 7, 9, 10, 13, 17, 21

Leo: July 23 - Aug 22

You're most likely to be confronted with sentimental

problems; listen to your heart! You intend to maintain good relations with your friends; but this time you're likely to clash seriously with one of them; try to empty the abscess before it ulcerates your contacts.

Lucky Numbers: 5, 9, 11, 14, 19, 27

Virgo: Aug 23 - Sept 22

You'll be able to adapt yourself easily to circumstances and draw the best possible advantages from them. Don't wrap yourself up at the slightest blow to your self-pride; be less emotional. Like a rock, you'll be there to manage to settle family problems as soon as they turn up.

Lucky Numbers: 11, 17, 24, 29, 32, 36

Libra: Sept 23 - Oct 22

If you're not afraid of failure, then it's failure that will fear you this time and will keep away from your path; so, dare to launch original initiatives and take calculated risks. Your professional ambitions will be rewarded.

Lucky Numbers: 10, 16, 23, 26, 27, 33

Scorpion: 23 Oct - 21 Nov

Don't worry too much about your love life: everything will straighten itself out. You'll be on the road to success: nothing will come to slow down your professional progress, and you'll go straight ahead, with self-assurance and determination!

Lucky Numbers: 15, 19, 20, 28, 29, 31

The actors of Sanjivani: Where are they now?

As fans celebrate the comeback of *Sanjivani*, let's find out what the actors of the original show are up to these days

In 2002, Star Plus launched its ambitious project *Sanjivani*. Little did anyone realise that it would go on to become an iconic show. The medical drama revolved around the trials and tribulations of four interns as they balanced their personal and professional life.

Sanjivani had a healthy run of three years before it went off air. The success of the show even made the makers launch its sequel *Dill Mill Gayye* in 2007.

Helmed by Siddharth P Malhotra's Cinevistas, the cost of production of each episode was then calculated to be Rs 1 million.

As fans rejoice the comeback of *Sanjivani*, let's find out what the actors of the show are up to these days.

Gurdeep Kohli as Dr Juhi Singh

A compassionate and talented doctor, Juhi won hearts wherever she went. Doctors loved her brilliance and commitment and while patients trusted her, they also enjoyed her talkative nature. Juhi and Rahul's love story had its own ups and downs but the two finally got together. Their sweet, innocent love surely made the show a much interesting watch.

After making her debut with Falguni Pathak's song, *Sanjivani* was Gurdeep Kohli's first acting project. Post the show, she went on to play lead roles in shows like *Sinndoor Tere Naam Ka*, *Kasamh Se* and *Best of Luck Nikki* among more. After a maternity break, Gurdeep started her second innings with Sethji and also starred in *Dastaan-E-Mohabbat*: Salim Anarkali. The actor's stint on the digital space with two seasons of *Kehne Ko Humsafar Hai* has been much appreciated. Gurdeep will be back in the reboot of *Sanjivani* reprising the role of Dr Juhi.

Mihir Mishra as Dr Rahul Mehra

Rahul came across as a rich, spoilt brat initially and it was only after he met Juhi that his warm side came to the fore. Rahul and Simran were best friends and his attraction towards Juhi caused a lot of drama. Rahul was amazing with kids and it came as no surprise that he decided to become a pediatrician.

Prior to Mihir, Gaurav Chanana played Dr Rahul in the initial episodes. Post *Sanjivani*, Mihir has been part of shows like *Yeh Meri Life Hai*, *Kumkum*, *Ek Hazaaron Mein Meri Behna Hai* and *Krishnadasi* among more. He also participated in *Nach Baliye 1* along with wife, actor Maninee Mishra. Mihir was last seen essaying a character with grey shades in *Ishq Mein Marjawan*.

Shilpa Kadam and Rupali Ganguly as Dr Simran Chopra

Simran and Rahul were best friends and joined *Sanjivani* hospital together. While Simran was a great doctor, she



started getting jealous of Juhi's closeness to Rahul and turned negative. Her father Kamal Chopra, who was the trustee of *Sanjivani*, backed her evil motives and even helped her separate Juhi and Rahul. While Simran managed to get married to Rahul, they divorced soon after her evil motives came to the fore.

The show started with Shilpa Kadam playing Simran but she was soon replaced by Rupali Ganguly.

Shilpa recently played a pivotal role in *Roop Mard Ka Naya Swaroop*. As for Rupali, after playing Simran, she surprised the audience by playing the hilarious 'middle-class' Monisha in *Sarabhai Vs Sarabhai*. She also participated in reality shows *Bigg Boss 1* and *Khatron Ke Khiladi 2* in the year 2006 and 2009, respectively. Her portrayal of the possessive mother in *Parvarish* was also much appreciated. Rupali has since then been on a sabbatical after getting married and having a kid.

Sanjit Bedi as Dr Umesh 'Omi' Joshi

Among the four new interns, Omi was the most friendly and charming. As a friend, he helped Juhi and Rahul get together. As a doctor, he had his way with kids and was loved by all his patients. Omi's character was shown to be an HIV patient, who dies while fighting the disease.

Ironically, just like his character, Sanjit Bedi also had an untimely death. The actor was suffering from a brain ailment and was in coma before passing away in 2015.

Arjun Punj as Dr Aman

Dr Aman was introduced as Juhi's childhood best friend. A too-good-to-be-true young man, he swept everyone,

including Juhi, off their feet as soon as he stepped into *Sanjivani*. His romantic proposal to Juhi made the charming Aman a favourite among young girls. Sadly, he turned out to be an imposter, set up by Simran, who wanted to separate Juhi and Rahul.

Prior to *Sanjivani*, Arjun had made his Bollywood debut with *Tere Liye*. He has also played the lead role in TV shows *Woh Rehne Waali Mehlon Ki* and *Saathi Re*. Arjun and Juhi met on *Sanjivani* and after a whirlwind romance got married. They recently completed 12 years of marriage and are proud parents of two kids. Arjun and Juhi also participated in *Nach Baliye 2*. The actors were last seen together in *Diya Aur Baati Hum*.

Mohnish Bahl as Dr Shashank Gupta

Mohnish played the senior doctor in *Sanjivani* hospital. Although the four interns were scared of him, Dr Shashank was the mentor they all needed at the start of their career. He would be strict when needed and have the best advice like a considerate senior at other times. Dr Shashank also had a romantic track with Dr Smriti and it showed the soft side of the otherwise senior doctor.

Post *Sanjivani*, Mohnish reprised his role in the show's sequel *Dill Mill Gaye*. His portrayal as the dignified doctor got him another show *Kuch Toh Log Kahenge*. The older man-younger woman love story also starred Kritika Kamra. After he unceremoniously quit the show, the actor was last seen hosting *Hoshiyar* and *Savdhaan India* on TV. Mohnish will once again be back as Dr Shashank in the *Sanjivani* reboot. He is also looking forward to his

next film *Panipat*.

Shilpa Shinde as Chitra

Chitra was the ever-helpful nurse in *Sanjivani* hospital. While Chitra did not have much to do other than aiding the intern doctors, she had a soft corner for Dr Omi. She could never garner the courage to confess her feelings and was left aghast post his death.

Shilpa Shinde is best remembered for her comedy roles in shows like *Chidya Ghar*, *Lapataganj* and more recently *Bhabiji Ghar Par Hain*. After ruffling enough feathers by walking out of *Bhabiji*, she participated in *Bigg Boss 11*, and emerged as a winner with maximum votes. Shilpa was last seen in *Dhan Dhana Dhan* and *Kanpur Wale Khuranas*.

Apart from these brilliant performers, *Sanjivani* also had actors like Iravati Harshe, Vikram Gokhale, Sudhanshu Pandey and Tarana Raj among others, playing pivotal roles.

TV SERIAL

Kahan Hum Kahan Tum

Friday 27 Nov: As the party goes on in full swing, Rani sneaks out of the house. Sonakshi notices this and follows her. Later, Suman's argument puts a damper on the event.

Monday 30 Nov: Rohit vents his frustration on Nishi for involving Sonakshi in her plan while Rani blackmails Nishi. Later, Rohit spots Rani trying to manipulate Pooja.

Tuesday 1 Dec: While Veena is traumatised by the family dispute, Sonakshi compels Rani to return Nishi's bracelet. Later, Rani tries to create a rift between Nishi and Pooja.

Wednesday 2 Dec: Rohit secretly meets Rani while Sonakshi faces an emotional outburst after meeting Suman. Elsewhere, Pari requests Rohan to visit her home.

Thursday 3 Dec: Sonakshi confronts Rani for provoking Pooja against Nishi. While Rohit finds a clue against Rani, Sonakshi gives him a romantic surprise on Christmas.

CINE 12

Samedi 27 Nov - 21.15

Gladiator

Avec: Russell Crowe, Joaquin Phoenix,
Connie Nielsen

CINE 12

Samedi 28 Nov - 21.10

The Christmas Contract

Starring: Hilarie Burton, Robert Buckley,
Danneel Ackles

mhc 1

Dimanche 29 Nov - 21.20



MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
vendredi 27 novembre 07.05 Local: Les Grandes Lignes 10.30 Local: Arts.21 11.00 Doc: A Question Of Science 12.00 Le Journal 12.25 Tele: Le Prix Du Désir 12.50 Doc: 360 GEO 13.55 Doc: World Stamps 14.00 Local: Les Grandes Lignes 14.30 D.Anime: The Zoo 15.03 D.Anime: Little People 15.48 D.Anime: Yo Yo 16.07 D.Anime: Poko 17.22 D.Anime: Astrology 17.30 Massive Monster Mayhem 18.00 Live: Samachar 18.30 Serial: Siya Ke Ram 19.30 Journal & La Meteo 20.05 Magazine MBC Prod 21.10 Serial: When Calls The Heart 23.20 Le Journal 23.35 Mag: Eye On SADC	vendredi 27 novembre 10.00 Serial: Ki Jaana Mein Kanu 12.00 Film: 3 Doba - 3 Mistakes Of God 14.07 DDI Magazine 15.00 Mag: Comedy Classes 15.21 Serial: Honaar Soon Mee 15.43 Serial: Mooga Manasulu 16.07 Serial: Apoorva Raagangal 16.28 Serial: Bisaat-E-Dil 16.49 Mehendi Tohra Namam Ke 17.11 Kullfi Kumarr Bajewala 17.35 Serial: Chhanchhan 18.00 Serial: Bloody Romance 18.30 DDI Magazine 19.00 Live: Zournal Kreol 19.30 DDI Magazine 20.00 Serial: Tawaan 20.44 Local: Anjuman 21.11 Local: Noor-E-Iman 22.06 DDI Live	vendredi 27 novembre 06.00 Mag: Eco India 06.34 Mag: Shift 07.05 Mag: Border Crossing 07.20 Mag: Tomorrow Today 07.46 Doc: Charles Pathé & Léon... 08.38 Doc: 360 GEO 09.47 Mag: Strictly Street 11.27 Mag: Eco India 12.14 Mag: Border Crossing 12.48 Mag: Tomorrow Today 13.14 Doc: Charles Pathé & Léon... 15.01 Mag: Strictly Street 15.28 Doc: Klaus-Dieter Lehmann... 16.10 Doc: The Berlin Wall?? 16.54 Mag: Eco India 17.20 Mag: Shift 18.00 Doc: Like, Date, Delete 18.42 Mag: Green Touch 19.00 Student Support Prog... 21.00 Local: News (English) 21.10 Doc: Margherita S, La Fem...	vendredi 27 novembre 01.32 Film: Les Miserables 04.09 Film: A Date With Miss... 05.47 Totalement Diva 06.39 Serial: Seal Team 07.21 Film: Sox: A Family's Best 09.00 Serial: Incorporated 09.45 Tele: Soleil Levant 10.35 Tele: Tanto Amor 11.00 Serial: Chicago Med 12.00 Film: A Date With Miss... 13.38 Tele: Totalement Diva 14.46 Film: Sox: A Family's Best 16.41 Serial: Incorporated 17.25 Serial: Seal Team 18.05 Tele: Soleil Levant 19.00 Tele: Tanto Amor 20.05 Tele: Le Prix Du Désir 20.30 Serial: The Night Shift 21.15 Film: Gladiator 22.45 Tele: Totalement Diva	vendredi 27 novembre 08.00 Film: Helicopter Eela 12.05/20.05 Kahan Hum Kahan Tum 12.30/20.11 - Kullfi Kumarr Bajewala 12.47 / 20.32 Radha Krishna 13.10 / 21.09 - Sanjivani 13.36 / 21.24 - Zindagi Ki Mehek 13.53 / 21.46 - Bade Acche Lagte Hai 14.17 / 21.59 - Jai Kanhaiya Lal Ki 14.37 / 22.25 - Ikyhawann 15.20 Serial: Bajirao Mastani Starring: Ranveer Singh, Deepika Padukone, Priyanka Chopra 18.00 Live: Samacher 18.30 Kundali Bhagya 18.51 Ek Rishta Saajhedari Ka 19.14 Mere Angne Mein
samedi 28 novembre 06.00 D.Anime: Little People 06.23 D.Anime: The Deep 07.55 D.Anime: Mission Noel 09.30 Serial: Lucas Etc 12.00 Le Journal 12.25 Local: People - No94 12.30 Local: Glwar Dantan 14.30 D. Anime: Bob Le Bricoleur 14.57 D.Anime: Caillou 15.18 D.Anime: Yo Yo 15.33 D.Anime: The Minimighty... 16.00 D.Anime: Martin Morning 17.30 Enter: Massive Monster... 18.00 Live: Samachar 18.30 Entertain: Nach Baliye 19.30 Journal & La Meteo 20.15 Prod: Lottotech 20.20 Local: RDV Muzikal 21.15 Film: Shadow People Avec: Dallas Roberts, Alison Eastwood, Mattie Liptak	samedi 28 novembre 07.00 Film: Phulwari Starring: Debashree Roy, Shashi Puri, Ashok Saraf 09.35 DDI Magazine 10.00 Bade Acchelagte Hai 12.00 Serial: Nanda Saukhya Bhare 12.35 Serial: Mooga Manasulu 12.52 Serial: High School 13.16 Annakodiyum Ainthus Pengalum 13.37 Serial: Anu Pallavi 15.26 Film: Welcome Back 17.50 Mag: DDI Magazine 19.00 Zournal Kreol 20.05 Serial: Vikram Betaal Ki Rahasya Gatha 20.30 Serial: Bitti Business Wali 21.00 Film: A Flat Starring - Sanjay Suri, Jimmy Shergill, Kaveri Jha 22.36 DDI Live	samedi 28 novembre 06.00 Doc: The Infidels Of The... 06.42 Mag: Arts ANd Culture 06.55 Mag: Global 3000 07.28 Mag: Euromaxx 08.48 Doc: Femmes Pour La... 09.45 Doc: Vincent Van Gogh... 10.28 Doc: Morocco?? 11.13 Doc: The Infidels Of The... 12.37 Mag: Urban Gardens 12.42 Mag: Euromaxx 13.08 Doc: The Real Sherlock... 14.02 Doc: Femmes Pour La Plan.. 15.41 Doc: Morocco?? 16.27 Student Support Programme 19.30 Mag: Check In 21.00 Local: News 21.10 Doc: Tea War.. 22.02 Doc: Helping Rape Survivors 22.44 Doc: Lethal Exports 23.27 Doc: Amazing Gardens 23.53 Doc: Ville En Fête	samedi 28 novembre 01.18 Film: Gladiator 03.46 Serial: Brooklyn Nine Nine 04.07 Film: Dark Tourist 05.30 Tele: Esmeraldas 06.16 Serial: The Night Shift 06.58 Film: Dominion 08.30 Serial: The Quest 09.18 Serial: Shades Of Blue 10.02 Serial: Unforgotten 10.45 Film: A Gift Horse 12.15 Serial: Chicago Fire 13.00 Tele: Amanda 13.46 Tele: Premiere Dame 15.05 Serial: Chicago Med 16.31 Mag: Hollywood On Set 17.00 Serial: The Night Shift 17.45 Film: All She Wishes 19.35 Mag: Hollywood On Set 20.05 Tele: Le Prix Du Désir 20.30 Serial: The Night Shift 21.15 Film: The Christmas Contract 23.10 Tele: Dulce Amor	samedi 28 novembre 04.05 Kahan Hum Kahan Tum 04.26 Kullfi Kumarr Bajewala 04.51 Radha Krishna 05.14 Zindagi Ki Mehek 05.34 Bade Acche Lagte Hai 06.15 Ikyawann 06.38 Kundali Bhagya 06.59 Ek Rishta Saajhed Ka 07.22 Mere Angne Mein 08.00 Zindagi Ki Mehek 10.12 Yeh Pyaar Nahi Toh Kya... 12.00 Yeh Hai Mohabbatein 14.00 Sanjivani 16.00 Pavitra Rishta 18.30 Film: Inquilaab Starring Amitabh Bachchan, Sridevi, C.S. Dubey 21.02 Serial: Siya Ke Ram 21.45 Serial: Naagin 22.29 Serial: Zindagi Ki Mehek 00.20 Serial: Mere Angne Mein
dimanche 29 novembre 06.00 D.Anime: Fruit Ninja Frenzy... 06.33 D.Anime: Cam And Leon 07.56 Film: Mon Plus Beau Cadeau De Noel 09.30 Serial: Lucas Etc. 09.45 Serial: Magic Mania 10.00 Local: Zafan Nou Zil 11.00 Local: Nu Rasinn 12.00 Le Journal 12.30 Local: Mon Jardin Ma Maison 13.10 Local: Elle - No 122 14.35 D.Anime: Bob Le Bricoleur 15.30 D.Anime: The Minimighty... 17.35 Massive Monster Mayhem 18.00 Live: Samachar 18.30 Local: Yeh Shaam Mastani 19.30 Le Journal 20.15 Local: Mett Sa Ladan 21.20 Film: For The Love Of George Stars: Nadia Jordan, Rex Lee, Rosanna Arquette	dimanche 29 novembre 07.00 Film: Madhumati Starring: Dilip Kumar, Vyjayanthimala, Pran 10.00 Local Production 11.00 Serial: Oru Kai Osai 11.23 Serial: Santoshi Maa 12.00 Film: Doli Saja Ke Rakhna Starring - Akshaye Khanna, Jyothika 15.00 Mag: Comedy Classes 15.21 Serial: Mooga Manasulu 15.44 Eka Lagnachi Teesri Gosht 16.06 Serial: Apoorva Raagangal 17.00 Serial: Mahakali 18.30 Local: Tipa Tipa Nu Avance 19.00 Zournal Kreol 19.30 DDI Magazine 20.05 Serial: Maharakshak: Devi 20.50 Serial: Naagin 21.34 Serial: CID 22.18 Serial: Piya Rangrez	dimanche 29 novembre 06.00 Doc: Amazing Gardens 06.26 Doc: Ville En Fete 06.51 Doc: The World From Above 07.15 Mag: Check In 07.46 Doc: Hunters/Exploration 09.30 Doc: Helping Rape Survivors 10.12 Doc: Lethal Exports 11.00 Doc: Amazing Gardens 12.17 Mag: Check In 13.38 Doc: Tea War, The Adventure 16.01 Doc: Amazing Gardens 19.00 Doc: Beneath The Waves 19.31 Mag: Future Mag 21.00 Local: News (English) 22.03 Doc: Onibo 22.45 Doc: Blood Trade 23.28 Doc: Olivia's Garden 23.53 Doc: Garden Party 00.16 Doc: Beneath The Waves 00.46 Mag: Future Mag	dimanche 29 novembre 01.08 Mag: Close Up 01.34 Film: The Christmas Contract 02.57 Serial: Hawaii 5-0 03.40 Film: The Head Hunter 05.08 Tele: Esmeraldas 06.01 Serial: The Night Shift 06.43 Film: Clarity 08.30 Serial: The Quest 09.18 Film: The Christmas Contract 10.47 Film: All She Wishes 12.15 Serial: Hawaii 5-0 13.09 Serial: Amanda 13.45 Tele: Premiere Dame 15.05 Serial: Chicago Med 17.08 Serial: The Night Shift 17.48 Serial: Hawaii 5-0 18.26 Serial: Macgyver 20.05 Tele: Le Prix Du Désir 20.30 Serial: The Good Doctor 21.15 Film: Miami Magma	dimanche 29 novembre 00.45 Yeh Hai Mohabbatein 01.40 Sanjivani 03.40 Pavitra Rishta 05.19 Film: Game Starring: Amitabh Bachchan, Sridevi, C.S. Dubey 08.06 Motu Patlu 08.19 Jai Kanhaiya Lal Ki 09.54 Jaana Na Dil Se Door 11.40 Piya Albela 14.00 Kahan Hum Kahan Tum 15.38 Kullfi Kumarr Bajewala 17.23 Punar Vivaah 18.00 Samachar 18.30 Film: Veerey Ki Wedding Starring: Pulkit Samrat, Jimmy Sheirgill, Kriti Kharbanda 20.34 Nach Baliye 21.19 Bade Acche Lagte Hai 23.10 Piya Albela

MBC 2

Samedi 28 Nov -
21.00Stars: Sanjay Suri, Jimmy Shergill,
Kaveri JhaDimanche 29 Nov
- 18.30Stars: Pulkit Samrat, Jimmy Sheirgill,
Kriti Kharbanda

Breakfast With Bwana

Immovable Object Meets Irresistible Force



Anil Madan

It is a sad fact of American life that conspiracy theorists and naysayers emerge at every turn. Whether it is the assassination of JFK (or Martin Luther King, Jr., or Robert F. Kennedy), the 9/11 attacks on the World Trade Center, vaccinations, the Super Bowl, even Presidential elections, there is an endless supply of maggots who emerge to proclaim some new departure from reality. So it has been with this election of 2020.

It must happen in other countries. The difference in the U.S. is that our robust communications infrastructure allows such undercurrent movements to take on a life of their own. Social media companies have only compounded the problem. Every wingnut has his day in court, so to speak.

It is one thing for loony supporters of a candidate, right-wing or left-wing, to spew conspiracy theories. It is quite another for a candidate to join the fray. When the candidate is the President, an entirely different level is reached. It was perhaps not unsurprising to anyone, but our President displayed a total lack of grace through the entire election cycle. Well, let's be compassionate. It is difficult to say grace when served humble pie.

If a candidate cannot tell himself that he has lost, someone has to tell him. Someone had to tell Donald Trump that the flurry of lawsuits filed on his behalf was full of nothing but strained legal arguments without merit and speculative accusations, not properly pleaded in court, and unsupported by evidence. And someone did. A federal judge in Pennsylvania did when he threw out the



Photo - Economic Times

"When a politician says he is doing something 'in the best interest of our Country' you can be sure he has his own best interest in mind..."

"If a candidate cannot tell himself that he has lost, someone has to tell him. Someone had to tell Donald Trump that the flurry of lawsuits filed on his behalf was full of nothing but strained legal arguments without merit and speculative accusations, not properly pleaded in court, and unsupported by evidence. And someone did. A federal judge in Pennsylvania did when he threw out the Trump campaign's latest suit. And the judge noted that the claim on behalf of Trump, 'like Frankenstein's Monster, has been haphazardly stitched together from two distinct theories in an attempt to avoid controlling precedent..."

Trump campaign's latest suit. And the judge noted that the claim on behalf of Trump, "like Frankenstein's Monster, has been haphazardly stitched together from two distinct theories in an attempt to avoid controlling precedent."

If there could be an indictment of lawyers for making bogus claims, this was it.

Someone had to tell Donald Trump that his legal team was a national embarrassment. And someone did. This time, it was former New Jersey Governor Chris Christie, a one-time presidential candidate, and longtime Trump suck-up. In

fact, but a few weeks ago, Christie was prepping Trump for his second debate with Biden.

Call after call came from Republicans. It was time. Whether it was Republican voices that Trump could quickly dismiss, Peggy Noonan, Hogan, Mitt Romney, and the like or voices not so easily dismissed, the pressure was on.

As Georgia and Michigan certified their votes in favour of Joe Biden, on November 23, 2020, Trump finally cracked. Here are his latest tweets:

"I want to thank Emily

Murphy at GSA for her steadfast dedication and loyalty to our Country. She has been harassed, threatened, and abused - and I do not want to see this happen to her, her family, or employees of GSA. Our case STRONGLY continues, we will keep up the good..."

"...fight, and I believe we will prevail! Nevertheless, in the best interest of our Country, I am recommending that Emily and her team do what needs to be done with regard to initial protocols, and have told my team to do the same."

Trump has capitulated.

The immovable object that is Trump's lack of grace has met the reality, the irresistible force. And the immovable object moved. Perhaps ever so imperceptibly, but it moved.

When a politician says he is doing something "in the best interest of our Country" you can be sure he has his own best interest in mind.

We know not what more havoc Trump can wreak in the weeks ahead. But it is slightly comforting to think that he has his legacy in mind and this palliative approach to the well-being of the country may signal the advent of a modicum of grace.

Tree of Knowledge

Madisyn Taylor



Body Language - Listening and Responding

Tuning-in to the language of our bodies can be very enlightening, and increases our intuition.

So much can be revealed to us when we listen to the language of our bodies. Our bodies are always speaking, sending us messages through the way we move, the sensations that arise from within, and the gestures and expressions that we make when we are communicating with others. Tuning in to the language of our bodies can be very enlightening, especially as most communication is believed to take place non-verbally. It is also believed that the body never lies, and that if we want to know the truth about ourselves and others, then we should listen to what our bodies have to say. Any one who has ever flirted with someone they are attracted to has probably, at one point in time or another, brushed their hands through their hair or found themselves leaning forward to get closer to that person. Someone feeling defensive will tend to cross their arms over their chest, while a person who wants

to withhold something may look away when speaking.

If you want to know how you truly feel about a person or a situation, then it is a good idea to tune in to what you are feeling inside. Excitement, nervousness, anxiety, and fear are just some of the messages that your body wants you to hear. Your body can also be a very reliable compass. Anyone who has ever been somewhere they don't want to be has probably experienced their bodies trying to move them away from that particular circumstance. And while it can be very easy to talk ourselves into and out of choices we may make with our minds, it isn't so easy to change the truth of our hearts that reside within our bodies.

To begin tuning in to this subtle form of communication, start taking the time to notice what your body is telling you. Greet each feeling or sensation as a message carrying wisdom from your body. Tune in to what your body is telling you about the situations and people you encounter and listen to what others are communicating to you through their bodies. We already are subconsciously receptive to the language of our bodies, but when we choose to consciously pay attention, we hear and understand so much more about ourselves and the people around us.