

MAURITIUS TIMES

• *A good leader is a person who takes a little more than his share of the blame and a little less than his share of the credit. - John Maxwell*

Interview: Rama Sithanen - Economist & Former MOF

“The Bérenger-Duval coalition risks transforming an already divided country into a cleaved and a polarised one between two distinct groups competing for political power”

* See Pages 7-8-9



Shedding the Dead Sea mentality

The day the power of love overrules the love of power, the world will know peace.

Mahatma Gandhi / @InspiringThinkn



There was a time in this country when the focus was not so much on power per se as on what positive changes that power could bring about for the betterment of the citizenry

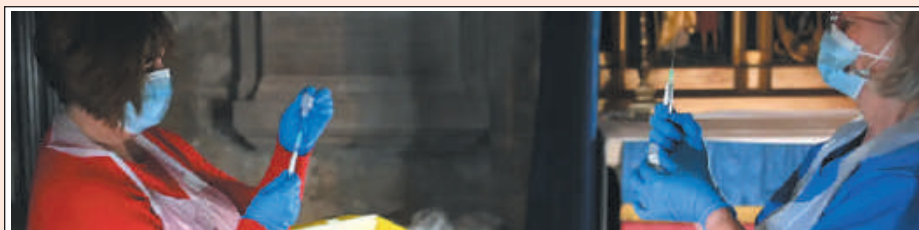
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Need to remain focused



We owe it to the young and future generations to clear the appalling mess and trigger the sea change necessary to establish a significantly better order

By Mrinal Roy * See Page 3



By Hanna Zagefka,
Professor of Social
Psychology,
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Vaccine nationalism will block our path out of the pandemic - so how do we resist our tribal instinct?

The Political Cauldron: More Muddling

It is widely known that the leader of the MMM, Paul Berenger, has the knack to commit political blunders - and that is what has kept him away from Government House, as Prime Minister, either on the electoral strength of his party or as major partner in alliance with other parties whenever the political circumstances in the country were clearly in favour of the MMM - and much less for communal reasons as it is conveniently surmised. His latest move which excluded Navin Ramgoolam from a meeting of the 'L'Entente' in a bid to force the Labour Party's leader to renege on his ambition to stand as the prime ministerial candidate of the erstwhile 'L'Entente PTr-MMM-PMSD-Reform Party', especially the manner in which he proceeded about it, the language verging on arrogance and the timing, represents the summum in terms of political ineptitude.

The ouster of the LP from the 'L'Entente', leading to the resignations of Arvin Boolell and Shakeel Mohamed as Leader of Opposition and Opposition Whip respectively, has not only taken the wind out of the sails of the Opposition, it has led to its implosion. Much to the pleasure of the MSM leader. Also a welcome relief, for at least some time, from the battering that his government has been facing in the wake of the judicial enquiry into the murder of the MSM activist Soopramanien Kistnen, along with suspicions around other alleged suicides and public outcry about the questionable manner in which public procurements for medical supplies and equipment were done last year.

As could be expected, in the fallout of the MMM leader's blunder, Navin Ramgoolam has leveraged the opposition to his leadership of the LP by both the MMM and the PMSD to whip up a wave of sympathy in his favour amongst Labourites. The exact opposite of what was sought to be achieved by Paul Berenger has taken place: Navin Ramgoolam's leadership and grip on the LP has not only been consolidated, but it has also succeeded to kill off - at least up to the next general elections - any opposition within the Labour Party to his leadership of the Party. Navin Ramgoolam will surely, thanks to Paul Berenger, remain the uncontested leader of the LP for a good number of years, and he should also, like Pravind Jugnauth, be thanking the MMM leader for this dramatic change in his political fortunes. All those who had been nursing the ambition to take over from Ramgoolam, including Arvind Boolell, have in the process been weakened, the more so in the case of the latter following his resignation as Leader of the Opposition - which platform would have allowed

him to establish his credentials as a potential leader of the LP.

The question now is: What happens next? For one, the focus will in the weeks ahead shift to the political battles in view of the forthcoming municipal elections, which will serve as a test of the 'rapport de forces' on the political spectrum of the different mainstream parties as well as those that are likely join the political fray soon - from so-called civic groupings to those of the lawyer-politicians. In this week's interview, Rama Sithanen, former Finance minister, talks about the positive consequence of the implosion of the 'L'Entente' in favour of the ruling party. 'The PM must be laughing all the way in the face of this disgraceful decomposition of the Opposition. The 'Entente' was slated to win handsomely the municipal elections. Now the game has changed considerably. Except probably for Beau Bassin and Rose Hill where socio-demographics will clearly give an advantage to the MMM-PMSD alliance, all the other municipalities are up for grab especially if there is a fourth party that tries to disrupt the legacy formations (...). Instead of a concerted attack against the Government, the Opposition parties will be dispersed and there will be a division of votes that will help the MSM. It could win with only 30% of the votes in many wards in a highly fragmented contest.'

What happens after the municipal elections and the next general elections is a long shot, and it's likely to give rise to different permutations on the political spectrum. But the most concerning issue of bigger significance is what becomes of the Labour Party? Because it now faces two major competitors: MSM and the MMM-PMSD coalition. The current structure and dynamics of the party are still rooted in its old mode of functioning, and despite talk of reform this has really never happened. To quote Rama Sithanen again, 'Reform is both feasible and desirable if the Party does its soul searching in a dispassionate, composed and calm manner.' This implies building 'an appealing leadership, a diverse and competent team comprising both young and wise persons, an ambitious and realizable programme with new ideas and policies, a modern way of doing politics and a broad coalition of people to become the historical broad church and be electable again' so as 'to become an attractive, effective and electable alternative to the MSM and the MMM-PMSD coalition.'

There is no other way in which LP can regain its role as a 'locomotive' driving the political direction in the country. Post the municipal elections, this is the challenge LP must address.

The Conversation

Vaccine nationalism will block our path out of the pandemic - so how do we resist our tribal instinct?

Governments are naturally under pressure to focus on national rollouts. But the truth is none of us is safe until we're all safe



Clinicians prepare to give vaccinations in Salisbury Cathedral. EPA/Neil Hall

Most nations are currently focusing their efforts to defeat the pandemic within their own borders, under pressure to help their citizens first. But this is a global problem and governments need to work together to eradicate COVID. To avoid hardening attitudes against helping other countries, governments need to change how they talk about the pandemic. They must resist the urge to blame other countries. The emphasis must now be on the need for a global response.

We are psychologically driven to help people from our own tribe, or in-group, over members of out-groups. This is what we are now witnessing in the allocation of resources to fight COVID. Around the world, governments are trying to vaccinate their own populations first. There is, so far, little talk of helping other countries.

My research involving over 2,000 Britons suggests that the UK population supports their government's prioritisation of domestic vaccination. Most people surveyed supported investment in measures that would benefit British (in-group) people over offering financial aid to other countries in the EU or sub-Saharan Africa.

When asked whether they would donate money to help others who are struggling due to the pandemic, over 60% of British participants indi-

cated that they would donate to help other British people, whereas less than 40% indicated that they would donate to help people in other countries.

If governments are to start cooperating more internationally, it is essential to shift public opinion away from such in-group favouring biases. But the survival of democratic governments depends on their popularity with the electorate. So it is vital for decision makers to draw on approaches that can counteract our human impulse for tribalism, and build public support for sharing resources across borders.

Hoarding vaccines is, ultimately, self-defeating. Vaccinating the entire population of one country is not going to guarantee lasting protection if the virus is allowed to run rampant in other parts of the world, mutating into potentially vaccine-resistant variants.

But the desire to protect the in-group is deep seated. When things go wrong, we find it much easier to blame others than look inwards. More than half of our research participants blamed other countries - not Britain - for the ongoing pandemic.

Hanna Zagefka, Professor of Social Psychology, Royal Holloway

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Shedding the Dead Sea mentality



Dr R Neerunjun Gopee

A friend who graduated in geography (I wonder whether this is still possible?) sent me a post comparing the Sea of Galilee which hums with life with the Dead Sea whose name says everything, though both are fed by the Jordan River. What she highlighted was the 'debrief', which went as follows:

'Life is not just about getting. It's about giving. We all need to be a bit like the Sea of Galilee.

We are fortunate to get wealth, knowledge, love and respect. But if we don't learn to give, we could all end up like the Dead Sea.

The love and the respect, the wealth and the knowledge could all evaporate. Like the water in the Dead Sea.

If we get the Dead Sea mentality of merely taking in more water, more money, more everything the results can be disastrous.

Good idea to make sure that in the sea of your own life, you have outlets. Many outlets. For love and wealth - and everything else that you get in your life. Make sure you don't just get, you give too.

Open the taps. And you'll open the floodgates to happiness. Make that a habit to share.'

There's also the apocryphal story about Alexander the Great, one of the biggest rulers of ancient history, as king of ancient Macedonia, and also one of the greatest military generals whose empire stretched from Egypt all the way to India.

He fell seriously ill on the way back home after his numerous conquests. As he lay on his death bed, he realized that nothing was worth it even after living a successful life conquering most of the known world. His final days on his deathbed are deemed to offer a moral lesson for all of us.

The king asked his generals to fulfill his following three wishes: 1. His physicians must carry his body alone; 2. The path leading to his grave to be strewn with the gold, silver, and precious stones that are in his treasury while his body is being carried to the grave; 3. Both his hands be kept dangling out of his coffin.

The generals promised to fulfill his

There was a time in this country when the focus was not so much on power per se as on what positive changes that power could bring about for the betterment of the citizenry

“There was a time in this country when, inasmuch as the securing of power was needed to bring about the social, economic and governance transformations for the country's inclusive development, the focus was not so much on power per se as on what positive changes that power could bring about for the betterment of the citizenry. The vast majority of the latter belonged to the low income strata who were struggling to make ends meet, to gain access to proper education and health care, to ensure a better future for themselves and their children at a time when the contours of such a future for their coming generations were completely blurred. That future had looked very bleak, but the developments that took place allowed them to move up the scale and live a better life...”

wishes, but wanted to know why he had made them, to which Alexander replied that he wanted everybody to learn the three lessons that he had learned in his life. They were: 1. No physician or doctor is as powerful to save people from the clutch of death, and so people should not take life for granted; 2. The path leading to his grave to be strewn with gold, silver, and precious stones for people to know that not even a fraction of all these will go with him, despite spending his whole life chasing power and wealth, and that it is a complete waste of life and time to run after them; 3. Both hands dangling out of the coffin for people to know that we came empty-handed in this world and we will go empty-handed.

He conquered lands, amassed wealth and gained power: but he was conquered by death. As we all will be.

The author who wrote that piece concluded it with: 'What should we learn?', expressing this as follows:

- Your health is important and you have it in your hands. Remember to look after it. If there's anything that matters in your life, it's your health; it's your immunity against illness.
- Chasing wealth is a waste of time. It is only meaningful if you can share and enjoy yourself while you are still alive.
- Don't run behind materialistic things. You came empty-handed and you will go empty-handed. Don't just live for yourself, learn to live for others.

He quoted this saying by Sir Ken Robinson: 'What you do for yourself dies with you when you leave this world. What you do for others lives on forever.'



I am not interested in power for power's sake, but I'm interested in power that is moral, that is right and that is good.

— Martin Luther King —

AZ QUOTES

The Covid pandemic has made us realise that 1. Health is our true wealth; 2. Loving relationships are what we missed the most; 3. We can live happily with a minimum of things.

From all over the world we can find numerous examples of people who have gone after wealth and power to assuage their selfish desires at the expense of others towards whom they could have showed exemplary generosity. There are no doubt others who, on the contrary, have used their position and their resources to create opportunities for people through businesses they have set up or in philanthropic and humanitarian work that they have engaged in or supported.

Far too many, though, especially of the political kind, have betrayed the people who voted them into power as they served themselves rather than those whose expectations they built up with unfulfilled or misguided electoral pledges.

There was a time in this country when, inasmuch as the securing of power was needed to bring about the social, economic and governance transformations for the country's inclusive development, the focus was not so much on power *per se* as on what positive changes that power could bring about for the betterment of the citizenry. The vast majority of the latter belonged to the low income strata who were struggling to make ends meet, to gain access to proper education and health care, to ensure a better future for themselves and their children at a time when the contours of such a future for their coming generations were completely blurred. That future had looked very bleak, but the developments that were brought about allowed them to move up the scale and live a better life.

This is now once again threatened, not only by the economic difficulties caused by the pandemic, but by its unscrupulous exploitation to pursue shady business deals that have diverted the resources that could have been used to sustain and improve the lives of the citizens. By

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reneging on the foundational values and ideals that had animated earlier generations, the perception has been created that to get on in life one must hang around the political leadership, fawn on it and exhibit the trappings of closeness to power, and that such behaviours are a substitute for honest-to-goodness hard work and perseverance as used to be traditionally the case. By encouraging hangers-on, gratifying rent-seekers, indulging in distractions and pursuing power for the sake of power, there has resulted a collective failure in consolidating whatever hard-earned gains that had been made by the citizens, besides the wrong signals that this *modus operandi* sends.

With a view to fulfill the basic aspirations of those who had confidently handed over to them the reins of the country, it is time for leaders to look beyond themselves, shed the Dead Sea mentality, cast their nets wide to rope in competent men and women of goodwill and integrity, and gear the country towards consolidation and empowerment of country's institutions. It is only in this way that we can create the ecosystem apt to fulfill the promise of a better future.



Mrinal Roy

Need to remain focused

We owe it to the young and future generations to clear the appalling mess and trigger the sea change necessary to establish a significantly better order

The country is in turmoil. The political situation is in disarray. The Labour Party, the PMSD and the MMM, three political parties which have had their heyday before and after independence, have in the wake of successive electoral debacles been reduced to desperately joining forces and stitching up a non-descript alliance to counter the ruling L'Alliance Morisien. The latter alliance, which includes the Muvman Liberater and dissidents from the MMM, is led by the MSM, a party which had for years been considered a political light weight in the local political configuration.

Has there been a shift of allegiance of the multitude exasperated at the 'fossilized' state of parties such as the Labour Party unable to cut the dead wood and reinvent itself with new talent and intellect around a new leadership to offer a credible and competent alternative and choice to the people which rallies the electorate?

The short-lived alliance of the opposition parties has already imploded. Trapped in their own fixations about becoming Prime Minister and hangovers about control over levers of power and key constitutional posts, the leaders of the alliance have true to form opted to first safeguard their own narrow interests. That at a time when the priority and focus of the political class should be the protection of the interests of the people and the country. Their game plans and convoluted shenanigans have gone awry and backfired. The clash of political agendas proved fatal. Before even being cobbled, the '(un)holy' alliance of opposition parties designed to challenge and wrest power from government has already been blown apart.

In limbo

It is obvious that the leaders of the MMM and the PMSD have been stunned by the unexpected turn of events. The PMSD is in limbo and is saddled for better or for worse with the MMM. Is this a tenable situation bearing in mind realpolitik and history or is it a recipe for political hara-kiri? The saving grace in all this mess is the resignation of Arvin Boolell as leader of the opposition in line with elementary rules of political ethics.

It is not surprising that those who perceive politics as an endless game of political stratagems and gambits rather than abiding by the highest standards of pro-

priety and conduct are unable to fathom the rationale of this commendable decision. Surely Arvin Boolell could not accept to be propped as leader of the opposition by parties driven by their own parochial agendas.

The government has obviously taken stock of the fracture within the ranks of the opposition parties with muted glee.

On the back foot

The government has been on the back foot in the face of the popular outcry against its plummeting standard of governance, the Wakashio ecological catastrophe, nepotism and cronyism and the growing array of scandals and allegations of corruption involving Ministers.

The government is also facing growing criticisms regarding the patent lack of transparency and accountability of government spending and public funds amounting to billions of Rupees advanced by the Mauritius Investment Corporation Ltd (MIC) to bail out distressed companies or spent in costly projects such as the Safe City which is incapable of providing key deliverables such as video footage to help elucidate criminal cases or spent under questionable government procurement tenders.

People are also outraged that tens of millions of Rupees have been placed by government institutions and companies such as municipalities, the Mauritius Housing Company and the National Insurance Company in a new bank which is now in receivership and that billions of Rupees have been lost in risky loans granted to foreign companies at the State Bank. Such widely decried governance cannot go on.

It is obvious to all who understand the dynamics of Mauritian politics that the status quo in terms of leadership and modus operandi of the main opposition parties comforts and helps maintain the government in power. If the alternative choice offered to the electorate is between repeatedly defeated party leaders lording it over their undemocratic and feudalized parties and the ruling alliance, the outcome would be unchanged. This will certainly not be a viable option for the future and the young of the country.

Mauritius is therefore at a critical juncture of its political history. More than ever before, the people and the electorate furious at the appalling state of governance,



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recurrent scandals and costly blunders in the country are clamouring for a competent and credible alternative choice. This necessarily means a new team of talented Mauritians driven by a commitment of service to the people and having the professional expertise, credentials, intellect and competence to grapple with the many daunting challenges facing the country, put people and the country at the centre of their proposals and successfully challenge the government and the established order.

The time is ripe for such a sea change.

Getting our priorities right

Various groups in the country are reported to be brainstorming and organizing themselves as an alternative team to challenge the established political order. What is however of prime importance during this key exercise is to unswervingly remain focused on key issues of prime concern to the people and not be mired in complex and controversial matters such as tinkering with the Constitution which are patently divisive. More than ever before, we need as a nation first and foremost to get our priorities right.

The root cause of all the systemic problems crippling the country and systematically undermining democracy and the prospects of the country is the widely decried political culture.

The people no longer want MPs who, once elected by the people, put the interests of their leader and party above those of the people and the public interest. They want an end to dynastic politics and do not want a political system where political parties are closed shops and considered as a family heirloom of the political leaders

As a nation, we have the unique opportunity of harnessing our best resources to chart and build a significantly better and prosperous future for all.

Mobilizing the best

We therefore need first and foremost to establish a check list of qualities we want our politicians to have. Politicians must be a representative sample of the best talent and intellect in our midst.

They must have proven professional expertise, a track record of achievements in their field of activity, intellect, competence and able to team up to chart an innovative pathway towards inclusive prosperity and help realize our loftiest ambition as a nation. They must be charismatic, be able to put pen to paper and have the ability to connect with the people.

They must also have a commitment of service to the people. They must be a model of rectitude. Their governance must adhere to the highest standard of ethics. As elected MPs they must uphold the interests of the people and public interest at all times. Professionals with expert knowledge in a field of relevance to the socio-economic development of the country can elect to contribute to the advancement of the country for a term of office.

Being an elected MP or a Minister is a serious and important responsibility towards the people and the country. There is therefore no place in politics for the dilettante or any Tom, Dick and Harry bent on assuring a cushy career in politics through the perks and trappings of power.

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Sri Lanka reverses course, offers strategic deep-sea port to India, Japan



Sri Lanka government decided Monday to allow India and Japan to have an 85 percent stake in the West Container Terminal. Photo - globalvillagespace.com

Sri Lanka will offer a strategically located deep-sea port to India and Japan, an official said Tuesday, as the island seeks to balance traditional ties against China's rising regional influence.

The government last month abruptly pulled out of an agreement with Delhi and Tokyo to jointly develop the partially built East Container Terminal, located next to a \$500-million Chinese-run container jetty within the capital Colombo's sprawling port, reports Agence France-Presse.

But Colombo reversed course Tuesday, offering the West Container Terminal (WCT), which is yet to be built and located on the other side of the Chinese-run jetty known as the Colombo International Container

Terminal (CICT).

"The discussions to develop the WCT will be only with India and Japan," government spokesman Keheliya Rambukwella told reporters in the capital.

Rambukwella said the cabinet decided Monday to allow India and Japan to have an 85 percent stake in the West Container Terminal -- the same terms China was granted when building the CICT.

It's unclear how Tokyo and Delhi will divide their majority stake in the port.

The government said the Indian High Commission in Colombo has "approved" Sri Lanka's latest offer.

There was no immediate

response from India's foreign ministry, and a government spokesman said Japan has yet to respond to the new proposal.

The government blamed trade unions calling for local instead of foreign development for last month's abrogation of the East Container Terminal, which will now be completed by the Sri Lanka Ports Authority.

Colombo is located in the Indian Ocean between the major hubs of Dubai and Singapore, meaning control of its ports is highly sought after.

Two Chinese submarines berthed at the CICT -- which started operations in 2013 -- in 2014, sparking concerns in India. Since then, Sri Lanka has refused permission for further submarine calls.

In December 2017, unable to repay a huge Chinese loan, Sri Lanka allowed China Merchants Port Holdings to take over the southern Hambantota port, which straddles the world's busiest east-west shipping route.

The deal, which gave the Chinese company a 99-year lease, raised fears about Beijing's use of "debt traps" in exerting its influence abroad.



"The duchess is saddened by this latest attack on her character," her spokesman said. Photo - s.yimg.com

Meghan Markle "saddened" by report of bullying complaint by palace staff

Meghan Markle is "saddened" by reports published Wednesday saying she faced a bullying complaint during her time living at Britain's Kensington Palace before she stepped back from royal duties, her spokesman said.

The Times newspaper made the claims against the wife of Prince Harry, which are alleged to date back to October 2018 and involve members of the royal household staff.

The report came just days before the broadcast of an interview that Harry and the Duchess of Sussex, as she is formally known, gave to US chat show host Oprah Winfrey about their decision last year to leave frontline royal duties, reports Press Trust of India.

"The duchess is saddened by this latest attack on her character, particularly as someone who has been the target of bullying herself," her spokesman said.

The couple said *The Times* was being used to "peddle a wholly false narrative" before the television interview.

There was no immediate comment from Buckingham Palace nor Kensington Palace, where Meghan and Harry lived with his older brother Prince William and his wife Kate until 2019.

Harry, who is Queen Elizabeth II's grandson, married Meghan in a glittering wedding at Windsor Castle in 2018. The former army officer's marriage to the mixed race former television actress was seen as breathing new life into the centuries-old British monarchy.

But the couple announced early last year that they were stepping back from their duties, in part because of what they saw as unfair media coverage. They moved to the United States and have since permanently quit as working royals, relinquishing their honorary titles and patronages, Buckingham Palace announced last month.

Their interview with Oprah Winfrey is due to air on Sunday. They are expected to lift the lid on life inside the royal family following their fairytale wedding and the reasons for their split. It comes as Harry's grandfather, the queen's husband Prince Philip, has been in hospital for several weeks under treatment for an undisclosed infection, sparking fears for his health.

Since relocating to the United States, Harry and Meghan have embarked on several commercial ventures, including lucrative tie-ups with the streaming platforms Netflix and Spotify.

They have also taken legal action against a number of media publications, alleging invasion of privacy following what they described as intolerable media pressure in Britain. Following a comprehensive victory in February against Associated Newspapers which published a private letter written by Markle to her father, she was awarded 450,000 pounds (\$627,000) as interim payment of legal costs on Tuesday.

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Bill for coronavirus support tops £400bn as Rishi Sunak says UK will be paying for decades to come

Britain will be paying the bill for Covid for decades to come after Rishi Sunak's Budget set the nation on track for the highest tax burden in more than 50 years to pay for total spending of £407bn on pandemic support. The chancellor announced a further £65bn lifeline for firms and workers, extending furlough, business rate relief and VAT breaks.

The £20-a-week universal credit uplift has also been extended for another six months. But he reversed 10 years of tax-cutting Conservative policy on corporation tax by announcing a hike from 19 to 25 per cent, to be introduced in 2023. And he froze income tax personal allowance thresholds until 2026, dragging 1.3 million low-paid people into paying it as their earnings increase, reports *The Independent*.

World yet to see 'full extent of coronavirus evolutions', warns leading UK scientist

The world has yet to see "the full extent of the evolution" of coronavirus as it continues to adapt to humans, the head of the UK's genetic surveil-

lance programme has said. Professor Sharon Peacock told *The Independent* that the dominance of the new and emerging variants, including the UK, South African and Brazilian versions, suggests the virus is approaching "a fitness peak".

Across the globe, the same mutations have been cropping up independently in the spike protein of Sars-Cov-2 - a result of what is known as "convergent evolution". Faced with selective pressure from growing immunity levels, along with social-distancing measures that have sought to limit its spread, the virus has acquired certain characteristics that have allowed it to continue circulating.

A-level and GCSE results brought forward amid fears of huge numbers of appeals

A-level and GCSE results are to be brought forward this year amid fears that a second summer of exam chaos could result in a high number of appeals. In a bid to avoid a repeat of last year's fiasco, pupils will receive grades from their teachers,



Bill for coronavirus...Rishi Sunak. Photo-static.independent.co.uk

based only on those parts of the curriculum they have been taught in a year disrupted by repeated coronavirus lockdowns. Externally-set "mini-tests" will not be mandatory, but an optional part of the teacher assessment process, ministers announced.

There was widespread outcry in August when an algorithm downgraded four in 10 teacher-assessed marks. Within days, education secretary Gavin Williamson was forced to bow to pressure to restore hundreds of thousands of results across the country. But the chaos meant many still missed out on their first choice of university. On Wednesday, Mr Williamson confirmed algorithms will play no part in determining results this summer.

Bharat Biotech has said its Covaxin has demonstrated an interim vaccine efficacy of 81% in Phase 3 clinical trials. The Hyderabad-based firm also claimed its Covid-19 vaccine can neutralize the UK variant strains, reports The Economic Times. This is interim data, more cases have to be analysed for final release. A statement by the company said:

'The first interim analysis is based on 43 cases, of which 7 cases were observed in the Covaxin group. Additional interim analysis is planned for 87 cases, and the final analysis is planned for 130 cases. The study enrolled 25,800 participants between 18-98 years of age, including 4,500 with comorbidities. Covaxin demonstrates "significant immunogenicity" against emerging variants.'

There are only two vaccines approved for use in India - Serum Institute's Covishield and Bharat Biotech's Covaxin. Of these, there was a controversy over the approval for Covaxin in January because its Phase 3 clinical trial data were not published. Many health workers had even skipped it, preferring to wait for the efficacy report. Covishield had shown 70% effectiveness after second

On Monday, PM Narendra Modi set an example by being the first one to be vaccinated - with Covaxin - in the current phase open to senior citizens. Now his cabinet colleagues are following his lead by opting for the Indian-made vaccine. Health minister Harsh Vardhan, External Affairs minister S Jaishankar and many other ministers and state governors endorsed it with pictures of themselves getting inoculated.

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Rahul Gandhi calls Emergency a 'mistake'

The Emergency imposed by former Prime Minister Indira Gandhi in 1975 is a "mistake", Congress leader Rahul Gandhi has said.

"I think that was a mistake. Absolutely, that was a mistake. And my grandmother (Indira Gandhi) said as much," he said in a chat with India's former chief economic advisor Kaushik Basu, reports Economic Times.

He said there was however a "fundamental difference" between what happened during the Emergency and what



Covaxin 81% effective. Photo- images.opoyi.net

Covaxin '81% effective' in Phase 3 data

is happening in the country now. And it is this, according to him: the Congress party "at no point" attempted to capture India's institutional framework, while the RSS is now doing that.

Union minister Prakash Javadekar laughed at Gandhi's claim that Congress

did not try to capture institutions during the Emergency, pointing out that many MPs and MLAs were arrested then. He also called the RSS the "world's biggest school of patriotism". That's his reply to the Congress leader's attack on the BJP's ideological fountainhead.

"I have bought all seats": Billionaire invites 8 for voyage around moon



"I have bought all the seats, so it will be a private ride," Yusaku Maezawa said. Photo - c.ndtvmg.com

It's the sort of chance that comes along just once in a blue Moon: a Japanese billionaire is throwing open a private lunar expedition to eight people from around the world.

Yusaku Maezawa, an online fashion tycoon, was announced in 2018 as the first man to book a spot aboard the lunar spaceship being developed by SpaceX.

Maezawa, who paid an undisclosed sum for the trip expected to launch in 2023 at the earliest, originally said he planned to invite six to eight artists to join him on the voyage around the Moon, reports Agence France-Presse.

But on Wednesday, in a video posted on his Twitter account, he revealed a broader application process.

"I'm inviting you to join me on this mission. Eight of you from all around the world," he said.

"I have bought all the seats, so it will be a private ride," he added.

Maezawa, 45, said his initial plan of inviting artists had "evolved" because he came to believe that "every single person who is doing something creative could be called an artist."

The Japanese entrepreneur said applicants would need to fulfill just two criteria: being ready to "push the envelope" creatively, and being willing to help other crew members do the same.

In all, he said around 10 to 12 people will be on board the spaceship, which is expected to loop around the Moon before returning to Earth.

The application timeline for spots on the trip calls for would-be space travellers to pre-register by March 14, with initial screening carried out by March 21.

No deadlines are given for the next stages -- an "assignment" and an online interview -- but final interviews and medical checkups are currently scheduled for late May 2021, according to Maezawa's website.

Musk 'highly confident'

Maezawa and his band of astronauts will become the first lunar voyagers since the last US Apollo mission in 1972 -- if SpaceX can pull the trip off.

Last month, a prototype of its Starship crashed in a fireball as it tried to land upright after a test flight, the second such accident, after the last prototype of the Starship met a similar fate in December.

But the company hopes the reusable, 394-foot (120-metre) rocket system will one day carry crew and cargo to the Moon, Mars and beyond.

"I'm highly confident that we will have reached orbit many times with Starship before 2023 and that it will be safe enough for human transport by 2023. It's looking very promising," SpaceX founder Elon Musk said in Maezawa's video posted Wednesday.

The mission will be the first private space flight beyond Earth's orbit, Musk said.

Because it will not land on the Moon, but loop behind it, "we expect people will go further than any human has ever gone from planet Earth," he added.

Maezawa, known for his eccentric comments and extravagant lifestyle including a penchant for pricey art, was last year valued around \$1.9 billion, making him one of Japan's richest people. He made his fortune as founder of online fashion store Zozo, which he sold to Yahoo! Japan in 2019.

Maezawa has previously made headlines with an online ad for a girlfriend to join him on his SpaceX flight -- only to abruptly cancel the hunt, despite attracting nearly 30,000 applicants.

Rama Sithanen – Economist & Former MOF

“The Bérenger-Duval coalition risks transforming an already divided country into a cleaved and a polarised one between two distinct groups competing for political power”

Mauritius Times: Politics has shifted very serious judicial matters pertaining to criminal activities – murders, alleged suicides, corruption, etc., – as well as issues in the challenging economic climate post-Covid to the background for some time now. Are there indeed some good reasons why division and infighting in the opposition should be getting all our attention as is currently the case?

Rama Sithanen: Absolutely not.

Who said that one week is a long time in politics? Bérenger and Duval have shown that one hour is a very long time in MMM-PMSD politics with their untimely press conference that excluded not only Ramgoolam but also their best ally in the Labour Party: Boolell. The poorly crafted strategy has backfired.

In politics, what counts is not the intention but the ultimate outcome, not the inception but the final conclusion. Then they desperately tried to make amends for their blunder by refusing the resignation of Boolell as Leader of the Opposition using fig leaves. The shot was fired, the target seriously wounded and the reaction, as anticipated, a mix of high emotion and combustible passion.

I can imagine Prime Minister Jugnauth convening his kitchen cabinet and starting the celebration with vintage whisky or a glass of excellent red wine. It is such a massive victory for him, may be short-lived, without doing anything. His side has not scored any goal. It is a dreadful own goal by his opponents.

The only question on the PM's agenda is the size of the cheque and the flowers to be sent to Bérenger and Duval for this hugely unexpected political gift and for outstanding services to the causes of the MSM. I hesitate between characterizing it as a tragedy or a comedy of errors. Or confused arrogance. Duval looks utterly confused while Bérenger is his signature self.

Unless of course there is a well-thought-out roadmap that only these two are aware of to checkmate the Labour Party (LP). Such as the shocking sharing of tickets with 35% to MMM and LP each, and 30% to the PMSD, which not only is totally unaligned to ground realities but worse will always place the LP at the mercy of the new bromance between Bérenger and Duval. A precursor of what would happen in the general elections, in Parliament and in an eventual Cabinet.

Context and circumstances are important in politics. There was strong wind in the sail of the Opposition's *Entente*. By uniting their forces both in Parliament and outside, they have been able to exercise significant political

“Bérenger and Duval have seriously weakened Boolell within the Labour Party. The consensual Boolell will have no choice than to toe the hard line of the Party championed by a ‘rekindled’ Ramgoolam. Without the post of the Leader of the Opposition, Boolell will have little scope to shine and to potentially vie for the leadership of the party...”

Besides being a professional economist and former Minister of Finance, Rama Sithanen has thoroughly studied the dynamics of political competition and power in several deeply divided societies. In fact, his PhD thesis addresses these issues. In this interview he looks at the recent developments on the political landscape in that framework, as he outlines the new political alignments that seem to be emerging and that could either perpetuate the historical divides or be an opportunity to revamp the country's future and ground it in progressive politics. A lot depends on whether the Labour Party is willing to reorganise itself, its only chance of not fading out from the scene.



pressure on Government, especially in cases related to economic mismanagement, the Wakashio disaster, the fraudulent award of contracts, the various crimes, the CEB/AfDB scandal, the outrageous revelations on a daily basis from the judicial inquiry at Moka court and the appointments of incompetent political cronies to major posts. Aided by NGOs and civil society which have galvanised huge crowds on the basis of good social, economic and environmental causes.

They have won some great political prizes with the revocation of Collendavelloo as DPM and the forced resignation of Sawmynaden. And even Bodha. All to their combined and collective credit. That synergy would probably have led them to win all the towns in the forthcoming municipal elections. Then, all of a sudden, at least in the public eyes, came this grenade which Bérenger and Duval have lobbed in that press conference and its disastrous results.

*** Why do you think it was untimely to hold this press conference and what do you believe are the underlying reasons for such a political strategy when general election are not scheduled before 2024?**

Let us be composed and lucid.

Ramgoolam was and remains an Achilles heel as a potential PM for the Opposition's *Entente* and even for the LP if it decided to run a solo race. The basis for this is well known even if Ramgoolam would understandably disagree. Many people say so openly and some very strong-

ly. Sadly, for him, this is the stark ground reality.

To be frank, many in the LP recognise and acknowledge it on an individual basis even if they are terrified to confront Ramgoolam on it. To be fair, may be Bérenger and Duval are tired of having attempted unsuccessfully to resolve this problem within the four walls and in an amicable way. And they have decided to bring it out in the open. The overriding question is: Why NOW?

“The only question on the PM's agenda is the size of the cheque and the flowers to be sent to Bérenger and Duval for this hugely unexpected political gift and for outstanding services to the causes of the MSM. I hesitate between characterizing it as a tragedy or a comedy of errors. Or confused arrogance. Duval looks utterly confused while Bérenger is his signature self...”

It is plain that the timing, tone, tenure, manner, language, threats and optics of the press conference has unleashed a new dynamics with potentially serious consequences for the political future of the country.

First, it plays right into the hands of the PM and the MSM.

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'How will the MMM-PMSD propose Bodha to be their PM when he has neither party, no structure and nor power base?'

☛ Cont. from page 7

The centre of attention has gravitated away from the economic ineptitude and scandals that affect the Government to the trials and tribulations of a fractured opposition.

Also, the MSM now has a good fighting chance in some towns in a three- or four-cornered municipal electoral contest with the division among the opposition.

More importantly, the MSM is significantly better off with a very fragmented opposition in a general election with the current First Past The Post system and the boundaries of constituencies.

Second, it has considerably strengthened the hands of Ramgoolam within the Labour Party, which many believe was the exact opposite of what Bérenger and Duval wanted. When some people say that their intention is not to humiliate and insult their adversaries, this is exactly what they achieve in the process, whether by design or calculation or by default or accident.

As widely anticipated, the press conference was felt as an insult, a humiliation and a treason meted out by Bérenger and Duval to Ramgoolam and Boolell. This has triggered a huge wave of sympathy and empathy for Ramgoolam and, as an astute politician, he will leave no stone unturned to leverage this to consolidate his grip on the party.

Many Labour supporters, who were not happy with Ramgoolam, have flocked to his ranks because of the insults and humiliation coming from Bérenger and Duval. I think this will not last long as the political reality dawns on the LP with Ramgoolam as its leader.

Third, Bérenger and Duval have seriously weakened Boolell within the Labour Party. The consensual Boolell will have no choice than to toe the hard line of the Party championed by a 'rekindled' Ramgoolam. Without the post of the Leader of the Opposition, Boolell will have little scope to shine and to potentially vie for the leadership of the party.

Fourth, and this is the biggest threat. The Bérenger-Duval coalition risks transforming an already divided country into a cleaved and a polarised one between two distinct groups competing for political power. The seeds have been sown. This is absolutely awful for the progress, development and social harmony of our plural country.

I hope that this climate of sharp antagonism and the incendiary language being used are only temporary and that reason and rational judgement will prevail over emotion and passion once the dust settles down.

*** In the wake of the ouster of the Labour Party from the Opposition's *Entente* as well as the resignation of Arvin Boolell, now by an ironic twist of event, neither Bérenger nor Duval seems to want the job of Leader of the Opposition? The stepney wheel in all likelihood is going to be Reza Uteem. What is behind this strategic move at this point in time?**

It looks like the post of Leader of the Opposition (LOO) has become a poisoned chalice. As it is all about political brinkmanship and message content. After the speeches of Ramgoolam, Boolell and Assirvaden at Phoenix on Tuesday, nobody expected Boolell taking back his post as LOO.

It is plain that the strategy of Bérenger and Duval has boomeranged, and now they have a bomb back in their hands and the fuse has already been lit. It has to be thrown somewhere. Clearly Bérenger wants to do some damage



“I have absolutely no idea whether some priests will coalesce with Bruneau Laurette to break the stranglehold of this MMM/PMSD elite on the masses as their battle does not appear dissimilar. It will be a relentless struggle between a traditional legacy and dynastic elite and a disruptive grassroots and popular organisation. Time will tell...”

control.

If he respects the Constitution, Bérenger has absolutely no choice than to occupy the post as leader of the party with more seats than the PMSD. He is also the most competent and experienced. However, he is concerned that it would be perceived as a cynical conspiracy by him in cahoots with Duval to get rid first of Boolell and then to take the post.

Bérenger is far too intelligent not to realise that whatever he does, the campaign against him is already on as a direct consequence of that catastrophic press conference. This is politics. He should simply get on with the job instead of making a mockery of our Constitution and parliamentary tradition with the cynical attempt to appoint either Duval or Uteem as his surrogate.

Xavier Duval would take significant risks if he were to become the LOO as a proxy for Bérenger. Until his newly-found bromance, he was an objective ally of the LP for a long time. First, for Bérenger or Uteem to be appointed as LOO in replacement of Boolell, there will need to be some formal understanding between the PMSD and the MMM for the arithmetic to work out in Parliament. I am not sure Duval wants to enter into an alliance with Bérenger now as it will send a particular message to the population.

Second, at least four, if not all five PMSD's MPs have been elected with significant votes from the Labour Party, including Xavier Duval in Belle Rose/Quatre Bornes. It would be difficult for these MPs to explain their partnership with their erstwhile MMM foe against Boolell and the LP. They must already be facing the heat in their constituencies.

One should remember that the PMSD on its own lost its deposit in the by-election in Constituency Number 18 in 2017.

Third is the personal position of Xavier Duval vis-à-vis Boolell as they hail from the same constituency. How will Duval explain to a sizeable share of people who voted for him the alleged unspeakable treason against the very courteous, affable, consensual, popular and approachable Boolell and take his post?

To be fair to Xavier, he is not one who looks for conflict, confrontation and polarisation. But he is presently in an extremely difficult predicament, and it would be interesting to see whether he gives in under pressure or he maintains his alliance with Bérenger. The poor fellow is in a state of utter confusion.

*** So, in practice, Bérenger and Duval, by their actions and attitude, have given an unthinkable gift to Pravind Jugnauth and the Government already mired in many scandals, right?**

Objectively yes. The outcome leans in that direction. Even if this was not the intended result.

The PM must be laughing all the way in the face of this disgraceful decomposition of the Opposition. The '*Entente*' was slated to win handsomely the municipal elections. Now the game has changed considerably. Except probably for Beau Bassin and Rose Hill where socio-demographics will clearly give an advantage to the MMM-PMSD alliance, all the other municipalities are up for grab especially if there is a fourth party that tries to disrupt the legacy formations.

The MSM has a good fighting chance in some towns especially if people think that they should align municipal politics with the Central government to bring goodies to their locations.

The LP will have no choice than to hit hard against Bérenger and the MMM, especially if they are competing for the municipal elections. So, instead of a concerted attack against the Government, the Opposition parties will be dispersed and there will be a division of votes that will help the MSM. It could win with only 30% of the votes in many wards in a highly fragmented contest.

“While Bérenger and Duval seem to have failed to understand elementary Marxism that differentiates between principal enemy and secondary adversary, Jugnauth has spared the LP in Vacoas while severely criticizing Bérenger and Bodha. Smart political strategy in the circumstances as he will appeal to traditional Labour voters in a three-cornered fight to vote 'utile' against Bérenger and Duval...”

Let us be candid. Already the country was divided along socio-demographic lines between the MSM and the '*Entente*'. Even with Ramgoolam, Boolell, Baichoo, Mohamed and others in the Opposition's '*Entente*'. One can only speculate how this predicament will change with the LP out of the '*Entente*'.

With Bérenger and Duval calling the shots on one side, and Ramgoolam pitted against them and Jugnauth quietly but surely establishing his power base in his strongholds, there is no prize for guessing what will unfold.

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'Ramgoolam was and remains an Achilles heel as a potential PM for the Opposition's *Entente* and even for the LP if it decided to run a solo race'

☛ Cont. from page 8

While Bérenger and Duval seem to have failed to understand elementary Marxism that differentiates between principal enemy and secondary adversary, Jugnauth has spared the LP in Vacoas while severely criticizing Bérenger and Bodha. Smart political strategy in the circumstances as he will appeal to traditional Labour voters in a three-cornered fight to vote '*utile*' against Bérenger and Duval.

Obviously, some will shout the usual communal siren. Unless we have a systemic disruption, Mauritius will continue to be dominated by ethnic and identity undercurrents in both politics and economics as is the case in almost all divided societies. Of course, there will be tweaks at the edges to be presentable, respectable and to appear national but the core will likely continue to be what it has been since Independence, especially when people cast their vote in the polling booths and large corporates choose the composition of their boardrooms. A cleaved society and a polarised country indeed.

*** Many believe that the move orchestrated by Paul Bérenger is result of the resignation of Nando Bodha from Government and his positioning as a potential Prime Minister. How do you react to that?**

The sudden resignation of Bodha has a lot to do with the political move of Bérenger irrespective of what may have happened in private prior to that.

Unsurprisingly, Bérenger is enamoured and ecstatic as he believes he has found the proverbial horse from the right stable to win the Maiden race. In his mind, he has not had this rare opportunity to field a thoroughbred since SAJ left the MMM in 1983.

While being a decent person, the space available for Bodha to convince the supporters of either the MSM or the LP to migrate to him first and then to the Bérenger/Duval coalition is extremely narrow... even if he is trying to seduce them with speaking fluent Hindi. It is so easy to read into this strategy. Bodha finds himself in a very unenviable predicament.

According to many political pundits, none of the main parties has an electable PM, except for Pravind Jugnauth who is the sitting one. However, Bodha appears to have the features of a potential PM, but he has no party, no structure and absolutely no power base. The political space is very crowded and he could well end up as Ashok Jugnauth and Madun Dulloo.

How will the MMM-PMSD propose Bodha to be their PM when he has neither party, no structure and nor power base? And how will Bodha govern without a majority of MPs from his party? Will he accept to be a surrogate or an accidental PM? It has been tried before and it has failed. Will the alliance between Bérenger and Duval aided and abetted by a symbolic Bodha as a convenient proxy PM change the equation this time? I doubt it.

*** Bruneau Laurette has announced his intention to create his own party. His target is very clear: he wants to reach out to the MMM and PMSD electorate. Do you think this will constitute a threat to the MMM-PMSD coalition?**

Bruneau Laurette and his team have done an excellent work to mobilise people against corruption, fraud and environmental incompetence. Also, the lawyers constituting the 'Avengers' group have done an admirable job in uncovering police incompetence and partiality and has brought many



happen in the general elections, in Parliament and in an eventual Cabinet..."

“The shocking sharing of tickets with 35% to MMM and LP each, and 30% to the PMSD, is not only totally unaligned to ground realities but worse will always place the LP at the mercy of the new bromance between Bérenger and Duval. A precursor of what would

sordid facts to public attention.

The acid test is whether these organisations could morph into robust, resilient, attractive and competitive parties to disrupt the legacy formations and take away their power base. It is too early to call even if there are many laudable initiatives to disrupt the ethnic-driven model and replace it by a post-racial society based on merit, inclusion, sharing, sustainability and resilience. Or will ethnic division and racial polarisation continue to dictate the political and economic agenda as unfortunately obtains in all plural societies?

I pray for the emergence of such progressive and inclusive politics and economics. But this is a very rare phenomenon in cleaved societies -- whether advanced such as Northern Ireland and Belgium, or developing such as Lebanon and Trinidad and Tobago. Much to my displeasure, Mauritius looks destined to stay in that category. Unless the likes of **Rezistans ek Alternativ**, Lalit, Bizlall's *Muvman 1er-Mai*, the 'Avengers' and other citizens movement could profoundly disrupt the system. An uphill task! Good luck to them.

Bruneau Laurette wants to transform his organisation into a political party. His best bet, as he has himself admitted, is to attack the core citadels of the two legacy parties which are the MMM and the PMSD. He knows fully well that he is very unlikely to cut any ice in the MSM and LP reservoir. He will be fiercely contested by the political elites of the MMM and the PMSD. However, he may well find strong resonance, powerful echo and robust mirror among the rank and file as he tries to leverage both descriptive and substantive representation to his advantage. He could detach part of the iceberg from the MMM and the PMSD vote bank as many are fed up with political dynasties and the lack of renewal.

If he disrupts the system, he could carve a niche for himself at the political table. I have absolutely no idea whether some priests will coalesce with Bruneau Laurette to break the stranglehold of this MMM/PMSD elite on the masses as their battle does not appear dissimilar. It will be a relentless struggle between a traditional legacy and dynastic elite and a disruptive grassroots and popular organisation. Time will tell what happens.

*** What becomes of the Labour Party? Sooner or later the issue regarding the leadership of the LP will have to be thrashed out, but the Party does not appear able to do that. Why is that so?**

It is a difficult one as emotion is prevailing over reason.

I have said it before. The Labour Party is disturbingly in

a precarious predicament. And except for a short-term resurgence because of the insult inflicted upon its leader, the predicament will worsen if the party does not carry out fundamental reforms of leadership, people, policies and ways of doing politics to resonate with its supporters and voters.

It must rise to the occasion to regain its momentum. It has never found itself in the opposition for two consecutive terms. It has arguably a very simple choice to make. The interests of the Party, of its electorate and the country must prevail over personal considerations. Either it adapts and reforms and becomes electable again or it runs the risks of staying in the opposition and be marginalised.

Reform is both feasible and desirable if the Party does its soul searching in a dispassionate, composed and calm manner. We have seen how Jacinda Ardern has made Labour electable in New Zealand after a long spell in opposition. The overriding criterion must be electability.

Now the LP faces another competitor with the MMM-PMSD alliance. In its current shape and with the FPTP system and the delimitation of constituencies, a Ramgoolam-led LP could be the single biggest catalyst for another term of Jugnauth. Or it could split the vote with the MSM to make the MMM-PMSD coalition competitive in many constituencies.

The LP faces some uncomfortable choices.

First, play second fiddle to a Bérenger/Duval coalition which it will emphatically reject.

Second, keep Ramgoolam as leader and potential PM and be marginalised as many traditional LP voters will go for Jugnauth in order not to split the votes.

“The Bérenger-Duval coalition risks transforming an already divided country into a cleaved and a polarised one between two distinct groups competing for political power. The seeds have been sown. This is absolutely awful for the progress, development and social harmony of our plural country..."



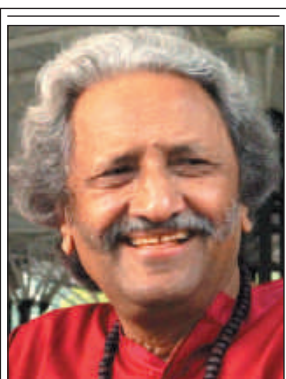
Third, having no choice or under pressure to enter into an alliance with Pravind Jugnauth so as to confront head-on the Bérenger-Duval coalition.

Fourth is to build an appealing leadership, a diverse and competent team comprising both young and wise persons, an ambitious and realizable programme with new ideas and policies, a modern way of doing politics and a broad coalition of people to become the historical broad church and be electable again.

Difficult for some, painful for others but absolutely necessary to become an attractive, effective and electable alternative to the MSM and the MMM-PMSD coalition.

An informed change in leadership opens up vast opportunities for the Labour Party to become electable, either on its own or in an alliance. This should be the choice of the Labour Party -- if it wants to remain a shaper and a mover in the political arena going forward.

Bhojpuri mega-star plays Osho in new movie



Kul Bhushan

Bhojpuri mega-star Ravi Kishan, plays the role of the enlightened master Osho, aka Bhagwan Shree Rajneesh, in a forthcoming movie titled *Secrets of Love*. The shooting for this movie was completed last year and it is due for release in the near future. The film is directed by Ritesh S Kumar and is inspired by some important events of Osho's life, according to media reports.

A seasoned actor with over 650 films in Bhojpuri, Tamil, Kannada and Hindi, Ravi Kishan is a television personality and a politician as the current Member of Parliament, Lok Sabha, from Gorakhpur. He works predominantly in Bhojpuri and Hindi cinema with a wider presence in South Indian cinema.

Playing Osho has been a challenge as he told *Bombay Times*, "When you are asked to play the character of a cult personality who is not only controversial, but also has a massive following, the responsi-

bility is a lot more. In order to portray the role as accurately as possible, I had to read many of his books and do a lot of research. I had my director by my side to help me out, so it was easy, but still we were careful about everything and had proper research in place."

Ravi Kishan also revealed that it was his eyes that got him the role. He said, "When I asked Ritesh why did he approach me for the role, he said that my eyes are very similar to Osho's and he has seen the Osho getup on my photographs, which is very much like him." Shooting for the film and playing Osho was a 'good experience'. He added, "It's intriguing how one could never interpret his calm mind. *Unka shaant chith bilkul akhandit tha*." (His calm mind was total.)

Osho has been a favourite subject for many film producers and directors. In 2018, filmmaker Shakun Batra was reported to have embarked on a project based on Osho and his personal secretary, Ma Anand Sheela. It was speculated that Aamir Khan would be playing Osho and Alia Bhatt would portray Ma Anand Sheela. But this news petered away.

In 2019, super star Priyanka Chopra Jonas announced during her appearance on *The Ellen DeGeneres Show* in USA that she would be featuring in a biopic on Ma Anand Sheela. Soon after, Ma Sheela denied giving permission for the movie.

Long-time Osho disciple and a movie director, Italy's Lakshen Sucameli, has been working on a script titled *Osho: Lord of the Full Moon* for over seven years. An Osho disciple since 1978, Lakshen has



lived in Osho's communities in India and the US since he first met the mystic in 1978. Lakshen founded Navala Productions in 1992, and has directed two films, *Blue Line* and *Zorba the Buddha*, according to a fund-raising website set up for the biopic.

He roped in Kamlesh Pandey, another long-time Osho disciple and an award-winning scriptwriter for this project. Pandey wrote the screenplay for the hit movie *Rang de Basanti* which won numerous awards including one for the best script by Pandey who earlier wrote another hit, *Saudagar*.

Both of them approached well-known Bollywood producer-director Subash Ghai for this project as Ghai has been reading Osho for over 30 years and based his superhit film, *Taal*, on Osho vision of rising in love.

In the screenplay of *Osho: Lord of the Full Moon*, a female TV journalist puts her career on the line trying to examine whether the guru is a conman or an enlightened genius.

"I had always been meaning to make a film on the life and times of Osho but had decided to wait for the right time," said

Ghai. "I have been reading Osho's writings critically for over 30 years," he told PTI in an interview in the India Pavilion of the Cannes Film Festival in 2018. "Osho talks sense, he talks about the truth behind the truth, he talks about human values, traditions and laws and about man's relationship with God."

Pandey claims that famous Hollywood Al Pacino was approached to play Osho but this project fell by the wayside as the Osho commune in Pune denied permission.

The only successful Hindi film on Osho has been *Rebellious Flower* released in 2016. Directed by Krishan Hooda in his directorial debut, it was written and produced by an Osho disciple, Swami Jagdish Bharti and had the approval of Pune's Osho commune. It presents Osho's early years until he became enlightened and was well-received by his disciples and admirers. A low-budget film since it was mostly shot in villages and rural outdoors where Osho lived his early years, the film won Special Mention Jury Award at 12th Salento International Film Festival, Italy. After this success, Jagdish Bharti has written the screenplay for a sequel covering Osho's life from Jabalpur to Mumbai, on the Pune and USA until he left his body. This would be a big budget film due to its locales and the number of actors needed.

Meanwhile, it remains to be seen what 'secrets of love' are revealed in the new movie.

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

The observance of Mahasivaratri by us, year after year, is due to the belief that whoever propitiates Lord Siva with since-rity and reverence on this particular night of each year would be vouchsafed *moksha*. The origin of how the Hindus and the other worshippers of Siva came to believe that they could attain beatitude by the observance of Mahasivaratri as *vrata*, could be traced to the conversation between Parvati (Shakti) and Siva after the cosmic play of creation was over. Parvati asked Lord Siva, "Of all the rituals observed in Thy honour, which pleases Thee the most?" To this, Lord Siva is said to have replied thus: "One who observes fast and keeps vigil on the Mahasivaratri night, even unconsciously, reaches my abode and enjoys ecstatic bliss."

To lend strength and support to this belief, the following story has been told in the Mahabharata. In the Santi Parva, Bhishma, reclining on the bed of arrows, has referred to the merit that accrued to King Chitrabhanu of the Ikshvaku dynasty from observance of Mahasivaratri.

Once, when King Chitrabhanu and his wife were observing fast on Mahasivaratri day, Sage Ashtavakra, who happened to visit the court of the king, asked him why he fasted on that day. The king, endowed with the power of his previous birth, narrated the fortuitous events that made him a happy denizen of Siva's abode from the poor hunter that he was. This is how it happened.

On a particular day, the hunter failed to get anything till dusk, despite his roaming, and at night, he was forced to climb a bilva tree for shelter, as he had no time to take home the only deer that he had shot that day. Tormented by hunger and thirst and afflicted by the thought of his



Mahasivaratri: Its Observance and Significance

inability to feed his family, frustrated and vexed to the core, he was unconsciously picking and dropping bilva leaves, which together with the tears he shed profusely, happened to fall on the Siva Linga at the foot of the tree. The next day, when he had obtained food for himself and his family by selling the deer, and was about to break his fast, a stranger came to him and begged him for food. And lo! The hunter served food to him first and then took his food. A change of heart had been produced.

This is the first indication of the efficacy of observing fast and keeping vigil on Mahasivaratri day. Later, when he shuffled off his mortal coil, the messengers of Siva came and conducted his soul to the abode of unalloyed bliss. If the unconscious observance of Mahasivaratri can have this effect, then how transcendental would be the state to which one would be exalted, if one performs

these austerities with true devotion and sincerity!

The significance of this story is that at least once a year we should dedicate ourselves to the Lord in an earnest effort to unfetter the individual soul from the cycle of birth and death. Siva is the Nirguna Brahman which becomes Saguna Brahman when associated with maya or Parvati. Similarly, the Linga is only a symbol of Siva, as smoke is that of fire. Lingam only gives form to the formless Siva for the convenience of his pious devotees. Single-pointed contemplation on the Lord on Sivaratri day is likened to the worship of Siva Linga with flowers and non-stop *abhishekam*. In fact, flowers are nothing but the efflorescence of such deep contemplation. And to attain the mental attitude conducive for unceasing meditation on the Lord, the most scienti-fic formula is the observance of fast, as food has an enormous influence on the mind.

Thus, properly understood, the observance of Mahasivaratri signifies that we can also, like Lord Siva, revel in the cosmic dance of the untrammelled glory of our true Self, the supreme Brahman, if only we could control our senses and the mind with the trident of discrimination and incinerate the mental impurities, desires and vasanas with the fire of true Knowledge.

By R. Gopalakrishnan - Chinmaya Mission Worldwid

Mahasivaratri Puja will be celebrated at Chinmaya Mission Mauritius, Charles Jolivet St, Beau Bassin, on Thursday 11th March 2021 as from 9.00 am until midnight.

Need to remain focused

Cont. from page 4

If we select and assemble the right team having these essential attributes to serve the people and help the country surmount the adverse fallouts of the Covid-19 pandemic and put the country on a pathway to prosperity, it can serve as a template of exemplary governance for the future.

Clearing the mess

The government policy framework must also be overhauled. It must *inter alia* include robust bulwarks and rules to assure the independence of state institutions and companies which must be manned by competent professionals instead of political cronies. There must also be strict adherence to rules of meritocracy in the public service, a fundamental review of our economic model as the current model has outlived its shelf life, land reform and a review of the education sector to assure quality and a smooth integration into the work place.

The quality of health services and social welfare services must be reassessed to ensure that they are benchmarked on the highest standards and are cost effective. Our diplomatic outposts must be manned by career diplomats instead of political appointees. Energy production

must stop using highly polluting coal. There must also be robust safeguards to assure stricter accountability of government spending and transparency at all levels as well as a more rigorous oversight over the management of state lands and government decisions to prevent costly blunders.

"It is obvious to all who understand the dynamics of Mauritian politics that the status quo in terms of leadership and modus operandi of the main opposition parties comforts and helps maintain the government in power. If the alternative choice offered to the electorate is between repeatedly defeated party leaders lording it over their undemocratic and feudalized parties and the ruling alliance, the outcome would be unchanged..."

The task ahead is therefore formidable. The collective will of the people is however determined to set things right. We owe it to the young and future generations to clear the appalling mess and trigger the sea change necessary to establish a significantly better order for the benefit of the multitude.

Mrinal Roy

Vaccine nationalism will block our path out of the pandemic – so how do we resist our tribal instinct?

Cont. from page 2

Shouldering a fair share of blame

My research points to actions that can stop feeding self-defeating in-group tribalism. For a start, governments need to stop pinning the blame for the pandemic on other countries, as for example both the US and China have done.

In my studies, participants who blamed other nations for starting or spreading COVID were less willing to offer help across national boundaries. Blaming other nations not only reduced willingness to support those scapegoated nations, it decreased willingness to assist all other out-group countries, even those perceived as blameless.

Being honest about each nation's own role in perpetuating the pandemic is also vital. British participants who were more aware of their own country's role in spreading the virus were more likely to support global coordination and resource-sharing to defeat CCOVID. Honesty about failings, such as the delay in locking down in spring 2020, could help encourage an honest perspective about the British contribution to the problem. That, in turn, could boost



Photo - theconversation.com

Words must be backed up, in practical terms. That means vaccine resource sharing.

Faced with a rampant virus, the temptation for all governments is to focus on protecting their own populations – to stick within in-group borders. For many nations, this approach is being justified by the argument that we need to make ourselves safe before helping others. But this can only be a short-term strategy. Unless we change the narrative, the longer-term strategy is at serious risk.

If we keep stoking in-group tribalism, governments risk resistance from a vaccinated electorate with little to no desire to help any out-group members in other countries. Faced with a COVID-ravaged economy, exhausted public health system and record levels of public debt there will be emotive arguments that we cannot afford to share our resources. We might prefer our own tribe but, to the virus, the world's population is one big tribe. There is no out-group.

Hanna Zagefka, Professor of Social Psychology, Royal Holloway

public support for the need to act beyond British borders.

Emphasising our common fate

Being open to joint action to overcome this global crisis was also more common among participants who were aware of our interdependency with other nations. Clear messaging on this front will also be essential.

Current broad public optimism about the success of the British national vaccination programme is understandable but we must be clear that can only get us so far. To lend weight to the importance of an international perspective, politicians must go beyond platitudes and lip service.

FEDERATION OF DEMOCRATIC LABOUR UNIONS (FDLU)

The Annual General Meeting of Federation of Democratic Labour Unions will be held on Thursday 25 March 2021 at 12.00 pm at MTUC Office, GRNW, Port-Louis.

AGENDA

1. Reading & approval of notes of meeting of last AGM
2. Matters arising
3. Finance- Approval of Budget Estimates 2021-22
4. President's Report
5. Amendments to Rules (if any) & Motions
6. Election/ selection/ reshuffling of office-bearers (if any)
7. AOB

Secretary

PHYSICAL EDUCATION & SPORTS EMPLOYEES UNION (PESEU)

The Annual General Meeting of Physical Education & Sports Employees Union will be held on Thursday 25 March 2021 at 2.00 pm at MTUC Office, GRNW, Port-Louis.

AGENDA

1. Reading & approval of notes of meeting of last AGM
2. Matters arising
3. Finance- Approval of Budget Estimates 2021-22
4. President's Report
5. Amendments to Rules (if any) & Motions
6. Election/ selection/ reshuffling of office-bearers (if any)
7. AOB

Secretary

HINDU PRABHAT SANGH

The Annual General Meeting of Hindu Prabhat Sangh (HPS) will be held on Friday 26 March 2021 at 9.00 am at Prabhat Hall, Royal Rd, Grand-Baie.

AGENDA

1. Reading & approval of notes of meeting of last AGM
2. Matters arising
3. Finance- Approval of Budget Estimates 2021-22
4. President's Report
5. Amendments to Rules (if any) & Motions
6. Election/ selection/ reshuffling of office-bearers (if any)
7. AOB

Secretary



Royal College Port-Louis Alumni Association

Royal College Port-Louis, Cassis, Port Louis

ANNUAL GENERAL MEETING

The Royal College Port-Louis Alumni Association is inviting all its members to its Annual General Meeting, which will be held at the Royal College Port Louis, Cassis, Port Louis, on Tuesday 23rd March 2021 at 18:30.

AGENDA:

1. Reading and Approval of minutes of Annual General Meeting 2020
2. President's Report
3. Treasurer's Report
4. Approval of Financial Accounts 2020
5. Election of Management Committee members for the year 2021
6. Appointment of two Auditors
7. Motion for "special resolution for amendment to the Rules of the Association", for the creation of a new membership category: Lifetime Honorary Member, effective subject to the approval of the Registrar of Association.
8. AOB

Members wishing to stand as Managing Committee members for 2021 should submit the notice of candidature, by latest Tuesday 16th March 2021, via email to the Secretary, at rcplalumniassociation@gmail.com

Members, who will not be able to attend the Annual General Meeting, may vote by proxy through another member. The proxy form will be available on the Association's website and via the Association's communication channels.

Any additional motion should reach the Secretary by latest Tuesday 16th March 2021.

3 March 2021

Secretary

Do we really need to walk 10,000 steps a day?

Even half the amount of steps shows health benefits



When it comes to being fit and healthy, we're often reminded to aim to walk 10,000 steps per day. This can be a frustrating target to achieve, especially when we're busy with work and other commitments. Most of us know by now that 10,000 steps is recommended everywhere as a target to achieve - and yet where did this number actually come from?

The 10,000 steps a day target seems to have come about from a trade name pedometer sold in 1965 by Yamasa Clock in Japan. The device was called "Manpo-kei", which translates to "10,000 steps meter". This was a marketing tool for the device and has seemed to have stuck across the world as the daily step target. It's even included in daily activity targets by popular smartwatches, such as Fitbit.

Research has since investigated the 10,000 steps a day target. The fact that some studies have shown this step target improves heart health, mental health, and even lowers diabetes risk, may, to some extent, explain why we have stuck with this arbitrary number.

In ancient Rome, distances were actually measured by counting steps. In fact, the word "mile" was derived from the Latin phrase milia passum, which means 1,000 paces - about 2,000 steps. It's suggested the average person walks about 100 steps per minute - which would mean it would take a little under 30 minutes for the average person to walk a mile. So in order for someone to reach the 10,000 step goal, they would

need to walk between four and five miles a day (around two hours of activity).

But while some research has shown health benefits at 10,000 steps, recent research from Harvard Medical School has shown that, on average, approximately 4,400 steps a day is enough to significantly lower the risk of death in women. This was when compared to only walking around 2,700 steps daily. The more steps people walked, the lower their risk of dying was, before levelling off at around 7,500 steps a day. No additional benefits were seen with more steps. Although it's uncertain whether similar results would be seen in men, it's one example of how moving a little bit more daily can improve health and lower risk of death.

While the World Health Organization recommends adults get at least 150 minutes of moderate intensity physical activity per week (or 75 minutes of vigorous physical activity), research also shows that even low-intensity exercise can improve your health - though moderate-intensity exercise improves it to a greater extent. This means your steps throughout the day can contribute to your 150 minutes of target activity.

Activity can also help mitigate the harms of sitting down for long periods of time. Research has shown that people who sat for eight or more hours every day had a 59% increased risk of death compared to those sitting less than four hours per day. However,

they also found that if people did 60-75 minutes per day of moderate intensity physical activity, this seemed to eliminate this increased risk of death. Therefore, potentially undertaking brisk walking could help mitigate the negative effects of sitting for too long.

Recent research at the University of Texas has also demonstrated that if you're walking fewer than 5,000 steps a day, your body is less able to metabolise fat the following day. A buildup of fat in the body can also increase a person's likelihood of developing cardiovascular disease and diabetes. This is further supported by previous research which shows people who walked less than 4,000 steps a day could not reverse this decreased fat metabolism.

Increasing physical activity such as your step count reduces your risk of death by improving your health, including by reducing risk of developing chronic illnesses such as dementia, and certain cancers. In some cases it helps improve health conditions such as type 2 diabetes. Exercise can also help us improve and maintain our immune system. However, based on the current research out there, it appears that getting 10,000 steps a day isn't essential for health benefits - half that target appears to be beneficial.

If you want to increase how many steps you get daily, or simply want to move more, one easy way to do that is to increase your current step count by about 2,000 steps a day. Other easy ways to move more daily include walking to work if possible, or taking part of an online exercise programme if you're working from home. Meeting with friends for a walk - rather than in a cafe or pub - can also be useful. And given that even small amounts of physical activity positively impact your health, taking regular breaks to move around if you're working at a desk all day will help to easily get more physical activity.

Lindsay Bottoms, Reader in Exercise and Health Physiology, University of Hertfordshire

What is spiritual maturity?

1. Spiritual maturity is when you stop trying to change others, instead you focus on changing yourself.
2. Spiritual maturity is when you accept people as they are.
3. Spiritual maturity is when you understand everyone is right in their own perspective.
4. Spiritual maturity is when you learn to "let go".
5. Spiritual maturity is when you are able to drop "expectations" from a relationship and give for the sake of giving.
6. Spiritual maturity is when you understand whatever you do, you do for your own peace.
7. Spiritual maturity is when you stop proving to the world how intelligent you are.
8. Spiritual maturity is when you don't seek approval from others.
9. Spiritual maturity is when you stop comparing with others.
10. Spiritual maturity is when you are at peace with yourself.
11. Spiritual maturity is when you are able to differentiate between "need" and "want" and are able to let go of your wants.
12. Last but not most meaningful, you gain spiritual maturity when you stop attaching "happiness" to material things.

Ramakrishna Mission

Ramakrishna Mission Road, Vacoas

Devotees are cordially invited to participate in the following programmes:

Maha Shivaratri

will be celebrated on Thursday 11th March, 2021 from 7.00 pm to 9.00 pm with Puja, Bhajans, Talk & Arati.

The Birth Anniversary of Bhagavan Sri Ramakrishna

will be observed on Sunday 14 March, 2021 from 10.00 am to 12.45 pm with Puja, Havan, Arati & Prasad.

Yours in the Lord
Swami Krishnarupananda

Commerce Division Staff Welfare Association

Level 2, SICOM Tower, Wall Street, Ebène Cybercity, Ebène 72201
Tel No: 460 2500

Registration Number: 15733

Notice is hereby given that the Annual General Meeting of members for the above association will be held on Thursday 18 March 2021 at 12.00 hrs in the Conference Room, Level 2, SICOM Tower Ebène.

Agenda:

1. Welcome address by the Ag. President
2. Treasurer's Report
3. Statement by Auditor
4. Approval of expenditures and refund of members where necessary
5. Election of new managing committee
6. Change of name of association
7. AOB

Members interested to form part of the managing committee should send their letter of candidature through registered post to the Secretary on the above address at latest by **16 March 2021**.

N. Jeetun
Secretary
02 March 2021



American & Indian movies

5 things American movies teach us:

1. Chinese have nothing better to do than teaching or practicing Kung Fu.
2. More than 50% of US population are FBI/CIA agents working undercover.
3. The purpose of schools in the US is to promote basketball/baseball.
4. Aliens have special interest in attacking the US.
5. The US is a place where you can meet all mythical creatures like werewolves and vampires.

5 things Indian movies teach us:

1. At least one of the identical twins is born evil.
2. While defusing a bomb, don't worry. Whichever wire you cut, you'll always choose the right one.
3. A hero will show no pain while getting beaten up... but he will show pain when a girl cleans up his wounds.

A politician in India visited a village and asked what their needs were.

"We have two basic needs sir," replied a villager. "Firstly, we have a hospital, but there's no doctor."

On hearing this, the politician whipped out his cell phone, and after speaking for a while he reassured the village leader that the doctor would be there the next day. He then asked about the second problem.

"Secondly sir, there is no cell phone coverage anywhere in this village."

What is the difference between an OT and a PT?

1. The Ordinary Thief (OT) steals your money, bag, watch, gold chain, etc.

But the Political Thief (PT) steals your future, career, education, health and business!

2. The hilarious part is the Ordinary Thief will choose whom to rob.

But you yourself will choose the Political Thief to rob you.

3. The most ironic one is that the police will chase and nab the Ordinary Thief.

But the police will look after and protect the Political Thief!

4. A detective can solve a case only when he is suspended from duty.

The most hilarious:

That's the travesty and irony of our current society!

And we blindly say we are not blind!

The stupid part of the whole issue is that we insult and fight the Ordinary Thief but we Fight each other for the Political Thief

Pride of a senior citizen

Two old men used to meet up for breakfast. Then Ah Kok disappeared for a month. Ahmad was worried and he could not remember Ah Kok's home address. Then, one day Ah Kok reappeared.

Ahmad: "What in the world happened to you? You had me worried."

Ah Kok: "I was in jail."

Ahmad: "What? Jailed? Why?"

Ah Kok: "Remember Lily, the Indonesian waitress who once worked at the coffee shop?"

Ahmad: "Yes, I remember. What happened to her?"

Ah Kok: "She filed rape charges against me. At 85 years old, I was so proud of my manhood, I pleaded guilty."

"The damned judge gave me 30 days for lying under oath!"

5. If you decide to start dancing on the street, everyone you meet will know the steps.

COASTAL RESORTS & SMALL ENTERPRISES EMPLOYEES UNION (CRASEEU)

The Annual General Meeting of Coastal Resorts & Small Enterprises Employees Union (CRASEEU) will be held on Thursday 25 March 2021 at 9.00 am at Prabhat Hall, Royal Rd, Grand-Baie.

AGENDA

1. Reading & approval of notes of meeting of last AGM
2. Matters arising
3. Finance- Approval of Budget Estimates 2021-22
4. President's Report
5. Amendments to Rules (if any) & Motions
6. Election/ selection/ reshuffling of office-bearers (if any)
7. AOB

Secretary

UNION OF EMPLOYEES OF THE TRUST FUND FOR SPECIALISED MEDICAL CARE EMPLOYEES UNION (UETFSMC)

The Annual General Meeting of Union of Employees of the Trust Fund For Specialised Medical Care will be held on Thursday 25 March 2021 at 12.00 p.m. at Prabhat Hall, Royal Rd, Grand-Baie.

AGENDA

1. Reading & approval of notes of meeting of last AGM
2. Matters arising
3. Finance- Approval of Budget Estimates 2021-22
4. President's Report
5. Amendments to Rules (if any) & Motions
6. Election/ selection/ reshuffling of office-bearers (if any)
7. AOB

Secretary

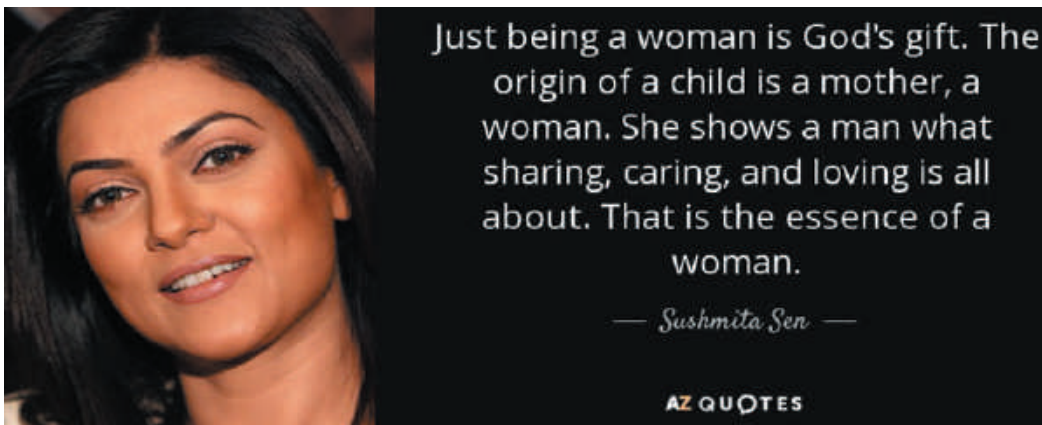
MOKA DISTRICT COUNCIL EMPLOYEES UNION (MDCEU)

The Annual General Meeting of Moka District Council Employees Union will be held on Thursday 25 March 2021 at 2.00 pm at Prabhat Hall, Royal Rd, Grand-Baie.

AGENDA

1. Reading & approval of notes of meeting of last AGM
2. Matters arising
3. Finance- Approval of Budget Estimates 2021-22
4. President's Report
5. Amendments to Rules (if any) & Motions
6. Election/ selection/ reshuffling of office-bearers (if any)
7. AOB

Secretary



Let her take her time!

When she takes her time to drink a barely warm cup of tea, let her. She's given her time to cook your meal and serve it to you before she sat to drink her tea.

When she takes time to select a dish from the menu, let her. Every day, for every meal she has prepared she has given her time to think about what to make, how much, and for whom.

When she takes time to dress up to go out with you, let her. She has given her time to make sure that your ironed clothes are in their place and knows better than you where your socks are. She has dressed up her child thoughtfully - to look like the most smartly dressed up child around.

When she takes time to watch TV mindlessly, let her. She is only half concentrating

and has a clock ticking in her head. As soon as it's nearing dinner time, you'll see her disappear to get things ready.

When she takes time to serve you breakfast, let her. She has kept aside the burnt toast for herself and is taking the time to serve her family the nicest ones she could manage.

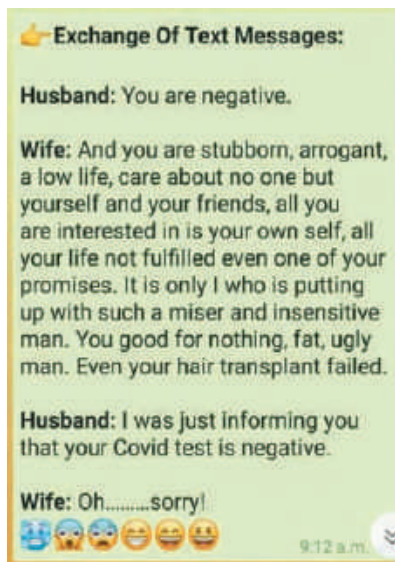
When she takes time after her tea to just sit by the window and stare into nothingness, let her. It's her life, she's given you countless hours of her life.

Let her take a few minutes for herself.

She's rushing through her life, giving chunks of her time whenever needed, wherever needed.

Don't rush her more than she rushes herself.

Don't push her harder than she pushes herself.





How your gut health affects your whole body

You have many bacteria in your body. In fact, you have more of them than you have cells. Most are good for you. The ones found in your gut not only help you digest foods, they work all over your body and can be good for your physical and mental health.

Gut microbiome

This is home base for the bacteria in your digestive tract. Here, they help you break down food and turn nutrients into things your body can use. They stop growing when they run out of food, so you'll only have what you need.

Fighting the good fight

In the gut microbiome, the "good" bacteria do more than just help with digestion. They help keep your "bad" bacteria in check. They multiply so often that the unhealthy kind don't have space to grow. When you have a healthy balance of bacteria in your gut, it's called equilibrium.

Unhealthy balance

Studies have found that if you have too much of a certain kind of bad bacteria in your gut microbiome, you're more likely to have:

- Crohn's disease
- Ulcerative colitis
- Irritable bowel syndrome (IBS)

Researchers are looking into new treatments for them that target the bacteria in the gut microbiome.

Gut bacteria and your heart

Some kinds of gut bacteria may be part of the link cholesterol has to heart disease. When you eat foods like red meat or eggs, those bacteria make a chemical that your liver turns into something called TMAO (trimethylamine-N-oxide). TMAO may help cholesterol build up in your blood vessels. Researchers are studying a natural substance called DMB that's in olive and grapeseed oil. They think it might keep your bacteria from making TMAO.

Gut bacteria and your kidneys

Too much TMAO also may lead to chronic kidney disease. People who have



the disease don't get rid of TMAO like they should. That surplus can lead to heart disease. Researchers think it's possible that too much TMAO might make you more likely to have chronic kidney disease in the first place.

Gut bacteria and your brain

Your brain sends messages all over your body. Researchers believe your gut may talk back. Studies show that the balance of bacteria in the gut microbiome may affect your emotions and the way your brain processes information from your senses, like sights, sounds, flavors, or textures.

Scientists suspect that changes in that balance may play a role in conditions like autism spectrum disorder, anxiety, and depression, as well as chronic pain.

Gut bacteria and obesity

An unhealthy balance in your gut microbiome may cause crossed signals from your brain when it comes to feeling hungry or full. Researchers think there may be a link to the pituitary gland, which makes hormones that help set your appetite. That gland can affect the balance of bacteria in your gut, too. Some studies

on treating obesity are exploring this link.

Can you change your gut bacteria?

You get your gut microbiome at birth, and the world around you affects it as you grow up. It's also influenced by what you eat. That's why it can be different depending on where you live -- and why you may be able to tilt the balance a bit.

Probiotics

Found in some foods, these are "good" bacteria like the ones already in your gut. They can add to the bacteria in your intestinal tract and help keep everything in balance. But they're not all the same. Each type works in its own way and can have different effects on your body.

How can probiotics help?

They can make your immune system stronger. They may boost gastrointestinal health, too, especially if you have something like irritable bowel syndrome. Some probiotics also may help ease allergy symptoms and help with lactose intolerance. But because our gut microbiomes are unique, if and how they work can be different for everyone. And some experts feel more research is needed.

Sources of probiotics

You can find them in dairy products like yogurt and aged cheeses. Look on the ingredients list for live cultures of bacteria like bifidobacteria and lactobacilli. They're also in fermented vegetables, like kimchi and sauerkraut, and pickled vegetables, like onions and gherkins.

Prebiotics

Think of these as a food source for probiotics. They may help your body take in calcium better and boost the growth of helpful bacteria in your gut.

They're found in fruits and vegetables, like:

- Bananas
- Onions
- Garlic
- Leeks
- Asparagus
- Artichokes
- Soybeans

You can also get them in foods with whole wheat.

Synbiotics

Probiotics can boost the growth of good bacteria, and prebiotics are good for probiotics. When you combine the two, it's a synbiotic. The idea behind them is to help probiotics live longer. You can make synbiotic combinations with things like bananas and yogurt or stir-fry asparagus with tempeh.

Other ways to change gut bacteria

There may be other ways to change your gut microbiome and treat things tied to its balance. For example, fecal transplants (exactly what it sounds like) change your gut bacteria to treat things like C. diff and ulcerative colitis. A device called deep transcranial magnetic stimulation (dTMS) uses a coil put on the scalp to stimulate the brain and change gut bacteria. It shows promise for treating obesity.

Neha Pathak, WebMD

RAASHTRIYA HINDU SENA (RHS)

The Annual General Meeting of Raashtriya Hindu Sena (RHS) will be held on Friday 26 March 2021 at 12.00 pm at Prabhat Hall, Royal Rd, Grand-Baie.

AGENDA

1. Reading & approval of notes of meeting of last AGM
2. Matters arising
3. Finance- Approval of Budget Estimates 2021-22
4. President's Report
5. Amendments to Rules (if any)/ Change of name & Motions
6. Election/ selection/ reshuffling of office-bearers (if any)
7. AOB

Secretary

MIGRATION AND SUSTAINABLE DEVELOPMENT ALLIANCE (MSDA)

The Annual General Meeting of Migration and Sustainable Development Alliance will be held on Friday 26 March 2021 at 2.00 pm at Prabhat Hall, Royal Rd, Grand-Baie.

AGENDA

1. Reading & approval of notes of meeting of last AGM
2. Matters arising
3. Finance- Approval of Budget Estimates 2021-22
4. President's Report
5. Amendments to Rules (if any) & Motions
6. Election/ selection/ reshuffling of office-bearers (if any)
7. AOB

Secretary

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5 iconic Bollywood couples who have had long-lasting marriages



Bollywood is renowned for its endless tales of heartbreaks and sad endings. These actors have proved this tag wrong with their long-lasting love affairs. They have proved that success and wealth should not get in the way of a good relationship.

Here is a compilation by Arpita Chatterjee of Yahoo of five Bollywood stars who have had long-lasting marriages:

Saira Banu and Dilip Kumar

These forever-young and forever-in-love-with-each-other lovebirds are very inseparable. This is a B-town fairytale love story that reveals that age doesn't matter when you love somebody. The two stars, who have an age gap of 22 years, have crossed 46 years of harmony - acknowl-

edged to be the longest-lasting marriage Bollywood has seen.

Neetu Singh and Rishi Kapoor

Rishi Kapoor and Neetu Singh's marriage was predicted to last no more than two years. The Bollywood couple has stood by each other through thick and thin. Their marriage lasted more than 35 years. Rishi Kapoor and Neetu Singh have seen several tough patches, but they proved these naysayers wrong.

Jaya Bhaduri and Amitabh Bachchan

Amitabh and Jaya Bhaduri have been married for 40 years. They co-starred in films such as *Guddi*, *Zanjeer* and *Abhimaan*. After 40 fruitful years, their marriage has remained equally powerful and productive. Even the rumours of the

Amitabh-Rekha affair have not damaged this rock-solid union.

Twinkle Khanna and Akshay Kumar

Mr Khiladi married Twinkle Khanna in 2001. The couple made two films together. Both films didn't do well at the box office but gave rise to one of Bollywood's most famous marriages, which took place in 2001 and is getting stronger with each passing day.

Kajol and Ajay Devgn

An extroverted and high-spirited female goes head-over-heels for an introverted kid! We name it "the lure between opposites." And that's what happened to Ajay Devgn and Kajol. These two lovebirds tied a knot in 1999 and are now the proud parents of two lovely children.



Emraan Hashmi explains his distance from the industry

Emraan Hashmi, who has been a part of the film industry for nearly two decades now, called it 'fake'. He also revealed why he chooses to distance himself from the glitz and glamour, once his work is done.

Emraan said that it is a 'work ethic' which he has followed since he started out in Bollywood. He was then asked if he stays away because he finds the industry 'fake', where people hype others to their faces but also tear them down behind their backs, reports Hindustan Times.

Talking to radio host Siddharth Kannan, Emraan said, "Aisa toh hai (This is a fact). There are no two ways about it. That is the truth of our industry. But it is not just because of that. I think a person's life should be more than just their profession."

Emraan said that he remains grounded because of his friends, whom he has known for years, who have nothing to do with the film industry. He also credited his family for keeping him rooted and said that he cherishes their criticism, as it gives him a 'realistic perspective'. Distancing himself from the film industry after spending so much time on set helps him maintain his sanity, he added.

John Abraham & Emraan Hashmi team optimistic about 'Mumbai Saga'

John Abraham and Emraan Hashmi are optimistic that viewers will enjoy their upcoming movie 'Mumbai Saga' on cinema screens. The action-crime drama, which shows the changing face of the city during the 1980s and '90s, will release in theatres on March 19.

Hashmi, who plays the role of a cop in the film, said 2020 was a testing year for the film industry and the decision to release the film theatrically will set a precedent for all the upcoming movies.

"2020 was a testing year for the industry, it is a brave step by Bhushan Kumar. The release of 'Mumbai Saga' will set the precedent for all the films that will be releasing this year. I hope the film does good business which will help instil confidence in the industry," the actor told reporters at the trailer launch of the film here at a multiplex.

Abraham, who plays a gangster in the film, said even though it is a big risk the team is hopeful that people will come to cinema halls.

"It is important to maintain the



protocol and everything is being followed. This is a big screen experience and not all films can release on OTT platform. I respect the platforms. But a Sanjay Gupta film is meant for the big screen," the actor said.

The film is set to clash at the box office with Arjun Kapoor-starrer 'Sandeep Aur Pinky Farar'.

'Mumbai Saga' also features actors Kajal Agarwal, Mahesh Manjrekar, Suniel Shetty, Prateik Babbar, Rohit Roy, Gulshan Grover, and Amole Gupte.

FEDERATION OF LOCAL GOVT & OTHER LABOUR UNIONS (FLGOLU)

The Annual General Meeting of Federation of Local Govt & Other Labour Unions will be held on Thursday 25 March 2021 at 9.00 am at MTUC Office, GRNW, Port-Louis.

Agenda

1. Reading & approval of notes of meeting of last AGM.
2. Matters arising.
3. Finance- Approval of Budget Estimates 2021-22.
4. President's Report.
5. Amendments to Rules (if any) & Motions.
6. Election/ selection/ reshuffling of office-bearers (if any).
7. AOB.

Secretary

Arulmigoo Koodal Kumaren Thirukovil Valetta

Royal Road Valetta Dagotiere

All members of the **Arulmigoo Koodal Kumaren Thirukovil Valetta** are invited to attend the Annual General Meeting which will be held on Saturday 20th March 2021 at 2 pm at seat of the Society.

Agenda

1. Approval of the minutes of proceedings
2. The President's Report
3. The Secretary's Report
4. The Treasurer's Report
5. The Auditor's Report
6. Election of Executive Committee Members for the year 2021-2025

Application from members wishing to form part of the Executive Committee should reach the Secretary Mrs Tritee Appavoo, Kalee Lane, Valetta, Dagotiere, by latest 13th March 2021. In case of lack of quorum, the meeting will be postponed to Saturday 27th March 2021 at the same time and place and with same agenda.

Secretary

Radio and Television Services Station Workers Union

All members of the **Radio and Television Services Station Workers Union** are invited to attend the AGM scheduled on Thursday 25th March 2021 at 2 pm at the seat of Multi Carrier Mtius Ltd, Forest-Side Curepipe.

Agenda

1. Approval of last Minutes
2. The President's Report
3. The Secretary's Report
4. The Treasurer's Report
5. Election of office bearers
6. Appointment of two Auditors
7. Election of Executive Committee Members for the year 2021-2025

In case no quorum is obtained the AGM shall be held on Wednesday 14 April 2021 at 2 pm at the same place.

Secretary

Anjum Fakhri: I really cherish my bond with Gautami Kapoor



Friendships between TV actors are nothing new and we have seen some actors bonding pretty well off-screen. However, while one usually has friends from the same show, not many are aware about the special bond that Anjum Fakhri and Gautami Kapoor share, reports Richa Shukla of TNN. Recently, Anjum posted their picture together on social media and captioned it, "Cuz of you I laugh a little harder...My bff for life @gautamikapoor."

Asked about the post, the *Kundali Bhagya* actress says, "Those who are close to me know it well that Gautami holds a very special place in my heart. We were close when we were working together and continued to be friends even after the show ended. In fact, our bond has grown stronger over the years."

Having worked together in the TV show *Tere Sheher Mein*, their bond grew stronger with time. Sharing more about their bond, she adds, "The bond I share with Gautami is indescribable. I have known her since my first show and she has always been an integral part of my life since then. The love is unconditional and I know that she will always be there for me when I need her, and vice versa. In today's times, one rarely comes across people whom you can call your own. I am very lucky that our paths crossed and I cherish this bond very much."

What's that one quality that she likes the most about Gautami? "I would call Gautami my 'go to person'. She is my mentor, guide, friend-all wrapped in one. The best quality that I like about Gautami is her patience, which makes her a good listener. She makes you comfortable and hears you out. This quality also makes her practical yet empathetic," she says.

Meet the female leads of Kundali Bhagya - Preeta, Pragya, Shrishti and Sherlyn

The popular Indian drama series *Kundali Bhagya* has garnered a huge fan base in the span of three years. The daily soap produced by Ekta Kapoor first aired in 2017 and recently completed a run of 900 episodes. The show is the spin-off series of *Kumkum Bhagya*, a romance drama that aired on Zee TV.

The makers launched the spin-off as the original series emerged as one of the popular daily soaps, reports Priya Hazra of shethepeople.tv. The follow-up show gained similar fondness from the viewers. The *Kundali Bhagya* cast which includes actors Dheeraj Dhoopar, Shraddha Arya, Anjum Fakhri, Ruhi Chaturvedi and Abhishek Kapur, have become a household name.

Get to know the Kundali Bhagya women:

Shraddha Arya as Preeta Arora

Shraddha Arya, who plays Preeta Arora, one of the female leads in the series, is a well-known face of the television industry. Shraddha's first on-screen appearance was in the talent hunt show India's Best Cinestars Ki Khoj. Later on, she made her television debut in 2011 with the Indian drama *Main Lakshmi Tere Aangan Ki*.

Anjum Fakhri as Shrishti Arora

Anjum Fakhri, who plays the youngest sibling of the Arora family, began her career as a model at the age of 19. Fakhri made her acting debut with Star Plus's romantic drama *Tere Sheher Mein* and also appeared in shows like *Time Machine* and MTV's *Chat House*. The 30-year-old actor left her home to pursue a career in the entertainment



industry.

Ruhi Chaturvedi as Sherlyn Khurrana

Ruhi Chaturvedi plays the antagonist Sherlyn Khurrana, in the Ekta Kapoor show. She hails from Rajasthan and is a well-known actress of the Rajasthani film industry. In 2010, the 27-year-old actor won the title of Miss India Worldwide. The model-turned-actress has featured in various endorsements over the years.

Sriti Jha as Pragya Arora

Sriti played the protagonist, Pragya, in the first instalment of the spin-off series, *Kumkum Bhagya*. She had a cameo appearance in the Indian drama series, *Kundali Bhagya*. Jha made her debut with a teen show, *Dhoom Machao Dhoom*, that aired on Disney India. The 34-year-old actor rose to fame after playing the character of Jhanvi in *Saubhagavati Bhava*.

YOUR STARS

Sagittarius: Nov 22 - Dec 21

Your sentimental ideal could finally see the day this time: take a good look around you, love will be there waiting for you. You'll need to lead a wholesome and well-structured life. A positive week for speculation and investments.

Lucky Numbers: 18, 19, 20, 33, 36, 37

Capricorn: Dec 22 - Jan 19

This week will be very propitious to impulsiveness: control yourself, make serious decisions only after mature reflection. You'll have a difficult time bridling your imagination; try to be a little more realistic, to keep your feet more on the ground.

Lucky Numbers: 1, 10, 25, 36, 37, 39

Aquarius: Jan 20 - Feb 18

You'll often tend to clash with members of your close family or your co-workers because of problems that don't really exist. At work, keep a very low profile. You'll make an extravagant expense; it's not catastrophic as long as you remain within reasonable limits.

Lucky Numbers: 9, 11, 16, 23, 28, 30

Pisces: Feb 19 - Mar 20

You'll succeed at best possible in inspiring confidence and in getting increased responsibilities. You'll have to cope with staunch adversaries, but it's you who'll triumph. In your family life, you'll clearly say what's on your mind, which may hurt.

Lucky Numbers: 1, 4, 15, 16, 20, 33

Aries: Mar 21 - Apr 19

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

Lucky Numbers: 5, 12, 14, 19, 21, 30

Taurus: Apr 20 - May 20

Beware of a tendency to want to start all over again in your family or marital life! You'll succeed in achieving your best professional ambitions. You like to surround yourself with close relatives and friends; but be careful this time.

Lucky Numbers: 31, 32, 35, 36, 37, 40

Gemini: May 21 - June 20

The stars are going to inspire you great self-confidence, which will allow you to achieve feats in more than one field. Concerning love, you'll flee mediocrity and routine. If you're looking for an ideal partner, you might meet this one in a million persons.

Lucky Numbers: 7, 9, 12, 14, 15, 30

Cancer: June 21 - July 22

Your sense of initiative is going to be reinforced, making it possible to take advantage of some interesting opportunities in the material and professional fields. If you're unemployed, your chances of finding a new job will increase.

Lucky Numbers: 1, 9, 12, 17, 20, 25

Leo: July 23 - Aug 22

Rather unstable health, with risks of respiratory problems. You'll hardly be motivated to fight, and you won't really know what you want. If you wish to try your luck with gambling, the cosmic influxes will probably bring you pleasant surprises.

Lucky Numbers: 4, 9, 11, 12, 15, 17

Virgo: Aug 23 - Sept 22

In your work, be vigilant and don't underestimate your competitors' or challengers' capacities. You'll lack patience with your children, and your attitude towards them will draw flare-ups from your spouse. Put some order into your budget.

Lucky Numbers: 7, 9, 14, 20, 31, 36

Libra: Sept 23 - Oct 22

Your relations with your family circle are likely to be a source of cruel frustrations for you. The discussions in your family are likely to degenerate into arguments; therefore, content yourself with keeping silent.

Lucky Numbers: 11, 14, 19, 21, 23, 27

Scorpion: 23 Oct - 21 Nov

Your affections will be light-hearted, and your aspirations high; you won't really feel like giving yourself problems! Risk of conflicts at home; don't poison the situation with endless discussions, for your words would end up by hurting.

Lucky Numbers: 2, 10, 15, 16, 17, 20



Vendredi 5 Mars - 21.15

Extraction

Star: Danny Glover, Jon Foo, Falk Hentschel



Samedi 6 Mars - 21.15

Phantom Thread

Star: Daniel Day-Lewis, Vicky Krieps, Lesley Manville



Dimanche 7 Mars - 21.25



vendredi 5 mars

MBC 1

08.15 Local: Lir - Ekrir Kreol...
09.45 Local: Paul Et Virginie...
10.30 Local: Arts.21
11.10 Tele: Au Nom De L'amour
12.00 Le Journal
12.25 Tele: Le Prix Du Désir
12.55 Mag: Urban Gardens
13.55 Local: Generations J
14.30 D.Anime: Sissi
15.07 D.Anime: The Garfield Show
15.23 D.Anime: La Ligue Des Super
15.47 D.Anime: HTDT - Humpty...
16.02 D.Anime: Robot Trains
17.20 Serial: Heidi, Bienvenida
17.45 Mag: Origami
18.00 Live: Samachar
18.30 Serial: Siya Ke Ram
19.30 Journal & La Meteo
20.20 Prod: Lottery Vert Draw
21.25 Serial: When Calls The Heart
23.00 Le Journal

MBC 2

10.00 Serial: Ki Jaana Mein Kaun
11.05 Serial: Zun Mureed
12.04 Film: Kotha Janta
14.04 DDI Magazine
15.00 Serial: Ek Deewana Tha
15.21 Serial: Aamhi Doghi
15.42 Serial: Mooga Manasulu
16.07 Serial: Apoorva Raagangal
16.34 Serial: Tu Ishq Hai
16.56 Serial: Achra Ke Moti
17.15 Kullfi Kumarr Bajewala
17.36 Serial: Chhanchhan
18.00 Serial: Colourful Bone
18.30 DDI Magazine
19.00 Live: Zournal Kreol
19.30 DDI Magazine
20.00 Serial: Band Khirkiyan
20.42 Local: Anjuman
21.09 Local: Urdu Programme - Noor-E-Iman

MBC 3

06.00 Mag: Eco India
06.26 Mag: Shift
06.38 Mag: Carnet De Sante
07.53 Doc: Revolte Dans La Mode
08.49 Doc: 360 GEO
09.44 Doc: Profit Or Life?
10.27 Doc: A Postcard From Pyon..
12.06 Mag: Border Crossing
12.32 Mag: Le Saviez vous?
12.40 Mag: Tomorrow Today
14.01 Doc: 360 GEO
14.54 Doc: Profit Or Life?
15.36 Doc: A Postcard From Pyo...
16.22 Mag: Eco India
16.39 Mag: Shift
17.00 Student Support Prog...
17.30 Local: Har Har Mahadev
18.00 Live from Satya Sai Centre
20.05 Local: Excerpts Of Shiv Abhishek
21.00 Local: News (English)

Cine 12

01.30 Film: Freebird
02.58 Serial: S.W.A.T
03.40 Film: Boone
05.15 Tele: Muneca Brava
05.54 Serial: 19-2
06.53 Film: Avenging The Throne
09.00 Serial: The Magicians
09.45 Tele: Daniella
10.35 Tele: Tanto Amor
11.00 Serial: S.W.A.T.
12.00 Film: Boone
13.30 Tele: Muneca Brava
14.45 Film: Dominion
16.44 Serial: The Magicians
17.26 Serial: 19-2
18.05 Tele: Daneilla
19.10 Tele: Tanto Amor
20.05 Tele: Le Prix Du Désir
20.30 Serial: Powers
21.15 Film: Extraction
23.01 Tele: Muneca Brava

Bollywood TV

08.00 Film: Biwi.com
12.05 / 19.54 - Sanjivani
12.30 / 20.11 - Radha Krishna
12.48 / 20.32 - Agniphera
13.07 / 21.09 -
Bade Acche Lagte Hai
13.29 / 21.24 -
Zindagi Ki Mehek
13.49 / 21.46 - Naagin S3
14.30 / 21.59 - Ikyawann
14.51 / 22.25 -
Yeh Hai Mohabbatein
15.14 Film: Sindoor
Starring: Shashi Kapoor, Jaya Prada, Jeetendra, Rishi Kapoor
18.00 Live: Samacher
18.30 Kundali Bhagya
18.49 Ek Rishta Saajhedari Ka
19.11 Mere Angne Mein
19.30 Siddhi Vinayak

samedi 6 mars

06.00 D.Anime: Dragons: Par-Delà
07.12 D.Anime: Trollhunters
08.23 D.Anime: The Garfield Show
12.00 Le Journal
12.30 Tele: Daniella
14.45 D.Anime: Sur Mesure
15.00 D.Anime: Sissi
15.29 D.Anime: The Garfield Show
15.54 D.Anime: La Ligue De Super
16.17 D.Anime: HTDT
16.31 D.Anime: Teenie Weenies
16.32 D.Anime: Robot Trains
16.43 D.Anime: Trolls
17.09 Mag: Mimetismes
17.30 Serial: Nowhere Boys
18.00 Live: Samachar
18.30 Entertainment: Dance
19.30 Journal & La Meteo
20.20 Prod: Lottotech
20.25 Local: RDV Muzikal
21.20 Film: Seized
23.25 Le Journal

07.00 Film: Biradari
Starring Shashi Kapoor, Faryal, Lalita Pawar
09.18 Mag: DDI Magazine
10.00 Bade Acchelagte Hai
12.00 Serial: Nanda Saukhya Bhare
12.31 Serial: Mooga Manasulu
12.50 Serial: High School
13.17 Annakodiyum Ainthus Pengalum
13.35 Serial: Anu Pallavi
15.00 Serial: Ek Deewana Tha
15.20 Film: Shakti
Starring: Dilip Kumar, Amitabh Bachchan, Raakhee, Smriti Patil
18.09 Mag: DDI Magazine
19.00 Zournal Kreol
20.05 Serial: Vikram Betaal Ki Rahasya Gatha
20.31 Serial: Bitti Business
21.00 Film: Chhapaak
22.56 DDI Live

06.00 Doc: One Way Ticket
06.42 Mag: Arts And Culture
06.55 Mag: Global 3000
07.21 Mag: Le Saviez Vous?
07.58 Doc: Wildlife Heroes
08.50 Antoine De Saint-Exupery
09.43 Doc: Global Conflagration
11.11 Doc: One Way Ticket
11.51 Mag: Global 3000
12.19 Mag: Le Saviez Vous?
12.28 Mag: Euromaxx
12.56 Doc: Wildlife Heroes
16.00 Live From Ganga Talao
20.05 Local: Om Namah Shivaya
21.00 Local: News (English)
21.10 Doc: Destination
21.23 Doc: Femmes Pour La Plan..
22.19 Doc: Stolen Soul
23.02 Doc: The Nefertiti Phenomenon
23.44 Doc: Amazing Gardens

01.33 Film: Extraction
03.19 Serial: Dynasty 2
03.58 Film: Avenging The Throne
05.32 Tele: Esmeraldas
06.13 Serial: Powers
06.55 Film: Boone
08.30 Serial: Midnight, Texas
09.12 Serial: Shades Of Blue
09.54 Serial: Unforgotten
10.41 Film: Saving Flora
12.15 Serial: Dynasty 2
13.06 Serial: S.W.A.T
15.09 Tele: Amanda
15.46 Tele: Muneca Brava
16.30 Mag: Hollywood On Set
17.00 Serial: Powers
17.45 Film: Marrying Mr. Darcy
19.18 Mag: Ultimate Countdown
20.05 Tele: Le Prix Du Désir
20.30 Series: Powers
21.15 Film: Phantom Thread
23.25 Tele: Dulce Amor

04.05 Sanjivani
04.26 Radha Krishna
04.48 Agniphera
05.09 Bade Acche Lagte Hai
05.31 Zindagi Ki Mehek
05.51 Ikyawann
06.13 Bin Kuch Kahe
06.41 Kundali Bhagya
06.58 Ek Rishta Saajhedari Ka
07.18 Mere Angne Mein
08.00 Zindagi Ki Mehek
09.40 Motu Patlu
10.00 Siddhi Vinayak
12.00 Yeh Hai Mohabbatein
14.00 Sanjivani
16.00 Pavitra Rishta
18.30 Film: Yamla Pagla Deewana
Star: Dharmendra, Sunny Deol, Bobby Deol
20.50 Serial: Siya Ke Ram
21.33 Serial: Naagin

dimanche 7 mars

06.00 D.Anime: Dragons: Par-Delà...
06.25 D.Anime: Boule Et Bill
08.09 D.Anime: The Garfield Show
09.30 Mag: Future Mag
10.00 Local: Zafan Nou Zil
12.00 Le Journal
12.30 Tele: Daniella
15.25 D.Anime: Teenie Weenies
15.27 D.Anime: The Garfield Show
15.53 D.Anime: La Ligue Des Super
16.16 D.Anime: HTDT
16.28 D.Anime: Teenie Weenies
16.44 D.Anime: Trolls
17.05 Mag: Mimetismes
17.50 Mag: Origami
18.00 Live: Samachar
18.30 Local: Yeh Shaam Mastani
19.30 Le Journal
20.00 Prod: La Meteo
21.25 Film: The Midnight Swim

07.00 Film: Anpadh
Starring: Ashok Kumar, Parikshat Sahni, Zarina Wahab
09.17 DDI Magazine
10.00 Local Production
11.00 Serial: Oru Kai Osai
11.22 Serial: Santoshi Maa
12.00 Film: Naam Shabana
Starring - Taapsee Pannu, Akshay Kumar, Manoj Bajpayee
14.23 Mag: DDI Magazine
15.00 Serial: Ek Deewana Tha
15.20 Serial: Mooga Manasulu
15.43 Eka Lagnachi Teesri Gosht
16.06 Serial: Apoorva Raagangal
17.00 Serial: Mahakali
18.30 Local: Tipa Tipa Nu Avance
19.30 DDI Magazine
20.00 Serial: Mann Mein Vishwas..
20.50 Serial: CID

06.00 Doc: Amazing Gardens
06.26 Doc: Zenith
06.52 Mag: Vue D'en Haut
07.45 Doc: Taste Hunters
08.37 Doc: Destination
09.47 Doc: Stolen Soul
11.15 Doc: Amazing Gardens
12.07 Mag: Vue D'en Haut
13.00 Doc: Taste Hunter
14.05 Doc: Femmes Pour La Plan..
17.56 Local: Om Namah Shivaya
18.00 Live From Kashi Vishwamath Temple
20.05 Excerpts Of Shiv Abhishek
21.00 Doc: News (English)
21.10 Doc: Destination
21.23 Doc: Ghana: L'Avenir Est...
22.19 Doc: Soul Ladies
22.57 Doc: Beethoven's Ninth
23.40 Mag: Tendence XXI
00.10 Doc: The Expanding Desert

03.16 Serial: Hawaai Five-0
03.57 Film: Seized
05.21 Tele: Esmeraldas
06.01 Serial: Powers
06.47 Film: A Date With Miss Fort...
08.30 Serial: Midnight, Texas
09.11 Film: Nessie & Me
10.41 Film: Marrying Mr. Darcy
12.16 Serial: Hawaii Five 5-0
13.03 Serial: S.W.A.T
14.34 Mag: Close Up
15.05 Tele: Amanda
15.49 Tele: Muneca Brava
17.00 Serial: Power
17.45 Serial: Hawaii Five-0
18.30 Serial: Macgyver
19.34 Mag: Close Up
20.05 Tele: Le Prix Du Désir
20.30 Serial: Falling Water
21.15 Film: Happy Housewives
22.58 Tele: Dulce Amor

00.40 Yeh Hai Mohabbatein
02.19 Sanjivani
04.06 Pavitra Rishta
05.33 Film: Yamla Pagla Deewana
Dharmendra, Sunny Deol, Bobby Deol
08.01 Motu Patlu
08.11 Karn Sangini
10.04 Jaana Na Dil Se Door
11.44 Piya Albela
13.27 Kahan Hum Kahan Tum
14.12 Agniphera
15.30 Bin Kuch Kahe
17.06 Punar Vivaah
18.00 Samachar
18.30 Film: Love Ke Liye Kuch Bhi Karega
20.30 Entertainment: Dance
21.18 Bade Acche Lagte Hai
23.06 Piya Albela

MBC 2

Samedi 6 Mars - 21.00

Stars: Deepika Padukone, Vikrant Massey, Madhurjeet Sarghi



Dimanche 6 Mars - 18.30

Stars: Saif Ali Khan, Fardeen Khan, Aftab Shivdasani, Sonali Bendre

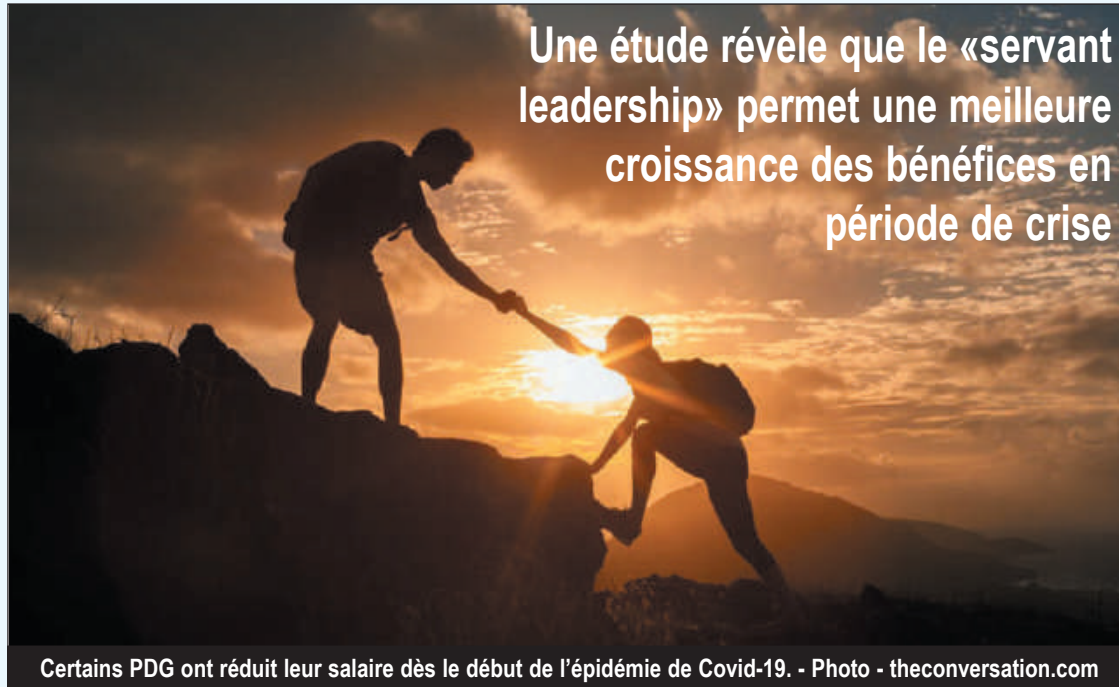




Vincent Giolito
Professeur, EM Lyon

Leadership : en temps de crise, mieux vaut servir les autres qu'être charismatique

Une étude révèle que le «servant leadership» permet une meilleure croissance des bénéfices en période de crise



Certains PDG ont réduit leur salaire dès le début de l'épidémie de Covid-19. - Photo - theconversation.com

Le brutal hiatus provoqué par l'épidémie de la Covid-19 aura de profondes conséquences pour les entreprises. Passé le bouleversement des premières semaines avec le passage urgent et massif au télétravail, puis les ajustements incertains du retour au bureau, c'est désormais l'impact économique qui se profile : réorganisations, restructurations, et réduction globale de l'emploi anticipée par l'Organisation internationale du Travail. Dirigeants et managers ont donc à naviguer une situation empreinte d'une énorme anxiété.

Comment retrouver une dynamique positive dans ces circonstances? La réponse traditionnelle reprend les codes du leadership charismatique. Énoncer une mission collective, une inspiration, en faire un objectif et appeler à la concentration des forces, c'est par exemple le sens du «nous sommes en guerre» du président de la République Emmanuel Macron, au moment de décréter l'état d'urgence face à l'épidémie.

Beaucoup de crises avant celles-ci ont fait émerger un leader apparemment

naturel, visionnaire et souvent autoritaire, qui parvient à mobiliser les esprits et les cœurs au service de la mission qu'il a choisie. Les études dans ce domaine révèlent cependant qu'un autre type de leader peut se distinguer durant une période de crise.

Un leadership au service des collaborateurs

Cependant, depuis les années 1990, un courant de recherche se développe sur une forme alternative et contre-intuitive, le «servant leadership» (leadership serviteur). Les servant leaders se situent à l'opposé de la perspective charismatique. Leur priorité n'est pas la mission, mais les femmes et les hommes qui forment sa communauté, qu'elle soit politique ou, dans le cas qui nous occupe,

professionnelle.

C'est en faisant passer les collaborateurs en premier que ce leadership induit des performances supérieures, tant au niveau de leurs équipes qu'à celui de l'entreprise dans son ensemble. Il apparaît aujourd'hui que cette forme de leadership pourrait être la plus efficace pour sortir des crises et construire la résilience des organisations.

Le servant leadership place le manager au service de ses équipes: les collaborateurs priment sur la mission. Les managers, titulaires officiels de l'autorité, l'utilisent pour favoriser l'initiative individuelle et collective. Ils ont une compréhension bienveillante de la dimension émotionnelle des relations au travail et font preuve d'empathie avec les collaborateurs confrontés à des difficultés même dans leur vie personnelle.

Les servant leaders font aussi preuve de compétence et d'intelligence, dont ils se servent pour aider leurs collaborateurs à résoudre les problèmes. Ils partagent enfin leur préoccupation pour l'environnement de l'entreprise, contribuant ainsi à donner du sens aux efforts demandés.

Une résilience face aux crises

Managers Bisounours, demandez-vous? Absolument pas. D'une part, l'Américain Robert Greenleaf, inventeur du terme, assignait une mission précise aux servant leaders :

«Qu'ils contribuent au développement personnel et à l'épanouissement de leurs collaborateurs, pour qu'eux-mêmes deviennent des servant leaders.»

D'autre part, l'étude que nous avons publiée récemment avec mes collègues Robert Liden, Dirk van Dierendonck et Gordon Cheung, montre que les servant leaders ne sont pas plus faibles que les autres, au contraire. Ce n'est pas en distribuant les largesses – salaires, bonus, avantages – qu'ils obtiennent la motivation de leurs collaborateurs. Le servant leadership se traduit en effet par une meilleure croissance des bénéfices à l'échelon de la *business unit* (unité commerciale).

Dans le contexte de la crise économique qui se profile après la crise sanitaire, cette étude apporte un argument supplémentaire en faveur du servant leadership.


La primauté du modèle charismatique en période de turbulence est régulièrement réaffirmée, le plus souvent à partir d'exemples historiques. Or notre étude s'est déroulée dans une entreprise – 55 magasins d'une même chaîne en région parisienne, avec 485 collaborateurs – qui traversait une sévère crise conjoncturelle.


Même dans ces circonstances, mieux les managers étaient appréciés par leur équipe sur l'échelle du servant leadership, meilleure était aussi leur appréciation sur leur niveau individuel de bien-être au travail dans toutes ses dimensions, et meilleures étaient les relations dans chaque équipe. C'est d'ailleurs la combinaison de l'épanouissement individuel et de la qualité des relations interpersonnelles qui expliquait la croissance des ventes et, à la suite, celle des bénéfices.

Moins spectaculaire, moins héroïque que le modèle charismatique, le servant leadership s'illustre par des décisions qui montrent que les managers partagent les peines de leurs équipes. Les PDG qui ont réduit leur salaire dès le début de l'épidémie, comme Benoît Coquard chez Legrand en France, et d'autres ailleurs en sont un exemple, surtout s'ils sont suivis par les actionnaires qui acceptent une réduction de dividendes, comme à Carrefour et Orange.

D'autres décisions concernent la relation de l'entreprise à la société au sens large : ainsi, certains dirigeants ont très tôt converti leurs usines vers la production de masques et de gels hydroalcooliques.


La période actuelle de sortie de crise constitue donc l'opportunité d'apporter un regard nouveau sur les qualités du manager à la lumière des résultats de la recherche. C'est probablement la clé d'un travail plus épanouissant et d'une résilience accrue pour les entreprises.





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