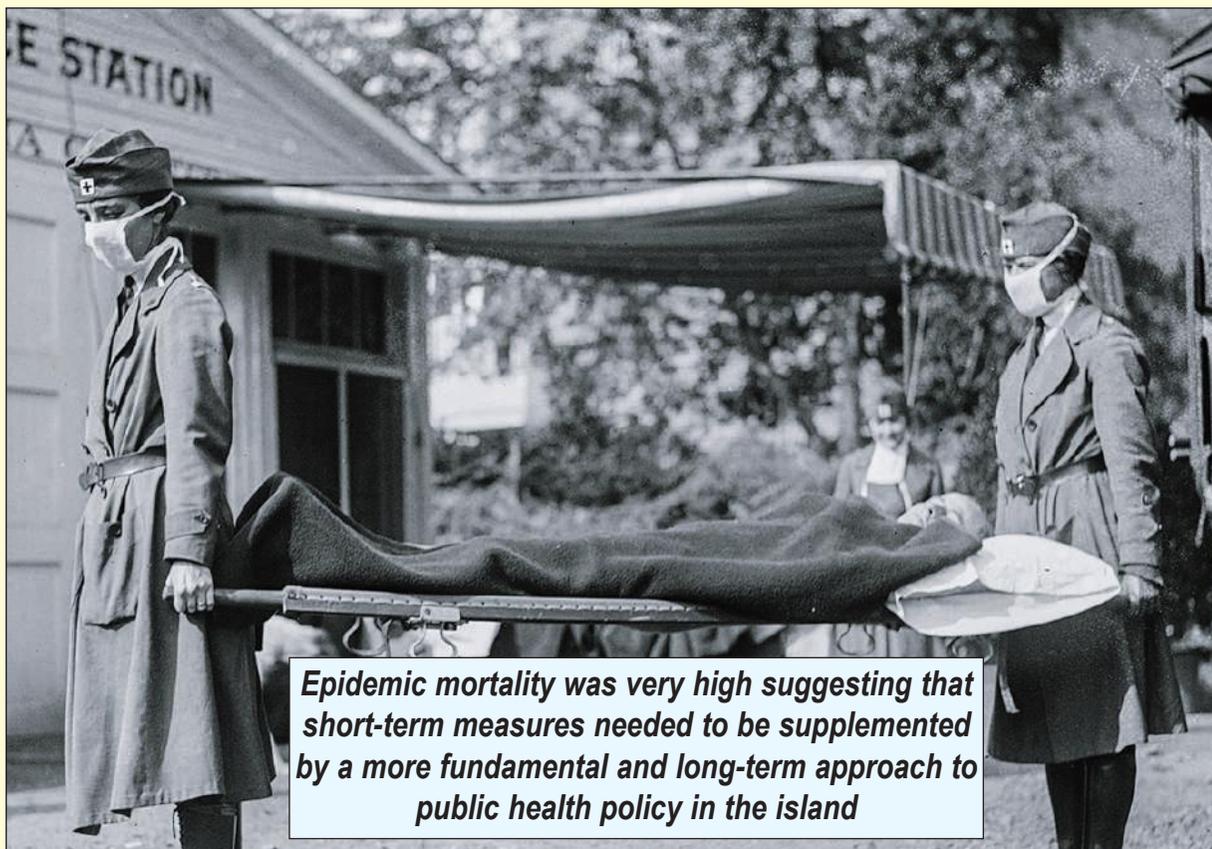


MAURITIUS TIMES

• *The pandemic has given everyone the opportunity to slow down their lives and take a moment for themselves. -- Viva Motwani*



Epidemic mortality was very high suggesting that short-term measures needed to be supplemented by a more fundamental and long-term approach to public health policy in the island

The Spanish Influenza of 1919: Lessons to Learn

By Sada Reddi 📧 See Page 4-5

Water: Sustainer of Life



It has been said that this will be a century of water wars, not only to vie for the resource among nations, but using water as an instrument to wage war

Dr R Neerunjun Gopee 📧 See Page 3

Le Militantisme



Ces organisations citoyennes, ni de gauche ni de droite, ne sont pas les héritiers du militantisme

Par Jack Bizlall 📧 See Page 9



Simply vaccinating people in one's own country is not enough. It is in the interest of every nation to ensure that all people around the world are being vaccinated

Meeting the World's Coronavirus Vaccine Needs

By Anil Madan 📧 See Page 6-11

Do we have a moral duty not to get sick?

By Vittorio Bufacchi, Senior Lecturer, Department of Philosophy, University College Cork

📧 See Page 2

Scaling Up Vaccination: A Must

The major challenge to countries in the management of the Covid pandemic and its surges and waves has been to 'get the trade-offs right between lockdowns, economic damage and the spread of the virus', as pointed out in an issue of *The Economist* of February 6, 2021. In our local context, this same idea was expressed by economist Eric Ng Ping Cheun in an interview to this paper last week as follows:

'Gérer un pays, c'est savoir gérer les risques, en l'occurrence les risques sanitaires et économiques, en même temps. Tout l'art de gouverner, c'est de savoir créer les conditions d'une bonne santé économique tout en faisant respecter en public, dans la discipline, les consignes sanitaires (port du masque, distanciation sociale).

Nous devons apprendre à vivre avec le coronavirus, sachant que le risque zéro n'existe pas. Faute de quoi, l'économie mauricienne, qui n'est déjà plus résiliente, avancera à reculons.'

In fact, as we have had occasion to point out earlier, experts now coming round to the view that the Covid-19 is going to become a seasonal one like the flu virus and that we will have to live with and adapt to it as we have done for influenza – except that it is a more complicated matter given the variants that have been emerging.

In a report just released by AXYS, it notes that 'The Mauritian economy has proven to be relatively resilient running at an estimated -85% of pre-pandemic levels (an "-85% economy") given that the hospitality is effectively shut and consumption has slowed.'

While underlining that 'there remain many palpable downside risks for the economy going forwards' the report points out that 'the silver lining is that Mauritius has started its vaccination campaign.'

It continues with 'we've been better prepared for a confinement this time round. Work Access Permits (WAPs) were delivered within days; those able to work-from-home were likely up and running with less friction; supermarkets, banks and the stock-exchange were only shut for a day; while the hospitality industry's been effectively shut down for a year. Manufacturers are unlikely to see their exports orders cancelled and logistical disruptions will be smaller thanks to an operational harbour and Air Mauritius maintaining weekly flights to selected destinations.

The worst affected will be retail shops, restaurants, 'snacks' and cosmetic services. Some might not survive the 2nd one,' concluding that 'on a brighter note, once our borders re-open and when vaccinations reach critical mass, that will surely boost our 85% economy.'

First things first – we must reach critical mass in vaccination before we open our borders which will help the economy to recover.

Based on the demographic profile of Mauritius with a population of 1,379,265 (July 2020 estimate) and an age structure classified as 0-14 years and 15-24 years rather than 0-18 years, one can make a rough estimate that the population of Mauritius under 18 years of age could be one million. Since at least 60% of the population must be vaccinated for the country to be relatively Covid-safe and therefore consider opening of borders, this means that at least 600,000 people need to be vaccinated.

100,000 doses of the Covishield vaccine have already been used, the remaining 100,000 having been kept for the second dose to those of the first batch. So that means achieving vaccination in another 500,000 people at the minimum. At the rate of 9000 per day this works out to 55 days – or 100 days if we want to be safer still by vaccinating all the remaining 900,000.

In other words, in 3 months we can seriously think of opening borders – provided we can scale up our vaccination campaign, and in light of the Covid situation in the outside world, especially in our export and tourist markets. This implies having the necessary resources, starting with having sufficient doses of vaccine.

The Covaxin rollout has already begun. Bharat Biotech, the vaccine's manufacturer has released results from its phase 3 clinical trials, the reported data on the vaccine from phase 1, 2, and 3 trials involving around 27,000 participants. And the data have shown that it has an efficacy rate of 81%. In India nearly one million people have already received the vaccine, and the vaccine rollout in India is closely monitored by its 34-year-old surveillance programme for monitoring 'adverse events' following immunization.

So our priority now should be to vaccinate as many people as possible as soon as possible by working out a new strategy, which should include instilling trust in the population so as to get back to normal with their cooperation. That's the only viable way forward.

The Conversation

Do we have a moral duty not to get sick?

Covid-19 requires us to make ethical decisions like Ancient Greeks and Romans



Anti-mask and anti-lockdown groups are now widespread around the world. Jacob King/PA

The personal ethics of Covid-19 are a minefield. Over winter, disputes over our duties to one another with regard to the virus dominated Thanksgiving, Christmas and New Year and they continue to raise questions with many people are back in lockdown. Now, with vaccines being rolled out around the world, questions have arisen about how the vaccinated and non-vaccinated should behave.

All these debates revolve around a single question – is it our moral obligation not to get sick in a pandemic? Philosophy holds some of the answers, which I explore in my book on the ethical lessons of lockdown.

There are two main rival models of ethics: one is based on rights, the other on duties. The rights-based model, which traces its philosophical origins to the work of John Locke in the 17th century, starts from the assumption that individuals have rights. In its most zealous expression it also adds that there are things no person or group (especially the state) may do to individuals without violating their rights. Under this model, individuals have a right to life, liberty and the pursuit of happiness.

According to this approach, duties are related to rights, but only in a subordinate role. My right to free speech puts you under a duty to

allow me to publish my satirical cartoons. My right to an education puts others under a duty not to harm me on my way to school. My right to health implies a duty on my country to provide some healthcare services, to the best of its abilities.

This is arguably the dominant interpretation when philosophers talk about rights, including human rights.

Life, liberty and the pursuit of happiness

Rights play a crucial role in modern politics and ethics, and rightly so. We cannot think of modern life in the west without reflecting on hard-fought rights. A law was approved in France in 2018, for example, which gives citizens the "right to make mistakes" in dealings with the government without being automatically punished. This is to be welcomed.

But what started as a right to life, liberty and the pursuit of happiness has evolved to justify many other claims, including the right to get sick, or at the very least the right to risk getting sick.

Vittorio Bufacchi,

Senior Lecturer, Department of Philosophy, University College Cork

➔ Cont. on page 12

Mauritius Times

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

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

This epaper has been produced with the assistance of

Doojesh Ramlallah, Sultana Kurmally and Kersley Ramsamy

Pearl House 4th Floor Room 406 - Sir Virgil Naz Street, Port Louis

Tel: 5-29 29301 Tel/Fax: 212 1313





Dr R Neerunjun Gopee

Water: Sustainer of Life

It has been said that this will be a century of water wars, not only to vie for the resource among nations, but using water as an instrument to wage war

We take water for granted. It's only when we don't get it that we realise its importance. But under normal circumstances, when just at the turn of a tap clean water

flows and we make use of it, we spare no thought for its value to life, to us, or that 1 in 3 people in the world live in areas where there is no safe drinking water, according to the United Nations. Because of this unawareness, we have a tendency to waste water - opening the tap at full flow, when we could just as well make do with a reduced flow, or closing the tap in between when we are, for example, doing the first thing in the morning, namely brushing our teeth.

Each one of us can multiply many times the occasions or situations where we act so irresponsibly and thus waste water when millions of others are going with less of it, or have none at all. In fact, again according to the UN, at the rate we are going, by 2025, half of the global population will be living in areas where water is scarce. In fact, it has been said that this will be a century of water wars, not only to vie for the resource among nations, but using water as an instrument to wage war. By the erection of dams for example, across water sources that irrigate contiguous countries without first discussing and signing mutual agreements on equitable sharing and other related issues.

In many other aspects of life too we, especially in the developed world, act very unconscionably, and we need to be prodded like little children to behave properly - unfortunately, but that's the reality isn't it? Otherwise why would there be World Days - a device used by the UN to goad us into an awareness of a major issue that concerns all of humanity, and that it hopes will make us get rid of some of our selfishness. But also assume proper responsibility not only for ourselves and our family and community, but take a broader sweep to consider other human beings too.

And so the world observes World Water Day on March 22. It aims at informing people about the significance of fresh water and sustainable management of its resources. This follows from a UN General Assembly resolution adopted on December 22, 1992, which later declared March 22 as World Water Day, and is 'celebrated' around the world since 1993. The focus of this day, according to the UN website is to 'support the achievement of sustainable development goal (SDG) 6: water and sanitation for all by 2030.'

As for the **Significance of Water**, who can deny that 'water plays a key role in socio-economic development. Providing vital services to the human population, water is needed for human health and livelihood. Without its existence, we can't think of food, oxygen, and the human population.'

But we also need reminding that 'though 71 percent of the Earth's surface is covered by water, only 2.5 percent of it is fresh and is good for humans to consume. Though the natural recycling process has kept the amount of freshwater fairly constant on Earth, the exploding human population has increased the demand



Photo - 3.bp.blogspot.com

“Each one of us can multiply many times the occasions or situations where we act so irresponsibly and thus waste water when millions of others are going with less of it, or have none at all. In fact, again according to the UN, at the rate we are going, by 2025, half of the global population will be living in areas where water is scarce. In fact, it has been said that this will be a century of water wars, not only to vie for the resource among nations, but using water as an instrument to wage war...”

and competition. Even if you don't believe it, water scarcity is real. And, our inefficiency of using water sustainably can cost too much to the future generation.'

And that is why the **theme of World Water Day 2021** is '**Valuing Water**' and highlights the importance of conserving water and its value. As the UN website says, 'The value of water is about much more than its price - water has enormous and complex value for our households, food, culture, health, education, economics and the integrity of our natural environment. If we overlook any of these values, we risk mismanaging this finite, irre-

“No, we don't need water as an elixir, and should not regard it as such either. It suffices that we regard it as that which, beyond all else, is vital to sustain not only our lives but all lives on earth - plant, animal, human - with which we are inextricably linked in an interdependence based on networks that evolution has established over millions of years. And that we must do our utmost to learn about and to preserve at all costs...”

placeable resource.'

Scientifically, we know that life as we know it cannot exist without water, nor can it be sustained without water. We'll leave the scientists to pursue their search for the origin of life in the watery matrix. Our focus as common mortals should be to be concerned about how water sustains life - and that means **all** aspects of our lives and living wherever we are, and how we can help in ensuring that this is done as efficiently as possible. And this does not demand of us rocket science, we only have to activate our common sense to understand what we have to do: use only as much as we need of potable water i.e. **do not waste**, and secondly **collect natural water** for other uses such as gardening, cleaning etc. We must extend the harvesting of rain water in households.

The value and importance of water has been dealt with in ancient Indian literature comprising the Vedas (the oldest heritage of mankind), Brahmanas, Upanisads, Puranas, and Smritis, where it has been treated spiritually, philosophically, cosmologically, medically, and poetically. Water is regarded as the primordial substance from which the universe came into being, and is considered as occupying the highest place amongst the five basic elements *pañcamahabhutas*: *akasa* (ether, substratum, space), *vayu* (air), *teja* or *agni* (radiation, energy, or fire), *apa* (water), and *prthivi* (Earth). These five *bhutas* constitute the physical universe. Air is said to have been generated from space, fire from space, water from fire, and earth from water.

In other cultures, water has been described as the elixir of life, an elixir being a mythical, mythological or magical liquid that confers immortality which alchemists searched for in vain. So much the better really, isn't it? Who wants immortality of the physical kind?

No, we don't need water as an elixir, and should not regard it as such either. It suffices that we regard it as that which, beyond all else, is vital to sustain not only our lives but all lives on earth - plant, animal, human - with which we are inextricably linked in an interdependence based on networks that evolution has established over millions of years. And that we must do our utmost to learn about and to preserve at all costs.

Water is life, period.



Sada Reddi

The Spanish Influenza of 1919: Lessons to Learn

Epidemic mortality was very high suggesting that short-term measures needed to be supplemented by a more fundamental and long-term approach to public health policy in the island

Epidemics are never mere physiological phenomena - they are invariably shaped by social, economic and political processes they collide with. The epidemic influenza of 1919 was the worst epidemic that the world had faced. In Mauritius too, the epidemic caused brought about 12,000 deaths, but the worst happened in 1867 when the malaria epidemic killed about 40,000 people. In 1919, it was the political, economic and social factors that significantly affected the course of the epidemic and impacted the population.

Breakout of the Spanish epidemic

The Spanish epidemic itself broke out in northern France in the military camps in April 1918. On their way back to their homelands, the soldiers carried the epidemic into their respective countries. It initially spread in two waves and was followed by a third one; it reached North Africa in May, China and India in June. Global deaths were estimated to be between 50 to 100 million.

Before the epidemic reached our island, the people as well as the authorities were well aware of the threat, through information in local newspapers and articles they carried about how to combat the disease, although there was then no remedy. For example, there was an article by Dr A. Chauffard, Professor of Clinical Medicine at the University of Paris in the *Journal de Maurice* on 7 January 1919 about the history of the epidemic and measures to contain it. Another article in the same newspaper by Dr Pratt Johnson, Director of Clinical Research Laboratories gave favourable views about preventive inoculation. With the authorities and the public well informed of the evolution of the epidemic, the colonial government must have thought that it could contain the disease reasonably well.

Mauritius at the end of World War I

Moreover, the country had gone through unprecedented prosperity as a result of high sugar prices during the First World War, and there was no shortage of resources to face the epidemic. But war conditions, despite increased wealth, had considerably affected the health of the population. There was a general food shortage during the War: there was not enough rice in the



Photo - sciencemag.org

“The epidemic influenza of 1919 was the worst epidemic that the world had faced. In Mauritius too, the epidemic caused brought about 12,000 deaths, but the worst happened in 1867 when the malaria epidemic killed about 40,000 people. In 1919, it was the political, economic and social factors that significantly affected the course of the epidemic and impacted the population...”

country and prices of foodstuffs and other goods had increased considerably. The poor deprived of adequate food were suffering from malnutrition and other diseases. On the other hand, sanitary conditions in Port Louis had deteriorated considerably; malaria was rife in the island and particularly so in the capital. Even before the epidemic reached the island, the people had been debilitated by wartime conditions and were suffering from malaria, ankylostomiasis and beriberi. District and other hospitals were overcrowded.

In January 1919, although there was officially no case of Spanish influenza in the colony, cases of fever were on the rise and the municipal doctor had to do up to 60 consultations per day. Dr Edgar Laurent devoted two days of consultation in the dispensary in the Eastern Suburb, Port Louis, his constituency. There was 'an epidemic of diarrhoea developing into dysentery which affected thousands of adults and children'. The Municipal Council had to provide food for the poor in their respective wards and Rs 5 were recommended for the deserving poor.

Appointment of Committee

Before the government officially notified the outbreak of the epidemic in May, a committee was appointed in December 1918 and carefully considered a scheme for providing treatment to the sick, distribution of food, registration of deaths and burial. It secured the coopera-

tion of the elected members of the Council, Municipal Corporations and the Boards of Commissioners of the different towns. According to J. Middleton, the officer responsible for the administration of the colony, a committee to prepare for the epidemic had been set up and he had given the green light to his advisers to set up hospitals, to spend liberally on food for the poor and to provide them with medical help.

The committee anticipated that the epidemic would strike with the greatest severity the town of Port Louis. Temporary hospitals were set up to accommodate 1000 patients with provision for soups, milk and medicines. In Plaines Wilhems, temporary accommodation was provided for 300 patients at Rose Hill and Beau Bassin, 200 in Quatre Bornes, 100 in Phoenix and 400 in Curepipe. A private hospital of 75 beds was equipped and opened in Curepipe. The Royal College provided accommodation for 500 patients. It voted liberally to spend money to deal with the epidemic and Rs 50,000 were disbursed initially; Rs 22,000 worth of vaccines were im-ported from Durban.

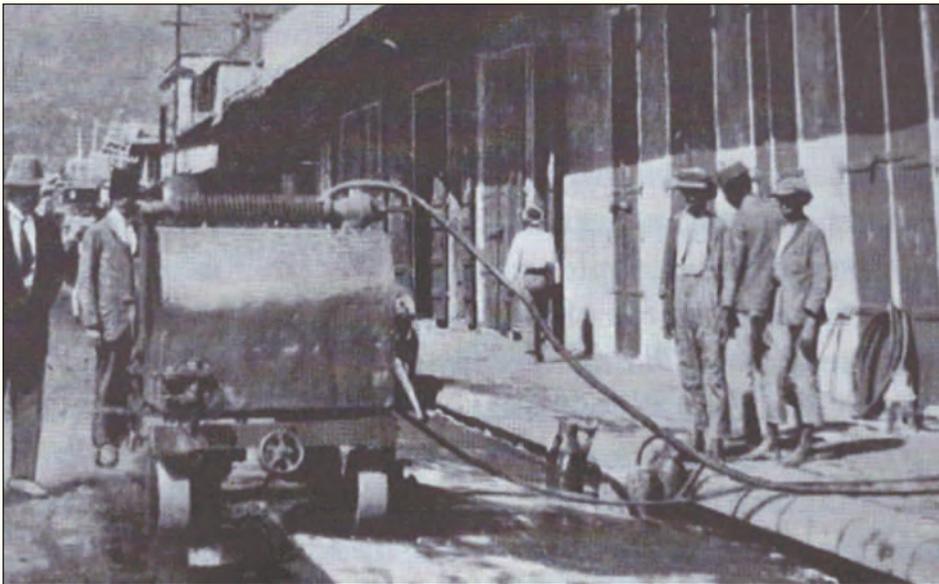
Measures taken

Though the colonial government took a number of measures, these were not made public. Arrangements were made to get all doctors to put their services at the disposal of the government for the treatment of the sick. Mass vaccination was advocated by the authorities; 70,000 doses of vaccine with two inoculations per person were made available, but not everybody was willing to get vaccinated. Vaccinations also took place in villages and were carried out in Chinese shops.

Private doctors were assigned to public dispensaries: H. Sakir at Taher Bagh, Dr Piarroux at Rue la Paix and the two dispensaries in Ward IV, Dr Louis at Triple Esperance, Dr Laurent at Grand River North West. Dr Acham was put in charge of a Chinese hospital demanded by the Chinese community. It was opened 15 days after the outbreak. Dr Laurent provided free consultations; other doctors came to Port Louis in the morning and left at night. At Bois Savon, a Chinese hospital, no cases of death were reported amongst those who had been vaccinated. Dr Acham vaccinated himself to inspire confidence. There were some deaths among those vaccinated but they were fewer compared with the unvaccinated. At the beginning of the campaign, there was no provision for immediate relief in many of the temporary hospitals, and a great number of people died on the first day of admission without proper care.

➤ Cont. on page 5

The Spanish Influenza of 1919: Lessons to Learn



Clayton Apparatus disinfecting a street in Port Louis during the epidemic

“Despite financial and medical assistance and the mobilizing efforts of the government and the public, epidemic mortality was very high suggesting that short-term measures needed to be supplemented by a more fundamental and long-term approach to public health policy in the island. The British colonial administration was considered to have failed in its public health policy not so much for lack of organization and assistance during the epidemic but for long-term neglect of sanitation in the island, particularly in the town of Port Louis...”

☛ Cont. from page 4

The epidemic broke out in May 1919 and that might have been due to the negligence of the authorities in waiving off quarantine for a ship from France. Two cases of the disease were identified on Flat Island and in the Eastern Suburb, Port Louis. Earlier a few cases of influenza were noted in Port Louis and Curepipe, but there were doubts whether they were really Spanish influenza; in Curepipe, they were attributed to vaccination and were considered benign.

Once cases of influenza were identified in May 1919, the colonial government swung into action. A government proclamation, issued on 5 May 1919, declared that the port of Seychelles was an infected port. On the same day the government issued another proclamation notifying the public that influenza was a contagious disease and the period of observation for quarantine was fixed for 8 days. On 14 May, another proclamation informed the public that the island was threatened by the Spanish influenza and all schools, colleges and places of public entertainment were closed. On the following day, Port Louis looked like a desolate place on that cold winter morning. Anxiety could be read on all the faces, the coaches were empty, and a few people attending to their businesses were wearing masks.

There were posters informing the

public that those who spit in certain places would be fined. The sanitary authorities were invested with powers 'to remove to hospital any person affected by the Spanish influenza which cannot be treated at his home to the satisfaction of the sanitary authority and shall be detained until complete recovery and discharged by the medical officer of the hospital'. Posters were erected along the roads about measures that the public should take. Food was a major concern of the authorities but they resisted pressure to fix food prices and to compel landowners to grow food crops. Chocolate, condensed milk and blankets were requisitioned for hospitals and lazarettos. The price of sugar was deregulated and the use of eggs in cakes and the manufacture of butter were prohibited by order of the Food Controller.

The epidemic spreads

In spite of all these measures, once the epidemic spread in the island in May 1919, there were 906 deaths including 55 prisoners over a period of 5 days in Port Louis. Out of 7197 deaths that occurred in that same month, 5367 were attributed to influenza. Between 1 May and 13 July, 3662 deaths were registered in Port Louis alone, and in the whole island registered deaths from influenza numbered 12,860. The number of indigents at the asylum and convents was on the increase. About one tonne of medicine was used in May

and by 6 June, Rs 131,000 had been spent and another Rs 500,000 were released to combat the epidemic.

The response of the public to the epidemic was marked by growing solidarity. Many individuals, companies and organizations helped to alleviate poverty and to provide support for the sick and the poor - the Union Catholique, the Loge de La Triple Espérance, Hindu and Muslim organisations. GM Issac asked those who had stocks of rice to sell them to government at reasonable prices to feed the poor. He collected Rs 20,000 among his friends to help the poor and for burials. Mr Pezzani helped the whole town and not only his ward. A Tamil organisation had been visiting suburbs of the capital distributing money coupons of Rs 3 to the sick irrespective of race and religion.

Managers of schools put their buildings at the disposal of the authorities to be used as hospitals. Religious orders such as the Couvent des Lorettes, Notre Dame de Bon Secours and the Filles de Marie put their disciples and administrative organisations at the disposal of government. Dr Momphe took charge of the hospital of L'Union Catholique. The Chamber of Commerce provided food for the sick, up to 12 eggs per day. One third of the fund raised by L'Oeuvre Anglo-Franco Mauricienne was diverted to helping the poor.

Many of the rich 'in near view of death' and the more charitable people subscribed large sums of money to help the poor to buy medicine. Others visited and nursed dying inmates and many poor were saved in this way. The Poor Law administrator provided food for 10 days to the poor, and those unable to work food for 6 weeks depending on their health. After the epidemic, those seriously affected received 3 months' assistance. Blyth Brothers reduced the price of Siam rice

“The response of the public to the epidemic was marked by growing solidarity. Many individuals, companies and organizations helped to alleviate poverty and to provide support for the sick and the poor -- the Union Catholique, the Loge de La Triple Espérance, Hindu and Muslim organisations. GM Issac asked those who had stocks of rice to sell them to government at reasonable prices to feed the poor. He collected Rs 20,000 among his friends to help the poor and for burials...”

form Rs 60 to Rs 48.

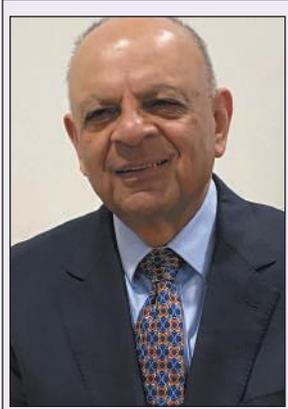
There were some protests too. There was again riot at Rivière du Rempart at 'La Boutique Martin'; a crowd comprising Creoles, Indians, women and children entered the shop to ask for rice. The police had to be called and there was a skirmish as the crowd moved to the shops of Ay You and Fok Sam. At Nouvelle France, Indians asked for more retailers to sell Burmese rice. Some profiteering also took place. Milkmen sold milk of which 60% was water at 30-40 cents a bottle. A shopkeeper sold camphor at 10 cents apiece. Indian rice which cost 22 cents was sold at 40 cents, Siam rice at 36 cents and peanut oil at 5 cents, manioc at 18-20 cents and sweet potatoes at 20 cents. Workers, butchers and bakers asked for higher wages and food vouchers were exchanged for rum. Rice shortage continued during the epidemic and shopkeepers forced people to shift from rice to maize. Coach drivers asked for 3 to 4 rupees for a trip from Rue Brabant to GRNW that was 3 to 4 times the usual price.

Balfour Report

In the end, despite financial and medical assistance and the mobilizing efforts of the government and the public, epidemic mortality was very high suggesting that short-term measures needed to be supplemented by a more fundamental and long-term approach to public health policy in the island. The British colonial administration was considered to have failed in its public health policy not so much for lack of organization and assistance during the epidemic but for long-term neglect of sanitation in the island, particularly in the town of Port Louis and the lack of purified water.

Le Petit Journal of 10 November 1919 wrote there would have been fewer victims if the population could have better resisted the epidemic had they not suffered from food shortage particularly rice. In the 1920s, the Balfour Report would advocate a more comprehensive approach to public health. It brought about a reorganization of the Medical Department. Sanitary matters were transferred from the Municipality to the Medical Department. There was greater support for sanitary reforms and Governor Bell's sanitary reforms including better housing received wide support for 'better housing would reduce the incidence of disease, enable people to work better and reduce pauperism'.

Sada Reddi



Anil Madan

Meeting the World's Coronavirus Vaccine Needs

Simply vaccinating people in one's own country is not enough. It is in the interest of every nation to ensure that all people around the world are being vaccinated

The National Center for Disaster Preparedness - yes, there is such an entity - at Columbia University has a Pandemic Resource and Response Initiative, yes really. Irwin Redlener, the director of that initiative explained that if we don't eliminate the Covid-19 virus everywhere, "then nowhere is going to be safe." Areas in which there are large unvaccinated people will see the virus festering and mutating. "Those mutations are dangerous for the country in which they occur, and also for the rest of the world. None of these viruses obey boundaries," he said.

As infections surge around the world and Covid-19 virus variants are detected in one country but soon appear in places distant from their seeming origin, infectious disease experts and health officials recognize that simply vaccinating people in one's own country is not enough. It is in the interest of every nation to ensure that all people around the world are being vaccinated.

President Biden's Secretary of State Antony Blinken has said: "Until everyone in the world is vaccinated, then no one is really safe."

So, there we have it, the scientific view and the diplomatic view tempered by science converge to address the problem from different perspectives. Then there is the humanitarian need to distribute vaccines equitably.

Against these concordant views is a stark reality. There are about 7.7 billion people in the world. The available vaccine supply is simply not enough, in the short term, to vaccinate everybody. Therefore, putting aside all questions about morality and equity, the distribution of vaccines is not going to be, and simply cannot be, equal if, "equality" here is measured as an equivalence based on pro-rata allocation to each country. And if one were to proceed down that path of pro-rata allocation, how would that be addressed? On the basis of population, ability (or inability) to pay, who developed the vaccine(s), who paid for the development of the vaccine(s), or some other factor?

Although this will not sit well with those who believe the US should have shared its vaccine hoard more equitably, the simple fact is that the Pfizer and Moderna vaccines have made up the vast, vast majority of vaccines administered in America. And given the need for extreme cold storage in both cases, with Pfizer's product more so than with Moderna's, export of the vaccines is impractical unless recipient countries have the necessary infrastructure to secure the cold chain. The recent announcement by the Biden administration that it will send supplies of the Oxford AstraZeneca vaccine to Canada and Mexico does not involve the super cold chain requirements of the Pfizer and Moderna vaccines but it highlights that even with the best of intentions, the US government is constrained in its ability to share vaccines with the rest of the world.

Let us step back to get an overview of vaccine development and production. In a December 2020 publica-



Vaccine production in India.
Photo - sciencemag.org

“Pharma companies are notorious for overpricing their products in the US. and selling excess capacity to the rest of the world at throwaway prices. The low prices charged by the Serum Institute of India for the Oxford AstraZeneca vaccine produced under license in India will remain a competitive constraint forcing Pfizer, Moderna, and J&J to charge lower prices around the world. Vaccines are being produced by Chinese and Russian manufacturers as well. With some luck it may be possible to get a total of 5 to 5-1/2 billion courses or 10-11 billion doses produced worldwide by the end of 2022, certainly 2023. That tells us we may have to live with another two to three years of uncertainty on top of the uncertain times we have seen...”

tion, the *British Medical Journal* (BMJ) reported that as of November 15, 2020, several countries had made pre-market purchase commitments totalling 7.48 billion doses, or 3.76 billion courses (based on two shots per recipient), of Covid-19 vaccines from 13 vaccine manufacturers. Just over half of these doses were preordered by high income countries, which represent 14% of the world's population.

The good news is that the BMJ reported that 48 candidate vaccines were undergoing clinical testing and at least 164 candidates were at preclinical stages.

Several countries made commitments to purchase vaccines from different manufacturers prioritizing securing vaccine doses for their own populations. As has become clear, many countries, including the US, Canada, Australia, have committed to ordering more vaccines than they will need or can use. Of course, there is some uncertainty here as there is talk of a possible third shot as a booster for the Pfizer and Moderna vaccines, and the possibility of tweaking those vaccines to deal with variants of the virus.

This is, in a sense, good news. Countries with excess vaccines supplies will be compelled to give them away on humanitarian grounds and one can expect a fair degree of diplomatic compulsion.

But the numbers are daunting. Even with 3.76 billion

courses accounted for, there is a worldwide shortage of vaccines for about 4 billion people, or 8 billion courses.

President Biden has agreed to contribute \$4 billion to providing vaccines to countries that would otherwise not be in a position to afford the vaccines. More importantly, he has chosen to address the pressing worldwide need for vaccines by partnering with Japan, Australia, and India to increase manufacturing capacity to produce vaccines.

The Serum Institute of India is already a powerhouse in vaccine production. This new initiative commits to providing support to Biological E, another major Indian vaccine manufacturer with the aim of producing about 1 billion doses of Covid-19 vaccines by the end of 2022.

But note that the end of 2022 is 21 months away.

The stark reality is that regardless of anything that the wealthier nations of the world do, the global population will remain woefully undervaccinated for at least the next two years.

This is not to say all is lost. US vaccine manufacturers are ramping up production. Both Pfizer and Moderna are substantially increasing production. The Biden administration has facilitated a partnership between Johnson & Johnson and Merck for the latter to produce J&J's vaccine.

☛ Cont. on page 11

US study found AstraZeneca's coronavirus vaccine is 100 percent effective

US study found AstraZeneca's coronavirus vaccine is 100% effective at keeping people out of hospital and stopping them dying of the disease, a US trial found today.

An extra trial of the vaccine in America found it was more effective than it was in the UK research - preventing 79 percent of all symptomatic infections - and nobody got seriously ill.

And it works just as well in over-65s as it does in younger people. The study was the largest one so far conducted on older people, including more than 6,000 of them.

The trial - which involved 32,000 people in total - also confirmed the vaccine doesn't increase the risk of blood clots,

which is a confidence boost after safety concerns in Europe rattled public faith in the jab last week.

Two doses were given four weeks apart in the study and the effectiveness of a single dose was not reported. Full results from the trial are expected to be published later in the year.

American authorities had insisted the vaccine was trialed in the US before they agreed to approve it and the extra research adds to proof the jab works. US regulators are set to give the jab the green light in the coming weeks.

Oxford's Professor Andrew Pollard, who runs the vaccine trials, said the results were 'remarkable', and its inventor



AstraZeneca's vaccine is '100% effective': US trial of jab saw NO deaths or hospitalizations and does not cause blood clots. Photo - Hindustan Times

Professor Sarah Gilbert said she was 'very pleased'.

Dean of Brown University's School of Public Health, Dr Ashish Jha, called the results 'fabulous news' in a tweet and told the Today Show that the AstraZeneca shot is the 'best ticket towards vaccinating the world.'

The jab-makers were in need of good press after the past fortnight saw more than a dozen European countries shun the jab amid fears it could cause blood clots on the brain - on which most have now backed down, although Sweden, Denmark and Norway are still hesitating and refusing to use it.

The Trump administration made a deal with AstraZeneca for 300 million doses of AstraZeneca's vaccine last year, and the federal government is currently sitting on nearly 30 million which can't be used until the shot is authorized by the FDA.

Nearly four million of those doses were sent to Mexico and Canada which have both authorized the shot last week, since

they are useless to Americans for the time being.

The US is vaccinating an average of 2.5 million Americans a day, has enough vaccine ready to go to cover 19 percent of people in the US, and has already given one or more dose to nearly a quarter of its population.

But the addition of the AstraZeneca shot would dramatically accelerate the pace of vaccinations and bring the US closer to having enough doses in its stockpile for its entire adult population.

The European Medicines Agency itself - which first launched an investigation and triggered panic across the continent - last week admitted there was no proof of a link to blood clots and backed down on its warning.

Health officials around the world, including Britain's regulator the MHRA and the World Health Organization, have urged countries to keep using the vaccine to stamp out coronavirus.



Saudi Aramco to prioritise energy supply to China for 50 years

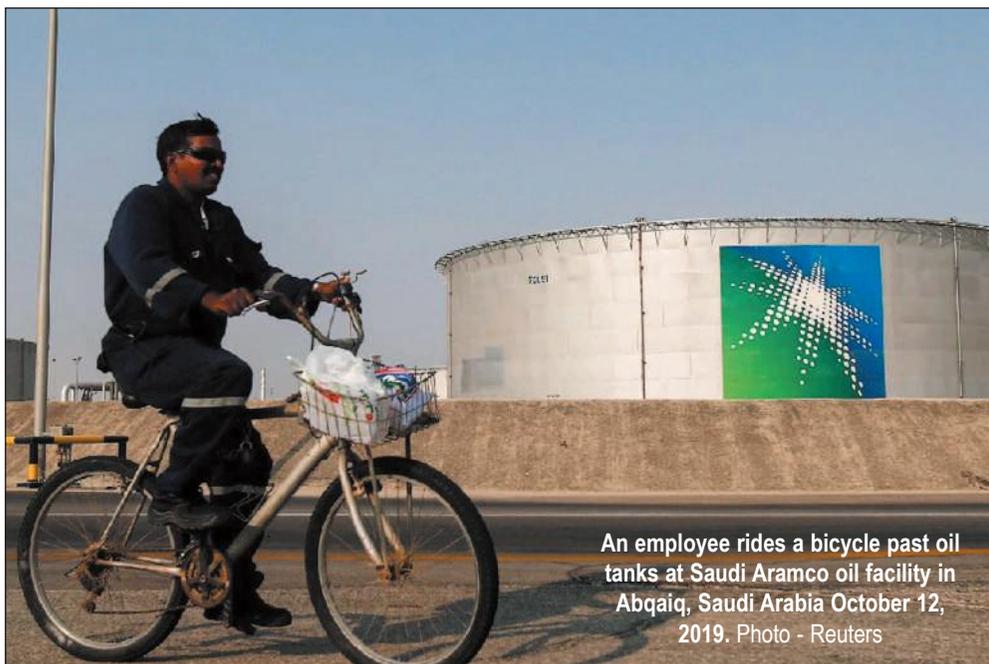
Saudi Aramco will ensure China's energy security remains its highest priority for the next 50 years and beyond as new and existing energy sources run in parallel for some time, CEO Amin Nasser told the China Development Forum on Sunday.

Saudi Arabia, the world's biggest oil exporter, retained its position as China's top supplier in the first two months this year, with volumes up 2.1% to 1.86 million barrels per day (bpd), China customs data showed on Saturday.

The kingdom beat Russia to keep its ranking as China's top crude supplier in 2020 despite unprecedented production cuts in a pact between the Organization of the Petroleum Exporting Countries and its allies to balance global markets after demand plunged during the Covid-19 pandemic.

"Ensuring the continuing security of China's energy needs remains our highest priority - not just for the next five years but for the next 50 and beyond," Nasser said in a video speech.

"We appreciate that sustainable energy solutions are



An employee rides a bicycle past oil tanks at Saudi Aramco oil facility in Abqaiq, Saudi Arabia October 12, 2019. Photo - Reuters

crucial to a faster and smoother global energy transition ... But, realistically, this will take some time since there are few alternatives to oil in many areas."

greenhouse gas emissions from existing energy sources.



Emergency service officials said 18,000 had so far been subject to evacuation orders across state. Photo - Reuters

Australia floods just a year after unprecedented climate-change bushfires

Australia's south east was lashed by another round of intense rainfall Monday, worsening "one in 100 year" flooding north of Sydney, as thousands of people were ordered to evacuate and more than 200 schools closed.

A days-long deluge has caused widespread flooding in coastal areas of the country's most populous state, New South Wales, with parts of Sydney's north-west fringes now experiencing what officials have said were likely to be the biggest floods in decades.

It comes just a year after unprecedented climate-change bushfires burned across the same region, which followed a prolonged drought that had also seen Sydney introduce water restrictions.

The state's Mid North Coast has been particularly badly affected, with state Premier Gladys Berejiklian declaring the region had been struck by a "one in 100 year" disaster.

Emergency service officials told local media that 18,000 people had so far been subject to evacuation orders across the state, with 2,000 still under evacuation orders Monday morning.

Authorities have warned of a potentially "life-threatening" situation though so far there have been no reports of deaths or serious injuries.

The Bureau of Meteorology has warned of "treacherous" conditions Monday before the wild weather eases later in the week.

Rainfall records were forecast to continue tumbling in the coming days as the deluge spreads into the state's northwest, and further north into Queensland state.

Health officials have said the rain and floods will delay the already halting roll-out of coronavirus vaccines in Sydney and surrounding areas.

Sri Lanka faces key UN Rights Body Resolution, hopes for Indian support

Sri Lanka will face a critical resolution at the UN Human Rights Council in Geneva on Monday which is being seen as an acid test for President Gotabaya Rajapaksa, amidst allegations that his government's initiatives had "repeatedly failed" to ensure justice for the victims and promote reconciliation after the end of the armed conflict with the LTTE in 2009, reports PTI.

Officials said that the draft resolution titled 'Promotion of Reconciliation Accountability and Human Rights in Sri Lanka' has been listed as the agenda item 2 at Monday's sessions.

Foreign Minister Dinesh Gunawardena said that the whole resolution was politically motivated particularly by the UK. "Sri Lanka has made progress with preserving human rights with our own program of work hence the international community must assist us," he said.

"Over the years, various allegations have been levelled against our country, alleging human rights

abuses. We have been cautious about this. After our government was elected, a Presidential Commission has been appointed to investigate human rights allegations," he said.

He also said that funds have been allocated from the budget to activate the Office on Missing Persons.

"While the present government was taking a number of such positive steps, it was not fair to ignore it and accuse us repeatedly in various manners at the Human Rights Council in Geneva," he added.

On March 13, Prime Minister



There are expectations among Sri Lanka officials that India would opt to abstain from voting. Photo - c.ndtvmg.com

Narendra Modi and Sri Lankan President Gotabaya Rajapaksa had a telephonic conversation during which they reviewed topical developments as well as ongoing cooperation between both the countries in bilateral and multilateral forums.

Articulating New Delhi's stand, Ambassador Indra Mani Pandey, Permanent Representative of India in Geneva, had said it rests on two

pillars: Support for Sri Lanka's unity and territorial integrity, and abiding commitment to aspirations of the Tamils of Sri Lanka for equality, justice, peace and dignity.

"These are not either-or choices. We believe that respecting the rights of the Tamil community, including through meaningful devolution, contributes directly to the unity and integrity of Sri Lanka."

"Therefore, we advocate that delivering on the legitimate aspirations of the Tamil community is in the best interests of Sri Lanka," he said.

Elon musk says Tesla would be shut down if its cars spied in China

Tesla Inc chief executive Elon Musk said on Saturday his company would be shut down if its cars were used to spy, his first comments on news that China's military has banned Teslas from its facilities.

"There's a very strong incentive for us to be very confidential with any information," Musk told a prominent Chinese forum during a virtual discussion, asserting that Tesla would be shut down if its vehicles spied in China or anywhere else.

Sources told Reuters on Friday that the Chinese military has banned Tesla cars from entering its complexes, citing security concerns over cameras installed on the vehicles.

Those restrictions surfaced as the top Chinese and US diplomats were holding a contentious meeting in Alaska, the first such in-person interaction since US

President Joe Biden took office in January.

Musk urged greater mutual trust between the world's two biggest economies, in his remarks to the China Development Forum, a high-level business gathering is hosted by a foundation under the State Council.

He was holding an discussion panel with Xue Qikun, a Chinese scientist specialising in quantum physics who is now head of Southern University of Science and Technology.

In China, the world's biggest car market and a key battleground for electric vehicles, Tesla sold 147,445 vehicles last year. However, it is facing more competition this year from domestic rivals from Nio Inc to Geely.

Large asteroid to zip past earth at 124,000 kmph

The largest asteroid to pass by Earth this year will swing closest on Sunday, giving astronomers a rare chance for a good look at a space rock that formed at the dawn of our solar system.

While in astronomical terms this marks a close encounter with the asteroid -- called 2001 FO32 -- NASA says there is no threat of a collision with our planet "now or



The nearest it will get will be two million kilometres away, according to the US space agency. Photo - cdn.images.express.co.uk

for centuries to come".

The nearest it will get will be two million kilometres (1.25 million miles) away, according to the US space agency.

That is roughly 5.25 times the distance of the Earth from the Moon but still close enough for 2001 FO32 to be classified as a "potentially hazardous asteroid."

The asteroid is estimated to be about 900 metres (3,000 feet) in diameter and was discovered 20 years ago.

NASA said more than 95 percent of near-Earth asteroids the size of 2001 FO32 or larger have been catalogued and none of them has any chance of impacting our planet over the next century.

NASA says the next time 2001 FO32 will be close to Earth will be 2052.

Il faut le dire et le redire...

Le Militantisme

Ces organisations citoyennes, ni de gauche ni de droite, ne sont pas les héritiers du militantisme



Jack Bizlall

Le militantisme équivaut historiquement à l'idéologie répandue dans les années 60 et 70 du siècle dernier et, particulièrement, aux soulèvements des jeunes à traverser le monde en 1968.

1968 fut, en effet, l'année marquante de la contestation dans le monde et à Maurice. Il y eut des révoltes estudiantines et ouvrières partout dans le monde: Italie, France, Pakistan, Etats-Unis, Japon, Allemagne, Canada, Mexique, Irlande du Nord, Angleterre, Liban, Sénégal, ... Plusieurs étudiants ont trouvé la mort pour leurs convictions. La contestation estudiantine, citoyenne et ouvrière fut mondiale. C'est ce qui marqua le caractère du militantisme: l'orgueil de nos convictions, l'action de groupe, l'idéologie révolutionnaire. Cette idéologie fut élaborée par la praxis des tenants de l'idéologie militante (des dirigeants des organisations de gauche) et par des écrits de plusieurs penseurs de la révolution (historiens, philosophes, économistes, etc).

Le premier degré du militantisme

Ma génération est celle qui est née pendant et après la Deuxième Guerre mondiale. Nous avons des références et des comportements et nous étions fiers de nous qualifier de militants, et les piliers du militantisme étaient, entre autres: l'anti-impérialisme, l'anti-néocolonialisme, l'anti-capitalisme, l'anti-stalinisme, l'anti-monarchisme, l'anti-dynastique, l'anti-autoritarisme, l'anti-dictature; l'anti-théocratique, l'anti-guerre, l'anti-atomique, l'anti-militarisme, l'anti-conformisme, l'anti-parlementarisme, l'anti-racisme, l'anti-trust, l'anti-peine capitale, l'anti-patriarcat, l'anti-homophobie...

La liste est longue et c'est dans la critique et la contestation contre l'autorité en soi et en tant qu'institution que se sont construites des dizaines d'organisations politiques progressistes et révolutionnaires. La première leçon apprise est que c'est dans le combat contre ce qui n'est pas acceptable qu'une force alternative se construit. C'est dans l'anti que tout se construit et que tout se gagne... Un exemple: l'anti-colonialisme a fait avancer des dizaines de pays vers leur indépendance; 44 pays en tout entre 1960 et 1980. Pour Maurice, ce fut en 1968, la Tanzanie en 1961, l'Algérie en 1962, le Kenya en 1963, les Seychelles en 1976.



1968 - l'année marquante de la contestation dans le monde...

Le second degré du militantisme

On pourrait avoir l'impression que l'on était dans la négation et ainsi dans une forme d'anarchie et de nihilisme... Mais non, nous étions aussi des jeunes qui militions à travers le monde dans des organisations politiques. Nous militions pour la liberté de la personne humaine (le droit de penser, de parler, d'écrire et d'agir); pour les libertés des citoyens, des collectifs d'hommes, de femmes et de jeunes, du peuple pour les droits, pour la démocratie élargissant les libertés et ouvrant la porte à de nombreux nouveaux droits surtout économiques et démocratiques, pour des institutions indépendantes et des lois non liberticides. Pour un programme politique anti-capitaliste et soutenant la classe prolétarienne dans leurs syndicats, mais aussi les catégories sociales (jeunes, femmes, consommateurs, etc.).

La lutte aurait été vaine si le combat n'avait pas été organisé, structuré, si les propositions n'avaient pas été concrètes, acceptables et réalisables. Si une organisation révolutionnaire ne fait pas un pont entre ce qui doit être combattu et ce qui doit être construit, il se retranchera dans le réformisme ou disparaîtra. A travers le monde, a surgi ce que Antonio Gramsci nomme l'intellectuel organique contribuant à l'homogénéité et la conscience de son action sur le plan culturel, c'est-à-dire social, économique et politique.

Le troisième degré du militantisme

Nous étions contre l'oppression de l'URSS, la violence du stalinisme - en Tchécoslovaquie (le Printemps de Prague 1968 suivant la même logique que l'insurrection hongroise de 1956 suivi par les grandes grèves en Pologne en 1988); contre la guerre au Vietnam jusqu'à sa réunification en 1976, le massacre au Biafra, la guerre des Six Jours, l'antisémitisme (mais aussi le sionisme), l'apartheid et le ségrégationnisme, le sexisme, l'oppression parentale, le système d'éducation d'insertion. Nous étions en faveur des Palestiniens, des droits civiques, de la libération des femmes... Nous étions des internationalistes. Ce fut indéniablement la force des organisations de gauche que de concevoir

la lutte politique comme une lutte qui engage les peuples à travers le monde et les travailleurs en particulier.

Nous étions donc organiquement liés à des organisations ouvrières: grèves tout le long de cette période. Dans un combat pour les salaires, la réduction des heures de travail, la sécurité d'emploi, pour le repos, les loisirs.

Le quatrième degré du militantisme

Nous étions dans le combat en tant que chanteurs engagés, artistes, écrivains, journalistes, philosophes, historiens, scientifiques, juristes, pédagogues. La plus grande insulte était de nous associer à la droite et à la classe capitaliste. Nous avions une position de classe et n'étions pas organiquement associés à la classe capitaliste, ni directement, ni indirectement. La cassure de classe était d'ailleurs notre objectif organisationnel.

A Maurice... nous devons au militantisme une révolution politique: celle de 1982...

1968: Bagarre en janvier, indépendance en mars, rapatriement des Chagossiens en mai, émigration massive vers l'Australie et ailleurs.... Mais aussi Forum du Club des Militants le 12 juillet sur le thème "L'avenir de Maurice dépend de ses jeunes"; grève dans le port et la fonction publique en août 1968.

Ainsi naquit une nouvelle génération qui créa le MMM et le MMMSP, qui ouvrit la voie à un syndicalisme libre et combatif, un combat politique révolutionnaire.

Le militantisme exerça une pression fabuleuse sur notre culture et notre société dans tous ses compartiments par des luttes syndicales, politiques et culturelles. Nous devons beaucoup au militantisme sur les plans linguistique, musical, artistique, littéraire, philosophique, historique, et aussi, constitutionnel, journalistique et économique...

La période 1968-1975 fut une période indélébile de notre histoire. Après ce fut la séparation, le pouvoirisme, l'électorisme, le parlementarisme...et l'opportunisme. Si le gauchisme est la faiblesse des jeunes

militants en général, l'opportunisme associé au populisme, s'avère être la maladie des agents des classes intermédiaires à la tête de presque tous les partis politiques, et ce, jusqu'à aujourd'hui. L'alternance qui se présente par des partis politiques coupant à travers les classes et dirigés par des opportunistes et des populistes de droite... ces organisations citoyennes, ni de gauche ni de droite, ne sont pas les héritiers du militantisme.

Première mise au point

Trois questions se posent auxquelles il faudrait répondre pour que la compréhension de l'Histoire ne soit pas tronquée.

1. Depuis les voyages de Niccolo Polo et Matteo Polo vers l'Est (Constantinople, Crimée), soit le 13e siècle, suivis par ceux de Marco Polo (Mongolie), l'ouverture du monde vers l'orient fut initiée... Ensuite, ce fut l'ouverture du monde à l'ouest avec Christophe Colomb, fin du 16e siècle. On ne peut rien comprendre de l'Histoire si on ne rassemble pas, comme en cosmologie, l'espace et le temps. C'est ce que j'expliquerai dans mon prochain article.
2. L'Histoire se construit dans la pensée humaine à travers ce que ses dirigeants dictent comme politique dans le cadre de cet espace-temps historique. Il faut démystifier certains pour comprendre les enjeux et les intérêts des uns et des autres et aussi identifier les marionnettes aussi bien que les manipulateurs.
3. L'exercice est la démystification. Démystifier, c'est détromper les gens. Mais c'est aussi démanteler des mythes, dénoncer les manipulations... Gaëtan Duval est un cas incontournable. Je reviendrai sur son rôle pendant la période pré-indépendance, la période de répression du début des années 70, la cassure du PMSD, la vérité sur le 13e mois (ce n'est pas lui l'initiateur), le sort des travailleurs de la Zone Franche, etc. Et, je m'attarderai sur l'histoire du MMM après.
4. La sémantique politique, qui est singulière, doit s'accorder sur la définition que donne l'autre version de l'histoire et qui passe par l'appréciation des sens des mots et leur évolution linguistique, pour comprendre des questions de transitionnalité, d'alternance, de prolongement, etc. Etant entendu que le but visé est de voir comment, en fin de compte (pour l'instant présent et l'instant écoulé), on a fait évoluer le fond commun de la civilisation et quelle direction nous prenons dans le maintien de l'humanité (l'instant futur). Le militantisme d'aujourd'hui est, de surcroît, anti-eugénique.

From the Pages of History - MT 60 Years Ago

4th Year No 160**MAURITIUS TIMES**

Friday 30 August 1957

● *In politics, what begins in fear usually ends in folly. -- Samuel Taylor Coleridge*

Family Planning - A Social Necessity

By D. Napal

The rejected applications for admissions in our government and aided colleges, the thousands of school-age children unable to find space in our primary schools, the crowds queuing up at the gates of our hospitals - struggling between life and death for lack of proper medical aid, the paupers invading the Public Assistance Department for some morsel to keep body and soul together, all these point but in one direction: overpopulation in Mauritius has become a serious problem.

This problem is not confined to our island. It affects different parts of the world. Finding means to increase productivity and recourse to emigration have been envisaged in different countries. But at best these can serve only as palliatives. They only postpone the issue. There is only one way out. It is family planning.

Is planned family life immoral? Is it unnatural? Is it irreligious? These are the questions around which controversy has raged for more than a quarter of a century.

It can be contended that it is unnatural, but then every amenity of civilized life from our morning shave to the airship which we so often use to conquer the blind forces of nature is unnatural. In so far as religion is concerned, the protestant churches not only do not oppose it but recommend and even encourage contraception to promote individual health and international peace. Prof Radhakrishnan in his 'Religion and Society' puts forth the Hindu point of view and suggests that family planning can be resorted to if it is in the interests of society -- **"The Hindu dharma gives us a programme of rules and regulations which permit their constant change. The rules of dharma are the mortal flesh of immortal ideas and so are mutable."**

The Islam faith, on its part, has in recent years given a clear ruling in favour of contraceptives. The Grand Mufti of the Egyptian Realm issued on the 25th January 1937, the injunction that it is permissible for either husband or wife by mutual consent to take any measure, either natural or artificial, in order to prevent conception.

In almost all civilized countries the question no longer arises whether planned family life is good or bad. The battles around this question have long been fought and won. However, of all these countries, India's problems in this respect should be of more interest to us as the majority of the Mauritian population comprise of people of Indian descent. The problem of Indians on the Subcontinent in this connection are to a great extent those of Indo-Mauritians as well.

An exhaustive analysis of the problem of birth control in India has been made by Dr S. Chandrasekhar, in his recent book 'Population and Planned Parenthood in India'. Chandrasekhar points out that annually 200,000 mothers die from causes connected with child birth, that a hundred out of every thousand women are doomed to die during child-birth and that 150 out of every 1000 live-births die before they reach their birthday. He then makes a case for birth control in India with remarkable eloquence.

"The premature deaths of thousands of these mothers and children represent not only a social and economic problem of fundamental national importance but, on humanitarian grounds alone, a problem that cries for solution

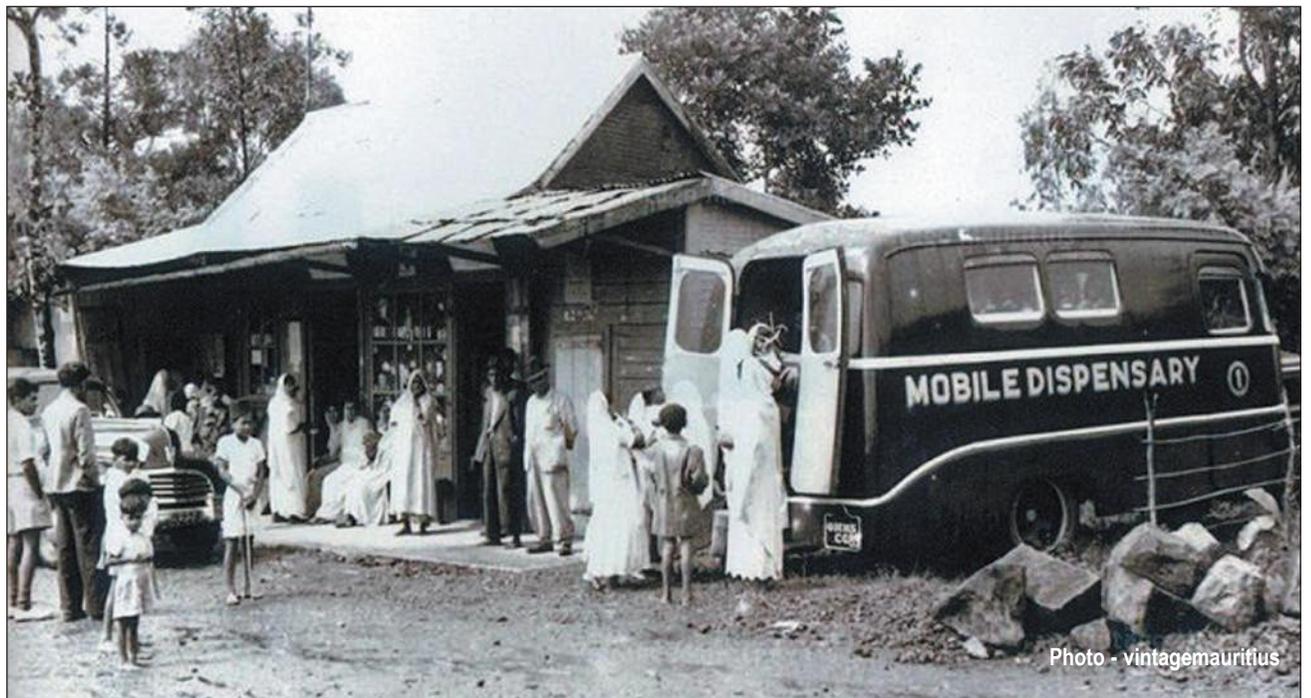


Photo - vintagemauritius

because they need not have died when they did. Their tiny 'graves' seem to echo the wish of Euripides: **"Not to be born is the best and to die as soon as possible is the next best."**

Fortunately, those who run the government in India have not ignored the question of birth control. The Indian National Congress as far back as in 1935 set up a National Planning Committee under the chairmanship of Jawaharlal Nehru. One of the resolutions of that Committee runs thus:

"In the interests of social economy, family happiness and national planning, family planning and a limitation of children are essential and the State should adopt a policy to encourage these."

The first Five Year Plan brought out in 1951 by the Planning Commission under the chairmanship of Prime Minister Jawaharlal Nehru took a bold stand with regard to the needs of family planning in India. It made provisions "in government hospitals and health centres of advice on methods of family planning for married persons, field

experiments on different methods of family planning for the purposes of determining their suitability, acceptability and effectiveness in different sections of the population, development of suitable procedures to educate the people on family planning methods."

Moreover, in the same year, the Indian government requested the World Health Organization to provide the services of a planned parenthood expert. Since that time, birth control clinics were opened in different places in India, sponsored by government, municipal and local authorities as well as by individual or private bodies. It is hoped that here is a happy solution to the problems of poverty, disease and premature deaths.

May we Mauritians cease to view with callous complacency the grim pictures of pain, poverty and disease around us! Unfortunately, government which took up the question in 1953 has since gone to sleep upon this important matter. We shall, in another article deal with the attitude of government towards this vital problem in our colony.



Protecting lives, ensuring happiness



1956-2020

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



marketing@licmauritius.intnet.mu



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

Meeting the World's Coronavirus Vaccine Needs

Cont. from page 6

The good news prospect for the world is that the US is unlikely to need these additional vaccines for domestic use unless the coronavirus vaccine becomes an annual event à la the flu vaccine or unless booster doses are needed.

The prospect that the US will have spent \$105 million in aiding Merck's production of J&J's vaccine for the benefit of the world at large is very real. Against the \$4 billion already contributed by the US, \$105 million is a small sum. The US adult population minus the naysayers who will refuse the shots will likely be fully vaccinated within another two months. Whether children under 16 are vaccinated remains to be seen. That ramped up production of vaccines will inure to the benefit of the rest of the world.

“Several countries made commitments to purchase vaccines from different manufacturers prioritizing securing vaccine doses for their own populations. As has become clear, many countries, including the US, Canada, Australia, have committed to ordering more vaccines than they will need or can use. Of course, there is some uncertainty here as there is talk of a possible third shot as a booster for the Pfizer and Moderna vaccines, and the possibility of tweaking those vaccines to deal with variants of the virus. This is, in a sense, good news. Countries with excess vaccines supplies will be compelled to give them away on humanitarian grounds...”

There is additional pressure on the Biden administration to implement policies that will erode patent protection for pharma manufacturers. This is unlikely to happen. The US is hardly in a position to diminish respect for intellectual property as it criticizes China for theft of industrial secrets.

But there is little reason to despair here. Pharma companies are notorious for overpricing their products in the US and selling excess capacity to the rest of the world at throwaway prices. The low prices charged by the Serum Institute of India for the Oxford AstraZeneca vaccine produced under license in India will remain a competitive constraint forcing Pfizer, Moderna, and J&J to charge lower prices around the world.

Vaccines are being produced by Chinese and Russian manufacturers as well. With some luck it may be possible to get a total of 5 to 5-1/2 billion courses or 10-11 billion doses produced worldwide by the end of 2022, certainly 2023. That tells us we may have to live with another two to three years of uncertainty on top of the uncertain times we have seen. The impact of this on the worldwide economic recovery remains a real concern.

I end with a realistic note. All of the good news about vaccine development in record time and vaccine production to scale, has to be tempered by four practical considerations. *First*, no matter what is produced, there are many countries that simply cannot afford the vaccines. The world has to depend on the generosity of the wealthy nations. Fortunately, the need to provide vaccines is in their self-interest, so there is hope for enlightened behaviour. Add to that the observation that pharma manufacturers will be forced by competition to reduce prices around

the world, and the prospects are good.

Second, the Pfizer and Moderna vaccines will be difficult to transport due to cold chain considerations. But the good news is that both companies are working on modifications that will eliminate the need for ultra-cold storage.

Third, supply chain constraints loom large. Pfizer, for example, has been recycling scarce filters needed on its production lines. Vials, seals, labels, needles, syringes, are all necessary for a successful vaccination program.

Fourth, and finally, people have to be trained to admin-

ister the vaccines and monitor recipients for adverse reactions in the immediate short-term.

Meeting the world's needs for vaccines goes beyond simple production numbers.

Cheerz...
Bwana



A volunteer receives the Covid vaccine. Photo - ichef.bbci.co.uk



COMMUNIQUÉ

Sanitary Lockdown MEASURES TAKEN BY MRA CUSTOMS

With the announcement of the second national sanitary lockdown effective in Mauritius as from 10 March, 2021, the Mauritius Revenue Authority (MRA) wishes to inform customs stakeholders and the public in general of the following measures:

1. The core services of MRA Customs are operational at Custom House, Mer Rouge, Plaisance Air Transport Services (PATS), Plaine Magnien, and at the SSR International Airport, with reduced staff, in view of enabling the clearance of goods and outgoing passengers.
2. MRA Customs at Plaine Corail in Rodrigues is also operational with reduced staff in view of providing the main services.
3. Facilities for the electronic submission of Customs Declarations, including electronic payment of duties and taxes, are available on the Customs Management System (CMS).
4. Information regarding specific services offered by the MRA Customs can be obtained by contacting the Duty Officer on 5 259 6950. The latter will direct the inquirer to the respective service.
5. Queries regarding **clearance of goods or other issues concerning Seaport Operations** may be addressed to Mr G. Mungroo on 5 762 7426 or Mr P. Bissoon on 5 795 0581.
6. Queries concerning **Airport Cargo Operations** may be addressed to Mr S. Ramburuth on 5 918 3568.
7. For any other queries or assistance regarding MRA customs services, the Customs Department may be reached by email on customs@mra.mu.

MAURITIUS REVENUE AUTHORITY

19 March 2021

Custom House, Mer Rouge, Port Louis, Mauritius

T: +230 202 0500 | F: +230 216 5946 | E: customs@mra.mu | W: www.mra.mu



Controversial Leadership Lessons From David Ogilvy, The Father of Advertising

By Stian Pedersen
Copywriter, SEO, behavioral sciences

Few men have had as big of an impact on my professional life and philosophy as David Ogilvy has. I admire the man greatly. Through his work, his biographies, and his interviews, he's been a source of wisdom and influence. His thoughts on entrepreneurship, leadership, sales, management, business, and copywriting have been very influential.

I recently stumbled across an old notebook that contained notes from when I studied David Ogilvy's approach to business and advertising. Immediately, I found myself inspired. In honour of this great man, I figured I'd compile some of my favourite lessons.

Do some groundwork, even as CEO

Ogilvy made sure to lead by example. Ogilvy started his career as a copywriter — and is, to this day, recognized as one of the greatest copywriters ever. As Ogilvy's responsibilities increased with the workload of being chief creative and chief executive, he had to delegate his work to other copywriters. Ogilvy&Mather would sometimes sign clients who specifically wanted to work with Ogilvy himself. In those cases, Ogilvy would take on the role of copywriter and write ads. In his own words, he made sure to show that his hand had not lost its cunning.

Work tremendously hard

Ogilvy also led by example through a tremendous work ethic. Hard work stood at the centre of Ogilvy&Mather's culture as Ogilvy saw hard work as a benefit for both shareholders and employees. If each employee worked at their utmost capacity, the company would be far more productive per person. The employees would be able to take on more responsibility, thus moving up in their careers faster. The company also wouldn't have to hire as many employees, thus boosting the bottom line. A bigger bottom line allowed



David Ogilvy, one of the greatest business leaders of the 20th century, left a body of work for entrepreneurs to study

“If each of us hires people who are smaller than we are, we shall become a company of dwarfs. But if each of us hires people who are bigger than we are, we shall become a company of giants.”

them to pay higher wages to their employees, and to pay out higher dividends to their shareholders. This would boost Ogilvy&Mather's reputation, both among potential employees, clients, and investors, creating a positive feedback loop.

“My staff will be a lot less reluctant to work overtime if I work longer hours than they do.”

Flaunt your privilege

Ogilvy also led by example by being overt about the privileges he had. He drove a Rolls-Royce, a vehicle virtually impossible to park in New York City. He wore the finest suits and had the finest watches. He made a big deal out of the gifts and benefits he got from his clients. This overt display of success combined with the already high wages paid by the agency served to inspire his employees to follow in Ogilvy's footsteps.

Be a good butcher

One of Ogilvy's favorite quotes came from the former British Prime Minister, William Gladstone, who had said “the first essential to be a good Prime Minister is to be a good butcher.” Ogilvy lived by this mantra and would not hesitate to fire underperformers. He found high performers become demoralized when working alongside incompetent amateurs, and wouldn't tolerate second-rate performance.

Don't praise your employees too liberally

He learned this lesson while working at one of the greatest restaurants in Paris. He found the greatest chef in France rarely praised his chefs, but kept impeccable order and discipline among his

ranks. However, when the praise did come, it meant a thousand times more than it had.

Embrace crisis

When Ogilvy worked for Pitard, he also found that the high pressure environment of a world-class kitchen brought the chefs together in a manner he had not previously been exposed to. Later, in the early days of Ogilvy&Mather, they were struggling for survival and had to work very long hours to fulfill their contracts. Ogilvy found that, when the team managed to pull through a crisis situation, they came out the other side as a more cohesive unit with increased morale.

Hire your successors

At a meeting with the executives of his company, Ogilvy handed out matryoshkas, Russian dolls. As they opened the dolls, they found a message. “If each of us hires people who are smaller than we are, we shall become a company of dwarfs. But if each of us hires people who are bigger than we are, we shall become a company of giants.” He later continued this practice, sending matryoshkas to people who had been made heads of Ogilvy&Mather offices around the world.

There were many lessons to pick from, but in the interest of time, I had to keep it short.

☛ Cont. from page 2

During the pandemic, this right has been taken to menacing excesses by anti-mask and anti-lockdown groups, politically active in almost every country around the world.

This is the ugly side to rights-based theories. Your right to get sick, or to risk getting sick, could imply a duty on others to look after you during your illness.

In the exceptional times in which we find ourselves, putting rights before duties is beyond the realm of justification. The right to get sick is potentially deadly, and not only for the person getting sick: thousands of frontline healthcare workers have died worldwide from Covid-19 after caring for infected patients.

Duty before rights

Covid-19 is forcing us to revisit some of our most entrenched moral assump-



Photo - theconversation.com

tions and embrace new perspectives. Contrary to what the rights-based model would suggest, from a moral point of view, it is a mistake to think of duties merely as correlated and subordinate to

rights.

The pre-eminence of rights in our moral compass has vindicated unacceptable levels of selfishness. It is imperative to undertake a fundamental duty not to get sick, and to do everything in our means to avoid causing others to get sick. Morally speaking, duties should come first and should not be subordinated to rights.

Putting duties before rights is not a new, revolutionary idea. In fact it is one of the oldest rules in the book of ethics. Primum non nocere, or first do no harm, is the core principle in the Hippocratic Oath historically taken by doctors, widely attributed to the ancient

Greek philosopher and physician Hippocrates. It is also a fundamental principle in the moral philosophy of the Roman statesman Marcus Tullius Cicero, who in ‘De Officiis’ (On Duties) argues that the first task of justice is to prevent men and women from causing harm to others.

When it comes to navigating the morality of living with Covid-19, we could do a lot worse than following the moral teachings of our ancestors. Because yes, we do have a moral duty to avoid catching this disease.

Vittorio Bufacchi,
Senior Lecturer, Department of Philosophy,
University College Cork

Do we have a moral duty not to get sick?

Why Britain brexited!

The following questions were in a UK grade 12 equivalent examination (purportedly genuine answers):

Q. What is a turbine?

A. Something an Arab or Sheik wears on his head.

Q. How is dew formed?

A. The sun shines down on the leaves and makes them perspire.

Q. What are steroids?

A. Things for keeping carpets still on the stairs.

Q. Name a major disease associated with cigarettes.

A. Premature death.

Q. How can you delay milk turning sour?

A. Keep it in the cow.

Q. How are the main 20 parts of the body categorised (e.g. the abdomen)?

A. The body is consisted into 3 parts - the brainium, the borax and the abdominal cavity. The brainium contains the brain, the borax contains the heart and lungs and the abdominal cavity contains the 5 bowels... A, E, I, O, U

Q. What is the fibula?

A. A small lie.

Q. What does 'varicose' mean?

A. Nearby.

Q. Give the meaning of the term 'Caesarean section.'

A. The caesarean section is a district in Rome.

Q. What is a seizure?

A. A Roman Emperor.

(Julius Seizure, I came, I saw, I conked

out.)

Q. What is a terminal illness?

A. When you are sick at the airport.

Q. Name the four seasons

A. Salt, pepper, mustard and vinegar.

No wonder Britain brexited!

Puntery for Language Aficionados!

1. My best mates and I played a game of hide and seek. It went on for hours... Well, good friends are hard to find.

2. You're not completely useless; you can always serve as a bad example.

3. I broke my finger last week. On the other hand, I'm okay.

4. Someone stole my Microsoft Office and they're gonna pay. You have my Word.

5. Don't spell part backwards. It's a trap.

6. And the Lord said unto John, "Come forth and you will receive eternal life." But John came fifth, and he got hell.

7. What is the best thing about living in Switzerland? Well, the flag is a big plus.

8. Did you hear about the guy who got hit in the head with a can of soda? He was lucky it was a soft drink.

9. How did I escape from Iraq? I ran.

10. To the mathematician who thought of the idea of zero. Thanks for nothing!

11. Son: "Dad, can you tell me what a solar eclipse is?" Dad: "No sun."

12. My math teacher called me average. How mean?

13. Clinic receptionist: "Doctor, there's a patient on line that says he's become invisible". Doctor: "Well, tell him I can't see him right now."

A few days after Christmas, a mother was working in the kitchen listening to her

young son playing with his new electric train in the living room. She heard the train stop and her son said, "All of you sons of bitches who want off, get the hell off now, 'cause this is the last stop! And all of you sons of bitches who are getting on, get your asses in the train, 'cause we're going down the tracks."

The mother went nuts and told her son, "We don't use that kind of language in this house.

Now I want you to go to your room and you are to stay there for two hours. When you come out, you may play with your train, but I want you to use nice language."

Two hours later, the son comes out of the bedroom and resumes playing with his train. Soon the train stopped and the mother heard her son say, "All passengers who are disembarking from the train, please remember to take all of your belongings with you. We thank you for riding with us today and hope your trip was a pleasant one. We hope you will ride with us again soon."

She hears the little boy continue, "For those of you just boarding, we ask you to stow all of your hand luggage under your seat. Remember, there is no smoking on the train. We hope you will have a pleasant and relaxing journey with us today."

As the mother began to smile, the child added, "For those of you who are pissed off about the two-hour delay, please see the bitch in the kitchen."

In the beginning, God created the heaven and the earth...

After that, everything else was made in China.

A man went to his lawyer and told him, "My neighbour owes me \$500 and he won't pay up. What should I do?"

"Do you have any proof he owes you



I don't know the ingredients they used to make alcohol but am sure they added happiness, truth and English

the money?" asked the lawyer.

"Nope," replied the man.

"OK, then write him a letter asking him for the \$5,000 he owed you," said the lawyer.

"But it's only \$500," replied the man.

"Precisely. That's what he will reply and then you'll have your proof!"

Two young Irishmen are travelling to Australia. Before they leave home, one of their dads gives them both a bit of advice: "You watch them Aussie cab drivers. They'll rob you blind. Don't you go paying them what they ask. You haggle."

At the Sydney airport, the Irishmen catch a cab to their hotel. When they reach their destination, the cabbie says, "That'll be twenty dollars, lads."

"Oh no you don't! My dad warned me about you. You'll only be getting fifteen dollars from me," says one of the men.

"And you'll only be getting fifteen from me too," adds the other.

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

"You'll know tonight," he said.

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

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

Food for Thought

The Great Equaliser?

An economics professor at a local college made a statement that he had never failed a single student before, but had recently failed an entire class.

That class had insisted that socialism worked and that no one would be poor and no one would be rich, a great equaliser.

The Professor then said, "OK, We will have an experiment in this class on the following plan: All grades will be averaged and everyone will receive the same grade!"

After the first test, the grades were averaged and everyone got grade B. The students who studied hard

were upset and the students who studied little were happy.

As the second test rolled around, the students who studied little had studied even less and the ones who studied hard decided they wanted a free ride too so they studied little.

The second test average was grade D! No one was happy.

When the third test rolled around, the average was grade F.

As the tests proceeded, the scores never increased as bickering, blame and name-calling all resulted in hard feelings and no one would study for the benefit of anyone else.

To their great surprise, all failed. The Professor told them that communism would also ultimately fail because when the reward is great, the effort to succeed is great,

but when government takes all the reward away, no one will try or want to succeed. These are possibly the best sentences you'll ever read and all are applicable to this experiment.

1. What one person receives without working for, another person must work for without receiving.

2. The government cannot give to anybody anything that the government does not first take from some body else.

3. You cannot multiply wealth by dividing it!

4. When half of the people get the idea that they do not have to work because the other half is going to take care of them and when the other half gets the idea that it does no good to work because somebody else is going to get what they work for, that is the beginning of the end of any nation!

Healthy Aging

Many older adults have some type of chronic disease, and some have more than one. So, chances are, you'll have one sooner or later. But there are things you can do to live a healthier life. Health tips from Brunilda Nazario, MD of WebMD.

High blood pressure

As you age, your blood vessels get less flexible, and that puts pressure on the system that carries blood through your body. That might explain why so many adults over 60 have high blood pressure. But there are other causes you can control. To do so, watch your weight, exercise, stop smoking, find ways to deal with stress, and eat healthy.

Diabetes

Your chances of getting the disease go up as you get older. Diabetes can lead to heart disease, kidney disease, blindness, and other problems. Talk with your doctor about having your blood sugar checked.

Heart disease

Plaque buildup in your arteries is a major cause of heart disease. It starts in childhood and gets worse as you age. In the 40-to-59 age group in the U.S., 6.3% of men and 5.6% of women have heart disease. Between ages 60 and 79, heart disease cases go up to nearly 20% of men and 9.7% of women.

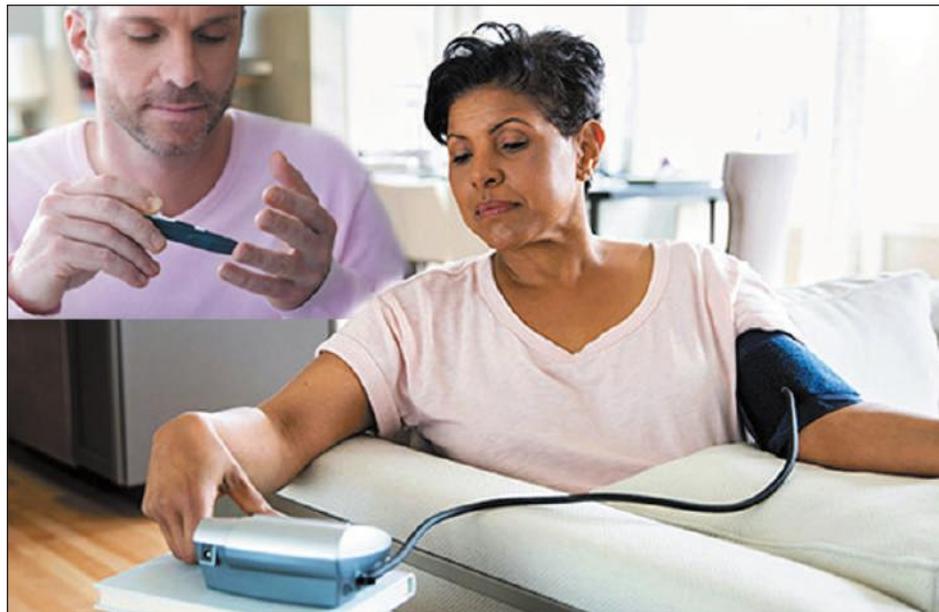
Obesity

If you weigh a lot more than is healthy for your height, you could be considered obese -- it's not having just a few extra pounds. It's linked to at least 20 chronic diseases, including heart disease, stroke, diabetes, cancer, high blood pressure, and arthritis.

Osteoarthritis

At one time, doctors chalked up this

Over 50? These problems can sneak up on you



disease of the joints to the wear and tear of age, and that is a factor. But genetics and lifestyle probably have something to do with it as well. And previous joint injuries, a lack of physical activity, diabetes, and being overweight can all play a part, too.

Osteoporosis

Osteoporosis causes your bones to become weak and could lead to fractures. A couple of things that can help: a healthy diet rich in calcium and vitamin D (you need both for strong bones) and regular weight-bearing exercise, like dancing, jogging, or climbing stairs.

Chronic Obstructive Pulmonary Disease (COPD)

This causes inflammation and blocks air from your lungs. It's a slow-moving disease that you could have for years without knowing it -- symptoms usually show up in your 40s or 50s. It can make

you have trouble breathing, and you may cough, wheeze, and spit up mucus. Exercise, a healthy diet, and avoiding smoke and pollution can help.

Hearing loss

Maybe nothing says "You're getting older" more than having to ask, "What did you say?" Loud noise, disease, and your genes all play a part. Some medications can cause hearing problems, too. See your doctor if you're not able to hear as well as you used to.

Vision problems

That annoying blurriness when you try to read the small type on labels or menus isn't the only threat to your vision as you age. Cataracts (which cloud the lens of your eye) and glaucoma (a group of eye conditions that damage your optic nerve) can harm your eyesight. See your eye doctor for regular exams.

Bladder problems

Whether you can't go when you need to or you have to go too often, problems with bladder control tend to happen as we get older. They can be caused by nerve problems, muscle weakness, thickening tissue, or an enlarged prostate. Exercises and lifestyle changes -- drinking less caffeine or not lifting heavy things, for example -- often help.

Cancer

Age is the biggest risk factor for cancer. The disease affects young people, too, but your odds of having it more than double between ages 45 and 54. You can't control your age or your genes, but you do have a say in things like smoking or spending too much time in the sun.

Depression

Depression is one of the most common mental disorders in the developed world. Some people get down as they age, when health problems crop up, loved ones are lost or move away, and other life changes happen.

Back pain

The older you get, the more common this is. Lots of things can make you more likely to have it: being overweight, smoking, not getting enough exercise, or diseases like arthritis and cancer. Watch your weight, exercise, and get plenty of vitamin D and calcium to keep your bones strong. And strengthen those back muscles -- you'll need them.

Dementia

Alzheimer's, a form of dementia, usually doesn't pop up until 65 or so. Some risk factors (like age and heredity) are things you can't control. But evidence suggests that a heart-healthy diet and watching your blood pressure and blood sugar might help.

Health Tips

Clinical studies find mustard oil may be best for your heart

If you want to achieve good health amid the pandemic, choosing the right oil should be the foremost step as Covid-19 is an inflammatory disease and we should, therefore, focus more on anti-inflammatory diets and the right cooking oil, top health experts have said. Eminent physician and cardiologist and Past President of the Indian Medical Association K.K. Aggarwal is favourably inclined towards cold-pressed mustard oil not only because it is rich in Monounsaturated Fatty Acids (MUFA), it also contains large amounts of Omega-3 fatty acids and alpha-linolenic acid which are proven to decrease oxidative stress and inflammation.

"The composition of mustard oil is a cardiologist's delight -- that's why an increasing number of doctors are recommending mustard oil to reduce the risk of heart disease, hypertension and other related health issues," said Dr Pragy Gupta, Senior Scientist and Director at Mustard Research Promotion Consortium (MRPC), the R&D wing of Puri Oil Mills Ltd.

According to a renowned cardiologist, Dr T.S. Kler, Chairman, Fortis Heart and Vascular Institute, Gurugram and Fortis Hospital, Vasant Kunj, mustard oil has several benefits as compared to other oils.

"Mustard oil is considered one of the healthiest edible oils as it has a low amount of Saturated Fatty Acids and a high amount of Monounsaturated Fatty Acids and Polyunsaturated Fatty Acids, which are good for health," Kler said.

"The alpha-linolenic acid found in mustard oil reduces the adhesion-aggregation tendency of blood platelets which decreases the risk of a heart attack. Several clinical studies have also found that mustard oil may be the best for heart health," Kler added.

Mustard oil also contains a phytochemical compound known as Allyl Isothiocyanate (AITC) that offers strong anti-inflammatory characteristics. A study published in the Journal of Cellular & Molecular Medicine shows that it helps fight and reduce inflammation in the colon and the gastrointestinal tract.

Here is another interesting benefit that becomes particularly relevant against the backdrop of the current pandemic. "Covid-19 is a fatty virus and mustard oil is anti-obesity oil", said Aggarwal in a webinar recently.

A study published in the Asian Journal of Clinical Nutrition indicates that the regular consumption of

mustard oil can lead to low body weight gain, less visceral fat accumulation, and improved glucose and lipid homeostasis.

"Mustard oil is considered to be high in Monounsaturated Fatty Acids (MUFA) and Polyunsaturated Fatty Acids (PUFA). They help in increasing good cholesterol (HDL) and decrease bad cholesterol (LDL). Also, its consumption may reduce the risk of coronary heart disease and help with weight loss as well," said Dr Amrendra Kumar Pandey, Consultant, Cardiologist.

The worst of the lot, Aggarwal says, is Trans Fat -- he calls it a "killer fat" because it causes heart disease and stroke by building up cholesterol in the arteries.

Mustard oil is a healthy option because it contains no Trans Fat, does not turn rancid, and does not lead to the production of harmful free radicals.

Eating too much of Trans Fats may raise unhealthy LDL cholesterol and lower healthy HDL cholesterol. This imbalance can increase your risk of high blood pressure, hardening of the arteries (atherosclerosis), heart attack and stroke.

When Priyanka Chopra revealed things about her life, career and family...

5 takeaways from PC's interview with Oprah Winfrey



From first impression about Nick Jonas to her Bollywood struggle, here are five takeaways from Oprah Winfrey-hosted show 'Super Soul'. The main topic of the conversation was Priyanka Chopra's recently released memoir titled 'Unfinished', as reported by Indian Express.

1. She is a firm believer in God

During the interview, PeeCee said that being an Indian, she was exposed to nearly every major religion and religious practices while growing up and does believe in a higher power. She said during the interview, "In India it's hard not to, you're right. With the swirling number of religions that live in the country... I grew up in a convent school. So I was aware of Christianity. My dad used to sing in a mosque. I was aware of Islam. I grew up in a Hindu family. I was aware of that. Spirituality is such a large part of India that you can't ignore it."

2. When her faith was tested

It was her father's death that tested Priyanka's faith. She told Oprah in an answer to a question, "I was very angry. My relationship with God changed a little bit. But then at the same time, I feel like God helped me find salvation and come out of it too. But at that time, it was tested. Oh man, I went to every temple there was to go to. I did every prayer there was to do. I met every godman or woman I needed to meet, every doctor I need to go to. I flew my dad to Singapore, New York, Europe, India, everywhere just to do whatever I could to prolong his life. It's

such a helpless feeling."

3. She was bullied and racially harassed at school

Priyanka revealed that she moved to Boston, US at the age of 16. There, she was a target of intense bullying of racial kind. She told Oprah, "High school is hardy anyway. To be coming of age, to understand your body as a woman. At the same time being devalued for something I couldn't change. I wasn't aware that this is something I should feel embarrassed about."

4. How Priyanka judged the book by its cover regarding Nick Jonas

Priyanka said that when she first looked at Nick, she may have "judged the book by the cover". She added, "I may have judged the book by the cover. I didn't honestly take it very seriously when Nick was texting me. I was 35, I was like, 'I want to get married, I want to have kids. He's in his 20s, I don't if that's something he'd want to do.' I did that to myself for a while, till I actually went out with him."

5. She regrets not standing up for herself when she was mistreated

Priyanka talked about her struggles in the early days in the film industry that involved a director forcing her to do a dance performance. She revealed that due to her being a newcomer, she could not find the courage to voice her opinion. She said, "I was so scared. I was new in the entertainment business and girls are always told that 'you don't want to get a reputation of being hard to work with.' So I worked within the system."

Is Bollywood star Sara Ali Khan inviting marriage proposals through Instagram?

Everything that Sara Ali Khan does makes news. This specially rings true when the Bollywood star decides to take to Instagram to invite, wait for it, wedding proposals.

Before you stop reading and rush off to check her latest Instagram post, let us put all speculations to rest and say she put up that post in jest. Probably, comments Bindu Rai of Gulf News.

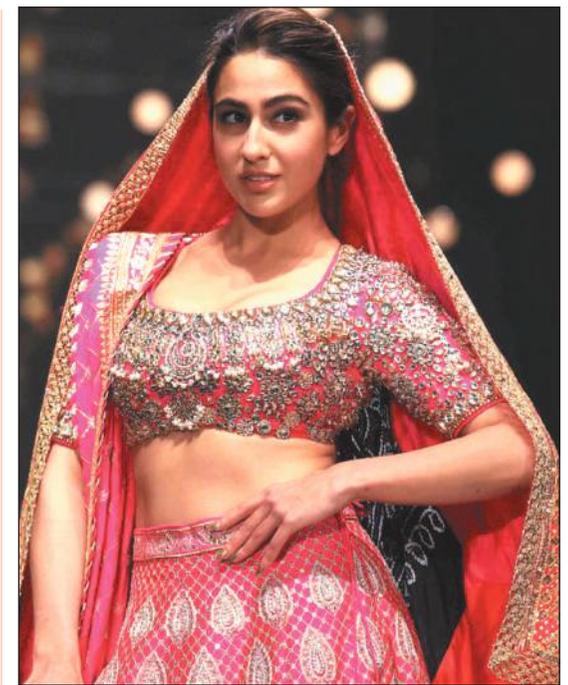
Dressed in what appears to be bridal finery, Ali Khan put out a message to her 31 million followers on the photo-sharing site, asking: "Any marriage proposals for #susheel #gharelu #sanskari #ladki [gentle, homely, virtuous girl]?"

For the uninitiated, the 25-year-old star was sharing pictures from her shoot that was part of the 'Nooraniyat' a fashion couture film that she shot for celebrity designer Manish Malhotra, which was filmed in Rajasthan.

The 'Coolie No. 1' star has shared a series of pictures from the shoot, stunning in intricate bridal designs created by Malhotra.

Even though the post appeared to be a joke, it didn't stop several hopeful fans sending across their proposals to the young star through Instagram.

The actress will be seen next in 'Atrangi Re', co-starring Akshay Kumar, Dhanush and Nimrat Kaur, which is directed by Aanand L. Rai. 'Atrangi



Re' is billed as a cross-cultural love story and is releasing this August.

Meanwhile, the actress just welcomed her new sibling, a baby brother which was born to her father, actor Saif Ali Khan and his second wife, actress Kareena Kapoor last month.

On completing 25 years in Bollywood

Rani Mukerji: 'My struggle and learning is still on'



On the eve of her birthday, Rani Mukerji surprised her fans by going live from Yash Raj Films' Instagram handle. The actor spoke about her journey as an actor, shooting with Saif Ali Khan for *Bunty Aur Babli 2* and also revealed about her next project, reports A. Kameshwari of Indian Express.

Interestingly, Rani also completes 25 years in Bollywood this year. The actor made her debut with Bengali film *Biyer Phool* and later, featured in Bollywood movie *Raja Ki Aayegi Baraat* (1996). During the live session, she said her journey in films is still going on.

"My journey has not stopped since the day I was 16. The struggle and learning are still on. There is a lot I still have to accomplish. The more I work with different directors and actors, the more I learn. With each film, I discover a new me. I love telling important and powerful women stories. I hope my next 25 years are as good as my past 25 years. And I hope I continue to get the kind of love my fans have showered on me till now," the 42-year-old said.

Fans were also keen to know if she is coming back on the screens with the third instalment of *Mardaani*, a crime-thriller that saw Rani in an action-packed police avatar.

Quashing the rumour, Rani said, "No, there is no *Mardaani 3*. I wish there was because it is one of my favourite franchises."

Rani also spoke about *Bunty Aur Babli 2*, a sequel of her 2005 film with the same name. While the first film featured Rani alongside Amitabh Bachchan and Abhishek Bachchan, in the 2021 version, Rani will be seen with Saif Ali Khan. Talking about sharing the screen space with her *Hum Tum* co-star, Rani said that this time, on the sets, they spoke about parenting and exchanged stories of Adira and Taimur.

Bunty Aur Babli 2 also stars Siddhanth Chaturvedi and Sharvari Wagh. Rani promised that the audience will enjoy the sequel, which has been directed by Varun V Sharma.

Rani celebrated her 43rd birthday on March 21.

Telly Stars Talk

Kamya Panjabi, who is currently seen in 'Shakti-Astitva Ke Ehsaas Ki', celebrated her first wedding anniversary with Shalabh Dang on February 19, 2021. ETimes TV caught up with the actress who is in her happy space right now and enjoying a blissful married life for our Telly Stars Talk segment. Kamya also spoke up about her first marriage with Bunty Negi as well. Excerpts from the conversation:

How has your first year of marriage with Shalabh Dang been?

The entire year has gone in planning who's going to Mumbai and who's going to Delhi. Even right now, Shalabh is in Delhi. I am a daily soap actor, so we just don't know when we'll meet next. 'Kuch plan nahin kar sakte.' However, there was a lockdown soon after we got married. This gave us time with each other but soon Shalabh got busy as he is in the health-care industry.

So, what's the plan? Are you going to shift to Delhi or is he shifting to Mumbai?

I love acting and can't leave it. Shalabh said that we'll keep shuttling as per what our individual work demands, since travelling Mumbai-Delhi or Delhi-Mumbai is not too difficult. Right now, we haven't been discussing this. But I guess, one of us will move in the next four or five years. So let's see where we eventually park ourselves - Delhi or Mumbai.

Clearly, you are too passionate about your work. Your list of serials is too long...

It might sound filmy but when it comes to being an actor, I think it this way: "Jeena yahan, marna yahan. Acting is my passion; it gives me a lot of energy, it makes me immensely happy. If I stop working, I think I'll fall sick.

If you are so much into acting, you are bound to see some scenes in a way which is different from what the maker is seeing...

Of course, that happens, in fact many times -- *lekin ye har actor ke saath hota hoga*. Many times, actors are not convinced about what they've been given to enact. But let me tell you, I, for one, am allowed to do it in my own different way at

Kamya Panjabi on her 2 marriages: "I never thought I'll marry again"



certain times if I feel so.

You were very committed to your first marriage too. You even went back to Bunty Negi to start afresh. How difficult was it when it yet ended?

Honestly, it wasn't difficult and I have no hesitation in saying so. I gave 10 years to my marriage with Bunty. I tried every-

thing to save it. I didn't want to separate. I continued to tolerate a lot. I used to return from award functions and look in the mirror and wonder: Am I the same person who just a few minutes back was being cheered loudly for her award? I was very unhappy and used to feel very weak that I couldn't help myself. Yes, I gave it one more shot and went back to Bunty; I didn't want to regret later that I didn't try to my fullest extent. Meanwhile, Aara was born. But yet, it didn't work out.

And then?

I spoke to my parents and friends. My friends wanted me to end it: They said 'khatam kar, kuch nahi bacha hai yeh relationship mein.' When I finally ended it, it happened when Bunty had met with an accident and was on bed rest. I saw that I was doing so much, but yet I was not being acknowledged. Worse still, the fights were still happening even when he was advised to take full rest, and a time came when I anyway thought that I should move out to make him feel better. *Woh din mujhe aaj bhi yaad hai*. I didn't tell anybody. I just took my handbag and moved out. My mom had come over and she took care of Aara in my absence. I stayed in a hotel all alone; I was shooting for 'Nautanki' then. I didn't want anybody around me to colour my mind. I waited for Bunty to get better so that he could find a place for himself. And then, I returned. And mind you, 'Nautanki' was a comedy show.

Did it affect your performance?

No. In fact, I discovered myself during the early days of our separation. I don't know why but it was only then that I realised for the first time that I could forget my miseries when the camera was switched on. That love for my work kept me alive.

And now? How's it between Bunty and you?

We are cordial. I have never kept Aara away from her father. I have told her that

we couldn't get along but I haven't told her what our fights were all about and how big they were. Her childhood should be fine, and even Bunty understood this.

Does Aara meet her father frequently?

Aara meets Bunty every day; he comes over. Bunty and I are not friends but we have a very respectful relationship now.

So, Bunty has met Shalabh...

Yes, very much. I had even invited him for my wedding with Shalabh.

But he didn't attend...

That's because he was not in India on that date (February 20, 2020). 'Lekin baatcheet hui thi', he congratulated me. There's no bitterness between Bunty and me.

When did you first meet Shalabh?

I first met him on February 1, 2019. But before that, I had spoken to him on January 17, 2019. Soon I felt I was falling in love with him.

What was that January 17, 2019, call about?

(Smiles) Well, I haven't said this anywhere before. But I shall talk about it today. I used to get anxiety attacks. Someone suggested that I should speak to Shalabh, a health professional. And then... (laughs), now no more anxiety attacks.

Go on...

And, I am glad that Shalabh is not from the TV or film industry. That gives us so much to talk to each other.

I can't agree with you on that, totally. Your first marriage was also with a businessman...

(Laughs) *Woh mera bachpan tha*. Shalabh and I have met at an age where we both have seen so much in life; we are very mature today.

Who makes up first?

Shalabh (smiles).

Babies? Are you and Shalabh planning kids?

Shalabh and I don't want to produce kids. We have two, na? We are very happy with Aara and Ishan. Now, we want to enjoy life. Aara and Ishan have grown up and even they are bonding very well with each other.

Radhika Madan: Not many TV actors want to bring down their ego

Radhika Madan has made a mark as a Bollywood actress with her roles in *Angrezi Medium*, *Pataakha* and *Mard Ko Dard Nahi Hota*. However, before her film debut in 2018, she was a well-known television star.

Talking about her transition from television to films, the actress said it was important to shed the ego that comes with television stardom.

"In television, fame comes really quickly, so you get the ego boost really quickly. Once the ego is high up there and you want to start with films, I don't think a lot of people are ready to bring their ego down and start as a student," she told IANS.

Was it easy for her to leave her ego behind? "I

wouldn't have survived otherwise. It's a different medium. The dialogues are different, the delivery scenes are different. Now you are sitting in a dark room in front of a huge screen in front of you without distraction. Whereas in television, people watch it -- especially the *saas-bahu* sagas -- while taking care of their kids or cutting vegetable or doing household chores. The actors' performance needs to be up by a notch to get the attention but in movies



even if you blink an eye, you miss the scene," she said.

For Radhika, who played the lead in television show *Meri Aashiqui Tumse Hi* between 2014 and 2016, taking the leap wasn't difficult because she was ready to evolve in accordance to her new medium.

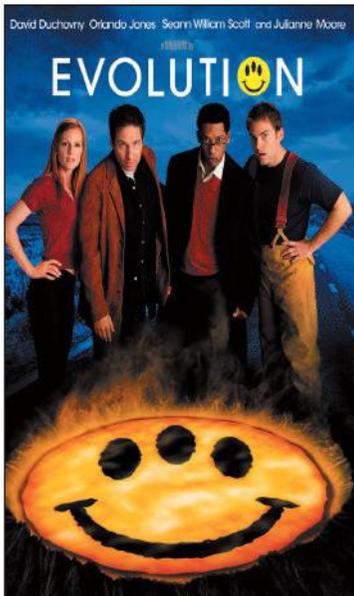
"It (change of medium) was not difficult in my head. I was aware that television is a different medium and movies are different and I needed to change my acting style. I needed to unlearn whatever I have learnt," said the actress.



Mardi 23 Mars - 21.15

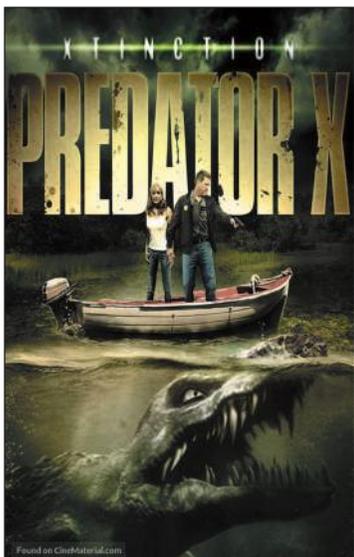
Evolution

Avec: David Duchovny, Orlando Jones, Julianne Moore



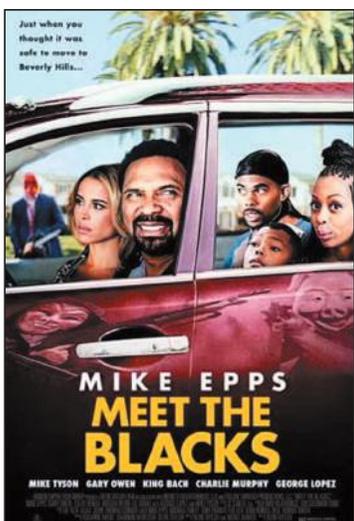
Mercredi 24 Mars - 21.25

Xtinction: Predator X



Jeudi 25 Mars - 21.15

Avec: Mike Epps, Zulay Henao, Alex Henderson



	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
mardi 23 mars	07.00 Dessin Anime 08.45 Film: Zoo 10.25 Local Prod: Zanford Nou Zil 11.00 Mag: Garden Makeover 12.00 Le Journal 12.25 Tele: Le Prix Du Désir 13.00 Local Prod: Elle 14.30 D.Animes: Sissi 14.57 D.Anime: Teenie Weenie 14.59 D.Anime: The Garfield Show 15.24 D.Anime: Kulipari An Army... 15.46 D.Anime: HTDT 16.37 D.Anime: Baby Boss 17.20 Serial: Heidi, Bienvenida a... 17.30 Live - Covid 19 18.00 Live: Samachar 18.30 Serial: Jamaï Raja 19.30 Journal & La Meteo 20.35 Local Prod: An Eta Dalert 21.10 Film: Maudie 23.00 Le Journal	10.00 Serial: CID 10.44 Serial: Ye Vaada Raha 12.04 Film: Chori Mera Kaam Starring: Ashok Kumar, Shashi Kapoor, Zeenat Aman 15.00 Serial: Ek Deewana Tha 15.21 Serial: Aamhi Doghi 15.43 Serial: Mooga Manasulu 16.03 Serial: Apoorva Raagangal 16.29 Serial: Suno Chanda 16.50 Serial: Achra Ke Moti 17.11 Kullfi Kumarr Bajewala 17.28 Telugu - Premabhishekam 18.00 Serial: Colourful Bone 18.30 DDI Magazine 18.59 Mag: Sur Mesure 19.30 DDI Magazine 20.00 Local: Tamil Programme 20.30 Film: Harjaee Starring: Shammi Kapoor, Mala Sinha, Randhir Kapoor	06.00 Mag: Eco@Africa 06.39 Mag: Voa Connect 07.00 Mag: In Good Shape 07.33 Mag: Le Saviez Vous? 07.36 Doc: Amazing Gardens 09.26 Mag: Global 3000 10.21 Doc: Shattered Dreams 11.06 Mag: Eco@Africa 11.32 Mag: Arts And Culture 12.10 Mag: In Good Shape 12.42 Doc: Amazing Gardens 13.09 Mag: Future Mag 13.38 Doc: 360 GEO 14.59 Mag: Washington Forum 15.27 Doc: Shattered Dreams 16.09 Mag: Eco@Africa 17.03 Mag: In Good Shape 18.02 Local: Rev: The Global Auto... 19.00 Student Support Prog... 19.26 Mag: Le Saviez Vous? 19.59 Doc: Ville En Fête	01.26 Film: Contract Killers 03.08 Serial: The Good Doctor 03.49 Film: Le Grande Muraille 05.25 Tele: Muneca Brava 06.48 Film: Signed, Sealed, Delive... 09.00 Serial: The Magicians 09.45 Tele: Daniella 10.35 Tele: Tanto Amor 11.01 Serial: The Good Doctor 12.00 Film: La Grande Muraille 13.32 Tele: Muneca Brava 14.17 Mag: Hollywood On Set 14.45 Film: Signed, Sealed, Deliver... 16.40 Serial: The Magicians 17.23 Serial: Shades Of Blue 18.05 Tele: Daniella 19.00 Tele: Tanto Amor 20.05 Tele: Le Prix Du Désir 20.30 Serial: Shades Of Blue 21.15 Film: Evolution 22.53 Tele: Muneca Brava	08.00 Film: Hum Hai Teen Khurafaati 12.04 / 19.54 - Sanjivani 12.26 / 20.11 - Radha Krishna 12.44 / 20.32 Agniphera 13.09 / 21.09 - Bade Acche Lagte Hai 13.28 / 21.24 - Zindagi Ki Mehek 13.51 / 21.59 - Naagin Season 3 14.33 / 22.25 - Ikyawann 14.52 / 22.56 - Yeh Hai Mohabbatein 15.37 Film: Fareb Starring: Shilpa Shetty, Shamita Shetty, Manoj Bajpayee 18.00 Live: Samachar 18.30 Kundali Bhagya 18.52 Serial: Ek Rishta Saajhedari Ka 19.15 Mere Angne Mein
mercredi 24 mars	07.00 Dessin Anime 08.35 Film: Zapped 10.20 Local Prod: Zanford Nou Zil 12.00 Le Journal 12.25 Tele: Le Prix Du Désir 12.55 Prod Indepen: Met Seryer 14.30 D.Anime: Johnny Test 14.53 D.Anime: Teenie Weenie 14.55 D.Anime: The Garfield Show 15.19 D.Anime: Kulipari An Army... 15.42 D.Anime: HTDT 15.56 D.Anime: Robot Trains 16.10 D.Anime: La Famille Blaireau 16.34 D.Anime: Baby Boss 17.00 Serial: Heidi, Bienvenida... 18.00 Live: Samachar 18.30 Serial: Jamaï Raja 19.30 Journal & La Meteo 20.10 Local: MFDC - Moris Nou Kiltir Nou Talan 21.05 Film: Dead On Arrival 23.10 Local: Le Journal	10.00 Pyar Ka Dard Meetha... 11.17 Suhani Ek Ladhi 12.00 Film: Meri Bhabhi Stars: Sunil Dutt, Waheeda Rehman, Mehmood 15.00 Serial: Ek Deewana Tha 15.22 Aamhi Doghi 15.44 Mooga Manasulu 16.10 Apoorva Raagangal 16.30 Serial: Suno Chanda 16.53 Serial: Achra Ke Moti 17.12 Kullfi Kumarr Bajewala 17.33 Serial: Kulvadh 18.00 Serial: Colourful Bone 18.30 Serial: DDI Magazine 19.00 Mag: Sur Mesure 19.30 DDI Magazine 20.00 Programme In Marathi 22.04 Film: More Than Friends 23.06 Live: DDI Live	06.00 Rev: The Global Auto... 06.26 Doc: Can Green Investment 06.52 Mag: Check In 07.26 Mag: Made In Germany 07.52 Doc: Ville En Fête 08.46 Doc: Che Guevara, Naiss... 10.09 Local: Klip Seleksion 11.58 Doc: Can Green Investment 12.28 Mag: Check In 13.06 Mag: Made In Germany 13.26 Doc: Ville En Fête 13.57 Doc: Olivia's Garden 15.14 Local: Close Up 15.42 Local: Klip Seleksion 17.10 Mag: Rev: The Global Auto... 17.36 Mag: Check In 18.00 Motorweek 18.30 Mag: Vous Et Nous 19.00 Student Support Prog... 19.26 Mag: Le Saviez Vous? 20.05 Mag: Tendance XXI 20.40 Mag: Vue D'en Haut	00.20 Serial: Shades Of Blue 01.26 Film: Evolution 02.59 Serial: The Good Doctor 03.47 Film: Love Over Distance 05.21 Tele: Muneca Brava 06.45 Film: A Doggone Adventure 09.00 Serial: The Magicians 09.44 Tele: Daniella 10.35 Tele: Tanto Amor 11.01 Serial: The Good Doctor 12.00 Film: Love Over Distance 13.35 Tele: Muneca Brava 14.45 Film: A Doggone Adventure 16.40 Serial: The Magicians 17.22 Serial: Shades Of Blue 18.05 Tele: Daniella 19.00 Mag: Close Up 20.05 Tele: Le Prix Du Désir 20.30 Serial: 19-2 21.15 Film: Xtinction: Predator X 22.46 Tele: Muneca Brava 23.31 Serial: The Magicians	08.00 Film: Fareb 12.04 / 20.06 - Sanjivani 12.24 / 20.26 - Radha Krishna 12.46 / 20.02 - Agniphera 13.10 / 20.46 Bade Acche Lagte Hai 13.30 / 21.09 - Zindagi Ki Mehek 13.53 / 21.31 - Naagin Season 3 14.35 / 21.46 - Ikyawann 14.36 / 21.59 - Yeh Hai Mohabbatein 15.20 Film: Khoobsurat Starring: Sanjay Dutt, Urmila Matondkar, Om Puri, Farida Jalal 18.00 Live: Samachar 18.30 Kumkum Bhagya 18.51 Ek Rishta Saajhed Ka 19.13 Mere Angne Mein 19.35 Siddhi Vinayak
jeudi 25 mars	06.00 Local: Klip Seleksion 06.45 Local: Sur Prise 08.45 Film: A Gift Horse 10.10 Serial: Magic Mania 10.25 Local Prod: Zanford Nou Zil 12.00 Le Journal 12.25 Tele: Le Prix Du Désir 13.00 Mag: Urban Gardens 14.30 D.Anime: Johnny Test 14.53 D.Anime: Teenie Weenies 14.54 D.Anime: The Garfield Show 15.41 D.Anime: HTDT 15.53 D.Anime: Teenie Weenies 15.56 D.Anime: Robot Trains 16.21 D.Anime: La Famille Blaireau 18.00 Live: Samachar 18.30 Jamaï Raja 18.55 Local: Tirth Yatra 19.30 Le Journal 20.15 Film: Goliyon Ki Raasleela Ram-Leela	10.00 Karm Phal Data Shani 12.05 Film: Farz Aur Kanoon Starring: Rati Agnihotri, Asrani, Jeetendra, Hema Malini 14.36 Mag: DDI Magazine 15.00 Serial: Ek Deewana Tha 15.21 Aamhi Doghi 15.47 Mooga Manasulu 16.05 Apoorva Raagangal 16.32 Serial: Suno Chanda 16.51 Serial: Achra Ke Moti 17.13 Kullfi Kumarr Bajewala 18.00 Serial: Colourful Bone 18.30 Serial: Ghar Pahucha Da Devi Maiya 19.00 Mag: Sur Mesure 20.05 Local: Les Grandes Lignes 20.57 Local Prod: Profil 21.10 Film: Meet The Blacks Starring: Mike Epps, Zulay Henao, Alex Henderson	06.00 Mag: Motorweek 06.25 Mag: Vous Et Nous 07.24 Doc: Garden Party 08.18 Mag: Vue D'en Haut 09.38 Mag: Initiative Africa 10.04 Mag: Focus On Europe 10.30 Doc: Southern Japan By Rail 11.46 Mag: Vous Et Nous 14.49 Mag: Initiative Africa 15.25 Mag: Focus On Europe 16.40 Mag: Motorweek 17.06 Mag: Vous Et Vous 17.32 Mag: Arts.21 18.00 Mag: Eco India 18.30 Mag: Shift 19.00 Student Support Prog... 19.34 Mag: Tomorrow Today 20.05 Doc: Check In 20.30 Local: News (English) 21.32 Doc: Antarctica 22.15 Doc: Seeds Of Profit	01.28 Film: Xtinction 02.54 Serial: The Good Doctor 03.35 Film: Signed, Sealed, Delive... 04.59 Tele: Muneca Brava 05.41 Serial: 19-2 06.39 Film: Les Guerriers De... 09.00 Serial: The Magicians 10.35 Tele: Tanto Amor 11.01 Serial: The Good Doctor 12.00 Film: Signed, Sealed, Delive... 13.30 Tele: Muneca Brava 14.45 Film: Les Guerriers De... 16.38 Serial: The Magicians 17.21 Serial: 19-2 18.05 Tele: Daniella 19.00 Tele: Tanto Amor 20.08 Tele: Le Prix Du Désir 20.30 Serial: 19-2 21.15 Film: Drone 22.45 Tele: Muneca Brava 23.30 Serial: The Magicians	08.00 Film: Khoobsurat 12.05 / 19.54 - Sanjivani 12.22 / 20.11 - Radha Krishna 12.44 / 20.32 Agniphera 13.07 / 21.09 - Bade Acche Lagte Hai 13.29 / 21.24 - Zindagi Ki Mehek 13.51 / 21.46 - Naagin 14.26 / 21.59 - Ikyawann 14.47 / 22.52 Yeh Hai Mohabbatein 15.20 Film: Lekar Hum Deewana Dil Starring: Armaan Jain, Deeksha Seth, Nikita Dutta 18.00 Samachar 18.30 Kundali Bhagya 18.51 Ek Rishta Saajhed Ka 19.11 Mere Angne Mein



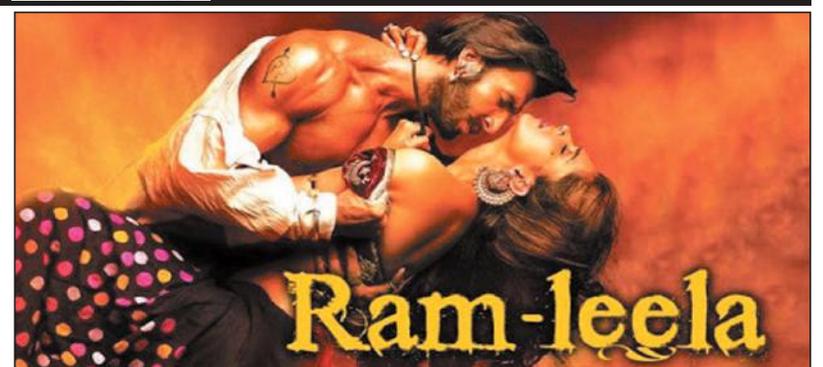
Jeudi 25 Mars - 15.20

Star: Armaan Jain, Deeksha Seth, Nikita Dutta



Jeudi 25 Mars - 20.15

Stars: Ranveer Singh, Deepika Padukone



How to deal with a year of accumulated burnout from working at home

Over the past year, our lives have seen extensive changes which have led to many of us feeling a sense of exhaustion and burnout



Nilufar Ahmed
Lecturer in Social Sciences,
University of Bristol

The luckiest among us have been able to remove ourselves from harm's way and work from home during the pandemic. We now spend our days looking at a screen, with a great deal of our communication taking place via video calls. This has led to what has been termed "zoom fatigue", where our brains are exhausted from overstimulation.

Aside from the eye strain of looking at a screen all day (if we are not looking at a computer, we're often looking at our TV or our phone), our sense of space is disrupted by video meetings. Suddenly, everyone is much closer than they would be in a pre-pandemic meeting.

In the 1960s, the anthropologist Edward Hall described how our relationships operate within socially accepted distances. Close family and intimate relationships occur within a proximity of half a metre. For close friends, this distance extends to about 1.2 metres.

The pandemic is sending our brain conflicting messages. With video calls, faces are within 50 centimetres of us, and this tells our brain that these are close or intimate friends when instead they are colleagues or strangers. Similarly, social distancing rules have forced our loved ones out into a much more distant field that is usually reserved for people we may meet or know socially, but not very well - acquaintances rather than friends.

While our rational brain understands social distancing, the physical inability to touch and hold our close friends and

family can confuse us into thinking the distance is somehow a rejection. The cognitive effort of managing these conflicting messages is tiring.

Video calls also force us to look at ourselves more than we are used to doing, and this can feel uncomfortable and make us worry excessively about how others perceive us.

But turning the video off while on a call can increase burnout in other ways - people may use the opportunity to check emails or catch up on other work while listening in. This multitasking is mentally draining.

We are much more efficient when we work on one task at a time. Our brains respond to the end of one activity and the onset of a new activity from pre-learned cues. Often these cues involve physical movement.

These have largely disappeared - the daily commute is the most obvious absence for those working from home, but walking to and from meetings also allows the brain and body time to prepare for the next task. Outside of work, doing the school run, going to the gym and regular appointments all add structure and separation of space to our lives.

The blurring of home and work is not only due to bringing our work into our homes, but also the longer hours people report working. Being unable or unmotivated to take part in our usual activities means the weeks and weekends have begun to morph in to unbounded time, and the shorter days of winter lessen the distinction between day and night.

How to get through

So how can we address this feeling of burnout and exhaustion?

Build time into your working day for casual chat that is not work-related. Daily conversations range from small talk about the weather, to more substantive conversation about our lives.

Make time for these conversations, maybe arrange an online lunch. The different use of the technology will help to



break the monotony and association of screens with burnout. Additionally, sharing the space with colleagues you are friendlier with in real life and who fall in to our personal space allowance, makes the online encounter less stressful.

The charity Fight for Sight suggests a 20-20-20 rule where for every 20 minutes looking at a screen you look away at a distance of 20 metres for 20 seconds to limit eye strain. Where possible, during video meetings keep the camera off or switch to phone calls, and consider whether meetings need to be a full hour.

Before and after a meeting get up from your desk, move around a bit to mimic the walking to and from meetings, and try to build one no-meeting day into your working week.

Having distinct spaces helps our brains to psychologically switch off from work. If the dining table is used as a desk in the day, move work items out of sight at the end of the day. This could be just a box by the side

of the table to place work items in, and that you open every morning to mark the start of work.

To limit multitasking and increase focus, close down additional tabs and browsers, turn your phone to silent, and check and respond to emails at set times.

Sticking to a routine of starting and stopping work at the same time every day by adding a fake commute - where you get ready and leave the house before circling back and starting work - can help create a mental division of space.

As we enter into spring with already noticeable longer, brighter days, it is the perfect moment to increase the time we spend outdoors, and to get exercise which is a natural mood elevator.

Being outdoors helps us to feel more connected with others, even with maintaining social distance we can exchange pleasantries, or even just smiles, which can increase wellbeing.

Remembrance: Dr Kapeeldeosing Soobagrah

One year has already elapsed since you left us for your heavenly abode. It was life's highest honour and greatest blessing for us to have had you in our lives.

By the Grace of the Almighty and Guru's blessings, may you reach the highest realm in the upper world and attain the eternal, peace and liberation - this is our heartfelt prayer for your soul.

The golden memories of your presence among us will be treasured in our hearts forever.

Hari Om!

Deeply missed and remembered by wife Urmillah, and Sandev, Diyaand, Yuvraj, Jivita and grandchildren Shaun, Anish, Shriyaa, Triaksha and Mishikhaa - all near and dear ones.



Tree of Knowledge

Madisyn Taylor

How Energy Moves At Home

Keep the energy in your home vital by treating it as an important aspect of your life.

Our living spaces can become nurturing homes for our bodies and souls when we make sure that our surroundings accurately reflect who we are as individuals and who we aspire to become. No matter how positive and creative you may be in your inner world, if your home or work surroundings are contradictory or present energetic barriers, you are likely to find it difficult to manifest all that you desire. By paying attention to the flow of energy around you, you can align your inner intentions with your outer realities to make your life a conscious act of creation.

We can look to the ancient Asian art of feng shui for guidance. Since the words "feng" and "shui" mean "wind" and "water," you may want to walk through your home and imagine the way these elements would flow through your space. You can evaluate whether or not your home is a balanced ecosystem that would allow a plant to flourish. A straight path between doorways would make nourishing elements rush right through, while a pleasantly meandering stream would instead create a flow that nurtures life. Look for signs of debris that might obstruct the flow of such a river. Clutter acts like hurdles placed in your path, blocking you from creating what you want in your life. Once the obstacles are recognized, however, they can be removed to let energy flow freely throughout your home and your life so that you can thrive.

Your home can be thought of as a symbolic metaphor for your life. A neglected space may correspond to a lack of growth in your career or personal relationships. By shifting your perception, you shift the way you direct your energy and attention, which can enable you to make the changes you need to actively create the life of your dreams. If you need some assistance, you can always turn to a feng shui practitioner, but the most important thing is that you understand what resonates with your core being in order to feel alive and nurtured by your home.