

MAURITIUS TIMES

• "Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less." -- Marie Curie

Encounter

Dr Shahina Aboobakar:
"Covid-19 does not spare anyone"



'People should not think that they are immune and will not be infected'

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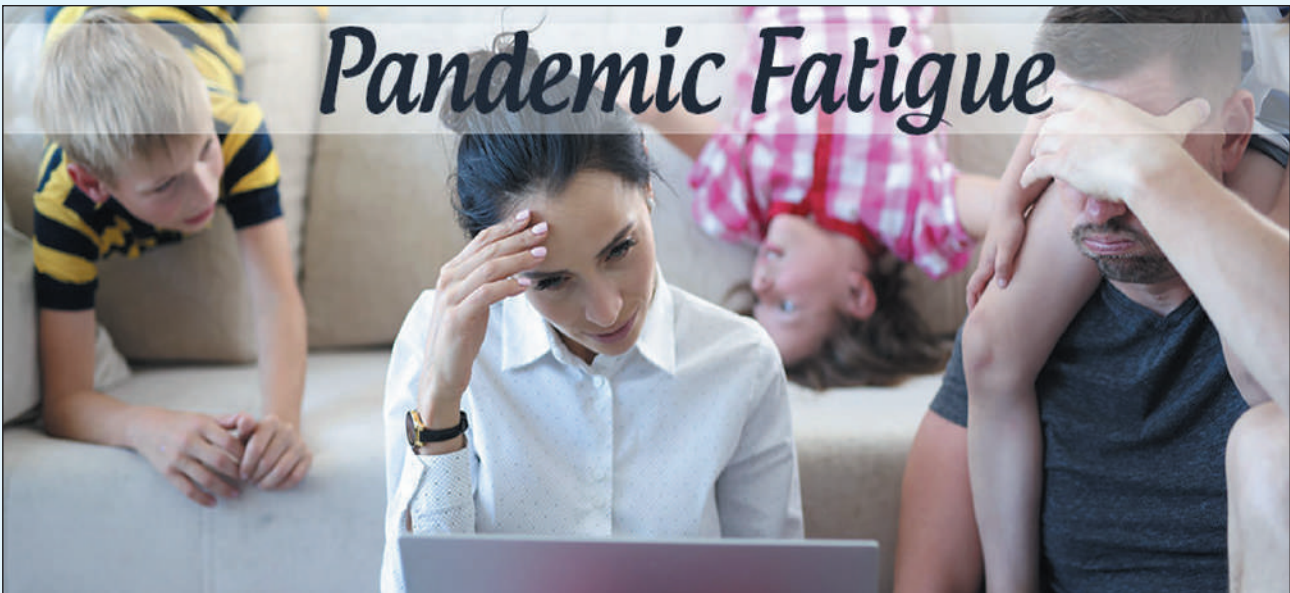


Vaccine nationalism will block our path out of the pandemic - so how do we resist our tribal instinct?

By Hanna Zagefka, Professor of Social Psychology, Royal Holloway

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We need some good news



Pandemic Fatigue

We are tired of the overdose of Covidology 24/7, as if there was nothing good or else happening

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Borderline Issues



"History rhymes and sometimes it repeats. Over the years, I have observed that when so-called sophisticated people in the West discount the acumen of those from less privileged countries they forget that no matter where you go in the world (except the U.S.), people can count the value of money in multiple currencies. People learn quickly how to survive. So, it should not be lost on us that illegal immigrants (undocumented visitors, if you like euphemisms) will understand that declaring yourself an unaccompanied minor at the border (er... sorry, the area, since there is no border) will help you find the U.S. willing to legalize hitherto unlawful conduct..."

By Anil Madan See Page 4

Balancing priorities: Realism and pragmatism

As the Covid pandemic is still active around the world, with many countries showing rising numbers and surges or waves, all are facing the same conundrums and difficulties. There is a kind of Covid lassitude that has crept in, as well as genuine fear of catching the disease. At the same time though, the repetition of the cycle of lockdowns and lifting them has introduced a worrying element of uncertainty in people's lives, in all aspects: work-at-place or work-at-home, children's educational timelines and attendant delays, livelihoods and loss of jobs, leisure and the essential socializing that is the very raison-d'être of being in the form of cultural or family events, or national events that bring people together across the board and foster a sense of nationhood.

This means to say that collectively we are losing out on a lot of tangibles and intangibles that give meaning to our lives.

Under these circumstances, it is to be expected that patience will begin to draw thin, but also that different stakeholders will feel the need to make themselves heard.

Three weeks ago the Prime Minister had come on television and announced a second total lockdown, but with the experience gained from the first one last year, it was possible to set in motion the accompanying arrangements for essential shopping, etc., more promptly. One week ago he came out again to inform about a partial lifting of the lockdown as of 31 March.

As is the case in other countries, post this over one year of Covid assault all of them are having to take decisions that take into consideration their own contexts, their ground realities as regards the Covid situation as much as the socio-economic imperatives. What has become clear in the course of fighting to curb the pandemic and its impacts is that there is an ongoing balancing act that has to be done, one that is based on realism and pragmatism. This is because it is obvious too that there is a limit to the duration over which any country can support the shut-down or slowing of its economy. Big and rich countries can sustain or buffer such a strain because of their resources, indigenous or sourced from outside, despite supply chain issues and costs that predominantly will affect smaller economies, like ours.

While the long-standing suffering of the people because of the restrictions imposed must be

alleviated as promptly as possible, it is also a fact that the opening of the economy for which the clamour is growing must also take into consideration the health security of the country. This is all the more crucial given that we are a small country with diverse cultural practices and norms which can be a factor in the rapid spread of the virus. This has clearly been evident in the clusters that have developed and that originated from Forest Side, leading to the need for creating the red zones and introducing a lockdown. Now the virus is present in several localities across the land. The situation is no longer the same, but can it be said to be worse, or is that a pattern that has also been seen elsewhere, and perhaps lessons can be learnt therefrom?

Details are important in this context. Besides the known clusters, the question that has been posed and that demands clear answers is about the sanitary and other conditions in the quarantine centres. Because if they are not adequate, that itself could lead to spread of the disease amongst those who initially were asymptomatic – as is happening in fact. Besides, there is both a human and a humanitarian aspect when it comes to families being forced to stay in one room, or a single parent with a child or children. Of equal importance is the plight of health personnel who are in quarantine, because if they don't recover promptly or emerge debilitated, this is going to pose a major problem in the quality of care in the health services.

Our vaccination status also needs to be factored in, what with the constraints in supply that we are facing despite the generous offers from India already received and being rolled out.

Form what is happening elsewhere, the key word in opening seems to be 'phased'. In the UK, for example, this is going to take place – but we have to reckon with the fact that it has vaccinated almost half of its population quite rapidly, and is in a better position to proceed to the gradual opening in a transparent manner the four phases have been spelt out clearly. The people have an upfront advance idea of what is awaiting them so that they are mentally prepared, and can start making the material adjustments required in anticipation of and in light of the measures of each phase.

This is perhaps the kind of forewarning that would reassure the people and all stakeholders, and facilitate the transitions towards the eventual and total lifting of the lockdown.

The Conversation

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

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



Photo - iccwbo.org

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

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

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

When asked whether they would donate money to help others who are struggling due to the pandemic, over 60% of British participants indicated that they would donate to help other British people, whereas less than 40% indicated that they would donate to help people in other countries.

If governments are to start co-

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

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

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

Shouldering a fair share of blame

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

Hanna Zagefka,
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Royal Holloway

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Dr R Neerunjun Gopee

A few days ago when I had gone to the clinic to see an emergency case, I overheard two nurses speaking.

'Ine fatiguer avec sa ralenti-ralenti la!' – 'tired with this lockdown!', said one of them, and as I was walking in their direction they realized that I had heard them and we burst out laughing. I have known and worked with them for so long that we are like family, and I could not help joining in the conversation.

'Taler zot pou dire ine fatiguer avec sa galouper-galouper la!' – 'soon you will be saying tired with this running about!'

And I added, 'that's how we human beings are isn't it, we can neither stay put for long nor be in the mad rush all the time.' 'So', I continued, 'better to enjoy the *ralenti* for the time being!'

Everybody all over the world is tired with everything that has to do with Covid-19 because like the mighty sea, it has been battering us with wave after wave that have together dumbed down the world economy more than they have lifted our spirits. Pushing us into isolation, forcing us not to touch each other, the most basic affective need that we can have – also an evolutionary survival mechanism – and that starts as soon as we come out of the womb.

'Covid, you are so cruel!'

'Who, me? Look at you and look at me. I can't even see you. You *know* what you're doing. I don't even *know* what it is to know. I am so tiny that I am invisible to your naked eye. I am just carried from lung cell to lung cell depending on what you do with yourselves, where you take me. For me that's all there is really. The rest is up to you, for I have no way of knowing what is happening to you, isn't it?'

And so we say Covid fatigue, or pandemic fatigue, has set in. We want to get out of the lockdown, and jump back into our routine – of which we will soon also tire and seek to jump out of. The yo-yo life, we like it that way. For all of us there is no other way.

We are tired of the overdose of Covidology 24/7, as if there was nothing good or else happening.

Fortunately there is. To lift our sombre mood, let us start with Covid itself. Scientists were able to identify its genetic structure and the part of it that codes or triggers the production of the now notorious spike protein by which it attaches to lung cells very quickly after its first manifestation in China. In less than a year they started working on dozens

We need some good news

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Photo - centerforanxietydisorders.com

“We are tired of the overdose of Covidology 24/7, as if there was nothing good or else happening. Fortunately there is. To lift our sombre mood, let us start with Covid itself. Scientists were able to identify its genetic structure and the part of it that codes or triggers the production of the now notorious spike protein by which it attaches to lung cells very quickly after its first manifestation in China. In less than a year they started working on dozens of vaccine candidates. In just one year they came up with vaccines...”

of vaccine candidates. In just one year they came up with vaccines that had reached phase 2 and 3 trials, and reputed vaccine manufacturers began to produce them by the millions.

Better still, vaccination programmes have already rolled out in several countries. The world's largest vaccine producer, India, showed its generosity by launching a 'Vaccine Maitri' or vaccine friendship project. It is a humanitarian initiative of the Indian government to provide made in India vaccines to other countries around the world, starting since January 20, 2021. Nearly 80 million doses of Covishield and Covaxin have gone to different countries, much of it as gifts by which Mauritius has also benefited, allowing us to launch our own vaccination campaign.

Doctors aided with medical researchers are devising better treatments, based on progressively deeper understanding of the virus and the nitty-gritty or mechanisms of how it produces its effects on the various parts of the human body. An example is the 'cytokine storm' that is invariably fatal, but can be curbed with a cortisone.

The new variants that appeared seem to be not all that bad overall: they may be more transmissible, but they are causing less severe disease and less mortality, and existing vaccines can take care of some of them, or can be fairly easily tweaked to do so. In India, for example, they are to a large extent responsible for the second wave in Maharashtra and the southern states. Comparatively lesser numbers of patients may therefore need admission, diminishing the risk of overwhelming the health system. In fact as from yesterday a step in this direction has been taken by the State government by imposing a partial lockdown that comprises night curfew and other measures about gatherings and so on.

Other countries are responding in their own ways. In France, for example, patients needing ICU care are having

to be flown to Belgium or to Germany – which itself may be moving towards a second lockdown. But England, on the contrary, with nearly half of its population vaccinated, is beginning a phased opening up as from Thursday next as a prelude to Easter celebrations, a major event in its calendar. This was announced by PM Boris Johnson, almost petulant when he added he is going to go down to the pub to have a beer. Anyone who has lived there for some time would appreciate that this is a quasi-iconic cultural marker of British life. And long may it live. But will it, with the kind of demographic change that the country is undergoing?

Pity that Boris Johnson is visiting India only later this year, otherwise he would surely have joined in the Holi celebrations that are a riot of colours and unbounded joy – that we are missing here! – and that is always so full of energy and vigour. For all we know, as I watch the merriment out there the Covid virus might be dancing along too! Perhaps it will get drunk with the cold thandai, the traditional refreshing drink served on this occasion, prepared with milk and a lot of dry fruits, and a dose of bhang. I wish I were there – nostalgia!

Covid, like flu, looks set to be family. And like family, with whims and fancies, moods, and ups and downs. Impossible to get rid of family, isn't it?

More good news: the container ship weighing 225000 tons that had blocked traffic in the Suez Canal by being stuck obliquely across it has now been refloated, and the canal authorities have said that, working 24/7, they will be able to clear the line of ships awaiting in three and a half days. It had been feared that the refloating would take weeks, and pessimistic figures about the world economy had already started to be projected. Human ingenuity did the trick. Kudos to ourselves then!

Life will go on, regardless. Cheers to that.



Anil Madan

It has been observed by people much smarter than I am, that we Americans often deal with serious problems by legalizing the conduct that was hitherto unlawful.

One could argue that this goes all the way back to endorsing insurrection when, in the Declaration of Independence, we endorsed the notion that rebellion against authority was mandatory, indeed even a "right of the people." The idea was propounded that the people have certain unalienable rights and "that whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government."

The move from Prohibition to relatively free advertising of booze on TV—albeit with the Puritan constraint that people could never be shown actually drinking their drinks—or to legalizing Marijuana, to the calls for nullification of sentences for druggies and dealers represent the continuum we set in motion a long time ago. It's almost like the continuum of the US program to land a man on the moon and to explore space ending up with sending astronauts to the Russkie International Space Station. Perseverance, that's the American way.

So, it is with the situation on the US-Mexico border. For almost two weeks now, President Biden's Press Secretary Jen Psaki (did you notice that Ps stands for "Press Secretary" and "aki" stands "aki me anything but I may not answer?") has denied that the crisis on the border is a crisis.

Today, President Biden held his first formal press conference since his inauguration and when asked if there is a crisis on the border, responded: "Well, I question your premise. There is no border."

**JOE BIDEN
AND
KAMALA
HARRIS**
—
CHANGING
AMERICA'S
STORY



Portrait by Jason Seiler for TIME

“History rhymes and sometimes it repeats. Over the years, I have observed that when so-called sophisticated people in the West discount the acumen of those from less privileged countries they forget that no matter where you go in the world (except the US), people can count the value of money in multiple currencies. People learn quickly how to survive. So, it should not be lost on us that illegal immigrants (undocumented visitors, if you like euphemisms) will understand that declaring yourself an unaccompanied minor at the border (er... sorry, the area, since there is no border) will help you find the US willing to legalize hitherto unlawful conduct...”

Nevertheless, having decided that the way to deal with unlawful immigration is to effectively legalize it, President Biden is now caught up in a maelstrom of blaming Trump for the surge of unaccompanied minors and pleading with AMLO (Andrés Manuel López Obrador) and whoever is in charge in Guatemala, both of whom are so far unable or unwilling to control the flow of immigrants, to become suddenly able and willing to stem the flows. A bit of bribery with shipments of Covid-19 vaccines helps grease the skids so to speak.

But President Biden had a plan. He dispatched Auntie Kamala to handle the situation, i.e., to convince AMLO and the President of Guatemala, that they should keep their problems to themselves and not pass them on

to the US where they can cross the border that doesn't exist.

But another crisis—oops, sorry, it's not a crisis, just another thing to deal with—has intervened.

President Biden has decided to dispatch Auntie Kamala to try to refloat the moored MV Ever Given Container ship that is blocking the Suez Canal.

When pressed about his reason for picking Auntie Kamala who has no obvious experience in maritime matters, President Biden said "Well, my expectation is that I'm going to run for re-election in 2024 and Kamala is doing a great job so I expect her to be my running mate. Hey man, she floats my boat."

Auntie Kamala was heard muttering: "Over your dead body."

It is interesting to contemplate Auntie Kamala's qualifications for refloating the MS Ever Given. First, one has to admire her spirit. My school's motto was Never Give In. Heck, Ever Given. It has a ring.

Second, she has natural talents. Her ancestry includes Tamil and Jamaican roots. So as the US was almost headed to Banana Republic status on January 6, one might think of the Banana Boat Song of Harry Belafonte*.

Why is this all important?

Well, I give you an over-under bet. Six months. As the Biden administration admits unaccompanied minors to the utter silence of the media who were screaming about how inhumane it was to separate minors from their parents, we can expect what will happen.

A few years ago, when I wrote that the parents who were sending their kids to the US were themselves separating their own children from their parents, I received a spurt of almost hate mail saying I was insensitive.

But here you have it. History rhymes and sometimes it repeats. Over the years, I have observed that when so-called sophisticated people in the West discount the acumen of those from less privileged countries they forget that no matter where you go in the world (except the US), people can count the value of money in multiple currencies. People learn quickly how to survive. So, it should not be lost on us that illegal immigrants (undocumented visitors, if you like euphemisms) will understand that declaring yourself an unaccompanied minor at the border (er... sorry, the area, since there is no border) will help you find the US willing to legalize hitherto unlawful conduct. Both the Biden administration and the wacko media express surprise at this "sophistication."

So, back to my bet. Within six months, there will be a cry that all those unaccompanied minors who have been let into the US are being deprived of maternal companionship. And their mothers should be allowed in as well.

Then, it's a matter of time before they will need fathers and siblings, indeed the whole village. And Hillary Clinton will have proved that it takes a village.

Mercy.

*Cheerz...
Bwana*

* (79) Harry Belafonte -
Banana Boat Song (Day-O) - YouTube
<https://www.youtube.com/watch?v=6Tou8-Cz8is>

'Ever Given' cargo ship in Suez Canal finally set free: Channel authorities



In this photo released by Suez Canal Authority, the Ever Given, a Panama-flagged cargo ship is pulled by one of the Suez Canal tugboats. Photo - scotsman.com

Tugboats were pulling the vessel toward the Great Bitter Lake, in the middle of the waterway, where it will undergo inspections.

A canal service provider says that workers have successfully set free a colossal container ship that for nearly a week has been stuck sideways across the Suez Canal, one of the world's most crucial arteries for trade, reports AP.

Leth Agencies said that the vessel had been refloated on Monday. Helped by the peak of high tide, a flotilla of tugboats managed to wrench the bow of the skyscraper-sized Ever Given from the sandy bank of the crucial waterway, where it had been firmly lodged since last Tuesday.

Tugboats were pulling the vessel toward the Great Bitter Lake, in the middle of the waterway, where it will undergo inspections.

Facebook, Google plan new undersea cables to connect Southeast Asia and America

"Named Echo and Bifrost, those will be the first two cables to go through a new diverse route crossing the Java Sea and they will increase overall subsea capacity in the trans-pacific by about 70%," Facebook Vice President of Network Investments, Kevin Salvadori, told Reuters.

Facebook said on Monday it planned two new undersea cables to connect Singapore, Indonesia and North America in a project with Google and regional telecommunication companies to boost internet connection capacity between the regions.

"Named Echo and Bifrost, those will be the first two cables to go through a new diverse route crossing the Java Sea and they will increase overall subsea capacity in the trans-pacific by about 70%," Facebook Vice President of Network Investments, Kevin Salvadori, told Reuters.

The cables, according to the executive, will be the first to directly connect North America to some of the main parts of Indonesia, and will increase connectivity for the central and eastern provinces of the world's fourth most populous state.

Salvadori said "Echo" is being built in partnership with Alphabet's Google and Indonesian telecommunications' company XL Axiata and should be completed by 2023.

Bifrost, which is being done in partnership with Telin, a subsidiary of Indonesia's Telkomsel, and Singaporean conglomerate Keppel is due to be completed by 2024.

Sarah Obama family matriarch dies in Kenyan hospital at 99

Sarah Obama, the matriarch of former US President Barack Obama's Kenyan family has died, relatives and officials confirmed Monday but did not disclose the cause of death. She was at least 99 years old.

Mama Sarah, as the step-grandmother of the former US president was fondly called, was a philanthropist who promoted education for girls and orphans. She passed away around 4 am local time while being treated at the Jaramogi Oginga Odinga Teaching and Referral hospital in Kisumu, Kenya's third-largest city in the country's west, according to her daughter Marsat Onyango.

"She died this morning. We are devastated," Onyango told The Associated Press on a phone call.

She will be remembered for her work to promote education to empower orphans, Kisumu Governor Anyang Nyong'o said while offering his condolences to the people of Kogelo village for losing a matriarch.

"She was a philanthropist who mobilized funds to pay school fees for the orphans," he said.



Sarah Obama shakes the hand of a well-wisher after speaking to the media in the garden of her home in the village of Kogelo, Kenya. Photo - AP

UK PM announces ease of Covid-19 restrictions

UK Prime Minister Boris Johnson on Monday announced the easing of Covid-19 restrictions amid the ongoing vaccination roll out in the country.

"Today marks the next stage of our roadmap to cautiously ease restrictions in England. As vaccines are being rolled out, it's vital that we

don't overdo it and risk all the progress we've made," Prime Minister Johnson tweeted.

From Monday onwards, people can meet in a group of six people or two families can come together to meet up again. People will be allowed at various sports facilities including tennis, basketball, swim-

ming which will be reopened along with other sports as well, he said.

The UK PM further said there is no need to stay at home any longer but many restrictions will still remain in place.

"People are advised to work from home if still possible and should avoid unnecessary travel."



Servier was accused of putting profits ahead of patients' welfare. Photo - thelocal.fr

A Paris court handed hundreds of millions of euros in damages and fines to a French pharmaceutical company on Monday for its role in one of the nation's biggest modern health scandals, finding it guilty of manslaughter and other charges for selling a diabetes drug blamed for hundreds of deaths.

The ruling capped a judicial marathon targeting Servier Laboratories and involving more than 6,500 plaintiffs. The Paris tribunal took nearly three hours to read out its verdict in full, because it was so long. The huge trial was spread over 10 months in 2019 and 2020, and near-

ly 400 lawyers worked on the case.

Judges handed Servier a fine of 2.7 million euros (nearly \$3.2 million) and ordered it to pay hundreds of millions more in damages that will be shared out by plaintiffs. Damages for aggravated deception alone totaled nearly 159 million euros. And other hefty payments were being awarded for the manslaughter and wounding charges.

Paris court convicts, fines French pharmaceutical for deadly diabetes drug

ly 400 lawyers worked on the case.

It centered on the diabetes drug **Mediator**. Servier was accused of putting profits ahead of patients' welfare by allowing the drug to be widely and irresponsibly prescribed as a diet pill - with deadly consequences. Servier argued that it didn't know about the drug's dangers.

The court found Servier guilty of manslaughter, involuntary wounding and aggravated deception. The firm was acquitted of fraud.

WHO report says animals likely source of Covid-19



The findings were largely as expected and left many questions unanswered. Photo - idsb.tmgup.com.tr

A joint WHO-China study on the origins of Covid-19 says that transmission of the virus from bats to humans through another animal is the most likely scenario and that a lab leak is "extremely unlikely," according to a draft copy obtained by The Associated Press.

The findings were largely as expected and left many questions unanswered. The team proposed further research in every area except the lab leak hypothesis.

A World Health Organisation official said late last week that he expected the report would be ready for release "in the next few days".

The AP received what appeared to be a near-final version on Monday from a Geneva-based diplomat from a WHO-member country. It wasn't clear whether the report might still be changed prior to its release. The diplomat did not want to be identified because they were not authorised to release it ahead of publication.

Myanmar army launches air strikes in Karen state, group says

Myanmar army fighter jets launched air strikes on Saturday on a village near the Thai border in territory controlled by an armed ethnic group, the group said, as fears grow of civil war following last month's military coup.

The Karen National Union (KNU), the armed ethnic group that controls the southeastern region, said fighter jets attacked Day Pu No in Papun district, an area held by its Brigade 5 forces, at around 8 pm, forcing villagers to flee.

"They bombed the area... The villagers from that area said two dead and two injured," a spokesperson for civil society group Karen Peace Support Network said, adding that communication was difficult in the remote region and there could be more casualties.

A spokesman for the junta did not answer phone calls seeking comment.

The reported air assault is the most significant attack for years in the region. The KNU had signed a ceasefire agreement in 2015 but tensions surged after the military overthrew Aung San Suu Kyi's civilian government on Feb. 1.



Thousands flee to Thailand after Myanmar army's air strikes on village. Photo - Reuters

Earlier on Saturday, the KNU said Brigade 5 forces overran an army base, killing 10 soldiers including a lieutenant-colonel, as the junta celebrated its annual Armed Forces Day with a parade in the capital, Naypyitaw.

The KNU says it has been sheltering hundreds of people who have fled central Myanmar amid mounting violence in recent weeks. The junta's troops killed dozens of people on Saturday, including children, in one of the bloodiest days of protests since the coup, news reports and witnesses said.



A police officer stands guard near the church in Makassar, South Sulawesi, Indonesia after Sunday's explosion. Photo - AP

14 people injured in suspected attack outside Catholic church in Indonesia

Fourteen people were hospitalized with injuries following a suspected suicide bombing outside a church in Makassar City, Indonesia, on Sunday, police said.

The two suspected bombers both died, according to Indonesian police, and so far no other deaths have been reported. A security guard who tried to stop two suspected bombers from entering the churchyard is among the injured, Indonesian Police Inspector General Argo Yuwono told media.

The suspects used a motorbike and detonated outside the church which was holding Easter Holy Week services when they were stopped from entering the yard, reports CNN.

There has been no immediate claim of responsibility for the attack. Police say the investigation with the anti-terror unit is ongoing.

Authorities were looking into which networks the bombers came from and if the attack was linked to recent arrests of suspected militants, Reuters news agency reported Yuwono as saying.

Indonesian president Joko Widodo strongly condemned the attack in a video broadcast, describing the attack as an "act of terrorism," Reuters reported.

'Made in India' Covid vaccines reach Denmark for UN Peacekeeping personnel

In the last few days, India has supplied Covid-19 vaccines, being manufactured in the country, to neighbouring countries including Bhutan, Maldives, Nepal, Myanmar, and Bangladesh.

A flight carrying a consignment of Made-in-India Covid-19 vaccines landed in Denmark for UN Peacekeeping personnel on Sunday, External Affairs Minister S Jaishankar informed. "Ensuring safer Peacekeeping. Made in India vaccines land in Denmark for @UNPeacekeeping personnel," Jaishankar tweeted.

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"Ensuring safer Peacekeeping. Made in India vaccines land in Denmark for @UNPeacekeeping personnel," Jaishankar tweeted. Photo - Twitter

and Bangladesh.

Large consignments of Covishield vaccine doses were flown in special Indian aircraft to Seychelles, Mauritius, and Myanmar on Friday.

Contractual supplies are also being undertaken to Saudi Arabia, South Africa, Morocco, Bangladesh, and Myanmar.

Under the 'Vaccine Maitri' initiative, India has been providing coronavirus vaccines to its neighbouring countries. 72 countries have already received vaccines under the 'Vaccine Maitri' program.

Maldives, Bhutan, Bangladesh, Nepal, Sri Lanka, and Myanmar are among many countries that were aided by India during the pandemic.

Dr Shahina Aboobakar: "Covid-19 does not spare anyone"



According to Wikipedia, public health has been defined as "the science and art of preventing disease", prolonging life and improving quality of life through organized efforts and informed choices of society, organizations (public and private), communities and individuals. 'Analyzing the determinants of health of a population and the threats it faces is the basis for public health. The public can be as small as a handful of people or as large as a village or an entire city; in the case of a pandemic it may encompass several continents.' The results of numerous studies have indicated a very strong relationship between the health of a country's population and economic growth. In this respect, a lot has been undertaken in Mauritius at the level of public health since decades, but these remain largely unknown to the people.

Dr Shahina Aboobakar has more than 35 years of work experience in the public health services in Mauritius, in both preventive and curative sections. She has worked in several capacities during her career, as Medical and Health Officer, Community Physician, NCD Coordinator, Regional Public Health Superintendent and finally as Director Health Services before retiring from Government service in 2018. Dr Aboobakar is a medical doctor with a Master's Degree in Community Health from the University of New South Wales, Sydney and a Diplôme d'Université (DU) d'Epidémiologie Appliquée from the Mauritius Institute of Health and the Université Victor Segalen Bordeaux 2.

*** It is only during times of crisis such as the present one that people hear about "Public Health". What do you think should be done to maintain the visibility and highlight the importance of Public Health in normal or 'inter-crisis' times?**

Public Health is often considered as the "poor relation" of medicine in Mauritius, and it is the general but erroneous opinion of other specialties that there is not much work to be done in this field.

Public Health is concerned with protecting the health of the entire population. In order to maintain the visibility and highlight the importance of Public Health, there should be major changes in the way public health services are organized, operated and governed in Mauritius.

*** Can you outline the evolution of the discipline up to the present?**

The evolution of public health has been a continuing process through time with expanding scientific medical knowledge and experience. The need for an organized public health system for disease prevention and control grew as part of the development of community life, with its accompanying urbanization and social reforms.

At present, there are new public health threats, either replacing or existing along

with non-communicable diseases such as diabetes, cardiovascular disease, cancers and mental illness. Additionally there is the threat of emerging and re-emerging diseases such as AIDS, SARS, Avian influenza and Covid-19, which demand new ways of preventing their potentially serious consequences to humanity. Additional threats include antimicrobial resistance and severe climate and ecological change.

*** How far back in time do we have records about infectious diseases? What are the sources of historical material that are useful and required to research this**

"Mauritius has a good record of preparedness and rapid and effective response to many public health threats in the past. This must be sustained and further advanced by fully implementing the International Health Regulations (IHR 2005) to strengthen core capacities so as to be better prepared and respond effectively to both known and unknown public health threats in the future..."

aspect?

Epidemics of infectious diseases have been documented throughout history, with records of devastating epidemics of plague, smallpox, leprosy, tuberculosis, and syphilis going as far back as ancient Greece and Egypt.

The plague, or Black Death ((also known as the Pestilence, the Great Mortality, or the Plague), swept across Europe in 1345 and in the five years that followed killed 40 million people worldwide. The first recorded epidemic of smallpox was in 1350 BCE. Syphilis became epidemic in the 1490s as a highly contagious venereal disease in Spain, Italy, and France.

Useful material for research includes documents from the Centres of Disease Control, Atlanta (USA), the National Institutes of Health (USA), National Centre for Biotechnology Information of the National Library of Medicine (USA), the World Health Organisation and journal articles which can be accessed online.

*** When did the terms epidemic and pandemic come into use, and what is the difference between the two? How do they differ from an endemic disease?**

Epidemic is derived from Greek *epi* "upon or above" and *demos* "people". After

the non-medical use of the term epidemic by Homer, Sophocles, Plato, and Xenophon, Hippocrates gave it its medical meaning when he used it as the title of one of his famous treatises. Over centuries, the form and meaning of the term have evolved and changed. Its most recent semantic evolution dates from the last quarter of the 20th century.

An **epidemic** is the occurrence and rapid spread of a disease above what is normally expected in a population, whereas a **pandemic** is an epidemic that has spread over several countries or continents, crossing international boundaries and affecting a large number of people.

Endemic refers to the constant presence or the usual prevalence of a disease in a population within a geographic area.

Epidemics and pandemics differ from endemics in the sense that they are not always present in a population, but may occur from time to time, depending on factors favourable to their transmission.

*** What are the major epidemics and pandemics that have taken place in the world and in Mauritius?**

"Social mobilization and community participation are key components for sustainable prevention and control of infectious diseases. Civil society groups and inter-sectoral groups should be fully involved in health education, personal protection and law enforcement. Risk Communication is very important, and health care staff and the public should be fully informed about new and emerging infectious diseases..."

Epidemics and pandemics have ravaged humanity from prehistoric to modern times. One of the deadliest epidemics was that of Plague which affected many continents. The Black Death spread from Asia to Europe, from 1346-1353, killing about half of Europe's population. The Great Plague of London between 1665-1666 killed 15% of the population of London, followed by the Great Plague of Marseilles from 1720-1723 and the Russian Plague from 1770-1772.

Another lethal pandemic was that of Spanish Flu which, from 1918 to 1920, swept across the world in a matter of months and affected an estimated 500 million people. Another major pandemic in recent years is that of AIDS since 1981.

➔ Cont. on page 8

'People should not think that they are immune and will not be infected'

“Epidemics and pandemics have ravaged humanity from prehistoric to modern times. One of the deadliest epidemics was that of Plague which affected many continents. The Black Death spread from Asia to Europe, from 1346-1353, killing about half of Europe's population. The Great Plague of London between 1665-1666 killed 15% of the population of London, followed by the Great Plague of Marseilles from 1720-1723 and the Russian Plague from 1770-1772...”



➔ Cont. from page 7

In 2009, a new strain of H1N1 virus infected as many as 1.4 billion people across the globe in one year and killed between 151,700 and 575,400 people.

The Ebola epidemic ravaged Guinea, Liberia and Sierra Leone in West Africa between 2014 and 2016, with 28,600 reported cases and 11,325 deaths. An epidemic of the newly emerged Zika virus appeared mainly in the South and Central American countries in 2015 and is still prevalent there.

Mauritius has had its share of epidemics. Malaria vectors were imported into Mauritius in the mid-1800s, and a violent epidemic occurred in 1867 followed by recurrent epidemics of malaria with high mortality during the next 100 years.

In 1889 the island was hit by smallpox and the infected patients were quarantined at Pointe aux Canonnières.

The first Spanish flu cases in Mauritius occurred in May 1918. It was a terrible catastrophe causing many deaths. An epidemic of Poliomyelitis occurred in the island in 1945.

The first case of AIDS in the Republic of Mauritius was notified in October 1987. An epidemic of Chikungunya, a disease never known in Mauritius, occurred in 2005 and 2006. Since then only imported cases have been reported. The Influenza H1N1 pandemic occurred in 2009.

Mauritius had several major outbreaks of dengue fever in 2009, 2014, 2015 and in 2018, which were due to local transmission of the disease by infected mosquitoes.

* **What were their impacts on the**

health systems and on society at large?

Major epidemics and pandemics irrevocably change the social and economic fabric of society, causing short-term and long-term damage to economic growth. They also place a heavy burden on the health system.

* **How did the authorities respond to them, and how effective were these responses?**

The response of the Government to infectious disease outbreaks is critical for a country's economy, its society, and its place in the global community.

Immediate public health measures were taken in accordance with established protocols.

- Adequate resources were gathered to combat the prevailing disease.
- Intersectoral collaboration was implemented to enlist the help of other government bodies and the private sector to put resources together to control the epidemic.
- Sensitisation campaigns were strengthened at community level.
- Help was sought from international bodies such as the WHO and the Indian Ocean Commission.

* **Did these lead to the required policy changes so as to prepare for and preempt future occurrences?**

Yes. Some of the policy changes included the following:

- Preparedness and National Action Plans for different diseases were worked out and validated.
- Rapid Response Teams were set up and trained at each regional hospital,

and are currently functioning in the response to the present Covid-19 pandemic.

- Laboratory capacity was strengthened and equipment was procured.
- Capacity building of relevant staff was carried out.
- The Communicable Disease Unit at the headquarters of the Ministry of Health and Wellness was strengthened.
- Surveillance systems, in collaboration with the Indian Ocean Commission and WHO were set up and are still functional. The National Influenza Centre located in the Central Health Laboratory of Mauritius carries out surveillance for influenza and regularly sends specimens to the designated WHO GISRS (Global Influenza Surveillance and Response System) laboratory of the Influenza Collaborating Centre at Mill Hills, London.

* **How does the current Covid-19 pandemic compare to the Spanish flu of 1918?**

There is controversy over the origin of the Spanish flu virus, which may have originated in Spain, France or the USA, but there is no definite evidence of this. Covid-19 originated in Wuhan, China on 31 December 2019 probably in a wet market.

The spread of Covid-19 is wider than that of Spanish flu and affects almost all countries in the world whereas the 1918 influenza affected less than half of the countries.

The two pandemics largely differ in the population at risk. The mortality rate due to Spanish flu was higher in the 25-40 year olds, while Covid-19 mostly affects those over the age of 65, especially those with comorbidities.

The two viral diseases kill via different mechanisms. Patients with Spanish flu mostly died due to secondary bacterial pneumonia, while those with Covid-19 die from an overactive immune response that

results in multiple organ failure.

Both the Covid-19 and 1918 influenza pandemics have caused significant negative impacts on health systems and the global economy.

* **We have seen that proper communication is very important in the management of such a major public health emergency. Do you have any suggestions for improvement to make in this regard?**

Social mobilization and community participation are key components for sustainable prevention and control of infectious diseases. Civil society groups and inter-sectoral groups should be fully involved in health education, personal protection and law enforcement. Risk Communication is very important, and health care staff and the public should be fully informed about new and emerging infectious diseases through fact sheets and other modern communication strategies.

During the epidemics of Chikungunya and Influenza H1N1, our team at the headquarters of the MOH had prepared detailed fact sheets which were distributed to all doctors in the country. Teams went out to the community to explain the disease Chikungunya, about which there were many myths and misconceptions, and for door-to-door distribution of pamphlets and mosquito repellents.

* **Clearly, coronavirus is not the last word in infections that mankind is going to face. How can we as a country be better prepared to face such threats?**

Mauritius has a good record of preparedness and rapid and effective response to many public health threats in the past. This must be sustained and further advanced by fully implementing the International Health Regulations (IHR 2005) to strengthen core capacities so as to be better prepared and respond effectively to both known and unknown public health threats in the future.

* **Do you have any message to the public at large for their present and future health security?**

I would like to take this opportunity to request the readers of this newspaper and the public at large that they should heed the advice given to them concerning disease prevention and control. In the present pandemic, they should observe all precautions, use masks properly, wash their hands often, use sanitisers and maintain social distancing.

Covid-19 does not spare anyone and people should not think that they are immune and will not be infected. They are as susceptible as anybody.

“During the epidemics of Chikungunya and Influenza H1N1, our team at the headquarters of the MOH had prepared detailed fact sheets which were distributed to all doctors in the country. Teams went out to the community to explain the disease Chikungunya, about which there were many myths and misconceptions, and for door-to-door distribution of pamphlets and mosquito repellents...”

Indian diaspora in New Zealand and Australia

More than half a million people of Indian descent live in Australia and New Zealand. The history of the Indian diaspora in these countries is older than many might imagine, going back 250 years

Sekhar Bandyopadhyay

Professor of Asian History, Victoria University of Wellington

Jane Buckingham

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Indians are today widely acknowledged as a successful ethnic community that makes significant contributions to their host societies and economies. Yet, although Indian migration to North America and the United Kingdom has been studied extensively, the Australian and New Zealand stories have rarely been told.

Migrant workers

We are co-editors of 'Indians and the Antipodes: Networks, Boundaries and Circulation', a book in which scholars from both sides of the Tasman and beyond trace the development of Indian involvement in New Zealand and Australia, from 18th-century sepoys and lascars (soldiers and sailors) aboard visiting European ships, through 19th-century migrant labourers and the 20th century's hostile policies to the new generation of skilled professional migrants of the 21st century.

Indians and the Antipodes juxtaposes Australian and New Zealand stories to underline that the trajectories of migration and experiences of settlement of these two southern-most outposts of the Indian diaspora have certain connections.

The story of Indians in New Zealand dates back to December 1769, just two months after the first European landing in the country by Captain James Cook. Todd Nachowitz draws on previously published muster rolls and ships logs to trace Indians' early part in New Zealand nation building, thereby complicating the traditional bicultural

European-Maori historical narrative.

Historian John Dunmore's translations of early ship's logs, along with additional archival sources, have allowed Nachowitz to identify the first Indians to set foot on New Zealand soil. They were the sole survivors of a crew of more than 50 Indians. The rest died of scurvy or other conditions before their ship, the Saint Jean Baptiste, reached New Zealand.

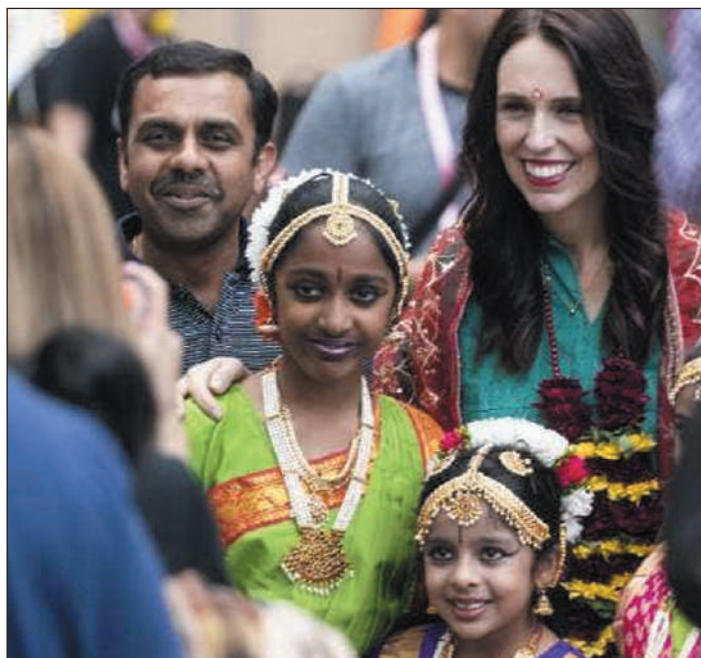
Nachowitz can even put names to two of the Indians:

The first is recorded as Mamouth Cassem in the original log, whose real name was probably Mahmud Qasim, born in Pondicherry about 1755. The second is listed as a Bengali named Nasrin, aged about sixteen or seventeen years, on the muster roll. Given their names, it can be assumed that both were Muslims. Both are recorded as dying in Peru on 14 April 1770, where the ship sailed after leaving Aotearoa under duress.

Early settlers

Nineteenth and early 20th-century Indian settlement in Australia and New Zealand was the culmination of complex journeys. From the British-Indian empire, Indians were moving to Mauritius, Fiji, South Africa, British Guyana and the Caribbean. From parts of French India, such as Pondicherry, they were travelling to New Caledonia in the French Pacific.

Some of them eventually migrated from these initial destinations to settle in Australia and New Zealand. Many also migrated directly from India. This circulation of people of Indian origin occurred both



Jacinda Adern, the Prime Minister of NZ, poses for photos at the opening of the Indian Diwali festival in Auckland's Aotea Square. Photo - Chris Mckeen/Stuff

only 2,000 in Australia and 671 in New Zealand.

New migrants

As immigration restrictions were gradually lifted in the post-war period, the number of Indian migrants rose. The relaxation was partly in response to the increasing demand for English-educated, technologically skilled white-collar workers who could contribute to the countries' rapidly globalising economies.

In both countries, India became the largest source of skilled migrants in the 21st century. According to the 2011 Australian census, 390,894 people of Indian origin lived in the country. The 2013 New Zealand census recorded 155,178 people of Indian origin.

Previous Indian professional migrants were middle class, highly educated and settlers. The migrants of the past decade or so have been younger, less educated, from the lower rungs of the Indian social ladder and often on temporary work or student visas. They are more often single, male and from district towns and villages. They also remain more closely connected to their families at home and in many cases go back after their studies or employment contracts finish.

The new migrants bring fresh challenges for the diaspora community. It is now more diverse, not only culturally and economically, but also in its histories of migration.

In Auckland, for instance, as recorded by Alison Booth, the majority of recent Indian migrants are young professionals and students from the Punjab and north India. Their cultural preferences are different from those of earlier generations of settlers, who are more conservative in their social attitudes.

As a result, there are divergent views on what constitutes authentic Indian culture. This clash between "traditional" and "pop" cultures is reflected in debates over publicly funded events such as the city's Diwali festival.

Such debates highlight the inner pluralism of the Indian diaspora and the need for multiculturalist policies in both Australia and New Zealand to avoid outdated assumptions of homogeneity. The Indian community in the two countries is big and broad-ranging — just like its story over the past 250 years.

through and because of the imperial networks set up by the various East India companies.

In the later 19th and early 20th centuries, the labour demands of sugar plantations in the Pacific and Caribbean provided further incentives for migration. The indenture system was an early migration driver. After its abolition, opportunities for free passage offered avenues for work and hopes of citizenship.

Racial barriers

In Australia and New Zealand, along with other self-governing dominions such as South Africa and Canada, conflict evolved between the demand for cheap labour by the colonial economies and the racial prejudice and moral panic of their white settlers.

The term Australasia was used as an identifier for the region not to signify its geographical proximity to Asia but to distinguish it from Asia, the much despised other.

A shared perception of the threat of being swamped by "unwanted" Asians led to Australia and New Zealand raising immigration barriers to ensure their exclusion. Once the barriers were complete - in 1901 in Australia and 1920 in New Zealand - the racial ring fences remained in place until the onset of decolonisation in the aftermath of the second world war. In some cases, this took even longer.

Although the rules did not stop Indian migration totally, they did mean that very few Indians lived in "White Australia" and "White New Zealand". In 1921, there were



Picnic in Island Bay, Wellington. Photo originally supplied by Kanjibhai Bhula., CC BY-ND

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



Peter Ibbotson

France should copy the UK's example

The world watches in wonder the sight of France staggering to national bankruptcy and economic ruin. Impoverished by the ill-fated Indo-China campaign, France has for 18 months been waging the anti-colonial war in Algeria, at a cost of 1500 million francs a day. And at the end of last year France played

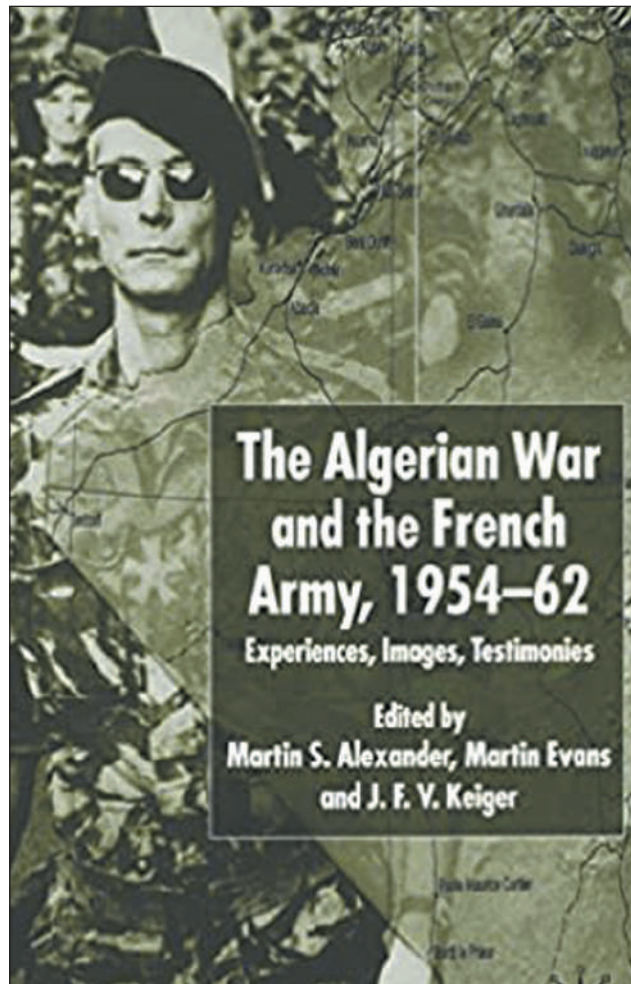
the major part in fomenting the abortive and iniquitous invasion of Egypt which was only halted by the pressure of world opinion against the aggressive triumvirate: France, Israel and the UK.

Why the wonder at France's anti-colonialism? The wonder arises from a study of history. Modern France had its birth in the French Revolution which was not the revolt of a nation against one man, Louis XVI, but the revolt of a nation against the despotic principles of the government. The French Revolution had before it the example of America, where Marquis de la Fayette had played an active part on the revolutionary side and took his leave of Congress with a stirring declaration and aspiration: **"May this great monument, raised to Liberty, serve as a lesson to the oppressor, and an example to the oppressed!"**

The French Revolution began – the Bastille was taken – and the Revolution was firmly established by the Declaration of Rights which the National Assembly promulgated as a statement of the principles for which the Revolution stood. The articles of the Declaration were well aimed at setting up in France a monument to Liberty equal to that which de la Fayette had apostrophised in America; some of the articles are pertinent to recall today:

- I. *Men are born, and always continue, free and equal in respect of their rights...*
- II. *...these rights are Liberty, Prosperity, Security, and Resistance of Oppression.*
- VII. *No man should be accused, arrested, or held in confinement, except in cases determined by the law, and according to the forms which it has prescribed...*
- VIII. *...no one ought to be punished, except in virtue of a law promulgated before the offence, and legally applied.*
- XI. *...every citizen may speak, write, and publish freely.*
- XVI. *Every community in which a separation of powers and a security of rights is not provided for, wants a Constitution."*

These and other rights were recognised by the National Assembly... "In the presence of the Supreme Being, and with the hope of His blessing and favour" as sacred; as natural, imprescriptible and inalienable. That was 150 years ago. Today the Government of France denies every one of these rights to the people of Algeria; and denied them to the people of Indo-China; and denied them – or tried to deny them – to the people of Egypt.



What do the Algerian people want, that metropolitan France should wage against them what is tantamount to a full-scale war? All they have ever asked for is self-determination. They want to be no longer a colonial vassal race, under France; they want to determine their own future. The celebrated Algerian fighter for freedom, Messali Hadj, who has been persecuted for over 30 years by French colonialism (but has not bowed to it), said recently: **"Once the right of the Algerian people to self-determination has been recognised, it will be perfectly possible to envisage close co-operation with France within the framework of a genuine commonwealth."** Here Messali Hadj had in mind a commonwealth of the British type, grouping France and the Maghreb.

In waging the war against the Algerian people, France is committing many crimes against humanity. An international commission of enquiry has recently established the truth of allegations that in North Africa, imprisonment without trial, torture, and illegal detention are practised. In May, the American press gave great prominence to a documented report by the *Mouvement national algérien* on French atrocities in Algeria. 'Documented Proof for an Algerian Nuremberg' was the title of the report; which the M.N.A. distributed widely.

The American government (which like the French government seems to have forgotten the high principle in which the country was born out of revolution) supports the French; but the American people are with the people

of Algeria, supporting their stand for liberation from the yoke of an oppressor. The Arab nations support the Algerians; so do good democrats everywhere. Mr Aneurin Bevan recently spoke to the French Socialist Party and gave three essential elements for a peaceful settlement of the Franco-Algerian war: a statement by France that independence would be granted to Algeria; a respite in which the various factions among the Algerians could blend themselves in a wide stream; and an effort to relieve the European population of their fears which are, however, only justified in the framework of the present disastrous policy. Pandit Nehru too has declared that India would unswervingly support Algeria's cause until she gained her independence.

France could, indeed, learn much from the UK in colonial matters. Before the last War, India was always restless at being kept a vassal state, part of the British Empire. When the Japanese entered the War, a Provisional Government of Azad Hind was at once proclaimed, with Subhas Chandra Bose a Head of the State and Supreme Commander of the Indian National Army. (It was in October 1943 that the Provisional Government was proclaimed, in Singapore – then renamed Syonan). The Provisional Government of Azad Hind had declared in one of its proclamations: "Only one mission to fulfil. That mission is to expel the Anglo-American armies from the sacred soil of India by armed force and then to bring about the establishment of a Permanent National Government of Azad Hind in accordance with the will of the people." (In 1914 Tilak had called upon his nationalist followers to fight unconditionally to the death with Britain for victory).

The 1919 Montagu-Chelmsford Constitution worked as reasonably well as any compromise can be expected to work; Anglo-Indian relations were marred by the Amritsar massacre in 1919 and by the fact that the Constitution reserved finance and defence to the British officials, and until a government controls all the police and military forces within its territory, its independence is only a fiction. The Simon Commission announced in 1937 that the end in view was Dominion status but Congress wanted complete independence. A few intransigent imperialists such as Churchill were bitterly and adamantly opposed to independence for India; and Subhas Chandra Bose's Azad Hind movement might have been an embarrassment had it not been for the announcement that the constitutional status of India would be reconsidered after the War. The Cripps mission was not (in Western eyes) a success; it was deliberately engineered so as to discredit Cripps and reduce the popularity which his mission to Moscow had gained for him. After the War, the Labour Government granted independence to India, and the appropriate Act of Parliament was passed in 1947.

By thus voluntarily! abdicating from an imperialist position, the UK avoided in India a colonial war such as France has experienced in Indo-China and Algeria; only on a larger scale. Bankrupted and discredited in the eyes of the world by reason of her suicidal policy in Algeria, France would do well to regain some self-respect, and follow the ten-year-old lead of the UK, by granting independence to Algeria.

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

☛ Cont. from page 2

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



Photo - newscientist.com

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

Emphasising our common fate

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

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

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

Hanna Zagefka

Professor of Social Psychology, Royal Holloway



COMMUNIQUÉ

DEFERMENT OF EXCISE DUTY ON SUGAR CONTENT OF SUGAR-SWEETENED PRODUCTS

Further to the communiqué issued by the Mauritius Revenue Authority on 29 October 2020 on sugar-sweetened products, importers and local manufacturers of non-staple sugar-sweetened products are hereby informed that the excise duty of 6 cents per gram of sugar, scheduled to be implemented as from 01 April 2021, has been deferred.

A further communiqué shall be issued in due course regarding the date of implementation of the above measure.

For further information and assistance on this matter, you may contact the Excise Section of the Customs Department on **202 0500**.

MAURITIUS REVENUE AUTHORITY

25 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



COMMUNIQUÉ

SELF-EMPLOYED ONE-OFF GRANT SCHEME PAYMENT OF RS 10,000 TO SELF-EMPLOYED INDIVIDUALS

Following the announcement made by the Government of the Republic of Mauritius for the payment of a One-Off Grant of Rs 10,000 to Self-Employed individuals under a One-Off Grant Scheme, the Mauritius Revenue Authority (MRA) wishes to inform the public that all Self-Employed individuals who are eligible to the Self-Employed Assistance Scheme (SEAS) for the month of March 2021 will also be eligible to the One-Off Grant of Rs 10,000.

The MRA has started to pay the Rs10,000 to eligible Self-Employed individuals on Friday 26 March 2021 by crediting that amount to their respective bank accounts. An SMS is being sent to the beneficiaries accordingly.

Self-Employed individuals who have already received payment under SEAS for the month of March 2021 and who have not yet received the One-Off Grant of Rs 10,000 will receive same in their bank account shortly.

Henceforth, Self-Employed individuals **who will receive payment under SEAS for the month of March 2021** will also receive the One-Off Grant of Rs 10,000 shortly after.

For any further information or clarification, please phone on our help desk on 207 6000.

MAURITIUS REVENUE AUTHORITY

26 March 2021

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Clare Collins

Laureate Professor in
Nutrition and Dietetics,
University of Newcastle

Celebrity testimonials abound for pills, potions and creams that purport to make you look younger.

This time collagen supplements are in the spotlight, after Jennifer Aniston became the face of one wellness brand's collagen campaign in late 2020.

While some research has found benefits of collagen supplementation for some aspects of skin health, it's a case of buyer beware. The evidence is generally weak, with many of the studies claiming to find positive effects from collagen supplementation funded mostly by industries that manufacture these products. Therefore, the results need to be interpreted with caution.

When you're reading articles promoting these products, be especially wary of phrases such as "we may receive compensation for some links to products and services". These statements often mean the publication has negotiated some kind of payment for featuring products in its editorial coverage. Therefore, what you're reading isn't necessarily an independent evaluation of the product's effectiveness.

Thinking about trying collagen supplements for your skin?

A healthy diet is better value for money

Some studies reported skin improvements from collagen supplements. But many of these studies were sponsored, fully or in part, by cosmetic or supplement companies



An artistic depiction of the collagen triple helix structure.
Collagen is the human body's main structural protein.
Shutterstock



Photo - freepik.com

improvement in some skin variables.

This included improvements in: skin moisture and collagen density; skin hydration, wrinkling and elasticity; skin elasticity but not moisture content; and skin moisture, elasticity, wrinkles and roughness.

Across the studies, closer scrutiny of the methods by the reviewers found many were rated as being of low methodological quality. The reviewers flagged a number of limitations of the studies. These included that the supplements differed across the trials, as did the types of people included in the studies, meaning you can't compare results between trials.

It also wasn't clear how the results translated to actual changes in skin appearance and whether this was noticeable to other people.

Amino acids needed to make collagen can be found in other foods containing protein. There's no reliable evidence amino acids in collagen supplements speed up the process by which the body makes collagen.

What's more, most of the studies were either fully or partly funded by cosmetic or supplement companies. This means the results of the research should be interpreted with caution, especially when the affiliation statement shows the study authors were also employed by the supplement manufacturer. Further high quality, independent research studies are needed.

What is collagen and where does it come from?

Collagen is the major structural protein in skin and other connective tissues such as cartilage, bone, tendons and ligaments.

It has a triple helix structure. Imagine three slinkies coiled around each other, and

that's roughly what collagen looks like.

The triple helix shape makes it very strong and flexible.

Vitamin C is essential for the chemical pathway that makes collagen in the body. Without adequate vitamin C, the collagen would be unstable, meaning the coils would unfurl, and you would develop scurvy.

Before you grab a bottle of collagen supplements, you may want to consider where it came from. Rich sources of collagen include pig skin, cattle hide, pork and cattle bones, tendons and cartilage, chicken cartilage and fish scales.

A complete diet is better value for money

A bottle of collagen supplements costs anywhere between roughly A\$15-20 (Rs475 to Rs630) to over \$100 (Rs3150). Each capsule, or per serve, contains roughly between half a gram up to five grams of collagen.

By comparison, you can get better value for money by eating foods rich in protein like meat, chicken, fish, eggs, milk, cheese, nuts, tofu, dried beans and legumes. This will provide the amino acids your body needs to make collagen.

Because collagen would be unstable without vitamin C, it's also important to regularly eat foods rich in it. Good sources include broccoli, Brussels sprouts, capsicum, tomatoes, spinach, kiwifruit, lemons and oranges.

Also aim to regularly eat foods rich in other nutrients needed to help keep skin healthy. This includes:

- zinc, which is found in seafood, meat, chicken, dried beans and nuts. Inadequate zinc intake can lead to skin conditions including acne and some types of dermatitis.
- vitamin A, from oily fish, egg yolks, cheese, tofu, nuts, seeds, whole grains and legumes. Vitamin A helps immature skin cells develop into a mature skin layer which forms the body's first layer of protection. "Beta-carotene" found in vegetables can be converted into vitamin A in the body. Good sources include pumpkin, carrots and leafy green vegetables.
- and foods rich in polyphenols. These are small chemicals found in vegetables, fruit, herbs and spices that help plants grow well or protect them from pathogens. Studies suggest higher intakes are associated with slowing some of the skin damage caused by exposure to the sun.





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John Kennedy Street,
Port Louis

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1956-2020



An Amish husband, wife and son travel to the city on vacation.

They visit a shopping mall and while the mother is shopping, the father and son are standing in awe in front of an elevator (having no idea what it is). As they watch, an elderly lady walks into the strange silver doors and the doors close.

The father and son watch as the numbers go up, and then back down. When the doors open, a beautiful young woman walks out.

The father leans over and whispers to the son, "Son, go get your mother!"

At the doctor's office, Tom was getting a check-up. "I have good news and bad news," says the doctor. "The good news is you have 24 hours left to live."

Tom replies, "That's the good news?!"

Then the doctor says, "The bad news is I should have told you that yesterday."

You know you're getting old when your wife says, "Honey, lets run upstairs and make love," and you answer, "I can't do both."

Officer: "Madam, swimming is prohibited in this lake."

Lady: "Why didn't you tell me when I was removing my clothes?"

Officer: "Well, that's not prohibited."

A policeman sees a little girl riding her bike and says, "Did Santa get you that?"

"Yes," replies the little girl.

"Well," says the policeman, "tell Santa to put a reflector light on it next year," and fines her \$5.

The girl looks up at the policeman and says, "Nice horse you've got there, did Santa bring you that?"

The policeman chuckles and replies, "He sure did!"

"Well," says the little girl, "next year, tell Santa the ass goes on the back of the horse and not on top of it."

Two guys are standing in line to enter heaven.

One turned around and asked the



other how he died. "I froze to death. How about you?"

"I had a heart attack."

"How did that happen?"

"Well, I suspected my wife was cheating on me. So after work I went straight home. I ran upstairs to find my wife sleeping by herself. Then I ran back downstairs and looked in all the hiding spots. When I was running back up the stairs, I had a heart attack."

"That's ironic."

"Why?"

"If you would've looked in the fridge, we'd both be alive."

Q: Why shouldn't you write with a broken pencil?

A: Because it's pointless!

A brunette, redhead, and blonde are stranded on the edge of a cliff. An angel appears and instructs them to jump off the cliff and say out loud what they would like to land on safely.

The brunette goes first. She jumps and says, "Pillows!"

She lands on a pile of pillows at the bottom.

The redhead goes next. She jumps and says "Feathers!"

She lands on a mass of feathers below.

The blonde walks up to the edge, but trips on a rock, yelling, "Shit!" as she falls off.

1st ever Lockdown



**She didn't follow
And the rest is history**

2021 WEDDINGS

Thomas do you take Hellen to be your wife?
If YES please press ENTER
If NO please press ESCAPE



Wisdom

Ducks Quack, Eagles Soar

I was waiting in line for a ride at the airport in India when a cab pulled up. The first thing I noticed was that the taxi was polished to a bright shine. Smartly dressed in a white shirt, black tie, and freshly pressed black slacks, the cab driver jumped out and rounded the car to open the back passenger door for me.

He handed me a laminated card and said: 'I'm Anirudh - your driver. While I'm loading your bags in the trunk I'd like you to read my mission statement.'

Taken aback, I read the card. It said: Anirudh's Mission Statement: 'To get my customers to their destination in the quickest, safest and cheapest way possible in a friendly environment.'

This blew me away. Especially when I noticed that the inside of the cab matched the outside. Spotlessly clean!

As he slid behind the wheel, Anirudh said, 'Would you like a cup of coffee? I have a thermos of regular and one of decaf.'

I said jokingly, 'No, I'd prefer a soft drink.'

Anirudh smiled and said, 'No problem. I have a cooler up front with regular and Diet Coke, lassi, water and orange juice.'

Almost stuttering, I said, 'I'll take a lassi.'

Handing me my drink, Anirudh said, 'If you'd like something to read, I have The TOI, Star and Indian express Today.'

As they were pulling away, Anirudh handed me another laminated card, 'These are the stations I get and the music they play, if you'd like to listen to the radio.'

And as if that weren't enough, Anirudh told me that he had the air conditioning on and asked if the temperature was comfortable for me.

Then he advised me of the best route to my destination for that time of day. He also let me know that he'd be happy to chat and tell me about some of the sights or, if I preferred, to leave me with my own thoughts.

'Tell me, Aniruddh,' I was amazed and asked him, 'have you always served customers like this?'

Anirudh smiled into the rear view mirror. "No, not always. In fact, it's only been in the last two years. My first five years driving, I spent most of my time complaining like all the rest of the cabbies do. Then I heard about Power of Choice one day."

Power of choice is that you can be a duck or an eagle.

'If you get up in the morning expecting to have a bad day, you'll rarely disappoint yourself. Stop complaining!'

'Don't be a duck. Be an eagle. Ducks

quack and complain. Eagles soar above the crowd.'

'That hit me really hard,' said Anirudh.

'It is about me. I was always quacking and complaining, so I decided to change my attitude and become an eagle. I looked around at the other cabs and their drivers. The cabs were dirty, the drivers were unfriendly, and the customers were unhappy. So I decided to make some changes, slowly ... a few at a time. When my customers responded well, I did more.'

'I take it that it has paid off for you,' I said.

'It sure has,' Anirudh replied. 'My first year as an eagle, I doubled my income from the previous year. This year I'll probably quadruple it. My customers call me for appointments on my cell phone or leave a message on it.'

Anirudh made a different choice. He decided to stop quacking like a duck and start soaring like an eagle.

Start becoming an eagle today... one small step every week, next week... And next. And...

A great thought..

"You don't die if you fall in water, you die only if you don't swim."

That's the real meaning of life.

Be an eagle, not a duck.

What to do if his best friend is a girl?

If your boyfriend has a girl who is his friend, it doesn't mean that she is a game spoiler. Learn to deal with it rather than creating an awkward situation. Sharing insights on the same, Gleeden which is a dating app states that about 70% of the relationships face difficulty if the guy has a female best friend; when it goes the other way around only 30% men have problems with their girl having a male best friend.

It's quite obvious to feel insecure when your boyfriend has a friend who happens to be a girl. How to deal with this kind of situation requires a deep breath first and deep thinking so as to be able to deal with it wisely. Do not put your beautiful relationship at stake. Put your worries aside and just take a "How to" ride ahead.

According to Gleeden nearly 60% of relationships end if the guy cannot take drastic measures to counter balance the 'other' girl in the relationship while 20% of the relationships are ruined to an extent that they cannot be amended. Only a minute 10% of relationships survive this difficult feat as both the partners are honestly inclined towards each other.

The way you react to this scenario would decide how far you would go in this relationship together as a couple. Don't be a juggler who keeps on dropping a ball after another and loses the game ultimately. You need to act wise and break the ice, being first, and probably that's the most effective way of taking things in your control, step-by-step, writes Shikha Desai of Times of India.



Know where to start

After all, you want to feel better and know most of the things that happen between them and wish to be aware of the secrets which are unknown to you. But the question is "How to"? First, you really need to have a correct approach for making things fall into place for you. Think open-mindedly and act maturely, don't be impatient when it comes to knowing the hidden facts. She has a pool of secrets and you just have to dive deep into it and explore. A warning: don't be naive, my dear. If you want things to work for you smoothly, your partner should speak up on everything to you and present crystal clear facts. It is important for you to know his friend and

buried facts about the frequency they share and if it's a friendship as it seems to be on the surface.

Playing it cool

No matter how much you trust his talks and the things he tells you about his friendship, you will never stop doubting when it is about her. The very step which is required is, get closer to her, meet often, and talk about anything and everything. And, yes, learn the art of reading between the lines but do take a pause and think twice before arriving at any conclusion. Take a deep breath, and then release your breath and your worries too. Make things go nice between you and her and you might get surprised either way.

Respect the frequency and bonding

There's nothing wrong with their friendship as far as it's not harmful to your relationship. If you develop an understanding for their bonding and respect the frequency, then probably your partner will end up loving you even more. Having good and genuine friends around will help him to stay happy and feel blessed; it brings in strength. The day you decide to stay a little calm and accept his genuine friendships, even if you don't like a few of them, cooperate and let things be nice. After all, you shouldn't forget that it's his friends who became a special part of his life before you arrived. If he loses a friend because of you, he will not feel good about this and this will bring bitterness between you and your dear one.

All in all, you are his girlfriend

Focus on the very fact, he chose you over her. Isn't that enough to calm yourself and put your insecurities at peace? No matter what is their chemistry and how much he cares about her, being his close friend, he chose you. Smile, and move on. Understand that sometimes overthinking is your real enemy before anyone and anything else.

To sum it up:

- Respect their relationship. Accept the fact that she has probably been around a lot longer than you have and is an important part of your boyfriend's life.
- Set boundaries.
- Remember he chose you.
- Trust him.
- Communicate.
- Recognize the positives.

Misconceptions about your teen's bad behaviour

As a parent, it must be really exhausting for you to deal with your teen. From wanting to understand their source of anger and aggression to repairing the dent caused by the growing differences between the two of you, surely you must be going through a difficult time.

However, as difficult as it is for you, it is as challenging for your teenage kid to live through this phase of his or her life. Not only are they trying to adapt to their environment at school and with their friends, they are also fighting their own battles with their changing bodies. There are a lot of things going on in their minds too, which may be hard for parents to fathom.

That said, it is important for parents to look beyond the unrealistic expectations you place on your teen and to do away with the myths about your teen's bad attitude. Here are some misconceptions that parents usually have about their teenager's unpleasant behaviour.

You can handle your teen's bad attitude with logic and reasoning

Well, reasoning out with your teen and making them see the bigger picture in times of crisis is surely a positive way to enhance their problem-solving abilities. However, when their mind is troubled and they're going through many changes in their lives, it is less likely that your reasons and your logic will ever convince or persuade them to listen to you, let alone motivating them to change their attitude.



Punishing them will fix everything

Punishing and grounding your teenage kid will only worsen your relationship with your child. While you may be frustrated with them, given that their attitude's been the same for a long time now. But punishments are hardly going to change anything. Instead what you can do is wait for them to open up to you. Until and unless they're moving towards the wrong direction, let them figure things out for themselves. Be subtle about how you reach out to

them and do not overwhelm them with questions.

Their bad behaviour is intentional

Many parents believe that their child's bad behaviour is deliberate and intentional. But that's not it. They are just going through a series of biological, physical and emotional changes, which is what is driving them to such an attitude. As a parent, you must be the bigger person and should not disregard your child's emotions in such times by calling it deliberate.

How to improve your teenager's attitude?

The first thing you should avoid is invading their space and trying to overwhelm them with interrogative questions. Let them open up to you. Give them the space to understand what they want in life and let them reach out to you.

Do not punish them for their mistakes. Instead, let them learn from them and find a middle ground where you both can come to an agreement.

There are times when your teen will be surprisingly positive and cheerful. These are moments where you can really bond with them and make them understand that you'll always be available when they need you the most. Make them see you as a comrade rather than just a parent.

66th Vimal Elaichi Filmfare Awards 2021: Complete Winners' List

The star-studded 66th Vimal Elaichi Filmfare Awards 2021 took place at the Goregaon Filmcity, Mumbai. Though 2020 was a tough year primarily due to the Covid-19 pandemic, actors left no stones unturned when it came to entertainment. From peppy tracks to blockbuster films, the Hindi film industry allowed us to witness impeccable performances, and opened a new chapter in Bollywood with memorable and quality content. Hosted by Rajkumar Rao and Riteish Deshmukh, Filmfare celebrated the best of Hindi cinema. The list of winners for the 66th Vimal Elaichi Filmfare Awards 2021!



POPULAR AWARDS

Best film: 'Thappad'

Best director: Om Raut 'Tanhaji'

Best actor in a leading role (male): Irrfan Khan for 'Angrezi Medium'

Best actor in a leading role (female): Taapsee Pannu



for 'Thappad'

Best actor in a supporting role (male): Saif Ali Khan for 'Tanhaji'

Best actor in a supporting actor role (female): Farrukh Jaffer for 'Gulabo Sitabo'

Best debut female: Alaya F, for 'Jawaani Jaaneman'

Best debut director: Rajesh Krishnan, for 'Lootcase'

Best music album: Pritam - 'Ludo'

Best playback singer (male)

Raghav Chaitanya - Ek Tukda Dhoop, 'Thappad'

Best playback singer (female)

Asees Kaur - Malang, 'Malang'

CRITICS' AWARDS

Best film (critics): Eeb Allay Ooo!

Best actor (critics) male: Amitabh Bachchan for 'Gulabo Sitabo'

Best actor (critics) female: Tillotama Shome for 'Sir'

FILMFARE SHORT FILM AWARDS

Best film (popular choice): Devi

Best film (fiction): ARJUN

Best film (Non-Fiction): Backyard WildLife Sanctuary

Best actor (Female): Purni Savardekar, The First Wedding

Best actor (Male): Arnav Abdagire

SPECIAL AWARDS

Rd Burman Award: Gulzaar

Lifetime Achievement Award: Irrfan Khan

WRITING AWARDS

Best screenplay: Rohena Gera (SIR)

Best dialogue: Juhi Chaturvedi (GULABO SITABO)

Best story: Thappad

The 66th Vimal Elaichi Filmfare Awards 2021 will be telecast exclusively on 11th April, 12 pm on Colors & will be simulcast on Filmfare page on Facebook page.



Here's a look at Bollywood's most stylish siblings

Bollywood is filled with some supremely stylish sibling duos who have always impressed their fans and audiences with their impeccable fashion choices and their style quotient has always been on point. Filmfare recently invited its readers to have a look at a few of the top sibling-duos who never compromise with their fashion choices!

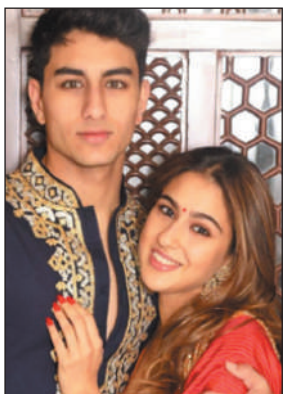
1. Kareena Kapoor and Karishma Kapoor

The Kapoor family is an intentional part of the Indian film industry. Every generation has done wonders in the industry. Other than their effortless acting chops, Kareena Kapoor & Karishma Kapoor are always well-dressed and quite impressive at that. Bebo is known for her classic choices and lately, her maternity looks have been trending. Karishma likes to keep it chic and elegant and it is quite noticeable in most of her looks. Most of the time the two sisters are seen twinning in their outfits and it is super adorable!



2. Sara Ali Khan and Ibrahim Ali Khan

Both Sara and Ibrahim are spitting images of their parents. So, it does not come as a surprise that they are always stylish in their fashion picks. Ibrahim can rock an ethnic bandhgala and comfy track pants and t-shirts with equal



ease. Sara's bewitching looks are a perfect addition to her effortless choice of clothing. Most of the time she is spotted in comfortable salwar-kameez and she makes them look as glamorous as ever!

3. Sonam Kapoor Ahuja and Rhea Kapoor

Rhea Kapoor is hailed for her experimental and modern fashion choices and is the game-changer for her sister Sonam Kapoor who is styled by her sister for her public appearances. Sonam Kapoor is the fashionista and style diva of the Bollywood industry, her experimental choices with pantsuits and modern touch of drama to her sarees are all miraculously styled by her sister Rhea Kapoor who herself is pretty dynamic with her own choice of clothing as well!



4. Shahid Kapoor and Ishaan Khatter



A star in all his glory and a young newbie who has already started making waves with his presence on screen. Shahid Kapoor and Ishaan Khatter are two of the most stylish sibling duos in tinsel town. Though they are

not often spotted together, they do share a loving camaraderie. They even came together for one of the episodes in 'Koffee with Karan' and their sibling love was quite endearing.

Both of them were dressed impeccably in monochrome formal ensembles. Looking as dapper as ever, the two sure made a stylish appearance with their sharp looks. They are often spotted at family gatherings dressed in their casual best in spunky tees and denims, they clean up well during formal events as well in their well-tailored suits too. Best of both worlds served by both the brothers.

5. Janhvi Kapoor and Arjun Kapoor

Lately, these two siblings have bonded and made quite a few public appearances. Their fashion picks are quite admirable to their fans. Arjun Kapoor is known for his effortless and unique preference for fashion, he experiments now and then by layering his outfits or pairing a denim shirt with a blazer.

Janhvi is the daughter of the late Sridevi, it comes as no surprise that she is stunning and slays in whatever she wears - from designer gowns to beautiful lehengas, her style is classic and gorgeous.



Sayantani Ghosh: 'Beyond looks, an actor should be able to perform'



The actor talks about biases in the business and how people perceive actors; adds "if you are fair, you can't play a middle-class person, if you have light eyes, you are offered only glam or vamp roles"

"I have been offered many roles where I have been able to show my versatility as an actor but in my 15 years as an actor, I have faced biases and stereotyping," says Sayantani Ghosh.

She recalls that in 2009, after her hit TV show *Nagin* ended, she was home for a year. "Not because of no work but even after playing a lead role, I didn't get good offers. Back then, makers wouldn't cast actors right after a hit TV

show and would wait for the image to fade. I was told that you are Bengali with big eyes and strong personality, so we can't imagine you in a girl-next-door or softer role. But I waited and took on a role of a demure mother in *Meri Maa*," says the actor as reported by Kavita Awaasthi of Hindustan Times.

Having played a glamorous vamp in *Itna Karo Na Mujhe Pyaar*, an antagonist in *Santoshi Maa*, and a positive role in *Naamkaran*, she also played a dancer in a recent show. She reveals, "It is organic for makers to think of me while casting for a dancer or a mythological show, and I am humbly proud of my journey and have attempted different roles. But, when people think of you in certain roles, you miss out on others. In my case, there was a show I was in talks for a Punjabi woman's role but I was told I didn't look Punjabi enough, so I lost out on a good show. This typecasting of dusk, big eyes is Bengali or south Indian, only fair skin for north Indian roles; if you are fair, then you won't be offered a lower middle-class role, if you've got light eyes, you can be only a glam vamp. I don't understand these things, especially when I hear, you don't look like a mother. What is a mother supposed to look like? Shabby, unkempt, someone who doesn't care of one's self." Ghosh is currently stars in a TV show, *Tera Yaar Hoon Main*.

Ghosh feels beyond looks, an actor should be able to perform any kind of role and that's where the talent shines. She has tried to work around these biases and grateful for good roles she got, but "at times you compromise and take up roles as a matter of survival in the industry".

Gurdip Punjj: OTT platforms now a huge challenge for TV

Actor Gurdip Punjj says OTT platforms are becoming a huge challenge for television, and feels it is time to reinvent

"Television audiences are slowly moving to OTT (an over-the-top media service is a media service offered directly to viewers via the Internet) platforms," says actor Gurdip Punjj, who feels that there's a need to introspect and act accordingly to stay in sync with the changing times, reports Sugandha Rawal of Hindustan Times.

Ask her the probable reason behind this shift from one medium to another, and she says, "That's because they (actors) are getting real emotions, real life stories and progressive stories on OTT platforms. On television, we are showing the same stuff."

2020 was a tough year for the entertainment industry on a whole as all the shoots came to a standstill, and reruns of shows coming in to fill the void. That made the audience go looking for fresh content, and that's when a lot of them explored the streaming space.

Punjj, who became a household name with her debut show *Sanjivani* in 2002, agrees and says, "*Jinko nahi bhi aata tha use karna, unhone sikh liya hai, unke pass itna time tha lockdown mein*. So, this is going to be a big challenge for TV now."

Now, the actor feels there's a need to do something "different", and make shows on the lines of web series, while staying rooted to reality.

"We've to cater to the same audience that are now enjoying watching content on OTT platforms. This is a change we have to adopt. Working on OTT is great because you have the luxury of knowing the whole graph



of your character, from start to finish," says the actor.

The 41-year-old, who's back on the small screen with a TV show which aims to redefine notions of womanhood, opines that there's a lot that television can imbibe from OTT platforms. And Punjj is glad to see this change seeping in gradually, as she notes that people are now careful of how they want to pitch the show.

"We can see that some shows don't even last for three or four months. That's because there's no planning. They come, look for numbers, and when they don't get them, they go for formulas, and then shut shop," she points.



Mohak Khurana: 'Agnifera is a blessing for me'

Mohak Khurana who plays Vishu in &TV's *Agnifera* talks to *iwmbuzz.com* about the fun in playing positive as well as negative characters

Young talent Mohak Khurana, who is leaving no stone unturned to entertain audience as Vishu in &TV's *Agnifera*, is glad that audience is appreciating his talent in the show after his re-entry.

He shares, "I am totally enjoying playing the new Vishu. He is exactly opposite to what I played earlier in the show. That was a humble and innocent guy and now Vishu is rude, arrogant and evil. The experience of playing a negative role has been very nice so far. I love all the appreciation messages that I have received from the fans."

Having portrayed positive as well as negative characters, we wonder what interests Mohak the more as an actor. He says, "Both positive and negative characters have their own charm. However, you get to enact a lot while playing a negative role than a positive one. Negative has many shades and layers to it; so performing a negative character is amazing. But I enjoyed both."

When asked how he prepared himself for the negative role, he avers, "I am a good observer, so I observed a lot of villains in movies and adapted few ideas from there. Bollywood movies really helped me."

On an end note, he adds, "*Agnifera* is a blessing for me as it gave me the opportunity to play two different characters in one show and also allowed me to showcase my talent. It also gave me a happy family."

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Mardi 30 Mars - 21.15

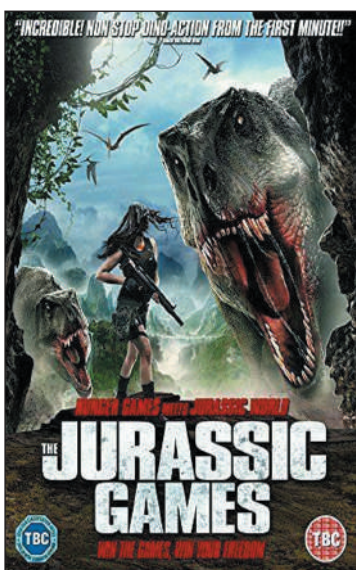
Drop Dead Gorgeous

Avec: Kirsten Dunst, Denise Richards, Ellen Barkin



Mercredi 31 Mars - 21.05

The Jurassic Games



Jeudi 1 Avril - 21.15

Avec: Anthony Quinn, Vittorio Gassman, Silvana Mangano, Jack Palance



MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
mardi 30 mars 07.00 Dessin Anime 10.35 Serial: Heidi, Bienvenida A... 11.00 Mag: Le Saviez Vous? 11.10 Tele: Soleil Levant 12.00 Le Journal 12.25 Tele: Le Prix Du Désir 12.50 Mag: Urban Gardens 14.20 D.Animes: The Hive 14.50 D.Anime: Sindbad And The 7.. 15.01 D.Anime: Kid Lucky 15.13 D.Anime: The Twisted... 15.50 Film: La Petite Princesse et... 17.05 Serial: Mustangs Fc/ Mighty... 17.30 Live - Covid 19 18.00 Live: Samachar 18.30 Serial: Jamai Raja 18.55 Local: Kala 19.30 Journal & La Meteo 20.35 Local Prod: Generations J 21.10 Film: Drop Dead Gorgeous 23.00 Le Journal	mardi 30 mars 10.00 Serial: CID 10.48 Serial: Ye Vaada Raha 12.04 Film: Mela Starring: Feroz Khan, Sanjay Khan, Mumtaz 15.00 Serial: Ek Deewana Tha 15.23 Serial: Aamhi Doghi 15.45 Serial: Mooga Manasulu 16.08 Serial: Apoorva Raagangal 16.32 Serial: Suno Chanda 16.53 Serial: Achra Ke Moti 17.12 Kullfi Kumarr Bajewala 17.32 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: Ek Se Badhkar Ek Starring: Navin Nischol, Sharmila Tagore and Raaj Kumar	mardi 30 mars 06.00 Mag: Eco@Africa 06.52 Mag: Voa Connect 07.25 Mag: In Good Shape 07.51 Doc: Amazing Gardens 08.16 Mag: Future Mag 09.39 Mag: Global 3000 10.31 Doc: Raqqa - Hope Among... 11.16 Mag: Eco@Africa 11.42 Mag: Arts And Culture 12.10 Mag: Voa Connect 12.41 Mag: In Good Shape 13.33 Mag: Future Mag 14.05 Doc: 360 GEO 14.56 Mag: Global 3000 15.22 Mag: Washington Forum 16.33 Mag: Eco@Africa 17.12 Mag: World Stories 18.02 Mag: Rev: The Global Auto... 19.00 Student Support Prog... 19.26 Mag: Le Saviez Vous? 20.04 Doc: Ville En Fête	mardi 30 mars 01.26 Film: The Quiet Hour 02.51 Serial: The Good Doctor 03.32 Film: Evolution 05.10 Tele: Muneca Brava 06.34 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: Evolution 13.38 Tele: Muneca Brava 14.20 Mag: Hollywood On Set 14.45 Film: Signed, Sealed, Deliver... 16.44 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: Absentia 21.15 Film: The Breed 22.45 Tele: Muneca Brava	mardi 30 mars 08.00 Film: Hera Pheri 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: Kuku Mathur Ki... Starring: Siddharth Gupta, Simran Kaur Mundi, Somesh Agarwal 18.00 Live: Samachar 18.30 Kundali Bhagya 18.52 Serial: Ek Rishta Saajhedari Ka 19.15 Mere Angne Mein
mercredi 31 mars 07.00 Dessin Anime 10.35 Serial: Heidi, Bienvenida A... 11.10 Tele: Soleil Levant 12.00 Le Journal 12.25 Tele: Le Prix Du Désir 12.55 Prod Indepen: Met Seryer 14.30 D.Anime: Sindbad And The 7 14.40 D.Anime: Kid Lucky 14.53 D.Anime: The Twisted Whisk.. 15.04 D.Anime: Kung Fu Panda 15.30 Film: Archie Chien Robot 17.00 Serial: Mustangs FC 17.30 Live - Covid-19 18.00 Live: Samachar 18.30 Serial: Jamai Raja 18.55 Local: Vanarasi 19.30 Journal & La Meteo 20.10 Local: MFDC - Moris Nou Kiltir Nou Talan 21.05 Film: The Jurassic Games 23.10 Local: Le Journal	mercredi 31 mars 10.00 Pyar Ka Dard Meetha... 11.17 Suhani Ek Ladhi 12.00 Film: Sachaa Jhutha Stars: Rajesh Khanna, Mumtaz, Vinod Khanna 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: Popat Stars: Anita Date, Atul Kulkarni, Siddharth Menon 23.06 Live: DDI Live	mercredi 31 mars 06.00 Rev: The Global Auto... 06.26 Doc: Beneath The Waves 06.52 Mag: Check In 07.20 Mag: Made In Germany 07.49 Doc: Ville En Fête 09.34 Local: Klip Seleksion 10.16 Doc: Goods To Paradise 11.58 Doc: Check In 12.19 Mag: Le Saviez Vous? 12.21 Mag: Made In Germany 12.50 Doc: Ville En Fête 13.15 Doc: Black Is The Colour 15.17 Doc: Goods To Paradise 16.02 Mag: REV: The Global Auto 16.28 Doc: Beneath The Waves 16.54 Mag: Check In 18.00 Mag: Motorweek 18.30 Mag: Vous Et Nous 19.00 Student Support Prog... 19.26 Mag: Le Saviez Vous? 19.29 Doc: Garden Party 20.02 Mag: Tendence XXI	mercredi 31 mars 00.20 Serial: Absentia 01.28 Film: The Breed 02.55 Serial: The Good Doctor 03.35 Film: Les Deux Cavaliers 05.24 Tele: Muneca Brava 06.45 Film: The Jurassic Games 09.00 Serial: The Magicians 09.44 Tele: Daniella 10.35 Tele: Tanto Amor 11.01 Serial: The Good Doctor 12.00 Film: Les Deux Cavaliers 13.35 Tele: Muneca Brava 14.45 Film: The Jurassic Games 16.40 Serial: The Magicians 17.22 Serial: Absentia 18.05 Tele: Daniella 19.00 Tele: Tanto Amor 20.05 Tele: Le Prix Du Désir 20.30 Serial: 19-2 21.15 Film: Grizzly Park 22.46 Tele: Muneca Brava 23.31 Serial: The Magicians	mercredi 31 mars 08.00 Film: Kuku Mathur Ki Jhand Ho Gayi 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: Luv...Phir Kabhie Starring: Saurabh Roy, Arijita Roy, Meghna Patel & Narendra Bedi 18.00 Live: Samachar 18.30 Kumkum Bhagya 18.51 Ek Rishta Saajhed Ka 19.13 Mere Angne Mein 19.35 Siddhi Vinayak
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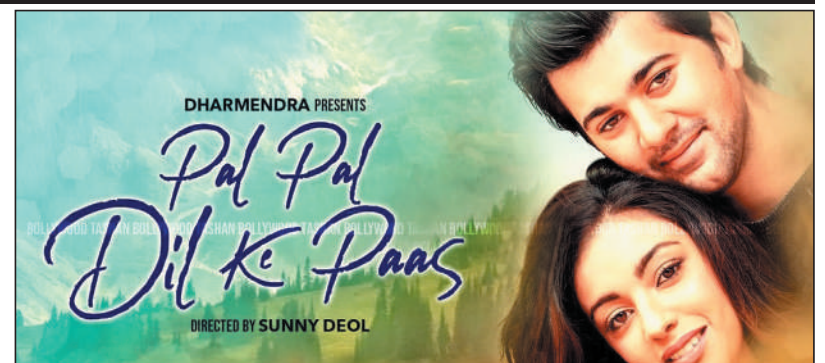
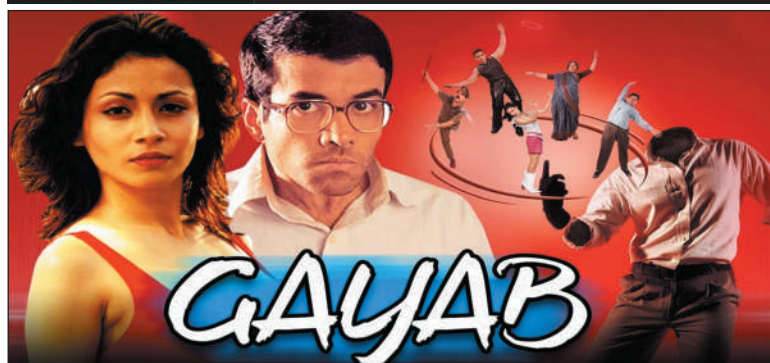
Jeudi 1 avril - 15.20

Star: Rasika Joshi, Tusshar Kapoor and Ikhlak Khan



Jeudi 1 avril - 20.15

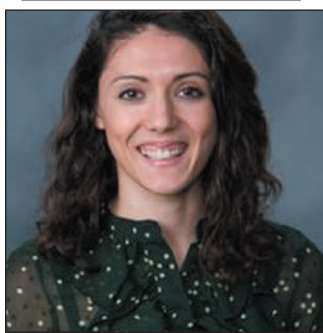
Stars: Karan Deol, Sahher Bambha, Kalliroi Tzafeta



Closed borders, travel bans and halted immigration

5 ways Covid-19 changed how - and where - people move around the world

Last year, 189 countries - home to roughly 65% of the global population - cut themselves off from the world at some point



Mary A. Shiraef, Ph.D.
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University of Notre Dame

Trips cancelled: 2.93 billion. International border closures: 1,299. Lives interrupted: Countless.

After the World Health Organization declared Covid-19 a pandemic, most countries in the world closed their borders - though public health experts initially questioned this strategy for controlling the spread of disease.

I study migration, so I began tracking the enormous changes in how and where people could move around the world. The COVID Border Accountability Project, founded in May 2020, maps travel and immigration restrictions introduced by countries in response to the Covid-19 pandemic.

Here is how our world shuttered - and how it's starting to reopen.

1. March 11: It begins

Travel restrictions peaked right after the World Health Organization declared a pandemic on March 11. That week, our data shows a total of 348 countries closing their borders, completely or partially.

Complete closures restrict access to all noncitizens at international borders. Partial closures - a category encompassing border closures and travel bans - restrict access at some borders, or bar people from some, but not all, countries.

2. Fully closed borders

Most countries stopped all foreign travellers from entering at some point last year.

From Finland to Sri Lanka to Tonga, 189 countries - home to roughly 65% of the world's 7.7 billion people - put a complete border closure in place in response to the Covid-19 pandemic, according to our database. The first to isolate itself from the world was North Korea, on Jan. 22, 2020. The last was Bahrain, on June 4, 2020.

Most countries eventually eased border restrictions, and many opened their borders only to close them again as COVID-19



France closes UK border amid new virus. Photo - media.nbclosangeles.

cases spread globally. By the end of 2020, roughly half of all countries remained completely closed to noncitizens and non-visa holders except for essential travel related to health emergencies, humanitarian or diplomatic missions, commerce or family reunification.

3. Targeted bans and partial closures

Last year 193 countries closed down partially, restricting access to people from specific countries or closing some - but not all - of their land and sea borders.

Among these, 98 countries introduced targeted bans, which restricted entry to specific groups of people based on their recent travel or nationality. The first travel bans targeted China, followed soon by other countries that experienced the earliest known outbreaks of the novel coronavirus.

For instance, the United States was quick to pass a string of targeted travel bans, barring travelers from China first, then Iran, and then 26 European countries.

Most countries added land border closures to air travel bans, including the United States. In March the Trump administration closed its borders with Canada and Mexico.

4. Restrictions on US residents

Americans faced serious restrictions on their movement last year, too. People in the U.S., with its high Covid-19 spread, were barred from 190 countries either specifically - via a travel ban - or generally, due to closed borders.

The U.S. passport, usually one of the world's most powerful for travel access to other countries, ranked 18th place in 2020. Regions newly off-limits to Americans include most of Europe and nearly all South America.

5. Visa seekers and immigrants

Of the 98 countries that implemented targeted bans, 42 specifically restricted all visa seekers from entering the country. The week following the U.S. closure of immigration offices worldwide, 20 countries, including the Philippines, Benin and Nepal, stopped issuing all visas. More than 100 visa bans barred visa seekers from specific countries or groups.

In September, the Trump administration halted the U.S. asylum program, barring refugees from seeking asylum. The only other country that explicitly targeted immigrants and asylum seekers with a Covid-19 travel ban was Hungary.

The world today

I initially wondered whether international travel restrictions would stay in place after the pandemic ended, leading to more

But, by and large, the world is reopening. By the end of last year, 137 of the world's 189 complete closures had been lifted, and 66 of the 98 targeted bans had ended.

In addition to the staggering numbers of closures and the occasional international spats, I've been struck by the level of cooperation between countries, especially within the European Union. Virtually every EU country complied with the bloc's travel recommendations - a testament to its ability to manage crisis as a unified region.

Travel restrictions will continue to emerge, end and evolve, dependent on context. As wealthier countries vaccinate their populations at rapid speed, less equipped countries continue to suffer severe outbreaks. International travel may soon require a COVID-19 "vaccination card." New targeted travel bans could emerge.

"Normal" is a long way away.



Tree of Knowledge

Madisyn Taylor

The Road to New Beginnings

The period of completion, rather than being just an act of finality, is also one of transition.

Life is a collage of beginnings and endings that run together like still-wet paint. Yet before we can begin any new phase in life, we must sometimes first achieve closure to the current stage we are in. That's because many of life's experiences call for closure. Often, we cannot see the significance of an event or importance of a lesson until we have reached closure. Or, we may have completed a certain phase in life or path of learning and want to honor that ending. It is this sense of completion that frees us to open the door to new beginnings. Closure serves to tie up or sever loose ends, quiets the mind even when questions have been left unanswered, signifies the end of an experience, and acknowledges that a change has taken place.

The period of completion, rather than being just an act of finality, is also one of transition. When we seek closure, what we really want is an understanding of what has happened and an opportunity to derive what lessons we can from an experience. Without closure, there is no resolution and we are left to grieve, relive old memories to the point of frustration, or remain forever connected to people from our past. A sense of completion regarding a situation may also result when we accept that we have done our best. If you can't officially achieve closure with someone, you can create completion by participating in a closure ritual. Write a farewell letter to that person and then burn your note during a ceremony. This ritual allows you to consciously honor and appreciate what has taken place between you and release the experience so you can move forward.

Closure can help you let go of feelings of anger or uncertainty regarding your past even as you honor your experience -- whether good or bad -- as a necessary step on your life's path. Closure allows you to emotionally lay to rest issues and feelings that may be weighing down your spirit. When you create closure, you affirm that you have done what was needed, are wiser because of your experience, and are ready for whatever life wants to bring you next.