


MAURITIUS **TIMES**

• *“A healthy democracy requires a decent society; it requires that we are honorable, generous, tolerant and respectful”. -- Charles W. Pickering*



Stopping the Rot

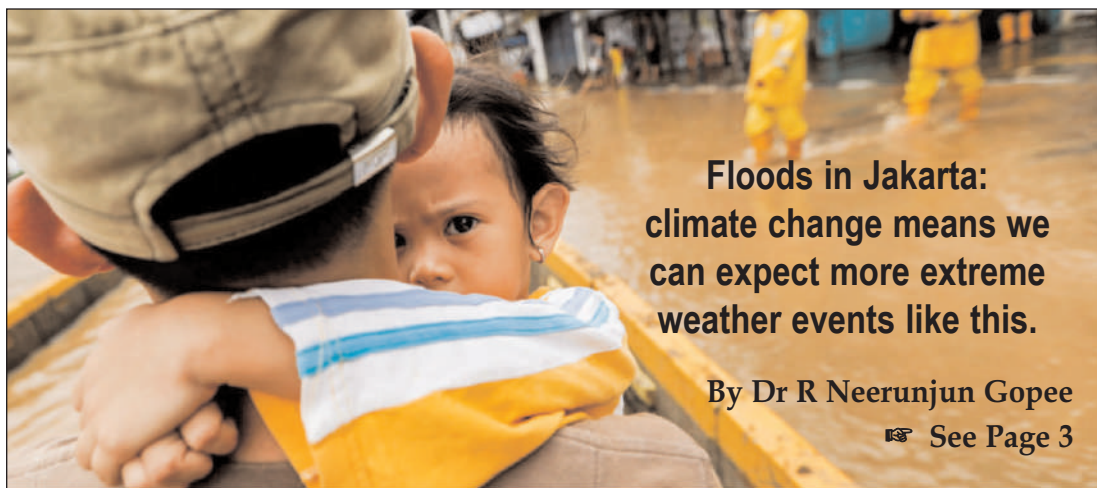
The past decades are littered with an array of botched decisions by government or government services which have cost tens of billions of Rupees to the State. No lessons seem to have been learnt. This cannot go on

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Saignements menstruels post-vaccination:

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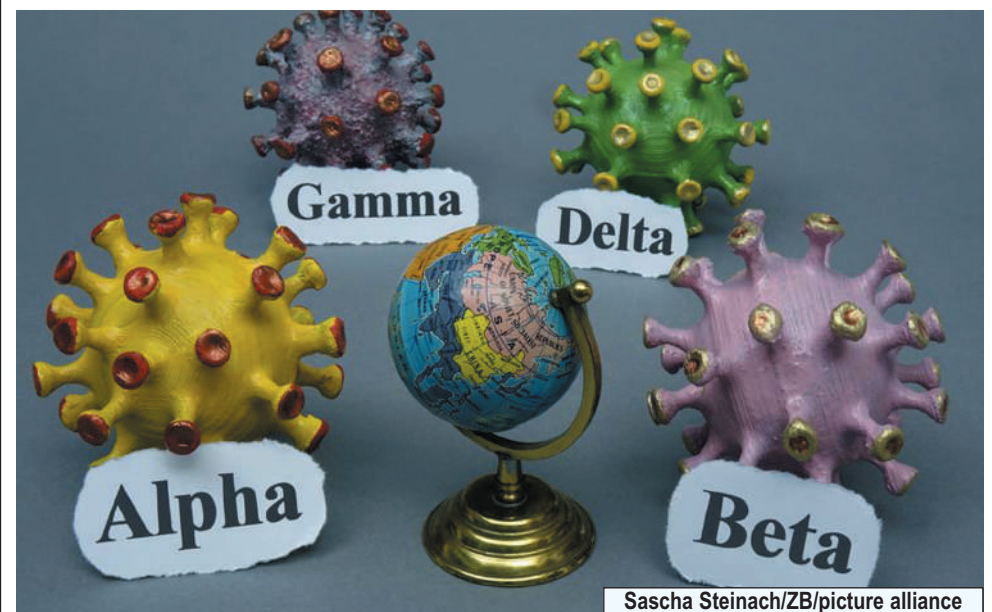


Par Catherine Boudet 📧 Voir Page 11

The Conversation

Why is Delta such a worry?

It's more infectious, probably causes more severe disease, and challenges our vaccines



Sascha Steinach/ZB/picture alliance

While Australians may be focused on the havoc the Delta variant is wreaking on our shores, Delta is in fact driving waves of COVID infections all around the world.

With the World Health Organization (WHO) warning Delta will rapidly become the dominant strain, let's take a look at this variant in a global context.

The rise and rise of Delta

The Delta variant (B.1.617.2) emerged quietly in the Indian state of Maharashtra in October 2020. It barely caused a ripple at a time when India was reporting around 40,000 to 80,000 cases a day, most being the Alpha variant (B.1.1.7) first found in the United Kingdom.

That changed in April when India experienced a massive wave of infections peaking at close to 400,000 daily cases in mid-May. The Delta variant rapidly emerged as the dominant strain in India.

The WHO designated Delta as a variant of concern on May 11, making it the fourth such variant.

The Delta variant rapidly spread around the world and has been identified in at least 98 countries to date. It's now the dominant strain in countries as diverse as the UK, Russia, Indonesia, Vietnam, Australia and Fiji. And it's on the rise.

In the United States, Delta made up one in five COVID cases in the two weeks up to June 19, compared to just 2.8% in the two weeks up to May 22.

Meanwhile, the most recent Public Health England weekly update reported

an increase of 35,204 Delta cases since the previous week. More than 90% of sequenced cases were the Delta variant.

In just two months, Delta has replaced Alpha as the dominant strain of SARS-CoV-2 in the UK. The increase is primarily in younger age groups, a large proportion of whom are unvaccinated.

2 key mutations

Scientists have identified more than 20 mutations in the Delta variant, but two may be crucial in helping it transmit more effectively than earlier strains. This is why early reports from India called it a "double mutant".

The first is the L452R mutation, which is also found in the Epsilon variant, designated by the WHO as a variant of interest. This mutation increases the spike protein's ability to bind to human cells, thereby increasing its infectiousness.

Preliminary studies also suggest this mutation may aid the virus in evading the neutralising antibodies produced by both vaccines and previous infection.

The second is a novel T478K mutation. This mutation is located in the region of the SARS-CoV-2 spike protein which interacts with the human ACE2 receptor, which facilitates viral entry into lung cells.

Michael Toole,

Professor of International Health,
Burnet Institute

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Air Mauritius Sink or Save?

As from 15 July 2021 international travellers will be allowed to visit Mauritius and stay in 14 unique resort bubbles specially set up to welcome them here. This partial reopening is being made in advance of the full reopening on 1 October 2021 - and against the backdrop of the uncertainty prevailing to this day as regards the fate of Air Mauritius. In the meantime, Emirates and other global airlines will add additional flight capacity from 15 July 2021 in the lead up to 1 October 2021.

Given the government's focus on the tourism sector's revival (which contributed at least 23% to GDP in earlier years), one would have expected it to come out with some concrete policy decision regarding our national airline instead of allowing it to remain in voluntary administration. None of that has taken place, and the Finance minister chose in his last budget speech to keep mum about air access policy and what the government would be proposing to do with Air Mauritius that used to carry around 55% of tourists prior to the lockdown and before it was placed into voluntary administration. So much for the sector's revival even as the expectation of the Finance minister in terms of tourist inflow are of 650,000 tourists within the next 9 months!

No major decision has been made about Air Mauritius for more than a year, and the so-called watershed meeting scheduled initially for December 2020 was postponed a first time to June 2021 and now to January 2022. It would require an injection of Rs 10 billion to keep it afloat, it was revealed at a press conference by Sattar Hajee Abdoula who, together with Arvind Singh Gokhool of Grant Thornton, has been tasked with the voluntary administration exercise. He added that the situation at Air Mauritius is "very, very serious", and that "our role is to save the company and not to close it". The watershed meeting planned for December 2020 was meant to invite the company's creditors to take a vote on the administrators' proposals - either to restructure the company's financials, assets and operations back on a recovery path or place it in liquidation. One however gets the uncanny feeling that it's the second option that appears to be the preferred one.

National airlines do sometimes fail for different reasons, and Air Mauritius has also been through several storms in the course of its existence. Political interferences and consequent weak managements are partly to blame. Open skies policy and the resulting competition forced it to take the cue not to take things for granted. But it was the quality of service for most of its existence which helped sustain the business. It overcame poor mismanagement decisions on occasion, such as when it landed into catastrophic hedging contracts for its fuel oil, admittedly in a period of heavy uncertainties on rocketing international aviation oil prices.

Aviation, passenger and cargo, requires more than customary accounting or management skills. It weaves specialist knowledge covering a multitude of factors from aircraft and fleet purchase/maintenance, flight destinations and overseas traffic hubs, seat and cargo marketing and sales, industry evolution analysis in addition to having well-trained air and ground personnel, etc.

We would like to believe that accountants have the necessary specialist industry overview and skill range to prepare a sustainable forward-looking plan for what remains of our national carrier. We trust as recommended by Rama Sithanen in an earlier interview to this paper, that they have roped in airline industry expertise to propose viable solutions. "There are no 25 solutions to the problem of MK. Its main shareholder - government - must inject funds to revive the company," he added. What government decides on that score and what emerges from next January's watershed meeting will have a determinant impact not only for the carrier's personnel and air operators but also for our exporters, our tourism and hospitality sectors, our foreign exchange inflows and throughout the national economy.

Air Mauritius played its part in our successful economic history. If those in charge of saving the company bear this fact in mind, they will not allow it to sink.

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Unbridled development and its downsides



Dr R Neerunjun Gopee

In Indian tradition there is a parable known as that of the Wish-Fulfilling tree or Kalpa-taru, often referred to simply as the Wishing Tree. It is a magical cosmic tree, a grand wonderful tree with branches that reach to the heavens and roots that encompass the whole world. It has awesome power, yet it is terrible, for whoever stands under this tree eventually gets what they desire.

In a book bearing the title 'The Wishing Tree', well-known British author late Christopher Isherwood - who turned to Vedanta (Hindu Spiritual Knowledge) after being mentored by Swami Prabhavananda - explores in depth this metaphor which the parable illustrates in the story that is narrated in Indian villages.

It is about children who are told by the proverbial visiting uncle about this magic tree which grants all their wishes, which they don't believe. But as soon as the uncle leaves, they all go under the tree and make their wishes which are fulfilled to the brim. So much so that they get tummy ache from eating too many sweets, and soon become bored with their unending supply of toys.

Then they grow up into young adults who behave like overgrown kids. Instead of sweets and toys, they now crave for sex, fame, money and power - four fruits that dangle from the tree, which they enjoy to the full until disillusion and disappointment set in: they realise that the fruits are bitter-sweet. As they become old, cynicism sets in, they think that they have made the wrong wishes and now wish for death.

That also they are given - only to be reborn and find themselves again under the Wishing Tree!

As Prof P Lal, who taught English at St Xavier's College in Kolkata, writes in his introduction to his translation of the Indian epic Mahabharata, 'the tragedy of the world is not that we don't get what we want, but we always get exactly what we want - and its built-in opposite!'

This parable is an apt metaphor for what has happened to the world in the course of its accelerated development



“The resultant of this unbridled development that we have inflicted on ourselves is the greatest urgency we collectively face today: Climate Change, firmly established by the United Nations' International Panel on Climate Change (IPCC) as being caused by the sum total of human activities taking place in the world in a manner that is not sustainable. In other words, the model of development that we have been following has, hard-wired in it, our own destruction if not annihilation if we persist in pursuing it and refuse to change course...”

after the Industrial Revolution was set in motion. It began in England with breakthrough inventions and discoveries such as the steam engine which led to the locomotive and trains that could carry people and goods over long distances more efficiently and economically.

With the discovery of electricity, its production itself generated an entire industry which led to the expansion of lighting, and gradually to generate heat (e.g. ovens), cold (the fridge), or motion (engines). Machines running on electric power were invented to meet growing population needs through the manufacture of textiles, processing of food and scaling up production of other commodities.

Then came cars and aeroplanes, which ran on petrol, leading to the further exploitation of fossil fuels to meet the new energy needs that coal couldn't provide; it was burnt for use in other sectors. With the clearing of land for agriculture and housing came other specific requirements such as fertilizers, and pesticides, and cement and

other building materials such as iron and steel for infrastructural projects.

Soon the Industrial Revolution spread to the rest of Europe and North America, and with colonisation 'productivity, growth and development' became the ruling model across the continents: every country and all peoples wanted to benefit by the advances being made in science and technology, which impacted the health and medical fields too in ways that changed the face of medicine and the way it is practised. It was almost a foregone conclusion that the term 'healthcare industry' began to be applied to the pharmaceutical and health-medical sectors.

All these improvements in hygiene and sanitation with the provision of potable water, control of infectious diseases and more effective treatment along with the spread of education contributed to increase life expectancy. The population of the world kept on growing, and by the 1960s experts in population studies started to talk about a 'population explosion'. There were more and more people, and being better educated their expectations and aspirations to social mobility rose in parallel, and therefore there had to be more growth and development. This was done with almost 'gay abandon' as it were, in an ever-increasing number of countries, because they didn't want to miss the boat.

This goes on to this date, despite the wake-up call that came at the first international conference on the environment in 1992, the Rio Conference in Brazil. For the first time the expression 'sustainable development' was used, and over the years it has become the buzzword until it is now an absolute imperative for the survival of humanity. And of saving the planet - so we say pretentiously, as if Mother Earth needs us to save her!

The resultant of this unbridled development that we have inflicted on ourselves is the greatest urgency we collectively face today: Climate Change, firmly established

by the United Nations' International Panel on Climate Change (IPCC) as being caused by the sum total of human activities taking place in the world in a manner that is not sustainable. In other words, the model of development that we have been following has, hard-wired in it, our own destruction if not annihilation if we persist in pursuing it and refuse to change course - because there are climate deniers too. But this adverse unintended consequence is not only because of the physical changes taking place - the collaterals include our greed and other misbehaviours such as corruption which have a heavy cost that adds to the burden.

Along with the periodic follow-up gatherings post the 1992 Rio Conference, there are other forums that have been taking up the issue of sustainable development. One such is the World Economic Forum meeting in Davos, Switzerland. Last year its main theme was 'Stakeholders for a Cohesive and Sustainable World,' and the website gave some highlights about the concerns then: 'There are two kinds of capitalism: shareholder capitalism and stakeholder capitalism... a more just and sustainable economic system is possible. For too long, *humanity took away resources from the environment and in exchange produced waste and pollution...we can reconcile our economy with our planet, human development with the protection of our home. But we can only do it together,*' said von der Leyen'. (italics added)

As for Klaus Schwab, Founder and Executive Chairman of WEF, this was his view: 'The World Economic Forum is releasing a new Davos Economic Manifesto, which says that companies should pay their fair share of taxes, show zero tolerance for corruption, uphold human rights throughout their global supply chains, and advocate for a competitive level playing field.'

And then came the Covid-19 pandemic, deemed to be even worse in its global impact than the financial crisis of 2008/9. Disruptions of supply chains, fiercer competitions and trade wars, further widening of inequality gaps across all countries and societies with consequent impoverishment, job losses and contractions across the board affecting lower and middle classes equally but sparing the oligarchic elites (who went on making profits according to analysts), and the inevitable: humongous rise in the cost of the average consumer's basket - which is about sheer survival. This is currently the most concerning issue for Mr & Mrs Average after the seemingly unstoppable spread of Covid locally.

Not the kind of development we asked for, surely?



Mrinal Roy

Stopping the Rot

The past decades are littered with an array of botched decisions by government or government services which have cost tens of billions of Rupees to the State. No lessons seem to have been learnt. This cannot go on

The signs are not good. The whopping compensation of Rs 5.7 billion that government had to pay out to Betamax in compliance with the ruling of the Privy Council should have been a jolting wake-up call for the political class and the political leaders across the political divide, party and responsible for this costly blunder. This is far from being the case.

The past decades are littered with an array of botched decisions by government or government services which have cost tens of billions of Rupees to the State which have had to be borne by the people. These *inter alia* relate to the hedging fiascos of Air Mauritius and the State Trading Corporation during the 2008-2014 period, the BAI debacle triggered in April 2015, the cost overruns of the Midlands Dam project and the Terre Rouge-Verdun link road, the questionable Rs 19 billion Safe City project whose deliverable benefits remain elusive or the Rs 5 billion Cote d'Or Multisport Complex as well as the skeletons in the cupboard of the emergency government procurement tenders, etc. The list goes on and on. No lessons seem to have been learnt. This cannot go on.

'Après la mort, la tisane'

Instead, the government has announced the setting up of a commission of inquiry again at public expense to basically settle its political scores when the country and the people already know that most of the leaders of the main political parties were directly party to the key decisions of the Betamax saga costing Rs 5.7 billion of public money either at the time of the approval of the 15-year contract in November 2009 or its termination in January 2015 or in both instances. Against such a backdrop, what would such a commission of inquiry achieve, the more so as the outcome of previous commissions of inquiry and the selective application of their recommendations are flagrantly tell-tale? It all terribly smacks of the adage '*Après la mort, la tisane*'.

In a country where the 2021-22 GDP is estimated at approximately Rs 500 billion by the Minister of Finance, every billion Rupees matters especially at a time when we need every Rupee available to grapple with the daunting health and socio-economic challenges of Covid-19 exacerbated by the surge and disastrous fallouts of the extremely contagious and deadly Delta Covid-19 variant. According to the World Bank, 'Mauritius' Covid-19 response since the outbreak already amounts to 32 percent of our GDP' and counting.

Rampant ineptitude

The tens of billions of rupees of public money irresponsibly squandered over the past decades through costly blunders by successive governments and state institutions



“The ultimate responsibility of costly blunders lies with the political leaders heading the government. If we are to stop this costly hemorrhage of public funds, we need new political leaders and politicians driven by lofty ideals, altruism and having the competence and management acumen to take sound decisions and judiciously and rigorously manage the affairs and finances of the country in an accountable and transparent manner to ensure that the country obtains full value for every Rupee spent...”

manned by political appointees and the coterie should also have been an eye-opener that the current system of governance and management of the affairs of the state as well as the culture of opacity and spin doctoring to mask systemic failures are the root causes of the rampant ineptitude.

Such partisan appointment policies at the expense of meritocracy have spawned incompetence and botched decisions by state institutions, state owned companies and undermined the efficient management of government services. The upshot is that billions of Rupees have also been lost in risky loans granted to foreign companies at the State Bank and tens of millions of Rupees have been placed by government institutions and companies such as municipalities, the Mauritius Housing Company and the National Insurance Company in a new bank which is now in receivership. Such appalling governance cannot go on.

The Supplementary Appropriation Bill submitted last week for approval in the National Assembly covering an additional Rs 23.6 billion is a tell-tale mirror of the state of patent ineptitude among state institutions. It not only includes a grant of Rs 4.6 billion to the State Trading Corporation to enable the Corporation to settle its liability towards Betamax following the Privy Council ruling but also a sum of Rs 2.3 billion - all paid from public funds to write off outstanding loans ranging between Rs 732.8 million and Rs 5.7 million of more than eight government institutions such as the Central Water Authority, Polytechnics Mauritius Ltd, the Wastewater Management Authority, the National Transport Corporation or the Mauritius Broadcasting Corporation, etc.

Scathing indictment

In such an unseemly context, no wonder, even the Bank of Mauritius has also been rapped on the fingers by the International Monetary Fund and unequivocally asked to 'refrain from providing direct financing to the government and engaging in quasi-fiscal activities and advised reforming the Bank of Mauritius law, including to preempt further exceptional transfers to the government.' The IMF 'also recommended that the central bank be recapitalized and relinquish ownership of the Mauritius Investment Corporation (MIC),

with the financing of the MIC provided through the budgetary process.' No amount of spin doctoring can hide this scathing indictment.

In a context of strapped public finances, the recent 2021-2022 budget announced 'an unprecedented 3-year National Flood Management Programme to the tune of Rs 11.7 billion managed by another government institution, the Land Drainage Authority covering some 21 major projects spread over the different constituencies of the country costing between Rs 1.5 billion and Rs 224 million. This national programme, proposed in the wake of the recent flash floods which afflicted the southeast of the country, begs so many questions. Have thorough technical studies been carried in the various project locations to fathom the dynamics of water flows, the root causes of flooding or the bottlenecks to the natural flow of water such as concrete buildings, new roads or unauthorized constructions, etc., before designing and investing in efficient solutions to resolve the flooding problem? Stop-gap measures waste scarce public funds and prolong the hardships caused to people.

Bottom line

The bottom line is that the current style of governance, mode of appointment of heads of key institutions of the state and state owned private companies and the management of the affairs of the country are systemically flawed. These are adversely affecting the prospects of the country and are untenable. They are also costing billions of Rupees of squandered public money to the nation which the country cannot afford.

As a nation, we therefore urgently need to stop the rot.

We must realize that we operate in a very competitive world. If we are to succeed, we need first and foremost to recast and get our act together to adapt to the tech-driven Covid-19 market reality. Covid-19 offers new opportunities as the pandemic has disrupted supply lines and severely constrained the production and supplies of a wide range of products.

The ultimate responsibility of costly blunders lies with the political leaders heading the government. If we are to stop this costly hemorrhage of public funds, we need new political leaders and politicians driven by lofty ideals, altruism and having the competence and management acumen to take sound decisions and judiciously and rigorously manage the affairs and finances of the country in an accountable and transparent manner to ensure that the country obtains full value for every Rupee spent. We also need to urgently assure that all key institutions of the state and state owned companies and the top echelons of the government Establishment are manned by competent and highly qualified professionals and cadres chosen through a transparent merit-based recruitment exercise.

A viable future

Hobnobbing and powwowing with the private sector whose investments in the country are heavily skewed towards the lucrative real estate development projects on their prime land assets is not a viable way forward for the country. Instead, we need to overhaul our economic model and position the product and services offer of the country with new economic actors and foreign investors having the business acumen and expertise required towards high value-added activities and upmarket services in a wide range of carefully identified sectors in principally the services sectors which boost growth, employment, living standards, bridge inequality and have a positive multiplier effect on the economy at large.

The status quo is certainly not a viable option for a better future.



Anil Madan

Is an international corporate minimum tax the right solution?

An international agreement that addresses only one-quarter of the problem suggests that the alleged "solution" is far less effective than the hype surrounding it

On July 1, the Organization for Economic Development (OECD) announced that 130 member countries had joined a new "two-pillar plan to reform international taxation rules" aimed at ensuring that multinational enterprises pay a fair share of tax wherever they operate.

The OECD crowed about the fact that the 130 signatory countries represent more than 90% of global GDP.

In a passing comment, the OECD allowed as how the remaining elements of the framework, including the implementation plan will be finalized in October. In other words, we have simply an "agreement" in principle, with the details to be fleshed out.

One other aspect of the OECD's announcement is not clear. Its statement appears to play down the fact that the arrangement or "two-pillar solution" addresses challenges "arising from the digitalization of the economy." It remains to be seen if the arrangement addresses more than digital or e-commerce.

The OECD tells us that the two-pillar package is the outcome of an almost decade-long negotiation and it "aims to ensure that large Multinational Enterprises (MNEs) pay tax where they operate and earn profits." In other words, the taxes are likely to be levied roughly in proportion to each country's share of GDP. This is evident from the OECD's explanation that there will be a "fairer distribution of profits and taxing rights" among countries with respect to the largest MNEs because there will be a reallocation of taxing rights over MNEs from their home countries to the markets where they have business activities and earn profits regardless of whether the companies have a physical presence in such markets.

Not surprisingly, both the US and China signed on. Given that these two countries enjoy a disproportionately large share of the world's GDP, reallocation of taxing rights to jurisdictions where business activities are conducted or profits are earned has the potential to afford them a large share of revenue from this arrangement. The US and China are not the only likely beneficiaries of such reallocation. Indeed, the top ten countries account for almost 60% of the world's GDP.

Since China is often thought to be more a producer than a consumer nation in terms of its contribution to world GDP, one might



“The OECD tells us that taxing rights on more than 100 billion USD of profits are expected to be reallocated to market jurisdictions each year. The global minimum corporate income tax, based on a minimum rate of 15%, is estimated to generate around \$150 billion in additional global tax revenues annually. In other words, roughly \$1 trillion in corporate profits are at issue here (15% of \$1 trillion = \$150 billion). But this seems to be a tempest in a teapot...” – Pic - i1.wp.com-i.cbc.ca

expect that the profits of MNEs in China may not match that nation's share of world GDP. But such a view would mask the increasing importance of Chinese suppliers in the global market. For example, Marketplace Pulse data shows that on Amazon, 50 percent of all global sellers are based in China.

These sellers use Amazon's US-based warehouses, so the items are shipped domestically in the US. Chinese sellers make up almost 65% of all sellers on Amazon.es, the company's Spanish retail website. More than 50 percent of Amazon's French, Canadian, and Italian sites are Chinese sellers. Amazon's US website consists of 44 percent Chinese sellers. China is a force in e-commerce.

The OECD states, as have representatives of the US and other G-7 countries, that the purpose of this "reform" is to introduce a global minimum corporate tax rate that will limit competition over corporate income tax and provide some protection for the tax bases of countries that do not wish to engage in a race to the bottom when it comes to corporate taxes.

So what is at stake here? The OECD tells us that taxing rights on more than 100 billion USD of profits are expected to be reallocated to market jurisdictions each year. The global minimum corporate income tax, based on a minimum rate of 15%, is estimated to generate around \$150 billion in additional global tax revenues annually. In other words, roughly \$1 trillion in corporate

profits are at issue here (15% of \$1 trillion = \$150 billion).

But this seems to be a tempest in a teapot. Looking at the US alone, and considering its approximately 20% share of global GDP, a strictly pro-rata allocation of these additional tax revenues would generate some \$30 billion out of the total of \$150 billion. Against a pre-pandemic annual budget of \$3-4 trillion which has now grown to \$6.6 trillion with stimulus spending, that seems a pittance.

The real agenda here may be different. If we consider that a worldwide *minimum* tax is likely to become a de facto *maximum* tax, the additional revenue generated for the US seems hardly worth the trouble. A hidden agenda here is possibly a desire to prevent additional levies on America's corporate behemoths by countries looking for additional revenue. For example, France has sought to levy a 3% tax on digital companies for their commercial sales including on the sale of data.

One clue that such an agenda might be at play is OECD Secretary-General Mathias Cormann's admission that this new arrangement does not eliminate tax competition, but sets multilaterally agreed limitations on it.

Some additional perspective is in order. The largest multinational companies notoriously enjoy very low effective tax rates. These companies have long used creative but legal ways to shrink their tax bills. One is to book profits from customers in the US

or Germany, as if they came from a tax haven such as Bermuda, which has no corporate income tax. At the recent G-7 summit, the world's richest economies agreed jointly to pursue a revamp of the global tax system that would undercut the effectiveness of such a strategy.

The idea behind the accord among the G-7 nations—Canada, France, Germany, Italy, Japan, the UK and US—is to support the outlines of a new global tax system that will change how much corporations pay, and to whom. A worldwide minimum corporate tax rate of at least 15% would reduce the attractiveness of tax havens. And huge technology companies such as Amazon, Facebook and Google— which can sell their digital products in countries without establishing an easily taxed physical presence— may see some of their taxes paid based on where those sales occur. Countries where big firms operate would get the right to tax "at least 20%" of profits exceeding a 10% margin, according to a G-7 communique. As the OECD announcement states, key details are still to be nailed down, and the first step was to get more nations to sign on.

In a scenario sketched out in a paper for the Atlantic Council by Jeff Goldstein, a former assistant on the White House Council of Economic Advisers suggested that the tax approach would work thus: A company headquartered in Country A is reporting income in Country B, where the rate is 11%. With a global minimum rate of 15% in effect, Country A would "top up" the tax and collect another 4% of the company's profit from Country B— representing the difference between Country B's rate and the global minimum rate. That undercuts any advantage of shifting to lower-tax places and pressures countries to conform to the global norm.

The International Monetary Fund has cited estimates suggesting that corporations exploiting tax havens cost some \$500 billion to \$600 billion in potential corporate tax revenue to be lost every year. Note that this total is three to four times the revenue capture of \$150 billion projected by the OECD in its recent announcement that 130 countries have signed on to an agreement in principle to establish a worldwide minimum corporate tax rate of 15% on profits.

The UK's Tax Justice Network, advocating for a fairer tax system, points to the British Virgin Islands, Cayman Islands, Bermuda, the Netherlands and Switzerland as the leading jurisdictions most complicit in helping Multinational Enterprises (MNEs) to avoid the full impact of corporate income tax." Recently, US Treasury Secretary Janet Yellen, who endorsed the proposed global minimum rate, said that the goal is to end a "30-year race to the bottom on corporate tax rates." This is the same sentiment echoed in the OECD announcement.

If the IMF's projected numbers are correct, an international agreement that addresses only one-quarter of the problem suggests that the alleged "solution" is far less effective than the hype surrounding it.

Cheerz...
Bwana

Boris Johnson urged to abandon 'dangerous and unethical' plan to lift Covid restrictions

Boris Johnson is facing calls to abandon plans to remove almost all remaining Covid restrictions as a coalition of over 100 scientists and doctors warn it is a "dangerous and unethical experiment". After Sajid Javid, the health secretary, admitted daily cases could exceed 100,000 in the summer as measures are lifted on 19 July, the experts stressed there are "grave risks" involved in what they described as an "illogical" policy.



A woman wearing a facemask in a clothing shop in central London, during the easing of lockdown restrictions in England. Pic - PA

The letter - published in the medical journal *The Lancet* - claims ministers' strategy amid surging cases of the Delta variant "provides fertile ground for the emergence of vaccine-resistant" variants. The 122 signatories also warn that unmitigated transmission will "disproportionately" affect children and young people who have not been offered a vaccine, with high circulation of the virus leading to "significant educational disruption" - despite the scrapping of school bubbles.

Channel crossings: Why can't the UK stop migrants in small boats?



The numbers crossing the Channel "remain low and manageable," the UN Refugee Agency says. Pic - PA Media

Small boats of migrants making the dangerous journey across the English Channel are to be forcibly turned around at sea by the UK's Border Force and sent back to France under home secretary Priti Patel's proposed asylum overhaul.

Campaigners have described the plans, which would need to be agreed by France in order to be implemented, as both illegal and "morally wrong". The Nationality and Borders Bill, laid in Parliament on Tuesday, would enable immigration officers to intercept vessels in British waters and take them to foreign ports - a controversial practice known as "pushback".

Pushbacks have been widely condemned when carried out elsewhere in Europe, with the UNHCR calling for a "halt" to the practice

'Lambda variant of coronavirus deadlier than delta': Malaysian health ministry

The lambda variant of the coronavirus is turning out to be deadlier than Delta, according to health ministry of Malaysia. It added that cases of lambda variant have been detected in more than 30 countries in the past four weeks. "The Lambda strain was reported to have originated from Peru, the country with the highest mortality rate in the world," said the Malaysian health ministry on Monday.

It cited a report by the Australian news portal news.com.au saying that the lambda strain had been detected in the United Kingdom too. The researchers are worried that this variant may be "more infectious than the Delta variant", The Star reported.

Lambda accounts for nearly 82 per cent of the coronavirus case samples reported during May and June in Peru, Euro News reported citing the Pan American Health Organisation (PAHO).

In Chile, another South American country, the strain accounts for more than 31 per cent of the samples from May and June, according to Euro News.

The World Health Organization (WHO) has already designated lambda as 'variant of interest' due to its elevated presence in South America. The global health body said that lambda shows increased transmission and resistance to antibodies.



A woman receives a dose of the AstraZeneca coronavirus disease vaccine during a mass vaccination in Mexico City. Pic - Reuters

Meanwhile, Public Health England (PHE) has added lambda to its list of variants under investigation (VUI) due to international expansion and several notable mutations, including L452Q and F490S.

Six cases of Lambda have been identified across the country to date, all have been linked to overseas travel, according to PHE.

According to UK health officials, there is currently no evidence that this variant causes more severe disease or renders the vaccines currently deployed any less effective. But PHE said it is carrying out laboratory testing to better understand the impact of mutations on the behaviour of the virus.

Microsoft asks Windows users to immediately install security update for 'PrintNightmare'

Microsoft is urging Windows users to immediately update their operating system with the latest security patch, starting with devices that currently host the print spooler service. Microsoft released the security update after researchers found a serious vulnerability in Windows, known as PrintNightmare which could allow multiple users to

access a printer.

In May, researchers at cybersecurity company Sangfor said they had found vulnerabilities in the Windows Print Spooler service. They published a proof-of-concept online but deleted it after realising the mistake. However, the how-to guide for exploiting the vulnerabilities was published on other sites, inclu-

ding developer site GitHub, reports Kunal Gaurav of Hindustan Times.

On Tuesday, Microsoft released an Out-of-Band (OOB) security update for PrintNightmare in a cumulative update release, which means it contains all previous security fixes. The tech giant said that the update fully addresses the public vulnerability, and also includes a new feature that allows customers to implement stronger protections.

After the installation of the 'July 2021 Out-of-band update', all users will either be administrators or non-administrators as delegates will no longer be honoured. Microsoft said that security updates for Windows Server 2016, Windows 10, version 1607, and Windows Server 2012 will be delayed for a short period but are "expected soon."



Microsoft released the security update after researchers found a serious vulnerability in Windows, known as PrintNightmare. Pic - i.pinimg.com

Cont. on page 7

Trump to sue Twitter, Facebook and Google



Former president Donald Trump imitates the shooting of a gun with his finger while talking about gun violence in Chicago as he speaks at Trump National Golf Club in New Jersey, on Wednesday. Pic - AP

Former US president Donald Trump on Wednesday announced he will take the lead in launching a class action suit against Big Tech companies Google, Facebook and Twitter, and their respective CEOs, challenging the closure of his media accounts in the wake of the January 6 insurrection.

"We're demanding an end to the shadow-banning, a stop to the silencing and a stop to the blacklisting, banishing and cancelling that you know so well," Trump said at a news conference in Bedminster, New

Jersey. The suit, he added, will be filed in the southern district of Florida.

Twitter shut down Trump's account permanently within hours of the January 6 attack on the US Capitol instigated by Trump to prevent a joint sitting of Congress from certifying President Joe Biden as the winner of the 2020 presidential election.

Marking six months of the Capitol riots on Tuesday, President Joe Biden said that the "citadel of our democracy" was not breached by

insurrectionists even during the Civil War.

The FBI is prosecuting those who allegedly participated in the insurrection and has arrested more than 500 of them and Nancy Pelosi, speaker of the House of Representatives, appointed a committee last week to investigate the attack, reports Yashwant Raj of Hindustan Times.

Former president Trump's lawsuit faces an uphill battle in court as social media companies' moderation of content on their platforms are protected from lawsuits by a decades old law Section 230 of the Communications Decency Act.

Trump had tried to over-ride that protection through an executive order in May 2020 after Twitter began slapping labels on some of his post, calling them "misleading". President Joe Biden rescinded that order in March.

Experts also pointed that if the lawsuit announced on Wednesday advances in court, Trump may have to give testimony on the January 6 insurrection, which he has not done yet though it did find him a place in US history as the only president to be impeached twice.

UN rights expert urges sanctions on Myanmar's oil and gas sector



Students protest in Yangon against the Myanmar military. Pic - AP

United Nations human rights investigator called on countries on Wednesday to impose economic sanctions on Myanmar's oil and gas sector to cripple the junta that took power five months ago.

Myanmar has been in crisis since the military ousted Aung San Suu Kyi's elected government on Feb. 1, unleashing nationwide anger that quickly turned into protests and strikes brutally suppressed by security forces, with nearly 900 killed.

Thomas Andrews, UN special rapporteur on human rights in Myanmar, said that no state had imposed any sanctions on its oil and

gas sector, although some had slapped them on military-controlled enterprises and revenue from gems, timber and mining, reports Reuters.

"Oil- and gas-sector revenues are a financial lifeline for the junta and are estimated to be close to what is needed for the junta to maintain the security forces that are keeping them in power. They should be stopped," he told the Human Rights Council.

Andrews, a former US congressman from Maine, called for forming an 'Emergency Coalition for the People of Myanmar' that would also ban the export of arms to the military.

The US delegation called for decisive action to prevent further bloodshed, saying: "We urge all nations to cease the export of arms and transfer of dual-use technology to the military junta."

Earlier, the top UN human rights official Michelle Bachelet urged ASEAN countries to launch a political dialogue with the military junta and the democratically-elected leadership in Myanmar.

The United Nations must be allowed to deliver humanitarian aid to civilians in Myanmar, as agreed with the Association of Southeast Asian Nations (ASEAN), without it being "instrumentalised" by the military, she said.

The ASEAN bloc agreed a five-point consensus with junta leader Min Aung Hlaing in April, "but unfortunately the Myanmar military leadership have shown little sign of abiding by it", Bachelet said.

"It is urgent for ASEAN to appoint a special envoy or team to get some kind of political dialogue underway. I encourage ASEAN to engage with the democratic leadership and civil society, not just the military front," Bachelet said.

Iran hosts high-level Afghan peace talks as fighting surges

Iran on Wednesday hosted the first significant talks in months between the Taliban and Afghan government representatives - a previously unannounced meeting that comes as the U.S. completes its withdrawal from Afghanistan and districts increasingly fall to the Taliban across the country.

The high-level peace talks between the warring Afghan sides follow months-old discussions in Qatar that have been stalled by a diplomatic stalemate and escalating violence. Even as officials faced each other across the vast tables in Tehran and Iran's top diplomat pledged to end the crisis, fighting surged in Afghanistan's western Badghis province.



Afghan soldiers pause on a road at the front line of fighting between Taliban and Security forces, in Badghis province, Wednesday, July, 7 2021. Pic - AP

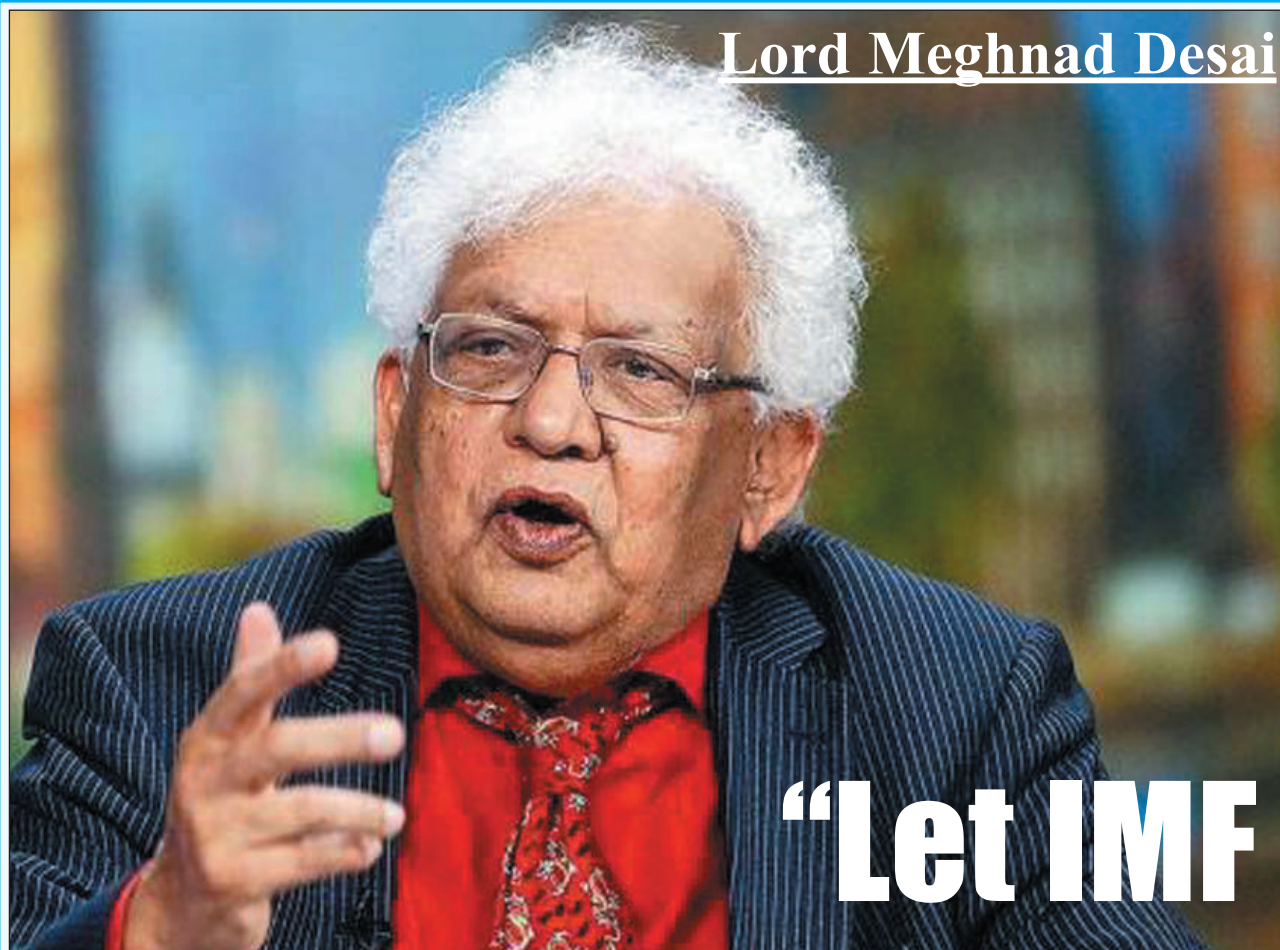
The Taliban political committee, led by chief negotiator Sher Mohammad Abbas Stanikzai, flew from Doha to Iran's capital to meet Afghan government officials, including former Vice President Yunus Qanooni and others from the High Council for National Reconciliation, reports AP.

Iranian Foreign Minister Mohammad Javad Zarif greeted the delegates, urging them to "take difficult decisions today for the future of their country," state-run media reported.

After the "failure of the U.S. in Afghanistan," Zarif said, Iran stands "ready to assist the dialogue" and to "resolve the current conflicts in the country."

After a two-decade-long military campaign, the U.S. military announced on Tuesday that 90% of American troops and equipment had already left the country, with the drawdown set to finish by late August. Last week, U.S. officials definitively vacated the country's biggest airfield, Bagram Air Base, the epicenter of the war to oust the Taliban and hunt down the al-Qaida perpetrators of the 9/11 terrorist attacks on America.

The Taliban have made relentless territorial wins since April, when President Joe Biden announced that the last 2,500-3,500 U.S. soldiers and 7,000 allied NATO soldiers would depart Afghanistan. With their victories in northern and southern Afghanistan, the Taliban are escalating pressure on provincial cities and gaining control of key transportation routes.



Lord Meghnad Desai

“Let IMF say what it says. Who cares?”

Mauritius, and we could ourselves take the initiative to do that in case nobody responded positively. That's for the future, but for me the priority then was to address the immediate concerns of affected companies so that we could in the same breath save livelihoods.

I don't know what the vibes in Mauritius regarding the MIC are, but I can tell you that we put in a lot of hard work; we examined 100 applications from corporations of various sizes, out of which 60 have been looked into more carefully. At the same time we had to build capacity within the MIC, hold board meetings, some 31 of which I chaired at a distance. We have had a very cooperative and helpful board with two representatives of the government, the two deputy-governors of the Bank of Mauritius and two people from business. It is always difficult for me personally to chair a meeting at a distance, but I think we all did quite well.

I have to clarify one thing in response to a comment published in the local press about the bonds we had created and that it was not the most profitable way to go about it. My point is that we have not gone into this for profit making; we are not a private equity company, and we are here to do what profits the Mauritian economy, not what profits the MIC. I have said it again and again

Lord Meghan Desai needs no introduction as an eminent economist, a Professor Emeritus at LSE and one who has both a distanciation and a considerable familiarity with our economic and socio-political set-up. He shares with us his contribution and the guiding philosophy behind the creation and the functioning of the MIC as the institution's Chairman. The MIC, as we know, has come under fire locally for a lack of transparency and, as has been widely reported, been the object of strong IMF/WB concerns. He addresses those concerns head-on.

Read on.

*** What economic guidance or philosophy did you bring to the table when you were called upon to chair the MIC as a creation of the central bank?**

I had a conversation with the Governor of the Bank of Mauritius in March last year soon after his appointment, and he queried about how the Bank could help in the special circumstances of the pandemic which was in its early days. I was at that time following what was happening in the US and the UK where they were trying to bail out companies which had lost business and had set up a job retention (furlough) scheme, which granted paid leave of absence to employees.

I suggested that we could do the same thing for Mauritius so that affected companies and jobs could be saved by drawing from the foreign exchange reserves of the BoM rather than remain lying in US Treasury Bills with yields at very low levels. That's how he agreed to discuss the matter with his board, and ultimately the BoM went on to set up the Mauritius Investment Corporation (MIC). Thereafter we had a board of management meeting, with myself chairing it, and very quickly

an Investment Committee was set up to evaluate applications from distressed companies.

The idea was that rather than grant the furlough, we would instead lend the money to any corporation that applied for assistance. I must say we were very well served by the Investment Committee, which carried extensive due diligence exercises and investigations into different aspects of the business of the applicants. In return, the companies would give us bonds, which we took the commitment not to sell on the market but to hold them as a kind of collateral. The bonds will of course be cashed after five years, the time that it would take for the companies to recover their losses and kept their workers employed throughout. The MIC's mandate also allows it to channel funds for building the future capacity of

“Mauritius has not hit the headlines for having had a disastrous coronavirus experience, or for having done as well as the East Asian countries. But it has not done badly though. The economic impact has been cushioned by things like the MIC. The fact that Mauritius is a middle-income prosperous country and well run by and large will help it ride out of the pandemic relatively well. How soon this will happen... I wouldn't know...”

‘The pandemic was so unexpected and so unusual, and the normal IMF-Washington Consensus' policies would not have been appropriate’

that our primary focus should be the Mauritius economy of care and love.

Yes, you can buy land and set up all sorts of future-oriented projects, but bringing immediate relief to the Mauritian economy was the most important thing to do. I think we have succeeded to do that during the last one year since its inception

*** I referred to the MIC earlier as a creation of the BoM, which is not to the liking of the IMF. They have recommended to the authorities in their 2021 Article IV Consultations that the central bank should relinquish ownership of the MIC. Were you comfortable, as an economist, with that state of affairs?**

I have never for most of my life liked what the IMF says, and I can also add that I have not during those long years taken it seriously. They have always remained several kilometres behind the scene, and they have been changing their stance on so many things. Tough luck for them if they said what they are reported to have said. The money is transparently invested by the BoM in the MIC, and audit will be kept on that. As long as it benefits the people of Mauritius, who cares what the IMF says?

The IMF logic is still the old logic... that somehow central bank interfering in the private economy will lead to corruption and inflation...

● **Cont. on page 9**

'We have not gone into the MIC for profit making; we are here to do what profits the Mauritian economy, not what profits the MIC'

● Cont. from page 8

The world has changed, and since the onset of the pandemic, governments and central banks across the world have had to do all sorts of things. We used to look very carefully at the debt-to-GDP ratio at one time; American and the UK's debt-to-GDP ratio have gone through the roof. You would not have seen earlier governments introduce things like furlough, but these are extraordinary circumstances which require extraordinary responses. As long as the money is spent judiciously and on the main purpose for which it was designed -- save the jobs, save the affected companies, give them some breathing space -- I am not particularly concerned with the IMF...

* You would also be aware that the IMF has been quite critical of the central bank's transfers to the government, and it called in polite terms for reform of the BOM law to "pre-empt further transfers to the government, in line with international best practices". It also recommended that the "financing of the MIC should be provided through the budgetary process".

If they want to shut the MIC down, they can do that. We have done what we had to do; we have provided assistance to 60 companies during the last one year. Let IMF say what it says. Who cares? The pandemic was so unexpected and so unusual, and the normal IMF-Washington Consensus' budget deficit cutting and penny-pinching policies would not have been appropriate; no country in the world has done that because it is inappropriate.

The pandemic has made us think about policy solutions in an unorthodox way, and that's why I have been very proud to be part of the MIC experiment. Mauritius has been one of the first countries to adopt a radical proposal like MIC. The proof of the pudding is in the eating: companies have been saved, jobs have been saved.

Mauritius is a very politically sensitive country, and I am sure that the opposition parties are keeping a keen eye on the MIC. Anyway, whatever we were doing were perfectly straightforward, transparent and effective. We did this for the people of Mauritius when it was urgent to assist the affected companies and the workers. That's the bottom line.

“In my view, our priority should be directed towards saving lives and, secondly, mitigating the impact of the pandemic on the economy. I do not think that economic damage can be reversed merely by lifting lockdowns; that may prove to be very costly. Governments will therefore have to go on injecting money into the economy while the infection is still there...”



“The pandemic will probably be around for some more time before normality is restored. I think that things will remain abnormal for another one year or two. The Mauritian economy may need help a bit longer because the pandemic is not over; it will also remain fragile because of its dependency on tourism mainly from the Western countries...”

* As chairman of the MIC, you made sure that proper safeguards and conditionalities were in place to ensure that public money is used judiciously and channelled towards the public interest, right?

Of course, we had very good procedures and an investment committee which did its job very efficiently. All the papers relating to the applications and their examination by the Investment Committee are there, and I am sure that the MIC will make them available for public consultation at some stage.

In an open economy like Mauritius, we have to be very careful about the cross-ownership of companies from outside into Mauritius. We were also very careful that the money we lent to the companies were not being used to pay shareholder dividends or to help a fellow company in the network of companies. We were very insistent that they had to go for immediate financing of the jobs.

* From an economic perspective, wouldn't it be more efficient to provide support only to the business sectors that really need it, and based on the longer-term importance of these sectors to the people and the national economy?

“We have not gone into the MIC for profit making; we are not a private equity company, and we are here to do what profits the Mauritian economy, not what profits the MIC. Yes, you can buy land and set up all sorts of future-oriented projects, but bringing immediate relief to the Mauritian economy was the most important thing to do...”

We relied on people applying for assistance, and as long as they were financially sound companies and likely to behave efficiently and honestly, we could expect that the money will come back to us. We had to be careful that as far as possible we should not waste any money of the Mauritian people when we do this lending. Time will tell, but I think that we will get all the money back.

We have had to reject some applications because we could not see what was there for the Mauritian economy. We have not been careless and it will be shown that we have acted as a responsible board. I am very confident that what we have done so far has been very good and sound.

* What is your reading on the economic situation down here?

I did not really have the time to follow carefully how the Mauritian economy has been doing, but I do ask questions and I am told that it is recovering. We do not know at this stage if there will be a third or fourth round of coronavirus. The pandemic will probably be around for some more time before normality is restored.

I think that things will remain abnormal for another one year or two. The Mauritian economy may need help a bit longer because the pandemic is not over; it will also remain fragile because of its dependency on tourism mainly from the Western countries.

* How long do you think it will take for some sort of normality to be restored?

First of all, we never expected a multiple round of infection. Early on we were saying that the recovery will be V-shaped, after an initial fall in output, and the economy will bounce back. I am in India currently, and I can tell you that the Indian economy has not bounced back as people had expected; some sectors are weak, some are strong.

● Cont. on page 10

'We should not worry about money,

we should worry about saving lives and as many livelihoods as possible'

● Cont. from page 9

The global economy has not bounced back. The US has spent large amounts of money, and more has been earmarked in the Biden budget; everybody is hoping that America will bounce back very quickly, but even that will also take six to nine months.

This has been the most unusual economic shock we have ever had; economists have no tools with this unique situation and completely different from what Keynesian policies are supposed to solve. And that's because both demand and supply have collapsed, and that's very much unlike what we have ever seen before.

I would cautiously guess that there might be two more waves of infection; we are in the middle of the second surge in India; in the UK, the third surge is starting, and in the US they are very confident that they have moved beyond the second wave of infection thanks to the mass vaccination.

We do not know if there is any limit to which this virus can mutate; we are already into Delta, and some scientists are saying we may go up to Lambda... I would say that it's possible we would have recovered by the end of 2022.

As far as Mauritius is concerned, the bread and butter is foreign tourists, but that bread and butter can bring infections. That is the dilemma we all face: any kind of proximity either in demand or supply is dangerous, and so we'll all have to be careful for a long time. Then there is the conflict between saving lives and saving livelihoods, and every government has to take that decision the way they see it.

*** What do you make of Singapore's change in its policy towards the Covid pandemic; it will prepare its population to deal with Covid-19 as part of their daily lives...**

East Asian countries were very successful in handling the pandemic when it first hit that part of the world - Taiwan, South Korea, Singapore, and Japan did a good job fighting the first wave of the pandemic. It has to do with the size of these countries, their level of education and especially with their culture which makes them generally very responsible citizens.

On the other hand, you'll see that most European countries have made mistakes, so have the US and Canada; it has been disastrous in Latin America. I do not think any country has found the correct approach in terms of timing, vaccination and in the treatment of vulnerable, poorer citizens who always get hit when the

“Let IMF say what it says. Who cares? The pandemic was so unexpected and so unusual, and the normal IMF-Washington Consensus' budget deficit cutting and penny-pinching policies would not have been appropriate; no country in the world has done that because it is inappropriate. The pandemic has made us think about policy solutions in an unorthodox way, and that's why I have been very proud to be part of the MIC experiment...”



economy goes down.

We all have been learning as we go along fighting the new waves of the pandemic. Even the scientists have been surprised by the course of the pandemic, because they were not prepared for some of the things that have happened, like with regard to herd immunity.

Again, and again, the UK got it wrong either by having the lockdown too late or lifting it up too early. The forthcoming lockdown lifting on July 19 may also prove to be a mistake. It's also difficult to manage the psychology of the people who may not want to obey the rules of lockdown even if they know there are risks, but they are also fed up with the isolation, leading in numerous cases to mental health problems, domestic violence...

Governments have had a limited time scope for imposing, and by and large even the best scientists have not been able to say exactly how long the lockdowns should last. People used to blame economists' differing views all the time, but at the end of the day what all this means is that there has been so much uncertainty prevailing since the onset of the pandemic, and this is likely to last for quite some time.

In my view, our priority should be directed towards saving lives and, secondly, mitigating the impact of the pandemic on the economy. I do not think that economic damage can be reversed merely by lifting lockdowns; that may prove to be very costly. Governments will therefore have to go on injecting money into the economy while the infection is still there.

As far as I know, Mauritius has not hit the headlines for having had a disastrous coronavirus experience, or for having done as well as the East Asian countries. But

it has not done badly though. The economic impact has been cushioned by things like the MIC. The fact that Mauritius is a middle-income prosperous country and well run by and large will help it ride out of the pandemic relatively well. How soon this will happen... I wouldn't know.

*** Public debt has become as elsewhere a big issue in Mauritius, and saving lives as well as mitigating the impacts of the pandemic will require large amounts of money for the government...**

“I have never for most of my life liked what the IMF says, and I can also add that I have not during those long years taken it seriously. They have always remained several kilometres behind the scene, and they have been changing their stance on so many things. Tough luck for them if they said what they are reported to have said. The money is transparently invested by the BoM in the MIC... As long as it benefits the people of Mauritius, who cares what the IMF says?”

In the richer countries, they have decided that they will not consider the availability of money as a constraint; they will print money if they have to, because ultimately it will all come back when the economy recovers. It's a complete reversal of the economic thinking of the 1990s and even in first decade of 21st century. The US and Europe have said that 'we will clean up the mess as and when we have to'. Right now, they are spending money to save lives; that money is going to the people, it is not disappearing from the economy, and the remarkable thing is that financial markets have still not raised their interest rates.

We should therefore not worry about money, we should worry about saving lives and as many livelihoods as possible. Take the MIC, for example. The money that went into its creation was lying in the foreign exchange reserves, and used primarily to buy US Treasury Bills to earn 1.25% as interest. Isn't it better to spend that money on the lives and livelihoods of people? That's what governments are for - to look after the people; governments are not elected to keep currency at high levels.

On the other hand, when the pandemic is over or will have been contained, there will be simultaneous global recovery. Now we are finding how much interdependent we really are; what happens to Mauritius depends on what happens to European, Australian, Chinese, Indian and other tourists. We therefore have to devise policies which take into account the global context in which we conduct our economic activities.

The speed with which the coronavirus infection travelled from Wuhan to Italy and thereafter to the UK and all over the place was due to the reality of the global world, cheap travel and communications. That's the kind of new world we live in, and that is why we have to be aware of what's happening everywhere else to be able to deal with major problems as and when they crop up in any part of the world.

Saignements menstruels post-vaccination:

Une vraie pharmacovigilance peut sauver des vies

Des études montrent que des saignements menstruels anormaux suite à la vaccination peuvent mettre en danger la vie des femmes. Pourtant, ils sont banalisés par les autorités médicales. Cela démontre l'importance d'une pharmacovigilance à visage humain, avec un véritable suivi médical des personnes vaccinées... En amont et en aval de la vaccination.



Catherine Boudet

Les témoignages se multiplient: des femmes se plaignant de douleurs au ventre, de retards de leurs menstruations et de saignements anormaux suite à la vaccination anti-Covid. A tel point que la presse s'est fait écho de ces cris d'alerte.

Pourtant, les autorités sanitaires se sont empressées de minimiser le problème. Dans *Inside News* du 28 juin, le Dr Catherine Gaud, épidémiologiste consultante au ministère de la Santé, confirme que le phénomène a été rapporté, en effet, à Maurice "mais qu'il ne s'agit toutefois pas d'un effet secondaire, décrit et connu, du vaccin" ('Covid-19 et vaccination: perturbation du cycle menstruel - les précisions de la Dr Catherine Gaud', *Inside News* du 28 juin 2021).

Dans *l'express* du 9 juin, elle allait même jusqu'à déclarer qu'"à l'heure actuelle il est prouvé que le vaccin ne fait rien aux femmes qui veulent avoir des enfants". Se montrant même catégorique sur le fait que, selon elle "à ce jour, aucun vaccin, n'a d'effet particulier sur la fertilité, ou l'allaitement, comme voudrait le faire croire les rumeurs et 'fake news' en circulation". ('Covid-19 - vaccins : quels effets sur les règles?', *l'express* du 9 juin 2021.)

Pourtant, des publications médicales internationales spécialisées tirent la sonnette d'alarme sur les saignements menstruels post-vaccination. En particulier le *British Medical Journal* qui a publié le 18 avril dernier, l'article d'un chercheur en Pharmacie intitulé 'Covid-19 post-vaccine menorrhagia, metrorrhagia or postmenopausal bleeding and potential risk of vaccine-induced thrombocytopenia in women'.

Son auteur, Hamid Merchant, de l'université anglaise de Huddersfield, spécifie que beaucoup de femmes à travers le monde se sont plaintes de dérèglements menstruels et même d'hémorragies vaginales après avoir reçu un vaccin



contre la Covid-19. "Certaines expérimentent des saignements menstruels intenses (ménorragie), d'autres des saignements avant leurs périodes ou des saignements fréquents (métrorrhagie/polyménorrhée), tandis que d'autres encore se sont plaintes de saignements post-ménopause", poursuit l'auteur.

Les saignements ne sont pas anodins

Hamid Merchant anticipe en outre que le nombre réel de femmes touchées par ce problème dans le monde pourrait être "bien plus élevé que le nombre de cas rapportés dans les systèmes de pharmacovigilance, du fait que de nombreuses femmes dans des contextes culturels différents peuvent se sentir mal à l'aise d'en parler".

L'auteur souhaite alerter la communauté scientifique sur le fait que ces pertes importantes et inhabituelles de sang menstruel peuvent entraîner d'autres effets secondaires chez les femmes affectées: anémies sévères, thrombocytopenies (baisse du nombre de plaquettes dans le sang), caillots sanguins et même hémorragies.

En outre, ces saignements menstruels anormaux peuvent constituer des signes avant-coureurs de "thrombocytopenie prothrombotique" chez certaines de ces femmes vaccinées, c'est-à-dire des troubles de la coagulation sanguine qui peuvent occasionner des caillots et avoir des conséquences fatales dans certains cas. D'ailleurs, diverses agences médicales notamment l'*European Medical Agency*

(EMA) et le ministère de la Santé et des Services sociaux du Québec ont émis des avertissements officiels à destination des praticiens sur le fait que la vaccination anti-Covid peut induire des thrombocytopenies prothrombotiques, et ce, pas seulement chez les femmes.

En ce qui concerne les troubles menstruels post-vaccination anti-Covid-19, ils seraient très probablement liés à des antécédents médicaux chez les femmes touchées, signale Hamid Merchant dans un autre article du 24 mars 2021 dans le *Journal of Pharmaceutical Policy and Practice*, "Covid vaccines and thrombotic events: EMA issued

warning to patients and health care professionals". Par ailleurs, le risque d'accidents sanguins post-vaccination serait plus élevé chez les femmes qui utilisent des contraceptifs oraux.

Une prise en charge rapide peut sauver des vies

Le chercheur en pharmacie incite les autorités régulatrices et les agences de santé publique à ne pas négliger ces incidences, à les rapporter et à les prendre en charge le plus rapidement possible, car, dit-il, "une prévention rapide peut contribuer à sauver des vies".

Comparativement, à Maurice, le son de cloche émanant des autorités compétentes est à la banalisation. Se voulant rassurante, le Dr Gaud déclare dans *Inside News* à propos de ces troubles menstruels post-vaccination, que "cela n'a aucune conséquence particulière".

Quant au représentant de l'OMS, le Dr Laurent Musango, interrogé par *l'express*, il se borne à observer que "pour l'instant, par rapport à nos données existantes, rien n'est lié à la menstruation des femmes". Il donne la garantie que "si c'est quelque chose qui n'a pas été constaté dans les essais cliniques, ce sera pris en considération". Rien sur la prise en charge de ces femmes, de leurs symptômes, de leurs souffrances et de leurs peurs. La pharmacovigilance de la vaccination anti-Covid se résumerait-elle à remonter les données cliniques mauriciennes aux fabricants de vaccins et aux organisations internationales? Et qu'advient-il de ces femmes

souffrantes, congédiées sans plus de considération?

Le fait est donc que des symptômes liés à la vaccination, tels que les troubles menstruels, qui n'avaient pas été détectés durant les essais cliniques, apparaissent dans la campagne vaccinale. C'est un phénomène gênant qui vient quelque peu remettre en question le discours officiel de l'OMS qui veut présenter la campagne de vaccination comme une équation bienfaits/risques penchant en faveur des bienfaits. Ce qui n'est toutefois pas une bonne raison pour justifier une politique de l'autruche en matière de suivi des symptômes des vaccinés.

Pour une pharmacovigilance à visage humain

Pour l'heure, le principal souci des autorités face aux accidents de vaccination semble être d'établir le lien, ou plutôt l'absence de lien, entre le vaccin et les accidents post-vaccination. Ainsi, dans le cas du jeune sportif qui s'est retrouvé partiellement paralysé du visage suite à sa première dose de vaccin, "s'il s'avère que c'est à cause du vaccin, nous allons communiquer" s'est borné à répondre le ministère de la Santé interrogé dans *l'express* du 4 juillet 2021.

Le bilan des divers accidents post-vaccination soulève l'importance d'une pharmacovigilance à visage humain. Une pharmacovigilance dont la préoccupation centrale ne serait pas juste de dédouaner les autorités et les fabricants par rapport aux effets cliniques, mais aussi d'établir un suivi médical des vaccinés, pour leur propre sécurité. On ne peut pas balayer d'un revers de main les effets secondaires chez les personnes vaccinées sous le prétexte qu'ils sont rares ou qu'ils ne sont pas apparus dans les essais cliniques:

"Les signes précoces d'effets secondaires, même rares, détectés dans la pharmacovigilance ne doivent pas être écartés juste sur la base du fait qu'ils sont rares au regard des statistiques. Au contraire, ils nécessitent de procéder à des investigations scientifiques et des corrélations cliniques approfondies afin de pouvoir établir un possible lien de causalité", martèle Hamid Merchant.

De toute évidence, une pharmacovigilance doit s'exercer en aval pour le suivi des personnes vaccinées. Mais elle doit aussi s'effectuer en amont, afin de prévenir les risques d'accidents de vaccination. Au lieu de pousser coûte que coûte les personnes à se faire vacciner pour remplir des quotas, même quand elles ont un historique médical à risque. Il en va de la santé publique.

Why is Delta such a worry?

● Cont. from page 2

The recently described Delta Plus variant carries the K417N mutation too. This mutation is also found in the Beta variant, against which COVID vaccines may be less effective.

One good thing about the Delta variant is the fact researchers can rapidly track it because its genome contains a marker the previously dominant Alpha variant lacks.

This marker — known as the “S gene target” — can be seen in the results of PCR tests used to detect COVID-19. So, researchers can use positive S-target hits as a proxy to quickly map the spread of Delta, without needing to sequence samples fully.

Why is Delta a worry?

The most feared consequences of any variant of concern relate to infectiousness, severity of disease, and immunity conferred by previous infection and vaccines.

WHO estimates Delta is 55% more transmissible than the Alpha variant, which was itself around 50% more transmissible than the original Wuhan virus.

That translates to Delta's effective reproductive rate (the number of people on average a person with the virus will infect, in the absence of controls such as vaccination) being five or higher. This compares to two to three for the original strain.

There has been some speculation the Delta variant reduces the so-called “serial interval”; the period of time between an index case being infected and their house-



Pic - Gettyimages

hold contacts testing positive. However, in a pre-print study (a study which hasn't yet been peer-reviewed), researchers in Singapore found the serial interval of household transmission was no shorter for Delta than for previous strains.

One study from Scotland, where the Delta variant is predominating, found Delta cases led to 85% higher hospital admissions than other strains. Most of these cases, however, were unvaccinated.

The same study found two doses of Pfizer offered 92% protection against symptomatic infection for Alpha and 79% for Delta. Protection from the AstraZeneca vaccine was substantial but reduced: 73% for Alpha versus 60% for Delta.

A study by Public Health England found a single dose of either vaccine was only 33% effective against symptomatic disease compared to 50% against the Alpha variant. So, having a second dose is extremely important.

In a pre-print article, Moderna revealed their mRNA vaccine protected against Delta infection, although the antibody response was reduced compared to the original strain. This may affect how long immunity lasts.

A global challenge to controlling the pandemic

The Delta variant is more transmissible, probably causes more severe disease, and current vaccines don't work as well against it.

WHO warns low-income countries are most vulnerable to Delta as their vaccination rates are so low. New cases in Africa increased by 33% over the week to June 29, with COVID-19 deaths jumping 42%.

There has never been a time when accelerating the vaccine rollout across the world has been as urgent as it is now.

WHO chief Tedros Adhanom Gebreyesus has warned that in addition to vaccination, public health measures such as strong surveillance, isolation and clinical care remain key. Further, tackling the Delta variant will require continued mask use, physical distancing and keeping indoor areas well ventilated.

Michael Tool

Professor of International Health, Burnet Institute

Programme des Courses

1 THE RADLET PLATE 1500 m - Valeur [0-20] - 12h15					
1 Jet Path	VA	9-8/10-7-6	61.5(-3)	A.Roy	6 650
2 Artax	AS	9-3/6-7-4	61(-4)	I.Taka	4 1000
3 Rochester	JMH	7-6-9/1-2	60.5(-4)	N.S.Batchameah	8 360
4 Time Is Gold	SH	0-10-7/4-6	60.5	R.K.Chumun	9 800
5 Valerin	CD	3-4-2/2-6	60(-4)	M.Sonaram	5 500
6 Seventh Silver	RG	7-9-5/4-4	59(-1.5)	E.Migale	2 600
7 Midnight Messenger	SPN	5-2-5-6/3	58	D.Bheekary	3 550
8 Bypass	SPN	8/9-10-3-8	56.5(-1.5)	M.Teetan	1 2300
9 Big Smoke	P	5-6-5-8/3	55.5	O.Sola	7 550

2 THE ZINOVIEFF PLATE 1850 m - Valeur [0-25] - 12h50					
1 High Key	SN	4-5-4/3-5	61.5(-3)	A.Roy	5 550
2 West Coast Warrior	RG	3-3/5-3-3	61.5(-4)	N.S.Batchameah	8 340
3 Mr Green Street	RM	2-4-9/7-3	61	P.C.Orffer	3 330
4 Siberian Husky	CR	9-7-4/5-8	60	S.Bussunt	4 1300
5 Starsky	CD	6-6/8-8-4	60(-4)	M.Sonaram	7 450
6 Sir Capers	P	4-6-4-6/6	58.5	R.Joorawon	9 1800
7 Eagles Vision	SPN	2/8-R-6-3	58	J.Allyhosain	6 1000
8 Midnight Oracle	SPN	6-10/7-7-5	57.5	B.Sooful	1 2000
9 Desert Thief	RG	1-3-3/3-4	56	S.Rama	2 600

3 THE PHILIPPE GOUPILLE CUP 1365 m - Valeur Benchmark 36 - 13h25					
1 Walls of Dubrovnik	SH	0-0-0-0-1	60	I.Santana	5 170
2 Candle Cove	SN	nouveau	59.5	D.Bheekary	7 650
3 Rock Manor	CR	5-2-4-2/5	59.5	P.K.Horil	4 400
4 Bollinger	P	2-1-8/10-8	59	R.Joorawon	2 500
5 Trojan Quest	JMH	5-8-4-1/5	57.5	B.Sooful	3 1600
6 Gunner Runner	GR	1-2-6-6/8	57	K.Kalychurun	8 2500
7 Follow Suit	CD	0-0-0-0-8	56(-4)	M.Sonaram	1 1200
8 Fort Mchenry	JMH	nouveau	56	S.Rama	6 2500

10è journée samedi 10 juillet 2021					
4 THE TRAINERS ASSOCIATION CUP 1850 m - Valeur Benchmark 41 - 14h00					
1 Snowy Mountain	P	0-0-0-0-9	62(-4)	N.S.Batchameah	5 1200
2 Lumber Jackaroo	CR	0-3-4-8/9	60.5	S.Bussunt	7 2000
3 Moschino	VA	4-1/6-7-3	60	B.Fayd'herbe	2 210
4 Arlingtons Revenge	SJ	8-4-5-4/4	59	J.Allyhosain	3 500
5 Moonrise Sensation	AS	2-6-6-9/6	59	S.Rama	4 650
6 Camp David	GR	7-8-3/2-1	57.5	B.Sooful	6 400
7 Italian Way	VA	1-1-2/3-5	55	R.Joorawon	1 500

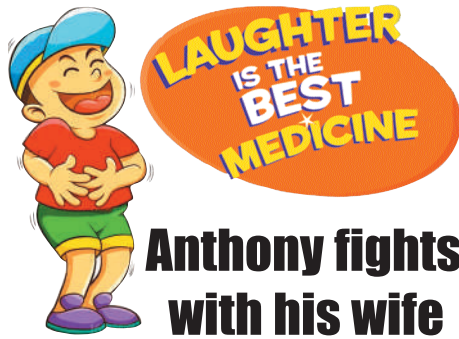
5 THE SIR RAYMOND HEIN Q.C CUP 1600 m - Valeur Benchmark 56 - 14h35					
1 Backpacker	VA	0-0-0-0-10	61	B.Fayd'herbe	4 1000
2 Red Mars	SJ	1-2-2-2/5	61(-3)	A.Roy	5 550
3 Tsitsikamma Dance	RM	2-5-5-4/2	61	P.C.Orffer	1 240
4 Brilliant Disguise	CR	0-0-0-0-4	60.5	D.Bheekary	6 600
5 Charleston Hero	VA	1-8/R-6-R	58	S.Bussunt	7 1000
6 Over The Odds	SJ	0-0-0-0-6	58	J.Allyhosain	8 1200
7 Inn A Million	SN	5-1-2-6/8	57.5	G.D.Aucharuz	2 3000
8 Captain Flynt	GR	0-0-6-7/1	57	B.Sooful	3 270

6 THE MAURITIUS JOCKEY CLUB GOLDEN JUBILEE CUP - 1400 m - Valeur 3yrs Old - 15h10					
1 Footy Goal	RM	0-0-0-0-3	60	P.C.Orffer	3 190
2 Zo Lucky	SJ	0-0-0-0-R	57	D.Bheekary	2 1200
3 Break The Silence	GR	0-0-0-3-2	56.5	B.Sooful	4 400
4 Syds Liason	RG	0-0-0-3-3	56.5	R.Oliver	6 600
5 Benev	SPN	0-0-0-0-9	54	K.Kalychurun	5 2500
6 Var's Elusion	SJ	0-0-0-0-1	53	T.Juglall	1 350
7 Pforzheim	SPN	0-0-0-0-6	52	S.Rama	7 2000

7 THE LINES OF POWER PLATE 1500 m - Valeur Benchmark 31 - 15h45					
1 Badawee	SJ	5-8/9-6-2	60	T.Juglall	1 600
2 Man From Seattle	RG	6-3-9-3/6	60	J.Allyhosain	3 550
3 Why Wouldn't Yew	RM	3-7/7-5-4	60	P.C.Orffer	11 900
4 Copenhagen	VA	10-3-4/2-6	59.5	B.Fayd'herbe	2 1200
5 Crazy Charlie	GR	R-1-3/4-3	59.5	N.Teaha	9 450
6 Stockbridge	PM	6-7-3-3/5	59.5	R.Oliver	4 1500
7 Carlton Heights	AS	4-1-9/3-3	59	S.Rama	10 700
8 Kalgoorlie	G	1-4-3-4/2	59	S.Donohoe	7 275
9 Domino Ruler	SPN	0-0-0-0-5	58.5	D.Bheekary	8 2000
10 Desert Boy	P	nouveau	57.5	G.D.Aucharuz	5 800
11 Master Mariner [EA]	JMH	0-0-0-0-7	57.5	-----	6 ----

8 THE H. MARC WIEHE PLATE 1400 m - Valeur [0-26] - 16h20					
1 Bethanthherest	SJ	nouveau	60	N.Teaha	7 1500
2 Capkuta	JMH	0-0-5-5/6	60	R.Joorawon	6 700
3 Cloud Seeder	AS	0-0-0-0-7	60	S.Rama	4 1200
4 Courtroom Magic	P	0-0-0-0-2	60	G.D.Aucharuz	2 265
5 The Gypsy King	SPN	0-0-0-0-10	60	B.Sooful	1 2000
6 Zenzero	SH	2-7/4-5-3	60	I.Santana	8 1000
7 Red Force One	RG	0-0-0-2-1	59.5	J.Allyhosain	3 250
8 Justinian	G	0-0-0-0-6	57.5	S.Donohoe	5 500

SELECTIONS					
1. Rochester, Valerin, Big Smoke					
2. West Coast Warrior, Desert Thief, Eagles Vision					
3. Walls of Dubrovnik, Rock Manor, Gunner Runner					
4. Moschino, Camp David, Italian Way					
5. Tsitsikamma Dance, Captain Flynt, Red Mars					
6. Footy Goal, Break The Silence, Var's Elusion					
7. Kalgoorlie, Man From Seattle, Crazy Charlie					
8. Courtroom Magic, Justinian, Red Force One					



Anthony fights with his wife

Anthony from Kottayam woke up one morning deeply repentant after a bitter fight with his wife the previous night. He noticed with dismay the crate of brandy bottles that had caused the fight. He took it outside and started smashing the empty bottles one by one onto the wall.

He smashed the first bottle swearing, "You are the reason I fight with my wife."

He smashed the second bottle, "You

are the reason I don't love my children."

He smashed the third bottle, "You are the reason I don't have a decent job."

When he took the fourth bottle, he realized that the bottle was still sealed and full...

He hesitated for a moment and said, "You stand aside, I know you were not involved."

Nymphomaniac Convention

A man boarded an aircraft at London's Heathrow Airport for New York, and taking his seat as he settled in, he noticed a very beautiful woman boarding the plane.

He realised she was heading straight toward his seat and bingo - she took the seat right beside him.

"Hello", he blurted out, "Business trip or vacation?"

She turned, smiled enchantingly and said, "Business. I'm going to the annual Nymphomaniac Convention in the United States."

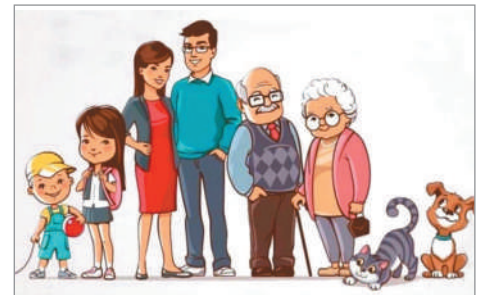
He swallowed hard. Here was the most gorgeous woman he had ever seen sitting next to him, and she was going to a meeting for nymphomaniacs!

Struggling to maintain his composure, he calmly asked, "What's your business role at this convention?"

"Lecturer," she responded, "I use my experience to disprove some of the popular myths about sexuality."

"Really", he smiled, "what myths are those?"

"Well," she explained, "one popular myth is that African-American men are the most well-endowed when, in fact, it's the Native American Indian who is most likely to possess that trait."



Corona has proved that everything around us is so temporary. Things our lives revolved around.. work, gym, malls, movies, society have all gone for a toss as we are learning to live without them. It has taught us that in the end, it's your own home and family that keeps you safe.

Another popular myth is that French men are the best lovers, when actually it is the men of Greek descent.

We have also found that the best potential lovers in all categories are the Irish."

Suddenly the woman became uncomfortable and blushed. "I'm sorry," she said. "I really shouldn't be discussing this with you, I don't even know your name!"

"Tonto," the man said. "Tonto Papadopoulos, but my friends call me Paddy."

Now there are eleven types of Mauritians

1. Proud Mauritians (done both vaccines).
2. Worried Mauritians (one vaccine).
3. Helpless Mauritians (no vaccine).
4. Confused Mauritians (which vaccine?).
5. Perplexed Mauritians (Covid after 2 vaccines).
6. Disappointed Mauritians (unable to register online for vaccine).
7. Courageous Mauritians (moving around without masks).
8. Arrogant Mauritians (there is nothing like Corona).
9. Addicted Mauritians (daily shopping of vegetables, dairy and groceries).
10. Panicked Mauritians (keep wearing 2 mask 24 hours, even inside the home).
11. Suicidal Mauritians (keep visiting the market and going from one shop to another without wearing a mask).

Life's Lessons

You become transformed when you are willing to learn

One afternoon, I went for a walk with a friend in the suburbs. Suddenly, an old man in tattered clothes approached us with a bag of green vegetables in his hand.

The sales of those vegetables on that day were very poor, the leaves seemed dehydrated and yellowish and there were holes in them as if bitten by insects.

But my friend bought three bags without saying a word.

The old man also embarrassedly explained: "I grew these vegetables myself. It rained a while ago, and the vegetables were soaked. They look ugly. I'm sorry."

After the old man left, I asked my friend: "Will you really cook these when you go home?"

He didn't want to say no to me.

"These vegetables can no longer be eaten," he said.

"Then why did you take the trouble of buying them?" I asked.

He replied, "Because it is impossible for anyone to buy those vegetables. If I don't buy it, the old man will probably have no income for today."

I admired my friend's thoughtfulness and concern, so I caught up with the old man and bought some vegetables from him.

The old man said very happily, "I tried to sell them the whole day, but no one was ready to buy them. I am so happy that you both were willing to buy from me... Thank you so much."

Several handfuls of green vegetables that I can't eat at all taught me a valuable lesson. When we are at a low ebb, we all hope that miracles will happen to us; but when we are capable, are we willing to be the one who creates miracles?

People become successful not only because their dreams get fulfilled, but also even more successful because of their compassionate deeds.

You become transformed when you are willing to learn to be compassionate towards others...

Wisdom

Forget and move on...

1. No point using limited life to chase unlimited money.
2. No point earning so much money you cannot live to spend it.
3. Money is really not yours until you spend it.
4. When you are young, you use your health to chase your wealth; when you are old, you use your wealth to buy back your health. Alas, the difference is that it is too late.
5. How wise a man is, is not dependant on how much he has, but knowing how little he actually needs.
6. No point chasing money so hard to provide for the people you either have no time to spend with, or vice versa.

You arrived in this world naked, you leave this world with nothing.

Society may cover the body with some cloth and flowers to give you a decent send-off, not for your sake, but theirs, and, to shield eyes from a grotesquely inert carcass, devoid of 'you'!

Now, now, don't get terribly sentimental! Neither

defend nor delude yourself.

The trick lies in enjoying to the hilt, whatever you have with your loved ones before the 'party' is over!

Money madness

A wise man once sat in the audience and cracked a joke - all of them laughed like crazy.

After a moment he cracked the same joke again, and a little less people laughed this time.

He cracked the same once again, and no one laughed. Some actually groaned!

Then he smiled and said: "When you can't laugh on the same joke again and again, then why do you keep crying over the same thing over and over again..."



Healthy Habits

How to stay safe, healthy, and Covid-free

It's been more than a year of pandemic life. Maybe you've been able to use the time you've spent at home to start some good health habits. Or you may be thinking about ways to make a fresh start by ditching the not-so-healthy parts of quarantine life. Whether you'd like to boost your immune system, get in better shape, lift your mood, or just stay safe, these habits can make a difference.

Eat well

Your diet is a cornerstone of good health. It's key to keeping a healthy weight and protecting yourself from heart disease, diabetes, and cancer. It can also play a role in how well your body can fight other diseases caused by viruses and bacteria.

Your gut houses 70% of your immune system, so the right balance of nutrients will help keep your body's defence system at peak performance.

There's no single superfood you should focus on. It's more about fuelling your body with a mix of nutritious foods.

Sip smart

What you drink can affect your health just as much as what you're eating. It's also important to think about how you're staying hydrated.

Just about every part of your body needs a good supply of water. It's also an important part of your body's defences. Your immune system depends on your bloodstream's ability to carry nutrients throughout your body. That happens more easily when you're hydrated.

Did you start drinking more alcohol on a regular basis during the pandemic? Now might be a good time to cut back. Ethanol, the type of alcohol found in beer, wine, and cocktails, impacts nearly every organ in your body and can weaken your immune system.

Try to: Carry a reusable water bottle with you to fill throughout the day.

Do you have trouble remembering to drink water? Try planning certain times of day to have a glass, such as when you wake up, at each meal, and before bed.

Skip sweetened drinks. They're loaded with sugar and calories and make poor choices.

Watch how much alcohol you have. Men should have no more than two servings of beer, wine, or liquor per day and women should have one serving or less.

Get active

Plenty of people have gotten comfortable working out at home instead of in a gym during the pandemic. But if you haven't been exercising much, there's no better time to start making it a habit.

Regular physical activity makes your heart, lungs, muscles, and bones stronger. It makes you less likely to get long-term diseases like cancer and heart disease. And if you've put on some weight during quarantine, exercise will be a key part of slimming down.

Plus, each time you work out, billions of immune cells are released into your bloodstream, primed and ready to fight off any threats. A burst of activity also helps your body make special proteins that help your immune system resist infections.



While you won't feel all that happening, you can sense other benefits of exercise. After just one workout, your stress level will drop. You'll also find it easier to sleep at night.

A few tips to keep in mind:

If it's been a while since you've worked out, start with a low-key exercise, like a 15-minute walk, and build up to more activity over time.

There are many types of activities you can try on your own at home. You can step outside for a jog or bike ride. Try exercises that use your own body weight, like push-ups or squats. Follow along with an online workout video.

Keep things clean

The risk that you'll catch COVID-19 from touching a surface is low. But it's still a good idea to regularly clean parts of your home. Many diseases are spread by germs that hitch a ride on your hands. Some germs, like the ones that cause the common cold and flu, can live for hours on surfaces made of plastic, stainless steel, or other hard coatings.

Try to: Clean high-touch areas like drawer handles, light switches, tabletops, and doorknobs once a day and after you have guests in your home.

Use the right product for each surface. Check labels on each of your household cleaners and use them as directed. Some may need to sit for a few minutes before you wipe them off. Others may need to be rinsed off with water.

Clean your phone and tablet on a regular basis. Once they're unplugged, wipe them down with a lint-free cloth, then gently go over them with a disinfectant or alcohol wipe. Never use bleach or spray a cleaner right on your electronics -- you could damage them.

Beware of any products that claim to protect surfaces from SARS-CoV-2, the coronavirus that causes Covid-19. Cleaning products are only able to kill viruses at the time that you use them.

Keep your skin safe

Time outdoors has become a staple of pandemic life for many people. And getting out in the fresh air has plenty of perks. Sunshine lifts your mood, relieves stress, and helps you sleep better. It also assists your body in making vitamin D, which is key for bone health and a strong immune system. But while you're soaking up your outdoor time this summer, it's also crucial to care for your skin.

Cover up outside. To prevent a sunburn, wear sunglasses, a wide-brimmed hat, and long sleeves and pants when you can.

Apply sunscreen with at least 30 SPF to your face after you brush your teeth every morning. That'll give it time to absorb into your skin and get you in the habit of wearing it every day. (Even if you're not planning on being outside, you can still be exposed to strong UVA light through windows.)

Carry an extra tube of sunscreen in your purse or backpack. When you're headed to the beach or pool, choose a type that's water-resistant. And don't skimp -- you'll need to apply about 2 tablespoons over your entire body to get enough protection.

Blot -- don't wipe off -- sweat. Rubbing moist skin makes it more likely to break out.

Keep ticks and mosquitos away

These insects can do more than annoy you when you're outdoors. A tick bite can lead to Lyme disease, a serious bacterial infection. Mosquitos can also carry viruses, some of which can be fatal.

Try to: Use an EPA-registered insect spray. These products have ingredients that are proven to work well and be safe, even if you're pregnant or breastfeeding.

When you hike or camp, wear a hat and light-colored clothing, so ticks are easier to spot and pick off. Tuck pants into your socks or boots.

Check for ticks after you've been in the woods or tall grass. Look behind your knees, under your arms, and even in your hair.

Put screens over open windows and doors, and repair any tears so mosquitos can't find a way inside your home. If you have air conditioning, use that instead of fresh air to cool your house.

Get rid of standing water near your home. Mosquitos lay their eggs on or near water. Once a week, check items in your yard like toys, buckets, and planters that can collect water. Dump them out and give them a quick scrub.

If you get a fever, headache, muscle aches, or a rash within 2 weeks of an insect bite, call your doctor.

Prioritize sleep

Rest is your body's superpower. While you sleep at night, your body makes special cells, antibodies, and proteins that help fight against infection and inflammation. If you don't get enough quality rest, you're more likely to get sick when you're exposed to germs. It could take you longer to get over an illness, too.

Try to: Get between 7-8 hours of sleep each night. More than that may make it harder for you to sleep.

Go to bed and get up at the same time every day. This gets your body into a routine, and you'll find it easier to drift off and wake up.

Make your bedroom "cave-like." Think cool, quiet, and dark. You'll sleep best in these conditions.

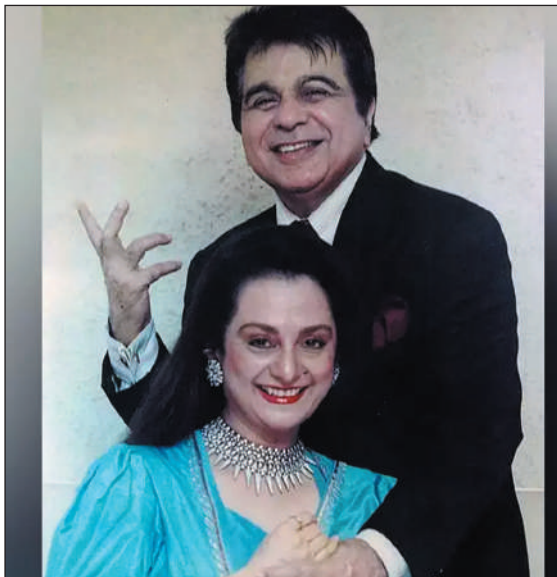
Keep your naps short. While it may be tempting to doze off by the pool, try not to sleep longer than 30 minutes -- or late in the day.

Move screens out of your bedroom. The blue light from your tablet, phone, or laptop tells your brain to stay awake instead of drift off.

Exercise can help you sleep better. Moderate activity, like a brisk walk, earlier in the day or gentle yoga right before bed can help you relax and fall asleep faster.

Reviewed By Neha Pathak,
MD - WebMD

Legendary actor Dilip Kumar passes away at 98



Legendary actor Dilip Kumar, who was popularly known as the tragedy king of Bollywood, passed away on Wednesday morning. The actor was 98 and is survived by his wife, veteran actor Saira Banu. His funeral took place in Mumbai and his mortal remains were taken to his Bandra residence.

Dr Jalil Parkar told Indianexpress.com that Dilip Kumar passed away at 7:30 am on Wednesday. "He passed away due to prolonged illness. He was 98," added Parkar.

Doctors said Dilip Kumar suffered from advanced prostate cancer that had spread to other organs of his body. "He had water in pleural cavity, and he suffered a kidney failure. He required blood transfusion multiple times. We carried the last transfusion but it did not help," a hospital doctor said. He suffered a drop in blood pressure and haemoglobin towards the end. "The cancer spread made it difficult to treat him," the doctor said.

The actor's official Twitter account also confirmed the news of his death, "With a heavy heart and profound grief, I announce the passing away of our beloved Dilip Saab, few minutes ago. We are from God and to Him we return."

Personalities from the world of politics, enter-

tainment and sports mourned his loss. President Ram Nath Kovind wrote: "Dilip Kumar summarised in himself a history of emerging India. The thespian's charm transcended all boundaries, and he was loved across the subcontinent. With his demise, an era ends. Dilip Saab will live forever in the heart of India. Condolences to family and countless fans."

Prime Minister Narendra Modi tweeted: "Dilip Kumar ji will be remembered as a cinematic legend. He was blessed with unparalleled brilliance, due to which audiences across generations were enthralled. His passing away is a loss to our cultural world. Condolences to his family, friends and innumerable admirers. RIP."

Amitabh Bachchan called it 'end of an era'. He wrote on Instagram, "My idol Dilip Saheb .. lost .. never before never after .. "an epic era has drawn curtains .. never to happen again".

Dilip Kumar - born Yusuf Khan - was a trendsetter in terms of acting style, and inspired generations of actors across the various streams of Indian cinema. Regarded as one of the greatest actors that India has ever seen, his career spanned over five iconic decades. One of the legends of Golden Age of cinema in India, he was considered a master of understatement, and eschewed the loud and theatrical elements of acting.

Some of his best known films are *Devdas*, *Mughal-e-Azam*, *Gunga Jamuna*, *Ram Aur Shyam*, *Naya Daur*, *Madhumati*, *Kranti*, *Vidhaata*, *Shakti* and *Mashaal*, to name just a few.

Dilip Kumar was born in the Qissa Khawani Bazaar area of Peshawar (present day Pakistan) to Ayesha Begum and Lala Ghulam Sarwar Khan. He debuted in films with 1944's *Jwar Bhata*, but the film and his work did not garner much attention. It was with 1947's *Jugnu*, also starring Noor Jehan, that he clinched his first box office hit.

In 1949, he starred in *Andaz* with Raj Kapoor and Nargis, and it was that film that made Dilip Kumar a big star. He was the first actor to win the Filmfare Award for Best Actor in 1954, and won it a total of 8 times.

I never thought that I'll become an actress: Debattama Saha

Being touted as one of the most promising stars on TV, Debattama Saha talks to Ruman Ganguly of TNN about her journey so far...



Education: Studied in Don Bosco School, Silchar, Debattama. Graduated in English honours from Amity University

Her journey: I was into singing and dancing and never ever thought that I'll become an actress. My mother told me that I should try my luck at an audition where they were looking for a fresh face for a new serial. I didn't want to go, but still I went for it with a friend just for fun.

The next day, I got a call informing me that I had been selected and was asked to come for a look test. I was literally zapped! But now, I love what I do. Acting has become a part of my life now.

How life has changed: I feel like a celebrity when I go to my birthplace, Assam, now. They organise events for me and what not! People ask me how the track will progress and about my character and I feel so happy that they regularly watch my serial. Even in Kolkata, people request selfies with me, which feels great!

Favourite actors: Prosenjit Chatterjee and Srabanti

YOUR STARS

Sagittarius: Nov 22 - Dec 21

An encounter may transform the lives of single natives this time. The stars will incite you to go further in all your undertakings; no obstacle can stop you; however, don't let yourself be intoxicated by your successes.

Lucky Numbers: 9, 15, 2, 26, 30, 36

Capricorn: Dec 22 - Jan 19

A favourable week to renovate your lodgings and make it more comfortable. Show more tolerance toward your nearest and dearest, for you aren't as easy to live with as you think you are.

Lucky Numbers: 1, 6, 9, 23, 28, 31

Aquarius: Jan 20 - Feb 18

You'll be rather inclined to brood and to entertain wrong ideas about your entourage. Come down to earth quickly and try to remain there. In your work, your stubbornness and intransigence won't serve your interests.

Lucky Numbers: 16, 17, 20, 25, 34, 36

Pisces: Feb 19 - Mar 20

Love affairs will be promising for single people. Fortuitous circumstances will cause you to meet persons having affinities with you. You'll manage your finances efficiently and you'll put an end to certain material difficulties.

Lucky Numbers: 1, 2, 7, 19, 23, 26

Aries: Mar 21 - Apr 19

You'll realize the benefits of a good balance in all fields and will actively look for the golden mean. Think of pampering yourself a little instead of always being on the go. Be tolerant and understanding in your couple life.

Lucky Numbers: 20, 23, 29, 31, 33, 36

Taurus: Apr 20 - May 20

You'll have better morale than lately. Even if you've concerns, you'll react positively by dramatizing nothing. Professionally, a financial or honorary reward will float in the air; consequently, increase your efforts.

Lucky Numbers: 9, 11, 14, 22, 26, 30

Gemini: May 21 - June 20

It will be in your interest to act with the greatest honesty towards yourself and not let yourself be invaded by those close people who sometimes are only self-interested. Many new ideas will stimulate your mind and energy.

Lucky Numbers: 4, 11, 15, 20, 21, 30

Cancer: June 21 - July 22

Your nerves will be set on edge by your professional and family surroundings. Your amorous destiny will take on a decisive and happy turn. You're far from always being right; it would be high time to recognize it.

Lucky Numbers: 1, 15, 21, 30, 36, 38

Leo: July 23 - Aug 22

The friendship sphere will be very much favoured: you'll make new friends, and your old friends will be of great help to you. You must show more patience toward your children.

Lucky Numbers: 4, 14, 16, 30, 31, 36

Virgo: Aug 23 - Sept 22

Fluctuating humours, but you won't have to be concerned about them. Don't wallow in your recent unhappy love affairs. In work, you'll be appreciated and it will be made known to you.

Lucky Numbers: 2, 9, 14, 25, 31, 33

Libra: Sept 23 - Oct 22

Better physical resistance and much better morale than lately. In your work, it won't be time to take too many risks. Some difficulties in your family life, but everything will straighten itself out well if you can remain cool-headed. You'll manage your love affairs very skilfully.

Lucky Numbers: 11, 18, 29, 30, 35, 36

Scorpion: 23 Oct - 21 Nov

You'll be a prey to great hesitation between caution and a desire to take risks; seek counsel from competent people. Beware of your habitual tendency to take refuge in food in case of deception or anguish. Make an effort to balance your budget.

Lucky Numbers: 15, 17, 18, 21, 33, 39

Manav-Archana to Ram-Priya...

TV's evergreen and iconic 'jodis' that redefined couple goals



The entertainment industry has made our hearts flutter with the desire for romance that we see on the big and the small screens. Although the romance we see in television shows is far-fetched, people hope for a reel-kind-of-love in their real lives too. An exceptional love story, an ideal partner, and the feeling of happily-ever-after has raised the bar for lovers old and new. Here's revisiting television's most iconic couples who have redefined 'couple goals' as reported by TNN:

Manav and Archana

Pavitra Rishta went on air in 2009 and the love story made the audience believe in 'soul mates.' Everybody desired of getting a life partner like Manav (Sushant Singh Rajput) and Archana (Ankita Lokhande).

Middle-class values and upbringing; the struggle to fulfil the needs of the family and keep everyone happy; overcoming all the possible hurdles which could come in a typical love story -- Manav and Archana taught how love overcomes all of it. Their love story stood strong even in patchy waters. This onscreen couple still rules hearts and

how.

Priya and Ram Kapoor

Ekta Kapoor's show, *Bade Achhe Lagte Hain* explored the worlds of two different individuals, Priya (Sakshi Tanwar) and Ram (Ram Kapoor) who are unmarried in their 40s due to some reasons but come together and eventually fall in love post marriage.

This was an unusual love story that celebrated 'mature love'. What made it one of the most popular shows of its time was the interesting pairing of Sakshi Tanwar and Ram Kapoor. Their chemistry reflected on-screen was infectious and they also shared a thick friendship, which made them the viewers' favourite.

Raman and Ishita

One of the indifferent pairs in the history of Hindi TV shows is Raman (Karan Patel) and Ishita (Divyanka Tripathi) from *Yeh Hai Mohabbatein*. The nuances they shared, their 'nok-jhoks', their compassion for each other in unexpected situations, especially for the storyline that

required such understanding between the couple, they did it all, and that ticks all the right boxes for us.

Guneet Sikka and Amber Sharma

Mere Dad Ki Dulhan was a coming-of-age love story. Love is not age-bound and can happen at any age, in any situation. The storyline of this show was different and intriguing that made Guneet Sikka (Shweta Tiwari) and Amber Sharma (Varun Badola) one of the most entertaining couples on television.

Guneet Sikka - the strong-willed, believer of love and romance and a today's woman who is not afraid to accept failed relationships and move on with her head held high without compromising her integrity, nailed it with her performance.

On the other hand, Varun Badola as Amber Sharma, a grumpy and overtly concerned single-father who had a unique way of expressing himself and picking fights with his neighbours, maids, employees and tenants alike was a delight to watch.

But when this very Ambar Sharma fell head-over-heels in love with Guneet, their romance knew no bounds! From climbing windows to setting up 'terrace' dates and holding hands 'chup-chup-ke' these two had us gushing over them.

Mihir and Tulsi

How could one forget Mihir (Amar Upadhyay/Ronit Roy) and Tulsi (Smriti Irani) from *Kyunki Saas Bhi Kabhi Bahu Thi*. The show changed the history of Indian television and made women the epicentre of everything.

Tulsi and Mihir's love for each other and their family wouldn't let them think twice before putting themselves in danger for their love. Despite getting married for the second time in the show, Tulsi's love brings her Mihir back to her.

Parvati and Om

Kahaani Ghar Ghar Kii saw Parvati (Sakshi Tanwar) and Om (Kiran Karmarkar) as husband and wife on the show. They were the ideal couple for any family that would cross boundaries for the self-respect of their partner and safeguard their family's values and principles.

Ankit Gera returns to TV with 'Choti Sarrdaarni'

Ankit Gera, who is best known as Adarsh Saxena in *Mann Ki Awaaz Pragitya 1* and also participated in *Bigg Boss 9*, is all set to return to TV after a gap of almost two-and-a-half years. He has been roped in for a special cameo in *Chhoti Sarrdaarni*, which features Nimrit Kaur Ahluwalia, Kratika Sengar and Avinesh Rekhi in lead roles. Ankit was last seen as the male lead in *Agniphera*.

Informing a source associated with the show, "Ankit will join the show at a crucial juncture. He will play the part of Sameer Khanna. His entry will result in intrigue and a new twist in the storyline. Though short, it's a pivotal cameo."

After the new Covid-19 rules, the shoots of TV shows have come to a halt in Mumbai. Several makers have moved to other cities to continue the shoot of their TV shows. The unit of *Choti Sarrdaarni* is shooting in Delhi.

Talking about shooting in Delhi, Kratika Sengar in an exclusive interview with Neha Maheshwri of TNN recently, had said, "We are putting up at a hotel in Delhi and have created a bio bubble. That means that all of us cannot step out of the hotel. We have made arrangements for the shoot inside the hotel.



Every actor should have another source of income: Ankit

Last year, Ankit went through a difficult patch after his father, and he tested positive for Covid-19. He was

finalised to play the parallel lead in *Naagin 5*, but had to opt out of the project just a few days before he was slated to travel to Mumbai. He says, "Two days before I was to leave for Mumbai for the shoot of *Naagin*, my father tested positive for Covid-19 on August 22. The responsibility of the family business came on my shoulders. So, I couldn't do the show. Later, I too was infected in October while shooting for a single in Jaipur."

Since then, Ankit has been actively involved in his family's hospitality business. He says, "Acting as a profession is full of uncertainties, and every artiste should have another source of income because you can hit a dry spell any moment. I feel more secure and confident today because I know I have my business to fall back on. I can afford to be selective without worrying about my track and the ratings."

Ask him about his relationship status, and the actor replies, "I am single and have every intention of staying single for some time. My parents want me to settle down. But I want to get married to someone I am in love with. All of us go through a phase of falling in love and outgrowing the relationship. I have also been through it. But today, I am at a stage where I don't want to be in a meaningless relationship."



Samedi 9 Juillet - 21.15

Cup Of Love



Samedi 10 Juillet - 21.20

Fast & Furious 7



Dimanche 11 Juillet - 21.40

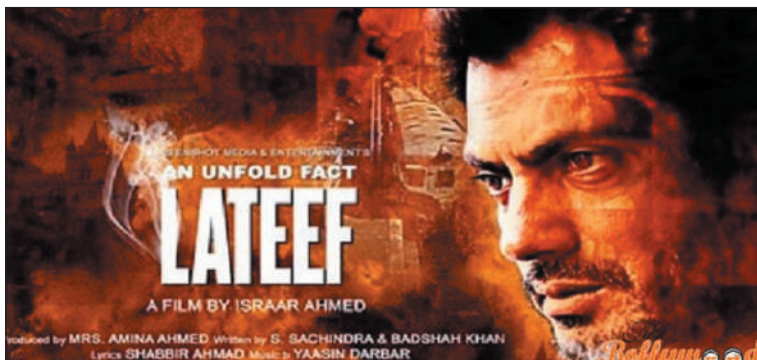


	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
vendredi 9 juillet	07.00 Local: Retrovizer 10.15 Local Prod: Rodrig Prog 11.10 Tele: Soleil Levant 12.00 Le Journal 12.25 Tele: Le Prix Du Désir 12.53 Doc: L'art Et La Matière 13.08 Local Prod: Elle 14.30 D.Anime: The Garfield Show 14.43 D.Anime: HTDT 14.55 D.Anime: Astrology 15.19 D.Anime: Little Spirou 15.26 D.Anime: Rev & Roll, Amis... 16.07 D.Anime: The Minimighty... 16.29 D.Anime: Booba 18.00 Live: Samachar 18.30 Serial: Siya Ke Ram 19.30 Journal & La Meteo 20.25 Local: MBC Prod 21.20 Serial: Seal Team 23.00 Le Journal 23.35 Mag: Eye On Sadc	07.00 DDI Live 10.00 Ki Jaana Mein Kaun 10.41 Serial: Bissat-E-Dil 11.04 Serial: Tawaan 12.00 Film: Kotha Janta 15.00 Serial: Zindagi Ki Mehek 15.25 Serial: Aamhi Doghi 15.46 Serial: Bava Maradallu 16.07 Serial: Apoorva Raagangal 16.27 Serial: Silah 16.48 Serial: Imtihaan 17.09 Kullfi Kumarr Bajewala 17.27 Serial: Chhanchhan 18.00 Serial: Colourful Bone 18.30 Mag: DDI Magazine 19.05 Zournal Kreol 19.24 DDI Magazine 19.50 Serial: Band Khirkiyan 20.30 Local: Aqeedat Ke Phool 21.30 Local: Urdu Programme 22.25 DDI Live	06.00 Mag: Eco India 06.26 Mag: Shift 06.38 Mag: Sur Mesure 06.52 Mag: Border Crossing 07.17 Mag: Tomorrow Today 09.00 Guardians Of The Desert 10.30 Doc: Beneath The Waves 14.03 Doc: Guardians Of The... 14.45 Doc: Tsunamis 16.10 Mag: Eco India 16.39 Mag: Shift 17.04 Mag: Border Crossing 17.30 Mag: Tomorrow Today 18.00 Contest Of The Cathedrals 18.46 Mag: Arts And Culture 19.00 Student Support Prog... 19.29 Mag: Euromaxx 20.05 Doc: Innovation On Board 20.30 Local: News (English) 20.40 Master Of Engineering 21.31 Doc: "Reading You Loud..."	01.47 Film: Celle Qui A Tous Les... 03.39 Serial: Shades Of Blue 05.48 Tele: Muneca Brava 06.09 Serial: Madam Secretary 06.51 Film: Riding Tornado 09.00 Serial: Mission: Impossible 09.45 Tele: Daniella 10.37 Tele: Tanto Amor 11.00 Serial: Shades Of Blue 12.00 Serial: Island Doctor 13.30 Tele: Muneca Brava 14.45 Film: Riding Tornado 16.43 Serial: Mission: Impossible 17.29 Serial: Madam Secretary 18.11 Tele: Daneilla 19.00 Tele: Tanto Amor 20.05 Tele: Sinu, Rio Des Pasiones 20.30 Serial: Night Shift 21.15 Film: La Blessure D'une Femme 22.15 Tele: Muneca Brava	08.00 Film: Filhaal 12.05 / 19.54 - Radha Krishna 12.26 / 20.11 - Chupke Chupke 12.45 / 20.32 - Mere Sai 13.06 / 21.09 - Agniphera 13.29 / 21.24 - Bade Acche Lagte Hai 13.56 / 21.46 - Zindagi Ki Mehek 14.14 / 22.13 - Naagin S3 14.56 / 22.55 - Sethji 15.20 Film: 2016 The End Starring: Divyendu Sharma, Kiku Sharda, Harshad Chopda 18.00 Live: Samacher 18.30 Kundali Bhagya 18.51 Ishaaron Ishaaron Mein 19.14 Serial: Bhakharwadi 19.37 Serial: Siddhi Vinayak
samedi 10 juillet	06.00 D.Anime: Mega Man 06.26 D.Anime: Spongo, Fuzz, And 06.46 D.Anime: Sissi, Jeune Impe... 07.11 D.Anime: Kid Lucky 07.35 D.Anime: The Twisted Whis... 08.02 D.Anime: Cosmic Quantum... 08.22 D.Anime: Teenie Weenies 08.24 D.Anime: The Garfield Show 12.00 Le Journal 12.30 Tele: Daniella 14.55 D.Anime: The Garfield Show 15.42 D.Anime: Little Spirou 15.49 D.Anime: Rev & Roll, Amis... 16.22 D.Anime: Dinofroz 16.48 D.Anime: Booba 17.00 Serial: Creeped Out 18.00 Live: Samachar 18.30 Entertainment: Dance 19.30 Journal & La Meteo 20.25 Local: Le Rendez Vous 21.20 Film: Cup Of Love 23.00 Le Journal	07.00 Film: Chhoti Bahoo 09.30 Serial: Vir: The Robot Boy 09.36 Serial: Guddu 10.00 Bade Acche Lagte Hai 11.40 Serial: Bloody Romance 12.00 Serial: Nanda Saukhya Bhare 12.24 Serial: Mooga Manasulu 12.47 Serial: High School 13.03 Annakodiyum Ainthu Pengalum 15.00 Serial: Zindagi Ki Mehek 15.30 Film: Ek Rishtaa Starring Amitabh Bachchan, R. Gulzar, Akshay Kumar 18.23 Mag: DDI Magazine 19.00 Live: Zournal Kreol 20.06 Serial: Vikram Betaal Ki Rahasya Gatha 20.28 Serial: Bitti Business Wali 21.01 Film: Lateef Starring: Nawazuddin Siddiqui, M. Sharma, M. Tiwari, Kader Khan	06.00 Contest Of The Cathedrals 06.42 Mag: Arts And Culture 07.21 Mag: Euromaxx 07.47 Doc: Innovation On Board 08.16 Master Of Engineering 09.51 Doc: Shattered Dreams 11.01 Contest Of The Cathedrals 11.45 Mag: Global 3000 12.37 Doc: Innovation On Board 13.09 Doc: Master Of Engineering 14.40 Doc: Shattered Dreams 15.23 Student Support Program... 17.53 Mag: Japan Video Topics 18.00 Doc: Amazing Gardens 18.30 Doc: More Sense, Less... 19.00 Mag: Vue D'en Haut 19.30 Mag: Check In 20.01 Doc: Volcano Stories 20.30 Local: News (English) 20.40 Doc: Wedding The French... 21.32 Doc: Solar Storms 22.14 Doc: Globesity	01.30 Film: La Blessure D'une Femme 02.55 Serial: Dynasty 2 04.06 Film: Death Fighter 05.04 Tele: Tanto Amor 05.59 Serial: Night Shift 06.40 Film: The Pirate 08.30 Serial: Mike Hammer 09.18 Serial: The Enemy Within 09.59 Serial: Brooklyn Nine Nine 10.41 Film: Red Dog: True Blue 12.14 Serial: Dynasty 2 13.28 Serial: Shades Of Blue 15.05 Tele: Amanda 15.45 Tele: Muneca Brava 16.30 Mag: Hollywood On Set 17.00 Serial: Night Shift 17.45 Film: Orky 20.05 Tele: Sinu, Rio Des Pasiones 20.30 Series: Night Shift 21.15 Film: Fast & Furious 7 22.23 Tele: Dulce Amor	04.05 Radha Krishna 04.26 Chupke Chupke 04.48 Mere Sai -- Shraddha Aur... 05.11 Agniphera 05.34 Bade Acche Lagte Hai 06.00 Zindagi Ki Mehek 06.16 Sethji 06.38 Bin Kuck Kahe 07.25 Ishaaron Ishaaron Mein 08.02 Zindagi Ki Mehek 09.47 Motu Patlu 10.01 Siddhi Vinayak 12.00 Serial: Bhakharwadi 14.00 Sanjivani 14.00 Chupke Chupke 16.00 Pavitra Rishta 18.00 Samachar 18.30 Film: Pyaar Diwana Hota Hai Star: Govinda, Rani Mukerji 20.54 Serial: Siya Ke Ram 21.38 Serial: Naagin
dimanche 11 juillet	06.00 D.Anime: Mega Man: Fully... 06.39 D.Anime: Spongo, Fuzz and... 06.51 D.Anime: Sissi, Jeune Impe... 08.03 D.Anime: Cosmic Quantum... 09.30 Mag: Future Mag 10.00 Local: Zanafan Nou Zil 10.30 Serial: Mustangs FC 12.00 Le Journal 12.40 Tele: Daniella 14.15 Local: Elle 15.10 D.Anime: The Garfield Show 15.36 D.Anime: Trolls: En Avant La... 15.55 D.Anime: Little Spirou 17.11 Serial: Creeped Out 18.00 Live: Samachar 18.30 Local Prod: Manoj Kumar 19.30 Le Journal 20.10 Local: Groov'in 21.40 Film: Lady Bird Avec: Saoirse Ronan, Laurie Metcalf, Tracy Letts	07.00 Film: Sharafat 09.21 Film: Vir: The Robot Boy 11.00 Serial: Oru Kai Osai 11.22 Serial: Santoshi Maa 12.00 Film: Hum Tum Aur Ghost Stars: Arshad Warsi, Dia Mirza, Boman Irani 15.00 Serial: Zindagi Ki Mehek 15.21 Serial: Mooga Manasulu 15.44 Eka Lagnachi Teesri Gosht 16.05 Apoorva Raagangal 17.00 Mahakali 17.43 Kisna 18.30 Local: Tipa Tipa Nu Avance 19.00 Live: Zournal Kreol 20.06 Serial: Mann Mein Vishwas... 20.47 Serial: CID 21.32 Serial: Naagin Season 2 22.17 Jai Kanhaiya Lal Ki 22.59 DDI Live	06.00 Mag: Amazing Gardens 06.26 Doc: More Sense, Less... 06.52 Mag: Vue D'en Haut 08.10 Doc: Wedding The French... 09.05 Doc: Solar Storms 10.30 Doc: Good News From The... 11.00 Doc: Amazing Gardens 11.26 Doc: More Sense, Less... 12.18 Mag: Check In 13.13 Doc: Wedding The French... 17.18 Mag: Sur Mesure 18.00 Mag: Tendance XXI 19.00 Doc: Garden Party 20.05 Mag: Happiness Is On The... 20.30 Local Prod: News (English) 20.40 Doc: Comme Une Envie De... 21.32 Doc: Muay Thai 22.14 Doc: Southern Japan By Rail 22.57 Mag: Tendance XXI 23.22 Doc: Ville En Fête 22.47 Doc: Garden Party	01.00 Film: Fast & Furious 7 03.05 Serial: Emerald City 03.52 Film: Cup Of Love 06.09 Serial: Night Shift 06.50 Brush With Danger 08.31 Serial: Mike Hammer 09.19 Film: Cup Of Love 10.47 Film: Orky 12.20 Serial: Emerald City 13.30 Serial: Shades Of Blue 15.33 Telenovela: Amanda 16.17 Tele: Muneca Brava 17.00 Serial: Night Shift 17.45 Serial: Emerald City 18.30 Serial: Supercopier 19.33 Hollywood On Set 20.05 Tele: Sinu, Rio Des Pasiones 20.30 Serial: The Good Doctor 21.15 Film: Sniper Special OPS 22.43 Tele: Dulce Amor	00.35 Serial: Bhakharwadi 02.28 Chupke Chupke 04.01 Pavitra Rishta 05.35 Film: Pyaar Diwana Hota... 08.00 Motu Patlu 08.32 Ikyawann 10.00 Jaana Na Dil Se Door 11.43 Piya Albela 13.58 Agniphera 15.30 Bin Kuch Kahe 17.30 Punar Vivaah 18.00 Live: Samachar 18.30 Film: Ishqedarriyaan Starring: Chakraborty, Kavin Dave, Mohit Dutta 20.24 Entertainment: Dance 21.19 Bade Acche Lagte Hai 23.14 Serial: Piya Albela

MBC 2 Samedi 10 Juillet Stars: Nawazuddin Siddiqui, M. Sharma, M. Tiwari, Kader Khan - 21.00



Dimanche 11 Juillet Stars: Chakraborty, Kavin Dave, Mohit Dutta - 18.30



Euro 2020: is this 'the greatest therapy session England ever had'?

International football tournaments take us on a rollercoaster of emotions. After the stresses of the past 15 months, watching matches with friends can keep us on a more even keel

"Well how about that", one BBC commentator said, as full-time was called on the England-Ukraine quarter final match of the men's 2020 European Championship, and players hugged on the pitch. "England dominating and giving the nation not only something to cheer with, an outstanding performance and four goals, but also", he paused, "a largely stress-free evening."

Stress-free evenings are very much in order for a lot of people after 15 months of pandemic and all the worry that has gone with that. From a psychological perspective, fans' perceptions of their team's progress throughout the Euros will resemble many people's perceptions of daily life during the COVID crisis - a lack of control over events and uncertainty over what will happen next.

Another of the BBC's commentators talking viewers through the Ukraine match said it had been "like the greatest therapy session England has ever had". And if so, there's no doubt it is a mass therapy exercise, especially after the nation was gripped by England's winning semi-final performance against Denmark.

Football (whether you like it or not) is the world's favourite sport. In England, it's considered the national game. An estimated 1.9 million Britons played the game at least twice a month in 2020. And England's major tournament matches are consistently watched by over 10 million households.

Social ingroup

Research shows that international football tournaments can take us on a rollercoaster of emotions. The more we identify with our team, the more our feelings are connected to their performance. In extreme cases, this emotional ride while watching football has been linked to a higher risk of heart attacks.

When the England team beat Germany in the last 16, they conquered an arch nemesis. In beating Denmark and getting into the final two, England have reached their first European championship final - their first international tournament final since the 1966 World Cup. For England supporters, this is a big deal.

Things were very different during the Euro 2016 tournament. When the English side lost to Iceland in the round of 16, pundits and fans alike expressed anger and grief. It was "full-on humiliation". It compounded "20 years of hurt".

When you socially identify as part of a group (such as fans identifying with a football team) it makes you feel good. It has been found to be positive for your self-esteem.

Conversely, when the status of the group with which you identify is threatened (by, say, an opposing team on a winning streak),



England competes against Germany at the UEFA EURO 2020 in London, on June 29, 2021. Xinhua / Alamy Stock Photo

there can be a tendency to become protective. You might experience the same emotions that you believe your group is experiencing (as fans do when watching their team during a match) because of this sense of belonging.

Collective emotions

Research has shown that the collective emotions that football teams experience as a whole strongly influence the emotions that distinct individuals in the team - which psychologists term a social ingroup) - experience. A similar transference of emotions from the group to individuals can be seen happening between the players on the pitch and the fans in the stands, as the fans are included in the ingroup.

Thus, when players and TV pundits respond positively and intensely to a team's performances, the fans follow suit: the collective emotions are clear to see. The strong social identity that fans derive from those emotions has been found to be positively reinforced.

Many fans, therefore will also have found the smoothness - the stress-free nature, as that commentator put it - of the England match against Ukraine, reassuring.

Living vicariously with England's progress through the Euros might, however, also be taking its toll. The thought of ending up in another losing penalty shootout with Germany was, for some fans, nerve-racking and emotionally draining.

So too, the run-up to the semi-final against Denmark. When Alan Shearer asked Southgate whether he was able to enjoy this as much as fans are back home,

he both smiled and shook his head. "Not really Alan, no, no," he said. "We're in another semi-final. That's three in three years." And now England is headed to the final against Italy, the pressure is very much on.

Ahead of the match against Germany, individual players including Marcus Rashford spoke up to reassure - or perhaps convince - people that the new-generation Three Lions team had, as one journalist put it, "ended the nation's penalty jinx".

The fears don't stop there though. This weight of expectation for England to end 55 "years of hurt" and win the tournament is now the new collective anxiety.

It is important to recognise that anxiety, and to understand how it might be countered by sharing the moment with like-minded people. Whether the results are good or bad, watching a match with friends and family can help to actively regulate emotions - to control your own emotional state.

Research has found that emotional regulation plays a central role in mental health and wellbeing. So celebrate together if your team wins. And if things don't go the way you want them to, don't be alone. Watch with people who care as much as you do.

James Rumbold

Senior Lecturer in Sport and Exercise Psychology, Course Leader for MSc Sport and Exercise Psychology (BPS-Accredited), Sheffield Hallam University



Tree of Knowledge

Madisyn Taylor

Feeling Guilty about Being Happy

Allow yourself to release feeling any guilt about being happy

Happiness is an experience we all long for and deserve in our lives. We may wish for the happiness that comes with a much-needed vacation or an exciting new love affair, yet when the actual experience of happiness emerges, we may be too overcome with guilt to enjoy it. If guilt is interfering with your ability to feel joy, you may find relief in looking at the beliefs you hold about yourself and what it means for you to be happy.

Guilt about feeling happy can arise for different reasons. Deep down you may believe that you don't deserve to be happy because you hurt someone in the past, had more than others growing up, or maybe you received a mean comment from someone you admire. Perhaps it once seemed that painful experiences always followed happy ones; now whenever you begin to feel happy, you find yourself waiting for the other shoe to drop. Happiness may even just feel uncomfortable because you've gotten so used to feeling down. The truth is that when you feel too guilty to let yourself enjoy positive emotions, you are denying a part of yourself that has a right to exist. By limiting your life experience to just the negative feelings, you are cutting yourself off from the fullness of life -- which includes all of the positive emotions as well. Fortunately, you can begin to shift the way you respond to happiness even in this moment.

From now on, when happiness begins to blossom in your heart, try to accept it, relish in it, ask it to stay. It's okay to feel happy even if you believe you don't deserve it. Feeling good is an expression of your wholeness and your connection with life. The next time happiness appears for you, try not to feel guilty about it. Instead, welcome your happiness in like a long-awaited friend.