

MAURITIUS TIMES

• "There is no greatness where there is not simplicity, goodness, and truth." -- Leo Tolstoy, War and Peace

Matters of The Moment

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“Les transitions — pour ne pas dire une succession — sont en train de se construire”

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National Unity Government

There has been much speculation following the meeting and the conversational exchanges between the MSM leader Pravind Jugnauth and the LP leader Navin Ramgoolam at the Indian High Commission, last Sunday, on the occasion of the celebration of India's Independence Day. Several media commentators hypothesised as to the nature of such exchanges, some going so far as to speculate about the possibility and desirability of an imminent 'gouvernement d'unité nationale' (national unity government - NUG). Not quite a NUG since the speculation was about an alliance between the MSM and the Labour Party, which might rope in Xavier Duval's PMSD, but without specifying whether the MMM would be a party to such a political arrangement. Neither political leader at that exchange has denied any such conjectures and for probably good reasons of their own.

One should not read more or too much into what was most probably a fortuitous meeting, perhaps inevitable under the circumstances, between the two leaders than what political analysts would like to believe. That a national unity government would be reassuring for the private sector is rather self-evident given the guarantee of political stability that such a political arrangement would ensure with a much larger majority of the electorate behind it, as opposed to what is presently the case with the current mono-centric dispensation around the MSM. They know the latter is and has been assailed from different quarters for far too glaring faults, mishaps and failings that seem to have turned misgovernance in different areas of public life into a *de facto* reality.

On another level, that such an alliance should be reassuring for the hosts of the India Independence Day reception is also obvious in light of the economic partnerships as well as geo-political interests which have taken a substantially more important weight in the Mauritius-India relationship than cultural, historical and linguistic considerations though still important but now less critical. But it would take more than wishful thinking from whichever quarters to form a national unity government comprising in the main the Labour Party and the MSM, with the PMSD as junior partner, in a new version of the fabled "bleu-blanc-rouge" alliance of the eighties. The new political dynamics in the country since 2014 as well as the battle of political leadership of an important section of the electorate have distanced the MSM and the Labour Party from each other to such an extent that there now appears to be an unbridgeable chasm between these two parties.

Such a hypothesis would leave in the cold the MMM and perhaps even the leader of the Reform Party. This would upend the workable option that the LP leader had promoted, until, that is, the creation of the 'Plateforme de l'Espoir' from which he was excluded and the more recent quasi-admission from the MMM leader that the platform was not what it promised to be. It obviously lacked traction, even with four presumed Opposition leaders doing their best at regular media briefings. Since then, there is no indication that the MMM leader has eaten some humble pie and considers now that the LP and its leader should lead the charge of a united Opposition.

Some would argue that the challenging agenda that the country has to face now and in the coming years implies that the government cannot take it on with a tottering majority. To drive this agenda, the argument goes, it's necessary for foundations to be based on a comfortable majority, solidly grounded in its own natural pool acting as a stable base of support. Politicians of the past generation were able to rouse the required unity for that to happen because the pursuit of larger objectives dwarfed outrageous individualism and money-making. But that was the past. This brings us back to the MMM, which commands to this day an important minority following despite the waning influence of its leader and might still constitute the preferred option for a political arrangement with the LP or even the MSM. Time will tell whether that option would be revisited next time round, but the fact that neither the LP leader nor Pravind Jugnauth has deemed it necessary to deny any 'rapprochement' would suggest that they would both want to keep their cards close to their chests.

The Conversation

Why did a military superpower fail in Afghanistan?



Pic - globalupfront.com

The speed and efficiency with which Taliban forces were able to complete the occupation of most of Afghanistan, as well as the quick collapse of the Afghan government, has led to criticism of President Joe Biden's decision to end US military presence in Afghanistan and of the withdrawal's logistics.

But the criticisms, while valid, may be beside the point. I have studied conflicts like those in Afghanistan for more than 20 years. My experience has taught me that there are more fundamental problems with the United States' strategy in the 20-year war, of which the current chaos is only the latest manifestation. They stem from an approach in which military seizures of territory are intended to fight international extremist movements and ideologies, in Afghanistan and elsewhere.

Nation-building is not a military strategy

US military intervention in Afghanistan, and in Iraq, was initially justified by a need to dismantle immediate and serious national security threats: al-Qaida and fears of weapons of mass destruction.

However, those short-term goals were quickly replaced by a longer-term goal of preventing future threats from those countries, such as new extremist groups. That led the US, with other nations, to occupy both nations and attempt to provide stability and security so that the people of those countries could set up their own governments.

It may be attractive to think that promoting democracy in occupied foreign countries is a morally justified and effective path for restoring security and stability. But political reform is more successful when it originates from the local

societies and political cultures. In Tunisia, for example, local political movements were able to transform their government, a success due in part to a lack of foreign involvement.

In Afghanistan, international groups like the U.N., alongside nonprofits and independent aid agencies, spent millions of dollars and untold hours of work trying to build democracy, write a constitution, create a bill of rights and otherwise create a new political society.

But this external approach, based on military occupation, was "doomed to fail," according to official assessments published in 2009 by the Center for Complex Operations at the US military's National Defense University. That assessment said "nation-building in Iraq and Afghanistan has been a debacle" and recommended the military resume its historic focus on preparing for war.

Military organizations are not equipped or trained to engage effectively in civilian-centered missions such as fostering national identity, forming political institutions or instilling democratic practices of accountability. Promoting stability is different from promoting democracy, and stability can in fact be present even under very undemocratic governments.

The history of military interventions in places such as the West Bank and Gaza, Lebanon, Somalia and Iraq shows that when local leaders are dependent on foreign military forces to maintain power, it's hard to build popular legitimacy, govern effectively and build a shared national identity.

Arie Perliger,
University of Massachusetts Lowell

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Dr R Neerunjun Gopee

Struggling for survival

We must not be fooled by the queues of people pushing overladen caddies at supermarkets hide because the cruel reality is that a majority of people, especially those at the lower end of the economic scale, cannot afford to frequent such supermarkets

Most educated people would have heard about the Theory of Evolution, which was formulated and propounded by the British naturalist Charles Darwin in the 19th century. He travelled round the world for about five years aboard the sailing ship *HMS Beagle*, collecting material (plant and animal) that he analysed and that led him to frame his theory. It is of interest that he also visited Mauritius during this voyage, staying a few days after arriving in April 1836.

In simple terms, the central idea of the Theory of Evolution is that living organisms have to compete for the resources in their environment to survive, and that only the fittest who possess traits which give them a comparative advantage over others survive. The advantage is that they are able to adapt to their environment. Thus, it may be said to be a theory about the 'survival of the fittest.'

Humans have emerged as a successful species that has been able to spread around the world by its capacity for adaptation in varied environments. In the wild, living organisms do not change their environments. But man's intelligence and ingenuity have allowed him to do so, and so prolifically and excessively have humans done it that mankind is now having to face the consequences of this rampant overexploitation. They result from the one factor that underlies and links them all: climate change.

And this has posed new challenges to survival that have impacted even the fittest peoples and countries.

Even as this piece is being written, there's news on the radio that the wildfires that have been raging across southern Europe for the past several days have spread to the famous touristic town of St Tropez in the French Riviera, forcing tourists to literally flee from their posh hotels and spend their night in makeshift, hurriedly organised set-ups so as to escape death. In other areas, local residents have had to run away to take shelter in their vineyards so as to be spared from the fury of the flames that were rapidly spreading. They watched helplessly as they saw the flames engulfing their houses.

Prior to that have been the graphic

visuals that we have been seeing daily for weeks on end now about the fires causing death and destruction in Greece, apparently in a region rendered more prone because of the fir trees that grow there extensively, according to someone who knows the area intimately. And we have also been watching in horror the hundreds of thousands of acres of devastation by wildfire in northern California, where a whole township (Grenville) has been completely razed to the ground. The pathetic sight of one elderly lady who broke down watching the house in which she had spent her whole lifetime burning down in front of her very eyes was really overwhelming: she could not save anything, not even a single piece of her items of sentimental value. That's what survivors and relatives of the block of apartments that collapsed in Florida a few weeks ago were trying to look for as well in the pile of rubble after the building's crash.

Over here, our problems are of a different kind. In the highlands and central plateau, we have been complaining about a harsh winter, of cold and rain that have been making lives miserable. But really, this is nothing compared to the catastrophes -- fire, floods, earthquakes, wars -- that are threatening the lives of populations elsewhere.

Our struggles may be on a lower scale, but they are no less real and hard to bear for a significant number of our population. The ongoing Covid pandemic may be largely responsible, but as it translates into the felt reality about, literally, bread and butter issues it strikes at the heart of the survival paradigm. The first lockdown that was imposed last year set the stage, as it were, for the later difficulties that have surfaced.

People need food, shelter and security. To meet this need they have to work. And once they get work, the next consideration is the affordability of food, the first basic of survival, and then that of shelter and the provision of security.

Undoubtedly a major concern, and worry, for people recently has been the cost of food, which has led to public protests by consumer groups. However, much people may be earning, any rise in the price of basic foodstuff has an immediate impact on the purse which is acutely

felt by the sections of the population at the lower end of the socio-economic ladder. In spite of all the official assurances given, these groups have definitely been more severely hit by the increase in food prices across the board.

This has implications for those who have small children to feed, because food scarcity is known to affect adversely brain development and maturity, besides the negative impact on the child's growth generally. These have measurable conse-

quency is that a majority of people, especially those at the lower end of the economic scale, cannot afford to frequent such supermarkets. When people with average means are grumbling about costs, how much more difficult things are for those whose means are even more limited?

Unlike those unfortunates who are the victims of major catastrophes and whose very survival is at stake, we may consider ourselves to be safer. Nevertheless, this safety is relative, and as a country we must ensure that there is no such disparity that significant numbers of our population find themselves struggling to have enough to put on the table, with all the stress and the distress that this causes.



“Unlike those unfortunates who are the victims of major catastrophes and whose very survival is at stake, we may consider ourselves to be safer. Nevertheless, this safety is relative, and as a country we must ensure that there is no such disparity that significant numbers of our population find themselves struggling to have enough to put on the table. There is already more than enough of both in every other aspect of our lives, courtesy Covid-19, and our leaders are duty-bound to be vigilant about and take all the necessary policy decisions and measures that are indicated to fulfil the people's basic needs...”

quences on the child's educational attainment and other developmental parameters, and as children are the future of a country the overall societal impact is substantial.

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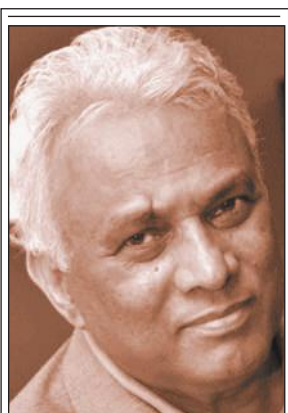
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Democracy and Governance in Free Fall

The contrived spin doctoring blitzkrieg raises even more distrust and interrogations among the people



Mrinal Roy

Despite government repeatedly tomming about the standard of democracy and governance in the country, the stark reality is that both are plummeting in free fall as they are being systematically sapped by overbearing government control and interference and too many systemic failings.

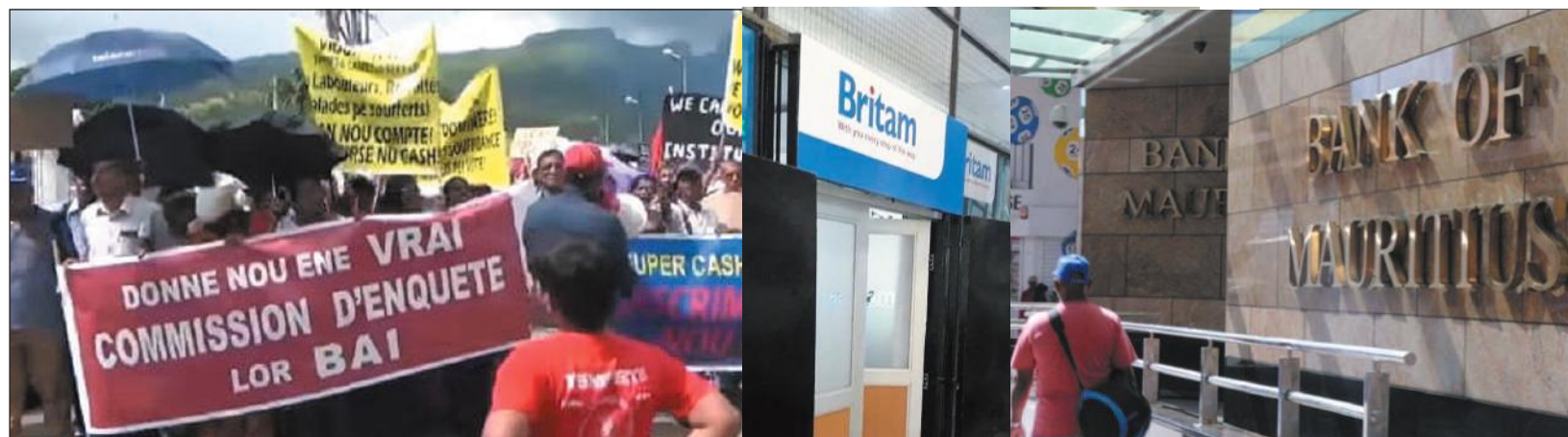
The standard of democracy and governance in a country depends on the competence and independence of its institutions, on the robust checks and balances in place and the strict accountability and transparency of government decisions and in particular those involving public funds. They also depend on the quality, intellect, democratic ethos, altruism and level of probity of the political class and political leaders entrusted by the people to efficiently manage the affairs of the State.

As elected representatives of the people, one of the cardinal roles of MPs is to diligently ensure that all government actions and decisions are in the interest of the people and adhere to the best norms of good governance. Representatives of civil society, the independent media, citizens' organizations and mainstream citizens must also keep a watchful oversight over government actions and decisions to ensure that they unswervingly uphold the interests of the nation. Without robust bulwarks and checks and balances to ensure that political power is democratically exercised, the situation can easily be derailed by political leaders and politicians intoxicated by the headiness of power. This is already happening.

Systemic failings

The most singular failing of our democracy is the blind endorsement and support of MPs, once elected by the people, to the actions and policies of the government and their party leader even when these are against public interest and the interests of the people they represent. Such decreed subservience to those in power is the bane of democracies.

Nepotism and the appointment of the coterie or party faithful to key government posts, as ambassadors and at the head of important institutions and state-owned companies instead of appointing the best qualified talents and seasoned professionals or career diplomats strictly in accordance with rules of meritocracy have littered the history of the country under successive governments with costly blunders. This decreed mode of governance has systematically plumed the prospects of the country over the past decades and is presumably a causative factor in Mauritius being classified in the European Commission's



“How on earth can a Minister and a team of professional advisors sell the BAI Britam shares which do not belong to them without the approval of government and the Cabinet? Why are Ministers, government MPs and the MBC being repeatedly press-ganged to defend tooth and nail the government's tenuous position on these and other issues such as the Horse Racing Authority? How can young MPs be party to such rabid and abject propaganda? Where is the refreshing idealism of the young? Such contrived spin doctoring blitzkrieg raises even more distrust...”

revised list of high-risk countries with strategic deficiencies in their anti-money laundering and counter-terrorist financing frameworks.

The country is thus facing an unprecedented situation. Democracy is being undermined by those elected to strengthen and safeguard it. The appalling state of democracy and governance in the country has reached new lows under the present tenure. Parliamentary democracy, which is a vital element of a vibrant democracy, is being throttled. The role of the opposition in Parliament cannot be systematically undermined by high-handedness, partisan rulings, disproportionate sanctions, lengthy expulsions and filibustering shenanigans of every kind. Such abject stratagems are the hallmark of banana republics.

Stonewall

The government with the complicit support of its cohort of pliant MPs has systematically stonewalled legitimate questions of the people instead of honestly responding to their *bona fide* interrogations. This lack of transparency has spawned suspicion among the multitude and begged a host of straightforward questions on a series of glaring issues such as:

- Why is there caginess about the long-drawn out Angus Road saga, its acquisition modalities and sources of funds?
- Why is there such inordinate delay in concluding the criminal investigations on the allegations of corruption and bribery by 'members of the Mauritian administration and others' made by the African Development Bank and the Danish contractor (Burmeister & Wain Scandinavian Contractor) in June 2020 on the Rs 4.3 billion CEB Saint Louis Power Plant Redevelopment Project, more than a year ago?
- Why has the costly Rs 16 billion Safe City project not been able to provide such deliverables as crucial video footage to help the on-going investigation into the suspect death of a political activist and assure justice to enable the family to reach closure?
- Why is it that, contrary to the repeated assurances given by the government, the dismantling of the BAI Group by the government in April 2015 has cost more than Rs 20 billion of public money to the State?
- Why does the government not make judicious use of the findings of the nTan report to recuperate the billions of Rupees of public funds used to alleviate the distress

of the BAI victims?

Decried Opacity

Why is there such opacity which shrouds the Rs 30 billion so far advanced from the war chest of Rs 80 billion, drawn from the country's foreign exchange reserves, to bail out distressed companies including some of the biggest conglomerates of the country? In particular people want to know whether:

- this colossal sum of scarce financial resources are being rigorously allocated on terms and conditions grounded on pointed technical analysis, sound commercial savviness and financial best practice norms?
- the advanced funds are secured by sound guarantees, currency protection and provide a fair return?
- the financially distressed companies seeking MIC bailout funds are subject to a thorough due diligence evaluation and commercial assessment of their viability, cede equivalent equity and grant board membership to assure oversight of the company's decisions and strict adherence to principles of corporate good governance and sustainable development?

The recent laurels obtained by the Bank of Mauritius cannot however mask the patent IMF criticisms of the 'policies deployed by the BOM in coordination with the government'. The IMF thus proposed measures to 'enhance the central bank's credibility' and recommended that the 'central bank should refrain from providing direct financing to the government and reform the Bank of Mauritius law, including to preempt further exceptional transfers to the government.' The IMF also recommended that 'the central bank be recapitalized within a reasonable time frame and relinquish ownership of the MIC and that its financing be provided through the budgetary process.' What actions are being taken to comply with those directives?

In order to avoid future costly blunders and enormous losses of public funds such as the whopping compensation of Rs 5.7 billion paid to Betamax in June, people want to know whether those who irresponsibly took the questionable decision of terminating the contract between Betamax and the STC in January 2015 in the teeth of the legal advice obtained from the state legal services will be made accountable?

Fallout in Afghanistan means West is now perceived as 'weak', says UK defence secretary

British defence secretary Ben Wallace on Thursday said that the fallout in Afghanistan after two decades of war led by the United States means that the resolve of the West is now perceived as weak by major adversaries such as Russia.

Wallace also said that the fallout is something "all of us should worry about."

"If the West is seen not to have the resolve and it fractures, then our adversaries like Russia find that encouraging," he added.



Taliban sweep into Afghan capital after government collapses.
Pic - The Denver Post

Afghanistan is in a state of disarray as the US troops started pulling out, creating a vacuum for the Taliban to gain control of the government. Britain expressed concerns the Taliban's return to power creates a haven for terrorist groups including Al-Qaeda, reports Shivani Kumar of Hindustan Times.

"Around the world, Islamists will see what they will view as a victory and that will inspire other terrorists," Wallace said in the interview.

New Zealand says it solved Covid-19 'puzzle' that forced nation into lockdown

New Zealand reported a breakthrough yesterday in tracing the source of a Covid-19 outbreak that plunged the nation into lockdown, with Prime Minister Jacinda Ardern saying it should help "stamp out" the virus.

Health officials have been trying to determine how an Auckland man contracted the coronavirus this week, ending a six-month run of no community cases in New Zealand, reports AFP.

Tests showed the man had a version of the Delta strain found in Australia, and Ardern said investigations narrowed down the origin to a person who arrived from Sydney on August 7.

She said the traveller had been in quarantine and hospital since touching down, indicating the virus had not been in the community as long as initially feared.

She said finding the outbreak's source also increased the "ability to circle the virus, lock it down and stamp it out".

Case numbers grew by 11 overnight to a total of 21, she said.

Ardern ordered a three-day national lockdown -- New Zealand's first in 15 months -- when the first case emerged on Tuesday, with Auckland



New Zealand Prime Minister Jacinda Ardern has announced a 'breakthrough' in tracing the Covid case that was reported on August 17, Tuesday. Pic - AP

and nearby Coromandel facing restrictions for a week.

But she said there were grounds for cautious optimism "because we believe it wasn't here for long before it was found".

The infected traveller arrived from Sydney on a so-called "red zone" flight, arranged to bring back New Zealanders stranded when Wellington suspended a trans-Tasman travel bubble due to multiple outbreaks in Australia. The person tested positive two days later and was hospitalised a week after that.

Officials said it was still unclear how the virus spread into the community and 1,000 close contacts of positive cases were being assessed.

A decision is due Friday on whether

the three-day lockdown will be extended or end by Saturday.

New Zealand has adopted a policy of eliminating the virus in the community, rather than containing it, which has resulted in only 26 deaths in a population of five million.

Neighbouring Australia has been pursuing a similar "Covid zero" strategy but is struggling to contain outbreaks of the Delta variant.

Health authorities on Thursday urged mass Covid testing for an entire Outback town in far western New South Wales, where an outbreak that began in Sydney two months ago is spreading.

The area is grappling with Australia's first significant outbreak in Aboriginal communities, with specialist military health teams deployed this week to boost sluggish vaccination efforts.

Early in the pandemic, Wilcannia's roughly 750 residents put up signs on the town's limits asking travellers not to stop -- fearing the virus could obliterate an already vulnerable community, where more than 60 per cent identify as Indigenous.

G7 nations will have stockpiled a billion spare Covid vaccine doses by end of 2021, analysis shows

The G7 nations will have accumulated close to a billion spare vaccine doses by the end of 2021, analysis suggests, as campaigners warn unequal access to Covid jabs will prolong the pandemic and endanger millions of lives across the globe.

A billion vaccines would be enough to fully immunise the 30 least-vaccinated countries, the majority of which are in Africa.

Scientific advisers to the UK government have urged ministers to take more action in supporting overseas vaccination efforts to combat rising global infections and to prevent the emergence of new variants, while the World Health Organisation (WHO) has condemned international leaders for stockpiling doses and making them unavailable to the rest of the world.

Yet analysis from science analytics company Airfinity suggests that, by the end of the year, Britain and its fellow G7 nations



will have hoarded 977,813,000 of leftover vaccine doses desperately needed in some of the world's poorest countries.

Many of these nations - including Namibia, Sierra Leone, Gabon and Macedonia - won't have immunised even 20 per cent of their populations by the beginning of 2022, according to current

vaccination rates.

Exceeding critical "tipping points" in the climate system could lead to significant increases in the economic impacts of the global environmental crisis, a new study has warned.

A research team led by academics at the Grantham institute at London School of Economics (LSE)- used new models to estimate the economic fallout from major climate tipping points being breached, such as the disintegration of the Greenland ice sheet, the thawing of permafrost and dieback of the Amazon rainforest.

The research revealed that should any of these tipping points come to pass, their resultant impact would likely increase the economic cost of damages from the climate crisis by about 25 per cent compared to previous projections.

However, the authors suggested the main scenario they modelled "could be conservative", and the tipping points could in fact trigger much greater damages.

Their study found there was a 10 per cent chance of the tipping points at least doubling the costs of climate change impacts, and a 5 per cent chance of them tripling costs.

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US blocks Taliban access to \$9.5 billion Afghan monetary reserves



US treasury secretary Janet L. Yellen and the Office of Foreign Assets Control on Sunday gave orders to freeze Afghan government reserves held in American banks. Pic - 1stnews.com

The Biden Administration in the United States froze assets worth nearly \$9.5 billion belonging to Da Afghanistan Bank and blocked cash from being shipped to the war-torn nation, in a bid to prevent the Taliban from accessing the money, Bloomberg reported.

The move followed a decision by the US treasury secretary Janet L. Yellen and officials in the Treasury Department's Office of Foreign Assets Control on Sunday when it ordered to freeze Afghan government reserves held in US banks, reports Avik Roy of Hindustan Times.

As a result of this action, the Taliban, which remains on the list of 'Specially Designated Nationals', facing financial sanctions, would not be able to access any Afghan central bank assets kept in the US.

The International Monetary Fund estimate put Afghan central bank assets at \$9.5 billion till April, a sizeable portion of which is in accounts with the New York Federal Reserve and other US-based financial institutions.

Ajmal Ahmadi, the acting governor of Afghanistan's central bank, took to Twitter on Monday to post that he came to know about remittances being stopped by the US to prevent the Taliban from gaining access to the money.

The US government didn't need any fresh authority to freeze Afghan monetary reserves as the country's government fell to the Taliban, which continued to face financial sanctions in the aftermath of the 9/11 attack.

Why vaccinated people largely escaped the worst of Delta surge?

The Delta variant of the coronavirus is believed to be highly transmissible and resistant to vaccines. But, a new study has claimed that the strain, which led the second wave of the coronavirus disease (Covid-19), is not able to evade the antibodies generated by vaccination.

The study has been conducted by researchers at Washington University School of Medicine in the United States and published in the journal Immunity, reports Hindustan Times.

Delta was declared as the variant of concern by the World Health Organization (WHO).

Why vaccinated people largely escaped the worst of Delta surge?

The researchers analysed a panel of antibodies generated by people in response to Pfizer's Covid-19 vaccine and found that Delta was unable to evade all but one of the antibodies they tested.

Other variants of concern, such as Beta, avoided recognition and neutralisation by several of the antibodies, they said.

"The fact that Delta has outcompeted other variants does not mean that it's more resistant to our antibodies compared to other variants," said co-senior author Jacco Boon, an associate professor at Washington University.

The research

The health experts extracted antibody-producing cells from three people who had received the Pfizer vaccine.

They grew the cells in the laboratory and obtained from them a set of 13 antibodies that target the original strain which began circulating last year.

The researchers tested the antibodies against four variants of concern: Alpha, Beta, Gamma and Delta.

Twelve of the 13 recognised Alpha and Delta, eight recognised all four variants, and one failed to recognise any of the four variants. Out of these, five antibodies



Delta was declared as the variant of concern by the World Health Organization and has spread to nearly 100 countries. Pic - post.healthline.com

neutralised the original strain.

"In face of vaccination, Delta is relatively a wimpy virus. If we had a variant that was more resistant like Beta but spread as easily as Delta, we would be in more trouble," Ellebedy said.

The length and breadth of antibodies

In previous studies, researchers have shown that both natural infection and vaccination elicit lasting antibody production.

But this time, the group of scientists from Washington University noted that the length of the antibody response is only one aspect of protection, and breadth matters too.

An ideal antibody response includes a diverse set of antibodies with the flexibility to recognise many slightly different variants of the virus, said the researchers.

They added that breadth confers resilience, adding that even if a few antibodies lose the ability to recognise a new variant, other antibodies in the arsenal should remain capable of neutralising it.

Chinese state media sets sights on Taiwan as US' Afghan retreat stokes nationalism



US soldiers stand guard along a perimeter at the international airport in Kabul, Afghanistan, Monday, August 16, 2021. cnn.com

The chaotic US withdrawal from Afghanistan has presented Beijing with a propaganda boost, with Chinese state media capitalizing on the crisis to trumpet the supposed decline of America and taunt Taiwan with threats of invasion.

The rhetoric coincided with air and naval drills launched Tuesday by the Chinese military, which sent fighter jets and warships near Taiwan in response to what it called the "repeated collusion in provocation" by Washington and Taipei, reports CNN.

In recent years, China's ruling Communist Party has sought to present the US as a fading global power. And now, the return of the Taliban to the streets of the Afghan capital is being touted by state media as the "death knell of US hegemony."

"The fall of Kabul marks the collapse of the international image and credibility of the US," a commentary from state news agency Xinhua said Monday.

"Following the blows of the global financial crisis and the Covid-19 pandemic, the decay of the American hegemony has become an undisputed reality. Its failure in Afghanistan is another turning point in that spiral fall," it added.

The Global Times, a state-run nationalist tabloid, meanwhile, has repeatedly played up what it described as the "unreliability of US commitment to its allies," suggesting the self-governing island of Taiwan could face the same fate as Afghanistan in the event of conflict with China, reports Nectar Gan and Steve George of CNN.

Taiwan and mainland China have been governed separately since the end of a civil war more than seven decades ago, in which the defeated Nationalists fled to Taipei. But the Chinese Communist Party views Taiwan - a democratic island of around 24 million people - as an inseparable part of its territory, despite having never controlled it.

Politicians in Taiwan's ruling Democratic Progressive Party (DDP) dismissed attempts to draw parallels between Taiwan and Afghanistan, saying such comparisons are inherently fraught.

Kolas Yotaka, spokesperson for Taiwan's Presidential Office, said the "lazy comparisons...ignore the realities of both countries, and show little regard for the immense human suffering facing many in Afghanistan today."

Despite formally switching diplomatic recognition from Taipei to Beijing, the US has remained a staunch ally of Taiwan, supplying the island with defensive weaponry under the terms of the decades-old Taiwan Relations Act, including a proposed \$750 million arms sale announced earlier this month.

“Les Travaillistes sont, comme nous le sommes au MMM, dans une période de transition”

‘Les transitions - pour ne pas dire une succession - sont en train de se construire’



Mauritius Times: Ces dernières semaines ont été riches en événements: polémiques autour des déboursments de la MIC, de l'affaire Betamax et aussi de la propriété du PM à Angus Road; rapport de la commission d'enquête sur l'affaire Britam, contentieux opposant le Mauritius Turf Club à la Gambling Authority, reprise de l'enquête judiciaire dans l'affaire Kistnen, etc. La pression s'accroît sur le gouvernement, mais il parvient quand même à garder la tête hors de l'eau. Qu'en pensez-vous?

Avinaash Munohur : Oui et non. Nous voyons bien que les Mauriciens sont profondément divisés sur l'action du gouvernement. Nous avons, d'un côté, des opposants qui sont extrêmement critiques de la moindre décision gouvernementale et, de l'autre, des pro-gouvernement qui sont eux dans une forme de myopie complète et qui manquent cruellement de regard critique et d'objectivité. N'oublions pas également que, moins de deux ans après les élections, il y a eu plusieurs grands rassemblements anti-gouvernement à Port-Louis et à Mahébourg notamment.

De mémoire, je ne pense pas que les gens de ma génération aient vécu une telle polarisation vers les deux extrêmes par rapport à un gouvernement en place. Peut-être que les aînés nous diront que les années de braise ressemblaient à cela. Mais nous voyons, en fait, à Maurice, une tendance que l'on peut observer dans bien d'autres pays et qui se traduit par une défiance de plus en plus revendiquée par les opposants à un régime, ou une adhésion

totale, aveugle même, par d'autres. J'ai l'impression que cette polarisation est devenue la manière dont l'espace politique se construit aujourd'hui à Maurice, ce qui est inquiétant.

“Le dernier budget avait un très fort esprit électoraliste alors que nous sommes dans une période d'austérité ; et la moindre occasion est bonne pour l'organisation de tournois sportifs ou de jeux vidéo, de distributions de gâteaux, ou encore de porte-à-porte alors que les prochaines élections sont dans trois ans et demi. Nous voyons bien qu'ils sentent que le terrain est glissant...”

D'ailleurs, à y regarder de plus près, nous constatons que le gouvernement - notamment par le biais de ses députés et PPS - semble être constamment en campagne électorale. Le dernier budget avait un très fort esprit électoraliste alors que nous sommes dans une période d'austérité ; et la moindre occasion est bonne pour l'organisation de tournois sportifs ou de jeux vidéo, de distributions de gâteaux, ou encore de porte-à-porte alors que les prochaines élections sont dans trois ans et demi. Nous voyons bien

Sans aucun doute, ce qui se passe dans le monde indique que les démocraties ont besoin de se réinventer. Pour certains, il s'agit uniquement de se poser quelques questions cruciales pour mettre en lumière les enjeux de l'avenir et d'ouvrir les plateformes au grand public pour alimenter les débats et les réflexions, notamment à propos de l'écologie et du développement durable. Pour d'autres pays, en voie de développement, il s'agit surtout de réforme de la société et de la classe politique. Il faut démêler les nœuds idéologiques qui n'attirent plus les jeunes et repenser les fondements d'une nouvelle démocratie. A Maurice, la classe politique est-elle sur la bonne voie ? Avinaash I. Munohur nous répond.

“Après les élections de 2019, nous pouvons en tirer une conclusion très simple : une lutte à trois n'est pas souhaitable dans l'intérêt supérieur du pays puisqu'aucun parti n'a de majorité solide dans l'électorat et puisque le parti qui dégagera le plus de sièges, et qui aura la majorité, gouvernera avec trop peu d'adhésion...”

qu'ils sentent que le terrain est glissant, d'où la nécessité de devoir assurer leur base.

* On ne connaît pas, faute d'un sondage fiable, l'impact de toutes ces affaires sur la cote de popularité du gouvernement. Il ne faut pas non plus compter sur les réseaux sociaux pour y voir plus clair. En tout cas, le Premier ministre ne paraît pas se faire de soucis, sauf lorsqu'il fait l'objet d'attaques directes, comme celles par rapport à l'affaire Angus Road...

La stratégie de communication du gouvernement me semble claire : il envoie au front ses jeunes ministres et députés afin de protéger ceux qui sont plus haut placés dans la hiérarchie gouvernementale - dont le PM. Nous voyons depuis quelques semaines, par exemple, les jeunes membres de la majorité animer des conférences de presse dont l'unique objectif est de faire le buzz et détourner l'attention des vrais enjeux actuels. Il me semble que le Speaker de l'Assemblée nationale opère exactement de la même manière. C'est une technique de "spin" vieille comme le monde : créer le buzz par des actions et des prises de parole qui sont conçues pour indigner et faire réagir afin de détourner l'attention des gens.

Quant au PM, nous voyons bien qu'il ne s'exprime quasiment jamais. Il ne fait plus de conférence de presse, il ne répond pas aux questions à l'Assemblée nationale et chacune de ses interventions publiques est extrêmement encadrée afin qu'il ne soit pas mis en face d'une situation embarrassante.

J'irai même plus loin. Il me semble que ses prises de parole récentes ont lieu uniquement dans un format qui permet à la MBC d'avoir ses quelques minutes de reportage. Pravind Jugnauth ne se confronte plus à ses opposants et refuse depuis un moment déjà le débat et les délibérations sur les décisions gouvernementales.

Vous parlez des affaires comme Angus Road, mais il me semble qu'il aurait été entièrement à l'avantage du PM d'adresser frontalement cette question afin de dissiper tous les doutes entourant cette transaction. Après tout, il n'a eu de cesse de clamer son innocence... Donc pourquoi ne pas répondre aux questions à l'Assemblée nationale ?

* Au fait, la pression sur le gouvernement vient surtout de quelques jeunes dans l'opposition ou de la presse... Les vieux opposants ne marquent plus les esprits; ils paraissent plus aujourd'hui enclins à rechercher des arrangements politiques que de mener le combat. Il y a un problème de vieillissement dans le monde politique qui se fait de plus en plus sentir, même au niveau des partis, paraît-il ?

Il y a surtout des jeunes qui émergent, et c'est très bien. Nous avons tous constaté qu'il y avait un désir réel pour de nouvelles têtes et de nouvelles voix, et nous avons vu que les dernières élections étaient intéressantes de ce point de vue puisqu'elles ont été l'occasion de l'entrée de beaucoup de jeunes et de nouveaux venus dans l'arène politique - dans tous les partis, d'ailleurs.

*Suite en page 8

'Nous aurons à l'issue des municipales une bien meilleure visibilité sur la manière que nous pourrions construire un front commun pour 2024'

* Suite de la page 7

Je trouve cela très positif du moment que cette jeunesse avance de nouvelles idées, formule de nouvelles propositions et défend un nouveau projet pour Maurice. C'est d'ailleurs cela qu'on appelle, selon moi, " les jeunes " en politique... Il ne s'agit pas uniquement d'une question d'âge.

Est-ce qu'il y a un problème de vieillissement dans le monde politique ? Pas forcément. Par exemple, nous avons vu arriver au MMM beaucoup de jeunes depuis les dernières élections. Il faut distinguer deux choses : les élus et les instances d'un parti politique. Au niveau des élus, comme vous le dites, il y a de nouvelles voix qui se font entendre - lorsqu'elles ne sont pas expulsées - à l'Assemblée nationale. Et au niveau des instances, il y a des jeunes qui se sont engagés sur le terrain, et qui y sont très actifs.

Je pense que le renouveau est en marche. Nous sommes dans une phase de transition où une génération - celle des années de braise - se retire petit à petit et où une autre génération occupe de plus en plus d'espace. Les transitions sont en train de se construire et de se mettre en place. Les nouveaux espaces sont également en train de se créer, notamment autour des enjeux chers à la jeunesse. La nouvelle commission sur le développement durable que j'ai l'honneur de présider, et qui est exclusivement composée de jeunes, en est un exemple.

*** Par ailleurs, la presse a fait état de la rencontre avec une photo à l'appui, de Pravind Jugnauth et de Navin Ramgoolam lors d'une réception dimanche dernier à la Haute Commission de l'Inde. Devrions-nous, selon vous, lire davantage dans cette rencontre que ce qui n'était probablement qu'une rencontre fortuite et un échange cordial entre les dirigeants de deux partis avec des intérêts qui paraissent irrécconciliables, ou voyez-vous dans cela le signe d'un éventuel rapprochement ?**

Le fait que Navin Ramgoolam et Pravind Jugnauth se soient parlé lors d'une fonction diplomatique n'a rien d'extraordinaire, et il faudrait se garder d'en tirer des leçons hâtives sur un éventuel rapprochement politique qui, franchement, ne fait pas sens ni pour l'un ni pour l'autre.

Cela étant dit, ce qui est parlant, c'est l'instrumentalisation de cette photo dans les deux camps. Elle montre bien la volonté, de part et d'autre, de donner l'impression d'avoir un joker face au regroupement de l'opposition qui s'annonce.

Il faudrait donc lire la diffusion de cette image comme le signe que chaque camp



“ Nous sommes en démocratie, ce qui implique qu'une personne a le droit d'avoir des ambitions politiques. Il n'y a rien dans notre Constitution qui déclare que le poste de Premier ministre soit la propriété privée de telle ou telle personne. Mais étant en démocratie, les ambitions politiques se confrontent forcément à la vérité des urnes...”

veut faire monter les enchères en amont de futures discussions avec leurs partenaires potentiels, quitte à faire croire à cette union absurde. Ce que révèle avant tout cette image, c'est la faiblesse de la position stratégique des deux : ils se rendent bien compte que seuls, ils ne peuvent pas gagner les prochaines élections.

*** Cette rencontre entre Ramgoolam et Jugnauth intervient quelques jours après que le Président du Parti Travalliste, Patrick Assirvaden, est venu affirmer que l'actuel leader du PTR devrait se présenter comme un Premier ministre de transition lors des prochaines échéances électorales. Voyez-vous là l'amorce d'un fléchissement de la part du leader du PTR des conditions imposées par lui-même quant à la participation de son parti dans l'Alliance de l'Espoir ?**

Je pense que Navin Ramgoolam com-

mence à se rendre compte qu'un ancien Premier ministre ne peut pas perdre deux élections d'affilées - sans être lui-même élu - et rester la seule personne premier-ministrable dans un grand parti. Une situation comme celle-ci est impensable dans une démocratie moderne.

Peut-être donc que Navin Ramgoolam est en train de venir à des sentiments plus réalistes quant à sa force politique actuelle. C'est une excellente chose si c'est le cas. Une excellente chose pour le Parti Travalliste lui-même, qui est un grand et vieux parti qui existait avant Navin Ramgoolam - et avant SSR - et qui continuera à exister bien après Navin Ramgoolam. Ils sont, comme nous le sommes au MMM, dans une période de transition et dans un effort de transformation. Une excellente chose également pour le pays qui a besoin de nouvelles idées, d'un nouveau projet et de nouveaux leaders.

Alors, cette annonce concerne bien évidemment le Parti Travalliste et indique que les transitions - pour ne pas dire une succession - sont en train de se construire en interne.

Est-ce qu'il s'agit d'un signal envoyé à l'Alliance de l'Espoir ? C'est forcément le signe que les postures qui avaient produit la démission d'Arvin Boolell comme Leader de l'Opposition ont évolué et sont en train de se tempérer. Maintenant, c'est le temps qui dira si une entrée du PTR dans l'arc de l'Alliance de l'Espoir - afin de construire un front commun et proposer une alternative crédible et sérieuse pour contrer le gouvernement actuel aux prochaines élections - se fera ou non.

*** Les trois principaux dirigeants de**

l'opposition, Navin Ramgoolam, Xavier Duval et Paul Bérenger doivent savoir qu'une prochaine lutte à trois lors des prochaines législatives leur sera défavorable, comme ce fut le cas en 2019. Cette démarche de Patrick Assirvaden, sans doute faite avec le consentement de Navin Ramgoolam, se situe-t-elle dans cette logique ?

Les dernières élections nous ont clairement démontré qu'aucun parti politique, aussi ancien et ancré soit-il, n'avait de majorité confortable actuellement. Ceci a grandement aidé à la victoire du MSM puisque, dans un système de 'First-Past-The-Post', 37% des votes comptabilisés suffisaient du moment que nous n'étions pas dans une opposition à deux blocs. Nous voyons clairement les limites de notre système électoral où l'immense majorité des Mauriciens - 63% de l'électorat en tout cas - peut être exclue des affaires publiques. Mais nous avons le système que nous avons et nous nous devons de le faire fonctionner dans l'intérêt général.

Je pense qu'après les élections de 2019, nous pouvons en tirer une conclusion très simple : une lutte à trois n'est pas souhaitable dans l'intérêt supérieur du pays puisqu'aucun parti n'a de majorité solide dans l'électorat et puisque le parti qui dégagera le plus de sièges, et qui aura la majorité, gouvernera avec trop peu d'adhésion - ce qui produit des situations d'instabilité.

Je pense que l'opposition, dans son ensemble, est saisie de l'impératif de trouver un terrain d'entente afin de proposer aux Mauriciens une alternative crédible et solide au gouvernement actuel. Une alternative dont le projet pour Maurice ira dans le bon sens et qui saura relever les défis actuels. Mais cette entente requiert de casser des vieux réflexes et nous impose de considérer de nouvelles idées et de nouvelles perspectives. Il ne s'agit pas uniquement de battre le gouvernement aux prochaines élections, mais de venir avec une équipe et un projet qui auront l'adhésion de la majorité des Mauriciens.

Ceci implique des négociations complexes, et il me semble clair qu'une entente de tous les partis de l'opposition pour les élections municipales serait le prérequis pour la construction de cette alternative. C'est un premier pas qui va dans la bonne direction et qui s'effectue sur le terrain pragmatique d'une élection. Et, effectivement, à l'issue des municipales, je pense que nous aurons une bien meilleure visibilité sur la manière que nous pourrions construire un front commun pour 2024.

*** Suite en page 9**

Rencontre Ramgoolam-Jugnauth:

'Ils se rendent bien compte que seuls, ils ne peuvent pas gagner les prochaines élections'

* Suite de la page 8

* Mais il y a aussi Nando Bodha, qui a récemment affiché son ambition d'être premier ministrable. Paul Bérenger saura tempérer l'ambition de Bodha si l'entente d'un front commun de l'opposition est prouvée, diriez-vous?

Premièrement, Paul Bérenger est le Leader du MMM et Nando Bodha ne fait pas partie du MMM. Et deuxièmement, je sais que Paul Bérenger n'est pas dans cette optique. Sa priorité est de construire et de faire fonctionner un front commun de l'opposition - avec tout ce que cela peut impliquer en termes de discussions, de négociations et de pourparlers - pour les municipales et aussi après.

Par rapport aux ambitions de Nando Bodha, je vous dirai que nous sommes en démocratie, ce qui implique qu'une personne a le droit d'avoir des ambitions politiques. Il n'y a rien dans notre Constitution qui déclare que le poste de Premier ministre soit la propriété privée de telle ou telle personne. Mais étant en démocratie, les ambitions politiques se confrontent forcément à la vérité des urnes.

Nando Bodha a une longue carrière politique où il a occupé des responsabilités importantes. Il n'a eu de cesse de déclarer qu'il a décidé de quitter le gouvernement pour des raisons de principe et d'éthique. Il vient de créer sa formation politique dont l'ambition est de proposer un autre projet de société pour Maurice. Par delà les mots, nous verrons bien ce qu'il est capable de construire d'ici 2024, et si son projet trouve l'adhésion du plus grand nombre.

Mais nous nous avançons beaucoup trop sur cette question selon moi puisque nous sommes encore loin des prochaines élections générales. Encore une fois, c'est la construction d'un front commun et les élections municipales qui sont les priorités actuelles.

*** Par ailleurs, il n'est pas anodin que cette photo de la rencontre entre Navin Ramgoolam et Pravind Jugnauth fut prise à la High Commission de l'Inde. Pensez-vous que Maurice sera appelé à jouer un rôle prépondérant sur la cartographie des pouvoirs et des alliances qui se dessinent actuellement entre la Chine et l'Inde dans la région ?**

De par son positionnement géographique et l'immensité de ses territoires océaniques, la République de Maurice a toujours joué un rôle hautement stratégique dans la région, et ce, depuis les périodes coloniales. C'est d'ailleurs ce qui nous a valu le nom de "Star and Key of the Indian Ocean", il y a deux siècles.

Nous savons que notre région du monde est aujourd'hui le lieu de ce que de grands spécialistes de la géopolitique

“Peut-être que Navin Ramgoolam est en train de venir à des sentiments plus réalistes quant à sa force politique actuelle. C'est une excellente chose pour le Parti Travailleuse lui-même, qui est un grand et vieux parti qui existait avant Navin Ramgoolam - et avant SSR - et qui continuera à exister bien après Navin Ramgoolam. Ils sont, comme nous le sommes au MMM, dans une période de transition...”

nomment une "nouvelle guerre froide" qui oppose, d'un côté, le bloc composé des Etats-Unis, de l'Inde, de l'Arabie Saoudite et d'Israël et, de l'autre côté, le bloc composé de la Chine, de la Russie, du Pakistan et de l'Iran. Cette guerre froide s'effectue sur deux axes fondamentaux : la conquête des marchés émergents de la région - et notamment des marchés africains - et le contrôle des ressources naturelles et de la circulation des marchandises.

L'ambition première de la Chine reste le déploiement du "One Belt One Road Initiative" qu'elle effectue par le biais de soutiens massifs aux développements par le financement d'immenses infrastructures - notamment portuaires et routières - dans différents pays de la région. L'Inde est également dans cette logique du soutien au développement économique avec divers projets régionaux - notamment des projets énergétiques et infrastructurels.

Notre territoire, et notamment nos mers, sont - de facto - des enjeux extrêmement importants dans cette cartographie. Nos territoires sont riches en ressources marines tout autant qu'elles sont des autoroutes pour la circulation des navires de marchandises. Donc oui, nous sommes au cœur de tout cela... Mais est-ce que nous allons jouer un rôle prépondérant dans cette nouvelle géopolitique? C'est là que la question blesse au fond.

Nous venons de signer deux accords commerciaux importants avec l'Inde et la Chine, et nous recevons des aides importantes de la part de ces deux pays. Mais jouer un rôle prépondérant implique que nous sachions également naviguer et faire avancer nos intérêts nationaux en face de ces deux géants. Une approche rationnelle



aurait été de développer des partenariats stratégiques pour

- la surveillance de nos territoires océaniques,
- des soutiens en technologie et en savoirs pour le développement de l'économie bleue durable,
- obtenir des financements pour la conversion énergétique et lutter contre les effets dévastateurs du réchauffement climatique,
- des accords permettant l'ouverture d'autres secteurs d'activités, et
- des partenariats offrant aux Mauriciens des accès privilégiés dans les grandes universités indiennes et chinoises.

Je ne pense absolument pas que c'est ce qui est en train d'être fait, et je ne pense pas que le gouvernement ait la moindre vision et la moindre stratégie de comment faire cela... Il se pourrait même que nous soyons dans une situation où les Mauriciens sont en train de se faire dépouiller de leur patrimoine et de leurs ressources marines. Mais je m'avance peut-être... le seul moyen de savoir vraiment ce qui se passe dans nos territoires océaniques, c'est que le gouvernement adopte la transparence la plus absolue par rapport à ces questions, ce qui n'est pas le cas actuellement.

*** Par ailleurs, pensez-vous que le retrait américain et le retour des Talibans en Afghanistan auront une conséquence géostratégique pour nous?**

Le retour des Talibans et l'image d'impuissance laissée par les Etats-Unis lors de leur retrait pourraient signifier une aggravation de l'instabilité en Asie centrale

et au Moyen Orient. La frontière pakistanaise avec l'Afghanistan, par exemple, pourrait devenir un haut lieu pour l'entraînement de factions terroristes, ce qui pourrait produire de l'instabilité au Pakistan et en Inde. Du côté du Moyen Orient, on pourrait voir les ambitions de prises de pouvoir de groupes fondamentalistes se renforcer en Syrie, en Arabie Saoudite, aux Emirats Arabes Unis, et même au Sahel.

Cela aura, pour nous, une conséquence directe sur la question de Diego Garcia, par exemple. La posture des Etats-Unis, qui étaient plus ou moins ouverts au dialogue avec Maurice, risque de se durcir. D'ailleurs, Joe Biden a signifié la semaine d'avant son soutien au Royaume-Uni dans le contentieux qui nous oppose à eux sur l'archipel mauricien des Chagos. Biden a-t-il déclaré cela en sachant fort bien que les Talibans allaient reprendre Kaboul après quelques jours ? C'est une réelle possibilité.

L'autre question brûlante pour nous est bien évidemment celle d'Agalega. Une aggravation de l'instabilité avec le Pakistan fera que l'Inde voudra accroître sa présence militaire dans le bassin de l'océan Indien, c'est parfaitement logique. Encore une fois, notre gouvernement a un devoir de transparence et de vérité envers les Mauriciens, et doit être clair sur la nature de l'accord signé avec l'Inde.

Comme je vous le disais tout à l'heure, nous avons besoin de partenariats stratégiques pour la surveillance de notre espace océanique, puisque nous n'avons pas les moyens de le faire nous-même, mais ces partenariats ne doivent absolument pas s'effectuer au détriment de nos intérêts nationaux.

I am Modern South Africa

M. Choonee

President GOPIO International
- Mauritius

*When a deep injury is done us,
We never recover until we forgive.
I envision someday a great, peaceful
South Africa in
Which the world will take pride,
A nation in which each of
many different groups
Will be making its own creative
contribution.*

-- Alan Paton, Author - Cry,
The Beloved Country

Yes, I have the most modern and liberal constitution since the end of apartheid in 1994. I was supposed to celebrate the Nelson Mandela International Day 2021. This day gives everyone the opportunity to commit anew to the values inspired by Mandela on the 18th of July, with this year's theme "One Hand Can Feed Another".

Instead, on and around that day, I witnessed widespread looting and riots, attacks on shopping malls, massive breakdown of law and order and economic sabotage of a strategic nature in relatively localized regions. People were killed in hundreds.

Thousands have been arrested and are likely to go to jail. The livelihoods of many have been taken away due to the loss of thousands of jobs. Some 40,000 to 50,000 small businesses are closed, many may never reopen.

It all seems to boil down to a number of factors, namely:

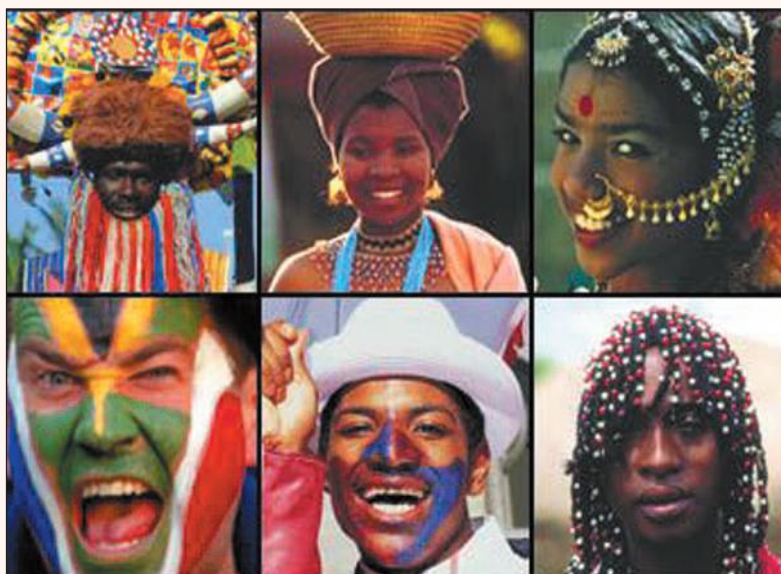
- the ANC, after having played a significant role in the liberation of the country from the yoke of apartheid, is now beset by its own problems with factional battles within government, internal political dissension, problems of state failure, corruption, cronyism and tribalism cropping up.
- The political leadership has prioritized its own selfish interests, with some accumulating astronomical wealth, at the expense of the integrity of the country's democracy, resulting in economic inequality, deep poverty for millions of marginalized and angry people.

After 27 years of independence, my welfare has today become the world's concern, indeed for most of the continent, the regional groupings - SADC, BRICS, the Commonwealth -, other friendly countries, and India in particular.

My citizens are being painted with the poisoned bristles of the same brush when in fact this should not have taken place, and

pulation (1.4 million), they have played a commendable role in my social and economic development. They are making their contributions in various areas, particularly education, the judiciary, science, the civil service...

They are full-fledged nationals, 4th, 5th and 6th generation patriots, and they should continue enjoying all social, political and economic rights that have been



South Africa: A rainbow nation with diverse cultures. Pic - Pinterest

even if the dust settles down, the possibility of further pain exists if the government does not act responsibly.

My people as a nation has learnt how to forgive its oppressors, and has shown the healing power of reconciliation after its difficult transition to democracy. "Long live Madiba". When certain communities have been doing better than others, the underlying sentiments of anger and frustration have been let loose by a kind of trigger - the arrest of my former president.

I have a sizable population of Indian origin people. Under the British colonial system, the first ship carrying Indentured workers from India reached my shores in 1860. Most Indentured labourers came as 'Jahaji bhais' - brothers in a ship, and others were 'passenger Indians' who came as businessmen. Though a lot of them are still living in conditions that are far from ideal, they grew with apartheid and were viewed as part of the black population. Today with hard work, discipline and integration they have progressed. As a minority with just 2.5% of the po-

guaranteed by the Constitution. They are peace-loving, highly religious and tolerant, law-abiding citizens. Ahimsa, the philosophy of non-violence and resilience has taught them to respect their worst enemy. They are practitioners of "Vasudaiva Kutumbakam" - The whole world is one family.

This reminds me of the historical significance of Mohandas Karamchand Gandhi. After spending his political and formative youth and 21 years in South Africa (1893 - 1914), Gandhi in his farewell said: "This subcontinent has become to me a sacred and dear land next to my motherland. I leave the shores of South Africa with a heavy heart and distance will not separate me from South Africa, will draw me closer to it and its welfare will always be a matter of great concern.

I can be a better, a more inclusive South Africa. I need social safety nets, redistribution and social welfare. Revenue that comes from growth should be distributed.

We make sense together, and together we can.

Tribute: Madhvi Narain

The only constant is change and this, while sometimes painful, is an ongoing process. We all enter the stage crying, as do all healthy babies at birth; living our lives in an uplifting way that hopefully, when the final curtain drops, we move on to bigger and better things. What we do during our time on this temporary stage matters only in this realm, our long-term objective being, consciously or unconsciously, to progress onwards to higher echelons of our path to self-realisation. In the aftermath of Madhvi's sudden exit on Saturday 14 August 2021, although we are reeling in shock and grief, we are at the same time thankful that she is, at least now, finally free from suffering. She has progressed to a new form, continuing the unknown journey.

This is not to underestimate how much we miss her physical presence, for she was like a little sister to us. In her short but fully realised lifespan, this beautiful spunky gal was a sterling example of what a dutiful daughter, a loving sister, a doting auntie and a true friend can be. She was devoted to her parents and family, relatives and friends, and her generosity was legendary. She dedicated many years of her life caring for her dad selflessly. However, her dedication did not stop there. She was very committed to the cause of Parkinson's disease and helped many with her initiatives and advice. She was instrumental in setting up a support group for carers for patients with Parkinson's Disease in Mauritius, which remains very active on Facebook. She participated fully in voluntary activities and loved treating orphans for Xmas and New Year.

Her generosity was not only confined to humans. She was a passionate advocate of animal rights and could not bear the suffering of innocent creatures. When she found a cause, she would fight for it, even if it meant being at loggerheads with others. Whether it meant adopting more puppies than her disapproving elder sis thought she could handle, challenging her lecturers on concepts others in class had already accepted, or dropping out of a "plan" with friends because it clashed with her sacrosanct weekend naptime, Madhvi stuck to her guns. She was made up of stern stuff inherited from her high-achieving parents, Rani and Nund Narain.

In her workplace at successively De Chazal Du Mee, Multiconsult Ltd, CIM Global Business and HBS Trust Services (Mtius) Ltd, she was a consummate professional endowed with a sharp intellect and strong work ethic. The most admirable of her many qualities, transcending all her actions, was certainly her dogged determination. She never gave up; there was always hope. Even in the midst of a cruel illness, Madhvi persevered without complaining about the unfairness of fate. Her courage shone through her suffering and those who knew her marvelled at her positive attitude. Even in the last stretch of her time with us, she fought with all her might.

Death is not the end. It is only part of a bigger scheme that we don't know about. Her skills are required elsewhere, and the remaining cast are now meant to carry on and do our own best, as the show goes on.

To our dearest friend Aruna, to Nandita, Rajesh, Ravi and kids, as well as the rest of Madhvi's cherished family and friends, our deepest condolences on this loss. It is always harder for those left behind, but we are sure that our dearest M, the free spirit, is soaring on to a better, higher realm.

Chin Up!

Cookie & Smita



Madhvi Narain

Democracy and Governance in Free Fall

● Cont. from page 4

Spin doctoring blitzkrieg

As regards Britam, how on earth can a Minister and a team of professional advisors sell the BAI Britam shares which do not belong to them without the approval of government and the Cabinet? Why are Ministers, government MPs and the MBC being repeatedly press-ganged to defend tooth and nail the government's tenuous position on these and other issues such as the Horse Racing Authority? How can young MPs be party to such rabid and abject propaganda? Where is the refreshing idealism of the young? Such contrived spin doctoring blitzkrieg raises even more distrust and interrogations among the people.

More than ever before, there is an imperative need to urgently enact, as is the case in the best democracies of the world, a Freedom of Information Act to assure absolute transparency of the decisions and actions taken by government, diverse regulatory bodies and state institutions so as to put an end to a decried culture of culpable opacity and confidentiality clauses which very often mask ineptitude and much more to the detriment of public interest.

Mrinal Roy

Hommage à feu Preeaysunkur Rosunee

Cela fait cinq ans que tu nous a quittés...
Hommage à feu Preeaysunkur Rosunee,
ancien Inspecteur des écoles primaires
7 juillet 1928-19 août 2016

«Il y a quelque chose de plus fort que la mort, c'est la présence des absents dans la mémoire des vivants.»
-- Jean d'Ormesson



Papa, depuis que tu es parti de ce monde, le temps a passé et déjà cinq années se sont écoulées. Tu restes toujours présent parmi nous et la vie continue comme tu l'aurais peut-être souhaité pour nous. Aucun être cher ne disparaît vraiment tant que son souvenir survit dans le cœur des vivants.

On profite de chaque instant de notre existence tout en nous remémorant les bons moments vécus avec toi, tes conseils et tes encouragements. On transcende l'événement de la mort en trouvant quelque chose de plus fort encore: garder la mémoire de celui qui n'est plus là.

Certes, on n'entend plus ta voix ni tes rires mais ce lien qui nous relie fait que tu sois toujours avec nous tout le temps.

Jean Cocteau l'a si bien affirmé, «le vrai tombeau des morts, c'est le cœur des vivants.»

Tu as été, tu es, tu seras à tout jamais dans notre cœur...

Pritilah, Amal et Dhiren



COMMUNIQUE

CONTRIBUTION SOCIALE GÉNÉRALISÉE (CSG) SELF-EMPLOYED

The Mauritius Revenue Authority (MRA) wishes to inform self-employed individuals that the submission and payment of **Contribution Sociale Généralisée (CSG)** is required to be made **electronically** as follows:

Month of July 2021

Self-employed individuals are required to pay, for the month of **July 2021**, CSG of Rs 150 on or before **31 August 2021** and at the same time submit a CSG return to the MRA.

The necessary facilities for the submission of the CSG return and the payment of CSG are available on the MRA website www.mra.mu.

To submit the return and effect payment of CSG, a self-employed individual is required to access the MRA website, click on e-SERVICES, individual, CSG Return (self-Employed) and insert his National Identity Card Number/Control Number and Mobile Phone Number. He will instantly receive a 'One-Time Password (OTP)' on his mobile phone via SMS that will allow him to proceed with his submission and payment of CSG.

Month of August 2021

The same procedure as for the month of July 2021 is applicable for the month of **August 2021** and the deadline for the submission of the return and payment of CSG is **30 September 2021**.

Month of September 2021 and subsequent months

The provisions of the Social Contribution and Social Benefits Act 2021 will be applicable as from the month of September 2021. The Social Contributions, with respect to a month, are required to be paid not later than the end of the following month and are as follows:

Net Income of the self-employed for the month	Social Contribution payable for the month
Not Exceeding Rs 10,000	Rs 150
Exceeding Rs 10,000 but not exceeding Rs 50,000	1.5% of 90% of the net income for the month Minimum payable – Rs 150
Exceeding Rs 50,000	3% of 90% of the net income for the month

A self-employed individual may opt to compute his net income with respect to a month on the basis of one twelfth of the net income of the preceding financial year, provided that the self-employed has been operating during the corresponding 12 months.

Annual Social Contribution Return

Self-employed individuals may opt to submit the Social Contribution return and pay the Social Contribution on an annual basis. The **Annual Social Contribution** return is required to be submitted and the Social Contribution paid in advance at the beginning of the Financial Year. In such case the self-employed individual shall compute his monthly net income on the basis of his net income for the preceding financial year, provided he has been operating during the corresponding 12 months.

The necessary facility for the submission of the annual return and payment of the Social Contribution will be available on the MRA website shortly.

The MRA also informs self-employed individuals that, henceforth, those eligible to financial assistance, will be paid such assistance provided they are compliant with their Social Contribution obligations.

For further information, kindly visit MRA website: www.mra.mu, or phone MRA helpdesk on 207 6000 during working hours.

MAURITIUS REVENUE AUTHORITY

16 August 2021

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T: +230 207 6000 | F: +230 207 6048 | M: headoffice@mra.mu | W: www.mra.mu



1. Eagles Vision, Desert Thief, Jet Path
2. Brabanzio, Jals Tiger, Fort Mchenry
3. Courtroom Magic, Do Or Dare, Travelin Man
4. Borya, Choir Of Angels, Six Degrees
5. Var's Elusion, Yorktown, Sea Air
6. Wall Tag, Stream Ahead, Ehsaan
7. Pforzheim, Romanus, Canary Island
8. Xenon, Yankee Force, Anza- Borrego



An insanely jealous husband comes home in a rage to see his wife...

He was a large bulky man who could well tear into somebody. He barges into their three-storey apartment, slams the door, and yells at his wife, "Where is he, you cheat?"

She exclaims, "What are you talking about?" He screams, "I know you're cheating on me and when I find him, I'm going to kill him!" He picks up his only shotgun with one last bullet and begins storming through the place, looking high and low.

About that time, there's a knock on the door. The angry husband runs to the front door, swings it open, and shoots the delivery guy right in the chest, killing him instantly. The wife screams crying, "No no no, you idiot! You killed the wrong man!" The husband replies, "Well, I'm going to find him and when I do, I'm going to kill him!"

About that time, the husband looks outside and sees a guy running down the

sidewalk at a pretty good pace. The husband says, "There he is, running away like a coward! He's a dead man!" and proceeds to go into the kitchen, rips the refrigerator from the wall, and tosses it outside landing squarely on top of the man running, killing him instantly. The husband, feeling confident he'd disposed of the problem, storms out of the apartment.

Meanwhile, at the gates of Heaven, St. Peter is approached by the first guy, the delivery man. He said, "Hello my son. How did you die?" The delivery guy replied, "I was simply making a delivery and knocked on the door. This guy flings open the door and shoots me in the chest for no reason." St. Peter says, "That sounds awful. Welcome to Heaven." and shows him through the pearly gates.

The second guy in running attire walks up to the gates and St. Peter asks, "Hello



my son. How did you die?" The runner replies, "I was simply out for a jog and all of a sudden, out of nowhere, this refrigerator just lands on my head. I never saw it coming." St. Peter says, "What a terrible way to die. Please, come in and welcome to Heaven."

About then, this third guy walks up to the gates and St. Peter says, "Hello my son. And how did you die?" The man replied, "Well... ya see... I was in this refrigerator..."

The one about the watch

Tim a six-year-old sees his fellow six-year-old friend Eric at the playground. Eric's wearing a brand-new Spiderman watch.

Tim: Cool watch! Is that new?

Eric: Yea my dad bought it for me yesterday.

Tim: Why? Was it your birthday?

Eric: No... yesterday, Him and my mom went into the bedroom, and I could hear wrestling noises, so I went in, and they were both naked, my dad got real angry and screamed at me so I ran into my room and cried all evening. Well he came in at night and said he was really sorry, and bought this watch for me!

Tim: Neat!

A week later, Tim sees his parents go into their bedroom and close the door. Moments later he hears "wrestling" noises. He barges in and finds his parents on top of each other, completely naked.

Tim's Father: Tim! What the hell!?!?

How boys tell a story



How girls tell a story



Tim: I-WANT-A-WATCH!!!

Tim's Father: Oh...alright...well pull up a chair then.

A man barges into a bar

...and yells for the bartender to pour seven shots of whiskey and hurry. The bartender, taken aback, does what he is told. The man starts to quickly down the shots, one after the other, without stopping until all the glasses are empty.

The bartender asks, "Why on earth are you drinking this much, this fast?" The man looks him in the eye and tells him, "If you had what I have, you'd drink like this too."

The bartender nervously asks what the man has. "Fifty cents" the man replies.

This Crazy World

Facts are sometimes stranger than fiction!

A bizarre tale of the law of karma

On March 23, 1994 the medical examiner viewed the body of Ronald Opus and concluded that he died from a shotgun wound to the head.

Mr Opus had jumped from the top of a ten-storey building intending to commit suicide. He left a note to the effect indicating his despondency.

As he fell past the ninth floor his life was interrupted by a shotgun blast passing through a window, which killed him instantly.

Neither the shooter nor the deceased was aware that a safety net had been installed just below the eighth floor level to protect some building workers and that Ronald Opus would not have been able to complete his suicide the way he had planned.

"Ordinarily," Dr Mills continued, "A person, who sets out to commit suicide and ultimately succeeds, even

though the mechanism might not be what he intended, is still defined as committing suicide."

That Mr Opus was shot on the way to certain death, but probably would not have been successful because of the safety net, caused the medical examiner to feel that he had a homicide on his hands.

In the room on the ninth floor, where the shotgun blast emanated, was occupied by an elderly man and his wife. They were arguing vigorously and he was threatening her with a shotgun.

The man was so upset that when he pulled the trigger he completely missed his wife and the pellets went through the window striking Mr Opus.

When one intends to kill subject "A" but kills subject "B" in the attempt, one is guilty of the murder of subject "B".

When confronted with the murder charge, the old man and his wife were both adamant and both said that they

thought the shotgun was unloaded.

The old man said it was a long-standing habit to threaten his wife with the unloaded shotgun. He had no intention to murder her. Therefore the killing of Mr Opus appeared to be an accident; that is, if the gun had been accidentally loaded.

The continuing investigation turned up a witness who saw the old couple's son loading the shotgun about six weeks prior to the fatal accident.

It transpired that the old lady had cut off her son's financial support and the son, knowing the propensity of his father to use the shotgun threateningly, loaded the gun with the expectation that his father would shoot his mother.

Since the loader of the gun was aware of this, he was guilty of the murder even though he didn't actually pull the trigger.

The case now becomes one of murder on the part of the son for the death of Ronald Opus.

Now comes the exquisite twist.

Further investigation revealed that the son was, in fact, Ronald Opus!

He had become increasingly despondent over the failure of his attempt to engineer his mother's murder. This led him to jump off the ten-storey building on March 23rd, only to be killed by a shotgun blast passing through the ninth storey window.

The son had actually murdered himself, so the medical examiner closed the case as a suicide.

A true story from Associated Press. Reported by Kurt Westervelt

Men's Health

Top 4 Health Habits for Men Over 60



Studies have shown that men in their 60s and 70s who strength train regularly have muscles that look and perform as well as inactive men in their 20s and 30s. See what else can help you feel your best as you age, as suggested by Gina Shaw of WebMD.

1. Use it or lose it

As you age, it's important to pay attention to cognitive function and to make the effort to stay mentally alert and stimulated. That means keeping your brain busy. Read, do crossword puzzles, socialize, try new hobbies. Exercising your body helps exercise your brain. (Maybe it's finally time to learn a foreign language!)

2. Strength training: It's never too late to start

At age 65, you may think the heaviest thing you should lift is the remote. Not true. We inevitably lose bone mass and flexibility with age. But regular strength training (with an OK from your doctor, of course) can keep you on your toes, prevent muscles from wasting away, and help you avoid falls and other accidents. The American Association of Retired Persons reports that studies have shown that men in their 60s and 70s who strength train regularly have muscles that look and perform as well as inactive men in their 20s and 30s.

3. There's still time to quit!

If you've been trying for years to kick a heart-unhealthy habit such as smoking or drinking to excess, don't figure that the damage has already been done. It has -- but you can repair or avoid some of it if you quit now. Studies have shown that people who stop smoking at age 65 add almost two years to their lives, cutting their risk of heart disease and lung cancer.

4. Don't forget key screening tests

You'll probably hear a lot about flu shots, but don't forget the pneumonia and shingles shots, which you should get at ages 65 and 60, respectively. Stay in touch with your doctor to keep up with regular cholesterol, hypertension, and diabetes testing, and have a colonoscopy every 10 years. A newer option for lower risk people is an annual FIT test (stool test).

Health & Balance

Surprising reasons you may be angry

Did you know that cholesterol-lowering statins can cause aggressive behaviour? Depression, liver failure, and these other conditions can also change your mood, writes Carol DerSarkissian, MD

Stroke: Your mood can be hard to manage after you've had a stroke, especially if you had damage to the part of your brain that helps regulate your emotions. It's typical to feel frustrated, anxious, sad, and angry.

Alzheimer's Disease: Mood and personality changes can be an early sign of this. Often these changes show up as irritability or getting easily upset, especially when you're out of your comfort zone. It's worth taking note if, in addition to being angry, you become forgetful, confused, or you start struggling for words.

Autism: When you have autism, an unplanned change can be harder to handle. A simple disruption in your schedule may be enough to set you off. Aggression, overreaction to loud sounds or noises, and even hurting yourself can all be symptoms of autism.

Depression: Feeling irritated at everyone and everything? Agitated and restless and you don't know why? Depression often comes with a side of anger, which can make you frustrated for what seems like no reason. You can also be prone to angry outbursts.

Diabetes: A big dip in your blood sugar can bring a big change your behaviour. You may find yourself angry, crying, or confused. If you've had diabetes for a while, you may not have the milder symptoms of low



blood sugar and skip right to these more serious symptoms.

Epilepsy: It's rare, but a certain type of epileptic seizure called a simple partial seizure (one you have while you're awake that affects only one side of the brain) can mess with your emotions and cause feelings of anger and rage.

Liver Failure: When your liver isn't able to filter toxins out of your body like it should, they can build up and affect your brain. That can cause serious side effects, which can include mood and personality changes and irritability.

PMDD: Irritability and anger are normal when you have premenstrual syndrome (PMS). But if you find yourself in out-of-control rages and serious mood swings 1-2 weeks before your period, you could be dealing with a more severe condition called premenstrual dysphoric disorder (PMDD).

Menopause: Anger is more likely to happen during the months and years leading up to menopause than after you've reached menopause

itself. The shifts in your hormones as your body moves toward having fewer -- and then no more -- periods can cause many symptoms, including mood changes.

Overactive thyroid: If your thyroid works overtime, that can make you nervous, restless, anxious, and irritable. But you'll likely have other symptoms, too, like weight changes or bowel issues.

Wilson's Disease: This is a genetic disorder that keeps your body from getting rid of extra copper. It has serious effects, including mental changes. It's common for your mood, personality, and behavior to all change as a result.

Medication: If you're taking medicine called statins to lower your cholesterol, it's important to know that they can make a psychiatric problem or behavior change more likely for you. For some people, these drugs can cause aggressive, angry, and violent behavior.

How to Spot an Anger Problem: Anger is a normal emotion, but if you find you're flying off the handle frequently or sense your feelings simmering below the surface enough that it's affecting your everyday life, it's time to take stock.

You might have a problem if your anger is often intense, you hold on to it for a long time, and have gotten verbally or physically abusive because of it.

Ways to Ease Your Anger: Even if you have a medical reason for your anger, you can still work to control it. Exercise, deep breathing, visualization, and muscle relaxation can help with your body's response. You can also work to avoid triggers for your anger, and learn ways to adjust your thinking to create different reactions. Your doctor can get you started.



Bade Achhe Lagte Hain 2: Nakuul Mehta and Disha Parmar analyse woes of being single



The first promo of *Bade Achhe Lagte Hain 2* has been released and it features Nakuul Mehta and Disha Parmar as Ram and Priya, who are both single and in their 30s.

The promo begins with Nakuul Mehta asking Disha Parmar why she is single, despite being 32. Taken aback by his question, Disha asks him why he was single at 38.

Nakuul then breaks down three

stages of life. First, where you have numerous options but opt to wait for a better one. Second, when you want someone but they leave you heart-broken. Third, when you are ready to settle with anyone but there are no eligible candidates left.

Impressed with his response, Disha further asks him about which stage he's standing at. He says he's between the second and third and she informs him that she is there as

well...

"Shaadi ke baad, pyaar hote hote ho hi jata hai (Love just blossoms somehow after a wedding)," a voiceover follows, with the title track playing the background. The promo was shared by Ekta Kapoor on Instagram.

Before the release of the promo, Ekta shared a video to introduce the new Ram and Priya. Greeting the new Ram, Ekta told Naakul, "You are sweet, affable and have a different style. I wanted a hero who is a new age guy but also not so woke." Naakul told the producer that his mother was excited about the project. "My mom was like *yeh karna hai, aur acche se karna hai* (you have to do it, and do it well)," he said.

Introducing Disha as the new Priya, Ekta said that her character will have the 'gussa' that most girls today have. "Today's women have strong angst in them. Be it you or me, we always feel we got the raw end of the stick," she said.

Naakul and Disha had previously worked on *Pyaar Ka Dard Hai*.

Divyanka Tripathi not a part of 'Bade Achhe Lagte Hain' because she looked older...



Ekta Kapoor's popular show, *Bade Achhe Lagte Hain* is coming back with a new season. The original series featured stalwarts Sakshi Tanwar and Ram Kapoor opposite each other. The show depicted a matured love story, which ran from 2011 to 2014, and due to its strong recall value, the makers are coming up with its second season.

Ishqbaaz actor Nakuul Mehta, who bowled the audience with his acting chops as Shivaay Singh Oberoi, has been roped in to play the male lead in *Bade Achhe Lagte Hain's* sequel. On the other hand, Divyanka Tripathi was approached to play the female lead opposite Nakuul. However, it did not work out and fans' dream to see Divyanka in the show will be left unfulfilled, reports TOI.

In a live video chat, speaking about being offered the role, Divyanka had said, "Yes, I was offered *Bade Achhe Lagte Hain 2* and I had even given a look test for the show. But I did not say yes to the show as I could not relate to the character." However, according to a source: "Divyanka was approached for the show but post the look test they felt she looked older than Nakuul, the male lead. Keeping this in mind, the makers decided to look for someone else for the part."

Divyanka Tripathi was last seen in the show '*Yeh Hai Mohabbatein*', where she played the role of Ishita and is currently seen as a contestant on the reality show, *Khatron Ke Khiladi 11*. She has surprised everyone by performing the hardest of the stunts smoothly.

Supriya Pilgaonkar: Shooting in Covid times difficult

Supriya Pilgaonkar was, for a long time, hesitant to set foot on a set amid the ongoing pandemic. Having overcome her fear now, the actor is working actively, and says, "*Ab main deeth bann gai hun.*"

"I was very hesitant to go to shoots since the start of the pandemic. Even when the first lockdown opened, in the month of June or something, I was supposed to resume work, but I was worried for my family, and uss time vaccine bhi nahi the," Pilgaonkar tells us, adding, "I opted out of a show and didn't take any project till January."

Pilgaonkar, 53, gradually resumed work soon after, but her fear came true when she contracted Covid-19 on a set, reports Sugandha Rawal of Hindustan Times.

"When I started shooting, I got some confidence, but I got the virus. I think *corona ne humme train kiya hai*. After recovering from the virus, and getting the treatment, *mein deeth bann gai. Aur hum kitne din beth sakte hain ghar par*," says the actor.

Contracting Covid-19 despite adhering to all safety measures, she



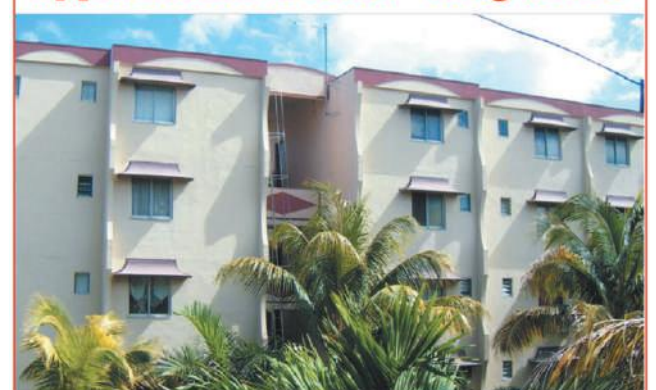
says, made her realise that "*sab ram bharose hi chal raha hai*".

The actor, however, points out, "Shooting *ka mahul* bahut difficult *hota hai* because many agencies and people are involved in it. We have tried shooting in a bubble as well, but

end *mein bahar ke log aa jaate hai*, so a bubble is not possible."

Getting vaccinated, she feels, has played a big role in instilling confidence to get back a sense of normalcy, even if it comes wrapped in lots of sanitiser, masks and tests.

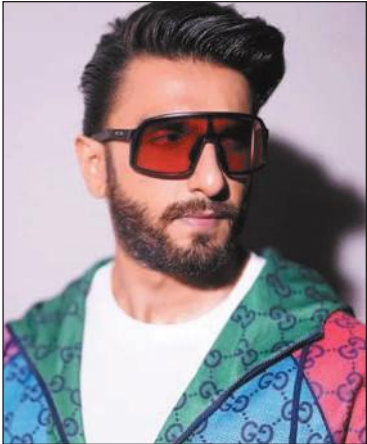
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9 shocking confessions by Bollywood celebs that made headlines

Ranbir Kapoor had once confessed about losing his virginity early in life. Sonam Kapoor had a war-of-words with Shobha De. Sidharth Malhotra had once confessed wanting to kiss Deepika Padukone. While Bollywood celebrities are best known for the roles they essay on screen and making headlines for their acting prowess, there are times their personal lives take centre-stage. After all, they are humans as well with complex lives and histories. And at times these celebrities come out in the open to recount shocking titbits about their lives that grab headlines. Here's looking at 9 shocking confessions, as reported by Times Now...



Ranveer Singh's condom confession

The versatile actor who is known to give shocking sartorial goals had once opened up on endorsing a condom! During an interaction with DNA the actor had revealed he always carries condoms in his wallets and had urged other men that they too should absolutely carry protection. During the same interaction, he had revealed that sexual well-being is a topic that calls for healthy discussion, education and awareness.



Kalki Koechlin on being sexually abused

The talented actress, who was last seen in the OTT show *Made in Heaven* had once confessed that she had allowed someone to have sex with her at the age of nine, not fully understanding what it meant. In an interaction to Humans of Bombay, the talented actress said

that for years afterwards she was afraid that her mother would find out.

Ranbir Kapoor on losing virginity

During an interview with GQ, the *Rockstar* actor confessed that he lost his virginity at the mere age of 15. He even added that after that his relationship with the girl did not last for a long time.

Shah Rukh Khan on wanting to be a porn star

Shah Rukh Khan had once confessed his aspiration to become a porn star! The actor was in Delhi to launch management guru Arindam Chaudhuri's book 'Discover The Diamond In You' when he revealed his desire. On being asked where he got inspiration for this desire, the actor had said that he has always been a huge fan of Sylvester Stallone who was a porn star before becoming a Hollywood superstar.

Shahid on working with a cow

Back in 2009, Shahid said on Zee News' celebrity chat show *Kahiye Janab* that if his director wanted him to romance a cow or buffalo, he would do it because he was an actor. Interestingly, the actor was asked if he would like to work with Kareena again following their break-up. Shahid and Kareena teamed up for three films. While *Fida* and *Chup Chup Ke* bombed at the box office, *Jab We Met* was a blockbuster. Interestingly, at that time, Shahid, who is now happily married to Mira, was being linked to India tennis star Sania Mirza.

Anurag Kashyap on meeting the person who molested him

Celebrated filmmaker Anurag Kashyap had once opened up on being sexually abused as a child. Not only that, the filmmaker revealed that he met the sexual abuser after many years. The filmmaker had revealed that the perpetrator was 22 when he

engaged in the heinous act and was not some "dirty old man".

Sidharth Malhotra on wanting to kiss Deepika Padukone



In an earlier interview with Filmfare, Sidharth Malhotra had opened up about an awkward moment while shooting for a kissing scene with Alia in their debut film *Student of the Year*. The actor had said he felt the liplock was technical and that it turned boring after a while. During the interview Sidharth also revealed that he wanted to kiss Deepika onscreen.

Sanjay Dutt on drug abuse



Perhaps one of the more controversial and beloved personalities in Bollywood is Sanjay Dutt. The actor was involved in drugs early in life and had even confessed, "I used to sniff and take pills. In the last year before my treatment started, I even used to inject drugs into my body."

YOUR STARS

Sagittarius: Nov 22 - Dec 21

Good perspectives on the financial plane. Triumph also in the amorous field. In your work, you'll know how to organize yourself; beware of possible conflicts with your superiors, your associates, or with the public service.

Lucky Numbers: 6, 29, 30, 34, 35, 36

Capricorn: Dec 22 - Jan 19

You'll be endowed with good charming power and have no problems making amorous conquests. Watch over your children more closely. At work, some well-established successes and the launching of a project which has required of you months of preparation.

Lucky Numbers: 4, 7, 9, 10, 12, 16

Aquarius: Jan 20 - Feb 18

On the sensual plane, you'll know a profoundly upsetting but quite happy experience. A favourable week for important financial transactions, to the sale or buying of a house. A very complicated family affair will require all your attention.

Lucky Numbers: 6, 14, 18, 21, 24, 25

Pisces: Feb 19 - Mar 20

You're going to make encounters which will prove interesting in many respects. Learn to savour all that life gives you instead of balking at the pleasures that you don't find perfect. Try to maintain an affective balance which is indispensable to your own balance.

Lucky Numbers: 1, 2, 9, 17, 23, 26

Aries: Mar 21 - Apr 19

A very favourable week for the love affairs and love at first sight for single people. Bargain well, you'll do excellent business. At work, profit by the situation to nip in the bud any idea of dispute.

Lucky Numbers: 3, 9, 14, 15, 23, 33

Taurus: Apr 20 - May 20

Family responsibilities will suddenly seem to you too heavy to bear; courage! In the field of love, you'll be subject to hesitations. Caution will be necessary in your social relationships; indeed, some important people will try to profit from you.

Lucky Numbers: 9, 11, 13, 15, 14, 30

Gemini: May 21 - June 20

Your family life will evolve in a soft ambience, and your relationships with your close ones will be warm. It would be futile to try too much to force things when you aren't yet ready; let the situation mature and beware that the greatest danger is at the moment of victory.

Lucky Numbers: 2, 7, 8, 11, 18, 20

Cancer: June 21 - July 22

Don't forget that whoever pays his debts becomes rich. For long-standing couples, the wearing of time will make itself cruelly felt; you'll have to appeal much to your imagination so as to disrupt daily routine and to recover the enthusiasm of the beginnings of your union.

Lucky Numbers: 7, 15, 19, 23, 28, 30

Leo: July 23 - Aug 22

A favourable week for the launching of a new undertaking. If you're a heart to be taken, be sure that you won't be in want of suitors; you'll make very promising encounters. For natives living in a union, a happy event could very well come to illuminate their joint lives.

Lucky Numbers: 14, 18, 20, 31, 36, 40

Virgo: Aug 23 - Sept 22

Propitious climate for settling differences with the state as well as with individuals. One might try to abuse your credulity; don't have confidence in whomever you happen to know. Lend an attentive ear to your children.

Lucky Numbers: 8, 11, 14, 21, 22, 28

Libra: Sept 23 - Oct 22

Difficult dialogue with your children. This week will allow you to establish useful relationships and contacts, but on condition to display your charm and to present your ideas and projects under a serious and convincing light.

Lucky Numbers: 5, 14, 17, 20, 25, 36

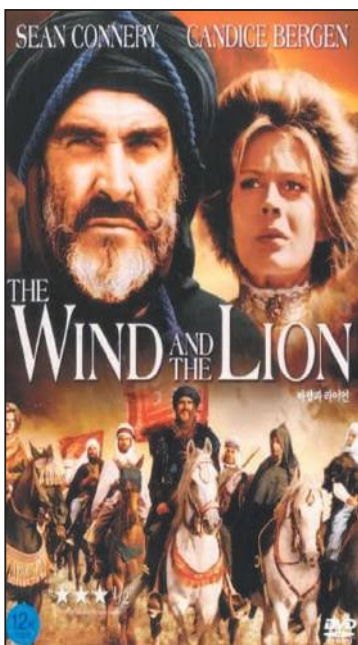
Scorpion: 23 Oct - 21 Nov

You'll be in a very fickle mood, which may give rise to very tense relations. As far as financial operations are concerned, do not be guided by the voice of impulsiveness; adopt a cautious attitude.

Lucky Numbers: 12, 16, 30, 34, 37, 38

CINE 12

Vendredi 20 août - 21.15


mtv 1
 Samedi 21 août - 21.20

mtv 1
 Dimanche 22 Août - 21.40


vendredi 20 août	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
	07.00 Local: Les Grandes Lignes 10.20 Local Prod: Rodrig Prog 11.10 Tele: Soleil Levant 12.00 Le Journal 12.25 Tele: Le Prix Du Désir 13.05 Local Prod: Elle 14.00 Local: Les Grandes Lignes 14.30 D.Anime: Twirlywoos 14.43 D.Anime: The Garfield Show 15.09 D.Anime: Astrology 15.32 D.Anime: Teenie Weenie 15.46 D.Anime: Petit Creux 16.10 D.Anime: Johnny Test 16.31 D.Anime: Teenie Weenie 17.05 Serial: Dark Oracle 18.00 Live: Samachar 18.30 Serial: Siya Ke Ram 19.30 Journal & La Meteo 20.25 Local: Come On Let??S 21.20 Serial: Beauty And The Beast 23.35 Mag: Eye On Sadc	08.00 Educational Prog: Grade 3 10.15 Educational Prog: Grade 4 12.30 Film: Mi Pan Sachin 14.41 DDI Magazine 15.05 Serial: Zindagi Ki Mehek 15.27 Serial: Aamhi Doghi 15.49 Serial: Bava Maradallu 16.07 Serial: Apoorva Raagangal 16.28 Serial: Aatish 16.48 Serial: Imtihaan 17.05 Kullfi Kumarr Bajewala 17.34 Serial: Chhanchhan 18.00 Serial: Dr. Qin 18.30 Mag: DDI Magazine 19.05 Journal Kreol 19.30 Serial: Radha Krishna 20.02 Serial: Band Khirkiyan 20.46 Local: Anjuman 21.09 Local: Urdu Programe 22.07 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 Educational Prog: Grade 5 11.30 Educational Prog: Grade 8 14.03 Doc: 360 GEO 14.55 Doc: China's Cities 16.20 Doc: Eco India 16.49 Mag: Shift 17.01 Mag: Sur Mesure 17.14 Mag: Border Crossing 18.00 Doc: Her - Women Asia 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 Sos Animaux En Darger 21.31 Doc: Children In Art	03.29 Serial: Chicago Med 04.07 Film: Signed, Sealed, Deliv... 05.31 Tele: Muneca Brava 06.08 Serial: Madam Secretary 06.49 Film: Final Fantasy: The Spirits Within 09.00 Serial: When Calls The Heart 09.45 Tele: Teresa 10.37 Tele: Tanto Amor 11.00 Serial: The Magicians 12.00 Film Signed, Sealed Deliv... 13.30 Tele: Muneca Brava 14.45 Film: Final Fantasy: The Spirits Within 16.39 Serial: When Calls The Heart 17.18 Serial: Madam Secretary 18.05 Tele: Teresa 19.00 Tele: Tanto Amor 20.05 Tele: Sinu, Rio Des Pasiones 20.30 Serial: Dynasty 2 21.15 Film: The Wind And The Lion	08.00 Film: Maine Dil Tujhko Diya 12.08 / 19.54 - Radha Krishna 12.31 / 20.11 - Chupke Chupke 12.50 / 20.32 - Mere Sai 13.12 / 21.09 - Agniphera 13.34 / 21.24 - Bade Acche Lagte Hai 13.57 / 21.46 - Zindagi Ki Mehek 14.17 / 22.20 - Maharakshak 15.04 / 22.55 - Sethji 15.25 Film: Yeh Jawaani Hai Deewani Starring Randir Kapoor, Deepika Padukone, Aditya 18.00 Live: Samacher 18.30 Kundali Bhagya 18.52 Ishaaron Ishaaron Mein 19.14 Serial: Bhakharwadi 19.36 Serial: Siddhi Vinayak
	06.00 D.Anime: Boule Et Bill 06.26 D.Anime: Teenie Crazee 07.00 D.Anime: Sissi, Jeune Impe... 07.23 D.Anime: Teenies Crazee... 07.51 D.Anime: Sabrina: Secrets... 08.13 D.Anime: Cosmic Quantum... 08.39 D.Anime: The Garfield Show 09.03 D.Anime: Pet Alien 12.00 Le Journal 12.30 Tele: Teresa 15.06 D.Anime: The Garfield Show 15.32 D.Anime: Petit Creux 15.35 D.Anime: The Deep 15.58 D.Anime: Teenie Weenie 16.34 D.Anime: Johnny Test 17.00 Serial: Les Copains Carlins 18.00 Live: Samachar 18.30 Entertainment: Dance 19.30 Journal & La Meteo 20.15 Local: Le Rendez Vous 21.20 Film: The Bajer Avec: Damian Lewis, Kate Ashfield...	07.00 Film: Ishq Ka Jazbaa 08.48 Serial: Vir: The Robot Boy 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 13.11 Annakodiyum Aintu Pengalum 15.00 Serial: Zindagi Ki Mehek 15.25 Film: Gold Starring Akshay Kumar, Mouni Roy, Kunal Kapoor 17.48 Mag: DDI Magazine 19.00 Live: Journal Kreol 19.30 Serial: Radha Krishna 20.06 Serial: Vikram Betaal Ki Rahasya Gatha 20.20 Serial: Bitti Business Wali 21.01 Film: Judgementall Hai Kya Starring: Rajkummar Rao, Kangana Ranaut	06.00 Mag: Her - Women In Asia 06.42 Mag: Arts And Culture 06.55 Mag: Global 3000 07.50 Doc: Innovation On Board 09.59 Doc: The Big Reset 2.0 10.45 Doc: Chocolate's Heart Of... 11.27 Doc: Her - Women In Asia 12.09 Mag: Global 3000 12.35 Mag: Euromaxx 15.17 Student Support Prog 17.50 Doc: Amazing Gardens 18.16 Doc: The Expanding Desert 18.42 Mag: Vue D'en Haut 19.05 Mag: Check In 19.37 Doc: Rewilding 20.30 Local Prod: News (English) 20.40 Doc: Tree Stories 21.32 Doc: Taste Hunters 22.25 Doc: Gaming For Gold 23.07 Doc: Amazing Gardens 23.33 Doc: The Expanding Desert 23.58 Mag: Vue D'en Haut	01.42 Film: The Wind And The Lion 03.41 Serial: The Night Shift 04.22 Film: Shadow People 05.40 Tele: Tanto Amor 06.20 Serial: Dnyasty 2 07.01 Film: Nessie & Me 08.35 Serial: Mike Hammer 09.23 Serial: Brooklyn Nine Nine 10.04 Serial: Incorporated 10.50 Film: The Wind And The Lion 12.51 Serial: The Night Shift 13.32 Serial: Chicago Med 15.05 Tele: Amanda 15.48 Tele: Muneca Brava 16.30 Mag: Hollywood On Set 17.00 Serial: Dynasty 2 17.45 Film: Super Miss 20.05 Tele: Sinu, Rio Des Pasiones 20.30 Series: Dynasty 2 21.15 Film: The Ballad Of Lucy Whipple 22.46 Tele: Le Prix Du Désir	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 ChhanChhan 07.02 Kundali Bhagya 07.25 Ishaaron Ishaaron Mein 08.02 Zindagi Ki Mehek 10.00 Motu Patlu 10.12 Siddhi Vinayak 12.01 Serial: Bhakharwadi 14.00 Chupke Chupke 16.00 Pavitra Rishta 18.00 Samachar 18.30 Film: Tutak Tutak Tutiya Star: RJ Balaji, Tamannaah Bhatia, Prabhu Deva, Sonu Sood 20.51 Serial: Siya Ke Ram 21.13 Serial: Naagin
	06.00 D.Anime: Boule Et Bill 06.24 D.Anime: Teenie Crazee... 06.35 D.Anime: P'tit Cosmonaute 08.06 D.Anime: Cosmic Quantum... 09.35 Serial: Lucas Etc 10.00 Local: Zafan Nou Zil 10.30 Serial: Backstage 12.00 Le Journal 12.21 Tele: Teresa 14.10 Local: Elle 15.05 D.Anime: Twirlywoos 15.16 D.Anime: The Garfield Show 15.42 D.Anime: Petit Creux 17.15 Serial: Les Copains Carlins 18.00 Live: Samachar 18.30 Local Prod: Gata Rahe Mere... 19.30 Le Journal 20.10 Local: Groov'in 21.10 Film: Beyond The Mask Avec: Andrew Cheney, John Rhys-Davies, Kara Killmer	07.00 Film: Vishwasghaat 10.00 Local Prod: MBC Prod 11.00 Serial: Oru Kai Osai 11.22 Serial: Santoshi Maa 12.00 Film: Kya Kehna Stars: Preity Zinta, Saif Ali Khan, Chandrachud Singh 14.32 DDI Magazine 15.00 Serial: Zindagi Ki Mehek 15.22 Serial: Mooga Manasulu 15.45 Serial: He Mann Baware 16.09 Apoorva Raagangal 17.05 Mahakali 17.51 Kisna 18.30 Local: Tipa Tipa Nu Avance 19.00 Live: Journal Kreol 20.05 Serial: Mann Mein Vishwas.. 20.50 Serial: CID 21.36 Serial: Naagin Season 2 22.17 Jai Kanhaiya Lal Ki 22.57 DDI Live	06.00 Mag: Amazing Gardens 06.26 Doc: The Expanding Desert 06.52 Mag: Vue D'en Haut 07.46 Doc: Rewilding 10.20 Doc: Gaming For Gold 11.06 Doc: Amazing Gardens 11.56 Mag: Vue D'en Haut 12.22 Mag: Check In 14.35 Doc: Taste Hunters 17.43 Mag: Magnifique 18.12 Doc: Builders Of The Future 18.36 Doc: Garden Party 19.05 Mag: Trend Book 19.37 Doc: Tea War, The Adventure 20.30 Local Prod: News (English) 20.40 Doc: Comme Une Envie De.. 21.32 Doc: Onibo 22.14 Doc: The Race Of His Life 22.57 Mag: Magnifique 23.24 Doc: Builders Of The Future 23.49 Doc: Garden Party	01.34 Film: The Ballad Of Lucy... 03.04 Serial: Midnight 03.46 Film: The Baker 05.16 Tele: Tanto Amor 05.56 Serial: Dynasty 2 06.41 Film: I Think My Babysitter's An Alien 08.30 Serial: Mike Hammer 09.17 Film: The Ballad Of Lucy Whipple 10.54 Film: Super Miss 12.15 Serial: Midnight, Texas 13.30 Serial: Chicago Med 15.29 Tele: Amanda 16.16 Tele: Muneca Brava 17.30 Serial: Midnight, Texas 18.30 Serial: Rich Man, Poor Man 19.35 Mag: Hollywood On Set 20.05 Tele: Sinu, Rio Des Pasiones 20.30 Serial: Pure Genius 21.15 Film: Navy Seals: The Battle..	00.35 Serial: Siddhi Vinayak 02.20 Bhakharwadi 04.14 Chupke Chupke 06.01 Pavitra Rishta 08.00 Motu Patlu 08.11 Ikyawann 10.00 Jaana Na Dil Se Door 11.35 Piya Albela 14.00 Agniphera 16.29 Punar Vivaah 18.00 Live: Samachar 18.30 Film: Rishtey Starring: Anil Kapoor, Karisma Kapoor, Shilpa Shetty 21.03 Entertainment: Dance 21.30 Bade Acche Lagte Hai 23.45 Serial: Piya Albela

MBC 2

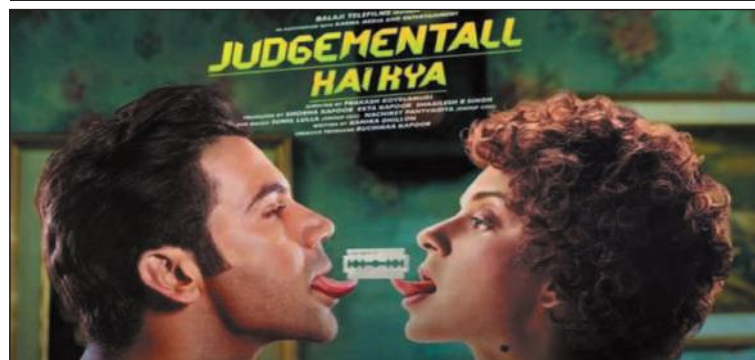
 Samedi 21 août
 - 21.00

Stars: Rajkummar Rao, Kangana Ranaut

BTV

 Dimanche 22 Août
 - 18.30

Stars: Anil Kapoor, Karisma Kapoor, Shilpa Shetty



An Afghan American scholar describes his fear-filled journey

from the chaos at Kabul airport to a plane bound for home in the US



Hanif Sufizada
Education and Outreach
Program Coordinator,
University of Nebraska Omaha

Afghan scholar Hanif Sufizada, who works at the Center for Afghanistan Studies at the University of Nebraska Omaha, got caught in Kabul during the chaos of the U.S. military pullout, when thousands of Afghans fled to the airport, seeking a way out of the country. Editor Catesby Holmes sent Sufizada an email on Aug. 17, 2021, telling him that she hoped he was OK - and his email back let us know that he wasn't.

Sufizada's dispatches from Aug. 17 and 18 advance an important story: He brings an on-the-ground account of his struggle to leave Afghanistan and the impossible and irrational obstacles he had to overcome in order to flee - all of which he faced even though he is a U.S. resident with a green card and a family in Omaha. Sufizada, an economics scholar and former Afghan government official on Wednesday morning, Aug. 18, that he finally secured passage on a plane out of a U.S. military base in Qatar and headed back to the U.S.

Tuesday, Aug. 17, Qatar

I was in Kabul when all this chaotic situation broke out. When I went to the airport to fly out of Kabul on Sunday, the day Taliban took over Kabul, I was lost and unable to locate American forces to evacuate me.

Before going to the airport I went to the U.S. Embassy, but no one was there because they had shifted their entire embassy to the Hamid Karzai International Airport. Tired and fearful of the Taliban capture of Kabul, I managed to enter the airport.

Because I filled out the Online Evacuation Request Form, I wanted to meet the evacuation team to explain my case. When I reached there, everything was



The author was in this crowd, finally boarding a plane to leave Kabul. Photo: Hanif Sufizada

chaotic. There was only one single civilian plane, which we were told was dedicated to the evacuation of Afghan officials. Even some people with valid tickets were canceled to fly, they were replaced, we believed, with high-ranking officials.

People like me just felt shocked and fearful of the evolving situation. So I searched for more than two hours to find Americans. Thanks to an employee of the airport who told me where Americans were, after waiting for several hours, I met an American soldier and begged him to evacuate me. He did help and wanted to check me in.

But while waiting in the queue, a mob of people threatened by Taliban rushed to American troops for evacuation. So I was forgotten and soldiers had to control the unruly mob. Eventually, they sent back everybody. I came back from the point it took me nine hours to reach. I spent the entire night, staying up and asking soldiers to allow me to evacuate because I have a valid U.S. green card. They didn't listen and I had to stay up until morning.

Hungry, thirsty, tired and scared, I, along with two others, an Afghan-German and an Afghan-British, were struggling to be evacuated. I approached all people for help to get evacuated, but the situation was so chaotic that nobody heard us. I was caught several times amid repeated gunfire. We were a group of three people - the U.S. Marines saved all of us. However, initially they thought that we were from among the mob who would rush to the airplane. We were not.

Finally, I got a chance to speak with one of the Marines and explain that we had valid U.S., German and British documents and were eligible for evacuation. Others sought help from their embassies but they didn't get any assistance. I convinced one of the

Marines that I have a green card and also work for a university in the U.S. He then gave me permission and it was around 4 p.m. on Monday. After looking at our documents, he gave us a green signal to be separated from the mob. That was a moment of relief. He told us to go to the north gate.

Here, I was separated from the two others, who flew British airlines.

After going to the north gate of American base in Hamid Karzai International Airport, I was manifested and got ready to fly by military plane.

Then I had to wait another nine hours to get into the plane - still sleepless.

We arrived in Qatar at 5:30 a.m. and as of writing this to you - after almost 13 hours still sleepless - I am still in Qatar waiting for my flight to Kuwait, from where I will go to Washington, D.C., and then to Omaha. It has been such a torment so far. But we are safe from the Taliban.

I am so tired and my kids, who are in Omaha, are waiting to receive me. I don't know how I feel, but I am happy coming home after all this drama.

Now I am at Al Udeid Air Base in Qatar, where I have been waiting and waiting to get clearance to go to USA. I came here at 5:30 a.m. and now it is 12:35 p.m. and I am still waiting for clearance. I am tired, weak and feel helpless.

Wednesday, Aug. 18, Qatar

After almost 35 hours, I got the opportunity to fly to Washington, D.C., in a special commercial flight chartered by the American Army. My current supervisor from University of Nebraska Omaha, my former supervisor from Tetra Tech, my American classmates from Cornell University, and friends all helped and sought the assistance of their representatives and senators for my evacuation.



Tree of Knowledge

Madisyn Taylor

Five Minutes to Happiness

If you aren't a naturally happy person, take time each day to cultivate that which brings you happiness.

It can be so easy to get caught up in the rigors of modern life that we tend to forget that happiness need not come with stipulations. Happiness becomes something we must schedule and strive for -- a hard-won emotion -- and then only when we have no worries to occupy our thoughts. In reality, overwhelming joy is not the exclusive province of those with unlimited time and no troubles to speak of. Many of the happiest people on earth are also those coping with the most serious challenges. They have learned to make time for those simple yet superb pleasures that can be enjoyed quickly and easily. Cultivating a happy heart takes no more than five minutes. The resultant delight will be neither complex nor complicated, but it will be profound and will serve as a reminder that there is always a reason to smile.

So much that is ecstasy-inducing can be accomplished in five minutes. Alone, we can enjoy an aromatic cup of our favorite tea, take a stroll through the garden we have created, write about the day's events in a journal, doodle while daydreaming, or breathe deeply while we listen to the silence around us. In the company of a good friend or treasured relative, we can share a few silly jokes, enjoy a waltz around the room, play a fast-paced hand of cards, or reconnect through lighthearted conversation. The key is to first identify what makes us dizzyingly happy. If we do only what we believe should bring us contentment, our five minutes will not be particularly satisfying. When we allow ourselves the freedom to do whatever brings us pleasure, five minutes out of 14 wakeful hours can brighten our lives immeasurably.

It is often when we have the least free time or energy to devote to joy, that we need to unwind and enjoy ourselves the most. Making happiness a priority will help you find five minutes every day to indulge in the things that inspire elation within you. Eventually, your happiness breaks will become an established part of your routine. If you start by pursuing activities you already enjoy and then gradually think up new and different ways to fill your daily five minutes of happiness, you will never be without something to smile about.