

# MAURITIUS TIMES

• "The weak can never forgive. Forgiveness is the attribute of the strong." -- Mahatma Gandhi



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# Live with it!

**W**e all have used statistics at one time or another to convert complicated social problems into more easily understood estimates, percentages, and rates. They are neither magical nor mere numbers, but media and politicians are wont to treat them as powerful representations of the truth, distilling the complexity and confusion of reality into simple facts for the wider audience. Some hold particular attraction for the authorities as they try to influence or shape our worldview: for instance, GDP or other macro-economic indicators illustrating our purported high-income status without detailing wealth or income inequalities, public debt expressed in local Rupees instead of Dollars, joblessness figures when trimmed of those not actively seeking employment and many other instances of similar purport.

Lately, the pandemic figures of Covid infection cases and related deaths have come under increasing scrutiny - as being less than subtly massaged to conform with the narrative of Government, faced as it is with the pressure needed to reopen frontiers so as to avert an economic and social melt-down. On the basis of double vaccination rates having reached some 65% of the adult population, and that most Covid cases are asymptomatic, PCR tests are no longer being performed in health centres, infected people are sent off to home self-isolation, death figures associated with Covid-infected patients look stubbornly wayward even if the dedicated cemetery at Bigara has overflowed onto Bois Marchand and health personnel, unable to complain, are known to be heavily stretched, tired and understaffed.

While an apparently highly infective variant has drifted into the country several months ago, with new cases showing an exponential rise to peak at above 300 per day despite the vaccination drive, we are now in a similar situation to model Singapore where, despite an 80% vaccination rate, daily cases peaked at more than 1000 per day over the weekend. According to yesterday's Straits Times, "There are currently 863 Covid-19 patients in the hospital and also 105 cases in need of oxygen sup-

plementation and 18 in critical condition in the intensive care unit...Of those who have fallen very ill, 100 are seniors above 60." While Singapore faces the same vital necessity of re-opening its economy, it prides itself on quality medical infrastructure and the honest and unbiased reporting of facts; it would most certainly not allow politicians and their advisers to meddle with them or massage the statistics to suit the government narrative.

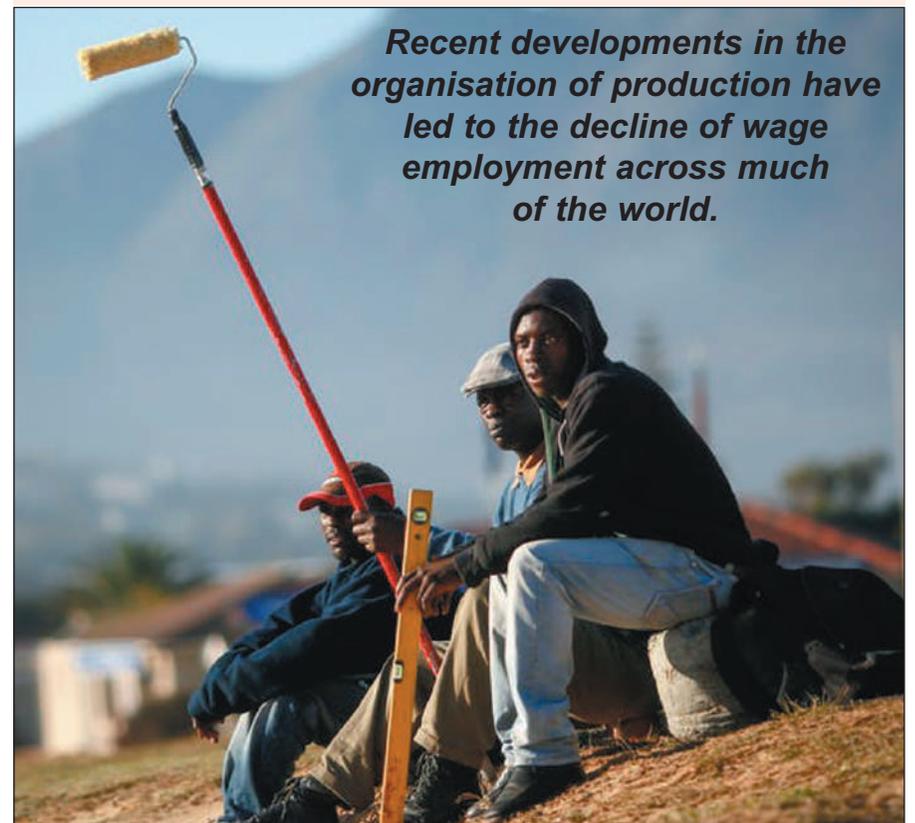
Live with the virus is clearly the motto of government in echo to the sound bytes from business sectors which have most felt the squeeze from the pandemic, tourism and hospitality and the thousands of jobs and small businesses which depend indirectly on them to survive and thrive. It is a perfectly defensible tenet for the authorities regarding a sector that directly employs and indirectly affects 100,000 families or more, for smaller concerns which were already struggling under debts and those that may not survive without some extension of the assistance schemes to better days, hopefully before the year end. In return, the population might feel entitled to less opaque dealings at the Central Bank's disbursement agency, less doctoring of Covid facts and a new approach to honest and frank discussions of alternatives.

We may have to live with the virus for years to come but there are clear dangers to our democratic space and values were the "live with it" stand out as a pervasive if not overriding motto for government action in all governance spheres. Do we really have to live with it if our Parliament is the butt of jokes here as elsewhere, if Opposition members are expelled for indefinite durations at the drop of the hat by the Speaker and Leader of the House, if our esteemed police force is struggling to complete an inquiry in the murder of MSM agent Kistnen, if the other 'independent' institutions are busily silent about any of their high-profile investigations, if the guardians of democratic institutions like the Electoral Supervisory and the Electoral Boundary Commissions are stuffed with nominees close to the party in power? Live with it, really?

## The Conversation

# Work as we knew it has changed. Time to think beyond the wage

*Recent developments in the organisation of production have led to the decline of wage employment across much of the world.*



Unemployed men seek casual jobs from passers-by on a road in Cape Town, South Africa. EFE-EPA/Nic Bothma

**W**hen people hear of 'work', it is usually waged or salaried employment. Governments and commentators rarely speak of the work of hustling, child-rearing or subsistence farming. Instead, work is generally referred to in the narrowly economic and legal sense as non-domestic, legally codified, paid employment.

Yet this model of work is the global exception. Wage employment was invented by European states in the 18th and 19th centuries to generate an industrial workforce. It later provided social protections such as sick pay, holidays and pensions to groups of predominantly able-bodied white male workers through what became known as the 'standard employment relationship'. But this relationship was only ever available to a minority of people outside Western Europe and North America.

Recent developments in the organisation of production have led to the decline of wage employment across much of the world. Historical forms of precarious work, such as farming and market trading, have been accompanied by more recent waves of casuali-

sation. This has left a growing proportion of the workforce insecure, poor and without social protection.

At the same time, digital technologies have facilitated the emergence of new forms of precarious (self) employment in the burgeoning 'gig economy'.

Today, the International Labour Organisation estimates that less than a third of the global working-age population are 'wage and salaried workers'. Yet, many of the concepts that governments and researchers use to describe work - 'informal', 'domestic' or 'unpaid' - continue to assume that wage employment is the norm.

Consequently, the ways in which people think about 'work' are increasingly out of step with the everyday realities of work for most people in the world.

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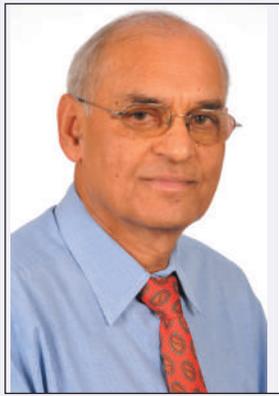
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# We can never be completely free from risk

*but we must ever be in a state of maximum readiness*



Dr R Neerunjun Gopee

**I**n the matter of 'Risk Reduction and Preparedness' global experience shows that we can only go so far, but depending on where and who we are in the world, we can gear ourselves substantially to face calamities. As we have done in Mauritius about cyclones: those of us who remember the desolation of the landscape after the passage of cyclones Alix and Carol in

1960 will surely accept that never again after them have we had anything like that kind of damage to our human habitats. In fact, nowadays our response at the approach of a cyclone is so well established that, with practically all constructions being in brick and cement, and sectorwise emergency measures in place – in health for example – being effective, there is neither as much damage nor are there so many casualties. The few deaths we have had to deplore in recent years have been caused mostly by individual negligence rather than due to the cyclone *per se*.

A simple illustration one can give about risk is the pedestrian crossing and traffic lights: one may take all the precautions and follow the rules strictly, but we do know about defaulters going through the red lights and pedestrians being knocked down at the crossing. This shows that we can only minimize risk, never eliminate it. Similarly in medicine, despite doing everything according to norms, we can still get complications which it is beyond our control to either anticipate or avert; such is the nature of biological material – which is what we are in physical terms.

The same reasoning applies where other disasters such as earthquakes, landslides, massive floods, tsunamis and so on are concerned. There is no country or continent that has been spared of one or other of these, sometimes more than one simultaneously or in succession, as we have been seeing during the past several years.

The one that perhaps caused the greatest consternation was the tsunami in 2004 that ravaged Indonesia, Sri Lanka, India, Maldives, and Thailand killing at least 225,000 people, including thousands of tourists vacationing who were reported dead or missing. The immediate challenges were lack of food, clean water, and medical treatment, combined with the enormous task faced by relief workers trying to get supplies into some remote areas. But there was also long-term severe environmental damage to villages, tourist resorts, farmland, and fishing grounds, and thus to livelihoods as well. The other major tsunami hit Japan in 2011, but simultaneously an earthquake led to damage to the Fukushima nuclear plant. Again, thousands were killed and whole areas had to be evacuated. There was also the 'Himalayan tsunami' of massive flooding and landslides that hit the Indian state of Uttarakhand two years later, which engulfed whole villages. Every single year since there have been similar catastrophes everywhere.

Japan, for example, is well prepared to face earthquakes, because of its experience with them, and the expertise it developed as a result to cope with future ones, consisting in particular of designing buildings that are more earthquake-resistant and raising awareness among its population of the immediate steps to follow when an earthquake strikes – but how can one be prepared for both earthquake and tsunami happening at the same time?



**“The greatest global tsunami that we have been struggling with for over eighteen months now is the Covid-19 pandemic. The massive impact that it has had and is still having on lives and livelihoods through its disruptions of every single aspect of the networks that sustain us – education, family, finance, industry, supply chains and you name it – is there for all of us not only to see. We have also been experiencing its consequences, and there is no end in sight. Not only because there are so many uncertainties and controversies associated with it – related to treatment and control strategies, the responses of governments, vaccine coverage and politics to name but a few – but also because people are fed up with the forced lockdowns and isolations...”**

In Europe there have been practically uncontrollable wildfires in Spain, Portugal and Greece. In the US, one storm after another has swept through Florida, Texas and other southern states – as if there was not enough that the country was already battling: namely the raging wildfires in Northern California which are still spreading despite the valiant efforts of hundreds of intrepid firefighters. They have led to the burning down of several townships, and loss of several lives as well. But worse is the fate of those who have helplessly watched their houses go up in flames in front of their very eyes, and are now desperate as to where to go and how to start their lives all over again.

A very disturbing piece of news to me is that the fires have reached the sequoia groves in the Sierra Nevada. And at great risk is the world's oldest (about 2500 years) tree, the General Sherman which stands at over 80 metres and has a base diameter of 36 feet, which I had the occasion to visit many years ago, and even have a picture taken, standing in front of it and looking so awesomely puny! Ever since I heard the news a few days ago I have been praying that it doesn't burn down. It and others in the vicinity have been wrapped in special silver foil which hopefully will protect them.

This goes to show that when such monumental catastrophes strike, even advanced nations like the US and Japan can be caught unprepared or their preparedness levels fall short of capacity to cope in the immediate aftermath.

And of course, the greatest global tsunami that we have been struggling with for over eighteen months now is the Covid-19 pandemic. The massive impact that it has had and is still having on lives and livelihoods through its disruptions of every single aspect of the networks that sustain us – education, family, finance, industry, supply chains and you name it – is there for all of us not only to see. We have

also been experiencing its consequences, and there is no end in sight. Not only because there are so many uncertainties and controversies associated with it – related to treatment and control strategies, the responses of governments, vaccine coverage and politics to name but a few – but also because people are fed up with the forced lockdowns and isolations, and are exposing themselves to risk by not strictly observing the recommended preventive measures.

The point is that, however prepared one can be, we cannot anticipate all contingencies. Analysts have come to the conclusion that what matters most, besides the state of preparedness, is the capacity of a country to cope afterwards. And that depends not only on technical competencies, but a host of other factors such as the political and administrative structure of the country, political and social stability that ensure robust governance structures, and also cultural factors, amongst other things.

It would appear therefore that, though more developed and richer countries can be better prepared to cope more effectively with catastrophes, none is altogether safe from them. The bottom line is that we can never be completely free from risk, but we must ever be in a state of maximum readiness so as to limit eventual damage. And this is quite possible. It's neither the end of days nor the apocalypse, it's just the way that nature is – and we tend to forget that we are part of that same nature, and therefore must enjoy or endure with it.

As Pujya Gurudev Swami Chinmayanda says, in nature there is neither good nor bad: there are only consequences. Which we have no choice but to confront to the best of our ability.

# Celebrating Our Laureates

*Whatever the leakages of laureates staying permanently abroad, talented and gifted individuals should be driven to explore their potential and raise their sights, even if their plough-back contribution to the society that nurtured them is only delayed...*

Jan Arden

The past week has seen the announcement of results for the HSC examinations, marking the traditional end to the seven-year stretch of secondary studies. Average pass rates were a commendable 90% both for Mauritius and its outer islands, in particular Rodrigues, although we understand there may have been some "special consideration" by Cambridge in view of the special circumstances of the pandemic and some unfortunate weather conditions. What was obviously more disruptive were the extension of the traditional 2020 teaching year by some 5-6 months, that is, well into 2021 and the various efforts to combine face-to-face teaching with the less interactive web or MBC lecture modes.

The Ministry of Education was stretched, handling vaccination of personnel and the recurrent school closures upon any reported Covid cases among staff or even students, while keeping parents and educators informed. Nothing was plain sailing during that period, yet everything had to be done by the authorities, the educator community and parents, often forced into lockdown, to ensure some continuity of education even if it meant putting in extra efforts by teachers and parents alike and extending the school year for catch-up and syllabus completion. To all those stakeholders, despite the occasional inevitable misfiring and failings, we no doubt owe a debt of gratitude, as it concerned a whole generation of teenagers that have faced inordinate struggles to complete the final year of their O-level and A-level studies as best they could and face examinations that were themselves not exempt of sanitary protocol disruptions.

This traditional announcement, marking the end of a cycle for the Form Six students is accompanied by the no-less traditional excitement at the official list of those who have emerged as "laureates" with the best overall marks at the Cambridge examinations, some 45 at this stage in various disciplines from the arts through the sciences to the technical side. They are guaranteed a scholarship from the state or from the SSR Foundation and the MCB, covering their flight and full tuition and living costs to the university and country of their choice. The Education establishment and the Minister in person traditionally have the privilege for disclosing the awaited laureate list and he or



**“Yes, there are many problems yet to be addressed in our education system, its pathways, its exam-centric approach, its heavy selection pressures, even its costs to the national exchequer and such adult discussions deserve to be held and opinions heard. The extended stream, the lack of structured alternative education pathways for the otherwise uninterested by long academic pursuits, the necessity of Academies which have in turn imposed another selection to Grade 10 are other matters for a healthy debate. But surely there are more appropriate times for such discussions than to act as peeved observers by throwing the bath, the baby and the towel on the day of such celebratory achievements for the young students...”**

she relishes this annual exercise, something we cannot begrudge Education Minister Leela Devi Dookun-Luchoomun.

This crowning of seven years of efforts by the students, their teachers who can fairly easily identify and support those potential "high-fliers" and the supportive parents, is accompanied by much rejoicing – more muted this year under pandemic conditions -- by students, parents, teachers and rectors at those colleges which have earned such distinctions. Schools, colleges and even universities, whether abroad or locally, have fashioned enduring traditions which cement their identity and build lasting relations in those formative years despite the obvious element of competition as the final stretch gets closer.

Laureates act as role-models in their school for effort and perseverance, some with their parents exercising conscious efforts to avoid an excessive concentration on academic studies, others with some natural hobby or interest. Inevitably, with the highly mediated and social platforms of this day and age, the laureates provide countless opportunities for taking easy grist to the mill of radio, TV and internet stations for days of coverage, interviews and broadcasts. On a not

entirely dissimilar plane, none of our able-bodied or para-olympic participants are encouraged and trained over four years just for a participation on the international scene: we are aware of the sacrifices undergone and rejoice at the stage they have reached to be selected but rejoice even more, with a sense of national pride, should they bring medals of whatever colour. They would in all likelihood receive equally intensive media coverage.

That phenomenon of laureate celebrations, without the excesses of some past years, is a moment treasured by the students, their colleges, the educator community and the parents. We can also spare a thought to recognize the no-less meritorious efforts of the dozens who, for a matter of a few marks, missed the laureateship, but may still be able to pursue tertiary studies overseas or locally, either through other scholarship schemes or on their own, in our tuition-free public universities.

The merit-based laureates are completed shortly thereafter by the merit-cum social conditions of parents and candidates, a laudable measure introduced since 2013 which allows to add nearly 30 laureates to the 45 already announced. Laureateship and the accompanying ce-

lebrations should not therefore be lightly and rather haughtily dismissed as a mere "tam-tam", offensive to some adults and, even worse, illustrative of a failed education system or alleging that it costs a "bomb" to taxpayer pockets at some Rs 250m annually in an Education budget of Rs 17 billion!

Yes, there are many problems yet to be addressed in our education system, its pathways, its exam-centric approach, its heavy selection pressures, even its costs to the national exchequer and such adult discussions deserve to be held and opinions heard. The extended stream, the lack of structured alternative education pathways for the otherwise uninterested by long academic pursuits, the necessity of Academies which have in turn imposed another selection to Grade 10 are other matters for a healthy debate. But surely there are more appropriate times for such discussions than to act as peeved observers by throwing the bath, the baby and the towel on the day of such celebratory achievements for the young students, their parents and educators. That is simply beyond the pale...

As for the laureates' future studies and their eventual return to the homeland, we would have suggested that the Minister of Education considers the importance of a dedicated "laureate advisory and monitoring cell" to constitute an updated repository of academic avenues and conditions in various countries, provide meaningful advice to students on promising future fields and disciplines, while being mindful of the student's own wishes and particular circumstances, follow-up and keep track of their performances and any problems during their studies, and assist their transition to the working environment upon their return. While it is no doubt true that many illustrious careers and contributors to the country's development were not laureates, particularly when there were only a handful, those who feel the privileged moment they are living today should also feel part of a special family and as welcome back as when they left for further studies.

There should be no overbearing compulsion either for them to return home immediately upon their 3- or 4-year university stint overseas, particularly if we want to combine high-level competencies with quality experiences acquired in foreign work environments for a number of years until, for their own reasons, they feel ready to bring their acquired education, training and work experience to the country's benefit. Whatever the leakages of laureates staying permanently abroad, talented and gifted individuals should be driven to explore their potential and raise their sights, even if their plough-back contribution to the society that nurtured them is only delayed and this is accepted as the price to pay for taking a longer-term perspective on national development.

## Elections &amp; Community-based Politics

# 'Community plus caste plus money. That's the winning formula'

LEX

**T**he Best Loser System was devised in particular circumstances of fear generated in minorities during the transition to independence and can be said to have played some role in allaying that fear, while by the same token, entrenching community-based politics ever since. Neither the Court cases, spearheaded by ReA, nor the Law Lords, nor even the pronouncements of the UN Human Rights Committee, can solve for us a complex political issue. Lex comments the history of such rulings for MT readers.

\* The case of *Rezistans ek Alternativ (ReA)* against mandatory declaration of communal classification of candidates for general elections purposes came up again on 13 Sept 2021. The mandatory 'community' declaration was initially rejected in 2005 by the Supreme Court; that decision was subsequently reversed by another Bench. ReA took up the case to the Privy Council, which in 2011 recommended that the issue be rather determined by a local court - thus the case now being heard by the Supreme Court. Why does it seem to be such a hard constitutional nut to crack?

Parliament consists of 70 members, 62 elected and 8 chosen according to the Best Loser System which also forms part of the Constitution. A balance has to be struck, on the one hand, between the composition of Parliament which the Constitution states has 70 members, including Best Losers, and the right of a citizen to stand as a candidate without any shackles in the way of standing as candidate, including communal affiliation that may smack of discrimination.

\* Why did the Supreme Court find the mandatory declaration of communal classification of candidates unconstitutional, and why was that judgement subsequently reversed?

In the first judgement, Justice Balancy was of the view that the regulation that compels a candidate to inscribe his community on the Nomination Paper was unconstitutional. He wrote as follows: "It may appear strange, in strict logic, that nomination, which is effected by a prescribed number of registered electors may, once complete, be thereafter rendered void by the subsequent refusal of a candidate to declare to which of the stated communities he belongs."

The Full Bench of three judges subse-

quently held that "although an independent unreturned candidate has no claim to any one of the additional eight seats under the First Schedule, yet if he is elected, the declaration as to his community plays an important role in the determination of the eight additional seats."

The Full Bench further held that "prospective candidates at a general election are under a legal obligation to declare on their Nomination Papers the communities to which they belong, failing which, their Nomination Papers will be held invalid by their respective Returning Officers."

The Full Bench was more concerned with the spirit of the Constitution that details how candidates should be nominated as Best Losers and thereby the Court strictly followed the principle that Parliament cannot be deprived of the additional seats by simply obviating the insertion of one's community on one's Nomination Paper.

\* Why did the Privy Council refrain to make a pronouncement on that issue, and was that to be expected from the Law Lords?

The case went to the Privy Council on a special leave application to appeal the judgment of the Full Bench of Mauritius. The Law Lords gave two reasons to refuse special leave for the case to be heard by them. The main reason reads as follows:

"In the opinion of the Board, it is of the utmost importance that, save perhaps in an exceptional case, the Judicial Committee should not pronounce upon what are or may be issues of considerable constitutional importance without having the benefit of the opinion of the Supreme Court or the Court of Appeal upon them. Those courts have much greater familiarity with the history and development of the



“It would not look good if we were to ignore the rulings of international bodies dealing with human rights. So, it would be wise for the government and all political parties to come up with a political reform acceptable to all communities and which will comply with international conventions...”

voting system in Mauritius and, so far as they may be relevant, with both issues of policy and the political realities in Mauritius today. They are in a far better position than the Board, at any rate in the first instance, to grapple with such issues and to identify which issues are in truth issues of law and which are issues of policy."

\* The constitutional provision that requires the mandatory declaration of communal classification of candidates, is meant for the purpose of the Best Loser system (BLS). A favourable judgment of the Supreme Court would challenge the BLS which is founded on the ethnic classification of the population. How would this impact the composition of Parliament following the nomination of elected members in the absence of the BLS?

The Constitution in its article 31 makes provision for 70 members. It does not say that Parliament should consist of 70 members as the Supreme Court determined in the case of *Roussety v Electoral Supervisory Commission* in 1982 following the general elections of that year which resulted in one party winning all the seats. Only four seats were allocated on commu-

nity basis.

\* The United Nations Human Rights Committee ruled in 2012 that the mandatory declarations of candidates at general elections violates Article 19 (b) of the United Nations Civil and Political Rights Covenant. Strictly speaking, did it rule against the BLS and the ethnic classification of the population?

No, it did not rule against the BLS. All it said was that the obligation imposed on every candidate at general elections to declare the community to which he or she belongs violates the International Covenant on Civil and Political Rights.

\* The BLS was introduced in a particular politico-communal context, and seen from a broader perspective, not the restrictive legal one, it could be argued that it has served its purpose well to this day by ensuring a more or less fair representation of the different communities in Parliament. Isn't that so?

Let us face it. Mauritius is a victim of its sociological make-up and historical circumstances. Prior to and during the campaign for independence, fear was instilled in the so-called minorities that they would be swamped by the majority community. The BLS was a means of attenuating the fears of the so-called minorities. The tragedy of that majority population is that it has been parcelled into many minorities on a caste basis. Had there been a consensus in favour of independence, the history of the country would have been different.

● Cont. on page 6

# 'Community plus caste plus money. That's the winning formula'



● Cont. from page 5

\* The negative (political) point that can be made against the ethnic classification of the population and the BLS is that such classification is and can be leveraged by politicians for electoral reasons and for ensuring their self-perpetuation. A divided nation can only serve their interest, right?

Indeed. Look at how elections are fought and won. Look at how candidates are chosen to stand in particular constituencies. Look at the pressure group represented by different socio-cultural groups and the influence they have on the community of castes they portend to represent. Look at the lobbies of other communities who exact certain advantages before they would vote for a particular party or candidate.

\* One could argue that the BLS has outlived its purpose 53 years after Independence, but how do we ensure a fair representation of all communities in Parliament without the BLS?

Has it outlived its purpose? Do you think that with the abolition of the BLS people will stop thinking on communal lines? With or without the BLS, candidates will be chosen by their respective parties and by the electorate on communal and caste lines.

\* There's also the electoral behaviour of voters. An analysis of election results since 1967 to this day indicates that the vast majority have voted on communal grounds. That particular electoral behaviour, mostly based on communal considerations, is checked - but not entirely - by our electoral boundaries which results in all communities being represented in Parliament. Isn't that sufficient?

Whatever proposals the electoral boundaries commission comes up with, that will not make any difference. People's minds have already been poisoned by communal and caste considerations when they go to vote. Add to this the influence of money. So, the winning formula is about community plus caste plus money. This is the winning formula at an election. There are no principles, no ethical considerations; people only talk of patriotism when it suits them...

\* If the people were to decide in favour of the maintenance of the BLS, wouldn't it suffice to make bring a

“Look at how elections are fought and won. Look at how candidates are chosen to stand in particular constituencies. Look at the pressure group represented by different socio-cultural groups and the influence they have on the community of castes they portend to represent. Look at the lobbies of other communities who exact certain advantages before they would vote for a particular party or candidate...”

“Let us face it. Mauritius is a victim of its sociological make-up and historical circumstances. Prior to and during the campaign for independence, fear was instilled in the so-called minorities that they would be swamped by the majority community. The tragedy of that majority population is that it has been parcelled into many minorities on a caste basis with one caste being predominant. Had there been a consensus in favour of independence, the history of the country would have been different...”

permanent amendment to the Constitution, not a mini-amendment as resorted to by the then Ramgoolam-led government for the 2014 general election, to remove the obligation of mandatory communal classification of candidates for general elections purposes? Would that be feasible?

The Full Bench stated the following:

“Although an independent unreturned candidate has no claim to any one of the additional eight seats ... yet if he is elected, the declaration as to his community plays an important role in the determination of the eight additional seats.

“Indeed in order to determine as to which community a seat is to be allocated in turn, it is essential to ascertain the number of persons of that community who have been returned as successful candidates, irrespective of the party to which those persons belong as that number will be a component of the denominator by which the total number of persons comprising that community as per the 1972 census will be divided in order to ascertain the representation of that community in respect of each exercise for the purpose of allocating the additional seats.

“In the absence of the declaration of the community of a successful candidate, irrespective of whether he belongs to a party or not, the whole exercise will be stultified, thereby rendering nugatory the allocation of the eight additional seats.”

So, if a candidate does not declare his community, he would not qualify to be considered for a best loser seat, but his election would jeopardise the BLS calculations.

\* After the 2019 general elections, upon a report of Rezistans ek Alternativ, the United Nations Human Rights Committee, in 2021, have called once again to the State of Mauritius to comply to the pronouncement of the United Nations Human Rights Committee, of 2012. What if the Government of Mauritius decides to ignore that ruling. Are we bound to comply with its ruling?

Technically NO. But as a rule, it would not look good if we were to ignore the rulings of international bodies dealing with human rights. So, it would be wise for the government and all political parties to come up with a political reform acceptable to all communities and which will comply with

international conventions.

\* At the end of the day, shouldn't it be best left to the people of Mauritius - not the Courts nor the UNHRC - to decide what electoral system or reformed system they want for their country, one that would have passed the test of a three-quarters parliamentary majority? Isn't it what the British Law Lords in their wisdom intimated?

It is more a political matter than legal. The Privy Council did not intervene and suggested that the matter be better left to the local authorities, either the Supreme Court or the legislature, to take the appropriate decision. It also suggested that it would have been better for ReA to enter a constitutional case instead of challenging the decision of the Electoral Supervisory Commission regarding the declaration of communal affiliation in Nomination Papers by candidates; it did not make any pronouncement on any constitutional issue. It therefore remains to be seen whether the matter will ultimately be trashed out by the Supreme Court or by the Legislature.

## MAURITIUS TIMES To Our Readers

65 years ago, *Mauritius Times* was founded with a resolve to fight for justice and fairness and the advancement of the public good. It has never deviated from this principle no matter how daunting the challenges and how costly the price it has had to pay at different times of our history.

We are determined not to abandon this line of action, which is the cardinal principle of our *raison-d'être*. This is what has given *Mauritius Times* a unique standing in the local publishing world.

Our production circumstances have changed since last year with the onset of the Covid-19 lockdown, and we have had to move to the digital platform. We have since March 2020 freely circulated the paper via WhatsApp and by email, besides making it available on our website.

However, with print journalism in Mauritius and across the world struggling to keep afloat due to falling advertising revenues and the wide availability of free sources of information, it is crucially important for the *Mauritius Times* to still meet its cost of production for it to survive and prosper.

Readers will no doubt appreciate that it takes a lot of time, hard work, money and the continued support of our contributors to produce the *Mauritius Times* - as we have done without interruption in these last 65 years. We can only continue doing it with the support of our readers.

We hope you'll continue to support the paper by taking a subscription or by making a recurring donation through a Standing Order to our not-for-profit Foundation. Our future will be secure with the support of our readers and well-wishers.

The Editorial Team

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## Finland reports first case of 'Mu' variant of Covid-19, now in 40 countries



Covid-19: A passenger wearing a face mask walks at the Helsinki-Vantaa airport in Vantaa. Pic - Reuters

Finland has reported the very first case of the 'Mu' variant of the coronavirus, which was classified as a "variant of interest" by the World Health Organization (WHO) last month. According to a report citing Finnish researchers, although the 'Mu' variant of the coronavirus has now been detected in as many as 39 other countries apart from Finland, the variant does not pose any additional threats compared to the

other variants of the virus causing the infectious disease.

"All variants that can evade protection conferred by a previous infection or vaccine-provided immunity are potentially worrying, or ones that we have to monitor," the report quoted Turku University virology professor Ilkka Julkunen as saying. "That's the case with the 'Mu' variant as well."

The Mu variant of the coronavirus was alerted by the WHO as being responsible for a growing number of Covid-19 cases in Colombia in South America and other countries. The variant, officially termed as B.1.621, "has been designated as a Variant of Interest as it has some mutations that need to be studied for their potential impact on the body's immune response."

The WHO designated it as a variant of interest due to the several concerning mutations, and assigned a Greek letter name to it. Mu carries key mutations, including E484K, N501Y, and D614G, that have been linked with increased transmissibility and reduced immune protection, reports *Hindustan Times*.

According to the WHO's Bulletin published earlier this month, Mu has caused some larger outbreaks in South America and Europe. While the number of genetic sequences identified as Mu has fallen below 0.1% globally, Mu represents 39% of variants sequenced in Colombia and 13% in Ecuador, places where its prevalence has "consistently increased," WHO reported.

## India upset with UK's fresh vaccine-linked travel curbs

The latest changes in the UK government's Covid-19-related travel restrictions have upset the Indian side as travellers who have got both doses of the AstraZeneca vaccine will be considered "unvaccinated" and will have to undergo 10 days of quarantine.

The new rules, which were unveiled on Friday and will become effective from October 4, were described by the UK as an attempt to change the current "red, amber, green traffic light system" to a single red list of countries and "simplified travel measures" for arrivals from around the world, reports *Hindustan Times*.

Under these rules, only people who have got both shots of a double-dose vaccine such as Oxford-AstraZeneca, Pfizer-BioNTech or Moderna or the single shot Janssen vaccine "under an approved vaccination program in the UK, Europe, US or UK vaccine programme overseas" will be considered fully vaccinated.

The rules also consider who have received jabs under public health bodies in Australia, Antigua and Barbuda, Barbados, Bahrain, Brunei, Canada, Dominica, Israel, Japan, Kuwait, Malaysia, New Zealand, Qatar, Saudi Arabia, Singapore, South Korea or Taiwan as fully vaccinated.

Effectively, this means even Indians who have received both doses of Covishield, the local version of the



Even Indians who have received both doses of Covishield, the local version of the Oxford-AstraZeneca vaccine and one of the two main vaccines being used for the domestic immunization programme, will be considered unvaccinated. Pic - akm-img-a-in.tosshub.com

Oxford-AstraZeneca vaccine and one of the two main vaccines being used for the domestic immunization programme, will be considered unvaccinated.

During his visit to the UK in July, Indian foreign secretary Shringla called for early removal of travel restrictions for Indians and the mutual recognition of vaccination certificates during his discussions with British interlocutors. He pointed out that France had cleared travellers from India without quarantine if they were fully vaccinated and had a negative test.

The European Union (EU) has left it to individual member states to decide on acceptance of Indian vaccination certificates and more than a dozen members have recognized Covishield.

The UK rules will mostly affect students, who are now returning in large

numbers to British universities or travelling to Britain to start new courses. The change will mean they will have to pay extra for more tests and to quarantine.

The Indian side has also been insisting on mutual recognition of vaccination certificates in negotiations with other countries. The people said New Delhi will be in a better position to press this issue once travel to India also starts opening up.

Besides India, several other countries are upset by the change in the UK's travel restrictions, including countries in Africa, South America and West Asia that have been using the Oxford-AstraZeneca, Moderna and Pfizer-BioNTech vaccines that are also used in Britain.

## Obituary - Chit Dukhira



It is with utmost sadness that we have learnt of the demise of Chit Dukhira at the age of 81 yesterday. He had not been keeping well for some time, but he leaves behind a rich and varied legacy, in the form of books and articles, drawing upon his professional engagement at the local government level as Town Clerk of Municipality of Beau Bassin-Rose Hill and as the moving spirit behind many initiatives both in the social and political fields.

Chit Dukhira was also an enthusiastic and active supporter of the *Mauritius Times* since its early years, and a regular contributor on local government and politics as well as on the Indian Diaspora. His 570-page '*Indians in India, Mauritius & South Africa*' represented the crowning glory of his career, his 'Magnum opus', which he undertook over several years after completing a successful career as Town Clerk. It has become a valuable addition to Indian Diaspora studies and offers a panoramic view of the Indian communities in a few other countries besides Mauritius, such as South Africa, Reunion, Seychelles, Sri Lanka, Malaysia, Trinidad & Tobago.

Besides having been very knowledgeable about local government matters about which he wrote extensively - he had had earlier published two well-acclaimed books '*Local Governance in The Global Village*' (1998) and '*History of Mauritius: Experiments in Democracy*' (2003) - Chit Dukhira was also reputed as a social and political activist, the latter at both local and national levels, and this is reflected in his initiating several forums (e.g. Selex, ODI) and in his numerous articles and books.

He was also very active at the grassroots level and together with others toured around the island organizing debates and talks to sensitize the youth about the importance of political engagement and social harmony. He wrote extensively in favour of the independence struggle in the 1960s in the columns of *Mauritius Times* together with other stalwarts of that time.

He leaves behind a widow and four children, two sons, Kevin well-known in the business world while son Devesh is the CEO of the Mauritius Sugar Syndicate, and two daughters, Vidula and Madhula.

Chit Dukhira's funeral will be held today at 1:30 pm. The funeral convoy will leave from 6, Avenue des Orchidees, Morcellement St Jean, to go to the Phoenix crematorium.

We convey our deepest sympathies to Mrs Indrani Dukhira and her family.

\* Contd on page 8



The Guardian said on Saturday that US talks on the issue went on for months in utmost secrecy. Pic - nz.shotoe.com

## US, UK, Australia explored AUKUS pact at G7 meet, behind Macron's back: Reports

Details of the AUKUS deal between Australia, the US, and the UK that stole away the USD 66 billion contract Paris had signed with Canberra were agreed upon during the G7 summit in Cornwall this past June, *The Telegraph* reports.

The newspaper said on Sunday that French President Emmanuel Macron was unaware of preparations for the agreement.

Then-UK foreign secretary Dominic Raab (who is now the new justice secretary) was warned that such a deal could negatively affect relations with China and Paris, but the details of the agreement were nonetheless discussed at the G7 summit and all relevant AUKUS documents were classified as "top secret," according to *The Telegraph*.

*The Guardian* said on Saturday that US talks on the issue went on for months in utmost secrecy and that during the G7 summit in Cornwall, Macron was given no hint that the Australians were about to scupper the deal, reports ANI.

Earlier this week, the US, Australia, and the UK announced a new trilateral AUKUS defence partnership. The new defensive pact forced Canberra to give up on a \$66 billion contract with France to develop 12 state-of-the-art conventionally powered attack submarines.

The G7 includes Canada, France, Germany, Italy, Japan, the United Kingdom, and the United States.



A secondary school student receives a dose of the Pfizer vaccine against the coronavirus disease in Shah Alam, Malaysia on Sept. 20, 2021. Pic - AP

## Clinical trial results show Pfizer Covid-19 jab safe for children aged 5-11

Pfizer and BioNTech on Monday said clinical trial results showed their coronavirus vaccine was "safe, well tolerated" and produced a "robust" immune response in children aged five to 11, adding that they would seek regulatory approval shortly, reports ANI.

The vaccine would be administered at a lower dosage than for people 12 and over, the companies said in a statement. They said they would submit their data to regulatory bodies in the European Union, the United States and around the world "as soon as possible".

## After keeping them out of school, offices, Taliban say women will get 'potent and effective administration'

The Taliban have said they will establish "a potent and effective administration" under the Sharia law for women as they kept girls out of school and ordered women employees in the Kabul city government to "stay home", according to a local report. Taliban spokesperson Zabiullah Mujahid said that the administration will be created in the framework of Islamic principles and there is no need to give it the name of a ministry or its sub-division, reported *The Khaama Press News Agency*.

*The Khaama Press* said Mujahid, who is also the Taliban deputy minister of information and culture, has said in his recent interview said that the women's ministry of the previous government did nothing for the betterment of the lives of Afghan women. Despite the existence of the ministry, the women in the rural areas of Afghanistan were not given their basic rights, Mujahid added.

Last week, the Taliban replaced signs for Afghanistan's women's ministry with those for their moral police in the capital city of Kabul. Reuters reported citing photographs and witnesses that the sign for the building was covered by a replacement in a mixture of Dari and Arabic, reading "Ministries of Prayer and Guidance and the Promotion of Virtue and Prevention of Vice" on Friday. Women staff said they were told to go home after they tried to return to work at the ministry for several weeks since the Taliban takeover last month, reports Meenakshi Ray of *Hindustan Times*.

When the Taliban were last in power from 1996 to



The Taliban replaced signs for Afghanistan's women's ministry with those for their moral police in Kabul. Pic - AFP

2001 girls were not allowed to attend school and women were banned from work and education. The ministry for promotion of virtue and prevention of vice during their last regime became known as the group's moral police. The ministry's interpretation of Sharia included a strict dress code and public executions and beatings. However, Taliban officials have said they will not return to their earlier fundamentalist policies, including banning girls from receiving an education.

## Canada polls: Key things to know about Trudeau vs O'Toole battle

Voters in Canada will head to polls on yesterday to elect the country's 44th Parliament. There is a lot at stake for Canada's Liberal prime minister Justin Trudeau whose popularity has plunged majorly, placing him in a tight race with Conservative leader Erin O'Toole.

According to the Canadian government data, over 27 million people are eligible to vote in this year's general elections. Approximately 5.78 million ballots have already been cast in advance polls.

As per the pre-poll survey, neither the Liberals nor the right-leaning Conservatives have the 38% public support needed for a majority, reports *Hindustan Times*.

Trudeau called the vote two years early to seek approval for his left-of-center government's handling of the pandemic and regain the parliamentary majority he lost in 2019. His initial healthy lead in the race vanished amid unhappiness with the early call.

**Here key things to know about the snap elections:**

\* Canada is a parliamentary democracy and Monday's vote will decide the 338 seats at the lower house of the Parliament, the House of Commons.

\* A party needs to secure a majority of 170 seats to successfully form their government.

\* The federal election campaign



Canada's Liberal Prime Minister Justin Trudeau speaks at an election campaign stop on the last campaign day before the election, in Vaughan, Ontario. Pic - s.france24.com

comes at a time when the country is going through a Covid-19 pandemic. In addition to this, issues like climate crisis, healthcare, housing and economy are also at the centre stage.

\* The outcome of Monday's vote is wholly unpredictable as the two main parties who've ruled Canada since its confederation in 1867 are neck and neck, with about 31 per cent of poll respondents saying they intend to vote for each.

\* According to experts, in case Trudeau does win the polls, it would most likely be a minority government, which would leave him dependent again on other parties to govern.

\* Besides Trudeau and O'Toole, other leaders of smaller factions include the leftist New Democratic Party's Jagmeet Singh, Yves-François Blanchet of separatist Bloc Quebecois and the Green's Annamie

Paul.

\* The final results are expected to be delayed as mail-in ballots which are expected to number in the hundreds of thousands, will be counted.

\* Forty-seven-year-old O'Toole is a military veteran and former lawyer. He served as a member of Parliament for nine years.

\* Trudeau gambled that Canadians would reward his adept handling of the pandemic and smooth vaccine rollout by returning him to Ottawa with a strong majority that would allow him to pass his agenda without opposition support. Whatever the outcome, the election will almost certainly be deemed a failure for Trudeau, as it has weakened his political standing.

# White privilege: what it is, what it means and why understanding it matters

*A transnational movement for racial justice requires a sensitivity to the specific, local conditions in which race and racism touch the everyday lives of people.*

A prestigious, private school in Pretoria, South Africa, recently became a site of protest. Black learners and parents accused Cornwall Hill College of rejecting calls to make its whites-only board more representative of its diverse learner body.

In response, a right wing South African youth group called Bittereinders (the Bitter Enders), held an anti-transformation protest. "Unhappy? build your own schools," was the response from one member.

Why is racial inequality perceivably so resistant to transformation? Some say it is because of a failure to acknowledge and confront white privilege.

The police killing of George Floyd in the US city of Minneapolis in 2020 ignited a wave of protests across the globe and intense discussions of anti-black racism.

From France to Columbia and South Africa, demonstrators used the term 'white privilege' as a means of challenging people to confront the racial disparities evident in their own countries.

Amid the demonstrations, a group of international scholars brought together at the Center for Advanced Study in the Behavioral Sciences at Stanford University in 2020 began discussing whether the concept of 'white privilege' is useful for addressing systemic racial inequalities across national contexts.

Although it is clear that the term has become popular across diverse contexts, some have argued against it. They say that the term 'white privilege' reinforces stereotypes, reifies conceptualisations of race, antagonises potential allies and creates even greater resistance to change.

As movements for racial justice have become more global in scope, the term has circulated across national boundaries. However, it does not always translate well to these new contexts.

## A history

The term white privilege originated in the US in the 1980s, referring to both the obvious and the hidden advantages afforded to white people by systemic forms of racial injustice. Unlike terms such as "racial injustice" and "systemic racial bias", the idea of privilege centres the discussion around individuals.

Focusing the discussion on the individual is especially effective for the purposes of anti-racist teaching and advocacy. Unpacking how whiteness operates to bestow privilege may allow us to understand how 'others' are systematically denied those same rights.

By the mid-2000s, the term white privilege had been adopted by many educators and activists in the US. They were seeking to call attention to the myriad ways in which whites, regardless of their class, benefit from white supremacy and are, therefore, implicated in maintaining the



A protest against racial injustice and police violence in Spain. Josep LAGO / AFP (Photo by JOSEP LAGO/AFP)

system. For whites in the US, where many live in racially homogeneous communities, the concept of white privilege could spark individual self-reflection and motivate individual political action.

While scholars in some other countries have recently used the term to elucidate systemic patterns of inequality in their own societies, in other countries scholars have been more dubious about the concept.

In South Africa, white privilege is the legacy of apartheid, which subjugated and devalued anyone whose skin colour was not white. Despite the political dismantling of apartheid, white privilege persists. Calls to transform racialised organisations are viewed as threats by white people who, correctly, hear demands for racial justice as an end to white privilege.

In France, use of the term white privilege is relatively recent, introduced in the late 2000s by social scientists. The concept is particularly accurate to describe the legacies of slavery and colonial politics. And it captures the experience of structural racism many inhabitants of France's social-housing neighbourhoods have shared.

Yet, with growing acceptance of the concept, there has also been resistance. Some decry "white privilege" as creeping Americanisation, ill-fit to France's liberal tradition and universalism.

Others, echoing critics in the US, argue that a sole focus on racial inequity may entrench, rather than repair, racial divisions in the country. For example, the use of 'white privilege' can backfire when it fails to resonate with whites disadvantaged by class, gender or religion. Consequently, the term can, at times, elicit defensive reactions and increased denial of racial disparities.

## Race as a political category

Constructions of whiteness and its associated privileges are shaped by different - sometimes contradictory - histories of racial discrimination and racial justice

activism. This is because understandings of race and racial categories, as socially constructed categories, remain inconsistent and unequally salient across space and time.

For example, a person from North Africa, from the Indian sub-continent or from Oceania could be considered 'white' - in spite of a dark complexion - in many contexts.

Race as a political category is loaded with the histories of racial extermination and racist politics in some places and less so in others. In France 'white privilege' could be perceived as provocative because it challenges the French universalist narrative and the modern conception of citizenship and a common will.

Thus, discussions of the material consequences of 'race' as a category may occur more openly outside of Western Europe, in Africa and the Americas where native populations were exterminated, enslaved and subjected to various forms of social and political exclusion.

Still, the question of who counts as 'white', 'coloured', 'black', or indigenous remains deeply contested across the globe. As do the explanations for the disparate outcomes and treatment of people in these socially, and sometimes legally, constructed categories. Hence whiteness, and the privileges associated with membership in such a category, remains contextually defined.

For example, an individual of European descent may be treated differently based on where they are in the world. But, this does not negate the fact that someone of Black African origin will often be treated worse than a similarly situated person of European origin in many countries. White privilege persists, even in the absence of any universal definition of "white".

## Toward a goal of racial justice

There have been countless moves to maintain the status quo, such as the Cornwall Hill College anti-transformation

protest, You Silence We Amplify, and the U.S. capital insurgency.

Privilege is directly contingent on disenfranchisement, measured in terms of who does and does not have access and opportunity. In countries with histories of white supremacy, the meaning of white privilege may seem self-evident to many. But for others there and in other countries, the term may prompt new questions and challenges.

Although the concept of 'white privilege' has proved valuable to people advocating for social change in different national contexts, there is also resistance in many countries to the notion that white people are uniquely 'privileged' by their race. Some critics seem unwilling to dismantle white supremacy whereas others point to the limitations of 'white privilege' to capture the full range of inequalities that shape people's lives.

A transnational movement for racial justice requires a shared commitment to ending racial inequality across national boundaries. It also requires a sensitivity to the specific, local conditions in which race and racism touch the everyday lives of people.

The concept of 'white privilege' remains useful when presented in ways that both resonate with individuals and shed light on structural causes of racial inequality. Then, it has the potential to motivate those with advantages to combat injustices. It can undermine movements for racial justice, however, when it fails to raise awareness of the historical, structural, and political forces that confer some groups advantages over others based on skin colour, phenotype, hair texture and other physical characteristics attributed to 'race.'

What is clear is that, as a tool for advocacy, 'white privilege' cannot be an end but rather a beginning, one of many concepts that can lead individuals toward a critique of systemic racism and global anti-blackness.

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From the Pages of History - MT 60 Years Ago

4<sup>th</sup> Year No 172

MAURITIUS TIMES

Friday 22 November 1957

• *Eloquence flourished most in Rome when public affairs were in the worst condition. -- Montaigne*

Peter Ibbotson

A few months ago, out-of-work labourers demonstrated at Government House and were audible to the Council in session. Earlier, a man had interrupted the proceedings of the Legislative Council from the public gallery - his interruption was a gesture to draw attention to the deplorable state of his family - which, like so many other Mauritian families during the intercrop, was starving.

Who has benefited from this rapid striking increase in sugar production? Is it the workers? A century ago Indian indentured labourers worked on the plantations for Rs 5.00 per month and their rations; with deductions for their fares back to India, and stoppages for infringements of labour discipline. Later, the compulsory deductions for the return fare stopped: but Rs 5.00 was the standard monthly wages for a long time. Now, the highest paid plantation labourer can earn Rs 100 a month (with luck, if he is employed all the year round) but of course he has to pay for his own food. And since it has been more than once clearly demonstrated that the average Mauritian family cannot live on Rs 100 a month (if it is to have a decent living), we can say without fear of contradiction that the labourer today is no better off than the indentured labourer a century ago. He is, indeed, little better off than the slaves were.

Soon the harvest and crushing season will be finished. Already it is practically finished in the north. When it is finished, what will be the fate of those thousands who have been employed for the crop season only? Their miserable wages leave them no margin for saving; there is no unemployment benefit for them. The Public Assistance Department is not always sympathetic, even sometimes to deserving cases. The gravest problems of unemployment, poverty and hunger (starvation, almost) face the country.

The sugar barons, as always, will not be hurt. Their pockets will, as usual, be well-lined, despite a fall in tonnage compared with last year. The guaranteed price is held firm, and this year's export quota is higher than last year. The barons will reap the benefit of the workers' toil and sweat -- and tears.

Let us look at some figures which show the development of the sugar Industry.

The number of factories, which was 106 in 1820, went up to 259 in 1856 and has steadily fallen: 100 in 1896, 53 in 1920 and 26 in 1955. This concentration of factories and the development of big estates has led to increased mechanisation and modernisation which in their turn have led only to a reduction in the labour force required as more and more fertiliser and herbicides and insecticides and fungicides are introduced. The area under cultivation has increased by half since 1896 but the total production went up 3½ times between 1896 and 1955; and despite the increase in population, the average production per head is more than doubled.

| Year                           | 1820   | 1856    | 1896    | 1920    | 1955    |
|--------------------------------|--------|---------|---------|---------|---------|
| Area Under Cultivation (acres) | 8,435  | 110,860 | 125,320 | 174,725 | 186,687 |
| Total Sugar Production (tons)  | 7,600  | 123,000 | 152,000 | 256,000 | 533,000 |
| Population                     | 97,847 | 310,050 | 370,558 | 376,485 | 560,000 |
| Production Per Head (kg)       | 76     | 397     | 410     | 680     | 950     |

In the early nineteenth century the slave owners rickocracy ruled the roost in Mauritius. They wielded economic power; and they wielded political power. "Planters looked upon it as the invariable law of nature that animals and slaves should labour, live and die for them," say Barnwell and Toussaint: and they quote Burnel. "*Le Créole fait fouetter son nègre comme il remonte sa pendule, avec sang froid et dans la persuasion que cela est indispensable et naturel.*" The slave-owners were all powerful; they opposed the humanitarianism of Jeremie and they sent d'Epinay to Britain to get what he could from the British government for themselves. Thanks to d'Epinay's efforts, the slave-owners benefited (when slavery was abolished) to the tune of £2 million pounds. Two million pounds! Over 26 million rupees -- for the fact of no longer being able to own human beings. This sum in compensation further strengthened the economic power of the slave owners --; and consolidated and extended their political influence as well.

What happened to the freed slaves? Again, I quote Barnwell and Toussaint, "Neither the government nor the richer inhabitants did very much for them; and during many years the freed slaves were neglected, allowed to waste their freedom as they pleased." Lebrun and Pere Laval did what they could; but the slave owners were indifferent to the fate of the freed slaves.

Just as the slave owners a century ago wielded economic and political power over the colony, today

they still wield economic power. A handful of 10,000 persons control the whole economic destiny of Mauritius.

The 580,000 people of Mauritius depend directly or indirectly on the proceeds of the sugar crop which brings in 98% of Mauritius' income from exports. Dependent on sugar, the people are prisoners of the one-crop economy (monoculture). Prisoners of monoculture is a state of affairs little distinguishable from a state of slavery. Indeed, the labourers who live in estates are little removed from a state of slavery. They are tied to their job on the estate if they wish to live in the estate house; if they wish to go for a better-paid job they must leave their house.

In the UK this system of tying the worker to his job through his house is bitterly resented and opposed by the trade unions. Is it opposed by the trade unions in Mauritius? It is a detraction from one's human dignity to be compelled to live where one's employer dictates; and to be dependent on the whim of one's employer as to whether one keeps a roof over one's head.

Wages today are miserably low; unemployment is rife. They sugar barons are waxing fat. The sugar industry is booming. Unfortunately, the workers are not the ones who are benefitting from the boom. Today's wages are no better than the Rs 5.00 plus rations of a century ago. Production has increased, but wages have not kept pace with the increase in production. Between the wars the sugar barons were quick enough to reduce wages in the bad years; their slowness in raising wages when the good years returned led to the 1937 riots after which an enquiry reported that most labourers were indeed underpaid and underfed. But it took rioting and five labourers' lives to get this enquiry. Six years later the Moody Report also condemned the estate owners and the conditions of life in the community which were generated by the prevailing economic setup: concentration of economic power in the hands of a privileged minority and a denial of rights (social, economic and political) to the majority.

Next year, more demonstrations by unemployed and starving labourers are inevitable, unless the Government can act quickly to help the poor and unfortunate who, alas, form so large a mass of the population. Meanwhile the reactionaries condemn those unfortunates who are compelled to beg to get a living, albeit a poor living. They profess faith, but they have no charity in their hearts. To them we may address the words of Saint James, which will be found in chapter 2 of the Epistle of Saint James: "Si un frère ou une soeur sont nus, s'ils manquent du pain quotidien, et qu'un de vous leur dise: allez en paix, rechauffez-vous, rassassiez-vous, sans leur donner ce dont le corps a besoin, à quoi cela sert-il? Ainsi en va-t-il de la foi: si elle n'a pas les oeuvres, elle est bel et bien morte."

I commend these words of the apostle to the aristocracy who hold in their hands the power of economic life or death for Mauritius. They may protest their feeling and sympathy for the people, but unless they show that feeling and that sympathy in some political way, the people will not believe those protestations. They want social justice and they mean to have it.

The Labour Party is well aware of the people's needs; and the Labour Party must be prepared to act in the people's interests if those interests are not met willingly and without coercion.



Pic - vintagemauritius.org

# Work as we knew it has changed.

## Time to think beyond the wage

● Cont. from page 2

The dominance of waged or salaried work in social policies and political visions of the future has damaging consequences. For example, it produces social policies which exclude unwaged workers, and education programmes which prioritise skills for jobs that do not exist. At the same time, it slows the development of more inclusive redistributive programmes, such as unconditional cash transfers, which better respond to the reality of wageless life.

### Work beyond the wage

In a new edited volume, *Beyond the Wage: Ordinary Work in Diverse Economies*, we take up the urgent challenge of understanding 'work' from the perspective of the global majority for whom wage employment has never been the norm.

How do people make a living in wage-scarce economies? What demands do they make? And what forms of organisation and intervention are required to ensure their diverse needs are met?

*Beyond the Wage* uses case studies from around the world to answer these questions. Two of these are from South Africa and Namibia, countries with high inequality and endemic unemployment, but also experimenting with extensive social grants and universal basic income.

### The appeal of being your own boss

The South African government continues to promote wage employment in its economic and education policies based on the assumption that informal self-employment is the last resort of the unemployed. Yet many young people are willing to take on the risks of informal entrepre-



Pic - money101.co.za

neurship over a low-paying or dead-end job in the formal economy.

Hannah Dawson's research with young men in Zandspruit, an informal settlement north of Johannesburg, highlights the appeal of 'being your own boss' on the urban margins. Her chapter in *Beyond the Wage* argues that what many informal entrepreneurs value most about working for themselves is the ability to fashion a life and a livelihood on their own terms.

For instance, Hloni, who repairs cars from his yard, did not start his informal mechanic business because of economic necessity. He did so to escape a job where he felt degraded and exploited. What he valued most about working for himself was his sense of autonomy and control over his time.

Self-employment was precarious but offered him what formal employment could not. This was the ability to weave together diverse forms of working and socialising. The social embeddedness of

informal entrepreneurship – which provides alternative forms of identity and association – makes it preferable to the alienation of many low-end jobs.

### Dreaming about wage work

Informal entrepreneurship might yield rewards for some. Yet the ideal of wage work still casts a long shadow, and shapes what people demand and expect even in places where it has long been scarce.

Liz Fouksman's chapter shows that in rural Namibia, where stable formal employment is very rare, that's what people still wanted more than direct cash transfers or social grants. Such 'good' jobs would be the best way to spend time, chase away boredom and earn money.

Even at Otjivero, the village which was the site of the 2008-9 basic income pilot in Namibia, the long-term unemployed strongly support basic income, but continue to see wage work as a more legitimate source of money, as well as the basis for social, psychological and physi-

cal well-being.

For instance, an elderly woman who cared for ten children and grandchildren insisted that the best thing the government could do would be to build a factory next to the village. A factory job would give her a way to 'get out and be active', since there was 'nothing to do' in the village.

These findings suggest that even the very people who are failed by the current system of wage labour find it hard to imagine other forms of activity, including care work, as equally worthwhile. Equally difficult is imagining ways of collectively 'doing something' that aren't linked to paid work.

This longing for the intangible benefits of a 'proper' job reflects a deep attachment to a 20th century vision of full, stable and well-paid employment – though for many this vision never reflected reality, and factory jobs are often poorly paid, dangerous and precarious. It's time not only to create new ways of ensuring livelihood, but to also recognise care and other socially vital activities as equally valuable to wage work.

### Conclusion

The standard employment of the mid-20th century is unlikely to return. In any case, this model of work was only available to a select population of able-bodied white men in Europe and North America. It's time to imagine new futures of work from the perspective of the global majority for whom wage employment has never been the norm. These futures include more redistributive economies which provide people with the time and security to create alternative forms of identity, meaning and community outside wage work.

**Hannah J. Dawson,**

*University of the Witwatersrand;*

**Liz Fouksman,**

*King's College London;*

**William Monteith,**

*Queen Mary University of London*

### Quotable Quotes

"Shallow understanding from people of good will is more frustrating than absolute misunderstanding from people of ill will." – Martin Luther King Jr.

"Challenge yourself with something you know you could never do, and what you'll find is that you can overcome anything." – Anonymous

"The best way to predict the future is to invent it." – Alan Kay

"Life is not about having everything. It's about finding meaning in everything." – Joel Randyamar

"Beauty is hidden in everything, just learn how to observe." – Ritu Ghatourey

"When you reach the heart of life you shall find beauty in all things, even in the eyes that are blind to beauty." – Kahlil Gibran

"I have always known what I wanted, and that was beauty... in every form." – Joan Crawford

"The love of beauty in its multiple forms is the noblest gift of the human cerebrum." – Alexis Carrel

The journey of a thousand miles begins with one step. – Lao Tzu



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# Type 2 diabetes: why treatment plans may need to be different for older adults

*Ageing and other health conditions can both complicate matters when it comes to managing this condition.*

**A**round 6% of the world's population suffer from type 2 diabetes. People of any age can develop the condition, but the number of older adults with type 2 diabetes is rapidly increasing worldwide. In fact, adults over the age of 65 now account for almost half of all adult cases.

There are many ways type 2 diabetes can be managed - including controlling weight through diet and exercise, or taking a drug to manage blood sugar levels. But many people may not realise that type 2 diabetes in older adults can be more complicated to manage. This means people over 65 may need to be managed differently when it comes to type 2 diabetes.

There are a number of reasons why type 2 diabetes may be more difficult to manage in older adults. First, ageing can affect blood sugar control, as the body's organs (such as the pancreas, which controls insulin and blood sugar levels) lose their ability to work as well as they used to.

On top of this, some research has shown that diabetes may cause people to age faster. It's thought that this is due to high levels of sugar in the blood stream prematurely ageing the body's cells. This premature ageing could lead to diseases associated with age-related decline (such as arthritis or dementia) happening sooner.

Frailty - a state of health that is associated with reduced physical and mental resilience in older adults - also affects more people with type 2 diabetes than the rest of the population. In fact, an estimated 25% of older adults with type 2 diabetes are also frail. People who are frail and have type 2 diabetes have poorer health and increased risk of death from all causes compared to those who are not frail. Frailty is associated with reduced physical and cognitive functions and increased risk of low blood sugar. Both of these factors can make treating type 2 diabetes more complicated.

Dementia, which is more common in older adults, may also make it more difficult to manage type 2 diabetes. This is because the memory problems this condition causes may make it harder for patients to remember to take their medication, or take the proper medication dosage. What's more, type 2 diabetes in older adults is actually a risk factor for developing dementia - including Alzheimer's disease. While the link between the two isn't fully understood, elevated blood sugar levels and insulin not working properly have been suggested as causes.

Having other health conditions can also make it more difficult to treat diabetes. Up to 40% of older adults with type 2 diabetes have four or more co-existing diseases - such as heart disease or dementia. These



Ageing can affect blood sugar control. November27/ Shutterstock

conditions can make it impossible to achieve normal treatment targets and the drugs used to treat them can interact with those used to treat diabetes - which could lead to harm if not managed carefully. Alongside this, poor access to proper medical care, and being more susceptible to low blood sugar in older age are also reasons why treating diabetes can be so difficult in this age group.

## Managing type 2 diabetes

Most medical treatments for type 2 diabetes work to keep blood sugar levels low, and prevent them from spiking. But older adults with type 2 diabetes may actually have an increased risk of developing dangerously low blood sugar levels. This usually happens if the medication is not used at the correct dose, or in people who have had diabetes for a long time.

Having very low blood sugar levels is dangerous as it can increase the risk of

falls - a serious and sometimes life-threatening problem in older adults. Very low blood sugar levels also increase the risk of heart problems. This means that health-care professionals need to be careful they aren't being too aggressive in treatment plans for older adults to avoid causing other health problems.

Ageing may also alter the body's response to low blood sugar. This is significant, as when blood sugar falls too low it is extremely dangerous and can even be fatal.

Older adults may also be less able to recognise the symptoms of low blood sugar compared to young adults. This is because symptoms such as dizziness and confusion are often less specific in older adults, and can be confused with dementia. Older adults may also take longer to recover from low blood sugar.

Given that repeated bouts of low blood

sugar can mean that older people are less able to sense when it's happened in the future, it's important that drugs prescribed to older adults for type 2 diabetes are given at the correct doses. Care especially needs to be taken prescribing insulin, the body's blood sugar control hormone, to very old adults as this significantly increases the risk of low blood sugar.

Given our ageing population, it is projected that more older adults will have type 2 diabetes in the future. This makes it especially important to improve how we treat diabetes in this age group. Though specific treatment guidelines have been developed, some evidence suggests that care approaches need to be more cautious and personalised to each patient, taking into account their other health conditions, and that treatments consider quality of life for each patient.

### James Brown

Associate Professor in Biology and Biomedical Science, Aston University

### Srikanth Bellary

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# How the Best CEOs differ from Average Ones

*Lessons from psychometric profiles of 200 company leaders*

-- Dean Stamoulis, HBR

There is a great deal of conjecture and mythology about CEOs and the attributes that define their success. So what should companies look for when they hire a new CEO? In today's rapidly changing markets, with digital disruption looming over every business, this question has never been more important. Russell Reynolds Associates, in partnership with Hogan Assessment Systems, has led a research effort to separate myth from reality, identifying key indicators of leadership that have a measurable impact on a company's growth.

The results demonstrate that **intensity, an ability to prioritize and focus on substance, and an ability to know what one doesn't know** (and utilize the best in what others do know) are more strongly related to best-in-class CEO leadership than traditional traits like extroversion or self-promotion.

We believe our data-based approach has particular relevance due to our use of Russell Reynolds Associates' and Hogan's proprietary psychometric databases at the core of the study. Other researchers have approached these questions about CEOs by conducting interviews, analyzing resumes, and even evaluating vocal patterns. We chose an in-depth approach, creating detailed psychometric profiles of 200 global CEOs.

We validated the trends we discovered in another global sample of 700 CEOs produced by our partners at Hogan and subsequently compared these CEOs to the non-CEO executives in our proprietary database of 9,000 senior leaders.

Our analysis revealed that CEOs differ meaningfully from the overall executive population across many personality attributes. Two traits in particular stand out: an ability to embrace appropriate risks and a bias toward acting and capitalizing on opportunities. We consider these traits the "essence" of the CEO personality. In other words, a CEO is significantly less cautious and more likely to take action when compared to other senior executives.

As for the stereotypes, while we confirmed that CEOs in general are more likely to be risk takers than other executives, we did not find that they are consistently extroverted or self-promoting.

In addition, six other traits differentiate the typical CEO from other executives on a statistically significant basis:

- drive and resilience
- original thinking
- the ability to visualize the future
- team building
- being an active communicator



- the ability to catalyze others to action

It's rare to have such detailed psychometric data related to the mindset of the CEO. It is even rarer to be able to link psychometric data to corporate performance. To make that link, we applied a quantitative hurdle of 5% compound annual growth rate during the CEO's tenure.

When we compared the results of the best-performing CEOs to those of their less successful peers, we found that best-in-class CEOs stand out in three ways:

- **They show a greater sense of purpose and mission, and demonstrate passion and urgency.** These traits often manifest themselves as intensity, impatience, and an eagerness to move forward as well as a strong sense of ownership and immersion in activities. Researchers at McKinsey recently published related observations pertaining to new CEOs. In short, they asserted that the worst thing new CEOs can do is "sit on their hands." The best-performing CEOs "move boldly and swiftly to transform their companies." We don't advocate decisions and actions that are overly spontaneous or impulsive, but we do value efficiency and speed in analyses and when acting on strategy.

- **They value substance and going straight to the core of the issue.** They have an ability to rise above the details and understand the larger picture and context. They have a keen sense of priorities as they think and act. We summarize this as an ability to "separate the signal from the noise." Great CEOs have a "nose" for what are the most significant issues, challenges, threats, and opportunities facing an organization. While they draw on myriad inputs and discussions, their views about prioritization are clear and often quite independent.

- **They have a greater focus on the organization, outcomes and results, and others than on themselves.** They "know what they don't know" and have

an ability to be open-minded, seek additional information, and actively learn. This notion of a relatively modest CEO is counterintuitive for many. At the same time, there has been a good deal of writing about the usefulness of humility in CEOs. Our finding is data-based evidence that the Level 5 CEOs described in Jim Collins's book 'Good to Great' -- leaders who are "a study in duality: modest and willful, shy and fearless" -- can be related to desirable organizational results.

Warren Buffett is a wonderful example of how this set of traits can play out in a leader: Despite overseeing what could be considered one of the most successful companies ever founded, Buffett estimates that he spends 80% of his day learning in an effort to understand businesses, markets, and opportunities. We summarize, of course, that great CEOs need to have the capacity to act boldly in difficult and uncertain situations; to be able to develop and articulate a strong point of view; and to be highly determined. The additional point here is that the most-successful CEOs also need to believe that the best idea wins and that they often obtain the best ideas based largely on how they work with others in a collaborative way.

There is no single profile for the successful chief executive. Some companies may require a true extrovert -- someone willing to trumpet the company's successes through constant and varied social gatherings. Others may benefit from a quieter approach, from a leader who can build relationships without appearing too "salesy" and who can avoid spooking relevant markets. But at the top of the list should always be the ability to embrace effective and appropriate risks and the ability to act on opportunities in high stakes situations -- especially when the "right" action is not initially clear. These are the headlining traits that separate CEOs from other senior executives.

## Work Smarter

### Managers, it's okay to ease up right now

As a manager, it's important to acknowledge that everyone's a bit fatigued these days, and you should recalibrate your expectations accordingly. There are several ways you can do this.

First, don't expect the same level of responsiveness or availability from your direct reports as before. Consider re-prioritizing by identifying which deadlines can be extended and which projects can be cancelled altogether. You could also re-assess the level of detail needed on each project. What's achievable under the current circumstances? And how can you adjust your metrics for success?

Next, re-balance work among team members by taking time to understand their personal situations and capacity. Don't assume that everyone will tell you when they feel overwhelmed or need help - give your team explicit permission to do so, and be proactive about making the necessary changes. Above all, remember that adjusting your expectations doesn't necessarily mean lowering the bar. Give honest feedback when necessary, and communicate clearly when the quality of your team's work isn't up to par. By recalibrating and being explicit about your expectations in the short term, you'll get much more out of your people in the long run.

*This tip is adapted from "Managers, Adjust Your Expectations (Without Lowering the Bar)," by Rebecca Zucker -- Harvard Business Review*

### Working parents, carve out some time for hobbies

Most working parents know that it's important to take time for themselves. But what does that actually look like in practice? One option is committing to a hobby. It can help you relax and recharge, hone new skills, become a better problem-solver, and connect with others.

But to reap these benefits, you have to be diligent about carving out regular time in your busy schedule. Whatever your interests are - arts and crafts, exercising, or reading, for example - set aside at least one consistent hour each week to delve into them. You can invite some friends to join you.

Consider organizing a book club or knitting group, or joining an exercise class that you look forward to. (These activities can be held virtually if you're social distancing right now.) Once your schedule is set, be sure to communicate the time commitment to your family, so they can respect it when it comes around each week. It's your time, and it's important to be vocal about what it means to you.

*This tip is adapted from "Working Parents, Save Time for Hobbies," by Scott Behson -- Harvard Business Review*



## Avocados change belly fat distribution in women, controlled study finds

An avocado a day could help redistribute belly fat in women toward a healthier profile, according to a new study. One hundred and five adults with overweight and obesity participated in a randomized controlled trial that provided one meal a day for 12 weeks. Women who consumed avocado as part of their daily meal had a reduction in deeper visceral abdominal fat.

Naiman Khan, an Illinois professor of kinesiology and community health, the lead researcher said: "We were interested in understanding what eating an avocado does to the way individuals store their body fat. The location of fat in the body plays an important role in health.

"In the abdomen, there are two kinds of fat: fat that accumulates right underneath the skin, called subcutaneous fat, and fat that accumulates deeper in the abdomen, known as visceral fat, that surrounds the internal organs. Individuals with a higher proportion of that deeper visceral fat tend to be at a higher risk of developing diabetes. So we were interested in determining whether the ratio of subcutaneous to visceral fat changed with avocado consumption," he said.

Female participants who consumed an avocado a day as part of their meal had a reduction in visceral abdominal

fat -- the hard-to-target fat associated with higher risk -- and experienced a reduction in the ratio of visceral fat to subcutaneous fat, indicating a redistribution of fat away from the organs. However, fat distribution in males did not change, and neither males nor females had improvements in glucose tolerance.

"While daily consumption of avocados did not change glucose tolerance, what we learned is that a dietary pat-

tern that includes an avocado every day impacted the way individuals store body fat in a beneficial manner for their health, but the benefits were primarily in females," Khan said. "It's important to demonstrate that dietary interventions can modulate fat distribution. Learning that the benefits were only evident in females tells us a little bit about the potential for sex playing a role in dietary intervention responses."

## Teens who use cannabis frequently more likely to have premature baby

Teenagers who use cannabis frequently may be more likely to have children born preterm, when they become parents up to twenty years later, finds a new University of Bristol-led study. The research repeatedly assessed 665 participants in a general population cohort on their tobacco and cannabis use between ages 14 to 29 years, before pregnancy.

The study, led by academics at the University of Bristol in collaboration with the Murdoch Children's Research Institute in Australia, is the first to identify that frequent adolescent cannabis use may also carry intergenerational risks

Maternal tobacco or cannabis use in pregnancy is linked to babies being born preterm and having low birth weight, raising the risks for health problems in these babies. Substance use in pregnancy tends to be a continuation of use that started before pregnancy, raising a question of whether use in pregnancy or before could be associated with a baby's early growth. The collaborative research team used the prospective cohort from the Australian Victorian Adolescent Health Cohort Study



(VAHCS) and Victorian Intergenerational Health Cohort Study (VIHCS), with parents recruited to the study when they were in secondary school and followed up until they started having children in their late 20s and 30s; their children were then recruited into a new study.

The researchers found babies born to parents (aged 29 and over) who had used cannabis every day for a period of time between the ages of 15-17 were estimated to be considerably more likely to be born preterm or to have a low birth weight, when com-

pared to babies born to parents who hadn't used cannabis as teenagers. This effect was limited to people using cannabis at the highest levels of frequency.

The findings are the results of a 20-year prospective study, following parents from their teenage years into their 30s, which found that 20 per cent of all preterm births to study participants occurred in parents who had used cannabis daily during their teenage years.

Dr Lindsey Hines, Research Fellow in Bristol Medical School: Population Health Sciences (PHS) at the University of Bristol, said: "Cannabis is the most commonly used illicit drug amongst teenagers. There is already evidence that frequent adolescent cannabis use increases the risks for poor mental health, but our results indicate there may be further effects that individuals may not anticipate.

"As regulations around legal use liberalise, there is a possibility that adolescent use may increase in some countries. These findings provide additional motivation for ensuring that policy changes do not lead to greater adolescent use."



## How do mobile phones and tablets work?

Mobile phones and tablets are basically mini computers - and to a computer, everything is a number

How do mobile phones and tablets work? Tom, aged six, Quorn, UK

Great question, Tom! There's a lot of amazing technology packed into mobile phones and tablets. Nowadays, most have a touch screen, speakers, a microphone, WiFi, Bluetooth, a camera, a telephone and more.

Underneath all these fun features, though, mobile phones and tablets are basically mini computers. And computers

work by carrying out instructions we humans have given them.

To a computer, everything is a number. A picture? Lots of numbers: three for every tiny dot in the image. A sound? A long list of numbers, including one for how "loud" the sound is at each point in time (that's thousands every second). A word? Each letter has its own unique number, too.

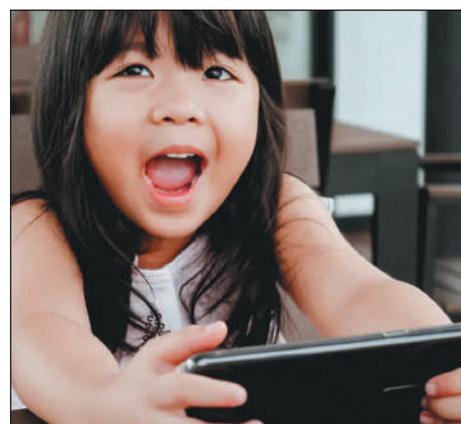
### Machine brains

Computers have a machine "brain" called the Central Processing Unit (CPU), which has two main jobs: getting instructions from the computer's memory, and carrying them out. The instructions are stored as numbers, too, of course.

The programs or "apps" you find on a mobile phone or tablet are basically lists of instructions. With a bit of practice, you can even write your own: it's called "programming" or "coding".

But writing down lots of lists of numbers to give your instructions to the computer would be really difficult, and takes a very long time. Luckily, people have invented special coding languages, that are much easier for us to read and understand.

There are lots of different programming



languages these days, with names like C, C++, Python and Java. Different languages are better for different jobs - but mostly it's just down to what the programmer likes to use.

There are even programming languages made of different shapes, like a jigsaw, which can be great for learning - like Scratch, which you can use to make games.

Once you've used one of those languages to make a list of instructions, you run it through a special programme - called a compiler - that turns them into programs

or apps that computers can run.

### Powering up

The most important program on any mobile phone or tablet is the operating system. The operating system runs all the different programs and helps them use the phone's different features, like speakers, touchscreen and microphones.

The operating system also lets you do lots of things at once, so you can still get a phone call even while you're playing a game.

And, of course, mobile phones wouldn't be very "mobile" without a battery. Batteries have been around for at least 200 years, but they have got a lot better recently, so they can power complicated things like mobile phones, tablets - and even electric cars.

Batteries work by converting chemicals to electricity. With an adult's help, you can make a simple battery using fruit and some coins, which is fun - but wouldn't be strong enough to run a mobile phone.

Bernie Tiddeman

Reader in Computer Science,  
Aberystwyth University

## Health & Balance

Sometimes you need a mental lift. There are some simple steps you can take to build a "happiness habit" that may help get you through a tough spell. These pick-me-ups aren't meant to replace treatment for serious depression, acute anxiety, or other clinical issues. If you need help, tell your doctor or a trusted friend or family member.

### Curb clutter

It just sits there doing nothing. And that's the problem. Studies have found that when you're surrounded by stuff, the visual chaos goes straight to your brain. It distracts you and gets in the way of your ability to process info. Other research has shown a cluttered home amps up the stress hormone cortisol, especially in women. Make a plan right now to banish or sort your clutter.

### Buy yourself something nice

It doesn't have to be a spree for fancy electronics or a new designer wardrobe. Sure, the something nice can perk you up for the moment. But research shows the real magic of so-called retail therapy is the sense of control you have over your environment when you make your own choices. So, try a little smart shopping to help snap you out of short-term sadness. Just make sure your picks fit your budget, too.

### Ticket to read

The fastest ticket out of a bad mood is still the simplest: a riveting read. Studies have linked reading to improvements in depression symptoms, as well as mental flexibility and brain function. Make sure it's a pleasure read -- not the news, your computer manual, or even your latest book club pick. Find a book you've wanted to check out or a juicy magazine. Sock away at least 30 minutes every day to read in peace.

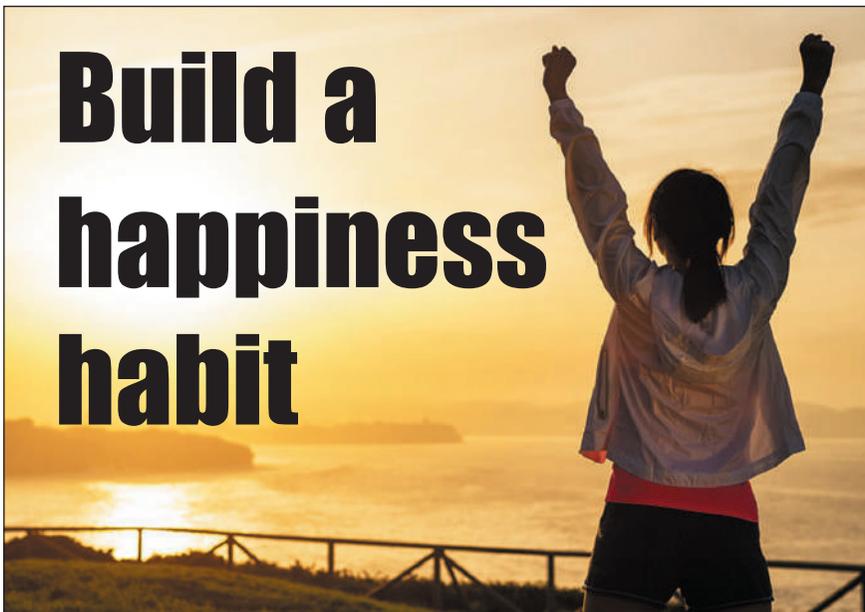
### Spend extra quality time with your pet

In one study, college students who chilled for just 10 minutes with a good-natured dog or cat had sharply lowered cortisol, a major stress hormone. Many college campuses have started "pet-to-de-stress" programs. You don't need to be in school to get these warm fuzzies, though. Spend extra quality time with your own pet, or volunteer at a shelter or adoption event to make some new furry friends to cuddle and play with.

### Catch a groovy beat

Yes, classical music can relax you and ease tension.

# Build a happiness habit



But what if your listening tastes are more high-energy? An Italian study found quick tempos can help calm you, too. It just happens when the music stops. After listening to fast-paced songs, the subjects' blood pressures and heart rates mellowed.

### Pile a power plate

A healthy dish can banish the blues, with fast and lasting results. One study looked at young adults with diets rich in fruits, veggies, and lean meats over just a few weeks. They reported less depression than a group that didn't eat as well. Studies have shown that the Mediterranean diet, which counts grains and olive oil as staples, can ease depression in older adults. (Exercise and sharing meals are key parts of this diet, too.)

### Try acupressure

To practise this ancient Chinese healing art, you press certain spots on your body to release tension. It can lessen anxiety and improve your blood flow. Try this simple move called yin tang, which refers to the middle point between your eyebrows. Sit back and relax. Place your thumb or forefinger between your brows. Press in small, gentle circles for 5 to 10 minutes. Repeat several times during the day.?

### Find your flow

"Flow" is your state of mind when you do something that challenges and fulfills you, without too much pressure on your performance. Note the highlights of your day or week. When did you feel "in the zone"? Hint:

Passive entertainment like bingeing a TV show or playing computer games aren't flow. Think dancing, cooking, painting, even house-cleaning -- pursuits that absorb you and put your worries aside. Make plenty of time for them.

### Walk in nature

Ecotherapy explores how quality nature time eases stress, anxiety, and depression. A 2015 study found people who take nature walks have lower activity in the parts of the brain where negative thoughts can spool. Start with a stroll close to home or an easy trail for about a half-hour several times a week. If you're game, build up to longer-term "forest bathing" (the Japanese take on nature immersion). It works if you take a friend,

too.

### Find nature stand-ins

Even if you're stuck inside or the weather's crummy, natural stimuli can have a similar calming effect. A study found that it can lift your spirits to listen to nature sounds and even just look at pictures of pretty outdoor settings or dream destinations. Researchers think it's the literal "outside" focus that can bust a mental funk by taking your mind off negative things.

### Keep up your support system

When you feel down, it's easy to think others should know how you feel. But you need to be the one to keep the lines open. Make time for friends and family. Offer to help them out when you can -- some research suggests it can be more uplifting to give support than to get it. And while some experts say it's best to meet up in person, don't hesitate to draw on electronic tools like Skype, online chat, and texts to stay close if needed.

### Find something funny

Whether you get tickled by silly videos of people falling down, witty British comedy, or a friend who tells hilarious stories, find the things that make you laugh. Humour essay books, funny podcasts, or jokes from magazines are great sources, too. Studies show laughter -- and the distraction it brings -- is one of the best mood lifters around.

Jennifer Casarella, MD - WebMD

## Weight Loss: How I went from 5 minutes to 1 hour of running

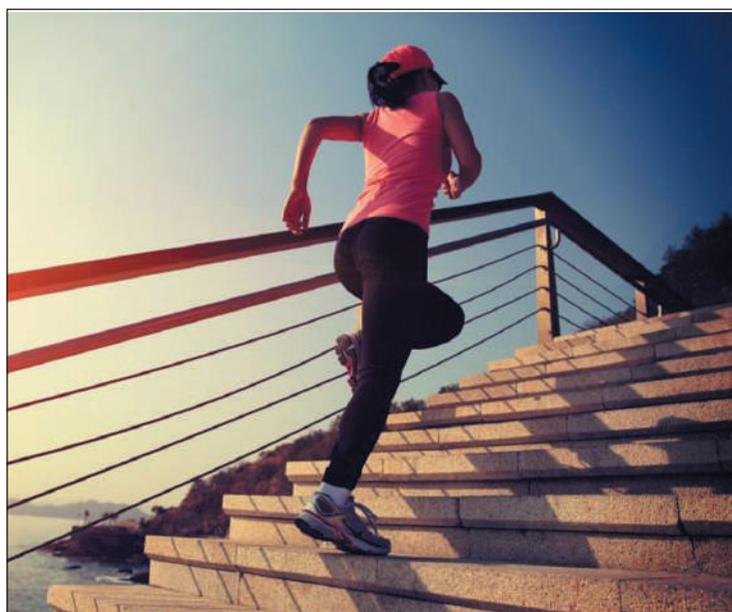
I had always hated running. In fact, as a child I never enjoyed games that involved running. And because I had no inclination towards anything that involved any physical exertion, naturally I grew up to be a fat kid.

I tried everything from gymming to dieting but the weight kept coming back. That's when a friend introduced me to running. She had herself lost a lot of weight with running and maintaining it too. That's when I thought it was maybe time to give it a good try.

The first time I tried running, I ended up panting heavily in the first few minutes. But I didn't give up. Within a week I managed the 5 minutes mark- yes! It felt a huge achievement.

After almost a month, I managed to run for 10-15 minutes, depending on what time of the day I was running. It was also at this point that I realised morning workouts suited my body better.

After a month of running, my legs started aching.



My family started telling me that it was because of running that I was feeling the pain and I should stop it immediately but somewhere I prayed it wasn't true. I went to a doctor and was asked to get my Vitamin D levels and urea levels checked. As expected, I was Vitamin D deficient and thankfully it had got nothing to do with running. I started my supplements and within a week my pain started to wither away.

Today, it's been 9 months of running, and I can run for almost an hour and I am 20 kilos lighter.

I never took any professional training but if you too want to run, keep a few things in mind. Invest in good running shoes. Your knees and legs need good support because they bear all the excessive weight of running. Next, focus on maintaining a good posture. And last but not the least, don't give up. Consistency is the key.

And always listen to your body. If your body says, it's enough, stop!

## LAUGHTER is the best medicine

### Good manners

During one of her daily classes, a teacher trying to teach good manners asked her students the following question:

"Michael, if you were on a date having dinner with a nice young lady, how would you tell her that you have to go to the bathroom?"

Michael said: "Just a minute I have to go pee."

The teacher responded by saying: "That would be rude and impolite. What about you Sherman, how would you say it?"

Sherman said: "I am sorry, but I really need to go to the bathroom. I'll be right back."

"That's better, but it's still not very nice to say the word bathroom at the dinner table. And you, little Johnny, can you use your brain for once and show us your good manners?"

Johnny said: "I would say: Darling, may I please be excused for a moment? I have to shake hands with a very dear friend of mine, who I hope to introduce you to after dinner."

\*\*\*

### A second-grade teacher is giving her daily grammar lesson

"Tammy," the teacher calls out to a girl in the first row of class, "please use 'I' in a sentence."

"I is," Tammy begins, but was immediately interrupted.

"No, Tammy," the teacher says, "that's incorrect. You always say 'I am.'"

"All right," Tammy says. "I am the letter that comes after H."

\*\*\*

### How to know everything you need to know

Once upon a time, a woman moved to a cave in the mountains to study with a guru. She wanted, she said, to learn everything there was to know. The guru supplied her with stacks of books and left her alone so she could study.

Every morning, the guru returned to the cave to monitor the woman's progress. In his hand, he carried a heavy wooden cane. Each morning, he asked her the same question: "Have you learned everything there is to know yet? Each morning, her answer was the same. "No," she said, "I

haven't." The guru would strike her over the head with his cane.

This scenario repeated itself for months. One day the guru entered the cave, asked the same question, heard the same answer, and raised his cane to hit her in the same way, but the woman grabbed the cane from the guru, stopping his assault in midair.

Relieved to end the daily beatings but fearing reprisal, the woman looked up at the guru. To her surprise, the guru smiled. "Congratulations," he said, "you have graduated. You now know everything you need to know."



"How's that?" the woman asked.

"You have learned that you will never learn everything there is to know," he replied. "And you have learned how to stop the pain."

#### Poem

### Wicked cleansing

Lara Arikan

I am washing my face and hands in the bathroom.

Yes, my face, my hands. Over and over in the light. I'm washing the backs of my hands first, and then the palms, then the fingers of my hands, and I am putting these fingers to my face, I'm pressing in

as if they are speaking. Hello, one says to the other, how are you doing? And the

other will say Not well, as if they were talking on the phone, or with a country

in between, and the fingers will press harder, deeper, until the face forgets to think.

*Lara Arikan is a poet and translator from Ankara, Turkey. She now lives in California, studying electrical engineering at Stanford University.*

## Life's Stories

### Airline Lunches

I put my carry-on in the luggage compartment and sat down in my assigned seat. It was going to be a long flight to Delhi.

"I'm glad I have a good book to read. Perhaps I will get a short sleep," I thought.

Just before take-off, a line of soldiers came down the aisle and filled all the vacant seats, totally surrounding me. I decided to start a conversation.

"Where are you guys headed?" I asked the young man seated nearest to me.

"Agra. We'll be there for two weeks for special training, and then we're being deployed for operations."

After flying for about an hour, an announcement was made that lunches were available on payment. It would be several hours before we reached Delhi, and I quickly decided a lunch would help pass the time.

As I reached for my wallet, I overheard a soldier ask his buddy if he planned to buy lunch.

"No, that cost a lot of money, probably wouldn't be worth it. I'll wait till we get to Delhi."

His buddy agreed.

I looked around at the other soldiers. None were buying lunch. I walked to the back of the plane and handed the flight attendant enough money to cover for 10 lunches and told her "Take a lunch to all those soldiers."

She grabbed my arms and squeezed tightly. Her eyes wet with tears, she thanked me. "My young brother was a soldier in Kargil, it's almost like you are doing it for him."

Picking up ten lunchboxes, she headed up the aisle to where the boys were seated.

She stopped at my seat and asked, "Which do you like best - veg or chicken?"

"Veg," I replied, wondering why she asked..

She turned and went to the front of plane, returning a minute later with a dinner plate from first class. "This is your thanks."

After we finished eating, I went again to the back of the plane, heading for the rest room. An old man stopped me. "I saw what you did. I want to be part of it. Here, take this." He handed me a Rs 500/- note. Soon after I returned to my seat.

I saw the Captain coming down the aisle, looking at the aisle numbers as he walked, I hoped he wasn't looking for me, but noticed he was looking at the numbers only on my side of the plane. When he got to my row he stopped, smiled, held out his hand, and said, "I want to shake your hand."

Quickly unfastening my seat-belt I stood and took the Captain's hand. With a booming voice he said, "I was an Air Force pilot a long time back. Once someone bought me lunch. It was an act of kindness I never forgot."

I was embarrassed when applause was heard from all of the passengers.

Later I walked to the front of the plane so I could stretch my legs. A kid who looked about 18 was sitting about six rows in front of me reached out his hand, wanting to shake mine. I felt him stick a currency note in my palm.

When we landed I gathered my belongings and started to depart. Waiting just inside the airplane door was a man who stopped me, put something in my shirt pocket, turned, and walked away without saying a word.

Another currency note!

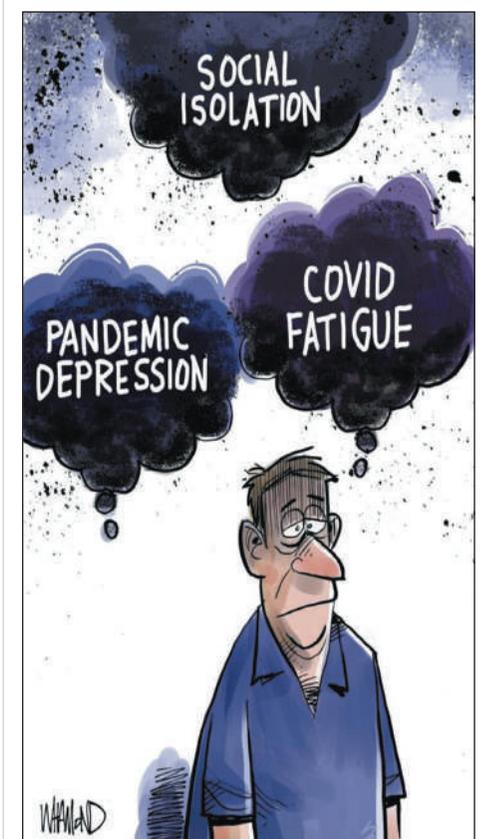
Upon entering the terminal, I saw the soldiers gathering for their trip up to their training area. I walked over to them and handed them all the currency notes that was given to me on the flight and said. "It will take you some time to reach your training area. It will be about time for a sandwich. May God bless you, and thank you for doing whatever you do."

Ten young men of honour left that flight feeling the love and respect of their fellow countrymen. As I walked briskly to my car, I whispered a prayer for their safe return. These soldiers were giving their all for the country. I could only give them a couple of meals.

It seemed so little...

A serviceman is someone who, at one point in his life, wrote a blank cheque made payable to 'India' for an amount of 'up to and including my life'.

That is Honour, and there are way too many people who don't understand it...



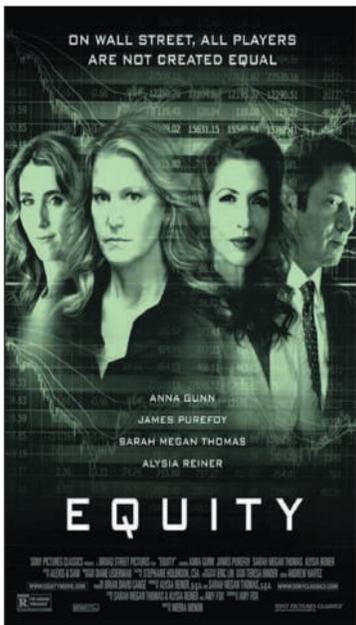
**CINE 12**

Mardi 21 septembre - 21.10



**MBC 1**

Mercredi 22 septembre - 21.15



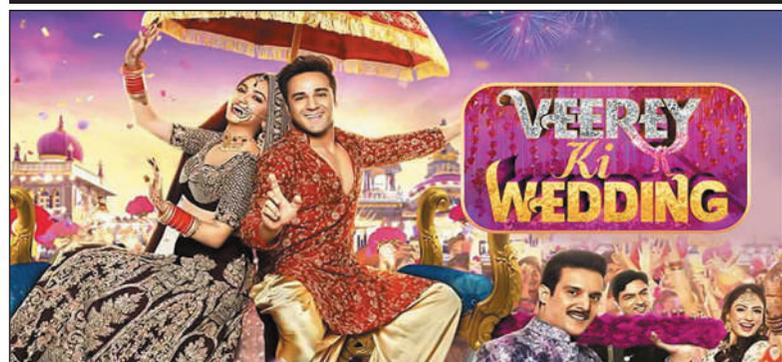
**MBC 2**

Jeudi 23 septembre - 21.15

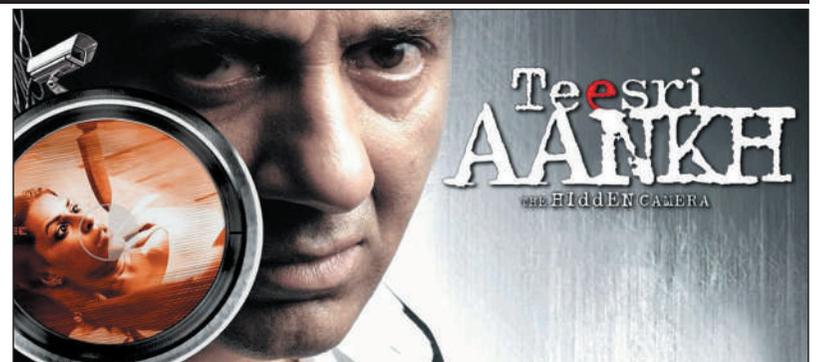


| MBC 1   | MBC 2   | MBC 3  | Cine 12   | Bollywood TV   |
|---|---|--|---|--|
| <p><b>mardi 21 septembre</b></p> <p>06.40 Local: Business Connect<br/>09.45 Local Prod: Passerelles<br/>11.00 Mag: Le Saviez Vous?<br/>11.10 Tele: Sinu, Rio Des Pasiones<br/>12.00 Le Journal<br/>12.30 Tele: Le Prix Du Désir<br/>12.55 Doc: Green Touch<br/>13.42 Serial: Heidi, Beinvenida...<br/>14.40 D.Anime: Twirlywoos<br/>15.04 D.Anime: Petit Creux<br/>15.30 D.Anime: Wishfart<br/>16.00 D.Anime: Mega Man: Fully...<br/>17.10 Serial: Dark Oracle<br/>17.35 Mag: World Stamps<br/>17.40 Mag: Sur Mesure<br/>18.00 Live: Samachar<br/>18.30 Serial: Jijaji Chhat Par Hain<br/>19.30 Journal &amp; La Meteo<br/>20.10 Local: Autour Des Valeurs...<br/>20.45 Local Prod: An Eta Dalert<br/>21.15 Film: Resident Evil: Vendetta</p> | <p>07.00 DDI Live<br/>08.00 Educational Prod: Grade 3<br/>10.15 Educational Prodl Grade 4<br/>12.30 Film: Bhai Ho To Aisa<br/>Star: Jeetendra, Hema Malini, Shatrughan Sinha<br/>15.00 Serial: Zindagi Ki Mehek<br/>15.23 Serial: Aamhi Doghi<br/>15.43 Serial: Bava Maradullu<br/>16.04 Serial: Apoorva Raangal<br/>16.28 Serial: Aatish<br/>16.49 Serial: Imtihaan<br/>17.05 Kullfi Kumarr Bajewala<br/>17.30 Telugu - Premabhishekam<br/>18.00 Serial: My Little Princess<br/>18.30 Local Prod: Abhay Charan<br/>19.30 Serial: Radha Krishna<br/>20.04 Local: Programme In Tamil<br/>20.30 Local Prod: News (English)<br/>20.30 Film: Avtaar<br/>Star: Rajesh Khanna, Shabana...</p> | <p>06.00 Mag: Eco@Africa<br/>06.52 Mag: In Good Shape<br/>07.47 Doc: Che Guevara, Naissa<br/>09.00 Educational Prog: Grade 5<br/>11.30 Educational Prog: Grade 8<br/>14.03 Doc: 360 GEO<br/>14.56 Mag: Global 3000<br/>15.47 Doc: Tea War, The Adventure<br/>16.43 Mag: Eco@Africa<br/>17.09 Doc: L'Art Et La Matiere<br/>18.00 Mag: Rev: The Global Auto...<br/>18.45 Mag: Healthy Living<br/>19.00 Student Support Prog...<br/>19.43 Mag: Magnifique<br/>20.30 Other: Celebrate Peace<br/>21.55 Doc: Sky Heroes<br/>22.21 Doc: Charles Pathé &amp; Léon<br/>23.39 Local: Klip Seleksion<br/>00.21 Mag: Rev: The Global Auto And Mobilty show<br/>00.47 Mag: Healthy Living</p>   | <p>01.25 Film: Night Wolf<br/>02.49 Serial: Chicago Med<br/>03.29 Film: Cup Of Love<br/>04.56 Tele: Muneca Brava<br/>06.44 Film: Sos Fantomes<br/>09.00 Serial: When Calls The Heart<br/>09.48 Tele: Teresa<br/>10.35 Tele: I Forgot I Loved You<br/>11.01 Serial: Chicago Med<br/>12.00 Film: Cup Of Love<br/>13.30 Tele: Muneca Brava<br/>14.12 Mag: Hollywood On Set<br/>14.45 Film: Sos Fantomes<br/>16.41 Serial: When Calls The Heart<br/>17.24 Serial: S.W.A.T<br/>18.05 Tele: Teresa<br/>19.00 Tele: I Forgot I Loved You<br/>20.05 Tele: Les Trois Visages D'ana<br/>20.30 Serial: S.W.A.T<br/>21.15 Film: Section 99<br/>23.22 Tele: Muneca Brava</p>   | <p>08.00 Film: Bheja Fry 2<br/>Starring Vinay Pathak, Kay Kay Menon, Minisha Lamba, Suresh Menon, Amol Gupte<br/>12.04 / 19.54 - Radha Krishna<br/>12.24 / 20.11 - Chupke Chupke<br/>12.48 / 20.32 Mere Sai<br/>13.09 / 21.09 - Agniphera<br/>13.27 / 21.24 - Bade Acche Lagte Hai<br/>13.50 / 21.59 - Zindagi Ki Mehek<br/>14.10 Serial: Maharakshak<br/>14.53 / 22.25 - Sethji<br/>15.21 Film: Fool N Final<br/>Star: Shahid Kapoor, Ayesha Takia, Vivek Oberoi, S. Deol<br/>18.00 Live: Samacher<br/>18.30 Kundali Bhagya<br/>18.51 Serial: Ishaaron Ishaaron...<br/>19.17 Bhakharwadi</p>                            |
| <p><b>mercredi 22 septembre</b></p> <p>06.30 Local: An Eta Dalert<br/>09.30 Local Prod: Retrovizor<br/>11.00 Tele: Sinu, Rio Des Pasiones<br/>12.00 Le Journal<br/>12.20 Local: Autour Des Valeurs<br/>12.25 Tele: Le Prix Du Désir<br/>12.51 Local: Groov'in<br/>14.29 Serial: Heidi, Bienvenida A...<br/>14.35 Prod: MFDC I Am Better<br/>14.42 D.Anime: Twirlywoos<br/>14.53 D.Anime: The Garfield Show<br/>15.30 D.Anime: Wishfart<br/>15.40 D.Anime: Petit Creux<br/>17.13 Serial: Dark Oracle<br/>17.41 Mag: Sur Mesure<br/>18.00 Live: Samachar<br/>18.30 Serial: Jijaji Chhat Par Hain<br/>18.55 MBC Production<br/>19.30 Journal &amp; La Meteo<br/>20.20 Local: MBC Production<br/>21.15 Film: Equity<br/>23.00 Le Journal</p>      | <p>07.00 DDI Live<br/>08.00 Educational Prog: Grade 3<br/>10.15 Educational Prog: Grade 4<br/>12.30 Film: Watan Ke Rakhwale<br/>Star: Mithun Chakraborty, Sridevi, Sunil Dutt<br/>15.00 Serial: Zindagi Ki Mehek<br/>15.23 Aamhi Doghi<br/>15.43 Bava Maradallu<br/>16.01 Apoorva Raangal<br/>16.29 Serial: Aatish<br/>16.47 Serial: Imtihaan<br/>17.05 Kullfi Kumarr Bajewala<br/>17.28 Serial: Kulvadhu<br/>18.00 Serial: Dr. Qin<br/>18.30 Local: Abhay Charan<br/>19.00 Zournal Kreol<br/>19.30 Serial: Radha Krishna<br/>20.06 Programme In Marathi<br/>21.00 Film: Duel Of The Tough<br/>22.21 DDI Live</p>   | <p>06.00 Rev: The Global Auto...<br/>06.26 Mag: Healthy Living<br/>06.52 Mag: Check In<br/>07.49 Mag: Magnifique<br/>08.15 Doc: Builders Of The Future<br/>09.00 Educational Prog: Grade 5<br/>11.30 Educational Prog: Grade 8<br/>14.00 Doc: Sky Heroes<br/>14.29 Doc: Charles Pathé &amp; Léon<br/>15.48 Local: Klip Seleksion<br/>16.33 Mag: Rev: The Global Auto...<br/>18.00 Mag: Motorweek<br/>18.28 Mag: Japan Video Topics<br/>18.45 MFDC I Am Better-Short<br/>19.00 Student Support Prog - G7<br/>19.47 Les Montagnes Du Monde<br/>20.30 Local: News (English)<br/>20.45 MFDC I am Better-Short<br/>21.32 Doc: My Life With A Robot<br/>22.24 Mag: Initiative Africa<br/>22.50 Mag: Focus On Europe<br/>23.16 Doc: Soul Of The Icepack</p> | <p>01.31 Film: Section 99<br/>03.38 Serial: Chicago Med<br/>04.18 Film: Love Over Distance<br/>05.52 Tele: Muneca Brava<br/>06.29 Serial: S.W.A.T<br/>06.56 Film: Clarity<br/>09.10 Serial: When Calls The Heart<br/>09.45 Tele: Teresa<br/>10.35 Tele: I Forgot I Loved You<br/>11.01 Serial: Chicago Med<br/>12.00 Film: Love Over Distance<br/>13.34 Tele: Muneca Brava<br/>14.46 Film: Clarity<br/>16.37 Serial: When Calls The Heart<br/>17.23 Serial: S.W.A.T<br/>18.08 Tele: Teresa<br/>19.00 Tele: I Forgot I Loved You<br/>20.05 Tele: Les Trois Visages D'ana<br/>20.30 Serial: Billions<br/>21.24 Film: A Ghost Story<br/>22.53 Tele: Muneca Brava</p> | <p>08.00 Film: Fool N Final<br/>Star: Shahid Kapoor, Ayesha...<br/>12.04 / 20.06 - Radha Krishna<br/>12.24 / 20.26 - Chupke Chupke<br/>12.44 / 20.02 - Mere Sai - Shrad..<br/>13.10 / 20.46 - Agniphera<br/>13.26 / 21.09 - Bade Acche Lagte Hai<br/>13.49 / 21.50 - Zindagi Ki Mehek<br/>14.11 / 22.15 - Maharakshak<br/>14.54 / 21.46 - Sethji<br/>15.21 Film: Batti Gul Metter Chalu<br/>Starring: Shahid Kapoor, Kapoor, Divyendu Sharma<br/>18.00 Live: Samachar<br/>18.30 Kundali Bhagya<br/>18.51 Ishaaron Ishaaron...<br/>19.15 Bhakharwadi<br/>19.38 Serial: Siddhi Vinayak<br/>20.05 Serial: Redha Krishna</p> |
| <p><b>jeudi 23 septembre</b></p> <p>06.00 Local: Klip Seleksion<br/>06.45 Local: Fee Main<br/>07.15 D.Anime: Fam Rakonte<br/>10.56 Mag: Le Saviez-Vous?<br/>11.10 Tele: Sinu, Rio Des Pasiones<br/>12.00 Le Journal<br/>12.55 Local: Le Rendez-Vous<br/>13.42 Serial: Heidi, Bienvenida A...<br/>14.50 D.Anime: The Garfield Show<br/>15.03 D.Anime: Petit Creux<br/>15.28 D.Anime: Wishfart<br/>15.41 D.Anime: Dragons<br/>17.12 Serial: Dark Oracle<br/>17.40 Mag: Sur Mesure<br/>18.00 Live: Samachar<br/>18.30 Serial: Jijaji Chhat Par Hain<br/>18.55 Local: Tirth Yatra<br/>19.30 Le Journal<br/>20.30 Film: Teesri Aankh<br/>Stars: Sunny Deol, Ameesha Patel Neha Dhupia</p>  | <p>07.00 DDI Live<br/>08.00 Educational Prog: Grade 3<br/>10.15 Educational Prog: Grade 4<br/>12.30 Film: Ijazat<br/>15.00 Serial: Zindagi Ki Mehek<br/>15.27 Aamhi Doghi<br/>15.43 Bava Maradallu<br/>16.01 Apoorva Raangal<br/>16.32 Serial: Aatish<br/>16.53 Serial: Imtihaan<br/>17.12 Kullfi Kumarr Bajewala<br/>17.29 Local: Amrit Vaani<br/>18.00 Serial: My Little Princess<br/>18.30 Serial: Ghar Pahucha Da...<br/>19.00 Zournal Kreol<br/>19.30 Serial: Radha Krishna<br/>20.06 Local: Les Grandes Lignes<br/>20.32 Local: Mots &amp; Ecrits<br/>21.24 Film: Leave No Trace<br/>Stars: Jeetendra, Hema Malini, Shatrughan Sinha</p>  | <p>06.00 Mag: Motorweek<br/>06.26 Mag: Vous Et Nous<br/>07.19 Doc: Garden Party<br/>07.48 Les Montagnes Du Monde<br/>08.31 Doc: Zenith<br/>09.00 Educational Prog: Grade 5<br/>14.03 Mag: Shift<br/>15.34 Mag: Focus On Europe<br/>16.55 Mag: Motorweek<br/>17.21 Mag: Vous Et Nous<br/>17.51 Mag: Eco India<br/>18.17 Mag: Shift<br/>18.29 Mag: Sur Mesure<br/>19.00 Student Prog Grade 7<br/>19.30 Mag: Tomorrow Today<br/>20.30 Local: News (English)<br/>20.45 MFDC I am Better - Short Film Competition 2021<br/>20.56 Doc: 360 Geo<br/>22.40 Mag: Eco India<br/>23.18 Mag: Sur Mesure</p>  | <p>02.56 Serial: Chicago Med<br/>03.35 Film: Equity<br/>05.12 Tele: Muneca Brava<br/>06.36 Film: A Ghost Story<br/>09.00 Serial: When Calls The Heart<br/>09.45 Tele: Teresa<br/>10.35 Tele: I Forgot I Loved You<br/>11.00 Serial: Chicago Med<br/>12.00 Film: Equity<br/>13.35 Tele: Muneca Brava<br/>14.45 Film: A Ghost Story<br/>16.38 Serial: When Calls The Heart<br/>17.20 Serial: Unforgotten<br/>18.05 Tele: Teresa<br/>19.00 Tele: I Forgot I Loved You<br/>20.05 Tele: Les Trois Visages D'ana<br/>20.30 Serial: Billions<br/>21.17 Serial: Rich Man, Poor Man<br/>22.14 Film: The Monster<br/>Avec: Zoe Kazan, Ella Ballentine, Aaron Douglas</p>    | <p>08.00 Film: Batti Gul Meter Chalu<br/>Starring: Shahid Kapoor, Shradha Kapoor, Divyendu Sharma<br/>12.05 / 19.54 - Radha Krishna<br/>12.22 / 20.11 - Chupke Chupke<br/>12.48 / 20.32 - Mere Sai<br/>13.07 / 21.09 - Agniphera<br/>13.28 / 21.24 Bade Acche Lagte Hai<br/>13.48 / 21.50 - Zindagi Ki Mehek<br/>14.14 / 22.15 Maharakshak<br/>14.55 / 21.46 - Sethji<br/>15.20 Film: Veerey Ki Wedding<br/>Starring: Pulkit Samrat, Jimmy Sheirgill, Kriti Kharbanda<br/>18.00 Samachar<br/>18.30 Kundali Bhagya<br/>18.51 Ishaaron Ishaaron Mein<br/>19.14 Serial: Bhakharwadi</p>                                     |

**B TV** Jeudi 23 septembre - 15.20 Star: Pulkit Samrat, Jimmy Sheirgill, Kriti Kharbanda



**MBC 1** Jeudi 23 septembre - 20.30 Stars: Sunny Deol, Ameesha Patel Neha Dhupia



# More cups, more goals, more money?

*A football World Cup every two years? An expert runs the numbers*



Shutterstock/A.RICARDO

In May 2021, Fifa began exploring the idea of holding a men's football World Cup every two years instead of four. Further plans have since been unveiled, and the proposal, which originally came from Saudi Arabia, has received support from some international organisations.

Fifa's chief of global football development and former Arsenal manager Arsène Wenger says he is "100% convinced" it is the right way forward for the sport.

Others, including fan groups, have quickly called foul on the proposal. Uefa, responsible for governing football in Europe, has threatened a boycott, with its president Aleksander Ceferin commenting: "We can decide not to play in it ... So good luck with a World Cup like that."

Arguments in favour of the scheme include more frequent quality football entertainment and the chance to raise more funds for player development in poorer countries. Those against complain of a loss of novelty value and the need to look after the health of players.

But like most decisions taken in the world of business, be it banking or sport, this is not just about pros and cons. It is about financial benefits and costs.

For Fifa, the majority of its revenue comes from the broadcasting fees, licensing rights and ticket sales of the men's World Cup tournament, held every four years since 1930. In fact, there is a clear financial cycle in which losses accrue in three out of every four years. More World Cups could bring in more income.

So why isn't Uefa keen to do the same? Potentially, the change could lead to it hosting the Euros more frequently (also currently held every four years) and also benefiting from increased revenue.

The main difference is that Uefa simply is not as financially dependent on a single event. Instead, it has something Fifa does not have: more than one major event that generates money. These include the Champions League (men's and women's) and Europa League competitions.

## Shared goals?

As a result, Uefa makes much more money than Fifa does. Over the last four years, UEFA's revenues, at US\$12.5 billion (£9.4 billion), were almost double those of Fifa, which brought in US\$6.4 billion (£4.6 billion).

It is also a much smoother revenue year-on-year, whereas Fifa is more dependent on a large boost every four years. Clearly, Fifa needs the men's World Cup more than Uefa needs the Euros.

In fact, the majority of Uefa's annual revenue comes from club competitions, which they would not be keen to disrupt. In 2016, (Euro 2020 figures are not yet available) Uefa generated  $\square$ 293 million (£249 million) more from club competitions that year than it did from the international tournament.

So for Uefa, as well as for the European clubs that play in those club competitions, maintaining those revenues is more important from a financial standpoint. Both Uefa and Fifa are, after all, governing bodies looking after their members' needs - and plans for development and growth of the game at all levels costs money.

As for the clubs, there are potentially serious costs of making their players available for more international duty, such as the risks of player fatigue and injury. Large clubs are more likely to have a number of national team players and therefore more likely to face greater overall risk to their

squad. Smaller clubs may have a national player as their star performer.

## Spending power

Currently Fifa's largest outgoing - about US\$500 million (£362 million) a year - is on what it terms "development and education". It sounds like a laudable aim, and few would argue against Wenger's aim to "provide an incentive to invest in youth programmes".

But it is worth thinking seriously about where extra funds would come from. Doubling the number of World Cups does not necessarily mean double the money.

Income is generated from a number of sources, and in the last World Cup year (2018), TV broadcast rights made up the largest (55%) source of Fifa's revenue (ticket sales made up only 15%).

But what broadcasters pay for rights depends on demand from the prospective audience. The more people want to watch something, the more they are willing to pay to outbid their competitors.

Making a major event less rare (and therefore perhaps less major), by having it occur twice as often, and clashing with other sporting events that people want to watch (such as the Olympics) can easily dilute value to broadcasters, making them less willing to pay.

This is the gamble. With more events but potentially less money per event, will the overall effect be a positive one for Fifa's income? And is any extra money worth risking the wrath of Uefa, some of the world's biggest clubs, and crucially, the fans?

**Christina Philippou**  
Principal Lecturer, Accounting and  
Financial Management,  
University of Portsmouth



Tree of Knowledge

Madisyn Taylor

## Doing Our Best

Your best is always good enough, because it comes from you, and you are always good enough.

We often come into contact with the idea that our best isn't good enough, as if this were actually possible. If you examine this notion, you will begin to see that it doesn't make much sense. Your best is always good enough, because it comes from you, and you are always good enough. You may not be able to deliver someone else's idea of the best, but the good news is that's not your burden. You only need to fulfill your own potential, and as long as you remain true to that calling, and always do your best to fulfill your purpose, you don't need to expect anything more from yourself.



It's easy to get tangled up with the idea of trying to be the best -- the best parent, the best employee, the best child, or best friend. If we try to be the best, we run the risk of short-circuiting our originality because we are striving to fit into someone else's vision of success. In addition, if everyone is striving for the same outcome, we lose out on creativity, diversity, and visionary alternatives to the way things are done. On another note, there is nothing wrong with wanting to improve, but examining where this feeling comes from is important because wanting to be better than others is our ego coming into play.

Letting go of the tendency to hold ourselves up to other people's standards, and letting go of the belief that we need to compete and win, doesn't mean we don't believe in doing the best job we can. We always strive to do our best, because when we do we create a life free of regret, knowing we have performed to the best of our ability. This allows us to feel great personal satisfaction in all of our efforts, regardless of how others perceive the outcome.