

# MAURITIUS TIMES

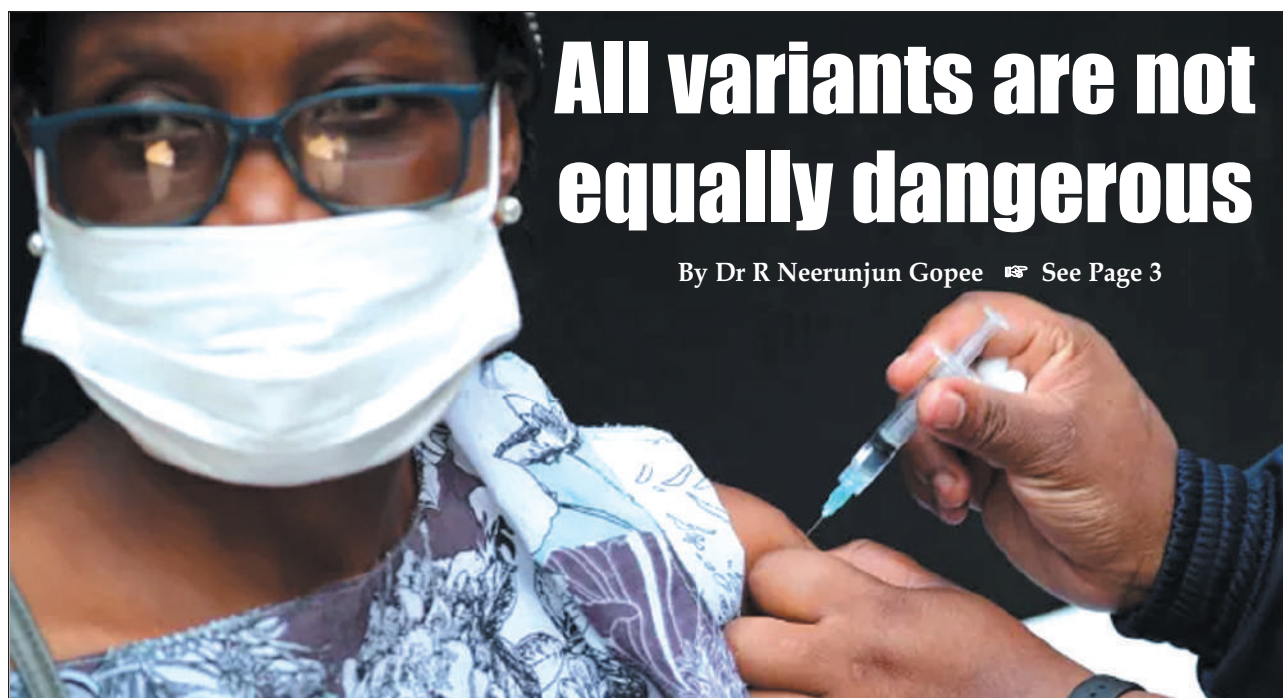
• "What lies behind us and what lies before us are tiny matters compared to what lies within us." - Henry Stanley Haskins

## Ezra Jhubhoo's electoral petition dismissed



**'The Electoral Commission took upon itself to place computers at all counting centres without the support of any rules or regulations. What next tomorrow?'**

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By Alexander Dukalskis, Associate Prof,  
School of Politics and International Relations,  
University College Dublin

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## The End of an Endless War: Endless Geopolitical Ramifications



US withdrawal from Afghanistan spells dangerous geopolitical realignments

By Anil Madan 🗨 See Page 4



# High and Rising Cost of Living

**T**he Covid-19 pandemic has taken a toll on all sectors of the economy and all aspects of life; there is no gainsaying that. Nor is the fact that it has accelerated the trend towards a shrinking middle class, the one that social analysts associate with furthering social mobility through its commitment to and investment in education. This has traditionally led to an overall improvement in the socio-economic level of society with widespread benefits across large swathes of society in terms of welfare and health, employability and employment, improved housing, along with numerous other opportunities that enhance social capital.

Through its impact on manufacturing and transport, the pandemic has severely affected jobs and supply chains, with the tourism sector the most vulnerable. But rupee depreciation, about 25% over the past two years against our main import currency, the US\$, coupled with explosive rise in freight, may have buoyed tax and VAT revenues, but they have deeply affected the pockets of consumers. This is no doubt particularly the case in a small island state like ours which is so heavily dependent on imports to meet a large chunk of its needs. There are inevitable shipping delays, with the corresponding fallout on timeliness and availability of items of consumption, which are also reduced in quantity as all countries are also facing the same problem. Pharmaceuticals, for many of those requiring them to keep healthy or out of trouble, are reported to have doubled, or sometimes more, with no control. Food and groceries have similarly taken a bad hit.

It is true that the authorities have advanced a sum of Rs500 million as subsidy to the large supermarket and distribution chains so as to buffer the cost to the consumer, but without an adequate control of prices and an oversight of where the money is going, it is difficult to assess how far this measure has really had the desired effect of maintaining prices at affordable levels. In any case, there are witness accounts of families having had to cut down on the monthly rations, despite which on the average they have had to make provision for between Rs 1000 to Rs 1500 or even more as additional expense for the monthly 'ration.' The only silver lining is the prices of vegetables, which are reasonable, and in cases of some perishable products ridiculously low – but one has to wonder whether the vendors are breaking even, and how far they are being able to provide for their other necessities and amenities. The middle-income classes have felt the overall squeeze in their livelihood levels harder than others.

Couple this with the cost of construction which has spiralled upwards so much that, for example, those who had taken loans are not able to complete their houses according to original plans. They are having to stop without proceeding to finish, accommodating only what is essential for moving in and leaving the rest for later. Budgets have had to be revised upwards, even doubling initial estimates in some cases, and it goes without saying that this will have to be accompanied by slashes in other items of expenditure.

One may argue that there are always winners and losers in a crisis of this magnitude, but with middle-income families facing such a historic pinch, while Rs 80 billion of national reserves have been used to sustain the government budget, and another Rs 80 billion earmarked for the business sector, there is a rising feeling that the playing field has been tilted awkwardly against them. Official statistics on inflation rates this past year will be met with the same wry derision just that as official macro-economic statistics. They won't satisfy those struggling to make ends meet and those watching their lifestyles shrink despairingly. It remains to be seen what form, if any, this resentment might take.

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## The Conversation

# How authoritarian rulers manage their international image

*A good image abroad affords many advantages  
to authoritarian leaders*



Rwanda's president, Paul Kagame. EPA-EFE/FLORIAN WIESER

**E**arlier this year, the staff of Rwanda's minister of justice accidentally sent Al Jazeera journalists a video recording that included the minister's preparation sessions with a public relations firm for an upcoming interview. The interview was about the Rwandan government's involvement in a scheme to lure exile Paul Rusesabagina to Rwanda so that he could be arrested and tried.

Rusesabagina helped save hundreds of Rwandans during the genocide by sheltering them in a hotel, a story that was made into the movie Hotel Rwanda. He later became a vocal and sometimes controversial critic from abroad of Paul Kagame's government. He now faces trial on terrorism charges.

The video shows consultants from Chelgate, a UK "reputation and relationship management" firm, prepping the minister to evade questions about Rwanda's involvement in Rusesabagina's capture.

This episode nicely illustrates the multiple ways that authoritarian states – countries where the leadership maintains power by non-democratic means – manage their image abroad. There's plenty of scholarly debate about what "counts" as authoritarianism and about different subtypes of authoritarian states. But controlling domestic institutions to preclude genuine political competition and pluralism is a hallmark of the modern authoritarian strategy.

As I argue in my new book Making the World Safe for Dictatorship, a good image abroad affords many advantages to authoritarian leaders. It makes achieving

foreign policy goals easier and helps marginalise foreign critics. It also makes it tougher for exiles and domestic activists to work together and solidifies the government's legitimacy domestically.

The book draws on a range of data. I examined filings by public relations firms, gathered data on cases of transnational repression, did fieldwork and interviews, watched authoritarian propaganda, and more.

Although the book is global in scope, I also take a closer look at China, Rwanda and North Korea in case study chapters. These cases were chosen to illustrate how things play out given different regime types, capabilities, regional contexts and ambitions. Understanding authoritarian image management is important. It helps explain our global information environment and the behaviour of authoritarian states in it.

## Managing their image

To manage their image abroad, authoritarian states try to advance a favourable narrative about themselves. They do things like hire public relations firms to produce positive content, disseminate propaganda themselves and cultivate friendly foreigners who can speak on their behalf.

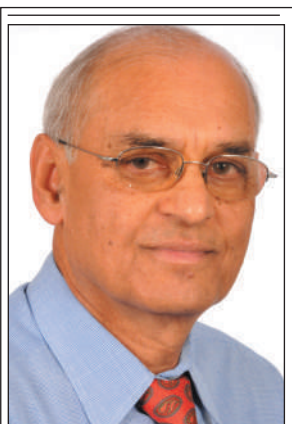
Alexander Dukalskis,

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# All variants are not equally dangerous



Dr R Neerunjun Gopee

*New variants, and other bits of news amid the pandemic, are often latched onto and amplified by certain people and media. There's a real risk this causes fear when it's not needed*

**T**he latest variant that is causing a buzz is C.1.2 found in South Africa. No later than two days ago, there is a clear message about it: **'There's no need to panic about the new C.1.2 variant found in South Africa, according to a virologist'** – and this is fact the title of an article by Ian M. Mackay,

Adjunct Associate Professor, Faculty of Medicine, The University of Queensland, published this week.

But what is a variant?

To begin from the beginning – there is the original Covid virus SARS-CoV-2 which was detected first in Wuhan, China in patients suffering from pneumonia, and whose true origin is yet to be established. And then there are its variants.

The SARS-CoV-2 is basically a chain of nearly 4000 chemicals known as nucleotides which are linked together in a given order or sequence. Another name for this chain is the viral genome. Like all living things (caveat: a virus is not *quite* a living thing, but that's another debate), and that includes us human beings, SARS-CoV-2 wants to survive, and that means multiplying itself in large numbers and spreading around. But to do so, it needs help and that is where we come in: because it finds a cosy nest in our lungs which are made up of millions of cells (like a house is made up of thousands of bricks).

SARS-CoV-2, or Covid-19 as it is more commonly known, enters the cells, hijacks their apparatus and multiplies. The cells burst open and liberate the new virus particles. They come out of the lungs the same way they went in: through the throat and mouth, and nose – when we talk, cough, sneeze. They then spread a good distance several feet) around us, enter unprotected (by a mask) noses and mouths, travel down to the lungs – and start all over again.

Both as a natural phenomenon – again, common to all living things – and because of several factors which try to prevent it from spreading (sanitary measures, vaccines, treatment) when the virus is multiplying some errors creep in the sequence of the chemicals in the chain. Suppose one part of the chain is made up of the sequence *abracadabra*, and while multiplying some of the new viruses have a sequence *abraDACabra*. That change is called a mutation, and the changed virus is now a variant. The 'purpose' of these errors is to make the viruses more 'clever' than the factors which are trying to prevent it from spreading.

In general, most of the variants will not differ significantly from the original in the sense of their capacity to spread or to cause disease, or to respond to prevention or treatment measures. Those that do – and these are being detected and studied on an ongoing basis by teams of scientists and health professionals globally – become 'Variants of Interest (VOI),' and subsequently Variants of Concern (VOC):'

It would help to understand a bit better by what is meant by VOI and VOC, and this is spelt out on the WHO website:

**'Working definition:** A SARS-CoV-2 variant that meets the definition of a VOI (see below) and, through a comparative assessment, has been demonstrated to be associated with one or more of the following changes at a degree of global public health significance:

- Increase in transmissibility or detrimental change in



A health-care worker administers the Johnson & Johnson Covid-19 vaccine to a woman in Johannesburg on Aug. 20. Scientists in that country first detected a new C.1.2 variant there in May. Pic - Reuters

Covid-19 epidemiology; OR

- Increase in virulence or change in clinical disease presentation; OR
- Decrease in effectiveness of public health and social measures or available diagnostics, vaccines, therapeutics.'

It is also important to appreciate what is meant by a VOI:

**'Working definition:** A SARS-CoV-2 variant -

- with genetic changes that are predicted or known to affect virus characteristics such as transmissibility, disease severity, immune escape, diagnostic or therapeutic escape; AND
- Identified to cause significant community transmission or multiple Covid-19 clusters, in multiple countries with increasing relative prevalence alongside increasing number of cases over time, or other apparent epidemiological impacts to suggest an emerging risk to global public health.'

In fact, the C.1.2 variant does not yet figure on the WHO list of VOCs or Variants of Concern, which stops at the Delta variant, currently the one which is spreading more rapidly and infecting more people around the world where it has been detected.

This is no doubt a positive piece of news, but there is another one too, and it is that **'Covid-19 vaccines produce T-cell immunity that lasts and works against virus variants'**, – again, the title of an article by Dewald Schoeman, PhD Candidate, Molecular Biology and Virology, and Burtram C. Fielding, Professor and Director: Research Development, University of the Western Cape.

The authors write: 'One important – and positive – aspect of the vaccines hasn't been well communicated. The statistics about Covid-19 vaccine efficacy have only focused on one aspect of immunity: antibodies. But there's another aspect too: T-cells, a key part of our immune systems. And the good news is that the current vaccines stimulate your T-cells to fight against both the SARS-CoV-2 virus and its emerging variants in the long term.'

Put together, this pool of information by experts who are actually working on the variants adds up to a message that should prevent panic and instead reassure people, as is done in the first article alluded to: 'Our vaccines provide protection from severe disease and death against all other SARS-CoV-

2 variants thus far and there's a good chance they'll continue to do so against C.1.2 variants. It won't be long until we have a better idea of how C.1.2 behaves...we need to have patience as the data comes in.

Sensationalism and panic in the meantime isn't going to solve anything. New variants, and other bits of news amid the pandemic, are often latched onto and amplified by certain people and media. There's a real risk this causes fear when it's not needed, and inducing fear is a form of harm.

It is a tough time for the public because it's hard to know who to listen to and trust... it's best to listen to the experts, particularly organisations whose job it is to track and communicate risks about these things, like the WHO. Don't amplify or pay attention to obvious alarmism and extreme negativity, and make sure you're getting your information from media sources that are trustworthy.

Vaccination remains our best single tool. The chances of new variants arising increases the more the virus spreads. Vaccinating as many people as possible, as quickly as possible, is key to reducing the risk of new variants arising.

We also won't have every single person fully vaccinated, and vaccines aren't 100% perfect, so there will still be some spread of the virus. But **vaccination** reduces the risk a lot. We also know what else works to limit this virus, including **ventilation, filtering air, masks and social distancing measures'** (bold added).

We know what there is to do to protect ourselves and others too: authorities must communicate better, and people must comply with the advice given (see bold in previous paragraph).

## 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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Anil Madan

# The End of an Endless War: Endless Geopolitical Ramifications

Since becoming embroiled as an Allied power in World War II, the United States has played, sometimes too willingly in the eyes of many, the role of the world's policeman. Whereas the Japanese bombing of Pearl Harbour created both the justification and inevitability of US involvement in the great war, both justification and inevitability have sometimes been difficult to define for other conflicts.

All too frequently, US military involvement around the world has been seen as adventurism, bravado, or simply bullying. Cynics have even charged that the US is simply pandering to the military-industrial complex and its yen for profits. Lost in these interpretations is the hard reality that every intervention by the US has been based on the perception by American presidents and their advisors-justified or not-that America's self-interest was at play in some way.

## The world's policeman

Pundits have postulated that the last flight out of Kabul airport marks the unofficial and perhaps even hoped-for end of America's role as the world's policeman and an end to America's interventions abroad. But whether these postulations reflect the wishes or desires of those who are not Americans or of America itself, it is unlikely that they will be validated.

It should be obvious that the supposed end of the war in Afghanistan has not diminished the need for a policeman of the world one iota. It is not even clear that America's chaotic exit from Kabul in fact marks the end of its involvement in Afghanistan, or even the end of the war in that country. And it certainly does not mean that future conflicts around the world will not induce or even demand America's involvement.

Afghanistan was a minor blip on the geopolitical theatre. An orderly exit by America might not have created much of a stir. What would have been left was an opium-producing country with a tinge of potential for becoming a haven for terrorists. But America's tail-between-its-legs exit seems to have emboldened China and led pundits to pontificate that America's influence on the world stage has been eroded to the point of being no longer consequential. This is nonsense.

Whatever a reading of the tea leaves suggests at the level of unofficial interpretations, neither the US nor anyone else can realistically expect that the exit from Afghanistan marks the official or definitive end to America's role in world affairs. Unless America is willing to stand back and let worldwide chaos unfold as the inevitable consequence of a total disengagement from the international scene, this country will soon be dragged back into one conflict or another. There is no other alternative and the prospect of domination by China gives most nations pause.

It is well to keep in mind that although American foreign policy can seem consistent over decades, it is subject to short-term revision. President Biden's policies are not binding on a future president. Indeed, Biden himself could change course if circumstances warrant.

Another reason why America cannot abandon the mantle it has assumed is that a superpower dedicated to upholding moral and human values abandons those principles at its peril. In fact, it is a fair argument that America



US withdrawal from Afghanistan spells dangerous geopolitical realignments. Pic - TheHill

**“Whatever a reading of the tea leaves suggests at the level of unofficial interpretations, neither the US nor anyone else can realistically expect that the exit from Afghanistan marks the official or definitive end to America's role in world affairs. Unless America is willing to stand back and let worldwide chaos unfold as the inevitable consequence of a total disengagement from the international scene, this country will soon be dragged back into one conflict or another. There is no other alternative...”**

has found itself in the role of the vanquished rather than the victor precisely because it did not fight hard enough to uphold these values so many times when engaged in military ventures beyond its borders.

The question is whether America can fulfil the role of the world's policeman with restraint, intelligence, and judicious projection of power to deter would-be aggressors. So far, aside from the Second World War which was a resounding success for America as a moral force, the history of American involvement in conflict after conflict, as the world's "enforcer" has not reflected those qualities. But the days of carelessness and thoughtlessness in such matters are over. The question is can America gain wisdom from its experience?

## Stresses and strains at the geopolitical level

The stresses and strains at the geopolitical level remain and, indeed, one can argue are more taut and challenging than ever. Just one example of the global implications of a perceived diminishment of America's influence in global matters is underscored by the announcement last Friday of a new regulation by China's Maritime Safety Administration under that country's Maritime Traffic Safety Law that, starting on September 1st. This regulation will require foreign vessels to report their call signs and cargo before sailing in to China's claimed "territorial sea" The term "territorial sea" refers to the portion of the South China Sea and beyond to which Beijing lays claim.

There is no nation other than the US to stop this Chinese overreach. Failure here imperils the security of Taiwan and, indeed the security of all Asian nations. Taiwan's security, in turn, is linked to its critical role as the major producer of semiconductor chips critical to America's economy and the economies of many nations.

Can an end to America's involvement in Afghanistan be taken by China as carte blanche to do what it will in the South Pacific? China's announcement that America is not as strong as it thinks it is, provides a stark realization of

Chinese thinking on this score. If America is seen as disengaged, the answer justifiably will be perceived to be in the affirmative. The rest of the world will expect and demand that America remains engaged and says "No" to China's bullying. The outcome here is to a large extent still in America's power to determine.

It is by no means clear that China will gain a foothold in Afghanistan. China is viewed as an anti-Islam nation and, as such, is unlikely to gain traction with the Taliban. On the other hand, China is almost uniquely positioned to offer the Taliban financing for infrastructure investment and development as it has around the world. It is in China's interest to do so, both to establish geopolitical control of the region, and to prevent India or the US from gaining a strategic foothold in Afghanistan. Yes, it is possible that the US may still

deal with the Taliban. After all,

President Trump signed the exit deal with the Taliban and it has become clear that the Biden administration coordinated its exit operations with the Taliban. It is not as if the exit from Afghanistan represents a total break in the relationship so far established.

## Nurturing the Taliban

As one looks at a map of Afghanistan, aside from the neighbouring "stans" what stands out is the looming proximity of three nations (other than China), to wit, Iran, Pakistan and India. Relations with the neighbouring "stans" will likely remain unchanged. Relations with Iran, India and Pakistan will be in flux.

From aught we can tell, Pakistan's ISI has been instrumental in supporting, indeed nurturing the Taliban. It is not clear that the Sunni Muslims of the Taliban are ready to deal with the Shia Muslims of Iran but then, Iran has oil and the Taliban will need fuel. Ultimately, Pakistan offers a level of military security that may make it the most consequential partner for the Taliban.

India has invested billions in Afghanistan but it is clear that the investment was made on the premise that the nation would have some sort of secular and west-aligned government. Perhaps India just got unlucky rather than miscalculated. Either way, the result is the same. India is not likely to be a significant presence in Afghanistan. On the other hand, if a US-India alliance forms as is likely, India may be the intermediary on which the Taliban relies.

The biggest threat to India is terrorism flowing from Afghanistan via Pakistan. The biggest threat to Pakistan is that China will control the Indo-Gangetic Plain and threaten the water supply to both Pakistan and India.

From a geopolitical standpoint, India and Pakistan too are likely to need the US to be the world's policeman as much as the south Asian and Pacific nations are.

Cheerz...  
Bwana



## Ezra Jhubhoo's electoral petition dismissed

# 'The Electoral Commission took upon itself to place computers at all counting centres without the support of any rules or regulations. What next tomorrow?'

LEX

**T**he dismissal of Ezra Jhubhoo's electoral petition for a recount in Constituency No14, may have repercussions for other recount petitions, although each case rests on its own merits. However, the decision by the ESC to have recourse to a computer room for updating vote tallies, without informing candidates, a decision upheld by the two judges, has raised eyebrows some serious issues. Lex shares his legal perspective below.

\* The Supreme Court judgement, delivered on 30 Aug 2021, which has dismissed the petition of Ezra Jhubhoo, an unelected candidate in Constituency No 14, Savanne/Black River, would seem to have set a trend: it would appear that the other 10 or so electoral petitions are likely to be dismissed, isn't it?

Yes and no. Facts may be different in each case. However other judges would not lightly overlook the reasoning given in the Jhubhoo judgment. There are other petitions where recounts have been asked for. There is nothing sinister in ordering a recount as this would reassure the public and the candidates that the counting was done honestly and in a transparent manner, particularly when the margin of vote difference was so small. Possibly all the petitions asking for a recount on the same grounds as that of the Jhubhoo petition may be thrown out by the other divisions of the court.

\* Justices G. Jugessur-Manna and D. Mootoo ruled that Ezra Jhubhoo "failed to prove by way of cogent evidence on a balance of probabilities that there was any connection between the computer room and the physical manual counting process... and the final results announced". They also dismissed the "alleged opacity surrounding the computer room", which would have impacted "the veracity of the figures derived from the manual counting process" as well as the allegations of probable irregularity in the counting exercise and the computation of votes. There does not seem much scope here for the petitioner to appeal this judgment. What do you think?

The court ruled that there was no correlation between the manual counting and the figures fed in the computers. According to the court, the computers were not part of the counting process. Why the hell then were computers brought in?

\* The contention of the Electoral Commission was that the "final results did not come from any computation made by the State Informatics Ltd or by any person or process in the alleged computer room", and that the computer room was set up as "une mesure administrative" ... to "facilitate the dissemination of information to the public" from inputs of non-official provisional figures. What's your take on that?

Was it necessary to have computers to disseminate information? How was information disseminated in the past

or during the 2014 elections?

\* As regards the alleged failure of the Electoral Commission to inform candidates of the presence of the computer room, an issue that had been flagged by the opposition parties to contest the legality of the 2019 general elections, although the judges notes that any such failure is "of serious concern as it unnecessarily creates a situation whereby doubts as to the integrity of the counting process may arise", it concludes however that "failure to inform the candidates of the computer room is not *per se* a reasonable justification for a partial recount in the absence of any valid ground for a recount of the ballot papers...". How do you react to that?

The holding of elections including the counting process must be transparent. How can we say that the computers were not part of the counting process if figures were being fed in them? Why hide from parties and candidates that such a novelty was being brought about in the counting process? Failure to inform candidates, irrespective of parties, of the process in place on the day of counting might be viewed as illegal, irrespective of the nature of the use made of the computers. The relevant question that should be addressed is why were candidates not informed beforehand of the presence of computers? Isn't that by itself suspicious and open to speculation?

When manual counting is done, candidates and/or their agents are present to witness the counting. Were they present in the computer room? Why was the information sought to be disseminated not communicated to the candidates first?

\* There is also the point made by Darmajai Mulloo, Chief Electoral Officer, before the Court that "partial results are not regulated by any enactment but still they are announced by the Returning Officers... and in the same manner, the computer room could be set up in the absence of any rules". What this would suggest is that the setting up of the computer room was therefore perfectly in order, right?

There is no parallel whatsoever. Partial results are a key feature of the elections since 1948 and they are declared following an open and transparent manual counting. If the Chief Electoral Officer's contention is considered a valid interpretation of the law, then at the next elections there may be additional systems, procedures and processing that may be put in place without any need for rules and regulations to do so. Are we living in a country supposedly committed to the Rule of Law?

\* Justices Jugessur-Manna and Mootoo have spelt out, drawing from previous judgments, namely *Rivalland v Chaperon* [1953 MR 300], and *Seedoo v The Returning Officer for Ward 4 of the Municipal City Council of Port Louis & Ors* [2013 SCJ 290] that "the onus is on the petitioner to bring cogent evidence and material facts to prove on a balance of probabilities that there have been mistakes committed in the counting of votes". Rightly so, but one could also argue that the



**“Failure to inform candidates, irrespective of parties, of the process in place on the day of counting might be viewed as illegal, irrespective of the nature of the use made of the computers. The relevant question that should be addressed is why were candidates not informed beforehand of the presence of computers? Isn't that by itself suspicious and open to speculation?”**

**circumstances and context have changed with the introduction of electronic voting or counting?**

Whilst previous judgments should be considered, there is also a need to take into account developments, both societal and technological, that have occurred when considering the facts of an election petition.

\* The Supreme Court rejected the petition on the ground that the petitioner "...failed to prove on a balance of probabilities that the alleged opacity surrounding the computer room has in any manner affected the manual counting process, the recapitulation exercise so as to undermine the final results announced..." One could argue as to how the petitioner could provide proof of mistakes or irregularity when he did not have access to the computer room?

How could the petitioner have counter-checked what figures were being fed in the computers if he was not allowed access to the room where the computers were kept? Besides, why were candidates not informed beforehand that figures would be fed in computers? At least they could have made observations or protested. All this smacks of irregularity...

\* But to go as far as to suggest that the Electoral Commission changed the rules of the election process along the way in Constituency No 14 with the setting up of the computer room at the last general elections would amount to putting into question the integrity of the election process, isn't it?

No. The Electoral Commission did not change rules or regulations. It took upon itself to place computers at all counting centres without the support of any rules or regulations, without informing candidates and even denying them access to the room. What next tomorrow?



# Top US general in 'pain and anger' over Afghanistan situation after withdrawal

With the United States finally completing its troops withdrawal in Afghanistan, hastily ending its extended two-decade-long military mission in the war-torn country, one of its top generals has now expressed "pain and anger" over the situation which has long plagued the land now overrun by Taliban insurgents.

"When we see what has unfolded over the last 20 years and over the last 20 days, that creates pain and anger," said General Mark Milley, chairman of the Joint Chiefs of Staff, on Wednesday. "And mine comes from 242 of my soldiers killed in action over 20 years in Iraq and Afghanistan."

Milley added, however, that he was a "professional soldier" and was thus going to contain his pain and anger and continue to execute the mission at hand, reports Hindustan Times.

Notably, the US withdrawal from Afghanistan, which was completed on Tuesday morning, has been dissed as "hasty" and "chaotic" by many of the Biden administration's critics, including former



US joint chiefs chairman General Mark Milley discusses the end of the military mission in Afghanistan during a news conference at the Pentagon in Washington on September 1, 2021. Pic - images.wsj.net

US president Donald Trump, several Republican leaders, and even officials in China and Russia.

The rapid takeover of Afghanistan by Taliban came amid the US withdrawal, and

many considered it a "tactical mistake" to leave the war-torn nation at the mercy of the militants. "Afghanistan under Biden was not a withdrawal, it was a surrender," Trump had said, adding that leaving

people behind for death is an "unforgivable dereliction of duty, which will go down in infamy."

Now one of Biden's top military generals has also voiced displeasure with the administration's decision to mark a chaotic and messy exit from Afghanistan's longest war. "I have all the same emotions, and I'm sure the secretary does, and anyone who served," General Milley said.

"And I commanded troops. And I wasn't born a four-star general. I have walked the patrols and been blown up and shot at and RPG'd and everything else. My pain and anger come from the same as those grieving families, the same as those soldiers that are on the ground."

The "mess" that the Biden administration had made over the Afghanistan withdrawal was exacerbated, according to critics, by the terror attack on Kabul airport which killed 13 US service members, including 10 members of the Marine Corps, many of who were barely in their twenties.

## France begins administering Covid-19 boosters for 65+, people with 'underlying' health conditions



France became the first major European nation to begin inoculating its citizens with booster dose. Pic - www.tbsnews.net

Amid the spread of the highly transmissible Delta variant of Covid-19, France on Wednesday began administering booster vaccines for people above the age of 65 years and those with underlying health conditions to improve the protection from the vaccine against the disease, according to several news reports.

However, people who received their second dose of the Pfizer-BioNTech or the Moderna vaccines at least six months earlier could only avail the booster shots. Both the vaccines follow a two-dose regimen and are based on the mRNA technology. Further, the people who have so far been immunised with the single-dose Johnson and Johnson vaccine will also be receiving a Pfizer shot as a booster at least four weeks after the first vaccination, reports Associated Press.

Earlier on August 24, the French National Authority for Health (HAS),

announced its recommendations regarding the booster programme. It also said that the fourth wave of Covid-19 was proceeding in the country and was driven by the Delta variant. "Has considers that there is no sufficient argument, till date, to preferentially recommend one vaccine over the other for the booster dose, and that the two available mRNA vaccines are very effective against severe forms of Covid-19, including those related to the Delta variant," it said in a statement.

The World Health Organization has previously expressed their concerns about booster programmes in countries that have sufficient vaccine arsenal while some countries have not even delivered first doses to their population. Several WHO experts have earlier expressed concerns about equitable distribution of vaccines globally and also said that the present data does not show that a booster shot was needed.

## Brazilian viper's venom can stop Covid-19 from multiplying, claim scientists

A new study has claimed that the venom of a snake can become a tool in fight against coronavirus. It has been carried out by researchers in Brazil and published in the scientific journal 'Molecules'.

The researchers said that a molecule produced by the jararacussu pit viper inhibited the coronavirus' ability to multiply by 75 per cent. They arrived at the figure by conducting tests on monkeys.

Already known for its antibacterial qualities, the peptide can be synthesised in the laboratory, said Rafael Guido, a University of Sao Paulo professor and an author of the study, in an interview, making the capture or raising of the snakes unnecessary.

The scientists called it a possible first step toward a drug to combat the virus causing Covid-19. They hope to test the substance in human cells but have not given any timeline, reports Amit Chaturvedi of Hindustan Times.

This is yet another experiment to find a way to stop Covid-19 from spreading, especially in the wake of reports from many countries that the effect of currently available vaccines is beginning to fade.

Reserachers in Britain released a study last week, which said that protection against Covid-19 offered by two doses of the Pfizer/BioNTech and the Oxford/-



This is yet another experiment to find a way to stop Covid-19 from spreading. Pic - rsc.cdn77.org

AstraZeneca vaccines begins to fade within six months. The effectiveness of Pfizer vaccine after the second dose fell from 88 per cent to 74 per cent, an analysis of data collected in Britain's ZOE Covid study showed. For the AstraZeneca vaccine, effectiveness fell from 77 per cent to 67 per cent after four to five months.

Britain and other European nations are planning for a Covid-19 vaccine booster campaign later this year after top vaccine advisers said it might be necessary to give third shots to the elderly and most vulnerable from September.

\*Contd on page 7



## China trying to 'take over' Bagram airbase in Afghanistan, says ex-diplomat Nikki Haley



An Afghan national army helicopter takes off inside the Bagram airbase after all US and Nato troops left. Pic - i.guim.co.uk

In the aftermath of the Taliban regaining power in Afghanistan, a former senior American diplomat has said there is a need to closely watch China as it is making a move to take over the Bagram air force base that was controlled by the United States for nearly two decades.

America's former envoy to the United Nations Nikki Haley said on Wednesday that it is time that President Joe Biden's administration reaches out to its key friends and allies like India, Japan, and Australia and assures them that the US will have their back, reports PTI.

"The first thing you should do is immediately start connecting with our

allies, whether it's Taiwan, whether it's Ukraine, whether it's Israel, whether it's India, Australia, Japan, all of them, and reassure them that we will have their back and that we need them as well," Haley said.

"Secondly, we need to make sure that we are going on an anti-terrorist effort across the world because we are now going to see -- with this moral victory that the jihadists have, you are going to see a heavy recruitment campaign around the world. You are going to see more lone wolf situations," she added.

"We need to make sure we are protected. We need to make sure our cybersecurity is strong because

actors like Russia are going to continue to hack us because we show no signs of willingness to fight back. We need to watch China because I think you are going to see China make a move for Bagram Air Force Base," Haley apprehended.

"I think they are also making a move in Afghanistan and trying to use Pakistan to get stronger to go against India. So, we have got a lot of issues. The biggest thing he should do is strengthen our allies, strengthen those relationships, modernise our military, and make sure we are prepared for the cyber-crimes and the terrorist crimes that are headed our way," she said in response to a question.

Haley slammed Biden for his disastrous withdrawal of US forces from Afghanistan. "By the end of that speech that President Biden gave, it was the beginning of the lame-duck presidency for Joe Biden," she said.

"I mean, he has lost the trust and confidence of every member of the military and the military families that I'm proud to be a part of. He has lost the trust and confidence of our allies who are now negotiating without us because they don't know why we are doing what we're doing," she said.

## US probes off-course descent of Richard Branson's Virgin Galactic spaceflight

The US Federal Aviation Administration (FAA) said on Wednesday it is investigating a deviation in the descent of the flight of the Virgin Galactic rocket plane that carried British billionaire Richard Branson to the edge of space on July 11, reports Reuters.

The New Yorker magazine earlier reported that the regulator was investigating an off-course descent. An FAA spokesman said that the vehicle "deviated from its Air Traffic Control clearance as it returned to Spaceport America. The FAA investigation is ongoing."

Virgin Galactic acknowledged that "the flight's ultimate trajectory deviated from our initial plan" but added it "did not fly outside of the lateral confines of the protected airspace."

The company said "the flight did drop below the altitude of the airspace ... "for a short distance and time (1 minute and 41 seconds) before re-entering restricted airspace."

It added that "at no time did the



Branson's space flight investigated by US authorities after veering off course. Pic - NewsBreak

ship travel above any population centers or cause a hazard to the public." The company said it is "working in partnership with the FAA to address the airspace for future flights."

The New Yorker reported that during the flight a red light flashed on the ship's console, indicating an "entry glide-cone warning." Virgin Galactic said that "at no time were passengers and crew put in any dan-

ger as a result of this change in trajectory."

Branson, one of six Virgin Galactic employees who took part in the flight, soaring more than 50 miles above the New Mexico desert, in July touted the mission as a precursor to a new era of space tourism and said the company he founded in 2004 was poised to begin commercial operations next year.

## Canada polls: O'Toole posing tough challenge to incumbent Trudeau

While incumbent Canadian Prime Minister Justin Trudeau is an international political celebrity, the opponent who is threatening to displace him, Conservative Party leader Erin O'Toole, remains largely unknown, even within Canada.

However, as his party gains ground on the ruling Liberal Party, even leading in some polls to bag a large share of seats in the Federal elections scheduled for September 20, his profile has risen. More importantly for the relationship between Ottawa and New Delhi, which has suffered under Trudeau, O'Toole has a pro-India agenda as part of his platform, reports Anirudh Bhattacharyya of Hindustan Times.

Born in Montreal, the 48-year-old is behind a party platform calling for Canada to join the Quadrilateral Security Dialogue (Quad), the bloc that includes India, the United States, Japan and Australia. In contrast, the Canadian government has yet to present an updated Indo-Pacific policy that has been expected for months. O'Toole also served in the Royal Canadian Air Force for 12 years and was first elected to the House of Commons in 2012.



Leader of the Conservative Party, Erin O'Toole speaks to the media at an election campaign tour in Saint-Hyacinthe Quebec, Canada. Pic - globalnews.ca

Similarly, as negotiations for a free trade pact as well as an investment treaty with India haven't progressed very far, O'Toole has promised to "pursue" these objectives. Both pacts were first proposed under the government of former Conservative prime minister Stephen Harper, Trudeau's predecessor, and O'Toole had served as a veterans affairs minister in his cabinet.

That theme appeared in an op-ed O'Toole wrote for the Canadian daily, National Post, in March, in which he noted, "Canada needs an economic future that reduces our dependence on China's industry and marketplace. We can only accomplish that by deepening ties with the world's largest democracy, India."

When Trudeau first became Prime Minister in 2015, the mandate letters for his finance minister as well as International Trade Minister included a focus on improving trade ties with India, but that has not come to fruition over the past six years. O'Toole, in the op-ed, said, "India is Canada's tenth largest trading partner, but it has the potential to become our second. India's economic transformation is under way, and it is one that should not only be applauded but supported."

It's still a difficult path for O'Toole to get the top job as Trudeau's Liberals remain favourites to win the maximum seats and form another minority government, though the Conservatives have closed the gap over the past ten days. O'Toole became the leader of his party in an upset win over former attorney general Peter McKay in the leadership race last year, and the question will be whether he can repeat that feat again as an underdog in the Federal polls.



# Got a child with Covid at home?

## Here's how to look after them

*There are practical things you can do to make your child more comfortable if they're ill*

**Brendan McMullan, Conjoint Senior Lecturer, University of South Wales & Philip Britton, Senior lecturer, C University of Sydney**

**T**he Delta variant is more infectious and is leading to more Covid-19 cases in children than previous strains.

Many parents are wondering whether Delta is making kids sicker, and how to care for their children if they get Covid.

It can be a nerve-racking time for parents, but there are practical things you can do to make your child more comfortable if they're ill.

### How common is Covid in kids, and how sick do they get?

Symptoms in children are often like those of other viral infections and may include fever, runny nose, sore throat, cough, vomiting, diarrhoea and lethargy.

A small number of children have other symptoms such as tummy pains, chest pain, headache, body aches, breathing difficulties or loss of taste or smell. Up to half of children with Covid may be asymptomatic.

Despite evidence the more-infectious Delta variant is causing more severe illness in young adults, there's no convincing evidence it has caused more severe illness in children to date.

Most children can be cared for at home. Hospital networks, including children's hospitals and local networks, are helping parents and carers to support this care at home.

In some cases, children and families may be transferred to special health accommodation to provide safe isolation and care.

### How can I best care for my child at home if they get Covid?

Caring for a child with Covid will look similar to the general supportive care for children with other viral infections.

Children should be dressed in appropriate clothing, so they're comfortable — not sweating or shivering.

Parents and carers should make sure the child drinks lots of fluids. They can also take paracetamol or ibuprofen if they are uncomfortable with pain or fever. These medicines should be administered as directed in the product information or by a health professional.

Warning signs of deterioration include

prolonged fever (for more than five days), difficulty breathing or chest pain.



Some children get severe abdominal pain, vomiting and/or diarrhoea. It's important to encourage these children to frequently drink fluids. It's a concern if they're drinking less or passing urine less than half of what they normally would, or if they are excessively sleepy or irritable.

For these or other serious concerns, parents and carers should seek urgent advice from their care team. In an emergency, they should request ambulance assistance, informing the operator the child has Covid.

Don't some children end up in hospital

or intensive care?

Yes, there's a small risk of severe disease from Covid in children but this is very uncommon, even in children who have medical vulnerabilities.

Children and adolescents can develop

inflammatory complications after Covid, though this is rare. Symptoms include persistent fever and rash, among others. These conditions, termed "Multisystem Inflammatory Syndrome in Children (MIS-C)" or "Paediatric Multisystem Inflammatory Syndrome (PIMS-TS)" have been reported mainly in the United States and Europe.

Estimates from the US suggest these occur in around one in 3,000-4,000 cases of Covid in children. There's only been a handful of cases reported in Australia to date.

Children aged 12-15 in Australia are

now eligible for vaccination, and vaccination trials are ongoing for younger children.

### Do children get 'long Covid'?

There has been increasing concern about prolonged symptoms after Covid infection, sometimes called long Covid, even with mild disease.

Fortunately, this is rare in children. In a study of more than 150 children with mild or asymptomatic Covid in Australia, most symptoms resolved in 4-8 weeks and children generally returned to their baseline health within 3-6 months.

What if some people in the home aren't infected?

The SARS-CoV-2 virus spreads easily from one person to another, particularly in close contact and for those living in the same household as someone who has the virus.

You can reduce the risk of spread by:

- keeping more than 1.5m distance where possible
- getting the child to use a separate bathroom, if this is available
- wearing a mask (for adolescents and older children); younger children and others who cannot wear a mask can be encouraged to observe the other behaviours
- covering coughs and sneezes
- performing regular hand hygiene with soap and water or hand sanitiser.

Good ventilation is also a factor in reducing transmission, but not everyone can modify this in their living situation.

If someone in the household has Covid, high touch surfaces such as door handles, kitchen bench tops, switches and taps should be regularly cleaned.

Personal household items such as cutlery, dishes and towels should be washed before being shared. Regular household disinfectant is sufficient.





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# Babita Deokaran's blood is on the ANC's hands

*The once-great, now rotten-to-the-core movement is at the heart of a decade-old criminal network.*

Justice Malala, Sunday Times, SA

In every household across South Africa there should be tears for Babita Deokaran.

Cold-blooded hitmen shot and killed Deokaran in front of her home on the morning of 23 August 2021. She had just dropped her child off at school. Thanks to a quick-witted neighbour who had spotted the killers in the area days before and taken down their car's registration number, the



A man lights a candle at the memorial vigil for Babita Deokaran at Mary Fitzgerald Square in Johannesburg on 26 August 2021.  
Pic -Shiraz Mohamed - Daily Maverick

police have arrested seven suspects. We now know that Deokaran, the Gauteng health department's acting CFO, was murdered because she had painstakingly put together evidence of fraud and corruption linked to government's Covid-19 tenders.

**“Over the past 13 years most government contracts or tenders have been parcelled out not to those who can do the work, but to those who are connected to the political class. Across government departments, state-owned enterprises (SOEs) and provincial and municipal entities, a lucrative trade has engulfed government. Political players ascend to power, appoint “our people” to key posts in the state and then approve the implementation of projects that are suited to their proxies...”**

It is not just Deokaran we should be mourning today. We should cry for our beloved country, for with the hail of bullets fired at Deokaran another terrible reality was underlined. That reality is that our country is rotten from top to bottom, inside and out, right to its core.

Hopefully, over the next few days, the police will arrest the people who gave the order to murder this mother, friend, daughter and public servant. Hopefully, the syndicate that was set to be exposed by her work will be

smashed to smithereens.

That will not be enough. The truth about Deokaran's cold-blooded murder is that we are not just dealing with rotten individuals. We are dealing with a rotten system, a rotten SA, and the work of cleaning it up has just begun — and we might not win.

Over the past 13 years most government contracts or tenders have been parcelled out not to those who can do the work, but to those who are connected to the political class. Across government departments, state-owned enterprises (SOEs) and provincial and municipal entities, a lucrative trade has engulfed government. Political players ascend to power, appoint “our people” to key posts in the state and then approve the implementation of projects that are suited to their proxies.

These are not the best people for the job. They are those who will pay bribes along the entire chain — to the public servants, the political heads and the political party, mainly the ANC, and even some of the ANC's alliance partners in coalition-run municipalities.

This is not something that happens in a few corrupt entities. It is across the entire system. From KwaZulu-Natal municipalities to provincial government departments in North West, from impoverished municipalities in Mpumalanga to SOEs such as SAA, Denel and Eskom, this is what has been going on for more than a decade.

This is the definition of state capture. It is a criminal network at whose heart has been a once-great, but now broken and stolen liberation movement: the ANC.

It is not a coincidence that the ANC is today broke and cannot pay its workers. A large chunk of its monies in the past 11 years were from those who benefited from these corrupt networks. To keep the party sweet, they paid part of their stolen lucre into the ANC's coffers. The leader of the party, assisted by its national executive committee (NEC), or a large majority of it, encouraged and participated in this sort of behaviour.

At an ANC dinner in October 2015, party president Jacob Zuma underlined the corrupt philosophy: “I always say to business people that if you invest in the ANC, you are wise. If you don't invest in the ANC, your business is in danger. The TG [ANC treasurer-general] is a nice and a

## CENTRE ISLAMIQUE DE GLEN PARK Edoo Lane 1, Diolle - Vacoas

You are hereby invited to a special general assembly to be held on 19 September 2021 the seat of the association at Edoo Lane 1, Diolle, Glen Park, Vacoas at 14hr00.

### AGENDA

Election of Executive members

Mr Moosleem Imrith  
Secretary

30 August 2021

handsome young man. When he knocks, open the doors.”

The treasurer of the ANC at the time was Zweli Mkhize, the disgraced former minister of health who departed his job in August after it emerged his friends were enjoying themselves with millions of rand, thanks to a tender from his department, whose proceeds were channelled back to his family. Don't point fingers at Mkhize alone for this. Many others in the ranks of the ANC were in on this sort of thing.

The Gauteng premier, David Makhura, faced a barrage of criticism at a vigil to remember Deokaran last week. He responded by saying: “Until people are arrested and serve a jail term for corrupt activities, all the things I'm saying here mean nothing. Until the killers of Babita and those who sent the killer — and I am convinced the person who pulled the trigger is not the only source of this killing — are arrested, what I say means nothing.

“Until I take concrete steps to bring the looters and the corrupted to book, you are right to say that all politicians are rotten.”

These are fine words. Makhura knows the truth, though. The “looters and the corrupted” he is talking about are in the ANC. They are the ANC. For justice for Deokaran to be meaningful, the party has to acknowledge that it birthed and nurtured the environment that allowed her to be murdered.

*\* Does the tragic story behind Babita Deokaran's murder in South Africa strike a chord here? We leave it to readers to draw any parallel and their own conclusions.*

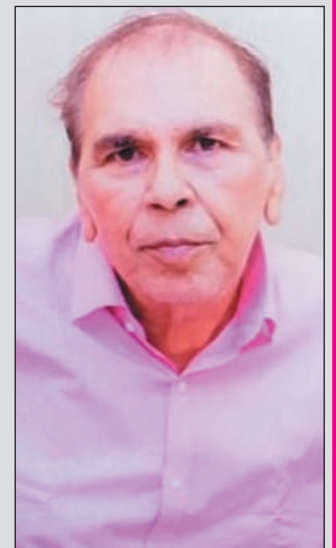
## IN MEMORIAM

In loving memory of

## Vijaykumar Ramchurn

*“Chaque homme dans sa nuit s'en va vers sa lumière”*

— Victor Hugo,  
Les Contemplations



Mr Vijaykumar Ramchurn passed away on the 1st of May 2021 at the age of 73. In his last years, he showed tremendous courage and dignity in his fight against serious medical issues. Notwithstanding the pain, he was the keystone for his family until the end.

The child of Mr Charitur Ramchurn and Mrs Tarah Prithipaul, Mr Ramchurn spent his childhood in Ward IV, Port Louis and attended the Royal College of Curepipe.

Following his undergraduate studies, he joined the teaching profession. He was the Head of Department of English at St Andrew's School and the Rector at N. Saddul College.

An avid reader and a prolific writer, Mr Ramchurn authored 'Let us Dare: a work on national unity', as well as a widely used General Paper textbook and articles on a myriad of subjects. He was a great teacher cherished by his students, a wonderful father, a loving husband and more importantly a good man.

**He is survived by his wife, Kesswaree and their four children, Harsha, Chetan, Keshini and Jaya.**



# How authoritarian rulers manage their international image

## • Cont. from page 2

But they also try to silence, obscure, or discredit criticisms of their rule.

They try to “spin” negative news stories, sow discord or paranoia in activist communities abroad, and repress or even kill their exiled critics.

Back to Rwanda. During his decades in power, Kagame has systematically undermined opposition, manipulated elections and repressed critics at home and abroad. He also amended the constitution so he can rule until 2034. In 2020, the Sweden-based Varieties of Democracy Institute ranked Rwanda 150th out of 179 countries in the world on its index of liberal democracy. In other words, clearly authoritarian.

Kagame's ruling political party – the Rwandan Patriotic Front – pays a lot of attention to its image abroad. Rwanda is an avid consumer of public relations services from firms based in Europe and the US. For example, the same year that Kagame won over 95% of the vote in the heavily manipulated 2003 election, Rwanda's embassy in the US contracted American PR firms to boost the image of the country and its leader.

As Kagame consolidated power domestically, it was apparently important to be seen positively in the US, a major aid donor.



President Kagame meets with President Emmanuel Macron - Pic - flickr

## Managing critics

But authoritarian image management goes beyond promoting a positive picture. It also involves silencing or marginalising critics abroad.

The Rwandan Patriotic Front is hypersensitive to criticism. It's so touchy that what foreign academics write garners attention. Responses are sometimes published in party-loyal newspapers or other platforms. According to filings with the US department of justice, in 2013 the Rwandan ministry of foreign affairs contracted an American aca-

dem to “establish a publishing record” in popular and academic venues about the Rwandan diaspora. The scholarly impact appears to have been negligible, but years later the same academic did appear as a government witness at Rusesabagina's trial.

Even more consequentially, its agents have been involved in extraterritorial repression, including assassination plots which target critics abroad.

As shown with Rusesabagina's case, the state wants to avoid the reputational damage that comes with transnational repression. It probably also wants to signal to potentially troublesome exiles that nobody is out of reach.

## Authoritarian tactics

Rwanda is not the only state to use these tactics. Indeed, my book is about authoritarian states in general.

Using publicly available filings with the US department of justice, I counted 33 authoritarian states that collectively paid PR and public affairs firms hundreds of millions of dollars in 2018 and 2019 to manipulate their image. This is only in the US, only self-reported, and only overt. The scope is much wider than these numbers suggest.

I also gathered data on authoritarian states targeting their exiles for repression between 1991 and 2019. Again, using only

publicly available sources, my team and I were able to find 1,117 instances in which states repressed their critical citizens abroad. These ranged from verbal threats to outright assassination. Uzbekistan, China, North Korea, Turkey and Russia stand out as frequent violators.

Nor is it just today's dictatorships that try to influence their international information environment. South Africa's apartheid regime went to extraordinary lengths to manipulate its image abroad. Ferdinand Marcos retained high-powered Washington DC public relations and lobbying firms and attempted to influence academic scholarship in the US about the Philippines. China under Mao Zedong helped perpetuate a global cult of personality despite the millions of deaths due to the Chairman's policies.

Authoritarian states don't just sit back and let foreigners define them. They actively try to manipulate their image and silence critics. Next time you see an interview with a representative of a dictatorship, ask yourself what the preparation session with PR consultants looked like and what information the regime wants to obscure.

*Alexander Dukalskis,*

*Associate Prof, School of Politics & International Relations, University College Dublin*

## Programme des Courses

### 1 THE MR FABULOUS PLATE 1500 m - Valeur [0-20] - 12h30

1 Tiger's Bond	P	3-9/4-1-1	61(-4)	N.S.Batchameah	5	380
2 Secret Circle	SJ	0-0-9-6-7	60.5(-1.5)	E.Migale	4	2000
3 Manetheren	SN	7-6-5-5-7/1	60	G.D.Aucharuz	10	430
4 Barak Lavan	SN	8-8/5-5-3	59.5	K.Ghunowa	9	1000
5 Rochester	JMH	1-2-8-5-R	59.5(-3)	A.Roy	3	1400
6 What A Kid	RG	5/2-6-3-6	59.5(-1.5)	M.Teetan	1	1200
7 Million Dollar Man	CR	0-0-0-3-7	59	P.K.Horil	2	650
8 Groban	RM	7/7-3-8-R	58	R.Hoolash	8	1800
9 Glitterrock	AS	7-8-8/6-2	57.5(-1.5)	B.Deenath	6	1100
10 Greatfiveeight	CD	9-4-9-2-1	53.5(-3)	M.Sonaram	7	400

### 2 THE MERRY MAJOR PLATE 1400 m - Valeur [0-26] - 13h05

1 Captain Scabiosa	SH	0-0-0-0-8	60	I.Santana	7	2500
2 Citadel	G	0-0-0-0-3	60	S.Donohoe	9	1400
3 Jacalac	P	0-0-0-0-7	60	J.Allyhosain	8	700
4 Jals Tiger	GR	2-5-10-2-4	60	N.Teeha	1	550
5 Mounted Warrior	CD	0-0-0-0-5	60(-3)	M.Sonaram	2	370
6 Perfect Pursuit	SN	5/5-6-5-5	60	G.D.Aucharuz	5	2500
7 Pin Drop	SPN	0-0-0-0-4	60(-4)	N.S.Batchameah	3	1000
8 San Andreas	SJ	0-0-0-3-3	60	B.Woodworth	10	430
9 Skip The Red	RM	R-8/4-5-6	60	P.C.Orffer	6	1400
10 Ultimate Warrior	RG	0-0-0-2-3	60	R.Joorawon	4	600

### 3 THE CASTLEBELLINGHAM PLATE 1850 m - Valeur Benchmark 36 - 13h40

1 Canary Island	VA	0-2-1-4-1	60	B.Fayd'herbe	7	400
2 Nimitz	SJ	5-6/3-1-6	60	B.Woodworth	3	450
3 Bellagio King	SPN	0-0-0-0-2	59.5	J.Allyhosain	8	400
4 The Byzantine	JMH	R-4-8-2-8	59.5(-4)	N.S.Batchameah	6	750
5 Ballantine Hall	G	3-2-9/5-2	58.5	S.Donohoe	1	600
6 Lit	G	3-3-1-7/7	57.5	Y.Emamdee	5	1400
7 Affranchi	VA	7-6/9-8-8	56.5(-3)	A.Roy	2	2000
8 Overdose	AS	6-4-2-8-1	56.5	S.Rama	4	600

## 19è journée samedi 4 septembre 2021

### 4 THE DON CORLEONE CUP 990 m - Valeur Benchmark 41 - 14h15

1 Bless My Path	CD	nouveau	60.5(-3)	M.Sonaram	7	1200
2 Jays Dancer	PM	nouveau	60.5	B.Bhaugerothee	2	2000
3 Ninotto	RG	5-2-5/3-5	59.5	R.Joorawon	4	600
4 Tripod	CR	6-8-3/5-7	59.5	D de Gouveia	8	2500
5 Captain Garrett	GR	2/1-1-2-2	59	B.Soofool	1	270
6 Dark Force	RM	6-1-1/8-3	59	P.C.Orffer	6	800
7 Go Jewel	VA	0-1-1-1-1	59	B.Fayd'herbe	9	330
8 Marula	JMH	3-3/3-1-1	56.5	D.Bheekary	3	600
9 Great Stohvanen[EA]	AS	2-5-6/6-3	59	-----	5	----

### 5 THE LOUIS PHILIPPE BOULLE CUP 1650 m - Valeur Benchmark 46 - 14h50

1 Charleston Hero	VA	R-6-R-5-3	60	B.Fayd'herbe	11	1000
2 Kaydens Pride	RM	3/1-1-1-2	60	P.C.Orffer	3	300
3 Lemon Drop Shot	P	2-4-8/4-8	59.5	J.Allyhosain	10	1200
4 Mambo Rock	GR	3-2/2-3-3	59.5	B.Soofool	4	450
5 Arlingtons Revenge	SJ	5-4/4-1-1	59	B.Woodworth	5	900
6 Sockeroo	G	0-0-7-R-3	59	S.Donohoe	1	650
7 Inauguration	CR	4-7/4-2-3	58.5	D de Gouveia	2	750
8 Roll Of Drums	CD	7-7-7-6-5/	58(-3)	M.Sonaram	6	2000
9 Lunafacation	PM	0-0-0-0-6	57.5(-3)	A.Roy	7	1400
10 Protea Paradise	RG	5-10/5-5-8	57	R.Joorawon	8	3000
11 Ovation Award [EA]	GR	4-3/6-3-7	59.5	-----	9	----

### 6 THE HINTERLAND CUP 1400 m - Valeur G.3 - 15h25

1 Undercover Agent	RM	4-3/5-1-1	61	P.C.Orffer	1	350
2 Black Cat Back	G	7/1-1/5-4	59	S.Donohoe	11	1400
3 Alramz	RM	0-0-9-1-4	57	R.Joorawon	9	700
4 Baritone	CR	1-1-2-3/3	57	D de Gouveia	4	700
5 Virtue	CR	2-4/3-7-6	54.5	P.K.Horil	8	2500
6 Marauding	G	1-6/2-8-3	54	Y.Emamdee	10	550
7 Iditarod Trail	GR	7/6-10-5-4	53.5	B.Soofool	5	1200
8 Winter Chill	VA	nouveau	53.5	A.Roy	7	2500
9 Stopalltheclocks	CD	7-7-9-7-9	52	M.Sonaram	2	2200
10 Kamadeva	RG	N-2/1-2-2	52	S.Rama	3	400
11 Var And Away [EA]	SN	0-0-0-8-8	52	-----	6	----

### 7 THE SEA WARRIOR PLATE 990 m - Valeur Benchmark 31 - 16h00

1 Rock Manor	CR	4-2/5-3-4	61	P.K.Horil	4	650
2 Desert Boy	P	0-0-0-6-1	60.5	J.Allyhosain	7	300
3 Matchless Captain	RG	0-0-0-0-5/	60.5	R.Joorawon	1	1200
4 Raheeb	RM	3-4-8/8-3	59.5	P.C.Orffer	3	380
5 Marrakech	G	nouveau	58.5	S.Bussunt	9	1500
6 Trojan Quest	JMH	8-4-1/5-5	57.5	B.Soofool	8	1000
7 Remus	SH	nouveau	56	I.Santana	5	400
8 Secret Idea	CD	2-1-5-1/5	56(-3)	M.Sonaram	2	1800
9 Carlton Heights [EA]	AS	9/3-3-7-5	59	-----	6	----

### 8 THE TAHARA-MAID PLATE 1450 m - Valeur [0-25] - 16h35

1 After The Order	CR	4-8/4-4-1	60	D de Gouveia	4	450
2 Follow Suit	CD	0-0-8-4-2	60(-3)	M.Sonaram	8	370
3 Free To Win	SH	0-0-0-4-4	60	I.Santana	5	340
4 Middle Path	RG	3-1-5/7-7	60	R.Joorawon	2	2000
5 Capkuta	JMH	5-5/6-4-3	59.5	B.Soofool	7	1600
6 Master Of Disguise	VA	0-0-0-8-6	59.5	B.Fayd'herbe	9	1200
7 Opague	G	7/4-2-1-9	59.5	S.Donohoe	10	600
8 Gunner Runner	GR	6/8-7-5-6	59	N.Teeha	1	1600
9 Mr Mogambo	SN	3-4-5/R-5	59	G.D.Aucharuz	11	2500
10 Anza-Borrego	PM	5-2-2/3-9	58.5	S.Bussunt	3	1200
11 Celestial Magma[EA]	PM	0-0-0-0-7	58	-----	6	----

## Selections

1. Greatfiveeight, Tiger's Bond, Barak Lavan
2. San Andreas, Ultimate Warrior, Jals Tiger
3. Canary Island, Overdose, Bellagio King
4. Captain Garrett, Go Jewel, Marula
5. Kaydens Pride, Sockeroo, Mambo Rock
6. Undercover Agent, Kamadeva, Marauding
7. Desert Boy, Secret Idea, Raheeb
8. Follow Suit, Free To Win, Opague



# LIC celebrates its 65th anniversary



Anil Kumar, Chief Manager, welcoming guests at LIC's 65th anniversary celebration.

Also in attendance: Hon Padayachy, Hon Seeruttun, Mrs Nandini Singla and Dhaneswarnath Thakoor

The Life Insurance Corporation of India, or simply LIC for most Mauritians for having become a household name across the island and synonymous with security in old age thanks to its insurance policies, celebrated its 65th anniversary of its establishment last Monday. To mark this special event, a ceremony was organised at its headquarters with Hon Renganaden Padayachy, Minister

of Finance, Hon Mahen Seeruttun, Minister of Financial Services and Good Governance, Mrs Nandini Singla, High Commissioner of India, and Dhaneswarnath Thakoor, Chief Executive, FSC, as chief guests.

In his speech, Anil Kumar, Chief Manager, retraced the long history of LIC in Mauritius since its inception here on 1 September 1956. Way back in 1956, five Indian

insurance companies, which were operating in Mauritius, amalgamated to form LIC Mauritius Branch at the same time when LIC was established in India. It is thus a joint celebration of 65 years of existence by both LIC India and the Mauritius Branch.

Established by an Act of Parliament, LIC is fully owned by the Government of India, and has today grown into a multinational organisation with presence in 14 countries, and become the No. 1 Life Insurer in terms of customer base. Globally, LIC has a field force of more than 1.3 million and a staff strength of more than 100,000. Its global assets is higher than USD 447 billion.

In spite of the severe constraints of Covid-19 lockdowns, LIC settled more than 21.59 million number of claims globally in fiscal year 2020-21. Locally, Rs 485.24 million were last year, and this has been facilitated thanks to an easing of the process of claims settlement. LIC registered a growth of 9.2% in revenue surplus in the last financial year, and 95% of its valuation surplus has been distributed among eligible policy holders.

Mr Kumar also added that LIC is a partner in the development of the Mauritian nation - "Right from its inception it has helped the Government in its nation building efforts, advancing loans to the MHC, the Cooperative Bank, the Municipality of Beau Bassin-Rose Hill." It also lays a lot of emphasis on corporate social responsibility by extending support to NGOs and the Government through the CSR scheme - Rs 23.5 million during the last five years, and Rs 4.4 M last year. Besides being one of the largest taxpayers in Mauritius, it has made it its policy to invest all the surplus available only in the domestic market, to assist in nation building. To date Rs. 3.5 billion have been invested in Government of Mauritius bonds.

## Programme des Courses

### 19<sup>e</sup> journée dimanche 29 août 2021

1 THE SO SURE PLATE					
1400 m - Valeur [0-15] - 12h30					
1 DUNZIE	CD	2/5-4-2-4	61(-3)	M.Sonaram	4
2 ARTAX	AS	6-7-4-7-4	60.5	S.Rama	3
3 CAPTAIN FALCON	G	2/5-1-2-3	60	S.Donohoe	10
4 SEVEN CARAT	SN	1-1-4-4-2/	60	D.Bheekary	7
5 NEWSMAN	RG	4-2/2-3-6	59.5	R.Joorawon	1
6 HIT THE GREEN	RM	2/2-6-7-4	58	P.C.Orffer	11
7 MARK TAPLEY	VA	8-9-5/6-7	58(-3)	A.Roy	5
8 NORTHERN REBEL	JMH	6-6/3-8-1	57.5	B.Sooful	9
9 SARAH'S SECRET	CR	9-5/6-2-3	56	D de Gouveia	8
10 NEW GOLDEN AGE	P	3-9-4/8-5	55	K.Ramsamy	2
11 BYPASS [EA]	SPN	10-3-8/2-2	57.5	-----	6

2 THE DOCTOR NO PLATE					
1365 m - Valeur [0-26] - 13h05					
1 DIGITAL FORTRESS	SPN	nouveau	60	B.Sooful	1
2 EMBLEM OF HOPE	SH	0-0-0-0-1	60	I.Santana	8
3 INSTINCTIVE POWER	CR	nouveau	60	D de Gouveia	10
4 LITE OF MY LIFE	RG	nouveau	60	Bhaugerothee	6
5 MEZUZAH	SJ	0-0-0-0-5	60	B.Woodworth	4
6 MOON JUMPER	G	nouveau	60	Y.Emamdee	2
7 SMUTS	AS	nouveau	60	S.Rama	3
8 THE BASTILLE	P	nouveau	60	K.Ramsamy	5
9 SPRY	RM	nouveau	58	P.C.Orffer	7
10 TICKET TO CAIRO [EA]	JMH	0-0-6-4-6	59.5	-----	9

3 THE COMPENDIUM PLATE					
1365 m - Valeur Benchmark 36 - 13h40					
1 CAPTAINS FORT	SPN	nouveau	60(-4)	N.S.Batchameah	4
2 DONNAN	SN	1-1-4/3-2	60	G.D.Aucharuz	3
3 SHORT CUT	CD	nouveau	60(-3)	M.Sonaram	2
4 CRIMSON GOD	PM	nouveau	59.5(-3)	A.Roy	8
5 GOOD BUDDY	JMH	7-4-1-3-6	59.5	B.Sooful	1
6 GUNSTON	SH	5-4/7-9-5	59.5	I.Santana	5
7 HIGH VOLTAGE	AS	R-6-9-6-10	59.5	S.Rama	9
8 COPENHAGEN	VA	4/2-6-1-3	59	B.Fayd'herbe	7
9 BOLLINGER	P	8/10-8-2-3	58	J.Allyhosain	6

4 THE MIRABEAU CUP					
1500 m - Valeur Benchmark 41 - 14h15					
1 DROP KICK	VA	7-8/2-9-4	60.5(-3)	A.Roy	5
2 SILVER HERITAGE	RM	1-1/4-1-3	60.5	P.C.Orffer	2
3 SYDS LIASON	RG	0-3-3-4-8	60.5	R.Joorawon	12
4 CLOUDED HILL	JMH	9-9/8-7-5	60	K.Ramsamy	3
5 NUMBENINETY NINE	G	0-0-0-0-8	60	S.Donohoe	1
6 TAKING SILK	GR	0-0-0-3-2	60	B.Sooful	10
7 CASH CALL	SH	1-3-5/8-5	59	I.Santana	11
8 LUMBER JACKAROO	CR	3-4-8/9-7	59	D de Gouveia	8
9 VIKING TRAIL	SJ	3/5-2-2-3	59	B.Woodworth	9
10 G I JOE	PM	1-3-1-3-2	58.5	J.Allyhosain	6
11 DESERT ILLUSION	SN	0-4-1-7-1	57	D.Bheekary	4
12 UNCLE FRANK [EA]	SPN	4-1-3-4/6	58.5	-----	7

5 THE BICENTENARY OF THE FOUNDATION OF THE TOWN OF PORT LOUIS					
2050 m - Valeur Benchmark 61 - 14h50					
1 SPECIAL BLEND	SPN	0-0-9-9-3	61(-4)	N.S.Batchameah	8
2 BAG OF TRICKS	RG	0-3-3-2-1	59	R.Joorawon	7
3 BACKPACKER	VA	0-0-10-4-3	58.5	B.Fayd'herbe	3
4 TSITSIKAMMA DANCE	RM	5-4/2-1-4	58.5	J.Allyhosain	2
5 SPRING MAN	RM	7-1-4/6-2	58	P.C.Orffer	6
6 CONSUL OF WAR	CD	3-2/4-6-1	55.5(-3)	M.Sonaram	5
7 OVER THE ODDS	SJ	0-0-6-7-9	54.5	B.Woodworth	1
8 KAZAAR	P	5-7/6-7-7	53	B.Sooful	9
9 ABSOLUTIST	AS	0-0-6-4-1	52.5	S.Rama	4

6 THE GOLDEN TROPHY					
2200 m - Valeur G.2 - 15h25					
1 ALYAASAAT	GR	1-2/1-4-5	61	N.Teeha	3
2 ALSHIBAA	RM	1-2-1/3-1	60	P.C.Orffer	8
3 PATROL OFFICER	GR	1/3-7-2-3	57	B.Sooful	6
4 MARSHALL FOCH	GR	0-0-10-11-10	55	R.Beeharry	5
5 OPERA ROYAL	SH	2-5/5-5-4	54	I.Santana	7
6 THE DAZZLER	SN	4-1/6-6-2	54	R.Joorawon	4
7 HAYLOR	SJ	8-5-8-1-1	53.5	A.Roy	9
8 MADE TO CONQUER	G	7-5-6-4/9	53	Y.Emamdee	1
9 PADRE PIO	SJ	0-2-1-6-2	52	B.Woodworth	10
10 STREAM AHEAD	CD	N/6-7-1-2	52	S.Rama	2

7 THE WOLF POWER PLATE					
1500 m - Valeur Benchmark 31 - 16h00					
1 EDGE OF THE SUN	AS	4-10-4-R-7	60	S.Rama	11
2 SAND PATH	CD	2/1-1-5-2	60(-3)	M.Sonaram	9
3 ITDAWNEDONME	SH	5/2-10-7-2	59.5	I.Santana	4
4 PFORZHEIM	SPN	0-6-3-2-R	59.5	J.Allyhosain	1
5 KALGOORLIE	G	4-3-4/2-2	59	S.Donohoe	7
6 LASAIR	JMH	9-8-8/10-5	59(-3)	A.Roy	8
7 TRAVELIN MAN	RM	3-2-4/3-4	59	P.C.Orffer	6
8 TYRIAN	PM	5-7/4-5-5	59	R.K.Chumun	2
9 FLOWERSCAPE	RG	1/2-4-2-1	58.5	R.Joorawon	5
10 TARANAKI	GR	3-2-4-6/1	58	N.Teeha	10
11 WELL CONNECTED	VA	9/6-9-6-1	58	B.Fayd'herbe	12
12 CASANOVA KING [EA]	SJ	nouveau	57.5	-----	3

8 THE FOFO PLATE					
1600 m - Valeur [0-25] - 16h35					
1 GONTRAVELIN	CR	0-0-0-2-3	60	D de Gouveia	2
2 HIGH KEY	SN	4/3-5-6-2	60	G.D.Aucharuz	9
3 MAN FROM SEATTLE	RG	3/6-5-6-5	60	R.Joorawon	11
4 SILVER SONG	CD	1-2-1/5-5	60(-3)	M.Sonaram	6
5 SUPREME ELEVATION	JMH	0-0-7-9-6	60	B.Sooful	4
6 THE TIME IS NOW	SPN	0-0-0-6-6	60	K.Ramsamy	1
7 ALSSAKHRA	G	5-4/3-8-3	59.5	S.Donohoe	10
8 CLOUD SEEDER	AS	0-7-7-10-2	59.5	S.Rama	3
9 EUROTEC	RM	0-0-1-8-3	59.5	P.C.Orffer	8
10 FAIRBANKS	VA	2/7-6-4-4	59.5(-3)	A.Roy	5
11 BROOKLYN'S CHOICE	SH	0-0-0-8-7	59	I.Santana	7

## Selections

1. NEWSMAN, SARAH'S SECRET, CAPTAIN FALCON
2. EMBLEM OF HOPE, DIGITAL FORTRESS, MOON JUMPER
3. DONNAN, BOLLINGER, COPENHAGEN
4. TAKING SILK, VIKING TRAIL, DESERT ILLUSION
5. BACKPACKER, BAG OF TRICKS, TSITSIKAMMA DANCE
6. PATROL OFFICER, STREAM AHEAD, OPERA ROYAL
7. ITDAWNEDONME, KALGOORLIE, LASAIR
8. GONTRAVELIN, CLOUD SEEDER, FAIRBANKS



# Grazing, gorging or skipping: which is better for weight loss?

*The best eating strategy for weight loss is the one that suits you*



**W**hen it comes to diet and health, especially losing weight, most of the focus has been on what you eat and how much you're eating. While eating fewer calories than you're taking in is key to weight loss, another important factor is how you eat - such as how many times you eat a day.

In recent years, much attention has been put on meal patterns. While some diets suggest that the key to losing weight is to only eat one meal a day, other popular diets suggest people should eat up to six small meals a day. Many of us have also been brought up to eat three meals per day - so which is best?

Many diet plans also follow a three-square-meals eating pattern. Having such a rigid approach may leave people feeling hungry between meals. This can lead to people snacking between meals, potentially overeating in the process.

But while snacking between meals was long seen as a way to stave off hunger, some early studies showed that eating more meals a day was linked with lower bodyweight. Since then, research has looked at a variety of different eating patterns, ranging from "nibbling" (up to 17 small meals per day) to "gorging" (two to three meals a day).

## Nibbling or gorging

There is a popular belief that nibbling increases your metabolism, but this is not the case. There is evidence from one study that nibbling causes a less pronounced insulin spike after mealtimes compared to gorging. This indicates better

blood-sugar control, which may be indirectly linked to managing weight better by storing less fat. But pending more research, nibbling may not actually burn more calories than gorging.

Subsequent studies which looked at the effect of eating between two and four meals per day have failed to show whether nibbling or gorging is more beneficial to weight loss. Some studies show that eating more frequently helps with weight loss, but this can also increase hunger and impair your ability to clear fat from the blood - an important factor in cardiovascular disease risk.

But the way we eat has changed over many decades, with more of us snacking or following other patterns of eating, such as intermittent fasting, which advocate decreasing the number of meals eaten or leaving more time between meals. It's thought that such eating patterns will help the body better lose weight.

These diets are based on an understanding of our body's different metabolic states. After we eat, our body goes into the postprandial state. During this state, which can last for several hours, the body stores energy from the food we've just eaten - often as fat. The postabsorptive (or fasted) period is when the body begins to burn through store fuel, which only really begins around ten or more hours after a meal.

When we follow a traditional eating pattern of three meals a day, we tend to spend a large part of our time (12 hours or more) in the postprandial state, with very little time in a truly fasted state. This is exaggerated further with grazing or "nibbling" eating patterns. Intermittent fasting diets are based on the idea that reducing meal frequency will ensure your body spends more time in the fasted state. It's thought that this will improve your ability to manage the fat and carbohydrate in the meal. These diets can give better control over storing and burning fat stores and enhance your metabolic health.

This is also why some people choose to intentionally skip meals, such as breakfast, while still following a normal pattern of eating (as opposed to intermittent fasting, where they may still eat three meals but in a shorter period, such as eight hours). While skipping meals may or may not affect how much we eat, it may have other metabolic benefits that come alongside an extended fast without adversely affecting appetite.

## Time of day

Alongside eating frequency, another factor that might affect your weight is the time of day that we eat. Research has found that eating later is associated with eating more overall, which may hinder weight loss.

The emerging field of chrononutrition has also found that humans are designed to eat during the daylight hours as opposed to later in the evening - similar to our preferred sleeping schedule. Some research has shown that eating later in the day is associated with higher bodyweight. Research also suggests we're more likely to eat unhealthy foods when we eat outside of our natural circadian rhythm.

Another consideration is the timing of when we eat carbohydrates. How you deal with carbs in one meal can be influenced by whether we've eaten carbs in previous meals - known as the second-meal phenomenon. Carbohydrates are largely responsible for transitioning the body to the postprandial state, releasing insulin and control fat storage. This means that if we eat carbohydrates at every meal, we're

more likely to store these as fat. Some research suggests that limiting carbohydrates may help us burn more fat during exercise, and may improve exercise performance.

Different eating strategies may have different benefits for our body, such as better blood sugar control. But when it comes to losing weight, no strategy seems to work better than the other. At the end of the day, the eating strategy that works best for a person will differ. Knowing which strategy will work best for you depends on many factors, such as your goals, your lifestyle, your sleeping pattern and what type of exercise you do.

Adam Collins

Principal Teaching Fellow, Nutrition,  
University of Surrey

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## Do not kill yourself for women

**Y**ou cannot give a woman everything she needs.

God gave them eyebrows, they shave it and draw their own.

He gave them nails, they cut it off and fixed their own.

He gave them hair, they cut it off and fixed their own.

He gave them breast, they repackage it to the size and shape they want.

God also gave them lips, every morning they paint it with different colours of lip stick.



If God can't satisfy them, then who are you to think you can please them? Tell our men not to kill themselves for women.

-- Robert Mugabe

\* \* \*

### Funny but true!

Intelligence is like underwear, you should have it but not

show it.

Stupidity is like a bra; even with attempts to hide it, it shows up.

Ego is like the bum. You can't see yours but others can, and you keep noticing only other people's!

\* \* \*

### Taliban flag

Letter from a man in Birmingham to his friend in London:

"I was fed up with being burgled and robbed every other day in my neighbourhood. The alarm system was no use so I tore it out and deregistered from our ineffective local Neighbourhood Watch...

Instead, I've planted a Taliban flag in each corner of my front garden.

Now, the city police, the National Security Bureau, Scotland Yard, MI-5, MI-6, the CIA and every other intelligence service in Europe are all keeping watch on my house 24x7x365...

I'm followed to and from work every day and my wife too when she goes out shopping.

So no one bothers us at all...

I've never felt safer... All thanks to "The Taliban."

### Wine Tester

In an alcohol factory the regular tester died and the director started looking for a new one to hire.

A drunkard with a ragged, dirty look came to apply for the position. The director of the factory wondered how to send him away. They tested him.

They gave him a glass with a drink. He tried it and said, "It's red wine, a muscat, three years old, grown on a north slope, matured in steel containers."

"That's correct", said the boss.

Another glass. "It's red wine, cabernet, eight years old, a south western slope, oak barrels."

"Correct." The director was astonished. He winked at his secretary to suggest something.

She brought in a glass of urine. The alcoholic tried it.

"It's a blonde, 26 years old, three months pregnant, made inside the office. And if you don't give me the job, I'll also tell who's the father!"

The boss collapsed...

### Sisters of St. Francis

A man is driving down a deserted stretch of a highway when he notices a sign from the corner of his eye.

It reads: Sisters of St. Francis House of Prostitution, 10 Miles.

He thinks it's a figment of his imagination and drives on without a second thought.

Soon, he sees another sign which says: Sisters of St. Francis House of Prostitution, Next Right.

His curiosity gets the best of him and he pulls into the drive.

On the far side of the parking lot is a stone building with a small sign next to the door which reads: Sisters of St. Francis.

He climbs the steps and rings the bell.

The door is answered by a nun in a long black habit who asks, 'What may we do for you, my son?'

He answers, 'I saw your signs along the highway and was interested in possibly doing business.'

'Very well, my son. Please follow me.'

He does as he is told and another nun holding a tin cup instructs, 'Please put \$100 in the cup, then go through the large wooden door at the end of this hallway.'

He gets \$100 out of his wallet and puts it in the second nun's cup.

He trots eagerly down the hall and slips through the door, pulling it shut behind him.

As the door locks behind him, he finds himself back in the parking lot and facing another signboard which reads:

'Go in Peace.

You Have Just Been Screwed by the Sisters of St. Francis.

Serves You Right.

You Sinner!'

## That's Life

# The Benefits of Being 50 or Older

I would never change my amazing friends, my wonderful life, my beloved family for less grey hair or a flatter stomach.

As I got older, I became kinder to myself and less critical of myself.

I became my friend...

I didn't blame myself for eating extra biscuits or not making the bed or buying something stupid that I didn't need.

I have the right to be "messy and extravagant".

I have seen many dear friends leave this world too soon, before they realised the great freedom of ageing.

Who will blame me if I decide to read or play on my computer until four and sleep until noon?

It will make me happy to stay in bed or in front of the TV for as long as I want.

I will dance with those wonderful hits of the 70s and 80s and at the same time if I want to cry for a lost love ....

I'll go...

...if I want, along the beach in shorts too stretched out on a decaying body, diving into the waves with abandon despite the punishing stares of others in the jet set.

You will grow old too.

I know that sometimes I forget that there are some things in life that should also be forgotten.

I remember the important things. Of course, my heart has also been broken over the years.

But broken hearts give us strength, understanding and compassion.

A heart that has never suffered is spotless and sterile and will never know the joy of being imperfect.

I am fortunate to have lived long enough to have grey hair and my youthful laughter has forever engraved deep furrows in my face.

Many never laughed, many died before their hair turned silver.

As you get older, it's easier to be positive.

You care less about what other people think.

I don't question myself any more.

I've earned the right to make mistakes. To

answer your question, I like being old.

I like the person I have become.

I won't live forever, but while I'm still here, I won't waste time regretting what might have been or worrying about what will be.

And if I feel like it, I'll eat dessert every day.



Behind every Successful Man there is a Woman.....

Because Women don't run behind Unsuccessful Men!!





## Parenting

# 5 toxic behaviors parents engage in - without realizing it

Even moms and dads with the very best of intentions can slip into these potentially damaging habits

There isn't a clear-cut definition of what it means to engage in "toxic" behaviours - or to be a "toxic" parent - because it's not a clinical term. When the behaviours or relationship are really toxic, though, it's usually pretty easy to tell, like when parents are totally unsupportive, or when they manipulate their kids. In those cases, parents can inflict significant emotional and developmental damage, and may ultimately end up estranged from their adult children, a situation that is on the rise and more common than once thought.

Other times, however, they have habits or patterns of behaviour that are less obviously toxic but still have the potential to do real harm. With that in mind, Catherine Pearson of HuffPost writes about five relatively common toxic habits parents often have, without even realizing it.

## 1. Yelling

Of course, every parent yells sometimes, but when parents fall into the pattern of doing it too often, it can take a huge toll on their relationship with their children.

"It's important for parents to recognize the difference between a misstep and behaviour that does damage. In the best of all worlds, none of us would ever yell at a kid, but there isn't anyone who hasn't lost it now and again," said Peg Streep, author of 'Daughter Detox: Recovering from an Unloving Mother and Reclaiming Your Life'.

"But there's a huge difference between a one-off moment (hopefully followed by some repair such as 'I am sorry I yelled. Let's talk about it.') and sustained bombardment, which the parent falsely frames as 'discipline,'" she added.

Yelling does work in certain situations, like when your child is doing something really dangerous or harmful and you need to get their attention fast. But beyond that, research shows it's not an effective form of getting kids to change their behaviour. Plus, research shows it can lower kids' self-esteem and ultimately lead them to develop more aggressive behaviours themselves.

It's hard to know how much yelling is too much, but if you find yourself justifying or rationalizing your behaviour fairly often (thinking things like, "Well, she'll never listen to me if I don't yell") that could be a red flag, Streep said.

And when you feel the urge to yell, "do whatever it takes to calm down and get the tension out of your body so you can refocus and reengage with your kids. It might take a few minutes, but that's OK," says Carla Naumburg, a clinical social worker and author of 'How to stop losing your sht with your kids'.

## 2. Comparing siblings

When you have multiple kids at home, it's easy to spend time pondering how different or alike they are, even from the earliest age. But comparing children even in small, seemingly insignificant ways can take a toll.

"If you have more than one child, please make an effort not to compare them out loud, either to motivate or to discipline," Streep said.

One study looking at the academic success of first- and second-born kids in the U.S. analyzed children's report cards and interviewed their parents to get their sense of how capable the kids were on their own and



relative to each other. "Researchers found that the teenagers' future report card grades were influenced by their parents' beliefs as to which child was smarter, even though these parental beliefs weren't based on past grades," explained *Today's Parent*.

## 3. Labelling

In the same way that comparing children can be a really toxic behaviour, labelling kids as anything - good or bad - is potentially harmful as well. Labels can become self-fulfilling and can be really hard to shake. And even seemingly positive labels can be problematic to the point of being toxic, experts warn.

"When we say 'you're smart' or 'you're athletic,' we're telling our child, 'The only reason you did well on that test is because you were born brainy,' or, 'You wouldn't have made that goal if it weren't for your natural ability,'" Amy McCready, a parenting educator, the founder of Positive Parenting Solutions and the author of 'If I Have to Tell You One More Time', previously told HuffPost. "What's more, if our child bombs the test next time, they'll be left confused and discouraged, questioning their own ability. If they're so smart, why did they fail?"

As an alternative, try descriptive praise. Really make an effort to notice specific actions they're taking throughout the day that are positive - and deliberately call them out. Think: "I saw that you helped your sibling do XYZ. That's showing responsibility." Or, "I saw how hard you were trying today. I'm proud of your effort."

## 4. Quieting emotions

One of parents' most important jobs is helping children develop emotional intelligence, or "EQ," by teaching them to identify what they're feeling and put a name to it. But a child can't do that if they're getting the message from their parents that they shouldn't really experience the feelings they're having, or that the feelings themselves are somehow bad. That can be especially tricky when your child is grappling with big emotions about something that doesn't seem like a particularly big deal to you - and expressing them in a way that's not super ideal, like throwing a tantrum.

"Telling a child that he or she is a 'baby' for crying or showing emotion is nothing but cruel and will inspire him or her to quash their feelings and detach," said Streep.

Instead, remind yourself - and your child - those feelings really are for feeling, and show them how you manage those feelings yourself.

"Walk your child through the paces of understanding his or her feelings, help him or her talk about them," echoed Streep, "and show him or her how to better manage the frustration or fear that invoked the tears in the first place."

## 5. Saying 'you always/never' or 'you're making me'

Telling kids that they always or never do certain things just isn't productive, and experts say it can be a red flag that you've stopped being curious about why your child engages in certain behaviours you might find annoying or problematic. (Marriage counsellors warn about saying "always" and "never," too.)

Instead, think about specific behaviours you'd like to target, and the things that tend to happen before those behaviours - which is where you can help make practical changes. So instead of saying, "You never do your homework when it's time," be really clear about what you'd like to happen and give your kid plenty of time to transition - then heap on praise after the fact.

Another phrase to be on the lookout for is some version of "you're making me," whether it's "you're making me crazy or sad when you do XYZ". Your child is not responsible for your emotions or your state of being. Be mindful of putting your feelings on them.

## That's Life

### 40 Years Ago

40 years ago, children were gentle with their parents.

Today parents have to be gentle with their children.

40 years ago, everyone wanted to have children.

Today many people are afraid of having children.

40 years ago, children respected their parents.

Now parents have to respect their children.

40 years ago, marriage was easy but divorce was difficult.

Nowadays it is difficult to get married but divorce is so easy.

40 years ago, we got to know all the neighbours.

Now we are strangers to our neighbours.

40 years ago, people had to eat a lot because they needed the energy to work hard.

Now we are afraid to eat fatty foods for fear of the cholesterol.

40 years ago, villagers were flocking to the city to find jobs.

Now the town people are fleeing from the stress to find peace.

40 years ago, everyone wanted to be fat to look happy.

Nowadays everyone diets to look healthy.

40 years ago, rich people pretended to be poor.

Now the poor are pretending to be rich.

40 years ago, only one person worked to support the whole family.

Now all have to work to support one child.

40 years ago, people loved to study and read books.

Now people love to update Facebook, etc., and read their WhatsApp messages.



Coming Soon

# 'You can find a Anupamaa in every house, in our families and around us'

-- Rupali Ganguly

10th standard exams.

Daddy always used to dangle the carrot and say that I will have to finish my studies first and then become a heroine.

Anyways from the time I stepped into television, I have really been blessed for getting such fantastic roles .

**How much does it mean that your serials like Sarabhai vs Sarabhai are still so loved?**

I just feel so blessed. I love it when people don't call me by my name. They call me *Monisha* or *Anupamaa* now. I feel so blessed that I can live so many lives in this one life.

**How did you feel landing the title role in Anupamaa?**

When I signed for the show, I knew the story is about how mothers are under-appreciated, and in case how the protagonist, who is a mother, is oblivious to the fact that her husband is having an affair, yet she still takes everything that comes her way with a smile and doesn't let any negativity affect her.

The beauty of the role was such that I was dying to portray it.

**Tell us more about the serial and your character?**

*Anupamaa* is a show about every mother, every woman who invests all her time in her family, whose life is her family.

Most of us have grown up in families like this, where the fathers went out and provided for us and our mothers took care of home and hearth and brought us up. The , rules, discipline and the goodness that we all survive with in today's world are basically ingrained from our mothers.

*Anupamaa* is about every woman in India and in fact even women abroad because they do so much for the home, their family and they are mostly under-appreciated especially in our rural scenarios. Women are almost never given their due.

Their daily schedule is all about providing the best for their families, and they never really get a day off.

You can find a *Anupamaa* in every house, in our families and around us -- the docile character who would do everything to maintain harmony in her family, and who would take a lot of blame as well as verbal abuse from her husband.

Samar, her middle child, has been her strongest support in the show. Now that she has got to know about her husband's affair, she is broken completely inside. That woman who used not speak at all, who used to keep quiet, is now taking a stand. She is on the path of becoming a strong. She is learning to be strong and independent

**What are your passions away from work?**

My family is my biggest strength and my passion too. There is nothing beyond my family. I am not the kind of person who has friends or goes out.

I have always been around my family. So, my passion away from work would be spending maximum time with my family.

Also, I am an avid animal lover and I adore everything. Dogs are my obsession...we have these wonderful furry babies on my set also and our producer is also very caring towards them.



**F**rom playing the ever so innocent and simpleton Monisha in 'Sarabhai vs Sarabhai' to playing the evolving Anupamaa in Rajan Shahi's 'Anupamaa', Rupali Ganguly traces her incredible journey in this candid chat with Jyothi Venkatesh for Mayapuri and bollyy.com.

**How do you look back on your acting journey?**

It has been a great journey for me. I started at the age of 4 in one of my father's movie where I played Dina Pathak's child and I remember there was Mithun Chakraborty in the film.

Mithun uncle used to be part of a family and he used to be practically there in all of my dad's films and when I was 7 years old there was a film *Saheb* where I just run into the house and touch Rakhi aunt's feet and run away inside.

That was the privileged debut that I did onscreen. Then at the age of 13 years, I did my first Bengali film *Balidan* which was a super-duper hit. After that, I gave my

## Yeh Teri Galiyan

Yeh Teri Galiyan (These Are Your Streets) is an Indian drama television series that premiered on 25 July 2018 on Zee TV. Produced by Cinevistaas Limited, it stars Avinash Mishra and Vrushika Mehta.



**T**he story revolves around two youthful kids, Shantanu and Puchki, who can't live without each other yet are isolated at a young age.

Shantanu and Puchki were first seen as childhood friends who were separated by time. When Shaan comes face to face with Puchki as Asmita after many years, he fails to recognise her. Their friendship truly becomes a romance only after Shaan realises that Asmita is his childhood friend Puchki.

Fate had other plans for Shaan and Asmita as misunderstandings keep them apart. Asmita gets engaged to Hridoy, and Shaan is married to Nandini. However, Shaan goes to Asmita's house one night and tells her how much he still loves her. Shaan and Asmita get caught in sudden rain, which makes the scene a romantic classic. Asmita's hesitation in telling Shaan that she loves him while being engaged to someone else is very real.

When Shaan is framed for a crime he didn't commit, Asmita goes from being a cop to becoming a lawyer to save Shaan. When all of this fails, Shaan and Asmita run from the authorities. While spending a night alone in a small hut, Shaan and Asmita consummate their relationship. But Asmita refuses to raise the child with Shaan because he is still married to Nandini.

Fate brings Shaan and Asmita together once again. Asmita is raising her daughter, Krishi, with another man Mr Shekhawat. Shaan also has a daughter with his wife, Nandini. Shaan and Asmita still have feelings for each other, but now they both hesitate to act on it.

Krishi takes it upon herself and comes up with unique ways to bring her birth parents together. Mr Shekhawat wants to test Shaan's love for Asmita and prove that their love is not valid. He hires Asmita's lookalike to confuse Shaan. However, Shaan holds both Devika and Asmita's hands and immediately realises who the real Asmita is.

In a bid to make Asmita stay with him, Mr Shekhawat kidnaps Krishi. He tries to blackmail Asmita, but Shaan and Asmita join forces to save their daughter. Shekhawat shoots Shaan and Asmita when they try to rescue Krishi. Shaan is shot in his knee, but Asmita is badly wounded with the gunshot and dies in Shaan's arms and ask him to hide her death from Krishi.

Shaan hires Devika to take her place. Shaan refuses to let Devika get close to him. Eventually, Devika also falls in love with Shaan, but he refuses to accept her as his wife.

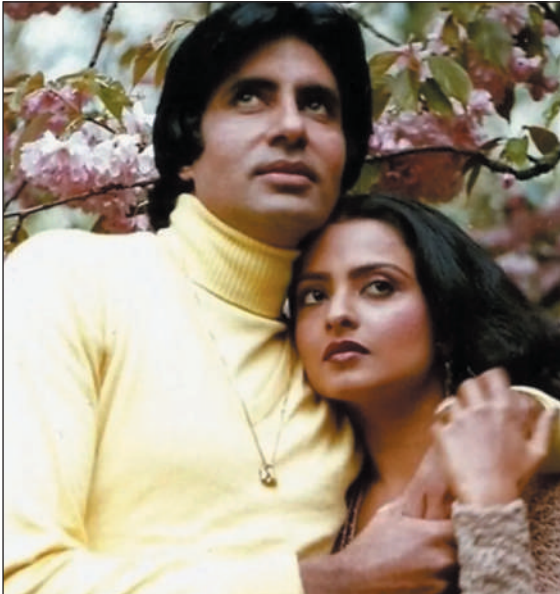


# Bollywood's alleged Love Affairs that made Headlines

*Amitabh Bachchan-Rekha, Ranbir Kapoor-Mahira Khan, Hrithik Roshan-Kangana Ranaut...*

**R**umours of a romance spell the beginning of a scandal. Whether fact or works of fiction, these flings or extra-marital affairs often turn around the lives of the stars involved. Here's a report by Milana Rao of Times of India taking a look at alleged affairs that took the industry by storm...

## Amitabh Bachchan and Rekha



This one has to be one of the most talked-about alleged love affairs of B-Town. Reports were rife that sparks flew between the two actors on the sets of 'Do Anjane'. Later, they also starred together in 'Silsila'. Although Mr Bachchan has maintained a stoic silence on the matter, Rekha has time and again expressed her love for Big B. In an interview with Filmfare in 1984, she said, "Why should the public know of my love for him or his love for me? I love him. He loves me - that's it. I don't care what anybody thinks."

## Shatrughan Sinha and Reena Roy



Reena Roy was reportedly just 19 when she featured in her first Bollywood hit film 'Kaalicharan' opposite Shatrughan Sinha. The new *jodi* teamed up for another film, where they reportedly came closer. Although their alleged love affair became the talk of the town, they did not end up together. While Shatrughan tied the knot with Poonam Sinha, Reena married Pakistani cricketer Mohsin Khan. In one of the chapters of Shatrughan's

memoir, he talks about his off-screen intimacy with a co-star and how the relationship continued for a while even after his marriage with Poonam. Although he mentioned no name, people were quick to connect the dots.

## Nargis Fakhri and Uday Chopra

Nargis Fakhri and Uday Chopra made headlines for their alleged relationship for a long time. Although they never came out in the open about it, their social media PDA (public display of affection), dinner dates, and outings spoke volumes. However, their rumoured love saga did not end happily; the couple reportedly parted ways for reasons best known to them. The actress is currently dating chef Justin Santos.

## Ranbir Kapoor and Mahira Khan



Ranbir Kapoor has constantly been in the news for his alleged love affairs. However, the one that attracted a lot of eyeballs, was his linkup to Pakistani actress Mahira Khan. Pictures of the alleged couple spending time with each other in New York had gone viral on the internet. Ranbir reportedly released a statement on the same a few days later, but Mahira maintained a low profile and did not talk about the incident.

## Hrithik Roshan and Kangana Ranaut



Kangana Ranaut and Hrithik Roshan set gossip mills buzzing with rumours of an alleged love affair that began around the time the two worked together in 'Krrish 3.' However, the couple parted ways sooner than their fans expected. After the rumoured affair, they maintained a silence over the issue all along till Kangana spilled the beans in an interview, which snowballed into a huge controversy. In an interview, Kangana called Hrithik her 'silly ex' which he rubbished through a tweet.

## YOUR STARS

### Sagittarius: Nov 22 - Dec 21

You'll ask yourself many questions of a metaphysical order; but you had better go and tend your roses! Your magnetism and your influence will be intensified; in short, you won't go unnoticed for your self-assurance will make an irresistible charmer of you.

**Lucky Numbers: 14, 20, 23, 24, 29, 31**

### Capricorn: Dec 22 - Jan 19

This climate will illuminate your love affairs and, if you've children, will offer you a harmonious family ambience. At work, you'll make great progress. If you've to cope with certain problems of neighbourhood, try to minimize the incidents; diplomacy will be necessary.

**Lucky Numbers: 11, 12, 17, 21, 26, 40**

### Aquarius: Jan 20 - Feb 18

All indicates a progress or achievement of your various projects. A material or financial problem can be solved easily. Your friendship relations will have a particular charm and your friends will appreciate you all the more as this time you'll spare them your peremptory judgments.

**Lucky Numbers: 1, 4, 16, 24, 30, 36**

### Pisces: Feb 19 - Mar 20

In love, your critical mind will be neutralized and you'll try more to emphasize the qualities of your beloved one than to reproach him/her for his/her defaults. Luck may very well visit you if you let yourself be tempted by a moderate bet in some chance game.

**Lucky Numbers: 3, 9, 10, 12, 15, 1**

### Aries: Mar 21 - Apr 19

You'll have the will to succeed in your career, but show prudence and discernment. If your business affairs evolve as you wish, don't change anything; if it's not the case, try to find out the causes and analyze them carefully before making any decision.

**Lucky Numbers: 2, 6, 11, 14, 19, 35**

### Taurus: Apr 20 - May 20

Beware of aggressiveness and authoritarianism which may cause you to be in conflict with your entourage. Your relationships with the person of your heart will be at their best. Refrain from important financial operations for the time being.

**Lucky Numbers: 51, 16, 22, 23, 30, 37**

### Gemini: May 21 - June 20

You won't have your feet sufficiently on earth at this moment; therefore, don't take any important decision concerning your career. With your friends, you'll have excellent contacts; but your relations will prove more tense with your family.

**Lucky Numbers: 3, 9, 15, 17, 21, 23**

### Cancer: June 21 - July 22

Stormy climate at your work; control your tongue well. Beware, don't disperse yourself, and don't forget your conjugal and family responsibilities. Don't hesitate to stay aloof: you'll have a clearer view of things.

**Lucky Numbers: 1, 7, 14, 19, 24, 26**

### Leo: July 23 - Aug 22

Be very attentive for beautiful opportunities will present themselves. On the work plane, you'll perhaps be somewhat disoriented by the turn of events; but astral influxes will allow you to overcome the hitches.

**Lucky Numbers: 5, 7, 11, 21, 33, 36**

### Virgo: Aug 23 - Sept 22

You'll work well and will obtain good results; but don't make a total obsession of your job. Show open-mindedness and tolerance in your relationships. This time, you'd better heed the advice of your close ones.

**Lucky Numbers: 4, 8, 9, 20, 25, 26**

### Libra: Sept 23 - Oct 22

A small failure will compel you to get back to ambitions less remote from reality. Be very cautious in the management of money, don't have your eyes bigger than your belly! You'll entertain excellent relationships with your beloved one.

**Lucky Numbers: 7, 13, 20, 23, 27, 31**

### Scorpion: 23 Oct - 21 Nov

Beware of your utterings which may do harm to you. Material success will be within your reach: you'll be in a position to carry out excellent business deals. A beautiful surprise should come to illuminate your sentimental life.

**Lucky Numbers: 9, 12, 14, 16, 20, 30**



## CINE 12

Vendredi 3 septembre - 21.15



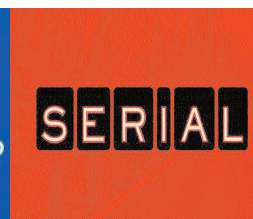
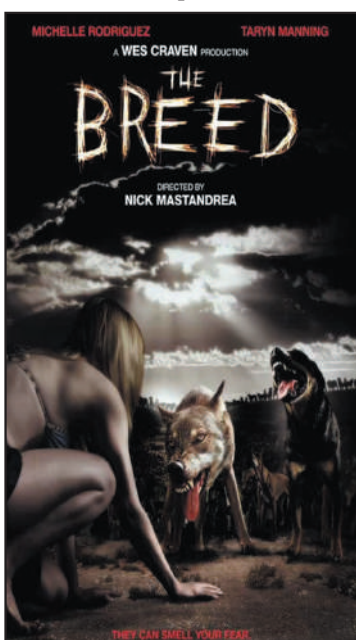
## mhc 1

Samedi 4 septembre - 21.20



## mhc 1

Dimanche 5 septembre - 21.10



	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
<b>vendredi 3 septembre</b>	07.00 D.Anime: Twirlywoos 09.25 Film: Capitaine Superslip 11.10 Tele: Sinu, Rio Des Pasiones 12.00 Le Journal 12.25 Tele: Le Prix Du Désir 12.50 Local: Les Grandes Lignes 14.16 Serial: Heidi, Bienvenida A... 14.30 D.Anime: Twirlywoos 14.45 D.Anime: Word Party 15.22 D.Anime: Splash And Bubble 15.45 Film: Dummie The Mummy... 17.05 Serial: Dark Oracle 17.30 Doc: World Stamps 17.35 Mag: Sur Mesure 17.50 Mag: Japan Video Topics 18.00 Live: Samachar 18.30 Serial: Siya Ke Ram 19.30 Journal & La Meteo 20.25 Local: Come On Let??S 21.20 Serial: 19-2 23.35 Mag: Eye On Sadc	09.00 Serial: Vir: The Robot Boy 09.30 Serial: Chota Bheem 10.00 Ki Jaana Mein Kaun 12.30 Film: Tholi Prema 15.05 Serial: Zindagi Ki Mehek 15.23 Serial: Aamhi Doghi 15.44 Serial: Bava Maradallu 16.07 Serial: Apoorva Raagangal 16.28 Serial: Aatish 16.48 Serial: Imtihaan 17.05 Kullfi Kumarr Bajewala 17.25 Serial: Chhanchhan 18.00 Serial: Dr. Qin 18.30 Mag: DDI Magazine 19.05 Journal Kreol 19.30 Serial: Radha Krishna 20.02 Serial: Aas 20.46 Local: Anjuman 21.09 Local: Urdu Programe 22.07 DDI Live	06.00 Mag: Eco India 06.26 Mag: Shift 06.38 Mag: Sur Mesure 06.52 Mag: Border Crossing 07.20 Mag: Tomorrow Today 09.00 Doc: 360 GEO 10.42 Doc: Our Friend The Atom 14.32 Doc: 360 GEO 15.24 Doc: Concorde - The Fall Of.. 17.17 Mag: Border Crossing 17.52 Doc: Healthy Eyes 18.34 Mag: Arts.21 19.00 Student Support Prog... 19.29 Mag: Euromaxx 20.05 Doc: Innovation On Board 20.30 Local: News (English) 20.40 Sos Animaux En Darger 21.31 Doc: Battle Of The Dunkrik 22.45 Doc: Invitation 22.57 Doc: The Digital Age 23.41 Doc: Starting Strong	03.09 Serial: The Magicians 03.51 Film: The Water Horse 05.15 Tele: Muneca Brava 06.16 Serial: Unforgotten 07.02 Film: Signed, Sealed, Delive... 09.00 Serial: When Calls The Heart 09.45 Tele: Teresa 10.37 Tele: Tanto Amor 11.00 Serial: The Magicians 11.46 Film The Water Horse 13.33 Tele: Muneca Brava 14.45 Film: Signed, Sealed, Delive... 16.39 Serial: When Calls The Heart 17.18 Serial: Unforgotten 18.05 Tele: Teresa 19.00 Tele: Tanta Amor 19.35 Mag: Hollywood On Set 20.05 Tele: Les Trois Visages D'ana 20.30 Serial: Dynasty 2 21.15 Film: Crypto 22.54 Tele: Muneca Brava	08.00 Film: Ekka Raja Rani Starring Govinda, Vinod Khanna, Paresh Rawal 12.08 / 19.54 - Radha Krishna 12.31 / 20.11 - Chupke Chupke 12.50 / 20.32 - Mere Sai 13.12 / 21.09 - Agniphera 13.27 / 21.24 - Bade Acche Lagte Hai 13.50 / 21.46 - Zindagi Ki Mehek 14.17 / 22.20 - Maharakhshak 14.57 / 22.55 - Sethji 15.25 Film: Nawabzaabe Starring Dharmesh Yelande, Punit Pathak, Raghav Juyal 18.00 Live: Samacher 18.30 Kundali Bhagya 18.52 Ishaaron Ishaaron Mein 19.14 Serial: Bhakharwadi 19.36 Serial: Siddhi Vinayak
<b>samedi 4 septembre</b>	06.00 D.Anime: Boule Et Bill 06.12 D.Anime: The Hive 07.00 D.Anime: Kung Fu Panda 07.23 D.Anime: Sabrina 07.45 Film: Bob The Builder 08.45 D.Anime: The Garfield Show 08.58 D.Anime: Pet Alien 09.03 D.Anime: Volttron, Le Défenseur 12.00 Le Journal 12.35 Tele: Teresa 15.11 D.Anime: Splash And Bubble 15.40 Film: Sam Le Pompier... 16.50 Serial: Magic Mania 17.10 Serial: Les Copains Carlins 18.00 Live: Samachar 18.30 Entertainment: Dance 19.30 Journal & La Meteo 20.15 Local: Autour Des Valeurs... 21.15 Film: Flawless Avec: Demi Moore, Michael Caine, Lambert Wilson	07.00 Film: NH- 8 Road To Nidhivan 09.00 Serial: Vir: The Robot Boy 10.00 Bade Acche Lagte Hai 11.40 Serial: Bloody Romance 12.00 Serial: Nanda Saukhyia Bhare 12.24 Serial: Mooga Manasulu 12.42 Serial: High School 13.11 Annakodiyum Aintu Pengalum 15.00 Serial: Zindagi Ki Mehek 15.25 Film: Dhanwaan Starring Ajay Devgan, Manisha Koirala and Karisma Kapoor 17.48 Mag: DDI Magazine 19.00 Live: Journal Kreol 19.30 Serial: Radha Krishna 20.06 Serial: Vikram Betaal Ki Rahasya Gatha 20.20 Serial: Bitti Business Wali 21.01 Film: Prassthanam Starring: Sanjay Dutt, Jackie Shroff, Manisha Koirala, Amyra Dastur	06.00 Doc: Healthy Eyes 06.42 Mag: Arts.21 07.08 Mag: Global 3000 08.00 Doc: Innovation On Board 09.21 Doc: Battle Of The Dunkrik 10.33 Doc: The Digital Age 11.16 Doc: Starting Strong 12.02 Doc: Healthy Eyes 14.05 Sos Animaux En Danger... 15.00 Student Support Prog 17.44 Doc: Amazing Gardens 18.10 Doc: When Food Becomes... 18.36 Doc: Zenith 19.05 Mag: Check In 19.28 Doc: Les Miserables 20.30 Local Prod: News (English) 20.40 Doc: Tree Stories 21.32 Doc: How The Beatles 23.21 Doc: Taste Hunters 00.14 Doc: Tsunamis 00.57 Doc: The Nefertiti Phenomenon	01.25 Film: Crypto 03.02 Serial: The Night Shift 03.43 Film: Black Wake 05.17 Tele: Tanto Amor 05.37 Serial: Dnyasty 2 06.38 Film: Boone 08.05 Serial: Mike Hammer 09.18 Serial: Brooklyn Nine Nine 10.04 Serial: Falling Water 10.43 Film: Crypto 12.24 Serial: The Night Shift 13.32 Serial: The Magicians 15.05 Tele: Amanda 15.48 Tele: Muneca Brava 16.30 Mag: Hollywood On Set 17.00 Serial: Dynasty 2 17.45 Film: Bobby Et Les Chasseurs De Fantomes 20.05 Tele: Les Trois Visages D'ana 20.30 Series: Dynasty 2 21.15 Film: The Snowman 23.08 Tele: Le Prix Du Désir	04.05 Radha Krishna 04.26 Chupke Chupke 04.48 Mere Sai -- Shraddha Aur... 05.11 Agniphera 05.34 Bade Acche Lagte Hai 06.00 Zindagi Ki Mehek 06.16 Sethji 06.38 ChhanChhan 07.02 Kundali Bhagya 07.25 Ishaaron Ishaaron Mein 08.02 Zindagi Ki Mehek 10.00 Motu Patlu 10.12 Siddhi Vinayak 12.01 Serial: Bhakharwadi 14.00 Chupke Chupke 16.00 Pavitra Rishta 18.00 Samachar 18.30 Film: Phillauri Star: Anushka Sharma, Diljit Dosanjh, Suraj Sharma 20.39 Serial: Siya Ke Ram
<b>dimanche 5 septembre</b>	06.00 D.Anime: Boule Et Bill 06.20 D.Anime: P'tit Cosmonaute 06.35 D.Anime: Sissi - The Young... 07.00 D.Anime: Kung Fu Panda 09.35 Serial: Lucas Etc 10.00 Local: Zafan Nou Zil 10.30 Serial: Backstage 12.00 Le Journal 12.40 Tele: Teresa 14.10 Local: Elle 15.05 D.Anime: The Deep 15.21 D.Anime: Splash And Bubble 15.46 Film: Spark: A Space Tail 17.15 Serial: Les Copains Carlins 18.00 Live: Samachar 18.30 Local Prod: Gata Rahe Mere... 19.30 Le Journal 20.10 Local: Groov'in 21.10 Film: The Breed Avec: Michelle Rodriguez, Taryn Manning, Oliver Hudson	07.00 Film: Mafia 10.00 Local Prod: MBC 11.00 Serial: Oru Kai Osai 11.22 Serial: Santoshi Maa 12.00 Film: Dabangg 2 Stars: Salman Khan, Sonakshi Sinha, Arbaaz Khan, Vinod 13.58 DDI Magazine 15.00 Serial: Zindagi Ki Mehek 15.22 Serial: Mooga Manasulu 15.44 Serial: He Mann Baware 16.12 Apoorva Raagangal 17.05 Mahakali 17.51 Kisna 18.30 Local: Tipa Tipa Nu Avance 19.00 Live: Journal Kreol 20.05 Serial: Mann Mein Vishwas.. 20.58 Serial: CID 21.43 Serial: Naagin Season 2 22.25 Jai Kanhaiya Lal Ki 23.06 DDI Live	06.00 Mag: Amazing Gardens 06.26 Doc: When Food Becomes... 06.52 Doc: Zenith 07.46 Doc: Tree Stories 10.28 Doc: Tsunamis 11.13 Doc: The Nefertiti Phenomenon 11.56 Mag: Amazing Gardens 13.17 Mag: Check In 14.35 Doc: Les Miserables 16.27 Doc: Tsunamis 18.21 Doc: Builders Of The Future 18.45 Doc: Garden Party 19.13 Mag: Trend Book 19.38 Doc: From War To Wisdom 20.30 Local Prod: News (English) 20.40 Doc: Comme Une Envie De.. 21.32 Doc: Living Among US 22.52 Doc: Lords Of Water 23.34 Doc: One Way Ticket 00.17 Mag: Magnifique	01.20 Film: The Snowman 03.14 Serial: Midnight, Texas 03.56 Film: Flawless 05.40 Tele: Tanto Amor 06.23 Serial: Dynasty 2 07.03 Film: A Gift Horse 08.38 Serial: Mike Hammer 09.25 Film: Flawless 11.02 Film: Bobby Et Les Chasseurs De Fantomes 12.25 Serial: Midnight, Texas 13.37 Serial: The Magicians 15.36 Tele: Amanda 16.20 Tele: Muneca Brava 17.01 Serial: Dynasty 2 17.45 Serial: Midnight, Texas 18.30 Serial: Rich Man, Poor Man 19.35 Mag: Hollywood On Set 20.05 Tele: Les Trois Visages D'ana 20.30 Serial: Pure Genius 21.15 Film: 55 Steps	00.35 Serial: Siddhi Vinayak 02.20 Bhakharwadi 04.30 Chupke Chupke 06.07 Pavitra Rishta 08.00 Motu Patlu 08.11 Ikyawann 10.00 Jaana Na Dil Se Door 12.00 Piya Albela 14.00 Agniphera 16.29 Punar Vivaah 18.00 Live: Samachar 18.30 Film: Shaadi Mein Zaroor Aana Starring: Rajkummar Rao, Kriti Kharbanda, K.K. Raina 20.41 Entertainment: Dance 21.26 Bade Acche Lagte Hai 23.21 Serial: Piya Albela

## MBC 2

Samedi 4 septembre  
- 21.00Stars: Sanjay Dutt, Jackie Shroff,  
Manisha Koirala, Amyra  
DasturDimanche 5 septembre  
- 18.30Stars: Rajkummar Rao, Kriti  
Kharbanda, K.K. Raina





Nita Chicooree-Mercier

**L**ines of grey clouds streak the sky above, casting a shadow on the waves of the sea. Patches of grey clouds hover around till a gentle wind moves them on in their sluggish course. As soon as rays of sunlight clear up the sky into a brighter blue, the waves below take on a silvery hue. They are not impeded by coral reefs; they roll on freely and splash on the shore.

A stretch of thirty metres of dark grey sand slopes down from the wall of the coastal seaside town to the sea; much of the sand is covered over with green weeds. Fishermen in small boats are a rare sight since sharks have elected the site as their favourite spot, and tragic encounters with humans have curbed daring attempts to venture into a region where they end up being consumed by more powerful creatures.

The market bordering the shore is lively with the bustling of people and vendors who display an array of vegetables, fruits, handicraft, clothes, drinks and pastry under colourful umbrellas. At the other end, a fish shop displays a variety of fishes on a table. The sight of shark flesh takes you aback.

There is something upsetting and disturbing about men overpowering animals bigger than them and killing them to add to the list of food for consumption. It is an intuitive feeling that sharks, whales, elephants, oxen and cows, and giraffes should not be slaughtered; it is not only unreasonable and unnatural to dominate any species at will, but downright wrong to have the upper hand on everything under the sun.

The free licence to kill any creature has to be reviewed however complicated it might seem. As far as farming industry is concerned, the Intergovernmental Panel on Climate (IPCC) report should first wake up beef eaters around the world. The report should raise awareness about deforestation making place for pasture lands, and the large amount of water needed to produce one kilo of beef. Millions of tons are shipped off to all parts of the world on a daily basis to fast food outlets, restaurants, supermarkets and people's homes, leaving a sorry mess for the environment to sort out.

The same applies to mass production of chicken, mutton and pork. Anyone ringing the alarm bell of the IPCC report for

# On A Market Day

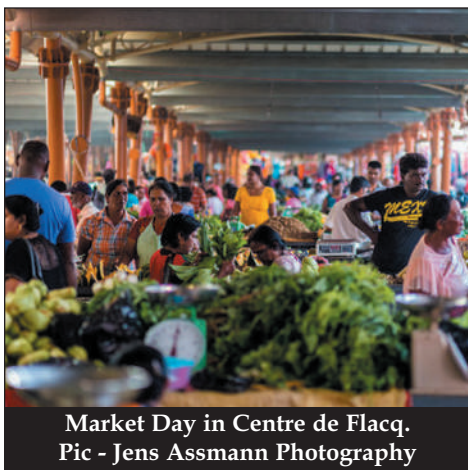


Market Day. Pic - Vacances Maurice

a wake-up call cannot ignore the issue of meat consumption. There is no denying that beef, chicken, mutton and pork eaters and others should drastically cut down on their consumption of meat. This is an issue that finds no noisy publicity by governments and media for fear of causing embarrassment to the farming industry and all the stakeholders in the food chain. Consumers' awareness of the issue and the right choice in food looks like a more viable solution.

Market activity creates a pleasant atmosphere because, first, it connects folks to past simple habits of selling and buying. Open air markets on concrete floor are fairly clean and offer an even more refreshing and lively sight. They strike a note of authenticity which we do not find in sprawling modern supermarkets where anonymity along the aisles and at the counter is the rule.

A young vegetable and fruit vendor does not look like locals. As he comes up to me with a smile, I greet him with 'hello'. His eyes lit up.



Market Day in Centre de Flacq. Pic - Jens Assmann Photography

"Sri Lanka," I say, more a statement than a question.

"No, no, Indian," he answers. "Are you Indian?" he asks.

"Mauritian of Indian origin."

A few boats with migrants from Sri Lanka landed on the shores of Reunion two years ago. It was a risky trip across rough seas, and there were questions raised on whether they received some help in Mauritius before continuing the trip to Reunion since they looked rather in good shape upon disembarking on the shores of the island. The migrants seeking asylum were shown on television in temples and churches which provided aid and shelter at the beginning.

"You must speak Hindi," I observe. He does not. Henceforth, I notice him speaking Tamil in a hushed voice with the other vendor from Sri Lanka.

His hesitation to be straightforward about his identity makes you wonder why the Indian identity looks like a good compromise. He must have been briefed on the local situation, on underlying xenophobia towards newcomers, the assimilation policy as regards language and culture.

Local Tamilians help them to start a trade and adapt to the ways of doing business and to local customs. They have the migrant sense of keeping a low profile and not make themselves too visible.

"Is life okay here?" I ask. Some migrant workers in Mauritius dream of going to brighter horizons in the West. Well, no. He blends well here and does not wish to migrate to Europe where, he is fully aware, there are hard times to go through before settling down to a regular job and a decent life. Mauritius can be an option in a few years' time.

The Indian identity is a bit intriguing; you may agree. Indian restaurants in England are often owned by Bangladeshis. If you step into a restaurant offering 'Cuisine Indienne' in Paris, you might find out it is owned and run by Pakistanis. You never see 'Restaurant Pakistanais.' Karachi terror attacks killing a

number of French citizens among other things are likely to surface in the memory of the average French customers. The restaurant might close down.

It is a well-thought strategy for gaining acceptance in host countries. Giving one's real identity from South East Asian region might not go down well with people in some western countries. So, identifying as Indian sounds a more convenient and practical strategy for survival abroad. It acts like a protective cover to shield oneself from suspicion and hostility. For historical and cultural reasons, India is the real federating element among the diverse countries that were carved out of its territory.

Another vendor from North Africa markets his food in big bold signs as 'Cuisine Marocaine.' I once remarked to a Tunisian friend that the vendor does not look Moroccan. Right, he admitted, the fellow is Algerian. He knows that for his business to thrive he'd better hide his true identity given his fellowmen in France have a reputation for constantly criticizing the former colonising power, and politicians in Algeria dig out the past to divert public attention from present failures. French customers in the west coast of the island might not feel any desire to buy 'Algerian cuisine.'

You never meet Indian migrants in Europe and even struggling migrants selling flowers at the entrance of metros in Paris claiming another identity than their own. It does say something about the self-confidence of people of Indian origin abroad in who they are and what their country represents. At the end of the day, the 'Indian' (I met at the market) sheds light on the reputation India enjoys in the minds of people on the international stage.

In a world of sharks and small fishes, one has to adapt the smartest strategy to survive.