

MAURITIUS TIMES

• "It is better to be violent, if there is violence in our hearts, than to put on the cloak of nonviolence to cover impotence." -- Mahatma Gandhi

Defamation Case -
Pravind Jugnauth vs Roshi Bhadain

**"ICAC will have
a key role in
the Angus
Road case"**

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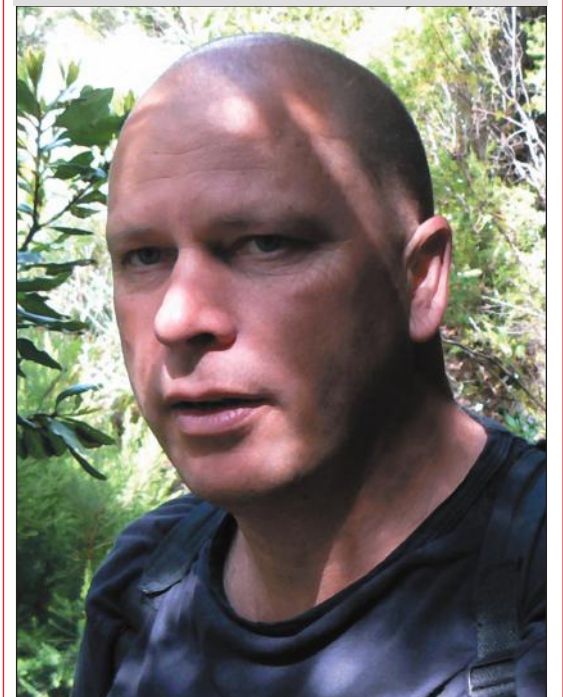
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is essential for
Earth's future**

By Christian Downie
Australian National University

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It's Not Over Yet

A recent sequencing exercise undertaken by the local health authorities have indicated that out of a sample of 22 local cases, 16 have been attributed to the Delta variant. The Delta variant was first detected in India in December 2020 and became the most commonly reported variant in the country from mid-April 2021. In the meantime, the Ministry of Health is reported to be keeping a close watch for positive cases detected in the country, and as more genomes are sequenced locally, it will become clearer when and how the Delta variant slipped through our border.

As regards the Covid situation across the world, the World Health Organization (WHO) chief Tedros Adhanom Ghebreyesus said in his address to the World Health Summit in Berlin on Sunday, that with almost 50,000 deaths a week, the pandemic is far from over and the world needs to use public health tools effectively to tackle it. According to data published by the Worldmeters website on Monday, as many as 244,427,410 Covid-19 cases have been registered across the world so far. It also showed that at least 4,963,752 people have lost their lives to the viral disease and the number of recoveries stands at 221,451,949. And we have not reached the end of the Covid-19 tunnel yet.

In the UK, the Office for National Statistics on Friday found that Covid-19 prevalence had risen again. The ONS said Covid prevalence was at its highest level since January, when England had just entered a third national lockdown, although deaths are much lower. Infections in Britain are up 17.9% over the last seven days, with 52,009 reported on Thursday. British Prime Minister Boris Johnson said last Friday a new Covid-19 lockdown is not on the cards, even as advisers warned that acting early with lighter measures to cut rising case numbers would reduce the need for tougher restrictions later.

China is currently experiencing a spurt in its daily infections of Covid-19, as an outbreak, traced to a group of tourists, has led to authorities to impose a range of restrictions to bring the situation under control. China's new Covid-19 infections will increase in coming days and the areas affected by the epidemic may continue to expand, an official at the National Health

Commission, said at a briefing in Beijing on Sunday. The current outbreak is caused by the delta variant from overseas, he said.

Germany is currently facing an increased spread of Covid-19, prompting calls to extend the nationwide state of emergency, which will end on November 25. Germany recorded the highest single-day spike since mid-May on Saturday after 15,145 people were detected as Covid-19 positive. On Sunday, 11,411 new cases were reported, pushing the caseload to 4,476,078, according to Worldmeters. According to a report by the *New York Times*, infections in Germany have increased by 57% in the last two weeks, while deaths have increased by 11%.

If we can say with a measure of satisfaction that the Mauritian health authorities have managed the Covid situation, especially the first wave of the pandemic, reasonably well, with the easing of restrictions and the reopening of our border to tourists and now the prevalence of the delta variant in the community, it is clear that we are not out of the woods yet. Mauritius will have to live safely with Covid-19, but every effort will have to be made to ensure that we do so with as few casualties as possible. Much of that will obviously depend on the inclination of the local population to do their part and exercise their social responsibility by following the guidelines of the health authorities, the more so in light of the data indicating that the virus is changing so fast and so often. But it would seem that the accumulated frustration about the earlier lockdowns have now given way to a disregard of sanitary restrictions in certain public places, as can be witnessed locally.

As we have had occasion to flag before, the key to achieve control, over the disease is to give the proper information in an effective way to the population and to come clean with the facts and figures. An aware population will surely be better willing and prepared to assume its role and responsibility more fully. It has therefore become more than imperative that the Ministry of Health should bolster its communication stratagem so that the people know exactly what is happening and act accordingly to protect themselves and others as well and help to curb the spread of the pandemic.

The Conversation

A successful COP26 is essential for Earth's future

By the end of the summit, we'll know how far nations are willing to go to address humanity's biggest challenge



AP Photo/David Cliff

A week from today, a crucial round of United Nations climate change negotiations will begin in Glasgow and the stakes could not be higher. By the end, we'll know how far nations are willing to go to address humanity's biggest challenge.

So, is COP26 on track for success? There are reasons to be hopeful.

More than 100 countries, including China, the United States and United Kingdom, have already pledged to reach net-zero emissions. Globally, renewable energy is booming, the tide is turning against fossil fuels, and the economic costs of not acting on climate change are becoming ever more obvious.

But if history has taught us anything, no country at the summit will agree to do more on climate change than it believes it can do at home. In other words, domestic politics is what drives international negotiations.

What will happen in Glasgow?

The first COP, or Conference of Parties, was held in Berlin in 1995. About a quarter of a century later, it will meet for the 26th time.

COP26 will determine the direction of key aspects of the fight against global warming. Chief among them is how well nations have implemented their commitments under the Paris Agreement to limit global warming to well below 2°, and the extent to which they will increase that ambition.

Other issues on the agenda include climate finance to developing nations, adaptation to climate change and carbon trading rules.

bon trading rules.

Starting on October 31, hundreds of government delegates will attend for two weeks of complex and intense negotiations over the specific text of the agreement.

Typically, what delegates can't sort out is left to political leaders, who negotiate the thorniest issues. Historically, final agreement occurs in the wee hours of the final session.

Outside the convention centre is the unofficial COP, which is more like a world climate expo. Thousands of representatives from business, civil society and elsewhere — from bankers and billionaires, to students and survivalists — gather for panel discussions, exhibitions and protests.

Progress is slow

Global climate talks involve people from all around the globe with different interests, preferences, and mandates (what negotiators sometimes call "red lines"). As you can imagine, progress can be slow.

Almost 200 nations are signed up to the Paris Agreement, and agreement is by consensus. That means just one country can hold up progress for hours or even days.

Cynics — more often than not, those wanting to delay climate action — claim the whole process is nothing more than a talk shop.

Christian Downie,
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Mauritius Times

Founder/Editor: Beekrumsing Ramlallah - Aug 1954-Sept 2000

Editor-in-chief: M. Ramlallah / Senior Editor: Dr RN Gopee

This epaper has been produced with the assistance of

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Politics: Interesting times and real tests ahead

Jan Arden

The media and observers have obviously noticed and reported the flurry of activities, inaugurations of roundabouts, fly-overs, laying of foundation stones, which have engaged the PM personally every other day, with the MBC-TV cameras in tow for the evening news bulletins on the public carrier.

Many wonder whether it is calculated to counterbalance the radio and web-tv reporting on judiciary matters under way in various tribunals or simply to take advantage of the Opposition's apparent lack of structured and coordinated response on topical issues. The messaging through the mediatic space and the parallel seduction of foot-loose defectors from some Opposition parties are certainly calculated to bring maximum benefits towards municipal elections that cannot be withheld much longer as the country gears up for open frontiers and lesser restrictions.

Banking on the feel-good factor of resumption of tourism, however modest, the bankable aspects of the delayed public sector PRB report, and perhaps an accelerated pace for NRB recommendations for the private sector, payment of end-of-year bonuses, and a personalized campaign against Opposition forces perceived to be disunited and incapable of a coordinated alliance, there would be no better time for the MSM than to throw down the gauntlet before the end of December. That may suggest the week-end of 18-19th December at latest. To delay matters to the first trimester of next year holds some risks as both the feel-good factor ebbs away and the uncertainties about weather, cyclonic season and heavy downpours, not to mention the potential damages of a delta variant spread, have to be factored in.

In any case, retaining a foothold even in some urban municipalities would be a great drum-beater for pro-MSM press and the MBC-TV, while their strategists might reckon that even a complete loss in those unavoidable elections may certainly have psychological impact and consequences but that, two years from general elections, those would not be insurmountable for a party whose primary focus would be resisting or carrying the vote in the rural constituencies.

The pro-party press and the national carrier would certainly campaign actively to that end although the Opposition would be more aware of what role immigrant workers or an Electoral Supervisory Commission, with the recent hand-picked political nominees, could play. We are certainly due for interesting times and real tests ahead for our fledgling democratic processes.

* * *

Exiting the grey-list

Getting off the notorious grey-list of the Financial Action Task Force (FATF) has undoubtedly required that the authorities boost up their act and coordinate necessary remedial actions across the board, not only through new appropriate legislation, more functional government law enforcement agencies and better trained regulators but also from higher awareness from private players in the corporate banking and financial sectors.

There is no need to highlight that the structural defi-

ciencies identified in the ESAAMLG Mutual Evaluation Report of 2018 needed that level of political commitment and coordinated action that would certainly have avoided a dismaying February 2020 FATF grey-listing in the first place. But in a period of self-inflicted wounds and turmoil stemming from political considerations, including what Opposition labelled as vendetta politics, higher offices paid little heed to those distant alarm bells and well-meaning cadres in individual agencies and departments were left tinkering at the periphery.

In retrospect, more than the IMF-FATF listing, it was the even more embarrassing EU black-listing a few months later, that proved sufficiently traumatic for the authorities and the corporate and banking sectors, to constitute a wake-up call that spurred the higher government levels into a better focused and energised thrust that has finally borne fruit this end of year. And for the sake of a sector that pre-pandemic contributed some 12% of GDP, for its upmarket jobs and 8000-9000 employees and for the national economy short on sources of foreign exchange, we can share the mood of celebrations from government and all quarters for the tremendous effort and achievement to exit the FATF grey-list, pending a quasi-perfunctory exit from the EU black-list.

As Minister for Financial Services Mahen Seeruttan summed it with commendable restraint, Mauritius can now reposition itself as a respectable financial offshore services centre and restore a reputation that had obviously taken some battering. More than others, he would be aware how much the Opposition, parliamentary and extra-parliamentary, could have made the audit exercise tricky but in a patriotic spirit, declined to make their reservations known to the on-site audit team.

He is also perhaps wise enough to realise that the battle against the variety of means, illicit, corrupt and ill-gotten gains escape our vigilance in lucrative drug-trafficking, gambling, real-estate or corrupt government procurement contracts is never won simply by virtue of a certificate attesting to processes being in place.

Do we have top-notch, credible and independent investigative agencies covering such a span with effective collaboration and results? Have there been some useful recommendations from auditors or external consultants who provided the much-needed assistance to exit the grey-list upon which the Ministry and associated agencies could dig their teeth into? How do we convert those recommenda-

tions into entrenched, sustainable gains and, in short, get ahead of the learning curve rather than play catch-up, before chest-pumping and thinking of giving lessons to Africa?

The Minister is entirely right to maintain a sober tone and keep pressing ahead with post-FATF exit behind the scenes work going.

* * *

Parliament resumes: An opportunity to wipe the slate clean

The National Assembly is set to resume this week and, except for the most partisan of government backers, nobody looks forward to repeat performances of the last session with a Speaker who appeared determined to be party rather than unbiased referee.

It is regretted that the constitutional case brought by Hon Arvin Boolell against the different rulings of the Speaker has been dropped for the reflections of the



“Banking on the feel-good factor of resumption of tourism, however modest, the bankable aspects of the delayed public sector PRB report, and perhaps an accelerated pace for NRB recommendations for the private sector, payment of end-of-year bonuses, and a personalized campaign against Opposition forces perceived to be disunited and incapable of a coordinated alliance, there would be no better time for the MSM than to throw down the gauntlet before the end of December. That may suggest the week-end of 18-19th December at latest. To delay matters to the first trimester of next year holds some risks as both the feel-good factor ebbs away...”

Supreme Court might have helped clear the air and better draw the lines of acceptable authority in managing Assembly proceedings so that all duly elected members of Parliament and, in particular, the Opposition, can have their say.

It goes without saying that expunging Opposition questions and even the Hansard, allowing Ministers rambling time to answer specific questions, expulsions at the drop of a hat, or long lists of unanswered questions, amongst other feats, are far from exemplary practices, even for a Westminster replica.

Is this the opportunity when the Speaker, who is still due in Court for another challenge, chooses to wipe his slate clean and make amends to his practice even if the exchanges between elected MPs on either side is at times electrically charged?

Can positional authority shift to authority by commanding respect of one and all? Will he be more inclined to call rambling Ministers to order or demand that unanswered questions be answered in writing within firm time-frames? Will an effort be made to amend Standing Orders in the light of experience gathered? Let us see.

Defamation Case - Pravind Jugnauth vs Roshi Bhadain

“ICAC will have a key role in the Angus Road case”

In the Q&A below, Lex clarifies the legal aspects of civil or criminal defamation, its prosecution and defence in our Courts. The claims filed by the PM against Mr Roshi Bhadain, and the counter-claims of the latter may lead to the PM being called to the box for cross-examination by the defence team on the Angus Road affair. It is also known that the ICAC has been investigating this case for a while now and its stand regarding that inquiry could be revealing if not determinant.

LEX



* What are defamation cases?

Defamation is a false and unprivileged statement of fact that is harmful to someone's reputation, and the same being published and/or spoken deliberately, intentionally, knowingly, with an ulterior motive and malice.

It's defined in the Criminal Code as follows:

(1) Any imputation or allegation of a fact prejudicial to the honour, character or reputation of the person to whom such fact is imputed or alleged is a defamation.

(2) Any imputation or allegation concerning the honour, character or reputation of a deceased person is a defamation where it is calculated to throw discredit on or be hurtful to the feelings of the family or relatives of the deceased.

* Has a time limit been set in our statute books to file a defamation case?

Our law of defamation is based on Article 1382 of the Civil Code and is a personal action. The limitation period for a personal action is 10 years under the Civil Code. But who would wait that long to sue for defamation?

* Who can file a defamation case?

The person who feels that statements made misrepresent facts and contain false allegations and are made with the intention to denigrate and affect his reputation. In 2008 the Supreme Court said in a case "Where an allegation or imputation of fact which amounts to a "faute" has caused prejudice to someone, that person may claim damages

“When someone sues for defamation, he avers his good reputation. Mr Roshi Bhadain will be perfectly entitled to cross examine Pravind Jugnauth on the Angus Road matter and even summon the Director General of ICAC to give evidence on whether the case has been filed or is ongoing. Mr Bhadain will try to prove the truth of his allegations and invoke public interest. ICAC will have to come to the rescue of the Prime Minister, as it has done before, to come and say that there is no impropriety on the part of Pravind Jugnauth as regards the Angus Road matter and thus buttress the case of defamation. ICAC will have a key role in the case...”

from the person liable for that "faute" - ... It has been constantly held by our Courts that a defamatory statement was always presumed to have been made with malice («intention de nuire»).

* What is the standard of proof in a defamation case?

The standard of proof in a defamation case is what is known as the civil burden, and it is proof on a balance of probabilities as opposed to the standard in a criminal case which is one of proof beyond a reasonable doubt.

* Is there a distinction between libel and defamation?

In a case decided in 1976 the Supreme Court stated: The English law of libel is not the law of Mauritius, but guidance may be sought from the English authorities and case-law on the subject where the principles applicable to any question arising in the action are the same in the French and English systems...

* Is defamation a civil or criminal case?

Section 206 of the Criminal Code provides for the offence of outrage against public and religious morality and reads as follows:

(1) (a) Any person who – (i) by words, exclamations or threats used in a public place or meeting; (ii) by any writing, newspaper, pamphlet or other printed matter, or by any drawing, engraving, picture, emblem or image, sold or distributed or put up for sale or exhibited in any public place or meeting; or (iii) by any placard or handbill exhibited for public inspection, commits any outrage against any religion legally established, or against good morals or against public and religious morality ('la morale publique et religieuse'), shall on conviction be liable to imprisonment for a term not exceeding one year and to a fine not exceeding 10,000 rupees.

As regards criminal defamation, Section 288 of the Criminal Code reads:

Any person who, by any of the means specified in section 206, is guilty of defamation shall be liable to imprisonment for a term not exceeding one year and a fine not exceeding 5,000 rupees.

So, if a person commits one of the acts as mentioned in section 206 against an individual, he would be guilty of defamation.

* How do you prove malice in defamation?

To show actual malice, plaintiffs must demonstrate [that the defendant] either knew his statement was false or subjectively entertained serious doubt about its truthfulness. The question is not whether a reasonably prudent man would have published, or would have investigated before publishing the statement.

* Is an insult defamation?

Insults and epithets are usually not considered to be defamatory because they are emotional outbursts and the intent of the person is to show displeasure or dislike.

* What are possible defences in a defamation case?

A fair and bona fide comment or criticism of the conduct of a public servant in the discharge of his public functions or respecting his character so far as his character appears in that conduct and no further is a defence.

A fair and bona fide comment or criticism of the conduct of any person touching any public question, and respecting his character so far as his character appears in that conduct is also a defence.

● Cont. on page 5

'Roshi Bhadain will be perfectly entitled to summon the Director General of ICAC to give evidence on whether the case has been filed or is ongoing'

● Cont. from page 4

Proving then truth of the allegation is also a defence.

* Is it worth suing for defamation?

Yes, to the extent that the person's tarnished reputation is vindicated as it were. On top of that he gets monetary compensation for the harm caused to him and for the distress, physical and emotional he went through.

* Are defamation cases hard to win in Mauritian courts?

When it comes to lawsuits, a defamation case can be very challenging. For example, unless you hire an attorney who works on a *pro bono* basis, this type of lawsuit can be costly. The reason for this is that to win, there is a lot of fact-finding involved, which often requires the assistance of an expert.

* Can a person go to jail for defamation?

It is a possibility, but it is rare. Most of the time a person is fined.

*** Hon Pravind Jugnauth has lodged a defamation case against his former Cabinet and MSM party colleague, Roshi Bhadain, for allegations regarding the Angus Road case and levelled by the latter more than twelve months back. He has sued for damages of Rs 50 million. What if Roshi Bhadain raises the issue of public interest for the comments he had made regarding this case?**

It has been held by the Supreme Court as far back as 1933 that it is a good defence to show that the imputations or allegations complained of are made in good faith and for the public good.

*** What's could be the consequences of Pravind Jugnauth's case on parliamentary questions relating to the Angus Road issue addressed to the Prime Minister?**

With the current climate in Parliament, no question will be allowed on that issue on the ground that there is case pending before the court.

*** Does a case become *sub judice* as soon as a case is lodged or is it when it's under trial or being considered by a judge or court?**

Views differ. Some believe a case becomes *sub judice* as soon an action is filed. Others believe that the case is *sub judice* when it is active in the sense that trial has begun. However, it is prudent not to comment on a case once it has been filed in court.

*** What about comments and opinion articles that the press would want to raise or publish in their columns or to be aired on private radios regarding the Angus Road affair?**

The case is still being investigated and



is not before court. So, articles may be written on it and comments made.

*** The ICAC has apparently started an investigation into this case since quite some time. Will this defamation case also have an impact on its investigation?**

This is a very interesting case. In fact, when someone sues for defamation, he avers his good reputation. Mr Roshi Bhadain will be perfectly entitled to cross examine Pravind Jugnauth on the Angus Road matter and even summon the Director General of ICAC to give evidence on whether the case has been filed or is ongoing.

Mr Bhadain will try to prove the truth of his allegations and invoke public interest. ICAC will have to come to the rescue of the Prime Minister, as it has done before, to come and say that there is no impropriety on the part of Pravind Jugnauth as regards the Angus Road matter and thus buttress the case of defamation. ICAC will have a key role in the case.

*** Does the quantum of the damages sought have**

an impact on the time that it will take for the case to be heard and settled?

Each court has a jurisdiction in regard to the amount of damages claimed. If a person wants a quick decision, he could have claimed lower damages that would allow him to a lower court.

*** When is judgement likely to be rendered in this particular case?**

The case will take the time it will. Look at what is happening to the electoral petitions.

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.

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Sudan Prime Minister Hamdok held in apparent coup; general declares emergency

Sudan's leading general declared a state of emergency Monday, hours after his forces arrested the acting prime minister and disrupted the internet in an apparent coup as the country was nearing a planned transition to a civilian leadership.

In a televised address, General Abdel-Fattah Burhan announced that he was dissolving the country's ruling Sovereign Council, as well as the government led by Prime Minister Abdalla Hamdok. He said quarrels among political factions prompted the military to intervene but he pledged to complete the country's democratic transition, saying a new technocrat government would lead Sudan to elections, reports AP.

In response to the moves, thousands flooded the streets of the capital, Khartoum, and its twin city of Omdurman to protest the apparent military takeover. Footage shared online appeared to show protesters blocking streets and setting fire to tires as security forces used tear gas to disperse them.

A takeover by the military would be a major setback for Sudan, which has grappled with a stop-and-go transition to democracy since long-time autocrat Omar al-Bashir was toppled by mass protests two years ago.

The moves come less than a month before Burhan was expected to hand the leadership of the ruling transitional council to a civilian. The Sovereign Council, which has run the country since shortly after al-Bashir's ouster, includes both military and civilian members, who have frequently disagreed over Sudan's course and the pace of the transition to democracy.



Sudanese protesters lift national flags next to a brick roadblock during a demonstration in the capital Khartoum. Pic - AFP

The first reports about a possible military takeover began trickling out of Sudan before dawn Monday. By mid-morning, the Information Ministry confirmed that the prime minister, Abdalla Hamdok, had been arrested and taken to an undisclosed location. Several senior government figures were also detained, the ministry said in a Facebook post. It said their whereabouts were unknown.

Monday's apparent takeover came after weeks of rising tensions between Sudan's civilian and military leaders. A failed coup attempt in September fractured the country along old lines, pitting more conservative Islamists who want a military government against those who toppled al-Bashir in protests. In recent days, both camps

have taken to the street in demonstrations.

After the September coup attempt, the generals lashed out at civilian members of the transitional power structure and called for the dissolution of Hamdok's government. The Sovereign Council is the ultimate decision maker, though the Hamdok government is tasked with running Sudan's day-to-day affairs.

Burhan, who leads the council, warned in televised comments last month that the military would hand over power only to a government elected by the Sudanese people. His comments suggested he might not stick to the previously agreed timetable, which called for the council to be led by a military figure for 21 months, followed by a civilian for the following 18 months. Under that plan, the handover was to take place sometime in November, with the new civilian leader to be chosen by an alliance of unions and political parties that led the uprising against al-Bashir.

Since al-Bashir was forced from power, Sudan had slowly emerged from years of international pariah status. The country was removed from the United States' state supporter of terror list in 2020, opening the door for badly needed foreign loans and investment. But the country's economy has struggled with the shock of a number economic reforms called for by international lending institutions.

Sudan has suffered other coups since it gained its independence from Britain and Egypt in 1956. Al-Bashir came to power in 1989 in one such takeover, which removed the country's last elected government.

China education reforms: Law passed to reduce homework pressure on students

China has passed a new law to cut down on students' homework and off-school tutoring, seeking to strike a balance between academics, rest and physical education, local media reported on Saturday.

The new law was passed at a meeting of China's parliament, the National People's Congress (NPC), on Saturday. The full details of the law are yet to be published", reports Hindustan Times.

The law bans parents from placing excessive academic burden on their children, stating the guardians of minors should appropriately organise children's time for study, rest, recreation and physical exercise. Parents are also required to play their part in preventing their children from becoming addicted to the internet, the new law said.

The NPC said on October 18 that it would consider legislation to punish parents if their young children exhibit "very bad behaviour" or commit crimes.

"The changes focus on education in core subjects, or compulsory education, which refers to grades K-9, covering the ages of approximately 6-15 years," according to the Beijing-based consultancy firm, Dezan Shira & Associates.

China's education ministry in recent months has limited video gaming hours for minors, allowing them to play online for one hour only on Friday, Saturday and Sunday.



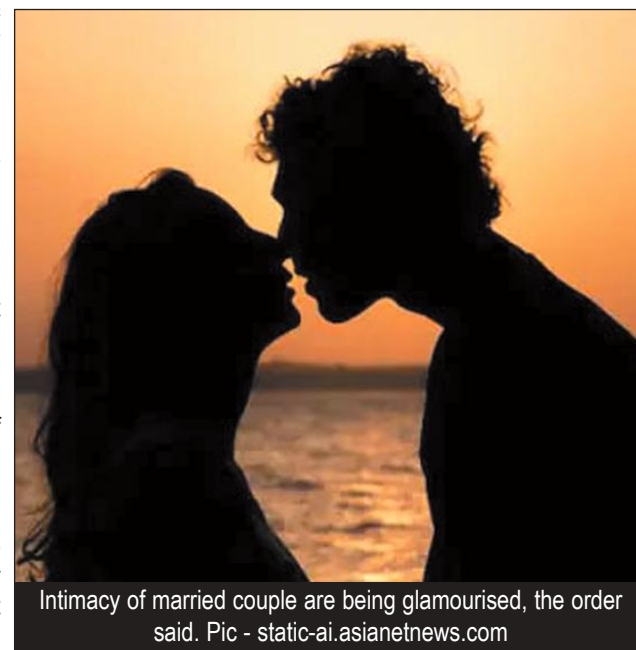
China has passed a new law to cut down on students' homework and off-school tutoring. Pic- Reuters

A notice issued by the National Press and Publication Administration on August 30 said online game providers can only offer one-hour services to minors from 8-9 pm on Fridays, Saturdays, Sundays and public holidays.

Pakistan asks TV channels to ban 'hug scenes', says 'disregard to culture'

The Pakistan Electronic Media Regulatory Authority (PEMRA) has asked local television channels to censor caress and hug scenes as the authorities have received several complaints against such elements in television dramas. The list of such objectionable content includes 'indecent dressing, caressing, bed scenes and gestures, sensitive or controversial plots and unnecessary detailing of events which are highly disturbing, distressing for the viewers and against the commonly accepted standards of decency," the order issued on Friday said. It comes in continuation of earlier directions from the authority issued from time to time, it said.

Explaining the reason behind this move, the authorities said that they are not only receiving complaints from the general public but are also being chastised on WhatsApp groups. "A considerable stratum of the society believes that dramas are not depicting the true picture of Pakistani society. Hugs/caress scenes/-extramarital relations, vulgar/bold dressing, bed scenes and intimacy of married couple are being glamourised in utter disregard to Islamic teachings and



Intimacy of married couple are being glamourised, the order said. Pic - static.ai.asianetnews.com

culture of Pakistani society," it said.

"Forgoing in view, all satellite TV licensees are required to stop airing such content in dramas, henceforth, and ensure compliance of PEMRA laws in letter and spirit," it added.

Reports said drama serial *Juda HuayKuch is Tarah* has created a storm on social media as the teaser of it depicts an "unwitting married couple who were foster siblings".

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New whistleblower, more leaks add to FB's troubles

A former Facebook worker reportedly told US authorities on Friday the platform has put profits before stopping problematic content, weeks after another whistleblower helped stoke the firm's latest crisis with similar claims.

The unnamed new whistleblower filed a complaint with US financial regulator Securities and Exchange Commission that could add to the company's woes, said a 'Washington Post' report. Facebook has faced a storm of criticism over the past month after former employee Frances Haugen leaked internal studies showing the company knew of potential harm stoked by its sites. In the SEC complaint, the new whistleblower recounts alleged statements from 2017, when the company was deciding how to handle the controversy related to Russia's interference in the 2016 US presidential election, reports Agencies.

"It will be a flash in the pan. Some legislators will get pissy. And then in a few weeks they will move onto something else. Meanwhile we are printing money in the basement, and we are fine," Tucker Bounds, a member of Facebook's communications team, was quoted in the complaint as saying, 'The Washington Post' reported.

The second whistleblower signed the complaint on October 13, a week after Haugen's scathing testimony before a Senate panel, according to the report.

According to local media on Friday, Facebook held back from doing all it could to stop users from being radicalised and US election misinformation from flooding the social network. Examples included an internal finding that 10% of political content viewed by US users in the days after the election perpetuated the falsehood that the vote had been rigged.

Thousands of migrants continue to walk through southern Mexico

A group of about 2000 mainly Central American migrants continued their mass trek from the southern Mexico city of Tapachula on Sunday, reaching a town about 16 miles (26 kilometers) away.

Unlike previous marches, the one that started Saturday from Tapachula did not include as many Haitian migrants, thousands of whom reached the US border around Del Rio, Texas, in September, reports AP.

Tens of thousands of migrants from Honduras, El Salvador and Haiti have been waiting in Tapachula, near the Guatemalan border, for refugee or asylum papers that might allow them to travel, but have grown tired of delays in the process.

Mexico requires migrants applying for humanitarian visas or asylum to remain in the border state of Chiapas, next to Guatemala, for their cases to be processed.

Anthony Beltrandez, a Cuban who left his country in 2018 to go to Uruguay, had been waiting for 1 1/2 months in Tapachula for papers that would allow him to reach the US border.

Police, immigration agents and National Guard have broken up smaller attempts at similar breakouts earlier this year. In August, National Guard troops in riot gear blocked several hundred Haitians, Cubans and Central Americans who set out walking on a highway from Tapachula.

In January, a larger caravan of migrants tried to leave Honduras but was blocked from crossing Guatemala.

The marches are reminiscent, but nowhere near as large, as the huge migrant caravans that crossed Mexico in 2018 and 2019 heading toward the US border.

Archaeologists in Iraq find ancient wine press, carvings



The carvings, 12 panels measuring five metres (16 feet) wide and two metres tall, show gods, kings and sacred animals. Pic - static.dw.com

Archaeologists in Iraq revealed Sunday their discovery of a large-scale wine factory from the rule of the Assyrian kings 2,700 years ago, along with stunning monumental rock-carved royal reliefs.

The stone bas-reliefs, showing kings praying to the gods, were cut into the walls of a nearly nine-kilometre-long (5.5-mile) irrigation canal at Faida in northern Iraq, the joint team of archaeologists from the Department of Antiquities in Dohuk and colleagues from Italy said.

The carvings, 12 panels measuring five metres (16 feet) wide and two metres tall, show gods, kings and sacred animals. They date from the reigns of Sargon II (721-705 BC) and his son Sennacherib.

"There are other places with rock reliefs in Iraq, especially in Kurdistan, but none are so huge and monumen-

tal as this one," said Italian archaeologist Daniele Morandi Bonacossi.

"The scenes represent the Assyrian king praying in front the Assyrian gods," he said, noting that the seven key gods are all seen, including Ishtar, the goddess of love and war, who is depicted on top of a lion.

The irrigation canal was cut into limestone to carry water from the hills to the fields of farmers, and the carvings were made to remind people of the king who ordered its construction, reports AFP.

"It was not only a religious scene of prayer, it was also political, a sort of propaganda scene," Morandi Bonacossi added.

"The king, in this way, wanted to show to the people living in the area that he was the one who has created these massive irrigation systems,

so... the people should remember this and remain loyal."

At Khinis, also near Dohuk, the team unearthed giant stone basins cut into white rock that were used in commercial wine-making during the reign of Sennacherib, in the late 8th or early 7th century BC.

"It was a sort of industrial wine factory," said Morandi Bonacossi, professor of Near Eastern archaeology at Italy's University of Udine, adding this was the first such discovery in Iraq.

"We have found 14 installations, that were used to press the grapes and extract the juice, which was then processed into wine."

Iraq was the birthplace of some of the world's earliest cities. As well as Assyrians it was once home to Sumerians and Babylonians, and to among humankind's first examples of writing. But it is also now a location for smugglers of ancient artifacts. Looters decimated the country's ancient past, including after the 2003 US-led invasion.

Then, from 2014 and 2017, the Islamic State group demolished dozens of treasures with bulldozers, pickaxes and explosives. They also used smuggling to finance their operations. However, some countries are slowly returning stolen items.

Earlier this year, the United States returned about 17,000 artifacts to Iraq, pieces that mostly dated from the Sumerian period around 4,000 years ago.

China adopts new land border law amid military impasse with India

China on Saturday passed a new law to strengthen land border protection amid the ongoing military tension along the disputed boundary with India, firming up the military-civilian role in defending the country's borders.

The legislation formalises combining the military defence of China's land borders with improving social and economic development in border areas.

It further strengthens the People's Liberation Army's (PLA) policy to work closely with civilians staying in border areas - for example, Tibetan villagers living along the border with India, Bhutan and Nepal - to work as the first line of defence, reports Hindustan Times.

Long-standing border disputes should be resolved through negotiations, the new law adds, according to Chinese official media.

India and China have been locked



China has passed a new law to strengthen and govern its land borders amid the ongoing military tension along the disputed boundary with India. Pic - AP

in a border row for 17 months, a phase that witnessed the deadly skirmish in the Galwan Valley in eastern Ladakh on June 15, 2020 when troops from both sides fought for hours with iron rods, clubs covered with barbed wire and rocks.

China's parliament, the National

People's Congress (NPC) on Saturday voted to adopt the "...new law on the protection and exploitation of the country's land border areas, which will take effect on January 1, 2022", the news agency Xinhua reported.

The law will now govern how China guards its 22,000-km (13,670-mile) land border shared with 14 countries, including Russia, nuclear-capable North Korea and Mongolia besides India and Bhutan - two countries Beijing has land border disputes with.

Gao Jinlu, from the foreign affairs committee of the NPC was quoted as saying by state media, that the land border law establishes a standardised legal framework for managing China's land border affairs.

President Xi Jinping signed orders to promulgate the law.

Cornel M. A. van Strijp, Investigative Reporter & Author of 'The Black Pyramids Mystery'

“Nothing so mysterious, I'm afraid”

Are there pyramids in the Canary Islands? World-famous explorer Thor Heyerdhal thought so, and created a tourist park around them. Other investigators have found identical structures in Sicily, Mauritius, and the Azores. Step pyramids, made of volcanic stones, on islands thousands of kilometres apart... Who built these monuments? When did they build them, and why?

Cornel M. A. van Strijp is an investigative reporter who writes about mysteries from the past and present. He has been conducting research on the 'Black Pyramids' that have been found on several volcanic islands, including Mauritius, using very vigorous methods. His aim is to unravel the mystery and present instead the findings uncovered by several serious researchers, but leaves it to the readers to assess them and come to their conclusions.

*** Your book 'The Black Pyramids Mystery... Solved!' is about the so-called 'black pyramids' that exist in Mauritius and in other countries and seeks to find answers about who built them, when and why. What has your research into this “mystery” revealed that historians, archaeologists, anthropologists and the local people do not already know?**

I may be mistaken, but your question seems to suggest that I am yet another foreign researcher offering a new hypothesis on the island pyramids or revealing new information that nobody knew about before. This is not the case. I'm an investigative reporter. My book chronicles the events around very similar stone pyramids that can be found in Mauritius, Sicily (Italy), the Canary Islands (Spain) and the Azores (Portugal). It consists of four chapters, each one recounting the discovery and the subsequent investigations of the black pyramids in each of these four locations.

Not everyone is well-informed about these stepped structures. A brief look at the printed and electronic publications on the topic makes this painfully clear. Even among the local people much confusion still exists about these pyramids. Indeed, scientists and other experts in the different islands have discovered their real origin and function. The problem is that the results of their research have not had the same media coverage as the sensational ideas of several passionate, though non-scientific, investigators. The harsh, historical reality about the so-called black pyramids remains largely unknown to the general public. My book is an attempt to remedy this.

*** You mention in your book that during this voyage of discovery, you encountered “many controversial ideas and passionate beliefs about these mysterious structures”. Tell us**

about those ideas and beliefs.

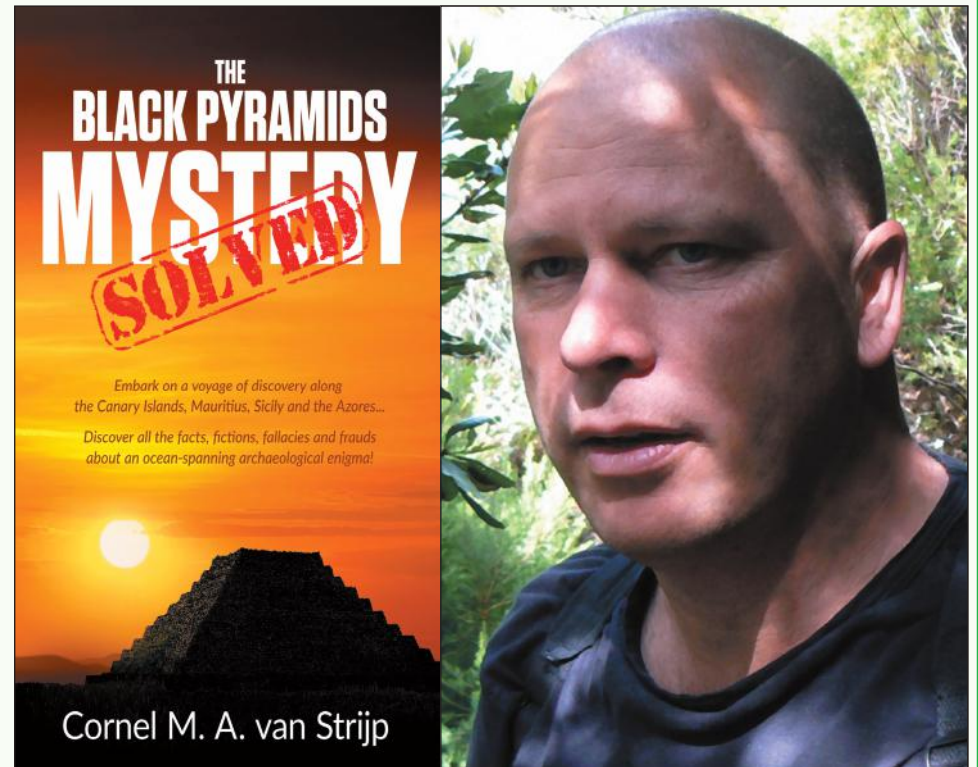
I will be brief, because this has been covered already extensively in the media. Both local and international investigators have come up with highly speculative ideas about their origin, linking the stepped monuments with Atlantis, Lemuria, ancient Egypt, pre-Columbian civilizations like the Mayans, or local aboriginal cultures. In my book I discuss all these ideas at length and show that these hypotheses, though certainly entertaining, do not stand up to scientific scrutiny.

*** Geoffrey Summers, archaeologist, University of Manchester, says the seven small pyramidal structures found in the southeast of Mauritius, around Plaine Magnien, were built in the 1940s as a “field clearing exercise, nothing more,” and that besides the testimony of a Mahebourg inhabitant who witnessed their construction, he has seen paperwork documenting this. Has any scientific research been undertaken that holds the key to understanding this phenomenon?**

Both archaeological and ethnographic research on the different islands have proven without a shadow of a doubt the agricultural origins of the so-called black pyramids. As hard proof, old documents and photographs have been presented, and both direct and indirect eye-witnesses have also come forward. My book covers this in detail.

As regards Mauritius, the subject of the step pyramids has been touched upon by several experts and scientists, one of them is Dr Summers, though no study dedicated exclusively to the matter has been published yet.

*** There is also the work undertaken by French researcher and writer Antoine Giral, who says that these structures are not merely huge**



“The supposed perfection of the black pyramids, even of the most accurately-built structures which appear in Tenerife and Mauritius, only exists when observing the pyramids from a distance. Giral's proof for an earlier discovery of Mauritius by a supposed seafaring civilization is likewise unconvincing. The French investigator also briefly mentions possible solstitial orientations in the Mauritian pyramids. The hypothesis of astronomical alignments has only once been presented in a serious way, for one pyramid complex located in Tenerife, and even there it has been disproven...”

mounds of rocks, given “the precision of the lines and corner angles of the pyramids...” She also maintains “these structures are more than likely remnants of a seafaring culture well able to navigate the oceans, who left their traces on islands both sides of the African continent”. What's your take on that?

Giral's findings on the black pyramids, as well as those of all other laymen and scientists who have gone public, are discussed extensively in my book. All the evidence is thoroughly examined. And with all this information at hand, the reader will be able to fully understand the phenomenon and come to the right conclusions about the true origin of the stepped stone structures.

The ideas of Miss Giral turn out to be unsound when examined in detail. The supposed perfection of the black pyramids, even of the most accurately-built structures which appear in Tenerife and Mauritius, only exists when observing the pyramids from a distance. Giral's proof for an earlier discovery of Mauritius by a

supposed seafaring civilization is likewise unconvincing. The French investigator also briefly mentions possible solstitial orientations in the Mauritian pyramids. The hypothesis of astronomical alignments has only once been presented in a serious way, for one pyramid complex located in Tenerife, and even there it has been disproven.

*** Other investigators have found identical structures on islands thousands of kilometres apart. There does not seem to be any shared history about them. What's the explanation to that?**

That is precisely what my book is all about! Indeed, there is a connection. But it's a very different one to what Giral, Heyerdahl and other such investigators have imagined...

The black pyramids appear exclusively on volcanic islands with fertile soils that have been colonized in historical times and where agriculture has been the most important economic pillar.

● Cont. on page 11



Arvind Saxena

The Crisis of Leadership

What we need today are leaders who can think independently and prevent their countries from following an established ruinous path

"Strive not to be a success, but rather to be of value."

— Albert Einstein

American historian and Pulitzer Prize winning journalist, Ann Elizabeth Applebaum in her recent book 'Twilight of Democracy and the Seductive Lure of Authoritarianism' raises the alarming prospect of all societies eventually turning away from democracy. So, is the author using her journalistic license to catch attention? Remember she is also a historian and even if there is a bit of hyperbole, she draws attention to a spectre whose stealthy march is already being seen in many countries.

Why do people 'willingly' choose to give up their democratic rights? I use the word willingly, because these authoritarian regimes are, in the first instance, handed over power through a democratic exercise. The question we must ask is: why are democratic leaders failing? Since the 'eventual end of democracy' is still not here, can we identify what needs to be done to keep the political power in the hands of the people? Let us start by looking at some contemporary democratic leaders who are popular in their countries and remain steadfast in their commitment to empower their people. Their value systems should hold a lesson for everyone.

Germans stood up and clapped for six minutes, so the media reported, for outgoing Chancellor Angela Merkel. This one event makes you wonder what kind of a leader she was. It cannot be just about popularity, which waxes and wanes. Eventually, the CDU/CSU narrowly lost the Bundestag elections to the SPD by a margin of 1.6% votes. Yet, this does not take away from the fact that Germans were proud of Merkel who remained their Chancellor for almost sixteen years. A recent poll in six countries by the UK based 'YouGov' pollster showed that she enjoyed higher approval ratings than any other world leader in Spain, France, Italy, US and UK, besides her own country. US President Joe Biden was in a distant second position and the only other leader who scored positively was Canada's Justin Trudeau. Most other leaders recorded net negative ratings.

A spectacular example of leadership, Merkel was identified with competence, skill, dedication, honesty and sincerity. She made no rash statements, never claimed glories, never misused her office and did not run down her predecessors. Her critics blamed her for holding back on digitisation and allowing too many immigrants into the country, but she stood her ground and carried the people with her decisions. With a doctorate in quantum chemistry, the lady understood the perils of Information Technology and the value of universal human rights.

Then we have President Joe Biden who decided to end the 20-year long US engagement in Afghanistan against heavy opposition by his own establishment, European allies, families of war veterans and other groups. Part of the endless global war on terror conceived by ultra-right neo-conservatives of the Project for a New American Century (PNAC), the Afghan project has cost the US over a couple of trillion dollars and loss of over



A recent poll in six countries by the UK based 'YouGov' pollster showed that Angela Merkel enjoyed higher approval ratings than any other world leader in Spain, France, Italy, US and UK, besides her own country

7000 American lives. This was a failing project, yet no President had the mettle to bite the bullet.

A Pew Research Centre survey towards the end of August found 54% of US adults supporting President Biden's decision, even as 42% disagreed. Interestingly, this figure of 54% is very close to the 52% popular votes that Biden polled in the Presidential elections. In another survey 69% of Americans were of the view that the US mission in Afghanistan had failed. Since the events are still unfolding, let us leave it to history to judge the wisdom of Biden's decision. His leadership imprint is, however, becoming clear in other ways too. His own party is not supporting him fully over infusion of money for domestic investment in social development and climate concerns. 'Centrists' within his party instead want to clear investment in infrastructure development projects and are opposed to any increase in taxes for corporations. The man, however, can be expected to stand his ground with his 'progressive' supporters.

Why do the Prime Minister of Netherlands and his officials ride to important meetings on their bicycles? The Dutch, it is said, do not like overachievers and show-offs, they look upon talent as a 'gift' and 'peacocking' is frowned upon. Differences in income are much smaller in Netherlands than in most other countries and discrimination on grounds of religion, beliefs, political opinion, race, gender or on any other ground is not tolerated.

The newly elected Ukraine President, Volodymyr Zelensky, who contested on an anti-corruption platform, believes that the President is not an icon or an idol and advises his officials that, instead of his portraits, they should hang pictures of their children in their offices and look at them each time they make a decision.

We also have the example of New Zealand PM, Jacinda Ardern, who after the 2019 terror attacks in mosques in Christchurch, or the recent Auckland supermarket attack, stayed firm in not linking the attacks to any religious group. She openly expressed solidarity with the victims of the mosque attacks, asserting that they were an inclusive nation, proud of their diversity. Her Christian majority nation stood by her side, respecting her conviction in doing the right thing.

From the 78 years old Biden to the 41 years old Ardern, all of them have exhibited some of the finest qualities of a leader, albeit different ones. They can be counted upon to preserve and reinforce democracy. Yet the world today is facing unprecedented ecological damage, climate change, poverty, disease and catastrophic economic disparity. The last one is truly a volcano waiting to erupt and show up the utter failure of the socio-economic models pursued by the democratic world over the last forty plus years. When people failed to reject the false narratives of economic liberalisation and globalisation, they unwittingly created space for autocratic leaders.

Let us look at the oldest democracy in the world some more. For about three decades after the Second World War, the US marched ahead to build a robust economy, with the working classes shaping the social security networks and creating foundations of equal opportunity, education, universal health, rights of labour and universal human rights. This was a period when the US taxed its richest at about 90% and the salary ratio between the top executives and their staff was no more than twenty-five times, today it is over 400 times. This was the time when every working American could lead a stable life and dream that their children will be better off than them.

Gradually things changed and, even as education levels rose, personal achievements came to be glorified over commitment to the family and the community. From a society moving towards equality, Americans saw their social security networks being taken down because someone wanted to make money out of providing these services at a price. Trade unions were demonised and stable jobs were replaced with contractual workers. Untrammelled and unregulated capitalism started destroying regulatory institutions.

What were once considered as basic rights came to be dismissed as socialist indulgences and American politicians looked down upon the welfare state model as creeping socialism. The highest tax rate in some European and Nordic countries is twice as much as in the US, even as their poverty ratio and infant mortality rates are half. Influential educational institutions and media were co-opted to create an aura of scientific knowledge around these false models.

America started losing its industry and production base as corporate leaders started shipping out jobs to third world countries to boost their profits, which they diverted to tax havens. The US economy lost and the social contract between the leaders and the people was broken. Today, the top 1% of Americans control \$30 trillion worth of assets, while the bottom half have more debt than assets. Is it any wonder that Applebaum sees something rotting away?

Some world-renowned economists who have occupied the highest positions of leadership in our politics and bureaucracy have pushed their countries on the same perilous path of failure. They were placed on high pedestals of knowledge and nobody questioned them, even as those who benefitted from liberalisation and opening up of the economy cornered the nation's wealth.

What we need today are leaders who can think independently and prevent their countries from following an established ruinous path. The peoples' will have to prevail, not the will of the ravenous corporate interests, who invariably will back an autocratic leadership capable of riding roughshod over the interests of the masses. It is time for asking some very tough questions.

Arvind Saxena is a former Chairman of the Union Public Service Commission (UPSC) in India.

● More in our next issue

From the Pages of History - MT 60 Years Ago

4th Year No 176

MAURITIUS TIMES

Friday 20 December 1957

- A revolution is as natural a growth as an oak. It comes out of the past. Its foundations are laid far back. -- Wendell Phillips

Mauritius As I See It

By H.D. Rughoo

Some of my friends feel slighted that I do not jubilate every time they recount the 'progress' the Indo-Mauritian community has supposedly achieved during the last decade. Too much travelling has jaded my sensibilities, they would argue, (the counter-attack, of course on a personal level, must follow if you have a difference of opinion with an Indo-Mauritian) and having inflated themselves to the full would puff away with an air of utter solemnity that I have become blind to the march of time. And that will be that, no use trying to discuss the thing dispassionately. They have crawled back in their narrow shell, having had their say. Whenever I am alone with myself, thinking of these droll chaps I explode with laughter but more often than not my laughter is followed by consternation, consternation at such wholesale blindness.

Progress, indeed! I certainly see more cars, more concrete buildings, radio sets, lawyers, doctors. But is some degree of temporary economic betterment to be the criterion for the thing we call progress?

Progress, indeed! Not a cultural organisation, not a single daily newspaper to air their views or disseminate Indian culture in this country, no clubs, no social centres, no youth organisations worthy of the name. There are temples but they remain empty most of the time and the priests have taken to spinning yarns about our religion. Jealously, ignorance, increase the unsocial habits of this breed and will lead to the extinction of our ethnic group. We haven't yet produced even one of those non-attached beings who alone can create a society better than the one we're living in. And we need thousands of such dedicated souls. And yet, we are proud of our progress!

Sloth Paralyses

Sloth is a kind of tragic refusal to do what ought to be done, a numbness which paralyses otherwise healthy tissues. Sloth exists on all planes, and can be physical, emotional, intellectual. The fact that our forefathers tilled the soil and our brothers still do, would not necessarily class us as hard workers. We prefer to till the soil because it is the least exacting of all work – a numbness of the will, mind, body... the conscious refuses to handle the reins and allows the sub-conscious to drive the body like an automat. After work, the body is shifted to the steps of the village shops, drugged further with doses of some dia-



bolical concoctions and so on *ad infinitum*. How many artisans have we produced in the 122 years of our stay in this country? Yet, we had numerous Tamil masons, carpenters, cabinet-makers, amongst us when the early settlers first came to Mauritius. Not that the pen-pushers are any better. Their education has been haphazard and will remain so all their life. Once they start working, they will jump with wild gusto on the new hobby of breeding innumerable bambinos and will simply refuse to have anything to do with books. Their English will become dated, stilted, pidgin-ish, they will quote from Hardy, Conrad, and will write in 19th century style.

How many of this generation have read and studied Faulkner, Hemingway, Steinbeck, Robert P. Warren, Kingsley Amis, Arthur Miller, John Osborne (Look back in anger), Dylan Thomas. They might have read Lady Chatterley's Lover and heard fairy tales about GBS. They young will rant against the old guard but will not lift one finger to do anything constructive or advance their own claims for leadership. They will merely bide their time and jump into the old guard's shoes when the time comes. So, few non-attached souls in this community. And then, there is the climate, the head-splitting heat, the syrupy, emasculating. Indian records:

*Dunya ka maza le lo
Dunya tumarah hai.*

In Spain, the educators will tell you that the prevailing vice among the Spaniards is the habit of saying "manana" (to-morrow) to everything. Their apathy is such that the mind refuses to grapple with the issues of the moment until it is too late. Hence, dictators, political charlatans, religious

cranks, find the going easy. The Spanish progressive elements are in despair. A visit to Mauritius would greatly encourage them.

Divali Lights

Progress there has been in that we use electric lighting for Divali instead of earthen lamps. No doubt this is a sign of the march of time. What do my people at New Grove use today? I remember the joys of Divali celebrations in my childhood. We kids used to come into our own, we were set to decorate the house, make refreshing arches of banana trees, palm leaves, flowers. Later, we had to collect banana 'pongas' and fix them on the banana tree at regular intervals. They made excellent lamps. Ah! When the time for lighting came! Will the electric bulbs ever be able to re-create the scene of Rama returning from his exile? And now

the kids do not share in the joys of creating the atmosphere of the festival.

Whether I would be in Japan, Vladivostok, or Africa, I always made it a point to celebrate this one Hindu festival, if only to feel my oneness with Rama through countless generations of Hindus. In Japan, a country so highly industrialized that electric wires hum even on mountain tops, the contrast would be striking. I would collect a dozen earthen lamps (no banana pongas there) and, at night would switch off all my bulbs and set the oil lamps going. Students of the whole neighbourhood would flock around and I would feed them with 'doodpithi' (easiest Indian sweet to make) and regale them with the story of Rama and Sita. On those nights I would feel greater pride in my roots and promise to myself to be a better Hindu, one deserving to feel the blood of Rama, Shivaji, Vivekananda, coursing through his veins.

On the Barricade

The Working Party report is out and some of the suggestions infringe on the privileges of some sections of the junior government employees. It is natural that all out sympathies should flow to the less privileged. The *Mauritius Times* has unreservedly espoused the cause of the junior employees, has canalised suggestions, printed thousands of handbills to arouse public sympathy, hired sandwichmen to go out with huge posters. A commendable effort. But what about the employees themselves? Some of them are up and fighting and it is a good sight to see them give of their time and energy. But it is sad to see that the majority has adopted a fatalistic attitude towards the report. All they can say is "They should do something about this". 'They' are they deputies 'God helps those who help themselves' was not drummed into these indolent fellows when they were kids. And yet, right is on their side.



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'Black pyramids have had a number of uses that differ from location to location.

However, their principal function has always been the same: they were rubble containers'

• Cont. from page 8

This is where the connection lies, and also the answer to the riddle of their true purpose and origin. My book covers the political and economical history of each of the islands and explains how, when and why the black pyramids were constructed by local farmers.

* You also mention that this book on the black pyramids "will challenge your convictions if you are a 'believer'; if you are a 'sceptic', it can complete your knowledge". Are you suggesting that there is something spiritual about them, or is that a marketing teaser?

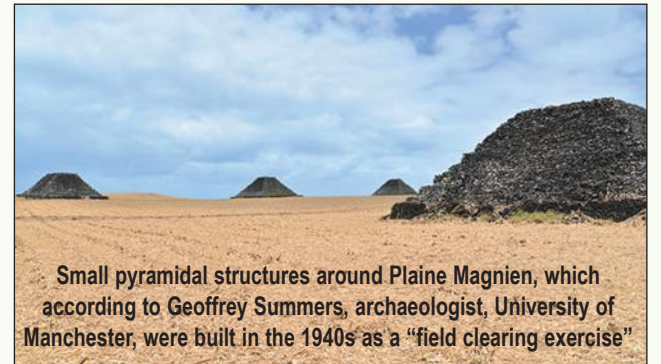
Nothing so mysterious, I'm afraid. I merely meant to say that people who believe these structures to be ancient sanctuaries will probably be surprised by the information offered in my book, and hopefully come to a more balanced and mature opinion. Those who already know or suspect the agricultural history of the black pyramids may find new information, previously unknown to them.

* At the end of the day, readers would want to know about the "real origin and function", as you put it, of the black pyramids. What purpose did they really serve?



“On each of the islands they have had a number of uses that differ from location to location. However, their principal function has always been the same: they were rubble containers. Volcanic soils tends to be very fertile and has always been exploited by man for agricultural purposes. But they are also the stoniest soils on the planet, which makes ploughing and planting difficult. The farmers had to get rid of enormous amounts of rocks and stacked them in the most stable way possible for higher structures: in stepped pyramids...”

Though all of the black pyramids were made by farmers



in past centuries, on each of the islands they have had a number of uses that differ from location to location. However, their principal function has always been the same: they were rubble containers.

Volcanic soils tends to be very fertile and has always been exploited by man for agricultural purposes. But they are also the stoniest soils on the planet, which makes ploughing and planting difficult. The farmers had to get rid of enormous amounts of rocks and stacked them in the most stable way possible for higher structures: in stepped pyramids...

A successful COP26 is essential for Earth's future

• Cont. from page 2

It's true, talk is slow. But it's also much better than coercion, and without the negotiations countries would face much less pressure to act. It's also true that over the last 25 years, these negotiations have redefined how the world thinks and acts on climate change.

After all, it was the COP in Paris that tasked the Intergovernmental Panel on Climate Change to provide a special report on the impacts of global warming of 1.5° above pre-industrial levels. Its findings reverberated around the world.

It found if we're to limit warming to 1.5°, we must reduce carbon dioxide emissions by 45% by 2030, reaching near-zero by around 2050.

But since the Paris Agreement was struck, global emissions have continued to rise, even with the impacts of COVID-19. COP26 is a major test of whether the world can turn this around and avert runaway global warming.

Will Glasgow deliver?

For the Glasgow summit to be deemed a success, a few things need to go right. First of all, countries need to commit not simply to net-zero targets by 2050, but stronger targets for 2030. Without them, there's zero chance the world will hold the rise in global temperatures to 2°.

Major emitters will also need to support developing countries with the finance and technologies to enable them to transition to clean energy and adapt to climate change

impacts, including severe flooding and prolonged droughts.

Other issues, such as rules around international carbon markets, will also be on the agenda, but even the most robust carbon markets are unlikely to deliver emissions cuts at the speed scientists warn is necessary to avert disaster.

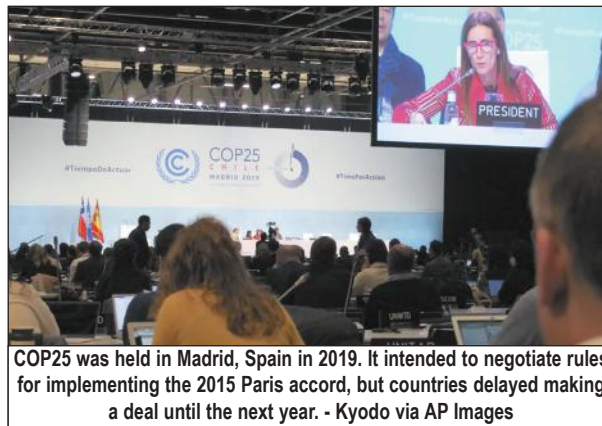
There are signs of hope. The US has been, historically, the most important player in the international negotiations, and President Joe Biden has outlined the most ambitious climate plans in the nation's history ahead of the Glasgow summit.

The US, together with the UK, the European Union and a host of smaller countries, including those in the Pacific, comprise a strong and influential coalition of countries gunning to limit warming to 1.5°.

So, what stands in their way? Well, what countries are willing to commit to in Glasgow is not so much a function of what happens in Glasgow, but of domestic politics in their capitals.

This is why Democrats in Washington are feverishly working to ensure Biden's massive budget bill, which includes measures such as a clean electricity program, makes its way through Congress. The bill is vital to the president's commitment to halve emissions by 2030.

It's also why astute observers have been



COP25 was held in Madrid, Spain in 2019. It intended to negotiate rules for implementing the 2015 Paris accord, but countries delayed making a deal until the next year. - Kyodo via AP Images

fixated on well-known climate laggards heavily reliant on fossil fuels, such as Brazil, Russia, and Australia, to see whether any domestic political developments might lead these nations to commit to more ambitious targets by 2030.

And it's why lobbyists for industries that stand to lose from climate change – namely oil, gas and coal – know to kill off climate action in Glasgow, they need to kill off climate action at home.

International negotiations are often referred to as a two-level game. Changes at the domestic level can enable new and, hopefully, ambitious realignments at the international level.

Will these realignments occur? We don't have long to find out, but at the domestic level in many nations, there has never been a worse time to advocate for fossil fuels – and this should give us all hope that action on climate change is more likely than ever.

Christian Downie,
Australian National University

jetha tulsidas

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Life extension: the five most promising methods – so far

Life-extension therapies may be coming sooner than you think

Most people want to live a long and happy life - or at least avoid a short and miserable one. If you're in that majority, then you're in luck. Over the last decade, a quiet research revolution has occurred in our understanding of the biology of ageing.

The challenge is to turn this knowledge into advice and treatments we can benefit from. Here we bust the myth that lengthening healthy life expectancy is science fiction, and show that it is instead scientific fact.

1. Nutrition and lifestyle

There's plenty of evidence for the benefits of doing the boring stuff, such as eating right. A study of large groups of ordinary people show that keeping the weight off, not smoking, restricting alcohol to moderate amounts and eating at least five servings of fruit and vegetable a day can increase your life expectancy by seven to 14 years compared with someone who smokes, drinks too much and is overweight.

Cutting down calories even more - by about a third, so-called dietary restriction - improves health and extends life in mice and monkeys, as long as they eat the right stuff, though that's a tough ask for people constantly exposed to food temptation. The less extreme versions of time-restricted or intermittent fasting - only eating during an eight-hour window each day, or fasting for two days every week - is thought to reduce the risk of middle-aged people getting age-related diseases.

2. Physical activity

You can't outrun a bad diet, but that doesn't mean that exercise does not do good things. Globally, inactivity directly causes roughly 10% of all premature deaths from chronic diseases, such as coronary heart disease, type 2 diabetes and various cancers. If everyone on Earth got enough exercise tomorrow, the effect would probably be to increase healthy human life expectancy by almost a year.

But how much exercise is optimal? Very high levels are actually bad for you, not simply in terms of torn muscles or sprained ligaments. It can suppress the immune system and increase the risk of upper respiratory illness. Just over 30 minutes a day of moderate to vigorous physical activity is enough for most people. Not only does that make you stronger and fitter, it has been shown to reduce harmful inflammation and even improve mood.

3. Boosting the immune system

However fit you are and well you eat, your immune system will, unfortunately, get less effective as you get older. Poor responses to vaccination and an inability to fight infection are consequences of this "immunosenescence". It all starts to go downhill in early adulthood when the thymus - a bowtie-shaped organ in your



throat - starts to wither.

That sounds bad, but it's even more alarming when you realise that the thymus is where immune agents called T cells learn to fight infections. Closing such a major education centre for T cells means that they can't learn to recognise new infections or fight off cancer effectively in older people.

You can help - a bit - by making sure you have enough key vitamins, especially A and D. A promising area of research is looking at signals that the body sends to help make more immune cells, particularly a molecule called IL-7. We may soon be able to produce drugs that contain this molecule, potentially boosting the immune system in older people. Another approach is to use the food supplement spermidine to trigger immune cells to clear out their internal garbage, such as damaged proteins, which improves the elderly immune system so much that it's now being tested as a way of getting better responses to COVID vaccines in older people.

4. Rejuvenating cells

Senescence is a toxic state that cells enter into as we get older, wreaking havoc across the body and generating chronic low-grade inflammation and disease - essentially causing biological ageing. In 2009, scientists showed that middle-aged mice lived longer and stayed healthier if they were given small amounts of a drug called rapamycin, which inhibits a key protein called mTOR that helps regulate cells' response to nutrients, stress, hormones and damage.

In the lab, drugs like rapamycin (called mTOR inhibitors) make senescent (aged) human cells look and behave like their younger selves. Though it's too early to

prescribe these drugs for general use, a new clinical trial has just been set up to test whether low-dose rapamycin can really slow down ageing in people.

Discovered in the soil of Easter Island, Chile, rapamycin carries with it significant mystique and [has been hailed] in the popular press as a possible "elixir of youth". It can even improve the memory of mice with dementia-like disease.

But all drugs come with pros and cons - and as too much rapamycin suppresses the immune system, many doctors are averse to even consider it to stave off age-related diseases. However, the dose is critical and newer drugs such as RTB101 that work in a similar way to rapamycin support the immune system in older people, and can even reduce COVID infection rates and severity.

5. Clearing out old cells

Completely getting rid of senescent cells is another promising way forward. A growing number of lab studies in mice using drugs to kill senescent cells - so-called "senolytics" - show overall improvements in health, and as the mice aren't dying of disease, they end up living longer too.

Removing senescent cells also helps people. In a small clinical trial, people with severe lung fibrosis reported better overall function, including how far and fast they could walk, after they had been treated with senolytic drugs. But this is only the tip of the iceberg. Diabetes and obesity, as well as infection with some bacteria and viruses, can lead to more senescent cells forming. Senescent cells also make the lungs more susceptible to COVID infection, and COVID makes more cells become senescent. Importantly, getting rid

of senescent cells in old mice helps them to survive COVID infection.

Ageing and infection are a two-way street. Older people get more infectious diseases as their immune systems start to run out of steam, while infection drives faster ageing through senescence. Since ageing and senescence are inextricably linked with both chronic and infectious diseases in older people, treating senescence is likely to improve health across the board.

It is exciting that some of these new treatments are already looking good in clinical trials and may be available to us all soon.

Richard Faragher,
Professor of Biogerontology,
University of Brighton

Lynne Cox,
Associate Professor of Biochemistry,
University of Oxford

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Women need to start believing that they're fabulous - then we'll start to see change

Women need to start believing in themselves to be successful. Men own their success but women attribute it to external factors. Facebook COO Sheryl Sandberg learned this a while back, says Miemie Struwig, Professor and Director, School of Management Sciences, Nelson Mandela University

Women today have to admit they are lucky. They don't live in the world that their mothers or grandmothers lived in where career choices for women were limited. Most have grown up in a world where they have had basic human rights.

But, amazingly, some still don't have these rights. And women are still not making it to the top of any profession anywhere in the world.

Why is this still the case?

I would like to challenge every woman and ask: what would you be if you had no fear? To answer this, I will focus on the message from Facebook COO Sheryl Sandberg's award-winning book 'Lean In', which is a guide to her success.

Sit at the table

Sandberg focuses on, among others, three things women need to do to be successful. Number one is to sit at the table. Women sometimes sit at the side of the room. The problem with this is that it shows what the research shows: women systematically underestimate their own abilities.

Most importantly, men attribute their success to themselves, and women attribute it to other external factors. If you ask men why they did a good job, they'll say: 'I'm good. Obviously. Why are you even asking?'

If you ask women why they did a good job, what they'll say is someone helped them, they got lucky or they worked really hard.

Women need to remember that no one gets to the corner office by sitting on the



Facebook COO Sheryl Sandberg: 'Women need to start believing in themselves to be successful'. Pic - Yonhap/EPA, via Landov

side (not at the table). No one gets the promotion if they don't think they deserve their success, or if they don't even understand their own success.

Research shows that success and likeability are positively correlated for men and negatively correlated for women. So, women need to remind themselves that they are fabulous. They need to believe in themselves and negotiate for themselves. They need to own their own success.

Heidi versus Howard

A famous Harvard Business School study highlights the challenges women face simply because they are women. A woman named Heidi Roizen worked for a

company in Silicon Valley and used her contacts to become a very successful venture capitalist.

A case study was written about her success. In 2002, a professor at Columbia University gave the case study to two groups of students. In one version he had changed Heidi Roizen's name to Howard Roizen. Changing "Heidi" to "Howard", it turned out, made a really big difference.

The responses from the students was instructive. The good news was that the students, both men and women, thought Heidi and Howard were equally competent. The bad news was that everyone liked Howard. He was a great guy, the kind

you would want to work for and spend the day fishing. When it came to Heidi they were less sure.

This is the complication. We live in a world in which daughters are told that to be successful they will have to sacrifice. It is not the advice meted out to their brothers.

Sandberg's second idea is to make your partner a real partner.

If a woman works full time and has a child and her partner is not a real partner, she will do twice the amount of work if she does all the housework and three times the amount if she does all the childcare than her partner does. She gets to do two or possibly three jobs, while her partner gets to do one. This is avoided only if your partner is a "real partner".

Don't lean back

Sandberg's third message is: don't leave before you leave. When women are starting to lean back they do not look for a promotion or to take on a new project. Women are focused on other needs and not their work far too early, and "leave" before they actually leave.

In South Africa, a study published last year on the factors influencing career success in business showed that family responsibility and the lack of appropriate role models and mentors were the most prominent barriers to career success. Numbers may not soon change at the top.

This generation won't get to the point where women are at the top of any industry. But I'm hopeful that future generations can.

Work Smarter Make remote meetings inclusive and accessible

Working remotely and in crisis mode can cause even the most well-intentioned managers to inadvertently fall into patterns of bias and exclusion. There are a few things you can do to make sure you're continuing to prioritize inclusion, starting with remote meetings.

First, recognize that speaking up in a virtual meeting may be more challenging than during in-person meetings. Send information in advance so everyone is prepared to chime in. Begin meetings by acknowledging everyone in the room and recognizing the unprecedented situation



we're all in before you dive into agenda items. Your team will appreciate it if you say something like, "This is hard for all of us."

In smaller meetings, check in with each person individually. And be sure to record and share the link to key meetings, so that employees who were unable to attend can

retroactively engage with the materials. Taking these extra steps will make your meetings inclusive and accessible to everyone on your team.

This tip is adapted from "How to Be an Inclusive Leader Through a Crisis," by Ruchika Tulshyan - Harvard Business Review

Invest in talent now

As strange as it may seem, the current crisis may be a great time to hire top talent. There are an unprecedented number of people looking for work. If your company has the resources to hire, set up a task force to source potential candidates who may now be looking for work or open to a change. Ask your colleagues whether there are any vendors, advisors, clients, or previous job candidates that they've been

keeping an eye on, then check in with those people to gauge their current job status. Interview and check references virtually with the same rigor you would in person.

Once you're convinced that you have the opportunity to bring in someone who's a good fit, learn what motivates them. It's not always pay - sometimes people are looking for a flexible arrangement or a high level of purpose or autonomy. Arrange to have your candidate speak to senior leaders who can share their vision for the organization and describe the value they hope to build with the new hire. Investing in talent now will help you lay the groundwork for future growth.

This tip is adapted from "Now Is an Unprecedented Opportunity to Hire Great Talent," by Claudio Fernández-Arcoz - Harvard Business Review

AI may predict the next virus to jump from animals to humans



Most emerging infectious diseases of humans (like Covid-19) are zoonotic -- caused by viruses originating from other animal species. Identifying high-risk viruses earlier can improve research and surveillance priorities. A study published in PLOS Biology on September 28th by Nardus Mollentze, Simon Babayan, and Daniel Streicker at University of Glasgow, UK suggests that machine learning (a type of artificial intelligence) using viral genomes may predict the likelihood that any animal-infecting virus will infect humans, given biologically relevant exposure.

Identifying zoonotic diseases prior to emergence is a major challenge because only a small minority of the estimated 1.67 million animal viruses are able to infect humans. To develop machine learning models using viral genome sequences, the researchers first compiled a dataset of

861 virus species from 36 families. They then built machine learning models, which assigned a probability of human infection based on patterns in virus genomes. The authors then applied the best-performing model to analyze patterns in the predicted zoonotic potential of additional virus genomes sampled from a range of species.

The researchers found that viral genomes may have generalizable features that are independent of virus taxonomic relationships and may preadapt viruses to infect humans. They were able to develop machine learning models capable of identifying candidate zoonoses using viral genomes. These models have limitations, as computer models are only a preliminary step of identifying zoonotic viruses with potential to infect humans. Viruses flagged by the models will require confirmatory laboratory testing before pursuing major additional research invest-

ments. Further, while these models predict whether viruses might be able to infect humans, the ability to infect is just one part of broader zoonotic risk, which is also influenced by the virus' virulence in humans, ability to transmit between humans, and the ecological conditions at the time of human exposure.

According to the authors, "Our findings show that the zoonotic potential of viruses can be inferred to a surprisingly large extent from their genome sequence. By highlighting viruses with the greatest potential to become zoonotic, genome-based ranking allows further ecological and virological characterisation to be targeted more effectively."

"These findings add a crucial piece to the already surprising amount of information that we can extract from the genetic sequence of viruses using AI techniques," Babayan adds. "A genomic sequence is typically the first, and often only, information we have on newly-discovered viruses, and the more information we can extract from it, the sooner we might identify the virus' origins and the zoonotic risk it may pose. As more viruses are characterized, the more effective our machine learning models will become at identifying the rare viruses that ought to be closely monitored and prioritized for preemptive vaccine development."



Why do spiders need so many eyes but we only need two?

Human eyes are very complex and are good at doing many jobs at once, while spiders have different sorts of eyes that do different jobs.

The first thing we should say is that while it's true that some spiders have six eyes, most actually have eight.

The short answer to your question is that animals have evolved different eyes that best suit the lives they lead.

Humans have two eyes that face forward. Our eyes are very good at seeing colours and shapes. Having two big eyes in the front of our head means they can work together to guess how far away something is (we call this "judging distance"). That makes it easier for us to catch another animal so we can eat it.

Spiders are also hunters and they need eyes that help them find and catch their food. In fact, most spiders can't see very well, and use touch and taste to explore the world. But the kind of eyes they have tells us something about the food they eat and the lives they live.

Spider eyes for spider lives

Jumping spiders are active hunters, like tiny lions chasing down their prey (bugs). They usually have eight eyes: two very large front eyes to get a clear, colour image and judge distance, and extra side eyes to detect when something is moving. Here's a picture of an Australian jumping spider.



Some spiders make nets to catch their prey.

These net-casting spiders also need to see clearly and judge distances. Some have developed huge, scary-looking black eyes that stare straight ahead, so they are nicknamed ogre spiders! These gigantic eyes help the spider to see a wide area and accurately throw down its spider web net to catch its prey. Here's a picture of a net-casting spider.

Some spiders live in caves that are completely dark, where eyes are no use at all. They have to rely on other senses to find their food in the dark. To save energy making eyes, these spiders lost their eyes during evolution, so now some of them have no eyes at all. You can see a picture of a spider like that here.

So why did most spiders end up with so many eyes?

Both human and spider eyes are the result of slowly evolving to help us survive in our different environments. One reason our human eyes are different from spiders is because our bodies and brains are also built differently.

For example, spiders don't have necks. So they can't turn their heads to look at things like we can. Having extra eyes around their heads is one way that spiders see more of the world around them, helping them to quickly spot prey or a potential predator.

Human eyes and spider eyes also do different jobs. Our two eyes are very complex and are good at doing many jobs at once, while spiders have different sorts of eyes that do different jobs.

For example, the large central eyes of jumping spiders are best for seeing shapes, but the simple side eyes have the important job of watching out for predators.

So a two-eyed spider or even an eight-eyed human isn't impossible. But the two eyes we have and the eight eyes most spiders have are perfectly suited to help each of us live our lives just the way they are.

Samantha Nixon & Andrew Walker
The University of Queensland

What the fate of ancient cities can teach us about surviving climate change

Cities and their hinterlands must build resilience to survive climate stress; this is the grave warning emanating from a study of ancient civilisations and climate change.

From 900 to 1500CE, Khmer cities in mainland Southeast Asia (including Angkor) and Maya cities in Mesoamerica collapsed, coinciding with periods of intense climate variability. While the ceremonial and administrative urban cores of many cities were abandoned, the surrounding communities may have endured because of long-term investment in resilient landscapes.

"They created extensive landscapes of terraced and bunded (embanked to control water flow) agricultural fields that acted as massive sinks for water, sediment and nutrients," said lead author Associate Prof Daniel Penny, from the University of Sydney School of Geosciences. "This long-term investment in soil fertility and the capture and storage of water resources may have allowed some communities to

persist long after the urban cores had been abandoned."

At the ancient city of Angkor in modern Cambodia, for example, the administrative and ceremonial core was progressively abandoned over several decades, culminating in a series of catastrophic droughts in the 14th and 15th century, but the surrounding agricultural landscapes may have persisted through these episodes of climatic stress.

Lessons for modern-day rural and urban areas: These historical cases of urban collapse emphasise that long-term and large-scale investment in landscape resilience -- such as improving water storage and retention, improving soil fertility, and securing biodiversity -- can better enable both urban and rural communities to tolerate periods of climatic stress. The Intergovernmental Panel on Climate Change believes this will become more frequent and more intense in many parts of the world over the coming century.

Healthy Living

Foods that can save your heart

See how fresh herbs, black beans, red wine, and these other eats and drinks can help you fend off heart problems, and see how to incorporate them into your diet. Here are suggestions medically reviewed by Michael W. Smith, MD...

Fresh herbs

When you add these to foods instead of salt and fat, you're making a heart-healthy choice. They add flavour without the bad stuff. Spices and other foods are delicious ways to eat heart-smart.

Black beans

Mild, tender black beans are packed with heart-healthy nutrients. Folate, antioxidants, and magnesium can help lower blood pressure. Their fibre helps control both cholesterol and blood sugar levels. Add beans to boost soups and salads.

Tip: Rinse canned beans to remove extra salt.

Red wine and resveratrol

If you drink alcohol, a little red wine may be a heart-healthy choice. Resveratrol and catechins, two antioxidants in red wine, may protect artery walls. Alcohol can also boost HDL, the good cholesterol.

Tip: Don't have more than one drink a day for women or two drinks for men. Alcohol may cause problems for people taking aspirin and other medications.

Salmon: super food

A top food for heart health, it's rich in omega-3s. Omega-3s are healthy fats that may lessen the risk of heart rhythm disorders and lower blood pressure. They may also lower triglycerides and curb inflammation. The American Heart Association recommends two servings of salmon or other oily fish a week.

Tip: Bake salmon in foil with herbs and veggies. Toss extra cooked salmon in fish tacos and salads.

Tuna for Omega-3s

Often cheaper than salmon, tuna also has omega-3s. Albacore (white tuna) has more omega-3s than other tuna varieties. Try grilling tuna steak with dill and lemon. Reel in these

Tip: Choose tuna packed in water, not oil, to keep it heart-healthy.

Olive oil

This oil is a healthy fat made from smashed olives. It's rich in heart-healthy antioxidants. They may protect your blood vessels. When olive oil replaces saturated fat (like



butter), it can help lower cholesterol levels. Try it on salads and cooked veggies, or with bread.

Tip: For the best flavour, look for cold-pressed and use it within 6 months.

Walnuts

A small handful of walnuts a day may lower your cholesterol. It may also protect against inflammation in your heart's arteries. Walnuts are packed with omega-3s, healthy fats called monounsaturated fats, plant sterols, and fibre. The benefits come when walnuts replace bad fats, like those in chips and cookies.

Tip: Try walnut oil in salad dressings

Almonds

Slivered almonds go well with vegetables, fish, chicken, and desserts. They have plant sterols, fiber, and heart-healthy fats. Almonds may help lower "bad" LDL cholesterol. Grab a small handful a day.

Tip: Toast them to boost their creamy, mild flavour.

Tofu

Eat tofu and you'll get a great form of vegetarian soy protein with heart-healthy minerals, fiber, and polyunsaturated fats. It can take on the taste of the spices or sauces you use to cook it.

Tips: Chop firm tofu, marinate, then grill or stir-fry, going easy on the oil. Add tofu to soups for protein with little added fat.

Sweet potatoes

Swap white potatoes for sweet potatoes. With a lower glycemic index than white potatoes, these spuds won't cause a quick spike in blood sugar. They also have fibre, vitamin A, and lycopene.

Tip: Boost their natural sweetness with a sprinkle of cinnamon and lime juice instead of sugary toppings.

Oranges

Sweet and juicy, oranges have the cholesterol-fighting fibre pectin. They also have potassium, which helps control blood pressure. In one study, 2 cups of OJ a day boosted blood vessel health. It also lowered blood pressure in men.

Tip: A medium orange has about 62 calories and 3 grams of fibre.

Swiss chard

This dark green, leafy vegetable is rich in potassium

and magnesium. These minerals help control blood pressure. Swiss chard also has heart-healthy fibre, vitamin A, and the antioxidants lutein and zeaxanthin. Try serving it with grilled meats or as a bed for fish.

Tip: Sauté it with olive oil and garlic until wilted. Season with herbs and pepper.

Barley

Try this nutty whole grain in place of rice. You can also simmer barley into soups and stews. The fibre in barley can help lower cholesterol levels. It may lower blood sugar levels, too.

Tip: Hulled or "whole grain" barley is the most nutritious. Barley grits are toasted and ground. They make a nice cereal or as a side dish.

Oatmeal

A warm bowl of oatmeal fills you up for hours, fights snack attacks, and helps keep blood sugar levels stable over time -- making it useful for people with diabetes, too. Oats' fiber can help your heart by lowering bad cholesterol (LDL). Best results come from using steel cut or slow cooked oats.

Tip: Making pancakes, muffins, or other baked goods? Swap out one-third of the flour and put in oats instead.

Flaxseed

This shiny, honey-coloured seed has three things that are good for your heart: fibre, phytochemicals called lignans, and omega-3 fatty acids.

Tip: Grind flaxseed for the best nutrition. Add it to cereal, baked goods, yogurt, or mustard on a sandwich.

Low-fat yogurt

When you think of dairy foods, you probably think, "Good for my bones!" These foods can help control high blood pressure, too. Yogurt is high in calcium and potassium. To really boost the calcium and minimize the fat, choose low-fat varieties.

Foods fortified with sterols

Some margarines, soy milks, almond milks, and orange juices have cholesterol-fighting sterols and stanols added. These plant extracts block your gut from soaking up cholesterol. They can lower LDL levels by 10% without messing with good cholesterol.

Cherries

Sweet cherries, sour cherries, dried cherries, and cherry juice -- they're all good. All are packed with an antioxidant called anthocyanins. They're believed to help protect blood vessels.

Get More: Sprinkle dried cherries into cereal, muffin batter, green salads, and wild rice.

Blueberries

Blueberries are simply brilliant when it comes to nutrition. They've got anthocyanins, those blood vessel-helping antioxidants. Those antioxidants give the berries their dark blue color. Blueberries also have fiber and more than a handful of other great nutrients. Add fresh or dried blueberries to cereal, pancakes, or yogurt.

Dark leafy greens

Your parents were onto something when they told you to eat your greens. They're full of vitamins and minerals. They're also high in nitrates, a substance that helps to open blood vessels so oxygen-rich blood can reach your heart. You'll find them in veggies like: Lettuce, Spinach, Bok Choy, Mustard greens, and Arugula.

Tip: Bring out the flavour by adding greens to a stir-fry, sauté them with olive oil, or roast them with garlic.

LAUGHTER is the best medicine

Tester les mâles

Sur le vol Paris-Tokyo, un passager se retrouve assis à côté d'une jeune femme superbe. Après l'avoir lorgnée du coin de l'œil pendant une heure, il finit par se lancer et entame la conversation :

- Vous allez au Japon pour affaires ?
- En un sens, si l'on veut. Je vais tester les mâles japonais. Pour tout vous dire j'aime les hommes, j'adore l'amour, et comme je dispose d'une certaine fortune personnelle, je passe mon temps à parcourir le monde pour établir le hit-parade des meilleurs amants...

- C'est intéressant..., fait l'autre tout émoustillé. Et on peut connaître votre classement actuel ?

- Eh bien, je place ex æquo en tête deux peuples dont les qualités amoureuses sont d'ailleurs complémentaires. Les Indiens d'Amérique, absolument inépuisables, et les Israéliens, terriblement sensuels...

- Passionnant ! dit l'homme. Mais au fait, je manque à tous mes devoirs...

Il se lève et s'incline :

- Je me présente : Jérónimo Lévy.

Un mécanicien et un chirurgien...

Un mécanicien était en train d'enlever la tête d'un moteur d'un T MAX quand un

chirurgien cardiaque bien connu entre dans le garage.

Il attendait qu'on le serve quand le mécanicien lui crie depuis l'autre bout du garage :

"Hey Docteur, je peux vous poser une question?"

Un peu surpris, le chirurgien va voir le mécanicien qui travaillait sur la moto.

Le mécanicien se lève, s'essuie les mains sur une guenille et demande :

"Regardez cette machine, Docteur, J'ai ouvert son cœur, j'ai enlevé les valves, je les ai arrangées, je les ai remises en place et quand j'ai eu terminé, tout fonctionnait comme neuf. Alors comment ça se fait que j'ai un aussi petit salaire et que vous vous soyez aussi riche alors que nous faisons pratiquement le même travail? "

Le chirurgien sourit et murmure à l'oreille du mécanicien : "Essayez de faire tout ça pendant que la machine est en marche..."

Sagesse asiatique !

Une jeune femme demande à un vieil homme très sage :

"Pourquoi un homme, qui a des relations sexuelles avec de nombreuses femmes, est considéré comme un séducteur, alors qu'une femme, qui a des relations avec de nombreux hommes, est vue comme une fille de joie? "

Le grand maître répondit :

"Ma fille, une clef qui ouvre de nombreuses serrures est considérée comme une clef magique.

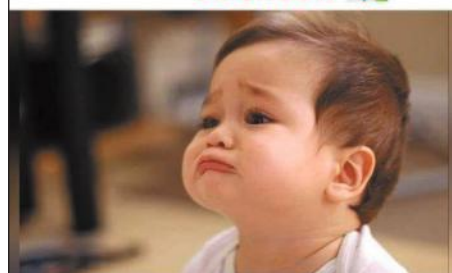
Mais une serrure qui s'ouvre avec n'importe quelle clé ne sert à rien. "

Age 10: I want to be a

Pilot ✈️

Age 15: I want to be a

Scientist. 🧪



Age 20: I want to be an

Engineer. 🛠️

Age 25: I want to be a

Kid again. 🧒

Sarko et Hollande

De retour de Montbéliard, Hollande vient se recueillir sur la tombe du général De Gaulle.

Soudain, il entend une voix très très grave lui disant : François... François...

Hollande n'en revient pas ; voilà que De Gaulle lui parle !

Il prête mieux l'oreille et il entend : Amène-moi un cheval.

Tout ému, il rentre à Paris et ne peut s'empêcher d'en parler à Sarko...

Sarko, tout feu tout flamme :

- Tu deviens trop vieux, ces élections, c'est plus pour toi, tu devrais te reposer, voilà que tu entends des voix!!!

- Viens, monte dans mon hélico, on va aller vérifier.

Arrivés tous les deux à Colombey, ils se penchent sur la tombe et il ne se passe rien, Sarko rit très fort:

- Je te l'avais dit, va te reposer et ne joue plus aux élections, c'est pas pour toi.

Mais soudain la voix reprend : François... François...

Sarko et Hollande écoutent et la voix reprend :

François... François... Je t'avais dit: Un Cheval, pas un Ané !!!

Une femme arrive dans la cuisine et voit son mari avec une tapette à mouche...

- Que fais-tu ?

Il répond : Je chasse les mouches...

- En as-tu tué ?

- Oui, 3 mâles, 2 femelles.

Intriguée, elle lui demande : Comment fais-tu la différence entre les femelles et les mâles ?

Il répond : 3 étaient sur la cannette de bière, 2 sur le téléphone.

Un vieux monsieur fréquente le même club du troisième âge qu'une veuve qu'il aime secrètement. Un jour, prenant son courage à deux mains, il la demande en mariage et elle accepte avec enthousiasme.

Le lendemain le vieux monsieur lui téléphone :

- Ce que j'ai à vous dire est un peu embarrassant. Hier je vous ai demandé en mariage, et je ne me souviens pas si vous m'avez répondu oui ou non.

- Oh, comme je suis contente que vous m'appeliez ! Je me souvenais d'avoir dit oui, mais je ne savais plus à qui !

A cup and coffee

A group of highly established alumni got together to visit their old university professor. The conversation among them soon turned into complaints about their stressful work and life. The professor went to his kitchen and returned with a large pot of coffee and an assortment of cups, including porcelain, plastic, glass, crystal, some plain-looking, some expensive and some exquisite. The professor told them to help themselves to the coffee.

After all the students had a cup of coffee in their hands, the professor said: " Did you notice all the nice looking cups are taken and only the plain inexpensive ones are left behind. While it is normal for everyone to want the best for themselves, but that is the source of problems and stress in your life. " " The cup itself adds no quality to the coffee. In most of the cases, it's just more expensive and hides what we drink.", the professor continued.

"What all of you really wanted was coffee, not the cup, but all of you consciously went for good looking expensive cups and then began eyeing on each other' s cups."

"Let's consider that life is the coffee and the jobs, houses, cars, things, money and



position are the cups. The type of cup we have, does not define or change the quality of our lives."

Moral: Sometimes we fail to enjoy the coffee by concentrating only on the cup we have. Being happy doesn't mean everything's around you is perfect. It means you've decided to see beyond the imperfections and find peace. And the peace lies within you, not in your career, jobs, or the houses you have.

Alltimeshortstories.com

A happiness secret from a saint

Saint Francis of Assisi was working in his garden when he was asked what he would do if he was told he would die at sunset.

His answer was precious... "I would finish hoeing my garden."

All too often, in this age of extreme complexity and time of unyielding volatility, we fill our finest hours with pursuits that don't matter...

...fiddling with our phones versus producing our masterwork.

...scheduling Zoom call after Zoom call instead of finding solutions to major problems (that will make the world brighter while enriching our lives).

...watching hip TV shows instead of family meals with our loved ones.

...reading the news each morning instead of hopping onto the treadmill or walking in the woods.

Saint Francis reminded us of the importance of stripping away the non-



sense that invades too many potentially great lives and doing the things that fuel our joy with clear intention. And sincere devotion.

Ask yourself:

- Which activities make your eyes sparkle and heart sing?

- What tasks are you doing just to please others and fit into the herd?

- What would you do if you knew you'd be dead at sunset?

And if these are the pursuits that will be most important at the end why not make them most essential now?

Robin Sharma

Humanitarian & Leadership
Missionary

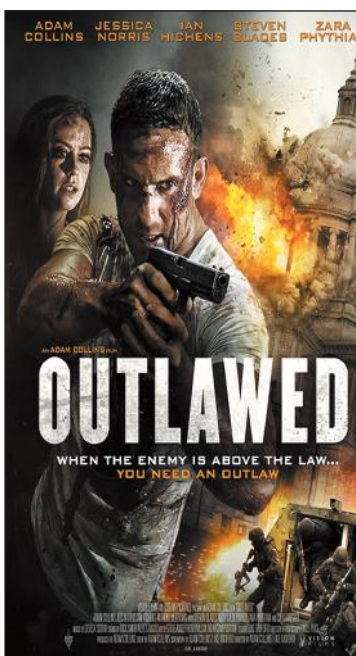
CINE 12

Mardi 26 octobre - 21.10



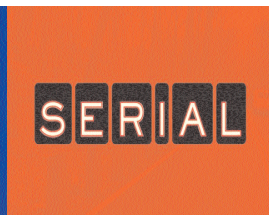
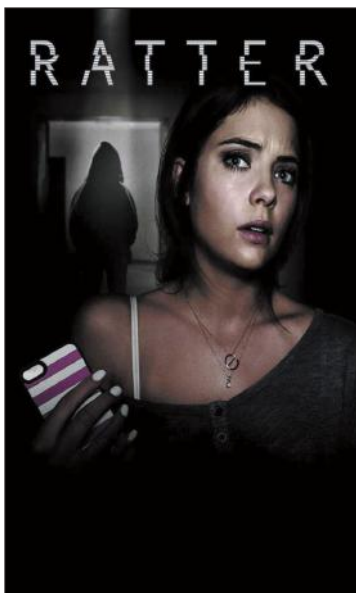
MBC 1

Mardi 26 octobre



MBC 2

Mercredi 27 octobre - 21.15



MBC 1

06.30 Local: Crime Watch
09.45 Local Prod: Des Histoires...
11.00 Mag: Le Saviez Vous?
11.10 Tele: Sinu, Rio Des Pasiones
12.00 Le Journal
12.30 Tele: Le Prix Du Désir
12.55 Local: Come On Let's Dance
13.55 Serial: Heidi, Bienvenida...
14.50 Mag: Mathematica
15.04 D.Anime: Invention Story
15.47 D.Anime: Volttron...
16.10 D.Anime: Kid Lucky
16.51 D.Anime: Splash And Bubble
17.15 Mag: Human Nature
17.45 Mag: Le Saviez-Vous?
18.00 Live: Samachar
18.30 Serial: Jijaji Chhat Par Hain
19.30 Journal & La Meteo
20.10 Local: Autour Des Valeurs...
20.15 Local Prod: Priorite Sante
21.10 Film: Game Of Death

MBC 2

07.00 DDI Live
08.00 Educational Prog: Grade 3
10.15 Educational Prog: Grade 4
12.00 Film: Izzatdaar
Star: Dilip Kumar, Govinda, Madhuri Dixit, Raghuvaran
15.25 Serial: Aamhi Doghi
16.08 Serial: Apoorva Raagangal
16.32 Serial: Mera Maan Rakhna
16.51 Serial: Imtihaan
16.32 Serial: Mera Maan Rakhna
16.51 Serial: Imtihaan
17.05 Kullfi Kumarr Bajewala
17.30 Telugu - Premabhishekam
18.00 Serial: My Little Princess
18.30 Local Prod: Abhay Charan
19.30 Serial: Radha Krishna
20.40 Local: Programme In Tamil
20.30 Film: Prem Geet
Star: Raj Babbar, Anita Raj

MBC 3

06.00 Mag: Eco@Africa
07.21 Mag: In Good Shape
07.47 Doc: Amazing Gardens
09.00 Doc: 360 GEO Reports
10.29 Mag: Washington Forum
13.16 Doc: Hugo Pratt, Trait Pour...
14.49 Doc: 360 Geo
15.42 Mag: Global 3000
16.11 Mag: Washington Forum
18.00 Mag: Rev: The Global Auto...
18.30 Mag: Healthy Living
18.45 Mag: Red Carpet
19.00 Mag: Check In
19.30 Mag: Made In Germany
20.30 Local Prod: News (English)
20.40 Doc: Cary Grant, De L'autre
21.32 Doc: Beatbox
23.19 Local: Klip Seleksion
00.01 Mag: Rev: The Global Auto...
00.27 Mag: Healthy Living
00.40 Mag: Red Carpet

Cine 12

01.26 Film: Kill Chain
02.57 Serial: Heroes Reborn
03.39 Film: Billy Lynn's Long Halftime
05.27 Tele: Muneca Brava
06.04 Serial: S.W.A.T
09.00 Serial: When Calls The Heart
09.45 Tele: Teresa
10.35 Tele: I Forgot I Loved You
11.01 Serial: Heroes Reborn
12.00 Film: Billy Lynn's Long Halftime
13.30 Tele: Muneca Brava
14.12 Mag: Cinemag
14.45 Serial: Island Doctor
16.41 Serial: When Calls The Heart
17.24 Serial: S.W.A.T
18.05 Tele: Teresa
19.00 Tele: I Forgot I Loved You
20.05 Tele: Les Trois Visages D'ana
20.30 Serial: S.W.A.T
21.15 Film: Rememory

Bollywood TV

07.00 Film: Agent Vinod
Starring: Saif Ali Khan, Kareena Kapoor
11.30 / 19.27 - Radha Krishna
11.59 / 20.57 - Chupke Chupke
12.30 / 21.27 - Mere Sai
13.09 / 22.07 - Agniphera
13.30 / 22.37 - Zindagi Ki Mehek
14.00 / 23.07 -
Bade Acche Lagte Hai
14.30 / 21.59 - Chhanchhan
15.00 Serial: Sethji
14.53 / 22.25 - Sethji
15.25 Film: Game
Star: Abhishek Bachchan, Kangana Ranaut, Anupam Kher
18.00 Live: Samacher
18.30 Kundali Bhagya
19.00 Serial: Ishaaron Ishaaron...
19.30 Bhakharwadi

MBC 1

Mercredi 27 octobre

06.00 Local: Rodrig Sa
09.30 Local Prod: Moments Frots...
11.10 Tele: Sinu, Rio Des Pasiones
12.00 Le Journal
12.25 Local: Autour Des Valeurs
12.20 Tele: Le Prix Du Désir
12.55 Local Prod: Groov'in
13.50 Serial: Heidi, Bienvenida A...
14.40 Mag: Mathematica
14.55 D.Anime: Invention Story
15.00 D.Anime: Oum Le Dauphin...
15.32 D.Anime: Les Triples
16.08 D.Anime: Kid Lucky
16.50 D.Anime: Splash And Bubble
17.45 Mag: Le Saviez-Vous?
18.00 Live: Samachar
18.30 Serial: Jijaji Chhat Par Hain
18.55 Mag: MBC Production
19.30 Journal & La Meteo
20.20 Local: MBC Production
21.25 Film: Outlawed
Stars: Adam Collins, Emmeline...

07.00 DDI Live
08.00 Educational Prog: Grade 3
10.15 Educational Prog: Grade 4
12.30 Film: Pakeezah
Star: Meena Kumari, Raaj Kumar, Ashok Kumar, Nadira
15.00 Serial: Zindagi Ki Mehek
15.26 Aamhi Doghi
15.46 Bava Maradallu
16.07 Apoorva Raagangal
16.30 Serial: Mera Maan Rakhna
16.52 Serial: Imtihaan
17.10 Kullfi Kumarr Bajewala
17.31 Serial: Kulvadhu
18.00 Serial: My Little Princess
18.30 Local: Abhay Charan
19.00 Zournal Kreol
19.30 Serial: Radha Krishna
20.06 Programme In Marathi
20.30 Film: Sur Rahu De - Marathi Film
22.15 DDI Live

06.00 Rev: The Global Auto...
06.26 Mag: Healthy Living
06.54 Mag: Check In
07.49 Mag: Magnifique
08.15 Doc: Cary Grant De L'autre...
09.00 Doc: Beatbox
12.07 Mag: Healthy Living
14.48 Doc: Beatbox
15.43 Mag: Focus On Europe
16.38 Local: Klip Seleksion
17.40 Mag: Rev: The Global Auto...
18.00 Mag: Motorweek
19.15 Doc: Garden Party
19.43 Doc: Documentary
20.30 Local: News (English)
20.40 Doc: Zenith
21.05 Doc: Les Dessins D'yves Saint Laurent
21.59 Doc: 360 GEO
22.51 Mag: Focus On Europe
23.17 Doc: Asteroids
00.00 Mag: Motorweek

01.30 Film: When The Bough Break
03.13 Serial: Heroes Reborn
03.54 Film: Rememory
05.41 Tele: Muneca Brava
06.20 Serial: S.W.A.T
07.02 Film: When The Bough Break
09.10 Serial: When Calls The Heart
09.45 Tele: Teresa
10.35 Tele: I Forgot I Loved You
11.01 Serial: Killjoys
11.45 Film: Rememory
13.32 Tele: Muneca Brava
14.46 Film: When The Bough Break
16.43 Serial: When Calls The Heart
17.23 Serial: S.W.A.T
18.08 Tele: Teresa
19.00 Tele: I Forgot I Loved You
20.05 Tele: Les Trois Visages D'ana
20.30 Serial: Reef Doctors
21.15 Film: Ultraviolet
22.39 Tele: Muneca Brava

07.00 Film: Game
Star: Abhishek Bachchan, Kangana Ranaut, Anupam Kher
11.30 / 20.06 - Radha Krishna
12.00 / 20.26 - Chupke Chupke
12.31 / 20.02 - Mere Sai - Shrad...
13.10 / 20.46 - Agniphera
13.47 / 21.09 - Zindagi Ki Mehek
14.16 / 21.50 -
Bade Acche Lagte Hai
14.45 / 22.15 - Chhanchhan
15.14 / 21.46 - Sethji
15.21 Film: Hijack
Starring: Shiney Ahuja, Esha Deol, K K Raina
18.00 Live: Samachar
18.30 Kundali Bhagya
19.00 Ishaaron Ishaaron...
19.30 Bhakharwadi
20.00 Serial: Siddhi Vinayak
20.30 Serial: Radha Krishna

MBC 2

Jeudi 28 octobre

06.00 Local: Klip Seleksion
06.45 Local: Fee Main
07.15 D.Anime: Fam Rakonte
10.15 Local Prod: Coin Jardin
11.10 Tele: Sinu, Rio Des Pasiones
12.00 Le Journal
12.50 Local: Le Rendez-Vous
13.45 Serial: Heidi, Bienvenida A...
14.40 D.Anime: Invention Story
14.53 D.Anime: Oum Le Dauphin...
15.16 D.Anime: Spongo, Fuzz and...
15.27 D.Anime: Les Triples
17.15 Mag: Human Nature
17.45 Mag: Le Saviez-Vous?
18.00 Live: Samachar
18.30 Serial: Jijaji Chhat Par Hain
18.55 Local: Tirth Yatra
19.30 Le Journal
20.30 Film: Panipat
Stars: Arjun Kapoor, Sanjay Dutt, Kriti Sanon

07.00 DDI Live
08.00 Educational Prog: Grade 3
10.15 Educational Prog: Grade 4
12.30 Film: Chori Mera Kaam
Starring: Ashok Kumar, Shashi Kapoor, Zeenat Aman
15.20 Aamhi Doghi
15.53 Bava Maradallu
16.15 Apoorva Raagangal
16.39 Serial: Mera Maan Rakhna
16.59 Serial: Imtihaan
17.16 Kullfi Kumarr Bajewala
17.38 Local: Amrit Vaani
17.48 Local: Bhajan Sandhya
18.00 Serial: My Little Princess
18.30 Serial: Ghar Pahucha Da...
19.00 Zournal Kreol
19.30 Serial: Radha Krishna
20.06 Local: Les Grandes Lignes
20.32 Local: Evasion
21.15 Film: Ratter

06.00 Mag: Motorweek
06.26 Mag: Vous Et Nous
07.19 Doc: Garden Party
07.51 Doc: Les Montagnes Du Monde
08.31 Doc: Zenith
14.03 Doc: Les Dessins D'yves...
15.49 Mag: Focus On Europe
16.15 Doc: Asteroids
17.01 Mag: Motorweek
17.27 Mag: Vous Et Nous
18.00 Mag: Eco India
18.30 Mag: Shift
18.43 Mag: Sur Mesure
19.00 Student Prog Grade 7
19.30 Mag: Tomorrow Today
20.30 Local: News (English)
20.40 Doc: Femmes Pour La...
21.32 Doc: 360 GEO
22.27 Doc: Raymod Loewy...
23.21 Doc: Antoine De Saint...

03.41 Film: Ultraviolet
05.06 Tele: Muneca Brava
05.44 Serial: Reef Doctors
09.00 Serial: When Calls The Heart
09.45 Tele: Teresa
10.35 Tele: I Forgot I Loved You
11.00 Serial: Killjoys
12.00 Film: Ultraviolet
13.30 Tele: Muneca Brava
14.45 Film: Belles A Mourir
16.46 Serial: When Calls The Heart
17.29 Serial: Reef Doctors
18.11 Tele: Teresa
19.00 Tele: I Forgot I Loved You
20.05 Tele: Les Trois Visages D'ana
20.30 Serial: Reef Doctors
21.17 Film: Man Trouble
Avec: Jack Nicholson, Ellen Barkin, Harry Dean Stanton
22.50 Tele: Muneca Brava
23.28 Serial: When Calls The Heart

07.00 Film: Hijack
Starring: Shiney Ahuja, Esha Deol, K K Raina
11.31 / 19.54 - Radha Krishna
12.09 / 20.11 - Chupke Chupke
12.39 / 20.32 - Mere Sai
13.18 / 21.09 - Agniphera
13.48 / 21.24 -
Zindagi Ki Mehek
14.16 / 21.50 -
Bade Acche Lagte Hai
14.44 / 22.15 - Chhanchhan
15.02 / 21.46 - Sethji
15.30 Film: U R My Jaan
Starring: Mikal, Preeti, Himani Shivpuri, Anil Dhawan.
18.00 Samachar
18.30 Kundali Bhagya
18.59 Ishaaron Ishaaron Mein
19.29 Bhakharwadi
20.00 Siddhi Vinayak



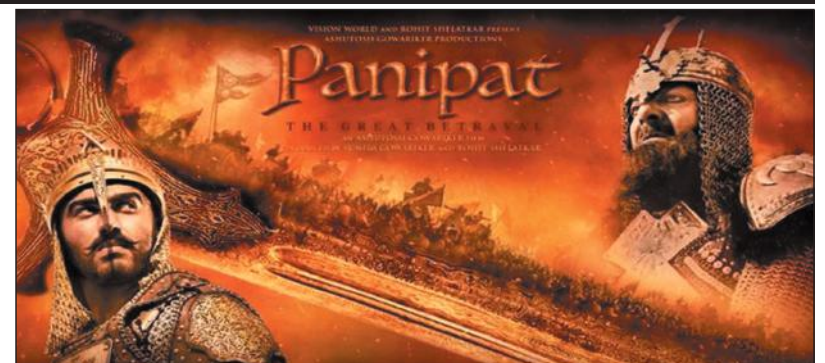
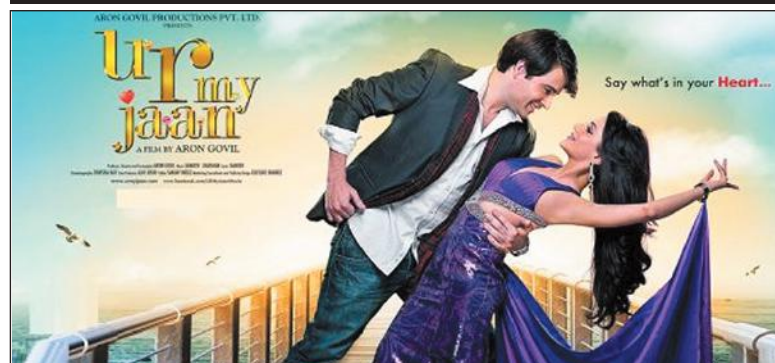
Jeudi 28 Octobre - 15.30

Star: Mikal, Preeti, Himani Shivpuri, Anil Dhawan



Jeudi 28 octobre - 20.30

Stars: Arjun Kapoor, Sanjay Dutt, Kriti Sanon



India's Covid vaccine exports resume - but others must step up to vaccinate the world

Whereas most service workers might seek peer support for the psychological pressures of their job, such choices are risky in the game of politics



Rory Horner
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Development Institute,
University of Manchester

The Indian embassy in Iran recently celebrated the arrival of 1 million doses of Covaxin, a COVID vaccine developed in India by the pharmaceutical company Bharat Biotech. Bangladesh, Myanmar and Iran also recently received a million doses each of Covishield, the version of the Oxford/AstraZeneca vaccine produced by the Serum Institute of India, the world's single largest vaccine producer.

These 4 million doses, delivered in early October 2021, were the first to be exported from India in more than six months. Dubbed the "pharmacy of the world", India has the largest vaccine-production capacity of any country. It therefore has a massive role to play in vaccinating the world. However, up until recently the "pharmacy" has been closed to other countries.

Unlike most COVID vaccine producers, India began exporting doses through its "vaccine friendship" initiative - a diplomatic programme based around gifting vaccines to lower-income countries - the same week it began its domestic vaccination programme, back in January 2021. It was soon internationally hailed as a "vaccine superpower". However, in late March exports ground to a halt, as India's devastating second wave took hold and all resources were diverted towards its domestic vaccine programme.

In mid-May, the Serum Institute of India said it hoped to start delivering doses to other countries again "by end of this year". This included resuming giving doses to Covax - the international vaccine-sharing initiative backed by the World Health Organization - upon which many low- and middle-income countries are highly reliant for supplies. In late August, the chairman of the Indian government's National

Technical Advisory Group on Immunization also forecasted that vaccines would start being sent abroad again in 2022.

So exports have resumed earlier than many insiders forecasted. The reason for this is the enormous progress India has made on getting cases under control and levels of vaccine protection up, as demonstrated by the milestone of one billion doses having now been administered.

While it took more than six and a half months for the first 500 million COVID vaccines to be given in India, the second 500 million were administered in just two and a half. This progress has seen India recently record its lowest COVID case levels in months. On October 17, Mumbai recorded its first day with zero COVID deaths in more than a year and a half.

What's allowed India to get here so quickly, having been in such a bad position earlier this year, is its huge increase in COVID vaccine production. The monthly output of the Serum Institute - which produced 88% of the first billion jabs administered in India - has increased from 60 million doses at the peak of India's second wave to 220 million doses.

Bharat Biotech - producer of the recent exports to Iran - has also increased its monthly output, although on a smaller scale: from 5 million to 30 million.

But the impact will be delayed

Although having now resumed, India's vaccine exports won't gain significant momentum until next year, according to recent statements.



Increased production of both the Covaxin and Covishield vaccines has allowed India to export again. Jagadeesh NV/EPA-EFE

The Serum Institute signed a major deal back in June 2020 to manufacture and supply the Oxford/AstraZeneca vaccine to Covax. However, such exports have not restarted yet, and the institute's CEO, Adar Poonawalla, has expressed



Jagadeesh NV/EPA-EFE

uncertainty over whether they will in October.

Last month, Poonawalla suggested that large volumes would be going to Covax by January 2022, and promised to have delivered a billion doses to Covax by the end of next year, one year later than this milestone was supposed to have been reached. The delay in regulatory approval for the COVID vaccine developed by Novavax, which the institute is also manufacturing, is an additional factor here.

Similarly, V.K. Paul, who heads the Indian government's COVID task force, also placed greater expectations on 2022, saying that "a huge, huge availability of vaccines can be visualised for next year" rather than in 2021.

India still has a long way to go with its domestic vaccination programme, and so there is still considerable domestic demand for COVID vaccines, including, potentially, booster shots. On October 16 - five days before the billion-dose milestone - India crossed the threshold of fully vaccinating 20% of its population. Hundreds of millions of doses are therefore still needed to get the country fully protected.

Others must step up

So despite exports resuming, there appears little prospect of Indian-made vaccines boosting the vaccination fortunes of low-income countries until at least 2022. In these countries, just 2.9% of people are fully vaccinated and only 29.5 million

doses have been administered.

For the last seven months, with India's exports on hold, what's been needed is for other countries and manufacturers to supply Covax. This is still the case.

When exports were halted, Covax immediately issued a warning that its deliveries would be delayed, such was its reliance on India. In September, Covax downgraded its 2021 supply forecast from 2 billion to 1.425 billion doses, reflecting its inability to have found sufficient alternative suppliers to India over the last six months.

As the "pharmacy of the world", India has shouldered the responsibility of providing medicines and vaccines to lower-income countries for two decades. It has increased access to medicines enormously. The world's approach to COVID vaccination simply relied on more of the same. India was expected to play a key role in supplying low- and middle-income countries via Covax, only for its devastating second wave to derail those plans.

High-income countries have also pledged to share close to 2 billion vaccine doses with lower-income countries, but so far, only 14% of these donations have been sent. The resumption of vaccine exports from India cannot be a another excuse for these countries - who have very high vaccination rates, with some already running booster campaigns - to further delay supplying doses to low-income countries and thus prolong the pandemic.