

# MAURITIUS TIMES

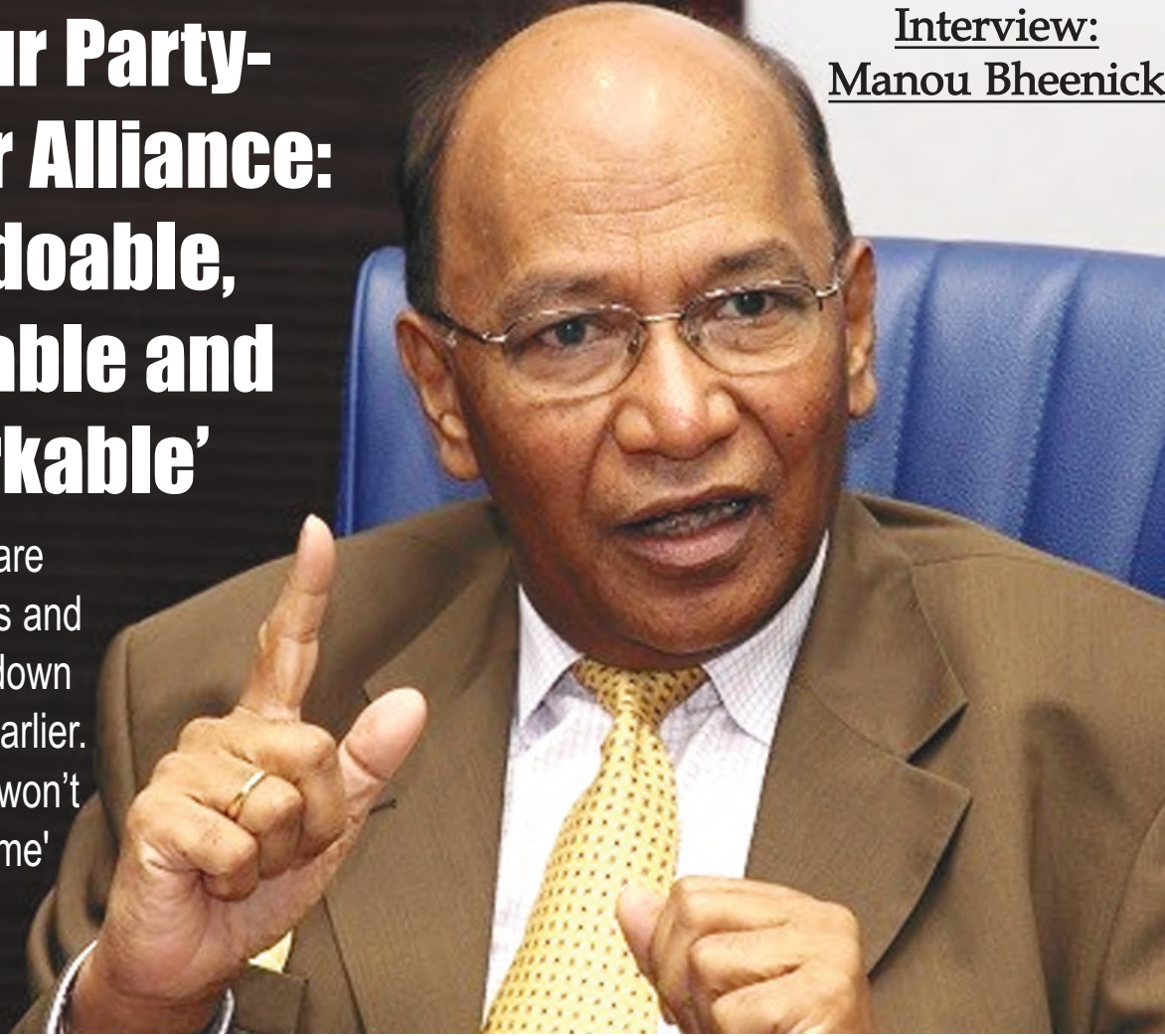
• "Our anxiety does not come from thinking about the future, but from wanting to control it." --Kahlil Gibran

## Labour Party- L'Espoir Alliance: 'It's doable, winnable and workable'

\* 'Coalitions are fragile creatures and tend to break down mid-course or earlier. This obviously won't do, not this time'

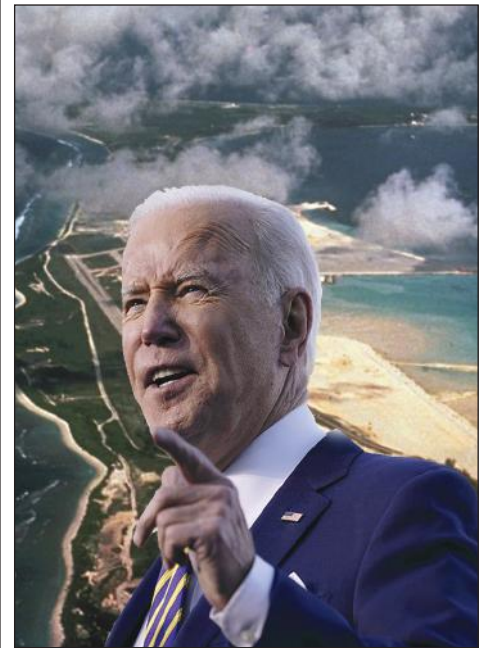
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## 'Stay positive, Test negative!'



At the end of the day, we have to maintain optimism and keep up hope, persevere with what has to be done to not only survive but live as well as we can under the circumstances

By Dr R Neerunjun Gopee See Page 3



# Electoral Petitions & Recount

**T**he new year starts with some encouraging news for opposition parties with the latest stand taken by the Electoral Commission and the Returning Officer not to oppose the plea for the recount of votes in the matter of MMM candidate Jenny Adebiri who had contested the election of ML candidate Ivan Collendavelloo in Constituency No. 19 at the last general elections. In light of this latest stand of the Electoral Commission, which had precedently ruled out any possibility of electoral fraud or any other miscalculations in the electoral process, a ruling by the Supreme Court in favour of a recount in that particular constituency seems more than plausible.

In her petition against the election of Ivan Collendavelloo by a margin of 92 votes, unreturned candidate Jenny Adebiri had focussed on the controversial use of computer rooms in the counting process, but it turned out from an official document submitted by the Electoral Commission two days prior to the hearing of the case that irregularities took place in the manual counting process itself.

Although Opposition leaders have generally been cautious and chosen not to prejudice the outcome of the petition out of deference for the Supreme Court, the avowal of irregularities in the manual counting of votes by the Electoral Commission in that particular constituency, though welcome, gives credence to the doubts expressed in Opposition quarters and by the Labour Party leader himself that somewhere along the line things have been messed up.

However, it remains to be proved that there was any deliberate and fraudulent intent to manipulate the electoral results in those constituencies where results have been contested; it would also seem that the burden of establishing the necessary proof of fraudulent intent falls squarely on the shoulders of petitioners, which may prove to be an extremely arduous task.

One would recall that the Supreme Court dismissed last year the petition of Ezra Jhuboo, an unelected candidate in Constituency No 14, Savanne/Black River, who contested the operation of the computer room, which he alleged to have formed part of the counting process, as well as probable irregularity in that same exercise. Justices G. Jugessur-Manna and D. Mootoo ruled that Ezra Jhuboo "failed to prove by way of cogent evidence on a balance of probabilities that there was any connection between the computer room and the physical manual counting process... and the final results announced". They also dismissed the "alleged opacity surrounding the computer room", which would have impacted "the veracity of the figures derived from the manual counting process" as well as the allegations of probable irregularity in the counting exercise and the computation of votes. As for the latter point, Justices Jugessur-Manna and Mootoo spelt out, drawing on previous judgements, namely Rivalland v Chaperon [1953 MR 300], and Seedoo v The Returning Officer for Ward 4 of the Municipal City Council of Port Louis & ors [2013 SCJ 290] that "the onus is on the petitioner to bring cogent evidence and material facts to prove on a balance of probabilities that there have been mistakes committed in the counting of votes".

Whatever the ultimate outcome of the petition of Jenny Adebiri, and even if it is not going to alter the 'rapport de forces' presently prevailing in the Assembly - and for that mat-

ter neither will the other petitions awaiting a hearing by the Supreme Court challenge the government's comfortable parliamentary majority, there are many side questions that may befuddle ordinary laymen and concerned citizens

**a.** Why were certain documentary summaries of manual vote counts disaggregated by counting room, and their comparison with EVM output, as alleged in the press kept under wraps?

**b.** We will abstain from further comment on the changes to our electoral counting through the novelty of uploading manual tallies onto a computer in a computer room, where some candidates but not all, had clearly privileged access. It added a new processing layer for which we would have expected a more transparent and fullsome vetting procedure.

**c.** The present case for which final judgement is being awaited, concerns the credibility (or lack thereof) of the manual counting process even before their controversial computer uploading. In the face of the Electoral Commissioner's avowal that there were such irregularities in manual counting and tallying that the process was obviously tainted and required a full recount, are those twin institutions in a position to still vouchsafe the integrity of electoral counting elsewhere, and, in particular, where margins are narrow between the last returned and the best unreturned candidates?

**d.** Accessorily, surprised observers may wonder why the Electoral Supervisory Commission, did not on its own volition do a recompilation and verification in those cases where the petitions were filed two years ago. That might have revealed simple gross counting errors even if not necessarily malicious or deliberate far earlier than the two years we are witnessing today.

**e.** What is regrettable is the long delay in the determination of election petitions for different reasons and not entirely attributable to the Supreme Court's approach towards electoral petitions. This is an unacceptable flaw in such a vital element of our democratic space and should be addressed.

There are many Commonwealth countries including India and several African nations, where pleas against different aspects of the voting process are heard and disposed within weeks or months. Even in the UK there are lessons to be drawn in this respect. The May 1, 1997 election of Member of Parliament for Winchester, Mark Oaten (Liberal Democrat), contested by the Conservative Party candidate Gerry Malone, was declared void five months later, on 6 October 1997, by Lord Justice Brooke. Another legal challenge by the defeated Independent Rodney Connor (who lost by four votes and lodged a petition seeking a recount) against Sinn Féin MP Michelle Gildernew's win in the Fermanagh and South Tyrone constituency was rejected by Northern Ireland's Lord Chief Justice on 22 Oct 2010 - one month after the case began on 13 September 2010.

One interesting point to note is that pending the determination of the legal challenge against MP Michelle Gildernew's general election win by Rodney Connor in the Fermanagh and South Tyrone constituency, Gildernew along with her Sinn Féin colleagues abstained from taking her seat at Westminster. Can we see that happening here?

## The Conversation

**World economy in 2022:**  
the big factors to watch  
closely Will we now see a  
proper pandemic recovery?



UK omicron restrictions have already hurt the economy.  
Pic - Anna Watson/Alamy

**W**ill 2022 be the year where the world economy recovers from the pandemic? That's the big question on everyone's lips as the festive break comes to an end.

One complicating factor is that most of the latest major forecasts were published in the weeks before the omicron variant swept the world. At that time, the mood was that recovery was indeed around the corner, with the IMF projecting 4.9% growth in 2022 and the OECD projecting 4.5%. These numbers are lower than the circa 5% to 6% global growth expected to have been achieved in 2021, but that represents the inevitable rebound from reopening after the pandemic lows of 2020.

So what difference will omicron make to the state of the economy? We already know that it had an effect in the run-up to Christmas, with for example UK hospitality taking a hit as people stayed away from restaurants. For the coming months, the combination of raised restrictions, cautious consumers and people taking time off sick is likely to take its toll.

Yet the fact that the new variant seems milder than originally feared is likely to mean that restrictions are lifted more quickly and that the economic effect is more moderate than it might have been. Israel and Australia, for example, are already loosening restrictions despite high case numbers. At the same time, however, until the west tackles very low vaccination rates in some parts of the world, don't be surprised if another new variant brings further damage to both public health and the world economy.

As things stand, the UK thinktank the Centre for Economics and Business Research (CEBR) published a more recent 2022 forecast just before Christmas. It predicted that global growth would reach 4% this year, and that the total world economy would hit a new all-time high of US\$100 trillion (£74 trillion).

**Muhammad Ali Nasir, Associate Professor in Economics and Finance, University of Huddersfield**

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## Mauritius Times

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Dr R Neerunjun Gopee

**B**esides boosters against Covid-19, the whole world needs a mega boost as we enter the third year of the pandemic if we are to successfully fight it out. The SARS-COV-2 virus is like a slippery chameleon, frequently changing its (sur)face so as to escape detection and attack by the body's immune system. Before the year 2021 was out, the new mask it wore earned it the name Omicron, conferred after weighty considerations so as to avoid offending national sensibilities. Omicron continues to give us a good run for our money and looks set to continue this game, despite attempts by smaller fries – Flurona (flu + coronavirus), Deltacron (Delta + Omicron identified in Cyprus a few days ago) to unseat it. This fact notwithstanding, this is not to say that Omicron will not be superseded at some stage by a successor, and equally successful, variant – as has happened to all the previous ones.

So much of information for popular consumption is available live and on a 24/7 basis that it has spawned an overload of populist coronexperts. It is therefore futile to add more to the topic save to say that serious analyses of the data being collected daily, covering the disease profile and metrics such as the number of infected cases, hospitalizations, death rates, etc., show a pattern of milder and mainly upper respiratory (nose and throat) symptoms, lesser ICU admissions, and a slowing incidence of deaths associated with the Omicron variant. This is although there is an overall higher number of cases being recorded, made up of both Delta and Omicron. While it is also noteworthy that these metrics are significantly lower in the vaccinated as compared to the unvaccinated, still these numbers are being described as skyrocketing because they are overwhelming the hospital and health systems as had been feared and compounded by health staff needing self-isolation or falling ill – as many as 20% in the UK last week, the army having to be called in to help in London.

Thus, as the WHO has cautioned, there

# 'Stay positive, Test negative!'

*At the end of the day, we have to maintain optimism and keep up hope, persevere with what has to be done to not only survive but live as well as we can under the circumstances*



Pic - national.ca/workspace

**“At individual level and on a day-to-day basis, ‘Stay positive’ is a tougher call, especially for those who have suffered from Covid, have lost loved ones, become unemployed. If we add to that the difficulties being faced to cope with children’s schooling at home, work-at-home schedules which haven’t turned out to be as rosy as was thought initially, the restrictions on socializing which are translating into mental problems or violence. These are down-to-earth hardships which are hitting communities across the world...”**

is as yet no case for lowering our vigilance despite the hopeful trends that are showing up in the ongoing analyses. We must constantly keep in mind that it is only a *combination* of measures – sanitary precautions, medical therapies, and vaccinations – that will help us in combating the pandemic, not just one of them.

In the very nature of scientific and medical advances, which are attended by much discussion and debate about findings that are continually being updated and added, it was to be expected that there would be uncertainties and controversies about medical treatments and vaccination with its several options – a reality which has dogged the management of Covid-19 from the very beginning. Despite that, though, collective medical experience made it possible to proceed along fairly definitive guidelines in managing the cases and the overall health situation.

In this regard, it is worth recalling the sound advice given by Dr Saumya Swaminathan, Chief Scientist WHO, in an interview a few days ago, to wit that the simplest and most effective way of not getting infected (possibly the cheapest too) is by using a mask. This has no doubt become a tedium – unfortunately, it is a measure that is here to stay for a long time to come. Along with social distancing, hand sanitization and avoiding crowds as far as possible, this is the safest way for us to ‘test negative’ that is entirely within our individual control, every other strategy being outside our direct ambit.

In fact, this could be said to be the eas-

ier part of the post ‘Stay positive, Test negative’ forwarded to me by a colleague and friend in Melbourne, Australia, who himself received it from a contact in Israel, which has now begun to administer a *fourth* vaccination as it has been facing an unprecedented surge despite having among the highest vaccination levels in the world.

But ‘staying positive’? This is now a real challenge in a world where there are so many negativities that add up to give a sense of doom and gloom. Writing in ‘Project Syndicate’ on Jan 6, 2022, under the title ‘A World of Mounting

Disarray,’ veteran American diplomat and foreign policy expert Richard Haass begins on a pessimistic note in his opening lines: ‘My book, *A World in Disarray*, was published five years ago this month. The book’s thesis was that the Cold War’s end did not usher in an era of greater stability, security, and peace, as many expected. Instead, what emerged was a world in which conflict was much more prevalent than cooperation.

Some criticized the book at the time as being unduly negative and pessimistic. In retrospect, the book could have been criticized for its relative optimism. **‘The world is a messier place than it was five years ago – and most trends are heading in the wrong direction.’** (Bold added)

Without any stretch of the imagination one can perhaps hear many making a similar diagnosis about our own country. Richard Haass goes on to illustrate his thesis by pointing to a number of dysfunctions: the pandemic has exposed the inadequacies of the international health machinery; vaccine inequity – some three billion people (many in Africa) have yet to receive a single dose of a Covid-19 vaccine. This was also highlighted by Dr Swaminathan in the same interview, when she was explaining what is being referred to as the WHO paradox about booster doses – which is in effect no paradox because a different logic applies for the two actions that WHO recommends.

Vaccination is required to prevent people being infected by Covid-19, as well as to reduce the severity of the disease and the risk of complications (also the need for

ICU care) and death, all of which should reduce the pressure on the hospital system at least.

On the other hand, as a matter of public policy, administering booster doses in countries that can afford to do so deprives the poorer ones of receiving even a single dose, as pointed out by Richard Haass. In a globally connected world, where travel is inevitable though currently at an ebb, this policy diminishes further the prospect of bringing the pandemic under control any time soon.

Further negativities advanced by Richard Haass can add to our pessimism: the ongoing pandemic has reduced global economic output by trillions of dollars; climate change: the world is on course to get warmer, extreme weather events are more frequent, fossil fuel use is up; governments have pledged to do better but their performance remains to be seen; cyberspace remains akin to the Wild West, with no sheriff willing or able to set boundaries on acceptable behaviour with violations of the cyberspace of others to sow political discord or steal technology; nuclear proliferation continues; great power rivalry is more pronounced; a humanitarian crisis with more than 80 million displaced; the Middle East is home to several ongoing wars; democracy is in crisis even in its modern birthplace, the US, where there is greater disarray internally, with political polarization and political violence emerging as serious threats.

Anything positive? Yes: the rapid creation of vaccines that dramatically reduce vulnerability to Covid-19; new green technologies that reduce reliance on fossil fuel. More importantly: so far, great power rivalry has not descended into war.

At individual level and on a day-to-day basis, though, ‘Stay positive’ is a tougher call, especially for those who have suffered from Covid, have lost loved ones, become unemployed. We can add to that the difficulties being faced to cope with children’s schooling at home, work-at-home schedules which haven’t turned out to be as rosy as was thought initially, the restrictions on socializing which are translating into mental problems or violence. These are down-to-earth hardships which are hitting communities across the world.

But, at the end of the day, we have to maintain optimism and keep up hope, persevere with what has to be done to not only survive but live as well as we can under the circumstances, and ‘count our blessings’ however few they may be... To daunt the beast, no option but to ‘Stay positive, Test negative.’



# Diego: Can the status quo be moved?

Jan Arden

**A**s we know, despite the high moral costs in international fora, both the UK and the USA have, up to now, kept to their stance and firmly ignored the last United Nations General Assembly resolution on our sovereignty over Diego Garcia, and the need for the UK to complete the decolonization process by handing over responsibility to Mauritius. The issue is expected to remain a sore point and a continuing source of frustration unless our diplomacy, so willing, analyzes the stumbling blocks and opportunities, if any, for moving the status-quo in a region that is awash with strategic refocus by all regional and international superpowers.

With the vast expanse of our maritime EEZ, that may well be a necessary even if tricky card act: how to keep safeguarding our vital national security and geo-economic interests, when we are facing a whirlwind of new challenges, both in the northern Indian Ocean Sea lines of communication (SLOC) and the maritime routes to and around southern Africa. While the now cancelled Vibrant Gujarat event might have offered useful face-to-face exchange of views between the Mauritian PM and key Indian polity regarding constructive avenues of progress on the Diego issue, our diplomacy needs to remain alert and, on its toes, even for lateral or out-of-the-box thinking.

All major political parties, past PMs and the current one have agreed that the sovereignty issue should be decoupled from the lease of the islands and infrastructure issue. In fact, all those leaders have offered that the USA be immediately leased back the islands for as long as required for defense purposes or on a long-term basis by Mauritius directly rather than through the illegal charade of the British Indian Ocean Territory (BIOT), an excision imposed in 1965.

If not much has moved, at least officially, on that oft-repeated proposal, then our diplomacy should be evaluating the strategic and tactical rationale behind such a rather uncompromising stance by our Western allies. It is in our interest to fathom out those underpinning factors, probably unspoken, if there is any meaningful progress to be achieved on the horizon of our times.

We may get one handle on the enduring psychology behind US National Security establishment stance through some cardinal events that took place in South and South-East Asia over past decades. And, more relevant to the Diego air and naval US base, may be the excruciating experience of the latter in the Philippines, when the major US naval base



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(Subic Bay) and the adjoining Clark air-base facility, had to be vacated in 1992 after a crucial and impassioned 12-11 vote in the Philippines Senate refusing to extend the expiring US lease.

The Philipinos rapidly found out the costs of being left at the mercy of China's expansionist drive even then, and less than six years later had to rush back under the protective US umbrella. It is only now with the Biden administration that the US and Philippines are trying to recalibrate and redefine their difficult strategic partnership anew. There is a real possibility that experience left some deeper scars which may go some way to understanding the utter US reluctance to relive such episodes again in such a vital zone as the northern Indian Ocean.

Another concern to the US might be the fact that direct lease to Mauritius would obviously come at extra defense budget costs, as the current UK charade gives them free unhindered usage of Diego islands and its surrounds. Comparing with the \$63m the US pays annually to Djibouti for its ten-year lease on Camp Lemonnier for conventional forces, (increased from \$38m in 2014), the prospect of such new budgets may be a factor, albeit not determinant, in US pursuance of the current status-quo of a freebie from the UK.

But perhaps, the more intractable aspect that may keep movement on the Diego issue at bay, is that Mauritius as a sovereign state is signatory to perhaps several treaties at the African Union if not international level, that could be problematic for UK/US allies. This is not about tuna and other fishing rights, the Tromelin sharing protocol or the Economic Zone

delimitation between Indian Ocean islands and states, all matters that can be amicably resolved in good faith. Nobody can predict, still less the US/UK governments and their national security establishments, what legal tussles may be caused by existing treaties, or other new international treaties a future Mauritian government may happen to sign, with the corresponding long shadows of the Philippines experience in mind.

In the March 2021 Guidance notes on National Security, the Biden US administration makes a lucid assessment of the evolving world geo-politics recognizing that “the alliances, institutions, agreements, and norms underwriting the international order the United States helped to establish are being tested” and that “both Beijing and Moscow have invested heavily in efforts meant to check US strengths and prevent us from defending our interests and allies around the world.”

This written analysis by POTUS Biden is unusually frank: “The United States cannot return to business as usual, and the past order cannot simply be restored.” A past world order is being phased out and a new one is in labour pains having yet to emerge.

Such a statement could be interpreted in many ways but we are undoubtedly, particularly in the Indian Ocean, about to witness new storms in the tussles, competitions and cooperation that would inevitably accompany an acceptable future world order. In these times, our diplomacy, with outside expertise where necessary, should be adept at deciphering those emerging trends. That may go some way in helping the authorities understand what new element the Mauritian side can bring to the Diego equation, while mindful of our network of allies and our own larger strategic national interests over the vast expanse of our marine economic zone.



1956-2021



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# Another look at the January 6 Uprising



Anil Madan

**O**n January 6, 2021, as the anniversary of the assault on the US Capitol came and went, Democrats and Republicans remained divided not only about what happened, but also about what to call the events of that day. The usual cliché that the truth lies somewhere between what opposing sides say, simply does not help resolve the impasse. Multiple cameras recorded many hours' worth of video depicting the day's events, yet the two sides cannot reconcile their differing perspectives.

Each says to the other, don't believe what your lying eyes see. Reality is something other than what each side claims. Yes, the truth is indeed somewhere out there. But even as part of America goes through self-examination, all facts necessary to paint a definitive picture have not yet come to light notwithstanding that a whole year has gone by.

The Democrats and the left-leaning media outlets immediately dubbed the events of January 6 an "insurrection" and an assault on America's Democracy. Republicans and right-leaning outlets such as Fox News, have tried to minimize what happened, often calling it just a riot, or falsely blaming Antifa (a left-wing anti-fascist and anti-racist political movement in the US), various undefined leftists, and even the FBI for instigating the violence.

Even former Vice President Mike Pence who was the object of the "Hang Mike Pence!" chants, deflected thus: "I know the media wants to distract from the Biden administration's failed agenda by focusing on one day in January. They want to use that one day to try and demean the character and intentions of 74 million [Trump voters]." So "one day in January" is about as dismissive as a person whose neck was sought for a noose can be.

## A Mixed Picture

If we take the strict dictionary definition of "insurrection": a violent uprising against an authority or government, clearly this was an insurrection. At the same time, one must accept that there is a reasonable argument that what happened on January 6 should not be exalted to that level. If one treats an insurrection as involving an attempt to overthrow a government, effectively a coup, the events of January 6 offer a mixed picture.

*Has American Democracy been threatened? Is it really in danger of collapsing? The short answer is no. But there are significant dangers for American Democracy*



**“On January 7, 2021, one day after the invasion of the Capitol, Trump said in a televised statement: ‘The demonstrators who infiltrated the Capitol have defiled the seat of American democracy. To those who engaged in the acts of violence and destruction, you do not represent our country. And to those who broke the law, you will pay.’ Some six months later, Trump said: ‘These were peaceful people, these were great people...’”**

Certainly, the invading mob seemed ready to hang or otherwise execute Mike Pence, Mitt Romney, Nancy Pelosi, as well as other senators and congressional representatives. But it was not a coup in the sense that the mob thought they were following the wishes of their putative leader Donald Trump, as his surrogates, but they were certainly not trying to replace him at the head of a new government.

And what if they had succeeded? Well, that begs the question, what were they seeking? If they had succeeded in killing Pence, Romney, Pelosi, and Schumer, and perhaps one or two others, what would have come of it?

The answer is probably nothing other than homicide and sedition trials. If they had succeeded in convincing Pence to ignore his constitutional duties and if he had sent the matter back to some of the states to resolve how their electors should be counted, surely a spate of lawsuits in federal courts would have eventually led to review by the Supreme Court. And just as Trump and his cohorts had lost 62 or 63 lawsuits challenging the election results, they would have lost this one too.

Of course, Trump would still have been Commander in Chief of the armed forces. But General Milley the Chairman of the Joint Chiefs of Staff, had made it clear that the armed forces do not get involved in politics. It is difficult to imagine that Trump would not have unceremoniously been marched out of the White House had he refused to leave.

The picture is complicated because America as a nation needs to come to grips with how it will account for Trump's responsibility for that day, the responsibility of the individuals who made up the mob, and the political disposition of the Republican senators and congressional representatives who stood up for Trump then and have continued to deny or misrepresent the events of the day.

On January 7, 2021, one day after the invasion of the Capitol, Trump said in a televised statement: "The demonstrators who infiltrated the Capitol have defiled the seat of American democracy. To those who engaged in the acts of violence and destruction, you do not represent our country. And to those who broke the law, you will pay." Some six months later, Trump said: "These were peaceful people, these were great people."

Other leading Republicans have also blustered after condemning the rioters. Kevin McCarthy, the Republican Leader in the House, said on the floor of that body: "What we saw last week was not the American way. Neither is the continued rhetoric that Joe Biden is not the legitimate president." Today, McCarthy is an apologist for Trump. Keep in mind that he wants to be Speaker of the House if the Republicans gain control in the November 2022 election cycle.

Senator Mitch McConnell, the outgoing Senate Majority Leader put it bluntly: "There is no question, none, that President Trump is practically and morally responsible for provoking the events of the day." He added that Mr Trump watched the events unfold on television. "A mob was assaulting the Capitol in his name. These criminals were carrying his banners, hanging his flags and screaming their loyalty to him."

McConnell added: "This was an intensifying crescendo of conspiracy theories orchestrated by an outgoing president who seemed determined to either overturn the voters' decision or else torch our institutions on the way out." And yet, even though his wife, Elaine Cho, resigned from Trump's cabinet after January 6, McConnell did not vote to convict Trump at his impeachment trial.

## Complete justice

Against this backdrop, some 700 persons who invaded the Capitol have been arrested. About 170 have pleaded guilty, some to minor charges. Most have received minor sentences, but some have been given prison sentences of four years or more. The swirl in the air is that cases with more serious One is left with the sense that unless Trump is held accountable, complete justice will not have been achieved.

Meanwhile, the House of Representatives commission conducting an inquiry into the events of January 6 continues to release information suggesting that it has evidence that Trump actively sought to overturn the results of the election not only by filing lawsuits which, if merited, are absolutely within his rights, but by exerting pressure on state election officials and Vice President Pence. It is these latter actions that suggest possible criminal exposure for Trump.

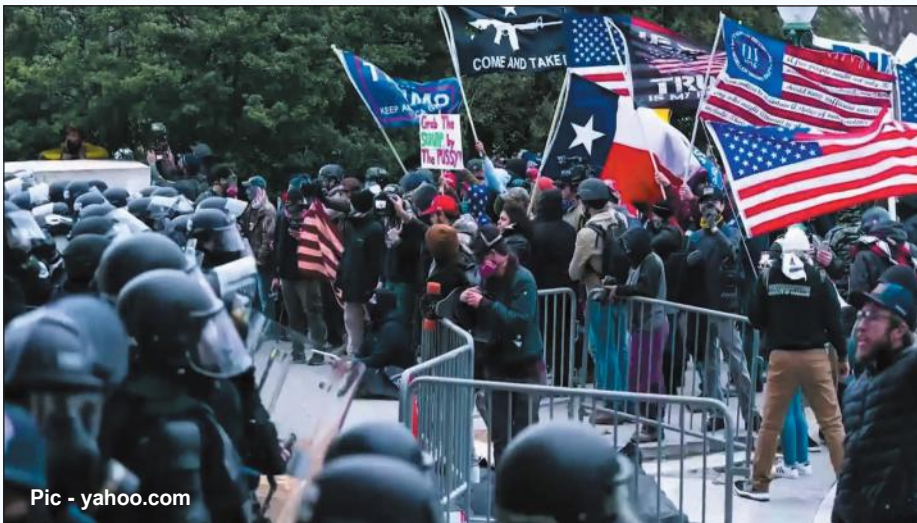
For months before the election, Trump had been sowing the seeds of the narrative that if he lost the election, it would be due to fraud. From election day onward, Trump has repeated the lie that the election was stolen for him.

Trump's claims were roundly debunked. The coordinating bodies on election infrastructure and security said in a joint statement issued by the Department of Homeland Security's Cybersecurity & Infrastructure Security Agency (CISA): "The November 3rd election was the most secure in American history."

● Cont. on page 6



# Another look at the January 6 Uprising



Pic - yahoo.com

“Some 700 persons who invaded the Capitol have been arrested. About 170 have pleaded guilty, some to minor charges. Most have received minor sentences, but some have been given prison sentences of four years or more. The swirl in the air is that cases with more serious One is left with the sense that unless Trump is held accountable, complete justice will not have been achieved...”

● Cont. from page 5

Right now, across the country, election officials are reviewing and double-checking the entire election process prior to finalizing the result.”

Attorney General William Barr who had previously made unfounded speculations that mail-in ballots were susceptible to fraud, declared that there was no evidence of widespread fraud that would have changed the result of the election. And Trump and his supporters lost in 62 or 63 lawsuits they filed in courts across the land. In short, Trump lost.

Since the election, recounts in state after state have reaffirmed the reality that Trump lost. But even as recently as two days ago, Trump repeated the lie. He dismisses officials who affirmed recounts showing that he lost as

tion because polls show that significant numbers of Republicans and Independents remain unwilling to accept Biden's victory as legitimate. One poll recorded 46% of Republicans and 25% of Independents saying that Biden's victory was definitely not legitimate and an additional 25% of Republicans and 6% of Independents saying that his victory was probably not legitimate.

In a nation which has tolerated legitimate recourse to the courts by candidates who wish to contest their election losses but expects a gracious concession from the loser once that process is over, these are staggering results. That the nation has come to tolerate the utter gracelessness of Trump's behaviour is one of indicia that Democracy has suffered grievous blows at his hands.

What Americans on either side of the political divide

mere RINOs (Republicans in name only).

## The realities of electoral politics

Much of the difficulty that America faces in coming to grips with January 6 reflects the realities of electoral politics.

*First*, the Democrats and Republicans in Congress and at large in the states, have different political agendas and imperatives for gaining control of Congress and ensuring victory in future elections.

*Second*, there is the specter of Donald Trump and his overbearing presence as perceived and feared King-maker in the Republican Party.

*Third*, Republican politicians are comfortable with propagating the lie that Trump did not actually lose the election

have failed to grasp is that Trump is simply being Trump? Hark back to the first Republican Party presidential debate when Trump was the only candidate who refused to commit to supporting the party's nominee if he himself failed. Trump's refusal to accept that he must commit to displaying the grace that our system of Democracy expects and depends on, marked him as one willing to denigrate Democracy.

Nor did he stop there. He refused to commit to an acceptance of the election results should Hillary Clinton defeat him. That eventuality did not test Trump's mettle, but one can only imagine the whining if he had not prevailed. The rest is history.

So, where does this leave us? Has American Democracy been threatened? Is it really in danger of collapsing? The short answer is no. But there are significant dangers for American Democracy and much of the confidence and trust in our institutions has been eroded.

The most significant danger and erosion are that countries like China and Russia have been emboldened to declare that their authoritarian and centrally manages systems of governance are more stable and reliable than the fractured Democracy of America. They have used such claims to justify their repression at home and their aggressions abroad.

Domestically, American Democracy has suffered a deep wound from within. The Republican-controlled legislatures of states have been emboldened to enact legislation that has the potential to repress the votes of minorities and possibly ensure Republican control for years to come. These developments are a clear result of Trump's depravity but for a man who led with the slogan Make America Great Again, he has certainly left American less great and diminished than he found it.

The Republicans may have found plausible deniability about what happened on January 6, but both sides are in danger of being willfully blind to what actually happened.

Cheerz...  
Bwana

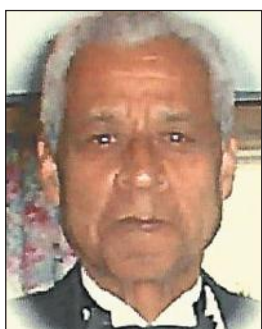
## Memoriam

### Karl 'Dede' Ramsamy

January 23, 1940 – January 4, 2002

In loving memory of Karl 'Dede' Ramsamy who passed away 20 years ago on January 2nd 2002, aged just 61 years old.

Even though he lived most of his life in the UK, Mauritius was always in his heart, but sadly missed his dream to end his days where he was born in Port Louis.



He loved his family, and his place of work as Gardens Officer at HM Downview Prison, and he is still very much loved and missed today 20 years on by his family.

His memory will always be cherished by his family and friends - and all those who loved him.



## COMMUNIQUE

### Portable Retirement Gratuity Fund (PRGF)

The Mauritius Revenue Authority (MRA) informs employers that the obligation to contribute to PRGF, will be applicable as from the month of **January 2022**.

The submission of the **PRGF return** for the month of **January 2022** and the payment of the contribution due are required to be made on or before **28 February 2022**. To this end, the necessary facilities will be available on the MRA website: [www.mra.mu](http://www.mra.mu) by the end of January 2022.

It may be recalled that the obligation to contribute to PRGF was suspended for the period January 2020 to December 2021. PRGF contribution with respect to that period shall be deemed to form part of "Past Services".

The facilities for the submission of "**PRGF Past Services**" return and payment of contribution with respect to the employment of employees for months **prior to January 2022** will also be available on the MRA website.

For further information, kindly visit the MRA website, or phone the MRA Helpdesk on **207 6000** during working hours.

MAURITIUS REVENUE AUTHORITY

31 December 2021

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## The Molnupiravir Saga

# 'Of course, ICAC has a duty to investigate, but how it does it is another matter'



**W**hile several high-profile investigations of cases with political ramifications are still awaiting completion, the ICAC has been handed another hot potato with investigations ordered in the Molnupiravir saga. New twists and revelations indicate that the schemes to defraud public funds under fabricated emergency procedures may go beyond high-level pharmaceutical officers and may require auditioning of higher politico-administrative levels. The institution has wide-ranging powers and some moral obligation to undertake its task fearlessly but has it the gumption to do so remains to be demonstrated. Lex delves into the legal parameters surrounding such investigations by our only financial crime investigation authority.

LEX

\* The Molnupiravir Saga and investigation are taking another turn with the Registrar of the Pharmacy Board and Principal Pharmacist, Brijendrasing Naeck, implicating the top guns of the Ministry of Health for allegedly creating an "artificial shortage" of Covid drugs, thereby leading to a "State of Emergency" procurement of the drug, far in excess of the requirements of the Health services. Investigators will need to sort out the truth from the half-truths or even lies, if any, in this saga. How should investigators committed to get to the bottom of this matter go about unearthing the truth from what appears to be cross-linked processes leading to the procurements?

Well, the only investigator in this matter is the Independent Commission Against Corruption (ICAC). It is up to it, given the powers it has under the Prevention of Corruption Act 2002 (POCA) to use all means possible to go to the bottom of the case without sparing

anybody.

\* Does the ICAC have a duty to investigate into any suspected case of corruption brought to its attention by any other State agency or of its own volition, and does the law provide for a time limit within which it should submit its report thereon?

Unfortunately, there is no time limit. Without playing politics, we have seen investigations into suspected corruption that have a political backdrop being jettisoned to oblivion.

Of course, ICAC has a duty to investigate, but how it does it is another matter. There two strands to an investigation; the first one which requires honesty and integrity which means that all avenues of a suspected case of corruption will be investigated, irrespective of who the suspects are. The second one is where the investigation starts on the premise that some individual/s have to be protected.

The success of an investigation depends on which strand ICAC takes.

\* The POCA lays down the procedures and rules for conducting investigations into suspected cases of corruption and money laundering. It also extends to ICAC different powers, namely the power of entry and search premises, that of arrest as well as property tracking and monitoring order; it may also apply for an attachment order, carry out the seizure of movable property, etc. Would you say that these rules and procedures and the powers conferred to it are sufficient and effective tools that should allow the ICAC to fulfil its mandate?

I would refer you to R. Laxman, who wrote in this paper on 4 February 2019 the following:

'It is one thing to have any number of institutions in a country – but which hardly perform the role for which they have been designed. It is quite another thing when institutions function efficiently to fulfill their mandate fearlessly.'

The POCA confers wide powers on ICAC to investigate cases of corruption and other financial crimes. Section 56 states that "where the Commission decides to proceed with further investigations... the Director-General may order any person to attend before him for the purpose of being examined orally in relation to any matter; order any person to produce before him any book, document, record or article; order that information which is stored in a computer, disc, cassette, or on microfilm, or preserved by any mechanical or electronic device, be communicated in a form in which it can be taken away and which is visible and legible; by written notice, order a person to furnish a statement in writing made on oath or affirmation setting out all information which may be required under the notice."

Everything therefore depends on whether the ICAC is willing to use these powers in the right direction or not. Take the 'Molnupiravir Saga', as you call it.

**"If ICAC is not allowed or does not of its own volition carry out its mandate as prescribed by the law, then it is the end of the fight against corruption. The legislation will just be a piece of cosmetic on the Statute Book. There must be a political will to combat corruption to the hilt. There must also be a ferociously independent ICAC to do so..."**

What has ICAC done so far? Summoning public officers and interviewing them under warning. We know there is high powered committee that monitors all purchases of drugs to fight the Covid pandemic. Has ICAC summoned any member of that committee? Has ICAC searched the premises of that high powered committee?

**"The POCA provides in Section 82 that no prosecution for an offence under POCA shall be instituted except by, or with the consent of, the DPP. That presupposes that an investigation has been completed and submitted to the DPP. But if investigations take years or are shelved, is there a duty of ICAC to inform the DPP? The answer is in the negative..."**

\* However, we have to admit that corruption is regarded as one of the most difficult crimes to investigate given its secretive nature involving usually two or more parties having no incentive to divulge the truth, the dearth of evidence in many cases or even witnesses, and also involving at times powerful suspects who can also be ruthless in enforcing a code of silence through intimidation and violence. What's your take on that?

Corruption is indeed one of the most complex offences to investigate as it involves vested interests. Both the corruptor and the corrupted have a vested interest in not divulging the truth as they are both in a win-win situation. Omerta would be the rule as prescribed in the mafia code. Had not a whistle blower divulged the Molnupiravir underbelly, no one would have been aware of the scandal and its ramifications.

POCA has a provision for the protection of informers. Is there a law to protect whistleblowers especially in the public service?

Any informer or whistleblower takes a big risk in denouncing corruption, especially corruption at a high level in the public service that may involve politicians. The whistleblower or informer runs the risk of losing his job if his identity Techno-nics Ltd is disclosed or becomes known. Who will take that risk? Particularly if threats of violence become the weapon of the day?

● Cont. on page 8



• Cont. from page 7

\* The Hong Kong ICAC, popularly regarded as a successful model in fighting corruption, is not only empowered to investigate corruption offences both in the government and private sector, it can investigate all crimes which are connected with corruption; there is also an elaborate check and balance system to prevent abuse of such wide power. What about our own ICAC?

Our own ICAC is not accountable to anybody or institution except to public opinion. The only exception is the power given to the Parliamentary Committee on ICAC. That Parliamentary Committee has the power to monitor and review the manner in which ICAC fulfils its functions, review the budgetary estimates of the institution; issue such instructions as it considers appropriate with regard to finances, resources and staffing, issue guidelines and give general directives to the Commission with regard to the manner in which the Commission is to perform its functions and exercise its powers.

It also receives reports from the Commission at such intervals as the Parliamentary Committee may require; makes a report to the Assembly where the Committee considers that it is expedient that the attention of the Assembly be directed to the manner in which the Commission is discharging its functions. And where the Parliamentary Committee issues a guideline under Section 61 (4), the Chairperson of the Committee shall lay the guideline on the table of the Assembly within 14 days from the date on which such guideline was issued. Has any guideline ever been tabled in the Assembly?

These are wide powers of the Parliamentary

“Corruption is indeed one of the most complex offences to investigate as it involves vested interests. Both the corruptor and the corrupted have a vested interest in not divulging the truth as they are both in a win-win situation. Omerta would be the rule as prescribed in the mafia code. Had not a whistle blower divulged the Molnupiravir underbelly, no one would have been aware of the scandal and its ramifications...”

# ‘ICAC is not accountable to anybody or institution except to public opinion’

Committee. Has that committee ever exercised those functions? If so, with what results?

\* Tony Kwok Man-Wai, former Deputy Commissioner of the HK ICAC states that given the politically sensitive nature of many corruption investigations and the embarrassment they may cause to governments, such investigations can only be effective if they are truly independent and free from undue interference. ‘This depends very much on whether there is top political will to fight corruption in the country, and whether the head of the anti-corruption agency has the moral courage to stand against any interference.’ We do not seem to have ever met that standard here, isn’t it?

“Of course, ICAC has a duty to investigate, but how it does it is another matter. There two strands to an investigation; the first one which requires honesty and integrity which means that all avenues of a suspected case of corruption will be investigated, irrespective of who the suspects are. The second one is where the investigation starts on the premise that some individual/s have to be protected...”

I will again refer to what R. Laxman wrote in this very paper on 4 February 2019:

‘It is not that under-performing countries where the rule of law prevails do not have a plethora of similar institutions that exist in well-reputed countries. They have them all. But those institutions fail to live up to their mission either because political powers that be have scorched them or because their top levels fall short of the mental and moral fibre required to do what should be done. Efficiently functioning institutions are what differentiate countries that achieve and those that do not.’

If ICAC is not allowed or does not of its own volition carry out its mandate as prescribed by the law, then it is the end of the fight against corruption. The legislation will just be a piece of cosmetic on the Statute Book. There must be a political will to combat corruption to the hilt. There must also be a ferociously independent ICAC to do so.

\* We have often seen here since the time when the first anti-corruption agency was set up many individuals, some high-profile ones, getting caught in the media limelight once an investigation has been started. Some have even been arrested and searches made in their homes and offices. Isn’t it fair that the reputation of these individuals be preserved before there is clear evidence of any corrupt offence having been committed by them?

Once somebody is arrested and cleared, ultimately the stigma of that arrest will stick to him for a long time or forever. This is particularly true in Mauritius which is a small country. This why any investigative authority must be very careful before summoning or arresting a person.

\* We understand that in instances where the ICAC decides to proceed with any further investigation, the investigation shall be carried out under the responsibility of the Director-General. What happens if it decides to discontinue any investigation?

Is it the end of the matter?

The matter is far from clear. As a rule, once an investigation is terminated, a report has to be submitted to the Director of Public Prosecutions (DPP) whatever the recommendation of the ICAC may be.

The POCA provides in Section 82 that no prosecution for an offence under POCA shall be instituted except by, or with the consent of, the DPP. That presupposes that an investigation has been completed and submitted to the DPP. But if investigations take years or are shelved, is there a duty of ICAC to inform the DPP? The answer is in the negative.

## 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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The Editorial Team

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# Seychelles: The island nation hunting for a missing \$50m

Six of Seychelles' most prominent citizens including the former First Lady are facing charges in a corruption scandal involving \$50m of missing foreign aid which has delighted some islanders but courted danger for others.

The money was a gift to the tiny republic 20 years ago from the United Arab Emirates, intended to help the struggling islands overcome a foreign exchange shortage and pay for basics: rice, flour, cooking oil.

The donation never landed. Instead, according to the charge sheet at the Supreme Court, it was siphoned off by a close ally of former President Albert René, laundered with help from others through a murky privatisation of undervalued public assets, and dispersed to bank accounts around the globe, reports BBC.

The six accused have not officially commented on the charges.

President Wavel Ramkalawan, whose Linyon Demokratik Seselwa party won power in elections 14 months ago, pledging to stamp out the corruption that for many had become synonymous with the 43-year regime of René's party.

President Ramkalawan, an Anglican priest, was part of the underground opposition at first. He spent 30 years literally

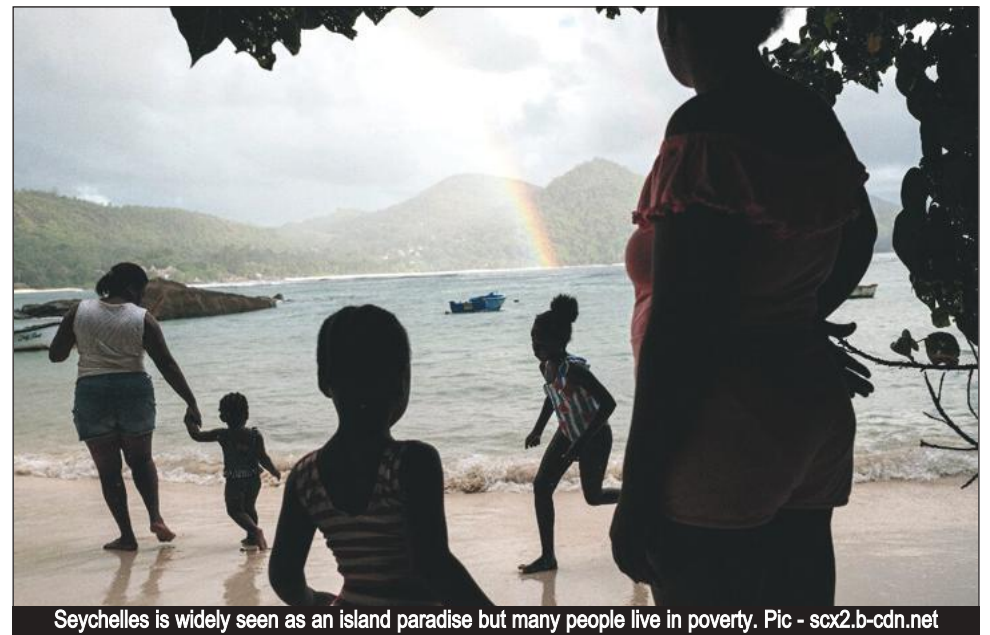
beaten and bloodied yet unbowed by one-party state repression under René and his successor, James Michel. He finally swept aside the previous regime's last and most liberal incarnation, led by Danny Faure in the October 2020 elections.

The Covid pandemic greeted Mr Ramkalawan's arrival in State House, rapidly ravaging the archipelago's tourism-dependent economy.

But the startling arrests in the \$50m corruption case of several high-profile people - including the late President René's widow - played well with a captive, Covid-restive population.

The discovery of a vast cache of military weapons at the homes of two of the accused has only added to the scandal. In an interview with the BBC Mr Ramkalawan asks: "Why were these weapons being kept? I am not scared of a lot of these things that I hear. But you have to be careful."

The priest president is now anticipating a bumper collection from the purged and



penitent in his congregation, a cash bonanza for his country like none before. It is assumed that some of the missing money is still in bank accounts and has been accruing interest over the past 20 years.

"We hope the 50 million by now will have produced hundreds of million and we

are hoping to get everything back," he says.

"This administration has zero tolerance for corruption and we will try to return every single cent back into government coffers because the money was for the people of Seychelles and this crime will not be forgiven."

## 'Finished as working royal': Uncertainty over Prince Andrew's future after US court decision in sexual assault case



After a US judge ruled that the sexual assault lawsuit brought against Prince Andrew can move forward, the Duke of York could be forced to quit up to nine military roles, according to British media reports. Lawyers of Prince Andrew had moved a motion to dismiss the complaint by accuser Virginia Giuffre, but New York judge Lewis Kaplan denied the motion "in all respects".

Giuffre alleges that late convicted paedophile Jeffrey Epstein lent her out for sex with his wealthy and powerful associates, including Andrew. The lawyers of the Duke urged the judge to throw out the suit based on the previous \$500,000 settlement between Giuffre and Epstein in 2009, saying the accuser had "waived her rights" to sue other defendants in relation to

alleged sex crimes committed by Epstein, reports Hindustan Times.

The New York judge, in his 46-page decision, noted that the deal was "riddled with drafting problems and ambiguities."

The decision of the New York judge has caused further embarrassment to the British monarchy and piled up pressure on the Duke to relinquish his military roles. Royal biographer Phil Dampier opined that Prince Andrew is "finished as a working royal".

Andrew's attorneys can still ask the Second Circuit Court of Appeals to overturn Kaplan's decision. If the appeals court upholds the decision, the lawyers could take the case to the US Supreme Court. But legal analysts are skeptical about whether justices would choose to hear it.

## Taliban pay in wheat in lieu of cash as economic crisis bites

The Taliban administration said on Tuesday it was expanding its "food for work" programme, in which it uses donated wheat to pay thousands of public sector employees instead of cash as a financial crisis intensifies.

Wheat, largely donated by India to the previous US-backed Kabul government, is being used to pay 40,000 workers 10kg of wheat per day for working five hours a day, agriculture officials told a news conference.

The scheme, which has largely paid labourers on public works programmes in Kabul, will be expanded around the country, they said.

"We are ready to help our people as much as we can," said Fazel Bari Fazli, deputy minister of administration and finance at the Ministry of Agriculture.

The Taliban administration has already received an additional 18 tonnes of wheat from Pakistan with a promise of 37 tonnes more and is in negotiation with India for 55 tonnes, reports Agencies.

"We have lots of plans for food for work programme," he said. It was not clear how much of the donated wheat would be used as direct humanitarian aid and how much



to pay workers in Afghanistan.

The expanding programme underlines the growing conundrum faced by the Taliban administration as cash in the country dries up and could raise questions among donors over the use of humanitarian aid for government purposes while strict restrictions remain on financial flows into the country.

UN agencies on Tuesday asked donors for \$4.4 billion in humanitarian aid for Afghanistan in 2022, calling the funds an "essential stop gap" to ensure the country's future.

\*Contd on page 10



# Boris Johnson facing revolt in Tory ranks after apology fails to quell anger

**B**oris Johnson was yesterday facing open revolt from within his own party, after his apology for attending a Downing Street party during lockdown failed to quell backbench anger.

The prime minister's claim that he thought the garden drinks in May 2020 was a work event was greeted with derision from the opposition benches in the House of Commons, with Sir Keir Starmer branding it "ridiculous" and calling on Johnson to resign. The chair of the Commons Standards Committee, Chris Bryant, accused the PM of treating voters as "stupid".

The Labour leader's demand was echoed by Scottish Conservative leader Douglas Ross, who led a phalanx of at least 14 Holyrood Tories calling on Johnson to go, reports Andrew Woodcock of The Independent.

And there were calls for his resignation from senior Tory backbencher William Wragg as well as vocal Johnson critic Sir Roger Gale, who described the PM as a "dead man walking" politically.

One former minister told The Independent that MPs "in double figures" had submitted letters of no confidence in the prime minister to the chair of the backbench 1922 Committee, Sir Graham Brady – with some letters going in after the PM's dramatic apology in the House of Commons.

But with 54 letters needed to trigger a



Scottish Tory leader Douglas Ross calls on Boris Johnson to resign. Pic - www.thenational.wales

confidence vote, many Tories said Johnson had succeeded in "buying time" until the release of a report by Whitehall mandarin Sue Gray into the string of alleged parties at No 10.

Several said that a negative verdict in the Gray report, expected as early as next week, could spell the end for Johnson.

Former minister Dan Poulter told The Independent: "Should the PM be found to have actively misled parliament or if he faces criminal sanction – or both – then his position would be untenable."

After meeting the PM following his public apology, the Scottish Tory leader said: "He is the prime minister, it is his govern-



ment that put these rules in place, and he has to be held to account for his actions.

"I don't think he can continue as leader of the Conservatives."

Mr Wragg, who chairs the Commons' Public Administration and Constitutional Affairs Committee, said the prime minister's position was now "untenable".

Mr Johnson faced one of the most high-stakes moments of his political career at prime minister's questions in the Commons, following the publication of an email from his principal private secretary Martin Reynolds inviting up to 100 Downing Street staff to "socially distanced drinks" at a time when strictly-enforced

Covid restrictions allowed meetings of only two people outside the home.

He told MPs he had spent 25 minutes thanking staff in the sun-drenched rose garden, but insisted: "I believed implicitly that this was a work event."

Mr Johnson acknowledged the "rage" felt by voters who believe that Covid rules were not being followed by those who were imposing them on the rest of the country.

And he said that "with hindsight" he now accepted he should have ordered staffers back inside and "found some other way to thank them".

But he added: "I should have recognised that even if it could be said technically to fall within the guidance, there are millions and millions of people who simply would not see it that way, people who have suffered terribly, people who were forbidden from meeting loved ones at all inside or outside, and to them and to this house I offer my heartfelt apologies."

Sir Keir dismissed the PM's apology as "worthless" and his explanation as "so ridiculous that it's actually offensive to the British public".

Branding Mr Johnson "a man without shame", Sir Keir told the Commons: "The party is over, prime minister. The only question is: will the British public kick him out, will his party kick him out, or will he do the decent thing and resign?"

## Ex-envoy warns China on US ties, takes a dig at 'wolf warrior diplomacy'

**C**hina has been battling a difficult economic situation and its aggressive policies have been increasing tensions in the neighbourhood. This quagmire has led to concerns among Chinese diplomats and experts about the dragon's relations with the United States.

Such concerns were highlighted by China's longest serving ambassador to the United States, Cui Tianki. Nikkei drew attention to the comments made by Cui at a symposium last month at the Diaoyutai State Guesthouse in Beijing, which is used to entertain foreign dignitaries. The candid remarks were peppered with words like "careless" and "incompetent", noted Nikkei in which Cui asserted that China must be very vigilant while dealing with the US.

Taking a dig at China's "wolf warrior diplomacy", the diplomat urged China to stop being swayed by US provocations.

"In principle, we should not fight a war we are not prepared for, a war we are not sure of winning, a war of anger and attrition," Cui said in the remarks made at the symposium on December 20.

"In the face of complex situations, we must always have the country at large in mind, and not always think about being an



The message comes from one of Xi Jinping's most trusted diplomat. Pic - cdn.i-scmp.com

internet celebrity," Cui further said.

The Japan-based newspaper noted that by presenting a sharp analysis of problems with China's diplomacy, Cui differed from other diplomats who play up to President Xi Jinping, reports Hindustan Times.

The words of caution come against the backdrop of Biden administration's strengthening of ties with allies such as Britain, Japan, Australia and China's neighbour India.

China's current tough line on the US has been spearheaded by top diplomat Yang Jiechi, a member of the Chinese Communist Party's powerful Politburo, and Foreign Minister Wang Yi.

Speaking at the same event, Wang Yi said China welcomed mutually beneficial cooperation and healthy competition with the US, but was not afraid of confrontation.

## Fact checkers say YouTube lets its platform be 'weaponized'

**M**ore than 80 fact checking organizations are calling on YouTube to address what they say is rampant misinformation on the platform.

In a letter to CEO Susan Wojcicki published Wednesday, the groups say the Google-owned video platform is "one of the major conduits of online disinformation and misinformation worldwide."

YouTube's efforts to address the problem, they say, are proving insufficient.

"What we do not see is much effort by YouTube to implement policies that address the problem," the letter says. "On the contrary, YouTube is allowing its platform to be weaponized by unscrupulous actors to manipulate and exploit others, and to organize and fundraise themselves."

The problem, these groups said, is especially rampant in non-English speaking countries and the global south, reports AP.

The fact checkers are all members of the International Fact Checking Network and include Rappler in the Philippines, Africa Check, Science Feedback in France and dozens of other groups. They lambasted YouTube, saying it frames discussions about disinformation as a "false



Fact checkers lambasted YouTube, saying it frames discussions about disinformation as a "false dichotomy" of deleting or not deleting content. Pic - Reuters

dichotomy" of deleting or not deleting content.

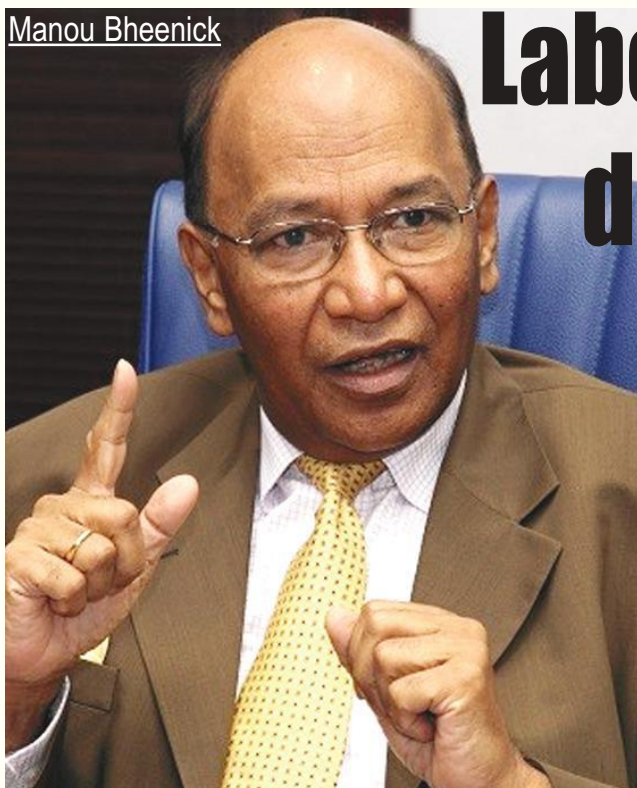
Displaying fact-checked information is more effective than deleting content, the fact checkers wrote.

They propose that YouTube focuses on providing context and debunks that are "clearly superimposed" on videos. They also called for YouTube to act against repeat offenders and beef up efforts against misinformation in languages other than English.

In a statement, YouTube spokesperson Elena Hernandez said the company has "invested heavily in policies and products in all countries we operate to connect people to authoritative content, reduce the spread of borderline misinformation, and remove violative videos."



Manou Bheenick



# Labour Party-L'Espoir Alliance: 'It's doable, winnable and workable'

**I**n this necessarily lengthy interview, Manou Bheenick gives his assessment of the current regime's management since 2019 of the country, its institutions and the economy, including the dire situation at the Central Bank, the steep depreciation of our currency and the hijacking of our national reserves. That all the checks and balances inbuilt have, according to him, lamentably failed, is enough reason, he argues, to fully justify an alliance of all Opposition forces in a tripartite alliance against the heavy electoral artillery and the amassed war-chest of the MSM. Opposition leaders, he adds, have a quasi-obligation to make such an alliance doable and workable in order to get the country out of the rot and leave a legacy for future generations to build on.

**Mauritius Times:** It's issues related to governance that have dominated local politics in 2021, and indeed since the present government has assumed office in December 2019. These governance issues have distracted people's attention from the real state of the economy. What do the statistics indicate about the present economic situation, and based on current trends what do you think it is likely to be three years down the road?

**Manou Bheenick:** Governance concerns have rightly emerged as a top-of-the-mind issue for our right-thinking citizens, and this since well before the controversial and deeply-flawed 2019 general elections.

Those who have democracy in their bloodstream have never swallowed the deal where Daddy stepped down in favour of sonny boy who was elevated to the prime ministership, never mind the electorate or democratic principles. Did that show the slightest concern for ethics and governance?

It disrupted a democratic tradition that this country had adhered to steadfastly since its independence half a century ago. Mauritians used to be quite proud of their untarnished democratic credentials.

Concern about governance has not just distracted attention from other burning issues, including economic performance. The lack of it – and the prevailing sense of entitlement in the political/administrative/legal *nomenklatura* that has spawned contempt for due process, transparency, and democratic accountability – are at the very heart of our bad performance in so many metrics where we were previously ahead of the pack.

**\* What about the statistics? What do they tell us?**

The statistics tell their own story. If we round figures and take 2014, the year Labour left office, as our reference point, we can discern the sorry trajectory fairly easily without getting bogged down in too many details.

GDP *per capita* was Rs 311,000 and ended 2021 at an estimated Rs 362,000 after a precipitous fall the year before. National GDP rose from Rs 392 billion to Rs 462 billion.

Gross Domestic Savings fell from Rs 41.6 billion in 2014 to Rs 35.4 billion in 2020 and, at Rs 41.5 billion in 2021, have barely recovered to their 2014 level.

Gross Domestic Fixed Capital Formation, roughly national investment, which had shot up by 26% in 2020 –

turbocharged by the pharaonic Covid-defying malinvestment in the not-fit-for-purpose metro line and the egregiously wasteful Cote d'Or sports complex, which is itself reportedly about to be dwarfed by an even more spectacular high-rise World Trade Centre – has retreated to a more affordable level of just below 20% of GDP.

Private sector investment is yet to recover to its 2019 level, and this despite massive injections of public money via the MIC pumping machine which has drained public resources *upwards* to the super-rich in a flood of such proportions that it easily reverses the effects of years of trickle-down.

Throughout this sorry saga, if we strip out the left-leaning verbiage in much official discourse, and relying on the legacy that is likely to be left behind, we have little to comfort us about the way ahead. The metro and the sports complex, to name only these two, are not boosting our job creation or growth potential. If anything, they are dragging us down as they are millstones round the neck of future taxpayers who must fork out to service the burdensome debt and maintenance costs of these projects.

**“A prudent government would have behaved in a more responsible manner, doing a much better job to ensure not just value for money in every rupee of public expenditure, but also in ensuring that its citizens do not grow accustomed to still more state handouts, given that the public treasury is not only saddled with the rising cost of a generous welfare state but is also visibly crumbling under the weight of an universal and unfunded old age pension...”**

Where shall we be by 2025? I am afraid it'll probably be a worse place than where we find ourselves today if this regime doesn't mend its ways and is allowed to continue unchecked. The question is whether we want to be there; and if not, what we are prepared to do about it.

**\* The Government voted for a Rs147bn Covid-19 war chest - the fourth largest in the world, it would seem - and has already spent dozens of billions to date with a view to, as stated by the Finance minister, saving jobs and distressed companies. Whether this money has been well spent or not and whether this will help revive the economy to pre-pandemic levels remain to be seen. What do you think?**

The pandemic created a state of emergency and governments across the world, irrespective of their political

persuasion, all stepped in to prop up their collapsing economies while combating the health and sanitary crisis. That's what governments are meant to do, in exceptional circumstances.

But pandemics do end, and circumstances do normalise. And when they do, governments shift down so as not to crowd out the private sector and to encourage individual initiative. And bring public finances back within established metrics.

A prudent government would have behaved in a more responsible manner, doing a much better job to ensure not just value for money in every rupee of public expenditure, but also in ensuring that its citizens do not grow accustomed to still more state handouts, given that the public treasury is not only saddled with the rising cost of a generous welfare state but is also visibly crumbling under the weight of an universal and unfunded old age pension for its ageing population.

Earning a place in the world's top five Covid-spenders is probably a better reflection, not of a very caring government, but of an extremely spendthrift one. In the absence of better health outcomes, it is a much better indication of how wastefully this government has frittered away its hard-earned tax rupees, supplemented by the reserves from a supine central bank. The scandal-ridden Covid Emergency Procurement seems to have been effortlessly transformed into a cash cow to reward supporters and agents of the regime via insider-dealing, cost-padding, manufacturing conditions to trigger emergency procedures...

When the country was in lockdown, with most of the economy shut down, public expenditure helped the affected population pull through. When export revenues dried up, large chunks of the export economy would have defaulted on their debts, triggering a banking crisis if the state had not ridden to the rescue.

We disagree on the type and manner of the rescue. Typical of this regime, it was done in complete opacity; it fudged the line between the central bank and the public treasury; it was mispriced and wasteful; it has placed the central bank's balance sheet at grave risk; and it has shot to pieces whatever credibility the central bank still had and, even worse, undermined its ability to conduct monetary and exchange rate policy.

**\* The underlying objective was right, wasn't it?**

Yes, but the money has certainly NOT been well spent. Similar outcomes could have been achieved with more limited financial support. We could have done without the steep cost to the public and thus reduced the burden on future taxpayers.

☞ Cont. on page 12



# 'Coalitions are fragile creatures and tend to break down mid-course or earlier. This obviously won't do, not this time'

☞ Cont. from page 11

We could have contained the damage to financial and fiscal discipline and enhanced the credibility of our government to redress the economy.

We could have respected the central bank's reputation instead of exerting fiscal dominance via debt monetization and hijacking reserves, which we actually began well before Covid. Faced with the same set of external circumstances as us in the post-Covid world, any country that has not systematically bungled with its policies and institutions, as we have done, will most certainly be in a much better position to claw its way back and romp ahead faster than we can.

**\* With the onset of the Covid pandemic, which has wreaked havoc on the global economy and exposed the inadequacies of many institutions, it has been argued that an era of bigger – and perhaps bolder – government has arrived. This could have provided the government with an opportunity to build a fairer, more sustainable and more resilient economy as well as encourage more responsible business practices. Is that another lost opportunity?**

I believe it would be a grave misinterpretation to conclude from the Covid experience that it inaugurates an era of bigger and bolder government. It was a purely conjunctural response, not a structural one.

Government, with such private sector subcontractors as are available to it, is better placed to carry out and deliver such exceptional operations as fighting a war, even if it concerns only a war against a virus.

Big government continues to be plagued with the same big issues that led to the collapse of the Soviet Union. On our very small scale, emergency Covid-related procurement has generated enough scandals – coming on the back of Saint Louis Gate, Safe City and other ongoing procurement scandals involving a public authority – to stifle any lingering desire to extend the area under government's direct purview.

Our watchdog institutions seem in no hurry whatever to clear the air as all these cases are dragging on for years without any closure on the horizon. And remember, the bigger the government, the bigger the tax take to keep it going. There's little appetite anywhere else to raise extra taxes to finance a bigger government.

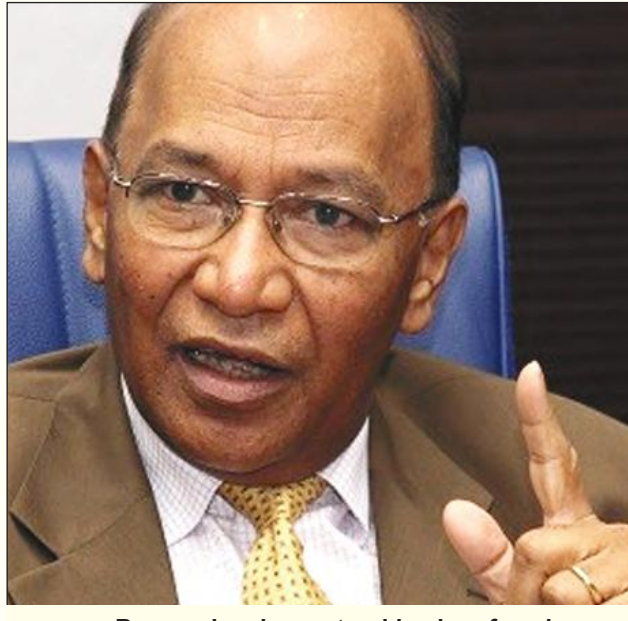
**\* If big government is no more on the cards than it was pre-Covid, does it imply that we must not increase the role of institutions to remedy the weaknesses that have surfaced in, for example, the fight against Covid?**

Internationally it is clear that WHO, which has done a very commendable job, must be re-engineered and strengthened. At the local level, our Ministry of Health is itself a suitable case for treatment. Our health personnel has produced some Covid heroes and we bow before them.

It is, however, quite strange that such a large *budgetary* government department has got away for so long without an in-depth review or a close scrutiny of its activities. Rumours of individual fiefdoms, to say nothing of procurement controversies and other *passe-droits* must be laid to rest.

Of course, I believe that we have lost a once-in-a-lifetime opportunity to strike a major blow for our one-generation-old objective of a fairer and more equal society. We have always stuck to our guns in trying to achieve it via trickle-down.

Some two years ago, in the very first Covid interview I



☞ **Ramgoolam is a natural leader of such a tripartite line-up as an old hand in cobbling together and leading such coalitions. Labour has spurned previous approaches to join the emerging alliance without Ramgoolam. Duval and Berenger have worked well together in opposition in recent years although Ramgoolam had previously failed to bring them under one umbrella in his 2019 alliance...**

gave you, I had anticipated a special facility to fund our efforts to combat Covid and had broached the possibility of using it to advance our distributive agenda and address pressing social concerns.

This is indeed a missed opportunity. We could have done wonders with some well-fashioned conditionalities attached to all public bailouts of private enterprises by the misconceived, misnamed, and maladministered vehicle floated on a sea of central bank money, and oddly operating under the central bank itself, the Mauritius Investment Corporation, existing side by side with the long-established State Investment Corporation.

The conditionalities could have addressed our equality, transparency, good corporate citizenship, and inclusiveness concerns while giving primacy in collateral rank order to MIC debt to minimise its balance sheet risk. Whether it would have made the assisted sectors more resilient or not would depend on their sector of operation and how the world emerges from the pandemic. Given the sheer size of the bailout, it would most certainly have led to a fairer society. But, sadly, that's water under the bridge.

**\* In view of the governance issues which have hogged the headlines and the apparent unwillingness of the government to address them head on as well as its business-as-usual attitude, it has been argued in our columns that the way out of the present deadlock can only be a political solution through a credible and workable alternative. That does not seem to be forthcoming so far in view of the ageing and obviously divided political leadership on the other side of the fence. What's your take on that?**

We have reached a terminal stage of deliquescence in public life. It is not something that the common man should ignore and leave it to be sorted out by the politicians, young or old. The official opposition is muzzled and hamstrung in

its parliamentary action by an openly partisan speakership that is nothing short of a national disgrace. The extra-parliamentary, and more vocal, opposition is stymied at every corner.

I very much doubt whether, on closer scrutiny, we can still make the cut as a parliamentary democracy. I quake with fear when I hear cries of *Sel Solution Revolution* – i.e., Revolution is the Only Solution, in our local Creole language – as our home-grown aspiring revolutionaries seem to be little bothered by the potential of our ever-present ethno-religious fault lines to set the powder keg ablaze by igniting right-wing extremism along the lines of what's happening elsewhere.

The way out of our current mess is the tried and tested one of the voter booth, provided there are stronger and immediate safeguards against outside interference, mass induction of migrant labour on the electoral register, alleged illegal political financing from tainted money, electoral bribery, vote rigging and results-fixing, all of which seem to have played a part in landing us with the current regime.

May I make a side remark here to point out that in our first Covid interview which I referred to earlier, I had pointed out, in those early days, that we could envisage what I had called an "administration of national unity" to deliver the exceptional policy and financial support package that the unprecedented crisis called for. This could have constituted a political solution to address part of the Covid programme which could have been hammered out between the parties. Without any political alliance on other issues. The window of opportunity for such a topical solution is long gone.

To pick up the thread, there is no provision for such safeguards beyond the dispositions that failed so spectacularly at the last popular consultation. In such circumstances, one could have expected a dose of judicial activism in our search for a remedy but our judicial system has proved of little avail so far.

I see moral and ethical bankruptcy alright, and financial looting too, but I am afraid I see little sign of any *political* deadlock as such. The government, which never had a popular majority to begin with, has enough clout to lord it over the opposition in Parliament. It does as it pleases. And, unheard of elsewhere, it draws on the complicity of the Speaker to expel Opposition members, including the Leader of the Opposition, for prolonged terms from Assembly sittings. No deadlock there, if you ask me.

Unpopular and unprincipled as the regime is, it is probably here to stay and will prolong its misrule right to the very last day of its mandated term of office. There is a faint ray of hope that it will find itself on slippery ground with a couple of electoral petitions which are now, after protracted delays and legal entanglements, fast moving to decision stage in the Supreme Court.

**\* The latest we hear from the 'L'Espoir' people is that the MMM and the PMSD leaders would have finally yielded to the Labour Party leader's conditions for an enlarged opposition alliance to be led by his party and with himself as the prime ministerial candidate. Such an alliance, they hope, should be able to wrest power from the MSM, but that appears to be their principal objective - or 'programme' as our local parlance would have it. How do you react to that?**

The Westminster parliamentary model works best in two-party mode in its own country of origin, with much jostling among hopeful third parties to dislodge one of the main formations or strike an alliance of some sort to make it to the top rung.

☞ Cont. on page 13



# 'A prudent government would have behaved in a more responsible manner, doing a much better job to ensure not just value for money in every rupee of public expenditure, but also in ensuring that its citizens do not grow accustomed to still more state handouts'

☞ Cont. from page 12

I only mention it because it was this model that served as the inspiration for our own Constitution, including our parliament, but we had to make it work without the benefit of a domestic democratic political tradition or a party-political structure rooted in centuries of history.

And, until recently – that is, until the whole kit and caboodle was expertly emasculated and bowdlerised into an elective autocracy – the system turned out better than expected and served us quite well over four long and eventful decades when we pulled ourselves up from a least developed country to a high middle-income one.

Now, however, it is well and truly broken. It badly needs fixing. It is crying out for reform. The surprising thing is that the demolition job was carried out by a *minority* government which bagged more seats at the last general election because of three-cornered fights--or worse in many electoral constituencies.

The hitch is that we have encountered unexpected obstacles in what were only meant to be speed blocks. Unchanged constituency limits have ensured that one-person-one-vote no longer equates to an equal voice in national affairs as the bigger constituencies have three to four times the number of voters than the smaller ones. The provisions for revising constituency borders have proved inoperable in practice.

We require a three-quarters parliamentary majority to change some of the fundamental constitutional provisions that have failed to work and thereby failed to protect citizens and institutions, including regulatory and watchdog institutions, from the tentacles of a totalitarian regime. Paper-thin majorities and coalition politics rarely result in such support.

The sheer cost of elections which are borne, not by the state but by party supporters and voluntary sponsors, provides another strong incentive not to contest the coming elections *en ordre dispersé* but to spare no effort to dislodge the regime and stop the spreading rot it has brought with it.

Reports of the massive political war chest amassed by the regime, allegedly from gambling cronies and beneficiaries of proliferating public procurement boondoggles, indicate anything but a fair fight ahead. All the more reason, therefore, for the opposition to unite their separate strengths in a common fight around a shared pro-

gramme that addresses the concerns of our citizens.

It is encouraging that the MMM and PMSD leaders have now rallied round Navin Ramgoolam to lead this alliance. Their earlier stand on this issue would have turned the *Alliance de l'Espoir* into a stalking horse for the regime.

**\* However, two questions that are bound to be raised in due course as regards any future 'L'Espoir' alliance that brings together Ramgoolam, Bérenger, Duval under the same tent are: first, would it be workable, and second, is it winnable? Recent history could provide answers to these questions, don't you think?**

It's a big tent, of course. But it also has a big challenge confronting it. Without such a challenge, this tripartite alliance would have been inconceivable not only for the party leaders but also for much of their respective party faithful.

We have the three established tenors of our political landscape on board. It is far preferable to have all three of them in, and run the risk of any of them occasionally pissing out, than leave anyone out and cope with his regular pissing in, don't you think?

**“ Reports of the massive political war chest amassed by the regime, allegedly from gambling cronies and beneficiaries of proliferating public procurement boondoggles, indicate anything but a fair fight ahead. All the more reason, therefore, for the opposition to unite their separate strengths in a common fight around a shared programme that addresses the concerns of our citizens...”**

With such a broad and united front, we stand a much better chance of getting greater buy-in from the electorate to take on the MSM.

The Kaya Kistnen murder -- which our national police had written off *illico presto* in a rare and uncharacteristic burst of efficiency as a case of suicide, despite evidence to the contrary -- threw up in the public domain a *carnet labouit* detailing the inner workings of a well-oiled electoral machinery that delivered the vote in favour of the regime by questionable means.

We would not appear to have any effective means of scotching out such vote-buying during an election campaign *before* it has influenced the election results; and *after* the results, any electoral petitions get caught up in legal entanglements so that the illegally elected serve out almost half their term before the cases are heard.

It would require greater vigilance, which means more trained party workers, to help in snuffing out what the Electoral Supervisory Commission is not equipped to do and what the police seems unwilling to do either. The Tripartite Alliance can envisage taking on such a role much better than any of its constituent parties ever could on their own.

**\* But is it workable and - more importantly perhaps - winnable?**

I answer an enthusiastic YES to both questions.

It's certainly more winnable than the alternative of each opposition party going its own separate way. The

**“ The record also shows that coalitions are fragile creatures and tend to break down mid-course or earlier. Often, with bad blood and poaching and defections. This obviously won't do, not this time. The electorate may need some reassurance before lending its support...”**



three leaders have logged up considerable experience of working together in government or in opposition.

Navin Ramgoolam has led a winning alliance with Paul Berenger in 1995. Their alliance lost in 2019. Xavier Duval served under Ramgoolam as Minister before joining him thrice in an electoral alliance, losing the 2000 election, but winning in 2004 and 2010. Ramgoolam's 2010 winning alliance was actually a tripartite one, with both Duval and Pravind Jugnauth's MSM.

So, what can we conclude from this record? Ramgoolam is a natural leader of such a tripartite line-up as an old hand in cobbling together and leading such coalitions. Labour has spurned previous approaches to join the emerging alliance without Ramgoolam. Duval and Berenger have worked well together in opposition in recent years although Ramgoolam had previously failed to bring them under one umbrella in his 2019 alliance.

But the record also shows that coalitions are fragile creatures and tend to break down mid-course or earlier. Often, with bad blood and poaching and defections. This obviously won't do, not this time. The electorate may need some reassurance before lending its support.

We can probably borrow from the practice that has developed in the marriage market from the experience of failed marriages and the acrimonious litigation that often ensued before they could be dissolved.

We believe that a kind of pre-nuptial agreement, setting out the heads of agreement on major reforms and strategies envisaged and their time-table, could be at the core of this, together with arrangements to continue to support this core programme into the law books even if, for whatever reason, the alliance were to break down. Part of this core program will figure in the electoral manifesto to canvass the voters.

The Tripartite Alliance should refrain from pushing its own solution to thorny issues regarding the Constitution, the judiciary and legal system, the police, law and order, language, and culture in its programme.

It should rather canvass the principle of setting up specific commissions, tasked with the objective of delivering rapidly on the change mandate in each of these areas, within a specified time-table to facilitate early implementation.

It's doable, winnable. and workable. We owe it to the next generation which we have carelessly saddled with the bill for the immoral mismanagement of recent years to give it our best shot. I can't think of a better shot, can you?



**“ I quake with fear when I hear cries of *Sel Solution Revolution* – i.e., Revolution is the Only Solution, in our local Creole language – as our home-grown aspiring revolutionaries seem to be little bothered by the potential of our ever-present ethno-religious fault lines to set the powder keg ablaze by igniting right-wing extremism along the lines of what's happening elsewhere...”**



From the Pages of History - MT 60 Years Ago

5th Year No 181

MAURITIUS TIMES

Friday 24 January, 1958

• *La civilisation ce n'est ni le nombre, ni la force, ni l'argent. Le dernier vainqueur, ce sera celui qui est le plus capable d'amour. -- Raoul Follereau*

# Lahore, the city you fall in love with



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ber January the 26<sup>th</sup> was chosen to mark the date of the historic decision.

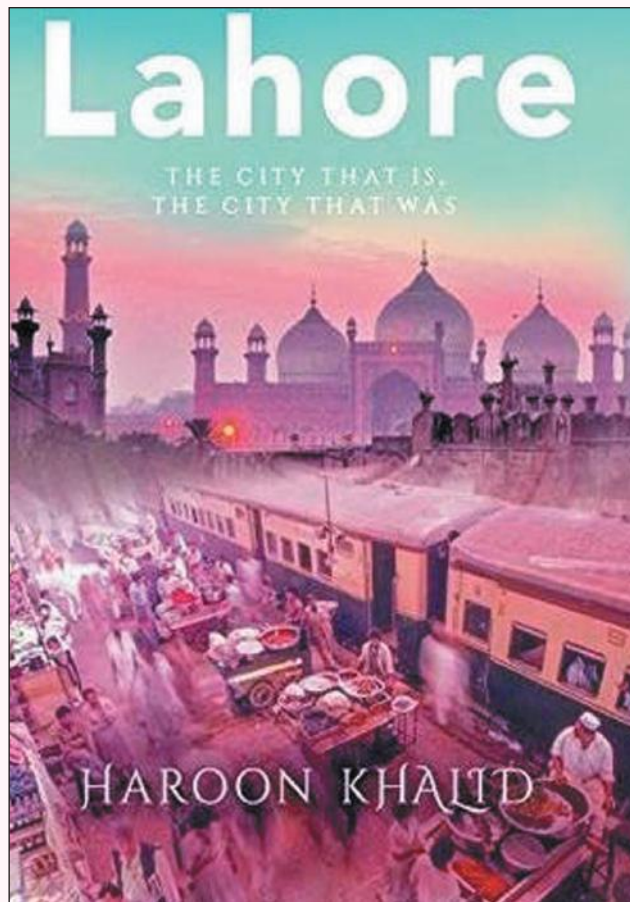
Prof Renga stood for a while in deep meditation on the Ravi bridge. I almost guessed what he was meditating upon. His mind must have rolled back to those hectic days in 1929 when the Lion of Punjab, Lala Lajpat Rai, was striking terror in the British, when Hindus and Muslims were speaking with one voice and Gandhiji was about to launch his second civil disobedience movement which was to shake the British Empire to its very foundation. How much water has flown under that very bridge since those days of 1929! Prof Renga, one of the architects of Indian Independence, was standing as a foreigner on the very soil which he helped to liberate from British domination. He suddenly realised it was 1957 and that he was a member of a delegation from free India visiting Pakistan as the guest of the Pakistani government. History had moved far and fast. There was no time to waste. We stepped into the car and drove to join the other delegates for a visit to Lahore Fort kindly arranged by the West Pakistan Government.

It is a far cry from Karachi to Lahore. After the heat, the dust and the flies, it was so refreshing to be caressed by a cool breeze and to smell the scent of the flowers in the trees. To the visitor from Karachi, Lahore is a garden full of fragrance.

At the airport we were greeted by lovely little boys and girls who offered us bouquets. After the formal greetings, our Pakistani hosts always anxious about our stomachs treated us to a copious snack in a typical oriental setting under a richly decorated *shamiana* (tent) of red striped canvas with the floor laid down with carpets.

Lahore is an oriental city in the traditional style. It was never planned. It just grew up. It is typically representative of a blend of Muslim and Hindu architecture and that's where its real beauty lies. Apart from a few wide streets as the Mall, the main thoroughfare, the city has only narrow lanes such as the famous Anarkali lane where, according to legend, Emperor Akbar caused Anarkali, the court dancer, to be bricked alive for being in love with the Crown Prince Salim. Most of the buildings are old and built in a haphazard style.

In spite of some ugly spots, the narrow lanes, the congested bazaars, Lahore has an enchanting beauty



which keeps the visitor enthralled. Without any exception, all the delegates fell in love with the City and we left it not without some regret. Before Partition, Lahore used to be known as the Paris of the East. It is still famed for the beauty and elegance of its women. The Punjabi women adorn the Indian film industry even to this day. The average Lahori has a dignified deportment. I met quite a few of the men and women from all walks of life. The *tangawalla* (tanga is a horse driven carriage with 2 seats at the back and one seat at the front beside the coachman) who works for twelve hours a day, will never grumble about his fate. He believes in *kismet*, fate, and is resigned to his condition because fate has ordained it to be so. But in spite of his poor station in life he will never indulge in flippant talks. The students from the Government college who were introduced to me by my friend Rassool, a young man from Port-Louis teaching French in the Punjab University, were very interesting to talk to. They spoke perfect English and were extremely polite but not in the least shy. They had no aversion for India except on the Kashmir issue.

The British have left their impress on the aristocracy. The women of the upper class in Pakistan, more particularly in Lahore, are rapidly tearing themselves away from *purdah*. The beauty that was hidden under the veil is now exposed to the admiring gaze of the menfolk. But unfortunately, perhaps inevitably, with the disappearance of the veil also disappeared many of the inhibitions which lend much charm and dignity to the women of India and Pakistan.

Of all the civilizations that flourished in Lahore, the Mogul civilization has been the longest to endure. The

Lahore Fort with the Shish Mahal (Palace of Mirrors), the Badashi Mosque, one of the largest in the world, where some relics of the Holy Prophet are still preserved, the Jehangir's tomb modelled on the Taj Mahal, and the Salimar Gardens, one of the loveliest in Pakistan, are some of the highlights of the splendour of Mogul civilization in Punjab. No description, however masterly, can do full justice to the beauty of the monuments.

But long before the Moguls came to India Lahore was already famous as the place where Valmiki compiled the Ramayana. According to legend Lav and Kush, the twins of Sita, were born in Lahore where she was spending her exile. Lav, again according to tradition, when he grew up built a fort which in Sanskrit means "awarana" or "awar" Thus the place came to be known as "Lau awar" i.e., the fort of Lau and later as Lahore. How far this can be supported by historical evidence I do not quite know nor do I want to discuss. The keeper of the Lahore Museum, a well-known archaeologist, told us the story about the origin of Lahore and he even pointed out to us a place which is supposed to be the grave of Lav and Kush.

As there were so many things which were not included in our programme, I took time off from my official engagements and went to visit certain places which were of great interest to me, having heard and read about them. Thus, I was able to visit from outside the mausoleum of Maharaja Ranjit Singh, a Sikh Gurdwara, the shrine of Guru Arjan, the tomb of Iqbal and that of Sir Sikandar Hyat Khan, the Prime minister of Punjab before Partition. After the death of Sir Sikandar, his friends decided to build a mausoleum to glorify and perpetuate his memory. The work which was started has been stopped because government, I was told, has forbidden further work to be done. Sir Sikandar was an anti-partitionist.

Prof Renga, through the courtesy of the Deputy High Commissioner of India in Lahore, took me one morning to visit the house where Lala Lajpat Rai lived. He showed me the room which he used to occupy when he visited Lalaji and the house where Bhagat Singh had taken refuge when he was hunted down by the British after the bomb incident. The building which was the residence of Lalaji has been acquired by the Government of India. It is in a dilapidated condition. The Pakistan government has not yet allowed it to be repaired. But negotiations are still going on.

Before stepping into the plane which was to take us back to Karachi, I took a last look at Lahore. I thought of the *lathi* charge which caused the death of Lalaji, of the hanging of Bhagat Singh and all those martyred sons of India who bravely went to their death for the freedom of their country and, almost unwittingly, the following verses of Sarojini Naidu came to my mind:

**When the terror and tumult of hate shall cease,  
And life be refashioned on anvils of peace,  
And your love shall offer memorial thanks  
To the comrades who fought in  
your deathless ranks,  
And you honour the deeds of the deathless ones,  
Remember the blood of my martyred sons!**



# World economy in 2022: the big factors to watch closely

## Will we now see a proper pandemic recovery?

● Cont. from page 2

### The inflation question

One other big unknown is inflation. In 2021 we saw a sudden and sharp surge in inflation resulting from the restoration of global economic activity and bottlenecks in the global supply chain. There has been much debate about whether this inflation will prove temporary, and central banks have been coming under pressure to ensure it doesn't spiral.

So far, the European Central Bank, Federal Reserve and Bank of Japan have all abstained from raising interest rates from their very low levels. The Bank of England, on the other hand, followed the IMF's advice and raised rates from 0.1% to 0.25% in December. This is too little to curb inflation or do any good besides increase the cost of borrowing for firms and to raise mortgage payments for households. That said, the markets are betting that more UK rate rises will follow, and that the Fed will also start raising rates in the spring.

Yet the more important question regarding inflation is what happens to quantitative easing (QE). This is the policy of increasing the money supply that has seen the major central banks buying some US\$25 trillion in government bonds and other financial assets in recent years, including about US\$9 trillion on the back of COVID.

Both the Fed and ECB are still operating QE and adding assets to their balance sheets every month. The Fed is currently tapering the rate of these purchases with a view to stopping them in March, having recently announced that it would bring forward the end date from June. The ECB has also said it will scale back QE, but is committed to continuing for the time being.

Of course, the real question is what these central banks do in practice. Ending QE and raising interest rates will undoubtedly hamper the recovery – the CEPR forecast, for example, assumes that it will see bond, stock and property markets falling by 10% to 25% in 2022. It will be interesting to see whether the prospect of such upheaval forces the Fed and Bank of England to get more dovish again – particularly when you factor in the continued uncertainty around COVID.

### Politics and global trade

The trade war between the US and China looks likely to continue in 2022. The "phase 1" deal between the two nations, in which China had agreed to increase its purchases of certain US goods and services by a combined US\$200 billion over 2020 and 2021 has missed its target by about 40% (as at the end of November).

The deal has now expired, and the big



China-US trade war raises questions about growth in 2022. Pic - EPA

question for international trade in 2022 is whether there will be a new "phase 2" deal. It is hard to feel particularly optimistic here: Donald Trump may have long since left office, but US strategy on China remains distinctly Trumpian, with no notable concessions having been offered to the Chinese under Joe Biden.

Elsewhere, western tensions with Russia over Ukraine and further escalation of economic sanctions against Putin may

have economic consequences for the global economy – not least because of Europe's dependency on Russian gas. The more engagement that we see on both fronts in the coming months, the better it will be for growth.

Whatever happens politically, it is clear that Asia will be very important for growth prospects in 2022. Major economies such as the UK, Japan and the eurozone were all still smaller than before the pandemic as recently as the third quarter of 2021, the latest data available. The only major developed economy that has already recovered its losses and regained its pre-COVID size is the United States.

### Economic growth by country since 2015

On the other hand, China has managed the pandemic well – albeit with strict control measures – and its economy has achieved

strong growth since the second quarter of 2020. It has been struggling with a heavily over-indebted property market, but appears to have handled these problems relatively smoothly. Though the jury is out on the extent to which China's debt problems will be a drag in 2022, some such as Morgan Stanley argue that strong exports, accommodative monetary and fiscal policies, relief for real estate sector and a slightly more relaxed approach to carbon reduction point to a decent performance.

As for India, whose economy has seen double dips during the pandemic, it is showing a strong positive trend with 8.5% expected growth in the year ahead. I therefore suspect that emerging Asia will shoulder global growth in 2022, and the world's economic centre of gravity will continue to shift eastwards at an accelerated pace.

**Muhammad Ali Nasir,**  
Associate Professor in Economics and Finance,  
University of Huddersfield



## VACANCY NOTICE

*The Mauritius Revenue Authority (MRA), established by the MRA Act 2004, is a body corporate and acts as an agent of the State for revenue collection, management of the Revenue Laws and the provision of an enhanced service to the business community and taxpayers. As an equal opportunity employer, the MRA endeavours to attract and retain the services of high calibre employees to attain its objectives.*

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# The Essentials to Managing Your Business in 2022



— Alla Levin - Internet Vibes

**I**t's no secret that managing a business can be challenging. There are so many things to keep track of, and sometimes it just feels like you're going in circles. To manage your business effectively, some essentials must be put into place: effective communication, a dynamic environment, authority and responsibility, effective planning, coaching tools for employees, and leadership techniques to name a few. Below are the basics of running a successful company from start-up to success.

## Effective Communication

The ability to communicate effectively is critical in any business setting. It needs to be two-way for communication to be effective; employees should feel comfortable voicing their concerns and ideas. From the top-down, communication must be clear and concise. This means that employees need to be able to understand directions and expectations and have access to up-to-date information.

Management must also be good listeners, taking the time to understand the issues employees face and what changes they would like to see. Leaders should also be aware of their communication style and make adjustments when necessary. Being able to communicate with all members of your team effectively will help create a productive and conducive work environment.

## Coaching executive

Coaching is a great way to help employees grow and develop their skills. Leaders should be good coaches, providing feedback and

guidance when necessary. This type of support helps employees feel valued and appreciated, which can lead to better performance.

To be an effective coach, you can seek executive coaching services to help you with your management and leadership skills. This type of professional development is beneficial to all business owners.

## Dynamic Environment

Creating a dynamic environment for your business is essential to keeping it thriving. This requires having an open mind and mindset and knowing when changes need to take place. Change can be good; it helps keep things fresh. Employees should feel comfortable bringing their ideas forward, especially if they relate to the company's mission statement



or vision.

## Authority and Responsibility

Having authority and being responsible are so closely related it can be hard to tell the difference between them. Both responsibility and authority must come from the top-down, meaning that leaders need to take accountability for their actions or lack thereof. Employees should clearly understand what they're expected to do within set roles, and managers should hold themselves accountable.

## Effectual Planning

Planning is critical in any business. A plan helps keep everything organized and on track, from long-term goals to daily tasks. Employees need to be aware of their dreams and what they're working towards. This means having regular team meetings and sharing updates regularly.

It's also important to be flexible and willing to change course when necessary. The best plans are constantly evolving, so don't be afraid to make adjustments as you go along. Moreover, having a plan helps keep everything organized and on track.

## Managing Your Business in 2022: Conclusion

There are many other essentials to managing a business, but the ones listed above are a good starting point. By implementing these essentials, you'll be well on your way to creating a successful company. Remember to stay flexible and open to change, as this is what will help keep your business thriving in today's ever-changing world.

Work Smarter

## Be emotionally ready to hear "no" in a negotiation

**H**earing "no" during a negotiation can bring up all sorts of feelings: sadness, rejection, and even anger. How can you prepare for a tough conversation so you don't react impulsively when those emotions come up? Start by asking yourself: What if the person says no to my request? What if they say they dislike my proposal? What if they're rude or passive-aggressive? As you work through these "what-if" scenarios, also consider: What is my go-to response? Why do I react this way? Do your best to be nonjudgmental as you go through this thought exercise. After all, we all have reactions we're not proud of at times. Once you've identified your unconscious emotional responses, think about how to manage them. Consider: If I feel stuck in the middle of the conversation, what can I do? If I hear a "no," what are two or three ways to react without feeling frazzled or dejected? This will give you tactics you can turn to in the heat of the moment. Consider rehearsing the conversation with a friend to help you identify your stumbles, get real-time feedback, and hopefully, feel more at ease. Increasing your self-awareness and having alternative approaches at the ready will help you make better choices about what to react to in the moment, what emotions to embrace, and what to let pass if you hear the dreaded "no."

*This tip is adapted from "Managing Your Emotions During a Negotiation," by Gaëtan Pellerin - Harvard Business Review*

## Tackle That Task You Keep Avoiding

**W**hen we're exhausted or stressed, our brains want to save mental energy and avoid things that make us feel uncomfortable. So how can you get stuff done, especially challenging tasks, when you're tired and your mind is telling you it's not worth the effort? Try changing your perception of the task by using a tool called "reappraisal."

For example, you might say to yourself, "I'm going to feel better once I get this new process down on paper," rather than repeatedly thinking, "I just don't want to do this." Also, remind yourself of the long-term benefit of getting the task done.

For instance, you might consider: "Do I want to experiment with a new project management tool that may boost my team's efficiency, or do I want to stick with the same existing process that none of us feel great about?"

This will make the easier path less appealing. By reframing hard work and envisioning an incentive, you're more likely to move past your instinct to avoid the effort, and convince yourself to just get it done.

*This tip is adapted from "How to Convince Yourself to Do Hard Things," by David Rock - Harvard Business Review*





## Can seven questions determine how wise you are?

Researchers at University of California San Diego School of Medicine report that an abbreviated, seven-item scale can help determine with high validity a person's level of wisdom, a potentially modifiable personality trait that has been shown to have a strong association to well-being.

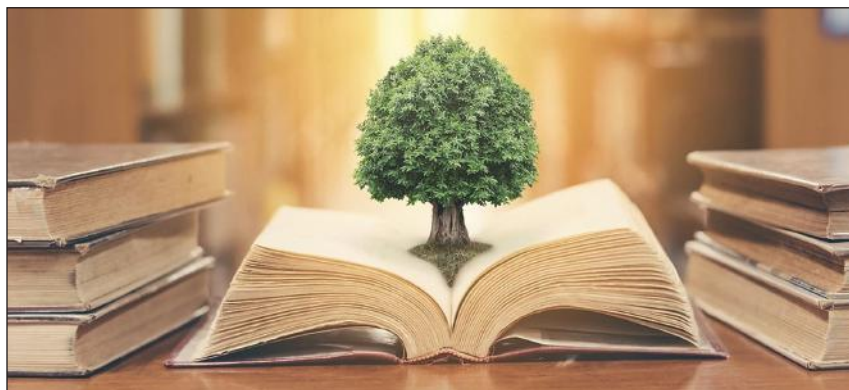
The study's researchers had previously developed the 28-item San Diego Wisdom Scale (SD-WISE-28), which has been used in large national and international studies, biological research and clinical trials to evaluate wisdom.

But in a study publishing in 'International Psychogeriatrics', researchers found that a shortened seven-item version (SD-WISE-7 or Jeste-Thomas Wisdom Index), was comparable and reliable.

Past studies have shown that wisdom is comprised of seven components: self-reflection, pro-social behaviours (such as empathy, compassion and altruism), emotional regulation, acceptance of diverse perspectives, decisiveness, social advising (such as giving rational and helpful advice to others) and spirituality.

The latest study surveyed 2,093 participants, ages 20 to 82, through the online crowd sourcing platform Amazon Mechanical Turk.

The seven statements, selected from SD-WISE-28, relate to the seven components of wisdom and are rated on a 1 to 5 scale, from strongly disagree to strongly agree.



Examples of the statements include "I remain calm under pressure" and "I avoid situations where I know my help will be needed."

"Shorter doesn't mean less valid," said senior author Dilip V. Jeste, MD, Distinguished Professor of Psychiatry and Neurosciences at UC San Diego School of Medicine. "We selected the right type of questions to get important information that not only contributes to the advancement of science but also supports our previous data that wisdom correlates with health and longevity."

Additionally, the SD-WISE-7 was found to strongly and positively correlate with resilience, happiness and mental well-being and strongly and negatively correlate with loneliness, depression and anxiety.

"Like the Covid-19 vaccine protects us from the novel coronavirus, wisdom can aid in protecting us from loneliness. Thus, we can potentially help end a behavioural pandemic of loneliness, suicides and opioid abuse that has been going on for the last 20

years."

"We need wisdom for surviving and thriving in life. Now, we have a list of questions that take less than a couple of minutes to answer that can be put into clinical practice to try to help individuals," said Jeste.

The Seven-Item Wisdom Scale Prompts (Subscale in Parenthesis)

"I tend to postpone making major decisions as long as I can." (Decisiveness)

"I avoid self-reflection." (Self-Reflection)

"I avoid situations where I know my help will be needed." (Prosocial Behaviors)

"I often don't know what to tell people when they come to me for advice." (Social Advising)

"I remain calm under pressure." (Emotional Regulation)

"I enjoy being exposed to diverse viewpoints." (Acceptance of Divergent Perspectives)

"My spiritual belief gives me inner strength." (Spirituality)



## Why do we say 'OK'?

The word 'OK' has only been around for 180 years, but it's become the most spoken word on the planet.

Of all the words in the English language, the word "OK" is pretty new: It's only been used for about 180 years.

Although it's become the most spoken word on the planet, it's kind of a strange word. Sometimes it's spelled out – "okay" – and sometimes just two letters are used: "OK." Other times, periods separate the two letters: "O.K."

I'm a syntactician, which means that I'm someone who looks at the structure of language. I also study words and how they change over time.

For example, the word "silly" used to mean "happy" and now means "foolish." Sometimes new words develop, like "stan," which means a person who's obsessed with a celebrity, and "exomoon," a moon outside our solar system.

Linguists – the term for people who study languages – don't always know why these shifts happen. Usually they're in response to social changes or scientific discoveries. But the largest dictionary of the English language, the Oxford English Dictionary, is always adding new words. In fact, it added 1,400 new words in June 2019 and will add even more words two more times this year.

"OK," whose earliest usage is 1839, according to the Oxford English Dictionary, generally means things are good or alright.

So why did people start to say "OK"?



We aren't entirely sure. But some linguists point to how, in the early 19th century, humorous abbreviations were in vogue. Young people would write things like "KG," which stood for "know go," an intentional misspelling of "no go," when they meant something was impossible. It was a way to play with language.

Likewise, experts think "OK" likely emerged as an abbreviation of "oll korrekt" – which was a jokey way of saying "all correct." Others say that it derives from "Old Kinderhook," a nickname for former U.S. President Martin Van Buren, or that it comes from Choctaw, a Native American language.

The nice thing about "OK" is that it's so versatile. It can be used as a noun, a verb, an adjective, a conjunction or an interjection. It's also competed, over time, with "alright" and "all right" – words and phrases that have identical meanings.

One last important thing to know: If you like to play Scrabble, it's alright – and even OK – to use "OK" when playing. Just within the past year, it became an accepted word.

Elly van Gelderen

Professor of English, Arizona State University

## A daily dose of yogurt could be the go-to food to manage high blood pressure

Whether it's a dollop on your morning cereal or a simple snack on the go, a daily dose of yoghurt could be the next go-to food for people with high blood pressure, according to new research from the University of South Australia.

Conducted in partnership with the University of Maine, the study examined the associations between yoghurt intake, blood pressure and cardiovascular risk factors, finding that



yoghurt is associated with lower blood pressure for those with hypertension. High blood pressure was defined as being greater than or equal to 140/90 mmHg (a normal blood pressure level is less than 120/80 mmHg).

Globally, more than a billion people suffer from hypertension (high

blood pressure), putting them at greater risk of cardiovascular diseases (CVDs) such as heart attack and stroke.

UniSA researcher Dr Alexandra Wade says: "High blood pressure is the number one risk factor for cardiovascular disease, so it's important that we continue to find ways to

reduce and regulate it. Dairy foods, especially yoghurt, may be capable of reducing blood pressure. This is because dairy foods contain a range of micronutrients, including calcium, magnesium and potassium, all of which are involved in the regulation of blood pressure.

"Yoghurt is especially interesting because it also contains bacteria that promote the release of proteins which lowers blood pressure. This study showed for

people with elevated blood pressure, even small amounts of yoghurt were associated with lower blood pressure.

"And for those who consumed yoghurt regularly, the results were even stronger, with blood pressure readings nearly seven points lower than those who did not consume yoghurt."





## "I didn't recognize you!"

A 65-year-old woman had a heart attack and was taken to the hospital.

While on the operating table she had a near death experience. Seeing God, she asked "Is my time up?"

God said, "No, you have another 33 years, 2 months and 8 days to live."

Upon recovery, the woman decided to stay in the hospital and have a face-lift, liposuction, breast implants and a tummy tuck. She even had someone come in and change her hair colour and whiten her teeth! Since she had so much more time to live, she figured that she might as well make the most of it.

After her last operation, she was released from the hospital. On her way home, after being discharged from the hospital, she was killed by an ambulance just as she was crossing the road!

Arriving in front of God, she demanded, "I thought you said I had another 33 years to live? Why didn't you pull me out of the path of the ambulance?"

God replied: "I didn't recognize you!"

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### Surprise gift

At the end of the primary school term, a kindergarten teacher is receiving gifts from her departing pupils.

First up is the local florist's son, whose gift is a well-wrapped cone.

"I bet I know what is this," she says, after shaking it

and inhaling deeply, "have you got me flowers?"

"That's right, but how did you guess" cries the boy.

"Just a wild guess."

The next pupil was the daughter of the local sweet shop owner. Again the teacher held the package and shook it, and heard the soft rattle.

"Thank you, I love chocolates." she says

"That's correct, but how did you guess?" asked the girl.

"Just a lucky guess."

The third boy, son of the local off-license owner, shyly approaches. Again the teacher holds the box above her head and shakes it side to side - only to find it leaking.

Tasting a drop of the leakage with her fingers, she asks, "Is it wine?"

Open-mouthed the youngster shakes his head - and the teacher repeats the process.

"Oh, it's nice vintage, champagne perhaps?" she asks again, and the boy shakes his head

"Ok, I give up, what is it?"

The boys laugh in delight: "A puppy!"

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### Getting Older

I changed my car horn to gunshot sounds. People get out of the way much faster now.

Gone are the days when girls used to cook like their mothers. Now they drink like their fathers.

I didn't make it to the gym today. That makes five years in a row.

I decided to stop calling the bathroom the 'John' and renamed it the 'Jim'. I feel so much better saying "I went to the Jim this morning".

Old age is coming at a really bad time. When I was a child, I thought "Nap Time" was a punishment. Now, as a grownup, it feels like a small vacation.

The biggest lie I tell myself is..."I don't need to write that down, I'll remember it."

I don't have grey hair; I have "wisdom highlights". I'm

I told him to study... You will get a good wife. He Said Dad studied a lot... what did he get?



just very wise.

Don't ever ask me to bend down and touch my toes. If God wanted me to touch my toes, He would have put them on my knees.

Last year I joined a support group for procrastinators. We haven't met yet.

Of course, I talk to myself; sometimes when I need expert advice.

At my age "Getting lucky" means walking into a room and remembering what I came in there for.

Actually, I'm not complaining because I am a senager. (senior teenager)

I have everything that I wanted as a teenager, only 60 years later.

- I don't have to go to school or work.

- I have a driver's licence and my own car.

- I get an allowance every month.

- I have my own iPad (although I can't recall where I kept it)

- I don't have a curfew.

Life is great. I have more friends, but right now I can't remember their names.

### Thoughts to Live by

## You deserve true friendships, true commitments and complete love

-- Sir Philip Anthony Hopkins CBE - Welsh actor, film director, and film producer

Let go of people who aren't ready to love you.

This is the hardest thing you will have to do in your life and it will also be the most important thing.

Stop having difficult conversations with people who don't want to change.

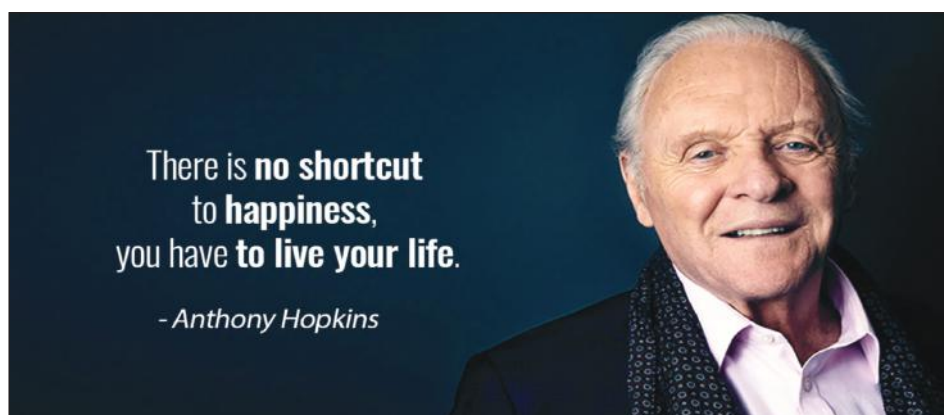
Stop showing up for people who have no interest in your presence.

I know your instinct is to do anything to gain the appreciation of those around you, but it's a drive that steals your time, energy, mental and physical health.

When you start fighting for a life of joy, interest and commitment, not everyone will be ready to follow you there.

It doesn't mean you have to change who you are; it means you have to let go of people who aren't willing to accompany you.

If you are excluded, insulted, forgotten or ignored by the people you offer your time to, you are not doing yourself a favour by continuing to offer them your energy and



your life.

The truth is you are not for everyone and everyone is not for you.

This is what makes it so special when you meet people you share friendship or love with.

You'll know how precious this is because you've experienced what isn't.

There are billions of people on this planet and many of them will find them at your level of interest and commitment.

Maybe if you stop coming, they won't look for you.

Maybe if you stop trying, the relationship will end.

Maybe if you stop sending messages, your phone will stay dark for weeks.

It doesn't mean you ruined the relationship; it means the only thing that kept it was the energy you were the only one giving to keep it.

It's not love, it's attachment.

It's giving a chance to those who don't deserve it!

You deserve so much more.

The most precious thing you have in your life is your time and energy, because both are limited.

The people and things you give your time and energy to, will define your existence.

When you realize this, you begin to understand why you are so impatient when you spend time with people, activities, or spaces that don't suit you and shouldn't be around you.

You'll begin to realize that the most important thing you can do for yourself and everyone around you, is to protect your energy more fervently than anything else.

Make your life a safe haven, where only people "compatible" with you are allowed.

You are not responsible to save anyone.

You're not responsible for convincing them to improve.

It's not your job to exist for people and give your life to them!

You deserve true friendships, true commitments and complete love with healthy and prosperous people.

Deciding to distance yourself from harmful people will give you the love, appreciation, happiness and protection you deserve.



## Pain Management

# 10 Things to Do Every Day for Less Pain

**W**hen pain is a near-constant presence in your life, it makes daily living a challenge. Try these effective strategies to help keep your pain levels down.

### Exercise

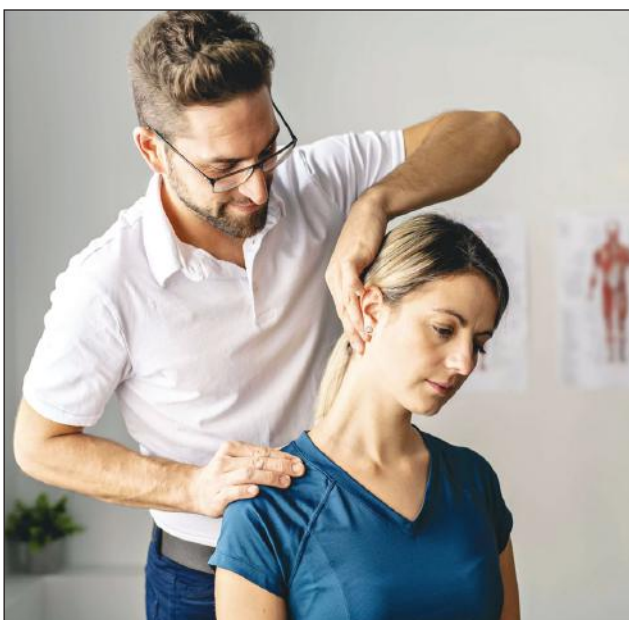
It's a Catch-22: You're hurting, so you don't exercise; but without exercise, you may lose muscle tone and strength, making pain worse. Fortunately, even mild exercise releases endorphins, the feel-good brain chemicals that lift mood and block pain. Ask your doctor if aerobic, strengthening, or stretching exercises can give your body the boost -- and relief -- it needs.

### Practise relaxation

It sounds so obvious, but few of us actually take the time to stop what we're doing and calm our minds. Stress management techniques like deep breathing, meditation, and biofeedback relax your body, which helps ease pain. Talk to your doctor to learn more. In the meantime, slow down, close your eyes ... breathe in ... breathe out.

### Avoid alcohol

You need a good night's sleep to help soothe the stresses pain puts on your body. Although a drink can help you fall asleep, when alcohol breaks down in your body, it leads to shallow sleep, shortens important time in REM sleep, and may even wake you. The result: A less restful



night.

### Quit smoking

Some people find temporary relief from stress and pain with a quick smoke. The irony is that smoking may actually add to your pain in the long run. It slows healing, worsens circulation, and raises your chance of degenerative disc problems, a cause of low back pain. Ask your doctor about programs and medicines to kick the habit.

### Eat well

You want to do everything you can to help your body, not hinder it. One way to keep your body strong is a nutritious diet. Eating right improves blood sugar, helps keep your weight in a healthy range, lowers the odds of heart disease, and aids digestion. Aim for a diet rich in fresh produce, low-fat proteins, and whole grains.

### Journal

Help your doctor help you. At the end of each day, record a "pain score" between 1 and 10. Then note what you did that day and how these activities made you feel. Bring the journal to your next appointment. It may give your doctor insights so they can understand your pain better and treat you more effectively.

### Give yourself down time

Don't push too hard. Set limits. That may mean saying "no" to events like parties when you need the rest. It may be booking regular massages. Or making an unbreakable dinner date with good friends to boost your spirits. How you care for you is unique to you -- and it's also up to you.

### Distract yourself

One potent prescription for relief is to keep busy with activities that take your mind off the pain, instead of focusing on it. Take that cooking class you've had your eye on, join a garden club, try yoga. Even if you can't control the pain, you can control the rest of your life. Get started!

### Know your medicines

You should understand the medicines you're taking, what they can do for you, and their side effects. Your goal is to have a normal mood and activity level. If you don't, then a different medicine might be better for you. What are your options? Be proactive, ask questions, and look for answers.

### Ask for Help

Reaching out is a great habit for you to develop. It's OK to tell friends and family what you're feeling and what you need, because they won't know otherwise. Learn more about your condition, and share what you find out with the people in your life. You're not alone -- as many as one in every three people is dealing with chronic pain.

Medically Reviewed by Carol DerSarkissian, MD - WebMD

## Health & Balance

# How to Be Happier

It's easier than you think to change your outlook. Here are some small things you can do to lift your spirits and feel more positive.

**P**ut some pep in your step: Scientists say walking tall with swinging arms helps you feel more positive. Even if you're not feeling happy, a spirited stroll can help you fake it till you make it.

**Slap on a Smile:** Want to lift your spirits? Lift the corners of your mouth. When you smile like you mean it, you can change your brain's chemistry and feel happier.

**Volunteer:** Find ways to get involved in your community or help out a friend in need. You'll help yourself, too. It can improve your mental health and well-being. Win-win.

**Make new friends:** It makes you feel good to spend time with people who care about you. So be open to new relationships, whether it's someone you meet at the office, gym, church, or park. But be sure to maintain those lifelong connections, too. Studies show the more connec-



ted you are, the happier you are.

**Count your blessings:** Write down everything that's good in your life. When you make an effort to look on the bright side, it helps you stay focused on the positive.

**Break a sweat:** It can take as little as 5 minutes for exercise to put you in a better mood. Moving your body also has good long-term effects: Regular exercise helps keep depression at bay.

**Forgive and forget:** Are you holding a grudge? Let it go. Forgiveness frees you from negative thoughts and makes more room in your life for inner peace. And that

brings you happiness.

**Practise mindfulness:** Meditate for an hour a week. It'll give you a dose of joy, peace, and contentment. It'll also create new pathways in your brain to make it easier for you to feel joy.

**Turn on some tunes:** Music can have a powerful effect on your emotions. Pick your favorite music mix and get into the groove. You'll get a real feel-good vibe.

**Get the ZZZs you need:** Most adults need 7 or 8 hours of sleep each night to stay in a good mood. You're more likely to be happy when you get enough shut-eye.

**Remember your "why":** When you have a sense of purpose -- why you work, exercise, or do something good for someone else -- it gives your life meaning. In the hurry of a busy day, it's easy to lose sight of that. So take a moment to bring it to mind. Happiness is about more than momentary pleasure. It's also in the satisfaction of pursuing your goals.

**Challenge your inner critic:** You know that inner voice that loves to point out everything that isn't so great? Try to notice when it takes control of your mood. Sometimes it has a good point and is letting you know about something that needs your attention. But other times, it's wrong, or it makes things seem worse than they are. Ask yourself, "Is this true?"

**Tackle your goals:** Ask yourself if they are realistic and within your reach now -- or at least, things that you can start to work toward. Then get really specific about what the goal is -- not "to work out more" but "to walk 30 minutes a day, three times this week," or "I'll have a salad for lunch twice this week." Write it down, and reward yourself for every step you take toward that goal!

**Seek positive people:** "Emotions are contagious," as the saying goes. So you want people in your life who are confident, upbeat, and healthy. You'll probably find that it rubs off on you, leaving you feeling better. And then you can pass that on, too.

Medically Reviewed by Sabrina Felson, MD - WebMD



## TellyBytes

## Sayantani Ghosh opens up about her 'unideal beginning of 2022'

Newly married Sayantani Ghosh and her husband Anugrah Tiwari, who tied the knot in December 2021, didn't have a great start to their first new year post marriage. The couple tested positive for Covid-19 at the very beginning of 2022 and has had a tough time dealing with it. In her latest Instagram post, Sayantani shared details about the severe symptoms, how it crushed her plans for 2022, how they battled against the virus...

Sayantani wrote a long note informing everyone that she and Anugrah had tested positive for Covid-19 and have recovered now. She wrote, "#covidrecovered. The beginning of 2022 has not been ideal. In spite of being so careful still right at the onset of the year we both landed up with the #coronavirus n since then we have been isolating ourselves. For me it was the first time, but for @anugrah0070 the second time."

Continuing, Sayantani shared that getting isolated and spending days locked up wasn't in her plans and made her upset. Sharing how emotionally and mentally challenging it was, she wrote, "Physically down surely, but mentally and emotionally more challenged! I am a planned person in life, and this surely wasn't a part of my plan for 2022. Sitting at home, missing work and beginning the year on this note surely wasn't a happy one!"

### A note of gratitude for good health, family, hubby

Going ahead, the *Tera Yaar Hoon Main* actress expressed gratitude for having her husband and family by her side throughout. "But that's the thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack. We have now fully recovered.



And all that I feel is immense gratitude for having such a supportive family, my loving hubby, for good health, for my body for fighting it back so well, for everything in my life!"

Sayantani further shared about how she spent her days recovering from the virus - "Getting to spend quality time with my husband, having the morning n evening tea together (it's become quite a ritual with us) spending time with my own self, video calling my family and having quality chats, binge watching content... all this has been such a happy n meaningful path to recovery."

### Unbearable beginning to happy ending

Moving further, Sayantani talked about the severe symptoms she had. "It began with severe body ache n cramps (honestly it was quite unbearable in the beginning) but resting it out, eating healthy, sleeping well has been so instrumental, as amidst all the hustle n bustle of life I got time to nourish my body, my mind n my soul So let's note take our lives n loved ones for granted n let's all be grateful. And now I'm ready n recovered. So, 2022 here I come..."

## TV main bahut jaan baaki hai: Sudhanshu Pandey

Having done films across industries in over two decades, actor Sudhanshu Pandey ventured into daily soap project last year

"I have done over 45 films — good, bad and ugly — and a couple of web-series as well. I see television's growth in terms of reach, revenue generation and the kind of influence it has over the audience. So now when I dabbled into my first ever daily soap, I have realized its real strength," says Pandey.

The *2.0* and *Radhe* actor feels OTT is not a threat to the small screen. "TV main *bahut jaan baaki hai*...it just depends on the content creator *woh jaan le sakte hai aur daal bhi sakte hain!*"

Currently, he is fully invested in the show *Anupamaa*. "My role is one of the most layered characters of my life. Here the hero of the show is totally grey and if my character of Vanraj Shah was not such then there would be no *Anupamaa!* With such a diverse and unpredictable role, it has a big scope to grow."

He adds, "Also, you don't get popularity and appreciation with everything you do — be it the biggest of stars like Salman Khan, Amitabh Bachchan or anyone else for that matter. Similarly in my case, this is that one project which became



the talk of the town and a global rage."

After a huge success, Pandey believes that power of television is on another level. "If you look at films, hardly any film is working — be it in theatre or OTT. I did a special appearance in *Radhe*, for Prabhudeva (director), but did not watch the film myself! Recently, we had Sara Ali Khan promoting her film on our show which explains the power of a successful show."

The actor was in Varanasi earlier this month to shoot for the Indian government project on Kashi Vishwanath Corridor. "I got to visit this magnificent city nearly after two decades and experience was fantastic."

Pandey has a strong connect with UP. "My father's hometown is Gorakhpur and we used to have a 30-room haveli there. I have spent my childhood there also two of my aunts and a close friend live in Lucknow. However, I was born and brought up in Almora and Nainital," he tells.

## YOUR STARS

### Sagittarius: Nov 22 - Dec 21

You will experience a strong sense of belonging with your loved ones. Singles should make up their mind and get to know their choice of person better. A positive response is likely to be coming your way! Married couples can spend the day outdoors.

**Lucky Numbers:** 12, 14, 17, 20, 23, 36

### Capricorn: Dec 22 - Jan 19

Normally you may not show your emotions too much, but you may long for a romantic relationship and will want to share some of your private life to get that connection going. Meet the one you admire and let them know what you feel. They will reciprocate.

**Lucky Numbers:** 1, 12, 18, 24, 25, 30

### Aquarius: Jan 20 - Feb 18

All your key priorities will be sorted and you will pull off a balancing act. You will spend time with your loved ones and they will appreciate you for this. Committed partners need to find interesting ways to spend time together instead of working on their laptop.

**Lucky Numbers:** 14, 16, 20, 23, 26, 30

### Pisces: Feb 19 - Mar 20

Spending time with your loved ones will help you gain some perspective about where you are heading. This will help you relax and sort out your priorities. Those married need to clear up their mind and engage in fruitful conversations without any vengeance.

**Lucky Numbers:** 9, 13, 15, 23, 26, 29

### Aries: Mar 21 - Apr 19

Be careful about your secrets and don't reveal too much as of now. Let your relationship settle down and develop trust with your partner before you share your personal life with them. Married couples need to spend time with kids and help them with their problems.

**Lucky Numbers:** 2, 5, 7, 11, 19, 21

### Taurus: Apr 20 - May 20

Spending time with your loved ones will make you feel better today. Singles need to wear their thinking cap and plan for some get-together with friends. Married couples need to introspect on their relationship and have a freewheeling conversation.

**Lucky Numbers:** 3, 4, 15, 18, 21, 23

### Gemini: May 21 - June 20

What you want and what you think you want seem to be two different things. You want the current relationship to work, but your mind is cautioning you to play it safe. Let go of this insecurity and trust your instincts, listen to them. Do not overthink at this point.

**Lucky Numbers:** 6, 9, 11, 18, 24, 31

### Cancer: June 21 - July 22

You need to look out for someone who understands you truly. You have a strong emotional side and not everyone can deal with it. Be selective in your choice of partner and wait for the right one. Those in a committed relationship need to be mindful of their tone as they can end up hurting their loved ones.

**Lucky Numbers:** 8, 26, 27, 30, 36, 39

### Leo: July 23 - Aug 22

Let go of your grudges both with yourself or with those around you. Work upon yourself and look to seize the initiative in the future. Love can only flow into your life if you are not too harsh on yourself. Lay a foundation for love in all that you say and do. Couples also need to evaluate where their life is heading.

**Lucky Numbers:** 6, 15, 20, 22, 27, 33

### Virgo: Aug 23 - Sept 22

You will be in a jovial mood and will find happiness in everything around you. You will work towards deepening your bond with your partner. Think beyond your physical needs and look to connect spiritually with your beloved. Singles should spend time with their family.

**Lucky Numbers:** 5, 9, 13, 20, 27, 30

### Libra: Sept 23 - Oct 22

The stars are aligned to add some spice in your life. You can play hard to get and your partner will gleefully oblige. You don't have to be manipulative in seeking what you want. Just ask and you shall get it. Your partner will be cooperative to your wishes.

**Lucky Numbers:** 14, 16, 20, 24, 26, 39

### Scorpion: 23 Oct - 21 Nov

Your stress is likely to evaporate as past concerns will appear to be getting resolved. You need to thank your loved ones for supporting you when it was needed the most. Make sure you communicate to your partner what they mean to you.

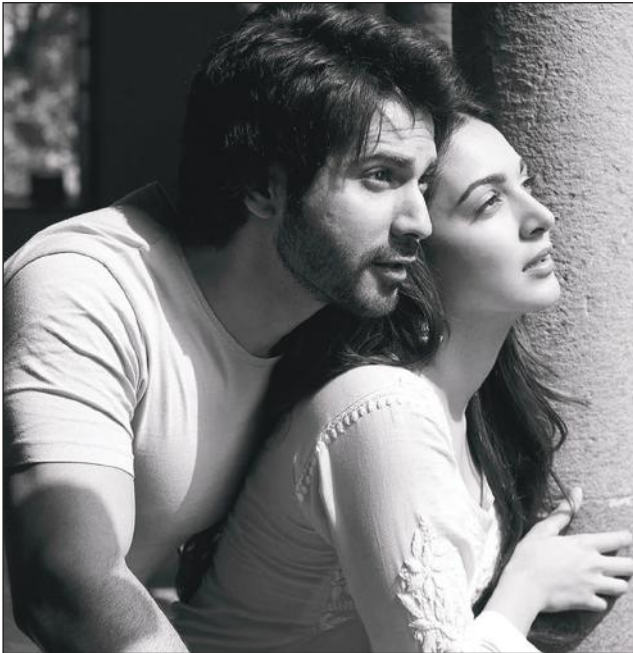
**Lucky Numbers:** 17, 20, 29, 34, 35, 40



# Bollywood's new on-screen couples: Sizzling chemistry or recipe for disaster?

*Ayushmann Khurrana pairs up with Rakul Preet Singh; Hrithik Roshan and Deepika Padukone unite*

**B**ollywood's been stuck in a rut for some time – the same pair-ups in different plots, but all that is about to change. This is the year of new chemistry. Here's a look at some new on-screen couples, as reported by Gulf News...



**Ayushmann Khurrana and Rakulpreet**

Ayushmann Khurrana and Rakul Preet Singh in *'Doctor G'*. As the name suggests, this tale will be set in the healthcare sector where the two actors will play



doctors. Anubhuti Kashyap (Anurag Kashyap's sister) is directing the movie, slated for June 17.

## Deepika Padukone and Hrithik roshan

Hrithik Roshan and Deepika Padukone in *'Fighter'*. Both actors are known for their model looks, stellar acting and an ability to get into the skin of a character, so we don't know how this two weren't pushed together before now. Oh, well better late than never. The movie is touted as India's first aerial action franchise.

## Deepika Padukone and Siddhant Chaturvedi

Another couple with incredible chemistry is Deepika and Siddhant Chaturvedi. If you check out the trailer of *'Gehraiyaan'* on Amazon Prime, you will know what we are getting at.

## Alia Bhatt and Ranbir Kapoor

Alia Bhatt and Ranbir Kapoor are known to have incredible chemistry with their co-stars, and there's a good chance that they will set the screen on fire together.

## Rajkumar Rao and Bhumi Pednekar

Rajkumar Rao and Bhumi Pednekar in *'Badhaai Do'*. Another coupling that promises good acting is *'Badhaai*

*Do'*, slated for release on February 4. In it, Rao will play a cop while Pednekar takes on the mantle of a teacher.

## Prabhas and Kriti Sanon

Prabhas and Kriti Sanon in *'Adipurush'*. The movie is based on the Indian epic *'Ramayana'*, and these two will take on the iconic roles of Lord Rama and his wife, Sita. Sunny Singh has been cast as Laxman and Saif Ali Khan as Raavan.

## Katrina Kaif, Ishaan Khatter and Siddhant Chaturvedi

Katrina Kaif, Ishaan Khatter and Siddhant Chaturvedi in *'Phone Bhoot'*. Horror comedies are rare but done well, they can be quite a treat. (The last one we liked was *'Stree'*, featuring Rajkummar Rao and playing now on Netflix.)

*'Phone Bhoot'*, directed by Gurmmeet Singh, is all set for a July release.

## Kiara Advani and Varun Dhawan

Varun Dhawan and Kiara Advani in *'Jug Jug Jeeyo'*. This gorgeous pairing will be star together for the first time in the upcoming comedy drama directed by Raj Mehta. The film also stars veteran actors Neetu Kapoor and Anil Kapoor.

## Ananya Panday and Mike Tyson

*'Student of the Year 2'* actress Ananya Panday will light up the screen with Vijay Devarakonda in *'Liger'*, which will be the South Indian superstar's Bollywood debut. American professional boxer Mike Tyson will also have a role in the action movie.

## Ajay Devgn and Priyamani

Priyamani will make her Bollywood debut in the sports drama *'Maidaan'*, which also stars Ajay Devgn. Bollywood has produced a number of excellent sports dramas in recent years, and it will be interesting to see this new couple onscreen.

## Mouni Roy is all set to tie the knot on January 27

By Vinay MR Mishra

**M**ouni Roy is all set to tie the knot on January 27. Contrary to the speculations, Roy will not be tying the knot in Dubai, where her to-be husband Suraj Nambiar is based, reports Hindustan Times. A source close to the actor reveals that Roy will take the plunge in Goa.

"A five-star resort has been booked as the venue. Although invites have started going out, the guests have been asked to be tight-lipped about it. All the guests have been asked to carry their vaccination certificates," a little birdie informs. It will be a sea-facing beach wedding.

Ostensibly, the duo is planning to throw a dance bash post her wedding on January 28.

Apparently, Roy's close friends and dance reality show alumni Pratik Utekar and Rahul Shetty are rehearsing with her for the same.

Among the invitees, producers Karan Johar and Ekta Kapoor, designer Manish Malhotra, former actor Aashika Goradia are just a few almost confirmed names.

Interestingly, Roy also had her bachelorette in Goa. The *Naagin* actor has been shuttling between Mumbai and Goa, personally looking after all the arrangements. To-be groom Nambiar is also in the country and keeping himself under the radar.



## Amrita Tanganiya all set to make Bollywood debut in 'Dreamy Singh'

**'Kumkum Bhagya'** actress Amrita Tanganiya is delighted about her Bollywood debut. She will be seen as a nomad in upcoming thriller *'Dreamy Singh'* which also features Kashmira Shah and Ashmit Patel and is directed by Sameer Bhatnagar.

Revealing about her role she says: "I will be seen portraying the character of Mrudula, who is a 'banjaran' (nomad). It is something very creative and interesting role I'm enjoying acting for. My audience will get to see me in a completely new role. We are currently shooting in Haridwar for the same."

The actress who was last seen playing a *Naagin* in the show, *'Phir Laut Aayi Naagin'* dreams to make her name in Bollywood and wishes to work with superstars.

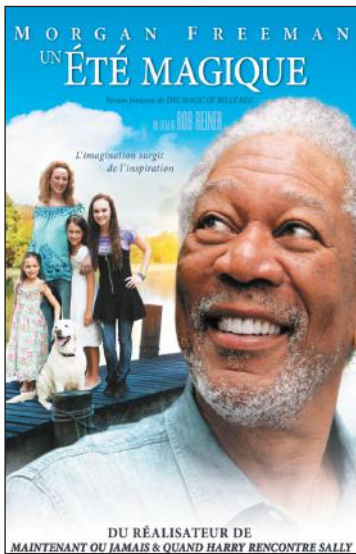
She adds: "After acting in television and web shows, finally I'm enjoying working for a Bollywood movie. I hope to work with popular actors like Ayushmann Khurrana, Salman Khan, Ajay Devgan, among others. Hope my hard work and dedication will make my dreams come true."







vendredi 14 janvier - 21.15



samedi 15 janvier - 21.00



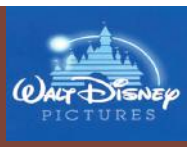
dimanche 16 janvier - 21.15



## Programme TV



SERIAL



vendredi 14 janvier

## MBC 1

07.00 D.Anime: The Hive  
09.15 Serial: Ode To Joy  
10.00 Local: Les Grandes Lignes  
12.00 Le Journal  
12.30 Doc: Tresors Oublies...  
13.00 Mag: Le Saviez-Vous?  
14.30 Serial: Harvey Girls Forever!  
14.52 D.Anime: Booba  
15.20 D.Anime: Clip - Ubongo  
16.29 D.Anime: The Adventures...  
17.05 Serial: Oh Yuck!  
17.25 Serial: Creeped Out  
18.00 Live: Samachar  
18.30 Serial: Surya Pura  
18.55 Serial: Jag Jaanani Maa  
Vaishnodevi  
19.30 Journal & La Meteo  
20.40 Local: Come On Let's Dance  
21.35 Serial: 19-2  
23.05 Le Journal  
23.40 Mag: Eye On SADC

## MBC 2

07.00 DDI Live  
10.00 Bisaat-E-Dil  
11.01 Tawaan  
12.00 Film: Natpe Thunai  
Starring: Hiphop Tamizha Adhi,  
Anagha, Anagha  
15.00 Live: Samachar  
15.20 Serial: Aamhi Doghi  
15.42 Serial: Bommarillu  
16.07 Serial: Sondha Bandham  
16.25 Serial: Juda Na Hona  
16.47 Serial: Imtihaan  
17.05 Kullfi Kumarr Bajawala  
17.25 Serial: Chhanchhan  
18.00 Serial: Colourful Bone  
18.30 Mag: DDI Mag  
19.05 Zournal Kreol  
19.26 Serial: Radha Krishna  
19.58 Serial: AAS (Urdu Serial)  
21.00 Local: Urdu Programme  
22.00 DDI Live

## MBC 3

07.00 Mag: Border Crossing  
07.20 Mag: Tomorrow Today  
07.46 Doc: La Route De La Soie  
09.00 Educa Programme - G5  
11.30 Educa Programme - G8  
14.03 Doc: Comme Une Envie De...  
14.54 Doc: Snapshots  
16.45 Doc: Cholitass  
17.31 Mag: Eco India  
18.00 Doc: Day Zero  
18.47 Mag: World Stories  
19.30 Mag: Euromaxx  
20.05 Doc: Quand L'Histoire...  
20.30 Local: News (English)  
20.45 Doc: China's Mega Project II  
21.37 Doc: Innovation On Board  
23.38 Doc: Day Zero  
00.20 Mag: World Stories  
00.34 Mag: Our Voices  
01.00 Mag: Euromaxx

## Cine 12

01.02 Film: Capitaine Phillips  
03.13 Serial: Shades Of Blue  
03.54 Film: Salt  
05.27 Tele: Muneca Brava  
05.57 Serial: Elementary  
06.39 Film: Capitaine Phillips  
09.45 Tele: Teresa  
10.35 Tele: I Forgot I Loved You  
11.00 Serial: Shades Of Blue  
12.00 Film: Salt  
13.30 Tele: Muneca Brava  
14.45 Film: Capitaine Phillips  
16.53 Serial: Pure Genius  
17.33 Serial: Elementary  
18.15 Tele: Teresa  
19.00 Tele: I Forgot I Loved You  
19.34 Mag: Cinemag  
20.05 Tele: Les Trois Visages D'ana  
20.30 Serial: Timeless  
21.15 Film: Un Ete Magique  
Avec: M. Freeman, Virginia Madsen

## Bollywood TV

07.00 Film: Nanu Ki Jaanu  
11.30 / 20.30 - Radha Krishna  
12.00 / 21.00 - Anupamaa  
12.30 / 21.30 - Mere Sai  
13.00 / 22.00 - Agnihera  
13.33 / 22.03 - Yeh Teri Galiyan  
13.55 / 22.30 -  
Bade Acche Lagte Hai  
14.30 / 23.00 - Main Maik Chali  
Jaungi Tum Dekhte Rahiyo  
15.00 / 21.46 -  
Yeh Hai Mohabbatein  
15.25 Film: Ujda Chamun  
Starring: Sunny Singh, Maanvi  
Gargro, Saurabh Shukla,  
Karishma Sharma  
18.00 Live: Samachar  
18.30 Kundali Bhagya  
19.00 Ishaaron Ishaaron Mein  
19.31 Bhakharwadi  
20.00 Siddhi Vinayak

samedi 15 janvier

06.02 D.Anime: Invention Story  
06.29 D.Anime: Boule Et Bill  
06.53 D.Anime: Booba  
07.01 D.Anime: Rev & Roll, Amis...  
07.45 D.Anime: All Hail King Julien  
08.14 D.Anime: Tom-Tom Et Nana  
09.30 Mag: Happy Tales  
10.00 Local Prod: Zanfan Nou Zil  
12.00 Le Journal  
12.35 Tele: Teresa  
14.40 Local Prod: Artizan: Difil  
15.20 D.Anime: Clip - Ubongo  
15.45 D.Anime: P'tit Cosmonaute  
16.46 D.Anime: The Adventures Of  
Puss In Boots  
17.15 Serial: Hank Zipzer  
18.00 Samachar  
18.30 Local Production  
19.30 Journal & La Meteo  
20.10 Local: Autour Des Valeurs...  
21.10 Film: The Delphi Effect  
23.00 Local: Le Journal

07.00 Film: Jamun  
09.03 Mag: DDI Magazine  
10.00 Bade Acche Lagte Hai  
11.03 Serial: Dikri Vahalno Dariyo  
12.00 Serial: Nanda Saukhyha Bhare  
12.17 Serial: Mooga Manasulu  
12.45 Serial: High School  
13.02 Annakodiyum Ainthu  
Pengalum  
13.35 Anu Pallavi  
15.00 Live: Samachar  
15.25 Film: Namaste England  
Starring: Parineeti Chopra, Arjun  
Kapoor, Satish Kaushik  
18.10 DDI Magazine  
19.00 Live: Zournal Kreol  
19.30 Serial: Radha Krishna  
20.06 Serial: Vikram Betaal Ki  
Rahasya Gatha  
20.29 Serial: Bitti Business Wali  
21.00 Film: Luck  
Starring Mithun Chakraborty, Sanjay Dutt

06.00 Doc: Day Zero  
06.42 Mag: World Stories  
06.55 Mag: Our Voices  
07.50 Doc: Quand L'histoire Fait...  
09.08 Doc: Innovation On Board  
10.27 Doc: Back To Chernobyl  
11.12 Doc: Day Zero  
12.10 Mag: Our Voices  
14.21 Doc: Innovation On Board  
15.00 Student Support Prog...  
18.02 Mag: Future Mag  
18.31 Mag: In Good Shape  
19.00 Mag: Destination Culture  
20.30 Local: News (English)  
20.45 Doc: Secret Des Plantes  
22.21 Doc: Treasures In The Sand  
23.03 Doc: Transylvania In The...  
23.30 Mag: Future Mag  
23.59 Mag: Good Shape  
00.24 Mag: Destination Culture  
00.47 Mag: Check In

01.33 Film: Un Ete Magique  
03.22 Serial: Seal Team  
04.02 Beauty And The Beast  
05.25 Tele: Tanto Amor  
06.06 Serial: Timeless  
06.51 Serial: Blacklist  
08.30 Serial: Macgyver  
09.22 Beauty And The Beast  
10.03 Serial: Hawaii Five-0  
10.45 Film: Un Ete Magique  
12.44 Serial: Seal Team  
13.30 Serial: Shades Of Blue  
15.05 Tele: Muneca Brava  
17.05 Film: All She Wishes  
18.35 Serial: Rich Man, Poor Man  
19.34 Mag: Cinemag  
20.05 Tele: Les Trois Visages D'ana  
20.30 Series: Timeless  
21.15 Film: Juste Un Peu  
D'alchimie  
Starring: Ana Fernández García, Alejo  
Sauras, Rodrigo Guirao Díaz

04.05 Radha Krishna  
04.36 Anupamaa  
05.03 Mere Sai -- Shradha Aur...  
05.33 Agnihera  
06.00 Yeh Teri Galiyan  
06.20 Bade Acche Lagte Hai  
06.38 Chhanchhan  
06.57 Ishaaron Ishaaron Mein  
07.18 Siddhi Vinayak  
08.02 Yeh Teri Galiyan  
10.01 Motu Patlu  
10.12 Siddhi Vinayak  
12.01 Serial: Bhakharwadi  
14.00 Anupamaa  
16.00 Pavitra Rishta  
18.00 Samachar  
18.30 Film: Humko Tumse Pyaar  
Hai  
Star: Arjun Rampal, Amisha Patel,  
Bobby Deol  
20.12 Motu Patlu  
21.05 Serial: Namah

dimanche 16 janvier

06.02 D.Anime: Invention Story  
06.32 D.Anime: Boule Et Bill  
06.56 D.Anime: Booba  
07.00 D.Anime: Rev & Roll  
09.00 D.Anime: The Adventures Of...  
10.00 Local: Zanfan Nou Zil  
11.00 Local Production  
12.00 Le Journal  
12.40 Tele: Teresa  
13.50 Local: Elle - No 171  
15.20 D.Anime: Clip - Ubongo  
15.36 D.Anime: P'tit Cosmonaute  
17.20 Serial: Hank Zipzer  
18.00 Live: Samachar  
18.30 Local: Yeh Shaam Mastani  
19.30 Le Journal  
20.20 Local Production  
21.15 Film: Jonathan  
Stars: Ansel Elgort, Patricia  
Clarkson, Suki Waterhouse

07.00 Film: Farz Aur Kanoon  
10.00 DDI Magazine  
11.00 Serial: Azhagu  
11.24 Jag Jaanani Maa  
Vaishnodevi  
12.10 Film: Aladin  
Stars: Shubhankar Atre, Amitabh  
Bachchan, Victor Banerjee  
15.00 Live: Samachar  
15.20 Serial: Mooga Manasulu  
15.45 Serial: He Mann Baware  
16.12 Serial: Sondha Bandham  
17.03 Serial: Siya Ke Ram  
18.00 DDI Magazine  
18.30 Local: Tipa Tipa Nu Avance  
19.00 Live: Zournal Kreol  
20.05 Serial: Mann Mein Vishwas...  
20.48 Serial: CID  
21.33 Serial: Naagin Season 2  
22.19 Serial: Jai Kanhaiya Lal Ki  
22.55 DDI Live

06.00 Mag: Future Mag  
06.55 Mag: Destination Culture  
07.16 Mag: Check In  
09.07 Les Montagnes Du Monde  
09.51 Doc: Treasures In The Sand  
10.32 Doc: Transylvania In The...  
11.32 Mag: In Good Shape  
11.57 Mag: Destination Culture  
12.20 Mag: Check In  
12.52 Mag: Sky Eye  
14.54 Doc: Treasures In The Sand  
16.02 Mag: Future Mag  
18.00 Mag: Magnifique  
19.00 Magazine: The Inside Story  
19.33 Doc: Comme Une Envie...  
20.30 Local Prod: News (English)  
20.45 Doc: Paradis Perdue  
22.53 Doc: The Forest Rescuers  
00.02 Mag: Future Mag  
00.31 Mag: The Inside Story  
00.57 Doc: Comme Une Envie...

01.08 Film: Juste Un Peu  
D'alchimie  
03.58 Film: The Delphi Effect  
04.58 Tele: Tanto Amor  
05.40 Serial: Timeless  
06.22 Film: Capitaine Phillips  
08.30 Serial: Macgyver  
09.19 Film: Juste Un Peu D'alchimie  
10.54 Film: All She Wishes  
12.18 Serial: Dynasty 2  
13.46 Serial: Shades Of Blue  
15.08 Tele: Muneca Brava  
17.02 Serial: Timeless  
17.42 Serial: Dynasty 2  
18.30 Serial: Deux Flics A Miami  
20.05 Tele: Les Trois Visages D'ana  
20.30 Serial: New Amsterdam  
21.15 Film: The Girl In The Bathtub  
Avec: Caitlin Stasey, Jason  
Patric, Bethany Brown  
22.41 Tele: Le Prix Du Désir

01.00 Serial: Siddhi Vinayak  
02.09 Bhakharwadi  
04.31 Anupamaa  
06.15 Pavitra Rishta  
08.00 Motu Patlu  
08.11 Ikyawann  
10.00 Jaana Na Dil Se Door  
12.00 Yeh Hai Mohabbatein  
14.00 Agnihera  
16.29 Punar Vivaah  
18.00 Live: Samachar  
18.30 Film: Housefull 1  
Starring : Akshay Kumar,  
Deepika Padukone, Arjun  
Rampal, Ritesh  
Deshmukh, Lara Dutta,  
Jiah Khan  
20.52 Motu Patlu  
21.04 Naagin Season 3  
21.47 Bade Acche Lagte Hai

lundi 17 janvier

06.00 Local: Les Grandes Lignes  
06.27 Mag: Eye On SADC  
06.55 D.Anime: The Hive  
07.17 D.Anime: Oum Le Dauphin...  
08.01 D.Anime: Fangbone  
10.00 Local Production  
10.55 Mag: Le Saviez-Vous?  
11.30 Tele: Les Trois Visages D'ana  
12.00 Le Journal  
12.30 Doc: Tresors Oublies...  
14.00 Local: Zanfan Nou Zil  
14.30 D.Anime: Harvey Girls For...  
15.20 D.Anime: Clip - Ubongo  
15.30 D.Anime: P'tit Cosmonaute  
17.00 Serial: Oh Yuck!  
17.25 Serial: Creeped Out  
18.00 Live: Samachar  
18.30 Serial: Namah  
19.30 Le Journal  
20.40 MBC Production  
21.10 Film: Ex Machina

07.00 DDI Live  
08.00 Educational Prog: G3  
10.00 Serial: Kundali Bhagya  
12.10 Film: Veerta  
Stars: Sunny Deol, Jaya Prada,  
Shakti Kapoor  
15.00 Live: Samachar  
15.30 Serial: Aamhi Doghi  
15.52 Serial: Bommarillu  
16.15 Serial: Sondha Bandham  
16.34 Serial: Juda Na Hona  
16.56 Serial: Imtihaan  
17.14 Kullfi Kumarr Bajawala  
17.34 Serial: Vandhal Sridevi  
18.03 Serial: Colourful Bone  
19.00 Live: Zournal Kreol  
19.30 Serial: Radha Krishna  
20.31 Film: Kandan Karunal  
22.54 DDI Live

06.00 Mag: Magnifique  
06.55 Mag: The Inside Story  
07.21 Doc: Comme Une Envie De...  
09.00 Educa Programme: Grade 5  
11.30 Educa Programme: Grade 8  
14.03 Doc: Pradis Perdue  
14.46 Doc: The Neanderthals  
15.27 Doc: Stolen Blood  
17.24 Mag: Future Mag  
18.03 Mag: EcoAfrica  
18.30 Mag: Destination Culture  
19.00 Student Support Prog...  
19.30 Mag: In Good Shape  
20.01 Local: Encounter  
20.30 Local Prod: News (English)  
20.45 Doc: Builders Of The Future  
21.37 Mag: Washington Forum  
22.53 Doc: Can The Citarum Still...  
23.36 Doc: Better Brain Health  
00.18 Mag: EcoAfrica  
00.44 Mag: Destination Culture

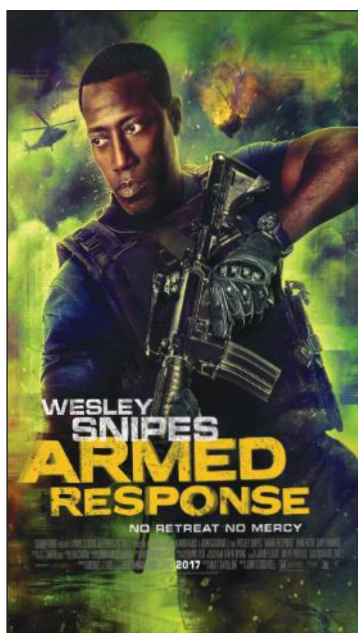
01.29 Film: The Girl In The Bathtub  
02.55 Serial: Shades Of Blue  
03.37 Film: Tracktown  
05.02 Tele: Muneca Brava  
05.43 Serial: New Amsterdam  
06.50 Film: Johnthan  
09.00 Serial: Pure Genius  
09.45 Tele: Teresa  
10.39 Tele: I Forgot I Loved You  
11.00 Serial: Shades Of Blue  
11.47 Film: Tracktown  
13.40 Serial: Muneca Brava  
14.45 Film: Jonathan  
16.45 Serial: Pure Genius  
17.26 Serial: New Amsterdam  
18.08 Tele: Teresa  
19.00 Tele: I Forgot I Loved You  
20.05 Tele: Les Trois Visages D'ana  
20.30 Serial: Blacklist  
21.15 Film: My Pretend Fiance

08.00 Film: Vir The Movie  
11.30 / 20.30 - Radha Krishna  
12.00 / 21.00 - Anupamaa  
12.30 / 21.30 - Mere Sai  
13.00 / 22.00 - Agnihera  
13.33 / 22.03 - Yeh Teri Galiyan  
14.00 / 22.30 -  
Bade Acche Lagte Hai  
14.30 / 23.00 - Main Maik Chali  
Jaungi Tum Dekhte Rahiyo  
15.00 / 21.46 -  
Yeh Hai Mohabbatein  
15.21 Film: Angaar  
Starring: Starring Jackie  
Shroff, Dimple Kapadia, Nana  
Patekar, Kader Khan  
18.00 Live: Samachar  
18.30 Kundali Bhagya  
19.00 Ishaaron Ishaaron Mein  
19.31 Serial: Bhakharwadi  
20.01 Siddhi Vinayak



CINE 12

mardi 18 janvier - 21.10



mBC 1

mercredi 19 janvier - 21.15



mBC 2

jeudi 20 janvier - 21.15



## Programme TV



SERIAL



MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
<b>mardi 18 janvier</b> 06.00 Local: Rodrig - Akoustic 07.00 D.Anime: The Hive 07.26 Film: Bound - The Epic Lego.. 08.15 Film: Georges Le Petit Curieux Décolle 09.09 Serial: Ode To Joy 12.00 Le Journal 12.25 Local: Autour Des Valeurs 13.10 Local: Come On Let's Dance 14.30 D.Anime: Harvey Girls... 14.50 D.Anime: Booba 15.25 D.Anime: P'tit Cosmonaute 15.41 Film: Dive Olly Dive And The Octopus Rescue 17.30 Serial: Creeped Out 18.00 Live: Samachar 18.30 Serial: Jijaji Chhat Par Hain 18.55 MBC Production 19.30 Journal & La Meteo 20.15 Local: Priorite Sante 21.10 Film: When The Bough Break	<b>mardi 18 janvier</b> 07.00 DDI Live 10.00 Serial: CID 12.00 Film: Gomti Ke Kinare Starring: Meena Kumari, Mumtaz 14.00 DDI Magazine 15.00 Live: Samachar 15.20 Aamhi Doghi 15.43 Bommarillu 16.07 Sondha Bandham 16.25 Juda Na Hona 16.49 Serial: Imtihaan 17.10 Kullfi Kumarr Bajewala 17.31 Serial: Premabhishekam 18.00 Serial: Colourful Bone 18.30 Local: DDI Magazine 19.00 Zournal Kreol 19.30 Serial: Radha Krishna 20.06 Local: Tamil Programme 20.30 Film: Raja Saab Starring Shashi Kapoor, Nanda	<b>mardi 18 janvier</b> 06.00 Mag: Eco@Africa 06.26 Mag: Destination Culture 07.47 Doc: Global Drinks 09.00 Educa Programme: Grade 5 11.30 Educa Programme: Grade 8 14.03 Doc: Builders Of The Future 14.27 Mag: Global 3000 16.02 Doc: Better Brain Health 16.47 Mag: Eco@Africa 18.30 Mag: Healthy Living 19.00 Student Support Prog 19.30 Mag: Made In Germany 20.30 Local Prod: News (English) 20.45 Magazine 21.11 Mag: Close Up 21.39 Local: Klip Seleksion 23.01 Doc: Electricity To Go 23.45 Mag: Rev: The Global Auto... 00.11 Mag: Healthy Living 00.26 Mag: Red Carpet 00.41 Mag: Check In	<b>mardi 18 janvier</b> 01.08 Film: My Pretend Fiance 02.58 Serial: Shades Of Blue 03.36 Film: Chasseurs De Monstre 05.36 Tele: Muneca Brava 06.18 Serial: Blacklist 06.53 Film: My Pretend Fiance 09.00 Serial: 09.45 Tele: Teresa 10.35 Tele: I Forgot I Loved You 11.01 Serial: Shades Of Blue 11.42 Film: Chasseurs De Monstre 13.39 Tele: Muneca Brava 14.17 Mag: Cinemag 14.45 Film: My Pretend Fiance 16.41 Serial: 17.22 Serial: Blacklist 18.05 Tele: Teresa 19.00 Tele: I Forgot I Loved You 20.05 Tele: Les Trois Visages D'ana 21.15 Film: Armed Response Avec: Wesley Snipes, Anne Heche...	<b>mardi 18 janvier</b> 07.35 Film: Angaar Cast: Jackie Shroff, Dimple Kapadia, Nana Patekar... 11.30 / 19.27 - Radha Krishna 11.59 / 20.57 - Anupamaa 12.30 / 21.27 - Mere Sai 13.09 / 22.07 - Agniphera 13.30 / 22.37 - Yeh Teri Galiyan 14.00 / 23.07 - Bade Acche Lagte Hai 14.30 / 21.59 - Main Maikhe Chali Jaungi Tum Dekhte Rahiyo 14.53 / 22.25 - Yeh Hai Mohabbatein 15.20 Film: Raazi 18.00 Live: Samachar 18.30 Serial: Kundali Bhagya 18.59 Ishaaron Ishaaron Mein 19.31 Bhakharwadi 20.00 Siddhi Vinayak
<b>mercredi 19 janvier</b> 06.00 Local: Rodrig - South East... 07.00 D.Anime: The Hive 07.15 D.Anime: Oum Le Dauphin... 07.55 D.Anime: Cat & Keet 09.15 Serial: Ode To Joy 10.25 Local: Crime Watch 12.00 Le Journal 12.30 Doc: Tresors Oublies De... 13.00 Mag: Le Saviez-Vous? 13.10 Local: MBC Production 14.05 Local: Priorite Sante 14.30 D.Anime: Harvey Girls... 14.54 D.Anime: Booba 15.20 D.Anime: Clip - Ubongo Covid 16.01 D.Anime: Booba 17.20 Serial: Creeped Out 18.00 Live: Samachar 18.30 Serial: Jijaji Chhat Par Hain 18.55 MBC Production 19.30 Journal & La Meteo 20.30 MBC Production 21.10 Film: Resident Evil: Vendetta	<b>mercredi 19 janvier</b> 07.00 DDI Live 10.00 Pyar Ka Dard Meetha... 12.00 Film: Mera Damad Starring Farooq Sheikh, Zarina Wahab, Bhagwan Dada, Utpal... 14.35 DDI Magazine 15.00 Live: Samachar 15.23 Aamhi Doghi 15.46 Bommarillu 16.07 Sondha Bandham 16.25 Juda Na Hona 16.49 Serial: Imtihaan 17.10 Kullfi Kumarr Bajewala 17.31 Serial: Kulvadhu 18.00 Serial: Colourful Bone 18.30 Local: DDI Magazine 19.00 Zournal Kreol 19.30 Serial: Radha Krishna 20.06 Programme In Marathi 20.30 Film: Gulab Jaam Marathi film 22.34 DDI Live	<b>mercredi 19 janvier</b> 06.00 Mag: Rev: Global Auto... 06.26 Mag: Healthy Living 07.25 Mag: Made In Germany 08.19 Magazine 09.00 Educa Programme: Grade 5 14.03 Mag: Close Up 14.29 Local: Klip Seleksion 15.10 Doc: Never Enough 16.38 Mag: Rev: The Global Auto... 17.24 Mag: Check In 18.00 Mag: Motorweek 19.00 Mag: Arts.21 19.30 Mag: The Inside Story 20.30 Local: News (English) 20.45 Doc: Olivia's Garden 21.11 Mag: Business Africa 21.37 Mag: Focus On Europe 23.27 Mag: Motorweek 00.02 Mag: Arts.21 00.28 Mag: The Inside Story 00.54 Mag: Vous Et Nous 01.21 Doc: La Ville Passe Au...	<b>mercredi 19 janvier</b> 01.28 Film: Armed Response 02.55 Serial: Shades Of Blue 03.36 Film: When The Bough Break 05.21 Tele: Muneca Brava 06.03 Serial: Blacklist 06.45 Film: Armed Response 09.10 Serial: Deux Flics A Miami 09.45 Tele: Teresa 10.35 Tele: I Forgot I Loved You 11.01 Serial: Shades Of Blue 12.00 Film: When The Bough Break 13.38 Tele: Muneca Brava 14.46 Film: Armed Response 16.40 Serial: Deux Flics A Miami 17.20 Serial: Blacklist 18.08 Tele: Teresa 19.00 Tele: I Forgot I Loved You 19.30 Serial: Project MC 20.30 Serial: Elementary 21.15 Film: Le Salaire De La Violence 22.59 Tele: Muneca Brava	<b>mercredi 19 janvier</b> 07.00 Film: Raazi Star: Alia Bhatt, Vicky Kaushal 11.31 / 20.06 - Radha Krishna 11.51 / 20.26 - Anupamaa 12.23 / 20.02 - Mere Sai - Shrad.. 12.47 / 20.46 - Agniphera 13.29 / 21.09 - Yeh Teri Galiyan 13.51 / 21.50 - Bade Acche Lagte Hai 14.32 / 22.15 - Main Maikhe Chali Jaungi Tum Dekhte Rahiyo 14.47 / 21.46 - Yeh Hai Mohabbatein 15.25 Film: 102 Not Out Amitabh Bachchan, Rishi Kapoor 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Ishaaron Ishaaron... 19.31 Serial: Bhakharwadi
<b>jeudi 20 janvier</b> 06.00 Local: Klip Seleksion 06.45 Local: Son Ladan Mem 07.15 D. Anime: Oum Le Dauphin... 09.00 Mag: Mimetismes 10.55 Mag: Le Saviez-Vous 12.00 Le Journal 12.25 Serial: Ode To Joy 14.00 Local: Crime Watch 14.33 D.Anime: Harvey Girls... 15.20 D.Anime: Clip - Ubongo... 15.39 D.Anime: Sabrina 16.01 Dessin Anime: Booba 17.20 Serial: Creeped Out 18.00 Live: Samachar 18.30 Serial: Jijaji Chhat Par Hain 19.30 Le Journal 20.10 Local: Autour Des Valeurs... 20.20 Film: 8x10 Tasveer Cast : Akshay Kumar, Ayesha Takia, Javed Jaffrey 23.00 Le Journal	<b>jeudi 20 janvier</b> 07.00 DDI Live 08.00 Educa Prog: Grade 3 10.10 Serial: Vikram Betaal Ki Rahasya Gatha 11.07 Serial: Mann Mein Vishwas... 12.00 Film: Ujhan 15.00 Live: Samachar 15.20 Serial: Aamhi Doghi 15.43 Serial: Bommarillu 16.04 Serial: Sondha Bandham 16.27 Serial: Juda Na Hona 16.48 Serial: Imtihaan 17.05 Kullfi Kumarr Bajewala 17.30 Local: Amrit Vaani 18.00 Serial: Colourful Bone 18.30 Serial: Ghar Pahucha Da... 19.30 Serial: Radha Krishna 20.04 Local: Les Grandes Lignes 20.56 Local: Profil 21.09 Film: The Girl In The Bathtub With Caitlin Stasey, Jason Patric	<b>jeudi 20 janvier</b> 06.00 Mag: Motorweek 06.26 Mag: Vous Et Nous 06.52 Mag: The Inside Story 07.49 Doc: La Ville Passe Au Vert 09.00 Educa Prog: Pre-Primary 09.15 Educa Prog: Grade 5 14.29 Mag: Business Africa 14.54 Mag: Focus On Europe 16.01 Doc: Vincent Van Gogh... 16.48 Mag: Motorweek 18.00 Mag: Eco India 19.00 Student Support Prog - G7 19.30 Mag: Tomorrow Today 20.30 Local: News (English) 20.45 Comme Un Envie De Jardins 21.36 Doc: Snapshots 22.18 Doc: LIU XIAOBO 22.44 Doc: Morocco 23.25 Mag: Eco India 23.51 Mag: Shift	<b>jeudi 20 janvier</b> 01.28 Film: Le Salaire De La V Violence 03.42 Film: Tracktown 05.07 Tele: Muneca Brava 05.49 Serial: Elementary 06.35 Film: Le Salaire De La Violence 09.00 Serial: Pure Genius 09.45 Tele: Teresa 10.35 Tele: I Forgot I Loved You 11.00 Serial: Shades Of Blue 11.52 Film: Tracktown 13.30 Tele: Muneca Brava 14.45 Film: Le Salarie De La Violence 16.51 Serial: Elementary 17.31 Serial: Pure Genius 18.05 Tele: Teresa 19.00 Tele: I Forgot I Loved You 19.36 Serial: Project MC 20.30 Serial: Elementary	<b>jeudi 20 janvier</b> 07.30 Film: 102 Not Out Amitabh Bachchan, Rishi Kapoor 11.27 / 19.54 - Radha Krishna 11.56 / 20.11 - Anupamaa 12.25 / 20.32 - Mere Sai 12.58 / 21.09 - Agniphera 13.28 / 21.24 - Yeh Teri Galiyan 13.54 / 21.50 - Bade Acche Lagte Hai 14.30 / 22.15 - Main Maikhe Chali Jaungi Tum Dekhte Rahiyo 15.00 / 21.46 - Yeh Hai Mohabbatein 15.21 Film: Naam Shabana Star: Taapsee Pannu, Akshay Kumar, Manoj Bajpayee 18.00 Samachar 18.30 Kundali Bhagya 18.59 Ishaaron Ishaaron Mein 19.29 Bhakharwadi



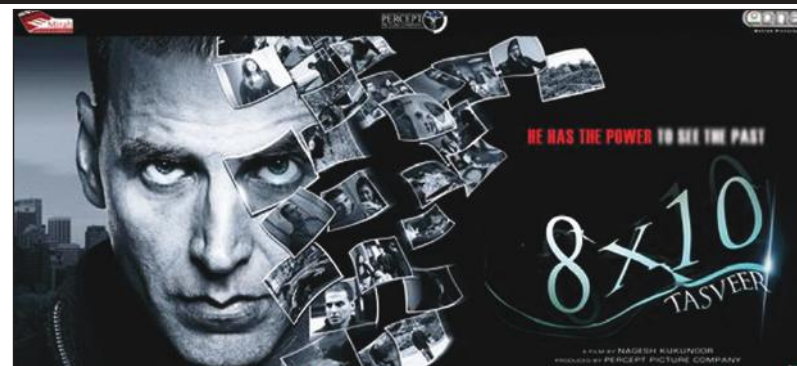
Jeudi 20 janvier - 15.30

Star: Taapsee Pannu, Akshay Kumar, Manoj Bajpayee



Jeudi 20 janvier - 20.20

Stars: Akshay Kumar, Ayesha Takia, Javed Jaffrey





# Here are some of the political events that will dominate headlines in 2022



**Thomas Klassen**  
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Last year started out hopeful with the emergence of COVID-19 vaccines, but quickly proved to be a challenging year for governments and communities worldwide.

Still in the midst of the pandemic, 2022 will bring about a host of significant political issues and events that will impact communities, both locally and globally. Here are some of the major events that will dominate the news cycles this year.

## Charting the global economy

The global economy will be fragile as central banks wind down the programs that have stimulated economies the past two years. Interest rates and inflation will both increase, causing hardship to those with modest or fixed incomes.

At some point, the roaring stock market may turn into a bear market, and a depression could begin. If that happens, politicians will have to deal with higher unemployment rates and mounting pressure to create jobs. More protectionism and trade barriers will likely follow.

## International affairs

Relations between the United States and China will cast a shadow over international relations and the global economy. The degree to which the two superpowers manage to co-exist, and sometimes collaborate, will set the tone around the globe, from climate change to economic growth and regional security.

U.S.-China ties will not, however, impact East Asia (including North Korea and Taiwan) as the entrenched interests of the U.S. and China don't align. A divided Korea ensures that the U.S.-supported South Korea and the China-backed North Korea must share the peninsula. A united Korea inevitably would be drawn in to the orbit of one of the superpowers, necessitating a response from the other.

Hot spots in international affairs will continue to be in Eastern Europe, the Middle East and North Africa, with their longstanding territorial and ideological conflict. Separatism will be alive and well in Scotland, while pressure for a union of Ireland will rise in Northern Ireland.



Voters follow social distancing measures at the Halifax Convention Centre as they prepare to vote in the federal election in Halifax back in September. This year will bring about a host of significant political issues and events that will impact communities both locally and globally. (THE CANADIAN PRESS/Andrew Vaughan)

Germany, with a new chancellor after 16 years of Angela Merkel, will remain a pillar of political stability in Europe and beyond. The nation's three-party coalition is solid and will broadly adhere to international policies that aren't very different from those of the past decade.

## Numerous countries to hold elections in 2022

Elections in regional democratic powers, including South Korea, France, Brazil and Australia, will give an indication of the endurance of populist movements, as these races feature protest or anti-elitist candidates running against more traditional nominees.

Authoritarian countries, including Russia, Saudi Arabia, China and Turkey, will remain stable as the leadership of these nations face no immediate major internal or external threats.

## Ideological wars continue in the U.S.

In the U.S., Joe Biden's presidency will enter an even tougher period. Mid-term congressional elections late in the year will almost certainly have the Republicans retake the Senate, potentially causing a stalemate in Washington for the following two years.

Ideological wars in the U.S. over abortion, gun control, immigration, vaccination and much else will fester, and in some cases intensify. The Supreme Court will more and more be asked to rule on matters that legislators cannot agree on, which will further fuel ideological divides.

Jostling among potential candidates, along with fundraising, will begin for the 2024 U.S. presidential election. Biden, who turns 80 in 2022, is rumoured to be planning to run for the presidency again, although he will wait before confirming this publicly. The same goes for Donald Trump, who may spend 2022 preparing to become only the second president to serve two non-consecutive terms (the other was Grover Cleveland nearly two centuries ago).

As Biden increasingly focuses on ensuring support for the Democratic party, additional irritants on trade will arise

between the U.S. and its North American neighbours. The Biden administration is expected to increasingly take a "America first" approach in its dealings with neighbours and allies.

## Upcoming Canadian provincial elections

In Canada, the third-ever successive minority government in Ottawa will function effectively because no political party pines for another election. Elections in Québec and Ontario in 2022 will cause increased federal-provincial conflict on a variety of policies like climate change, immigration and health care.

Québec's Bill 21, banning public servants, including teachers, from wearing visible religious symbols, will continue to be controversial not only in the province but across Canada, and legal challenges to it will mount.

## Changing climate change policies

Climate change politics will rise and fall throughout the year. The more that economic concerns preoccupy politicians, the less political capital will be spent on climate change efforts even though these two issues are closely linked.

Nevertheless, steady progress will be made in many parts of the world in reducing carbon emissions and using more renewable energy. Reports of climate change driven natural disasters will give impetus for further political action during the course of the year.

## Global vaccination efforts will continue

COVID-19 will not disappear now that the calendar reads 2022. The early months will see extensive international efforts to ensure vaccination happens all around the globe. There is hope that the tide will turn, and that increasingly, although at varying rates in different countries, the pandemic will recede.

Vaccination and mask mandates, and the political decisions around these, will eventually fade. However, the lesson from the pandemic — that viruses don't respect political and national borders — is hopefully one that political leaders are learning in 2022 and beyond.



Tree of Knowledge

Madisyn Taylor

## The Start of Change

*Breaking your family patterns may be the most important work you do and the most challenging*

It is easy to believe that in leaving our childhood homes and embarking upon the journey of adulthood, we have effectively removed ourselves from harmful and self-perpetuating familial patterns. In looking closely at ourselves, however, we may discover that our behaviours and beliefs are still those that were impressed upon us during our youth by our parents, grandparents, and the generations that preceded them. We may find ourselves unconsciously perpetuating cycles of the previous generations, such as fear of having enough, not showing affection, and secrecy patterns.

Yet the transmission of negative patterns from one generation to the next is not inevitable. It is possible to become the endpoint at which negative family cycles that have thrived for generations are exhausted and can exert their influence no longer. Breaking the pattern is a matter of overcoming those values imprinted upon us long ago in order to replace them with pure love, tolerance, and conscious awareness.

Even if you have struggled with the cumulative effects of family cycles that were an expression of established modes of living and a reflection of the strife your ancestors were forced to endure, you can still liberate yourself from the effects of your family history. The will to divest yourself of old, dark forms of familial energy and carry forth a new loving energy may come in the form of an epiphany.

You may one day simply realize that certain aspects of your early life have negatively affected your health, happiness, and ability to evolve as an individual. Or you may find that in order to transcend long-standing patterns of limiting beliefs, irrational behavior, and emotional stiltedness, you have to question your values and earnestly examine how your family has impacted your personality. Only when you understand how family cycles have influenced you can you gain freedom from those cycles.

In order to truly change, you must give yourself permission to change. Breaking family patterns is in no way an act of defiance or betrayal. It is important that you trust yourself implicitly when determining the behaviors and beliefs that will help you overwrite the generation-based cyclical value system that limited your individual potential. Many people are on the earth at this time to break family cycles, for all of you are true pioneers. In breaking negative family cycles, you will discover that your ability to express your feelings and needs grows exponentially and that you will embark upon a journey toward greater well-being that can positively impact generations to come.