

# MAURITIUS TIMES

• "Without freedom of thought, there can be no such thing as wisdom - and no such thing as public liberty without freedom of speech." -- Benjamin Franklin

Interview: Me. Antoine Domingue

## «Il n'y a pas de place à l'île Maurice pour les 'Benallas'...

*... celui qui est réputé pour être à l'origine du plus grand scandale du quinquennat Macron»*

☞ Voir Pages 9-10-11



## Oh Ma...



Motherly and filial love is surely the purest form of love that can be, of a divine nature

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## Guns, Guns, Guns... Can America Control Guns?



It is clear that American society needs a complete reset. There is simply no reason for this nation to have almost 500 million guns

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**«Any culture of impunity encourages further illegal conduct and the absence of accountability at all levels»**



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# Shocking and Unacceptable

The video clips that have been circulating since Saturday last regarding several instances of shockingly crude CID methods are not simply horrific, they are tantamount to unacceptable torture and degradation of suspects in 21st century Mauritius. If investigator brutality serves to extract confessions and provide easy closure for enquiries that are going nowhere, these should be dangerous signals that rogue units continue to operate with impunity inside our most vaunted police investigative structures.

The damages done by what we trust are a minority of perverts, to the Mauritius Police Force, the CCID/MCIT, to the community policing in areas which will feel the anger, to the morale of thousands of decent police officers and investigators, are immense. The international repercussions and our country's image both among expat residents and in overseas media, cannot be watered down. Some administrative transfers, a couple of necessary arrests and an internal police inquiry are totally inadequate to the circumstances that seem to have continued with impunity over many years.

We cannot kick the can down the road either by some allusion to a future Police and Criminal Evidence Act. Worse, there are allegations that rogue elements use such methods to plant compromising materials on suspects or that others, maybe riding high, drag out an inmate for their pervert activities. Some of the arrested officers are career investigators of ten or twenty years, and there may be legitimate doubts on their past or current cases which could raise a can of worms. Rather than sweeping things under the carpet, it would be necessary to have a full-scale inquiry headed by a retired judge, as requested by the Leader of the Opposition and Bar Council members to probe the scope of the rot and make public recommendations for a thorough revamp of what can no longer be tolerated in 21st century Mauritius.

Most citizens recognise that the police face some pretty difficult clients in many volatile areas and that they cannot lose grip on their necessary policing functions to maintain law and order and will sympathise with such functions conducted fairly by a credible force. But harassing those who wish to and have the right to express grievances, such as lack of drinking water for months, flooding, or anger at their dwindling pockets and keeping dozens of recruits busy hounding participants, counting their numbers, laying obnoxious provisional charges with bail terms, are not what we expect from our police force.

While resources for normal policing and law and order on the streets are being diverted by such political stunts, it is the investigative functions that are at the core of concerns. Many high-profile cases have relied on confessions extracted under duress and we don't really understand why they are not treated with far greater circumspection by our court magistrates. Professionals reckon that there have been no serious independent investigation of police brutality, let alone a trial and conviction, despite scores of deaths in police custody over the past decades. If we do not exorcise the past, with deeper scalpels than another internal inquiry, we cannot pave the way for our future.

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## The Conversation

# Democracy's precarious state in the world



An election in Costa Rica, which ranked well in the list. Ingmar Zahorsky/FLickr, CC BY-NC-SA

Elections with disputed results score lower on our rankings because a key part of democracy is the peaceful transition of power through accepted results, rather than force and violence. Trump's comments led to post-election violence as his supporters stormed the Capitol building and sowed doubt about the legitimacy of the outcome amongst much of America.

This illustrates that electoral integrity is not just about designing laws – it is also dependent on candidates and supporters acting responsibly throughout the electoral process.

Defending democracy has suddenly become one of the central challenges of our age. The land war in Ukraine is widely considered a front line between autocratic rule and democratic freedom. The United States continues to absorb the meaning of the riot that took place on January 6 2021 in an attempt to overthrow the result of the previous year's election. Elsewhere, concerns have been raised that the pandemic could have provided cover for governments to postpone elections.

Elections are an essential part of democracy. They enable citizens to hold their governments to account for their actions and bring peaceful transitions in power. Unfortunately, elections often fall short of these ideals. They can be marred by problems such as voter intimidation, low turnout, fake news and the under-representation of women and minority candidates.

Our new research report provides a global assessment of the quality of national elections around the world from 2012-21, based on nearly 500 elections across 170 countries. The US is the lowest ranked liberal democracy in the list. It comes just 15th in the 29 states in the Americas, behind Costa Rica, Brazil, Trinidad & Tobago and others, and 75th overall.

### Why is the United States so low?

There were claims made by former president Donald Trump of widespread voter fraud in the 2020 presidential election. These claims were baseless, but they still caused the US elections ranking to fall.

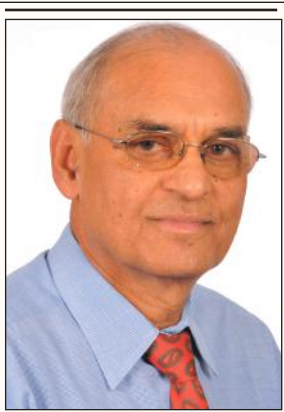
The Perceptions of Electoral Integrity Index by country (most recent election) and region

Africa	Americas	Asia	Europe	Oceania
Cape Verde 73	Canada 83	Taiwan 82	Finland 88	New Zealand 77
South Africa 66	Uruguay 83	Cyprus 80	Sweden 85	Australia 66
Namibia 65	Chile 79	Japan 75	Denmark 85	Solomon Islands 65
Burkina Faso 65	Costa Rica 76	Republic of Korea 74	Estonia 84	Kiribati 63
Ghana 63	Panama 71	Bhutan 71	Switzerland 84	Vanuatu 61
Liberia 62	Peru 68	Israel 71	Austria 83	Micronesia 57
Gambia 61	Argentina 67	Timor-Leste 67	Germany 81	Fiji 56
Lesotho 61	Jamaica 67	Armenia 65	Norway 79	Samoa 51
Botswana 59	Barbados 66	Mongolia 64	Lithuania 79	Papua New Guinea 34
Rwanda 58	Ecuador 65	Qatar 62	Portugal 79	Tonga 29
Sao Tome and Principe 57	Dominican Republic 65	Oman 61	Czech Republic 79	
Morocco 55	Mexico 64	Nepal 59	Netherlands 78	
Côte d'Ivoire 54	El Salvador 61	Georgia 59	Slovakia 77	
Malawi 54	Brazil 60	Singapore 59	Luxembourg 76	
Mauritius 53	Trinidad & Tobago 59	Indonesia 58	Slovenia 75	
Nigeria 52	United States 57	Myanmar 57	Latvia 75	
Niger 52	Colombia 57	Kuwait 57	Ireland 75	
Guinea-Bissau 50	Grenada 57	Sri Lanka 57	Belgium 74	
Tunisia 50	Suriname 55	Maldives 55	France 74	
Sierra Leone 50	Bahamas 54	India 55	United Kingdom 73	
Kenya 47	Belize 53	Iraq 53	Bulgaria 73	
Benin 46	Bolivia 51	Philippines 51	Spain 73	
Ethiopia 44	Antigua and Barbuda 48	Laos 48	Italy 69	
Algeria 43	Guatemala 48	Kyrgyzstan 44	Croatia 67	
Sudan 43	Paraguay 44	Viet Nam 44	Iceland 67	
Senegal 43	Guyana 43	Pakistan 43	Poland 66	
Angola 42	Venezuela 36	Uzbekistan 44	Greece 64	
Madagascar 41	Haiti 35	Jordan 44	Malta 64	
Zimbabwe 41	Honduras 29	Bahrain 42	Moldova 60	
Zambia 38	Nicaragua 28	Lebanon 42	Romania 55	
Swaziland 38		Kazakhstan 41	Montenegro 54	
Egypt 35		Bangladesh 38	Ukraine 53	
Djibouti 34		Thailand 38	Hungary 52	
Burundi 33		Afghanistan 36	Macedonia 46	
Togo 33		Turkey 35	Albania 41	
Chad 31		Malaysia 34	Turkmenistan 40	
Cameroon 31		Vietnam 34	Bosnia & Herzegovina 40	
Mozambique 31		Iran 33	Azerbaijan 38	
Tanzania 31		Cambodia 29	Serbia 33	
Guinea 31		Tajikistan 27	Russia 32	
Côte d'Ivoire 30		Syria 19	Belarus 26	
Mali 29				
Mauritania 29				
Uganda 27				
Republic of Congo 26				
Gabon 26				
Equatorial Guinea 22				
Central African Republic 18				
Comoros 9				

Perceptions of electoral integrity are measured by experts for each country one month after polls close. Experts are asked to assess the quality of national elections on 11 sub-dimensions: electoral laws; electoral procedures; district boundaries; voter registration; party registration; media coverage; campaign finance; voting process; vote count; results; and electoral authorities. These items sum to an overall Electoral Integrity Index scored from 0 to 100. F. Electoral Integrity Project.

Toby James, Prof of Politics and Public Policy, University of East Anglia & Holly Ann Garnett, Assistant Prof of Political Science, Royal Military College of Canada





Dr R Neerunjun Gopee

# Oh Ma...

**Motherly  
and filial love is  
surely the purest  
form of love that can  
be, of a divine  
nature**

I lost my mother when I was ten years old. At 29 she had completed her earthly sojourn, leaving her four children to continue her *shubh sadgati* (karmic journey) towards *moksha* – liberation from the *samsara* or the infinitely repeated cycle of births and deaths. Like me, there undoubtedly are dozens of millions of children who have been orphaned of their mother, and surely as many millions who have lost both parents, and yet others who have no remembrance at all of either one or both parents for having been too young to remember when their parent(s) passed away.

To me the greatest tragedy that can befall children is the loss of their mother, and the younger they are when this happens the greater the tragedy, for they are deprived of the love and protection that only a mother can give. On the other hand, the orphaned children do not get the chance that others have to honour and show gratitude to their mother.

It is equally devastating for mothers to lose their chil-



Pic - BuzzFeed News

**“It is devastating for mothers to lose their children, and a few days ago the whole community in the small town of Uvalde in Texas came out to mourn with the families and console the mothers who had lost their children – 19 in all – during the recent shooting incident that had taken place at their elementary school, wherein two teachers also were killed...”**



Pic - Focus on the Family

**“Motherly and filial love is surely the purest form of love that can be, of a divine nature. And not only among humans – for we can see the same thing among animals as well. Indeed, in Indian culture, the motherly roles of procreation, sustaining and nurturing life are considered to flow from *shakti*, the feminine principle which is the cosmic manifestation of divine energy which is present in all life forms and at its highest in the human being, on which we are totally dependent for our entire existence. Without energy, there is no cosmos, no world, no life form, no human being!”**

dren, and a few days ago the whole community in the small town of Uvalde in Texas came out to mourn with the families and console the mothers who had lost their children – 19 in all – during the recent shooting incident that had taken place at their elementary school, wherein two teachers also were killed.

Fortunate indeed are those whose karma has graced them with the presence of their mothers as they grew up into adulthood, and who are blessed with the further opportunity to look after and serve their mothers and shower on them their love and gratitude.

Alas, this is not always the case, as we can make out from the news in the media which all too frequently report cases of children defaulting on their mothers. There are stories about stealing of their pension money, draining their bank accounts, dumping them in old people's homes and never visiting, being violent towards or even of killing their mothers when they are refused money to buy drugs.

Only a few days ago I heard about a middle-aged couple whose son fooled them into moving into a home for assisted living on the pretext that he would be renovating the house – using the parents' money to boot! – and kept pushing the date to bring them back home on the excuse that the works were taking longer. Finally, he stopped visiting altogether, leaving the grandparents pining to see their grandchild, an unimaginable cruelty indeed.

At the other extreme are mothers who do not fulfil their motherly duties, abandoning their newborns or leaving their children as they set up house with new partners. Admittedly, these two ends of the spectrum represent cases that are much fewer compared to the vast majority of mothers and their children whose devotion and love for each other leave the rest with much to learn from, if not to shame them for their own lapses.

My encounters in the medical profession have given me ample opportunities to witness the profound mother-child connect. There was this 44-year-old unmarried man who had been admitted in an almost dying condition after an infection that had started in his knee had spread to his lungs. It took nearly a month for him to come through this ordeal, and yet at whatever time of the day or late evening that I went to see him, the old

mother was always there. She spent many a sleepless night and that showed in the strained look on her face, and yet she would not leave his bedside.

One is reminded of the famous adage that the hand that rocks the cradle is also the hand that cracks the whip, but perhaps to this should be added that the same hand that cracks the whip is ever ready to sacrifice for the care and protection of her child at whatever age.

Another mother whose eight-year-old daughter was admitted for treatment would spend the night sitting in a chair by her side, leave in the morning to go and ready her other six-year-old daughter for school, drop her, do the house chores and sort out

her husband's meals, come back to hospital to be with her daughter till it was time to go fetch her child from school, settle her for the evening and night, and return to hospital again.

This went on for several weeks during the repeated admissions of her daughter who unfortunately did not survive her disease. And yet the mother was very stoic in the face of her daughter's loss, accepting her death with great serenity and courage.

What to say of the sister who decided to remain single to 'mother' her handicapped younger brother who eventually became bedridden. She was nearly 60 when she had a hip fracture that needed surgery, and barely a week later as soon as she started walking with the help of walking stick, she begged to go home to take care of her brother.

There's the parallel story of a man who did not marry to look after his widowed mother and was after me to discharge her within days of her undergoing hip surgery, again for a fracture, so that he could look after her at home instead of having to make the trip to hospital daily.

These examples could be multiplied many times, but they certainly show, if need be, that motherly and filial love is surely the purest form of love that can be, of a divine nature. And not only among humans – for we can see the same thing among animals as well. Indeed, in Indian culture, the motherly roles of procreation, sustaining and nurturing life are considered to flow from *shakti*, the feminine principle which is the cosmic manifestation of divine energy which is present in all life forms and at its highest in the human being, on which we are totally dependent for our entire existence. Without energy, there is no cosmos, no world, no life form, no human being!

This was the conclusion that our rishis reached during their meditation. Interestingly, this intuitive realization finds resonance in modern science. In fact, it has been established that the energy centre of the cell is a structure known as the mitochondrion, and the genes for the mitochondrion are transmitted only by the mother. This reinforces the idea of a Universal Mother of divine origin whence we all emanate, whom we must therefore always honour and serve. How sublime indeed.





Anil Madan

# Guns, Guns, Guns...

## Can America Control Guns?

*It is clear that American society needs a complete reset. There is simply no reason for this nation to have almost 500 million guns*

**W**hy can't we just ban guns? Why does anyone need an assault rifle or a magazine with one hundred or more rounds? These are questions I am asked often, all too frequently, by my friends in this country. Friends from other countries tell me that they simply cannot understand why America allows such a proliferation of guns and particularly, semi-automatic weapons and assault rifles.



These questions, posed from time to time during lulls between mass shootings, take on more urgency and seem more pressing after each new massacre, as they have in the wake of the recent shootings in Buffalo (New York), and Uvalde (Texas). There is also, at these times, a tinge of frustration and outrage.

People expect answers to these questions as if the solution is entirely a legal matter. To be fair, often the law does set policy but not always. Well, I do have answers, at least some answers. Sadly, including bewilderment that the Constitution may not allow sensible regulation of guns, these are not the answers that any rational person will find acceptable.

The answers are, *first*, the US cannot simply ban all guns because the Second Amendment forbids such a ban and, *second*, although no one needs an assault rifle or a magazine loaded with a hundred or more rounds, any Republican who deals with that truth honestly, won't be a Congressman or Senator ere long. That second answer underscores an important point: we could re-enact a ban on assault rifles (yes, we once did have such a ban) and the courts would likely uphold it, but first, enough Republicans would need to stop genuflecting at the NRA (National Rifle Association) altar in order to get such a bill through Congress.

For most people, it is either obvious or intuitively deducible that if you have easy access to guns, there will come a time when somebody gets shot and killed. When a lot of "somebodies" get killed, Republicans come close to admitting this irrefutable truth, but never close to admitting

that most people would get by just fine without owning a gun and that fantasies about defending oneself against the government when "they come to get you," are just that, fantasies.

No one seems to have an accurate count on how many guns we have in this country. Estimates range as high as 450 million total, and perhaps 10-20 million of these are assault and semi-automatic weapons. To these totals, one needs to add millions of ghost guns and 3D printed guns. In 2020, more than five million guns came from Turkey, Austria, Brazil, Croatia, and Sweden, the top five countries on the list of suppliers. And, of course, as members of drug cartels move in and out of the US, they are often armed and guns are smuggled back and forth across the border. The total number of guns may be more than 500 million. With just one bullet per gun, that's enough to kill every American and then some.

### "Guns don't kill..."

Some Republicans dispute the proposition that easy access to guns increases the frequency of their use. We hear attempts at forming aphoristic declarations that devolve to pablum such as: "guns don't kill, people kill." The repetition of this mantra by the hoi polloi has become a standard in the speech of the rabble in the US. It reflects how much NRA lobbyists have succeeded in capturing the narrative around gun control and how little traction advocates of sensible gun regulation have gained in the court of public opinion.

This is curious because in other contexts, supporters of gun rights have no problem with sensible controls and regulation. Guns are not permitted on commercial aircraft and people submit to screening at airports mostly without protest. Nor are guns permitted in courthouses, hospitals, government office buildings and actually, even in schools notwithstanding that schools have too often been targets of gun violence.

**“Why can't we just ban guns? Why does anyone need an assault rifle or a magazine with one hundred or more rounds? These are questions I am asked often, all too frequently, by my friends... The answers are, *first*, the US cannot simply ban all guns because the Second Amendment forbids such a ban and, *second*, although no one needs an assault rifle or a magazine loaded with a hundred or more rounds, any Republican who deals with that truth honestly, won't be a Congressman or Senator ere long...”**

However, once we get to the constitutional level on the issue of gun control, the problem takes on an entirely different twist.

The succinct text of the Second Amendment to the Constitution states: "A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed."

Now, let us drop the qualifying prefatory clause and rewrite the Second Amendment to read: "The right of the people to keep and bear Arms, shall not be infringed."

Well, that is exactly what the Supreme Court did in the *District of Columbia v. Heller* case in 2008. In other words, Justice Scalia (since departed to the happy hunting grounds sans gun in his shroud) declared that the prefatory language is surplus and has no meaning.

Let us digress for a moment to the dissenting opinion by Justice Stevens. He pointed out that the preamble "A well regulated Militia, being necessary to the security of a free State," makes three important points. It identifies the preservation of the militia as the Amendment's purpose; it explains that the militia is necessary to the security of a free State; and it recognizes that the militia must be "well regulated."

Justice Stevens also noted that the language of the Second Amendment is striking in its "omission of any statement of purpose related to the right to use firearms for hunting or personal self-defense." For him, the preamble sets forth the object of the Amendment and informs the meaning of the remainder of its text.

Now, we return to Justice Scalia. Ignoring the preamble, he wrote that the language of the Amendment certainly is concerned with the right to self defense and the use of weapons for lawful purposes. Thus, he concluded, looking backwards from his construction of the text, the preamble is consistent with his interpretation of the text.

Justice Stevens retorted: "The Court today tries to denigrate the importance of this clause of the Amendment by beginning its analysis with the Amendment's operative provision and returning to the preamble merely 'to ensure that our reading of the operative clause is consistent with the announced purpose.' That is not how this Court ordinarily reads such texts, and it is not how the preamble would have been viewed at the time the Amendment was adopted. While the Court makes the novel suggestion that it need only find some 'logical connection' between the preamble and the operative provision, it does acknowledge that a prefatory clause may resolve an ambiguity in the text. Without identifying any language in the text that even mentions civilian uses of firearms, the Court proceeds to find its preferred reading in what is at best an ambiguous text, and then concludes that its reading is not foreclosed by the preamble. Perhaps the Court's approach to the text is acceptable advocacy, but it is surely an unusual approach for judges to follow."

Justice Stevens' point is well taken. Scalia's position certainly was curious coming from a judge who claimed to be a strict constructionist whose aim is to discover the original intent of the framers of the Constitution and give meaning to all of the language in the document.

● Cont. on page 5



# Guns, Guns, Guns...

## Can America Control Guns?

• Cont. from page 4

And there you have it. As strained a reading as Scalia's was, four justices agreed and by a 5-4 majority, the Supreme Court essentially erased any possibility that gun ownership unrelated to service in a militia, could be banned. What exactly was the heinous law that the Supreme Court struck down? The District of Columbia law at issue banned handgun possession by making it a crime to carry an unregistered firearm and prohibiting the registration of handguns; and provided separately that no person may carry an unlicensed handgun, but it authorized the police chief to issue 1-year licenses; and required residents to keep lawfully owned firearms unloaded and disassembled or bound by a trigger lock or similar device.

Buried in his opinion in the *Heller* case, Justice Scalia made some remarkable statements that bear mention not the least because the four other justices who joined his opinion did not take issue with them. He began with the observation: "Like most rights, the right secured by the Second Amendment is not unlimited." The right is not a right to carry any weapon whatsoever in any manner whatsoever and for whatever purpose. He noted that machine guns could be banned and with seeming approval, noted that prohibitions on carrying concealed weapons have been upheld.

Scalia declared that his opinion casts no doubt on longstanding prohibitions on the possession of firearms by felons and the mentally ill, or forbidding the carrying of firearms in sensitive places such as schools and government buildings, or laws imposing conditions and qualifications on the commercial sale of arms.



Pic - s.yimg.com

People visit a memorial dedicated to the 19 children and two adults killed on May 24 during the mass shooting at Robb Elementary School on May 31, 2022, in Uvalde, Texas. Opening wakes and funerals for the 21 victims will be scheduled throughout the week.

More strikingly, he qualified his opinion as stating only that the sorts of weapons protected were those "in common use" at the time the Amendment was adopted. This limitation, he wrote, is fairly supported by the historical tradition of prohibiting the carrying of dangerous and unusual weapons.

In what appears to be a contradiction of everything he had written in his lengthy opinion, he added: "It may be objected that if weapons that are most useful in military service—M-16 rifles and the like—may be banned, then the Second Amendment right is completely detached from the prefatory clause. But as we have said, the conception of the militia at the time of the Second Amendment's ratification was the body of all citizens capable of military service, who would bring the sorts of lawful weapons that they



Pic - fm.cnbc.com

possessed at home to militia duty. It may well be true today that a militia, to be as effective as militias in the 18th century, would require sophisticated arms that are highly unusual in society at large. Indeed, it may be true that no amount of small arms could be useful against modern-day bombers and tanks. But the fact that modern developments have limited the degree of fit between the prefatory clause and the protected right cannot change our interpretation of the right."

It seems that Justice Scalia and the four Justices signing on to his opinion were inviting Congress to enact sensible restrictions on guns.

### Ban on assault weapons

So, where does this leave us? Pretty much nowhere. As I mentioned above, the US did enact a ban on assault weapons but that law was long extinct by the time *Heller* was decided. In a 1994 crime control and law enforcement law, Congress included prohibitions on the manufacture for civilian use of certain semi-automatic weapons defined as assault weapons and also large capacity magazines. Unfortunately, this bill included a 10-year sunset provision and it expired in September 2004. The law was upheld by the court against challenges on constitutional grounds. Attempts to re-enact or renew the ban have been unsuccessful.

Was the ban effective? A Northwestern Medicine study concluded that it was. The study found the Federal Assault Weapons Ban including the ban on large capacity magazines resulted in a significant decrease in public mass shootings, number of gun deaths and number of gun injuries. Its authors estimate that the ban prevented 10 public mass shootings during the time it was in force. They concluded that the law would have prevented 30 public mass shootings that killed 339 people and injured an additional 1,139 people. As might be expected, gun enthusiasts and the NRA dispute the effectiveness of the ban.

Today, there are renewed calls for Red Flag laws and for laws to require background checks and mental health screening, as well as to limit sales to minors. Each of these proposals, if enacted, may prevent future shootings and they are well worth pursuing. This is especially true of a ban on assault weapons and large capacity magazines. But none of these measures is a panacea. First, it is unlikely that any attempt to confiscate weapons already owned by Americans can be enacted and relying on voluntary turn-in programs will not meet much success in a nation obsessed with gun ownership.

The Rockefeller Institute of Government reports that there were 402 mass shootings in the US from 1966 to 2020. And there have been more in the years since. These reported shootings resulted in 1,449 deaths and 3,590

injuries. From 1966-1975, there were 11 mass shootings and during 2011-2020 that number skyrocketed to 160. The average age of mass shooters was 33.2 years and 74.6% of perpetrators used handguns.

So, an assault weapons ban, or a ban of sales to those under 21 addresses only a bit of the problem.

It is clear that American society needs a complete reset. There is simply no reason for this nation to have almost 500 million guns. At some point, we have to get over the idea that the government is out to get us or that we as citizens are in a position to take on a government helicopter gunship firing hundreds of bullets per minute with our handguns. These looney fantasies feed paranoia and conspiracy theories. Unfortunately, they also lead to the deaths of innocents. The challenge is to acknowledge that ownership of guns for lawful purposes is not incompatible with sensible laws and regulations that prevent unnecessary and avoidable deaths.

And yes, guns do kill people as do idiotic conspiracy theories that keep Congress from enacting sensible laws to curb this senseless carnage.

Cheerz...  
Bwana

## To Our Readers

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67 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 pandemic, 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.

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# “Any culture of impunity encourages further illegal conduct and the absence of accountability at all levels”

‘One cannot justify any case of police brutality merely on the basis of statistics’

**H**ow concerned must a person be for his personal safety and well-being when taken into custody by the Police in Mauritius? Even if the person is familiar about his rights guaranteed under the Constitution. With the current goings-on, how confident can he be that the Police Officer dealing with his case knows about those rights and will respect them? And what do the statistics say about the rest of the world? These are matters that have been hogging the headlines recently. Lex takes a look at them in the following Qs & As.

## LEX

\* Cases of inhuman and degrading treatment of suspects in custody and of detainees in general by police officers have long, rightly or wrongly, been believed to occur in the country from time to time. But since Saturday last a case involving recourse to a prohibited weapon known as taser has come to light and has been making the headlines this past week. How do you react to that?

There has been several cases of police brutality alleged in the past, but obviously the police have always denied them. And when such allegations are made in court, they are often brushed aside by magistrates and judges, thus creating the perception that the word of the police as against that of an accused is viewed as the gospel truth by the judiciary. This is the belief that unfortunately exists in Mauritius. On the other hand, the taser is an illegal weapon and nobody has the right to possess, and least of all to use it. How come the police officers involved had those tasers in their possession? How is it that there were resorting to a weapon that is patently illegal?

\* According to press reports, this matter has been brought to the attention of the police authorities since 2020, but not much is known about how seriously it has been taken by them and whether an appropriate inquiry was conducted and the culprits, if any, were brought to justice. Isn't such a situation conducive to the promotion of a culture of impunity?

Of course. There is the perception that Mauritius has over the past few years been breeding a culture of impunity in favour of all those who are close to the party in power. We all know that any culture of impunity encourages further illegal conduct and the absence of accountability at all levels - from the top down to so-called independent commissions or institutions.

\* One would wish that inquiries into cases of alleged police brutality would be prompt and uncompromising. Does the system and the law allow for this to happen in a fair and independent manner?

For the answer to that, go to the facts and see for yourself how prompt the police have been in the past to conduct an inquiry when police officers were targeted for any illegal act. Can one imagine the lack of sensitivity that the police have shown to the shocking scenes of excessive use of force being meted out to a citizen of Mauritius as depicted in a USB which has obviously been in their possession since 2020?

As we all know the human rights of that citizen are protected by the Constitution! And yet so far as we know the only action taken was the transfer of one officer on an alleged case of bribery - which obviously does not



Pic - suriamuhabat.com.my

“The law must be amended to require the police to take a suspect to a magistrate within minutes of his arrest. The law must be amended to compel the State to appoint a lawyer for any suspect under arrest within minutes of his arrest. The law must be amended to compel the police not to question any suspect without a lawyer being present...”

address the illegality of the misuse of force on a citizen, excessive or otherwise. And the police spokesperson had the nerve to state to the media that an investigation takes time. What an affront to the rule of law? Had not the USB been made public, most probably no action would have been taken.

\* Some may point the finger at the Independent Police Complaints Commission (IPCC) for being unable to put an end to, or at least to curtail cases of abuse, but according to a statement made anonymously by an IPCC official to a local paper this week, 700 cases have been dealt with at the level of the Commission since 2016, 10 cases referred to the DPP and 15 to the Discipline Forces Service Commission, and four cases lodged. What's your take on that?

The Police Complaints Commission can only act within the powers conferred on it by law. When the IPCC receives a complaint, it investigates it and has wide powers to call for witnesses and documents. A complaint must be made within one year of the occurrence of the case, but in special cases the Commission may investigate a complaint received after that delay.

The results of the investigation are then forwarded to the DPP for any action the latter deems fit to take. The Commission may also forward the results to the Disciplined Forces Service Commission, with a recommendation that disciplinary proceedings, or such other action as the Commission considers desirable, be taken against the police officer. It may also refer the matter to the Attorney General with a recommendation that compensation be paid to a complainant.

\* But it's also a fact that the IPCC can only act on the basis of evidence and irrefutable elements of proof that are put before it, isn't that so?

Like any investigating body, it stands to reason and common sense that the Commission can only act on admissible evidence.

\* In reply to a PQ in 2018, the Attorney General had said 'The Police and Criminal Evidence Bill' tabled in the National Assembly in 2014, and thereafter renamed 'The Police and Criminal Justice Bill', which would "better guarantee the rights of citizens under the Constitution" and sets out "in detail the parameters for police powers of search and seizure, powers of arrest and the conduct of interviews in places of detention" would be introduced... in a very near future once all the stakeholders are ready to implement it in practice". Why is it that politicians seem to be dragging their feet with regard to this matter?

This Bill has been mentioned since many years now, and no government, present or past, has ever dared introduce it. Why is that so?

\* Opposition MP Eshan Juman has written to the DPP to request him to start a judicial inquiry into the cases

of police brutality as shown in the videos being circulated on social media. Does the law allow for the DPP to initiate such an inquiry?

The DPP can initiate a preliminary inquiry into any offence but in practice this power is used only in cases of murder and manslaughter. Since an offence of torture under section 78 of the Criminal Code may have been committed, the DPP is theoretically empowered to direct that a preliminary inquiry be conducted.

\* As matters stand today, is there a case for some form of judicial supervision of the operations of the police force, and if so, what would be the implications of such supervision?

It is not supervision that is required. No inquiry into a serious case, especially one involving the police should be left to police investigators. The law must be amended to require the police to take a suspect to a magistrate within minutes of his arrest. The law must be amended to compel the State to appoint a lawyer for any suspect under arrest within minutes of his arrest. The law must be amended to compel the police not to question any suspect without a lawyer being present.

\* At the end of the day, one could nevertheless argue that whilst reports of police brutality are commonplace across the world, the number of such cases locally may be relatively few as compared to the number of arrests and successful prosecution of offenders. What's your take on that?

Any one case of police brutality is one too many. One cannot justify any case of police brutality merely on the basis of statistics.



## Denmark set to join EU's defense pact in response to Russia's war in Ukraine

Danish voters approved joining the European Union's defense pact in response to Russia's invasion of Ukraine, signaling a historic shift in the country that's shunned deeper ties with the bloc.

The proponents of removing an opt-out on EU military cooperation garnered 66.9% of the vote, with 33.1% opposed, public broadcaster DR said late on Wednesday, with almost all votes preliminarily counted.

The decision adds to seismic shifts in

the European security set-up after President Vladimir Putin started a full-scale war against Ukraine in February. It would also mark the first time in almost three decades that the Nordic nation -- traditionally skeptical about deeper European integration -- has moved substantially closer to the trading bloc, reports Bloomberg.

A founding member of NATO, the country of 5.8 million people has remained the only one that doesn't participate in EU's defense pact out of 21 nations that belong to both EU and the North Atlantic Treaty Organization.

Denmark's government called for the referendum in March and Frederiksen has said it's crucial for the country to play a larger role in military operations and cooperation to help



Denmark Prime Minister Mette Frederiksen. Pic - AP

bringing stability to the continent.

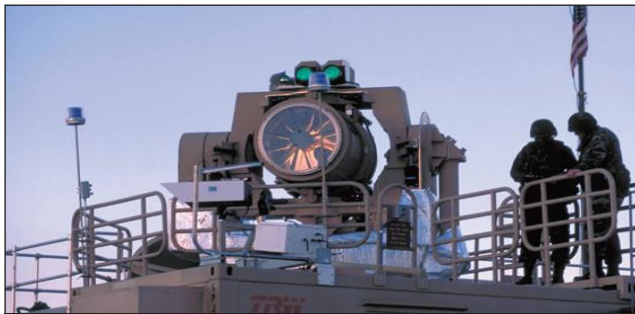
Among the biggest jolts to the long-standing security arrangements in the region, Sweden and Finland are seeking NATO entry which requires overcoming Turkey's opposition.

Denmark's southern neighbor Germany has announced a historic ramp-up of defense expenditure, including a 100 billion-euro (\$107 billion) military spending fund that its politicians agreed this week to enshrine in the constitution.

The vote coincided with Russia's Gazprom PJSC halting natural gas deliveries to Denmark after Orsted A/S rejected Putin's demand to pay for the fuel with rubles.

## Israel laser shield - to protect from missiles - costs just \$2 per interception

A laser-based air defence system that Israel hopes to deploy from next year to neutralise enemy rockets and drones will cost just \$2 per interception, Prime Minister Naftali Bennett said on Wednesday.



Laser-based air defence system. Pic - Breaking Defense

Israel currently depends on shoot-down systems that launch interceptor missiles costing between tens of thousands and millions of dollars to track such projectiles.

But the Iron Beam system, a prototype of which was unveiled last year, uses lasers to super-heat and disable aerial threats, reports Reuters.

Bennett predicted it would enter service by early 2023.

Palestinian and Lebanese forces have in past wars launched thousands of rockets and mortar bombs at Israel, which has in recent years also intercepted drones it suspects were launched by Iranian-backed fighters near its borders.

"Until today, it cost us a lot of money to intercept each rocket. Today they (the enemy) can invest tens of thousands of dollars in a rocket and we will invest \$2 on the electricity for intercepting that rocket," Bennett said in a video issued by his office.

## China says it is India's largest trading partner, countering recent figures

The Chinese foreign ministry said it is ready to take measures to advance normal trade with India.

India's commerce ministry recently published data that showed that the US had surpassed China to become India's top trading partner in 2021-22, reflecting strengthening economic ties between the two democracies, reports Hindustan Times.

The Indian data showed that in 2021-22, bilateral trade between the US and India stood at \$119.42 billion as against \$80.51 billion in 2020-21.

But China on Tuesday said it remains India's largest trading partner. The Chinese foreign ministry pointed out that at \$125.66 billion it had done more trade with India during the same period.

When asked to comment on the development, given China has been India's largest trading partner for several years, the Chinese foreign ministry said the disparity could be because of difference in calculating methods.

Two way trade between India and China in 2021 stood at \$125.66 billion, up 43.3% from 2020 when bilateral trade was worth \$87.6 billion, data from China's General Administration of Customs (GAC) showed in January.



The Indian data showed that in 2021-22, bilateral trade between the US and India stood at \$119.42 billion as against \$80.51 billion in 2020-21. Pic - AP

Trade deficit between the two countries -- at \$69 billion -- remained much in favour of China and a worry for India in 2021.

Sino-India trade had gone up despite the worst chill in bilateral ties in decades because of the dragging border tension in eastern Ladakh.

One reason why Sino-India trade increased in 2021 was because Chinese companies saw an increase in demand from India for medical equipment in the first half of the year following a devastating second wave of the Covid-19 pandemic.

Zhao said China does not object

to the development of normal trade relations between India and the US, and "is not that interested in the changes of the ranking in trade volume".

Zhao was also asked whether the chill in ties was impacting trade between New Delhi and Beijing.

Responding to a separate question on New Delhi's decision to probe local units of Chinese companies, ZTE Corp and Vivo Mobile for alleged financial irregularities, Zhao said China always asks its companies to follow law and regulations of the country they are operating in.

## Canada extends Covid vaccination-related measures despite airport delays

The Canadian government on Tuesday announced extension of Covid vaccination-related measures for yet another month even as a motion to remove travel restrictions was voted down by the ruling Liberal Party with support from the New Democratic Party (NDP).

Current border measures for travellers entering Canada are being extended till at least June 30, according to a tweet from

Health Canada, reports Hindustan Times.

This will mean that foreign citizens will still be required to be fully vaccinated to enter the country, while unvaccinated Canadians and permanent residents will have to provide a negative result of a molecular test prior to boarding a flight for a Canadian destination and be subject to a 14-day quarantine.

As number of Covid cases fall and more people start flying with Covid-19 cases, main opposition Conservative Party MP Melissa Lantsman moved a motion in the House of Commons calling upon the government "to immediately revert to pre-pandemic rules and service levels for travel".

The motion noted that Canadians were experiencing "unacceptable wait

times" at airports, which are still operating at reduced capacity despite current restrictions being cited by experts as "ineffective" and causing delays. It added that Canada's international allies have moved to lift similar restrictions at airports as well as other ports of entry.





Great Britain's Queen Elizabeth. Pic- Reuters

## Queen Elizabeth offers 'thanks' ahead of Platinum Jubilee celebrations

Queen Elizabeth said on Wednesday she had been inspired by the outpouring of goodwill ahead of celebrations to mark her Platinum Jubilee, saying she hoped the festivities would provide a chance to look back on the achievements of the last 70 years.

The 96-year-old marked seven decades as British monarch in February, and four days of events, parties and parades to honour her record-breaking reign begin on Thursday, reports Reuters.

"I continue to be inspired by the goodwill shown to me, and hope that the coming days will provide an opportunity to reflect on all that has been achieved during the last seventy years, as we look to the future with confidence and enthusiasm," she said.

To mark the start of the Jubilee events, Buckingham Palace released a new portrait photograph of the smiling queen, taken by a window in the Victoria Vestibule, part of the private apartments at her Windsor Castle home to the west of London where she now spends most of her time.



Children in school. Pic - financial.news

## Expand free school meals in time for summer holidays, Boris Johnson told as cost of living crisis deepens

Boris Johnson is under pressure to extend the free school meals programme before the summer holidays amid warnings more than a million children face going hungry because of the cost of living crisis.

Former education secretaries from both Labour and the Conservatives, as well as the mayor of London, unions and charities, have urged the government to act as it did during the Covid pandemic, reports The Independent.

As inflation surges the cost of some foods has already soared, while the governor of the Bank of England has warned of "apocalyptic" prices ahead.

## Ministerial code at risk of 'ridicule' over Partygate, Boris Johnson's ethics adviser warns

Boris Johnson is at risk of placing the ministerial code in a place of "ridicule" over the Partygate scandal, according to his own ethics adviser.

In a scathing public rebuke, Christopher Geidt said there were "legitimate" questions over whether Mr Johnson had breached ministerial standards and made a veiled threat to quit if the PM said there was no case to answer, report The Independent.

Labour said the row showed that Mr Johnson's "days are numbered" after he "tried to rig the rules and evade scrutiny".

But the prime minister insisted he had not breached the code, and blamed a "failure of communication" for what Lord Geidt said was a repeated oversight to heed his advice.

The spat came as Mr Johnson rang potential rebels on the Conservative backbenches in a desperate bid to shore up his position ahead of a vote of no confidence in

his leadership that many Tory MPs now expect to be called when parliament returns next week.

Former Conservative leader William Hague said the prime minister was in "real trouble" and the party was "moving faster" towards a leadership ballot, which will be triggered if the chair of the backbench 1922 Committee, Sir Graham Brady, receives 54 letters from MPs.

But culture secretary Nadine Dorries on Thursday evening insisted Mr Johnson would win should Tory MPs submit enough letters to trigger a confidence vote.

She told Sky News: "180 MPs are what would be needed to secure a vote of no confidence in the prime



Prime Minister Boris Johnson. Pic- dailymarket.news

minister, that is never going to happen."

Earlier, a former close ally of Mr Johnson, ex-cabinet minister Andrea Leadsom, went public with concerns over "unacceptable failures of leadership which cannot be tolerated".

## Bees can be classified as 'fish', rules US judge in win for environmental groups

Bumblebees can be legally classified as fish, ruled a California appeals court in the US, making the insects eligible for protection under the state law. The court's verdict came as a win for environmental groups and the state's Fish and Game Commission who were attempting to list four bumblebee species under the California Endangered Species Act (CESA).

The court ruled that CESA can be used to protect threatened or endangered invertebrates, including four species of imperilled native bumblebees.

"It is a great day for California's bumble bees. Today's decision confirms that California Endangered Species Act protections apply to all of our state's imperilled native species and is critical to protecting our state's renown biodiversity," Pamela Flick, from Defenders of Wildlife, said in a release, reports Hindustan Times.

The appeals court reversed a lower court's ruling for agricultural groups who argued that the CESA expressly protects only "birds, mammals, fish, amphibians, reptiles, and plants" – not insects.

Writing for the Sacramento-based appeals court, Associate Justice Ronald Robie said that while "fish" is "commonly understood to refer to aquatic species, the term of art employed by the Legislature ... is not so limited."



The appeals court noted that California Endangered Species Act is part of the California Fish and Game Code. Pic- AFP

Robie further noted that CESA itself does not define "fish," but the law is part of the California Fish and Game Code, whose definition includes any "mollusk, crustacean, invertebrate (or) amphibian," reported Reuters. All those categories

"encompass terrestrial and aquatic species," and the state legislature has already approved the listing of at least one land-based mollusk, the court said.

Compiled by Doojesh Ramlallah

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Me. Antoine Domingue

# “Il n’y a pas de place à l’île Maurice pour les ‘Benallas’...”

... celui qui est réputé pour être à l’origine du plus grand scandale du quinquennat Macron”

**V**idéos chocs en circulation avec de quoi surprendre le public: il est question de brutalité policière. Il est difficile de rester indifférent face à la violence physique et psychologique des victimes. Plusieurs questions surgissent face à ce drame humain.

Me. Antoine Domingue nous en parle...

**Mauritius Times :** Il y a toujours eu des soupçons de pratiques abusives utilisées pour extraire des ‘confessions’ des suspects. Mais les vidéos en circulation depuis samedi dernier, contenant des preuves accablantes de brutalité à l’encontre de trois individus en détention policière, a provoqué l’indignation dans le pays. Quoiqu’il ne faut pas généraliser et blâmer toute la force policière, c’est très grave, non?

**Me Antoine Domingue:** En effet, de tels crimes méritent un châtement exemplaire. Ce sont des images et des sons qui sont difficilement supportables et qui révèlent des pratiques sadiques, barbares et inhumaines - ce que la Constitution proscrit comme étant “*Cruel and unusual punishment*”. C’est une perversion de la règle de droit.

Quand vous regardez ces images, vous voyez bien que ce sont des tortionnaires qui ont eu plaisir à s’acharner sur et à torturer les suspects, avec des armes prohibés, tels que Tasers, procurés illégalement. Je ne suis pas loin de penser qu’ils mériteraient qu’on leur inflige le même traitement... si cela était permis...!

**\* Avez-vous le sentiment que la hiérarchie de la force policière est consciente de la gravité de ces pratiques et qu’il existe une réelle volonté d’y mettre fin?**

Il est possible que la hiérarchie *turns a blind eye* dans certains cas quoique j’estime, qu’en général, ils ne vont pas encourager activement de telles pratiques de torture qui sont totalement illégales. De toute façon, s’ils ne découragent pas de telles pratiques, ils se rendent complices de cela.

Ce qu’il faut, c’est de mettre en place des méca-

nismes pour permettre à certaines personnes autorisées d’avoir accès à tous les lieux de détention et d’enquête à n’importe quel moment afin de faire des inspections inopinées.

C’est pour cela qu’on a demandé à ce que le *Police and Criminal Evidence Bill* soit revu et mis à l’agenda du Parlement. Ce serait l’une des façons d’exercer un contrôle externe et efficace afin de s’assurer que la règle de droit s’applique et que l’État de droit soit respecté par les forces de l’ordre.

Il faut bien comprendre que ce n’est pas la première fois qu’on se retrouve devant ce genre de situation, il y avait une photo qui avait été prise au CID de Curepipe par Me. Anoup Goodary, avocat. Ce dernier, au lieu d’être félicité, fut conquis même par certains membres bien-pensants de la profession et par la police pour atteinte supposée à l’ICTA Act ! La personne en charge du CID de Curepipe ne fut que transférée, sans plus.

Cette fois-ci, nous touchons le fond de l’abîme dans cette descente aux enfers, avec des vidéos de certains fonctionnaires de police qui se sont couverts d’ignominie. Le Commissaire de Police s’est dit choqué par ces images qui sont, comme je vous l’ai dit, difficilement sup-

“Dans notre pays qui se targue d’être un État de droit dans une société démocratique et multiculturelle, on se réjouit rarement qu’un accusé ait été acquitté par ses pairs. Nous avons tous, tant que nous sommes, encore d’énormes progrès à faire dans l’éducation de nos concitoyens, et cela passe par l’éducation de nos élèves dès le cycle pré-primaire. On devrait apprendre les rudiments du droit aux enfants...”

portables, et il faut donc requérir un châtement exemplaire à l’encontre de ces criminels.

Tous ceux qui, peu ou prou, se sont rendus coupables de tels crimes n’ont plus leur place au sein de la force policière. Etant donné que c’est le Commissaire de Police qui est le *Responsible Officer* du côté obscur de cette Force supposément disciplinée, il est tenu de par les règlements en vigueur d’initier les procédures disciplinaires à commencer par un *Interdiction Order*. C’est à lui d’initier, après consultation avec le *Solicitor General*, les procédures disciplinaires *with a view to dismissal from the Force* de tout officier de police qui se serait rendu passible de sanctions disciplinaires.

Ces officiers de police sont aussi passibles de sanctions pénales pour possession et emploi des Tasers, torture de prisonniers et de coups et blessures aggravés ainsi que de poursuites au civil en dommages et intérêts pour faute lourde. Leur responsabilité délictuelle personnelle et celle de l’État et du Commissaire de Police seront aussi engagées au civil par les victimes et les parents des victimes puisque le Commissaire de Police *bears sole and ultimate command responsibility for the Force*.

Cette responsabilité du Commissaire de Police Nobin, je l’ai déjà engagée devant la Cour suprême dans le cas de la secrétaire de l’ancienne Présidente de la République et l’affaire sera appelée devant la Cour le jeudi 2 juin 2022 pour la mise en état de l’affaire.

J’ai eu l’occasion d’en parler dans une émission de Radio Plus et j’avais dit que le Commissaire de Police en tant que *Responsible Officer* de la force policière se doit d’exercer son pouvoir disciplinaire sur ses subordonnés, faute de quoi il serait lui-même passible de procédures disciplinaires. L’on voit aujourd’hui que ce n’est pas un point de vue purement académique, comme on a pu le penser, à tort.

☞ Suite en page 10





# 'Il est possible que la hiérarchie de la force policière *turns a blind eye* dans certains cas...

*En général, ils ne vont pas encourager activement de telles pratiques de torture'*

☞ Suite de la page 9

**\* Il semble que le Commissaire de Police ne serait pas dans une position d'exercer quelque pouvoir ou contrôle sur le CID/CCID, dont le chef serait nommé par le PMO. Est-ce normal?**

Je ne suis pas au courant de cela, mais ce dont je suis au courant, c'est ce que la loi prévoit.

La section 71 (2) de la Constitution prévoit que "The Police Force shall be **under the command** of the Commissioner of Police", et la section 72 (4) dispose: "Nothing in this section shall be construed as precluding the assignment to a Minister of responsibility under section 62 for the organisation, maintenance and administration of the Police Force, **but the Commissioner of Police shall be responsible for determining the use and controlling the operations of the force and, except as provided in subsection (3), the Commissioner shall not, in the exercise of his responsibilities and powers with respect to the use and operational control of the force, be subject to the direction or control of any person or authority.**"

C'est cela qui engage constitutionnellement la 'command responsibility' du Commissaire de Police. La doctrine de la responsabilité du commandement postule que, lorsqu'un général ne parvient pas à prévenir, réprimer ou punir efficacement les crimes de guerre de ses subordonnés, le général peut être puni pour les crimes de guerre perpétrés sous son commandement.

C'est le Commissaire de Police qui est responsable du contrôle des opérations de la Force. Peu importe les arrangements administratifs qui pourraient avoir cours au sein du CID ou CCID, le Commissaire de Police est bel et bien responsable des agissements de tous les policiers qui sont sous ses ordres, qu'ils soient en uniforme ou pas.

Dans l'affaire dont je vous ai parlé, j'ai engagé devant la Cour suprême la responsabilité du Commissaire de Police Nobin, du ministre de l'Intérieur, des chefs inspecteurs du CCID. J'ai invoqué la section 17 de la Constitution suite aux violations des droits fondamentaux de la secrétaire de l'ancienne Présidente de la République qui fut arrêtée par des officiers du CCID et détenue en plein Covid sans pouvoir avoir accès à ses deux avocats le premier jour de son arrestation et de sa détention.

Dans le passé, il y a eu un cas où le Parquet, représenté par Me. Rashid Hossen a refusé de poursuivre un accusé aux Assises après qu'il avait été déféré par le magistrat de district au motif qu'il était évident que l'accusé avait été torturé et que des aveux avaient été extorqués par la violence et la torture.

Dans ce cas, Me. Hossen discontinua les poursuites aux Assises, et l'accusé fut relaxé. Par la suite, le DPP avait ordonné une enquête judiciaire devant la Cour de Port-Louis à l'encontre des policiers qui furent mis en



cause.

Quelle suite fut donnée à cette honteuse affaire? Nul ne le sait puisque les conclusions des enquêtes judiciaires demeurent secrètes et dorment au fond d'un tiroir dans le bureau du Directeur des Poursuites Publiques.

N'oublions pas que la force policière est une 'disciplined force' et que celui qui en est le *Responsible Officer* est tenu de faire maintenir la discipline au sein de cette force, faute de quoi il serait lui-même passible de sanctions disciplinaires.

Ce qui fut, malheureusement, le cas à l'encontre du Commissaire de Police Raj Dayal qui fut démis de ses fonctions suite aux procédures disciplinaires prises à son encontre par le *Secretary for Home Affairs* ('SHA') devant un tribunal constitutionnel présidé par l'ancien Chef Juge Rajsomer Lallah QC et comprenant les juges K.P. Matadeen QC et P. Lam Shang Leen. Mais le rapport - je le déplore - ne fut, hélas,

jamais publié. J'ai l'espoir tenace qu'un jour viendra où il le sera...

**\* Le Bar Council de même que l'Entente de l'Espoir ont réclamé la mise sur pied d'une commission d'enquête afin de faire la lumière sur ce cas mis à jour depuis samedi dernier et les précédents cas. Qu'en pensez-vous?**

Je pense que c'est absolument nécessaire. Le Conseil des ministres devrait se saisir de la question, et préparer avec le concours du *Solicitor General* les attributions d'une telle commission d'enquête.

Je note qu'un avocat du privé (Me. Neelkant Dulloo) a évoqué la responsabilité du Président de la République, celui qui est supposé être, au premier chef, le garant de la Constitution. On attend de lui qu'il se manifeste, ne serait-ce que par un communiqué de la présidence, afin de nous faire entendre qu'il s'en soucie et que cela le préoccupe.

D'autre part, il y a cette *Independent Police Complaints Commission* qui a été instituée, à grands frais, pour s'occuper de ce genre de cas. De plus, je note que le leader du MMM a soutenu qu'il est inadmissible que la police enquête sur la police. Faut-il donc que cette commission indépendante, investie de tous les pouvoirs nécessaires, joue efficacement son rôle et le fasse savoir.

L'un de ses responsables vient de communiquer dans la presse écrite (dans *Le Défi*), cela est un premier pas et devrait rassurer, dans une certaine mesure.

Mais, dans ces trop nombreux cas de barbarie avérés, faut-il encore que cette institution, qui a la chance et le privilège d'avoir Mme Beesoondoyal, *former judge*, en son sein, sache mieux communiquer et sache se faire mieux entendre et mieux respecter. Il y va de sa crédibilité et, à terme, de sa survie.

“Une enquête judiciaire peut être souhaitable sur une base purement *ad hoc* quand le DPP souhaite être plus amplement informé sur les circonstances d'une affaire, afin de prendre la décision qui convient, c'est-à-dire de poursuivre ou ne pas poursuivre, dans une affaire donnée. Mais pas quand les faits sont avérés et ont été filmés dans de multiples cas par les *tortionnaires eux-mêmes...*”

“Il faut que le Président de la République - avoué de carrière avec une longue et riche expérience derrière lui - et qui se retrouve donc lié par deux serments : celui d'un avoué auprès de la Cour suprême de l'île Maurice et celui de Président de la République puisse, avec le concours des membres de l'Exécutif, assumer pleinement ses responsabilités...”

“J'ai engagé devant la Cour suprême la responsabilité du Commissaire de Police Nobin, du ministre de l'Intérieur, des chefs inspecteurs du CCID. J'ai invoqué la section 17 de la Constitution suite aux violations des droits fondamentaux de la secrétaire de l'ancienne Présidente de la République qui fut arrêtée par des officiers du CCID et détenue en plein Covid sans pouvoir avoir accès à ses deux avocats le premier jour de son arrestation...”

☞ Suite en page 11



# 'A Maurice, certains policiers qui sont en civil se comportent comme des agents politiques'

☞ Suite de la page 10

Il n'y a pas de place à l'île Maurice pour les « Benallas », celui qui est réputé pour être à l'origine du plus grand scandale du quinquennat du président Macron. Il occupait alors le poste de chargé de mission à l'Elysée en tant qu'adjoint au chef de cabinet, soi-disant en charge de la sécurité. Le 1er mai 2018, dans une vidéo, on le voit intervenir violemment aux côtés des CRS et agresser deux manifestants. Il a été désavoué et il a payé le prix fort pour l'avoir fait. Il faut qu'il en soit ainsi, ici aussi.

A Maurice, certains policiers qui sont en civil se comportent comme des agents politiques et se mettent ouvertement au service soit des membres de l'opposition ou du pouvoir en place, pensant ainsi faire avancer leur carrière aux dépens de leurs collègues. Ceux qui le font, on les connaît. S'ils souhaitent le faire, qu'ils le fassent au grand jour et qu'ils aient le courage de rendre leur uniforme.



“Dans le passé, il y a eu un cas où le Parquet, représenté par Me. Rashid Hossen a refusé de poursuivre un accusé aux Assises après qu'il avait été déféré par le magistrat de district au motif qu'il était évident que l'accusé avait été torturé et que des aveux avaient été extorqués par la violence et la torture. Dans ce cas, Me. Hossen discontinua les poursuites aux Assises, et l'accusé fut relaxé...”

\* En ce qui concerne les allégations des suspects de brutalité policière, je suppose qu'en tant qu'avocat, il vous arrive parfois à devoir faire le tri entre ce qui est faux ou vrai. Qu'en est-il des magistrats et des juges? Sont-ils généralement plus aptes à croire que de telles allégations sont plus probablement fausses que vraies?

Cela dépend de la manière dont l'affaire a été plaidée et les preuves qui ont été administrées devant la Cour.

On ne peut pas généraliser. Je viens de parler du *Prosecuting Counsel*, Maître Rashid Hossen, qui - en son temps - fut à la hauteur de ses responsabilités et de son serment d'avocat dans une affaire d'assises.

Je tiens à préciser, pour la bonne compréhension de vos lecteurs, que les «*informal admissions*» soi-disant faites verbalement à la police et consignées dans les *pocket note books* des officiers de police ou dans les *diary books* ainsi que les aveux consignés par écrit par des *recording officers*, comme on les appelle, dont certains sont des faussaires patentés, sur des *statement pads* et ils sont des '*persons in authority*' et donc assujettis aux «*Judges' Rules*» - devraient être soigneusement évaluées en droit et dans les faits par la Cour, par les *Prosecuting Counsels*, par les avocats et par les *Police Prosecutors*. Certains de ces prétendus aveux sont inadmissibles car ils ne sont pas volontaires.

D'autres ne sont pas crédibles. "They do not carry any weight".

A titre d'exemple, aux assises, dans l'affaire Regina v Louis Eddy Cader, feu Sir Gaëtan Duval QC décida, après m'avoir consulté, de ne pas objecter à l'admissibilité du soi-disant aveu qui était la seule pièce du dossier sur lequel reposait l'accusation. "He merely questioned its weight before the jury by scientific evidence which showed that the alleged time of death in the alleged confession did not tally with the actual time of death, as revealed by the scientific evidence."

Suite à la brillante plaidoirie de Sir Gaëtan Duval QC et à un '*summing up*' approprié du juge Ahmed, qui présidait aux assises, le jury n'eut aucun mal, dans l'heure, à se mettre d'accord sur un verdict unanime d'acquiescement. Cela entraîna les pleurs et les gémissements de l'avocate de la poursuite... qui fut par la suite nommée juge. Elle aurait dû pleurer de joie que justice ait été rendue et qu'un innocent ait été acquitté.

Dans notre pays qui se targue d'être un État de droit dans une société démocratique et multiculturelle, on se réjouit rarement qu'un accusé ait été acquitté par ses pairs. Nous avons tous, tant que nous sommes, encore d'énormes progrès à faire dans l'éducation de nos concitoyens, et cela passe par l'éducation de nos élèves dès le cycle pré-primaire.

On devrait apprendre les rudiments du droit aux enfants.

\* Un membre de l'opposition, M. Eshan Juman, a fait appel au DPP pour qu'il nomme une enquête judiciaire sur ces cas de brutalité policière. Pensez-vous que le DPP puisse également, dans ce cas, intervenir après que de tels faits aient eu lieu?

J'ai déjà effleuré cette question auparavant. Une enquête judiciaire peut être souhaitable sur une base purement *ad hoc* quand le DPP souhaite être plus amplement informé sur les circonstances d'une affaire, afin de prendre la décision qui convient, c'est-à-dire de poursuivre ou ne pas poursuivre, dans une affaire donnée. Mais pas quand les faits sont avérés et ont été



“C'est le Commissaire de Police qui est responsable du contrôle des opérations de la Force. Peu importe les arrangements administratifs qui pourraient avoir cours au sein du CID ou CCID, le Commissaire de Police est bel et bien responsable des agissements de tous les policiers qui sont sous ses ordres, qu'ils soient en uniforme ou pas...”

filmés dans de multiples cas par les tortionnaires eux-mêmes.

Cette initiative de ce député du Parti Travailleurs, pour aussi louable qu'elle soit, ne peut faire justice à la situation actuelle, à laquelle nous sommes tous confrontés, et qui englobe un grand nombre de cas qui ne sont sans doute que le sommet de l'iceberg. Il nous faut à tout prix une commission d'enquête. Il y va des droits de l'homme et de l'administration de la justice. Il y va de la démocratie et de la réputation de l'île Maurice.

Aux grands maux les grands moyens ! Une telle décision ne peut pas être du ressort du DPP qui n'est qu'un officiel de l'Exécutif et pas un élu du peuple. Cela est du ressort du Conseil des ministres, dans son ensemble, qui comprend un nombre appréciable d'avocats, d'un psychiatre, et non des moindres, et incluant l'*Attorney General*, qui fut en son temps un membre éminent du Parquet. Ils devraient tous savoir à quoi s'en tenir, quand ils auront des comptes à rendre à leurs mandants.

\* Vous disiez auparavant que le CP doit réagir et prendre des actions afin de restaurer la confiance dans la police. Il y a effectivement un déficit de confiance aussi dans d'autres institutions dites indépendantes. On ne sait toujours pas où en sont les enquêtes dans l'affaire St Louis et celle par rapport au meurtre de l'ancien activiste politique Soopramanien Kistnen... Est-ce inquiétant pour notre démocratie?

Oui, et c'est la raison pour laquelle il faut y mettre bon ordre, une fois pour toutes, et il faut que le Président de la République - avoué de carrière avec une longue et riche expérience derrière lui - et qui se retrouve donc lié par deux serments : celui d'un avoué auprès de la Cour suprême de l'île Maurice et celui de Président de la République puisse, avec le concours des membres de l'Exécutif, assumer pleinement ses responsabilités de chef d'État.





**Arvind Saxena**

Former Chairman of the Indian Union Public Service Commission

# The Gilded Age

Asked to give a toast to the 'free press' at the New York Press Club, John Swinton, former Chief of Staff of *The New York Times* said:

"There is no such thing, at this date of the world's history, in America, as an independent press. You know it and I know it. There is not one of you who dares to write your honest opinions,

and if you did, you know beforehand that it would never appear in print. I am paid weekly for keeping my honest opinion out of the paper I am connected with. Others of you are paid similar salaries for similar things, and any of you who would be so foolish as to write honest opinions would be out on the streets looking for another job. If I allowed my honest opinions to appear in one issue of my paper, before twenty-four hours my occupation would be gone. The business of the journalists is to destroy the truth; to lie outright; to pervert; to vilify; to fawn at the feet of mammon, and to sell his country and his race for his daily bread. You know it and I know it and what folly is this toasting an independent press? We are the tools and vassals of rich men behind the scenes. We are the jumping jacks; they pull the strings and we dance. Our talents, our possibilities and our lives are all the property of other men".

John Swinton (1829–1901) was a Scottish-American journalist, newspaper publisher, and orator who was best recognised as the chief editorial writer of *The New York Times* during the 1860s. Later in the years, Swinton was the force behind 'John Swinton's Paper', one of the most prominent American labour newspapers of the 1880s.

## Unbridled greed

So, what was the US going through when Swinton delivered his shocking lines? His reference was to the period from 1860 till about 1890, a period called the "gilded age" in US history. What is 'gilded' and what was the 'gilded age'? 'Gilded' describes ordinary wood, plaster or metal which is coated with a veneer of gold paint to impart a sense of great value, even as it covers the ordinariness of the material. The 'gilded age' refers to the last four decades of the nineteenth century when America saw unprecedented growth in industry and technology and the rise of corrupt industrialists, bankers and politicians who cornered extraordinary wealth at the expense of the working class.

The peoples' representatives ceded power to wealthy tycoons, who took control of political power. Huge sums of money and public land were handed over to tycoons like Vanderbilt and Jay Gould, in shady deals to build the railroad and shipping system. These men with unbridled greed for wealth destroyed the trade unions and indulged in incessant fraud, intimidation, violence and used their political clout to destroy competition. They disregarded laws to dominate every sector from railroad to oil, steel, mining, banking, liquor, timber, and even meatpacking. Unskilled workers were paid a pittance and were exploited in sweatshops. The opulence of the wealthy was in sharp contrast to the lives of the poor who were crammed into filthy apartments and struggled to feed their families.

Apologists of the robber barons invoked "Social Darwinism" to justify the inequality between the rich and the poor - the fittest humans were the most successful and the poor were destitute because they were weak and

lacked the skills to be prosperous. Swinton talks of this era when media and public opinion was subjugated by the rich and powerful and there was no one left to raise difficult questions.

Barring some Nordic countries, most other nations in the free world have been going through a similar experience over the last three to four decades. State assets being cornered by a chosen few, creation of monopolies and an unholy political-capitalist nexus has become the new normal. Leader after leader has been proclaiming economic miracles through liberalisation, and hiding the dirty truth about exploitation of workers behind glitzy malls, shiny buildings and gut-wrenching conspicuous consumption. International rating agencies are co-opted to report positively about high GDP growth rates, increasing ease of doing business and the key policy of big-ticket disinvestment; a.k.a sale of public enterprises to fat capitalists. This has been over three decades of 'liberalisation and globalisation' - and sounds so much like the gilded age.

## Stranglehold of big money

The important question is how the US broke out of this stranglehold of big money and marched into a progressive era.

As the wealth disparity mounted, the working people realised they could not rely on their elected representatives and would have to organize themselves to improve their working and living conditions. Unskilled factory workers formed the bulk of the movement for change, which took the shape of strikes, boycotts and shut downs. At its peak, over 100,000 railroad workers were on strike in the US. Though the strike eventually ended, it showed America's tycoons that there was strength in numbers and that organized labour had the potential to shut down entire industries and inflict major economic and political damage.

As the working class continued to use strikes and boycotts to fight for higher wages and improved working conditions, significant technological innovations like electricity and telephony made their appearance. Skyscrapers, elevators, bridges and canals were built and middle-class people had access to better food and housing and enjoyed an improved quality of life. They basked in the allure of city life, detached from the pitiable existence of the poor. For some, watching movies and sports like boxing, baseball or football became a form of escapism. A large number of people, however, were not willing to give up their rights and established themselves under a new political party whose declared objective was to give power back to the people and fight to close the gap between the wealthy and poor.

By 1893 the bubble of the gilded age started showing strain and the failure of major companies set off an economic depression. Banks and other businesses folded up, and the stock market plunged, leaving millions unemployed, homeless and hungry. The panic lasted for four years and left lower and even middle-class Americans fed up with rampant political corruption and social inequality. Their frustration gave rise to the Progressive Movement which took hold when President Theodore Roosevelt took office in 1901. Although Roosevelt supported corporate America, he also felt there should be increased federal control to keep corporate greed in check and prevent individuals from making obscene amounts of money off the backs of lower-class people. Social and political reformers were primarily middle-class citizens who targeted the political bosses and their moneyed cronies. They sought



“The 'Occupy Wall Street' protests, which began in New York City's Wall Street financial district, in September 2011, were a mobilisation of middle-class young adults against the predatory practices of high finance, mounting economic inequality and the influence of money in politics. Similar movements, like the 'take back control', were seen in other parts of the world also. These movements reflect the disillusionment of the working middle class, which has been the corner stone of social and economic development, at least in the democratic world...”

regulation of industries and stricter rules to enforce peoples' control over businesses and a form of 'direct democracy'.

The progressive era saw significant reforms to move power out of the hands of the robber barons. Legislation on trust busting, labour reform, trade unions, conservation, food and medicine regulations, tax reform, civil rights, women's suffrage, birth control, election reform and fair labour standards, etc., ensured safer, cleaner and healthier factories, less corrupt governments and better housing, working hours and wages. Fewer monopolies meant more people could start their own businesses. The people had fought for their rights and taken back political power from the oligarchs.

What followed was a truly golden period when most people in the US could live the 'American dream'. Eternal vigilance and education, it is said, is the price for liberty. As Americans ignored quality education, indulged in profligacy, individual advancement, round the clock entertainment and looked upon social security systems as creeping communism, obscurantism and neo-conservative thinking started finding space and taking over the media, education and every institution for influencing public perception. People started losing control once more. But not all.

The 'Occupy Wall Street' protests, which began in New York City's Wall Street financial district, in September 2011, were a mobilisation of middle-class young adults against the predatory practices of high finance, mounting economic inequality and the influence of money in politics. Similar movements, like the 'take back control', were seen in other parts of the world also. These movements reflect the disillusionment of the working middle class, which has been the corner stone of social and economic development, at least in the democratic world. At most places governments responded with force and repression against people who were simply demanding a more just, equal and sustainable world. In a resurgent era of far-right populism, with leaders preaching hate, fear, greed and ultra-nationalism, voices against injustice stemming from elite capture of wealth, power, and corruption are viewed as a threat to the 'established' order. Peoples' will, however, must eventually, prevail.

There is a lot to learn from history. There is no wisdom in closing our eyes and refusing to draw lessons from the shared experiences of our sisters and brothers across the globe. Thank you, Mr John Swinton.



From the Pages of History - MT 60 Years Ago

5th Year No 192

MAURITIUS TIMES

Friday 11 April, 1958

• *Tough people will outlive tough times, for every cloud that comes will eventually move away. Truly a testament of his own ideals. — John G. Shedd*



Satcam Boolell

## Across the Corridors of Indian History

**W**hen Shah Jahan grew old, his son Jahangir usurped the throne and imprisoned his father in the Agra Fort. The old Shah who was left with only the memory of his love used to sit alone in a room facing the Taj and everyday would contemplate for hours the beautiful marble mausoleum enshrining the mortal remains of

his favourite Begum. During my visit to the Fort I stood for a while to gaze at the majestic monument standing proudly in its immaculate whiteness. The spirit of Shah Jahan seemed to fill every nook and corner of the Fort and the tragedy of his fate seemed to turn the place into a sanctuary.

The name of Shah Jahan would have been lost to history but for the Taj. All his misdeeds are forgiven and his name has become immortal. The builder of the finest monument of all time was but a tyrant.

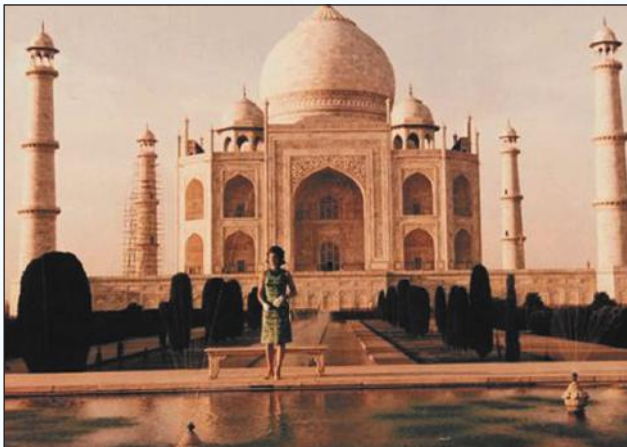
If you go to India and see nothing else except the Taj Mahal, your journey will be amply rewarded. Built on the bank of the river Jamuna opposite the Agra Fort, the Taj stands in the full splendour of its majestic beauty in a peaceful surrounding evocative of all that is pure and soul-elevating in nature. From the porch the Taj with its Moghul Garden, its fountains and artificial lakes present a view of such enchanting delight that has the illusion of a glimpse into some celestial abode. It is difficult to imagine that the gods did not lend a hand in the achievement of a work of such inimitable beauty. Generation after generation have raised monuments to rival the Taj or surpass it in splendour. But the Taj has to this day remained unequalled.

There is a fascination in its beauty which defies description. Visitors after visitors have tried to do justice to it in terms which have no alternative for a higher praise. Yet, the best description has failed to convey the impact it has upon the visitor who sees it for the first time.

To some it is "a poem in marble" and to others "a dream in marble". To me it is both and something more.

The Taj Mahal was built as a mausoleum by Emperor Shah Jahan to enshrine the mortal remains of his favourite wife Mumtaz Mahal born Arjumand Banu Begum. At the entrance is the following inscription in English: "The Taj Mahal contains the remains of Emperor Shah Jahan and his favourite wife Arjumand Banu Begum. The mausoleum was designed by Ustad Isa Afandi and constructed under the supervision of Makhamat Khan and Abdul Karim. It was commenced in 1631 and completed in 1648. Estimated cost from 50 lakhs to 60 crores of rupees".

I descended into the basement to see the tombs. They bear inscriptions in Arabic from the Holy Koran but there is nothing to indicate which tomb belongs to whom. True to their puritanical tradition, the Moghuls took care to avoid becoming objects of cult after their death. But



their objective was defeated by their own deed. The beautiful mausoleums they erected to perpetuate the memory of their dead have become places of pilgrimage.

\* \* \*

**W**e returned to Delhi after spending the whole day in Agra. Before leaving that ancient city, I bought two peacock feathers' fans from a young boy with a huge live serpent rolled round his naked torso. I was about to tell him that in a more orthodox attire he could have done better business with his fans. But then, without his serpent would the boy represent the East?

After Taj there was not much to be seen during the rest of the voyage. We spent eleven days in New Delhi attending the Conference and during the brief interludes, visiting places of interest like the Qutub Minar, a monument 234 feet high, the tomb of Humayun Kabir, the Red Fort, the Jumma Masjid and Chandni Chawk in Old Delhi. In Chandni Chawk, I visited the "Shradhanand Balidan Bhawan" - a very old building in which the Swami was assassinated. I was sitting in a room discussing with a group of friends of the Hindi Agitation movement in the Punjab when suddenly I was told that at the very spot where I was sitting Swamiji had fallen mortally wounded by the assassin's bullet.

Chandni Chawk is typical of an old Oriental city. Its congested bazaars, its narrow lanes, its ancient buildings of the Moghul style remind one of places like Anarkali in Lahore and part of Agra. In contrast, New Delhi with its modern planning, beautiful and wide tree lined avenues, up-to-date buildings with spacious courtyards is already one of the most beautiful cities in the world.

The first thing we did in New Delhi before the Conference started was to place a wreath at the Samadhi in Raj Ghat, the place where Gandhiji was cremated.

In between the Conference we were taken one day to visit the Bhakra Nangal dam, at the foothills of the Himalayas in the Punjab. The dam still under construction, is a mighty multipurpose project designed to electrify Punjab and irrigate its lands. The completion of the dam, the largest in the world, will enable the harnessing of the water of the unruly Sutlej.

Thousands of acres of land will become cultivable

and India's food problem may be solved in a large measure. It was a whole night journey by train from New Delhi to Nangal. It was in bitter cold that we reached our destination. At the dam, work goes on day and night. A whole state will be submerged when the dam will be completed. The Punjabis were very enthusiastic about the project. My friend Vig, one of the top engineers directing the work, told me that with the present rate of progress the dam will be completed ahead of schedule.

From New Delhi we moved south and after visiting Bangalore, the new capital of the State of Mysore, we drove across green rice-fields to the City of Mysore. We put up for the night at Brindaban in Krishnaraja Sagar, a few miles from the summer palace of Tipu Sultan. The multicoloured lights of the Brindaban Gardens were put on to welcome us in Krishnaraja Sagar. It was such a gorgeous sight that we had the illusion of having landed into some fairyland. Those who have seen the film 'Jhanak Jhanak Payal Baaje' might be reminded that most of the scenes were shot at Brindaban Gardens.

After leaving Mysore we flew to Madras - the term of our voyage in India. This vigorous City of the South which has been the storm centre of bitter contests between the British and the French for supremacy in the sub-continent is in the forefront of the revolution that is taking place in India. The desire for reform is manifest everywhere. The youths are already getting impatient that things are not moving fast enough. The Congress which still holds the sway has become the target of attack for being too conciliatory with the reactionary Iyers and Iyengars, the ruling Brahmin caste. Some young people in despair are already turning towards the Dravidar Kazhagam movement which is agitating for a Tamil nadu where Iyers and Iyengars will have no better say than the Chettians and Pillais and in which the imperious North will have no quarter except on terms of equality. The movement is gathering momentum and unless there is a change of heart among the Congress leaders the South will before long become a trouble spot.

\* \* \*

**M**adras, I noticed, is one of the rare cities to have taken the bold step of obliterating all reminiscences of British occupation. The streets have been renamed after the Indian leaders. Squares and public places have been re-christened to be more in keeping with an Independent India. Statues reminiscent of the old days have been removed.

In spite of the heat which persists throughout the year, Madras is a place bursting with life. The Madrassi is a hardworking man. You can see him walking briskly under the scorching sun always busy about something. For the common man life is not easy. To earn a living, he has to work very hard. There is strict prohibition in Madras and unlike Bombay the city plays the game.

About the language problem, the people I came across - they were a cross section from a Supreme Court judge to a waiter - were most diffident. But the general impression I gathered was that the government will not have an easy task to introduce Hindi among a people so proud of their cultural heritage and so alive to their advantage to compete with other Indians in English.



# Democracy's precarious state in the world



Call of Duty: Ballot Box. Rui Vieira/PA

● Cont. from page 2

## A ranking of nations according to the integrity of their elections.

Problems with US elections run much deeper than this one event, however. Our report shows that the way electoral boundaries are drawn up in the US are a main area of concern. There has been a long history of gerrymandering, where political districts are craftily drawn by legislators so that populations that are more likely to vote for them are included in a given constituency – as was recently seen in North Carolina.

Voter registration and the polls is another problem. Some US states have recently implemented laws that make it harder to vote, such as requiring ID, which is raising concern about what effect that will have on turnout. We already know that the costs, time and complexity of

completing the ID process, alongside the added difficulties for those with high residential mobility or insecure housing situations, makes it even less likely that under-represented groups will take part in elections.

### Nordics on top, concern about Russia

The Nordic countries of Finland, Sweden and Denmark came out on top in our rankings. Finland is commonly described as having a pluralistic media landscape, which helps. It also provides public funding to help political parties and candidates contest elections. A recent report from the Office for Democratic Institutions and Human Rights found a “high level of confidence in all of the aspects of the electoral process”.

Cape Verde has the greatest quality of electoral integrity in Africa. Taiwan, Canada and New Zealand are ranked first for their respective

continents.

Electoral integrity in Russia has seen a further decline following the 2021 parliamentary elections. A pre-election report warned of intimidation and violence against journalists, and the media “largely promote policies of the current government”. Only Belarus ranks lower in Europe.

Globally, electoral integrity is lowest in Comoros, the Central African Republic and Syria.

### Money matters

How politicians and political parties receive and spend money was found to be the weakest part of the electoral process in general. There are all kinds of threats to the integrity of elections that revolve around campaign money. Where campaign money comes from, for example, could affect a candidate's ideology or policies on important issues. It is also often the case that the candidate who spends the most money wins – which means unequal opportunities are often part and parcel of an election.

It helps when parties and candidates are required to publish transparent financial accounts. But in an era where “dark money” can be more easily transferred across borders, it can be very hard to trace where donations really come from.

**Toby James, Prof of Politics and Public Policy, University of East Anglia & Holly Ann Garnett, Assistant Prof of Political Science, Royal Military College of Canada**

## Food for Thought

# Old Friends

Most of us are now in the last quarter of our life and should read this interesting piece of advice.

My friends are retired and getting grey - they move slower and I see an older person now. Some are in better and some worse shape than me but I see the great change. They're not like the ones that I remember who were young and vibrant... but like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd become.



Pic - IG Models

Each day now, I find that just getting a shower is a real target for the day! and taking a nap is not a treat anymore, it's mandatory! because if I don't of my own free will, I fall asleep where I sit!

And so... now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did! But at least I know that, though I'm on the last quarter and I'm not sure how long it will last, that when it's over on this earth... it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done... things I should have done but truly there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not on the last quarter yet, let me remind you that it will be here faster than you think. So, whatever you would like to accomplish in your life do it quickly! Don't put things off too long! Life goes by so quickly. So, do what you can today, as you can never be sure whether you're on the last quarter or not!

You have no promise that you will see all the seasons of life... so, live for today and say all the things that you want your loved ones to remember - and hope that they appreciate and love you for all the things that you have done for them in all the years past!

'Life' is a gift to you. Be happy! Have a great day! Remember, it is health that is real wealth and not pieces of gold and silver. You may think going out is good - but coming home is better!

You forget names - but it's okay because some people forgot they even knew you!

You realize you're never going to be really good at anything like golf - but you like the outdoors!

The things you used to care to do, you aren't as interested in anymore - but you really don't care that you aren't as interested. You sleep better on a lounge chair with the TV on than in bed – you call it 'pre-sleep!' You miss the days when everything worked with just an 'On' and 'Off' switch!

You tend to use more 4 letter words – 'what' and 'when'

You have lots of clothes in your wardrobe, more than half of which you will never wear – but just in case!

Old is good - old is comfortable, old is safe.

Old songs, old movies, and best of all, friends of old!

So, stay well, 'Old friend!' Have a fantastic day! Have an awesome quarter – whichever one you're in! Take care.

It's not what you gather but what you scatter that tells what kind of life you have lived...

## Notice for Permission for Land Use

Take notice that I **Mrs Neerahee Antee** will apply to the District Council of Rivière Du Rempart for a Building and Land Use permit for a proposed **Construction of a building at ground floor to be used as general retailer's shop at Royal Road, Goodlands.**

Any person feeling aggrieved by the proposal may lodge an objection in writing to the above-named Council within 15 days from the date of this publication.

Date: 30 May 2022

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# Smacking children: what the research says



**Ana Aznar**  
Senior Lecturer in Psychology,  
University of Winchester

The question of whether it is ever acceptable to smack a child – hitting them with the flat inside of the hand with the aim of achieving compliance – is still highly controversial. In England, this controversy was recently reignited by the education secretary, Nadhim Zahawi, who has said that “the discipline of children should be left up to parents”.

Smacking is currently illegal in 63 countries, including Wales and Scotland. In England and Northern Ireland, though, parents remain free to smack their children.

In contrast, child protection groups and psychologists argue that the decision on whether to ban smacking should be based on what is best for the child rather than the parent. They point to psychological research as a source of information on whether smacking is good or bad for children.

## Research on smacking

Research has found that physical punishment such as smacking is both ineffective and bad for children’s development. Research which analysed a range of studies on physical punishment such as smacking found that, in fact, this punishment made child behaviour worse.

Often, children still do not obey parents’ orders after being disciplined. And even when they do, a punishment such as smacking does not help the child understand why their actions were wrong. This is because sometimes the discipline comes with no explanation.

Also, the child may be too caught up in their own emotions to be able to understand why their actions were wrong. In the future, the child may follow their



Yuganov Konstantin/Shutterstock

ment has been linked with behavioural, social and mental health problems throughout childhood and adolescence. Children are more likely to have emotional and mental health issues, such as anxiety and depression. They also have more chance of developing aggression and of engaging in risky behaviours. These effects can harm the relationship between the parent and the child and between the child and their peers.

A strong argument against the use of smacking is that children who are smacked are at higher risk of experiencing maltreatment and abuse by their parents. This is because over time it may take more and more force to have the same effect.

## Stress response

Parental stress plays an important role in the use of physical punishment. When parents are stressed, they are less sensitive towards their children’s needs and are more likely to use harsher discipline, such as smacking.

A parent who occasionally smacks their child may end up smacking their child more often or using harsher forms of physical discipline when they become stressed. Smacking is an emotional response, often done when parents do not know how to control their children.

My colleagues and I at the University of Winchester conducted a study during the first

Covid-19 lockdown in the UK. We asked 322 parents about their stress levels and their discipline practices.

Unsurprisingly, parents reported being much more stressed than before the pandemic. Parents who were very stressed reported disciplining their children more frequently and being harsher with them. Our findings are consistent with multiple reports claiming that the risk of violence against children increased worldwide during the Covid-19 lockdowns.

Nevertheless, some psychologists have argued that we cannot categorically say that smacking is negative for children. In some cases the studies examining smacking do so in combination with other forms of corporal punishment, such as punching or hitting. Therefore, they argue that the real effects of smacking on children’s development may have been exaggerated.

Furthermore, some claim that most research on this topic cannot

clearly establish that smacking is definitely the cause of negative consequences for children – just that there is a link between smacking and negative consequences for children.

However, one finding is clear amongst the controversy about smacking. It is never positive for children’s development.

Research evidence overwhelmingly shows that physical punishment such as smacking has negative outcomes. Parents can use a range of other forms of discipline to help children understand why their behaviour is wrong. These include time out (removing a child from an environment where they are doing something that they should not do), reasoning with the child, or taking away privileges, such as removing their video game console for the weekend.

Parents should use these discipline techniques instead of smacking.



Parents reported higher stress levels during the pandemic. FamVeld/Shutterstock

Typically, the main argument against banning parents from smacking their children is based on respecting parents’ rights. Zahawi said that the state should not “nanny” parents about how to raise their children.

parents’ orders because of a fear of being physically punished again, not because they understand that it is the right thing to do.

In terms of how it affects child development, physical punish-

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## Narcissism driven by insecurity, not grandiose sense of self

**N**arcissism is driven by insecurity, and not an inflated sense of self, finds a new study by a team of psychology researchers. Its research, which offers a more detailed understanding of this long-examined phenomenon, may also explain what motivates the self-focused nature of social media activity.

"For a long time, it was unclear why narcissists engage in unpleasant behaviours, such as self-congratulation, as it actually makes others think less of them," explains Pascal Wallisch, a clinical associate Prof in New York University's Department of Psychology and the senior author of the paper, which appears in the journal 'Personality and Individual Differences'. "This has become quite prevalent in the age of social media -- a behaviour that's been coined 'flexing'.

"Our work reveals that these narcissists are not grandiose, but rather insecure, and this is how they seem to cope with their insecurities."

"More specifically, the results suggest that narcissism is better understood as a compensatory adaptation to overcome and cover up low self-worth," adds Mary Kowalchuk, the paper's lead author. "Narcissists are insecure, and they cope with these insecurities by flexing. This makes others like them less in the long run, thus further aggravating their insecurities, which then leads to a vicious cycle of flexing behaviours."

## Eating processed meat could increase dementia risk, researchers say

**S**cientists from the University's Nutritional Epidemiology Group used data from 500,000 people, discovering that consuming a 25g serving of processed meat a day, the equivalent to one rasher of bacon, is associated with a 44% increased risk of developing the disease.

The researchers were exploring whether there is a link between consumption of meat and development of dementia, a health condition which affects 5%-8% of over 60s worldwide.

Their results, titled 'Meat consumption and risk of incident dementia: cohort study of 493,888 UK Biobank participants', have been published in the 'American Journal of Clinical Nutrition'.

Lead researcher Huifeng Zhang, a PhD student from Leeds' School of Food Science and Nutrition, said: "Worldwide, the prevalence of dementia is increasing and diet as a modifiable factor could play a role. Our research adds to the growing body of evidence linking processed meat consumption to increased risk of a range of non-transmissible diseases."

The research was supervised by Profs Janet Cade and Laura Hardie, both at Leeds.

The team studied data provided by UK Biobank, a database containing



in-depth genetic and health information from half a million UK participants, aged 40 to 69, to investigate associations between consuming different types of meat and risk of developing dementia.

Some people were three to six times more likely to develop dementia due to well established genetic factors, but the findings suggest the risks from eating processed meat were the same whether or not a person was genetically predisposed to developing the disease.

Those who consumed higher

amounts of processed meat were more likely to be male, less educated, smokers, overweight or obese, had lower intakes of vegetables and fruits, and had higher intakes of energy, protein, and fat (including saturated fat).

There are around 50 million dementia cases globally, with around 10 million new cases diagnosed every year. Alzheimer's Disease makes up 50% to 70% of cases, and vascular dementia around 25%. Its development and progression are associated with both genetic and environmental factors, including diet and lifestyle.



## How do guide dogs know where their owners want to go?

*As part of their training, a guide dog will practise getting around some of the most common places the person they will guide needs to go.*

**M**ia, thank you for your question. I know a bit about this topic because I have some experience training and using an assistance dog myself. Also, as part of my job teaching at a university, I'm working with a number of students doing research projects on assistance dogs.

The answer to your great question is actually quite simple. Guide dogs, which are assistance dogs for people who are blind or vision impaired, know where to go because they practise.

Practice makes perfect – just like how you might learn to walk from home to school, or how adults know how to drive to different places without getting lost.

As part of their training a guide dog will practise getting around to some of the most common places the person they will guide needs to go. This may include the shops near their home, or from their home to the bus stop.

So, in simple terms, guide dogs only know how to get to and from familiar places they have practised the routes for.

What most people don't realise, though, is the person the dog is guiding still needs to know where they are going too.



A lot of people may think a guide dog tells a person when they can cross the road. But this is not actually true. Shutterstock

### Identifying obstacles

There is a lot of training a guide dog will do before they are taught familiar places. This is because making sure they guide a person safely is much more than knowing where to go.

Say you are walking to school and the branch of a tree has fallen across the path you normally walk on.

If that branch was small you might just step over it. If it is big you might go around it or even cross to the other side of the road.

Since a blind person may not be able to see the branch, it's up to their guide dog to let them know it is there. How they do this will depend on how big the branch is.

If it is small the dog may help safely guide the person around it. If it is large and they can't get around easily, they will block the person so they know there is something in the way.

It is then up to the person to work with their dog to help them safely find a way past the branch.

This means a big part of being a guide

dog is letting the person they are guiding know when there is an obstacle in their way.

To a blind person an obstacle can include things like the step down off the path onto the road, or a step up into a shop. These are things you probably don't even think of as an obstacle when walking.

### Working as a team

A lot of people may think a guide dog tells a person when they can cross a road. But this is not actually true.

The dog will block the person from stepping onto the road to let them then know they have reached the end of the path.

It is then up to the person to listen to their surrounds and decide if it is safe to cross the road.

It is the person who tells the dog it is safe to cross the road – not the other way around.

**Carmel Nottle**  
Lecturer - Human Movement / Clinical Exercise Physiology, University of South Australia





## A Misconstrued Medico

A delightful epistle written by an ophthalmologist  
Dear Sir,

I belong to a profession that Shashi Tharoorji would describe as 'Somatic decrepitude mender' and in common parlance... 'Doctor'. Of late, I had some weird experiences which I would like to share with you, sir!

Recently I travelled with my family by flight sir! We reported at check-in a little late – by just half an hour sir! (My patients are usually late by one hour for surgery and two hours for consultation). The lady at the check-in counter was very upset with me, sir! Angrily, she asked us to deposit our baggage.

Then... I had my doubts! We were taking three flights with two transits! Would the staff at the various airports know our itinerary? I asked the lady and she reluctantly replied that they had protocols and our baggage would be safe. But... still I had doubts! So I sent my wife to clarify. Same answer... but more reluctance!

See... I am a man of perfection and so asked my son to re-clarify! This time, the lady got really angry while explaining! But, sir, I wanted an expert from our family to opine! Hence I called my cousin's brother-in-law's friend, who is in air-related business (he is an air-conditioning mechanic!) and gave the phone to the lady! You see, sir!

We, doctors, always clear doubts of patients, their relatives, friends, relatives' friends, friends' relatives (and even pets!) in person, phone, mail, WhatsApp, etc., without grumbling, sir! But this lady was furious and asked me to go to hell and so... we proceeded to the security check! I could overhear her describing me as a piece of what Tharoorji would call 'Haemorrhagic excrement!'

Inside the plane, I had a big shock, sir! A lady was demonstrating what we should do... when the plane falls



into the sea! I got panicky and wanted to see the pilot immediately! The pilot came and I asked him: "Can I go to business class if I pay extra money?" He agreed.

But I had some doubts: "Is business class 100% safe? No emergency exit, oxygen stuff, etc... right?" He said "No!"

Look sir! I am paying 3 or 4 times more than (Tharoorji's) 'cattle class' and still... the plane can fall into the sea! Then I asked him my second doubt: "Does business class reach the destination a few hours earlier?" ('Pay more! Expect more!' - our patients' policy sir!) Again a 'No!'

I made a last request to the pilot: "Sir! Today... Wednesday! Now it is 8.40 am! Yamakandam is over only at 9 am. Can you please delay take-off by 20 minutes?" He banged the cockpit door on my face, sir, and called me what Tharoorji would term 'Progeny of un-solemnised copulation'.

During rail travel booking too, I had problems, sir! The first-class AC rail ticket charges were exorbitantly high, sir! I politely asked the booking clerk for concession. He said, "If you want to pay less, travel in second non-AC!" Even after explaining to him that my family

always loyally travelled by their railways for more than four decades, he would not oblige. I called him "Greedy fellow!" just like patients call doctors when they see the hospital bill. In return, that man scolded me with a word, which Tharoorji would term as 'Maternal...'

The final incident took place last week sir! Our family had sumptuous biriyani at a hotel. When the bill came, I was shocked, sir! Immediately I called the manager and complained about the exorbitant charges. He went on to explain, "Look sir! Do you know what ingredients we use for our biriyani? All... branded items! Kohinoor basmati rice, all spices from Everest and the mutton from specially reared high quality goats in..."

I stopped him mid-sentence: "You cheat! Now... I have caught you red-handed! Rice in ration shop is less than Rs 10 a kilo, but you buy rice for Rs 300 a kilo...! I know... you have a secret deal with all the companies and overcharge the customers!"

The same accusation that the Indian intelligentsia, including the PM-ji, throw against us doctors! But sir... the manager called all his staff, threw me out after making me pay the bill! The words they used, sir... no, sir... even Tharoorji's thesaurus would not have equivalent words!



### Life's Lessons

## Some social rules that may help you

1. Don't call someone more than twice continuously. If they don't pick up your call, presume they have something important to attend to.
2. Return money that you have borrowed even before the person that borrowed you remember or ask for it. It shows your integrity and character. Same goes with umbrellas, pens and lunch boxes.
3. Never order the expensive dish on the

menu when someone is giving you a lunch/dinner.

4. Don't ask awkward questions like 'Oh, so you aren't married yet?' Or 'Don't you have kids?' or 'Why didn't you buy a house?' Or 'Why don't you buy a car?' For God's sake it isn't your problem.
5. Always open the door for the person coming behind you. It doesn't matter if it is a guy or a girl, senior or junior. You don't grow small by treating someone well in public.
6. If you take a taxi with a friend and he/she pays now, try paying next time.
7. Respect different shades of opinions. Remember what's 6 to you will appear 9 to someone facing you. Besides, second opinion is good for an alternative.
8. Never interrupt people talking. Allow them to pour it out. As they say, hear them all and filter them all.

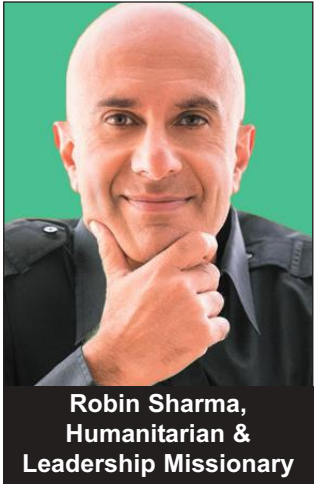
9. If you tease someone, and they don't seem to enjoy it, stop it and never do it again.
10. Say "thank you" when someone is helping you.
11. Praise publicly. Criticize privately.
12. There's almost never a reason to comment on someone's weight. Just say, "You look fantastic." If they want to talk about losing weight, they will.
13. When someone shows you a photo on their phone, don't swipe left or right. You never know what's next.
14. If a colleague tells you they have a doctor's appointment, don't ask what it's for, just say "I hope you're okay". Don't put them in the uncomfortable position of having to tell you their personal illness. If they want you to know, they'll do so without your inquisitiveness.
15. Treat the cleaner with the same

- respect as the CEO. Nobody is impressed at how rude you can treat someone below you, but people will remember if you treat them with respect.
16. If a person is speaking directly to you, staring at your phone is rude.
17. Never give advice until you're asked.
18. When meeting someone after a long time, unless they want to talk about it, don't ask them their age and salary.
19. Mind your business unless anything involves you directly - just stay out of it.
20. Remove your sunglasses if you are talking to anyone in the street. It is a sign of respect. More so, eye contact is as important as your speech.
21. Never talk about your riches in the midst of the poor. Similarly, don't talk about your children in the midst of the barren.



## Life's Lessons

# Rules to lead the field in uncertain times



Robin Sharma,  
Humanitarian &  
Leadership Missionary

1. Where the victim sees a problem, a leader sees an opportunity.
2. Don't wait until you're successful to work on your optimism. Work on your optimism and you'll become a lot more successful.
3. Be alone a lot. All massively creative people value solitude. It allows them to protect their dreams from the voices of dissent, refuel their creativity and get far more done – free from distraction.
4. Small daily micro-wins when done continually over time lead to staggering results.
5. Genius has less to do with natural talent and divinely blessed gifts and more to do with relentless focus [to the point of obsession], extreme practice and uncommon grit.
6. Disrupt or be disrupted.
7. Be the most honest person in every room.
8. Remember that people don't leave companies. They leave the people they worked for.
9. Saying you'll "try" is expressing "I'm not really committed."
10. The secret of passion is purpose. As I shared years ago in Leadership Wisdom from 'The Monk Who Sold His Ferrari', when you know your why, the hows just start showing up.
11. If you're the smartest person you know, it's time to know new people.
12. Outlearning everyone around you is a game-changer. The best love learning. Because once you know more, you can achieve more.
13. To make more money, help more people.
14. Leaders Without Titles talk about ideas versus people, and dreams versus others.
15. Eat less food, get more done.
16. The way you begin your day determines how you live it. So put mind over mattress. Win the battle of the bed. And join the 5AM Club (another total game-changer).
17. Develop an obsessive attention to detail. World-class user experiences are all about winning at the small stuff that everyone else doesn't care about.
18. Even if you clean toilets, do it with pride and love. A few summers ago I met a man who cleans toilets at the Johannesburg airport. He beamed "Welcome to my office" as I entered. The place was flawless. His passion was palpable. That man is my hero. And he reminded me that all work has dignity and honour.
19. Leaders Without Titles are in the business of making people feel bigger versus smaller. And smarter versus less knowledgeable. And seeing gifts and talents they've never seen before.
20. Lean into your fears. Commit to what frightens you. Life's way too short to play small.
21. The secret to genius is doing less. Developing a monomaniacal focus on being brilliant at one thing is the key to mastery. You're smart, so you know that the person who tries to get great at many things ends up mediocre at all of them, no?
22. The moment you think you're a virtuoso, you've lost your virtuosity. The best always think like a beginner. And they know that nothing fails like success.
23. Be decent and kind and loving. At the end you'll have wished you were.
24. Never lose the sparkle in your eyes and your sense of wonder about the things most people take for granted. Leadership, business, and life are awesome. Don't miss the simple rewards of standing for world-class.  
  
[Note: there are two types of income: external [money and title] and internal [pride in doing great work and pursuing mastery]. The ordinary chase the first. The exceptional want the last].
25. Do your part. Be the leader you wish the people around you would be. As Mother Teresa said: "If each of us would sweep our own doorstep, the whole world would be clean."  
  
Our tiny planet needs more true leaders, pure producers and everyday heroes. Just like you.

## Life's Lessons

# A toast to to Sardar Kala Singh!

For the longest time, Sikhs in East Africa, particularly Kenya have been referred to as 'Kalasingas'. The origin of this name lies in the inspiring tale of a noble, adventurous man who arrived in Kenya in 1896.

The origins of the Sikh community in EA can be traced back to the late 1890's when they were commissioned by the British to work on the railway. Among the first members of the community to arrive in the country was a young, adventurous 16 year old known as Kala Singh and it is by his name that the entire Sikh community have come to be known until this day.

Kala Singh arrived in Kenya in 1896 from Patiala in Punjab, history books and records describe him as a sturdy, adventurous, outgoing but most of all kind hearted man and it is this trait for which he is best remembered .

A few years after his arrival, along with his close friend Munishram they established a company known as 'Munshiram Kalasingh & Co' on River Road. They mainly dealt in selling steel bars and hardware. Their business was probably one of the very first to be started in Nairobi which by then only comprised of railway offices and quarters.

With the establishment of their new business, Kala Singh became engaged in wide -spread business activities which would require him to venture deep into the interior parts of the country which were then largely unexplored.

He travelled through forests, barren lands and mountains, in a time where they were no roads or any proper means of transport.

His adventures brought him in touch with various communities particularly the Masai whose territory many had feared to venture into. His interactions with the different communities opened up trade and also provided a way for other traders to better understand the communities of Kenya.

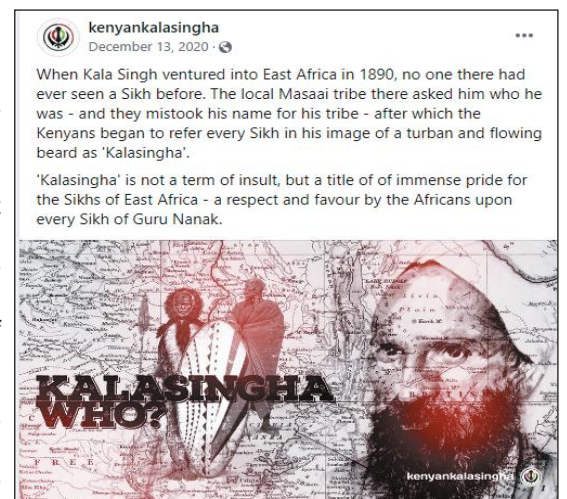
Perhaps one of the most important things he is remembered for is his selfless nature. He is said to always have carried life saving drugs

with him whenever he went out on an excursion. The drugs which were used to fight malaria and other tropical diseases would be distributed freely to the affected folks who had no access to medical facilities.

That is why he was so respected. His noble and generous gestures went on to represent the values of the entire Sikh community. Through his influence and his distinctive head turban, Africans begun to refer to Sikhs as "Kalasingas".

Munshiram Kalasingh & Co grew steadily over the years and soon they were able to establish a second construction / hardware shop in Eldoret. Years later Kala Singh parted company with Munshiram and the business name was changed to Munshiram & Co; eventually he went back to India and he died there.

It is evident from this story that to be nothing but yourself in a world that offers more pain than it does joy, is enough to go a long way. As in the case of Mr Singh his name went on to define generations and generations of people and will continue to do so for more years to come. Because while a good deed can go a long way, a good heart lives on forever.



**FEAR**  
By  
Kahlil Gibran

It is said that before entering the sea  
a river trembles with fear.

She looks back at the path she has traveled,  
from the peaks of the mountains,  
the long winding road crossing forests and villages.

And in front of her,  
she sees an ocean so vast,  
that to enter  
there seems nothing more than to disappear forever

But there is no other way.  
The river can not go back.

Nobody can go back.  
To go back is impossible in existence.

The river needs to take the risk  
of entering the ocean  
because only then will fear disappear,  
because that's where the river will know  
it's not about disappearing into the ocean,  
but of becoming the ocean.

Qigong is a Wag of Being



## Healthy Living

# Can you learn to breathe better?

**W**hen you breathe at a balanced tempo, you maintain healthy levels of oxygen and carbon dioxide in your blood. You can pace your inhales and exhales to relax and manage anxiety too.

**Why better breathing matters:** It's an involuntary action, but you can still get better at breathing. When you breathe at a balanced tempo, you maintain healthy levels of oxygen and carbon dioxide in your blood. You can learn how to pace your inhales and exhales to relax and manage anxiety too.

**Breathe through your nose:** Tiny hairs and mucus, otherwise known as snot, inside your nose help catch and filter out dust that could irritate your lungs. Your nasal passages also warm and moisten the air you breathe in before it gets to your lungs.

**Deep breathing exercises:** You can learn new ways to breathe. The simple practice of focused breathing can help you lower stress. Just a few minutes of deep, steady inhaling and exhaling trains your vagus nerve, which manages functions like your heart rate. Training it with slow, deliberate breathing may help you relax and reduce anxiety.

**Switch sides:** Use your thumb to close one nostril while you breathe through the other, then switch. Close the other nostril with your index finger and breathe again. In between each cycle, briefly squeeze both sides shut. Do this for 5 minutes. This exercise, along with deep breathing, may have healthy effects on blood pressure and heart rate.

**Sleep right to breathe better:** Your position in bed could help ease shortness of breath. Lie on your side with



one pillow propping up your head and another between your legs. If you prefer to sleep on your back, place one pillow under your head and the other under your bent knees.

**Say ommmm:** Meditation involves deep, focused breathing to help you sweep out stressful or distracting thoughts. Just close your eyes and practice inhaling slowly so that the air expands your belly. This type of breathing encourages the full exchange of incoming oxygen for outgoing carbon dioxide. It can slow the heartbeat and lower or stabilize blood pressure.

**Belt out your favourite tune:** Singing may be healthy for your lungs and breathing, even if you have a chronic respiratory illness like COPD or asthma. It can help reduce anxiety too. A trained instructor can teach

you how to control your breathing and develop the right posture to improve it.

**Improve indoor air quality:** An air purifier in your home can help clean particles from your surroundings to help you breathe better. These small appliances, also called HEPA air filters, are especially helpful if you have asthma. Airborne dust and allergens can worsen your symptoms. But anyone who lives in a big city with pollution may benefit from an air purifier too.

**Lose Weight:** If you're overweight, losing a few extra pounds can help you breathe better. People who are obese may have shortness of breath. Excess belly fat can reduce the amount of air your lungs can hold when you inhale. Losing weight makes it easier to breathe and move. It can also improve your symptoms if you have asthma.

**Get Moving:** Exercise helps keep your lungs healthy. Any type will do as long as it's at least 30 minutes of moderate activity 5 days a week. Regular physical activities like walking or biking can expand your lung capacity, so you can take deeper, fuller breaths.

**Practice yoga or tai chi:** Gentle flexibility exercises, like yoga or tai chi, can improve your lung capacity and health. Both of these ancient Asian practices involve learning breathing techniques that improve your strength and well-being. If you're just starting either practice, don't do any moves at first that require you to restrict your breathing.

**Laugh Out Loud:** Here's a fun way to exercise your lungs so they stay healthy: Laugh! Lots of belly laughing builds up your lung capacity and works your tummy muscles. A good bout of guffawing also clears stale air out of your lungs and lets fresh air in.

**Drink Water:** Stay hydrated to breathe better too. Drinking plenty of water or other fluids throughout the day keeps the mucus membranes that line the insides of your lungs healthy. If the lining is moist and thin, you'll breathe easier.

Medically Reviewed by Hansa D. Bhargava, MD - WebMD

## Relationships

# Top reasons that lead to divorce

**M**arriage is a beautiful concept but it comes with a heavy price. It is not so easy to maintain the sanctity of any relationship unless both sides are willing to work on it. A number of times this unwillingness and callousness leads to divorce which can get ugly. It is being observed that divorce rates have gone way high in recent times and there are several reasons cited for the same. Here is a list of some of the most common reasons why marriages come to an end.

### Incompatibility

When we say irreconcilable differences, it basically means the level of incompatibility. Either you are poles apart and unwilling to come to a midpoint or you simply grow apart. It could be due to different values, problems in sex life, religious differences or growth as a person which is independent and not at all in sync.

### Miscommunication

The root cause of most fights, arguments and divorces is miscommunication. Assuming and presuming comes hand in hand with this issue. Family issues and financial burdens if not discussed, leads to separation and divorces and they can be very ugly as well.



### Infidelity

Being unfaithful whether married or not is unacceptable. If this happens in a marriage, you cannot expect the other to understand. There is obviously some kind of unhappiness, a missing puzzle in your marriage which should be worked on and if it cannot then end it before you cheat. Extramarital affairs are the last straw in a marriage and this often leads to divorces.

### Addictions

Alcohol, drugs or any other substance abuse can often lead to a divorce. Such addictions affect your mood swings, behaviour, sleep pattern, appetite, family responsibilities, friends and connections, wastage of money and not to forget, memory loss.

### Domestic abuse

This is a major reason which can lead to divorces. Not just women but men too experience it and it is intolerable and an offence.

### Family issues

It is not just the couple that is there in a married picture. If your family or your partner interferes in how you live, how you bring up your child and other household obligations, things tend to get ugly and people do file for divorce in that given scenario. They do not want their kid to grow in a negative environment if the partners do not support each other.

## Appartement à louer - long terme



Appartement meublé de 3 c.a.c, climatisé, cuisine équipée, piscine et parking, sécurité (24/24) à Trou aux Biches - Complexe Fleury sur Mer  
Tel: 57809413 - 57530881

### To Rent

Fully furnished and air conditioned 3-bedroom apartment at Fleury sur Mer Complex, Trou aux Biches for long-term.  
Parking and 24 hour security, swimming pool  
Tel: 57809413 - 57530881



I did not miss the moustache in 'Anupamaa':

## Namaste America', says Sudhanshu Pandey

**A**nupamaa: Namaste America", a prequel to the popular TV show "Anupamaa" streamed on OTT recently. The show saw a few new faces along with some old cast in the series. Sudhanshu Pandey reprised his role of Vanraj Shah in 'Anupamaa: Namaste America' but sans his moustache as he had to look 17 years younger, reports TOI.

"The moustache had to be taken off for 'Anupamaa: Namaste America' to give Vanraj a younger look. And I think it was a good call because when you take the moustache away, it takes away many years from your face. A little bit of change in the hairstyle made me look younger because I had to be 17 years younger at that point in time. I think it did a good job but I did not miss the moustache while shooting it."

"Honestly, the moustache is not a real one and it restricts me from smiling or laughing, so without it, I could laugh and smile freely. I had a great time shooting for the series and I was able to do so much with my face because I was more mobile facially," he said.

"The moustache enhances the character and gives it a more stern and dominating look." The actor agreed to it, and said, "I was given the moustache for the kind of character that it is, and with the moustache, the character's physicality becomes harder and stricter. He doesn't smile a lot, and with the moustache, his personality gets enhanced and he looks more like an angry man with an overpowering personality. So the moustache does make a lot of difference."



Moustache or clean-shaven, Sudhanshu asserted that it's never easy to play a character's younger self.

He said that "It can never be easy to play a younger character. Although I look like myself in 'Anupamaa: Namaste America' because in real life I don't have a moustache, I think I was able to carry off that look well. Just a little bit of change in hairstyle and I was comfortable and happy that I'm looking younger, and that made my job very easy."

"There was so much more happiness in his life at that point in time, he wasn't that complicated or complex or angry all the time. And it did make a huge difference."

The actor revealed that he had a great time shooting for the series and shared that he was in awe of his co-actor Sarita Joshi, who played Moti Baa.

Radhika Muthukumar on bagging 'Sasural Simar Ka 2':

## 'Could not stop dancing'

**A**fter entertaining the audience for more than seven years, *Sasural Simar Ka* is back with a new season. Radhika Muthukumar will be seen playing 'Choti Simar', the new lead in the family drama, while Balika Vadhu child actor Avinash Mukherjee has been roped as the male lead.

In an exclusive chat with indianexpress.com, Radhika shared her excitement about bagging the show. The actor confessed that when she auditioned, she did not have a clue that it was for *Sasural Simar Ka 2*. "I had just got the basic character brief, for which I auditioned. When I got to know it is *Sasural Simar Ka 2*, I could not stop dancing with joy."

Radhika Muthukumar made her acting debut with *Yeh Vaada Raha*, followed by a Marathi film, and then a pivotal role in *Kya Haal Panchaal*. Calling *Sasural Simar Ka* a big break, the young actor said that the new chapter will bring to life the story of today's girl, who, apart from balancing career, can also make for a good wife and daughter-in-law. She added, "She is very cultured but also practical. She knows how she can achieve success on both personal and professional fronts. Simar is very relatable and I am sure every young girl will see them in her."

While Radhika had watched a few



episodes of *Sasural Simar Ka* when it aired in 2011, she did not follow the entire season. The actor also had some wonderful words to share about Dipika Kakar, with whom she shot major parts in the initial days. "She has been so supportive and positive. When I told her that I was nervous, she asked me to keep faith in myself. Dipika even assured me that she would always be there in case I ever have any doubts, which was really sweet of her."

Radhika Muthukumar credited her family, especially her mother for supporting her dreams. While she stepped into the industry through television, she is looking forward to her big screen debut. "I was told that I have a very Indian face and thus would suit the small screen. Although I love the medium, given that I have my roots in South India, I really want to do some south films. That's my next focus," she concluded.

### Cinema Sirsa

Castel - Tel Nos - 6867356 / 6971613 / 59119396 / 57069330

### Prithviraj

(Akshay Kumar, Manusha Chhillar, Sanjay Dutt)

Friday 03 June 2022 to Wednesday 8 June 2022 - 13:15/20:15

### YOUR STARS

#### Sagittarius: Nov 22 - Dec 21

You can consider making a transaction relating to land or property. You may be able to clinch it on favourable terms. Singles can try and reconnect with an old connection and would be surprised by the intensity of the emotions. Do not ignore the mutual attraction.

**Lucky Numbers: 14, 18, 20, 24, 36, 40**

#### Capricorn: Dec 22 - Jan 19

You may receive new opportunities in your professional life. You would be able to convince people to know about your abilities and qualities. There will be harmony among everyone in the family. A short flirtation can even become the start of a more serious relationship.

**Lucky Numbers: 9, 11, 12, 14, 17, 33**

#### Aquarius: Jan 20 - Feb 18

Your dreams are likely to turn into reality with your continued efforts and dedication on the professional front. Luck too may favour the unemployed and bring new openings. Students may need to work harder for improving their performance.

**Lucky Numbers: 15, 20, 21, 24, 29, 30**

#### Pisces: Feb 19 - Mar 20

Avoid investing in joint property. Such deals are fraught with risks. It appears to be a good time to express true feelings to the person you love. Use this opportunity, to be honest, and emotional and express what you feel. You may find the partner highly receptive.

**Lucky Numbers: 15, 17, 20, 33, 34, 40**

#### Aries: Mar 21 - Apr 19

With the blessings of elders, you may find an amicable solution to a dispute involving the ancestral property. Your married life is likely to thrive with renewed understanding and love. Your bonding with your spouse can improve as you go on a short journey.

**Lucky Numbers: 7, 8, 14, 16, 20, 33**

#### Taurus: Apr 20 - May 20

Working professionals may see an improvement in their bonding with senior colleagues. To spice up dull romantic ties, show more interest in the affairs of your significant other. They may feel loved and cherished that way.

**Lucky Numbers: 9, 11, 18, 20, 30, 31**

#### Gemini: May 21 - June 20

This is a good time for investing in real estate. You may make good profits in property-related matters. The value of your holdings may increase substantially. Those of you married may face some disturbances with your partner. Avoid your suspecting partner's fidelity.

**Lucky Numbers: 6, 7, 8, 22, 33, 40**

#### Cancer: June 21 - July 22

A positive development is on the cards on the work front. Some of you can form an idea about starting a new business in partnership in which you are likely to get a lot of success. A feeling of love will awaken in your mind and you will try to give happiness to people around you.

**Lucky Numbers: 3, 8, 15, 16, 20, 31**

#### Leo: July 23 - Aug 22

Those in business must avoid making any new investment and not trust anyone quickly. Do not take any decision in haste. Avoid any argument with your spouse else it may unnecessarily prolong the issue. Hastily made decisions can complicate your personal life.

**Lucky Numbers: 10, 17, 19, 33, 34, 36**

#### Virgo: Aug 23 - Sept 22

There will be an expansion in your resources and your business will grow. Those married are advised to be cautious, as they face some issues at home. Seek partner's counsel while navigating tricky issues. Singles are likely to seek friends' help to perk up their romantic life.

**Lucky Numbers: 5, 9, 11, 25, 26, 32**

#### Libra: Sept 23 - Oct 22

This is not a positive time for money matters and you need to be extra cautious while choosing short term plans. However, property investment may bring lucrative gains for you. The value of your assets may increase exponentially. You will be attracted to a person you have just met and may long for a caring and loving partner.

**Lucky Numbers: 10, 17, 20, 26, 33, 38**

#### Scorpion: 23 Oct - 21 Nov

The time is auspicious to sell off any immovable asset. You may get a good price for your old property. Students appearing for competitive examinations may have strong chances of getting success. Those in a love relationship need to be a bit bold to address unforeseen challenges.

**Lucky Numbers: 3, 4, 20, 22, 25, 31**



## Bollywood 'moms' who defied stereotypes with their strong characters

Bollywood has always tried to project the idea of a 'mother' in many different ways. She was previously portrayed as a person who always had the task to bring peace and love to her family. Breaking these barriers, mothers in Bollywood movies now are more free-spirited and open-minded in their approach as they try their best to ensure the well-being of their families and themselves. On Mother's Day 2022, here are eight mothers from Bollywood who defied the rules to enthral us with their strong performances, as reported by wionews.com.



### Vidya Balan in 'Jalsa'

They belong to two very different spectrums of society, yet it was their love for their children that made them share a bond. In 'Jalsa' Shefali Shah played a mother, who may not have the means, but is still the overprotective mother to both her kids.

When her daughter lands in a hospital

after a gruesome accident, she takes it upon herself to find the culprit but never fails in her duties of being the nanny or the proxy mother to a child with special needs. The child's mother, played by Vidya Balan is on the opposite side of the spectrum, she provides the comforts and luxuries to her kid, is overprotective in her own way.



### Neha Dhupia in 'A Thursday'

Neha Dhupia, who's now a mom of two, played the role of a pregnant cop in the thriller drama 'A Thursday'. In the film, Neha played the role of ACP Catherine Alvarez, who is a risk-taker and for whom the call of duty is more important.

As we all know how pregnant working women are stereotyped as weak and the ones we can't depend upon but keeping all that aside, her character proves it wrong and shows how one pregnant woman can work and go beyond her limits

despite facing all the difficulties one faces during the tough period.



### Sakshi Tanwar in 'Mai'

Sakshi Tanwar gave a phenomenal performance in the thrilling drama 'Mai'. The story revolves around a grieving mother who has lost her daughter in a mysterious accident in front of her eyes. To find the real reason behind her daughter's death, the mourning mother leaves everything behind just to find the truth.

### Sushmita Sen in 'Aarya'

Sushmita Sen made her OTT debut with a thrilling series 'Aarya'. The show is about a rich, wealthy and happy family, and how their life goes upside down after her husband got murdered in front of their house. As the truth unfolds and many unexpected things come into the life of Aarya Sareen, the way she fights all the hurdles to protect her children proves how one mother can go to any extent to protect



her family.

### Kriti Sanon in 'Mimi'

One of the busiest actors of Bollywood currently, Kriti Sanon earned immense praises for her phenomenal performance in 'Mimi'. Based on the story of a surrogate, 'Mimi' portrayed an emotional roller-coaster played beautifully by Kriti.

### Aishwarya Rai Bachchan in 'Jazbaa'

Aishwarya Rai Bachchan returned to the big screen after a brief break with her strong portrayal of this single mother-turned-lawyer-turned-badass. The story follows a lawyer who is obliged to represent a ruthless criminal when her daughter is stolen.

### Sridevi in 'English Vinglish'

Shashi, the hero of this story, is a small business owner who makes snacks. With a desire to learn new things and challenge her inner fear, she enrolls in an English class to prevent her husband and her daughter from making fun of her English skills.

## Alia Bhatt to Farhan Akhtar: the Bollywood stars making their Hollywood debut

Bollywood actor and director Farhan Akhtar is the latest star from India to land a major Hollywood project. Akhtar, who was last seen in the boxing drama *Toofan* last year, has joined the cast of the eagerly awaited *Ms Marvel*, set to debut on June 8 on Disney+, reports The National News.

A multi-hyphenate, Akhtar, who is also a singer and producer, first made his name in Bollywood directing the acclaimed 2001 film *Dil Chahta Hai*. He joins a growing number of Indian actors making their acting debuts across the pond, joining the likes of Priyanka Chopra Jonas, Anupam Kher, Irrfan Khan and Deepika Padukone.

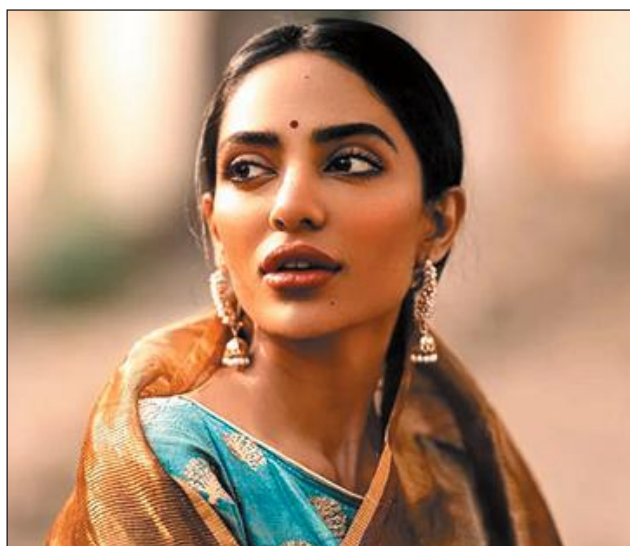
**Here are all the Bollywood stars set to make their Hollywood debut:**

**Alia Bhatt:** Fresh off her acclaimed turn as a mafia queen in the semi-biographical *Gangubai Kathiawadi*, Bhatt in March announced she's making her Hollywood debut in *Heart of Stone*, a spy thriller, alongside Gal Gadot and Jamie Dornan.

The Netflix film, to be directed by British filmmaker Tom Harper, of *Peaky Blinders* fame, will also feature an international cast, including German actor and *Army of the Dead's* breakout star Matthias Schweighofer; Jing Lusi of *Crazy Rich Asians*; and British actress Sophie Okonedo, who was last seen in *Death on the Nile*.

While there are no plot details yet for *Heart of Stone*, the film is planned as a female spin on popular spy franchises, including *Mission: Impossible* and *James Bond*. Wonder Woman star Gadot, who was the first big name to be signed, has already begun filming in the UK.

"I just don't want to do it for the heck of it and to tick it off the box. I want to look at opportunities which should have a good part, an interesting dynamic, and cast,



something that is new and relevant," she told News 18 of her first Hollywood project.

**Dhanush:** A superstar in South India, Dhanush made his acting debut in 2002 with the Tamil film *Thulluvadho Ilamai*, directed by his father Kasthuri Raja. He's since appeared in a number of Bollywood films, making his Hindi-language debut with *Raanjhanaa* (2013).

Although he played the lead in an international project — the India-set *The Extraordinary Journey of the Fakir* in 2018 directed by Canadian filmmaker Ken Scott — Dhanush's first major Hollywood project will be the big-budget thriller *The Gray Man*.

**Hrithik Roshan:** Ever since he signed with a Hollywood talent agency in 2020, fans of Roshan have been eagerly awaiting an announcement from the actor. Roshan is represented by The Gersh Agency, one of the

largest in the US, with talents such as Meg Ryan, John Slattery, Adam Driver and Mark Hamill in its books.

Roshan, who made his acting debut with *Kaho Naa... Pyaar Hai* in 2000, is still one of the most bankable stars in the Indian film industry, known for his dance moves as well as action thrillers. His last film, *War*, which was released in 2019, was the highest-grossing Hindi film that year.

"Hrithik has always been an envelope pusher," manager Amrita Sen told 'Deadline' following the Gersh Agency signing. "For the last 20 years, Hrithik has been helping to drive Indian cinema into new genres, new narrative concepts and ever-more sophisticated storytelling. He is excited about the fact that the market for global content, which features characters and stories from other parts of the world, couldn't be stronger than it is today. In partnership with Gersh, we will now be taking Hrithik's ambitious vision around the world."

**Sobhita Dhulipala:** A former beauty queen and model, Dhulipala made waves with a breakout role in the 2019 Amazon Prime Video series *Made in Heaven*, in which she played a wedding planner. She's since appeared in a number of South Indian films, including *Kurup*, alongside Kerala heart-throb Dulquer Salmaan. The crime film was one of the highest-grossing Malayalam films of 2021.

Dhulipala's first international project, *Monkey Man*, will mark the directorial debut of actor Dev Patel. The Netflix film, set in India, will feature Patel in the lead as an unlikely hero who emerges from prison and seeks revenge on the people who wronged him. South African actor Sharlto Copley, who starred in the acclaimed 2009 film *District 9*, will also star along with Indian actor Sikandar Kher.

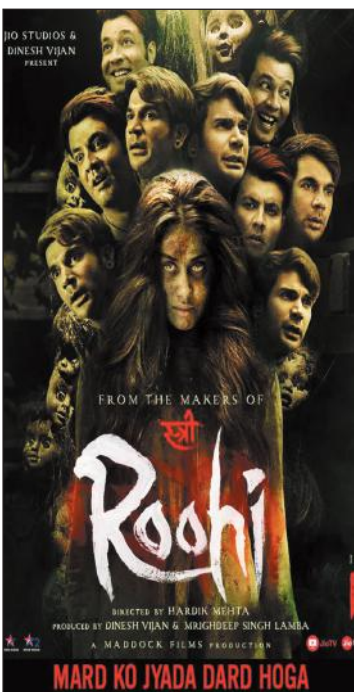




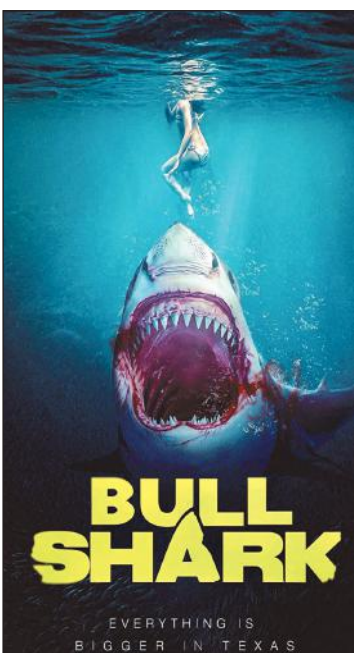
Vendredi 3 Juin - 21.15



Samedi 4 Juin - 21.00



Dimanche 5 Juin - 21.52



# Programme TV



SERIAL



vendredi 3 juin

samedi 4 juin

dimanche 5 juin

lundi 6 juin

## MBC 1

06.00 Local: Bricolo Ecolo  
 07.30 Local: Glwar Dantan  
 08.30 Local: Nou Later Nou Lamer..  
 10.30 Mag: Check In  
 11.00 Mag: Top 100 Famous...  
 11.35 Tele: Les Trois Visages D'ana  
 12.00 Le Journal  
 12.25 Tele: Tanto Amor  
 13.15 Local Production  
 14.07 Local: Generations J  
 14.33 D.Anime: Gon  
 15.20 D.Anime: The Hive  
 15.34 D.Anime: Booba  
 17.05 Serial: Backstage  
 18.00 Live: Samachar  
 18.55 Serial: Jijaji Chhat Par Hain  
 19.30 Journal & La Meteo  
 20.10 Local: Les Grands Noms...  
 21.06 Local: Radio Vision  
 22.02 Serial: Billions  
 23.00 Le Journal

## MBC 2

07.00 DDI Live  
 10.00 Serial: Band Khirkiyan  
 11.18 Serial: Tu Ishq Hai  
 12.00 Film: Kargil  
 13.34 Mag: DDI Mag  
 15.00 Live: Samachar  
 15.20 Serial: Saare Tujhyachsathi  
 15.43 Serial: Bommarillu  
 16.04 Serial: Sondha Bandham  
 16.26 Serial: Pyar Ke Sadqay  
 16.47 Serial: Chhotki Dulhin  
 17.05 Kullfi Kumarr Bajewala  
 17.30 Serial: Chhanchhan  
 18.01 Serial: The Demi-Gods...  
 19.00 Live: Zournal Kreol  
 19.30 Serial: Radha Krishna  
 20.00 Serial: Dil Ruba  
 20.44 Local: Anjuman  
 21.10 Local: Urdu Programme -  
 22.05 DDI Live

## MBC 3

07.00 Mag: Border Crossing  
 07.58 Doc: Secret Des Plantes  
 08.46 Doc: Castles  
 10.10 Doc: Snapshots  
 12.17 Mag: Border Crossing  
 13.12 Doc: Secret Des Plantes  
 14.10 Doc: Megastructure In The...  
 16.40 Mag: Eco India  
 17.52 Doc: World Famous Writers  
 19.00 Student Support Prog...  
 19.33 Doc: Lost Edens  
 20.45 Doc: World Heritage  
 20.48 Doc: Nos Cinq Sens  
 21.41 Doc: Volcano Stories  
 22.08 Doc: The Politics Of Climate  
 23.00 Doc: The School In The...  
 23.42 Mag: World Stories  
 23.54 Doc: World Famous Writers  
 00.27 Mag: Euromaxx  
 00.49 Doc: Lost Edens  
 01.46 Doc: World Heritage

## Cine 12

01.27 Film: Beyond Valkyrie  
 03.42 Film: Lost And Found  
 05.16 Tele: Marimar  
 05.39 Tele: Rubi  
 06.45 Film: Beyond Valkyrie  
 09.00 Serial: Timeless  
 09.45 Tele: La Femme De Lorenzo  
 10.35 Tele: Fierce Angel  
 11.00 Serial: Blacklist  
 11.56 Film: Lost And Found  
 13.31 Tele: Marimar  
 14.45 Film: Beyond Valkyrie  
 16.40 Serial: Timeless  
 17.24 Serial: Rookie Blue  
 18.05 Tele: La Femme De Lorenzo  
 19.00 Tele: Fierce Angel  
 19.34 Serial: Mustangs FC  
 20.05 Tele: Missing Bride  
 20.30 Serial: Zoo  
 21.15 Film: Don't Breathe  
 22.49 Tele: Marimar

## Bollywood TV

07.00 Film: Paise Yeh Paise  
 Star: Jackie Shroff,  
 Meenakshi Seshadri  
 11.30 / 20.30 - Radha Krishna  
 12.00 / 21.00 - Anupamaa  
 12.22 / 21.30 - Mere Sai  
 13.01 / 22.00 - Agnihera  
 13.32 / 22.03 - Yeh Teri Galiyan  
 14.00 / 22.30 - Patiala Babes  
 14.30 / 23.00 - Main Maikhe Chali  
 Jaungi Tum Dekhte Rahiyo  
 15.00 / 21.46 -  
 Yeh Hai Mohabbatein  
 15.25 Film: Mumba Xpress  
 Starring: Kamal Haasan,  
 Manisha Koirala,  
 Pasupathy  
 18.00 Live: Samachar  
 18.30 Kundali Bhagya  
 21.15 Film: Don't Breathe  
 19.28 Bhakharwadi

06.22 D.Anime: Gon  
 06.45 D.Anime: Oum Le Dauphin...  
 06.57 D.Anime: Darwin And Newts  
 07.19 D.Anime: Inspecteur Gadget  
 07.37 D.Anime: Paf, Le Chien  
 08.19 D.Anime: Briko  
 08.36 D.Anime: Garfield Originals  
 08.36 D.Anime: Cat & Keet  
 08.51 D.Anime: Les Triples  
 09.00 D.Anime: Panda Fanfare  
 09.33 Serial: Hank Zipzer  
 10.00 Local: Zanfan Nou Zil  
 12.00 Le Journal  
 15.20 D.Anime: The Hive  
 15.34 D.Anime: Booba  
 17.15 Mag: Human Nature  
 18.00 Samachar  
 18.30 Enter: Taare Zameen  
 19.30 Journal & La Meteo  
 20.10 Local: Autour Des Valeurs...  
 21.10 Film: November Criminals  
 23.10 Local: Le Journal

07.00 Film: Kaun Jeeta Kaun Haara  
 Star: Amitabh Bachchan,  
 Amrish Puri, Aruna Irani...  
 10.00 Bade Acche Lagte Hai  
 11.05 Serial: Dikri Vahalno Dariyo  
 12.00 Serial: Nanda Saukhya Bhare  
 12.30 Serial: Mooga Manasulu  
 12.51 Serial: High School  
 15.00 Live: Samachar  
 15.20 Film: 2016 The End  
 Stars: Divyendu Sharma,  
 Kiku Sharda, Harshad Chopda  
 17.25 Mag: DDI Mag  
 19.00 Live: Zournal Kreol  
 19.30 Serial: Radha Krishna  
 20.00 Serial: Vikram Betaal Ki  
 Rahasya Gatha  
 20.30 Serial: Porus  
 21.00 Film: Roohi  
 Starring Rajkummar Rao,  
 Varun Sharma, Janhvi  
 Kapoor

06.00 Doc: The School In The...  
 06.42 Mag: World Stories  
 06.57 Mag: Our Vocies  
 07.25 Mag: Euromaxx  
 07.54 Doc: Lost Edens  
 10.14 Doc: Guardians Of Nature  
 11.48 Mag: World Stories  
 12.30 Doc: Lost Edens  
 13.22 Doc: World Heritage  
 14.30 Student Support Prog...  
 17.52 Doc: Sweet Magic  
 18.00 Magazine De L'emploi  
 18.33 Mag: In God Shape  
 19.00 Mag: Salad Area  
 20.30 Local: News (English)  
 20.45 Doc: World Heritage  
 20.50 Doc: Hotels  
 21.42 Doc: Skuld  
 22.08 Mag: Luana's Kitchen  
 23.15 Doc: Sweet Magic  
 23.46 Doc: Smoothie Mania  
 23.49 Mag: In Good Shape

01.31 Film: Don't Breathe  
 03.10 Serial: Powers  
 03.43 Serial: L.A.'S Finest  
 04.41 Serial: Reckoning  
 05.26 Tele: Tanto Amor  
 06.08 Serial: Zoo  
 08.30 Serial: Killjoys  
 09.10 Serial: L.A.'s Finest  
 10.40 Film: Nana's Secret Recipe  
 12.15 Serial: Powers  
 13.30 Serial: Blacklist  
 15.05 Tele: Muneca Brava  
 16.21 Serial: Zoo  
 17.03 Film: The Stronghold  
 19.35 Serial: Mustangs FC  
 20.05 Tele: Missing Bride  
 20.30 Series: Zoo  
 21.15 Film: D-Tox  
 Avec Sylvester Stallone,  
 Charles S. Dutton  
 22.51 Tele: Sinu, Rio Des Pasiones

04.22 Radha Krishna  
 04.51 Anupamaa  
 05.03 Mere Sai -- Shradha Aur...  
 05.50 Agnihera  
 08.00 Yeh Teri Galiyan  
 10.00 Motu Patlu  
 10.07 Sasural Simar Ka 2  
 12.38 Serial: Bhakharwadi  
 14.30 Serial: Anupamaa  
 16.18 Pavitra Rishta  
 18.00 Samachar  
 18.30 Film: Jab Pyar Kisise Hota  
 Hai  
 Starring Salman Khan,  
 Twinkle Khanna, Johnny  
 Lever  
 20.30 Serial: Namah  
 20.41 Serial: Naagin Season 3  
 21.51 Serial: Yeh Teri Galiyan

06.00 D.Anime: Kung Fu Panda  
 07.00 D.Anime: Darwin And Newts  
 07.55 D.Anime: Akili And Me  
 08.19 D.Anime: Briko  
 10.00 Local: Zanfan Nou Zil  
 11.00 Local: Nu Rasinn  
 11.55 Local: Autour Des Valeurs...  
 12.00 Le Journal  
 12.30 Tele: Tanto Amor  
 13.21 Tele: La Femme De Lorenzo  
 15.27 D.Anime: The Hive  
 15.35 D. Anime: Booba  
 16.46 D.Anime: Shezow  
 17.15 Mag: Human Nature  
 17.45 Local Prod: 13 Minit Natir...  
 18.00 Live: Samachar  
 18.30 Local: Yeh Shaam Mastani  
 19.30 Le Journal  
 20.20 Local Production: Les Klips  
 21.15 Film: Le Cri De La Liberté  
 00.00 Le Journal

07.00 Film: Samraat  
 11.03 Serial: Azhagu  
 11.24 Jag Jaanani Maa  
 Vaishnodevi  
 11.45 Serial: Surya Pura  
 12.06 Film: Shortcut Safari  
 15.00 Samachar  
 15.20 Mooga Manasulu  
 15.42 Serial: He Mann Baware  
 16.04 Serial: Sondha Bandham  
 Starring: Bharathi, Badekilla,  
 Pradeep, Naresh Eswar  
 16.30 Local: Yaadein  
 16.58 Serial: Siya Ke Ram  
 19.00 Live: Zournal Kreol  
 19.30 Serial: Radha Krishna  
 20.06 Serial: Porus  
 20.46 Serial: CID  
 21.29 Serial: Naagin Season 2  
 Starring: Mouni Roy,  
 Karanvir Bohra...

06.00 Mag: Tresors Oublies De...  
 07.02 Mag: Salad Area  
 07.28 Mag: Check In  
 09.45 Doc: Skuld, A Look Into...  
 10.41 Doc: World Wide...  
 11.26 Doc: Sweet Magic  
 11.30 Mag: Tresors Oublies De...  
 11.57 Doc: Smoothie Mania  
 12.31 Mag: The 77 Percent  
 14.18 Doc: World Heritage  
 14.23 Doc: Hotels  
 15.15 Doc: Skuld, A Look Into...  
 15.25 Mag: Luana's Kitchen  
 18.35 Doc: Smoothie Mania  
 19.00 Mag: The Inside Story  
 20.01 Doc: Planet Home  
 20.30 Live: News (English)  
 20.50 Doc: World Heritage  
 21.43 Doc: La Route De La Soie  
 22.08 Doc: More Life  
 23.32 Doc: Sweet Magic

00.30 Film: D-Tox  
 02.34 Serial: Absentia  
 03.15 Film: Django Unchained  
 05.23 Tele: Tanto Amor  
 06.07 Serial: Zoo  
 07.11 Serial: Island Doctor  
 08.30 Serial: Killjoys  
 09.11 Film: After The Wedding  
 10.56 Film: The Stronghold  
 12.49 Serial: Absentia  
 13.31 Serial: Blacklist  
 15.35 Tele: Muneca Brava  
 17.00 Serial: Zoo  
 17.45 Serial: Absentia  
 18.30 Serial: L'Agence Tous Risque  
 19.36 Serial: My Perfect Landing  
 20.05 Tele: Missing Bride  
 20.30 Serial: Good Doctor  
 21.15 Serial: Scorpion  
 21.52 Film: Bull Shark  
 23.12 Tele: Sinu, Rio Des Pasiones

00.00 Serial: Sasural Simar Ka 2  
 02.26 Bhakharwadi  
 04.48 Anupamaa  
 06.35 Pavitra Rishta  
 08.11 Ishaaron Ishaaron Mein  
 10.03 Kundali Bhagya  
 12.00 Yeh Hai Mohabbatein  
 13.57 Agnihera  
 16.01 Jijaji Chhat Par Hain  
 17.00 Punar Vivaah  
 18.00 Live: Samachar  
 18.30 Film: Judaai  
 Starring: Anil Kapoor,  
 Sridevi and Urmila  
 Matondkar  
 21.09 Naagin Season 3  
 21.50 Yeh Hai Mohabbatein  
 23.47 Ishaaron Ishaaron Mein  
 01.31 Kundali Bhagya  
 03.20 Agnihera

06.00 Local: Zanfan Nou Zil  
 07.00 Local: Nu Rasinn  
 07.55 Local: Music Tour 2022  
 09.00 Doc: A World Without Bees?  
 10.15 Local: Fam Model  
 11.10 Tele: I Forgot I Loved You  
 11.34 Tele: Les Trois Visages D'ana  
 12.00 Le Journal  
 12.30 Tele: Tanto Amor  
 13.15 Local: Nu Rasinn  
 15.20 D.Anime: The Hive  
 17.05 Serial: Backstage  
 17.30 Mag: The World Is Yours  
 18.00 Live: Samachar  
 18.30 Serial: Mere Sai  
 18.55 Serial: Jag Jaanani Maa  
 Vaishnodevi  
 19.30 Le Journal  
 20.15 MBC Production  
 22.20 Film: Django Unchained  
 Avec: Jamie Foxx, Christoph Waltz..

07.00 DDI Live  
 10.00 Kundali Bhagya  
 12.06 Film: Masoom  
 Starring Naseeruddin Shah,  
 Shabana Azmi, Jugal  
 Hansraj  
 14.17 DDI Magazine  
 15.20 Serial: Saare Tujhyachsathi  
 15.42 Serial: Bommarillu  
 16.04 Serial: Sondha Bandham  
 16.24 Serial: Pyar Ke Sadqay  
 16.42 Serial: Chhotki Dulhin  
 17.57 Serial: The Demi-Gods...  
 18.30 Mag: DDI Mag  
 19.00 Live: Zournal Kreol  
 19.30 Serial: Radha Krishna  
 20.00 Programme In Telugu  
 20.30 Film: Soorari Pottru  
 Starg: Suriya Aparna,  
 Balamurali Paresh Rawal

07.00 Mag: Salad Area  
 07.58 Doc: Planet Home  
 08.24 Doc: World Heritage  
 10.44 Doc: Can Green Investment...  
 12.16 Mag: Salad Area  
 13.18 Doc: Planet Home  
 14.38 Doc: La Route De La Soie  
 16.32 Doc: Innovation On Board  
 18.00 Mag: Eco@Africa  
 19.00 Student Support Prog...  
 19.33 Mag: In Good Shape  
 20.45 Doc: Castles  
 20.48 Mag: Luana's Kitchen  
 21.41 Mag: Global 3000  
 22.08 Mag: Washington Forum  
 22.33 Doc: Coding Art  
 23.15 Doc: Southern Japan By Rail  
 23.57 Mag: Eco@Africa  
 00.27 Mag: The 77 Percent  
 00.49 Doc: Persons  
 00.52 Mag: Africa

01.31 Film: Bull Shark  
 02.51 Film: Le Cri De La Liberté  
 05.28 Tele: Marimar  
 05.51 Tele: Rubi  
 06.13 Serial: Good Doctor  
 07.35 Film: Bull Shark  
 09.05 Tele: La Femme De Lorenzo  
 09.54 Tele: Fierce Angel  
 10.15 Serial: Blacklist  
 10.58 Film: Le Cri De La Liberté  
 13.35 Tele: Marimar  
 13.54 Tele: Rubi  
 14.45 Film: Bull Shark  
 16.41 Serial: Good Doctor  
 18.05 Tele: La Femme De Lorenzo  
 19.00 Tele: Fierce Angel  
 19.39 Serial: My Perfect Landing  
 20.05 Tele: Missing Bride  
 20.30 Serial: Chicago PD  
 21.15 Film: Norman  
 23.08 Tele: Marimar

08.00 Taare Zameen Par  
 11.30 / 20.30 - Radha Krishna  
 11.59 / 21.00 - Anupamaa  
 12.31 / 21.30 - Mere Sai  
 13.00 / 22.00 - Agnihera  
 13.30 / 22.03 - Yeh Teri Galiyan  
 13.55 / 22.30 - Patiala Babes  
 14.30 / 23.00 - Main Maikhe Chali  
 Jaungi Tum Dekhte Rahiyo  
 15.00 / 21.46 -  
 Yeh Hai Mohabbatein  
 15.25 Film: Jajantaram  
 Mamantaram  
 Starring: Jaaved  
 Jaffrey, Gulshan Grover  
 18.00 Live: Samachar  
 18.30 Kundali Bhagya  
 19.00 Udaariyaan  
 19.31 Serial: Bhakharwadi  
 20.01 Satrangi Sasural  
 20.30 Radha Krishna  
 20.59 Anupamaa





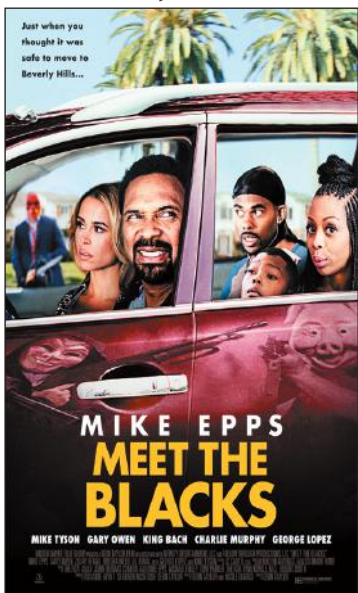
Mardi 7 Juin - 21.10



Mercredi 8 juin - 21.15



Jeudi 9 juin - 21.15



# Programme TV



mardi 7 juin

mercredi 8 juin

jeudi 9 juin

## MBC 1

06.00 Local: Rodrig  
07.40 Local: Saver Kil Tirel  
08.30 Local Prod: Rodrig Prog  
10.30 Mag: Art.21  
11.00 Mag: Top 100 Famous...  
11.35 Tele: Les Trois Visages D'ana  
12.00 Le Journal  
12.25 Les Grands Noms Interna...  
12.30 Tele: Tanto Amor  
13.15 Prod: Come On Lets Dance  
14.33 Mag: MBC Production  
15.00 Live: Samachar  
16.00 Live: National Assembly  
17.05 Serial: Backstage  
18.00 Live: Samachar  
18.30 Serial: Jijaji Chhat Par Hain  
18.55 MBC Production  
19.30 Journal & La Meteo  
20.10 Local: Autour Des Valeurs...  
21.10 Film: Bloody Mary  
With Sarah T. Cohen, Chrissie Wunna

## MBC 2

07.00 DDI Live  
10.00 Serial: CID  
12.00 Film: Ban Phool  
Starring: Jeetendra, Babita, Shatrughan Sinha  
15.00 Live: Samachar  
15.20 Saare Tujhyachsathi  
15.43 Bommarillu  
16.07 Sondha Bandham  
16.25 Serial: Pyar Ke Sadqay  
16.49 Serial: Chhotki Dulhin  
17.10 Kullfi Kumarr Bajewala  
17.31 Serial: Premabhishekam  
18.00 Serial: The Demi-Gods And Semi-Devils  
18.30 Local: DDI Magazine  
19.00 Zournal Kreol  
19.30 Serial: Radha Krishna  
20.06 Local: Tamil Programme  
20.30 Film: Pathar Ke Sanam  
Star Manoj Kumar, Waheeda Rehman

## MBC 3

06.00 Mag: Eco@Africa  
06.26 Mag: The 77 Percent  
07.55 Mag: Luana's Kitchen  
09.17 Mag: Washington Forum  
10.25 Doc: Southern Japan By Rail  
14.17 Doc: World Capitals  
14.58 D. Anime: Booba  
16.17 Serial: Backstage  
18.00 Mag: Rev: The Global Auto...  
18.41 Mag: Red Carpet  
19.03 Student Support Prog...  
19.30 Doc: Nos Cinq Sens  
20.30 Live: News  
20.45 Doc: Castles  
21.40 Mag: Euromaxx  
22.08 Mag: Close Up  
22.32 Local: Rodrig  
23.14 Mag: The Global Auto...  
23.40 Mag: Healthy Living  
23.55 Mag: Red Carpet  
00.10 Doc: Persons

## Cine 12

01.08 Film: The Stronghold  
02.44 Serial: Blacklist  
03.37 Film: Norman  
05.35 Tele: Marimar  
05.56 Tele: Rubi  
06.19 Serial: Chicago PD  
07.00 Film: The Stronghold  
09.45 Tele: La Femme De Lorenzo  
10.35 Tele: Fierce Angel  
11.00 Serial: Blacklist  
11.43 Film: Norman  
13.37 Tele: Marimar  
13.57 Tele: Rubi  
14.45 Film: The Stronghold  
16.44 Serial: Timeless  
17.25 Serial: Chicago PD  
18.05 Tele: La Femme De Lorenzo  
19.00 Tele: Fierce Angel  
20.05 Tele: Missing Bride  
21.15 Film: Dans La Ligne Du Mire  
Avec: John Malkovich, Clint Eastwood

## Bollywood TV

06.50 Film: Jajantaram Mamantaram  
Star Jaaved Jaffrey, G. Grover  
11.32 / 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  
13.56 / 23.07 - Patiala Babes  
14.30 / 21.59 - Main Maikhe Chali Jaungi Tum Dekhte Rahiyo  
14.53 / 22.25 - Yeh Hai Mohabbatein  
15.28 Film: Kuchh Meetha Ho...  
Star Arshad Warsi, Mahima Chaudhry, Shah Rukh Khan  
18.00 Live: Samachar  
18.30 Serial: Kundali Bhagya  
18.59 Udaariyaan  
19.30 Bhakharwadi  
20.00 Serial: Satrangi Sasural

07.00 Local: Profil  
07.30 Local: Mag De La Sante  
08.09 Local: Rodrig: Sa Lavi-La  
09.00 Mag: Happiness Is On The...  
10.30 Mag: Tomorrow Today  
11.00 Mag: Top 100 Famous Actre...  
12.00 Le Journal  
12.30 Tele: Tanto Amor  
13.15 Local Production  
13.25 Local: Les Klips  
14.20 Local: Mag De La Sante  
15.20 D. Anime: The Hive  
15.35 D. Anime: Booba  
17.10 Serial: Backstage  
17.30 Mag: The World Is Yours  
18.00 Live: Samachar  
18.30 Serial: Jijaji Chhat Par Hain  
18.55 MBC Production  
19.30 Journal & La Meteo  
20.30 MBC Production  
22.20 Film: The Delphi Effect  
Starring: Robert Gant, Shannen Doherty

07.00 DDI Live  
10.00 Suhani Si Ek Ladki  
12.00 Film: Sabse Bada Rupaiya  
Starring Mehmood, Vinod Mehra, Moushumi Chatterjee  
15.00 Live: Samachar  
15.23 Saare Tujhyachsathi  
15.49 Bommarillu  
16.07 Sondha Bandham  
16.25 Serial: Pyar Ke Sadqay  
16.49 Serial: Chhotki Dulhin  
17.10 Kullfi Kumarr Bajewala  
17.31 Serial: Kulvadh  
18.00 Serial: The Demi-Gods...  
18.30 Local: DDI Magazine  
19.00 Zournal Kreol  
19.30 Serial: Radha Krishna  
20.06 Programme In Marathi  
21.00 Film: Chorchia Maml  
Star: Hemant Dhome, Balachandra Gaekwad, Kshitee Jog

06.00 Mag: Rev: Global Auto...  
06.41 Mag: Red Carpet  
07.02 Mag: Check In  
08.46 Doc: Castles  
09.40 Mag: Euromaxx  
15.49 Rodrig - Klip Seleksion  
17.08 Local: Yoga  
18.00 Mag: Motorweek  
18.30 Mag: Vous Et Nous  
19.00 Student Support Prog...  
19.35 Mag: The Inside Story  
20.30 Local: News (English)  
20.45 Doc: Castles  
21.29 Les Montagnes Du Monde  
22.37 Mag: Focus On Europe  
23.46 Mag: Motorweek  
00.12 Mag: Vous Et Nous  
00.39 Doc: Persons  
00.42 Mag: Arts.21  
01.08 Mag: The Inside Story  
01.34 Doc: Skuld  
02.00 Doc: Castles

01.08 Film: Dans La Ligne Du Mire  
03.55 Film: 119 JoursThe Tall T  
05.13 Tele: Marimar  
05.57 Serial: Chicago PD  
06.37 Film: Dans La Ligne Du Mire  
09.00 L'Agence Tous Risques  
09.45 Tele: La Femme De Lorenzo  
10.35 Tele: Fierce Angel  
11.01 Serial: New Amsterdam  
12.00 Film: The Tall T  
13.30 Tele: Marimar  
14.45 Film: Dans La Ligne Du Mire  
16.49 L'Agence Tous Risques  
17.31 Serial: Chicago PD  
18.09 Tele: La Femme De Lorenzo  
19.00 Tele: Fierce Angel  
19.30 Serial: My Perfect Landing  
20.05 Tele: Missing Bride  
20.30 Serial: For Life  
21.15 Film: La Maison Des Tenebre  
22.43 Tele: Marimar  
23.31 L'Agence Tous Risques

07.00 Film: Kuchh Meetha Ho...  
11.56 / 20.06 - Radha Krishna  
12.25 / 20.26 - Anupamaa  
12.56 / 20.02 - Mere Sai - Shrad...  
13.27 / 20.46 - Agniphera  
13.56 / 21.09 - Yeh Teri Galiyan  
14.27 / 21.50 - Patiala Babes  
14.32 / 22.15 - Main Maikhe Chali Jaungi Tum Dekhte Rahiyo  
14.47 / 21.46 - Yeh Hai Mohabbatein  
15.25 Film: Naqaab  
Starring Bobby Deol, Urvashi Sharma, Akshaye Khanna  
18.00 Live: Samachar  
18.30 Kundali Bhagya  
19.00 Udaariyaan  
19.30 Serial: Bhakharwadi  
20.00 Satrangi Sasural  
20.30 Radha Krishna  
20.59 Anupamaa

06.00 Local: Klip Seleksion  
06.45 Local: Coin Jardin  
06.59 Local: Itinerer Moris  
07.45 Local: Ero Deryer Rido  
08.15 Local: Elle  
10.05 Local: Radio Vision  
12.00 Le Journal  
12.30 Tele: Tanto Amor  
13.15 Local: Music Tour 2022  
14.35 D. Anime: Gon  
Stars: Maria Bircher, Wyatt...  
15.20 D. Anime: The Hive  
17.10 Serial: Backstage  
17.35 Mag: The World Is Yours  
18.30 Serial: Jijaji Chhat Par Hain  
19.30 Le Journal  
20.10 Local: Autour Des Valeurs...  
20.20 Film: Samrat & Co  
Starring Rajeev Khandelwal, Madalsa Sharma

07.00 DDI Live  
10.00 Serial: Vikram Betaal Ki Rahasya Gatha  
11.07 Serial: Mann Mein Vishwas...  
12.00 Film: Apnapan  
15.00 Live: Samachar  
15.20 Serial: Saare Tujhyachsathi  
15.43 Serial: Bommarillu  
16.04 Serial: Sondha Bandham  
16.27 Serial: Pyar Ke Sadqay  
16.48 Serial: Chhotki Dulhin  
17.05 Kullfi Kumarr Bajewala  
17.40 Local: Bhajan Sandhya  
18.00 Serial: The Demi-Gods And...  
18.30 Mag: DDI Mag  
19.30 Serial: Radha Krishna  
20.04 Local: Les Grandes Lignes  
20.59 Local: Profil  
21.05 Film: Meet The Blacks  
With Mike Epps, Zulay Henao, Alex Henderson

06.00 Mag: Motorweek  
06.24 Mag: Vous Et Nous  
06.52 Doc: Persons  
08.17 Doc: Castles  
10.23 Doc: Antarctica  
11.35 Local: Vous Et Nous  
12.34 Mag: The Inside Story  
13.26 Doc: Castles  
15.05 Mag: Focus On Europe  
16.19 Mag: Motorweek  
18.00 Mag: Eco India  
18.29 Mag: Shift  
19.00 Student Support Prog...  
19.30 Doc: Sur Les Traces Du...  
20.30 Local: News (English)  
20.48 Doc: The Prince Of The...  
22.06 Doc: Snapshots  
23.13 Doc: Beneath The Waves  
23.36 Mag: Eco India  
00.02 Mag: Shift

01.33 Film: Don't Breathe  
02.44 Serial: New Amsterdam  
03.26 Film: Nana's Secret Recipe  
04.50 Tele: Marimar  
05.13 Tele: Rubi  
06.42 Film: Extorsion  
09.00 Serial: Timeless  
09.45 Tele: La Femme De Lorenzo  
10.37 Tele: Fierce Angel  
11.00 Serial: Blacklist  
11.55 Film: Nana's Secret Recipe  
13.30 Tele: Marimar  
14.45 Film: Extorsion  
16.40 Serial: Timeless  
17.21 Serial: For Life  
18.05 Tele: La Femme De Lorenzo  
19.00 Tele: Fierce Angel  
19.36 Serial: My Perfect Landing  
20.05 Tele: Missing Bride  
20.30 Serial: For Life  
21.15 Serial: Knight Rider

07.00 Film: Naqaab  
Starring Bobby Deol, Urvashi Sharma, Akshaye Khanna  
11.56 / 20.11 - Anupamaa  
12.32 / 20.32 - Mere Sai  
13.01 / 21.09 - Agniphera  
13.35 / 21.24 - Yeh Teri Galiyan  
14.05 / 21.50 - Patiala Babes  
14.30 / 22.15 - Main Maikhe Chali Jaungi Tum Dekhte Rahiyo  
15.00 / 21.46 - Yeh Hai Mohabbatein  
15.18 Film: Love Story  
Starring Kumar Gaurav, Vijayata Pandit, Danny Denzongpa  
18.00 Samachar  
18.30 Kundali Bhagya  
18.59 Udaariyaan  
19.29 Bhakharwadi  
19.54 Sasural Simar Ka 2



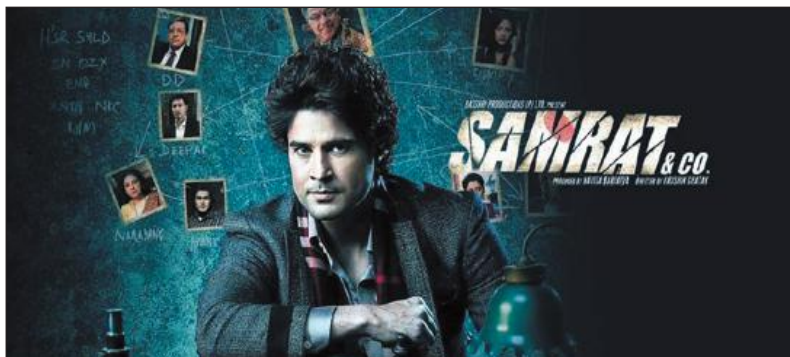
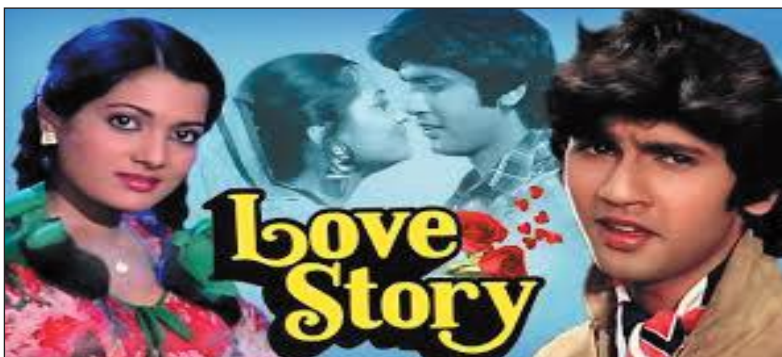
Jeudi 9 juin - 15.30

Stars: Kumar Gaurav, Vijayata Pandit, Danny Denzongpa



Jeudi 9 juin - 20.20

Star: Rajeev Khandelwal, Madalsa Sharma





# Future Covid-19 booster shots will likely need fresh formulations as new coronavirus variants of concern continue to emerge



**David R. Martinez**  
University of North  
Carolina at Chapel Hill

**A** new generation of vaccines and boosters against SARS-CoV-2 may take a page from the anti-influenza playbook, with shots periodically tailored to target the most commonly circulating virus strains.

Being up to date on Covid-19 vaccines means having had three or four doses of the same shot at this point. Current boosters are the same formulations as the first authorized shots, based on the original strain of the coronavirus that emerged in late 2019. They do still protect against severe Covid-19, hospitalizations and deaths. But as immunity wanes over time and new, more contagious SARS-CoV-2 variants emerge, the world needs a long-term boosting strategy.

I'm an immunologist who studies immunity to viruses. I was a part of the teams that helped develop the Moderna and Johnson & Johnson SARS-CoV-2 vaccines, and the monoclonal antibody therapies from Eli Lilly and AstraZeneca.

I often get asked how frequently, or infrequently, I think people are likely to need Covid-19 booster shots in the future. No one has a crystal ball to see which SARS-CoV-2 variant will come next or how good future variants will be at evading vaccine immunity. But looking to other respiratory viral foes that have troubled humanity for a while can suggest what the future could look like.

Influenza virus provides one example. It's endemic in humans, meaning it hasn't disappeared and continues to cause recurrent seasonal waves of infection in the population. Every year officials try to predict the best formulation of a flu shot to reduce the risk of severe disease.

As SARS-CoV-2 continues to



Periodic booster shots may be in order for the foreseeable future. Pic - Getty Images

evolve and is likely to become endemic, it is possible people may need periodic booster shots for the foreseeable future. I suspect scientists will eventually need to update the Covid-19 vaccine to take on newer variants, as they do for flu.

### Forecasting flu, based on careful surveillance

Influenza virus surveillance offers a potential model for how SARS-CoV-2 could be tracked over time. Flu viruses have caused several pandemics, including the one in 1918 that killed an estimated 50 million people worldwide. Every year there are seasonal outbreaks of flu, and every year officials encourage the public to get their flu shots.

Each year, health agencies including the World Health Organization's Global Influenza Surveillance and Response System make an educated guess based on the flu strains circulating in the Southern Hemisphere about which ones are most likely to circulate in the Northern Hemisphere's upcoming flu season. Then large-scale vaccine production begins, based on the selected flu strains.

Some flu seasons, the vaccine doesn't turn out to be a great match with the virus strains that end up circulating most widely. Those years, the shot is not as good at preventing severe illness. While this prediction process is far from perfect, the flu vaccine field has benefited from strong viral surveillance systems and a concerted international effort by public health agencies to prepare.

While the particulars for influenza and SARS-CoV-2 viruses are different, I think the Covid-19 field should think about adopting similar surveillance systems in the long term. Staying on top of what strains are circulating will help researchers update the SARS-CoV-2 vaccine to match up-to-date coronavirus variants.

### How SARS-CoV-2 has evolved so far

SARS-CoV-2 faces an evolutionary quandary as it reproduces and spreads from person to person. The virus needs to maintain its ability to get into human cells using its spike protein, while still changing in ways that allow it to evade vaccine immunity. Vaccines are designed to get your body to recognize a particular spike protein, so the more it changes, the higher the chance that the vaccine will be ineffective against the new variant.

Despite these challenges, SARS-CoV-2 and its variants have successfully evolved to be more transmissible and to better evade people's immune responses. Over the course of the Covid-19 pandemic, a new SARS-CoV-2 variant of concern has emerged and dominated transmission in a series of contagion waves every four to seven months. Almost like clockwork, the D614G variant emerged in the spring of 2020 and overtook the original SARS-CoV-2 outbreak strain. In late 2020 and early 2021, the alpha variant emerged and dominated transmission. In mid-2021, the delta variant overtook alpha and then dominated transmission until it was displaced by the omicron

variant at the end of 2021.

There's no reason to think this trend won't continue. In the coming months, the world may see a dominant descendant of the various omicron subvariants. And it's certainly possible a new variant will emerge from a non-dominant pool of SARS-CoV-2, which is how omicron itself came to be.

Current booster shots are simply additional doses of the vaccines based on the outbreak SARS-CoV-2 virus strain that has long been extinct. The coronavirus variants have changed a lot from the original virus, which doesn't bode well for continued vaccine efficacy. The idea of tailor-made annual shots – like the flu vaccine – sounds appealing. The problem is that scientists haven't yet been able to predict what the next SARS-CoV-2 variant will be with any degree of confidence.

### Planning for the future

Yes, the dominant SARS-CoV-2 variants in the upcoming fall and winter seasons may look different from the omicron subvariants currently circulating. But an updated booster that more closely resembles today's omicron subvariants, coupled with the immunity people already have from the first vaccines, will likely offer better protection going forward. It might require less frequent boosting – at least as long as omicron sublineages continue to dominate.

The Food and Drug Administration is set to meet in the coming weeks to decide what the fall boosters should be in time for manufacturers to produce the

shots. Vaccine makers like Moderna are currently testing their booster candidates in people and evaluating the immune response against newly emerging variants. The test results will likely decide what will be used in anticipation of a fall or winter surge.

Another possibility is to pivot the vaccine booster strategy to include universal coronavirus vaccine approaches that already look promising in animal studies. Researchers are working toward what's called a universal vaccine which would be effective against multiple strains. Some focus on chimeric spikes, which fuse parts of the spike of different coronaviruses together in one vaccine, to broaden protective immunity. Others are experimenting with nanoparticle vaccines that get the immune system to focus on the most vulnerable regions within the coronavirus spike.

These strategies have been shown to ward off difficult-to-stop SARS-CoV-2 variants in lab experiments. They also work in animals against the original SARS virus that caused an outbreak in the early 2000s as well as zoonotic coronaviruses from bats that could jump into humans, causing a future SARS-CoV-3 outbreak.

Science has provided multiple safe and effective vaccines that reduce the risk of severe Covid-19. Reformulating booster strategies, either toward universal-based vaccines or updated boosters, can help steer us out of the Covid-19 pandemic.

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**Central Agency Ltd**

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