

MAURITIUS TIMES

• “Nothing in life is to be feared; it is only to be understood. Now is the time to understand more, so that we may fear less.” — Marie Curie

MBC Licence Fees



«The State is legitimately empowered to make people pay for a TV licence fee

Nothing can come free or cheap in this world»

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«The IMF has already cautioned against the prospect of a 'stagflation',

whereby the conditions of a low economic growth alongside a high level inflation could exist»

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Pyrrhic War Games



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The Jewels Have Lost Their Shine

The news yesterday was dominated by the resignation of Mauritius Telecom's CEO, Sherry Singh - and his alleged break from the Jugnauths' inner circle. The grapevine had since the last six months suggested that the MT's CEO and long-time confidant of the Prime Minister was being kept outside the circles of power, and at this stage the real reasons for Sherry Singh's dramatic decision to quit are not known. Mauritius Telecom, which under the stewardship of Mr Singh had evolved as one of the most innovative companies in the private sector landscape, from its earlier sole monopoly status in the telecommunications sector, has however seen its profitability tumble down drastically over the past few years. For financial year ending 30 Dec 2020, Mauritius Telecom is reported to have suffered a loss, after tax, of Rs.188.4 M, whereas its direct competitor, Emtel, made a profit of Rs. 552.1 million after tax.

We are not aware if this dismal record or the recent initiative of Mauritius Telecom to take on the financial behemoths through its MyT Money mobile payment service had become the bone of contention between Sherry Singh and the PMO. Both the MIC's disbursements to private sector conglomerates and, earlier, the Bramer Bank dismantling followed by the BAI debacle could indicate forces at work in our economic ecosystem which escape our understanding. There may be no reason to suspect an analogy between the resignation of an MT CEO and an ambitious Group (BAI) which could have been perceived to have started rocking the boat of the traditional private sector. But all that however is a matter of conjectures, and Sherry Singh will hopefully enlighten the country about the real reasons for his decision to quit.

As if it were not enough, there was earlier the public embarrassment - a first time in its history - of the Chairman of SBM Holdings Ltd, Sattar Hajee Abdoula - "a seasoned Chartered Accountant and one of the leading insolvency practitioners in Mauritius", according to the SBM's website, who demonstrated his poor understanding of the rules governing the holding of an annual general assembly of the company. The latest AGA was cancelled following open protests from shareholders. But that is secondary to the current predicament of the State Bank Group - another erstwhile jewel in the country's crown - following the publication of its financial statements. The Bank has seen its profit going down year after year (from Rs 2.6 billion in 2017 to Rs 1.2 billion in 2018, to Rs 15 million in 2019) for different reasons, but mostly due to non-performing loans running into billions of rupees granted since 2015 to dubious businessmen, based locally and abroad. The other 'jewel' - Air Mauritius - came crashing down in the

wake of the Covid pandemic, but the conditions for the ultimate failure of our national airline had been set much earlier, through a host of ill-advised decisions including the ill-timed purchase of two brand new Airbus airliners the company could not afford and had to lease out at considerable losses.

All this has been happening under different governments with their appointees on the board of the SBM and Air Mauritius and in different management capacities. The poor performance of these erstwhile profitable State enterprises might send the signal that public enterprises eventually are bound to fail - when this need not be so. It must be reckoned that the absence of state enterprises in certain strategic areas of activity has led to the emergence of private monopolies on the hooks of ultra-liberalism. The state enterprise, it was thought at the time of their inception, was to serve the 'public interest' by breaking the hold of monopolies on the local economy whilst also running on commercially sound lines. It is deplorable that most of these institutions have been unable to live up to their mission - either due to political interference in their running, uploading of political agents in various capacities they are unfit for or because latterly a few of their top brass have been wanting in the moral and mental fibre that occupants in such positions are expected to possess. As a result, there has been a clear failure on their part to fulfil their duty of protecting the national interest as it ought to have been done under the vigilance of wakeful Boards and their political masters.

We need go no further than the favourite and oft-quoted, by our leaders themselves, of the example of Singapore. Regardless of whether their institutions belong to the public or private domain, Singapore and a few others have consistently and successfully aimed to pitch themselves to the highest and very best levels of performance, not forgetting the ethical dimension. Non-performing bozos, irrespective of political or family connectivity, would be rapidly ousted in the wider interests of Singapore Inc. The outcome is a Singapore that can justly vaunt the image of a reliable place wherein to do business, which in turn has contributed to lift the country to the level of the top rankers of the world.

In India, the flag carrier, suffering from very similar ills of public management corporations (bloated staffing, interference, poor management and leadership...) has finally come to terms with reality and returned the jewel it nationalised, Air India, to the private sector. Can we say of Mauritius that it has been benefiting from this kind of drive and efficiency from all its institutions? The downfall of what were considered jewels in the crown gives a damning answer.

The Conversation

1970s-style stagflation now playing on central bankers' minds

We are at a dangerous tipping point in 'inflationary psychology', says the central bank for the world's central banks



An apartment building damaged by Russian attacks on the northern Ukraine city of Chernihiv, June 27 2022. Kunihiro Miura/Yomiuri Shimbun/AP

“Stagflation” is an ugly word for an ugly situation – the unpleasant combination of economic stagnation and inflation.

The last time the world experienced it was the early 1970s, when oil-exporting countries in the Middle East cut supplies to the United States and other supporters of Israel. The “supply shock” of a four-fold increase in the cost of oil drove up many prices and dampened economic activity globally.

Stagflation was thought left behind. But now there is a real risk of it coming back, warns the central bank for the world's central banks.

“We may be reaching a tipping point, beyond which an inflationary psychology spreads and becomes entrenched,” says the Bank for International Settlements BIS in its latest annual economic report.

By “inflationary psychology” it means that expectations of higher prices lead consumers to spend now rather than later, on the assumption waiting will cost more. This increases demand, pushing up prices. Thus expectations of inflation become a self-fulfilling prophecy.

The danger of stagflation comes from this inflationary cycle becoming so entrenched that attempts to curb it through higher interest rates push economies into recession.

What's driving inflation

As well as its own expert staff, the BIS brings together expertise from its member central banks, such as the US Federal Reserve, the European Central Bank, the Bank of England and Reserve Bank of Australia. So its views are worth paying attention to.

Its report makes clear its experts, like most forecasters, have been surprised by the extent of the rise in inflation.

This is a global phenomenon, which the report attributes to a combination of an unexpectedly strong economic rebound from the Covid-19 lockdowns, a sustained switch in demand from services to goods, and supply bottlenecks exacerbated by a shift from “just-in-time” to “just-in-case” inventory management.

Then there is war in Ukraine.

John Hawkins, University of Canberra

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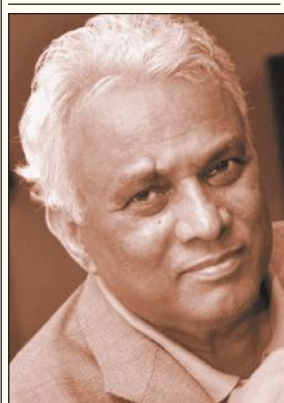
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Pyrrhic War Games



Mrinal Roy

This is not the time for the narrow outlook of a bygone era but to unite to address the more urgent challenges faced by the world such as climate change, Covid-19, inequality, poverty and inclusiveness for the sustained good of mankind

At the G7 summit held on 26-28 June in Germany, the leaders of Germany, the United States, France, Italy, Canada, Japan and Britain pledged to continue 'military, financial, humanitarian and diplomatic support to Ukraine for as long as it takes.' How can a small coterie of 7 countries out of 195 countries in the world callously decide to unnecessarily prolong an unequal war despite the fact that the continuing war and the related sanctions are causing food and energy prices to soar, eroding purchasing power and imposing dire hardships on people across the world and in developing countries in particular.

The war has disrupted supply chains, trade and access to key food supplies and heightened the risk of a global food crisis. The whole world is still reeling from the crippling impact of the Covid-19 pandemic. Against such a backdrop, how can the US and Europe doggedly continue this pyrrhic proxy war in pursuit of narrow geopolitical interests despite the continued destruction of Ukraine, the loss of large expanse of territory and strategic cities and ports, increasing casualties and refugees and widespread distress and suffering in the country? Is Ukraine an expendable sacrificial lamb? How can a handful of countries wantonly hold the whole world hostage of their parochial interests?

Despite the transfer of tens of billions of dollars of military hardware including missiles and a wide range of high-tech weaponry and daily war propaganda aired on main news channels, the reality is that Ukraine has been unable to turn the tide of the war. In an article which appeared in the *New York Times* earlier this month, the newspaper names a number of reasons behind the Ukrainian armed forces' failures. These include limited time for training to use sophisticated weapons; huge losses among the "most battle-hardened" and well-trained Ukrainian forces and limited military expertise of intelligence operatives tasked to train them.

Energy crisis

As a consequence of the war and the sanctions imposed, the EU is faced with a major energy crisis during the coming winter months caused by their own decision to phase out their dependence on Russian gas and fuel supplies. In response, Germany, Austria, the Netherlands and Italy have announced last week that they are reverting to highly polluting coal for power generation as an alternative to Russian gas in the teeth of their COP26 commitments of eliminating coal and phasing out fossil fuel use to prevent an impending climate change catastrophe. Boris Johnson also said that the UK should start mining and burning coal again.

How can a costly proxy war in Ukraine be more important than the imperative of taking the robust actions necessary to save planet Earth from an impending climate change disaster for the young and future generations? European Commission chief Ursula von der Leyen therefore warned EU members last week that the EU 'have to make sure that they use this crisis to move forward and not to revert back to dirty fossil fuels'. She urged EU nations to invest massively in renewable energy. Trapped in a Cold War mindset, every means, even the most questionable ones seem justifiable to attain their narrow geopolitical objectives.

Why is the caucus of nations so deafeningly silent? Why was the adverse impact of escalating fuel, food and fertilizer prices caused by the dire fallouts of the protracted war and the urgent need to broker a peace deal instead of inordinately prolonging it not raised by the plethora of heads of government from developing countries present at the recent Commonwealth Heads of Government meeting (CHOGM) held last week in Kigali, Rwanda? Have past hangovers of colonialism not worn off yet?

Anachronistic

It is patently evident that the war in Ukraine is setting the clock back to the narrow outlook of the Cold War. NATO seemed to be on a tenuous lifeline during the Donald Trump presidency when in line with his 'America First' policy he urged NATO allies to commit 4% of their GDP to military spending i.e., double the elusive target of 2% of GDP at the time, to be self-reliant. For decades

“The war has disrupted supply chains, trade and access to key food supplies and heightened the risk of a global food crisis. The whole world is still reeling from the crippling impact of the Covid-19 pandemic. Against such a backdrop, how can the US and Europe doggedly continue this pyrrhic proxy war in pursuit of narrow geopolitical interests despite the continued destruction of Ukraine, the loss of large expanse of territory and strategic cities and ports, increasing casualties and refugees and widespread distress and suffering in the country? Is Ukraine an expendable sacrificial lamb?”



The Russian president, Vladimir Putin, the defence minister, Sergei Shoigu, left, and the commander of the western military district, Anatoly Sidorov, right, arrive to watch a military exercise near Saint Petersburg, Russia. Putin has sought and received the Russian parliament's permission to use the Russian military in Ukraine. Pic Mikhail Klimentyev/AP

after the end of the Cold War, NATO countries had cut defence budgets in the wake of improved relations and détente between the United States and the Soviet Union. The war in Ukraine has resuscitated a hawkish NATO which has declared ahead of its summit in Madrid this week its intent to boost the number of troops on high alert by more than sevenfold to over 300,000, from some 40,000 presently. In order to join NATO, Sweden and Finland have even agreed to crack down on Kurdish P.K.K. Refugees' activities and enter an agreement with Turkey on extradition.

The whole game plan seems so anachronistic. The West must realize and come to terms with the reality that the world is multipolar with new emerging powers wielding more and more clout, influence and which are key players of the global supply chain.

Independent will

In contrast to a G7 population of 777 million, the BRICS countries for example (Brazil, Russia, India, China, South Africa) are home to 3.2 billion people. BRICS countries include four of the world's top ten economies and represent more than 40% of the planet's population and 30% of its GDP. Although not a formal alliance, BRICS countries assert an independent will and are often united in their stances. Barring Brazil, none of the BRICS nations voted with the US and its allies to condemn Russia's military operation in Ukraine at the UN General Assembly in March. The bloc may soon expand as at the virtual BRICS summit last week, Argentina and Iran applied for membership. Argentinian President Alberto Fernandez said that the platform could 'implement an agenda for the future that will lead to a better and fairer time.' At the summit, BRICS also announced that the group was working on setting up a new global reserve currency 'based on a basket of currencies of our countries'.

The proxy war in Ukraine is also a battle for power and influence. China and Russia are perceived by the West as challenging the existing world order. In the wake of the crisis caused by the war, trade links between China and Russia have increased.

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Dr R Neerunjun Gopee

Relaxation of Covid restrictions: You lower your arms at your own peril

Sanitary measures are still strongly advisable and this is now overwhelmingly the individual's responsibility



The authorities have issued a communiqué detailing the lifting of restrictions that had been imposed because of the Covid pandemic. All over the world after the mandatory serial lockdowns followed by partial opening up and lifting of restrictions, as the pandemic state prolonged, people started to feel burnouts and pandemic/mask 'fatigue'. In parallel all sectors of the economy and business were feeling the adverse impacts.

From these various stakeholders and interest groups clamours soon became louder and louder for a quicker lifting of restrictions, with each country deciding for itself about the timing. It has been a delicate balancing and risky act, but at some stage all countries have had to take the call on this issue.

Our turn had inevitably to come. Hence the communiqué. While this may seem to some as being an opening of the floodgates to potentially more surges of Covid, and to others as an overdue measure, the fact remains that Covid is still around in the form of its more virulent and ever mutating variants.

The message is therefore that you lower your arms at your own peril – i.e. sanitary measures are still strongly advisable and this is now overwhelmingly the individual's responsibility. But that does not absolve the authorities of their even greater responsibility: to use this opportunity to consolidate preparedness at hospital level, that is, the treatment dimension about which there have been a number of complaints from the public. These shortcomings tarnish the reputation of our health system which we proudly claim to have the best indicators in Africa. Why should we not take a pledge to and stake the same claim for Covid care?

* * *

US Supreme Court overturns Roe v/s Wade ruling

By a 6 to 3 majority, the US Supreme Court decided to overrule the landmark Roe decision and end almost 50 years of access to abortion being a constitutional right. It is now up to individual states to craft their own legislation on medical termination of pregnancy (MTP) – a term which as a doctor I prefer to abortion which is negatively loaded – based on their ideological stand, whether pro-life or pro-choice.

This is a big setback for women who are faced with legal hurdles as well as financial ones in case they seek MTP, because federal funding will no longer be available. Without surprise, there have been massive countrywide protests and marches, even assembling before the Supreme Court, by women of all categories and their supporters.

There are all kinds of dilemmas that come up. For example, if a woman travels out of state to undergo MTP, is she and the medical team liable to legal action by her state which doesn't allow MTP?

Medically, there are genuine delicate decisions that both families and doctors face, and where both legality and religion fall short of providing viable solutions. At the time that we were debating the issue of legislation for MTP in Mauritius, in which I was involved as Ministry of Health stakeholder, I read about a case reported in the *New England Journal of Medicine*.

It was about a woman with two young children who was third time pregnant. However, she was detected with a heart condition which would so deteriorate as her pregnancy progressed that at term she had a 90% chance of dying during delivery if she chose to proceed with the pregnancy. The medical advice was clear: MTP was mandated.

What if the law and religion opposed that, rendering her liable to criminal charge? Whose decision should prevail, that of the pregnant mother and her husband and family, or that of their religion or the country's law? Imagine the scenario: she goes ahead with the pregnancy and dies. The working young father becomes a widow, with a newborn and two young children to look after. And one knows that in the US it's everyone for himself. That means the unavailability of ready family support, the enormous cost of child care, insuperable domestic constraints and difficulties.

Here we were able to formulate appropriate legislation. The Mauritian Cabinet unanimously agreed to the Criminal Code (Amendment) Bill which amended the Criminal Code 'to authorise the termination of pregnancy in specified circumstances, namely, in cases where:

- the continued pregnancy will endanger the pregnant person's life;
- the termination is necessary to prevent grave permanent injury to the physical or mental health of the pregnant person;
- there is a substantial risk that the continued pregnancy will result in a severe malformation, or severe physical or mental abnormality, of the foetus, as assessed by the appropriate specialists; and
- the pregnancy has not exceeded its fourteenth week and results from a case of rape, sexual intercourse with a female under the age of 16 or sexual intercourse with a specified person which has been reported to the police or a medical practitioner'

Further, the Attorney General explained that parallel to the change in the Criminal Code to make abortion in specific cases legal, there would be a change in the Medical Council Act to make provision for hospitals and clinics with qualified doctors who will be allowed to do abortion. Furthermore, patients and responsible parties will have to signed consent forms before the abortion is done.

Pray for the women in the US.

* * *

Ukraine: Why not dialogue and diplomacy, not war?

Viewed from the detached vantage point of distance, the ongoing military conflict in Ukraine looks to be an utterly futile one.

The leaders of the Group of Seven (G7) economies met in Germany's Bavarian Alps on Sunday, looking to show they are united against what they call Russian President Vladimir Putin's invasion of Ukraine, but which Russia calls a special military operation.

Before the summit, German Chancellor Olaf Scholz had told the German parliament: 'The summit must send the message that NATO and the G-7 are more united than ever.' So, is this now more of NATO versus Russia than what it was at the beginning, Russia versus Ukraine? Further, there has been a pledge that the G7 countries will continue to wage war as long as is needed for Ukraine to win, through arms and financial aid as has been appealed for by the Ukrainian President Zelensky in a video address to the summit.

Is there a gap, or a contradiction between promises of support and what is actually happening on the ground? This would seem to be the case, for according to *Time* magazine (July 4 -11) – '10%: that is the portion of weapons requested from the West that Ukraine had actually received, according to a June 14 statement from the country's Deputy Defense Minister Hanna Malyar'.

On the other hand, in another magazine (? *Newsweek*) the American actress Angelina Jolie has pointed out that an average of two children a day are being killed in this war. The latest figures I saw about two weeks ago showed that nearly 400 children had died, and over 500 severely injured. If we add to that the deaths of young soldiers leaving behind widows and orphans and grieving parents, and the devastation to the country, which is likely to continue because this is a war with no end in view in a foreseeable future, it is clear that there is a humanitarian crisis of limitless proportion unfolding.

To what end? Perhaps this has been answered in a recent 'Drishtikone' newsletter from India: 'Wars are no longer about winning victories for one's ideological stand or for security. They are about the redistribution of power and wealth. Wars are being staged, not because the ones who wage them are planning to win them. But to create enough devastation and to pump in money from taxpayers, from the colonized, to eventually get them into the hands of a few', what in a post at the beginning of the conflict US Democratic Senator Tulsi Gabbard called the 'military-industrial complex', a term first used by President Eisenhower.

That is why India has from the beginning taken a principled, consistent stand: an immediate cessation of the conflict, and peaceful resolution through dialogue and diplomacy. Following words with action, Prime Minister Modi has yet again recently personally talked to Presidents Zelensky and Putin after reaffirming his country's stand.

This is a European war. Europe started both previous world wars. Is it itching for World War III?

NATO's Curved Ball

Jan Arden

There is no saying how long the Russo-Ukraine crisis and its human or material casualties will continue nor what will be the probable outcome that would guarantee some form of a durable settlement in that area. Both countries share a complex and intimate century-old proximity, reinforced under the Soviet Republics era, where the Ukraine's eastern provinces and Crimea were peopled by Russian or Russophone populations. With the break-up of the Soviet superstructure, both countries, steeped in residual Soviet processes and structures, emerged with probably the worst record of corrupt and kleptocratic leaderships around the globe.

In 2012 Ernst & Young put Ukraine among the three most-corrupt nations from 43 surveyed — alongside Colombia and Brazil, while in 2015 The Guardian called Ukraine "the most corrupt nation in Europe". Clearly, according to EU proclaimed democratic norms and standards, not the sort of country that could remotely be considered as of European stock and value-systems and that could gain acceptance to EU membership without a stringent, verifiable transformation that could take 20 years or more.

It was rather cringing to hear President Zelensky, who had been led up the garden path by NATO in a war his country could never win, but could only drag out the war of attrition with the trickle of Western financial and weapon assistance, cry *urbi et orbi* that he was somehow defending Europe against the nasty Russian bear.

It was at first sight even more of a surprise when following the recent visit of three European leaders, French President Emmanuel Macron, and his counterparts, German President Olaf Scholz and Italian President Mario Draghi, the EU announced that Ukraine would be granted "candidate status" to EU membership. The paradox of EU member countries chasing Russian oligarchs and their assets, while welcoming Ukrainian oligarchs, who have with equal ease plundered their country's assets, would not have escaped international analysts.

Two observations may help clarify this EU stance. "Candidate status" may mean little more than an EU guilt reaction and does not guarantee fast-track to admission as Turkey has found out, struggling to meet EU conditionalities since its candidate status in 1999. Several Balkan countries have also been in the candidate pipeline for years. It may therefore be more of a psychological sop for a country whose leadership seems to have been dragged in deeper waters by NATO and whose country now faces immense casualties with no possible reversal of its fortunes on the war front and little that the EU can offer as comfort in this proxy war.

The second observation relates to the West's surprise that much of the continental countries across Africa, Asia or Latin America, have not sympathised to this new Russo-Slav deflagration that, from their non-Western perspective, was neither necessary nor justified — unless garotting Putin's Russia with a circle of nuclear-armed EU vassals was considered acceptable NATO and US policy, conducive to a prolongation of the relatively peaceful times that Europe has witnessed since the end of the Cold war.

As military and geo-political events take their course, one cannot but remain baffled by policy decision-making at highest US echelons and at NATO



Germany's Chancellor Olaf Scholz, US President Joe Biden, Britain's Prime Minister Boris Johnson, Japan's Prime Minister Fumio Kishida, European Commission President Ursula von der Leyen, European Council President Charles Michel, Italy's Prime Minister Mario Draghi, Canada's Prime Minister Justin Trudeau and France's President Emmanuel Macron have taken seats at a round table as Ukraine's President Volodymyr Zelensky addresses G7 leaders via video link during their working session on Monday, June 27, 2022, at Elmau Castle, southern Germany. Pic - edition.cnn.com

Having now to bear the brunt of further food and energy (oil and gas) supply disruptions on such large scales, after eking out of the pandemic's consequences, could not be designed to rally those nations. Even Pope Francis, ambivalent on the war and Putin's invasion, has recognised that NATO's encircling and threatening moves may have forced Russia's hand as it tried to protect its vital national security interests as a non-insignificant regional power with a powerful military arsenal.

The G7 has concluded after hearing Ukrainian President Zelensky openly worry that the West may become fatigued by the cost of a war that is contributing to soaring energy costs and price hikes on essential goods around the globe. The G-7 has sought to assuage those concerns and pledged to support Ukraine "for as long as it takes". From Germany, the G7 will move to a full-scale meeting of NATO in Madrid, where one can expect more military and economic pressures will be brought to bear on Putin's Russia.

Meantime, a CNN report on June 28th seems to suggest that President Joe Biden's advisors have begun coming to terms with the fact that the desperate proxy war being waged by Zelensky will neither contain the Russian advances in the Donbass region, nor end without a permanent irreversible shrinking of Ukraine and a new territorial set-up emerging to the advantage of Russia in eastern Ukraine.

To quote that CNN Report, "White House officials are losing confidence that Ukraine will ever be able to take back all of the land it has lost to Russia over the past four months of war, US officials told CNN, even with the heavier and more sophisticated weaponry the US and its allies plan to send."

Once Putin's generals focused on the Russophone Donbass region rather than spread their armies too wide, that outcome was almost inevitable and could have been guessed earlier even by NATO hawks although it remains highly unlikely that this humiliation will necessarily entail formal territorial concessions to Russia, rather an uneasy and wary truce.

Publicly however the President of the world's foremost military and economic power "will try to convey strength and optimism about the trajectory of the war as he rallies leaders at the Madrid gathering to stay committed to arming and supporting Ukraine amid the brutal fight".

Whether this is the outcome that will eventually end the Ukraine crisis, and how long continued assistance to President Zelensky drags out the miseries of local populations and economic distress round the world, remains to be seen. As military and geo-political events

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take their course, one cannot but remain baffled by policy decision-making at highest US echelons and at NATO, without it seems their having fully analysed the fall-outs and responses both by Putin establishment and around non-European world capitals.

Were they oblivious to the fact that Western Europe was heavily dependent on Russian natural gas and oil and would be hard hit to find alternatives to a Russian restriction of exports? Were they oblivious to the fact that their aggressive coercion and garotting of Putin's Russia could induce a Sino-Russian rapprochement of potentially mammoth consequences? Were they even aware that, despite recent changes of US policies and US-India relations, there was depth to the historical ties between India and Russia, forged in the precipitous times when both the USA and the UK pretended to blockade India in the mid-seventies, to ask that India should share the burden of their war?

When China has been identified almost ten years ago as the main if not sole challenger to US hegemony, how come energies and passions were unleashed on relatively benign Russia? Were they aware that their maneuverings would ultimately block trade and exports of vital grains and oilseeds from the region to the rest of the world? Has French President Emmanuel Macron during the crisis given up any pretence to an independent foreign policy, keen to toe or advance what can only be described as another US cabal being played out by proxy on Ukrainian territory? Has Germany realised that the crisis, precipitated by the NATO actions, may well have resulted in a curved ball, contributing to wreck its economy as it grapples desperately for alternative energy sources?

Many questions may well remain unanswered except in quiet circles and think-tanks across Europe and the world.

MBC Licence Fees

“The State is legitimately empowered to make people pay for a TV licence fee

Nothing can come free or cheap in this world”

The amendment being brought to the MBC Act in the wake of the 2022-23 Budget and the Finance (Miscellaneous) Bill 2022 aims to bring a hammer on the public by raising the current fine to Rs 50,000 and adding a term of imprisonment on anybody possessing a TV set and not paying the Licence fee of Rs150. Several questions have been raised including about those who already pay MyT provider for all MBC channels, the regular abuse of the MBC Act provisions for government propaganda, and the scale of punishment proposed for a relatively benign administrative sanction. Lex shares his views on those matters.

LEX

* An amendment to the Mauritius Broadcasting Corporation (Collection of Licence Fees) Act contained in the Finance (Miscellaneous) Bill 2022 will raise penalties for those who fail to pay the Rs 150 TV licence from the current Rs 500-1000 fine up to a maximum amount of Rs 50,000; offenders also risk imprisonment not exceeding two years. Isn't that a disproportionately high fine, being equivalent to the payment of the same Licence fee (at its current rate) for a period of 27 years and eight months?

There is no doubt that the State is legitimately empowered to make people pay for a TV licence fee. Nothing can come free or cheap in this world. Even if education and health care are free, all this is funded by taxpayers' money. People should realise that if they have a TV set, they have to pay for the services that are provided by the MBC.

Admittedly the MBC has become a tool for the propaganda of the government and party in power. This propaganda is scheduled for about an hour or so in the news bulletins. The rest of the time the MBC features films or TV serials in European and Asian languages. All this must be paid for.

Having said this, the non-payment of the TV licence fee should be sanctioned and failure to do so is an offence. The penalty however should be fair and not disproportionate to the offence.

In a number of cases the Supreme Court has referred to section 7 of the Constitution which reads: 'No person shall be subjected to torture or to inhuman or degrading punishment or other such treatment.' The Court has held that the effect of section 7 of the Constitution is to outlaw wholly disproportionate penalties.

The cursum of the jurisprudential thinking is that where punishment so excessive, so disproportionate must be imposed upon such a person, courts of law are justified in concluding that the law requiring the imposition of the same is inhuman. So, imposing a heavy fine or providing for imprisonment for non-payment of a TV licence would be inhuman and may struck down by the Supreme Court or the Privy Council on occasion.

* According to the MBC (Collection of Licence Fees) Act, persons liable to pay the licence fee are those who possess a television set at the time of pay-



“There is no doubt that the State is legitimately empowered to make people pay for a TV licence fee. Nothing can come free or cheap in this world. Even if education and health care are free, all this is funded by taxpayers' money. People should realise that if they have a TV set, they have to pay for the services that are provided by the MBC...”

ment of his electricity bill. But TV sets no more serve the only purpose of receiving MBC programs back in 1985 when the law was proclaimed; they are today widely used for watching subscription satellite services like Canalsat, Parabole, etc. and over-the-top (OTT) media services like Netflix that are offered directly to viewers via the Internet. Does it make sense for such viewers to pay the MBC licence fee?

Who can pretend that when he has a TV set, he will limit his viewing only to Canal+ or Netflix? This is why the payment of the licence is predicated on the CEB Bill. If somebody does not want to pay the licence fee, he should not own a TV set. That would be his choice.

* There is also the case of subscribers to the Mauritius Telecom's MyT package, which include internet and free TV services as mentioned in their promotional brochures in the various bouquets offered by Mauritius Telecom. Would such subscribers be also legally liable for payment of the MBC TV licence?

Since the MyT package includes the payment for TV services, then it would be unfair for the subscribers to additionally pay for the TV licence via the CEB. This would require a long process of verification and would also depend on the honesty of subscribers to justify the non-payment of the TV licence via their electricity bill. It is a case of a double payment for the same service. This should be looked into and remedied.

* It would seem that the economics of public broadcasting has evolved such that it is often today a mixed commercial model; most public broadcasters across the world are presently funded by advertising revenue supplemented by government subsidies to support their television services. Should our system evolve to fit with the times?

Most TV stations in the world require a TV licence fee. In spite of reaping lots of money from commercials. With notable exceptions such as the USA, Canada, Australia, New Zealand, Portugal and the Netherlands, most countries in the developed world require TV owners to have a licence. Some countries, such as Serbia and Romania, collect television license fee from the customers along with their domestic electricity bills.

Below is a view expressed by IHS Technology;

“The UK is fairly unique,” says Tim Westcott, principal TV programming analyst for IHS Technology. “The UK model is that you have a public broadcaster which doesn't have advertising or subscription as part of its funding mix.”

He notes that Denmark, Sweden and Norway are the only European countries with a similar model.

In Japan, TV owners pay a “receiving fee” to fund public broadcaster NHK, with a higher payment for those with satellite TV.

In recent years, both Finland and Iceland have abolished their TV licence fee and replaced it with a tax that applies to all adults.

Other European countries have a TV licence - such as France, Italy and Germany - but in those cases the public broadcaster is also funded by advertising.

Poland has a relatively low TV licence fee (55 euros) but a high evasion rate of 65%. The withdrawal of the TV licence is under discussion.

“When you have that high level of evasion the cost of enforcing the licence and collecting the revenue is so great that it's actually more efficient for a government to fund the public broadcaster from general taxation,” says Mr Westcott.

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In a bid to counter this, the West is seeking new allies. Thus, Argentina, India, Indonesia, Senegal, and South Africa were invited to the G7 summit in Germany this week. However, when the United Nations condemned the Kremlin's attack on Ukraine in March and called on Moscow to end its aggression, India, Senegal and South Africa abstained. Argentina and Indonesia are also not in line with the West on sanctions against Russia. India is now importing more Russian oil than before the war.

Strategic resources

This proxy war is also a battle for strategic resources and manufacturing capacity required to sustain a world more and more dependent on digital technology. China and Russia have control over key strategic resources vital to modern industry.

For example, rare earth metals are facing high global demand as these uncommon metals are used in everything from batteries to smartphones; hybrid

Pyrrhic War Games

vehicles to wind turbines. All the hi-tech trappings of the modern world need rare earth metals like neodymium, lanthanum, cerium, and praseodymium for important components. On the basis of current estimates, the bulk of rare earth metals are found in Asia. China which tops the list holds about 45 million tons of rare earths which is double that of Brazil and Vietnam, which with 22m tons of reserves each are the second most endowed countries in rare earth metal resources.

Russia and India with rare earth metals reserves of 12 and 6.9 million tons hold the 4th and 5th place. This is way above Australia and the United States which hold 4m tons and 1.4m tons respectively. There is thus an enormous growth potential for Asia's rare earth's industry.

The production of semiconductors is also another major strategic battleground. Semiconductors is changing how we live

and work. They are an essential component of electronic devices, enabling advances in communications, computing, healthcare, military systems, transportation, clean energy, and countless other applications. They are used in microchips which drive our smartphones, data-centres powering the internet, hypersonic aircraft, pacemakers or weather predicting super computers.

Today, 75% of semiconductor manufacturing occurs in China and East Asia. China's semiconductor industry is showing signs of flourishing despite efforts to counter its growth.

New world order

There is therefore much more than meets the eye to the proxy war in



Ukraine. The writing is on the wall. The stark reality is that there is an emerging new world order which is multipolar which the world including its rabid high priests of Cold War shenanigans must accept and team up with. This is therefore not the time for Pyrrhic war games or the narrow outlook of a bygone era but to unite to address the more urgent challenges faced by the world such as climate change, Covid-19, inequality, poverty and inclusiveness for the sustained good of mankind.

Mrinal Roy

"The State is legitimately empowered to make people pay for a TV licence fee..."

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* The switch from the local public broadcaster - the Mauritius Broadcasting Corporation - to private service providers (cable/satellite/OTT) by a large number of Mauritian viewers may have been prompted due to its poorer offering in terms of entertainment programmes compared to private service providers and also its widely perceived propagandist mission in favour of the government of the day. That's the way it has always been all the time in spite of the MBC Act, isn't it?

Matters have deteriorated. People argue that they should not be forced to pay a TV licence fee only to be bombarded day after day with government propaganda without the Opposition being able to put across its point of view.

Some of the 'Objects' as prescribed by the Mauritius Broadcasting Act (Section 4) are as follows:

- (a) give adequate coverage in its broadcasting programmes to news items, both local and foreign, in the languages specified in paragraph (a) and ensure to the best of its ability that the news bulletins

- broadcast are accurate and presented in an impartial manner;
- (b) strike a fair balance in the allocation of broadcasting hours among various educational, cultural, political and religious standpoints;
- (c) refrain from expressing its own opinion and observe neutrality and impartiality on—
 - (i) current affairs;
 - (ii) matters of public policy; or matters of controversy relating to culture, politics, religion or any other subject, other than broadcasting;
 - (iii) refrain from giving publicity to any person, product or service, other than in a commercial broadcasting advertisement, except in so far as it may be necessary for the broadcast of effective and informative programmes;
- (d) Is that the reality? No wonder people are simply fed up.

* Some critics may refer to the current governing alliance's no holds barred approach to promoting its political agenda through the MBC-TV. But despite the criticisms, few legal challenges have been instituted against the MBC. Why is that so?

Who will challenge? Technical issues like having an interest or having a genuine grievance will be raised and the Court, perceived to be quite conservative, may go along with this argument.

LEX

“Since the MyT package includes the payment for TV services, then it would be unfair for the subscribers to additionally pay for the TV licence via the CEB. This would require a long process of verification and would also depend on the honesty of subscribers to justify the non-payment of the TV licence via their electricity bill. It is a case of a double payment for the same service. This should be looked into and remedied...”

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.

Readers will no doubt appreciate that it takes a lot of time, hard work, money and the continued support of our contributors to produce the *Mauritius Times* - as we have done without interruption in these last 67 years.

We are so grateful that our voice and readership extend far beyond our actual subscription base of loyal well-wishers. But we now need to expand that base of readers who value our independence and commitment to continue improving the paper and reach new audiences.

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NOTICE FOR PERMISSION FOR LAND USE

Take notice that **SUNLIKING TOURS AND VACATIONS LTD**, represented by Mrs Mohindee Najoumah Bibi, born Goolamally, will apply to the **Municipal Council of Port Louis** for a Building and Land Use Permit for **Conversion of part of an Existing Building to be used as Tour Operator Activities at Sona Lane, Anse Courtois Lane, Les Guibies, Pailles, Port Louis.**

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.

27 June 2022

China emerges as a prime player in Nepal's internal politics

Nepal has moved into China's arc of influence and risks becoming Beijing's vassal state. Two developments last week demonstrate this very amply.

Under pressure from China's proxies in its body politic, Nepal decided against moving ahead with the US Government's State Partnership Programme (SPP). The Nepal cabinet decided last Monday (June 20) against participating in the SPP.

China, which failed to prevent Nepal from ratifying the USA's Millennium Challenge Corporation grant of US\$ 500 million despite trying its best, wholeheartedly welcomed Kathmandu's decision last week to dissociate itself from the SPP.

Wang Wenbin, spokesperson of China's foreign ministry, said at a regular press briefing in Beijing June 23 in reply to a question: "Various political parties and factions, the government, the army and people across the Nepalese society see the SPP as a military and security initiative closely linked to the Indo-Pacific Strategy and they consider it against the national interests of Nepal and its long-held non-aligned, balanced foreign policy to be part of the SPP. Nepal's Cabinet meeting has decided not to move ahead on the SPP."

Had a ranking government official in the capital of any other country in the world made a similar statement, all hell would have broken loose in Kathmandu with civil society leaders, academicians, journalists, professionals and politicians strongly criticising that country for assuming the role of Nepal's unsolicited spokesperson and benefactor.

But the fact that Wenbin's state-



China's President Xi Jinping shakes hands with Nepal's Prime Minister KP Sharma Oli as he wraps up his two-day visit to Nepal, in Kathmandu October 13, 2019. Pic - Reuters

ment was meekly accepted by Nepal's politicians, media, commentariat and others shows how the leaders of the Himalayan country have accepted China as their overlord.

Nepal's top academicians, think-tanks, media persons, retired judges, bureaucrats and army officers as well as a galaxy of prominent persons opposed the SPP, forcing the Sher Bahadur Deuba government to abandon plans to join the SPP.

The other development was the extensive conversations that a senior Chinese Communist Party apparatchik held with former Prime Ministers Pushpa Kamal Dahal and Khadga Prasad Sharma Oli. Dahal heads the Communist Party of Nepal (Maoist Centre) [or the CPN-MC] while Oli heads the Communist Party of Nepal (Unified Marxist Leninist).

China was instrumental in Dahal and Oli coming to a deal in 2017 and then entering into a formal alliance in 2018. The alliance won the federal polls and the two parties then merged and formed the Nepal

Communist Party (NCP) in May 2018. China guided the merger and became the dominant power in Nepal during the premiership of Oli.

But the alliance fractured over Oli's refusal to honour a power-sharing deal with Dahal (the two were supposed to share the Prime Minister's post with Oli being the premier for the first 2.5 years and Dahal succeeding him for the remaining 2.5 years).

The country was plunged into a political crisis and the NCP ceased to exist. But in those tumultuous days, the Chinese envoy in Kathmandu, Hou Yanqi, played a highly public and proactive role in brokering peace between Dahal and Oli.

Beijing wants to see Dahal, or Oli, as the next Prime Minister of Nepal and Jainchao's confabulations with the two last week were the first in what will surely be a series of secret discussions and meetings. As elections approach, Beijing's efforts to get its own man in power in Nepal will become more blatant.

Russia defaults on debt as sanctions make payment impossible

Russia has defaulted on its foreign-currency sovereign debt after bond holders reported the Kremlin missed two payments on Sunday (26 June). This is Russia's first foreign debt default since 1918. Although the country has the money to make a \$100m payment which was due on Sunday, sanctions imposed by the West have made it impossible to transfer the sum to international creditors, reports Swarajya.

Russia's attempts to circumvent sanctions received a further blow in late May, when the US Treasury Department allowed a key exemption to expire. According to reports, this waiver had previously allowed Russia's central bank to process payments to bondholders in dollars through US and international banks, on a case-by-case basis.



Russia has defaulted on its foreign-currency sovereign debt for the first time in a century, the culmination of ever-tougher Western sanctions that shut down payment routes to overseas creditors. Pic - Reuters

Russian Finance Minister Anton Siluanov told Russia's state-owned news agency RIA Novosti that the blockage of payments does not constitute a genuine default, which usually come as the result of unwillingness or inability to pay. He called the situation a "farce".

In general, bond defaults happen when the issuer doesn't want to make the payment. In this case, however, Russia was clearly willing to do so; it just wasn't able to, due to the sanctions.

Russia hasn't defaulted on foreign debt since the Russian revolution. Although, it did default on domestic debt back in 1998.

Russia has so far succeeded in implementing capital controls that have supported the ruble currency. Russia has also received significant revenues from energy exports as a result of soaring oil and gas prices.

According to a report from Axios, a decree was signed last week by Vladimir Putin for "a temporary measure giving the government 10 days to pick banks to handle payments under a new scheme, indicating Russia will regard its debt obligations fulfilled by paying bondholders in rubles".

structure.

PGII has been vaunted as a way of countering China's ambitious Belt and Road Initiative (BRI) which finances projects like ports, roads and bridges in more than 100 emerging countries.

While it has developed trade links, it has been criticised for luring African countries into debt traps, offering huge unaffordable loans.

Beijing disputes the charge, arguing that its loans are designed to alleviate poverty.

Africa: G7 aims to raise US \$600 billion to counter China's Belt and Road

US President Joe Biden and other G7 leaders relaunched the Partnership for Global Infrastructure and Investment (PGII), unveiled at last year's G7 talks, at their annual gathering held this year at Schloss Elmau in southern Germany.

PGII calls on G7 leaders to raise \$600bn over five years to fund the launch of infrastructure projects in middle and low-income countries.

The programme responds to China's so-called Belt and Road Initiative, which Western officials have long argued traps receiving countries in debt, and with investments that benefit China more than their hosts.

The US has promised to mobilise \$200 billion of the total through grants, federal funds and private investment, reports RFI.

Biden said hundreds of billions of additional dollars could come from multilateral development banks, development finance institutions, sovereign wealth funds and others.

Europe will mobilise Euro 300 bn for the initiative,



A road signage of road construction works by Kenya Urban Roads Authority. Pic- Nairobi News

Commission President Ursula von der Leyen said.

The initiative will help tackle climate change as well as improve global health, gender equity and digital infra-

* Contd on page 9



Reserve Bank of Zimbabwe (RBZ) Governor John Mangudya gestures as he delivers his 2018 Monetary Policy Statement in Harare, Zimbabwe February 7, 2018. Pic- Reuters

Zimbabwe: Inflation doubles in two months to 191%

Zimbabwe's annual inflation rate quic-kened to 191.6% in June, more than doubling the consumer price increases of two months ago, official statistics showed.

The development came as the government failed to present new measures to tackle the rising cost of living which President Emmerson Mnangagwa had said would announce, reports The Zimbabwe News.

Inflation which was at 96.4% in April, crept up to nearly 200% as prices of cooking oil and bread are leaping higher as a result of Russia's invasion of Ukraine. The price of basic goods including bread has soared, prompting the central bank last week to offer bakers access to foreign currency in order to curb increases. The energy regulator on Friday announced a second increase in a month in gas prices.

The Zimbabwean dollar has weakened 70% this year against the US dollar, making it Africa's worst performing currency. The local unit officially trades at Z\$355 per US dollar, but changes hands for between Z\$500 and Z\$670 on the parallel market, according to ZimPriceCheck.com, a website that tracks both the official and unofficial rates.

Thousands of nurses and doctors at state-run hospitals were on strike since Monday demanding a hefty raise and wages in US dollars due to the slide in the local currency and the erosion of the value of their earnings due to inflation.

2002 Gujarat riots case: SC rejects Zakia Jafri's plea, upholds SIT clean chit to Narendra Modi

The Supreme Court on Friday upheld the Special Investigation Team's (SIT) clean chit to then Gujarat chief minister Narendra Modi and 63 others in the 2002 riots in the state and dismissed a plea by slain Congress leader Ehsan Jafri's wife Zakia Jafri.

A three-judge bench headed by Justice A M Khanwilkar upheld the magistrate's order rejecting Zakia Jafri's protest petition against the closure report filed by the SIT in 2012.

The bench, also comprising Justices Dinesh Maheshwari and C. T. Ravikumar, said her plea is devoid of merit. She had alleged a larger conspiracy in the 2002 Gujarat riots.

Congress leader and former MP Ehsan Jafri was among the 68 people killed at Ahmedabad's Gulberg Society during violence on February 28, 2002, a day after the Godhra train burning. Zakia Jafri had challenged the SIT's clean chit to 64 people, including Modi who was Gujarat chief minister in 2002, reports Swarajya.

Her petition had challenged the high court's October 5, 2017 order rejecting her plea against the SIT decision.

On December 9 last year, the apex court had reserved its verdict on the plea.

On February 27, 2002, 59 people were killed when the S-6 coach of Sabarmati Express was burnt at Godhra, triggering the riots



PM Narendra Modi (L); petitioner Zaki Jafri. Pic- PTI, AFP

in the state.

On February 8, 2012, the SIT filed a closure report giving a clean chit to now Prime Minister Modi and 63 others, including senior government officials, saying there was 'no prosecutable evidence' against them.

Zakia Jafri filed a petition in the apex court in 2018. The plea also maintained that after the SIT gave a clean chit in its closure report before a trial judge, Zakia Jafri had filed a protest petition which was dismissed by the magistrate without considering 'substantiated merits'. The high court in its October 2017 order had said the SIT probe was monitored by the Supreme Court.

However, it had partly allowed her petition as far as its demand for a further investigation was concerned, saying she can approach an appropriate forum, including the magistrate's court, a division bench of the high court, or the Supreme Court seeking further investigation.

'Tastes just like beer...I like'. Want beer from recycled toilet water?

The alcoholic beverage is a collaboration between the country's national water agency, PUB, and local craft brewery Brewerkz. First unveiled at a water conference in 2018, NEWBrew went on sale in supermarkets and at Brewerkz outlets in April.

"I seriously couldn't tell this was made of toilet water," said Chew Wei Lian, 58, who had purchased the beer from a supermarket to try after hearing about it. "I don't mind having it if it was in the fridge. I mean, it tastes just like beer, and I like beer."

NEWBrew uses NEWater, Singapore's brand of drinking water recycled from sewage, which first flowed from treatment plants in 2003 to improve the island's water security. PUB says the new beer is part of an effort to educate Singaporeans on the importance of sustainable water use and recycling.

The idea of processing sewage into drinking water, once largely resisted, has been gaining support in the past decade as the world's supply of fresh water is increasingly under stress. The World Wildlife Fund estimates 2.7 billion people find water scarce for at least one month a year.

Advanced economies such as Israel and Singapore that have limited fresh water resources have already incorporated the technology into their supplies. Cities such as Los Angeles and London are examining plans to follow suit.

Singapore's NEWater is made by disinfecting sewage



"NEWBrew" is no ordinary beer. The new Singapore blond ale is made with recycled sewage. Pic - superadrianme.com

with ultraviolet light and passing the liquid through advanced membranes to remove contaminant particles.

Key to expanding the technology is to persuade the public that, once the water has been processed, it's just water.

"NEWater perfectly suits brewing because it tastes neutral," said Mitch Gribov, Brewerkz's head brewer. "The mineral profile of water plays a key role in chemical reactions during brewing."

Breweries elsewhere have also made beer with recycled sewage. Stockholm-based Nya Carnegie Brewery partnered with brewing giant Carlsberg and IVL Swedish Environmental Research Institute to launch a pilsner made with purified sewage, while Village Brewery in Canada teamed up with researchers from the University of Calgary and US water technology company Xylem to roll out their own version.

Not everyone is convinced. "There are many kinds of beers around," said Singapore student Low Yu Chen, 22. "If I wanted a beer, I'd pick something made of normal water."

But others who have sampled NEWBrew, say they find that it's a refreshing, light-tasting ale that's perfect for Singapore's tropical climate.

"If you don't tell people it's made from waste water, they probably won't know," said Grace Chen, 52, after sampling the ale.

Still, if you're in Singapore and you want to taste it yourself, you may need to be quick. The first batch of NEWBrew is already sold out on tap at Brewerkz restaurants and the company expects stocks at supermarkets will run out by the end of July. The brewer said it will assess the market response before deciding whether to make another batch.

Interview: Rajeev Hasnah - Economist & Chartered Financial Analyst

“The IMF has already cautioned against the prospect of a ‘stagflation’,

whereby the conditions of a low economic growth alongside a high level of inflation could exist”

Rajeev Hasnah, Chartered Financial Analyst with degrees from the University of Mauritius and Warwick Business School, gives his independent take on the difficult economic circumstances and glum perspectives facing the country as it pursues policies of high spending in projects with minimum returns, growing deficits in government budget and current account balance, a reliance on printing monies, a low credibility and independence of the central bank, with shortages in forex and continued pressures to keep devaluing the national currency. All of these factors do not bode well for juggling inflation or the country as higher nominal rupee revenues from taxes and VAT are being wasted in unproductive spendings. The IMF warnings and recommendations may well fall on deaf ears, as authorities seem trapped in their policies.

Mauritius Times: The IMF comments in its last Article IV Consultation that ‘economic growth has started to recover, with most sectors broadly back to pre-pandemic output levels, except tourism, where activity remains subdued’. It adds that ‘staff projects real GDP growth of 6.1 percent in 2022. The economic rebound is expected to be driven primarily by the tourism sector with tourist arrivals expected at 60 percent of pre-pandemic levels’. The IMF’s assessment of the economic situation does not sound too worrisome for the state of the economy in the short- and medium-terms, but we understand that specialists in finance think differently. Why is that so?

Rajeev Hasnah: The GDP growth forecast for 2022 is a short-term and limited perspective to assess whether an economy is faring well, though it is undeniable that GDP growth is a major indicator. The 6.1% growth rate is reflecting a move towards pre-pandemic levels and hence it still has an element of a low base effect embedded into the forecast GDP growth rate. Moreover, after 2022, should the real GDP growth rate move back to the previous 3% range, the scope for moving away from a middle-income trap development phase will be further reduced.

Several other economic indicators that are still flashing red are also worth highlighting:

- A persistent twin deficit in the government budget and current account balance.
- An ongoing lack of forex on the local market, despite the full reopening of the borders of the country and growth in the tourism sector.
- A high youth unemployment rate and relatively low labour force participation rate.
- Low level of productivity in resource utilisation.
- Significantly high public debt arising from a campaign of massive public sector investments. The investments in assets that are non-productive are problematic.
- High level of inflation, coupled with no clear policies as to how inflation and inflationary pressures are being contained.
- Last but not least, with the tides shifting in the global economy from both a geo-economics and geopolitics perspective in terms of international trade and trading partner choices, Mauritius will have to ensure that it treads through the upcoming new economic order diligently and safely.

* There may indeed be a problem with inflation as pointed out by the IMF when it states that ‘the key macroeconomic challenge for Mauritius is to continue its economic recovery, while controlling inflation in a global environment with high fuel and food prices and slower recovery.’ In simple terms, what does this mean?

The IMF is suggesting that policymaking in the current context will require a judicious balancing act between policies that would support the much-required economic recovery, and at the same time having to contain inflation arising from factors beyond our control. In between the lines, the IMF has already cautioned against the prospect of a ‘stagflation’, whereby the conditions of a low economic growth alongside a high level of inflation could exist.

Given that Mauritius is an open economy driven by international trade, a slowdown in the economic activities of its main trading partners will on one hand undoubtedly dampen domestic economic growth, and the increasing fuel and food prices at the international level will on the other hand also fuel domestic inflation. In a nutshell, the dynamics from the global economy will adversely impact the performance of the local economy.

* We all are aware that consumers lose purchasing power whether inflation is running at 5% or at 7%, and they just lose it twice as fast at a higher rate. The IMF is saying that ‘annual inflation is expected to rise to 11.4% in 2022 due to surging commodity prices, past depreciation of the rupee, and recovering domestic demand’. It would appear therefore that the erosion in purchasing power of the consumer is going to get worse in the months ahead. Is that so?

Our purchasing power has been declining for over a year now. This has been a direct consequence of both the considerable depreciation of the Mauritian Rupee as well as the significant increase in commodity prices at the international level. Going forward the three main channels through which inflationary pressures will emerge and hence further dam-



“The IMF is suggesting that policymaking in the current context will require a judicious balancing act between policies that would support the much-required economic recovery, and at the same time having to contain inflation arising from factors beyond our control. In between the lines, the IMF has already cautioned against the prospect of a ‘stagflation’, whereby the conditions of a low economic growth alongside a high level of inflation could exist...”

pen our purchasing power are:

1. Indirect effects of significant increase in fuel costs. For example, bakers are consistently asking for an increase in the price of bread due to increase in fuel costs. More than just bakers, almost all business activities have witnessed a surge in their operating costs due to the increase in fuel costs, that will undoubtedly be passed on to consumers as higher prices.
2. Second-round effects of inflation, which will arise when businesses will be forced to increase the salaries of their employees to cater for the purchasing power loss, and then having to increase the prices of their products as a direct consequence.

● Cont. on page 11



'It will be very unlikely for the Mauritian Rupee to appreciate to its pre-pandemic levels in either the short- or medium-term horizons'

billion as at January 2020. By mid of that same year, Rs 140 billion was decided to be printed. As such as at June 2021, the total money supply stood at Rs 280 billion. Just comparing these two figures of money supply should give shivers to anyone who understands what this actually means for the economy and the balance sheet of the BOM!

To understand the implication of this transaction, one has to assess it from both an accountant and an economist perspective. The decision to give away Rs 60 billion to the government resulted in the writing off of this amount of money from the Asset side of the BOM's balance sheet, but as the

“It is worthwhile to note that the recurrent expenditures of the government increased drastically from Rs 113 billion in FY 2018/19 to Rs 154 billion expected for FY 2022/23, despite real GDP growth remaining at a relatively low level. Add to this the significant expenditures being made in several projects that may or may not produce any meaningful economic return for the country, and we have the picture of an economy that is spending beyond its means, even after having printed money massively and made everybody pay for it...”

liability of money created remains, this Rs 60 billion had to be offset from either another asset or from the accounting terminology “accumulated reserves” of the balance sheet of the BOM. Both the assets (gross official reserves) and “accumulated reserves” have been impacted upon the completion of this transaction.

The economics of this transaction took place via two channels (1) the depreciation of the Mauritian Rupee of around 16% by June 2021 since December 2019 against a basket of currencies, which resulted in an increase in the value of the gross international reserves in Mauritian Rupee terms, was locked as part of the Rs 60 billion written off was compensated by the increase in Mauritian Rupee terms of the gross international reserves, and (2) the fair value gains arising from investing the official reserves were written off by the BOM. A combination of both these channels allowed for the Rs 60 billion to be written off.

Unfortunately, there is no free lunch in economics and certainly money cannot be created out of thin air. There is always a cost to everything. In a nutshell, the transaction has in a way ensured that it will be very unlikely for the Mauritian Rupee to appreciate to its pre-pandemic levels in either the short- or medium-term horizons. I believe that the IMF was referring to this tricky situation that we have put ourselves into.

*** The monetary policy framework of the BOM, its credibility and its operational independence and financial position again takes a hit from the IMF. That does not speak well for the credibility of a central bank, isn't it?**

The role of any central bank in any economy is crucial as it is the institution that inspires and maintains trust in the economy's financial system as well as in its currency.

The independence of a central bank from a government that has always been advocated as good macroeconomic

governance practices acts as a preventive measure for the use of the central bank as an extension of the government's fiscal policy.

The fact that the money has been printed by the central bank and handed over to the government, and given that the MIC is still in the balance sheet of the BOM, the IMF will likely keep on making this comment in its future missions.

*** The BOM's ownership of the Mauritius Investment Corporation (MIC) seems to have become a recurrent feature in the IMF's Consultation reports. Like its previous Consultation, it again recommends a reform of the BOM law that 'should prohibit central bank's transfers to the government and quasi-fiscal financing... relinquishing the BOM ownership of the MIC would also help in this regard'. The government however seems to have taken a different view?**

Unfortunately, this is something that we will have to get used to now as it is quite likely that such a recommendation will not be implemented. One possible reason for the non-adherence of this recommendation could be found from an understanding of the mechanics of how the Rs 60 billion had been written off. Should the recommendation of the IMF imply that the Rs 80 billion injected in the MIC is removed from the balance sheet of the BOM in the same manner as that for the Rs 60 billion was written off, then it means that either the Mauritian Rupee would have to depreciate by an equivalent amount or reserves of an equivalent amount are created from productive economic activities so as to be able to balance the balance sheet of the BOM.

Until a solution is found to this potential dilemma, I think the current government or any future one is unlikely to implement the recommendations of the IMF and change the ownership of the MIC.

*** On the other hand, how sustainable is the current trend of government spending?**

It is already obvious in the current Budget FY 2022/23 that the government is expecting around Rs 11 billion from collection of the disguised tax of CSG so as to be able finance its budget, when previously the contribution made by both employers and employees went to a fund that was invested for future disbursements. Additionally, the trend of recurrent expenses remains upwards, public debt is at a whopping 90% of GDP at Rs 436 billion, and it is understood that funds created for capital spending are being ploughed back and utilised in financing the budget, which in turn does not give a true picture of the real annual budget deficit being run by the government. Given that GDP growth does not seem to be on a high range trajectory, post catch up to pre-pandemic levels, and as the population is getting older and smaller, there doesn't seem to be much leeway in creating wealth at an increased pace for the country as well.

It is worthwhile to note that the recurrent expenditures of the government increased drastically from Rs 113 billion in FY 2018/19 to Rs 154 billion expected for FY 2022/23, despite real GDP growth remaining at a relatively low level. Add to this the significant expenditures being made in several projects that may or may not produce any meaningful economic return for the country, and we have the picture of an economy that is spending beyond its means, even after having printed money massively and made everybody pay for it.

• Cont. from page 10

3. Further depreciation of the Mauritian Rupee that will likely materialise both due to domestic and international factors (as major central banks raise their interest rates), will result in higher costs locally and hence further reduce our purchasing power.

*** Nobody gains from a high inflation rate, except probably the government. What should it be doing about it in the present circumstances?**

It is not factual to state that nobody gains from a high inflation rate. Those who have already borrowed massively at relatively low interest rates, would stand to benefit from a loss in the value of the existing debt owed; in effect just like purchasing power drops, the value of the existing debt drops as well.

Though the government in the current situation is impacted by a higher inflation rate as everything that it buys is now more expensive than before, it nevertheless stands to gain a lot as the value of the debt that it has contracted in Mauritian Rupee is in effect lower than initially contracted.

Moreover, on the revenue collection side, it stands to collect significantly more in terms of duties and Value Added Tax in particular, as the same tax rate is now being applied on a higher monetary value. This phenomenon may already be apparent in the recurrent revenues collected by the government in FY 2021/22 (Rs 133 billion) and expected to be collected in FY 2022/23 (Rs 148 billion). It would not be surprising that only over one financial year the impact of inflation on revenue collection could range in several billion rupees.

*** The IMF also recommends that the government needs to recapitalize the Bank of Mauritius per existing legislation for the BOM to accommodate the monetary policy costs. What this suggests is that the BOM's present 'marge de manoeuvre' is rather limited. Is that correct?**

It seems to be the case.

It has to be highlighted that this constraint on the BOM has been brought about by the decision to massively print money of at least Rs 140 billion in 2020. It is worthwhile to explain the implications of this transaction on the balance sheet of the BOM.

The total money supply (money in circulation and demand deposits at the Central Bank) stood at only Rs 127

Planting trees and greening the environment

Mohun Aujayeb

Planting trees is a very effective way to change the environment and by extension fight the galloping climate change with its prevalence of more extreme situations — extreme cold or hot weather, lots of rain or draught, etc

There are many initiatives of the Government, the concerned Ministry (Ministry of Environment, Solid Waste Management and Climate Change) and other social groups to plant trees and embellish the environment. This in some way is transforming the urban and the rural spaces (left abandoned and become eye sore areas) into zones which in time may become a green luxuriant pleasing environment. This will also help capture carbon, regulate air temperature and support biodiversity and in the long run impact on the climate. (It is a matter of concern that only some 50% of the planted plants survive and grow up simply because of lack of post care. Plants need to be nurtured so that the initiatives do not go awry).

Further there is in contrast to the above laudable action: a series of encroachment on roadsides, riverbanks, and other reserves where the trees, ornamental plants have been uprooted for many reasons. Even wetlands which are deemed protected areas have not been spared from the assault, there are development/construction of buildings thereon. Restore, repair, replant but make it green is the cry from the heart.

Listening to our political masters it appears that we are solving many a problem by 'by-passes'. Link roads have become a buzz word. We are piercing through the heart of Nature, through the pastures, natural scenery and surroundings to make roads which may, on second thoughts, not be a real necessity. We have sufficient road networks for our tiny island, let's improve the existing ones.

Let's preserve the existing fragments of green spaces and not destroy Nature and the natural habitats: leave something for the future generation to see in terms of green areas in their harmonious natural state. Let's rearticulate development with emphasis on the need for fairness to Nature and other living entities. Let's plant and plant so that the country looks like a garden.

These little steps will impact positively on the climate.

Recent Innovations and Changes in the Music Industry

Dr S. Koomar Surrin

A few years ago, the music industry reeled when the video clip "Gangnam Style" of the South Korean artist Psy went viral. His overnight fame and popularity brought him a lot of money in terms of records and albums bought by his new fans. This change in music making, music appreciation and distribution may be used to illustrate some of the major changes that have occurred in music production at the turn of this century.

The two major changes that were going to influence music making greatly were in information technology and in human behaviour. The new development in compressing huge amount of data onto microchips led to their incorporation in numerous gadgets used everyday. The development of fibre optics technology helped in the rapid transmission of data. Satellite technology has developed in such a way that every corner of the globe is now covered. Short messages, videos and audio clips became available freely when a Wi-Fi or an internet connection is available. Various social media platforms and above all YouTube, allow people to post online video and audio clips and to know and witness everything that is happening, and sometimes in real time.

The second major change relates to the different psychology of youngsters in a new developing society where they are free to demand and get whatever they want, sometimes at the click of a mouse or a touch on a sensitive screen. Idol worship has become rampant and the spirit of saving is lost and consumerism has taken over.

One would think that these, and other developments might have decreased income in the music industry. The exact opposite has happened. Old technologies, such as audio and VHS tapes, have given way to more sophisticated technologies, new opportunities and new forms of music businesses. Sound systems have developed to such an extent that inexpensive, miniaturised, and highly sophisticated are now available. The development of MP4 technology has helped ordinary video filming devices to record high quality videos. The availability of free backing tracks on the internet or at very cheap rate not only helps many musicians to hone their skills but to play solo.

In the recording fields, one can buy a cheap home recording studio, and if strategically placed, can give high quality



Pic - Newsweek

recording, circumventing the heavy charges of the recording studios. For both audio and video recording, free or cheap softwares are available to edit recordings and to manipulate them by adding embellishments and converting them to high quality recordings.

In the early 2000, Napster, a platform was created to freely download audio tracks illegally using a peer-to-peer (P2P) method. It was brought down after losing litigation suits on copyright infringement. With the closure of Napster many online music businesses have come up and offering music at very cheap price and giving the necessary royalties to artists. Sales of printed musical score and of music books have also increased appreciably.

The music industry in a way had to adapt itself to the evolving technology as well as the changing mentality and behavioural patterns of the new generation. Music courses are available online from both individuals as well as from reputed institutions. Music books and music score can be bought from these online platforms. Records and tickets to concerts can also be bought online. Online music businesses have thereby grown exponentially.

Other businesses closely linked to the music industry also flourished. These include industries that propose garments with the style of given artists or idols, studios offering tattooing and security guards businesses to protect popular artists.

Broadway musicals continue to be performed daily in many of the theatres in Broadway, New York and in West-End in London. Popular artists and singers make a lot of money but unfortunately many of them cannot manage their sud-

den wealth. Their materialistic life can lead to depression, suicide and death by overdose of hard drugs.

Another important technological advance in the field of music industry is the manufacture of ever increasing and sophisticated keyboards and synthesisers. These synthesisers can imitate almost any musical instrument on earth. It can also play any audible frequencies, or specific notes with such a speed that cannot be achieved by musicians. It was said that synthesisers would kill music, artists and the music industry. In fact, more people are attracted to keyboards, synthesisers and other musical instruments than ever before.

As more and more parents discover the importance of music, the number of schools offering courses in music has increased. There is presently a need for more music teachers at all levels of education: kindergarten, primary, secondary and tertiary. The number of graduates registering for doctorate degrees in music is increasing worldwide.

Another branch of music industry is the creation of a bank of musicians and bands by an organization, whereby any musician could be deployed elsewhere should a particular musician be unavailable for a particular concert. The same organisation may sub-contract bands and musicians to play in hotels or concerts.

For musicians to thrive in Mauritius they will have to find the appropriate niche that will cater for the specific needs of the country at this time, bearing in mind that musical taste tends to change quite fast. Those who dare will no doubt succeed in the music industry!

• *Evolution is not a force but a process, not a cause but a law. — Lord Morley*

Mauritius Labour Party

May Day Resolutions

This meeting of planters, labourers, artisans, clerks, unemployed and other sympathisers with the Labour Party, assembled in Port Louis from all parts of the Island on the occasion of the Labour Festival of the 1st of May, resolves as follows:

1. This meeting expresses its loyalty and pledges its attachment to the throne and the person of Her Majesty Queen Elizabeth II.
2. This meeting reaffirms its faith in the British Commonwealth of Nations as an instrument for the promotion of the well-being and happiness of the various peoples forming part of the British Commonwealth and Empire.
3. This meeting sends its fraternal greetings to the British Labour Party, the Trade Union Congress of the United Kingdom, the International Confederation of Free Trade Unions (ICFTU) and the workers

throughout the world and especially to workers of other Colonial Territories and declares its solidarity with Labour movements throughout the world.

4. This meeting expresses its conviction that political self-expression for the people of this country cannot be secured otherwise than through universal adult suffrage and Responsible Government.
5. This meeting records its satisfaction at the Report of the Mauritius Electoral Boundaries Commission and expresses its conviction that the conclusions of the Commissioners will give justice and fair play to all the sons of Mauritius.

This meeting further expresses its satisfaction at the wise statesmanship of the Secretary of State and welcomes his decision adopting the Report of the Commissioners.

6. This meeting most heartily endorses the principle of the mutual respect and understanding of the language, religion and culture of the various elements which make up the Mauritian community.
7. This meeting calls for the rapid implementation of a Scheme of National Health Insurance and for the payment of Sickness and Unemployment benefits and Family Allowance.
8. This meeting condemns the system of nominated members to Local Government bodies.
9. This meeting resolves that Rodrigues should be represented in the Legislative Council by an elected member.
10. This meeting resolves that Government should at the earliest opportunity appoint a Britisher versed in Trade Unionism, to occupy the office of the Labour Commissioner who is retiring shortly.
11. This meeting calls upon Government to adopt a comprehensive Housing Policy to secure a decent home for every family and urges the immediate setting up of a Building Organisation to implement such a policy.

Kwet Chan

Par Joseph Tsang Mang Kin

Kwet Chan, instituteur au Collège Bhujoharry, est peut-être le seul poète populaire que nous avons à Maurice. Sa poésie échappe aux classifications. Par aucune ascendance ne s'attache-t-elle à la tradition littéraire. Car Kwet Chan est avant tout non un poète des mots, mais de la vie même.



Ng Ah Ngan, le père de Clifford, venu au pays en éclaircur



Clifford Ng Kwet Chan en compagnie de sa mère, Yeung Chui Mui, à son arrivée à Maurice

langage primitif.

Kwet Chan ne s'adresse pas à une classe particulière. Pour comprendre son but, écoutons encore une fois Mao Tse-toung, développant certaines idées du Dr Hu Shih, dans son discours du 4 mai 1919: "Les auteurs et les artistes... doivent aller aux masses. Ils doivent aller au milieu des masses des ouvriers, des paysans, des soldats constamment, sans réserve et de tout cœur. Ils doivent aller vers la lutte de ces

masses et en faire leur source la plus grande, la plus riche, la plus remarquable afin d'observer, étudier et analyser les individus, les classes et les masses ainsi que toutes leurs formes de vie et de lutte qui sont l'art et la littérature à l'état naturel."

Donc, sa poésie étant faite des émotions que ressent chaque être humain, Kwet Chan est le seul poète qui soit le plus près de nous, le plus humain. Et qui s'abaisserait (sic) à parler des joies et des chagrins d'un modeste travailleur, d'un "commis" par exemple?

"Mon domaine, c'est la boutique où l'on respire l'air des grains. La balance a le son des cymbales."

Dans cette poésie sincère et réaliste, il y a place pour tout le monde : les amoureux et les malheureux, l'humble artisan et le parvenu. Il ne s'enferme pas dans une tour d'ivoire pour jouer à l'incompris, mais il est bien vibrant de vie parmi nous, sachant goûter de nos petits plaisirs :

"Jouer au ma-jong la nuit à l'heure où tombe la pluie entouré d'amis intimes..."

ou bien:

"Devant la table des Sapriwais tous près de celle des quatre quatre..."

Ce langage net et sans fioritures n'a rien pour attirer les yeux: il parle au cœur. Pourquoi nous dit ce disciple de Tao, pourquoi devons-nous ériger des sphinx, des casse-têtes? Pourquoi être surréaliste? N'en avons-nous pas assez avec nos "phynances" et nos constitutions? Disons simplement ce que nous avons à dire. Pourquoi se débattre lamentablement avec des "parthénogénèses" et des surmots? Et quoi? goûter un poème avec un dictionnaire entre les mains.

Kwet Chan ne fait pas la poésie pour s'évader; et pourquoi s'évaderait-il? Il lutte et il sourit, détestant le ridicule des conven-

tions, mais aimant la liberté et

"Tout ce que je désire ici-bas c'est un doux sommeil et un bon plat."

Dans "la fin d'une illusion", il nous parle de "ses peines, ses soucis et sa solitude", mais jamais il n'est une cigogne larmoyante — heureusement. Si nous étions du siècle dernier, nous aurions pu accuser Kwet Chan de manque de beauté littéraire, mais ceci n'a rien à faire avec la poésie telle que nous entendons ce mot aujourd'hui. Sinon, que dirons-nous de "Sens Magique" ou de "Chant de Maldoror"? Non! notre critère ne sera pas la beauté mais la sincérité. La forme viendra après puisqu'en poésie la fin justifie les moyens. Par son style sans mystification, sans clinquant, mais simple, clair, enfantin parfois (car qui a jamais guéri de son enfance?) et surtout sincère, nous comprenons que le style ne peut qu'être l'homme.



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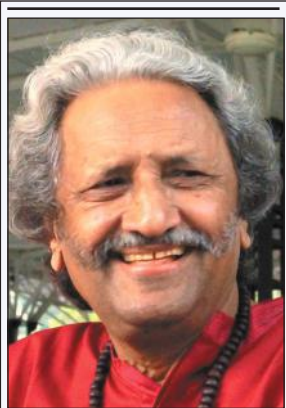
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Every Successful Safari Rally: A Tribute to Bharat Bhardwaj



Kul Bhushan
who reported on the
Safari from 1964 to 1990

Let's start at the beginning. Bharat was born in Nakuru, Kenya, in 1934 and then his father moved to Nairobi. After schooling, he flew to London to become an Optometrist at which he excelled. But his passion was motorsport. Starting off as racing driver on Nakuru race track and in hill climbs, he became the Kenya Hill-climb champion for six years in a row and the Motor Sportsman of the Year in 1969.

Rallying attracted him to the Safari which was the rage at that time. He entered the 16th Safari in 1968 navigated by Sajjad Sarwar. The following year, he navigated the legendary Joginder Singh, the Simba of Kenya, in a Volvo 142S. That was the roughest, fastest Safari till then with a new route. Very dry conditions took a heavy toll on top drivers but Joginder/Bhardwaj persisted and climbed the finishers' ramp at number one, closely tailed by Robin Hillyar and 'Jock' Aird in a Ford Tanus.

After the ululations and cheering, a dark drama started

as the cars went in for scrutineering to check if any parts had been tampered with. Behind the scenes, the organisers informed Joginder and Bhardwaj that they had been disqualified as a small part of their Volvo did not pass the test on technical grounds. Despite strong protests from Bhardwaj who was more vocal than Joginder, the organisers stuck to their decision and declared Hillyar/Aird as the winners. Many Safari fans, especially the Asians, roundly resented this unfair decision. Bhardwaj was furious. In private conversation, he confided to me that it was too much to bear and he was now determined to manage this event as its chairman so that this should never happen again.

Had Joginder Singh won in 1969, he would have won the Safari four times. He first won in 1965 driving a Volvo PV544 with his brother Jaswant as co-driver, and again in 1974 with David Doing in a Mitsubishi Colt Lancer 1600 GSR and in 1976 with David Doing driving a Mitsubishi Colt Lancer 1600 GSR. Joginder retired to the UK and passed away in 2013.

True to his word, Bharat got involved in the organisation of the event as from the following year; he worked his way up with diligent commitment and a dynamic approach



Finished at number one - Joginder Singh and Bharat Bhardwaj - but denied the top spot in 1969

for seven years until he was elected as its chairman in 1974. In the same year, this event was included in the world rally championship and was sponsored for one million dollars by Marlboro. This can be termed as the golden era of the Safari as overseas manufacturers' teams came in droves to try and win the world rally event along with major sponsors in millions of dollars.

Most of all, Bhardwaj brought in a scintillating touch of glamour to this motoring extravaganza. The sponsors spent millions of dollars and manufacturers came from Japan and Europe to test their cars under the toughest conditions of roads and weather. A Safari win boosted the sales of that particular model around the world.

Not only in motorsport, Bharat was one of Kenya's finest bridge players; he played in the Bridge Olympics on two occasions and became the chairman of African Bridge Federation. When he passed away in December 2019, generous tributes were paid as Safari ready cars led his funeral motorcade.

Every successful Safari is a tribute to the diplomacy and dynamism of Bharat Bhardwaj.

Kul Bhushan worked as a newspaper Editor in Nairobi for over three decades and now lives in New Delhi

The Conversation

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The war's effect in driving up the price of oil, gas, food, fertilisers and other commodities has been "inherently stagflationary":

Since commodities are a key production input, an increase in their cost constrains output. At the same time, soaring commodity prices have boosted inflation everywhere, exacerbating a shift that was already well in train before the onset of the war.

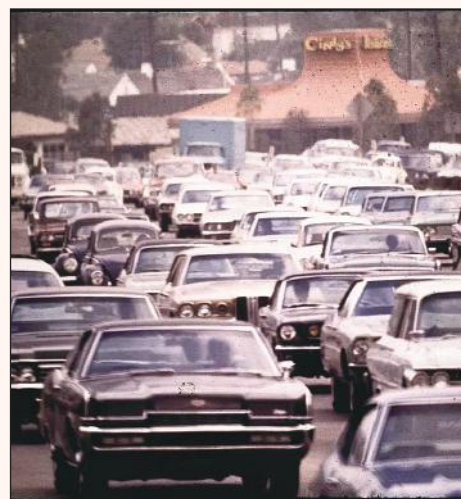
The only bright note is that BIS expects these price surges to be less disruptive than the oil supply shock of the 1970s.

This is because the relative impact of the oil supply shock was greater due to economies in the 1970s being more energy-intensive.

There is also much more focus now on containing inflation, with most central banks having a clearly stated inflation target (2% in Europe and the US, 2%-3% in Australia).

What are the biggest dangers?

But the current situation is still very challenging, the report says, because increases in the price of food and energy are particularly conducive to spreading



Traffic in Los Angeles, 1973. Economies were much more energy-intensive than now. Pic- Wikimedia Commons

inflationary psychology.

This is because food is bought frequently, so price changes are notable. The same goes for fuel prices, which are prominently displayed on large roadside signs.

There is also the risk in many

1970s-style stagflation now playing on central bankers' minds

economies of a wage-price spiral – in which higher prices drive demands for higher wages, which employers then pass on in higher prices.

Central banks face what Reserve Bank of Australia governor Philip Lowe has called a "narrow path".

To achieve a "soft landing" they need to raise interest rates enough to bring inflation down. But not enough to cause a recession (and thus stagflation).

How to avoid a 'hard landing'?

The BIS report cites an analysis of monetary tightening cycles – defined as interest rate rises in at least three consecutive quarters – in 35 countries between 1985 and 2018. A soft landing was achieved in only about half the cases.

A key factor in the hard landings was the extent of financial vulnerabilities, particularly debt. Economies with hard landings on average had double the growth in credit to GDP prior to the interest-rate rises.

This factor contributes to BIS concerns now. As the report notes:

Unlike in the past, stagflation today would occur alongside heightened financial vulnerabilities, including stretched asset prices and high debt levels, which could magnify any growth slowdown.

Furthermore, the slowdown in China's labour productivity is removing an important boost to global economic growth and restraint on global inflation.

But a key lesson from the 1970s is that the long-term costs of doing nothing outweigh the short-term pain of bringing inflation under control.

This means governments must curb handouts or tax cuts to help people with cost-of-living pressures. Expansionary fiscal policy will only make things worse. Assistance must be strictly targeted to those who most need it.

There is also a need to rebuild monetary and fiscal buffers to cope with future shocks. This will require raising interest rates above inflation targets and returning government budgets (close) to surplus.

John Hawkins, University of Canberra

The iPhone turns 15

A look at the past (and future) of one of the 21st century's most influential devices

It is 15 years since Apple released what's arguably its flagship device: the iPhone. A decade and a half later, there are few products that have managed to reach a similar level of brand recognition.

Announced to an eager audience in 2007, the iPhone has revolutionised how we communicate and even how we live day to day.

The large-screen revolution

The iPhone was released in the United States in June 2007, and in a further six countries in November.

From the launch of Mac computers in the 1970s to the iPod in 2001, Apple already knew how to engage with its audience – and how to encourage extraordinary levels of hype when launching a product.

Early reviews for the iPhone were

the globe in July 2008, with significantly improved data speeds and the addition of the Apple App Store. Even though it offered a mere 500 apps at launch, the app store marked a significant improvement in phone functionality.

And just as users started getting used to 3G, it was superseded by the 3GS about a year later.

This cycle of regularly pushing out new products was critical to Apple's success. By releasing regular updates (either through whole product iterations, or more minor functionality improvements) Apple managed to secure an enthusiastic audience, eager for new releases each year.

Also, since older products would often be passed down within families, Apple's product pipeline helped it establish a multi-generational user base. This pipeline continues to operate today.



Image Credit: ANI

almost universally glowing, applauding Apple's attention to detail and style. The only problem flagged was network connectivity – and this was an issue with slow speeds on phone carrier networks, rather than the device itself.

Consumers' appreciation of the iPhone's style was no surprise. It was indicative of an emerging trend towards smartphones with large-format screens (but which still reflected the form of a phone). The Nokia N95 was another such example that hit the market the same year.

The original iPhone offered wifi, supported 2G EDGE connectivity and had internet download speeds below 500Kbps (compared to multi Mbps speeds today).

It was also limited to 4GB or 8GB models. This might sound pitiful compared to the 1TB options available today, but it's enough to hold hundreds of songs or videos and was revolutionary at the time.

The Apple assembly line

The iPhone 3G was rolled out across

New approaches to old ways

The iPhone family has delivered size, speed and storage improvements over its 15-year history. Some of its "new" features weren't necessarily new to the market, but Apple excelled at delivering them in highly integrated ways that "just worked" (as founder Steve Jobs would say).

In 2013, the iPhone 5S introduced touch ID, which allowed users to unlock their phones with a fingerprint. While this had first been introduced with the Fujitsu F505i back in 2003, Apple delivered a robust implementation of the feature. Of course, it wasn't long before enterprising individuals learnt how to bypass the mechanism.

The iPhone 8, released in 2017, brought with it the face ID feature. This still had weaknesses, but was at least immune to being unlocked with a photo.

Beyond security, the iPhone series has also produced year-on-year improvements in camera technology. While the original model sported a paltry two-

megapixel camera, later models featured multiple lenses, with resolution boosted to 12 megapixels – rivalling many digital cameras on the market.

Wireless charging was introduced with the iPhone 8 (although preceded by Samsung as early as 2011). And the bezel-less design of the iPhone X, released in 2017, built on features found in the Sharp Aquos S2 from the same year.

Controversy

Nonetheless, the iPhone has not been without problems. The introduction of the iPhone 7 in 2016 saw the removal of the standard 3.5mm headphone socket – and many weren't happy.

While an adaptor was initially provided for customers to connect their regular headphones, it was only free for about two years. After that it had to be purchased. In 2016 there were indications of a spike in wireless headphone sales. Perhaps somewhat conveniently, Apple launched its AirPods (wireless Bluetooth earbuds) at the same time.

A similar change came in 2020 with the release of the iPhone 12. Arguing consumers had a multitude of spare devices – and perhaps trying to ride on the green re-use agenda – Apple removed chargers from the unboxing experience.

Users still received a charge cable, but it was a USB-C to lightning cable, whereas previous iPhone chargers would have a USB-A socket (the standard USB port).

The justification iPhone users would have a box full of old chargers overlooked the fact that none of them would be likely to support the newer and faster USB-C cable.

So you could use your old USB-A to lightning cable and charger to charge your shiny new phone, but you'd be limited to slower charging speeds.

Future

If the past 15 years are anything to go by, it's likely the iPhone will continue with annual product releases (as we write this article many will be anticipating the iPhone 14 due later this year).

These models will probably bring improvements in speed, weight, battery life, camera resolution and storage capacity. However, it's not likely we'll be seeing many groundbreaking innovations in the next few years.

The latest iPhones are already highly sophisticated mini computers, which means there's limited scope for fundamental enhancement.

Perhaps the most radical change will be the shift from Apple's proprietary lightning connection to USB-C charging, thanks to a new European Union directive. And while a common power connector standard is widely considered a positive move, Apple wasn't convinced:



The 2007 Nokia N95 had a slide-out keypad. Pic- redd.it

We believe regulations that impose harmonisation of smartphone chargers would stifle innovation rather than encourage it.

As display technologies evolve, Apple may turn to the clam-shell phone design, with a fully foldable display screen.

Samsung has already brought this to the market. But Apple, in true fashion, will likely wait until the technology (particularly the glass) has evolved to deliver an experience in line with what iPhone users have come to expect.

While we can't predict what the iPhone will look like in another 15 years (although some have tried), it's likely the demand for Apple products will still be there, driven by Apple's strong brand loyalty.

By Ismeni Vasileiou, De Montfort University; Paul Haskell-Dowland, Edith Cowan University



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Home



Motor car



car



Lorries

Objection: No one can understand what you're saying

Legal documents, such as contracts or deeds, are notoriously difficult for nonlawyers to understand. A new study from MIT cognitive scientists has determined just why these documents are often so impenetrable.

Eric Martinez, a licensed attorney who is now a graduate student in brain and cognitive sciences at MIT, Martinez is the lead author of the study, which appears in the journal 'Cognition'. Frank Mollica, a former visiting researcher at MIT, is also an author of the paper.

In their new study, the researchers compared a large selection of legal contracts (totalling about 3.5 million words) to other types of writing, including movie scripts, newspaper articles, and academic papers.

Using a text analysis tool that can identify patterns in large volumes of text, the researchers found that legal documents include many instances of nonstandard capitalization, such as using all caps. This is legally required in some types of legal documents to make certain provisions more conspicuous. Legal writing also



Legal documents. Pic - dreamstime.com

features much more use of the passive voice, the researchers found.

The biggest culprit, they found, was centre-embedding. In this type of construction, a writer introduces the subject of a sentence, then inserts a definition of the subject, and then continues on with the sentence. In their paper, the researchers included this sentence, with a lengthy definition in parentheses, as an example:

"In the event that any payment or benefit by the Company (all such payments and benefits, including the

payments and benefits under Section 3(a) hereof, being hereinafter referred to as the 'Total Payments'), would be subject to excise tax, then the cash severance payments shall be reduced."

The paper offers this as a more understandable alternative, with the definition separated out:

"In the event that any payment or benefit by the Company would be subject to excise tax, then the cash severance payments shall be reduced. All payments and benefits by the Company shall hereinafter be referred to as the 'Total Payments.' This includes the payments and benefits under Section 3(a) hereof."

The researchers found that when they tested people on their ability to understand and recall the meaning of a legal text, their performance improved the most when centre-embedded structures were replaced with more straightforward sentences, with terms defined separately.

Another feature that contributed to the incomprehensibility of legal documents was the use of uncommon words such as "lessee" and "lessor." The researchers found that replacing these words with more common alternatives such as "tenant" and "landlord" improved readers' ability to understand and recall the meaning of what they had read.

"We found more words that could have been simplified in legal text than in any other genre that we looked at, including academic text," Martinez says.

Common houseplants can improve air quality indoors

Ordinary potted house plants can potentially make a significant contribution to reducing air pollution in homes and offices, according to new research led by the University of Birmingham and in partnership with the Royal Horticultural Society (RHS).

During a series of experiments monitoring common houseplants exposed to nitrogen dioxide (NO₂) -- a common pollutant -- researchers calculated that in some conditions, the plants could be able to reduce NO₂ by as much as 20 per cent.

The researchers tested three houseplants, easy to maintain and not overly expensive to buy. They included **Peace lily** (*Spathiphyllum wallisii*), **Corn plant** (*Dracaena fragrans*) and **fern arum** (*Zamioculcas zamiifolia*).

Each plant was put, by itself, into a test chamber containing levels of NO₂ comparable to an office situated next to a busy road.

Over a period of one hour, the team calculated that all the plants, regardless of species, were able to remove around half the NO₂ in the chamber. The performance of the plants was not dependent on the plants' environment, for example whether it was in light or dark conditions, and whether the soil was wet or dry.

Lead researcher Dr Christian Pfrang said: "The plants we chose were all very different from each other, yet they all showed strikingly similar abilities to remove NO₂ from the atmosphere."

In a poorly ventilated small office (15 m³) with high levels of air pollution, the



Peace lily. Pic - Balcony Garden Web

team calculated that five houseplants would reduce NO₂ levels by around 20 per cent. In the larger space (100 m³), the effect would be smaller -- 3.5 per cent, though this effect would be increased by adding more plants.

While the effects of the plants in reducing NO₂ are clear, the precise mechanism by which they do this remain a mystery. Dr Pfrang added: "We don't think the plants are using the same process as they do for CO₂ uptake, in which the gas is absorbed through stomata -- tiny holes -- in the leaves. There was no indication, even during longer experiments, that our plants released the NO₂ back into the atmosphere, so there is likely a biological process taking place also involving the soil the plant grows in -- but we don't yet know what that is."



How long would garden snails live if they were not eaten by another animal?

It has been reported that at least one snail lived as many as 14 years in captivity.

His name was George and he lived in Hawaii, in the United States.

That's a really good question! There have been reports of at least one snail living as many as 14 years in captivity. His name was George and he lived in Hawaii, in the United States.

Very few people have ever had the patience to study how long garden snails live in the wild. However, it might be longer than we might at first think -- studies showed that snails in gardens in California needed to be between two and four years old before they were old enough to have babies. Many of these Californian garden

snails, which were studied for almost five years, were therefore over six years old at least -- older than you, Alice! It seems that rats and small mammals were the main predators of these snails.

Counting snail shell rings

There is a snail very like the garden snail that is called the Roman or Apple snail -- it is the one that some people like to eat.

A study of a population of these snails in England was able to work out how old

these snails are. That's because, as they get older, you can count growth rings at the edge of their shell.

Some of the snails were at least six years old and probably more like eight or nine. The older snails had very thick shells and were often out and about. The scientists thought this might be because as the snails got older and bigger, fewer birds and other predators could crack their thick shells, and so they felt safe enough not to hide away all the time.



I wonder how old this little guy is? Flickr/TJ Gehling, CC BY

So, it seems that if you are a snail that can survive long enough to get big then you might stand a good chance of getting even older -- maybe 15 years old. It depends on what type of snail you are.

Bill Bateman
Associate professor, Curtin University



Husband and Wife

While getting married, most of the guys say to girl's parents, 'I will keep your daughter happy for the rest of her life.'

Have you ever heard a girl saying something like this to the boy's parents like 'I will keep your son happy for the rest of his life?'

Nooooo ... because women don't tell lies!

If a wife wants her husband's attention, she just has to look sad and uncomfortable.

If a husband wants his wife's attention, he just has to look comfortable and happy.

A philosopher **husband** said: Every **wife** is a 'mistress' of her husband...

'Miss' for the first year and 'stress' for rest of his life!

Husband to wife: You should learn to embrace your mistakes...

She hugged him immediately.

Golden Words

1. "If you want to change the world, do it when you are a bachelor. After marriage, you can't even change a TV channel."



LADIES GYM 1960 INSTRUCTOR: MOTHER-IN-LAW



2. "Listening to wife is like reading the terms and conditions of websites. You understand nothing, still you agree..."

3. "Chess is the only game in the world, which reflects the status of the husband. The poor King can take only one step at a time... while the mighty Queen can do whatever she likes."

4. "All men are brave. Horror movies don't scare them... But 5 missed calls from wife surely will..."

What's the difference between a good lawyer and a bad lawyer?

A bad lawyer can let a case drag on for several years, a good lawyer can make it last even longer.

A lawyer called his client to tell him about the schedule for his fee payments. 'Right, you owe me \$1000 up front, and then \$509.55 each month for the next 36 months.'

'What! that sounds like the payment schedule on a new car!' exclaimed the client. 'You're right, it's mine,' said the lawyer.

A lawyer was talking to his teenage son about his

future career.

'Why do you want to be a doctor? What's wrong with lawyers?' he asked.

'Well, dad, I really want to help people... When was the last time you heard anybody stand up in a crowd and shout frantically: 'Is there a lawyer around?'

A mafia godfather finds out that his bookkeeper, Guido, has cheated him out of \$10,000,000. His bookkeeper is deaf. That was the reason he got the job in the first place. It was assumed that Guido would hear nothing so he would never have to testify in court. When the Godfather goes to confront Guido about his missing \$10 million, he takes along his lawyer who knows sign language.

The Godfather tells the lawyer, "Ask him where the money is!"

The lawyer, using sign language, asks Guido, "Where's the money?"

Guido signs back, "I don't know what you are talking about."

The lawyer tells the Godfather, "He says he doesn't know what you're talking about."

The Godfather pulls out a pistol, puts it to Guido's head and says, "Ask him again or I'll kill him!"

The lawyer signs to Guido, "He'll kill you if you don't tell him."

Guido trembles and signs, "OK! You win! The money is in a brown briefcase, buried behind the shed at my cousin Bruno's house."

The Godfather asks the lawyer, "What did he say?"

The lawyer replies, "He says you don't have the guts to pull the trigger!"

Don't you just love lawyers?

A couple were attending their first pre-natal class

So that the husband could get an idea of what it felt like to be pregnant, the instructor strapped a bag of sand to his stomach.

As he walked with his new bulge, the husband said, 'This doesn't feel too bad.'

Then the instructor deliberately dropped a pen and said to the husband. 'Now I want you to pick that pen as if you were pregnant.'

'You want me to do it my wife would,' said the husband

'Exactly the same,' said the instructor.

The husband turned to his wife and said, 'Honey, pick up the pen for me.'

The Little Secret to Staying Super Inspired

-- Robin Sharma - Humanitarian & Leadership Missionary

It's so very simple yet ever so rarely practiced: the secret to staying inspired is to avoid those things that de-inspire you.

That means that, each and every day -- for the remainder of your gorgeous and valuable life -- you:

- avoid people who bring you down
- avoid activities that drain your hope
- avoid books and shows that steal your joy

- avoid thoughts that degrade your game
- avoid places that make you feel bad

Personally, reading uplifting words fuels my inspiration dramatically (this ritual also causes your dopamine levels to surge nicely).

I've opened my heart to write an inspirational piece for you to review as part of your 5AM Club morning routine.

Here we go...

Go out into this cruel and beautiful world with a heart full of heroism and eyes set to witness the full glory of your powers.

Yes, some seasons will bring misfortune and sometimes will be hard. Yet, there is much good in daily life. Neighbours who appreciate you, friends who enliven you and family that adores you.

When it comes to those who wish less than your dreams for you, know they know not what they do. Send them the good wishes that reflect your patience. And the kind understanding that displays your sincere forgiveness. It is a bold act of honour and strength to keep good feelings towards all other within you.

Work richly and with dignity, giving more than you receive and produce the magic that honours your maker. And respects your genius.

Keep your life simple, as an addiction to acquisition and deep craving for more can stifle your spirit and hurt your good heart.

Give more than you take. Be more helpful than is necessary. And treat each person you meet with decency. This is a route to inner peace and outer success.

Enjoy the company of wise people, the companionship of inspiring books and a healthy relationship with your finest self.

When the crowd seeks to make you like them, stay true to your path—leading by your virtues and the values that feel most real to you.

Remain daring, knowing that the meek and timid do not know the soaring flights that come by leaning into your fears. To postpone the life of your ideals is to invite regret into your days.

Remember that terror is closer to triumph than complacency is. And that fear become faith when you walk into it.

Enjoy the fruits of your labour and the accolades of your masterwork. Now love gently, respecting all around you and the earth that nourishes you.

Life's Stories

The Monkey and the Crocodile

Beautiful fruits trees grew along the banks of a river in a jungle. The trees used to bear delicious fruits like apples, oranges, peaches, figs and bananas. A clever young monkey lived on those trees. He used to move from one fruit tree to the other and enjoy the delicious fruits.

There lived a crocodile on the river. Although the crocodile could see all the delicious fruits on the branches of the trees, he couldn't taste them. He couldn't climb the trees like the monkey, neither could he fly like a bird to reach the fruits. Sometimes the fruits, half-eaten, over-ripe and unwanted by other animals, would fall down. He would try to eat those fallen fruits, but he knew it didn't taste as good as the ripe fruits plucked from the trees.

One day, while the monkey was jumping from one tree to the other, he saw the crocodile struggling to eat a worm-infested apple thrown by him. The monkey took pity on the crocodile, who looked very hungry, so he threw some fresh apples in the direction of the crocodile. The crocodile ate the apples thrown by the monkey. It was the most delicious apples the crocodile had ever eaten. The crocodile thanked the monkey for his generosity.

The next day, the crocodile came back. The monkey had got some new fruits that he had got from the trees that were a little further away from the river. The monkey gave his new friend bananas, figs and mangoes. The crocodile enjoyed the delicious fruits and even carried some of them to take to his wife. His wife was very excited to eat all the new and exotic fruits.

An unusual friendship started to develop between the two as the monkey fetched the fruits and the crocodile ate them. They started assessing the deliciousness of different fruits from the different trees. Every day the crocodile used to take the best fruits to his wife, which she used to eat with excitement.

She said, "If the fruit you get from the monkey is so sweet, imagine how sweet would be the heart of the monkey who eats these fruits every day." The crocodile was puzzled. His wife continued, "I want to eat the heart of the monkey. I am sure it will be sweeter and tastier than these fruits."

The crocodile was very angry to hear his wife's selfish desires. "How could you even think of it? The monkey is my friend, and he has been giving us these delicious fruits every day. How could you be so cruel?" he said his



wife.

His wife kept quiet for that day, but she hadn't given up on the desire to eat the monkey's heart. After a few days, the crocodile's wife got sick. She said her whole body hurt, and she was going to die.

"Oh dear, what can I do to you to make you feel better?" the concerned crocodile asked his wife.

"Love, if you really do want me out of my misery and want me well, I will tell you what will cure me," said the crocodile's wife.

"Oh dear, I would do anything for you. I promise."

The crocodile replied. "Last night, I had a dream that the only thing that could save me is the monkey's heart. So, please get me the heart of the monkey if you want me saved," said the crocodile's wife.

So, the crocodile decided to save his wife, even if that meant betraying his monkey friend. The monkey was waiting for him the following day. He looked at the crocodile and asked, "Why are you looking so sad today?"

The crocodile knew that he couldn't say the truth to the monkey, so he replied, "My wife is very angry with me. She says we have not repaid your kindness. She has insisted that I take you to my home for lunch."

The innocent monkey said, "So why are you sad about it? I may not be able to swim, but I can ride on your back."

The monkey and the crocodile set off to the crocodile's home. Once they were midway, the crocodile could no longer keep the monkey from the truth. He said, "My friend, I lied to you. My wife is very ill, and she has told me that only your heart would cure her illness. Therefore, there will be no lunch when you come to my home."

The monkey was appalled to hear his friend, but he maintained his composure. "Oh dear friend, you should have told me that earlier. I would have loved to give my heart to your wife to cure her illness. But I keep my heart

safely in the tree. I don't have it with me right now," he said to the crocodile.

The crocodile knew that he couldn't go home without the monkey's heart. So, he said, "What do we do now?"

The monkey replied, "Take me back to the river, and I will quickly get my heart back from the tree." The crocodile believed him and took him back to the bank.

The moment the monkey touched the river bank, he ran up to the safety of his trees and screamed at the crocodile, "You are an unfaithful friend! Go away and never come back here. My heart is within me, and how can I keep it away somewhere else?"

The crocodile knew the monkey tricked him, but what could he say to the monkey because he was the one who had cheated a friend.

Back home, the crocodile's wife was excitedly waiting for the monkey's heart. She was very disappointed when she heard about the failed attempt to procure the monkey's heart, but she quickly recovered from her sickness as it was all an act. The real loss was for the crocodile. He knew that he was not just going to miss eating those delicious fruits but also miss the company of his friend the monkey.

This picture is from an article called "The Rescuing Hug". The article details the first week of life of a set of twins. Each were in their respective incubators and one was not expected to live. A hospital nurse fought against the hospital rules and placed the babies in one incubator. When they were placed together, the healthier of the two threw an arm over her sister in an endearing embrace. The smaller baby's heart stabilized and temperature rose to normal.



-- Mother Teresa

The beauty and mystery of the ocean fills our lives with wonders, vast beyond our imagination.

-- M L Borges

The ocean is everything I want to be. Beautiful, mysterious, wild and free.

-- Anonymous

You can't cross the ocean of life just by dreaming about it, you have to jump in and swim.

-- Debasish Mridah

Looking out over the ocean you can see reflections.

-- Debasish Mridah

The sea cures the ailments of man.

-- Plato

Life is like the ocean. It can be calm or still, and rough or rigid, but always beautiful.

-- Anonymous

Life's lessons

Knowledge is power

One day, a farmer's donkey fell into a well.

The animal cried and grieved for hours while the farmer tried to do something to save him.

Eventually, the farmer decided the donkey was too old and the well had been dry for a long time, so getting the donkey out of the well wasn't worth it.

He called his neighbours, and each of them took a shovel and began throwing dirt into the well.

The donkey, realizing what was

happening, started crying and growling even louder.

At one point, to everyone's surprise, the donkey stopped complaining after a few plates of dirt.

The farmer looked to the bottom of the well and was amazed at what he saw...

With every palate of dirt, the donkey was doing something incredible: it was hitting the ground with its hooves and taking a step above the ground.

Very soon, everyone saw in surprise the donkey coming to the mouth of the well, stepping over the edge and trotting out.

Moral. Life will knock you down, but we can get out of the deepest pits if we don't give up. Use the ground they throw you to move forward.

Quotable Quotes

The Rich and Deep Symbolism of the Sea

A smooth sea never made a skilled sailor.

-- Franklin Roosevelt

The sea, once it casts its spell, holds one in its net of wonder forever.

-- Jacques Yves Cousteau

Would you learn the secret of the sea? Only those who brave its dangers, comprehend its mystery.

-- Henry Wadsworth Longfellow

We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.

Relationships

Qualities that make for a good life partner

Every person dream of an ideal partner. Someone who will love them with all their heart. Someone who supports them in adverse situations. Here we are listing some most common traits that make for a good life partner. Let's see what they are, as listed by TOI...

Compassion: A good partner should be caring, compassionate and considerate towards the partner and their family. They should work towards looking for solutions and staying calm in times of adversity.

Time: A good partner should find time for the partner. They should not stay absorbed in other duties and commitments but always take out time for the love of their life.



Encouragement and respect: A good spouse should always be encouraging and motivating. They should be able to respect their partner's decision and not impose their opinions or views all the time.

Believes in resolving issues: A good partner should keep their cool and make sure to arrive at a solution that benefits everyone.

Teamwork: A good partner should be able to ensure shared participation in all activities. Teamwork is a vital aspect of every marriage and you shouldn't overlook this quality. Teamwork and coordination are actually a bonus quality!

Personal space: A good partner shouldn't be disrespectful towards your personal space in the marriage. Every person needs some 'me time' and so, invading that private space should be something a good wife or a husband should never do.

The best, happy face: A good partner should be able to bring out the best in you. They should be kind, graceful, respectful, happy and caring towards everyone.



Health

High Cholesterol: 4 expert-recommended ways to lower cholesterol instantly

Cholesterol is a tricky element of our body. While it is an essential element and is crucial for various body functions, it creates nuisance when it exceeds its normal level.

High cholesterol is the condition that worries many as health experts say an increase in cholesterol level can affect the normal functioning of the body and can have lethal consequences like heart attack.

It should be known that high cholesterol is preventable. There are several ways to manage cholesterol level only if the person knows the right way to do it. High cholesterol is a menace not only when it exceeds its quantity, but also when the concerned individual does not have the right knowledge about it.

Here are a few experts recommended ways to handle high cholesterol:

Eat healthy

Do not compromise with your diet. Healthy food is very essential to control cholesterol level. A healthy eater should avoid having processed junk food and should always prefer eating those foods which are good for the heart health.

Apart from bad oils, one should also refrain from eating refined carbohydrates, as these disturb the blood sugar level and misguide the body in storing fat in a different way which leads to obesity, experts have said.

Include more naturally grown organic food to the diet.

Physical activity is a must

No, do not assume that physical activity should be stopped after a certain age. Actually, health experts have said that the more you grow old, the more hours you should put into physical exercises.

If you are someone who doesn't like going to gyms, you can do easy no-equipment workouts like jogging, running, walking or even cycling.

It is always advisable to consult a doctor before taking up physical activities.

Weight training

A research study on 90 men between the ages of 18 and 30 revealed that high-density lipoprotein in men who weight trained regularly behaved in a healthier way than high density lipoprotein in sedentary men. The study found that the men who didn't exercise were more likely than those who weight trained to have dysfunctional high-density lipoprotein which was a risk factor for heart disease.

Though high-density lipoprotein is called good cholesterol, higher amounts of it does no good to the body. The study found that regular weight training might improve high density lipoprotein function and protect against heart disease, even in those who remain overweight.

Quit smoking

Smoking is the worst thing a person does to self and also to others. Smoking does have a direct impact on the lungs, but its effect on the heart cannot be ruled out. A study had found that low-density lipoprotein (LDL) cholesterol or bad cholesterol levels were significantly higher among persons who smoked cigarettes and consumed five or more cups of coffee per day than among non-smokers who abstained from coffee. Conversely, high-density lipoprotein (HDL) cholesterol or good cholesterol was higher in persons who did not smoke or drink coffee than in coffee-consuming smokers.

Appartement à louer - long terme



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Nia Sharma:

'I am still a beggar who needs work, money'

Nia Sharma, who hasn't been seen on the TV for a while now, has shared that her break is not voluntary. Nia has been absent from television since participating in the reality TV show *Bigg Boss* in 2021. Her last web series was *Jamai 2.0* that released on ZEE5 that same year. When asked about her break from television, Nia said that it isn't voluntary and she will accept whatever good project comes her way, reports Hindustan Times.

She told *Bollywood Bubble*, "We are not someone who can take voluntary breaks. I am not in that position, I am still a beggar who needs work, who needs money. I can never say that I need a break. I want work. At the same time, yes, I choose it. I want to wait for the right one. And the waiting can be 6 months long, a year-long, or it can take years too. That is unfortunately a drawback or a pitfall of what we are in. Sometimes, it feels really bad. I feel very let down at times. But I say no more than yes, so I get it. It's fine, I will get something."

Asked if she has been missing from television because she has moved on from the platform, Nia said, "I think I have stopped moving only. For me, everything has kind of stopped. The day it comes, whatever comes, something big comes up, I will take it, I want to take it."

Nia rose to fame when she played Manvi Chaudhary in the Star Plus show *Ek Hazaaron*



Mein Meri Behna Hai. She also gained popularity for her portrayal of Roshni Patel in Zee TV's *Jamai Raja*. Her last fictional TV show was *Naagin 4*, in which she played Brinda.

Tanya Sharma:

The moment one enters her 20s, everyone around starts asking about marriage plans

Television actress Tanya Sharma, who is currently seen as Kashmira in the show 'Qurbaan Hua', is all excited about the on-going wedding track. Tanya is loving her look, that of a Pahadi bride, for her onscreen wedding with Rajveer Singh, reports TOI.

She loves playing a bride, Tanya tells us. "Playing a bride is almost mandatory on our TV shows. But I always get excited when I hear that I have to dress as a bride, even though I have done it so many times now," shares Tanya.

Dressed in a beautiful red ghagra-choli, she looks stunning as a bride. The traditional jewellery along with the head gear adds to the look.

Tanya adds, "I was very excited to don an authentic Pahadi wedding attire. The lehenga was vibrant and the jewellery indeed enhanced the look. The feeling of dressing up like a Pahadi bride was amazing. I have dressed up as a bride for other shows previously, but this experience was extraordinary. More so because of the Matha-Patti and other accessories."

What about donning the bridal wear in real life? Has that crossed her mind ever? "The moment one enters her 20s, everyone around starts asking about marriage plans, especially relatives. But I still have a long way to go, a few more years to be precise," she signs off.



YOUR STARS

Sagittarius: Nov 22 - Dec 21

A clean environment is necessary to keep yourself healthy and hygienic surroundings are better to be productive and positive throughout the day. For Sagittarian students, the day is likely to be better than average for pursuing higher education. This is a favourable week for your love life as you are likely to witness an inflow of fresh energy in your relationships.

Lucky Numbers: 15, 17, 20, 21, 25, 30

Capricorn: Dec 22 - Jan 19

Avoid any new partnerships as this is not a conducive period for existing or new tie-ups. Some students can expect to get positive news about moving abroad. Married couples may find the going tough as a lack of mutual understanding may spark off fresh disputes.

Lucky Numbers: 5, 20, 22, 33, 34, 36

Aquarius: Jan 20 - Feb 18

You should plan to undertake a short trip with your loved ones which will help recharge your mind. Aquarius students can expect good results. For those who are single, this day could open a new chapter in your love life. This is a favourable time for committed partners as they may derive more meaning from their relationship.

Lucky Numbers: 12, 15, 17, 20, 26, 39

Pisces: Feb 19 - Mar 20

The financial front of Pisces natives is all set to brighten today. Money blocked for a long time may be through unexpectedly. Professional life may remain satisfactory, however, there is a need to watch out for careless words. Spend some time with your close friends to recharge yourself. Single Pisces natives are likely to find their future partners.

Lucky Numbers: 3, 4, 7, 22, 36, 38

Aries: Mar 21 - Apr 19

Some emotional issues from the past may resurface which can increase negativity in the domestic environment. Maintain a healthy daily routine and include meditation in it. Single Aries are advised to speak out their heartfelt feelings to their beloved. If things have been strained lately for married couples, then the coming days offer a chance to get things back on track.

Lucky Numbers: 11, 17, 18, 23, 24, 25

Taurus: Apr 20 - May 20

Be it dealing with the pressure of finances or handling domestic responsibilities you will be able to handle it all with relative ease. Family ties will start to stabilise after a period of upheaval. You could face some misunderstandings with your spouse. Remaining patient and understanding may bring faster resolution.

Lucky Numbers: 1, 7, 14, 16, 23, 26

Gemini: May 21 - June 20

Avoid taking decisions relating to the sale, purchase or construction of property in haste else it can create problems. Married Gemini individuals will get support from their spouse and in-laws and this restores harmony in marital ties. Those looking to settle down may get lucky in their search.

Lucky Numbers: 2, 9, 17, 20, 23, 26

Cancer: June 21 - July 22

Your inner power can help you achieve professional success. You just need to put in the right amount of effort and hard work. Financially the coming week is auspicious for investment and multiplying your assets. Cancer students will need to focus hard to achieve the desired success in academics.

Lucky Numbers: 6, 11, 12, 19, 30, 31

Leo: July 23 - Aug 22

Leo students are likely to perform exceedingly well in their studies. Progress in your personal life is also indicated as any previous issue in your married life is likely to get resolved. Try to understand the needs and demands of your romantic partner to bring lost romance back into your love life. Singles may find the dating scene exciting!

Lucky Numbers: 13, 18, 20, 21, 24, 27

Virgo: Aug 23 - Sept 22

You may experience an increased flow of activity at your workplace and may be called for providing your advice on the completion of important tasks. There could be sudden benefits which can improve your financial position. Committed Virgo natives may get the courage to propose. A positive reply is a strong possibility.

Lucky Numbers: 14, 15, 20, 24, 26, 40

Libra: Sept 23 - Oct 22

Some challenging situations at the workplace can also become a cause of disturbance in your family life. On the health front, taking a vitamin supplement could be useful. Romantic life may remain vibrant for courageous Libras. Make sure you say yes to new opportunities and adventures, even if they feel outside your comfort zone.

Lucky Numbers: 5, 9, 10, 11, 17, 36

Scorpion: 23 Oct - 21 Nov

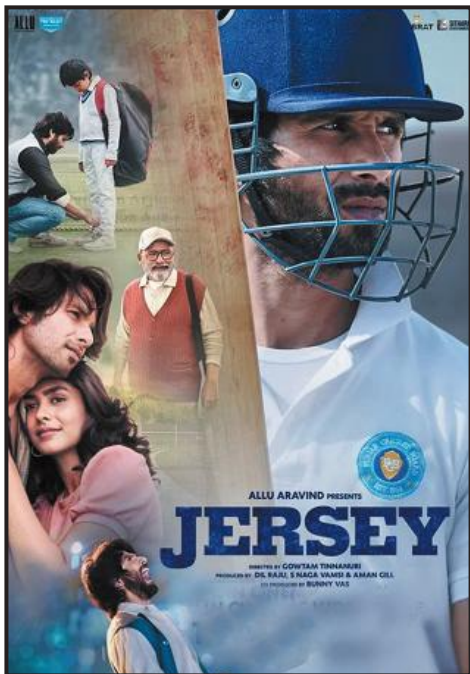
You are likely to get favourable opportunities related to your professional field. It also appears to be a favourable time to start your own business. Some elders may be opposed to your romantic liaison, deal with them patiently to win their approval. Your spouse may be going through a testing time.

Lucky Numbers: 7, 13, 16, 20, 25, 33

New Bollywood movies to watch in 2022

Bollywood is back in full force with exciting new films, and if you're in the mood for a Hindi-language flick, then we've got all the best...

Bollywood is back in full force with exciting new films, and if you're in the mood for a Hindi-language flick, then we've got all the best new Bollywood movies from 2022 that you can stream right this very moment. If you thought 2021's best Bollywood films were good, then wait 'til you watch this year's best titles. There is a rich variety of genres on the menu, from unconventional badass female narratives and family-friendly sports dramas, to serious action thrillers and epic period movies, reports Cosmopolitan.



Jersey

In this remake of the 2019 Telugu film of the same name, a talented cricket player from Chandigarh makes the tough decision to try out for the national team 10 years after retiring, hoping to earn his son a jersey.

Dasvi

Looking for something on the lighter side? In this comedy, a charismatic politician who dropped out of school after eighth grade decides to pursue a high school education after he's implicated in a scam and sent to prison—and it's funnier than it sounds, promise.

Bachchhan Paandey

This action comedy — which is a remake of the 2014 Tamil film *Jigarthanda* — revolves around a journalist with dreams of becoming a director who decides to investigate a ruthless gangster for movie inspiration...but unfortunately, her research attempts aren't as subtle as she'd hoped.

Cobalt Blue

In the mood for a gorgeous queer love story? Then check out Cobalt Blue, which is adapted from Sachin Kundalkar's novel of the same name. In it, a brother and sister from a traditional Marathi household both fall in love with their family's new enigmatic house guest, and as you can

guess, drama

Sharmaji Namkeen

In this feel-good flick (which also marks actor Rishi Kapoor's final film appearance), a middle-class widower forced into early retirement looks for other job opportunities, and along the way, he forms a relationship with a widowed boutique owner and rediscovers a passion for cooking.

Radhe Shyam

This swoon-worthy period drama may have been a box office bomb, but it's still very much worth the watch. In it, a renowned palm reader living in 1970s Italy finds himself unexpectedly falling for a doctor who relies far more on science than fate or destiny.

Toolsidas Junior

A heartwarming drama revolving round a younger teenager who, after watching his father lose the 1994 Membership Snooker Championship in a humiliating defeat, dedicates himself to mastering the sport of pool as a way to put his father's identify on the Winners' Board.

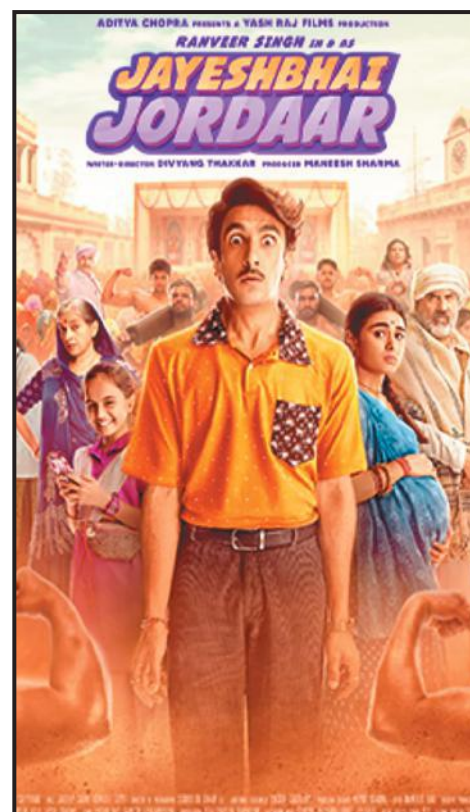
Jalsa

This thriller tells the story of an 18-year-old hit-and-run victim who finds herself embroiled in a thorny legal case when it becomes clear that the circumstances surrounding the accident are more complicated than they initially appeared.

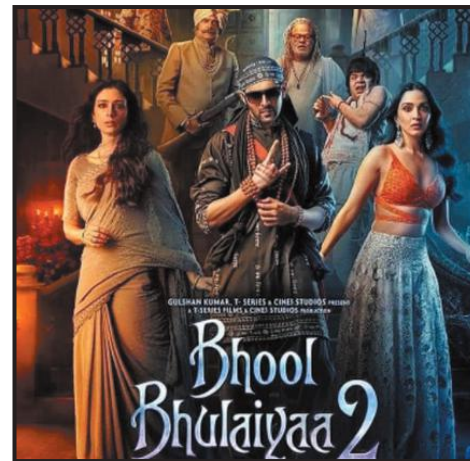
Thar

Set in the '80s, this Western-style action drama follows a mysterious antique dealer who moves from the city to a remote Rajasthan village to avenge his past, and his actions give a veteran cop a chance to finally prove himself.

Jayeshbhai Jordaar



This dramedy tells the story of Jayesh, the son of a traditional Gujarati sarpanch (aka an elected decision maker), who — after discovering that he and his wife are expecting a second daughter rather than a son who may someday become the next sarpanch after Jayesh — must fight for the rights of his wife and unborn child.



Bhool Bhulaiyaa 2

In this stand-alone sequel (which is a follow-up to 2007's *Bhool Bhulaiyaa*), a fraudulent psychic is recruited to deal with the malevolent spirit, Manjulika, who's returned to torment a wealthy family 18 years later.

Heropanti 2

Another great sequel from 2022, *Heropanti 2* continues the story of computer genius/vigilante Babloo as he's sent on a mission to track down psychopathic cyber criminal Laila...and ends up falling for Laila's sister Inaaya along the way.

Loop Lapeta

Loop Lapeta is a remake of the 1998 German thriller *Run Lola Run*, following a young woman named Savi whose boyfriend loses a mob boss' money. It's then up to her to try and save him from the deadly criminal—and to find a way out of the seemingly infinite time loop she's now stuck inside.

Gehraiyaan

In this romantic drama, a 30-year-old yoga studio owner stuck in a rut (and a boring long-term relationship) gets a new lease on life after her cousin Tia and her fiancé Zain come to visit...mostly because of the surprising bond she forms with Zain.

Badhaai Do

Badhaai Do tells the story of policeman Shardul and teacher Sumi, who agree to get married out of convenience after they reveal to one another that they're gay. And though they decide to date other people while maintaining a balanced and happy married life, things get complicated when Sumi's girl-

friend comes to stay with them.

Gangubai Kathiawadi

This semi-biographical drama is loosely based on the life of Ganga Harjivandas Kathiawadi, following a young woman who starts out as a brothel worker and ends up becoming a powerful underground figure. There's also an intriguing controversy surrounding the film, which is almost always a good reason to watch.

Love Hostel

Who doesn't love a good romantic thriller?? In *Love Hostel*, two lovers from different religions (who know their families won't approve of their relationship) decide to elope in secret, and as a result, they find themselves pursued by a relentless mercenary who's determined to put an end to their marriage.



Jhund

Based on the life of Vijay Barse (who founded NGO Slum Soccer, a soccer program for children living in slums), this sweet sports drama recounts the story of how the retired sports teacher created his program to rehabilitate street kids.

Ardh

In this quiet drama, a theater actor living in Mumbai attempts to become a big-time movie star, and he must go to great lengths in order to pull himself and his wife out of poverty. 51-year-old actor Rajpal Yadav may not play a *totally* convincing 37-year-old, but this one is still worth watching for his fabulous performance.

Cinema Sirsa

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

OM

(By Aditya Roy Kapur, Jackie Shroff and Sanjana Sanghi)

Friday 1 July - 20:15
Saturday 2 July - 13:15/20:15
Sunday 3 July - 13:15/16:15
Monday 4 to Thursday 7 July - 13:15/20:15

TAMIL MOVIE VIKRAM

(By Kamal Haasan and Vijay Sethupathi)

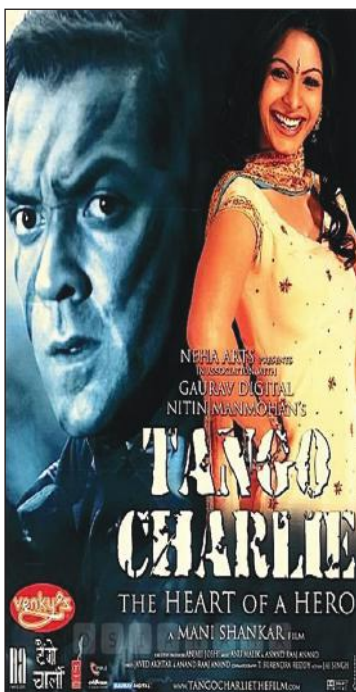
Friday 1 July - 13:15



Vendredi 1 Juillet - 21.15



Samedi 2 Juillet - 21.00



Dimanche 3 Juillet - 21.52



Programme TV



SERIAL



vendredi 1 juillet

MBC 1

06.00 Local: Bricolo Ecolo
07.30 Local: Glwar Dantan
08.30 Local: Nou Later Nou Lamer
10.00 Mag: Radio Vision
11.00 Mag: Top 100 Famous...
11.30 Tele: Les Trois Visages D'ana
12.00 Le Journal
12.25 Tele: Tanto Amor
13.15 Local Production
14.35 D.Anime: Gon
15.20 D.Anime: The Hive
15.34 D.Anime: Booba
15.40 D.Anime: Mondo Yan
17.05 Serial: Superstore
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
22.40 Serial: Billions
23.00 Le Journal

MBC 2

07.00 DDI Live
10.00 Serial: Sila
11.18 Serial: Tu Ishq Hai
12.00 Film: Natpe Thunai
14.34 Mag: DDI Mag
15.00 Live: Samachar
15.22 Serial: Saare Tuihyachsathi
15.43 Serial: Bommarillu
16.04 Serial: Sondha Bandham
16.26 Serial: Pyar Ke Sadqay
16.52 Serial: Bhaag Na Banche...
17.14 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
07.51 Doc: En Attendant Les...
08.41 Doc: Castles
09.38 Doc: Will Roots Save The...
12.03 Mag: Border Crossing
13.49 Doc: L'Ile De Pnt De Re
15.21 Doc: My Family War And I
16.04 Mag: Eco India
16.42 Mag: Carnet De Sante
19.00 Student Support Prog...
19.33 Doc: Iran From Above
20.45 Doc: World Heritage
20.48 Doc: Heritage
21.41 Doc: Volcano Stories
22.08 Doc: Dying For Gold
23.33 Doc: Legendary Hotels
00.15 Doc: World Stories
00.27 Mag: Our Voices
00.56 Mag: Euromaxx
01.22 Doc: Iran From Above
02.05 Doc: World Heritage

Cine 12

01.27 Film: Juste Un Peu D'Alchimie
04.00 Film: Sugar!
05.15 Tele: Marimar
05.37 Tele: Rubi
06.41 Film: Juste Un Peu D'Alchimie
09.00 Serial: Deux Flics A Miami
09.45 Tele: La Femme De Lorenzo
10.35 Tele: Fierce Angel
11.00 Serial: New Amsterdam
12.00 Film: Sugar!
13.31 Tele: Marimar
14.45 Film: Juste Un Peu D'Alchimie
16.40 Serial: Deux Flics A Miami
17.24 Serial: For Life
18.05 Tele: La Femme De Lorenzo
19.00 Tele: Fierce Angel
19.34 Serial: Creeped Out
20.05 Tele: Missing Bride
20.30 Serial: The Magicians
21.15 Film: Resident Evil
22.51 Tele: Marimar

Bollywood TV

06.23 Film: Isi Life Mein
Star: Oberoi, Sandeepa Dhar,
Mohnish Bahl
10.42 / 20.30 - Radha Krishna
11.12 / 21.00 - Anupamaa
11.42 / 21.30 - Mere Sai
12.12 / 22.00 - Agnihera
12.43 / 22.03 - Yeh Teri Galiyan
13.04 / 22.30 - Patiala Babes
14.30 / 23.00 - Main Maik Chali
Jaungi Tum Dekhte Rahiyo
15.00 / 21.46 -
Yeh Hai Mohabbatein
15.25 Film: Welcome
Starring: Akshay Kumar,
Katrina Kaif, Nana
Patekar, Anil Kapoor...
18.00 Live: Samachar
18.30 Kundali Bhagya
19.00 Udaariyaan
19.28 Bhakharwadi

samedi 2 juillet

06.00 D.Anime: Ubongo Kids
07.43 D.Anime: Paf, Le Chien
07.57 D.Anime: Akill And Me
08.22 D.Anime: Briko
08.41 D.Anime: Cat & Keet
08.56 D.Anime: Les Triples
09.00 D.Anime: Panda Fanfare
09.33 Mag: Kid's Planet
10.00 Local: Zafan Nou Zil
10.30 Serial: Oh Yuck!
12.00 Le Journal
12.20 En Direct De La City Trianon
15.20 D.Anime: The Hive
15.34 D.Anime: Booba
15.41 D.Anime: Mondo Yan
17.15 Mag: Human Nature
18.00 Samachar
18.30 Enter: Taare Zameen Par
19.30 Journal & La Meteo
20.10 Local: Autour Des Valeurs...
21.10 Film: Nowhere To Run
23.00 Local: Le Journal

07.00 Film: Jamun
Starring Raghuvir Yadav
Shweta Basu Prasad Sunny
Hinduja
10.00 Bade Acche Lagte Hai
11.05 Serial: Dikri Vahalno Dariyo
12.00 Serial: Nanda Saukhya Bhare
12.30 Serial: Mooga Manasulu
12.46 Serial: High School
15.00 Live: Samachar
15.20 Film: Hum Pyar Tumhi Se Kar
Baithe
Stars: Jugal Hansraj, Tina...
17.42 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: Tango Charlie
Starring Ajay Devgn, Bobby
Deol, Sanjay Dutt....

06.00 Doc: Legendary Hotels
06.42 Mag: World Stories
06.57 Mag: Our Vocies
07.25 Mag: Euromaxx
07.54 Doc: Iran From Above
09.42 Doc: Volcano Stories
11.29 Doc: Legendary Hotels
12.55 Mag: Euromaxx
13.21 Doc: Iran From Above
15.00 Student Support Prog...
18.20 Doc: Sweet Magic
18.25 Doc: Smoothie Mania
18.31 Mag: In Good Shape
19.00 Mag: Salad Area
20.30 Local: News (English)
20.45 Doc: World Heritage
20.50 Doc: Fabulous Design
21.42 Doc: Skuld
22.08 Mag: Luana's Kitchen
23.15 Doc: Sweet Magic
23.46 Doc: Smoothie Mania
23.47 Mag: In Good Shape

01.26 Film: Resident Evil
03.09 Serial: Powers
03.49 Serial: Under Pressure
04.35 Serial: Reckoning
05.20 Tele: Tanto Amor
06.04 Serial: The Magicians
08.30 Serial: Shades Of Blue
09.10 Serial: Under Pressure
10.40 Film: Grace And Goliath
12.15 Serial: Powers
13.04 Mag: Clnemag
13.30 Serial: New Amsterdam
14.57 Tele: Muneca Brava
16.24 Serial: The Magicians
17.03 Film: Apple Of My Eye
18.30 Serial: Knight Right
19.35 Serial: Creeped Out
20.05 Tele: Missing Bride
20.30 Series: The Magicians
21.15 Film: What The Night Can Do
22.45 Tele: Sinu, Rio Des Pasiones

04.17 Anupamaa
05.15 Mere Sai
05.18 Agnihera
05.48 Yeh Teri Galiyan
06.10 Patiala Babes
08.00 Yeh Teri Galiyan
09.49 Motu Patlu
10.01 Sasural Simar Ka 2
12.36 Serial: Bhakharwadi
14.00 Serial: Anupamaa
16.00 Pavitra Rishta
18.00 Samachar
18.30 Film: Aur Pyar Ho Gaya
Starring Bobby Deol,
Aishwarya Rai Bachchan,
Shammi Kapoor, Anupam
Kher
21.15 Serial: Namah
21.27 Serial: Naagin Season 3
22.06 Serial: Yeh Teri Galiyan

dimanche 3 juillet

06.00 D.Anime: Ubongo Kids
07.20 D.Anime: Inspecteur Gadget
07.58 D.Anime: Kid Lucky
08.23 D.Anime: Briko
10.00 Local: Zafan Nou Zil
11.00 Local: Nu Rasinn
11.55 Local: Autour Des Valeurs...
12.00 Le Journal
12.36 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: The Drakers
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: Rage/Tokarev
23.05 Le Journal

07.00 Film: Babul
11.03 Serial: Azhagu
11.24 Jag Jaanani Maa
Vaishnodevi
11.45 Serial: Surya Pura
12.06 Film: First Love Letter
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
17.03 Serial: Siya Ke Ram
19.00 Live: Zournal Kreol
19.30 Serial: Radha Krishna
20.06 Serial: Porus
20.46 Serial: CID
21.16 Serial: Naagin Season 2
Starring: Mouni Roy,
Karanvir Bohra...

06.00 Mag: Tresors Oublies De...
07.02 Mag: Salad Area
07.32 Mag: Check In
09.51 Doc: Skuld
10.38 Doc: Iran From Above
11.26 Doc: Sweet Magic
11.30 Mag: Tresors Oublies De...
11.57 Doc: Smoothie Mania
12.31 Mag: The 77 Percent
14.21 Doc: World Heritage
14.26 Doc: Fabulous Design
15.15 Doc: Skuld
15.44 Mag: Luana's Kitchen
17.19 Doc: Smoothie Mania
19.00 Mag: The Inside Story
19.33 Doc: Japan From Above
20.30 Live: News (English)
20.50 Doc: World Heritage
21.43 Doc: La Route De La Soie
22.08 Doc: Day Zero
22.51 Doc: From Vogtland To...

01.28 Film: What The Night Can Do
02.58 Serial: Absentia
03.50 Film: Nowhere To Run
05.11 Tele: Tanto Amor
06.36 Serial: Island Doctor
08.30 Serial: Shades Of Blue
09.11 Film: What The Night Can Do
10.40 Film: Apple Of My Eye
12.15 Serial: Absentia
13.31 Serial: New Amsterdam
15.34 Tele: Muneca Brava
17.00 Serial: The Magicians
17.45 Serial: Absentia
18.30 Serial: L'Agence Tous Risque
19.36 Serial: Creeped Out
20.05 Tele: Missing Bride
20.30 Serial: The Good Doctor
21.15 Serial: Scorpion
21.52 Film: Pavillon De Femme
23.55 Tele: Sinu, Rio Des Pasiones

00.15 Serial: Sasural Simar Ka 2
02.27 Bhakharwadi
04.20 Anupamaa
06.18 Pavitra Rishta
08.11 Ishaaron Ishaaron Mein
10.03 Kundali Bhagya
12.00 Yeh Hai Mohabbatein
14.02 Agnihera
16.01 Jijaji Chhat Par Hain
17.00 Punar Vivaah
18.00 Live: Samachar
18.30 Film: 7/12 Phere More Than
A Wedding
Starring: Juhi Chawla,
Irfan Khan, Manoj Pahwa,
Neena Kulkarni
20.32 Naagin Season 3
21.20 Yeh Hai Mohabbatein
23.29 Ishaaron Ishaaron Mein
01.19 Kundali Bhagya
03.26 Agnihera

lundi 4 juillet

06.00 Local: Zafan Nou Zil
07.00 Local: Nu Rasinn
07.55 Local: Music Tour 2022
09.12 Doc: Secluded Treasures
10.00 Local: Le Mag Avec Josian...
11.10 Tele: I Forgot I Loved You
11.31 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: Superstore
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
20.25 MBC Production
22.05 Film: The Patriot, Le Chemin...
Avec: Mel Gibson, Heath Ledger...

07.00 DDI Live
10.00 Kundali Bhagya
12.06 Film: Qatl
Starring Sanjeev Kumar,
Marc Zuber, Sarika
14.30 DDI Magazine
15.00 Samachar
15.20 Serial: Saare Tuihyachsathi
15.42 Serial: Bommarillu
16.04 Serial: Sondha Bandham
16.33 Serial: Pyar Ke Sadqay
16.50 Serial: Bhaag Na Bachhe
17.12 Serial: Kullfi Kumarr...
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: Thatrom Thookrom
Starring: Teejay
Arunasalam, Fouziee

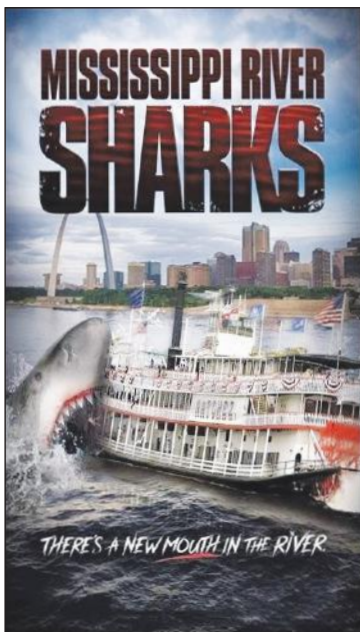
07.00 Mag: Salad Area
07.58 Doc: Japan From Above
08.53 Doc: World Heritage
10.16 Doc: Day Zero
12.32 Mag: The Inside Story
14.19 Doc: World Heritage
15.16 Doc: La Route De La Soie
16.25 Doc: From Vogtland To...
18.00 Mag: Eco@Africa
19.00 Student Support Prog...
19.33 Mag: In Good Shape
20.45 Doc: Castles
20.48 Mag: Luana's Kitchen
22.06 Mag: Global 3000
22.32 Mag: Washington Forum
22.58 Doc: Muranow
23.40 Doc: The Trillion Tree Plan
00.27 Mag: The 77 Percent
00.53 Doc: Persons
00.56 Mag: Africa 54
01.22 Mag: In Good Shape

01.25 Film: Pavillon De Femmes
04.01 Film: Rage
05.35 Tele: Marimar
05.56 Tele: Rubi
06.20 Serial: The Good Doctor
07.41 Film: Memories Of War
09.45 Tele: La Femme De Lorenzo
10.35 Tele: Fierce Angel
11.00 Serial: New Asterdam
12.00 Film: Rage
13.35 Tele: Marimar
13.54 Tele: Rubi
14.45 Film: Memories Of War
16.29 Serial: The Good Doctor
18.05 Tele: La Femme De Lorenzo
19.00 Tele: Fierce Angel
19.39 Serial: Creeped Out
20.05 Tele: Missing Bride
20.30 Serial: Chicago PD
21.15 Film: Nobel Son
23.00 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 Maik Chali
Jaungi Tum Dekhte Rahiyo
15.00 / 21.46 -
Yeh Hai Mohabbatein
15.19 Film: Hai Apna Dil Toh
Awara
Starring: Sahil Anand,
Divya Chouksey, S. Far
18.00 Live: Samachar
18.30 Kundali Bhagya
19.00 Udaariyaan
19.31 Serial: Bhakharwadi
20.01 Sasural Simar Ka 2
20.30 Radha Krishna
21.06 Anupamaa

CINE 12

Mardi 5 Juillet - 21.10



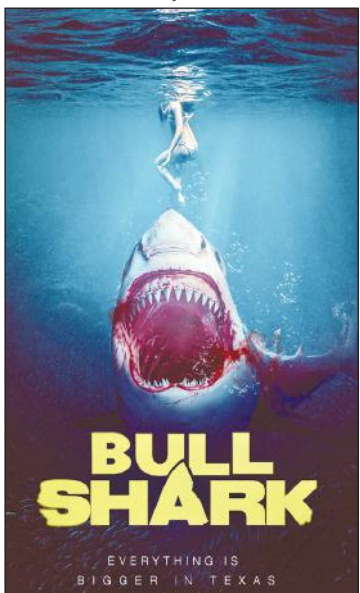
MBC 1

Mercredi 6 juillet - 21.15



MBC 1

Mercredi 6 juillet - 21.15



Programme TV



SERIAL



mardi 5 juillet

MBC 1

06.00 Local: Rodrig
07.29 Local: Rodrig Prog
09.10 Doc: Push
10.10 Local: La Societe
11.10 Tele: I Forgot I Loved You
11.34 Tele: Les Trois Visages D'ana
12.00 Le Journal
12.25 Les Grands Noms Interna...
12.30 Tele: Tanto Amor
14.35 D.Anime: Gon
15.00 Live: Samachar
15.20 D.Anime: The Hive
16.00 D.Anime: Boule Et Bill
17.05 Serial: Superstore
18.00 Live: Samachar
18.30 Serial: Jijaji Chhat Par Hain
19.30 Journal & La Meteo
20.15 Local: Autour Des Valeurs...
21.55 Film: Mississippi River Sharks
With Cassie Steele, Jason London

MBC 2

07.00 DDI Live
10.00 Serial: CID
12.00 Film: Ghazab
Starring: Dharmendra, Rekha
15.00 Live: Samachar
15.20 Saare Tujhyachsathi
15.43 Bommarillu
16.07 Sondha Bandham
16.33 Serial: Pyar Ke Sadqay
16.49 Bhaag Na Bachhe Koi
17.08 Kullfi Kumarr Bajewala
17.31 Serial: Premabhishekam
18.00 Serial: The Demi-Gods And Semi-Devs
18.30 Local: DDI Magazine
19.00 Zournal Kreol
19.30 Serial: Radha Krishna
20.06 Local: Tamil Programme
20.30 Film: Ankhiyon Ke Jharokhon Se
Star Sachin, Ranjeeta Kaur...

MBC 3

06.00 Mag: Eco@Africa
07.24 Mag: In Good Shape
07.53 Mag: Luana's Kitchen
09.39 Mag: Washington Forum
10.48 Doc: The Trillion Tree Plan
13.31 Doc: Secret Des Plantes
14.52 Mag: Washington Forum
16.25 Mag: Eco@Africa
18.00 Mag: Rev: The Global Auto...
18.41 Mag: Red Carpet
19.03 Student Support Prog...
19.34 Documentary
20.30 Live: News
20.45 Documentary
21.40 Mag: Euromaxx
22.03 Mag: Close Up
22.29 Local: Rodrig-Klip Seleksion
23.14 Mag: The Global Auto...
23.40 Mag: Healthy Living
00.10 Doc: Persons
00.39 Mag: Made In Germany

Cine 12

01.19 Film: Nobel Son
03.04 Serial: New Amsterdam
03.46 Film: Resident Evil
05.21 Tele: Marimar
05.44 Tele: Rubi
06.06 Serial: Chicago PD
07.00 Film: Apple Of My Eye
09.47 Tele: La Femme De Lorenzo
10.35 Tele: Fierce Angel
11.00 Serial: New Amsterdam
12.00 Film: Resident Evil
13.36 Tele: Marimar
13.57 Tele: Rubi
14.45 Film: Apple Of My Eye
16.40 Serial: Deux Flics A Miami
17.25 Serial: Chicago PD
18.05 Tele: La Femme De Lorenzo
19.00 Tele: Fierce Angel
20.05 Tele: Missing Bride
20.30 Serial: Chicago PD
21.15 Film: Nowhere To Run

Bollywood TV

06.50 Film: Hai Apna Dil Toh Awara
Star Sahil Anand, Divya Chouksey
11.28 / 19.27 - Radha Krishna
11.58 / 20.57 - Anupamaa
12.30 / 21.27 - Mere Sai
13.07 / 22.07 - Agniphera
13.30 / 22.37 - Yeh Teri Galiyan
14.08 / 23.07 - Patiala Babes
14.30 / 21.59 - Main Maike Chali Jaungi Tum Dekhte Rahiyo
14.53 / 22.25 - Yeh Hai Mohabbatein
15.28 Film: Dil Tera Ashiq
Star: Salman Khan, Madhuri Dixit, Anupam Kher
18.00 Live: Samachar
18.30 Serial: Kundali Bhagya
18.59 Udaariyaan
19.30 Bhakharwadi
20.00 Serial: Sasural Simar Ka 2

mercredi 6 juillet

07.00 Local: Profil
07.35 Local: Mag De La Sante
08.09 Local: Rodrig: Sa Lavi-La
09.00 Mag: Happiness Is On The...
10.05 Local: Morisien Konn Ou...
11.00 Mag: Top 100 Famous Actre...
12.00 Le Journal
12.30 Tele: Tanto Amor
13.15 Local Production: Les Klips
14.05 Local: Priorite Sante
14.35 D.Anime: Gon
15.20 D.Anime: The Hive
15.35 D.Anime: Booba
17.10 Serial: Superstore
17.35 Mag: The World Is Yours
18.00 Live: Samachar
18.30 MBC Production
18.55 Local: Planet Bollywood
19.30 Journal & La Meteo
20.30 MBC Production
22.20 Film: Bull Shark
Star: Thom Hallum, Billy Blair...

07.00 DDI Live
10.00 Suhani Si Ek Ladki
12.00 Film: Aap Aye Bahaar Ayee
Starring: Rajendra Kumar, Prem
15.00 Live: Samachar
15.23 Saare Tujhyachsathi
15.49 Bommarillu
16.07 Sondha Bandham
16.25 Serial: Pyar Ke Sadqay
16.49 Bhaag Na Bachhe Koi
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: Gajaar - Marathi Film
Star: Sanjiv Chopra, Umesh Jagtap, Chinmay Mandlekar

06.00 Mag: Rev: Global Auto...
06.41 Mag: Red Carpet
07.02 Mag: Check In
08.46 Doc: Castles
09.44 Mag: Euromaxx
15.31 Mag: Close Up
17.08 Mag: Healthy Living
18.07 Mag: Motorweek
18.33 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
22.38 Mag: Focus On Europe
23.46 Mag: Motorweek
00.12 Mag: Vous Et Nous
00.39 Doc: Persons
00.27 Mag: Arts.21
01.08 Mag: The Inside Story
02.00 Doc: Castles
02.29 Doc: Les Montagnes Du...

01.26 Film: Nowhere To Run
04.40 Film: Juste Un Peu D'Alchi...
05.24 Tele: Marimar
06.11 Serial: Chicago PD
06.51 Film: Mississippi River Shark
09.00 L'Agence Tous Risques
09.46 Tele: La Femme De Lorenzo
10.35 Tele: Fierce Angel
10.56 Serial: New Amsterdam
12.00 Film: Juste Un Peu D'Alchi...
13.30 Tele: Marimar
14.45 Film: Mississippi River Shark
16.35 L'Agence Tous Risques
17.18 Serial: Chicago PD
18.09 Tele: La Femme De Lorenzo
19.00 Tele: Fierce Angel
19.37 Serial: Creeped Out
20.05 Tele: Missing Bride
20.30 Serial: For Life
21.15 Film: L'Homme De Nulle Part
22.56 Tele: Marimar
23.41 L'Agence Tous Risques

07.00 Film: Dil Tera Ashiq
11.29 / 20.06 - Radha Krishna
12.00 / 20.26 - Anupamaa
12.31 / 20.02 - Mere Sai
13.08 / 20.46 - Agniphera
13.32 / 21.09 - Yeh Teri Galiyan
14.00 / 21.50 - Patiala Babes
14.32 / 22.15 - Main Maike Chali Jaungi Tum Dekhte Rahiyo
14.47 / 21.46 - Yeh Hai Mohabbatein
15.25 Film: Bandish
Starring Jackie Shroff, Juhi Chawla, Paresh Rawal
18.00 Live: Samachar
18.30 Kundali Bhagya
19.00 Udaariyaan
19.30 Serial: Bhakharwadi
20.00 Sasural Simar Ka 2
20.30 Radha Krishna
20.59 Anupamaa

jeudi 7 juillet

06.00 Local: Klip Seleksion
06.45 Local: Coin Jardin
06.59 Local: Itinerer Rodrig
07.50 Local: Ero Deryer Rido
08.05 Local: Elle
10.05 Live: Radio Vision
12.00 Le Journal
12.30 Tele: Tanto Amor
13.15 Local: Music Tour 2022
14.35 D.Anime: Gon
15.20 D.Anime: The Hive
15.34 D.Anime: Mondo Yan
17.10 Serial: Superstore
17.35 Mag: The World Is Yours
18.00 Live: Samachar
18.30 Serial: Jijaji Chhat Par Hain
19.30 Le Journal
20.10 Local: Autour Des Valeurs...
20.20 Film: Baadshaho
Starring Ajay Devgn, Ileana D'Cruz, Emraan Hashmi

07.00 DDI Live
10.00 Serial: Vikram Betaal Ki Rahasya Gatha
11.07 Serial: Mann Mein Vishwas...
12.00 Film: Chor Machaye Shor
15.00 Live: Samachar
15.22 Serial: Saare Tujhyachsathi
15.43 Serial: Bommarillu
16.04 Serial: Sondha Bandham
16.33 Serial: Pyar Ke Sadqay
16.53 Bhaag Na Bachhe Koi
17.13 Kullfi Kumarr Bajewala
17.40 Local: Bhajan Sandhya
18.00 Serial: The Demi-Gods And...
18.30 Mag: DDI Mag
18.32 Filler: Radha Krishna
20.04 Local: Les Grandes Lignes
20.59 Local: Profil
21.14 Film: Rage/Tokarev
With Nicolas Cage, Rachel Nichols

06.00 Mag: Motorweek
06.24 Mag: Vous Et Nous
06.52 Doc: Persons
08.17 Doc: Castles
10.23 Doc: Maddy
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: Set One
20.30 Local: News (English)
20.48 Who Killed Neanderthal
21.40 Doc: Les Grand Mythes
22.44 The History Of Greenpeace
23.31 Mag: Eco India
23.57 Mag: Shift
00.09 Mag: Carnet De Sante

01.33 Film: L'Homme De Nulle Part
03.14 Serial: New Amsterdam
03.54 Film: Bull Shark
05.15 Tele: Marimar
05.37 Tele: Rubi
06.35 Film: L'Homme De Nulle Part
09.00 Serial: Deux Filcs A Miami
09.45 Tele: La Femme De Lorenzo
10.37 Tele: Fierce Angel
11.00 Serial: New Amsterdam
11.57 Film: Bull Shark
13.35 Tele: Marimar
14.45 Film: L'Homme De Nulle Part
16.30 Serial: Deux Flics A Miami
17.21 Serial: For Life
18.05 Tele: La Femme De Lorenzo
19.00 Tele: Fierce Angel
19.36 Serial: Creeped Out
20.05 Tele: Missing Bride
20.30 Serial: For Life
21.15 Serial: Knight Rider

07.00 Film: Bandish
Starring Jackie Shroff, Juhi Chawla, Paresh Rawal
11.34 / 20.11 - Radha Krishna
12.04 / 20.28 - Anupamaa
12.32 / 20.32 - Mere Sai
13.04 / 21.09 - Agniphera
13.31 / 21.24 - Yeh Teri Galiyan
14.05 / 21.50 - Patiala Babes
14.30 / 22.15 - Main Maike Chali Jaungi Tum Dekhte Rahiyo
15.00 / 21.46 - Yeh Hai Mohabbatein
15.23 Film: Uuf Kya Jadoo Mohabbat Hai
Starring Akshay Anand, Nitin...
18.00 Samachar
18.30 Kundali Bhagya
18.59 Udaariyaan
19.29 Bhakharwadi
20.02 Sasural Simar Ka 2



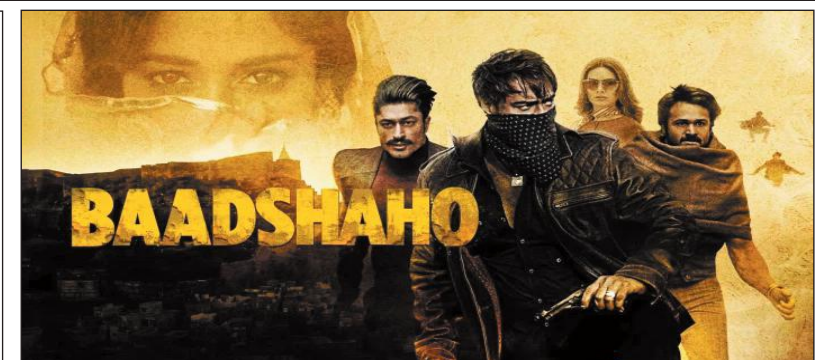
Jeudi 7 juillet - 15.30

Stars: Akshay Oberoi, Sandeepa Dhar, Mohnish Bahl



Jeudi 7 juillet - 20.20

Star: Ajay Devgn, Ileana D'Cruz, Emraan Hashmi



The tide of the Covid pandemic is going out – but that doesn't mean big waves still can't catch us

Omicron variants BA.4 and BA.5 are behind an increasing wave of infections in the UK. So, what happens now?



Colin Angus
University of Sheffield

In February, Prime Minister Boris Johnson said the public would have to get used to "living with Covid", and announced the phasing out of all Covid-related restrictions over the following months. For many people, life since then has begun to return to something resembling normal.

Of course, there are some notable differences to pre-pandemic times, with a huge increase in working from home, and worryingly, many people still suffering from long Covid. But in most respects, you could be forgiven for thinking the pandemic was over.

Yet, over the past few weeks, there have been indications that a new wave of Covid is coming. The latest data from the Office for National Statistics' (ONS) infection survey suggests that around 1.7 million people in the UK had Covid in the week ending June 18 – an increase of over 80% in the previous three weeks. Given the infection survey data is published with a delay of at least one week, these figures almost certainly underestimate the number of cases today.

One significant change in the last few months has been the end of free mass testing, which stopped in April. While this was inevitable at some stage because of the significant costs involved, it has taken away one of the UK's key early warning systems.

In the past, an increase in positive tests in the community has been among the first signs that a new wave was coming. Without this, we may not realise the seriousness of a new variant until it's already well established and people start turning up in hospitals in increasing numbers.



Theme park visitors show their covid passes in France, July 2021. Pic- AFP

BA.4 and BA.5

Two new omicron variants, BA.4 and BA.5, are making up most of the infections in the current wave. Both of them are more transmissible than BA.2, the previously dominant variant. The evidence is still unclear on whether these variants are more or less severe than earlier forms of omicron, but the UK Health Security Agency (UKHSA) has classified them as "variants of concern".

The latest hospital data shows that the number of new Covid patients (a combination of new admissions and people who catch Covid in hospital) in England is rising. In the most vulnerable age groups (65 and over) these figures are at almost two-thirds of the January peak seen during the initial omicron wave.

The situation is most acute in the north-west of England, where there are currently around 200 new Covid admissions every day. The north-west was also one of the worst affected parts of the country in terms of hospital admissions during the BA.1 and BA.2 waves.

The key question at this stage is how long this increase will carry on for. Without the early warning system of mass testing, it's hard to know. Ultimately, this wave will start to subside when the growth advantage of the new variants comes up against the wall of immunity put up by vaccinations and previous infections.

Although we've done an excellent job of getting initial doses of Covid vaccines in arms in this country, a combina-

tion of immunity waning over time and the fact that newer variants are generally better at overcoming this immunity means that this wall is not as strong as it once was.

There are, however, a few reasons to be cautiously optimistic. South Africa, which has often been a bellwether for new variants, and where BA.4 and BA.5 were first identified, saw a much smaller wave as a result of these variants, with relatively few hospitalisations and deaths compared with previous waves. Portugal was one of the first European countries to see a BA.4/5 wave and, while it did see a significant increase in hospital admissions, case numbers now appear to have begun to fall without reaching the same severity as previous waves.

Some cause for concern

Even if the BA.4/5 wave isn't as big as earlier waves, there are two major concerns. The first is the pressure already placed on the NHS, which has been stretched to the limit by the events of the last two years. Ambulance waiting times are at record levels, as are A&E waiting times, with over one-quarter of patients waiting more than four hours to be seen. This comes alongside a huge backlog of operations and other types of medical care that were delayed during the pandemic. Even a modest BA.4/5 wave is only going to add to these pressures.

The second issue is the growing number of people with long Covid. As many as 1.4 million people in the UK report

symptoms that affect their day-to-day lives. And these figures are from May, before infections started rising again.

So what can we do? If you were taking precautions earlier in the year that you've since dropped, it would be wise to think about picking these up again. These include things like wearing a mask in crowded places, not meeting people if you have any symptoms, and testing if possible if you're feeling unwell or are going to spend time with someone who is vulnerable. The UKHSA also suggest meeting other people outdoors or in well-ventilated places.

To help reinforce our protection against these new (and future) variants, there might be merit to bringing the autumn booster campaign, which will offer a fourth dose to people over 65 and other more vulnerable groups, forward. It may also be worthwhile to consider offering fourth doses to younger age groups soon, and additional boosters to the most vulnerable groups.

The tide of the pandemic is going out. But as with any receding tide, there will always be the odd bigger wave that can catch you out if you're not careful. The end of mass testing and threats to the future of the invaluable ONS Covid infection survey make it more likely that these waves will catch us unprepared. The parlous state of the NHS and the threat of long Covid mean we shouldn't be complacent to the potential threat of this, or subsequent waves, even as the tide continues to go out.



Tree of Knowledge

Madisyn Taylor

There is Only Now

Being present lets us experience each moment in our lives in a way that cannot be fully lived through memory or fantasy.

It can be easy for us to walk through the world and our lives without really being present. While dwelling on the past and living for the future are common pastimes, it is physically impossible to live anywhere but the present moment. We cannot step out our front door and take a left turn to May of last year, any more than we can take a right turn to December 2025. Nevertheless, we can easily miss the future we are waiting for as it becomes the now we are too busy to pay attention to. We then spend the rest of our time playing "catch up" to the moment that we just let pass by. During moments like these, it is important to remember that there is only Now.

In order to feel more at home in the present moment, it is important to try to stay aware, open, and receptive. Being in the present moment requires our full attention so that we are fully awake to experience it. When we are fully present, our minds do not wander. We are focused on what is going on right now, rather than thinking about what just happened or worrying about what is going to happen next. Being present lets us experience each moment in our lives in a way that cannot be fully lived through memory or fantasy.

When we begin to corral our attention into the present moment, it can be almost overwhelming to be here. There is a state of stillness that has to happen that can take some getting used to, and the mind chatter that so often gets us into our heads and out of the present moment doesn't have as much to do. We may feel a lack of control because we aren't busy planning our next move, assessing our current situation, or anticipating the future. Instead, being present requires that we be flexible, creative, attentive, and spontaneous. Each present moment is completely new, and nothing like it has happened or will ever happen again. As you move through your day, remember to stay present in each moment. In doing so, you will live your life without having to wait for the future or yearn for the past. Life happens to us when we happen to live in the Now.