MAURITIUS TIMES

• "That some achieve great success, is proof to all that others can achieve it as well." -- Abraham Lincoln

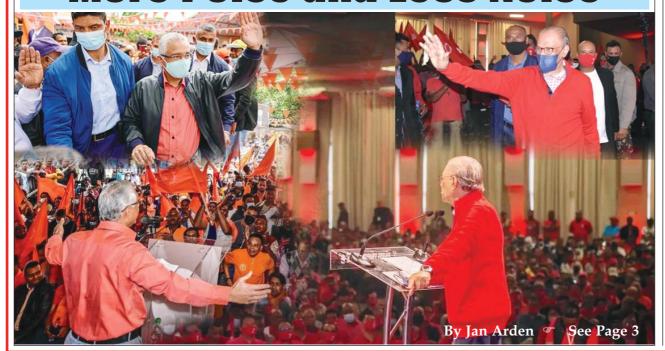
Electoral Petition No. 18: Suren Dayal's Appeal to the Privy Council

«The Law Lords
would be very wary
to interfere in the
political process
of the country»

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Opinion

More Poise and Less Noise



Interview: Sameer Sharma, Investment
Analyst & Financial Risk Manager

«The next crisis is unfortunately already here»



'The ongoing global negative supply shock creates challenges when it comes to stimulating the local economy with fiscal stimulus'

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What kind of society do we want?

By Dr R Neerunjun Gopee © See Page 5

Friday, September 2, 2022 www.mauritiustimes.com

Privy Council & General Elections

arely a few days after the Labour Party held a successful congress at Trianon Centre and laid down its premises for what it considers would make for a reasonable and workable alliance with the other mainstream parties for the next general elections, the Supreme Court issued a judgement in favour of the appeal lodged by the Director of Public Prosecutions (DPP) against the ruling of the Nov 2019 Intermediate Court (IC) dismissing all the charges slapped on Navin Ramgoolam for having allegedly "wilfully and unlawfully" accepted payment in cash in excess of an amount of Rs 500,000 in breach of the Financial Intelligence and Anti-Money Laundering Act 2002 (FIAMLA). Although, in fine, the two SC judges sent the case back to the IC for a retrial, it must have come as something of a cold shower for the LP leadership, particularly so in light of the political context and timing in which the judgement has been delivered.

Legal minds will dwell on the issues that the DPP saw fit to be addressed by the Supreme Court in this case, and it would seem that the option being envisaged by the LP would be an appeal of that retrial decision to the Privy Council, the ultimate court of appeal in our jurisdiction, in the hope of an early trial and a favourable judgement of the Law Lords for Navin Ramgoolam that would take the wind out of the sails of the MSM, which must have seen in the SC judgement an opportunity to finish off Navin Ramgoolam politically.

Appeals to the Privy Council however can be a double-edged sword. Readers will no doubt recall that the then MSM candidate Ashock Jugnauth case for electoral bribery, for instance, required that the final judgement be delivered by the Law Lords and has become since part of our jurisprudence. Similarly, in the case of the unilateral contract termination of the Red Eagle/Betamax contract, the Law Lords overruled the SC judges who had reversed an initial Intermediate Court and/or international arbitrator ruling in favour of the complainants. Premature celebrations in the ranks of the government at the SC ruling quickly fizzled out and the population has been handed the Rs 6 billion bill to foot for a government/STC decision taken in political circumstances we know.

There is also neither predictability nor certainty in how the more distant abodes of the Law Lords may scrutinise the constitutional and legal issues at stake. In the MedPoint-Pravind Jugnauth case, the ODPP learnt to its dismay that the about-turn of ICAC in this same case contributed, as acknowledged by the Law Lords themselves, to their

reversing a lower court judgement. In normal circumstances, however, it could be expected that the Privy Council would only examine, based on their interpretation of the law (the FIAMLA, in the case DPP v Navin Ramgoolam), whether the Supreme Court came to wrong conclusions in law (see LEX, page 4) or in their decision to call for what could be a lengthy retrial.

Timing is of the essence in this matter, especially so in view of the forthcoming general elections and the political context in which the offence/s allegedly committed by Navin Ramgoolam will be debated and canvassed on public platforms, including on social media. The longer it would take for a final judgement to be delivered ultimately by the Privy Council, the better it would suit the propaganda of the MSM, which is more effectively waged on soap boxes with the help of technology for the projection of visually damaging pictures/videos rather than in courtrooms. Such visuals are not just hearsay, they are visually damaging to a brand commercial or even political. Sometimes a brand can recover from a disaster, but sometimes not, commented a correspondent of this paper in an earlier post. The people are ultimately the only judge in such matters.

While we are on the topic of legal decisions that may affect the timing of general elections, it would be foolhardy to ignore the potential repercussions from a successful appeal to the Law Lords in the Suren Dayal petition. Many legal specialists believe there is a real case for the Law Lords to clarify the main issues in our laws and Constitution regarding either the freewheeling campaign promises or the abuses of the MBC during peak-time election coverage that such a judgement could risk entailing. It bears pointing out that this is merely a risk to the returned candidates in Constituency No8, but nonetheless a major one, a Damoclean sword over their heads, given the fact that the PM and his two colleagues are personally concerned.

Would the MSM decide to gamble on that Privy Council outcome, which is likely to be heard with some priority, and stick with a normal election schedule end 2024 remains to be seen. What is clear is that with an LP leader back under a cloud with the SC's judgement and an Opposition still far from offering a united front, there will be a strong temptation for Pravind Jugnauth to call for earlier general elections, in particular before either of these two cases are heard out and judgement delivered by the Privy Council. Challenging times ahead, therefore.

Mauritius Times

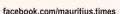
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The Conversation

How Much is Climate Change to Blame?

A climate scientist on the planet's simultaneous disasters, from Pakistan's horror floods to Europe's record drought



As floods devastate Pakistan, Europe suffers from cycles of drought and flood that are hitting crops. Waqar Hussein (EPA/AAP)/Jean-Francois Badias (AP/AAP)

xtreme floods are devastating Pakistan, caused by a combination of heavy monsoon rains and melting glaciers. While Pakistan is no stranger to deadly floods, this event is especially shocking with more than 1,100 people dead so far and many millions more affected.

Pakistan's climate chief has said one-third of the country is underwater - an area larger than the state of Victoria.

This Northern Hemisphere summer has seen extreme weather event after extreme weather event, from record-breaking drought in Western Europe, the United States and China, to flooding in Japan and South Korea.

This begs the question of the extent climate change is to blame. And, if so, is this what we should expect from now on?

A summer of extremes

The flooding in Pakistan is the latest in a sequence of exceptional disasters in the Northern Hemisphere.

Western Europe and central and eastern China have experienced record-breaking heatwaves and droughts leading to water restrictions. These heatwaves and droughts have also caused crop shortages, which are adding to the rising costs of food around the world.

China was plunged into an energy security crisis. And Italy's longest river is flowing at one tenth of its usual rate. These droughts and their significant impacts are forecast to continue for the foreseeable future.

Severe downpours have caused floods in places ranging from Dallas in the United States to Seoul in South Korea, which experienced its heaviest torrential rain in a century.

Record-breaking heat extremes have also been recorded in Japan, the central US and in the UK, where temperatures exceeded 40? for the first time.

It has also only been a few months since we saw temperatures reach 50? ahead of the monsoon rains in northern India and Pakistan.

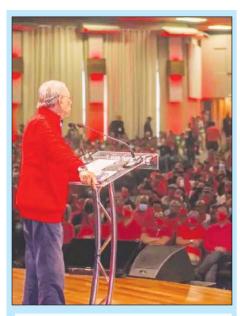
Andrew King, Senior Lecturer in Climate Science, The University of Melbourne Opinion Mauritius Times Fridat, September 2, 2022

Jan Arden

ew expected the MSM round-trip of the various regions, which did include the urban areas after the rural tour, to go astray in its final meetings and keep its ammunition dry or bring its attacks to a level worthy of a ruling regime. At least it has given notice to the "traditional" parties and leaders how far it would go in the quest to retain power with a probable amplification of its well-tested formula of 2019.

The only element of some amazement was the series of questions levelled against Sherry Singh about business deals and companies the latter and his wife controlled and, even more surprisingly, over bank accounts they might be holding overseas. It was a curious venue for public questioning from a soapbox, if only because most lawyers will avoid questions to which they do not already have the answers. The PM may therefore have digged for the relevant financial information unless, of course, the answers were - or should have been -- pretty much known to him.

Querying the overseas accounts of Mr Singh also brings back to mind the heady days sometime in 2016 when Vishnu



66The Congress was obviously not a party meeting destined to mobilise the crowds. The LP leadership had therefore a more poised atmosphere in which to expose for the party loyalists, the press and the representatives of the MMM, PMSD and RM in attendance, how the party intended to connect its rich past with the challenges facing Mauritius. In particular, what key structural and governance reforms would be needed and how it planned the reunion and mobilisation of all democratic forces around those ideals...?

More Poise and Less Noise

Lutchmeenaraidoo, then Minister of Finance under SAJ, only saved his skin (and a ministerial posting to Foreign Affairs) by stating that he did not have an overseas bank account in Hong Kong. That warning allusion served its purpose then. Those throwing stones at other houses should tread cautiously unless they would be prepared to stand the same test of transparency. Meantime we read in the press that all the country's financial watchdogs (MRA, FIU, FSC, with ICAC sniffing around) are hot on the Singh couple's trails while a US firm of consultant auditors are reviewing in depth Mr Singh's activities as CEO of Mauritius Telecom where, we may recall, Mr Naven Ballah as Chairman and some of our administrative top guns were Board members appointed by the PM himself.

Be that as it may, the PM wrapped up the series of 'congrès' and confided at the MSM politburo Saturday last his satisfaction and that he felt confident of completing his mandate. Some might have been relieved that government could get back to running the country's affairs and the state of duress facing consumers and taxpayers and an internationally downrated economy with more poise and less noise.

n the Opposition front much was awaited on the Labour Party (LP) exercise in the rejuvenation of its executive cadres and leadership structure, postponed due to the Covid pandemic last year, at the party's Congress held Sunday last. The first part of the exercise was expected to hear key messages from its leader Navin Ramgoolam on at least two fronts: the political alliances in the offing with the parliamentary opposition parties and other forces, and the relevance of the values and principles that should guide the LP itself and that future alliance for a credible assault on what looks like an MSM fortress.

The Trianon Convention Centre was jam-packed without bussing and distributed goodies to hear those key messages while the second half was expected to be taken up by the internal election exercise to the Executive Committee and restricted to party activists. That crowd was in itself a clear vindication of the leadership stance reiterated at the Congress by both the party president Patrick Assirvaden and the leader Dr Navin Ramgoolam that only the LP had the demonstrable popular support and grassroots anchorage to lead any Opposition alliance for major transformations in the country's setup, particularly in light of numerous failings witnessed since 2015.

There was also confirmation that the LP leader and the party were not heading for the 2024 fray for some concoction of transition arrangement mentioned here and there but for a full term to implement the changes mandated by a political alliance.



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The expectations of the Congress from the party leadership were aptly summed up in last week's MT editorial as follows:

"When the LP congress meets on Sunday, it would be most appropriate and timely for the party to reflect on its past and its future...The foundations of a just, caring and democratic society through the establishment of the welfare state, free education, appropriate constitutional safeguards for all irrespective of class or creed, among other such critical fundamentals, were laid down by the Labour Party."

The Congress was obviously not a party meeting destined to mobilise the crowds. The LP leadership had therefore a more poised atmosphere in which to expose for the party loyalists, the press and the representatives of the MMM, PMSD and RM in attendance, how the party intended to connect its rich past with the challenges facing Mauritius. In particular, what key structural and governance reforms would be needed and how it planned the reunion and mobilisation of all democratic forces around those ideals for the sake of party, country and the younger sections of the population.

The past could be no more than a beacon to light the future and, in view of the wide canvas of social, political, and economic challenges, there would expectedly be little time for Dr Navin Ramgoolam to delve in depth on any issue beyond key fundamentals, particularly as the freshly elected Executive Committee and the yet to be elected Politburo have to be involved in the party's brainstorming.

To that extent and under those limiting constraints his delivery was posited to suit the occasion while the dynamics of the larger political context are still work in progress.

eantime in what must have been an unforeseen twist by the PM on his mediatised Rodrigues infrastructure investment tour, it appears that the Agence française de développement

(AFD), announced as lead funding agency for the Rodrigues airport extension and/or port jetty works, has balked out and desisted from the project for reasons which obviously call for no commentary from that agency. Whether the overriding concerns of the main French aid instrument are related to the overall galloping indebtedness of government or the conditions surrounding such a major development we may never know.

After decades of buoyant French and EU assistance to Mauritius, and the several meetings between AFD and central government here since 2018 concerning the project, that decision has left government spinning. The PM has announced that he will earnestly look for alternative sources of external loans to take up the AFD backout.

There are very dire needs in Rodrigues most notably to tackle permanent water shortage and connectivity with mainland Mauritius as reported in an informative article in Le Mauricien (19 Nov 2018). Since then, internet connectivity has improved, and an Indian expert team was expected to analyse and make recommendations on the water shortage front although we are not aware of its suggested plan of action.

As for the airport extension and port civil works, we must wonder whether a fraction of the \$300m loan proffered from the Government of India (some Rs14 billion) for a Cote d'Or metro line extension cannot be used to satisfy the Rs4 billion earmarked for airport extension in Rodrigues as per the foreclosed AFD budget. That extension has been slammed in many quarters as unnecessary at this stage, with poor expected returns while massively costly on a per km basis.

Do we really need to replace AFD with another source of foreign exchange loans when some modest reshuffling of priorities and a reduction of public wastes might attend to those specific needs in Rodrigues using a fraction of the Indian proposal for \$300m?

Os & As Mauritius Times Friday, September 2, 2022

Electoral Petition No. 18: Suren Dayal's Appeal to the Privy Council

"The Law Lords would be very wary to interfere in the political process of the country"

LEX

he appeal to be lodged by Suren Dayal against the ruling of the two Supreme Court judges in dismissing his electoral petition raises some questions about what constitutes undue or unfair influence over voters. A narrow interpretation would allow any party the most populist pledges provided they were included in that party's campaign manifesto. If to the educated layman such a situation could not have been cautioned by legislators, the provisions and interpretations of the law have to be tested in the more distant and ultimate court of appeal of the Law Lords. Lex weighs in with his legal views.

* Unreturned candidate in Constituency No 8, Suren Dayal has announced his intention to appeal to the Privy Council against the judgement of the Supreme Court, which has dismissed his petition against the election of Pravind Jugnauth, Leela Devi Dookun-Luchoomun and Yogida Sawmynaden. Can the petitioner expect to obtain a judgement of the Law Lords at the earliest?

If all the procedural requirements relating to an appeal to the Privy Council are done speedily, the lawyers may ask the Law Lords that priority be given for the hearing of the case. This may be agreed to by the British judges but not necessarily so, which is why it is difficult to say how long it will take.

* What are the chances of Suren Dayal obtaining a judgement overturning that of the Supreme Court delivered by Justices David Chan Kan Cheong and Karuna Gunesh-Balaghee?

If the Supreme Court came to wrong conclusions in law, the case may be overturned. But again, it all depends on what reading the Law Lords give to the findings of the local judges and how they interpret the provisions of our electoral law.

* In their judgement in the appeal lodged by Ashock Kumar Jugnauth, who contested the ruling of the Supreme Court, the Privy Council held that the "Supreme Court based its judgment to a significant extent on findings of fact which the judges made after due consideration of the oral evidence which they had heard and which they accepted. Normally, such findings would be very difficult to challenge in an appeal to the Board..." Why is that so?

It is very rare that the Privy Council

would interfere with findings of fact.
Their cursus or ruling is that a local court is best suited to deal with factual issues as the court is more familiar with what goes on locally.
The Privy Council will only intervene on factual findings if these findings are perverse in the sense that no reasonable person would have come to the conclusion found by the local court.

* What is to be expected from the Law Lords if the same principle of not challenging the findings of the Supreme Court on the basis of evidence and facts were to be adopted in an appeal by Suren Dayal?

Well, if the Law Lords find that the Supreme Court correctly appreciated the facts, then the findings will not be



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* Does it mean that even if the findings of the Supreme Court might appear to be incorrect such as those relating to the double standards applied by the MBC with regard to the coverage of a press conference by Mr Dulthumun 48 hours before polling day as against its refusal to broadcast that of Mr Ramdhean on the ground of breach of IBA guidelines, it would still be very difficult to challenge those findings in an appeal to the Privy Council?

the press conference of Mr Ramdhean on the simple pretext that this would have been a breach of the guidelines issued by the Independent Broadcasting Authority. It would have been very useful to have the views of the court on this. Had the court delved more fully in that aspect of the case, it would have been very useful to see what impact, if any, this delving would have had on the outcome of the petition.'

* Could it be argued that the merit of Suren Dayal's appeal lies in challenging the judgment of the Supreme Court, which might otherwise unwittingly open the floodgates for all manner of abuses during the next and future electoral campaigns by sitting governments of whichever political stripes?

The Supreme Court seems to have given to any sitting government the right to make all sorts of promises on the eve of an election and then argue by way of defence that the promises were part of their manifesto. As Vinod Boolell also stated in his interview:

'On the issues of treating and bribery, it would appear that the court has given the green light to any sitting government to make as many promises as it can before polling day and then include them in an electoral manifesto without any risk of being accused of bribery or treating. This would be perfectly permissible in an electoral campaign.'

This is the strongest point in favour of Suren Dayal. The judges write in their judgment that it appears that the MBC applied double standards by allowing Mr Dulthumun to air his views 48 hours before polling day but declined to do so in the case of Mr Ramdhean. But they did not pursue the matter further..."

reversed. The next exercise is to determine whether on the facts as found by the Supreme Court it may be concluded or inferred that there was no bribery, treating or undue influence involved.

* What if the two judges on the basis of facts and oral evidence adduced before them made erroneous interpretations in law or jurisprudence that might have been established in the Ashock Jugnauth case?

It stands to reason that if the Privy Council finds that there was a wrong interpretation of the law and a wrong application of the law to the facts as found by the Supreme Court, they may reverse the decision.

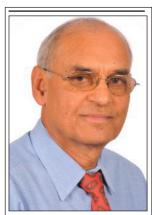
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It is appropriate to refer to what former Judge Vinod Boolell stated in that respect in an interview in *l'Express* last week:

'It is quite difficult to understand why the court did not deal with those. Broadcasting the press conference of Mr Dulthumun 48 hours before polling day and yet declining to do so in the case of

• Cont. on page 11

What kind of society do we want?



Dr R Neerunjun Gopee

or us, and even more for our children. All of us of course know the answer: it is one where everybody has enough healthy food to eat and potable water for drinking along with clean water for other purposes such as washing and cleaning. One where the air is pure and fresh, there is little or no soil pollution, where everybody has a roof over their head and a job for earning a living, where children have access to good basic education and equal

opportunities to pursue higher studies and training that open the doors for them according to their interests and aptitudes whether in the vocational, professional or academic streams. A society where peace and harmony prevail - this is perhaps the most fundamental of requirements which enables everything else to follow. It implies a society grounded in universal human values that transcend cultural diversities and religions, where the rule of law prevails and no one is above the law.

The problem is getting from here to there, from the manifestly dysfunctional state of fierce antagonisms, rapacious competiveness, global belligerence that thrive on vested interests and are driving the growing economic inequalities and disparities that have been talked about and analysed *ad nauseam*. To a land and a future frequently promised by political leaders but that never materialize – save for them.

Everywhere we look there are contradictions: talk of peace but make war, take pledges to seriously tackle climate change and then go back to or increase dependence on coal – as the war in Ukraine has forced some countries e.g. Germany to do. The sustainable climate targets recede further as a result, and everyday in some part of the world the results are being seen in the form of more frequent floods or droughts, of soaring temperatures and forest wild-fires.

Initially these phenomena used to take place in different geographies at different times. Now they are practically concurrent, and one sees twin phenomena in the same country or continent. In the US wildfires rage in California but there are floods down south in Arizona; in China the Yangtze River is drying up exposing islands in the river bed – on one there was a small Buddha temple – but elsewhere floods are taking place. In India there are floods in the north east; as regards the heat, well that's nothing to talk about there – I myself have been in Delhi decades ago in the summer, standing outside my hospital waiting for a transport, with the temperature touching 47 degrees Celsius and the shoes sticking to melting tar on the road.

In our island we cannot really complain about catastrophic climate change effects – yet, but logically we cannot escape them at some point in the future. Meanwhile we are just coming out by leaps and bounds out of erratic bouts of extreme cold and heavy rainfall especially in the highlands with Curepipe as the, shall I say epicentre! Those poor old, creaking bones!

While we may consider ourselves relatively fortunate in terms of the climatic environment, we cannot say the same about the political environment on which the social and economic environments are dependent to a large extent. It is true that the Covid pandemic has strained everybody's

nerves; it is no less the case, however, that the way in which the issues and problems that have come up in tackling it has given rise to much criticism and raised many questions that to this day remain unanswered. For all we know, it's the sequelae that are rattling the polity currently.

Even while all this was going there has been an explosion of drug trafficking such that not a single day goes by that a drug related crime is not reported. Some cases occupy so much of energies at official level that one is left wondering if any is left to deal adequately with the real problems that the people are facing. We can add to that the cases of sexual exploitation and harassment especially on the part of those who have the responsibility of handling innocent children (the young therapist assigned to handicapped children, the mature teacher showing pornography to girl students), all this along with the multifarious other common crimes such as theft and frequent killings.

Consequence: the ideal society we would wish to be in is ever a distant dream.

Taking a global look we find that there are common concerns which all countries are experiencing: economic growth and the appropriate/acceptable methods of creating and distributing wealth, the role that governments should play and the limits of state intervention, breakdown of the separation of powers that impacts effective functioning of institutions resulting from undue and unwarranted political interference, generation of jobs, level of unemployment, security of food and housing, behaviour of people towards each other, breakdown of societal/family norms and values and the uphill task of a fresh infusion of these to make living better, the generation gap and how to cope with the growing proportion of elderly, the damage that human activity is causing to the environment and containment/salvage measures that are urgently required, amongst many others which are however all intertwined.

Since these are no longer national or regional but global matters, correspondingly we have to ponder and search solutions from global sources but adapt the best practices to our situation, and take account of resources and scale. It certainly is not about blind copying of models from elsewhere, especially the advanced countries which command much vaster facilities and potential, and have the advantage of longer historical timelines which have allowed them to test-try their own solutions.

All this adds up to reason enough for national shame and the need for community/religious leaders to focus on giving proper guidance to their respective constituencies rather than debating endlessly matters in which they have no special competence or ground-based knowledge of harsh realities. The effort to define what kind of society we want must come from all who care for our common, sustainable (and not only from an economic perspective) future - and we have to find local solutions, though they will perforce have to be inspired by universal principles, that is take



A society where peace and harmony prevail - this is perhaps the most fundamental of requirements which enables everything else to follow. Pic - voiceofsalam

GA society where peace and harmony prevail - this is perhaps the most fundamental of requirements which enables everything else to follow. It implies a society grounded in universal human values that transcend cultural diversities and religions, where the rule of law prevails and no one is above the law. The problem is getting from here to there, from the manifestly dysfunctional state of fierce antagonisms, rapacious competiveness, global belligerence that thrive on vested interests and are driving the growing economic inequalities and disparities that have been talked about and analysed ad nauseam. To a land and a future frequently promised by political leaders but that

never materialize - save for them..."

the high road instead of the low road.

One of the greatest global thinkers of our times is Dr Karan Singh, former Prince Regent of Kashmir who gave up princehood to dedicate his life to bettering the lot of humankind, inspired by Mahayogi Shri Aurobindo. He earned a doctorate on the latter's integral philosophy, and came to Mauritius for the first time in 1975 when he was the Union Minister of Health. He has authored nearly 25 books and numerous articles. I had the pleasure of meeting him a few years ago in Delhi, still very lucid at his ripe old age of nearly 85. His main source of inspiration is the Vedanta, the philosophical essence of the Vedas, India's source of Higher Knowledge. In fact, in a small booklet of his published in 1996, he set down the five key concepts of Vedanta, which I consider make up the universal principles I have alluded to above:

The all pervasiveness of the Divine, Brahman - 'that which, shining, causes everything else to shine';

The potential divinity, Atman, present in every human being;

The vision of the entire human race as a single extended family – Vasudaiva kutumbakam;

That there are many paths to the Divine – Ekam sad viprah bahudha vadanti; and

That we must all work for the welfare of all beings and the environment.

He concluded by affirming that these concepts, 'taken together, represent a global holistic philosophy which can sustain us in this tremendously important period of transition and turmoil through which humankind is passing. It is a philosophy that stresses convergence in place of conflict, cooperation in place of competition, holism in place of hedonism, and an interfaith dialogue in place of inter-religious wars.' But he also warned that 'it is not an easy path... that we need a great deal of courage and compassion to reach the goal.' Alas, how far we are from that!

Spotlights Mauritius Times Friday, September 2, 2022

Aid agencies in Pakistan seek easing of restrictions on food imports from India



International aid agencies struggling to help hundreds of thousands of people displaced by deadly floods in Pakistan have asked for the loosening of restrictions on imports of food from Pakistan's old rival India, a Pakistani minister said.

Unusually heavy monsoon rains have triggered floods that have submerged a third of Pakistan and killed more than 1100 people, including 380 children. The United Nations has appealed for \$160 million to help with it termed as an "unprecedented cli-

mate catastrophe".

Pakistan faces surging food prices, compounding the misery for the millions of people affected by the disaster.

Finance Minister Miftah Ismail said the government was considering loosening restrictions on the largely closed border with India to enable supplies of vegetables and other food to come in, reports Reuters.

"More than one international agency has approached the govern-

ment to allow them to bring food items from India through the land border," Ismail said in a post on Twitter on Wednesday.

"The government will take the decision to allow imports or not based on supply shortage position, after consulting its coalition partners and key stakeholders."

The nuclear-armed neighbours have fought three wars since they were carved out of British India in 1947 and their border is heavily fortified and largely sealed off.

Very little trade and travel takes place between Muslim Pakistan and predominantly Hindu India despite historic, cultural and family links.

Pakistan has received nearly 190% more rain than the 30-year average in the quarter through August this year, totalling 390.7 millimetres (15.38 inches). Sindh province in the south, with a population of 50 million, was hardest hit, getting 466% more rain than the 30-year average.

Early estimates have put the flood damage at more than\$10 billion, the government said. It has appealed to the world to help with the effects of what it has called a man-made climate catastrophe.

Researchers in Canada developing oral treatment for diabetes

Ateam of researchers in Canada has claimed to be developing an oral treatment for diabetes where insulin absorption is similar to that for injected doses.

That breakthrough was announced in a release issued by the University of British Columbia (UBC), which noted, "researchers have discovered that insulin from the latest version of their oral tablets is absorbed by rats in the same way that injected insulin is".



The team of researchers is led by Indo-Canadian principal investigator, Dr Anubhav Pratap-Singh, who is UBC's faculty of Land and Food Systems, reports Hindustan Times.

Dr Pratap-Singh, who studied chemical engineering at IIT-Kharagpur, said, "These exciting results show that we are on the right track in developing an insulin formulation that will no longer need to be injected before every meal, improving the quality of life, as well as mental health, of more than nine million Type 1 diabetics around the world."

The inspiration for the research, he said, came from his father, a diabetic who has required three or four insulin injections each day over the past 15 years.

The development work on the pill has yet to move to human trials, so a timeframe for the final product has yet to be specified. However, Dr Pratap-Singh said, if successfully delivered, the oral tablet would "be more sustainable, cost-effective and accessible".

While other oral insulin alternatives are being tested across the world, the UBC team focused on "how to facilitate a higher absorption rate".

This particular tablet is not meant to be swallowed but instead placed between the gum and cheek, allowing it to dissolve. "This method makes use of the thin membrane found within the lining of the inner cheek and back of the lips (also known as the buccal mucosa). It delivered all the insulin to the liver without wasting or decomposing any insulin along the way," the UBC release stated.

Dr Alberto Baldelli, a senior fellow in Dr Pratap-Singh's laboratory, said they were now seeing nearly 100% of the insulin from their tablets go straight into the liver, while in previous attempts to develop a drinkable insulin, most of it would accumulate in the stomach. "Similar to the rapid-acting insulin injection, our oral delivery tablet absorbs after half an hour and can last for about two to four hours long," Dr Baldelli said.

Xi Jinping to be anointed as China's most powerful leader since Mao

The Chinese Communist Party will convene its 20th Congress on October 16 in Beijing during which Xi Jinping is likely to secure a third term in office as president, while a new top leadership line-up will also be unveiled.

Xi, 69, is expected to become China's most powerful leader since Mao Zedong.

The congress, which takes place every five years, comes as Xi faces significant political headwinds, including an ailing economy, deteriorating relations with the United States and a strict zero-Covid policy that has accelerated China's inward turn from the world.

It is widely expected to see Xi reinstated as president for a third term - unprecedented in the contemporary era. Xi joined the pantheon of Chinese leadership in 2012, two decades after bursting onto the scene as a graft-fighting governor.

China's parliament boosted Xi's considerable power in 2018 when it approved a constitutional amendment abolishing presidential term limits. The move allowed Xi to remain



in power for as long as he wishes.

Xi holds three key titles - general secretary of the Communist Party, chairman of the central military commission, and President. He is expected to retain the first two titles at the Party Congress, and the presidency during the annual National People's Congress in March 2023.

A third term as party general secretary would break the norm adhered to by his two predecessors to step down after 10 years, or two full terms

While Xi has consolidated power without precedent since Mao Zedong founded the People's Republic in 1949, there has been no sign he will adopt the title of party chairman. The

first two Chinese leaders to succeed Mao, Hua Guofeng and Hu Yaobang, had the chairman title. It has not been used since 1982.

Xi is the first Chinese leader to have been born after 1949, when Mao's Communist forces took over following a protracted civil war. The purging of his father led to years of difficulties for the family, but he nevertheless rose through the party's ranks.

Beginning as a county-level party secretary in 1969, Xi climbed to the governorship of coastal Fujian province in 1999, then party chief of Zhejiang province in 2002 and eventually Shanghai in 2007.

* Contd on page 7

Spotlights Mauritius Times Friday, September 2, 2022

President Joe Biden's administration and U.S. lawmakers stress their ongoing support for the government in Taipei. Pic- Daily Mail

Biden plans to ask Congress to approve \$1.1 billion arms sale to Taiwan: report

The Biden administration plans to ask the U.S. Congress to approve an estimated \$1.1 billion arms sale to Taiwan, including 60 anti-ship missiles and 100 air-to-air missiles, Politico reported on Monday, citing sources, amid heightened tensions with China.

China carried out its largest war games around the democratically governed island after a visit this month by U.S. House Speaker Nancy Pelosi. Beijing has not ruled out using force to bring the island under its control.

China on Monday dismissed complaints from Taiwan about repeated harassment by Chinese drones very close to Taiwanese-controlled islands as not anything "to make a fuss about", prompting Taipei to label Beijing as thieves.

President Joe Biden's administration and U.S. lawmakers stress their ongoing support for the government in Taipei, and there are items in the approval pipeline for Taiwan that could be announced in the coming weeks or months, Reuters reported last week.

But the focus will be on sustaining Taiwan's current military systems and fulfilling existing orders - rather than offering new capabilities more likely to inflame already red-hot tensions with China, according to three sources, who requested anonymity due to the sensitivity of the issue, reports Reuters.

Nearly 65% of Britons dislikes, feel no 'sympathy' for Prince Harry, Meghan Markle

Alatest survey has revealed that nearly two-thirds of Britons dislike and are unsympathetic towards Prince Harry and Meghan Markle, Duke and Duchess of Sussex, reports Hindustan Tomes.

The polling that was undertaken Tuesday by global opinion and data firm YouGov stated that 43 per cent of 2,627 British adults surveyed said they felt no sympathy for Prince Harry and Markle, with an additional 22 per cent responding they felt "not very much".

Meanwhile, a combined 22 per cent responded that they felt a "fair amount" or "lots" of sympathy for the royal couple. As much as 13 per cent adults surveyed answered in neutral.

According to a report by Newsweek, the polling comes close on the heels of Markle's solo podcast Archetypes, her interview with The Cut and the couple's announcement of a visit to the UK and Germany in the first week of September.



On an individual basis, Queen Elizabeth II remains at the top of the popularity charts in the UK, followed by Kate Middleton, Duchess of Cambridge, Prince William, Duke of Cambridge, late Prince Philip, Duke of Edinburgh, and Princess Anne - Queen's daughter.

Prince Harry and Markle's popu-

larity among the former's home nation took a massive dip following the couple announcing their decision to step down as working royals and move to the US. The situation worsened even further after their tellall interview with Oprah Winfrey in March 2021, and the announcement of Harry's memoir the same year.

Elon Musk warns on population collapse: 'Civilization will die with...'

Tech billionaire Elon Musk had again expressed his concern over the "end of humankind". The Tesla CEO reacted to a post from the fan page @MuskUniversity, which featured a quotation from the billionaire that read: "If the alarming collapse in birth rate continues, civilization will indeed die with a whimper in adult diapers." Musk reacted to that fan page's question by tweeting "It's

true".

Netizens were ready to weigh in on the businessman's most recent contentious remark. "Good morning, Elon - don't stress - humanity will survive. It has and always will until its intended journey. Don't stress," one wrote.

One shared a graph showing a huge growth in the Earth's population since 1800, sarcastically adding: "Is it?"

The 50-year-old tech billionaire has been voicing his opinion on the matter for quite some time now, earlier in June he had termed population collapse as the "biggest threat to civilization". He argued that the narrative that people are not having

kids because it is harmful to the environment is "total nonsense."

Earlier in May, his tweet saying Japan would "eventually cease to exist" without a higher birth rate triggered an uproar on the Internet. However, much of it was focused on the Japanese government for not doing enough to address the issue.

"At risk of stating the obvious, unless something changes to cause the birth rate to exceed the death rate, Japan will eventually cease to exist. This would be a great loss for the world," he said in a May 9 tweet. The post was in reaction to a report which said Japan's population fell by a record 644,000 to 125.5 million in 2021.

Mikhail Gorbachev, Soviet leader who ended the Cold War, dies aged 91

Mikhail Gorbachev, who as the last leader of the Soviet Union waged a losing battle to salvage a crumbling empire but produced extraordinary reforms that led to the end of the Cold War, died Tuesday. He was 91.

Though in power less than seven years, Gorbachev unleashed a breath-taking series of changes. But they quickly overtook him and resulted in the collapse of the authoritarian Soviet state, the freeing of Eastern European nations from Russian domination and the end of decades of East-West nuclear confrontation.

His decline was humiliating. His power hopelessly sapped by an attempted coup against him in August 1991, he spent his last months in office watching republic after republic declare independence until



he resigned on Dec. 25, 1991. The Soviet Union wrote itself into oblivion a day later.

A quarter-century after the collapse, Gorbachev told The Associated Press that he had not considered using widespread force to try to keep the USSR together because he feared chaos in a nuclear country, reports AP.

"The country was loaded to the brim with weapons. And it would have immediately pushed the country into a civil war," he said.

Many of the changes, including the Soviet breakup, bore no resemblance to the transformation that Gorbachev had envisioned when he

became the Soviet leader in March 1985.

By the end of his rule he was powerless to halt the whirlwind he had sown. Yet Gorbachev may have had a greater impact on the second half of the 20th century than any other political figure. "I see myself as a man who started the reforms that were necessary for the country and for Europe and the world," Gorbachev told The AP in a 1992 interview shortly after he left office.

"I am often asked, would I have started it all again if I had to repeat it? Yes, indeed. And with more persistence and determination," he said.

Russians blamed him for the 1991 implosion of the Soviet Union — a once-fearsome superpower whose territory fractured into 15 separate nations. His former allies deserted him and made him a scapegoat for the country's troubles.

His run for president in 1996 was a national joke, and he polled less than 1 percent of the vote.

Compiled by Doojesh Ramlallah

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Sameer Sharma, Investment Analyst & Financial Risk Manager

T readers would have read previous pieces from Sameer Sharma, a **Chartered Alternative Investment Analyst & Certified Financial Risk** Manager with previous experience in the Reserves **Management Division of the** Bank of Mauritius. In this interview he shares his technical and financial perspective on the current state of our economy, the monetary inflation and depreciation policies pursued, the reliance on property sales and tourist receipts, the IMF and Moody's ratings and the **MIC-BoM** imbroglio amongst other issues.

* The situation on the economic front worldwide is still gloomy and getting more uncertain, according to the IMF. Several shocks have hit the world economy already weakened by the pandemic: higher-than-expected inflation worldwide, a worse-than-anticipated slowdown in China, and further negative spill-overs from the war in Ukraine. It seems economic recovery will take a much longer time than thought earlier, but is going back to normal even possible?

The still fragile and unspectacular Mauritian economic recovery, which is largely being driven by continued growth in financial services and the re-opening of borders, will begin to lose momentum as we enter the next two quarters.

Unlike in the Great Financial Crisis of 2008 and during the more recent Covid-19 driven crisis, central banks are belatedly tightening monetary policy at the same time as the global economy continues to slow down. We are entering yet another major slowdown with advanced economies having more than 400% of GDP of combined private and public sector debt made worse by rising costs of funds given the selloff in global bond markets.

'The ongoing global negative supply shock creates challenges when it comes to stimulating the local economy with fiscal stimulus'

watchers have been talking about a plain vanilla or garden happening globally.

The Mauritian economy over the

"The next crisis is



Global growth momentum as measured by various high frequency indicators are gaining downward momentum and in many places much faster than anticipated; central bank induced asset bubbles are beginning to come under strain. US consumer balance sheets remain healthy but when one strips out the top 1% of income earners, the picture does not appear to be as rosy. The US however is in a much better shape than Europe, our main market.

In a nutshell, Central banks were overly accommodative with ultra loose monetary policies and are now acting at the tail end of a short and historically unusual business cycle in order to avoid any deanchoring of inflationary expectations by taming demand. While many market

66The last Covid-19 crisis gave the State a golden opportunity to push the patrimonial non-financial sector to reform, but it missed a golden opportunity to do so by not making bailouts conditional on meaningful restructuring and taking pre-pandemic performance into account when forking out bailout terms. The net result is that inefficiently run companies and near Zombie companies..."

watchers have been talking about a plain vanilla or garden variety, short-lived or relatively shallow recession, all ingredients are currently in place to cause a much worse economic crisis with stagflation likely a base case for Europe. There is now a 60% chance of recession split evenly between a bad one and a shallower one.

Chinese economic indicators along with the potential

The Mauritian economy over the longer term based on fundamentals can only sustain a real growth rate of between 3% and 3.3% per annum post base effects. This potential growth rate is driven by the low multiplier of the kind of investment we attract, low levels of total factor productivity growth, labour force quality constraints and unfavourable demographics. The State will likely continue to rely heavily on inflation in order to deflate both private and public debt and bloat tax re-

Gamma decade with a noted acceleration since 2019. At the core, Mauritius maintains a system of political patronage with significant centralization of power under the office of the Prime Minister. For Mauritius to succeed, it needs stronger and independent institutions and stronger checks and balances..."

burst of the less-talked-about Chinese property market is mere icing on the cake. Moody's wrote about Mauritius lacking both fiscal and monetary buffers to face the next crisis as it did in the past. The next crisis is unfortunately

already here. Beyond high levels of public debt and no central bank backstops behind them, the still ongoing global negative supply shock creates challenges when it comes to stimulating the global and local economy with fiscal stimulus.

* It's said that supply chain disruptions and the dynamics of the global economy will continue to adversely impact the performance of the local economy for many years. In that scenario, what will the economic situation look like for countries like Mauritius in the years ahead, say by 2024/2025?

By 2025, most of the gains to GDP growth driven by the recovery in tourist arrivals, which currently are expected to hover at 2014-2015 levels, will be behind us. On a positive note, I have to say that while the likes of Maldives and Seychelles are ahead of Mauritius given the earlier opening of their borders and aggressive marketing strategy, the current Tourism minister is sending the right signals which is a good sign despite the slowdown in arrivals growth momentum given what is

venues. The distorted tax regime locally will not be fixed and reviewed and inflation which is another way governments can stealthily tax citizens will remain the favoured tool especially when one considers the cost of funding the Basic Retirement Pension scheme.

The central bank balance sheet will still not have been recapitalized given the significant jump that this would cause to public debt. This along with the MIC still injecting net liquidity into the monetary system will constrain the central bank's ability to conduct effective monetary policy despite the setup of a flexible inflation target regime. Real interest rates will remain negative while year on year inflation will likely remain high at between 4% to 5%.

* What about the non-financial private sector? How will it fare?

The non-financial private sector will continue with a business as usual approach, focusing on control and their favoured 'Jack of all trades, master of none' conglomerate model and frequent asset revaluations that are not always consistent with the free cash flows generated by such assets rather than being more performance driven. Hence, their respective returns on capital employed will remain below their weighted average costs of capital.

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The quality of our institutions has been declining for close to a decade with a noted acceleration since 2019.

At the core, Mauritius maintains a system of political patronage'

Cont. from page 10

The last Covid-19 crisis gave the State a golden opportunity to push the patrimonial non-financial sector to reform, but it missed a golden opportunity to do so by not making bailouts conditional on meaningful restructuring and taking pre-pandemic performance into account when forking out bailout terms. The net result is that inefficiently run companies and near Zombie companies, that is companies that earn just enough money to continue operating and service debt but are unable to pay off their debt, will remain a drag on overall growth.

The favoured policy of the State, egged on by strong behind-the-scenes private sector lobbying, will continue to revolve around bricks and mortar. Mauritius will increasingly rely on foreign retirees, real estate and foreigners in general in order to maintain growth and keep the economy afloat. There will be few or no new pillars of growth beyond the silver economy (a system of produc-

depend on the extent of net loose monetary policy offset by the speed of recovery in tourist arrivals and related, the extent of the success of the number of foreign residents who live and spend locally. Inflation and the opening up of the local land bank to foreigners will push domestic asset prices up and wealth inequality will continue to rise and so will social tensions..."

tion, distribution and consumption of goods and services aimed at using the purchasing potential of older and ageing people and satisfying their consumption, living and health needs) and potentially private health care; the current account will remain in deficit while the balance of payments situation will improve given increased flows that come from villa sales and from the foreign residents.

The extent of the depreciation of the Rupee will depend on the extent of net loose monetary policy offset by the speed of recovery in tourist arrivals and related, the extent of the success of the number of foreign residents who live and spend locally. Inflation and the opening up of the local land bank to foreigners will push domestic asset prices up and wealth inequality will continue to rise and so will social tensions.

* The IMF stated in its last Article IV Consultation 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.' Annual inflation, it added, is expected to rise to 11.4% in 2022 due to surging commodity prices, past depreciation of the rupee, and recovering domestic demand. How is the Mauritian government doing on those counts?

The Mauritian government is relying too heavily on inflation to bloat budget revenues and on the central bank's printing press. Most of the monies of the Special Funds and all of the MIC money are net liquidity injections into the system. It is called helicopter money and, by definition, is highly inflationary.

As the rest of the world tightens monetary policy, Mauritian 7-Day and 3-Month Treasury Bill rates remain



below 1% which is well below inflation. This will keep the Mauritian Rupee under pressure especially as we enter into a global recession given that the government will likely be spending most of the Special Funds money to stimulate imports at a time when we are still facing a negative global supply shock. Recovery in tourist arrivals from depressed levels (which is what we call a base effect in economics) is buying time for the government to reform the system and economy, but it is choosing not to do so.

* Given the already very high debt level, how sustainable is the current trend of government spending in infrastructure projects, like for example the extension of the metro line to Cote d'Or at costs that look rather exorbitant?

Local public sector debt to GDP metrics and the debt service ratio of government is improving given inflation. The level of foreign debt to GDP however in the high 30% range is more concerning. The problem is that both project return on investment and the net multiplier effect of a more efficient public transportation system is lower than expected.

the MIC, which owns large land banks, will rely more and more on asset revaluations, a favoured strategy of the local private sector. The MIC is in sum too big for anyone to buy out locally and, once you leave paradise, real capitalists will price your assets as they should be. I am afraid the Bank of Mauritius will be stuck with the MIC which is a big problem when it comes to its ability to conduct credible monetary policy..."

* There is also the promise to raise old-age pensions to Rs 13 500 before the next elections, and probably even higher to Rs 15 000 should the current governing alliance be voted back to power. What do such populist announcements augur for the country's economy and the depreciation of the Rupee?

The government is on a spending spree because of the Special Funds which is money that was printed and transferred by the central bank and because the MIC is also helping it out indirectly. Money printing pushes your currency downwards.

On the pension side, the CSG is not a sustainable system and, by 2025-2027, the former National Pension Fund portfolio will be drawn down in a more meaningful manner because increased taxation will be less popular.

Beyond public pensions, low levels of local interest rates for long, lower expected local equity market returns and a more volatile global risk asset environment when coupled with outdated asset allocation strategies employed by private pension funds locally will lead to lower pension payouts for incoming retirees given rising funding gaps. This is a ticking time bomb in Mauritius and is as important as the troubles faced by public pension schemes.

* Does the Supreme Court judgement in the appeal lodged by Suren Dayal open the doors to populist policies and announcements from soap-boxes irrespective of what the consequences might be for the population that will ultimately bear the costs?

This is the most pro-private sector Government since independence and the bar was already set low. It is populism and corporatism all mixed together. Look at the way many MIC deals were structured, how the central bank balance sheet was cannibalized, the lack of success of the Competition Commission and the spree of sops provided to large land owners to sell more high-end villas and you will quickly realize who runs the real show in Mauritius. Follow the money, they say!

* The monetary policy framework of the BOM, its operational independence as well as ownership of the Mauritius Investment Corporation have become a recurrent feature in the IMF's Consultation reports. The IMF has been constantly saying that the BOM law should be revisited and that it should relinquish ownership of the MIC. But the government seems to have stuck to a different view. Do you think the government would be of the view that the state of the economy is not that bad, so it can afford to snub the IMF/WB?

You can snub the IMF as long as India backstops you with below market rate loans and grants and as long as you can keep tax revenues growing faster than your cost of debt.

As previously stated, the initial proposed idea when it comes to a bailout fund (MIC) was to create an off-balance sheet, independently managed and levered special purpose vehicle which would be funded by government and would then borrow from the market and the central bank. What we got is a bailout fund, which morphed into a biryani of a sovereign wealth fund, and now a venture capital fund that remains on balance sheet with no clarity on its longterm return target.

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'Inefficiently run companies and near-zombie companies will remain a drag on overall growth'

State a golden opportunity to push the patrimonial non-financial sector to reform, but it missed a golden opportunity to do so by not making bailouts conditional on meaningful restructuring and taking pre-pandemic performance into account when forking out bailout terms. The net result is that inefficiently run companies and near Zombie companies will remain a drag on overall growth..."

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It is practically impossible for the MIC to be removed from the Bank of Mauritius balance sheet given its sheer size. No local entity would be able to take over and purchase an Rs83 billion investment portfolio or even the current Rs 46 billion already invested portfolio. Any foreign entity like a major private equity fund, for example, would severely mark down any overvalued assets such as those mispriced convertible bonds, given how they were structured and how they benefit the issuer vs investor. This would all leave a big hole in the central bank balance sheet which would no longer be able to rely on its 'scenario based' pricing models and on local auditors to validate their outputs.

I suspect that in the coming months and years the MIC, which owns large land banks, will rely more and more on asset revaluations, a favoured strategy of the

that deliberate snub to international warnings and suggestions?

It is simply the result of a significant crisis and to the reliance on the central bank to fund the fiscal side rather than engaging in wasteful spending cuts, reviewing the tax system and implementing much needed productivity enhancing structural reforms.

One key reform beyond opening up this country to immigration is what we must focus on is to genuinely open up the country to non real estate foreign direct investment. There are a lot of less talked about hurdles which prevent such investments from coming to Mauritius. Billions of dollars of investments flow through Mauritius towards other countries in Africa and into India but ironically almost nothing is invested locally beyond real estate. The private sector is open to selling you a villa or two, but they're not very open to be in competition with you.

A capitalistic system can only succeed because of its private sector. The job card is often used by those diversified groups in order to lobby and obtain what they wish for. Just count the number of overlapping private sector lobby groups and look at the number of nominations in key institutions where former private sector lobbyists or current lobbyists find themselves. This is the elephant in the room of structural reforms that no one in Mauritius will never talk to you about given the influence that the private sector has on electoral financing.

In Mauritius we have gone as far as to

66 This is the most pro-private sector Government since independence and the bar was already set low. It is populism and corporatism all mixed together. Look at the way many MIC deals were structured, how the central bank balance sheet was cannibalized, the lack of success of the Competition Commission and the spree of sops provided to large land owners to sell more high-end villas and you will quickly realize who runs the real show in Mauritius..."

local private sector. The MIC is in sum too big for anyone to buy out locally and, once you leave paradise, real capitalists will price your assets as they should be.

I am afraid the Bank of Mauritius will be stuck with the MIC which is a big problem when it comes to its ability to conduct credible monetary policy for a long time to come as has been pointed out by the IMF. You do not just relinquish assets like that, someone must buy them from you and those with such deep pockets do not exist locally.

* Is our revised downward rating on Moody's scale partly a consequence of

cannibalize the central bank's balance sheet in order to bail out the private sector with very favourable terms which is now going to haunt us for many years to come. This is what the former chairman of the Mauritius Investment Corporation called "Love and Care".

The private sector should be the locomotive of growth, but in Mauritius it is the government that is a locomotive and the private sector through its lobbying acts like a rentier. The alignment of private sector interests with the national interest which existed during the 1980s and 1990s does not necessarily exist today.

66On a positive note, I have to say that while the likes of Maldives and Seychelles are ahead of Mauritius given the earlier opening of their borders and aggressive marketing strategy, the current Tourism minister is sending the right signals which is a good sign despite the slowdown in arrivals growth momentum given what is happening globally..."



The genuine and unconstrained opening up of the economy to foreign investment and know-how will in the short term cause asset price volatility because foreigners will value assets based on free cash flows and appropriate discount rates. The local patrimonial private sector which have benefited from an insulated system with a focus on control will lobby against it aggressively behind the scenes — but this is the right thing to do. We need to let free market dynamics work and the State should focus on job creation and on creating the right environment for free markets to flourish rather than protecting any domestic company and any majority share-

* Moody's has in diplomatic wordings assessed our public sector structures and governance as weak and failing the country's aspirations. Is it possible that this failing has become so ingrained that course correction would require major surgery rather than bandages?

The quality of our institutions has been declining for close to a decade with a noted acceleration since 2019. At the core, Mauritius maintains a system of political patronage with significant centralization of power under the office of the Prime Minister. For Mauritius to succeed, it needs stronger and independent institutions and stronger checks and balances.

We need significant institutional reform and major changes in the way the State functions which includes how its majority state owned companies function. There may need to be a review of asset sale opportunities and significant wasteful spending cuts too. To be fair, these are politically delicate reforms, and the appetite for such reforms remains low.

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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Qs & As Mauritius Times Friday, September 2, 2022

'It is very rare that the Privy Council would interfere with findings of fact.

It will only intervene on factual findings if these findings are perverse,

• Cont. from page 4

* What is to be expected if the appeal of Suren Dayal is not entertained by the Privy Council? Could they nevertheless make recommendations to strengthen our democratic process and reduce the delay to hear the case and render judgment?

Even if the Law Lords do not reverse the judgment, they might make recommendations. But it must be noted that the British judges would be very wary to interfere in the political process of the country.

* On the other hand, the Intermediate Court had on 15 Nov 2019 dismissed the charges slapped on Navin Ramgoolam for having allegedly "wilfully and unlawfully" accepted payment in cash in excess of an amount of Rs 500,000 in breach of sections 5, 7 and 8 of the Financial Intelligence and Anti-Money Laundering Act 2002. What could be the best option for Navin Ramgoolam in light of the reversal of that ruling by the Supreme Court this week?

The option is to appeal to the Privy Council if possible. The legal issue that should be canvassed is whether a judgment that orders a retrial because some issues have not been dealt with by the trial court is a final judgment. You cannot appeal to the Privy Council till the time that you have a final judgment.

* Could it be envisaged that the Intermediate Court would maintain its earlier decision if the case is referred back to it in light of the Supreme Court's judgement?

The case will start all over again, and the new trial court is not and should not be bound by the ruling of the first trial court. The new court will have to deal with the matter in the light of the judgment of the Supreme Court.

* How long will it take for the Privy Council to sit on an eventual appeal by Navin Ramgoolam?

It depends on the length of time all the procedures are completed and that would include objections from the Office of the DPP. It will also depend on the workload of the Law Lords, who also hear appeals from other jurisdictions.

LEX



COMMUNIQUE

INDIVIDUAL INCOME TAX RETURNS

e-Filing Season 2022

The Mauritius Revenue Authority (MRA) informs individual taxpayers that the facilities to submit their Income Tax return and to effect payment of tax, if any, are available on MRA Website: www.mra.mu

Submission of Individual Income Tax Returns

Individual taxpayers will have to use their User ID (NID or NCID or TAN) and Password to file their income tax return.

a. A Standard Tax Return

A standard tax return is required to be submitted by every individual who during the income year ended 30 June 2022:

- 1. derived net income which exceeds Rs. 325,000; or
- 2. derived gross income from business exceeding Rs. 2 million; or
- 3. derived emoluments in respect of which PAYE has been withheld; or
- 4. derived income which has been subject to Tax Deduction at Source (TDS); or
- 5. benefitted from the Government Wage Assistance Scheme (GWAS); or
- 6. had a chargeable income.

b. A Simplified Tax Return.

All self-employed individuals are required to submit an income tax return and to effect payment of tax, if any.

Self-employed individuals who are not required to submit a Standard Tax Return should submit a Simplified Tax Return.

Assistance for filing and submission of Income Tax Returns

The **e-Appointment** facility is available on the MRA website and allows taxpayers to reserve a time slot on a particular day, at their convenience. Assistance to file their income tax return will be provided through a **WhatsApp Video Call** on the day and time of the appointment.

Individual Taxpayers may also view the various **Short Explanatory Videos** available on MRA website prior to filing their returns.

Taxpayer Satisfaction Survey (TSS)

The MRA appeals to all taxpayers to participate in a Taxpayer Satisfaction Survey (TSS) after filling their individual income tax returns. The survey aims at receiving feedback from the public on taxpayers' attitude towards tax compliance and on the quality of MRA Services.

Taxpayers participating in the TSS will automatically qualify themselves for a draw which will be effected at the end of October 2022. Three cash prizes of Rs. 25,000, Rs. 15,000 and Rs. 10,000 respectively will be awarded to the first three winners.

Due Date

Individual Taxpayers are informed that they should file their individual income tax return and effect payment, if any, by Monday 17 October 2022. To this end, the MRA encourages taxpayers not to wait until the last day to meet their fiscal obligations.

For further information, kindly visit MRA website: www.mra.mu, or phone MRA helpdesk on 207 6000 during working hours.

MAURITIUS REVENUE AUTHORITY

25 August 2022

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IN THE HIGH COURT OF NAMIBIA

MAIN DIVISION CASE NUMBER: HC-MD-CIV-ACT-CON-2018/04135

KAUNAPAUA NDILULA N.O.	1 st APPLICANT
EVANGELINA NANGULA HAMUNYELA N.O.	2 nd APPLICANT
STUART MOIR N.O.	3 rd APPLICANT
JACOBUS DU TOIT N.O.	4 th APPLICANT
EFFAISHE NGHIIDIPAA N.O.	5 th APPLICANT
ANDREW CAMPBELL N.O.	6 th APPLICANT
ROBERT PROPER PANKRATIUS FREIHERR HEEREMAN VON ZUYDTWYCK N.O.	7 th APPLICANT
FABIAN DAVID TAIT N.O. and	8 th APPLICANT
STEPHANUS BERGH	1 st RESPONDENT
RUDOLF WOLDEMAR WINCKLER	2 nd RESPONDENT
HENDRIK PIETER FACULIN GOUS N.O	3 rd RESPONDENT
PAPALLONA INVESTMENTS (PTY) LTD	4 th RESPONDENT
SERVE INVESTMENTS FIVE ZERO (PTY) LTD	5 th RESPONDENT
SIGMA INVESTMENTS CC	6 th RESPONDENT
LAZARETT STREET NUMBER THIRTEEN CC	7 th RESPONDENT
BFS FUND MANAGER (PTY) LTD	8 th RESPONDENT
	<u> </u>

AFFIDAVIT IN SUPPORT OF RULE 108(1)(b) APPLICATION

I, the undersigned,

KAUNAPAUA NDILULA N.O.

Do hereby make oath and state as follows:

- I am KAUNAPAUA NDILULA N.O., a major female trustee of the Namibia Procurement Fund Trust, a duly
 established Namibian trust the Plaintiff in this matter and the facts stated herein are within my personal
 knowledge.
- 2. I am authorised to depose to this affidavit and to launch this application.
- The contents of this affidavit fall within my personal knowledge and are true and correct unless the context indicates otherwise.
- 4. Where I make legal submissions, I do so on the advice of the Applicants' legal counsel, which advice I believe to be true and correct.
- 5. The First Respondent is indebted to the applicant in the amount as set out in the judgment of this court dated 11 August 2020 (the Court order is attached hereto as "KN1"). I refer to the particulars of claim filed in this matter and confirm the applicants cause of action as set out therein. Where necessary the contents of the said particulars of claim should be read in as if specifically mentioned herein.

PURPOSE:

- **6.** This is an application to authorise execution against the following immovable properties of the first respondent being:
- 6.1 % (THREE QUARTER) SHARE IN AND TO

CERTAIN: ERF NO. 374 ELISENHEIM

SITUATE: IN THE MUNICIPALITY OF WINDHOEK

REGISTRATION DIVISION "K"

KHOMAS REGION

MEASURING: 4280 (FOUR TWO EIGHT NOUGHT) SQUARE METRES AS INDICATED ON

GENERAL PLAN NO. S.G. NO. A407/2011 AND

HELD BY: CERTIFICATE OF REGISTRED TITLE NO. T5333/2011

(Deed of Transfer attached hereto as "KN2")

6.2 3/4 (THREE QUARTER) SHARE IN AND TO

CERTAIN: ERF NO. 394 ELISENHEIM

SITUATE: IN THE MUNICIPALITY OF WINDHOEK

REGISTRATION DIVISION "K"

KHOMAS REGION

MEASURING: 5400 (FIVE FOUR NOUGHT NOUGHT) SQUARE METRES AS INDICATED ON

GENERAL PLAN NO. S.G. NO. A407/2011 AND

HELD BY: CERTIFICATE OF REGISTRED TITLE NO. T5333/2011

(Deed of Transfer attached hereto as "KN3")

6.3 CERTAIN: ERF NO. 2818 (A PORTION OF ERF 2816) KLEIN WINDHOEK

SITUATE: IN THE MUNICIPALITY OF WINDHOEK

REGISTRATION DIVISION "K"

KHOMAS REGION

EXTENT: 1070 (ONE NIL SEVEN NIL) SQUARE METRES

FIRST REGISTERED and still held by certificate of registered title no. t8436/1993 with

diagram no. a 68/90 relating thereto.

SUBJECT to the following conditions imposed in terms of section 19 of the townships and divisions of land ordinance 1963 (ordinance 11 of 1963, created in said certificate of registered title no. T8436/1993.

(Deed of Transfer attached hereto as "KN4").

BACKGROUND AND RELIEF:

- The First Respondent is the registered owner of the aforementioned immovable properties. As evidenced by the copies of the deeds of transfer referred to above.
- 8. The relevant circumstances as contemplated in rule 108(2)(c) of the rules of this court are that:-
- **8.1** the First Respondent is indebted to the Applicants, there is a court order to that effect (the order was granted on the strength of the particulars of claim). The judgment amounts is over N\$ 48000000 plus further interest and costs.
- **8.2** the First Respondent has no executable movable assets in Namibia against which the judgment can be satisfied:
- **8.3** the First Respondent seemingly has no attachable assets other than the said immovable properties in Namibia:
- 8.4 the aforementioned immovable properties are not the primary residence of the First Respondent who
- **8.5** the judgment debt remains unsatisfied, and I point out that more than 1 (one) year has passed since the date of the judgment and the First Respondent has made no effort satisfy the judgment.
- 9. Pursuant to the aforementioned Order in the Applicants' favour, a Writ of Execution in regard to Movable Property was issued on 18 September 2020 by the Registrar of the High Court. On 8 March 2021 the Deputy Sheriff for the district of Windhoek attended to the First Respondent's address (and the other defendants against which judgment was obtained) and issued Nulla Bona returns of service, because he could not locate the First Respondent or any representative and there was no sufficient attachable movable property to satisfy the writ. Copies of the Writ and Nulla Bona Returns of Service are attached hereto marked "KN5".
- **10.** The Applicants have thus complied with Rule 108(1)(a) in that a Nulla Bona Return of Service has been issued by the Deputy Sheriff in respect of the First Respondent.
- 11. The Applicants could not reasonably comply fully with Rule 108, as the whereabouts of the First Respondent was unknown until 2 March 2021 when the Applicants' attorneys came across another matter in this Honourable Court under case number HC-MD-CIV-ACT-CON-2020/00435, in which the Fist Respondent is involved as a defendant. In an affidavit resisting summary judgment (paragraph 1.1-thereof), the Respondent indicates that his current physical address is Royal Road, Bain Boeuf, Mauritius. The first page of the affidavit is attached hereto as "KN6". Unfortunately, the actual property (number) on Royal Road is not identified therein. The Applicant thus has no information as to whether the First Respondent is in possession other movable property sufficient to satisfy the writ of execution.
- **12.** The Applicants were granted leave to serve the Rule 108 process and all other documents under case number HC-MD-CIV-ACT-CON-2018/04135 on the Frist Respondent by way of edictal citation by:
- 12.1 publishing in a single edition of Mauritius Times and L'Express Newspapers, and;
- 12.2 service on Danielle Lubbe Attorneys at 17 Schinz Street, Windhoek, Namibia. in terms of a court order dated 26 April 2021. The court order is attached and marked "KN7".
- 13. Annexed to this application is Form 24 as prescribed by Rule 108(2)(a) inviting the First Respondent to show cause, within 10 days from the date of service of this application, giving the First Respondent notice of this application and calling upon him to show cause why the immovable properties should not be declared specially executable. The prescribed Form 24 is annexed hereto and marked "KN8".
- **14.** I submit that the attachment and execution of the First Respondent's immovable property is just and equitable in the circumstances and that there are no circumstances known to me that preclude such an order.
- **15.** Applicants have a substantive right to execute against the immovable properties by virtue of the judgment in its favour against the First Respondent.
- 16. I am further advised that this application has to be brought within 30 days from the date upon which the Deputy Sheriff files the nulla bona return of service with the Registrar of this Honourable Court as is provided for in Rule 108(3) read with Rule 108(4). I am informed by my legal practitioner of record that, to date hereof, the Deputy Sheriff has not complied with Rule 108(3). In fact, Deputy Sheriff's generally do not comply with Rule 108(3) in that no return of service is ever filed with the Registrar. Original returns of services, like the returns in this case, is provided to legal practitioner requesting service. On this basis, I respectfully submit that the 30-day period within which to bring this application, has not yet begun to run and cannot run for as long as the Deputy Sheriff remains in default of his obligation to file the return of service with the Registrar as is required by the said Rule of this Court.
- 17. Applicants therefor pray for an order as contemplated in Rule 108(1)(b) of the rules of this Court and as per the notice of motion filed herewith.

KAUNAPAUA NDILULA N.O.

I hereby declare that the deponent has sworn to and signed this statement in my presence at **WINDHOEK** on this the 14^{th} day of MAY 2021 and she declared as follows: that the facts herein contained fall within her personal knowledge and that she understands the contents hereof; that she has no objection to taking the oath; that she regards the oath as binding on her conscience and has declared as follows:

"I swear that the contents of this Sworn Affidavit are true and correct, so help me God."

COMMISSIONER OF OATHS

FULL NAMES: CAPACITY:

ADDRESS:

Life's Lesson Mauritius Times Friday, September 2, 2022 13

Social Rules That May Help You

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

you a I unch/dinner.

- 4. Don't ask awkward questions like 'Oh so you aren't married yet?' or 'Don't you have kids?' or 'Why didn't you buy a house?' or 'Why don't you buy a car? For God's sake it isn't your problem.
- 5. Always open the door for the person coming behind you. It doesn't matter if it is a guy or a girl, senior or junior. You don't grow small by treating someone well in public.



- **6.** If you take a taxi with a friend and he she pays now, try paying next time.
- Respect different shades of opinions. Remember what's 6 to you will

- appear 9 to someone facing you. Besides, second opinion is good for an alternative.
- 8. Never interrupt people talking. Allow them to pour it out. As they say, hear them all and filter them all.
- 9. If you tease someone, and they don't seem to enjoy it, stop it and never do it again. It encourages one to do more and it shows how appreciative you're.
- **10.** Say "thank you" when someone is helping you.
- 11. Praise publicly. Criticize privately.

Filed by:

DR WEDER, KAUTA & HOVEKA INC

Per: TSHUKA LUVINDAO

Legal Practitioners for APPLICANTS

3rd Floor WKH House Jan Jonker Rd. Ausspannplatz Windhoek Managing Judge: Motion Court

Date of Hearing: 23 SEPTEMBER 2022

Time of Hearing: 10:00 Roll: RULE 108

NOTICE OF MOTION IN THE HIGH COURT OF NAMIBIA

MAIN DIVISION

CASE NUMBER: HC-MD-CIV-ACT-CON-2018/04135

1st APPLICANT KAUNAPAUA NDILULA N.O. 2nd APPLICANT EVANGELINA NANGULA HAMUNYELA N.O. 3rd APPLICANT STUART MOIR N.O. 4th APPLICANT JACOBUS DU TOIT N.O. 5th APPLICANT EFFAISHE NGHIIDIPAA N.O. 6th APPLICANT ANDREW CAMPBELL N.O. ROBERT PROPER PANKRATIUS FREIHERR HEEREMAN VON ZUYDTWYCK N.O. 7th APPLICANT 8th APPLICANT FABIAN DAVID TAIT N.O. and 1st RESPONDENT STEPHANUS BERGH 2nd RESPONDENT RUDOLF WOLDEMAR WINCKLER HENDRIK PIETER FACULIN GOUS N.O. 3rd RESPONDENT 4th RESPONDENT PAPALLONA INVESTMENTS (PTY) LTD 5th RESPONDENT SERVE INVESTMENTS FIVE ZERO (PTY) LTD 6th RESPONDENT SIGMA INVESTMENTS CC 7th RESPONDENT LAZARETT STREET NUMBER THIRTEEN CC 8th RESPONDENT BFS FUND MANAGER (PTY) LTD

REGISTRATION DIVISION "K"
KHOMAS REGION

MEASURING: 5400 (FIVE FOUR NOUGHT NOUGHT) SQUARE METRES AS INDICATED

ON GENERAL PLAN NO. S.G. NO. A407/2011 AND

HELD BY: CERTIFICATE OF REGISTRED TITLE NO. T5333/2011

IN THE MUNICIPALITY OF WINDHOEK

(c)

SITUATE:

SITUATE:

CERTAIN: ERF NO. 2818 (A PORTION OF ERF 2816) KLEIN WINDHOEK

IN THE MUNICIPALITY OF WINDHOEK

REGISTRATION DIVISION "K"

KHOMAS REGION

EXTENT: 1070 (ONE NIL SEVEN NIL) SQUARE METRES

FIRST REGISTERED and still held by certificate of registered title no. t8436/1993

with diagram no. a 68/90 relating thereto.

SUBJECT to the following conditions imposed in terms of section 19 of the townships and divisions of land ordinance 1963 (ordinance 11 of 1963, created in

said certificate of registered title no. T8436/1993.

Costs of this application on the scale as between attorney and own client as agreed.

2. Further and/or alternative relief.

KINDLY TAKE FURTHER NOTICE THAT the affidavits of KAUNAPAUA NDILULA and TSHUKA LUVINDAO together with the annexures thereto will be used in support of this Application.

TAKE FURTHER NOTICE THAT the Applicants have appointed Dr Weder, Kauta & Hoveka Inc., 3rd floor WKH House, Jan Jonker Road, Windhoek at which the Applicants will accept notice and service of all process in these proceedings.

KINDLY TAKE FURTHER NOTICE THAT First Respondent must within 10 days of service of this application file his notice of intention to oppose the Rule 108 application and to provide the Court reasons why the immovable properties should not be declared specifically executable.

KINDLY PLACE THE MATTER ON THE ROLL ACCORDINGLY.

DATED AND SIGNED AT WINDHOEK ON THIS WEDNESDAY 31 AUGUST 2022.

DR WEDER, KAUTA & HOVEKA INC. PER: TSHUKA LUVINDAO LEGAL PRACTITIONER FOR THE APPLICANT $3^{\hbox{RD}}$ FLOOR WKH HOUSE

JAN JONKER ROAD WINDHOEK [REF: MAT58625/MVH]

THE REGISTRAR OF THE HIGH COURT MAIN DIVISION- WINDHOEK

PLEASE TAKE NOTICE THAT the above-named Applicants/Judgment Creditors will make application to this Court on FRIDAY, 23 SEPTEMBER 2022, at 10:00 or as soon thereafter as counsel may be heard, for an order in the following terms:

1. An order as relates to the First Respondent, declaring the following immovable properties specially executable:

(a)

% (THREE QUARTER) SHARE IN AND TO CERTAIN: ERF NO. 374 ELISENHEIM

SITUATE: IN THE MUNICIPALITY OF WINDHOEK

REGISTRATION DIVISION "K" KHOMAS REGION

MEASURING: 4280 (FOUR TWO EIGHT NOUGHT) SQUARE METRES AS INDICATED ON

GENERAL PLAN NO. S.G. NO. A407/2011 AND

HELD BY: CERTIFICATE OF REGISTRED TITLE NO. T5333/2011

(b)

% (THREE QUARTER) SHARE IN AND TO CERTAIN: ERF NO. 394 ELISENHEIM

From the Pages of History - MT 60 Years Ago

5th Year No 202

MAURITIUS TIMES

Friday 20 June, 1958

• "You must not fight too often with one enemy, or you will teach him all your art of war." — Napoleon

Seeneevassen's impact on our Constitution

By D. Napal

enganaden Seeneevassen has already taken his place among the great names of Mauritian history, Remy Ollier, Manilal M. Doctor, Eugene Laurent, old Anquetil and comrade Rozemont. His contribution to the different aspects of our political life for the past fifteen years is obvious. However, I believe that History will remember him mostly for his contribution to the constitutional changes which have so radically changed our Legislative Council.

Nominated as member of the Legislative Council early in 1947, he said while thanking the House for having warmly welcomed him:

"My ardent desire is to work for the welfare of my countrymen and, in particular, for the welfare of the multitude of men and women who have not full political rights in the country and who in their moments of distress look up to us for comfort."

He considered these words, uttered while he was still on the stepping stone of his political career, to be his guiding star. The work of the parliamentarian to him did not mean glory and glamour but service for suffering humanity. And to alleviate this suffering, it was necessary to have full political rights.

As Remy Ollier, as Eugene Laurent, as Anatole de Boucherville and others who militated for responsible government, he believed that institutions which produced good results in England, could be successfully planted in this island. Hear him in the Legislative Council:

"Every honest thinking man in this country should know by this time, that for Mauritius there is only one future for its political development, it can only be in the way of the United Kingdom."

Are not these words strongly reminiscent of the best that Remy Ollier ever wrote in his *Sentinelle*?

But long before becoming member of the Legislature he had formed his views on the Constitution of our colony. He expressed these views before the Consultative Committee on 20th April 1945 in the lucid, clear and emphatic style of which he so well knew the secret. At the outset he said that though comparatively new in the political field he



had always been politically-minded, had been "much interested in politics since a comparatively early age and bad keenly watched the various contests in this country." Moreover, before coming before the Consultative Committee he had come in contact with various classes of people and had tried to understand the ways of thinking of various people as to the future of the Colony.

He denied the allegations of the Conservatives that the Indians were communal-minded as a pretext to deny them their political rights. He had the courage to tell them openly.

"I have listened to several speeches here and I have enough contact with other classes of the people who do not come to sit here. I shall say with due respect to all those who hold a different view from mine, that I have found more communalism propounded by some gentlemen sitting here than I have found among the working or among the middle classes."

PUBLIC NOTICE

A notice is hereby given that General Atlantic Mauritius Limited ('GAML') is a company incorporated in Mauritius and is registered as a Foreign Venture Capital Investor ('FVCI') with the Securities and Exchange Board of India ('SEBI') in India bearing registration number IN/FVCI/02-03/05 with effect from 18 June 2002. As of today, GAML has ceased all its activities as an FVCI and accordingly, GAML intends to surrender its FVCI registration with SEBI.

Date: 30 August 2022

Ocorian Corporate Services (Mauritius) Limited

The workers could no longer be denied their fundamental rights, as they were people with a sense of discrimination perfectly capable of selecting the proper persons to represent them.

Here was a man who, as he himself confessed, had as barrister clients for the most part dwelling in Port Louis, who in the circumstances could for the elections be a candidate in Port Louis and his future political career was to justify this contention. Yet he put up a manly fight for the political rights of the 250,000 Indians who had made of this colony their home and had as much right as anybody else to be called Mauritians. What eloquence, what a sincere outburst in the following words:

"Every sort of impediment will be put forward in order to prevent the Indian masses to get the right to vote just because some communities are afraid that they will make use of that right to vote communally. That fear is a vastly exaggerated fear and does not warrant us from not giving satisfaction to so many citizens. Now, I am not embracing

the cause of the working classes because I myself am of Indian origin. I sometimes wish that I were not, so that I might prove my good faith."

Again before the Consultative Committee on 5th February 1947, we hear him championing the oppressed classes. Speaking of the fears of certain communities about the future hegemony of the Indian in this Colony, he said:

"And, therefore, I can only ask myself whether these fears are in fact fears or whether they are a pretext in order to ind ways and means to restrict part of His Majesty's subjects in this Country of the right to vote."

To him it did not matter whether the capitalist was an Englishman, a Frenchman or an Indian. As Disraeli, he thought that there were only two nations in the world, the rich and the poor, the haves and have-nots. And there were only one way to better their lot: to give them their right to vote. He spoke of the injustice of making it compulsory for the would-be elector to fill his form in English or French. Why not allow him to do so in his own language? Ultimately that is what was done.

There is one thing which strikes me as it is bound to strike every honest thinking man who cares to study the parliamentarian Seeneevassen in Council and in the debates around the changes of our Constitution. There is a strangely prophetic ring in his concluding words before the Consultative Committee:

"There will be a social evolution in the world and there will be big waves of it.

Sir, I think these waves will reach
Mauritius be it in the shape of ripples
and these people will progress as fast
politically that if now we have in the
country any Constitution that would not
embrace them we shall very quickly find
that our Constitution has become
antiquated, and we may have trouble
and great dissatisfaction."

He seemed to look quite into the seeds of time. The Seeneevassen of 1945 was, so to say, a prophet pointing to the not too distant future



The Conversation Mauritius Times Fridat, September 2, 2022

How Much is Climate Change to Blame?



Soldiers carry debris after the floodwater drained from submerged houses following heavy rains in Seoul, South Korea.

Pic - Kiim In-chul/Newsis via AP

• Cont. from page 2 Putting it into perspective

While it's true that several of this summer's extreme events have been exceptional, we normally see more high-impact extreme weather events in Northern Hemisphere summer than any other time. This is because extreme heat, very heavy downpours, and drought are more likely at the warmest time of year.

Two-thirds of the planet's land and more than 85% of the world's population are in the Northern Hemisphere. This means there are more people to be affected by extreme weather than in the Southern Hemisphere, making the Northern Hemisphere summer the prime time for disasters to have severe impacts.

Additionally, extreme weather events can occur at the same time over different places, because of large-scale atmospheric waves called "Rossby waves", which are a naturally occurring phenomenon, like La Niña and El Niño.

Back in 2010, western Russia experienced severe heat

and wildfires while Pakistan had some of their worst floods to date. These events were connected by a Rossby wave causing a high pressure pattern to get stuck over western Russia and low pressure to persist over Pakistan.

Rossby waves can also result in heatwaves occurring at the same time, thousands of kilometres apart. Earlier this Northern Hemisphere summer, we saw simultaneous heatwaves strike the western US, western Europe and China.

Rossby waves may well have contributed to simultaneous disasters this summer, but it's too soon to say for sure.

Climate change and the never-ending extremes

With so many extreme weather events causing mass deaths and large economic and environmental problems, it's worth considering whether climate change may be making these events worse.

Human-caused climate change has warmed the planet by about 1.2? to date and this has caused some types of extreme weather to become more frequent and more intense, particularly extreme heat waves and record-high temperatures.

Every heat wave in today's climate has the fingerprint of climate change resulting from our greenhouse gas emissions. Indeed, rapid analyses have already demonstrated that the human effect on the climate greatly increased the likelihood of the extreme heat in India and Pakistan in May, and the record high UK temperatures in July.

Research also shows climate change is increasing the occurrence of simultaneous heatwaves in the Northern Hemisphere, mainly due to long-term warming.

It's less clear whether the Rossby wave pattern that causes simultaneous heatwaves in different places is

becoming more frequent

Climate change is also shifting rainfall patterns resulting in worsening drought in some areas, such as in much of Western Europe.

And severe downpours and extreme short-duration heavy rain, such as that seen in Seoul and Dallas in recent weeks, are being intensified by climate change. This is because global warming results in the air being able to hold more moisture - for every 1? of warming, the atmosphere can hold 7% more moisture.

Indeed, the heavy rains in Pakistan follow an observed trend towards increasing extreme daily rainfall totals. This area of the world is projected to see a continued intensification of daily and multi-day extreme rain events over summer, as the planet warms.

Worse extremes to come

We can expect more extreme weather events in the coming years as global greenhouse gas emissions continue at near-record rates.

Scientists have been predicting worsening extreme weather events - particularly heatwaves - for decades. Now, we are seeing this happen before our eyes.

Some heat extremes in recent years have been far beyond what we thought would happen after just over 1? of global warming, such as western North America's record heat of last summer. But it's hard to tell if our projections are under-forecasting extreme heat.

In any case, the world must prepare for further possible record-shattering high temperatures in the months, years and decades to come. We need to rapidly decarbonise to limit the damage caused by future extreme events.

By Andrew King, Senior Lecturer in Climate Science, The University of Melbourne

Diet & Weight Management

o make your healthy diet one you can actually live with, start with these tips as recommended by WebMD -- they'll help you to set yourself up for good choices.

You know you should eat more veggies. They're full of good-for-you fibre and vitamins. But the average person eats only about half the amount they should. So how can you get more in? Swap out pasta for strands of zucchini that you shred with a julienne peeler. Or pulse cauliflower in the food processor until it looks like rice, and use it in pilafs and stir-fries. You'll cut calories and add major nutrition.

Curb snack attacks with protein: It's hard to resist the junk food-filled vending machine when your stomach is growing at 3 pm. But you don't need to rely on willpower alone. The right food choices earlier in the day can set you up for success. Reach for protein: It fills you up and helps you feel satisfied longer than carbs do. Go for meals and snacks that include things like hardboiled eggs, Greek-style yogurt, peanut butter, and skinless chicken.

Don't ditch full-fat dairy: If you miss

Eating Habits to Adopt Today

the flavour and texture of whole milk and full-fat yogurt because you think skim is better for your waistline, you may be in luck. It's OK to indulge in the regular versions of dairy products from time to time. Drinking creamy whole milk was even linked to a lower risk of obesity in one study. Just make sure you don't overdo it and get too many calories or grams of fat overall

Give yourself proper portions: You might think you're likely to eat more when you're really hungry or if you're digging in to one of your favourite dishes. But that's not always the case. One of the biggest things guiding how much you eat is portion size. Studies show that people eat more food, even if they don't like it, when it's served in a large container. So, serve food on smaller plates to limit how much you eat.

Eat more beans: A satisfying, proteinrich meal doesn't have to be built on an expensive slab of steak or pork. At only about 25 cents per cup, dried beans are one of the best values at the grocery store. To save time, cook up a double or triple batch of beans and freeze them in 1-



and 2-cup portions for fast meals later on. Don't get stuck in a rut with any one kind: There's a rainbow of options that can add variety to your diet.

Have veggies at breakfast: There's no rule limiting vegetables to lunch and dinner. If you want more in your diet, breakfast is a great place to start. Cut one egg out of your favourite omelette and add cooked spinach, mushrooms, onions, or red peppers. Make a smoothie loaded with kale, apples, bananas, and yogurt. Vegetables are lower in calories than most other breakfast foods, and their fiber will keep you feeling full longer.

Plan a weekly menu: It can be hard to think straight when you come home tired at the end of the day. It's also the worst time to try to figure out what to make for dinner. You can save yourself from the drive-thru when you plan meals and have convenient dinner building blocks handy, like frozen vegetables. When you cook, make a double batch. Sliced and seasoned chicken means an almost instant stir-fry, and cooked ground beef makes for a speedy taco night.

Chop right: When you bring your groceries home from the store, don't just stash your veggies in the crisper. Instead, take a few minutes to cut your carrots, cucumbers, and red peppers into snackfriendly sticks. That way, when you get hungry, vegetables are just as easy to grab and eat as pretzels or potato chips. Hate chopping? Buy bite-sized veggies like baby carrots and grape tomatoes, or get the pre-cut kinds.

Focus on the positive: As you build healthy eating habits, find things you can add to your diet. Seek out cool new fruits beyond the usual apples and bananas, like kumquats or clementines. Pick up an unfamiliar vegetable at the farmers market, like a neon-coloured cauliflower. You're more likely to stay on track when you embrace what you can have instead of dwelling on things you want to limit, like junk food and sugary soda.

Rethinking mortality and how we plan for old age

Older people have to make important decisions about their remaining life years, such as how to invest savings and manage properties, changes in employment status and retirement, living arrangements, and matters related to their health. Their personal evaluation of the length of their remaining life is therefore crucial, because decisions can be biased if this expected personal length of life differs significantly from the actual number of remaining life years, leading to negative consequences like financial strife and increased anxiety or depression.

In their study published in the journal PLOS ONE, researchers used data from the Survey of Health, Ageing, and Retirement in Europe for nine European countries (Austria, Belgium, France, Germany, Greece, Italy, Sweden, Spain, and Switzerland) gathered in 2004 and 2015, to estimate subjective life expectancies from age 60 to 90 for men and women. They compared how these results match the actual observed life expectancies in the countries included in the study. The study also for the first time high-



lighted these matches in terms of differences between how many years individuals thought they had left to live in 2004 compared to 2015, between countries, and in terms of differences between men and women.

The results reveal one major inference that dominates across countries, time, and genders, namely that the number of years that people think they have left to live is less than their actual remaining life span. Interestingly, this downward bias was considerably larger for women when compared to men: it was close to five years in 2004 and more than three years in 2015.

One of the more surprising findings of the study was that women and men's subjective expectations of length of life are about equal -- around 19 years in 2004 and 21 years in 2015 -- because women's actual length of life is usually longer. Previous studies have made similar unexpected observations for healthy and unhealthy life expectancies with women reporting a higher proportion of unhealthy life than men, despite the fact that they live longer. This similarity indicates that health plays a primary role in the formation of personal perceptions about length of life.

In terms of differences between the 2004 and 2015 surveys in how many years people think they have left to live, the findings indicate that differences between subjective and actual life expectancies decline over time for both men and women. In the 11 years between 2004 and 2015, gender differences remained unchanged and underestimation decreased for both genders, with subjective life expectancies increasing at a higher pace than actual ones.

For men specifically the difference between subjective and actual life expectancy in fact became very small -- in 2015, it was only 4 months. According to the study, this could be due to an increased focus on healthy life styles with good diets, a decline in smoking and alcohol consumption, or other issues related to active aging. The authors point out that it is important to see how this tendency will develop in the future as it may hold implications for social and economic policies related to the life course of the elderly.

Revenge is more enjoyable than forgiveness -- at least in stories

When it comes to entertainment, people enjoy seeing bad guys get their punishment more than seeing them be forgiven, a new study reveals.

But even though they don't enjoy the forgiveness stories as much, people do find these narratives more meaningful and thought-provoking than ones in which the bad guys receive their just deserts.

"We like stories in which the wrongdoers are punished and when they get more punishment than they deserve, we find it fun," said Matthew Grizzard, lead author of the study and assistant Prof of communication at The Ohio State University

"Still, people appreciate stories of forgiveness the most, even if they don't find them to be quite as fun."

The study was published online recently in the journal 'Communication Research'.

The study involved 184 college students who read short narratives that they were told were plots to possible television episodes.

The students read 15 narratives: one-third in which the villain was treated positively by the victim; one-third in which the villain received a just punishment; and one-third in which the villain was punished over and beyond what would have been a suitable penalty for the crime.

For example, one story involved a person stealing \$50 from a co-worker. Participants read one of three possible endings.

In one scenario, the victim bought coffee for the thief (under-retribution/forgiveness); in another, the victim stole a \$50 bottle of whiskey from the thief (equitable retribution); and in the third version the victim both stole his money back and downloaded porn onto the thief's work computer (over-

retribution).

The researchers also found that readers took less time to respond to stories with equitable retribution than it did for them to respond to stories with under- or over-retribution.

"People have a gut-level response as to how they think people should be punished for wrongdoing and when a narrative delivers what they expect, they often respond more quickly," Grizzard said.

When the punishment did not fit the crime, the participants took a bit longer to respond to the story with a like or dislike

Overall, the results suggest that a fair and just retribution is the "intuitive moral standard" that comes to us easily and naturally, according to Grizzard.



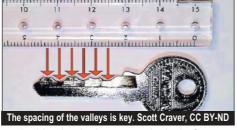
How do keys open locks?

Have you ever wondered how keys work? I teach a course in computer security where we learn how locks function – and also how they can be broken or bypassed. We do this because locks teach important principles about security in general.

If you look closely at a key, you'll see its top edge has a bunch of V-shaped valleys. If you inspect the key more closely, perhaps with a ruler, you'll notice the bottoms of these valleys are equally spaced. The depth of the valleys encodes a sequence that is accepted by the lock, with each valley contributing one value to the combination.

Inside the lock is a cylinder – the part that moves when you stick your key in and turn it. The key can turn only if all its valleys are the right depth for your particular lock.

But how does your lock detect whether your key's valleys have the right sequence of depths?



Inside the lock are vertical shafts, one over each valley of the key. In each shaft is a pair of metal pins that can freely slide up and down. Depending on where the pins are, they can block the cylinder from turning and prevent the lock from opening. This happens whenever a pin is partially sticking into or out of the cylinder.

When you stick a key in the lock, the pins fall into the valleys. If a valley is too high, it causes a pin to stick out and jam the cylinder. If a valley is too low, the pin sinks too low and the pin above it will sink into the

cylinder and jam it. However, if the right key is inserted with the valleys at just the right depths, none of the pins get in the way.

Keys are made by placing a blank key into a grinding machine that is programmed to carve out the exact valleys that are needed. A locksmith can also change a lock by removing its pins and fitting it with new ones to match a chosen key.

In computer security, we say that security relies on "something you know, something you have or something you are." A password is an example of something you know. A key is an example of something you have. A fingerprint would be an example of something you are. But as you can see, a key is also very much like a password, except it is encoded by grinding a piece of metal.

For this reason, you shouldn't ever post a picture of your house key on the internet. That would be like posting a picture of a credit card or a password – someone could use the photo to duplicate the key.

It is also possible to unlock or "pick" locks without a key. By sliding a thin piece of metal into the cylinder and gently pushing the pins to the correct height one by one,



locks can be opened. However, it takes a great deal of skill and practice to do this.

What does this teach us about security? First, we must make keys secret by making a very large number of possible keys, so that the right one is hard to guess or build. It's the same for passwords. Second, it's important to engineer a lock or computer program that requires every bit of the key or password to be exactly correct.

It's important to study the inner workings of locks and computer programs to understand how their design might allow someone to break them.

Scott Craver

Associate Professor of Electrical and Computer Engineering, Binghamton University, State University of New York Unwind Mauritius Times Friday, September 2, 2022 17

Laghter is the Best Medicine

JP Morgan's necktie pins

Legend has it that the famous jeweller Charles Lewis Tiffany knew that John Pierpont Morgan (JP Morgan) had a liking for necktie pins.

One fine day Mr Tiffany found a diamond one, particularly uncommon and extraordinarily beautiful. Since they knew each other in a professional capacity, he sent a messenger to Mr Morgan's office with the pin fancily wrapped in a box and the following note:

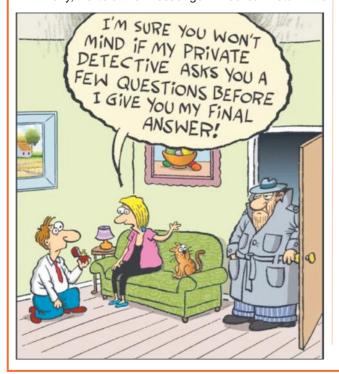
"Dear Mr Morgan, knowing how much you appreciate necktie pins, I'm sending you this rare and exquisite piece for your consideration. Due to its rarity, the price is US\$ 5,000. If you choose to accept it, please, send a messenger to my office tomorrow with your cheque for \$5,000. If you choose not to accept it, you can send your messenger back with the pin."

The next day, Mr Morgan's messenger arrived at Tiffany's with the same box in a new package and a different envelope. In this envelope there was a note that read:

"Dear Mr Tiffany, the pin is really magnificent. However, US\$5,000 is a little over the top. So, enclosed is a check for US\$4,000. If you accept it, please send my messenger back with the box. If not, return the cheque and he will leave the box with you."

Tiffany looked at the cheque for several minutes. It was actually a lot of money. However, he was sure the pin was worth the \$5,000 he had asked for.

Finally, he told the messenger: "You can return the





One day a teacher was talking about marriage in class.

Teacher: What kind of wife would you like Johnny?

Johnny: I would want a wife like the moon.

Teacher: Wow! What a choice... Do you want her to be beautiful and calm like the moon?

Johnny: No, I want her to arrive at night and disappear in the morning...

cheque to Mr Morgan. My price is firm."

And thus, the messenger took the cheque back and put the gift-wrapped box on Mr Tiffany's table. Tiffany sat down for a minute thinking about the cheque he had returned and then he unwrapped the box to get the pin out

Upon opening the box, he didn't find the pin. He found instead, a cheque for \$5,000 from Morgan and a note with a single sentence:

"Just Checking The Price."

A priest offered a nun a ride home in his car. She climbed into the passenger seat and crossed her legs,

thereby revealing a glimpse of flesh beneath the gown.

The priest was immediately overcome with lust and slyly slid his hand up her lower leg.

'Father, remember Psalm 129,' said the nun.

The priest removed his hand when he next changed gear, and he seized the opportunity to slide his hand up her lower leg again.

Father, remember Psalm 129,' repeated the nun.

The priest apologized: 'I'm truly sorry, sister. But the temptation was too much, I'm only human after all.'

Arriving at the convent, the nun sighed heavily and went on her way. When he reached his church, the priest rushed straight to look up Psalm 129. It said: 'Go forth and seek, further up you will find glory.'

A guy went into the sisters mercy hospital for coronary surgery, the opration was successful and he soon

regained consciousness. He came round to find one of the nuns sitting by his bed and gently patting his hand.

She told him: 'Mr Smith, you are going to be just fine. We do have to know how you are going to settle the hospital expenses. Are they covered by an insurance?'

'No, I'm not,' replied the patient.

'Do you have means to pay?'

'I'm afraid I can't.'

'Do you have any close relative who might be able to help?'

Just my sister in New York, but she is a spinster nun.'

'Nuns are not spinsters, Mr Smith, they are married to the Lord.'

'Okay, then send the bill to my brother-in-law,' said the patient.

Two newlyweds found out that their marriage was not working and so they filed for a divorce. The judge asked them what was the problem.

The husband replied: 'In five weeks that we are married we haven't been able to agree on a single thing.'

The judge turned to the wife: 'Have you anything to say?'

She answered: 'It's been six weeks, your honour.'

An old guy and his pretty young wife were locked in a bitter divorce case, the principal bone of contention being who should have custody of the children.

She maintained she should be granted custody as she had brought the children into the world. The judge listened patiently to her argument and then asked the old man why he thought he should be awarded custody of the kids.

Slowly the old guy rose to his feet, thought for a moment and addressing the judge said: 'Judge, when I put a coin in a candy machine and a candy bar comes out, who does it belong to: me or the machine?'

A man came home one day and told his wife: 'Honey, what would you do if I said I'd won the Lotto?'

She sneered: 'I'd take half, then I'll leave you.'

'Excellent, I had three numbers and won \$10, here is your \$ 5, now get the hell out of here.'

* * *

The judge in a divorce case asked for the lawyers to make their final statements.

The lawyer for the husband rose to his feet and said: 'Your honour, may I just state once again that one of the key incidents in this case was, in actual fact, an act of chivalry. Since when has it been wrong for a husband to open a door for his wife?'

The lawyer for the wife stood up immediately and said: 'I think my learned friend is overlooking the fact that the car was travelling at 85 miles an hour at that time.'

Life Stories

The Man with a Lamp

Once there was a little village where lived a blind man. Although he was very blind and couldn't have been bothered by darkness at night, he did always carry with him a lighted lamp when he went out at night.

One fine night, he encountered a young group of travellers returning from supper. The traveller immediately noticed he was blind but was surprised he had a lighted lamp in his hand. They began making remarks about him and mocking him. Finally, one of them asked,

"Hey, man! Why do you have a lantern if you're blind?!"

"Yes," the blind man admitted, "I am blind and have no vision. And this lamp may not be of any use to me. But bright light being carried by me is for people like you who can see. At night the streets are dark, and you may not see the way. You may even not see the blind man coming and bump into me. That is why I am carrying this lantern."

The young travellers apologized for their conduct.

Moral: Before judging others, we should consider things from their perspective. Always be polite and open-minded.



Life's Lesson

Letter from a Mother to a Daughter

y dear girl, the day you see I'm getting old, I ask you to please be patient, but most of all, try to understand what I'm going through. If when we talk, I repeat the same thing a thousand times, don't interrupt to say: "You said the same thing a minute ago"... Just listen, please. Try to remember the times when you were little and I would read the same story night after night until you would fall asleep.

When I don't want to take a bath, don't be mad and don't embarrass me. Remember when I had to run after you making excuses and trying to get you to take a shower when you were just a girl?

When you see how ignorant I am when it comes to new technology, give me the time to learn and don't look at me that way ... remember, honey, I patiently taught you how to do many things like eating appropriately, getting dressed, combing your hair and dealing with life's issues every day... the day you see I'm getting old, I ask you to please be patient, but most of all, try to understand what I'm going through.



If I occasionally lose track of what we're talking about, give me the time to remember, and if I can't, don't be nervous, impatient or arrogant. Just know in your heart that the most important thing for me is to be with you.

And when my old, tired legs don't let me move as quickly as before, give me your hand the same way that I offered mine to you when you first walked. When those days come, don't feel sad... just be with me, and understand me while I get to the end of my life with love.

I'll cherish and thank you for the gift of time and joy we shared. With a big smile and the huge love I've always had for you, I just want to say, I love you ... my darling daughter.

Thoughts to Live by

Our Journey Together is so Short

A beautiful message for all of us

A young lady sat in a bus. At the next stop a loud and grumpy old lady came and sat by her. She squeezed into the seat and bumped her with her numerous bags.

The person sitting on the other side of the young lady got upset, asked her why she did not speak up and say something.

The young lady responded with a smile: "It is not necessary to be rude or argue over something so insignificant, the journey together is so short. I get off at the next stop."

This response deserves to be written in golden letters:

"It is not necessary to argue over something so insignificant, our journey together is so short"

If each one of us realized that our time here is so short; that to darken it with quarrels, futile arguments, not forgiving others, discontentment and a fault-finding attitude would be a waste of time and energy.

Did someone break your heart? Be calm, the journey is so short.



Did someone betray, bully, cheat or humiliate you? Be calm, forgive, the journey is so short.

Whatever troubles anyone brings us, let us remember that our journey together is so short.

No one knows the duration of this journey. No one knows when their stop will come.

Our journey together is so short.

Let us cherish friends and family. Let us be respectful, kind and forgiving to each other.

Let us be filled with gratitude and gladness.

If I have ever hurt you, I ask for your forgiveness.

If you have ever hurt me, you already have my forgiveness.

After all, our journey together is so short!

8 Truths Of Life

Truth no 1 : Nobody is real in this world except Mother.

Truth no. 2 : A poor person has no friends.

Truth no. 3 : People do not like good thoughts they like good looks.

Truth no 4 : People respect the money not the person.

Truth no 5 : The person you love the most, will hurt you the most!

Truth no 6 : Truth is Simple, But, The Moment

YOU try to Explain It, it Becomes Difficult.
Truth no 7: When you are happy you enjoy the music", but "when you are sad, you understand

the lyrics".

Truth no 8: IN LIFE Two things define you "Your patience" when you have nothing & "Your attitude" when you have everything..

Life's Lessons

The Perfect Woman

Bob Marley was once asked if there was a perfect woman. He replied:

Who cares about perfection?

Even the moon is not perfect, it is full of craters.

The sea is incredibly beautiful, but salty and dark in the depths.

The sky is always infinite, but often cloudy.

So, everything that is beautiful isn't perfect, it's special.

Therefore, every woman can be special to someone.

Stop being "perfect", but try to be free and live, doing what you love, not wanting to impress others!

Life Stories

A Brother Like That

As a Christmas present, a young man received his brother's generous gift of the trendiest car. On Christmas' Eve, the young man went for a drive in his new car and he stopped near a park.

"Is this your car, Mister?" asked a young boy. The young man nodded with pride. "My brother got me this amazing car for Christmas," he said.

The boy's eyes grew wide in astonishment. "Do you mean your brother got this fantastic car for you, and it didn't cost you anything? Oh boy, how I wish..." the boy hesitated.

The man knew what the little boy was going to wish for. Of course, he would want a brother who got him such a beautiful car like that. But what came from the young boy's mouth stunned the young man.

"One day, I wish," the boy continued, "that I could be a brother just like your brother."

The young man was astounded and impulsively said, "Would you like to take a ride in my new car?"

"Yes, yes. I'd want it," the kid enthusiastically responded.

With eyes glowing and a smile spread across his face, he said, "Mister! Would you mind driving to my home?"

The man smiled and gladly obliged as they made their way home together. He thought he knew what the young boy wanted. He wanted to show kids in the neighbourhood that he could ride home in a fancy car. But the man was wrong again.

The boy ran up the steps. The boy took a while, and when he returned, he was carrying his disabled little brother. The young boy pointed at the man's fancy car, saying to his brother, "There it is, just like I told you. His brother presented it to him for Christmas, and it didn't cost him a cent. And one day, I'm going to give you something like this. Then you will be able to see for yourself all the beautiful decorations in the Christmas windows I've been trying to tell you about."

The young man helped the little brother climb into the car's front seat, and the three had a memorable holiday ride. That day the man learned the real meaning behind the saying, "It is more blessed to give than receive."



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Symptoms that could signal trouble

Clues You May Have Heart Disease

See some unexpected symptoms that could signal trouble, like bleeding gums or problems in the bedroom

Then your snoring is broken up by pauses in your breathing, your brain may not be getting enough oxygen. It will send signals to your blood vessels and heart to work harder to keep blood flow going. This raises your risk for high blood pressure, abnormal heart rhythms, strokes, and heart failure. Fortunately, sleep apnea is treatable.

Yellow-Orange bumpy rash: Extremely high trigly-ceride levels can make your skin break out around the knuckles of your fingers and toes and on your bottom. A lot of these fats in your blood may play a role in hardening your arteries, and high numbers are often related to other conditions that put you at risk for heart disease and strokes, too.

Poor grip strength: The strength of your hand may tell you something about the strength of your heart. Research suggests the ability to squeeze something well may be associated with a lower risk of heart disease. If it's hard for you to grasp an object, odds are higher that you have or could develop problems. (But improving your grip strength alone won't necessarily make your heart healthier.)

Dark spot under nails: If you haven't banged or hurt your finger or toe recently, little dots of blood trapped under your nail could point to an infection in the lining of your heart or valves, called endocarditis. You can also get these blood specks when you have diabetes, and people with that condition are two to four times more likely to have heart disease and strokes.



Dizziness: Lightheadedness is often a direct result of something wrong with your heart because it isn't pumping enough blood to your brain. Dizziness could be a symptom of an abnormal rhythm, called an arrhythmia. Heart failure, meaning the weakening of the muscle, can also make you unsteady. Feeling woozy is one of the many lesser-known symptoms of a heart attack, too.

Sexual Problems: Some troubles in the bedroom could mean you have heart disease and a greater risk for a heart attack or stroke. Men with erectile dysfunction may have circulation problems related to high blood pressure or narrow arteries from cholesterol build-up. These blood-flow problems can also lessen a woman's libido and ability to enjoy sex.

Skin colour changes: Blue or gray fingers and toes could be from poor circulation of oxygen-rich blood, often due to a heart defect you were born with or narrowed or blocked blood vessels. A lacy, mottled, purple pattern shows up when bits of built-up cholesterol plaques break off, then get stuck in small blood vessels. You might get bloody splotches just under the skin on the inside of your

hands and the soles of your feet when you have endocarditis.

Bleeding gums: Experts don't totally understand the link between gum disease and heart disease. But studies suggest that bleeding, swollen, or tender gums may lead to trouble with your ticker. One theory is that bacteria from your gums gets into your bloodstream and sets off inflammation in your heart. Having gum disease, which can lead to tooth loss, may also raise your chances of a stroke.

Dark, velvety skin patches

You may find these thick spots, called acanthosis nigricans, in skin folds and creases such as your neck, armpits, and groin when your body has trouble using the hormone insulin. The patches could have skin tags, too. If you aren't being treated for insulin resistance, metabolic syndrome, or type 2 diabetes, see your doctor for help controlling your blood sugar and protecting your heart.

Trouble breathing: Feeling short of breath can be a symptom of heart failure, an abnormal heart rhythm, or a heart attack. Tell your doctor if you struggle to catch your breath after doing things that used to be easy for you, or if it's hard to breathe while lying down. Have chest pain, too? Call 911.

Swelling in lower legs: It happens when you stand or sit for a long time, and it's also common during pregnancy. Fluid build-up can also stem from heart failure and poor circulation in your legs. Swollen legs could be from a clot that's blocking the return of blood from your lower limbs to your heart. Call your doctor right away if swelling comes on suddenly.

Fatigue: Don't always chalk it up to poor sleep. Heart failure can leave you tired and drained, because the muscle no longer pumps well enough to meet your body's needs. Watch for other symptoms, such as coughing and swelling, too, since feeling wiped out and weak can be a warning sign of many different conditions, including anemia, cancer, or even depression.

Medically Reviewed by James Beckerman, MD - WebMD

Being Mum & Dad

Parental conflict affects a child's mental health

There's no relationship that does not falter. Arguments, disagreements and conflicts are extremely common even in a healthy relationship. But while it may seem normal to you, your child may be negatively affected by your and your partner's actions. There is no telling when a squabble between a couple may aggravate and escalate into something ugly, which when witnessed by a child, might devastate them gravely.

In light of parental conflicts, a child may become prone to anxiety, depression, discomfort and even struggle with their relationships in the future. Depending on how severe or aggressive marital dissatisfaction or parental arguments are, it may go on to do as much damage to the child's psyche. It is important that parents know how to deal with their disagreements privately and maturely, while ensuring that the children



are not affected by the same.

* Why parental conflict impacts a child?

Every child looks up to their parents for advice, guidance and for support, which is why, if parents reveal their most unpleasant selves to their kids, it is likely to confuse them, making them uncomfortable.

Studies have shown that parents' fights impact their children in the most negative ways. Parents indulging in toxic arguments, name-calling and throwing insults at each other can give away a wrong impression to the kids, leading to emotional damage.

Researchers at the University of Oregon found that children as young as 6 months old can be negatively impacted by harsh parental arguments. Additionally, young adults up to 19 years of age can also be affected by the same. This suggests that a parent's relationship, how they decide on handling their actions, affects how their children grow up to or handle their problems.

* How can it affect children in the long run?

Experts believe unresolved parental conflict can affect a child's life in the long run. The effects may linger on even in their adult life. Just like their parents, they may find it difficult to maintain healthy relationships when they're older. While they grew up with their parent's fighting with each other, they may find their aggressive nature normal and justified.

Increased aggression may go on to become a problem in a child's adult life. They may become more prone to misconduct and behavioral problems that may lead them to further trouble. Apart from that, children go on to have a pessimistic approach to life and a negative perception of people, leading to impaired social life and low self-esteem. A 2012 study published in the Journal of Youth

and Adolescence found that kids who have been subject to parental conflicts are likely to run low on confidence.

* What should parents do differently?

Parents who lose their cool in front of their children must know how severely they're affecting their child's mental well-being. It is important to note that it is your duty to give your child a healthy childhood rather than a turbulent one. While fights and arguments are absolutely natural, here are some things parents can do to minimize the damage done to a child's mind.

- Keep your discussions private. Avoid involving the children.
- Be polite and courteous, so children know that shouting and screaming are not the only way to resolve issues.
- Communicate productively. Do not overlap each other, rather take turns to speak.
- Focus on finding a solution rather than revisiting the mistake.
- Amid all the chaos, do not neglect your children.
- Make sure you let your child know that they are not the problem.



Kriti Sanon says there are no single men left in Bollywood

Triti Sanon has said that the film industry does not have any single men left. Soon after winning the Filmfare Award for best actor in a lead role (female), Kriti joked that she would not have to sleep alone as she has the black lady (the trophy) with her, reports Hindustan Times. She won the award for her performance in *Mimi*.

After receiving the award, Kriti took to Instagram on Tuesday and wrote a note, declaring her dream has been fulfilled. She also posted a video. It showed her putting her head on the trophy as she laid down on her bed. The camera then moved to show the black lady placed on the pillow beside her and she hugged it. "I ain't sleeping alone tonight! Heart is full. #Gratitude. The black lady is finally here.. Thank you @filmfare for this much needed validation and for making my dream come true," her note read.

She also thanked director Laxman Utekar and wrote, "A bigggg thank you to #Dinoo and @laxman.utekar sir.. for giving me this beautiful role and for being my constant supporters... I love you both! @maddockfilms, the entire cast and crew who made this film beyond special. And the lovely audiences and all my fans for giving Mimi and me so so much love. Mom, dad, Nups (Nupur Sanon, her sister)... I did it! Here's to dreaming big... Goodnight everyone."

Speaking with the media on the sidelines of the awards function, Kriti was asked to name someone from the film industry she would have liked to accompany her on the red carpet as her date. An ETimes report quoted her as saying, "I wish I had one (date to accompany her on the red carpet), he would have been here. I don't know. Who is single right now? It is really tricky, honestly speaking. I can't... There are no single men."

Making her Bollywood debut alongside Tiger Shroff in the 2014 film Heropanti, Kriti has worked in films such as *Dilwale, Bareilly Ki Barfi, Luka Chuppi, Panipat* and *Mimi.* She will soon be seen opposite Varun Dhawan in *Bhediya*. She also has Prabhas-starrer *Adipurush* in the pipeline.

Bollywood in trouble?

After string of flops, celebs' ad deals likely to suffer

fter a string of Bollywood flops like Ranbir Kapoor-starrer *Shamshera* and other recently released high-profile films like Aamir Khan's *Laal Singh Chaddha* and Akshay Kumar-starrer *Raksha Bandhan*, celebrity endorsements by top Bollywood actors could take a hit. While Bollywood's performance has been dismal, four successive super-hits from the South — *Pushpa: The Rise Part-1, RRR, KGF: Chapter 2 and Vikram* (to a much smaller extent in Hindi as *Vikram: Hitlist*) — have grossed more than Rs 30 bn worldwide, including nearly Rs 8 bn in

Hindi net collections, reports Business Today.

The trend of South Indian celebrities signing pan-Indian ad campaigns is crystal clear. Bengaluru-based redBus recently announced *Pushpa*-starrer Allu Arjun as its brand ambassador. Telugu actor Ram Charan — most recently known for his global hit *RRR* — recently signed a deal with Frooti to be its brand ambassador along with Alia Bhatt. Rashmika Mandanna, who was the female lead in *Pushpa: The Rise*, recently endorsed Kingfisher, along with Bollywood actor Varun Dhawan and worked with brands like Dabur Honey, boat, Cashify, McDonald's,



Experts say that it might have some short-term impact on the fee charged by Bollywood actors like Ranveer Singh who recently won International Advertising Association (IAA) Brand Endorser of the year after and is known to charge between Rs 35-40 million per ad, making him one of the most expensive actors for endorsements.

"Whether they're in the field of sports or movies, celebrities always have their brand tagged with their performance. What happens is that the affect is not for the immediate term unless it's negative publicity or because of a controversy because brand ambassadors are signed for a longer period of time," Madan Mohapatra, an independent marketing and media consultant, said.

Shershaah, Sardar Udham win honours at the 67th Filmfare Awards 2022



Best Film Shershaah

Best Actor In A Leading Role (Male) Ranveer Singh (83)

Best Actor In A Leading Role (Female) Kriti Sanon (Mimi)

Best Actor (Critics)
Vicky Kaushal (Sardar Udham)

Best Actress (Critics)
Vidya Balan (Sherni)

Best Director Vishnuvardhan (Shershaah)

Best Actor in a Supporting Role (Male) Pankaj Tripathi (Mimi)

Best Actor in a Supporting Role (Female)

Sai Tamhankar (Mimi)

Best Action
Stefan Richter, Sunil Rodrigues
(Shershaah)

Best Lyrics
Kausar Munir - 'Lehra Do' (83)

Best Film (Critics)
Shoojit Sircar (Sardar Udham)

Best Background Score
Shantanu Moitra (Sardar Udham)

Best Playback Singer (Male)
B Praak – 'Mann Bharryaa'
(Shershaah)

Best Playback Singer (Female)
Asees Kaur- 'Raataan Lambiyan'
(Shershaah)



Best Screenplay Shubhendu Bhattacharya and Ritesh Shah (Sardar Udham)

Best Story
Abhishek Kapoor, Supratik Sen
and Tushar Paranjape (Chandigarh
Kare Aashiqui)

Best Dialogue
Dibakar Banerjee and Varun
Grover (Sandeep Aur Pinky Faraar)

Best Debut Male
Ehan Bhat (99 Songs)
Best Debut Female
Sharvari Wagh (Bunty Aur Babli 2)



Best Debut Director Seema Pahwa (Ramprasad Ki Tehrvi)

Best Music Album Tanishk Bagchi, B Praak, Jaani, Jasleen Royal, Javed-Mohsin And Vikram Montrose - Shershaah

Lifetime Achievement Award Subhash Ghai

Best Costume Design Veera Kapur Ee (Shershaah)

Best Cinematography Avik Mukhopadhayay (Sardar Udham)

Best Choreography
Vijay Ganguly - 'Chaka Chak'
(Atrangi Re)

Kamya Panjabi

'Life's easer after marriage, no worries about expenses anymore'

Kamya and Shalabh got married in February 2020. Kamya, who was earlier married to Bunty Negi, has a 10-year-old daughter Aara with him. Shalabh also has a son named Ishan from his previous marriage.

In an interview with ETimes, Kamya said, "I know I don't have to work but my work is my passion and I will never leave working, as it is therapeutic for me. I can't sit at home. However, the reasons to take up work are different from earlier — ghar chalaana hai beti ki fees bharni hai (for expenses like my daughter's school fee). I have a strong emotional support in my husband, which was missing for so many years. I don't sleep or wake up with stress ki six months se kaam nahi kiya hai (that I haven't worked for the past six months). Emotional struggle kam ho gaya hai (My emotional struggles have reduced) after my husband came into my life."

She added, "Shalabh and I often discuss the possibility of having a child. However, then I take a step back, as I don't want to go through the process again. Raising my daughter (Aara) single-handedly has been quite challenging. It's easy for people to call me strong, but believe me, it has



been very difficult journey for both of us. It would break my heart to leave her and go to work when she was young. I had to tell her that mamma needs to work to make sure that you go to a good school, have these amazing toys and birthday parties. It's been a difficult journey and a long struggle."

Kamya rose to prominence for her roles in serials such as *Reth, Astitva Ek Prem Kahani, Banoo Mein Teri Dulhann, Piya Ka Ghar, Maryada: Lekin Kab Tak* and *Kyun Hota Hai Pyaar.* She was part of the second season of *Comedy Circus* and participated in *Bigg Boss 7*.

Paras Kalnawat says he quit 'Anupamaa' as he 'did not want to just stand idle'

Anupamaa' producers recently sent out a press statement saying they are terminating actor Paras Kalnawat's contract with immediate effect. Citing 'breach of contract' as the reason, they mentioned how he went ahead and signed Jhalak Dikhhla Jaa 10 without intimating them. However, in a chat with indianexpress.com, Paras shared that he had indeed informed the team. He added that given the clause he cannot work on a rival channel, he had to move out of the daily. The actor also shared that his character had not much to do, and he wanted to challenge himself with something new.

The actor, as readers would know, played Samar, Anupamaa's younger son. He was the only family member who empathised with her and supported her in all her endeavours. However, ever since the female lead opposite him quit the show, Samar's track had reduced.

"While I am thankful to Rajan sir for giving me this wonderful show, for a long time I did not have much to do. I did not want to stand idle without a dialogue even when we were doing 18-page scenes. When *Jhalak* came my way, as an actor and on a personal level, the new challenge excited me," he told us.

Paras Kalnawat also opened up about his emotions through an Instagram post. "Every journey has an end to it. Will miss bunch of people from my team. Will definitely speak about my side of the story and what I had to face being part of the show. It was nothing less than a nightmare. People close to me in the show were well informed about me being unhappy around but no actions were taken. It's indeed a mix feeling. A sigh of relief with a drop of tear... Will give my best wherever I go and will make my actions speak louder than words. Keep



your love coming kyuki PICTURE ABHI BAAKI HAI SIGNING OFF AS SAMAR SHAH Thank you for loving and supporting me as Samar Shah, Give the same love to the new actor playing Samar Shah and the show. ," wrote Paras Kalnawat.

His co-star Anagha Bose in a recent interview also accepted that her absence might have left Paras' track being reduced. "I do agree with Paras that his track had reduced after I quit the show. TV shows mostly focus on love stories, so, when one of the two actors quits the show, the other's track automatically gets affected," she told ETimes.

Jhalak Dikhhla Jaa will launch sometime in September. Apart from Paras, Niti Taylor, Nia Sharma and Dheeraj Dhoopar are said to have signed the deal.

YOUR STARS

Sagittarius: Nov 22 - Dec 21

The things you learn could bring you some golden opportunities over the coming days which may enable you to achieve your life goals. There's a chance you'll be startled or run into an old flame after a long period. Rekindling old romance is also a possibility for Sagittarius natives.

Lucky Numbers: 8, 11, 14, 17, 21, 26

Capricorn: Dec 22 - Jan 19

Don't be surprised if your unrealizable dreams start coming true from today. The faith and vision to stick to your ideas bring success on the professional front. It is also an exciting day for love birds. Some of could face some ego issues with your elders over your impulsive decisions. Avoid rigid behaviour to maintain peace.

Lucky Numbers: 1, 5, 20, 26, 30, 33

Aquarius: Jan 20 - Feb 18

Don't bring hurdles to your family where property matters are concerned. It may strain your relationships. You are likely to learn a lot from a socially active life, provided you carefully listen to others. Aquarius singles will need to be inventive and bold to get success in love.

Lucky Numbers: 10, 20, 26, 33, 36, 40

Pisces: Feb 19 - Mar 20

Pisces, your financial matters may be stable and you may not look at making any major changes in your investments. Family front may be a bit problematic as there may be clash of opinions. You may find the situation difficult to handle but things will improve soon.

Lucky Numbers: 5, 9, 12, 19, 24, 26

Aries: Mar 21 - Apr 19

Financially, you may not face problems and expenses are likely to remain in control. You will have to overcome many obstacles at work. Promotion is likely to make you vulnerable, as everyone is watching you closely and failure could be embarrassing.

Lucky Numbers: 7, 9, 10, 15, 29, 30, 31

Taurus: Apr 20 - May 20

Small steps taken today could be the beginning of something big. You have plenty of creative ideas brewing but you will need to be diplomatic to see your plans through to fruition. You'll make efforts to take romance to new heights after meeting your partner after a long time.

Lucky Numbers: 14, 18, 21, 26, 33, 39

Gemini: May 21 - June 20

Your income can be doubled by renting your house or part of your house. Improvement in your physical well-being may have a positive effect on the way you feel. A quarrelsome behaviour is likely to annoy family members. Gemini natives need to remain alert as false information might harm their interests.

Lucky Numbers: 2, 7, 11, 19, 20, 25

Cancer: June 21 - July 22

Trust your gut when it comes to what decision to make on the financial front. New opportunities could be yours today if you are open to them. Committed partners might be able to tie a knot shortly after getting the blessings of their elders and loved ones.

Lucky Numbers: 7, 9, 14, 20, 26, 30

Leo: July 23 - Aug 22

If you have a long-held dream that you're eager to start, now is the time. Your friends will remain supportive. Regardless of how many projects you undertake, you ultimately succeed in accomplishing all of them. If Leos have long planned to change jobs or do new things, it's time to act.

Lucky Numbers: 4, 11, 13, 20, 31, 33

Virgo: Aug 23 - Sept 22

Plans to buy new property might enable Virgo natives to discover horizons for themselves and their families. Go through all the legal papers before you purchase a plot. The coming days may bring a glimpse of hope and meaningful partnerships for single Virgos.

Lucky Numbers: 1, 15, 16, 20, 24, 30

Libra: Sept 23 - Oct 22

Libra natives are likely to see a positive phase in their careers. Your monetary position is likely to improve very soon. Spending some golden moments in the company of a romantic partner will bring immense happiness.

Lucky Numbers: 8, 14, 19, 26, 31, 40

Scorpion: 23 Oct - 21 Nov

You achieve your objectives and bring yourself closer to your ultimate aims with dedication and hard work on the professional front. Unwanted thoughts could occupy your mind thus keeping you distressed. Make sure you avoid everything that affects your health.

Lucky Numbers: 3, 9, 12, 14, 17, 20

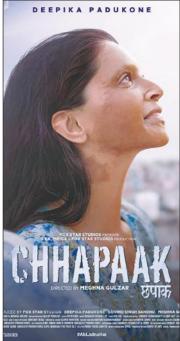
01.32 Film: Signed, Sealed, Delive.. 05.45 Film: Awara Paagal

Vendredi 2 septembre - 21.15





Samedi 3 septembre - 21.00





Dimanche 4 septembre - 21.52



Programme TV



07.00 Mag: Border Crossing

09.42 Doc: Contest Of The

Cathedrals 11.48 Mag: Carnet De Sante

13.57 Space Robot Revolution

17.06 Mag: Border Crossing

19.00 Student Support Prog..

21.42 Doc: Quand L'Histoire Fait.

20.45 Doc: World Heritage

22.50 Doc: Lebanon's Crisis

23.33 Doc: Legendary Hotels 00.16 Mag: World Stories

00.57 Mag: Euromaxx 01.23 Doc: Cuisine Sauvage

02.12 Doc: World Heritage

00.31 Mag: Our Voices

15.35 Guardians Of The Desert

MBC 3

07.51 Doc: Hotels

08.41 Doc: Castles

16.20 Mag: Eco India

20.30 Live: News





Cine 12

05.23 Tele: Rubi

13.30 Tele: Rubi

03.52 Film: The Dark Tower

06.11 Serial: Burden Of Turth

09.00 Serial: Dynasty 2

10.35 Tele: Fierce Angel

11.00 Serial: Elementary

16.41 Serial: Dynasty 2

19.00 Tele: Fierce Angel

19.34 Serial: Backstage

20.05 Tele: Missing Bride

12.00 Film: The Dark Tower

17.21 Serial: Burden Of Truth

18.05 Tele: La Beaute Du Diable

06.54 Film: Signed, Sealed, Delive...

09.45 Tele: La Beaute Du Diable





Bollywood TV

Shetty, Aftab Shivdasani 11.30 / 20.30 - Agniphera

13.01 / 22.00 - Agnihera

Deewana

12.00 / 21.00 - Yeh Teri Galiyan

13.31 / 22.03 - Yeh Teri Galivan

14.00 / 22.30 - Patiala Babes

12.22 / 21.30 - Patiala Babes

Starring: Akshay Kumar, Sunil

MBC 1 MBC 2

07.00 Local: Les Grandes Lignes 08.00 Local: Profil 09.00 Doc: The Bitter Sweet Deal 11.00 Doc: Books 11.10 Tele: Les Trois Visages D'ana 12.00 Le Journal 12.30 Tele: Muneca Brava 13.56 MBC Production 14.45 D.Anime: Gon 15.20 D.Anime: The Hive S 15.36 D.Anime: Panda And Little 16.42 D.Anime: The Treasure 2 <u></u> 17.10 Serial: Superstore 17.31 Doc: World Capitals 18.00 Live: Samachar 5 18.31 Serial: Surva Puran 19.30 Journal & La Meteo

20.25 Local: Les Grands Noms..

06.00 D.Anime: Ubongo Kids

09.16 D.Anime: Panda Fanfare

09.41 D.Anime: Kids' Planet

10.10 Local: Zanfan Nou Zil

10.35 Serial: Oh Yuck!

15.00 Live: Samachar

15.21 D.Anime: The Hive

15.59 D.Anime: Akili And Me

17.06 Mag: National Anthem

17.15 Mag: Human Nature

18.30 Enter: Taare Zameen

19.30 Journal & La Meteo

23.00 Local: Le Journal

06.00 D.Anime: Ubongo Kids 07.13 D.Anime: Darwin And Newts

07.46 D.Anime: Paf. Le Chien

12.00 Le Journal

18.00 Samachar

06.56 D.Anime: Darwin And Newts

11.55 Local: Autour Des Valeurs...

12.25 Local: Les Grands Noms...

13.46 Tele: La Femme De Lorenzo

16.31 D.Anime: Rev & Roll, Amis...

20.25 Local: Autour Des Valeurs... 21.25 Film: California Solo

21.25 Serial: Pine Gap

23.00 Le Journal

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Mauritius Times

07.00 DDI Live 10.00 Serial: Aatish 11.21 Serial: Tu Ishq Hai 12.02 Film: Ala Vaikunthapurrai 14.44 Filler: Radha Krishna 15.00 Live: Samachar 15.22 Serial: Saare Tuihvachsathi 15.45 Serial: Bommarillu 16.04 Serial: Sondha Bandham 16.28 Serial: Meer Abru 16.49 Serial: Bhaag Na Banch 17.11 Serial: Bhakharwadi 17.30 Serial: Chhanchhan 18.01 Serial: Meteor Butterfly. 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 07.00 Film: Jal Mahal

Starring Jeetendra, Rekha 09.53 Bade Acche Lagte Hai 11.19 Serial: Dikri Vahalno Dariyo 12.06 Serial: Nanda Saukhya Bhare 12.28 Serial: Mooga Manasulu 12.46 Serial: High School 15.00 Live: Samachar 15.25 Film: Hum Tumhare Hain Sanam Stars: Salman Khan, Shahrukh Khan, Madhuri Dixit 18.12 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: Chhapaak Starring Deepika Padukone, Vikrant Massey, Madhurjeet Sarghi 07.00 Film: Ustadon Ke Ustad

06.00 Doc: Legendary Hotels 06.42 Mag: World Stories 06.57 Mag: Our Vocies 07.25 Mag: Euromaxx 07.56 Doc: Cuisine Sauvage 09.40 Doc: Quand L'Histoire Fait. 10.51 Doc: Lebanon's Crisis 12.48 Mag: Euromaxx 13.16 Doc: Cuisine Sauvage 17.40 Mag: Shift 18.08 Doc: Sweet Magic 18.25 Doc: Smoothie Mania 19.33 Doc: The Secrets Vanuatu 20.30 Local: News (English) 20.45 Doc: World Heritage 20.50 Doc: Cuisine Sauvage 21.42 Doc: Luana's Kitchen 22.26 Doc: Desert Living 22.50 Doc: Great Apes 23.32 Doc: Sweet Magic 00.06 Doc: Smoothie Mania

20.30 Serial: Timeless 21.15 Film: Une Soiree D'Enfer 22.50 Tele: Rubi 01.31 Film: Une Soiree D'enfer 03.19 Serial: Pure Genius 03.49 Serial: Madam Secretary 04.30 Mag: Red Carpet 05.00 Tele: Les Trois Visages D'ana 06.09 Serial: Timeless 06.51 The Baker And The Beauty 08.30 Serial: Burden Of Truth 09.11 Serial: Madam Secretary 10.40 Film: Une Soiree D'Enfer 12.17 Serial: Pure Genius 13.30 Serial: Elementary 15.00 Tele: Muneca Brava 16.35 Serial: Timeless 17.16 Film: La Fille Du Père 18.30 Serial: Knight Rider 19.35 Serial: Backstage 20.05 Tele: Missing Bride 20.30 Series: Timeless 21.15 Film: Pawn 22.46 Tele: I Forgot I Love You

14.25 / 23.00 - Main Maike Chali 14.45 Film: Signed, Sealed, Delive.. Jaungi Tum Dekhte Rahiyo 15.00 / 21.46 -Yeh Hai Mohabbatein 15.07 Film: Saajan Starring: Sanjay Dutt, Madhuri Dixit, Salman Khan 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.28 Kuch Rang Pyar Ke... 04.02 Radha Krishna 04.33 Anupamaa 05.03 Mere Sai 04.59 Agniphera 06.00 Yeh Teri Galiyan 06.25 Patiala Babes 08.00 Yeh Teri Galiyan 10.00 Motu Patlu 10.13 Sasural Simar Ka 2 12.25 Serial: Udaariyaan 14.19 Serial: Anupamaa 16.13 Kuch Rang Pyar Ke Aise.. 18.00 Samachar 18.30 Film: Aaj Ka Arjun Starring: Amitabh Bachchan, Jaya Prada 20.46 Serial: Namah

pt 4

B B 08.00 D.Anime: Adventure In Duck. 10.00 Local: Zanfan Nou Zil 11.00 Local: Nu Rasinn 11.55 Local: Autour Des Valeurs... 12.00 Le Journal Se 12.36 Tele: Muneca Brava 13.12 Tele: La Femme De Lorenzo 15.21 D.Anime: The Hive 15.35 D.Anime: Panda And Little. 16.42 D.Anime: All Hail King Julien 17.10 Planet Home 17.40 Doc: World Capitals 18.00 Live: Samachar 18.30 Local: Yeh Shaam Mastani 19.30 Le Journal 20.30 Local Production: Les Klips 21.25 Film: My Boss's Wedding

11.20 Jag Jaanani Maa Vaishnodevi 11.39 Serial: Surva Puran 12.06 Film: Behen Hogi Teri 15.00 Samachar 15.20 Mooga Manasulu 15.42 Serial: He Mann Baware 16.04 Serial: Sondha Bandham Starring: Bharathi, Badekkila, Pradeep, Naresh Eswar 16.30 Local: Yaadein 17.03 Serial: Siya Ke Ram 19.00 Live: Zournal Kreol 19.30 Serial: Radha Krishna 20.05 Serial: Porus 21.26 Serial: CID 21.07 Serial: Naagin Season 3 Starring: Mouni Roy, Arjun Bijlani, Adaa Khan, Karanvir Bohra 07.00 DDI Live 10.00 Kundali Bhagya 12.06 Film: Meet Mere Man Ke

11.03 Serial: Azhagu

06.00 Doc: Sweet Magic 06.57 Mag: Salad Area 07.32 Mag: Check In 09.44 Mag: Skuld 10.31 Doc: Desert Living 11.46 Doc: Snapshots 12.13 Doc: Smoothie Mania 12.42 Mag: Salad Area 13.14 Mag: Check In 13.40 The Secrets Of Vanuatu 14.30 Doc: World Heritage 15.30 Doc: Skuld 15.47 Mag: Luana's Kitchen 16.38 Doc: Great Apes 19.06 Mag: The Inside Story 19.37 Doc: Albatros Et Gorfou 20.30 Live: News (English) 20.50 Doc: World Heritage 22.02 Doc: The Forest Rescuers 22.51 Have Fun In Pyongyang 23.32 Doc: Sweet Magic

01.29 Doc: Castles

01.08 Film: Pawn 02.38 Serial: Absentia 03.23 Film: California 04.57 Tele: Les Trois Visages D'ana 06.10 Serial: Timeless 06.46 Film: Squadron 08.30 Serial: Burden Of Truth 09.11 Film: California 10.40 Film: La Fille Du Père Noël 12.16 Serial: Absentia 13.30 Serial: Elementary 15.35 Tele: Marimar 17.00 Serial: Timeless 17.45 Serial: Absentia 18.30 Serial: Galactica 19.36 Serial: Backstage 20.05 Tele: Missing Bride 20.30 Serial: The Good Doctor 21.15 Serial: Scorpion 22.00 Film: Original Gangster 23.50 Tele: I Forgot I Loved You

21.38 Serial: Yeh Teri Galiyan 00.14 Serial: Sasural Simar Ka 2 02.15 Udaarivaan 04.20 Anupamaa 06.30 Kuck Rang Pyar Ke Aise... 08.12 Ishaaron Ishaaron Mein 10.01 Kundali Bhagya 12.01 Yeh Hai Mohabbatein 14.00 Agniphera 16.08 Jijaji Chhat Par Hain 16.23 Punar Vivaah 17.33 Live: Samachar 18.05 Film: Baaghi Starring: Shraddha Kapoor, Tiger Shroff 20.54 Naagin Season 3 21.35 Yeh Hai Mohabbatein 23.12 Ishaaron Ishaaron Mein 00.48 Kundali Bhagya 03.05 Agniphera

20.47 Serial: Naagin Season 3

23.05 Le Journal 06.00 Local: Zanfan Nou Zil 07.00 Local: Nu Rasinn 07.55 Local: Music Tour 2022 09.00 Doc: The Neanderthals 11.00 Doc: Books 11.10 Tele: Les Trois Visages D'ana 12.00 Le Journal 12.30 Tele: Muneca Brava 13.55 Local: Nu Rasinn 15.20 Other: Radha Krishna 15.35 D.Anime: Panda And Little... 17.10 Serial: Superstore (I) 18.00 Live: Samachar 5 18.30 Serial: Mere Sai 18.55 Serial: Jag Jaanani Maa Vaishnodevi 19.30 Le Journal 20.20 Local: Business Connect 21.05 Local: Agir Ensemble 21.40 Serial: Rich Man, Poor Man Avec: Nick Nolte, Peter Strauss

Starring Feroz Khan, Salma Agha, Prasenjit Chatterjee 15.00 Samachar 15.20 Serial: Saare Tujhyachsathi 15.47 Serial: Bommarillu 16.02 Serial: Sondha Bandham 16.26 Serial: Meer Abru 16.53 Serial: Bhaag Na Bachhe... 17.13 Serial: Bhakharwadi 17.30 Serial: Vandhal Sridevi 17.57 Serial: Meteor Butterflu.. 18.30 Mag: DDI Mag 19.00 Live: Zournal Kreol 19.30 Serial: Radha Krishna 20.00 Programme In Telugu 20.30 Film: Sarocharu 22.42 DDI Live

07.00 Mag: Salad Area 01.55 Film: Original Gangster 07.58 Doc: Albatros Et Gorfou... 08.47 Doc: Nos Cinq Sens 04.04 Film: My Boss's Wedding 05.53Tele: Rubi 09.41 Doc: Sky Eye 12.49 Mag: The Inside Story 06.41 Serial: The Good Doctor 08.01 Film: 119 Jours 09.45 Tele: La Beaute Du Diable 10.12 Tele: A Que No Me Dejas 14.39 Doc: Nos Cinq Sens 14.31 Doc: Sky Eve 16.39 Have Fun In Pyongyang 10.35 Tele: Fierce Angel 18.00 Mag: Eco@Africa 19.00 Doc: Persons 11.00 Serial: Elementary 12.00 Film: My Boss's Wedding 19.33 Mag: In Good Shape 13.30 Tele: Rubi 14.45 Film: 119 Jours 20.45 Doc: Castles 20.48 Doc: Gloabl Food 16.40 Serial: The Good Doctor 17.21 Serial: Scorpion 22.06 Mag: Global 3000 18.05 Tele: La Beaute Du Diable 22.32 Mag: Washington Forum 19.00 Tele: Fierce Angel 23.00 Shut Out For Centuries 19.39 Serial: Backstage 23.40 Mag: Eco@Africa 20.05 Tele: Missing Bride 00.06 Mag: The 77 Percent 20.30 Serial: The Baker And The 00.35 Mag: Africa 54 01.03 Mag: In Good Shape Beauty 21.15 Film: The Dark Tower

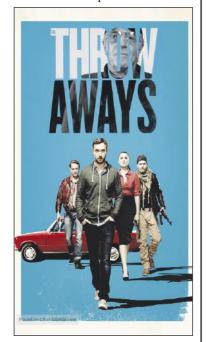
08.00 Taare Zameen Par 11.30 / 20.30 - Radha Krishna 11.59 / 21.00 - Anupamaa 12 31 / 21 30 - Mere Sai 13.00 / 22.00 - Agnihera 13.15 / 22.03 - Yeh Teri Galiyan 13.36 / 22.30 - Patiala Babes 14.30 / 23.00 - Main Maike Chali Jaungi Tum Dekhte Rahiyo 15.00 / 21.46 -Yeh Hai Mohabbatein 15.27 Film: Mr Joe B. Carvalho Starring: Arshad Warsi, Soha Ali Khan, Javed Jaffrey, Vijay Raaz 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.31 Kuch Rang Pyar Ke Aise... 20.01 Sasural Simar Ka 2 20.30 Radha Krishna

21.06 Anupamaa













Programme TV



SERIAL



Cine 12

01.34 Film: The Dark Tower

03.50 Film: Signed, Sealed, Delive

06.12 Serial: The Baker And The..

09.47 Tele: La Beaute Du Diable

02.59 Serial: Elementary

06.43 Film: The Dark Towe

10.35 Tele: Fierce Angel

11.00 Serial: Elementary

05.24 Tele: Rubi





MBC₁

07.30 Local: Rodrig Prog 09.30 Local: Lavi Kontinye 10.00 Morisien Konn Ou La Sante ptemb 11.10 Doc: Books 11.11 Les Trois Visages D'Ana 12.00 Le Journal 12.30 Tele: Muneca Brava 13.50 Local: Elle

Mauritius Times

14.35 Local: Pape François: Pelerin de Paix 15.00 Live: Samachar

15.20 D.Anime: Garfield Originals 0 15.35 D.Anime: Panda And Little... <u>0</u> 17.10 Serial: Superstore 18 00 Live: Samachar 18.30 Serial: Jijaji Chhat Par Hain

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19.30 Journal & La Meteo 20.20 Local: Autour Des Valeurs... 22.15 Film: Sugar! With: Alice Ripley, Robert Clohessy MBC 2

07.00 DDI Live 10.00 Serial: CID 10.44 Serial: Jijaji Chhat Par Hain 12.00 Film: Angrezi Mein Kehte... Starring: Saniav Mishra. Pankai Tripathi, Brijendra Kala 15.00 Live: Samachar

15.20 Saare Tujhyachsathi 15.43 Bommarillu 16.04 Sondha Bandham 16.26 Meer Abru 16.50 Bhaag Na Bachhe Koi

17.11 Bhakharwadi

17.31 Serial: Premabhishekam 18.00 Serial: Meteor Butterfly... 18.30 Local: DDI Magazine 19.00 Zournal Kreol

19.30 Serial: Radha Krishna 20.06 Local: Tamil Programme 20.30 Film: Seeta Aur Geeta 23.11 DDI Live

MBC 3

06.00 Mag: Eco@Africa 07.24 Mag: In Good Shape 07.53 Doc: Castles 09.46 Mag: Washington Forum 11.00 Mag: Eco India 13.52 Doc: Volcano Stories 14.48 Mag: Washington Forum 16.12 Mag: Eco@Africa 18.00 Mag: Rev: The Global Auto. 18.41 Mag: Red Carpet 19.03 Doc: Persons

19.34 Doc: Nature's Keepers 20.30 Live: News 20.45 Doc: Tree Stories 21.54 Mag: Euromaxx 22.21 Mag: Close Up

22.47 Local: Rodrig-Klip Seleksion 23.58 Mag: The Global Auto... 00.37 Mag: Healthy Living 01.12 Mag: Check In

01.38 Mag: Made In Germany

12.00 Film: Signed, Sealed, Delive.. 13.39 Tele: Rubi 14.19 Mag: Hollywood On Set 14.50 Film: The Dark Tower 16.40 Serial: Dynasty 2 17.20 Serial: The Baker And The... 18.05 Tele: La Beaute Du Diable

19.00 Tele: Fierce Angel 19.33 Serial: Backstage 20.05 Tele: Missing Bride 20.30 Seiral: The Baker And The.. 21.15 Film: Charlie's Angels

12.32 / 21.27 - Mere Sai 13.03 / 22.07 - Agniphera 13.30 / 22.37 - Yeh Teri Galiyan 14.01 / 23.07 - Patiala Babes 14.15 / 21.59 - Main Maike Chali Jaungi Tum Dekhte Rahiyo 14.43 / 22.25 -Yeh Hai Mohabbatein 15.26 Film: Koi Aap Sa Star: Aftab Shivdasani, Anita Hassanandani, D. Sharma 18.00 Live: Samachar 18.30 Serial: Kundali Bhagya

Bollywood TV

06.50 Film: Mr Joe B. Carvalho Stars: Arshad Warsi, Soha Ali

Khan, Javed Jaffrey, Vijay Raaz

11.34 / 19.27 - Radha Krishna

12.03 / 20.57 - Anupamaa

19.04 Udaarivaan 19.34 Kuch Rang Pyar Ke Aise.. 20.00 Serial: Sasural Simar Ka 2

07.00 Local Prod: Profil 07.40 Local: Priorite Sante 08.09 Local: Rodrig embr 09.35 Local: Tous Egaux 10.00 Local: Nu Rasinn 11.10 Tele: Les Trois Visages D'ana 12.00 Le Journal <u>o</u> 12.30 Tele: Muneca Brava

13.55 Local Production: Les Klips 15.21 D.Anime: Garfield Originals 15.24 D.Anime: Oum Le Dauphin... 15.36 D.Anime: Panda And Little 15.59 D.Anime: Akili And Me 16.26 D.Anime: Paf. Le Chien 18.00 Live: Samachar 18.30 Magazine

19.30 Journal & La Meteo 20.30 MBC Production 22.20 Film: The Throwaways Star: Peter Brooke, James Caan Noel Clarke

06.00 Local: Klip Seleksion

06.45 Local: Coin Jardin

06.59 Local: Rodrig Prog

08.14 Local: Elle

12.00 Le Journal

07.30 Local: Itinerer Rodrig

12.30 Tele: Muneca Brava

17.15 Serial: Superstore

18.00 Live: Samachar

20.30 Film: Khaali Peeli

19 30 Le Journal

17.28 Local: Zanfan Nou Zil

09.09 Doc: Tea-New Ideas For A...

13.45 Local: Sur Les Pas Du Pere

Laval

15.21 D.Anime: Garfield Originals

15.25 D.Anime: Oum Le Dauphin...

15.40 D.Anime: Panda And Little...

18.30 Serial: Jijaji Chhat Par Hain

20.25 Local: Autour Des Valeurs...

Starring Ananya Panday, Ishaan Khatter, Jaideep Ahlawat

19.00 Local: Planet Bollywood

07.00 DDI Live 10.00 Suhani Si Ek Ladki 12.00 Film: Aashiq Hoon Baharon Starring: Rajesh Khanna, Zeenat

15.00 Live: Samachar 15.23 Saare Tujhyachsathi 15.49 Bommarillu 16.07 Sondha Bandham 16.29 Serial: Meer Abru

16.53 Bhaag Na Bachhe Koi 17.10 Bhakharwadi 17.31 Serial: Kulvadhu 18.00 Meteor Butterfly Sword 18.30 Local: DDI Magazine

19.00 Zournal Kreol 19.30 Serial: Radha Krishna 20.06 Programme In Marathi 21.00 Film: Chinese Film 23.00 DDI Live

10.02 Serial: Vikram Betaal Ki

15.00 Live: Samachar

15 45 Serial Rommarillu

16.26 Serial: Meer Abru

17.04 Bhakharwadi

20.59 Local: Profil

16.45 Bhaag Na Bachhe Koi

17.40 Local: Bhajan Sandhya 18.00 Serial: Meteor Butterfly...

20.04 Local: Les Grandes Lignes

With Robert Carlyle, Alexia Rasmussen, Kathleen Wilhoite

18.30 Mag: DDI Mag 19.30 Serial: Radha Krishna

21.14 Film: California Solo

Rahasya Gatha 10.02 Serial: Mann Mein Vishwas.

12.00 Film: Insaaf Apne Lahoo Se

15.22 Serial: Saare Tujhyachsathi

16.12 Serial: Sondha Bandham

07.00 DDI Live

06.00 Mag: Rev: Global Auto... 06.56 Mag: Person 07.02 Mag: Check In

08.45 Doc: Castles 09.57 Mag: Euromaxx 14.26 Doc: Tree Stories 17.49 Mag: Japan Video 18.07 Mag: Motorweek

18.26 Mag: Vous Et Nous 19.00 Student Support Prog... 19.35 Mag: The Inside Story 20.30 Local: News (English)

20.45 Doc: Castles 20.50 Local: Business Connect 21.03 Doc: Secret Des Paintes 22.21 Mag: Business Africa

22.47 Mag: Focus On Europe 23.13 Doc: Poisoned Land? 23.55 Mag: Motorweek

00.21 Mag: Vous Et Nous 00.49 Doc: Person

06.00 Mag: Motorweek

06.52 Mag: Arts.21

08.17 Doc: Castles

13.33 Doc: Castles

16.35 Mag: Motorweek

18.00 Mag: Eco India

18.29 Mag: Shift

19.34 Doc: Hotels

20.45 Doc: Castles

23.06 Mag: Eco India

23.32 Mag: Shift

06.24 Mag: Vous Et Nous

10.32 Doc: Poisoned Land?

11.31 Local: Vous Et Nous

12.43 Mag: The Inside Story

15.00 Mag: Business Africa

19.00 Student Support Prog.

20.30 Local: News (English)

21.40 Doc: Contest Of The

Cathedrals

01.28 Film: Charlie's Angels 03.57 Film: Sugar! 05.15 Serial: Rubi 06.45 Film: Charlie's Angels 09.00 Serial: Galactica

09.45 Tele: La Beaute Du Diable 10.40 Tele: Fierce Angel 11 10 Serial: Elementary 12.05 Film: Sugar!

13.30 Tele: Rubi 14.35 Film: Charlie's Angels 16.36 Serial: Galactica 17.22 Serial: The Baker And The.

18.09 Tele: La Beaute Du Diable 18.31 Tele: A Que No Me Dejas 19.00 Tele: Fierce Angel 19.37 Serial: Backstage

20.05 Tele: Missing Bride 20.30 Serial: Burden Of Truth 21.15 Film: Le Souffle De La

Violence 22.45 Tele: Rubi

01.25 Le Souffle De La Violence 02.58 Serial: Elementary 03.36 Film: The Throwaways 05.19 Tele: Rubi

06.07 Serial: Burden Of Truth 07.01 Film: Le Souffle De La... 09.00 Serial: Dynasty 2

09.45 Tele: La Beaute Du Diable 10.37 Tele: Fierce Angel

11.00 Serial: Elementary 12.05 Film: The Throwaways 13.35 Tele: Rubi

14.55 Film: Le Souffle De La... 16.40 Serial: Dynasty 2 17.21 Serial: Burden Of Truth

18.05 Tele: La Beaute Du Diable 19.00 Tele: Fierce Angel 19.34 Serial: Backstage

22.25 Doc: Back OT Chernobyl 20.05 Tele: Missing Bride 20.30 Serial: Burden Of Truth 21.15 Serial: Knight Rider

07.08 Film: Koi Aap Sa 11.27 / 20.06 - Radha Krishna 11.57 / 20.26 - Anupamaa

12.27 / 20.02 - Mere Sai 12.58 / 20.46 - Agniphera 13.28 / 21.09 - Yeh Teri Galiyan 13.58 / 21.50 - Patiala Babes 14.25 / 22.15 - Main Maike Chali Jaungi Tum Dekhte Rahiyo

Yeh Hai Mohabbatein 15.22 Film: Achanak

Starring: Govinda,Manisha Koirala, Farha Naaz, Rahul Roy 18.00 Live: Samachar

18.30 Kundali Bhagya 19.00 Udaariyaan

19.30 Kuch Rang Pyar Ke Aise..

20 00 Sasural Simar Ka 2

20.30 Radha Krishna 20.59 Anupamaa

07 00 Film: Achanak 12.00 / 20.11 - Radha Krishna 12.28 / 20.28 - Anupamaa

12.58 / 20.32 - Mere Sai 13.28 / 21.09 - Agniphera 13.58 / 21.24 - Yeh Teri Galiyan

14.29 / 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: Chaand Kaa Tukdaa Starring Sridevi, Salman Khan, Shatrughan Sinha

18.00 Samachar 18.30 Kundali Bhagya

18.59 Udaariyaan 19.22 Kuch Rang Pyar Ke Aise..

19.52 Sasural Simar Ka 2

20.16 Radha Krishna

20.51 Anupamaa

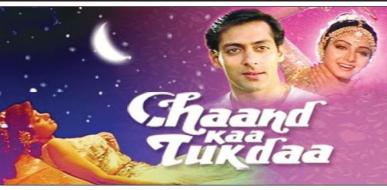
Jeudi 8 sept - 15.30

Stars: Sridevi, Salman Khan, Shatrughan Sinha



Jeudi 8 sept - 20.20

Ananya Panday, Ishaan Khatter, Jaideep Ahlawat





Spirituality Mauritius Times Friday, September 2, 2022



Dr Rajagopal Soondron

The Prayer



that feeling one generates spontaneously on discovering our inner self which seems to be a permanent phenomenon. Can we recover or rediscover that inner self every day? Some people engage in different forms of religious

However, nowadays the modern

generation has a tendency to think more in terms of spiritualism, which is to access

Each one of us

prayer routine. Why

do we pray is itself a long story going

back to the days when we had perhaps acquired some

form of self-consciousness and the

vision of an immi-

nent being regula-

ting our life.

prayers, elaborate rituals or recitation of sacred verses to access that self or some godly being. Can it be done differently?

The Shower

Every day as we go for our bath or shower, we unconsciously do one of the most pleasant exercises of our day; at least that should have been for all of us, but with time we have come to relegate it as a routine. A pity.

Suppose after our warm shower after lathering ourselves with our gel or soap and a wonderful wash we don't move out. Instead give ourselves the luxury of enjoying the flow of crystal-clear water.

Gradually we close our eyes and relax completely. While giving our thoughts of yesterday's happenings a total miss, let's not think of things or tasks to attend to in the hours that follow. Just be alone with our selves/self.

Having done away completely with our thoughts and switching our attention to the present, we'll find ourselves face to face with our feelings.

Our Senses

Paying attention, we could hear the water spurting out from the shower above; hissing out it falls on our head with a higher pitch. We can hear as it rushes down our body and falls with a splashing sound to the floor below and rushes in rivulets to gurgle out into the drain far from us. Looking back, we can appreciate and discover the symphony of all these sounds which we have missed all our life.

With our eyes still closed we go on

appreciating the temperature tickling our skin - warmer on our head; and as the water rushes down our body, we could feel the temperature changing and by the time it reaches our feet it is cooler; if we are more sensitive than usual, we can even sense the ticklish feeling as the water courses down our neck, our thorax. our flanks and down our thighs, calves

Our skin pressure receptors are also of the party; reacting to the water effect on our head, and less as the water falls downwards along our body and legs, they stir new sensations along our epidermis.

Having put our hearing faculty to test. and reactivate the pressure, touch and dermal temperature receptors it's time to open our sensation to smell the bland odour of liquid water and its vapour - more so as our taste buds will tell us that there are some particular insipid tastes linked to warm water... we could remain there for a long time wallowing in that strange, wonderful world we have just uncovered.

And then comes the ultimate excursion. Opening our eyes we could see the water streaming down; it serpentines down our face dripping in front of our eyes like a cascade into droplets as they coalesce again to form rivulets down our body, our legs and as it twists and zigzags below and rushes down into the drain. Keeping our eyes on the water, we would miss the floor, the walls of the bath room or the curtains. We find ourselves alone with our body and our senses and the water -- it's an interaction and amalgam

between these three. We are just the experience; we are seeing and watching with no reaction.

Having clamped down our thinking process long before and being alone with our senses, we now allow our eyelids to drop and send us into another trance and removing us from this temporal world; effortlessly and gradually we automatically forget and delete every sensation we had been experiencing. Now forgetting everything around us, let the mind wither internally - forgetting the bath, the shower, the room, the water, and all sensations. Simultaneously the sound, the sight, the pressure sensation, the temperature we had been exposed to would together disappear from our consciousness. At that instant we will be totally thoughtless, senseless and unaware of our own body.

And suddenly we would be alone with some part of the self totally new to us untouched by our thinking and our senses. Then we would experience that feeling of being totally alone with the past and future totally meaning less. It's more than an experience for it is none of the usual.

Then we would slowly open our eyes and come back to our world ready to see and give a new meaning to our external world Every day we could go through this renewal of our inner self, of rediscovering that sensation that we are part of the whole; that we are more than our thoughts and our feelings - for we are well above all that.

Looking Back

An elder who learnt about Kistnaji's Astory from one of his elders related it to me recently. Kistnaji (not his real name) a young Mauritian Marathi, had an innate gift: he designed and fabricated metal decorative brackets, gates, chairs, small occasional tables and plant pot stands. His creativity earned him the nickname of 'Ingenieur'.

Ingenieur designed a bridge for a road

entering the city and which was duly presented to the authorities. In those days of the early 20th century, a non-white was not supposed to demonstrate such intelligence. Mocked and berated by the people in authority, the irked young man gave as good as he got and played into the hands of his tormentors. He was promptly arrested and ended up in prison where he was conveniently forgotten though a victim of a grave injustice.

Ingenieur lived, showed his ingenuity and made his mark albeit an insignificant

one for some and suffered at the hands of the authorities. From time to time at small gatherings the elders of the Mauritian Marathi community talked about him. Unfortunately the intellectuals and politicians of the community have allowed that poor young man to be conveniently forgotten -- no political points to be gained

> Suresh Gunputrao Nottinghamshire, England



Tree of Knowledge

Madisyn Taylor

Treasures From Our Past

Our inner child lies hidden beneath the layers we've put on, in order to become adults

eep within each of us lives the child we once were. For most of us, our inner child lies hidden beneath the layers we've put on in order to become adults. In our rush to put on grown-up clothing and live adult lives, we may have forgotten the wisdom and innocence we possessed when we were children. In meditation, we can connect with our inner child and reclaim what we have forgotten.

You can start by finding a photo of yourself as a child to look at for a few moments. School photos often work well to help you connect with this part of you. Sit in a relaxed position, close your eyes, and start taking deep breaths. Set the intention that you are going to connect with your inner child. Wait for an image of yourself as a child to appear in your mind's eye. See your grown-up self hugging your inner child. Listen to what your inner child has to say. Perhaps your inner child wants to give you the answer to a question that you've been mulling over.



After all, you never needed to look outside yourself when you were a child to know how you felt or what was true for you. You always knew the answers. There also may be an ache from a childhood wound that you can now heal by talking to your inner child and offering them the wisdom and perspective that comes with maturity. Or maybe you've merely forgotten how to see the world with childlike wonder and hope, and your inner child would like you to remember how. Tell your inner child that you love them and will keep them safe. Embrace your inner child and tell them that you are always there for them. Allow your inner child to always be there for you.

Using meditation to connect with your inner child is very useful, but you can also connect with your inner child even when you aren't in meditation. Treat yourself to a playdate, ice cream, or a walk in the park. Let yourself laugh and play more. Give yourself permission to be as wise as your inner child so you can stop focusing on what isn't important and start living as if every moment is precious. Your life will be filled with more laughter and fun.