

# MAURITIUS TIMES

• "When people speak, listen carefully and pay particular attention to what they are not saying."— Wayne Gerard Trotman

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&  
As

## Navin Ramgoolam's Electoral Petition

### «Can you imagine a judgment in this case being issued a few weeks or months after the hearing?»



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Richard

### «La grande innovation de la 'Rodrigues Regional Assembly Act',



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Thailand has become the first Asian country to decriminalize recreational cannabis. Pic - Forbes

*We must believe that we can collectively get our act together sooner rather than later*

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*Sometimes leadership means reaching out for the unreachable to avoid the unthinkable. It is something for would-be leaders to think about*

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c'est l'inclusion d'une dose de représentation proportionnelle...»

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### La Santé en Marche

*Si certains aspects de la santé publique, comme l'alimentation, relèvent de la prise de conscience individuelle, d'autres incombent à l'État qui doit en tirer les conclusions dans le long terme, et pas uniquement lors d'une journée internationale de la marche*

Par Nita Chicooree-Mercier ☞ Voir Page 24

# Autonomy and Electoral Reform

**D**uring his visit to Rodrigues, this week, in the context of the celebrations of its accession to an autonomous status within the Republic of Mauritius, Prime Minister Jugnauth said that the electoral system in place in the island will need to be revisited in light of the political instability introduced in its polity due to the impact of proportional representation on final election results. Pravind Jugnauth said it was necessary in the circumstances for consultations to be held between the regional government and OPR members, which will hopefully lead to a consensus on the necessary amendments to be brought to the Rodrigues Regional Assembly Act before the next regional elections. He also expressed the hope that "serious discussions" would also take place as regards the electoral system in place in Mauritius, and a consensus reached.

As regards Rodrigues itself, earlier elections have demonstrated how there had been overturnings of election results - the 2017 one being such an instance. After the allocation of additional seats under Proportional Representation (PR), a first-round electoral victory of 10-2 in favour of the OPR under the First Past The Post (FPTP) system was diluted to a 10-7 majority in favour of the OPR with five additional seats allocated to the MR-FPR alliance and none to the OPR. All this to show the incompatibility of the FPTP and the PR system in some cases when they form part of a combined package, especially when the numbers appointed under PR, while attempting better representation, can upset drastically the majority emerging from the FPTP resulting in a slim and sometimes quasi-ungovernable majority.

Mauritius has been eyeing for some time going some sort of a hybrid system that will combine the existing FPTP with a PR system in order to reflect more «fairly» the votes cast for each one of the parties (with or without the Best Loser System). If we cannot avoid throwing up unstable governments of the sort by using this device, it were best we stuck to our guns with the FPTP and the BLS. "Fairness" is no doubt a good criterion from a moral standpoint, but it is "decisiveness" of electoral outcomes which is superior when it comes to governing, and that is why we should tread carefully lest we venture into territories that may land us into nasty electoral surprises.

On the other hand, it is also a fact that under the existing electoral system which puts a premium on the FPTP, opposition parties have often been under-represented in terms of seats obtained in relation to the percentage of votes they had secured in the election. The 2019 elections have resulted in an alliance which obtained 37% of total votes yet it is ruling the roost as it wishes. In order to address this inequity, reports had been commissioned in the past by earlier governments in order to obtain a better balance among parties. The recommendations of the Sachs Commission, the Carcassonne Report and the Sithanen Report or modified versions thereof have however never been implemented. Other proposals for reform were turned down because it was clear from the outset

that the proposals were self-serving ones, firmly tied to the political agenda of the ruling party/alliance at a particular point in time or were setting the ground for a future alliance for the next elections. As things stand presently, it's not yet visible whether the MSM leader would be tinkering with that objective in mind. Neither can we rule out that some unpalatable concoction would indeed be prepared and would eventually be presented for electoral campaign spin and blame game purposes, knowing in advance that the Opposition would vote against any such tinkering. Only time will tell.

It is to hoped however that civil society will play fully its role so that we do not become saddled with yet another system that would serve primarily the interests and ambitions of individual party leaders. What the country also deserves is constitutional as well as an electoral reform that would also address other critical issues beside fair representation at the level of Parliament: clarity in political financing to check the influence of vested economic interests on public policy-making, bending decisions in favour of the financiers to the detriment of the public interest which is clearly the case presently; democratisation and accountability of political parties to ensure operational and functional transparency and audited returns of party finances; the issue of unequal constituencies with the disparate number of voters forming part of distinct constituencies that need to be rationalized to a more acceptable level.

Moreover, the functionings and abuse of parliamentary procedures and standing orders; the issue of handling electoral petitions expeditiously and fairly; the powers of the Audit and enforceable corrective actions; the perks and other privileges of political office bearers; restoring the credibility and independence of key regulatory or investigative agencies, though not exhaustive, are among the important matters that call for level-headed review if not a total revamp. Some of these hinge on the quality and moral fibre of political appointees and those of key cadres of the civil service or the multiple hats they merrily accept, and call for earnest review of proper, transparent procedures of those called upon to bolster the country's larger interests rather than feathering their nests.

Many of these issues might indeed have been latent in our laws and practices, inspired by Westminster practices where the loftier ideals of a functional democracy have been ingrained over centuries or adequately safeguarded. Boris Johnson, for instance, was forced to acknowledge that powerful demand for moral standards and accountability in higher offices by resigning in an abode where democracy is not a vain word but permeates the cogs and wheels of every institution serving the country and those who man them.

Nobody doubts that we have seen how our similarly inspired democratic system shows such manifest cracks and fissures that a fundamental review is more than desirable, a necessity.

## The Conversation

### What The Jan. 6 Committee could Learn from the Failures of truth commissions to bring justice and accountability



The U.S. House Select Committee to Investigate the Jan. 6 Attack on the U.S. Capitol resumes on Sept. 28, 2022. Win McNamee/Getty Images

**T**he US congressional committee investigating the Jan. 6, 2021, US Capitol attacks is resuming its hearings on Oct. 13, 2022, and is expected to produce a report before the November midterm elections about rioters' attempted coup and efforts to prevent President Joe Biden from assuming office.

The bipartisan committee is not authorized to indict or arrest anyone. Still, the committee hearings have prompted speculation about whether former President Donald Trump or his top advisers might face charges. The group does have the power to recommend legal actions for the Justice Department to take action against Trump and others.

But even without legal teeth, the committee can serve other purposes, like influencing public opinion, for example, or recommending policy reforms. There's a long precedent of other countries setting up truth commissions, like the Jan. 6 committee, which work to unveil the truth about alleged crimes or major controversies.

As a political science scholar and expert on truth commissions, I think that looking at other kinds of truth commissions in different countries provides insight into what the Jan. 6 committee's legacy might be - chiefly, it can help develop a narrative of what American democracy means.

#### How truth commissions work

Truth commissions are independent or government groups that investigate political crimes and human rights violations. They have provided a common way of transitioning out of political crises around the world, by hearing testimony of people involved in political violence and producing a comprehensive report with recommendations to the government.

Rachel E. Bowen,

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# Decriminalising Medical Cannabis

*We must believe that we can collectively get our act together sooner rather than later*

Jan Arden

It is no secret that cannabis or Indian hemp originates from plant varieties that have been known for millennia by ancient civilisations in Central Asia both as a source of sturdy dried fibres (ropes, etc., for bags, boats, and cargo ships until displaced by petroleum-derived by-products) but their use for a variety of pharmacological, medical, or pain-relief use were reportedly also fairly well-documented thousands of years BC.

A variety of whole or part (leaves, buds, flowers, seeds) plant preparations, including oils, tinctures (alcohol extracts), perfumes, topical lotions, cooked beverages (for example, the traditional bhang that Shiva devotees know) had then been around in popular culture, for both recreational use and in Ayurvedic treatment traditions and pharmacopodia. However, neither pharmaco-medical scientists nor sociologists-anthropologists got around to probe further their attributed values and qualities.

Any potential medical or scientific studies went out of the window when the USA in a drive with obvious racist undertones against immigrants (mostly Mexicans fleeing the Mexican Revolution) decided in the early 20th century to criminalise what was then legal cross-border import and use of cannabis. Massive unemployment and social unrest in the US during the Great Depression stoked further resentment of Mexican immigrants and public fear of the "evil weed".

## Dangerous drug

The more ominous and threatening word "marijuana", associated with this racist stereotyping, displaced the term cannabis. In the Prohibition era days, it became easy to criminalise: cannabis, re-termed marijuana, became a dangerous drug and its possession, let alone use, became a criminal activity with an obvious social stigma and a highly emotive, irrational, socio-political issue with international instances pressed to follow suit. Various powerful US lobbies (tobacco, alcohol, pain relief drug companies, etc.) may have edged this on, but when science bends so comprehensively to politics over almost a century the unfortunate result is what most MPs recognise today, that is, the little that is really known about how the active ingredients in cannabis work, deliver their observable effects and any addictive risks that could be associated with their prolonged usage by adults or adolescents.

It is not our intention to wade into those areas but for readers' benefit, what is known can be summed up as follows:

- (i) there are two psycho-active ingredients found or isolated among the hundreds of cannabis plant ingredients, THC and CBD, the first associated with "highs" while the second is not, by virtue of the different ways they interact with our body cell receptors, and
- (ii) all cannabis plants, varieties and plant parts contain different levels of both. Backtracking in the US only came in 2018 when hemp plants, defined legally, as a cannabis plant that contains 0.3 percent or less THC, their cultivation and use became entirely legal while marijuana, a cannabis plant containing more than 0.3 percent THC, has remained criminal.

Whatever the reason for that 0.3% distinction, it has at least decriminalised hemp and liberated many research laboratories to analyse the benefits and potential risks associated with both THC and CBD and the ways they interact with our own cellular systems in many areas affecting our psychological or medical conditions.

In a perhaps prescient MT article titled 'Legalising cannabis' in March 2018, author Ramesh Beeharry recapped the battle against uninformed emotive political dictates, both internationally and locally, and summed up the pleadings made by NGOs and others at the Lam Shang Leen Commission for the re-legalization of cannabis, particularly as a powerful tool in preventing the spread of the scourge of hard and synthetic drugs and their devastating effects irrespective of creed, community or economic class. His "hope is that medicinal cannabis is legalized without much delay to alleviate unnecessary suffering whilst giving patients an alternative to allopathic drugs" has found a welcome positive response by Cabinet which has announced the legalisation of the medical and therapeutic use of cannabis under strict control.

Further, Food & Agricultural Research Extension Institute (FAREI) has been tasked with undertaking cannabis plant cultivar growth trials and experiments under local conditions. In a local context made politically shrill and highly emotive, with associated communal undertones, we cannot blame the authorities for treading gingerly to this announced partial release to medical practitioners and pharmacologists who may soon be prescribing CBD and CBD derivatives (tablets, tinctures, oils, etc.) for any of multiple symptoms by chronic or acute suffering patients: migraine, anxiety, stress and depression reduction, alleviating neurological disorders otherwise difficult to control, analgesic and anxiolytic usage, limiting nausea, sleep disorders or other specific ailments.

## Therapeutic cannabis legalisation

There were always several aspects in the complexities of therapeutic cannabis legalisation and even the medical community will need some time to adjust, revising their toolkit as scientific and medical research unleashes better knowledge of the plant, its myriad ingredients, its safe and non-addictive usage, its potential side-effects, its impact on different age groups and so on. But we venture to postulate that the psychosocial aspects of low THC cannabis usage both for recreational use and perhaps, far more importantly, as a powerful adjunct to reduce the scourge of alternative, harder drugs and today's synthetics should not be ignored.

There are enough growing and scary testimonies of the damages that synthetic drugs are causing in many of our villages and townships, among many youths in virtually all communities, for the complex question, as pleaded by NGOs and experienced frontliners, be looked at dispassionately and with the benefit of evidence and trends gathered overseas in those countries have shed any taboos and recorded positive results in their drug-



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Pic - Serenity House Detox Houston

**“There are enough growing and scary testimonies of the damages that synthetic drugs are causing in many of our villages and townships, among many youths in virtually all communities, for the complex question, as pleaded by NGOs and experienced frontliners, be looked at dispassionately and with the benefit of evidence and trends gathered overseas in those countries have shed any taboos and recorded positive results in their drug-fighting strategy and arsenal of measures...”**

fighting strategy and arsenal of measures.

The fact that despite all efforts of our various policing and specialised cells at the airport or the port or our fast boat tracking systems in the region, huge lucrative imports of harder drugs are more present than ever, while disproportionate police and court efforts attend to criminalise isolated cannabis growers or occasional recreational users, leaves room to believe that the whole approach needs a fresher look. Whether through a round-table or an "Assises" our body politic should concur to make at least the collective reflection a national necessity whatever the concrete legislative and regulatory proposals and outcomes with adequate safeguards, to be integrated in future legislation.

That is probably a long tortuous road ahead but neither stressed-out, often powerless parents, nor beleaguered school-teachers and administrators, nor the meritorious efforts of NGOs and rehabilitation centers, nor medical and para-medical personnel or help-line psychologists can be expected to fight in isolation what could be a losing battle if the authorities ultimately are not willing to shed any blinkers and lead the formulation of a comprehensive rethinking.

We are perhaps collectively far more conservative than say Canada, Holland or, very recently, Thailand where the Health Minister has spearheaded the enacted legislative change to decriminalise cannabis, but being a small island makes us more aware or connected with families or friends suffering silently. Somehow, we must believe that we can collectively get our act together sooner rather than later.

## Navin Ramgoolam's Electoral Petition

# “Can you imagine a judgment in this case being issued a few weeks or months after the hearing?”

**T**here have been political comments and accusations bandied following Navin Ramgoolam's withdrawal of his electoral petition against the 2019 results declared in No. 10 constituency on grounds that account for previous rulings of the Supreme Court in similar petitions and the inordinate time it would take for an appeal to the Privy Council. Consequently, he and the LP feel it better to concentrate on Suren Dayal's petition which is already at the Law Lords based on many similar grounds. We have asked Lex to share the legal perspective and rationale behind this decision and comment on the long-drawn-out process for electoral petitions even to be heard.

## LEX

\* Labour Party leader Navin Ramgoolam was saying until the other day that the last general elections were not free nor fair, yet he went on last week to withdraw his petition contesting the election of the three candidates of the Alliance Morisien in the November 2019 in Constituency No. 10 (Montagne Blanche/Grande Riviere Sud-Est). That may send a wrong and rather confusing political message. What's your take on that?

There is no doubt that Navin Ramgoolam took a political risk in withdrawing his petition after making serious allegations on the conduct of the 2019 elections. But at the same time, and this is an aspect that demagogues will not consider, he was realistic in doing so in the light of the judgments already delivered on almost the same issues he has raised in his petition. The question is not about whether it was cowardice or not on his part to withdraw his petition; realism prevailed and rightly so.

“It took the Court almost a year from the hearing and almost 33 months from the last general elections to deliver the judgment in the Dayal case. Most probably the same thing would have happened in the Ramgoolam case. By the time the case would have been heard, judgment delivered and an appeal to the Privy Council heard, it's probable that the next elections would have been held and a new government elected to power...”

\* Beyond the politics of such a decision, are there good reasons from a legal perspective to justify the withdrawal of the electoral petition?

Of course. It is open to any party to withdraw a case he has entered. There is nothing sinister about this. This is not cowardice. A party has the absolute right to withdraw his case if his lawyers, as responsible professionals, advise him to do so in the light of developments that have occurred since the case was filed.

\* Navin Ramgoolam said that there are a lot of similarities in both his case and that of Suren Dayal, which has been dismissed by the Supreme Court. If these similarities do exist, is it likely that a different bench of the Court would have decided along the same line as the judges that sat on the Dayal's case?

One of the points Navin Ramgoolam raised in his petition relates to the presence of computers.

What did the Supreme Court have to say on this point

in the Jhuboo case? The Court found that the failure of the Electoral Commission to inform candidates about the presence of computers at the counting centres did not call for a recount in the absence of any valid ground for a recount of the ballot papers, as there had not been any irregularity, discrepancy, mistake, misconduct of “such a nature as would justify a recount”.

The court also found that the computer room did not form an integral part of the counting process and concluded that the figures fed in the computers had nothing to do with the manual counting of the votes.

Can any right-thinking member of the public to whichever party he belongs to realistically believe that another bench would have reached a different conclusion?

Navin Ramgoolam also raised a number of other matters in relation to the transport of ballot papers, disorder on counting day, irregularities in the electoral registers, unsealed ballot boxes. All these are matters of facts that the Court would have had to assess. But it is most likely the court would have found against Navin Ramgoolam on all these points.

Navin Ramgoolam was therefore perfectly right and wise to withdraw his petition.

\* The LP leader also said that an eventual appeal to the Privy Council against an unfavourable judgement of the Supreme Court in his own case would most likely be determined not before 2024, that is the year when the next general elections will probably be held. That would defeat the purpose of his petition, he argued. Does he have a point there?

Can you imagine a judgment in the Ramgoolam case being issued a few weeks or months after the hearing?

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almost 33 months from the last general elections to deliver the judgment in the Dayal case. Most probably the same thing would have happened in the Ramgoolam case. By the time the case would have been heard, judgment delivered and an appeal to the Privy Council heard, it's probable that the next elections would have been held and a new government elected to power.

\* The Suren Dayal's petition was entered on 27 November 2019, and judgement delivered on 12 August 2022. The country has gone through two lockdowns, but even then, the time it takes for our courts to hear and deliver judgements in cases relating to electoral petitions appears to be quite long. Why is that so?

Only the judges and more especially the Chief Justice can answer this question.

Admittedly the Judges have a lot on their hands. But at the same time, we would like to think that they would be aware that an election has political consequences, and such petitions should have been taken on a fast-track basis.

\* How does such a case usually move through the court system?

The Privy Council has ruled that an electoral petition is a civil matter. So, all the procedural rules applicable to a civil case will play in an electoral petition. The case will be entered. A defence will be filed. Objections might be raised. Rulings would have to be given. And all this causes cases to drag on. The election petitions filed since the last elections have suffered the same fate. The lawyers of the defence have raised all kinds of technicalities to have the cases drag on. The technicalities raised by the defence have had the effect of delaying judgement in these cases...

\* There is clearly a case for putting in place a fast-track mechanism to hear electoral petitions or at least to ensure that these be heard within a reasonable timeframe. Whose responsibility is it to do that? Parliament or the judiciary?

It would be futile to leave matters in the hands of the judiciary. The cases will continue to drag on.

The only remedy is through legislation to provide the delay within which an electoral petition case must be determined.

# A Leaderless World Faces The Unthinkable

*Sometimes leadership means reaching out for the unreachable to avoid the unthinkable. It is something for would-be leaders to think about*



Anil Madan

**W**ithin the last ten days, after North Korea launched a missile across Japanese territory, a US-led effort to condemn North Korea was blocked by China and Russia, each with veto power, arguing that the missile launch was provoked by recent US-South Korea

joint military drills.

Think about that for a moment. Two of the world's largest nuclear nations provide cover to Kim Jong Un even as he threatens the use of nuclear weapons against the US and South Korea. And what did Japan have to do with any of this? The idea that China and Russia would not condemn the very mention of potential attacks with nuclear weapons is preposterous.

Having accounted for these three members of the UN Security Council, I pause to point out that the remaining 12 members all voted to condemn the test missile launch. These included, and notably so, both India and the UAE, two states that failed to condemn Russia's unprovoked and illegal invasion of Ukraine.

Russia's President Putin is no stranger to crossing what should be a red line for any leader in the modern world, that of threatening its neighbors and all else with the use of nuclear weapons. Putin has done this more than once.

Iran continues to pursue nuclear weapons. Whatever the merits of former President Trump's exit from the Iran nuclear deal may have been, President Biden's efforts to revive the deal have been met with Iran's refusal to engage in direct talks with the US. Nevertheless, the US has agreed to "talk" with Iran even if indirectly through European intermediaries. Put aside the symbolism of refusing to talk, the fact is that the two sides have established a channel of communication.

The Kim Jong Un regime declares that there is no reason for it to engage in negotiations with the US and South Korea. In other words, the channels are closed.

Recently, when US House Speaker Nancy Pelosi visited Taiwan, China retaliated by cutting off dialogue with the US on many subjects including strategies for dealing with climate change. In other words, the channels were closed.

## War produces losers

What do these developments have in common other than a failure to communicate? They evince a disheartening and debilitating absence of leadership in the world. To be sure, all of this started long before the current crop of so-called leaders assumed their charges, but no less than their predecessors, they have seemed blind and deaf to the need for finding a way out of the mess that we humans have created.

There is nothing like a long and devastating war to focus the minds of people on the basic idea that war produces losers all around. Even the victors often have gained no territory, no wealth, no new loyalty, indeed nothing to boast of other than survival. The vanquished



**“Effective leadership happens only when leaders with vision can articulate new goals and reach out to their counterparts. As things now stand, the UN is essentially useless when it comes to resolving disputes between the major powers. Whereas in the past, it has at times worked successfully to promote peace in regions where the superpowers were not involved, or to undertake major health initiatives, a Security Council at which the three major powers trade accusations and barbs will get nothing done...”**

have their wounds to lick but their tongues are not the only ones trying to come to terms with loss and injury.

So it was that after World War I the League of Nations was formed. President Woodrow Wilson was one of those leaders who insisted that the formation of an organization, the League of Nations as it came to be called, be the first order of business of the peace conference. For the first time, the nations of the world seemed to agree that aggressive war is a crime, not only against the immediate state that is designated an enemy and made a victim, but against all of humanity. As a corollary, it was accepted that it is both the right and duty of all other states to band together in preventing such aggressive war. The premise was that if all other nations were certain to take preventive action, aggression would not get a head start in the first place.

Ultimately, the League's mission did not work out, but it was succeeded by what is now the United Nations.

It is clear from what I have written that the UN, even at the Security Council level is simply not working when it comes to getting the major powers to work with each other.

Here is a curiosity. Nations go to war against each other, but they agree in advance about rules of conducting war and rules about treating civilians and prisoners of war. The Geneva Conventions are examples of

one such curiosity. Of course, there are bound to be violations of such rules and conventions as Putin's attacks on civilians and non-military targets in Ukraine, tragically emphasize. The existence of such conventions begs the question: why cannot nations agree to abjure war in the first place rather than **agreeing** to conduct war under rules acceptable to all. The absurdity of human nature in this respect is palpable.

Why does this happen? It is through a complete absence of leadership.

From time to time, a Senator in the United States Senate, Democrat or Republican, declares that the great partisan divide is more feigned than real. If the Senators could meet in closed session, he laments, and not have to posture in public, there is no end to the agreements that can be reached. Whether that reflects excessive optimism or not, the point is well taken that often public posturing prevents sensible resolution.

Consider, for example, that the US and Russia were able to cooperate in sending astronauts to the International Space Station. Of course, Russia has now declared that it will abandon the ISS after 2024. Russia's reasons may well be based on the fact that the ISS is showing signs of fatigue and leaks, but the point is that the US and Russia proved that they were able to cooperate in space if not on earth.

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# A Leaderless World Faces The Unthinkable

• Cont. from page 5

## Leaders with vision

Effective leadership happens only when leaders with vision can articulate new goals and reach out to their counterparts. As things now stand, the UN is essentially useless when it comes to resolving disputes between the major powers. Whereas in the past, it has at times worked successfully to promote peace in regions where the superpowers were not involved, or to undertake major health initiatives, a Security Council at which the three major powers trade accusations and barbs will get nothing done.

Perhaps it is time for the US, China and Russia to set up an informal council to facilitate ongoing dialogue and communication at the highest level by which I mean at the presidential level. Obviously, there will have to be a loose and ready means of inviting other nations to participate, but that is a minor detail.

It may be too late for Ukraine, as Russia continues a campaign of missile attacks, but on the other side of the world, the prospect of a Chinese invasion of Taiwan looms and the prospect that Kim Jong Un will set off a tactical nuclear weapon or worse cannot be dismissed. Nor can we dismiss the notion that Iran's Ayatollahs obsessed with the destruction of Israel and perhaps even of Saudi Arabia, will do something crazy.

Over the past few months many pundits have been opining about what the US, NATO, and even China should do if Putin uses nuclear, biological, or chemical weapons in Ukraine. The stridency and frequency of such punditry has only increased recently. After reading much of this punditology, I am clear that no one really has any answers. I can say with confidence that if the unthinkable happens, the tragedies to be accounted for will start with the question why was this not prevented?

**“There is nothing like a long and devastating war to focus the minds of people on the basic idea that war produces losers all around. Even the victors often have gained no territory, no wealth, no new loyalty, indeed nothing to boast of other than survival. The vanquished have their wounds to lick but their tongues are not the only ones trying to come to terms with loss and injury...”**

What can be done to prevent Putin from resorting to nuclear, chemical or biological weapons? Again, the truth of the matter is that no one really knows. What we do know is that all the bluster from President Biden and leaders of NATO countries before the February invasion of Ukraine did not deter Putin from invading Ukraine. Perhaps he made the calculation that he could live with economic sanctions. Most likely, as I have previously written, he was all but assured that the US and NATO countries would not get into direct conflict with Russia.

Contrast that with President Biden's recent statement that the US would come to Taiwan's defense if that country were attacked by China. Curiously, China backed off its belligerent rhetoric on Taiwan, saying it is inevitable that the self-governing island will come under its control but that it would promote efforts to achieve that peacefully. As



Pic - Shutterstock

reported by the AP, Ma Xiaoguang, the government spokesperson on Taiwan, said when asked about growing concern that China might resort to force: "I would like to reiterate that... we are willing to strive for the prospect of peaceful reunification with the greatest sincerity and utmost efforts."

## Foolish quests for dominance

Perhaps President Xi is just playing possum here. Perhaps not. But this development does give President Biden and President Xi an opportunity to have a private conversation about Taiwan. China and the US have much

to gain by cooperating and giving up foolish quests for dominance and empire.

So too, a private word to President Putin might be in order. National Security Advisor Jake Sullivan has stated that there would be severe consequences if Putin used a nuclear weapon. Here again we have public posturing. Putin values being in power and has visions of recreating a Soviet empire. But given the history of mysterious killings of people who cross him, he obviously puts great value on ending lives and hence must value his own life. A private word to him might well be that if he uses a nuclear weapon, it will be the last day of his life.

The US has a general prohibition on political assassinations pursuant to a presidential executive order issued by President Ford. But the US has not hesitated to target the likes of Osama bin Laden, General Soleimani, or Ayman al-Zawahiri for extinction. The discord between banning assassinations

and killing terrorists is resolved by the notion that terrorists are fair game. This is sophistry but labelling what Putin has done in Ukraine as terrorism is an understatement. A quiet promise that he faces elimination, just might get his attention.

The world is in desperate need of leadership. Sometimes leadership means reaching out for the unreachable to avoid the unthinkable. It is something for would-be leaders to think about.

Cheerz...  
Bwana

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*Vous invite à déguster ses succulents Mithai pour la fête de Divali*

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OPEC+ cuts prompt calls to reevaluate US-Saudi ties. Pic - Vox

## Saudi Arabia defends OPEC+ oil cut, says decision 'purely economic'

Saudi Arabia on Thursday rejected insinuations that the OPEC+ move to reduce oil supplies was influenced by the kingdom's stance on the Russian invasion of Ukraine and said the decision was made unanimously by the 23-member group solely on the basis of economic considerations.

The usually reticent foreign ministry of Saudi Arabia issued a detailed defence of the OPEC+ decision to cut oil production by two million barrels per day from November in the face of a strong reaction from the US administration, with President Joe Biden vowing there would be consequences for US-Saudi ties. Leading US lawmakers such as Bob Menendez, chairman of the Senate Foreign Relations Committee, have called for an immediate freeze on all cooperation with Saudi Arabia, including arms sales.

The Saudi foreign ministry suggested in its statement the US administration had sought the postponing of the OPEC+ decision for a month, but said the kingdom made it clear to the American side during consultations that such a measure "would have had negative economic consequences".

The US has contended the oil production cut is a "short-sighted decision" that will benefit Russia and

circumvent efforts to restrict Moscow's income from oil sales that is being used to fund the war in Ukraine. The American side is seemingly irked that the OPEC+ decision came just three months after Biden travelled to Saudi Arabia to convince Crown Prince Mohammed bin Salman to increase oil production to bring down soaring global energy prices, setting aside his earlier pledge to isolate the kingdom over the killing of columnist Jamal Khashoggi in 2018.

US intelligence agencies have said MBS approved an operation against Khashoggi and Biden has said he told the crown prince he thought MBS was responsible.

The OPEC+ move could also have ramifications for a move by the US and its partners to impose a price cap on Russian oil.

The Saudi foreign ministry said that the "government of the kingdom clarified through its continuous consultation with the US Administration that all economic analyses indicate that postponing the OPEC+ decision for a month, according to what has been suggested, would have had negative economic consequences".

The Saudi side said it would reject "any dictates, actions, or efforts to distort" its objectives to protect the global economy from oil market volatility. Saudi Arabia views its relationship with the US as a strategic one that serves common interests, and the kingdom stressed the importance of building on the pillars of the Saudi-US relationship, including mutual respect, actively contributing to peace and security and countering terrorism and extremism.

Saudi Arabia is the single largest producer within the 13-member Organisation of Oil Exporting Countries (OPEC), which groups 13 West Asian and African countries. OPEC+ brings these countries together with 10 other oil producing nations, including Russia. The OPEC+ cut is expected to take production down to less than 42 million barrels a day and is aimed at increasing the cost of crude, which has fallen from a peak of more than \$120 a barrel in June to less than \$90.

## Global economy is slowing: IMF

The global economy is slowing amid continued tight financing conditions, announced Vitor Gaspar, Director of the Fiscal Affairs Department at the IMF on Wednesday in Washington, DC.

A sharp downturn would further accentuate tradeoffs among competing priorities of demand management, debt stabilization, protection of vulnerable populations, and investment for the future the IMF reported in its Fiscal Monitor publication.

Global government debt is projected to be 91% of GDP in 2022, which is 7.5 percentage points above the pre-pandemic levels, despite the recent reduction in the ratio for many countries. Debt decreased because of deficit reduction, economic recovery, and inflation shocks, reports Media Center.

"The biggest risk emphasized in the Fiscal Monitor is debt. Recent market developments show increased sensitivity to weak or deteriorating fundamental. That raises the specter of frequent or widespread fiscal crisis," added Gaspar.



The International Monetary Fund predicts global growth will slow. Pic- Getty Images

Defining a consistent medium-term policy framework for the post-pandemic world is crucial. Relying on repeated inflation surprises to reduce public debt is not a viable strategy and will lead to spending pressures (for example, wages and cost of services). Reducing deficits, as many advanced and emerging markets are projected to do, is necessary to help tackle inflation and address debt vulnerabilities.

"The Fiscal Monitor recommends a broad based and fair taxation. A scalable and comprehensive social security system, building fiscal buffers, and a return to fiscal rules," exclaimed Gaspar.

## Malaysia's 97-year-old Mahathir to run in general elections, yet again

Malaysia's 97-year-old former leader Mahathir Mohamad announced Tuesday he will defend his seat in the general elections expected next month, though he wouldn't say whether he would be prime minister a third time if his political alliance wins.

"We have not decided who will be prime minister because the prime minister candidate is only relevant if we win," Mahathir told a news conference.

Though unlikely, he would be the oldest ever candidate for the post, which has a five-year term.

Prime Minister Ismail Sabri Yaakob dissolved Parliament on Monday for snap polls, caving in to pressure from his United Malays National Organization party, which is hoping for a big win on its own amid feuds with allies in the ruling coalition. The Election Commission is due to fix a date within the week for a vote, which must be held within 60 days of Parliament's dissolution.

Despite his nonagenarian status and a health scare this year, Mahathir said he will defend his parliamentary seat in Langkawi island. He also warned that a win by the ruling UMNO party could see imprisoned ex-Prime Minister Najib Razak pardoned and let off the hook.

Mahathir was a UMNO premier for 22 years until his retirement in 2003. Then, in 2016, he was inspired to return to politics by the massive looting of the Malaysia Development Berhad state fund during Najib's term in office and rode a wave of public anger to lead the opposition to a historic victory in 2018 polls that ousted UMNO, which had ruled since the country's independence from Britain in 1957.

Mahathir became the world's oldest head of government at 93, and oversaw graft charges against Najib and other UMNO leaders. But his reformist alliance collapsed in less than two years due to defections, returning UMNO to power under a new coalition government.

After his government's collapse in 2020, Mahathir formed the Pejuang party and a new alliance with several small parties.

Analysts said Mahathir's pull may no longer appeal to ethnic Malay voters who supported him in 2018. UMNO, which had only 36 out of 222 lawmakers in the just-dissolved Parliament, believes many Malays have returned to its fold following its landslide victory in recent by-elections.

The Alliance of Hope, which Mahathir led to victory in 2018 polls, remains the key contender with 90 lawmakers. Its prime minister candidate is Anwar Ibrahim, who was originally due to succeed Mahathir before their government collapsed.

While Mahathir competes head-on with UMNO and others for votes of Malays, who account for two-thirds of Malaysia's 33 million people, Anwar's alliance remains on a multi-racial platform. Ethnic Chinese and Indians form large minorities in the country.

Anwar said Monday that the election will be a time for the people to vote out traitors who led to the collapse of his alliance government in 2020.

"Did you think we could reverse 60 years of entrenched corruption and kleptocracy with just one election? Did you think these conniving robbers and thieves would just give up?" Anwar said in a statement. "We don't give up, either. We don't give up, ever."



Russia-Ukraine war: No end in sight. Pic - AP

## No end in sight for the Ukraine conflict

Ukraine and the West celebrated blowing up a bridge in Crimea as a birthday gift for Vladimir Putin. In response, Russia rained missiles on cities all across Ukraine. Now, NATO has said that it aims to arm Ukraine with air defence equipment for protection from missiles.

NATO's defence ministers will be meeting in Brussels this week. On agenda is delivering air defence systems to Ukraine.

Sending air defence systems to Ukraine is a priority post the recent Russian missile attacks on Kiev and other cities, US ambassador to NATO said.

Russia relied on air-launched cruise missiles to target critical infrastructure across Ukraine. Critical infrastructure includes electricity grids, key supply hubs and arms depots.

Russia is also using Iran's Shahed drones to target Ukrainian troops and key infrastruc-

ture.

Ukrainian President Volodymyr Zelenskyy has claimed that Russia is purchasing 2,400 Shahed drones from Iran.

Amongst all the equipments that need to be delivered to Ukraine, air defence systems are now at the top of the list.

However, NATO faces a challenge in supplying air defence equipment to Ukraine.

Western nations don't have sufficient number of air defence systems. Especially for immediate delivery, which is crucial to defend Ukrainian infrastructure from Russian strikes.

Ukraine has reportedly requested delivery of America's Patriot missile defence system. Washington DC apparently refused the request because US doesn't have sufficient Patriot missile defence systems.

Meanwhile, talks are ongoing for the supply of US Counter-Rocket, Artillery, Mortar systems to Ukraine — a substitute for the Patriot missile defence system. Another possible substitute is Germany's InfraRed Imaging System Tail, which is a short to medium-range homing air-to-air missile.

During a briefing yesterday, John Kirby, spokesman for the US National Security Council, told reporters that the majority of strikes on Ukraine were carried out by Russian bombers flying in the Russian airspace.

The bombers launched cruise missiles from the Russian airspace because Russia hasn't been able to attain air superiority in Ukraine. Apparently, the Russians feared that if their bombers entered the Ukrainian airspace, some of them might be taken down.

Even at the G7 virtual meeting yesterday, Zelenskyy urged the G7 leaders to provide air-defence systems to Ukraine urgently.



Tulsi Gabbard quits the Democratic Party. Pic - MSN

## Tulsi Gabbard slammed US Democrats on her way out

Former presidential contender Tulsi Gabbard announced on Tuesday she is quitting the Democratic Party, denouncing the organisation as one "that is now under the complete control of an elitist cabal of warmongers driven by cowardly wokeness."

Gabbard, who served as the U.S. representative for Hawaii's 2nd congressional district from 2013 to 2021, posted a nearly 30-

minute video on her YouTube account explaining her decision to relinquish membership of the Democratic Party,

"I can no longer remain in today's Democratic Party that is now under the complete control of an elitist cabal of warmongers driven by cowardly wokeness, who divide us by racializing every issue & stoke anti-white racism, actively work to undermine our God-given freedoms, are hostile to people of faith & spirituality, demonize the police & protect criminals at the expense of law-abiding Americans, believe in open borders, weaponize the national security state to go after political opponents, and above all, dragging us ever closer to nuclear war," Gabbard said.

"I believe in a government that is of the people, by the people and for the people. Unfortunately, today's Democratic Party does not. Instead, it stands for a

government that is of, by and for the powerful elite," she continued. "I'm calling on my fellow common sense, independent-minded Democrats to join me in leaving the Democratic Party."

The former United States Army Reserve officer began her political career after her election to the Hawaii House of Representatives at age 21. She served in the field medical unit of the Hawaii National Guard.

Gabbard was deployed to Iraq from 2004 to 2005 and served in Kuwait from 2008 to 2009 as an Army Military Police platoon leader.

## North Korea could be preparing for its first nuclear test since 2017

As North Korea moves closer to its first nuclear test in five years, one of the biggest worries for the US and its allies might be a relatively small blast.

Kim Jong Un has made clear he wants to build an arsenal of "tactical" nuclear weapons, meaning lower-yield bombs that could be used on the battlefield rather than on whole cities. First it must produce miniaturized warheads to fit on the expanding array of short-ranged ballistic missiles it has designed to threaten US troops and their allies in Asia, reports Bloomberg.

This week, Kim said a barrage of missiles launched in recent days were intended for tactical nuclear strikes, while warning Washington that any attempted attack could be met by strikes at American forces in South Korea and Japan. The comments were a fresh sign that North Korea could be preparing for its first nuclear test since September 2017, something the US has been ringing alarm bells about for months.

"To mass-produce tactical weapons, Kim Jong Un would need the seventh nuclear test with the purpose of making more powerful weapons, yet with lighter warheads," said Moon Seong-Mook, a former general in South Korea's military who is now the head of the Seoul-based Korea Research Institute for National Strategy.



North Korea could be moving closer to its first nuclear test since 2017. Pic - BBC

While there were more than 2,000 tests of nuclear devices in the decades after the US bombed Japan in 1945, North Korea remains the only country that has conducted physical detonations of atomic bombs this century, according to data from the Arms Control Association. Nuclear powers such as the US now rely on supercomputers to simulate tests of their weapons to predict performance and reliability.

Kim has embarked on a two-pronged nuclear strategy of developing tactical weapons for the Asian region and far more powerful thermonuclear devices for longer-range missiles that can hit the US mainland. The US, Japan and South Korea have all said North Korea is ready to conduct a test at its mountainous Punggye-ri test site, where it has held all of its previous six tests.

"Tactical" is an inexact term for a nuclear weapon that

could be used within a theatre of war, which to North Korea probably includes South Korea, Japan and US assets in places such as Guam. A tactical weapon has a less powerful warhead and is delivered at a shorter range. The explosive yields can be of less than 1 kiloton, but many are in the tens of kilotons.

The atomic bomb the US dropped on Hiroshima in 1945 had a yield of about 15 kilotons. North Korea's last test of a nuclear weapon in 2017 had an estimated yield of about 120-250 kilotons.

Tactical nuclear weapons can still cause massive destruction and non-proliferation advocates argue their use could quickly spin out of control. Such concerns were evident in US President Joe Biden's warning last week that any use of such weapons by President Vladimir Putin in Ukraine could lead to "Armageddon."

North Korea's boasts about its tactical weapons sparked debate in South Korea over whether Seoul should work with its American ally to bring tactical weapons to the peninsula. Vice Defense Minister Shin Beom-chul dismissed that idea, telling SBS Radio on Thursday a better way to deter North Korea would be to deploy "US strategic assets at hand to the Korean Peninsula in a timely, coordinated manner."



Jean Marie F. Richard

# “La grande innovation de la ‘Rodrigues Regional Assembly Act’,

c’est l’inclusion d’une dose de représentation proportionnelle...”

**J**ean Marie F. Richard a régulièrement proposé ses opinions et réflexions sur des enjeux spécifiques à Rodrigues dans les secteurs socio économiques et culturels. Il a été le témoin de l'évolution institutionnelle de l'île depuis la création du 'Rodrigues Local Council' dans les années 90. Il nous livre dans l'interview qui suit son point de vue sur l'autonomie dont jouit cette île depuis 20 ans ainsi que ses perspectives d'avenir.

**Mauritius Times: Rodrigues jouit depuis ces 20 dernières années d'une grande marge d'autonomie dans la gestion des affaires de l'île telle que prescrite par la 'Rodrigues Regional Assembly Act 2001'. Quelle appréciation faites-vous de cette autonomie dans le cadre de la République de Maurice?**

**Jean Marie F. Richard:** La 'Rodrigues Regional Assembly Act', au même titre que la 'Local Government Act', mise en place dans le sillage de l'accord de MedPoint, constitue un élargissement significatif de notre espace démocratique en termes de décentralisation des attributions des instances de prise de décision. La 'RRA Act' est, rappelons-le, une loi constitutionnelle, ce qui implique qu'il faut une majorité qualifiée pour tout amendement à ces dispositions.

Par ailleurs, la grande innovation de ce texte de loi, c'est l'inclusion d'une dose de représentation proportionnelle au cœur du système électoral, ce qui permet une meilleure adéquation sur le plan de la représentativité du pourcentage de votes et du nombre d'élus siégeant à l'Assemblée régionale. Et ceci, «à la virgule près», pour reprendre les mots de feu Robert Ahnee, rédacteur du texte de loi qui s'inspire du modèle en cours à Trinidad et Tobago.

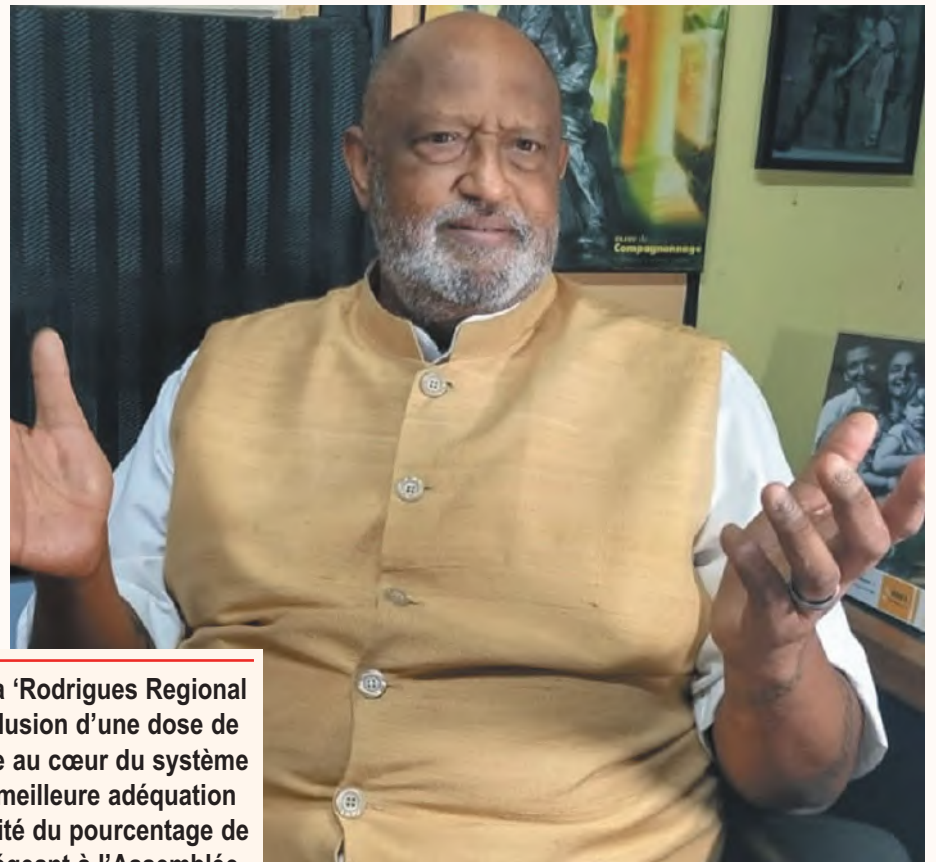
Par ailleurs, la mise en place de ce texte de loi au niveau de son application au fil de ces 20 ans a permis d'apporter une plus grande sérénité décisionnelle au niveau des secteurs de compétences ayant fait l'objet de la dévolution des pouvoirs vers Port Mathurin, même si certains secteurs demeurent encore sous la juridiction du gouvernement central comme, par exemple, l'éducation, la santé, l'aéroport et la défense où Rodrigues n'est responsable que de l'administration sans véritables pouvoirs d'orientation décisionnelle.

Mais nous sommes au début d'un processus qui est appelé à évoluer et à s'élargir. Pour ce faire, il sera important de revoir certains fonctionnements de part et d'autre, notamment en matière de génération de revenus et d'autonomie économique et financière, tout comme en matière de connectivité avec la région et le reste du monde. Cela requiert une évaluation du modèle de fonctionnement et les potentiels d'amélioration du modèle.

**\* En quoi la 'Rodrigues Regional Assembly Act' et son application sont-elles importantes sur le plan des institutions au sein de la République de Maurice?**

Déjà en permettant une plus grande responsabilisation au niveau de la gestion publique des affaires, il y a une meilleure aération et un élargissement de la scène

politique, et une implication grandissante de la population à travers ses représentants dans le développement de l'île. La possibilité accordée aux Rodriguais d'être partie prenante de la gestion des options et des choix qui s'offrent à eux permet de mieux valoriser les compétences à tous les niveaux, ce



« La grande innovation de la 'Rodrigues Regional Assembly Act', c'est l'inclusion d'une dose de représentation proportionnelle au cœur du système électoral, ce qui permet une meilleure adéquation sur le plan de la représentativité du pourcentage de votes et du nombre d'élus siégeant à l'Assemblée régionale. Et ceci, «à la virgule près», pour reprendre les mots de feu Robert Ahnee, rédacteur du texte de loi qui s'inspire du modèle en cours à Trinidad et Tobago...»

qui en soi représente aussi une bouffée d'air stimulante.

Cela étant dit, il reste la grande question de l'autonomie économique et financière – le nerf de la guerre – tout comme l'amélioration de la connectivité aérienne et maritime de l'île au niveau du flux des échanges régionaux et internationaux. Outre d'occasionner un surcoût important des biens et services, le fait qu'il faille à tout prix tout transiter par Maurice est un archaïsme économique qui a un impact sur le coût des prestations. Rappelons le temps où les navires cargo qui desservait les routes en Asie faisaient escale à Port Mathurin en route vers Port Louis...

Espérons que cela changera dans les années à venir permettant une plus grande ouverture de et vers les marchés étrangers permettant aux productions de toute nature d'être exportées tout en garantissant l'autosuffisance qui - aujourd'hui - fait défaut sur l'île, de même qu'une redynamisation des secteurs traditionnels: la pêche, l'élevage, l'agriculture, aux côtés de nouvelles activités liées à la technologie, source d'accélération de développement et d'amélioration de la qualité de la vie quotidienne.

**\* L'autonomie a-t-elle aidé à raffermir les liens d'appartenance à la République de Maurice malgré sa spécificité particulière ou existe-t-il toujours, selon vous, des menaces qui risquent de vider ces liens de**

**leur substance?**

Il est certain que les choses ont été rendues plus sereines et adaptées aux réalités et aux besoins de l'île au sein de la République. L'autonomie est un processus dynamique. Cela requiert un élargissement en matière des moyens économiques et financiers afin de donner plus de flexibilité dans la disposition et l'allocation de revenus générés à partir de la production locale et le développement du tourisme.

Cela passe à travers une relance du développement économique et des échanges de et vers Rodrigues à tous les niveaux tout en permettant de créer des emplois qui font aujourd'hui défaut, encourage l'exode vers Maurice et à travers un système de taxation locale qui générerait des revenus pour le financement des initiatives de l'Assemblée régionale (qui aujourd'hui dépend au niveau budgétaire majoritairement de Maurice).

**\* Plus en phase avec l'actualité entourant les 20 ans de l'autonomie, Justar Tolbize du Mouvement Indépendantiste Rodriguais (MIR), a décidé de suspendre sa participation au sein de toutes les instances du gouvernement régional en raison, parait-il, de la décision de nommer la place principale publique à Port Mathurin 'Sir Anerood Jugnauth Square'. Le MIR pèse-t-il d'un grand poids dans le paysage politique Rodriguais?**

J'espérais que ces 20 ans de l'autonomie véhiculerait le nécessaire apaisement entre les clivages politiques qui divisent la communauté insulaire.

☞ Suite en page 10

# 'Je ne vois aucun inconvénient de fond quant à nommer un espace public du nom d'Anerood Jugnauth... Mais il n'était pas le seul...'

☞ Suite de la page 9

Malheureusement, cela n'a pas été le cas au point où l'exécutif régional et l'opposition OPR ont célébré chacun de son côté l'événement: à Port Mathurin en présence du PM, et à Malabar devant le monument de l'autonomie en présence des élus et du leader historique de l'OPR, Serge Clair.

Il y a eu aussi la manière de faire en catimini pour annoncer l'initiative consistant à nommer après Anerood Jugnauth la place centrale de Port Mathurin, événement dont nous avons pris connaissance à travers un communiqué du Conseil des ministres. C'est dommage qu'à ce niveau, il y a eu ce cafouillage, lequel à mon avis reflète un état d'esprit.

Certes, il y a eu des Rodriguais qui ont vu leur nom associé à des lieux publics et aussi la place du quai qui sera désormais connue comme la 'Place de la Pétition de 1915' pour rendre hommage à la démarche de 79 Rodriguais réclamant à travers une pétition royale une meilleure représentation de Rodrigues au Conseil colonial en 1915.

Nous avons noté également l'absence de leader du MMM autonomiste convaincu et du Leader de l'Opposition au rang des invités de marque – encore une occasion de rassembler et d'écrire une nouvelle page, un nouveau chapitre raté.

Le MIR représente un mouvement minoritaire en voix et en poids électoral à Rodrigues, mais il n'en demeure pas moins vrai qu'au fil des consultations électorales, son audience et sa visibilité se renforcent. Sans aucun doute, son pourcentage au plan du rapport de force électoral n'est pas représentatif du ressenti profond qui gagne du terrain notamment au sein de la jeune génération de Rodriguais. A mon avis, ces derniers ne s'identifient pas ou de moins en moins au modèle de développement et de projet politique pour leur île.

Que l'on soit d'accord ou non avec la vision du MIR, force est de constater qu'il est aujourd'hui le seul parti politique qui a un vrai projet d'avenir pour Rodrigues – radical certes, mais ce projet propose une rupture du statu quo de l'assimilation à la République. C'est la posture des principaux partis de la scène politique. Je pense que le MIR est une mouvance avec laquelle il faudra compter de plus en plus par rapport à l'évolution de l'opinion publique sur l'île.

Le positionnement du MIR, ces derniers jours, par rapport à l'initiative du Chef Commissaire de nommer une place à Port Mathurin après Anerood Jugnauth, se situe dans la droite ligne de la préférence rodriguaise spécifique de cette organisation. Il n'en demeure pas moins vrai que c'est le Conseil des ministres du gouvernement cen-



tral qui a rendu public cette initiative, ce qui peut paraître aux antipodes de l'esprit de l'autonomie dont on commémore le 20e anniversaire.

Personnellement, tant sur le fond que dans la forme, cela relève d'une maladresse à la lecture du processus et du sens de l'histoire. Cela dit, je ne vois aucun inconvénient de fond quant à nommer un espace public du nom d'Anerood Jugnauth. Ce dernier a montré un intérêt certain pour l'île, c'est le PM qui a introduit la loi sur l'autonomie.

« Il n'y a aucune incompatibilité concernant la participation d'un parti national pour représenter la 21e circonscription au Parlement national et donc aspirer à des responsabilités nationales ministérielles. Cependant, au niveau régional, il convient de demeurer respectueux de l'esprit de l'autonomie régi par une approche privilégiant la proximité des élus et des dirigeants. Dans ce sens, la participation du PMSD relève de l'anachronisme, du non-respect de l'esprit du législateur... »

Mais il n'était pas le seul. Il y a eu Paul Bérenger qui a poussé la roue, Gaëtan Duval qui a débloqué le droit de vote aux Rodriguais, les 79 Rodriguais qui avaient demandé au Roi d'Angleterre une meilleure représentativité des Rodriguais au sein de conseil colonial en 1915, Serge Clair depuis son entrée en politique en 1976, Antoinette Prudence et, bien sûr, Robert Ahnee.

**\* En dépit d'une réserve observée par les partis mauriciens vis-à-vis de l'autonomie, quelle lecture faites-vous de la nouvelle incursion du PMSD, autrefois le parti dominant dans l'île, dans l'arène politique rodriguaise?**

Mon propos sera à deux niveaux.

En ce qu'il s'agit des élections nationales, il n'y a – selon moi – aucune incompatibilité concernant la participation d'un parti national pour représenter la 21e circonscription au Parlement national et donc aspirer à des responsabilités nationales ministérielles.

Cependant, au niveau régional, il convient de demeurer respectueux de l'esprit de l'autonomie régi par une approche privilégiant la proximité des élus et des dirigeants. Dans ce sens, la participation du PMSD relève de l'anachronisme, du non-respect de l'esprit du législateur, et d'une incompréhension flagrante de l'autonomie en tant que processus dynamique, de non-adéquation avec le sens de l'Histoire.

**\* La question cruciale de l'eau, du chômage, de l'exode des Rodriguais, surtout des jeunes vers Maurice, sont autant de problèmes qui guettent Rodrigues. On parle aussi de plus en plus d'une culture d'assistanat qui prend place dans la société rodriguaise. Peut-on parler d'échec ou de réussite de l'autonomie, à votre avis?**

Il est trop tôt pour avoir des positionnements aussi tranchés. Je reviens à la question fondamentale et vitale, celle d'acquisition de la capacité et de la responsabilisation financière; ce sont les conditions *sine qua non* pour en évaluer la réussite ou l'échec.

Il y a une réforme systémique à enclencher – le mode administratif de l'île, sa fonction publique et les rapports avec Maurice demeurent empreints de la marque de l'administration coloniale anglaise que l'on a transposée sans modification.

La gouvernance contemporaine requiert une relecture du modèle administratif en phase avec la réalité du jour et les aspirations des citoyens à une forme de démocratie participative.

Aujourd'hui il y a le risque d'approfondir la dichotomie au sein de l'environnement rodriguais avec, d'un côté, les politiques et les administrateurs et, de l'autre, la population dans son ensemble.

La question du manque d'eau, après avoir été chronique, est en phase de devenir endémique. C'est là aussi tout un fonctionnement à revoir et à adapter grâce aux moyens technologiques. Le dessalement a montré ses limites. Rodrigues a besoin d'un mix d'eau de surface captée stockée et traitée, un réseau de distribution moderne contrairement au réseau inefficace et archaïque actuellement en cours et source de frustration. Cette situation freine le développement économique, notamment touristique.

**\* Autre question qui a fait la une dernièrement: l'aménagement des morcellements dans l'île. On parle déjà de 'Festival de Terre' de l'État. Cette polémique cache-t-elle un plus gros problème par rapport à la gestion des terres à Rodrigues?**

La question des terres a toujours été une question très sensible à Rodrigues. Elle fait partie des zones de compétence où la 'Rodrigues Regional Assembly' a une autonomie totale. En sachant que la grande majorité des terres est la propriété de l'État qui accorde des baux, la gestion et l'allocation des terres sont entourées de critères stricts de précaution – paradoxalement source de mises en cause, de suspicions et aussi de fantasmes d'abus et d'injustices au détriment des plus vulnérables.

☞ Suite en page 11

« Je ne vois aucun inconvénient de fond quant à nommer un espace public du nom d'Anerood Jugnauth. Ce dernier a montré un intérêt certain pour l'île, c'est le PM qui a introduit la loi sur l'autonomie. Mais il n'était pas le seul. Il y a eu Paul Bérenger qui a poussé la roue, Gaëtan Duval qui a débloqué le droit de vote aux Rodriguais... »

# 'La question des terres a toujours été une question très sensible à Rodrigues.'

Elle fait partie des zones de compétence où la 'Rodrigues Regional Assembly' a une autonomie totale'

☞ Suite de la page 10

C'est la raison pour laquelle l'attention des uns et des autres a été attirée par l'initiative d'un haut responsable politique. Ce dernier se serait transformé littéralement en promoteur immobilier des terres de l'État, ce qui a occasionné une flambée de spéculations. Celles-ci sont-elles fondées ou non ? L'avenir nous le dira.

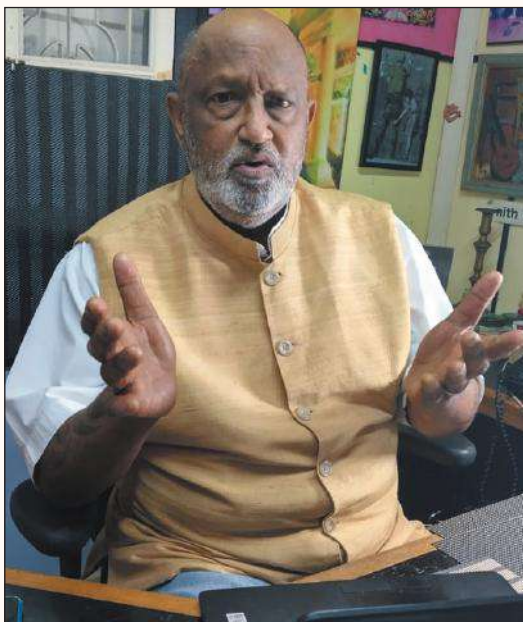
Quoiqu'il en soit, pour la première fois en 20 ans d'autonomie, un député national s'est fait l'écho de ces préoccupations : il s'en est suivi une réaction en chaîne de mise en cause et de polémique, ce qui a démontré la nature épidermique de toute cette question de la gestion et de l'allocation des terres.

**\* Il y a eu beaucoup de bruit autour de l'allongement de la piste de Plaine Corail qui représente un élément d'infrastructure important pour le développement de l'île, cela avec des enjeux géopolitiques dans un contexte et un environnement international très volatile. Qu'en est-il au juste ?**

Il y a eu tant de spéculations sur l'avenir d'Agalega. L'Inde et la Chine se positionnent dans l'océan Indien pour mieux défendre leurs intérêts. La République de Maurice, elle, se doit d'affiner ses outils diplomatiques pour ne pas perdre pied sur ce grand échiquier en phase de transition.

L'allongement de la piste de Plaine Corail a pris des airs de serpent de mer durant ces 10 dernières années. Il y a eu des hésitations et des attermolements qui ont abouti au retrait de l'AFD du plan du montage financier. C'est dommage, mais c'est la réalité.

Il nous faut explorer des alternatives et c'est sans doute l'occasion de remettre à



plat le modèle de développement touristique et de connectivité que l'on souhaite adopter et promouvoir dans le long terme. Un aéroport et son environnement immédiat devraient être appréhendés comme des zones d'activités économiques englobant de nombreuses possibilités de valeur ajoutée et génératrices de richesses à travers la diversification des activités.

La fréquence et la provenance des vols en constituent un autre élément, un terminal fret et frigorifique peuvent rajouter un autre axe, de même que des zones d'industrie légère, conditionnement de loisirs, etc., peuvent compléter le tableau. La nature du transporteur vient également modeler le modèle d'activités économiques en marge des fréquences des dessertes et l'intensité des activités durant la journée et une partie de la soirée — autant d'éléments qu'il convient de remettre en perspective.

N'oublions pas également l'évolution récente des enjeux politiques extrêmement

« La question des terres a toujours été une question très sensible à Rodrigues. Elle fait partie des zones de compétence où la 'Rodrigues Regional Assembly' a une autonomie totale. En sachant que la grande majorité des terres est la propriété de l'État qui accorde des baux, la gestion et l'allocation des terres sont entourées de critères stricts de précaution – paradoxalement source de mises en cause, de suspicions et aussi de fantasmes d'abus et d'injustices au détriment des plus vulnérables... »

volatiles qui ne manqueront pas d'impacter notre région géographique. La capacité de la piste comporte des perspectives stratégiques évidentes. Rodrigues constitue un poste avancé dans la direction de l'Australie et de l'Asie, ce qui donne tout son sens à certains types d'intérêts qui pourraient motiver plus ou moins de générosité de bailleurs de fonds potentiels, surtout par les temps qui courent où il existe une oscillation des intérêts des uns et des autres.

Il y a donc matière à réflexion et la situation exige la prudence. Le même raisonnement s'applique à l'exploitation judicieuse de notre plateau continental et de notre zone économique exclusive dans le prolongement de Rodrigues.

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# Life In A 'Degrowth' Economy

## and why you might actually enjoy it



Samuel Alexander  
The University of  
Melbourne

What does genuine economic progress look like? The orthodox answer is that a bigger economy is always better, but this idea is increasingly strained by the knowledge that, on a finite planet, the economy can't grow for ever.

A 'Addicted to Growth' conference in Sydney explored how to move beyond growth economics and towards a "steady-state" economy.

But what is a steady-state economy? Why is it desirable or necessary? And what would it be like to live in?

### Degrowth to a steady-state economy

The idea of the steady-state economy presents us with an alternative. This term is somewhat misleading, however, because it suggests that we simply need to maintain the size of the existing economy and stop seeking further growth.

But given the extent of ecological overshoot – and bearing in mind that the poorest nations still need some room to develop their economies and allow the poorest billions to attain a dignified level of existence – the transition will require the richest nations to downscale radically their resource and energy demands.

This realisation has given rise to calls for economic "degrowth". To be distinguished from recession, degrowth means a phase of planned and equitable economic contraction in the richest nations, eventually reaching a steady state that operates within Earth's biophysical limits.



Time to get off the economic growth train? Sergey Nivens/Shutterstock

At this point, mainstream economists will accuse degrowth advocates of misunderstanding the potential of technology, markets, and efficiency gains to "decouple" economic growth from environmental impact. But there is no misunderstanding here. Everyone knows that we could produce and consume more efficiently than we do today. The problem is that efficiency without sufficiency is lost.

Despite decades of extraordinary technological advancement and huge efficiency improvements, the energy and resource demands of the global economy are still increasing. This is because within a growth-orientated economy, efficiency gains tend to be reinvested in more consumption and more growth, rather than in reducing impact.

This is the defining, critical flaw in growth economics: the false assumption that all economies across the globe can continue growing while radically reducing environmental impact to a sustainable level. The extent of decoupling required is simply too great. As we try unsuccessfully to "green" capitalism, we see the face of Gaia vanishing.

The very lifestyles that were once considered the definition of success are now proving to be our greatest failure. Attempting to universalise affluence would be catastrophic. There is absolutely no way that today's 7.2 billion people could live the Western way of life, let alone the 11 billion expected in the future. Genuine progress now lies beyond growth. Tinkering around the edges of capitalism will not cut it.

We need an alternative.

### Enough for everyone, forever

When one first hears calls for degrowth, it is easy to think that this new economic vision must be about hardship and deprivation; that it means going back to the stone age, resigning ourselves to a stagnant culture, or being anti-progress. Not so.

Degrowth would liberate us from the burden of pursuing material excess. We simply don't need so much stuff – certainly not if it comes at the cost of planetary health, social justice, and personal well-being. Consumerism is a gross failure of imagination, a debilitating addiction that degrades nature and doesn't even satisfy the universal human craving for meaning.

Degrowth, by contrast, would involve embracing what has been termed the "simpler way" – producing and consuming less.

This would be a way of life based on modest material and energy needs but nevertheless rich in other dimensions – a life of frugal abundance. It is about creating an economy based on sufficiency, knowing how much is enough to live well, and discovering that enough is plenty.

The lifestyle implications of degrowth and sufficiency are far more radical than the "light green" forms of sustainable consumption that are widely discussed today. Turning off the lights, taking shorter showers, and recycling are all necessary parts of what sustainability will require of us,

but these measures are far from enough.

But this does not mean we must live a life of painful sacrifice. Most of our basic needs can be met in quite simple and low-impact ways, while maintaining a high quality of life.

### What would life be like in a degrowth society?

In a degrowth society we would aspire to localise our economies as far and as appropriately as possible. This would assist with reducing carbon-intensive global trade, while also building resilience in the face of an uncertain and turbulent future.

Through forms of direct or participatory democracy we would organise our economies to ensure that everyone's basic needs are met, and then redirect our energies away from economic expansion. This would be a relatively



Do we really need to buy all this stuff anyway? Radu Bercan/Shutterstock

low-energy mode of living that ran primarily on renewable energy systems.

Renewable energy cannot sustain an energy-intensive global society of high-end consumers. A degrowth society embraces the necessity of "energy descent", turning our energy crises into an opportunity for civilisational renewal.

We would tend to reduce our working hours in the formal economy in exchange for more home-production and leisure. We would have less income, but more freedom. Thus, in our simplicity, we would be rich.

Wherever possible, we would grow our own organic food, water our gardens with water tanks, and turn our neighbourhoods into edible landscapes as the Cubans have done in Havana. As my friend Adam Grubb so delightfully declares, we should "eat the suburbs", while supplementing urban agriculture with food from local farmers' markets.

We do not need to purchase so many new clothes. Let us mend or exchange the clothes we have, buy second-hand, or make our own. In a degrowth society, the fashion and marketing industries would quickly wither away. A new aesthetic of sufficiency would develop, where we creatively re-use and refashion the vast existing stock of clothing and materials, and explore less impactful ways of producing new clothes.

We would become radical recyclers and do-it-yourself experts. This would partly be driven by the fact that we would simply be living in an era of relative scarcity, with reduced discretionary income.

But human beings find creative projects fulfilling, and the challenge of building the new world within the shell of the old promises to be immensely meaningful, even if it will also entail times of trial. The apparent scarcity of goods can also be greatly reduced by scaling up the sharing economy, which would also enrich our communities.

One day, we might even live in cob houses that we build ourselves, but over the next few critical decades the fact is that most of us will be living within the poorly designed urban infrastructure that already exists. We are hardly going to knock it all down and start again. Instead, we must 'retrofit the suburbs', as leading permaculturalist David Holmgren argues. This would involve doing everything we can to make our homes more energy-efficient, more productive, and probably more densely inhabited.

This is not the eco-future that we are shown in glossy design magazines featuring million-dollar "green homes" that are prohibitively expensive.

Degrowth offers a more humble – and I would say more realistic – vision of a sustainable future.

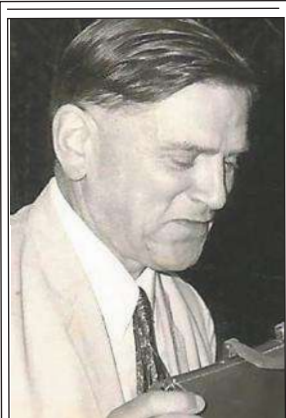
From the Pages of History - MT 60 Years Ago

5th Year No 208

## MAURITIUS TIMES

Friday 1st August, 1958

• 'Liberty may be endangered by the abuse of liberty, but also by the abuse of power.' — James Madison



Peter Ibbotson

# The Family In Contemporary Society

Among the documents to be considered by the Lambeth Conference of Bishops is a report entitled *'The Family in Contemporary Society'*. This report has been drawn up by a group convened at the instigation of the Archbishop of Canterbury, under the chairmanship of Canon Warren; hence it is popularly known as the "Warren Report".

Seven chapters long, the Report also contains four appendices dealing with population problems, one dealing specifically with family planning in India.

The quarterly, *'Family Planning'*, organ of the Family Planning Association, says of this Report that it "marks a considerable advance on previous Church thinking on problems of population and birth control". I cannot do better, in view of the urgency of measures needed in Mauritius to deal with the population problem, than quote from the Report; and the Bishop of Mauritius, the Rt. Rev. Hugh Otter-Barry, will I feel sure find much in it than its germane to his diocese. I look forward to his contribution to the bishops' discussion of the Report.

"The problem of over-population today cannot be left to solve itself; the starvation of millions, the remaining natural check (excluding annihilation in an atomic war), is intolerable to the conscience of mankind." The first part of this sentence is in direct contrast to Mr Profumo's parliamentary answer to Mr James Johnson the other day when he hinted that, although the Government of Mauritius had no plan to deal with birth control, he hoped the people of Mauritius would realise that the answer to the problem of over-population lay in their own hands and in their own self-control.

Three areas are specifically mentioned as needing outside aid to help solve their economic problems: India, the Caribbean and Egypt. The materially more advanced countries have a duty to help the underdeveloped lands, especially where there are population pressures in those backward lands. Yet, says the Report, "there are countries inhabited by millions of people, in which no programme of development yet foreseeable can hope by itself to win the race with population multiplying at its present rate." Myself, I would suggest that Mauritius is another such country. The Five-Year Plan by itself cannot solve all the economic problems; by itself, it is merely tinkering with the problem.

Family planning, therefore, emerges as a necessary pre-requisite of economic advance. It is gathering momentum and will do so increasingly "however the Church may regard it". Canon Warren's committee points out that family planning is the only possible explanation of the stabilised or declining birth rates in countries which have drastically reduced their death rates... The facts convince us that there is no more than a difference in degree in the acceptance of family planning between Roman Catholics and Protestants and it has been observed in the United Kingdom, in the Irish Republic, and in Western Germany, as indeed in the USA and Europe generally, that occupation is more of a determinant of family size than is religion.

On the history of the attitude of the Church to the use of contraceptives, the Warren Report recalls that the 1908

and 1920 Lambeth Conferences "denounced contraception outright" but the 1930 Conference, by a 3-to-1 majority, was "grudgingly permissive". Elsewhere, the report continues, "Christians are anxious for its considerations in principle and for a moral decision by the Church".

It is necessary for the Church to give religious sanction to responsible family limitation. That is the recently expressed view of the Medical Consultative Committee of the Commission of the Churches on International Affairs.

The conclusion of the Report is well summed up in, these words: "The more we understand of our procreative powers, the more responsible we are for the way in which we use them. The price of this generation's knowledge is therefore a heavier burden of responsibility. Christian parents who participate in that knowledge, whether they accept contraception or not, cannot but feel obliged to space and plan their families according to their understanding of themselves, of the well-being of their children, and of the needs of the society of which they are part. To produce children without regard to consequences is to use procreative power irresponsibly, the more so when there is involved the imposition of one partner's will upon the other. If our conscience will not tolerate, when we know how to prevent it, a torrent of infant deaths, no more should we, with the knowledge we have, encourage an ungoverned spate of unwanted births. If fatalism has given place to upholding the sanctity of life for the living, should it not yield also to a responsibility for those whom we cause to be born?"

The meaning of this peroration is surely clear — that the Church recognises the need for family planning, for control of births. That being so, and since the so called "natural" methods of birth control are known to be unreliable, it follows that artificial means of birth control will have to be adopted.

Why the Government of Mauritius does not announce that it will finance the Mauritius Family Planning Association so that the FPA can widen its sphere of influence and effectiveness, it is difficult to understand. The Five-Year Plan is but tinkering with the problem; it is nibbling at the edges of a vast problem which can no more be solved without fami-



ly planning than Mrs Partington could dry up the Atlantic Ocean with her mop.

A word on the Moslem position, in view of the recent argument in the correspondence columns of the *MT*, may be allowed. Islam claims over 316 million adherents; more than any other non-Christian religion. The Moslem attitude to birth control is defined in a series of permissive rulings, known as *fatwas*. These have extended down the centuries, the latest being in 1937. This *fatwa*, dated the 12th of *Dhi al Qaada 1355* (January 25, 1937), was issued by His Worship the Supreme Teacher Sheikh Abdel Mayid Selim, Mufti of the Egyptian Realm. He was asked if a husband or wife should be allowed "to take certain measures recommended by medical men to avoid frequent child-bearing so that a long interval may elapse between one childbirth and the next". After lengthy deliberation with lawyers of the Hanafy School, the most important of the Four Schools of Islamic Law and Religion, the Mufti replied: "It is permissible for either husband or wife, by mutual consent, to take any measures... in order to prevent conception." The complete text of the Mufti's reply makes it clear that by "any measures" he includes artificial means as well as the so-called natural ones.

Islam is of course the state religion of Pakistan. In December 1951 the Pakistan journal *Medicus* quoted a tradition of the Holy Prophet in which the Holy Prophet himself gave permission for contraception even for reasons other than medical. *Medicus* argued that procreation is not the sole purpose of marriage; declared birth control was essential to Pakistan's economy and development, and averred that Pakistan's most vital need was to import "shiploads of contraceptives."



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Tenders received after the specified date and time will not be considered.

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Please write "Tender Notice Canteen" and kindly specify which 'canteen' (either main canteen or mobile canteen) you are opting for on your sealed envelope.

For further inquiries, the Secretary may be contacted on 637-5175.

Miss P. CHUTTOOAR  
Secretary

11 October 2022

# What The Jan. 6 Committee could Learn from the Failures of truth commissions to bring justice and accountability

\* Contd from page 2

Truth commissions are typically formed in the first year or two after the end of an authoritarian period, when a newly democratic government is faced with responding to human rights abuses and acts of political violence by the previous government. Some countries have also established truth commissions as a part of peace processes, like the 2016-2022 Colombian commission that released its final report in June 2022 following six decades of civil war. That report, based on testimony of over 24,000 Colombians affected by the conflict, emphasized the right of the victims to know the truth.

The Truth and Reconciliation Commission that formed in South Africa in 1995, following the end of the racial segregation policy known as apartheid, is probably the best known example of a truth commission.

But at least 40 other countries have used truth commissions around the world. Governments, the United Nations, human rights organizations and religious organizations have all carried out truth commissions. Like the Jan. 6 commission, other truth commission hearings can be emotional. Some have been broadcast and most have produced public reports.

Truth commissions have multiple goals. Most want to establish a historical record.

In many countries, testimony during truth commission hearings has helped locate mass graves or otherwise helped families learn what happened to murdered or missing loved ones.

Truth commissions sometimes recommend criminal prosecution – though many commissions offer amnesty to anyone who testifies, as happened in South Africa in 1995.

## Limits to truth commissions

The U.S. House voted to set up the Jan. 6 committee in June 2021 “to investigate and report upon the facts, circumstances, and causes” of the Capitol attack.

Alongside the hearings, 919 individuals have been charged in connection with the insurrection.

But the Capitol attacks also left many unanswered questions – like the timeline of events, Trump’s exact association with the rioters, what role individual members of Congress may have played and why the National Guard was not directed to the Capitol for several hours.

Fully answering those questions may have positive benefits. For one, it may help Americans better understand political polarization and extremism in the country.

But that doesn’t mean it will resolve those issues.

Truth commissions are often part of a larger project of transitional justice,



Desmond Tutu, right, served as the chairperson for South Africa’s Truth and Reconciliation Commission, as shown in 1996. Anna Zieminski/AFP via Getty Images

meaning a collection of strategies to strengthen a new democracy or a fragile peace.

Other examples of transitional justice may include putting accused leaders on trial and reforming state agencies like the police.

Countries adopt different transitional justice approaches based on what is needed in their circumstances. Because truth commissions and trials may be politically risky, some scholars instead highlight the value of amnesty for promoting human rights and democracy.

## It hasn’t always worked in Latin America

For two decades, I have researched human rights and the rule of law in Central America. Different truth commissions’ pitfalls are evident there.

Guatemala, for example, had two truth commissions after its 36-year-long civil war ended in 1996. One commission was officially part of the peace process and the other was carried out by a national human rights organization.

These two commissions largely agreed on the basic facts – at least 200,000 Guatemalans were killed or disappeared during the civil war, and the government was responsible for more than 90% of human rights violations committed against civilians.

But establishing and publicizing that historical record did not lead to political stability in Guatemala.

It has also been difficult to prosecute former leaders. Guatemalan military dictator Gen. Efraín Ríos Montt, for example, was convicted of genocide in 2013 to great international fanfare. Ríos Montt was the first former head of state ever convicted of genocide in his own country’s

courts. Still, another court annulled the verdict 10 days later, in a move seen by many as politically motivated.

## Making a historical record

The Jan. 6 committee is not investigating a military dictatorship, as has happened in Latin America. But it is creating a historical record that will shape how

Americans think about their own democracy for years to come.

August 2022 polling suggests that the hearings have not shifted public opinion on Trump or his involvement in the attack on the Capitol, with Democrats and Republicans remaining polarized.

Meanwhile, public trust in the U.S. government remains below 30%, linked to perceptions of government unresponsiveness and corruption.

It’s not year clear what the Jan. 6 committee’s legacy in American politics will be. The flashy production values and more than 20 million viewers, at one point, still may not be able to create a shared national narrative.

With only 7% percent of those polled in June 2022 reporting high confidence in Congress, it seems unlikely that the committee’s report will reduce political friction.

**Rachel E. Bowen,**  
Associate Professor of Political Science,  
The Ohio State University

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World Cup 2022

# Qatar's frantic countdown to a football tournament full of controversy



Simon Chadwick  
Professor of Sport and  
Geopolitical Economy, SKEMA  
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When Denmark play at the men's Fifa World Cup in Qatar this winter, their shirts will mask the name and logo of their sponsor, the sportswear brand Hummel. One of the strips is all black, which Hummel described as the "colour of mourning".

The company explained the unusual design by directly referencing migrant construction worker deaths in Qatar, as well as the state's much questioned

human rights record. A social media post said: "We don't wish to be visible during a tournament that has cost thousands of people their lives."

It added: "We support the Danish national team all the way, but that isn't the same as supporting Qatar as a host nation."

Hummel's criticism of Qatar was not the first, and as the tournament gets closer, there will be more to come. Former Manchester United star Eric Cantona has said he won't be watching the competition, and some French cities have banned screenings of matches in their public spaces.

But the response from Qatar to Hummel's view seemed to demonstrate a change in tactics. In the past, the Qataris have often been slow in reacting to such criticisms. Yet within hours of Hummel voicing their concerns, the organisation responsible for organising the event had issued a robust statement.

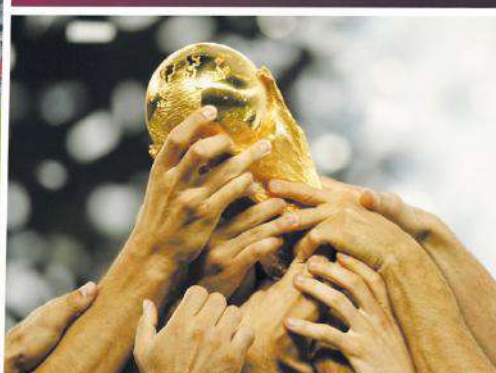
In it, the country's Supreme Committee for Delivery and Legacy claimed that Qatar had implemented significant labour market reforms, adding that all countries, Denmark included, should focus on promoting human rights.

Such a strident response was noteworthy, appearing to mark a development in the nature, tone and speed of communications coming out of Qatar. Officials have clearly been readying themselves for an intense period of scrutiny and activism at one of the most controversial World Cups in football's history.

They have also been preparing for the possibility of the event being disrupted, buying in everything from Moroccan police officers and American surveillance equipment, to Turkish drones and Italian frigates. It remains to be seen how these resources will be deployed, or whether they might be linked to the recent announcement that alcohol will be sold for up to 19 hours a day.

When it comes to logistics too, Qatar has been practising. It has hosted several high-profile, mass-attendance events to establish its level of preparedness, including the Fifa Club World Cup in 2019 and the Fifa Arab Cup in 2021. Both tournaments were staged without major incidents. But a recent test event at the Lusail Iconic Stadium (which is due to stage the final match on December 18) was less encouraging, with water shortages, faulty air conditioning, and the need for hour-long walks to the stadium in 35°C heat.

Such obstacles are not insurmountable before November's opening game between Qatar and Ecuador. But there is little margin for error in staging sports events



of this nature. In March, the F1 Grand Prix in Saudi Arabia was almost cancelled after a Houthis drone attack, while in May, crowd management issues caused serious problems at the Uefa Champions League Final in France.

## Game on

A major challenge could simply be the volume of visitors, with some suggesting over 1.2 million people will travel to Qatar over the period November to December.

For a country with a population of 3 million, this is a huge influx which will test the resilience of critical infrastructure, including roads, public transport, water supply and sewage capacity. Already, some immigrant workers have been told to leave Qatar and only return once the tournament is over. Government workers have been told to work from home during the World Cup, and schools, colleges and universities will be closed.

Fearful of congestion, the Qatari government will stop traffic from entering Doha on a Friday (often the busiest day of the week) and is currently testing 700 World Cup branded electric buses in anticipation of potential transport issues. And, as I discovered on a visit in September, with just weeks to go before kick-off, significant sections of Doha's streets are inaccessible as the country belatedly seeks to upgrade its water and sewerage system.

During that trip, I was struck by the scale of infrastructural development that has taken place since I was last in Qatar before the pandemic. The city seemed a lot quieter than before, which a taxi driver told me was because local people have been instructed to either leave the country or stay away from the capital as final preparations take place.

In some places, roads were still unfinished, as were several areas where football fans are expected to congregate. Among some migrant workers I spoke to, issues remained of long working hours and low pay. But both they and others talked, almost without exception, of their excitement about the tournament.

That many of them will be unable to afford match tickets will not concern the Qatari authorities. Its 12 years of planning for the World Cup have been about nation-

building ambitions, projecting soft power and changing international perceptions.

As it races ahead with final preparations, there is not long to go before the Doha government decides whether its massive gamble has paid off.

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## For complex decisions, narrow options down to two

When choosing between multiple alternatives, people usually focus their attention on the two most promising options. The quicker we do that, the faster we make the decision. Psychologists from the University of Basel have reported these findings in the scientific journal 'Nature Human Behaviour'.

One key element for the researchers when tackling this challenge was identifying the attention of their participants, which were measured by recording eye movements with an eye tracker.

### Choice of foods

In two experiments, 139 participants were asked to choose between three different foods that changed over multiple rounds. Based in these experiments, the psychologists determined that people did not distribute their attention equally, but increasingly focused on the



two options that they found most promising. This led to faster decisions; the easier it was to discount the worst option, the more quickly the participant was able to decide between the two remaining options.

In earlier studies on this topic, participants were usually only given two options to choose between; in recent years, however, research has increasingly turned to decisions with three or more alternatives. This is

because people can behave in many contradictory and inconsistent ways when multiple related options are available. For example, someone who initially selects chicken over pasta may change their preference when another vegetarian option such as salad is added -- and may then suddenly find the pasta more appealing.

### Ever more choices

Such inconsistencies when making decisions have important implications for decision theories in economics, psychology and neuroscience. On the basis of their new results, the Basel researchers have proposed a mathematical model that describes the dynamic interactions of preference formation and eye movements when making decisions between multiple alternatives.

"One goal of our research," says study leader Prof Sebastian Gluth, "is to understand how people act in a world with ever more options, as you have with online stores or large shopping malls." The results of the study should help to advance our understanding of decision-making in today's real-life environments: "Usually, we don't have to choose between an apple and an orange — but between tens or hundreds of different apples and oranges."

## Is it possible to reduce political polarization?

Turns out that, at least temporarily, you can for 94% of people

In the run-up to the 2016 U.S. presidential election, an unusual experiment suggested that it might be possible to influence American voters to adopt less polarized positions.

Posing as political researchers, a research team from McGill and Lund Universities approached 136 voters at the first Donald Trump and Hilary Clinton presidential debate in New York. Participants were asked to compare Trump and Clinton on various leadership traits (such as courage, vision, and analy-

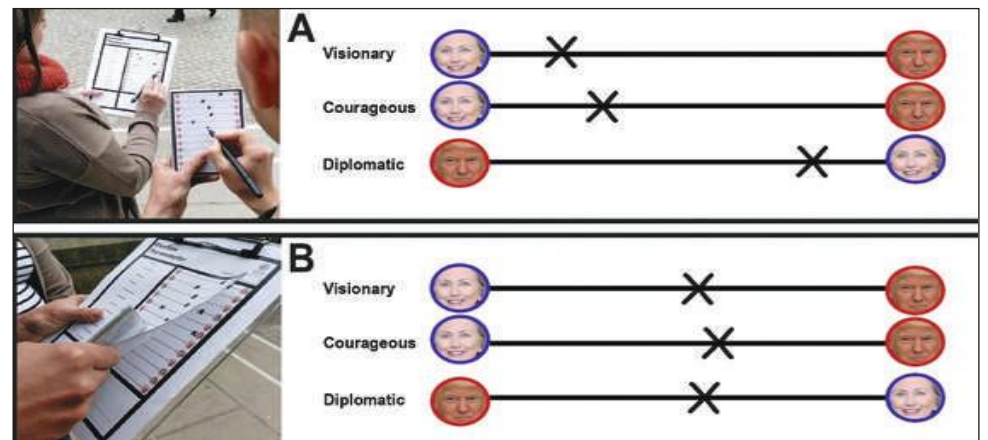
tic skills) by putting an X on a sliding scale.

Using a simple magic trick, the researchers then covertly manipulated the results (by substituting one completed survey sheet for another) so that most of the survey answers appeared moderate, closer to the midpoint between Trump and Clinton. They then presented these more moderate responses to the participants as being their own answers.

### Willingness to accept and explain more moderate opinions

Surprisingly, 94 % of the respondents accepted the manipulated responses as being their own answers and readily justified the moderate views. For example, one participant who initially heavily favoured Trump claimed, "I guess I fall somewhere in the middle -- I'd like to think I'm a little moderate. I think at this point it's important to be open-minded" -- even though they had reported more polarized views moments earlier.

The researchers then replicated this



study online with nearly 500 participants and found no difference in the results between Clinton and Trump supporters. The majority of the participants were again susceptible to the manipulation and rationalized their ostensibly moderate responses.

"Political surveys try to capture the attitudes of the public, but our study demonstrates that these can be heavily manipu-

lated," said Jay Olson, co-author on the research paper. "By making people believe that they wrote down different responses moments earlier, we were able to make them endorse and express less polarized political views. These results offer hope in a divided political climate: even polarized people can become — at least momentarily — open to opposing views."



## How is lava made?

Earth has liquid rock inside. Here's what happens to that rock to make lava happen.

In the picture you can see red hot lava, flowing over black solid rock where the lava has cooled. Lava is molten rock, melted because of very high temperatures, much, much hotter than you would see on the surface of the earth.

Can you imagine how hot it must be to melt rock? This gives a clue about how lava is made, somewhere with very high temperatures below Earth's surface.

While underground, the liquid rock is called magma; it becomes lava when it flows onto the planet's surface, usually through a volcano. When the lava cools — that's the dark solid ground you see in the image — it is called "igneous" rock. This means "fire" in Latin (scientists use a lot of Latin words), so it is fire rock.

To understand how lava is made and



ImageBank4u/Shutterstock

where it comes from, we need to journey below Earth's surface — which we can't do, because it would be too dangerous. Imagine trying to travel somewhere hot enough to melt rock, what would that do to

you?

Instead, we can look at the structure of Earth in the image below and imagine the journey.

We would travel down through Earth's crust, into the mantle and then into the core. Once there, we would discover that the crust and mantle are mostly solid rock. After the mantle we would notice the liquid outer core and then the solid metal inner core.

In Earth's core the temperatures are very hot, usually between 5,000 and 7,000 degrees Celsius. Think about this to compare: chocolate starts melting at around 80°C and tap water boils at 100°C. This very hot core acts like an oven for Earth, heating it from within.

Along the way we might find some magma in the mantle where it is made, in a space between the outer mantle and Earth's crust. Magma is formed through heat and pressure — imagine squeezing a ball of plasticine as hard as you can: that is

you putting pressure on the ball. While the mantle is not as hot as the liquid core, there is a lot more pressure. The pressure is caused by movement in the rocky mantle, pressing against the crust.

This pressure, and the temperatures from Earth's "oven" at the core, cause rock to melt and magma is formed. The magma moves to Earth's surface through openings — sometimes these openings are volcanoes — and forms new crust.

Often the new crust forms into islands, like many of the Pacific islands. This happens because liquid comes out through openings on the sea floor and cools, forming land.

You can watch this video for the story from Mother Earth herself. But be warned: never put rocks in a fire to try and melt them, some might explode! I'll let you ask about that another time.

Hawani Negussie  
University of Massachusetts





## Satan and St Peter are dividing the souls at the cemetery

Next to a cemetery fence, stood a huge beech tree, on the outskirts of the town. One day, two boys filled a bucket with nuts that had fallen from the branches and sat down next to the tree, out of view from the path that ran alongside the graveyard, to divide the nuts.

'One for you, one for me; one for you, one for me,' said one of the kids, sharing out the nuts equally. The bucket was so full that several nuts rolled out towards the fence.

Cycling along the path adjacent to the cemetery was a third boy. As he passed, he heard voices from within and stopped to investigate. Pressing his ear to the fence, he heard 'One for you, one for me' several times. He was immediately stricken with horror, 'Oh, no!' he shuddered, 'It's Satan and St Peter dividing the souls at the cemetery!'

He cycled down the path as fast as he could until he met an old man hobbling along with a cane. 'Come quick!' gasped the kid, 'You won't believe what I heard. Satan and St Peter are up at the cemetery dividing the souls.'

'What nonsense! Don't waste my time with such stories. Can't you see I'm struggling to walk as it is?' said the old man.

But the boy persisted and eventually the old man relented and hobbled up to the cemetery. Standing on the fence, they heard: 'One for you, one for me; one for you, one for me.'

The old man whispered: 'Boy, you've been telling the truth, let's see if we can see the devil himself.'

Quaking with fear, they peered through the fence in the hope of catching a glimpse of Satan. Tighter and tighter they gripped the wrought iron bars, but still they were unable to see anything.

Finally, they heard: 'One for you, one for me, and one last for you. That's all, now let us go and get those nuts by the fence and we'll be done.'

It is said that old man made it back to town five minutes before the kid.

\*\*\*

### Captain, There's a Blonde Haired Problem in 1st-Class!

A beautiful young model boarded a plane to New York with a ticket for the economy section. She looked at the seats in economy, and then looked into the forward cabin at the luxurious first-class seats.

Seeing that the first-class seats appeared to be much larger and more comfortable, she moved forward to the last empty seat in first-class. The flight attendant checked her ticket and told the woman that her seat was in economy.

The blonde replied, "I'm a famous model, and I've never had this problem before. I'm going to sit here all the way, until we get to New York."

Flustered, the flight attendant went to the cockpit and informed the captain of the problem.

The captain went back and told the woman that her assigned seat was in economy. Again, the blonde replied: "I'm a famous model. I'm sitting here all the way to New York."

The captain didn't want to cause a commotion, and so returned to the cockpit to discuss the blonde problem with the co-pilot.

The co-pilot said that he used to date a model like her, and that he could take care of the problem. He then went back and briefly whispered something in the blonde's ear.

She immediately got up and said, "Okay, thank you". She then hugged the co-pilot, and rushed back to her seat in the economy section.

The pilot and flight attendant, who were watching with rapt attention, asked the co-pilot what he had said to the woman.

He replied, "I just told her that the first-class seats aren't going to New York."

\*\*\*

### The Black Bra

I had lunch with 2 of my unmarried friends. One is engaged, one is a mistress, and I, the third one, have been married for 20+ years. We were chatting about our relationships and decided to amaze our men by greeting them at the door wearing a black bra, stiletto heels and a mask over our eyes. We agreed to meet in a few days to exchange notes. Here's how it all went.

My engaged friend: The other night when my boyfriend came over he found me with a black leather bodice, tall stilettos, and a mask, he saw me and said, 'You are the woman of my dreams...I love you.' Then we made passionate love all night long.

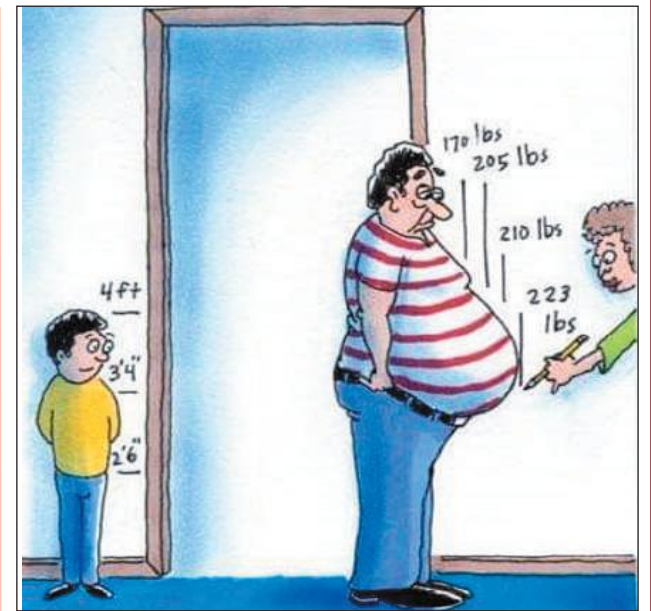
The mistress: 'Me too! The other night I met my lover at his office and I was wearing a raincoat, under it only the black bra, heels and mask over my eyes. When I opened the raincoat, he didn't say a word, but he started to tremble and we made wild love all night.'

Then I had to share my story: 'When my husband came home I was wearing the black bra, black stockings, stilettos and a mask over my eyes. When he came in the door and saw me he said, "What's for dinner, Zorro?"'



You know him...? he is the same Branch Manager who rejected our education loans when we had applied long back.

1:46 PM



\*\*\*

### Polish Short Jokes

A Polish woman wakes up her husband in the middle of the night.

"What happened?" the husband asks worriedly.

"Nothing..." said his wife, "I just don't understand how you can sleep with such a small salary."

\*\*\*

A Polish father tell his daughter: "My darling, don't marry this man. He's crippled, ugly and an orphan."

The daughter, surprised and angry, tells him: "I only care about love, daddy, I don't care about his looks or his background."

Her father says to her: "I'm not talking about that. Don't you think he's suffered enough?"

\*\*\*

A polish man goes to the doctor and complains: "Doc I have a problem, my wife is cheating on me, but I'm not growing any horns!"

The doctor, amused, explains to him that the whole cheating and horns thing is only a metaphor.

The man breathes in relief. "Thank god! I thought I was low on Calcium!"

\*\*\*

Two Polish husbands are talking.

One says: "My best friend, Jimmy, ran away with my wife."

The second asks: "Is he still your best friend?"

"Not since he brought her back."

\*\*\*

A Polish husband says to his friend: "Don't ask, my parrot died."

The friend: "Of old age?"

"No, of frustration. Since I got married he hasn't been able to get a word in edgewise."

\*\*\*

A Polish mother asks her daughter: "I understand you've been having some disagreements with your fiance about the wedding?"

The daughter: "Just small things, like I want a white dress and he doesn't want to get married."

\*\*\*

"Will you cry at my funeral?" asks a Polish husband his wife.

"Sure," answers the wife, "you know I cry over the silliest things."

That's Life**The 3 Types of People in Your Life**

1. The Leaf people
2. The Branch people
3. The Root people

**Leaf People:** These are people who come into your life just for a season. You can't depend on them because they are weak. They only come to take what they want, but if the wind comes, they will leave.

You need to be careful of these people because they love you when things are okay, but when the wind comes, they will leave you.

**Branch People:** They are strong, but you need to be careful with them too. They break away when life becomes tough and they can't handle too much weight.

They may stay with you in some seasons, but they will go away when it becomes harder.

**Root People:** These people are very important because they don't do things to be seen. They are supportive even if you are going through a difficult time. They will water you and they are not moved by your position - they just love you like that.

Author Unknown

\* \* \*

- Never use your favourite song as your alarm clock. You'll end up hating it.
- We fall in love by chance and stay in love by choice.
- Cheaters tend to think everyone cheats. Liars tend to think that everyone lies. Keep that in mind.
- People are more likely to cry at night because lack of sleep makes emotions hard to control.
- Coca-Cola translated to Chinese means "Tasty and Joyful".
- No matter how hard you try, you can never

remember how your dream started.

- When it's hot outside, you're more likely to get in a fight.
- Colours like Red, Orange and Yellow make you hungry.
- You're more likely to achieve your goals if you keep them to yourself.
- When you talk to yourself, you're actually making yourself 'smarter'.
- Cuddling literally kills depression, relieves anxiety and strengthens the immune system.
- People with the highest IQ stay up late at night because their brains have increased mental stimulation.
- The average person tells 4 lies a day or 1460 a year, a total of 87,600 by the age of 60. And the most common lie is: "I'm fine."
- An instant change in mood from happiness to sad indicates that you're missing someone.

**Work habits to track**

Data source: @handsonhighered | Infographic design by @grassoblog for educational and motivational purposes

- 1 Choose your day's priority (Aka highlight)
- 2 Inbox zero
- 3 Create tomorrow's to-do list
- 4 Review and prepare for tomorrow's meetings
- 5 Complete your most important task first
- 6 Schedule one hour of focused work
- 7 Tidy your work space
- 8 Lunch or coffee brakes with coworkers
- 9 Choose your week's priority
- 10 Create monthly goals
- 11 Meet with your femtor/mentor monthly
- 12 Share daily or weekly goals with an accountability partner

**Salt in water**

A man came to an elderly zen master and complained about his problems and sufferings in life. The old master listened to the man carefully and handed him a handful of salt. The man was confused. The man wondered if this magical salt would wash away all the pain and suffering in his life. The master then instructed the man to put a handful of salt in a glass of water and drink it. The man did as the master. "How does it taste" asked the master curiously. "Disgusting, Not good at all," said the man as he spat the salty water.

The master chuckled at the man's reaction. He then asked the young man to keep the same salt in the lake nearby. The two walked to the nearby lake, and the man swirled salt into the lake. "Now drink the water from the lake," instructed the master.

The young man drank the water from the lake without any problem. "How does it feel?" asked the master. The man was thirsty and thoroughly enjoyed the cool water of the lake. "It is perfect. I can't taste any salt," the young man replied.

The master then sat next to the troubled man, took his hands and said, "The pain in life is like pure salt. It remains the same, But the amount we taste or our suffering depends on the container we put it into. So, when you are in pain, you can enlarge your sense. Make your heart bigger with compassion and empathy. Stop being glass and try being like a lake. Then the troubles in your life will not cause you much suffering. "

**Life's Lesson**  
**The first sign of civilization**


Years ago, anthropologist Margaret Mead was asked by a student what she considered to be the first sign of civilization in a culture. The student expected Mead to talk about fishhooks or clay pots or grinding stones.

But no. Mead said that the first sign of civilization in an ancient culture was a femur (thighbone) that had been broken and then healed. Mead explained that in the animal kingdom, if you break your leg, you die. You cannot run from danger, get to the river for a drink or hunt for food. You are meat for prowling beasts. No animal survives a broken leg long enough for the bone to heal.

A broken femur that has healed is evidence that someone has taken time to stay with the one who fell, has bound up the wound, has carried the person to safety and has tended the person through recovery. Helping someone else through difficulty is where civilization starts, Mead said."

We are at our best when we serve others. Be civilized.

Source - Earth and Hell



**If you can't find true love,**  
work hard, make money  
and enjoy your single  
life in peace.  
Nobody has ever died  
from **being Single,**  
but so many have died  
for being with the  
**wrong partner...**  
Life is too short to be  
wasting your time with  
**the wrong person.**

**It was you that made me a mother**

My firstborn,

It was you that made me a mother.

It was you that stopped me in my tracks and paved new ones for me.

It was you that reduced me to the rubble of myself, and then built me back up stronger.

It was you that gave me so many reasons, but also reasons for criticising my body, for loving what it gave me, for being comfortable in my own skin.

It was you who first turned the nights into weeks, and the years into days.

It was you that filled me with a type of gratitude I'd never known, each breath you took filled my lungs, each step you took was our journey together.

It was you that introduced me to so many firsts, to a different type of love, heart ache, and to me.

It was you that gave me a kind of confidence I never knew I had within, a whisper turned roar, an exercised patience, a worry that will live in my heart forever.

It was you who unearthed me, things tucked away, no longer buried, it was you who cracked me open.

It was you that showed me a different view of the world. Decisions, memories, dreams, are all shaped with you.

It was you I held as I cried in the early months, deep in the trenches, lonely but in the best company.

Tired but never more alive.

It was you that got me through.

You're much older now.

But I'll always remember us in the quiet of the weekdays, where we did nothing, and everything.

How it was you who made me a mother...

Jess Urlichs - Worthy Words

## What Causes Hair Loss in Men?

*Hair loss can be about the genes you received from your mom and dad. But there may be other culprits at play.*

If you think your hairline is receding every time you look in the mirror, you're not alone. More than half of men 50 or older have signs of hair loss. It reaches 4 out of 5 men by age 70.

Why? It's usually something you can blame on your family tree, but there are several other possible reasons.

Male pattern baldness -- you may hear it called androgenetic alopecia -- is triggered by the genes you got from your parents. Exactly how it is inherited isn't clear, but it does tend to run in families. So if you have close relatives who are balding, you're more likely to have it, too.

Doctors don't fully understand why certain hormonal changes cause hair follicles to shrink, or why the balding process gradually happens in the same pattern for most men. But it usually starts with a thinning of the hairline above your temples and crown.

Depending on your family history, male pattern baldness can start as early as your teens. Not only will your hair get thinner, but it may get soft, fine, and shorter. Learn more about the steps you can take to help prevent going bald if you spot the warning signs early enough.

### Medical Issues

Temporary hair loss can be a sign of a medical issue,



like anemia or thyroid problems. A diet low in protein and iron can also cause your hair to thin. Your risk for hair loss is higher if you have diabetes or lupus.

Hair loss could be a side effect of certain drugs you take for:

- Cancer
- Arthritis
- Depression
- Gout
- High blood pressure
- Heart problems

Radiation treatment or chemotherapy can cause widespread hair loss, but usually your hair will grow back with time, once the treatments end.

Stress or Shock: Sudden or excessive weight loss, a severe physical or emotional shock, surgery, or even fever and the flu can bring hair loss that could last several months.

Infections: Things like ringworm can create scaly

patches on the scalp and bald spots. The hair usually grows back after treatment.

Your Immune System: If you have sudden hair loss that leaves round bald spots about the size of a quarter in various places on your head, you may have a genetic condition called alopecia areata. It often begins in childhood. You're more likely to have it if a close family member has it.

Your body's own immune system attacks your hair follicles, causing small patches of hair to fall out. There's no pain or sickness involved, and it's not contagious. Your hair may grow back, but it may fall out again, too.

Impulse Control Disorder: Some people have an urge to pull out their own hair — from the scalp, eyebrows, or someplace else — a chronic condition known as trichotillomania. It could affect 1-2% of adults and teenagers.

Grooming: Wearing a ponytail, braids, or cornrows where the hair next to the scalp is pulled tightly can cause temporary hair loss called traction alopecia. In addition, hot oil treatments and perms may damage your hair follicles.

Myths: There are a number of old wives' tales about hair loss, most of which are false. For example:

- Wearing a baseball cap or hat may give you "hat hair," but it does not lead to hair loss. Neither does swimming in a chlorinated pool or salt water.
- Sunscreen won't make your hair fall out, but it will protect the areas where your hairline has receded.
- Hair dryers may cause your hair to be more brittle, but they won't lead to permanent hair loss.

Mark Aumann - Medically Reviewed  
by Debra Jaliman, MD, WebMD

## Living Better What you can do to better manage your time

If you feel like you're always busy but have little to show for it at the end of the day, here's what you can do to better manage your time.

**Figure out your goals:** We're talking about "big-picture" goals for both your work and home life. Once you know what they are, you can break them into smaller tasks and focus on how to fit them into your life.

**Keep track:** It can help to take a week or so and note how long it really takes you to do things you do all the time -- do laundry, make breakfast, make your bed. Most people overestimate how long it takes to do something simple like take a shower and underestimate the time needed for bigger tasks, like write a term paper. If you know exactly how you spend your time, you may be able to manage it better.

### Prioritize - Put to-do's in 4 groups:

- Urgent and important
- Not urgent but important
- Urgent but not important
- Neither urgent nor important

The goal is to have as few things under "urgent and important" as possible. Those cause stress when they pile up. If you manage your time well, you'll probably spend most of your time on "not urgent,

but important" -- that's where you can get the most useful things done and keep from feeling overwhelmed later.

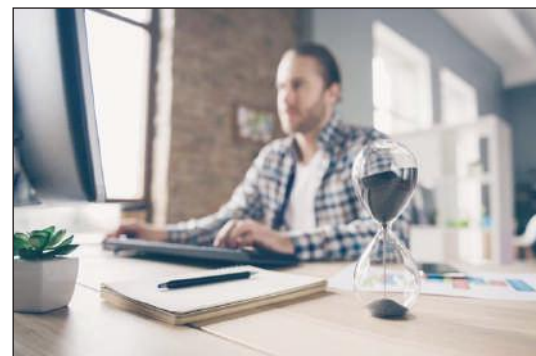
**Schedule your day:** Once you know just how long things take and what's most important, start to plan things out. Be flexible. Do you get more done in the late afternoon or early morning? Do you like to have your evenings free to relax? Think about what works best for you, and don't be afraid to change things up.

**Do the hard stuff first:** Mark Twain said, "If it's your job to eat a frog, it's best to do it first thing in the morning. And if it's your job to eat two frogs, it's best to eat the biggest one first." In other words, if you have something hard to do, get it out of the way so you don't have to worry about it the rest of the day.

**Write it down:** A "to-do" list is tried and true. But you can use other tools, too — the main thing is to write it down somewhere. Whatever you use to keep track of things you need to do, it's better to have just one and keep it with you wherever you go — on your cell phone for example. Some kind of list keeper or calendar app is probably on your phone already.

**Is it worth your time?** Remember your big-picture goals and ask yourself if what you're doing is likely to help you get there. For example, that extra hour spent at work on something no one asked you to do might have been better spent at the gym.

**Don't cheat:** If you schedule a work session at 9 a.m., stick to it — 9:17 a.m. won't do, even if you work alone. Missing one start time will make you more likely to



miss others. If you want some flexibility, allow yourself a choice -- return emails or file papers, for example -- but stick with the schedule as if it's set in stone.

**Just start it!** If you feel a strong urge to put things off, find a way to push past it and take even a small step forward. You'll feel better once you make a little progress and may soon find yourself in a real groove. That's because your attitude often comes from your behaviour — and your results — rather than the other way around.

**All your time counts:** You've got a free 15-minute chunk of time before you have to be somewhere -- time to surf the Web and check social media, right? You might be surprised by what you can get done in that time. Four 15-minute chunks spread through the day is an hour of productivity.

**Your computer can help:** Technology — the Web, email, social networking sites — can distract you for hours on end. But it can help too. Look for tools to help you track and schedule your time, remind you when you need to do something, or even

block you from the time-sucking websites that tempt you most.

**Set time limits:** That is, set the most allowable time for the task. You may get it done sooner, but if not, the limit helps keep you from overdoing it. Once you hit the limit, move on.

**Email:** The black hole of time wasting: It can be a huge time suck and a source of stress. Try "The Four Ds":

- **Delete:** If it doesn't concern you or isn't something you need to know, get rid of it.

- **Do:** If it's about something urgent or something that can be done quickly, respond to it.

- **Delegate:** If an email asks you something that's better taken care of by someone else, forward it to that person and move on.

- **Defer:** If it's going to take more time than you have at the moment, set aside time for it later.

**Take a lunch break:** It may seem "efficient" to work through lunch, but it can backfire. As a general rule, 30 minutes away from your job will help you work better in the afternoon.

**Schedule good stuff:** The whole point of getting better with your time is to make more time for the things you want to do. Sprinkle fun, healthy, non-work stuff throughout your week to keep you positive about your schedule and motivated to keep going. This includes breaks, snacks, recreation, exercise, even vacations — especially when you finish an important task.

## BollyBytes

### Deepika Padukone breaks silence on separation rumours from hubby Ranveer Singh

Deepika Padukone and Ranveer Singh are the power couple in Bollywood, and the two are the best in all forms. Whether it's fashion, movies or chemistry, Ranveer and Deepika always leave their fans in awe of them. However, recent news about trouble in their paradise has surfaced on the internet. Multiple reports have suggested that the couple is having compatibility issues and might opt for divorce, reports bollywoodshaadis.com.

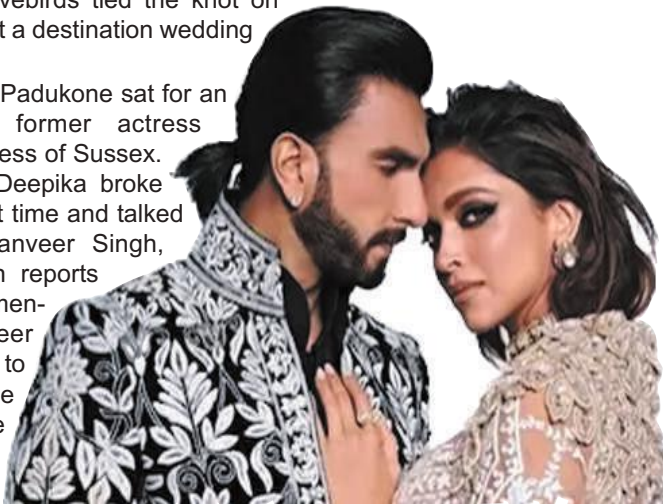
For the unversed, Ranveer had a longtime crush on the *Padmavat* actress. And after a lot of wooing, he finally got to date her in 2012. After enjoying a seven-year long courtship, the lovebirds tied the knot on November 14, 2018, at a destination wedding in Italy.

Recently, Deepika Padukone sat for an interview with the former actress Meghan Markle, Duchess of Sussex. During the podcast, Deepika broke her silence for the first time and talked about her hubby, Ranveer Singh, since their separation reports surfaced online. She mentioned that Ranveer would be super happy to see her face once she gets back home. She said: "My husband was at a music festival for a week and he's just come back. So, he's gonna be happy to see my face."

Ranveer and Deepika are famous for posting mushy comments on each other posts. On September 30, 2022, Ranveer Singh had posted a couple of pictures, donning a Fuchsia pink pantsuit along with matching sneakers. However, what caught our attention was his wifey, Deepika Padukone's adorable comment on her sweetheart's pictures. She took to the post's comments section and wrote, "Edible", with a mouth-watering emoji.

Earlier, in an event, Ranveer Singh had put an end to all the speculations of their divorce by saying that he holds immense respect for Deepika Padukone. The actor had added that they started dating in 2012, and the year 2022 marked 10 years of their togetherness. Ranveer Singh could be quoted as saying:

"We met and started dating in 2012 so 2022 is ten years of me and Deepika. I have nothing but the utmost respect for her and I admire her a lot. I have learnt a lot from her in my personal life too. There is a sweet surprise for everyone. You guys will see us together very soon. She is one of the best things that has happened to me and am so grateful for her in my life."



### Akshay Kumar walks on water in 'Ram Setu' trailer

Duniya main Shri Ram ke lakhon mandir <<"hai par Setu sirf ek" — is a line that actor Akshay Kumar is heard saying while he's seen walking on water in the trailer of the upcoming film 'Ram Setu'.

The makers unveiled the over two-minute-long trailer, where Akshay seems to be saving what his character claims to be an ancient treasure — a bridge built by Lord Ram in the Ramayana. It starts with an explanation of the story where the antagonist wants to destroy 'Ram Setu'.

As Akshay and his team set out to prove the existence of the structure, they get embroiled in a big scheme where they are the targets. The action-adventure filled video also shows Akshay walking on water at the end of the trailer.

According to the description on YouTube, the film is about an atheist archaeologist turned believer, who must race against time to prove the existence of the legendary Ram Setu before evil forces destroy the pillar of India's heritage.

'Ram Setu' also stars Satya Dev, Nasser, Pravesh Rana, Jennifer Piccinato.

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### Anupam Kher wishes 'inspiration' Amitabh Bachchan a long and healthy life

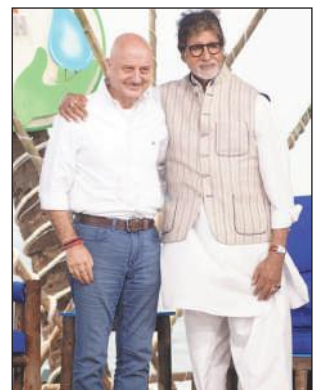
Veteran actor Anupam Kher, who will be seen sharing screen space with megastar Amitabh Bachchan in the upcoming film 'Uunchai', wished the thespian a long life and called him an inspiration on his 80th birthday on Tuesday.

Anupam took to Instagram and shared a string of photographs. The two actors have previously worked together in films like 'Akshree Rasta', 'Bade Miyan Chote Miyan', 'Paheli', and 'Mohabaatein' to name a few. The two are reuniting after many years for Sooraj Barjatya's film 'Uunchai'.

Alongside the images, Anupam wrote: 'Respected Amit ji! Wishing you a very happy birthday. May God bless you with a long and healthy life. You are an inspiration to me. I have learnt a lot from you from 'Aakhri Raasta' to 'Uunchai'

Amitabh's latest release is 'Goodbye' starring Rashmika Mandanna. He will next be seen in 'Uunchai', slated to be released on November 11 this year.

The film tells the story of the friendship between Boman Irani, Amitabh and Anupam Kher's characters. It also stars Neena Gupta, Sarika and Parineeti Chopra.



## Bollywood Baby Bonanza!

Let's take a look at five Bollywood mums and mums-to-be that set new maternity fashion trends, as reported by South China Morning Post ...

### 1. Alia Bhatt

Alia Bhatt's pregnancy news took everyone by surprise. Just three months after she tied the knot with Ranbir Kapoor in an intimate home wedding, the actress broke the internet by posting a picture of her ultrasound in July. The 29-year-old RRR sensation has since been proudly showing off her baby bump in public.

Her recent appearances have also revealed her pregnancy glow, and she's often seen wearing bell-sleeved dresses with minimal make-up to further showcase her natural beauty.

But she's hasn't let her pregnancy get in the way of her acting. Bhatt is making her Hollywood debut with *Heart of Stone* opposite *Wonder Woman* star Gal Gadot and only finished filming in July, meaning she was three months pregnant by the time they wrapped



up.

### 2. Sonam Kapoor

After four years of marriage, Kapoor and hubby Anand Ahuja announced their happy pregnancy news in March. The bold actress and celebrated fashion icon openly shared her experiences through the trimesters and flaunted many maternity fashion looks on her social media. In one of her more iconic shoots, Kapoor stunned in designs by Abu Jani and Sandeep Khosla.

On August 20, the couple welcomed a beautiful baby boy. She was put on the front cover of Vogue

India, where she discussed in further detail the ins and outs of her pregnancy experience.

### 3. Anushka Sharma

Anushka Sharma took the internet by storm when she announced her pregnancy with husband Virat Kohli in 2020. It was such a hot topic that Kohli's tweet announcing the birth of their daughter Vamika became the most liked post of Twitter India for 2021.

Sharma shared snippets of her pregnancy experience, including one post of her doing a headstand. She mentioned in the post that

she kept active and did yoga under expert supervision. She too landed a Vogue India cover showing off her baby bump.

### 4. Bipasha Basu

After weeks of fan speculation, Bipasha Basu confirmed her pregnancy in an Instagram post in August. The intimate photo shows the Bollywood icon and her husband Karan Singh Grover with their hands on her baby bump.

It'll be the couple's first child together since they got married in 2016.

## Sharad Kelkar on how he worked on his stammer to forge a successful career



**'You can't get over with stammering in one day. It is a problem that you need to work on'**

Sharad Kelkar is a man of many talents. From being a popular face on television, films and now web space, to one of the most popular dubbing artistes in the country, Sharad has over the years left a mark across mediums, languages and genres.

Sharad's journey in the showbiz began with modelling, until acting came calling. But he had to overcome stammering to find a place as a popular face on the screen. It is noteworthy how Sharad went on to become a fan favourite for his baritone and being the voice behind the Hindi dubbed version of films such as *Guardians of the Galaxy*, *Captain Marvel*, *Furious 7*, *xXx: Return of Xander Cage* and *X-Men*. His most popular outing remains the Baahubali franchise where he voiced Prabhas's characters.

Sharad has played memorable parts on the big screen too, including *Ram-Leela*, *Mohenjo Daro*, *Irada*, *Bhoomi*, *Tanhaji*, *Laxmii*, *Darbaan* and the recent release *Bhuj*, apart from several Marathi and Telugu films. He became a household name with TV shows *Kuch Toh Log Kahenge*, *Saat Phere*, *Sinndoor Tere Naam Ka*, *Agent Raghav* and *Koi Laut Ke Aaya Hai*.

Sharad Kelkar might have found a strong footing in the industry, even as his Arvind continues to remain an integral part of *The Family Man*. To box Sharad's most popular projects would be difficult. The man who continues to give us interesting characters, had an interesting start to his acting journey. Here's how it all began for him, as reported by Indian Express....

**What was your first acting project? How did the project come to you?**

I started with ad films in 2002. I used to stammer a lot, so modelling is fine, saying one line is fine because you do that after a lot of practice. But when it is about acting in a TV show or a film, it's a different ballgame all together.

I remember in 2003, I was signed for a Zee TV show. I wasn't the lead, but I was playing a very important character. One or two days passed by

easily but on the fifth day, I got a huge one-and-a-half-page dialogue. Either I was speaking very fast, or there wasn't clarity, or I was stammering.

My director was patient enough to give me 30 retakes. Ultimately, he called me and asked what's the issue. I said I won't be able to do it and he should take someone else. He also understood that I was being honest. Finally, I was replaced on this show.

Later, in 2004, Mamta Patnaik joined Nimbus Productions and there, she called me. Credit goes to her also for giving me my first break. It was a thriller, finite series. It ran for 3-4 months. That was my first job.

Coming from a small town, from not a very wealthy background, it was a great opportunity. I was very happy. My journey started with correcting my stammering issue. That show is very important to me. It was my first on air TV show and I met my wife there.

**What do you remember of your first day on set?**

Its location was at a studio in Mumbai. My character's name was Arjun Kulkarni. He was a cop. I went on the set and fought for the clothes on the first day because they weren't fitting me. I said this isn't cop uniform. It should look sleek. I went on set at 9 am, and my first shot came next morning at 4 am. I was sitting whole day and whole of night with four other actors. It was a great learning experience that to achieve something, you have to be patient.

**Were you nervous?**

I was definitely nervous about my dialogue and performance. But the team supported me. It was my everyday struggle to say my lines with fluency. You can't get over with stammering in one day. It is a problem that you need to work on. It takes a lot of time. The problem is still there. If I become angry or get into an argument, I'll start stammering.

**One actor or film that inspired you to become an actor?**

I think if you ask anyone of my age, they'll take Amitabh Bachchan's name. He was our favourite and I've watched all his films. He was the actor for us, he still is. He is our idol and I just love him.

### YOUR STARS

#### Sagittarius: Nov 22 - Dec 21

It seems a good week ahead and you should make the most of it. You may meet your parents or loved ones and share your future plans with them. Your spouse may be supportive of your dreams and encourage you to achieve what you want in your life. Pay attention to the health of your wife.

**Lucky Numbers: 3, 11, 14, 19, 20, 34**

#### Capricorn: Dec 22 - Jan 19

You may not get expected returns from your previous investments and it may make you doubt on your finance management abilities. Some may also plan to invest their hard-earned money in real-estate market or cryptocurrency. Your partner may show care and offer complete support in your hardships.

**Lucky Numbers: 5, 10, 12, 13, 14, 18**

#### Aquarius: Jan 20 - Feb 18

You may face some challenges while working on latest projects, but things may be under control soon with the help of a senior. It's a very good time on the love front. You may miss your partner and try hard to meet him or her anyhow. Singles may find desired marriage proposals.

**Lucky Numbers: 8, 20, 21, 26, 31, 39**

#### Pisces: Feb 19 - Mar 20

Some may not have job satisfaction, so they may try to switch jobs and join professional courses to get wonderful opportunities on the work front. Your health issues are over and now you should focus on healthy lifestyle. Try to eat healthy and take plenty of sleep to feel energetic.

**Lucky Numbers: 2, 7, 8, 19, 20, 31**

#### Aries: Mar 21 - Apr 19

Freshers may get selected for government jobs. Things may go great for some who are planning to get married soon. Children may be a bit demanding or stubborn, you may not like this sudden change in behaviour and attitude of your kids, but things happen.

**Lucky Numbers: 7, 9, 11, 17, 20, 23**

#### Taurus: Apr 20 - May 20

Some may also invest in property or other lucrative schemes that can get them good returns in near future. Some may be very busy with their workload and pending projects and find it hard to take some time off from work for loved ones. You may get a suitable answer to your proposal.

**Lucky Numbers: 7, 18, 20, 26, 30, 31**

#### Gemini: May 21 - June 20

Brilliant business ideas would fetch handsome returns on perfect execution. Setting your priorities Reign in the harsh words and criticism to avoid ruining the time together. The inability to give a commitment to a romantic partner may create a void in ties. So, make up your mind soon.

**Lucky Numbers: 4, 15, 16, 18, 21, 33**

#### Cancer: June 21 - July 22

You might put your money into a controversial property. While this is an excellent opportunity, you should still consult with family and friends back home before moving further. The stars are aligning in your favour, so if you were thinking about proposing, now would be the time to do it.

**Lucky Numbers: 1, 11, 22, 23, 28, 30**

#### Leo: July 23 - Aug 22

Leo natives' optimistic outlook on life equips them to handle any situation with poise and confidence. With some belief and encouragement, you can conquer any challenge. A significant conversation with a friend or loved one is indicated today for Leos. Before initiating new endeavours, consult with your significant other.

**Lucky Numbers: 3, 7, 8, 13, 14, 20**

#### Virgo: Aug 23 - Sept 22

Hasty decisions could lead to all the financial planning going down the road. Rethink all your moves carefully, Virgos. It is conceivable that married Virgo couples may also be able to reconcile their differences and start over. Keep your fury under control and give your relationship the importance it deserves.

**Lucky Numbers: 4, 8, 9, 15, 20, 33**

#### Libra: Sept 23 - Oct 22

Married couples may visit their relatives and discuss something important. You may offer someone financial help and it may give you immense pleasure. Everything seems okay, but a property dispute may ruin peace of your mind and create tension among family members. Try to resolve this matter as soon as possible.

**Lucky Numbers: 1, 10, 14, 19, 23, 30**

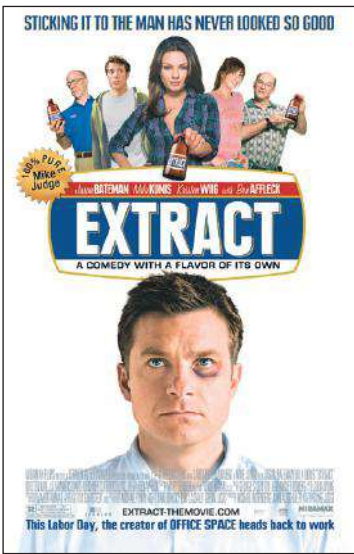
#### Scorpion: 23 Oct - 21 Nov

Your professional life may take off. You may get recognition at work due to your amazing approaches. Some may start a new venture in partnership, it may seem a slow start but things may go as per your expectations soon. You may neglect your partner due to busy work schedule, but you may regret about it later.

**Lucky Numbers: 20, 22, 28, 30, 36, 37**



Vendredi 14 Octobre - 21.15



Samedi 15 octobre - 21.00



Dimanche 16 octobre - 21.52



# Programme TV



vendredi 14 Octobre

samedi 15 octobre

dimanche 16 octobre

lundi 17 octobre

## MBC 1

- 07.00 Local: Les Grandes Lignes
- 08.00 Local: Profil
- 09.15 Doc: The Miracle Of Hearing
- 11.00 Doc: Books
- 11.15 Tele: Muneca Brava
- 12.00 Le Journal
- 12.40 Tele: Muneca Brava
- 14.05 MBC Production
- 15.21 D.Anime: Oum Le Dauphin...
- 15.33 D.Anime: La Petite Ecole...
- 15.55 D.Anime: Wishfart
- 17.10 Mag: National Anthem
- 17.15 Serial: Oh Yuck!
- 17.40 Mag: Sand Tales
- 18.00 Live: Samachar
- 18.31 Serial: Surya Puran
- 18.55 Serial: Jag Jaanani Maa...
- 19.30 Journal & La Meteo
- 20.25 Local: Les Grands Noms...
- 21.25 Serial: Billions
- 23.00 Le Journal

- 06.00 D.Anime: Ubongo Kids
- 06.56 D.Anime: L'Heure Du Conte
- 09.06 D.Anime: Magic Kaito 1412
- 09.35 D.Anime: Kids' Planet
- 10.00 Local: Zanfan Nou Zil
- 10.35 Mag: Sand Tales
- 12.00 Le Journal
- 12.25 Local: Les Grands Noms...
- 12.30 Tele: Muneca Brava
- 13.50 Tele: La Femme De Lorenzo
- 15.00 Live: Samachar
- 15.21 D.Anime: Oum Le Dauphin...
- 15.33 D.Anime: La Petite Ecole...
- 15.56 D.Anime: Wisfart
- 17.06 Mag: National Anthem
- 17.40 Local: Les Grands Noms....
- 18.00 Samachar
- 18.30 Enter: Taare Zameen Par
- 19.30 Journal & La Meteo
- 20.25 Local: Autour Des Valeurs...
- 21.25 Film: A Harvest Wedding
- 23.05 Local: Le Journal

- 06.00 D.Anime: Ubongo Kids
- 07.02 D.Anime: Boule Et Bill
- 07.26 D.Anime: The Twisted...
- 07.50 Film: Santa Saves The Univ...
- 10.00 Local: Zanfan Nou Zil
- 11.00 Local: Nu Rasinn
- 11.55 Local: Autour Des Valeurs...
- 12.00 Le Journal
- 12.36 Tele: Muneca Brava
- 13.12 Tele: La Femme De Lorenzo
- 15.22 D.Anime: Oum Le Dauphin...
- 15.45 D.Anime: La Petite Ecole...
- 16.39 D.Anime: All Hail King Julien
- 17.10 Planet Home
- 17.40 Local: Rodrig Prog
- 18.00 Live: Samachar
- 18.30 Local: Yeh Shaam Mastani
- 19.30 Le Journal
- 20.30 Local Production: Les Klips
- 21.25 Film: The Little Stranger
- 23.11 Le Journal

- 06.00 Local: Zanfan Nou Zil
- 07.00 Local: Nu Rasinn
- 07.55 Local: Music Tour 2022
- 09.00 Doc: One Way Ticket
- 11.00 Doc: Books
- 11.10 Tele: Muneca Brava
- 12.00 Le Journal
- 12.30 Tele: Muneca Brava
- 13.55 Local: Nu Rasinn
- 15.20 Other: Radha Krishna
- 15.21 D.Anime: Oum Le Dauphin...
- 17.15 Serial: Oh Yuck!
- 18.00 Live: Samachar
- 18.30 Serial: Mere Sai
- 18.55 Serial: Jag Jaanani Maa Vaishnodevi
- 19.30 Le Journal
- 20.25 Local Production
- 21.15 Local: Agir Ensemble
- 21.45 Serial: Rich Man, Poor Man Avec: Nick Nolte, Peter Strauss

## MBC 2

- 07.00 DDI Live
- 10.00 Serial: Aatish
- 11.16 Serial: Tu Ishq Hai
- 12.02 Film: Dochcay
- 14.47 Other: Radha Krishna
- 15.00 Live: Samachar
- 15.22 Serial: Saare Tujhyachsathi
- 15.45 Serial: Bommarillu
- 16.04 Serial: Sondha Bandham
- 16.31 Serial: Meer Abru
- 16.49 Serial: Bhaag Na Banche...
- 17.11 Serial: Bhakharwadi
- 17.30 Serial: Ishaaron Ishaaron Mein
- 18.01 Serial: Meteor Butterfly...
- 19.00 Live: Zournal Kreol
- 19.30 Serial: Radha Krishna
- 20.00 Serial: Mushk
- 20.44 Local: Shaan-E-Mustapha
- 21.45 Local: Urdu Programme
- 22.40 DDI Live

- 07.00 Film: Mera Damad Starring Farooq Sheikh, Zarina Wahab, Bhagwan Dada, Utpal Dutt
- 09.55 Bade Acche Lagte Hai
- 11.10 Serial: Dikri Vahalno Dariyo
- 11.35 Serial: The Demi-Gods And...
- 12.23 Serial: Mooga Manasulu
- 12.43 Serial: High School
- 15.00 Live: Samachar
- 15.25 Film: Isi Ka Naam Zindagi Stars: Aamir Khan, Farha Naaz, Pran, Shakti Kapoor
- 17.49 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: Krishna Cottage Starring Sohail Khan, Isha Koppikar, Anita Hassanandani

- 07.00 Film: Jawaab
- 11.03 Serial: Azhagu
- 11.20 Jag Jaanani Maa Vaishnodevi
- 11.45 Serial: Surya Puran
- 12.06 Film: Dilwale
- 15.00 Samachar
- 15.20 Mooga Manasulu
- 15.42 Serial: He Mann Baware
- 16.04 Serial: Sondha Bandham Starring: Bharathi, Badekilla, Pradeep, Naresh Eswar
- 16.30 Local: Yaadein
- 17.13 Serial: Siya Ke Ram
- 19.00 Live: Zournal Kreol
- 19.30 Serial: Radha Krishna
- 20.05 Serial: Porus
- 20.30 Mag: 100 Years Of Cinema
- 20.56 Serial: Naagin Season 3 Starring: Mouni Roy, Arjun Bijlani, Adaa Khan, Karanvir Bohra

- 07.00 DDI Live
- 10.00 Kundali Bhagya
- 12.06 Film: Tum Hassen Main Jawan Starring Dharmendra, H. Malini, Rajendra Nath
- 15.00 Samachar
- 15.20 Serial: Saare Tujhyachsathi
- 15.47 Serial: Bommarillu
- 16.02 Serial: Sondha Bandham
- 16.35 Serial: Meer Abru
- 16.53 Serial: Bhaag Na Bachhe...
- 17.17 Serial: Bhakharwadi
- 17.39 Serial: Vandalh 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: Mahesh Khaleja Starring: M. Babu, A. Shetty, Prakash Raj

## MBC 3

- 07.00 Mag: Border Crossing
- 07.51 Doc: Nature Always Wins
- 08.47 Doc: Who Killed Neanderthal
- 09.33 Doc: Asteroids
- 11.09 Mag: Eco India
- 13.57 Doc: Fine Arts Sculptures
- 15.23 Doc: One Way Ticket
- 16.09 Mag: Eco India
- 16.36 Mag: Carnet De Sante
- 19.00 Student Support Prog...
- 20.30 Live: News
- 20.45 Doc: World Heritage
- 21.50 Doc: Planet Home
- 22.17 Doc: Happy
- 23.41 Doc: Southern Japan By Rail
- 00.29 Mag: World Stories
- 00.46 Mag: Our Voices
- 01.12 Mag: Euromaxx
- 01.38 Doc: Tigre Helicoptere De Combat
- 02.29 Doc: World Heritage

- 06.00 Doc: Southern Japan By Rail
- 06.42 Mag: World Stories
- 06.59 Mag: Our Vocies
- 07.28 Mag: Euromaxx
- 07.54 Doc: Tigre Helicoptere De...
- 09.45 Doc: Planet Home
- 10.12 Doc: Happy
- 12.23 Mag: World Stories
- 13.36 Doc: Tigre Helicoptere De...
- 17.00 Live From Hindu House: Ceremony Divali Celebrations 2022
- 19.00 Mag: Shift
- 19.33 Doc: Heritages
- 20.30 Local: News (English)
- 20.50 Doc: World Heritage
- 20.55 Doc: Nature Always Wins
- 22.11 Doc: Luana's Kitchen
- 22.37 Doc: A Mediterranean...
- 23.44 Doc: Quand L'Histoire Fait...
- 00.16 Doc: Smoothie Mania
- 00.19 Mag: In Good Shape

- 06.00 Doc: Quand L'Histoire Fait...
- 06.52 Mag: Salad Area
- 07.24 Mag: Check In
- 09.40 Doc: Skuld, A Look Into The...
- 12.05 Doc: Smoothie Mania
- 12.37 Doc: Salad Area
- 13.10 Mag: Check In
- 13.32 Doc: Heritage
- 14.29 Doc: World Heritage
- 14.34 Doc: Nature Always Wins
- 15.30 Doc: Skuld, A Look Into...
- 17.27 Doc: Quand L'Histoire Fait...
- 18.05 Doc: La Route De La Soie
- 18.30 Doc: Smoothie Mania
- 19.26 Doc: The Inside Story
- 19.26 Doc: Guess Where We Eat...
- 20.30 Live: News (English)
- 20.50 Doc: World Heritage
- 21.51 Mag: Sky Eye
- 22.17 Doc: Asteroids
- 22.59 Doc: High Velocity

- 07.00 Mag: Salad Area
- 07.55 Doc: Guess Where We Eat...
- 09.01 Doc: Destination Mars
- 09.53 Doc: Sky Eye
- 12.43 Mag: The Inside Story
- 14.37 Doc: World Heritage
- 15.39 Doc: Sky Eye
- 16.46 Doc: High Velocity
- 18.00 Mag: Eco@Africa
- 19.00 Doc: Persons
- 19.33 Mag: In Good Shape
- 20.50 Doc: Fine Arts Sculptures
- 20.53 Doc: Secrets Des Plantes
- 22.15 Mag: Tomorrow Today
- 22.41 Mag: Washington Forum
- 23.00 Doc: Abbas By Abbas
- 23.50 Mag: Eco@Africa
- 00.16 Mag: The 77 Percent
- 00.45 Mag: Africa 54
- 01.13 Mag: In Good Shape
- 01.39 Doc: Fine Arts Sculptures

## Cine 12

- 01.32 Film: Signed, Sealed, Delive...
- 03.37 Film: 119 Jours
- 05.18 Tele: Rubi
- 06.06 Serial: Burden Of Turth
- 06.48 Film: Signed, Sealed, Delive...
- 09.00 Serial: Imposters
- 09.45 Tele: La Beaute Du Diable
- 10.35 Tele: Fierce Angel
- 11.00 Serial: 19-2
- 12.00 Film: 119 Jours
- 13.30 Tele: Rubi
- 14.48 Film: Signed, Sealed, Delive...
- 16.41 Serial: Imposters
- 17.21 Serial: Burden Of Truth
- 18.05 Tele: La Beaute Du Diable
- 19.00 Tele: Fierce Angel
- 19.34 Serial: Backstage
- 20.05 Tele: L'envers Du Paradis
- 20.30 Serial: S.W.A.T
- 21.20 Film: Extract
- 22.57 Tele: Rubi

- 01.25 Film: Extract
- 02.57 Serial: Les Proies
- 04.23 Serial: Rich Man, Poor Man
- 05.11 Tele: Les Trois Visages D'ana
- 06.08 Serial: S.W.A.T
- 06.48 Serial: Absentia
- 08.30 Serial: Burden Of Truth
- 09.12 Serial: Madam Secretary
- 09.54 Serial: Rich Man, Poor Man
- 10.45 Film: Stormboy
- 12.30 Serial: Les Proies
- 13.09 Mag: Red Carpet
- 13.30 Serial: 19-2
- 15.00 Tele: Marimar
- 16.24 Serial: S.W.A.T
- 17.06 Film: Custody
- 18.35 Serial: Kojak
- 19.35 Serial: Backstage
- 20.05 Tele: L'Envers Du Paradis
- 20.30 Series: S.W.A.T
- 21.15 Film: The Bad Guys
- 22.45 Tele: I Forgot I Love You

- 00.42 Film: The Bad Guys
- 02.58 Film: Capitaine Phillips
- 05.01 Tele: Les Trois Visages D'ana
- 06.13 Serial: S.W.A.T
- 06.50 Film: An Emma Fielding Mystery
- 08.30 Serial: Burden Of Truth
- 09.11 Film: A Harvest Wedding
- 10.39 Film: Custody
- 12.18 Serial: Le Livre Perdu Des...
- 13.30 Serial: 19-2
- 15.35 Tele: Marimar
- 17.00 Serial: S.W.A.T
- 17.45 Serial: Le Livre Perdu Des...
- 18.30 Serial: Galactica
- 19.36 Serial: Backstage
- 20.05 Tele: L'Envers Du Paradis
- 20.30 Serial: Under Pressure
- 22.00 Film: Chatter
- 23.25 Tele: I Forgot I Loved You

- 01.39 Film: Chatter
- 03.50 Film: The Little Stranger
- 05.14 Tele: Rubi
- 06.09 Serial: Under Pressure
- 07.28 Film: Capitaine Phillips
- 09.45 Tele: La Beaute Du Diable
- 10.12 Tele: A Que No Me Dejas
- 10.35 Tele: Fierce Angel
- 11.00 Serial: 19-2
- 12.00 Film: The Little Stranger
- 13.31 Tele: Tour De Babel
- 14.27 Film: Capitaine Phillips
- 16.40 Serial: Under Pressure
- 18.05 Tele: La Beaute Du Diable
- 18.31 Tele: A Que No Me Dejas
- 19.00 Tele: Fierce Angel
- 19.39 Serial: Backstage
- 20.05 Tele: L'Envers Du Paradis
- 20.30 Serial: Absentia
- 21.15 Film: An Emma Fielding Mystery

## Bollywood TV

- 06.21 Film: Vapsi Saajan Ki Starring: Ashwini Bhawe, Reeta Bhaduri
- 10.41 / 20.30 - Radha Krishna
- 11.11 / 21.00 - Anupamaa
- 11.41 / 21.30 - Mere Sai
- 12.12 / 22.00 - Agnihera
- 12.40 / 22.03 - Yeh Teri Galiyan
- 13.05 / 22.30 - Patiala Babes
- 14.25 / 23.00 - 100 Years Of Indian Cinema
- 15.00 / 21.46 - Yeh Hai Mohabbatein
- 15.28 Film: Yeh Teraa Ghar Yeh Meraa Ghar Starring: Sunil Shetty, Mahima Chaudhry, Paresh Rawal
- 18.00 Live: Samachar
- 18.30 Kundali Bhagya
- 21.20 Film: Extract
- 19.28 Kuch Rang Pyar Ke...

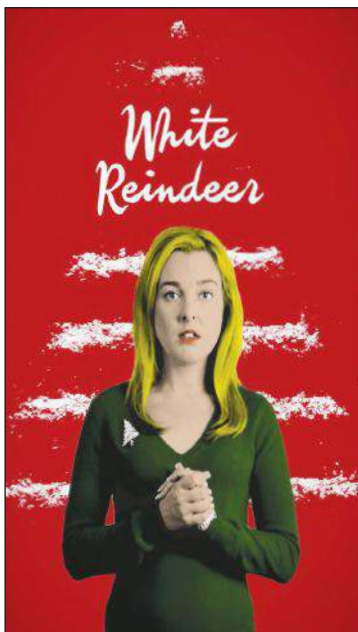
- 04.33 Anupamaa
- 05.03 Mere Sai
- 05.38 Agniphera
- 06.06 Yeh Teri Galiyan
- 06.33 Patiala Babes
- 08.00 Yeh Teri Galiyan
- 10.00 Motu Patlu
- 10.11 Sasural Simar Ka 2
- 12.45 Serial: Udaariyaan
- 14.23 Serial: Anupamaa
- 16.30 Kuch Rang Pyar Ke Aise...
- 18.00 Samachar
- 18.30 Film: Raja Hindustani Starring: Aamir Khan, Karisma Kapoor, Suresh Oberoi, Johnny Lever, Navneet Nishan
- 21.21 Serial: Namah
- 21.43 Serial: Naagin Season 3
- 22.30 Serial: Yeh Teri Galiyan

- 00.00 Serial: Sasural Simar Ka 2
- 02.43 Udaariyaan
- 04.07 Anupamaa
- 06.21 Kuch Rang Pyar Ke Aise...
- 08.12 Main Maikhe Chali Jaungi...
- 10.04 Kundali Bhagya
- 12.00 Yeh Hai Mohabbatein
- 14.00 Agniphera
- 16.08 Jijaji Chhat Par Hain
- 16.51 Punar Vivaah
- 18.00 Live: Samachar
- 18.30 Film: Kalank Starring: Varun Dhawan, Alia Bhatt, Madhuri Dixit
- 21.12 Naagin Season 3
- 21.55 Yeh Hai Mohabbatein
- 00.00 Main Maikhe Chali Jaungi...
- 01.33 Kundali Bhagya
- 03.34 Agniphera
- 05.38 Jijaji Chhat Par Hain

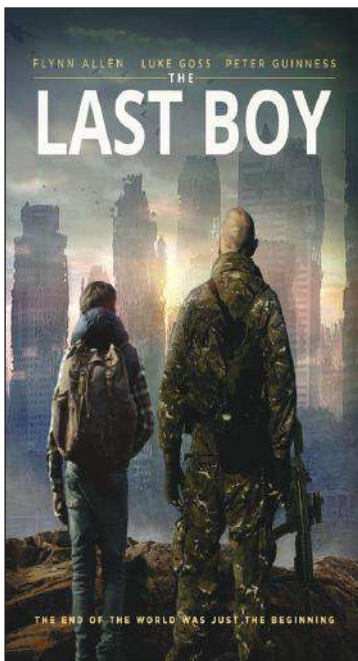
- 08.00 Taare Zameen Par
- 11.30 / 20.30 - Radha Krishna
- 11.59 / 21.00 - Anupamaa
- 12.31 / 21.30 - Mere Sai
- 13.00 / 22.00 - Agnihera
- 13.31 / 22.03 - Yeh Teri Galiyan
- 14.00 / 22.30 - Patiala Babes
- 14.30 / 23.00 - 100 Years Of Indian Cinema
- 15.00 / 21.46 - Yeh Hai Mohabbatein
- 15.27 Film: Imaandaar Starring: Vikas Anand, Sanjay Dutt, Satyen Kappu
- 18.00 Live: Samachar
- 18.30 Kundali Bhagya
- 19.01 Udaariyaan
- 19.30 Kuch Rang Pyar Ke Aise...
- 20.01 Sasural Simar Ka 2
- 20.30 Radha Krishna
- 21.06 Anupamaa



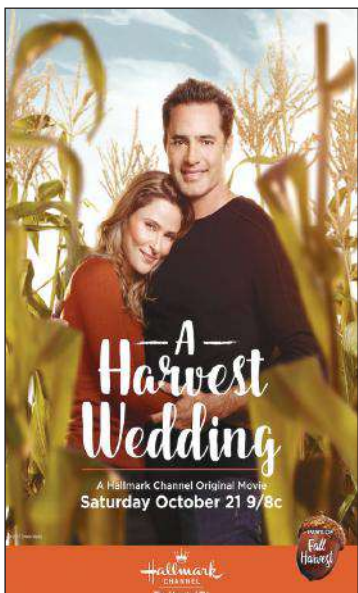
Mardi 18 octobre - 21.10



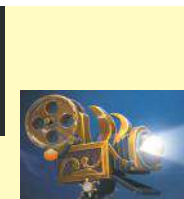
Mercredi 19 octobre - 21.15



Jeudi 20 octobre - 21.15



# Programme TV



mardi 18 octobre

## MBC 1

06.30 Local: Artizan  
07.30 Local: Rodrig Prog  
09.30 Doc: Lavi Kontinye  
10.40 Local: Entrepreneuriat Au...  
11.15 Tele: Muneca Brava  
12.00 Le Journal  
12.25 Local: Les Grands Noms...  
12.30 Tele: Muneca Brava  
13.50 Local Production  
14.45 D.Anime: Spongo, Fuzz And...  
15.00 Live: Samachar  
15.20 D.Anime: Oum Le Dauphin...  
15.35 D.Anime: La Petite Ecole...  
17.15 Serial: Oh Yuck!  
18.00 Live: Samachar  
18.30 Serial: Jijaji Chhat Par Hain  
19.30 Journal & La Meteo  
20.20 Local: Autour Des Valeurs...  
22.05 Film: White Reindeer  
With: Nathan Williams, Kim Park

## MBC 2

07.00 DDI Live  
10.00 Serial: CID  
10.44 Serial: Jijaji Chhat Par Hain  
12.00 Film: Bhanwar  
Starring: Ashok Kumar, Randhir Kapoor, Parveen Babi  
15.00 Live: Samachar  
15.20 Saare Tujhyachsathi  
15.43 Bommarillu  
16.04 Sondha Bandham  
16.33 Serial: Meer Abru  
16.56 Bhaag Na Bachhe Koi  
17.05 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: Asli-Naqli  
Starring Dev Anand, Sadhana...

## MBC 3

06.00 Mag: Eco@Africa  
07.24 Mag: In Good Shape  
07.53 Doc: Fine Arts Sculptures  
09.41 Mag: Washington Forum  
11.08 Mag: Eco@Africa  
14.00 Doc: Volcano Stories  
14.52 Mag: Washington Forum  
16.05 Mag: Eco@Africa  
18.00 Mag: Rev: The Global Auto...  
18.41 Mag: Red Carpet  
19.03 Doc: Persons  
19.34 Doc: Guardians Of Nature  
20.30 Live: News  
20.50 Doc: Fine Arts Sculptures  
21.45 Mag: Euromaxx  
22.11 Mag: Close Up  
22.41 Local: Rodrig-Klip Seleksion  
00.05 Mag: The Global Auto...  
00.31 Mag: Red Carpet  
00.46 Doc: Persons  
00.49 Mag: Check In

## Cine 12

01.34 An Emma Fielding Mysery  
03.08 Serial: 19-2  
03.50 Film: Signed, Sealed, Delive...  
05.11 Tele: Tour De Babel  
05.59 Serial: Absentia  
06.58 Film: Memories Of War  
09.45 Tele: La Beaute Du Diable  
10.37 Tele: Fierce Angel  
11.00 Serial: 19-2  
12.00 Film: Signed, Sealed, Delive...  
13.30 Tele: Tour De Babel  
14.22 Mag: Red Carpet  
14.50 Film: Memories Of War  
16.26 Serial: Imposters  
17.06 Serial: Absentia  
18.05 Tele: La Beaute Du Diable  
19.00 Tele: Fierce Angel  
19.37 Serial: Backstage  
20.05 Tele: L'Envers Du Paradis  
20.30 Seiral: L.A.'s Finest  
21.25 Film: Extract

## Bollywood TV

06.50 Film: Imaandaar  
Stars: Vikas Anand, Sanjay Dutt, Satyen Kapru  
11.26 / 19.27 - Radha Krishna  
12.00 / 20.57 - Anupamaa  
12.30 / 21.27 - Mere Sai  
13.01 / 22.07 - Agniphera  
13.31 / 22.37 - Yeh Teri Galiyan  
14.05 / 23.07 - Patiala Babes  
14.25 / 21.59 - 100 Years Of Indian Cinema  
15.00 / 22.25 - Yeh Hai Mohabbatein  
15.26 Film: Main Aur Mr Right  
Star: Barun Sobti, Shenaz Treasurywala, Kavi Shastri  
18.00 Live: Samachar  
18.30 Serial: Kundali Bhagya  
19.04 Udaariyaan  
19.34 Kuch Rang Pyar Ke Aise...  
20.00 Serial: Sasural Simar Ka 2

mercredi 19 octobre

07.00 Local Prod: En Forme  
07.40 Mag: World Cup Qatar 2022  
07.45 Local: Rodrig  
08.50 Local: Lavi Zoli An XXL  
09.45 Local: Tous Egaux  
11.15 Tele: Muneca Brava  
12.00 Le Journal  
12.30 Tele: Muneca Brava  
13.55 Local Production: Les Klips  
14.45 D.Anime: Spongo, Fuzz and...  
15.21 D.Anime: Oum Le Dauphin...  
15.33 D.Anime: La Petite Ecole...  
15.56 D.Anime: Les Triples  
17.15 Serial: Oh Yuck!  
17.40 Mag: Sand Tales  
18.00 Live: Samachar  
18.30 Local: Ayush  
19.00 Local: Planet Bollywood  
19.30 Journal & La Meteo  
20.30 MBC Production  
22.20 Film: The Last Boy  
With Luke Goss, Flynn Allen

07.00 DDI Live  
10.00 Suhani Si Ek Ladki  
12.00 Film: Aasmaan  
Starring: Mukul Agarwal, Bhola, Birbal, Rajiv Kapoor  
15.00 Live: Samachar  
15.23 Saare Tujhyachsathi  
15.49 Bommarillu  
16.15 Sondha Bandham  
16.26 Serial: Meer Abru  
16.53 Bhaag Na Bachhe Koi  
17.18 Bhakharwadi  
17.31 Serial: Kulvadh  
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: The Dream Sword  
22.33 DDI Live

06.00 Mag: Rev: Global Auto...  
06.56 Mag: Check In  
07.28 Mag: Made In Germany  
08.49 Doc: Fine Arts Sculptures  
09.44 Rodrig-Klip Seleksion  
14.03 Mag: Euromaxx  
16.23 Mag: Healthy Living  
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)  
20.50 Doc: Fine Arts Sculptures  
21.08 Les Montagnes Du Monde  
21.55 Mag: Business Africa  
22.22 Mag: Focus On Europe  
22.48 Doc: The Untold Story Of...  
00.13 Mag: Motorweek  
00.39 Mag: Vous Et Nous  
01.10 Mag: Arts.21  
01.36 Mag: The Inside Story  
02.02 Doc: Skuld

01.34 Film: Extract  
03.08 Serial: 19-2  
03.50 Film: 119 Jours  
05.13 Tele: Tour De Babel  
06.16 Serial: L.A.'S Finest  
06.58 Film: White Reindeer  
09.45 Tele: La Beaute Du Diable  
10.37 Tele: Fierce Angel  
11.00 Serial: 19-2  
12.00 Film: 119 Jours  
13.30 Tele: Tour De Babel  
14.22 Mag: Hollywood Best Film  
14.50 Film: White Reindeer  
16.40 Serial: Galactica  
17.20 Serial: L.A.'S Finest  
18.05 Tele: La Beaute Du Diable  
19.00 Tele: Fierce Angel  
19.37 Serial: Backstage  
20.05 Tele: L'Envers Du Paradis  
20.30 Seiral: Burden Of Truth  
21.15 Film: Land Raiders

07.08 Film: Main Aur Mr Right  
11.30 / 20.06 - Radha Krishna  
12.00 / 20.26 - Anupamaa  
12.29 / 20.02 - Mere Sai  
13.00 / 20.46 - Agniphera  
13.30 / 21.09 - Yeh Teri Galiyan  
14.00 / 21.50 - Patiala Babes  
14.25 / 22.15 - 100 Years Of Indian Cinema  
15.00 / 21.46 - Yeh Hai Mohabbatein  
15.06 Film: Mann  
Starring: Aamir Khan, Manisha Koirala, Sharmila Tagore  
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

jeudi 20 octobre

06.00 Local: Klip Seleksion  
07.00 Local: Rodrig Prog  
07.40 Local: Itinerer Moris  
08.15 Local: Elle  
09.10 Doc: Guinea-Bissau  
11.10 Doc: Books  
12.00 Le Journal  
12.30 Tele: Muneca Brava  
13.55 Local: Music Tour 2022  
15.21 D.Anime: Oum Le Dauphin...  
15.33 D.Anime: La Petite Ecole...  
15.56 D.Anime: Les Triples  
16.44 D.Anime: Cosmic Quantum...  
17.14 Serial: Oh Yuck!  
18.00 Live: Samachar  
18.30 Serial: Jijaji Chhat Par Hain  
19.30 Le Journal  
20.25 Local: Autour Des Valeurs...  
20.30 Film: Dedh Ishqiya  
Starring Huma Qureshi, Madhuri Dixit, Naseeruddin Shah

07.00 DDI Live  
09.58 Serial: Vikram Betaal Ki...  
11.05 Serial: Mann Mein Vishwas...  
12.00 Film: Saath Saath  
15.00 Live: Samachar  
15.22 Serial: Saare Tujhyachsathi  
15.45 Serial: Bommarillu  
16.12 Serial: Sondha Bandham  
16.32 Serial: Meer Abru  
16.46 Bhaag Na Bachhe Koi  
17.15 Bhakharwadi  
17.40 Local: Bhajan Sandhya  
18.00 Serial: Meteor Butterfly...  
18.30 Mag: DDI Mag  
19.30 Serial: Radha Krishna  
20.04 Local: Les Grandes Lignes  
20.30 Local: Evasion  
21.20 Film: A Harvest Wedding  
With Jill Wagner, Victor Webster

06.00 Mag: Motorweek  
06.24 Mag: Vous Et Nous  
06.57 Mag: Arts.21  
08.15 Doc: Fine Arts Sculptures  
10.38 Doc: Day Zero  
11.52 Local: Vous Et Nous  
12.53 Mag: The Inside Story  
13.39 Doc: Fine Arts Sculptures  
15.22 Doc: The Untold Story Of...  
16.52 Mag: Motorweek  
18.00 Mag: Eco India  
18.30 Mag: Shift  
19.00 Student Support Prog...  
19.40 Doc: Nature Always Wins  
20.30 Local: News (English)  
20.50 Doc: Fine Arts Sculptures  
21.50 Doc: Guinea-Bissau  
22.32 Doc: Muay Thai  
23.13 Mag: Eco India  
23.41 Mag: Shift  
23.55 Mag: Carnet De Sante

01.39 Film: The Last Boy  
03.06 Serial: 19-2  
03.50 Film: Land Raiders  
05.27 Tele: Tour De Babel  
06.25 Serial: Burden Of Truth  
07.09 Film: The Last Boy  
09.00 Serial: Imposters  
09.45 Tele: La Beaute Du Diable  
10.38 Tele: Fierce Angel  
11.05 Serial: 19-2  
11.55 Film: Land Raiders  
13.30 Tele: Tour De Babel  
14.53 Film: The Last Boy  
16.40 Serial: Imposters  
17.21 Serial: Burden Of Truth  
18.05 Tele: La Beaute Du Diable  
19.00 Tele: Fierce Angel  
19.38 Serial: Backstage  
20.05 Tele: L'envers Du Paradis  
20.30 Serial: Burden Of Truth  
21.15 Serial: Kojak

07.00 Film: Mann  
11.22 / 20.26 - Kuch Rang Pyar...  
12.00 / 21.01 - Sasural Simar...  
13.24 / 21.31 - Mere Sai  
13.54 / 21.56 - Agniphera  
14.21 / 22.20 - Yeh Teri Galiyan  
14.56 / 22.52 - Patiala Babes  
14.25 - Mag 100 Year Of Indian Cinema  
15.00 / 21.46 - Yeh Hai Mohabbatein  
15.23 Film: Waqt Hamara Hai  
Starring Akshay Kumar, Sunil Shetty, Ayesha Jhulka  
18.00 Samachar  
18.30 Kundali Bhagya  
18.59 Udaariyaan  
19.22 Kuch Rang Pyar Ke Aise...  
20.01 Sasural Simar Ka 2  
20.26 Radha Krishna  
21.00 Anupamaa



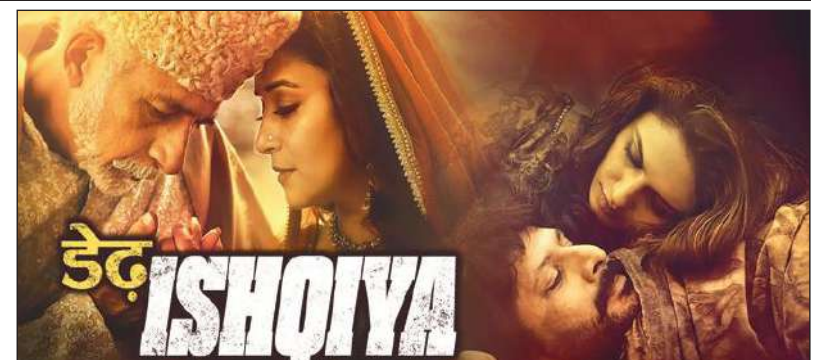
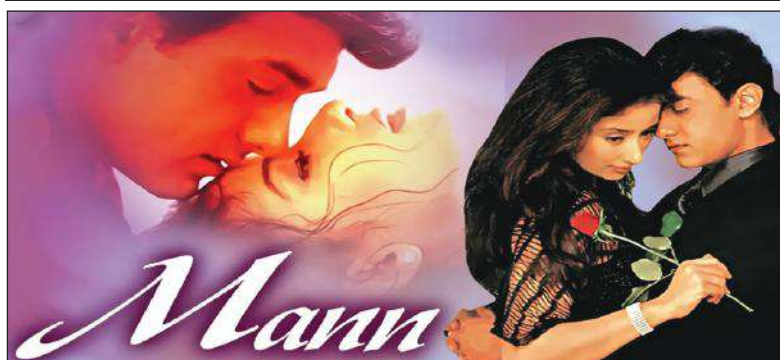
Mercredi 19 octobre - 15.30

Stars: Aamir Khan, Manisha Koirala, Sharmila Tagore



Jeudi 20 octobre - 20.20

Star: Huma Qureshi, Madhuri Dixit, Naseeruddin Shah





Nita Chicooree-Mercier

# La Santé en Marche

*Si certains aspects de la santé publique, comme l'alimentation, relèvent de la prise de conscience individuelle, d'autres incombent à l'État qui doit en tirer les conclusions dans le long terme, et pas uniquement lors d'une journée internationale de la marche*

Les deux événements médiatisés récemment nous rappellent combien les gouvernements successifs ont fait de la santé publique une priorité depuis des décennies, compte tenu du nombre élevé de certaines maladies qui touchent chaque famille. C'est un abonnement gratuit à long terme et bien involontairement, car personne n'en rêve, que certaines familles ont pris au diabète, au cholestérol et à l'hypertension. Entre adultes de plus de quarante ans et leurs parents vieillissants au sein des familles, ces maladies ont fait leur nid depuis des années malgré les conseils prodigués à répétition sur l'écran de la télévision nationale à l'heure de grande écoute, souvent agrémentés de l'intervention du ministre de la Santé en personne.

Autre rappel, celui de la nature même de l'Homo Sapiens depuis la nuit des temps. Notre ancêtre est doté d'une anatomie conçue pour les grandes marches, tantôt pour la cueillette des fruits, tantôt pour la chasse depuis que l'ancêtre commun a cessé de sauter joyeusement de branche en branche et s'est redressé sur ses deux jambes.

- Marcher où ? peut-on s'interroger en considérant les diverses régions surpeuplées de l'île.
- Marcher quand ? en tenant compte de ceux qui sont soumis au régime de *multiple jobs*... Autant de questions qu'une présence premier ministérielle, le temps d'une marche nationale, ne saurait reléguer au second plan.

Et enfin, l'hommage au grand âge, nommée journée internationale de la vieillesse, phénomène naturel qui arrive aux autres. Les *vieux*, dits mal-aimés et considérés comme improductifs dans les sociétés prospères et modernes, continuent de recevoir l'attention de leurs enfants, notamment de leurs filles, déesses bienveillantes de tous les temps, contrairement aux idées répandues. Si la solitude a fini aussi par gagner les pays en voie de développement, elle est pesante pour certains tandis que d'autres s'en accommodent très bien en diversifiant leurs occupations et profitant de longues journées sans obligation au quotidien.

Trait singulier et, peut-être, culturel dans le contexte mauricien, des structures de loisirs sont mises à la disposition des personnes âgées moyennant une somme dérisoire. Un moyen de mieux rentabiliser ces établissements construits avec les fonds publics, ce serait d'autoriser les pensionnaires d'y emmener leurs petits-enfants pendant la période des vacances. Une mesure qui rendra service aux parents tout en contribuant à enrichir la qualité de vie des uns et des autres.



« **Élément incontournable de notre bonne santé et négligé par l'administration locale et les seuls décideurs du Parlement : l'aménagement de l'espace urbain et rural pour faciliter l'exercice physique en plein air, la marche, le jogging, l'étirement sur un parcours de santé naturel agrémenté d'une piste de skateboard et d'un jardin d'enfants. Ce manquement est dramatique pour l'épanouissement des habitants... Les quelques salles de kick-boxing, karaté, musculation et la ruée vers les plages le week-end ne compensent en rien l'absence d'un véritable lieu ouvert à proximité des lieux d'habitation !** »

Autre solution, c'est un marketing efficace des autorités pour encourager les pensionnaires à s'y rendre afin de remplir ces lieux de loisirs toute l'année car il s'agit bien de rentabiliser au maximum et sans complexe ce qui relève de la propriété publique. Ainsi la pension versée aux bénéficiaires sera dépensée à bon escient et échappera à la convoitise des enfants majeurs qui ont tendance à piocher abusivement dans la caisse des parents en temps de précarité au nom d'une solidarité mal placée.

Quant au sujet principal qui est celui de la santé, on semble mal maîtriser le dosage des deux principaux coupables tant décriés : la matière grasse et le sucre. Il faut dire que les habitudes alimentaires sont tenaces, et nombreux sont ceux qui s'obstinent à ignorer les signaux d'alarme lancés par les artères, le foie et les reins. On n'a peut-être pas insisté sur le fait qu'une grande partie de la population n'est pas équipée génétiquement à supporter l'alcool, et que la finesse des artères, veines, et os offre un terrain peu favorable aux multiples agressions lancées par voie buccale.

Faut-il rappeler que ni le sucre, ni le beurre, ni le pain industriel ne figurent au petit déjeuner des Japonais et des Chinois, et que la consommation générale du beurre dès le matin remonte à un peu plus de soixante ans à Maurice. À écouter les

multiples doléances des auditeurs du matin à la radio, il semblerait que la moyenne des parents ne sont pas conscients qu'une livre de thon à Rs 80 a plus de valeur nutritive que le *Corned Mutton* au colorant chimique et abats broyés en boîte de conserve qui garnit le pain des enfants scolarisés et dont ils déplorent la hausse de prix.

En matière d'alimentation, tout paraît simple de par l'abondance des produits offerts par la nature localement, et complexe par les conséquences nocives des produits chimiques et des hormones utilisés dans la culture et l'élevage locaux, et l'alimentation carnée importée.

Un petit tour de n'importe quel marché à l'étranger montre que le souci de la qualité des aliments qui se frayent un passage vers l'estomac est le même pour les peuples de ce monde, le choix étant néanmoins soumis au budget des uns et des autres.

Élément incontournable de notre bonne santé et négligé par l'administration locale et les seuls décideurs du Parlement : l'aménagement de l'espace urbain et rural pour faciliter l'exercice physique en plein air, la marche, le jogging, l'étirement sur un parcours de santé naturel agrémenté d'une piste de skateboard et d'un jardin d'enfants. Ce manquement est dramatique pour l'épanouissement des habitants... Les quelques salles de kick-boxing, karaté, musculation et la ruée vers les plages le week-end ne compensent en rien l'absence d'un véritable lieu ouvert à proximité des lieux d'habitation !

Dans les mégapoles fortement bétonnées et polluées, les seniors et autres profitent du moindre espace public disponible en plein air pour s'adonner à des exercices issus des arts traditionnels en Chine, par exemple. Comparez ces derniers avec la lenteur qui définit la démarche des aînés à Maurice, et la pesanteur générale des uns et des autres. Il y a matière à réflexion. Si certains aspects de la santé publique, comme l'alimentation, relèvent de la prise de conscience individuelle, d'autres incombent à l'État qui doit en tirer les conclusions dans le long terme, et pas uniquement lors d'une journée internationale de la marche.



Tree of Knowledge

Madisyn Taylor

## Creating a Serene Home

Include all 5 senses while making a home, doing so provides safe haven for your evolving body and soul.

Your home is your oasis. Through your efforts, your house or apartment can become both a private sanctuary and a welcoming, serene, and healthy place to live in and visit. An organized and comfortable home can have a calming effect on you, your family, and guests, as well as be your personal escape from the rest of the world. Creating this nurturing space isn't difficult. Even a household that includes young children or multiple animals can be a serene and peaceful place. In just a few minutes, you can make a number of changes that can turn your home into a safe and comfortable haven that you can be proud to share with your loved ones and friends.

One way to fill your house or apartment with calming energy is to imbue it with a peaceful ambiance that nurtures all five senses. Soft lighting and soothing colors like blue, purple, and green can make a space feel warm and inviting, while pleasant and calming aromas such as lavender and vanilla can positively affect moods. Peaceful sounds, such as running water in a fountain or gentle chimes can uplift and clear the space, while clearing clutter and making the most of open space can ease internal turmoil and dispel negative feelings. The physical objects in your home as well as your home itself can retain the energy of previous owners or creators. You can give your household's energy a lift by visualizing white light surrounding our home, symbolically sweeping out residual energy, or smudging your home with cleansing sage.

The changes you make to your home can be as unique as you are and may involve utilization of space, lighting, new furniture, decorating, feng shui, or ritual. But what you do is not as important as being clear in your intention to set up your household as a soothing and refreshing place to be. Make your home a place of comfort, and you will feel nurtured and cared for whenever you are there.