

MAURITIUS TIMES

• "People who repeatedly attack your confidence and self-esteem are quite aware of your potential, even if you are not." — Wayne Gerard Trotman

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&
As

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«The projected image of a unified opposition alliance is deceptive...



... they seem so adept at fighting amongst themselves that they do not really require any opponent»

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COP27 Review



We were told that without a dramatic reduction in the use of fossil fuels, and a sea change in how we consume energy, we could not avoid a global temperature increase of 2°C. Neither of these steps was taken. In short, COP27 was a major cop out

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The ICAC

White-collar crime ranging from financial fraud, massive corruption, illicit gambling and the associated money-laundering and cross-border transfers involved have reached new heights internationally and have raised considerable angst locally for many years but with heightened concern these days.

First there is the thorny issue of the most appropriate mechanism for the appointment of the Director General of such an important institution in our investigative and democratic setup. Section 19 (4) the Prevention of Corruption Act 2002 (PoCA), as amended, provides for the appointment of the Director-General of ICAC by the Prime Minister after consultation with the Leader of the Opposition. We recall that the Leader of the Opposition had publicly expressed objection to the reappointment of Navin Beekharry as Director General of the ICAC. Given the weight that is given to the "after consultation" proviso in the law, it is the Prime Minister who *in fine* decides who should head the institution and he can ignore any such objections. Should this be reviewed and what mechanism would be better is open to debates.

Section 20 (2) & (3) of the Prevention of Corruption Act (POCA) provides that 'the Commission shall act independently, impartially, fairly and in the public interest', and 'subject to this Act, the Director-General shall not be under the control, direction of any other person or authority'. In a small island with multiple social connections and rubbing of shoulders, whatever the legal and constitutional provisions, it is ultimately dependent on the moral fibre of the appointee to detach him/herself from the political nominator to faithfully and efficiently execute the mandate conferred unto his office. Our legal contributor Lex has previously expressed the view that 'the POCA 2002 guarantees the independence of ICAC. The law is there. Its proper functioning depends on the holders of power within the ICAC.'

Second, the POCA 2002 does not provide for any oversight mechanism that could have monitored the ICAC at its operational level, especially as regards the conduct of specific investigations or the delays and vagaries surrounding them. But there must necessarily be some form of oversight as it is allocated from

public and taxpayers a vast budget of Rs 200m or more annually. The current parliamentary oversight mechanism with 5 government and 4 Opposition nominees has turned it into such an inadequate toothless rubber-stamp that Opposition members have resigned collectively rather than give some credence to it. It is beyond the pale that this Committee cannot even access the salary and contract conditions of its DG while being asked to approve operational budgets and staffing of lower rungs. As there are a couple of Parliamentary Questions again on those ICAC issues, we trust the PM will see to it that demands for greater transparency are indeed answered for the benefit of the public.

Third, and interlinked with the lack of transparency, there have been repeated concerns that the long list of affairs where it is yet to be known where ICAC inquiries stand, such as the Dufry scandal (2015); the Alvaro Sobrinho scandal (2018); the Sugar Insurance Fund Board's highly excessive overpayment of land v/s valuation scandal (2018); the Yerrigadoo/Bet 365 scandal (2018); the Glen Agliotti affair (2019), the Serenity Gate/Film Rebate Scheme scandal (2019), St Louis Power Station Redevelopment Project, the scandalous rip-offs at Commerce/Health and STC during the pandemic and more recently the Rs 460 million worth of banned roll-on cigarette paper approved over MRA objections. This is not even a comprehensive roll-call of higher-profile cases.

Moreover, a case had to be filed against ICAC by the Integrity Reporting Services Agency (another State agency) for allegedly failing to furnish it with detailed reports on cases of unexplained wealth and now we hear that CCID are investigating the DG's personal involvement in the refurbishment of his offices. Others have reported on the sorry state of the parking and grounds where seized cars, boats and a variety of other materials are rotting away under the Moka sun. Coupled with the lack of transparency and accountability, all this adds little to help the image of the ICAC.

Under public glare and pressure, the agency has issued belatedly some communique about a few cases but the public perception of a toothless dog that, forget the bite, has forgotten how to bark (except on orders?), is incompatible with its nobler calling or with the country's reputation internationally.

The Conversation

Why some people think fascism is the greatest expression of democracy ever invented



Pic - Roberto Schmidt/AFP via Getty Images

Warnings that leaders like Donald Trump hold a dagger at the throat of democracy have evoked a sense of befuddlement among moderates. How can so many Republicans – voters, once reasonable-sounding officeholders and the new breed of activists who claim to be superpatriots committed to democracy – be acting like willing enablers of democracy's destruction?

As a political philosopher, I spend a lot of time studying those who believe in authoritarian, totalitarian and other repressive forms of government, on both the right and the left. Some of these figures don't technically identify themselves as fascists, but they share important similarities in their ways of thinking.

One of the most articulate thinkers in this group was the early-20th-century philosopher Giovanni Gentile, whom Italian dictator Benito Mussolini called "the philosopher of fascism." And many fascists, like Gentile, claim they are not opposed to democracy. On the contrary, they think of themselves as advocating a more pure version of it.

Unity of leader, nation-state and people

The idea that forms the bedrock

of fascism is that there is a unity between the leader, the nation-state and the people.

For instance, Mussolini famously claimed that "everything is in the state, and nothing human or spiritual exists, much less has value, outside the state." But this is not an end to be achieved. It is the point from which things begin.

This is how Trump, according to those around him, can believe "I am the state" and equate what is good for him is by definition also good for the country. For while this view may seem inconsistent with democracy, this is true only if society is viewed as a collection of individuals with conflicting attitudes, preferences and desires.

But fascists have a different view. For example, Othmar Spann, whose thought was highly influential during the rise of fascism in Austria in the 1920s and 1930s, argued that society is not "the summation of independent individuals," for this would make society a community only in a "mechanical" and therefore trivial sense.

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Police: Restore Order from Chaos!

It is important that the Police Force restores public trust and confidence in its professionalism and disentangles itself from perceptions that it is playing up to political desiderata

Jan Arden

We have time and again in these columns and in this paper stressed the respect and support that the police should receive as they go about their duties in a multi-cultural society aspiring to live in some harmony, where honest and hard-working citizens should expect to be protected and treated with integrity and professionalism independently of their sex, ethnic origins, personal beliefs, and political affinities. We have no reason to waver on those demands and expectations from both sides of the fence. And we still believe the majority of police officers, even if insufficiently trained or equipped, or working in some cases in unsatisfactory buildings, operating under conditions and pressures of a disciplined force, try to answer their noble calling or simply do an honest job.

It is in that spirit that we have and will continue to raise matters that distract from such ideals, and which seem to be taking the country on a steadily downhill path in practice where ordinary citizens, NGOs, members of the legal community and visible faces of the independent media are losing confidence in the ability of police hierarchy to steady the ship amidst turbulences that keep battering its credibility.

The fathers of our independence and national sovereignty went some lengths to ensure that some vital offices, including that of the Commissioner of Police (CP), had ingrained constitutional safeguards to guarantee that holders of such high offices were protected from the hubris of political masters and their courtesans. It may not have been perfect but by and large we had no reason to suspect that any CP, once duly appointed, would fail to rise to the challenges and opportunities to serve the population that such independence conferred unto his post.

Why then do the police force seem to be spinning away from those legitimate expectations and, more disquietingly, why do they seem unable to see the growing sense of disenchantment in many quarters and take the necessary steps to change course? For brevity, we need only consider some less trivial examples that have remained unexplained to the layman, let alone to lawyers or civil rights activists.



“Drug trafficking and the associated money-laundering with their cross-border implications are probably complex and sophisticated operations requiring more than dedicated but traditional investigators. With some greater degree of professionalism and a seclusion of investigations from outside powers, it is important that the police rapidly rope in support from professionals, restores public trust and confidence in its professionalism and disentangles itself from perceptions that it is playing up to political desiderata...”



We recall police behaviour in the case of the Slovakian national who had been residing lawfully in Mauritius since October 2019 with, one assumes, PMO's approval, and his subsequent “manu militari” extraction by the police and handing over in April 2022 to a foreign power at SSR airport, ignoring either the Extradition Act or the Deportation Act and even flouting of the Interim Order of the Judge of the Supreme Court where legal deportation proceedings entered by the Attorney General (AG) were following their course. The PMO may well have been apprised in April this year that Mr Uricek was a wanted fellow of ill repute and terminated his residence permit but, even then his forcible extraction and expulsion by the police from the territory of Mauritius shook lawyers as it openly flouted the supervision of the Supreme Court in the AG's own proceedings.

Much worse in terms of what's perceived to be a classic example of flouting of the law by those precisely supposed to uphold it, was to be thrown up this June by a succession of videos and clips of police officers of different units based at Terre Rouge station concerning brutality, torture, and humiliation of suspects. While they are not dealing with “enfants de cœur” in that particular region or even in other hotspots of the island, there can be no reason to defend such dysfunctions in a Force that should ensure that the law prevails fairly or equitably and command respect rather than sarcasm.

“Shocking and unacceptable”, commented the PM, promising a transparent inquiry on 1st of June alluding to the possibility the disturbing videos may have been in police possession since earlier. In August news media were still querying the Commissioner of Police or the Independent Police Complaints Commission for a full briefing on the matter and measures taken to ensure such flouting of the law or any judge's rules with respect to decency and rights in the treatment of suspects and we have not heard much since.

There must have been serious grounds for the Lam Shang Leen Drug Commission, in its comprehensive three-year hearings and 260-page report, to tackle institutional failures and police professionalism in matters

of drug trafficking investigations, recommending amongst others the winding up and reorganisation of its specialised cell, the ADSU. No such thing happened and instead we had the CP announcing early August the setting up of a “Police Headquarters Special Striking Team” (SST) reporting directly to him and which was designed to act separately and in parallel to ADSU, MCIT or Customs to tackle only “special cases” and major trafficking crimes.

Many Mauritians, lawyers and NGOs are wondering on social and other media whether drugs, hashish, or small envelopes of harder stuff can be “planted” in what would be a mind-numbing scenario. Allegations, confusion, and controversies, with heavily slanted political comments about suspects who have yet to be declared guilty by competent courts, distract from the national policing imperative to tackle the scourge of drug importation and trafficking with purpose and professionalism.

Vast cross-border financial movements that are required to fund drug purchases worth billions caught up fortunately in the notorious gas bottles saga, in the “tracopelle” affair, in the Pointe aux Cannoniers seizures, must leave financial traces. Agencies like the FIU, the Customs, the MRA or the Bank of Mauritius, have probably sufficiently able financial tracking specialists who can help the police in its investigations of that crucial aspect.

Drug trafficking and the associated money-laundering with their cross-border implications are probably complex and sophisticated operations requiring more than dedicated but traditional investigators. With some greater degree of professionalism and a seclusion of investigations from outside powers, it is important that the police rapidly rope in support from professionals, restores public trust and confidence in its professionalism and disentangles itself from perceptions that it is playing up to political desiderata.

The Bank of Mauritius' Nosedive

A central bank cannot go bankrupt, but the plundering of reserves over the recent years, the need to stem the nosedive of our currency and the massive injections of foreign exchange have spelt the fateful outcome the IMF/WB had been warning about

In May 2022, the Leader of the Opposition, Xavier-Luc Duval, was the first to draw the attention of media, public finance specialists and the general public that the Bank of Mauritius (BoM), flouting its mandatory obligations, had avoided publishing as required its monthly statement of financial position since March 2022.

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The Privy Council

Suren Dayal's Election Petition

'One cannot anticipate the outcome of the case. Each case is decided on its own merits and depending on what the Law Lords make of the facts'

In a small island where politicians, lawyers, judges and business community leaders rub shoulders formally and socially, where so many institutions are politicised and given the way some laws are interpreted, it is salutary, says Lex, that we still have the Privy Council as a supervisory court to set matters right and in their proper perspective whenever required, in addition to consolidating our jurisprudence.

LEX

* Is it possible to anticipate what the Law Lords of the Judicial Committee of the Privy Council (JCPC) may decide in the appeal lodged by Suren Dayal against the judgement of the Supreme Court, which dismissed his petition against the election of Pravind Jugnauth, Leela Devi Dookun-Luchoomun and Yogida Sawmynaden? Are there trends that could indicate the direction in which the Law Lords would be likely to take?

No, one cannot anticipate the outcome of the case. Each case is decided on its own merits and depending on what the Law Lords make of the facts and how they will apply the law.

* The process of justice is supposed to be impartial, but Suren Dayal is challenging the election of, amongst others, the sitting Prime Minister of the current government. Could that be a consideration that may influence the decision of the Privy Council should it choose not to disturb the status quo at the level of the governance of the country?

Many people, including lawyers, believe that when a court of law is dealing with a sitting head of government or head of state, this might be something that judges would bear in mind. We are free to speculate, but we will never know if that's indeed the case.

* But would you expect the Law Lords to go the way they did as in the MedPoint case?

Difficult to say. The turning point in the MedPoint case was the volte-face of the Independent Commission Against Corruption (ICAC), represented before the Privy Council by its director, Navin Beekarry, who filed a document to state that there was no case against Pravind Jugnauth. If the institution that filed a charge against an accused comes for-

ward to state that its earlier decision was wrong and that the case should not go ahead, what can the court do? The issue in the MedPoint case was whether the sister of the Prime Minister had a personal interest in the matter, and this was what the Law Lords decided:

'40. The Board notes that the Independent Commission against Corruption, which initiated this prosecution, now accepts in its written case on this appeal that it is difficult to see how "an internal reallocation of payments source for the external contract" would be a decision in which Mrs Malhotra would have a personal interest.

'41. This is sufficient to dispose of this appeal. The prosecution has failed to establish that the defendant's sister had a personal interest in the decision, an element of the actus reus of the offence contrary to section 13(2). However, it should also be noted that, by the same token, the defendant could not have had knowledge of the existence of facts giving rise to a personal interest in the decision in his sister, because there were none.

'42. For these reasons, the appeal will be dismissed.'

* The layman may sometimes wonder whether judges are or could be completely free of 'predispositions, prejudices, and vulnerabilities that come from their own life experiences' or other vulnerabilities. Both locally and at the level of the Privy Council?

"The turning point in the MedPoint case was the volte-face of the Independent Commission Against Corruption (ICAC), represented before the Privy Council by its director, Navin Beekarry, who filed a document to state that there was no case against Pravind Jugnauth. If the institution that filed a charge against an accused comes forward to state that its earlier decision was wrong and that the case should not go ahead, what can the court do?"



"The Supreme Court should have a High Court and a Court of Appeal. It is high time that we have a Court of Appeal completely insulated from the High Court. What is happening now is like a musical chair. On one day two judges will sit on appeal on a case of their colleague. The next day the same judge whose judgment is appealed against will sit on appeal on a judgment given by one judge who sat on appeal on his own judgment. This is simply ridiculous..."

To what extent does a judge's personal views or opinions really shape the outcome of a case, and what should be done about it, that's difficult to say. However, in a society where the media and general public are increasingly scrutinizing judicial decisions, judges and magistrates are expected to justify their decisions or risk facing public and even professional backlash.

* Besides the Crown dependencies and the United Kingdom Overseas Territories, Mauritius is one of the 12 Commonwealth countries which still use the JCPC as their highest court of appeal. Australia was one of the first in 1901 which established its own highest court for constitutional matters. India abolished appeals to the Privy Council in 1949 - two years after

winning independence. Why did our political leadership decide to hang on to the Privy Council?

With the politicisation of so many institutions and given the way some laws are interpreted, it is salutary that we still have the Privy Council as the final court of appeal to set matters right and in their proper perspective whenever required. Many judgments of the Privy Council are living proof of this. For example, the Supreme Court held that the decision of the DPP is not reviewable, but the Privy Council held otherwise.

Besides Mauritius is a small country where judges rub shoulders with politicians. This is not to say that they are at the beck and call of the Executive. But then the choice of certain judges to act on commissions of inquiry or to sit on international bodies may lead the public to suspect that some judges could be in the good books of a sitting government or of the Prime Minister. That may not be the case, but the perception could be there. The Privy Council is therefore a guarantee of the independence of the local judiciary.

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'It is hard to understand why it takes years after an election to determine an election petition'



“Mauritius is a small country where judges rub shoulders with politicians. This is not to say that they are at the beck and call of the Executive. But then the choice of certain judges to act on commissions of inquiry or to sit on international bodies may lead the public to suspect that some judges could be in the good books of a sitting government or of the Prime Minister. That may not be the case, but the perception could be there. The Privy Council is therefore a guarantee of the independence of the local judiciary...”

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* One could argue that the UK has, through the Privy Council, retained influence over Mauritius' domestic affairs even after the country achieved independence. What's your take on that?

Even if that can be substantiated, it is not true. The Privy Council decides the cases submitted to it and help to set right erroneous judicial thinking of the Supreme Court as well as shape our local jurisprudence. At times the Privy Council may even make recommendations on how the legislator should amend certain laws or how the Supreme Court should manage cases in order to reduce delay. All this is perfectly in order.

* A Presidential Commission, chaired by Lord Mackay, had recommended in 1997 the setting up of a Court of Appeal Section of the Supreme Court to which appeals from every level of court in Mauritius - the High Court Section of the Supreme Court, the Intermediate Court and the District Court - should be taken. This has not been implemented to this day. Is the time now ripe for our own Court of Appeal?

The Supreme Court should have

a High Court and a Court of Appeal. It is high time that we have a Court of Appeal completely insulated from the High Court. What is happening now is like a musical chair. On one day two judges will sit on appeal on a case of their colleague. The next day the same judge whose judgment is appealed against will sit on appeal on a judgment given by one judge who sat on appeal on his own judgment. This is simply ridiculous.

* The slap down of the Supreme Court in the Betamax affair comes to mind. Is this supportive of a high court of appeal that is relatively dissociated from local considerations?

Of course. The Privy Council will very often refuse to interfere in aspects of a case by stating that the Supreme Court is more aware of local conditions. But in general, the Privy Council is totally dissociated from any matter - political or otherwise - that would influence their judgment.

* In the Resistans ek Alternativ case, were the Law Lords wise to have reckoned that ethnic representation in our Constitution is a matter better dealt with by the local body politic?

Yes. The Privy Council very diplo-

matically stated that they would not interfere in a matter that has wide political ramifications and therefore the matter must be decided locally.

* Is there a case to be made for a Constitutional Court or an Election determination court instance that could hear and expedite matters that cannot wait years?

In August this year, former judge Vinod Boolell wrote the following in *l'express*:

'Mauritius has no constitutional court unlike some countries. In France, for example, there exists the Constitutional Council (Conseil Constitutionnel) which is the highest constitutional authority in France. One of the most important attributions of the Council is to determine whether a law passed by the French Assembly is in conformity with the Constitution before it is even signed into law by the President of the French Republic. Milan Mehtarbhan in his book on the Constitution has advocated the establishment of a constitutional court. Such a court with the power to determine the constitutionality of a statute before it is signed into law will no doubt be a salutary move on the rocky path towards the consolidation of democracy.'

As far as elections are concerned, it is hard to understand why it takes years after an election to determine an election petition. Is that done deliberately by lawyers who oppose the election petitions? Is that condoned by the Supreme Court? A Constitutional Court would be able to fast track such petitions.

* Are there other judgements of the Privy Council which have had a major impact on the governance of the country, on our judicial system, etc.?

These relate to many cases where the decisions of the Executive have been quashed especially in matters of tax and compulsory acquisition of property. These cases force those who run the country to bear in mind the factors that the Privy Council has discussed and determined. Let us hope guidance will also be given in election matters in the Suren Dayal case.

LEX

The Bank of Mauritius' Nosedive

● Cont. from page 3

The undertones were clearly that the Bank's balance sheet was so weak that it was heading towards a troubling state for the economy and confirm the criticisms levelled by international watchdogs for several years now.



“BOM reserves, already a meagre Rs 2.5 billion in September 2022, have one month later tumbled to less than Rs 1 billion, while it technically had more liabilities than assets in its balance sheet. That usually means technical bankruptcy for any ordinary company. Of course, a central bank cannot go bankrupt, but the plundering of reserves over the recent years through the MIC operations, the need to stem the nosedive of our currency and the massive injections of foreign exchange have spelt the fateful outcome the IMF/WB had been warning about...”

By June several financial observers were openly questioning whether the close working arrangement between the Finance Minister and the appointed Governor at BOM was taking the country adrift in matters such as inflation control, currency depreciation, lack of forex on the market starting to bite economic operators, or even the reserves available for the Central Bank to sustain cross-winds through periodic interventions. Since then, of course the BoM was under increasing pressure from all sides to intervene massively on the stressed forex market even at the cost of weakening its balance sheet further.

The recent publication of the Central Bank's financial position as at October 2022 has confirmed the worst fears that had been swirling over the Bank's real financial position and will leave finance specialists anxious or derisive about what one specialist observer called the “toxic tandem” at the helm of the country's economic affairs.

BOM reserves, already a meagre Rs 2.5 billion in September 2022, have one month later tumbled to less than Rs 1 billion, while it technically had more liabilities than assets in its balance sheet. That usually means technical bankruptcy for any ordinary company. Of course, a central bank cannot go bankrupt, but the plundering of reserves over the recent years through the MIC operations, the need to stem the nosedive of our currency and the massive injections of foreign exchange have spelt the fateful outcome the IMF and the World Bank had been warning about.

At a time when exports and balance of payments are weak and the world economy may be heading for some recession, lack of credibility and profligacy by political quacks have turned the BOM impotent for future interventions. Without a credible independence of the Bank and a significant injection of capital in the Central Bank by government, as repeatedly called for by international watchdogs and Moody's, economic operators and the population could face the dire straits looming ahead.

Jan Arden



Anil Madan

At the conclusion of the COP27 event in Sharm el-Sheikh, Egypt, Simon Stiell, the UN Climate Change Executive Secretary exulted: "COP27 has defined a way forward on a decades-long conversation on funding for addressing loss and damage. Let's use this success as a springboard to restore trust in our process. Let's use it to achieve greater ambition and faster implementation."

Contrast this with the closing remarks of UN Secretary General António Guterres:

- * "Our planet is still in the emergency room."
- * "We need to drastically reduce emissions now – and this is an issue this COP did not address."
- * "COP27 concludes with much homework and little time."

So, which one of these two has the more accurate take on COP27? With a deeper look at what each said, perhaps it is a tie. Stiell is correct that at best, all that was accomplished was the promise of more talk, perhaps for decades before any progress is made. His comments imply that trust "in our process" whatever that means, has been lost. Certainly, there was little reason for people to walk away from COP27 with a sense of trust either in the process, or with the belief that the world's nations will take concrete steps to address climate change or actually contribute to a fund for loss and damage.

Guterres is entirely correct that COP27 simply ignored the subject of drastically reducing emissions now. And if one believes that the earth is nearing a tipping point — Guterres has sounded that alarm at every opportunity — one must also accept that the emergency persists and that there is very little time and much work to be done.

At the previous COP26 gathering, three of the leading emitters proposed to reach zero net emissions way in the distant future — the US in 2050, China in 2060, and India in 2070. Whereas after COP26 those goals were not seen as adequate to address the crisis, there was no attempt to do more. As of now, these large emitters promise more emissions.

COP27 may in the future be most noted for the fact that it did not even mention phasing out fossil fuel use in the final text of the conference agreement. There was mention of efforts towards "the phase down of unabated coal power" and phasing out inefficient fossil fuel subsidies. There are no surprises here. It has been reported that about 635 attendees at COP27 were representa-



A climate activist takes part in a protest, during the COP27 climate summit, in Sharm el-Sheikh on Nov. 19, 2022. (Mohamed Abd El Ghany/Reuters)

COP27 Review

We were told that without a dramatic reduction in the use of fossil fuels, and a sea change in how we consume energy, we could not avoid a global temperature increase of 2°C. Neither of these steps was taken.

In short, COP27 was a major cop out



A protest calling for money for climate action at COP27 on Nov. 11 in Sharm el-Sheikh, Egypt. Calls for loss and damage funding have featured prominently at this conference. (Peter Dejong/The Associated Press)

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tives of fossil fuel companies. Their influence on the final failure to curb emissions and reduce the use of fossil fuels seems almost palpable.

So, was anything accomplished at COP27?

There was much sound and fury about the creation of a fund to help developing countries pay for loss and damage due to drought, floods and other severe weather events claimed to be made worse due to climate change. At least three major problems remained undressed or unanswered.

First, there was no agreement on how the fund is to be set up and in what form, who will contribute to it and how much, and where the money will be allocated. The reality is that we have a nonexistent fund and an agreement to agree.

Second, there was the tacit assumption that the

cause of devastating floods in many countries is climate change. Coupled with that is the sometimes indignant, sometimes pleading, sometimes whining argument that developing countries whose contribution to worldwide emissions is minuscule, suffer the most. This flies in the face of the oft heard admonition that it is impossible to tie one weather event to climate change.

Third, the creation of the fund was marked by strenuous efforts by two major emitters, China and India to escape any responsibility or obligation to mitigate the damage suffered by smaller developing countries.

On this point, India and China both sought to temper the language regarding creation of the fund so as to allow them to avoid being called to account for actually paying anything into it. India insisted that it too is a victim of emissions and that historical cumulative emissions should inform the process of who pays rather than singling out today's top polluters. China which has long hid under the canopy of developing nations, now wants to remain in that category and ignore the fact that it is the world's largest greenhouse gas emitter and continues to build coal plants apace.

In the final analysis, the so-called fund is a chimera.

And finally, what of the goal to limit temperature rise to 1.5°C? Well, we were told that without a dramatic reduction in the use of fossil fuels, and a sea change in how we consume energy, we could not avoid a global temperature increase of 2°C. There you have it. Neither of these steps was taken.

In short, COP27 was a major cop out.

*Cheerz...
Bwana*

"India and China both sought to temper the language regarding creation of the fund so as to allow them to avoid being called to account for actually paying anything into it. India insisted that it too is a victim of emissions and that historical cumulative emissions should inform the process of who pays rather than singling out today's top polluters. China which has long hid under the canopy of developing nations, now wants to remain in that category and ignore the fact that it is the world's largest greenhouse gas emitter and continues to build coal plants apace..."

China records its highest caseload since Covid pandemic started in 2019

China reported a record high in daily Covid-19 infections on Thursday as it imposed localised lockdowns in several cities including in Beijing and local authorities struggled to control the surging outbreak, given the promise of easing the controversial 'zero-Covid' strategy.

Mainland China reported more than 31,600 Covid infections for Wednesday, the highest daily number since the pandemic broke out in the central city of Wuhan in late 2019, surpassing the 29,317 high logged in April during the Shanghai outbreak.

The total caseload since November 1 now stands over 310,000, a surge that has left city governments across China struggling and searching for ways to curb the spread, reports Hindustan Times.

Beijing recorded over 1600 fresh Covid-19 cases for Wednesday, the third consecutive day of 1000 plus



A health worker takes a swab sample from a resident to be tested for Covid-19 in Jiayuguan, in China's northwestern Gansu province on Thursday. Pic - AFP

cases, and one death related to the infection, taking the toll to six in the ongoing outbreak.

Several more areas in Beijing were put under targeted lockdowns on Thursday as city authorities attempted to cut transmission chains.

Beijing has converted an exhibition centre into a makeshift hospital to cater to Covid-19 patients, numbers

of which are expected to increase in the coming days.

The city has already closed shopping malls, restaurants, and office buildings and suspended access to many apartment compounds and especially in the worst-hit Chaoyang district, the most populous one in the city.

The large cities of Guangzhou in south China and Chongqing in the southwest of the country continued to log more than half of the mainland's cases and continued to implement various kinds of restrictions within city limits.

While China's count of Covid-19 cases and fatalities remains low, the sharpest surge in numbers since the pandemic started is expected to slow down even the gradual withdrawal of Beijing's 'zero-Covid' policy, which has led to simmering frustration among citizens and dampened the economy.

Meanwhile, the tension between workers and security personnel at the world's largest iPhone factory in central China's Zhengzhou city continued on Thursday, a day after the two groups clashed over Covid-19 restrictions and working conditions.

Dubai 'hypertower' will be the world's tallest residential structure

Burj Binghatti Jacob & Co Residences, the newest skyscraper in Dubai and so-called "hypertower," is slated to become the world's tallest residential structure in the world. The 100-storey structure is situated in Dubai's Business Bay and was specifically constructed to set the record for being the tallest residential building.

"The skyscraper will feature the most lavish penthouses at the highest altitude of the hypertower," the Binghatti Developers' official Facebook page stated. "Our collaboration with Jacob & Co on this architectural tour-de-force reflects our commitment towards marking a globally groundbreaking feat for Binghatti," it further said.



The 100-storey structure is situated in Dubai's Business Bay and was specifically constructed to set the record for being the tallest residential building. Pic - Facebook

The luxury jewellery and watch company Jacob & Co has partnered with Binghatti Developers, a major player in the real estate industry, for the project, reports Hindustan Times.

The structure will surpass New York's Central Park Tower, the tallest residential building in the world at 472.4 metres.

The Princess Tower, which is 414 metres tall, and 23 Marina, which is 392.75 metres high, are the other structures that fit into the same category, according to the Gulf News.

According to a New York Post report, the building has opulent two- and three-bedroom residences. A dedicated concierge team, offering a la carte services like daycare, a bodyguard, a chauffeur, and a private chef, was also mentioned in relation to the building.

The report added that the tower will house an "exclusive private club" with an infinity pool and a sizable lounge area.

Anwar Ibrahim becomes Malaysia PM after decades of waiting

Veteran opposition leader Anwar Ibrahim will finally become Malaysia's prime minister, capping a tumultuous political career that veered from coming close to clinching the top job on more than one occasion to spending years in prison on sodomy charges, reports Bloomberg.

Anwar's reformist Pakatan Harapan will lead the next government after being chosen by King Sultan Abdullah Sultan Ahmad Shah, the palace said in a statement. The monarch intervened after no alliance secured a majority in a general election Saturday in which Anwar's coalition won the most seats.

King Charles talks of 'profound sorrow' of colonialism

King Charles III said that Britain acknowledges "the wrongs which have shaped our past" in his first major speech ahead of a state banquet he hosted as the country's monarch. At a banquet at Buckingham Palace, King Charles delivered an address to his guest of honour, South African president Cyril Ramaphosa, and other attendees.

In his speech, King Charles talked on Britain's colonial history with South Africa, aspects of which



King Charles III: South Africa's President Cyril Ramaphosa listens as Britain's King Charles III speaks during a State Banquet. Pic -AFP

he said "provoked profound sorrow", he said.

"While there are elements of that history which provoke profound sorrow, it is essential that we seek to understand them. As I said to Commonwealth leaders earlier this year, we must acknowledge the wrongs which have shaped our past if we are to unlock the power of our

common future," King Charles said.

South African president Ramaphosa was seen gently nodding his head during the speech. King Charles also mentioned the Commonwealth, of which South Africa is one of the state members. South Africa, he said, "like the Commonwealth, has always been a part of my life".

Last year, Charles denounced the "appalling atrocity of slavery, which forever stains our history" in a speech given in Barbados.

The state banquet saw Kate Middleton, Princess of Wales, Sophie, Countess of Wessex, and Queen Consort Camilla in attendance.

Iran team may face arrest for not singing national anthem at FIFA match

Members of the Iranian football team who stood silent during the playing of their country's national anthem prior to their FIFA World Cup match against England could face consequences back home, a report said.

The Iranian team chose not to sing their own national anthem as fans from the country also supported their stand with signs inside the Khalifa International Stadium in Doha in Qatar that read "Freedom for Iran" and "Woman, Life, Freedom" in support of the massive protests that have rocked the country. Demonstrations sparked in Iran following the death of 22-year-old Kurdish Mahsa Amini while in police custody for not wearing hijab properly.



David E. Guinn, a University of Albany research professor of international law and human rights, told Newsweek that not only the Iranian players but their families "could face significant consequences including detention and/or arrest" because of their stand in the match, reports Reuters.

* Contd on page 8



Hemophilia is a rare condition that affects the blood's ability to clot. Pic - AFP

World's most expensive drug worth \$3.5 million a dose approved hemophilia

US regulators approved CSL Behring's Hemgenix-hemophilia B gene therapy worth \$3.5 million a dose, making it the world's most expensive drug, reports Hindustan Times.

Here are five points to know about the new drug:

1. Hemgenix works by delivering a gene that can produce the missing clotting factors into the liver, where it starts working to make the Factor IX protein.
2. A study of the therapy found that just a single administration of the drug cuts the number of bleeding events expected over the course of a year by 54%.
3. The drug can also free 94% of patients from time-consuming and costly infusions of Factor IX, which is currently used to control the potentially deadly condition.
4. The gene therapy will be manufactured in Lexington, Massachusetts, by uniQure NV, which sold the commercialization rights for Hemgenix to CSL Behring in 2020.
5. Speaking on whether the costly drug will be a hit, Brad Loncar, a biotechnology investor said "While the price is a little higher than expected, I do think it has a chance of being successful because existing drugs are also very expensive and hemophilia patients constantly live in fear of bleeds. A gene therapy product will be appealing to some."

What is hemophilia? According to the NHS, hemophilia is a rare condition that affects the blood's ability to clot. It's usually inherited. Most people who have it are male. People with hemophilia do not have as many clotting factors as they should have in their blood. This means they bleed for longer than usual.

Elon Musk holds Twitter poll for 'general amnesty' of suspended accounts

Days after reinstating former US President Donald Trump's account following a Twitter poll, Elon Musk held another poll to gauge public opinion on "general amnesty." The new Twitter owner held a poll asking users whether all suspended accounts that "have not broken the law or engaged in egregious spam" should be restored.

"Should Twitter offer a general amnesty to suspended accounts, provided that they have not broken the law or engaged in egregious spam?" the tech billionaire asked, with options to vote either yes or no.

The results of the poll survey, which has a 24 hours window, will be out on November 25, 2022.

Just to sit with Meghan, Harry, guests at award ceremony have to pay \$1million

Meghan Markle and Prince Harry won the prestigious Robert F. Kennedy Ripple of Hope Award for taking a stand against racism in the royal family. The couple are set to attend the awards ceremony in New York next month with tickets priced up to £840,000 for guests who want to sit at the main table with the Sussexes, reports Hindustan Times.

Royal author Angela Levin said that the couple are "getting too big for their ambitions" as TalkTV presenter Mike Graham said, "If you wish to go and sit with them at the Ripple of Hope gala in New York on December 6, it will only cost \$1million."

"I hope they're getting too big for their ambitions and it will all go pop. I think we've all had enough really," Angela Levin said.

The award honours Prince Harry and Meghan Markle's stand against the royal family when they accused a member of the royal family of racism in their bombshell interview with Oprah Winfrey. They had claimed that a senior royal made a comment about the



Prince Harry-Meghan Markle: Prince Harry and Meghan Markle, Duke and Duchess of Sussex are seen. Pic - AP

skin colour of their then unborn son Archie.

Prince William later defended the royal family saying, "We are very much not a racist family".

John F Kennedy's niece Kerry Kennedy, who is set to host the awards, said that she believed Meghan Markle and Prince Harry took a brave stance against the royals.

Bruce Lee's death caused by drinking too much water, new study says

Martial arts legend Bruce Lee may have died from drinking too much water, a study reported by Sky News suggested. Bruce Lee passed away aged 32 in Hong Kong in July 1973. The autopsy showed that he died from cerebral oedema, or brain swelling, which was thought to be a reaction to a painkiller he had taken.

But since his death, several theories have been put forward including assassination by Chinese gangsters or that he died from heatstroke.

However, researchers have now suggested that the oedema which killed him may have been brought on by hyponatraemia, reports Hindustan Times.

"In other words, we propose that the kidney's inability to excrete excess water killed Bruce Lee," the team of researchers wrote in the Clinical kidney journal adding that several factors suggest he had been consuming high quantities of water, such as his wife Linda referring to a fluid-based diet and his biographer, Matthew Polly, repeatedly referring to water intake on the day of his death.



Bruce Lee at the Madame Tussauds museum in San Francisco. Pic - Shutterstock

Bruce Lee also used cannabis, which causes increase in thirst, and is known to have taken the drug throughout the day he died.

"In conclusion, we hypothesize that Bruce Lee died from a specific form of kidney dysfunction: the inability to excrete enough water to maintain water homeostasis, which is mainly a tubular function," the researchers said.

"This may lead to hyponatraemia, cerebral oedema and death within hours if excess water intake is not matched by water excretion in urine, which is in line with the timeline of Lee's demise. The fact that we are 60% water does not protect us from the potentially lethal consequences of drinking water at a faster rate than our kidneys can excrete excess water. Ironically, Lee made famous the quote 'Be water my friend', but excess water appears to have ultimately killed him," they added.



The results of the poll survey, which has a 24 hours window, will be out on November 25, 2022. Pic - Reuters

Earlier, Musk had run an online poll asking Twitter users whether Trump's account should be reinstated on the micro-blogging platform. In the poll that received 15,085,458 votes, 51.8 per cent voted yes and 48.2 per cent were against it.

Trump's Twitter account appeared to be back as of Saturday evening and the last tweet was dated January 8, 2021, in which Trump said, "To all of those who have asked, I will not be going to the Inauguration on January 20th."

On being asked whether he plans to return to Twitter, the former president said he may not.

Trump was permanently suspended from Twitter by the previous management in January 2021, days after the attempted insurrection by his supporters at the US Capitol. Trump's supporters, not convinced with the 2020 president election results, attacked the Capitol as the US Congress attempted to certify Joe Biden's victory.

The World Cup in Qatar – 4 things to know

Migrant workers' rights are indeed an ongoing issue in Qatar – but the country has passed reforms to improve workers' rights, and it isn't the only issue to define Qatar



David Mednicoff
UMass Amherst

With the start of the World Cup on Nov. 20, 2022, soccer teams from 32 countries and tens of thousands of fans have converged on Qatar, a tiny Arab country on a peninsula in the Persian Gulf. But search “Qatar 2022” online, and the first nonsport results are about the country's human rights issues.

Like its fellow oil-rich Arab countries, Qatar has enjoyed immense wealth that nurtured grand ambitions of economic growth among rulers and citizens alike. Qatar and its neighbours, including Bahrain and the United Arab Emirates, have brought in millions of workers from other countries to support their fast-growing cities and businesses over the past few decades.

In particular, about 30,000 workers came from Bangladesh, India and Nepal to construct the World Cup stadiums. At least 37 died, according to official Qatari counts, while building the US\$220 billion infrastructure for the games.

I am a political scientist and legal scholar of the Middle East who has lived and worked in Qatar. Given the sudden media focus on the country, I think it helpful for both World Cup fans and people who don't know a soccer ball from a hockey puck to understand four aspects of Qatar's politics that relate to its human rights challenges.

1. Qatar is ruled by a popular king

A sparsely populated country in a desert, Qatar gained independence from Great Britain in 1971. With its large oil and natural gas reserves, Qatar has the highest income per citizen in the world.

Qatar's ruler is popular among citizens. Sheikh Tamim bin Hamad Al Thani is part a family dynasty that has run the area's politics since the 1800s, even under Ottoman and British control. This makes Qatar one of eight Arab countries governed by hereditary kings.

Hereditary ruling monarchies may seem archaic to people living in societies with elected leaders. Yet these systems have held onto power, outlasting the Arab uprisings of 2011. The lack of democracy in Arab countries is also part of a broader trend, as autocratic go-

vernments are generally on the rise globally.

2. Yes – workers' rights have been a problem

Doha, the capital of Qatar, has become a major media, educational, diplomatic and recreational hub over the past few decades. Its breakneck development also required workers from all over the world. As a result, foreign workers make up about 85% of the country's total population, but they do not have the same rights as Qatari citizens. Qatari natives have been reluctant to share their extraordinary social welfare benefits, like free medical care, with millions of workers from abroad. This makes for a system that gives many more rights to Qatari nationals than the millions of others who live there.

Unusual, rapid growth like Qatar's is a magnet for foreign contract workers worldwide. I enjoyed my opportunity to work there myself as a visiting professor and Fulbright scholar 15 years ago. Yet less privileged foreign workers can fare badly.

In Qatar and its oil-rich peers, control by a minority of citizens over millions of workers with fewer rights leads to discrimination and abuse. Human rights groups, journalists and migrant workers themselves have sought to change harmful workplace practices, such as withholding wages and forbidding unions.

Qatar's summer heat, averaging 106 degrees Fahrenheit (41 degrees Celsius), can make working conditions especially dangerous for outside construction workers. Since it is hard to know whether the alleged worker deaths are due specifically to bad working conditions, work-related issues, or something else, exact mortality numbers have been disputed and may be prone to exaggeration. Yet no one doubts that conditions have been terrible for many of Qatar's most vulnerable workers.

Other rights issues in Qatar have also attracted global attention. The conservative form of Islam that is part of Qatar's identity allows little tolerance for LGBTQ rights. Human rights groups have documented detentions and other routine discrimination against LGBTQ people.

3. Yet Qatar has made major reforms

While workers' rights have received appropriate Western media attention, Qatar's direct efforts to respond to local and international activism are less known. Qatar enacted the most significant labour rights reforms in the Arab world in 2021.

Working with the International Labour Organization, a United Nations agency that promotes fair and decent work worldwide, Qatar instituted a minimum wage of \$275 per month, along with allowances for food and lodging. It also prohibited outdoor work during the peak of summer heat and eliminated many of the laws that gave employers control over their workers' basic freedoms to leave their job or the country.

Because the reforms are recent, it is hard to know whether they represent important steps forward or



Christian Pulisic with the US Men's National Soccer Team. AP Photo/Jeff Dean

incremental steps that will change little.

In any case, legislation in and of itself cannot remedy a complicated challenge involving a wide range of companies and other organizations that Qatar's government does not control. Whether Qatar can and will enforce the new regulations consistently is one concern.

Most foreign migrants arrive in Qatar through foreign-based recruitment companies, which charge them to secure jobs. So even if Qatar tries to curb labour abuses, recruitment companies based in migrants' countries of origin would still profit by charging workers expensive placement fees, for example. Such recruiters often work with multinational companies within Qatar to blunt the force of the kingdom's recent reforms.

4. And Western critiques may conceal other agendas

Qatari officials have suggested that international attention to foreign workers' conditions is part of a broader pattern of Westerners belittling Arabs.

Calls in some parts of Europe for a widespread World Cup boycott add fuel to this and other arguments that the European and American impression of Qatar is hypocritical. Though hardly a neutral observer, Gianni Infantino, the president of FIFA, which carries out the World Cup, reflected many Gulf Arabs' views when he argued that Europe's history of exploiting Middle Easterners and others gives it little moral high ground on issues of non-Western rights.

Because no Middle Eastern country had hosted the World Cup before 2022, Qatar's achievement is significant. The Economist argues that Qatar's responsiveness to pressures to improve its human rights climate may make it a more appropriate host for a global sporting event than other countries with poor human rights records, such as China or Russia.

Yet genuine global concern about rights in countries like Qatar and mistrust between the Middle East and the West will persist. Can new global awareness of Qatar lead to more nuanced understanding of both cross-cultural similarities and differences between Arab Islamic countries and the rest of the world? For the moment, this is as hard to know as which country will win the World Cup.



Migrant workers pray in Doha, Qatar, on Nov. 20, 2022. Simon Holmes/NurPhoto via Getty Images

Rajen Valayden



“The projected image of a unified opposition alliance is deceptive...”

... they seem so adept at fighting amongst themselves that they do not really require any opponent”

Rajen Valayden, Chief Editor of Capital Media, environmental and social activist, minces no words in sharing his views in this free-wheeling interview on various topical matters ranging from the worrisome state of our institutions, the abyss of cronyism, mismanagement and corruption, and the tumbling reserves of the central bank while oligarchs were being handed fantastic lifelines. He also gives his unfiltered opinion on the ability of leaders of the main traditional parties to surmount their egos and differences to challenge the MSM effectively.

Mauritius Times: As we are just a few weeks away from the end of the year, what are your thoughts about how the country is doing generally and where we are heading?

Rajen Valayden: In January 2022, many of us thought it just couldn't be worse. Again, we were proved wrong. The invasion of Ukraine, which started as an issue of Russia's national security and Ukraine's sovereignty, finally took an awful turn and now has the allure of a cold war impacting on faraway households.

On the local front, we have reaped in 2022 the consequences of years of mismanagement and foolishness. The crumbling down of our institutions, the increasing number of our children falling prey to drugs and with mediocrity on a rampage, we are swirling into the abyss. On the environmental front, while most local issues remain unresolved, and COP 27 has been as usual under par.

* What about the state of the economy itself?

At the very outset, 2022 has been clouded by considerable uncertainties. The Ukraine crisis teaming up with the third year of Covid-19 made life really hard for middle-income families and others down the ladder. Though output bounced back after a steep decline over the last two years, the depreciation of our currency and high prices of commodity have impacted immensely on the lives of our countrymen.

2022 has been the year where we have witnessed the dire consequences of income inequality. Prior to Covid, our economy already had its alarm lights flashing. By outsourcing the task of rethinking our economic model to a handful of economic operators, the government is not only abdicating its responsibility but also putting at risk the future of the country. These conglomerates are far from being bright benchmarks and serve their own private interests first and foremost.

* The latest report of the Bank of Mauritius informs us that its reserves, which were around Rs 2.5 billion last September, have one month later

come down to less than Rs 1 billion. That does not augur well for the financial stability of the central bank, isn't it?

The latest Central Bank Survey report indicating the poor status of the Capital & Reserves has sparked an unprecedented flow of reactions on all media platforms. Prior to Covid, I had affirmed from a common-sense point of view that the BOM would have to be recapitalised.

In all fairness, we should concur that the BOM has acted as a cushion in absorbing most of the Covid related shocks thereby avoiding a widespread trauma. Yet casting aside critics such as political interference, depreciation of the rupee, artificial bloating of assets, steep drop in Shareholder Reserve, manipulation of balance sheet, structure of MIC, etc., the most outrageous fact remains that the Central Bank acts as the coolie of a happy few.

A glance at the balance sheet of commercial banks would suffice to observe what a boon Covid has been to them. They have benefited from bailouts, but mostly reviving their dying clients through the MIC. Conglomerates such as Omnicane were like patients hanging on thanks to ventilators prior to Covid and are only alive thanks to the courtesy of the MIC. A fact

“In all fairness, we should concur that the BOM has acted as a cushion in absorbing most of the Covid related shocks thereby avoiding a widespread trauma. Yet casting aside critics such as political interference, depreciation of the rupee, artificial bloating of assets, steep drop in Shareholder Reserve, manipulation of balance sheet, structure of MIC, etc., the most outrageous fact remains that the Central Bank acts as the coolie of a happy few...”

hushed hypocritically by all. The tragedy of this whole story is while we will have to foot the bill by cutting down on our expenditure, the happy beneficiaries of MIC are busy sharing dividends. What a shame!

“Since 2015, looting the company had become the favourite sport of certain operatives within Mauritius Telecom. Flouting all known rules of good governance, curbing of procedures and unprecedented levels of favouritism had become the sacrosanct standard. From my own investigation, I do know there is an awful lot to be revealed and given the resources granted to FTI, I would reasonably expect them to come out with a blistering report...”

* Criticisms about the state of governance at the level of our public institutions, especially of our regulatory and investigative bodies have been piling up for quite some time now. Can we reasonably expect to see any positive change next year, or does it seem to you that the authorities will press on with their political agenda no matter what?

Recent events have extinguished the slightest hope of turning around our institutions. They all function like kingdoms within the empire. How can there be hope when the one at the helm of our country himself claims “the mafia has infiltrated our institutions”? While there is unanimity in the country on the extent on the rot, there seems to be a void when faced with the question of who's responsibility it is to take to task those running the institutions. Persisting along these lines will only get us closer to the brink of anarchy.

The political masters need to draw lessons from happenings abroad.

☞ Cont. on page 11

'The most outrageous fact remains that the Central Bank acts as the coolie of a happy few'

☞ Cont. from page 10

The current strategy cannot be sustained over time and will backfire causing irreversible harm to the country. Foreign diplomats and investors whom I have had the opportunity to meet express concern about the state of our institutions. As storm clouds gather over the global economy, there is urgency to act and act responsibly.

“A glance at the balance sheet of commercial banks would suffice to observe what a boon Covid has been to them. They have benefited from bailouts, but mostly reviving their dying clients through the MIC. Conglomerates such as Omnicane were like patients hanging on thanks to ventilators prior to Covid and are only alive thanks to the courtesy of the MIC. A fact hushed hypocritically by all...”

* The ruling alliance may find comfort in the fact that there is really no opposition in the country. The recent agreement reached by the L'Entente de l'Espoir and the Labour Party in view of municipal elections, which may or may not be held, may be what's necessary for the urban constituencies. Will that do in the rural constituencies?

This perception rests on basically three assumptions: (i) the ethnic spread of the constituencies, (ii) the belief that people from the so-called “minority” communities live in urban areas, and (iii) these communities adhere mostly to today's main opposition parties.

A honest assessment would lead us to observe that there has been a shift since 2014. Every mainstream party has been cut down to size and can no longer claim to benefit from their traditional vote bank. There is no longer any such thing as an urban or a rural constituency. The voting behaviour of citizens has also changed and is extremely tough to decipher even when using granular data.

The MMM, which ruled undisputedly over towns such as Beau Bassin-Rose Hill, should be concerned by the constant loss of vote share in various wards. Though the campaign, should the elections be held, would revolve around national issues, we could see a record performance by non-traditional parties and independent candidates.

* Even if the Opposition parties have finally managed to come together in view of municipal elections, do you see them sticking together and capable to challenge the governing alliance?

“Navin Ramgoolam has the knack of achieving difficult tasks. He has succeeded in losing two consecutive elections which could have been won. Be it the 2014 alliance or the one of 2019, both had neither steam nor ideas. Let alone their pompous behaviour, most of those from the campaign committee acted like headless chickens. It remains to be seen whether there has been any significant change...”

The projected image of a unified opposition alliance is deceptive. They seem so adept at fighting amongst themselves that they do not really require any opponent. Everyday there are leaks reaching out to newsrooms on politburo battles, which would suggest that Paul Béranger would be willing to burn down the MMM for the sake of a dynastic succession while Navin Ramgoolam seems keen to gamble against the odds on Daneshwar Damry. I guess Xavier Duval should be wondering what's he doing in the middle of this mess. Right now, they appear as three zebras pretending to be a stallions.

Since Labour Party claims to be the driving engine that pulls the wagons, let's focus on their chances. Navin Ramgoolam has the knack of achieving difficult tasks. He has succeeded in losing two consecutive

“The opposition parties seem so adept at fighting amongst themselves that they do not really require any opponent. Everyday there are leaks reaching out to newsrooms on politburo battles, which would suggest that Paul Béranger would be willing to burn down the MMM for the sake of a dynastic succession while Navin Ramgoolam seems keen to gamble against the odds on Daneshwar Damry. I guess Xavier Duval should be wondering what's he doing in the middle of this mess...”

elections which could have been won. Be it the 2014 alliance or the one of 2019, both had neither steam nor ideas. Let alone their pompous behaviour, most of those from the campaign committee acted like headless chickens. It remains to be seen whether there has been any significant change.

Today's Labour Party is a tribal federation and, at its best, a glossy version of the MSM. What's the use of reshuffling the pack if all the cards are jokers? It's a pity to acknowledge that, as matters stand, it would be no surprise if the Labour Party were to lose a third consecutive wicket.

It would be worthy reminding Navin Ramgoolam of the advice from Lal Bahadur Shastri to Jawaharlal Nehru: “When a small sacrifice is withheld, a bigger one gets to be demanded.” With some deep reengineering and discipline, Navin Ramgoolam can be in power without necessarily be in office. But “power” would be meaningless if devoid of knowledge and courage.

* One other issue of interest: the investigation by the American audit firm, FTI Consulting, which is due to reach its conclusion anytime soon. As one of the minority shareholders of Mauritius Telecom, what would you expect from this exercise?



Since 2015, looting the company had become the favourite sport of certain operatives within Mauritius Telecom. Flouting all known rules of good governance, curbing of procedures and unprecedented levels of favouritism had become the sacrosanct standard.

From my own investigation, I do know there is an awful lot to be revealed and given the resources granted to FTI, I would reasonably expect them to come out with a blistering report yet I would refrain from being so optimistic. Their amateurish approach leads me to believe they are unable to distinguish between an “Investigation” and a “fishing expedition”.

* With a few weeks to go what would you like to find in the 2023 bucket list of our decision makers?

There is an interesting piece of writing by Baroness Minouche Shafik, Director, London School of Economics and Political Science entitled ‘What we owe each other: A new social contract for a better society’. Digging deep into her experience Minouche Shafik underlines the pertinence for each country to provide for their citizens with the basics to enable a decent life and allowing them to contribute to the betterment of society.

2023 can be the year wherein we review the cornerstones of our society, our economy and set the mark for the next wave of prosperity. It can only happen should the government agree to a “détente”, show humility and empathy. I would also wish to see our decision makers making bold steps by investing in a more sustainable economy and depart from the speculative nature of the new financial paradigm which turns around “Pump and Dump”.

A savvy management of our natural resources, starting with land, would be a worthy achievement. May 2023 be a year of enrichment of our mind by gathering the most knowledge possible from around the world.



Rebecca Dobson Phillip
University of Sussex

Why bullying in politics is a matter of democracy

When civil servants and MPs can't speak up against ministers, they can't do their jobs properly.

Dominic Raab, the UK's deputy prime minister, has become the latest figure in the government to be accused of bullying. Bullying, harassment, and sexual misconduct are always serious matters. They can harm a victim's personal and professional development and wellbeing, and create cultures of fear and intimidation. In political contexts, however, they have effects beyond personal health and institutional welfare.

The impact of bullying in political institutions has the potential to undermine liberal democracy itself. It can distort political representation, decision-making and the implementation of policies that affect the lives of the public.

When ministers bully civil servants there are clear consequences for the quality of governance. Ministers rely on civil servants to get the work of government done – a breakdown in this trust can have significant implications for society. As a civil servant stated in response to the bullying allegations levelled at Raab:

It's shit for civil servants, but the overall culture is even shitter for the country.

Raab has denied these allegations.

The complaint that civil servants are vulnerable to bullying by ministers is a common one. Sir Gavin Williamson, former Cabinet Office minister, resigned at the beginning of November 2022 after denying allegations that he bullied civil servants and colleagues. The irony and potential hypocrisy involved in Williamson's recent lead in the government's anti-bullying campaign was not lost on the media, and his appointment resulted in reputational costs for Prime Minister Rishi Sunak.

In 2020 Priti Patel, the former home secretary, was also accused of bullying civil servants. Patel accepted



Dominic Raab faces an investigation into his treatment of civil servants. EPA/Andy Rain



Allegations of bullying and misconduct are a worrying sign for British democracy.
ZUMA Press / Alamy Stock Photo

the findings of a Cabinet Office inquiry into her behaviour and apologised. The Home Office paid £370,000 to settle a tribunal over her conduct, ultimately costing the tax payer.

However, there are broader social harms inflicted by bullying. Intimidation inhibits the ability of civil servants to speak truth to power and act impartially, affecting how well government policy is both formulated and implemented.

Bullying in parliament

In March 2022, an independent expert panel found John Bercow, former speaker of the House of Commons, to be a "serial bully and a liar" in relation to his behaviour towards House of Commons staff. MP Christina Rees lost the Labour whip in October 2022 for alleged bullying of constituency staff.

And Boris Johnson's resignation as prime minister in July 2022 followed his handling of the Chris Pincher affair, when the deputy chief whip was accused of groping men. It emerged that Johnson had known about similar allegations but nevertheless appointed Pincher to a senior position of power and influence. Pincher subsequently quit as chief whip and apologised for his actions.

The power invested in the whips and its potential for abuse is well-known. In January 2022, William Wragg MP alleged that blackmail was being used by Conservative whips against his colleagues. And former Conservative MP Rory Stewart called the whole party system an "elective dictatorship", with whips engaging

in "blackmail and intimidation" to force party loyalty.

These tactics, while usually concealed within party machines, were highlighted in October 2022 during a "chaotic fracking vote", in which Conservative Party whips allegedly "bullied and man-handled" MPs into backing former prime minister Liz Truss.

Why it matters

Multiple investigations over the years have confirmed that these are not isolated incidents but part of a wider culture. The impact this culture has on the freedom of debate, the representation of views, the quality of decision-making and the shape of public policy is impossible to quantify.

However, it's clear that bullying can inhibit the ability of MPs and other parliamentary staff to represent their constituents and do their jobs effectively. Such behaviour is therefore a corrosive and even corrupting force in the political life of Westminster.

While anyone can be a victim of bullying, it is clear that it affects some groups more severely than others. In a political context, this can lead to a lack of representation of those more likely to be exposed to bullying, by undermining their willingness or ability to participate.

Allegations about sexual harassment in Westminster are common and overwhelmingly affect women. There are long-standing rumours about lists of bullies and sex-pests being circulated to new female MPs to help them avoid their advances. A culture that enables this kind of bullying can stymie the efforts and undermine the political aspirations of those subjected to it.

Despite earnest (if overdue) efforts, significant changes on paper, and some progress, institutional cultures interact with broader society and are notoriously difficult to change. Changing tolerance levels in parliament goes hand in hand with challenging tolerance for bullying and other forms of discrimination in society.

Evidence suggests that bullying has touched almost every kind of relationship in and around Westminster. This should alarm not only those concerned about the wellbeing of individuals but also those interested in the wellbeing of society, democracy, and our shared political future.

To counter bullying will take time, humility, and a clear signal from the top that these behaviours are not only unacceptable and personally harmful but also corrode liberal democratic institutions and values.

From the Pages of History - MT 60 Years Ago

5th Year No 211

MAURITIUS TIMES

Friday 12 August, 1958

• "Man is neither the vile nor the excellent being which he sometimes imagines himself to be". — Benjamin Disraeli



Peter Ibbotson

Choosing a Labour Candidate

Now that the Boundary Commission has reported, and the time of the postponed general election is but six months off, it may be of interest to learn how parliamentary constituencies in the UK get their candidates. As I can speak with personal knowledge only of the way in which Labour candi-

dates are chosen, I will confine my remarks to them; though I believe that the procedure is only slightly different (and then in detail only) as regards the Conservative and Liberal Parties.

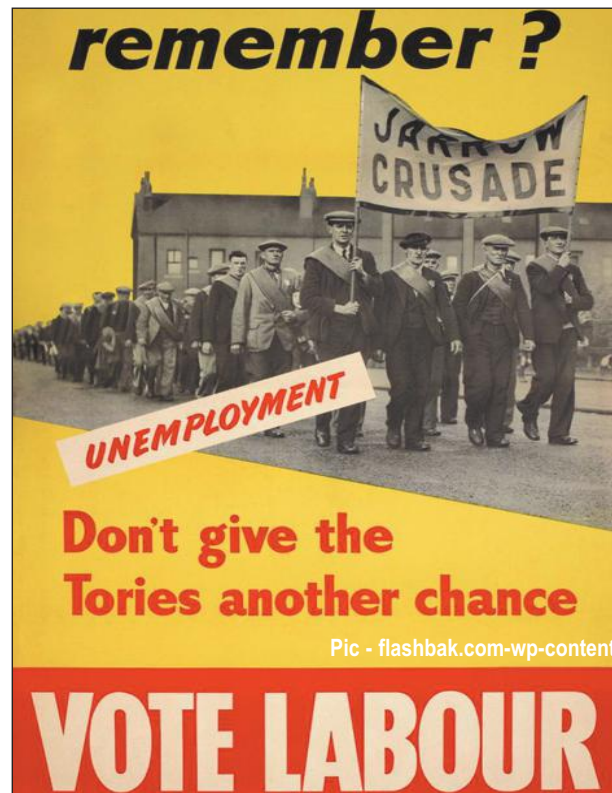
First it is necessary to know how the Labour Party is organised. Throughout the country, it is organised on the basis of Constituency Parties (CLP for short). These CLPs are federations of trade union branches and individual members of the Party. In urban areas, the individual members are organised into Ward parties, each Ward being some convenient unit for local government election purposes. In rural areas, the individual members of the CLP are organised into local parties, based on villages or townships. When a candidate is wanted for an election, each trade union branch and ward — or local party is invited by the Executive Committee of the CLP to nominate possible candidates.

It depends on the constituency what response will be forthcoming to this invitation to nominate possible candidates. In constituencies where there is little chance of a Labour candidate being elected, people are put forward who have Parliamentary ambitions but who want the experience of fighting an election in a 'hopeless' constituency before going on to a better one. If there is a certainty, or a virtual certainty, that the Labour candidate will be elected, then often a well-known figure in the trade union world or in local Labour Party circles will be nominated.

Once a candidate has been selected and elected to Parliament, he is a fixture in that constituency unless he chooses to go elsewhere.

Eventually the Executive Committee of the CLP will have received a number of nominations from its affiliated organisations (as the union branches and ward or local parties are called). On the Executive there will be representatives of the affiliated organisations. All the nominations will be discussed thoroughly; anyone who has personal knowledge of any of the nominees will be given particular attention when giving views on the suitability of that person for the constituency.

The Executive Committee will draw up, after its deliberations, a short list of nominated persons whom it wishes to interview for possible selection as the candidate. Usually, the short list will contain three names, sometimes four or five, but I have never known five to be exceeded or three to be fallen below. The short list of candidates will be interviewed not by the CLP Executive, but by the General Management Committee. The difference in these two bodies is that the Executive is much



smaller. The GMC has representatives of every affiliated organisation, each organisation (especially the ward or local parties) having representation according to size. The Executive, however, draws a limited number of members from the GMC; whereas the GMC may have a membership of a hundred or more, the Executive will seldom exceed 20 in number.

All possible candidates on the short list are invited to attend a meeting of the GMC. At this meeting every member of the GMC will be given a brief biography of the persons to appear before it. These biographies give an outline of the people's activities in the Labour and trade union movements; e.g., "GREGSON, Rex Michael, Age 25, Local Government Officer, Bachelor of Arts, Speaks 5 languages. Made first public speech at age 15 for Labour League of Youth and have since spoken for a variety of causes to audiences ranging from Labour Party branches to United States Air Force. Since joining the Party has held offices of Ward Secretary, Election Agent, CLP Social Secretary, delegate to Area Federation of CLP's and member of CLP Executive. Was President of University Union and has written pamphlets on the Middle East and North Africa. Member of North Paddington CLP and National Union of Public Employees."

The foregoing brief biography is of an imaginary person but is based on an actual biography which I saw in 1953.

The meeting at which the possible candidates are selected is known, naturally, as the Selection Conference. In my time I have attended a number.

Each interviewee is called before the GMC, usually in alphabetical order and has 10 minutes to speak, on any subject he chooses. Usually, he chooses either why he wants this particular constituency, or why he wants a constituency at all, or a pet topic on which he is particu-

larly fluent, or a quick *résumé* of his Socialist beliefs and an enlargement of his brief biography which everyone will have read.

After his short speech, he has 10 or 15 minutes in which to answer any questions, on whatever subject, which anyone present may care to ask. Often the choice of candidate depends on how he answers these questions. Often, too, the questions may have little or nothing to do with Parliamentary constituency; e.g., at one selection conference I was asked "If you are selected as candidate, would you support the mayor's civic charities?" This was in a city over 120 miles from my home!

After each possible candidate has made his speech, and answered his questions, the GMC considers the performance of each. After discussion, which can go on a long time, they vote. Not by show of hands, but on ballot papers. The usual procedure is for everyone to vote for the person of his choice. The votes are counted. Failing a clear majority for any one candidate, a second vote is taken, this time leaving out of consideration the person who had fewest votes on the first ballot. If there are only three on the list, obviously only two ballots will be needed; more on the short list means more ballots. Finally, someone is declared to be the candidate with the most votes; and then the GMC formally votes that Mr So-and-so be the prospective candidate. This vote is usually unanimous. Mr So-and-so is then called into the room and told he is now the "prospective Parliamentary candidate for the X Division of Y-shire", and the meeting is over.

Until the date of the Parliamentary election is announced, and the candidates are formally nominated and their deposits of £150 paid, they must legally be referred to as 'prospective' Parliamentary candidates only. A person does not become a 'candidate' pure and simple (legally speaking) until he has been nominated on the prescribed form and has paid his deposit as by law demanded.

The choice of candidate in any constituency is therefore made democratically, and every member of the CLP has at some stage in the proceedings the opportunity to express his opinion about the choice of a prospective candidate. It may be only at the ward party meeting where the original invitation from the CLP Executive Committee is received and dealt with. It may be, if the member is active, at GMC level; even as a member of the CLP Executive itself. But the choice is democratically made, and no-one who is unsuccessful at a Selection Conference has any ground for complaint that undemocratic methods have been employed.

Selection conferences do not always have just local people before them. A conference in Leicester two years ago considered three possibles: two from different parts of London, one from Birmingham. In Birmingham in 1953, the possibles comprised one man from London, one from Rugby, and one from a different part of Birmingham.

So local choice and local organisation are the keystones of Labour Party methods in the UK. The only thing that the Party does insist upon is that all potential candidates shall be (in addition, of course, as one would expect, to being paid-up members of their own CLP) members of their appropriate trade union.

Why some people think fascism is the greatest expression of democracy ever invented

● Cont. from page 2

On the contrary, for Spann and others, society is a group whose members share the same attitudes, beliefs, desires, view of history, religion, language and so on. It is not a collective; it is more like what Spann describes as a "super-individual." And ordinary individuals are more like cells in a single large biological organism, not competing independent organisms important in themselves.

This sort of society could indeed be democratic. Democracy is intended to give effect to the will of the people, but it doesn't require that society be diverse and pluralistic. It does not tell us who "the people" are.

Who are the people?

According to fascists, only those who share the correct attributes can be part of "the people" and therefore true members of society. Others are outsiders, perhaps tolerated as guests if they respect their place and society feels generous. But outsiders have no right to be part of the democratic order: Their votes should not count.

This helps explain why Tucker Carlson claims "our democracy is no longer functioning," because so many nonwhites have the vote. It also helps explain why Carlson and others so vigorously promote the "great replacement theory," the idea that liberals are encouraging immigrants to come to the U.S. with the specific purpose of diluting the political power of "true" Americans.

The importance of seeing the people as an exclusive, privileged group, one that actually includes rather than is represented by the leader, is also at work when Trump denigrates Republicans who defy him, even in the smallest ways, as "Republicans in Name Only." The same is also true when other Republicans call for these "in-house" critics to be cast out of the party, for to them any disloyalty is equivalent to defying the will of the people.

How representative democracy is undemocratic

Ironically, it is all the checks and balances and the endless intermediate levels of representative government that fascists view as undemocratic. For all these do is interfere with the ability of the leader to give direct effect to the will of the people as they see it.

Here is Libyan dictator and Arab nationalist Moammar Gadhafi on this issue in 1975:

"Parliament is a misrepresentation of the people, and parliamentary systems are a false solution to the problem of democracy... A parliament is... in itself... undemocratic as democracy means the authority of the people and not an authority acting on their behalf."

In other words, to be democratic, a state does not need a legislature. All it needs is a leader.

How is the leader identified?

For the fascist, the leader is certainly not identified through elections. Elections are simply spectacles meant to announce the leader's embodiment of the will of the people to the world.

But the leader is supposed to be an extraordinary figure, larger than life. Such a person cannot be selected through something as pedestrian as an election. Instead,



Pic - Lev Radin/Pacific Press/LightRocket via Getty Images

the leader's identity must be gradually and naturally "revealed," like the unveiling of religious miracle, says Nazi theorist Carl Schmitt.

For Schmitt and others like him, then, these are the true hallmarks of a leader, one who embodies the will of the people: intense feeling expressed by supporters, large rallies, loyal followers, the consistent ability to demonstrate freedom from the norms that govern ordinary people, and decisiveness.

So when Trump claims "I am your voice" to howls of adoration, as happened at the 2016 Republican National Convention, this is supposed to be a sign that he is exceptional, part of the unity of nation-state and leader, and that he alone meets the above criteria for leadership. The same was true when Trump announced in 2020 that the nation is broken, saying "I alone can fix it." To some, this even suggests he is sent by God.

If people accept the above criteria for what identifies a

true leader, they can also understand why Trump claims he attracted bigger crowds than President Joe Biden when explaining why he could not have lost the 2020 presidential election. For, as Spann wrote a century earlier, "one should not count votes, but weigh them such that the best, not the majority prevails."

Besides, why should the mild preference of 51% prevail over the intense preference of the rest? Is not the latter more representative of the will of the people? These questions certainly sound like something Trump might ask, even though they are actually taken from Gadhafi again.

The duty of the individual

In a true fascist democracy, then, everyone is of one mind about everything of importance. Accordingly, everyone intuitively knows what the leader wants them to do.

It is therefore each person's responsibility, citizen or official, to "work towards the leader" without needing specific orders. Those who make mistakes will soon learn of it. But those who get it right will be rewarded many times over.

So argued Nazi politician Werner Willikens. And so, it appears, thought Trump when he demanded absolute loyalty and obedience from his administration officials.

But most importantly, according to their own words, so thought many of the insurrectionists on Jan. 6, 2021, when they tried to prevent the confirmation of Biden's election. And so Trump signalled when he subsequently promised to pardon the rioters.

With that, the harmonization of democracy and fascism is complete.

Mark R. Reiff - Research Affiliate in Legal and Political Philosophy, University of California, Davis

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Flu, RSV and Covid-19

Advice from family doctors on how to get through this 'triple-demic'

As community-based family doctors, we have been attending to patients who showed the early warning signs of the oncoming wave of our viral season. We are now in the middle of that wave: a "triple-demic" of RSV, influenza and Covid-19.

While much of the news coverage of this viral surge has focused on overcrowded emergency rooms and intensive care units, family physicians are an important front line of protection against serious illness.

We should remember that this wave of viruses hits us every year around this time, even though this appears to be a particularly bad wave of RSV and the flu. We don't yet know for sure why this wave is so much worse than recent years.

Observations by family doctors

Family doctors have learned important lessons through the Covid-19 pandemic that we need to apply during the current viral season.

First, the vast majority of viral infections will be mild to moderate in severity and can be managed by a family physician in an outpatient setting. Most children do not need to visit emergency rooms to seek care for viral infections.

Over the past month, our clinics have seen a surge of sick children presenting with RSV, the flu and other viruses. It has become more common to see fevers lasting longer than five days, ongoing coughs and superimposed lung and ear infections that require treatment.

In most cases, these conditions can be managed by a family physician. In a small number of cases, we reach out to our pediatric emergency colleagues to let them know a child is on their way for assessment and further management.



Over the past month, clinics have seen a surge of sick children presenting with RSV, the flu and other viruses. (Shutterstock)

Second, patients should continue to seek medical care from a family doctor if they have a health concern, despite the presence of new or returning viruses. Throughout the pandemic, we have seen countless numbers of patients who delayed seeking care for serious health problems. These patients missed crucial time needed to diagnose and treat their conditions in a timely manner.

Patients should continue to see their family doctors to seek advice or treatment for a health condition, including guidance on concerning viral symptoms.

Third, we are also observing the ongoing and significant harm caused to children and young people by prolonged periods of social isolation. We are also seeing the impact of excessive screen time and social media on many of our young patients.

Accepting or imposing repeated limitations on social contact has consequences in the form of depression and anxiety. While some vulnerable people may try to avoid crowd settings during the viral season, many of our patients — especially younger ones — need to continue to find safe ways to expand and deepen their social contact with others, rather than limit it further.

Finally, vaccination is an excellent protective measure against severe illness. And

masks can help to limit transmission. COVID-19 booster shots are widely available and recommended for those over five years old. Those over 12 years old can receive the bivalent booster, which offers more protection against the omicron variant.

The flu vaccine can be given at the same time. It is strongly recommended for children ages six months and older. Masking indoors has now been recom-

mended by the Chief Medical Officer of Health for Ontario, to help reduce transmission for those that are symptomatic and to protect those who are vulnerable to serious illness as a result of contracting RSV, the flu or COVID-19.

Supporting through the next wave

As we all push through another wave of illness, along with the pressures imposed on families, education systems and the healthcare sector, we can draw on the insights that family doctors have gained from the Covid-19 pandemic.

We can be mindful of our responsibility to protect our most vulnerable by getting vaccinated, staying at home when we aren't feeling well, and making responsible use of our medical system.

Family doctors are there to support our patients' health, attend to chronic disease management and provide advice and direction — especially in the case of viral infections. We are there to help our patients get through this viral wave and onto the other side.

Lita Cameron & Skylar Neblett - Family Physicians and Assistant Clinical Professors (Adjunct), Department of Family Medicine, McMaster University

To Our Readers

Subscribe to the Mauritius Times

67 years ago, *Mauritius Times* was founded with a resolve to fight for justice and fairness and the advancement of the public good. It has never deviated from this principle no matter how daunting the challenges and how costly the price it has had to pay at different times of our history. We are determined not to abandon this line of action, which is the cardinal principle of our *raison-d'être*. This is what has given *Mauritius Times* a unique standing in the local publishing world.

Our production circumstances have changed since last year with the onset of the Covid-19 pandemic, and we have had to move to the digital platform. We have since March 2020 freely circulated the paper via WhatsApp and by email, besides making it available on our website.

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

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

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By nature, human beings are social creatures. Yet, as we age, personal dynamics and lifestyles change, which can result in loneliness and isolation. With older adults increasingly moving into senior living or retirement communities, researchers at University of California San Diego School of Medicine sought to identify the common characteristics of residents who feel lonely in these environments.

"Loneliness rivals smoking and obesity in its impact on shortening longevity," said senior author Dilip V. Jeste, MD, Distinguished Prof of Psychiatry and Neurosciences at UC San Diego School of Medicine. "It is a growing public health concern."

The new study, published online in the issue of 'Aging and Mental Health', found that people's experience of living with loneliness is shaped by a number of personal and environmental factors.

Researchers conducted one-and-a-half-hour individual interviews of 30 adults ages 67 to 92, part of an overall study evaluating the physical, mental and cognitive functions of 100 older adults living in the independent living sector of a senior housing community in San Diego.

In this communal setting, 85 percent of the residents reported moderate to severe levels of loneliness.

Lonely in a crowd: Overcoming loneliness with acceptance and wisdom



"Different people feel lonely for different reasons despite having opportunities and resources for socialization. This is not a one size fits all topic," said Jeste.

Three main themes emerged from the study:

Age-associated losses and inadequate social skills were considered to be primary risk factors for loneliness. "Some residents talked about the loss of spouses, siblings and friends as the cause of their loneliness. Others mentioned how making new friends in a senior

community cannot replace deceased friends they grew up with," said first author Alejandra Paredes, a research fellow in the Department of Psychiatry at UC San Diego School of Medicine.

The feeling of loneliness was frequently associated with a lack of purpose in life. "We heard powerful comments like, 'It's kind of gray and incarcerating,'" said Jeste. "Others expressed a sense of 'not being attached, not having very much meaning and not feeling very hopeful' or 'being lost and not having control.'"

The research team also found that wisdom, including compassion, seemed to be a factor that prevented loneliness. "One participant spoke of a technique she had used for years, saying 'if you're feeling lonely, then go out and do something for somebody else.' That's proactive," said Jeste.

Other protective factors were acceptance of aging and comfort with being alone. "One resident told us, 'I've accepted the aging process. I'm not afraid of it. I used to climb mountains. I want to keep moving, even if I have to crawl. I have to be realistic about getting older, but I consider and accept life as a transition,'" Jeste noted. "Another resident responded, 'I may feel alone, but that doesn't mean I'm lonely. I'm proud I can live by myself.

How and why resistance training is imperative for older adults

For many older adults, resistance training may not be part of their daily routine, but a new position statement suggests it is vital to improving their health and longevity.

"When you poll people on if they want to live to 100 years old, few will respond with a 'yes'," says Maren Fragala, Ph.D., director of scientific affairs at Quest Diagnostics and lead author of the position statement, which highlights the benefits of strength and resistance training in

older adults for healthier aging.

"The reason mainly being that many people associate advanced age with physical and cognitive decline, loss of independence and poor quality of life," adds Mark Peterson, Ph.D., M.S., FACS, an associate Prof of physical medicine and rehabilitation at Michigan Medicine.

"Aging, even in the absence of chronic disease, is associated with a variety of

biological changes that can contribute to decreases in skeletal muscle mass, strength and function," Fragala says. "Such losses decrease physiologic resilience and increase vulnerability to catastrophic events."

She adds, "The exciting part about this position statement is that it provides evidence-based recommendations for resistance training in older adults to promote health and functional benefits, while preventing and minimizing fears."

Fragala adds that the benefits of participating in resistance training as an older adult outweigh the risks.

"The coauthors of this paper and the hundreds of other prolific researchers whose work we synthesized in this position statement have found that in most cases, the vast benefits of resistance training largely outweigh the risks when training is properly implemented," Fragala says.



How many galaxies are there in the universe?

Many galaxies are too faint or small for us to observe easily – but science can help us work it out.

A galaxy is a massive collection of gas, dust and billions of stars all bound together by the force of gravity. Galaxies are also huge, measuring billions of billions of kilometres across.

To properly understand what a galaxy is, we should start by looking at our own Milky Way galaxy.

Our Sun is just one star out of billions of other stars contained within a galaxy called the Milky Way. In the same way that the Earth orbits the Sun, the Sun also orbits the Milky Way's centre.

When we look up at the night sky, the stars we can see with our eyes are all part of the Milky Way. If you've been outside on a really clear, dark night, you may have noticed a thin fuzzy band of stars and light stretching across the sky. This is our Milky Way galaxy viewed from the inside out. We see a thin line because our galaxy is shaped like a thin disk, and we're looking at the edge of the disk.

If we look towards the centre of this disk, we see a brighter region called the galactic core. Stars in the core are grouped much closer together, and form a shape that looks like a ball that peeks out



Sunti/Shutterstock

from the top and bottom of the disk.

By mapping the positions and motions of the stars in the Milky Way, we can start to build a picture of what our galaxy might look like if we could look down on the disk from above. The overall shape would be a circle.

We would see the bright core, which would look reddish-yellow, as the stars here are cooler. Winding out from that core would be a number of spiral arms, bluish in colour because they contain hotter stars. The Milky Way would look a

little like a whirlpool.

Beyond the Milky Way

Astronomers are confident that our Milky Way has spiral arms because we see lots of other galaxies like it when we look out into the universe. Most other galaxies that are thin disks similar to our Milky Way also have winding spiral arms. We call these spiral galaxies.

Not every galaxy looks this way, though. Some of the other galaxies we see in the universe look like smooth, fuzzy ovals of light, something between the

shape of a basketball and a rugby ball. We call these elliptical galaxies, and they are mostly made up of cooler, redder stars. There are also galaxies that don't have any particular shape at all. These are called irregular galaxies.

Working out how many galaxies there are in the universe is actually pretty difficult. Many galaxies are too faint or small for us to observe easily, even with the most powerful telescopes. Despite this, astronomers came up with a clever way of working this out. Astronomers pointed the Hubble space telescope at a tiny patch of the sky for 11.3 days and collected the light from galaxies that are both nearby and very distant.

This tiny patch of sky was full of galaxies, almost 10,000, of all different sizes and shapes. By multiplying this number by the number of times this tiny patch of sky would fit into the entire sky, astronomers came up with an estimate of between about 100 and 200 billion galaxies. This number will almost definitely change, though, as we learn more about our universe in the future.

Nicolas Bonne

Public Engagement and Outreach
Fellow/Tactile Universe Project Lead,
University of Portsmouth



Success has many relatives

India claims that Rishi Sunak, the Prime Minister of the United Kingdom, is of Indian origin, as his grandparents migrated from undivided India under British rule!

Pakistan also claims that Rishi Sunak is their son, as his grandfather was born on their land!

Kenya claims that Rishi Sunak's father Yashveer Sunak was born in Kenya; they claim his origin as well.

UK says nothing needs to be said because Rishi was born in Southampton, UK, so he is a Britisher!

South Africa also claims his origin, as Rishi's mother, Usha, was born there!

India also claims that Rishi ji is their son-in-law as he is married to Akshata Murthy, daughter of Narayana Murthy!

USA now enters the battlefield claiming that since Akshata Murthy is a US citizen, Rishi is their son-in-law!

Moral of the story: Success has many relatives, meanwhile failure is orphan!

A balding man went into a barber's shop and asked the cost of a haircut.

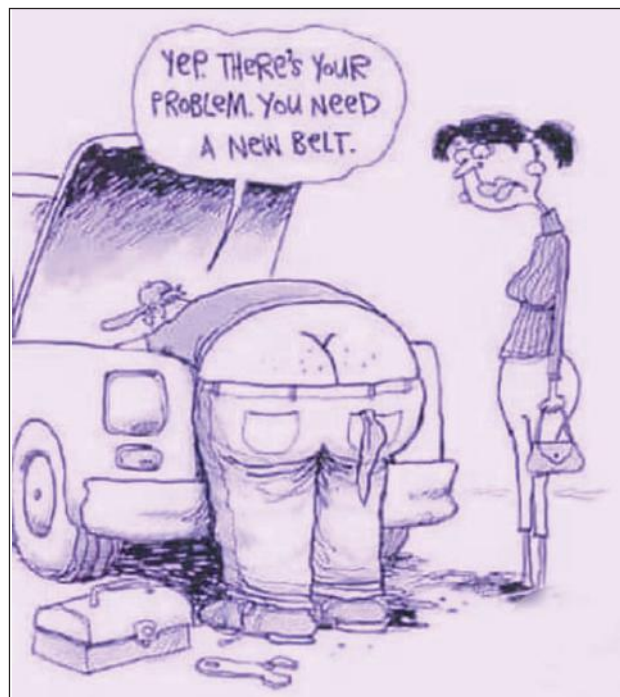
'Thirty dollars,' said the barber.

'Thirty dollars, that's crazy,' exclaimed the guy, 'I hardly got any hair, how come it's so expensive?'

The barber explained: 'It's \$5 for the actual cut, and \$25 for the search fee.'

The Dangers of Drinking and Driving

I would like to share a personal experience I had about drinking and driving. This might save you the cost and embarrassment of being arrested for DWI. As you



know, people have been known to have unexpected brushes with the authorities from time to time, often on the way home after a "social session" with family or friends.

Well recently, it happened to me. I was out for the night to a party and had more than several margaritas coupled with a bottle of rather lovely red wine. It was held at a great Italian restaurant.

Although relaxed, I still had the common sense to know I was slightly over the limit. That's when I did something I've never done before... I took a taxi home. On the way home there was a police roadblock, but since it was a taxi, they waved it past, and I arrived home safely without incident. These roadblocks can be anywhere, and I realized how lucky I was to have chosen to take a taxi.

The real surprise to me was that I had never driven a taxi before. Not sure where I got it, and now that it's in my garage I don't know what to do with it. If you want to borrow it, give me a call.

Last rites

One day while he was at the track playing the ponies and all but losing his shirt, Mitch noticed a priest who stepped out onto the track and blessed the forehead of one of the horses lining up for the 4th race. Lo and behold, that horse - a very long shot - won the race!

Before the next race, as the horses began lining up, Mitch watched with interest the old priest step onto the track. Sure enough, as the 5th racehorses came to the starting gate the priest made a blessing on the forehead of one of the horses.

Mitch made a beeline for a betting window and placed a small bet on the horse. Again, even though it was another long shot, the horse the priest had blessed won the race. Mitch collected his winnings, and anxiously waited to see which horse the priest would bless for the 6th race. The priest again blessed a horse. Mitch bet big on it, and it won. Mitch was elated. As the races continued the priest kept blessing long shot horses, and each one ended up coming in first.

By and by, Mitch was pulling in some serious money. By the last race, he knew his wildest dreams were going to come true. He made a quick dash to the ATM, withdrew all his savings, and awaited the priest's blessing that would tell him which horse to bet on.

True to his pattern, the priest stepped onto the track for the last race and blessed the forehead of an old nag that was the longest shot of the day. Mitch also observed the priest blessing the eyes, ears, and hooves of the old nag.

Mitch knew he had a winner and bet every cent he owned on the old nag. He then watched dumbfounded as the old nag come in dead last. Mitch, in a state of shock, made his way down to the track area where the priest was.

Confronting the old priest he demanded, 'Father! What happened? All day long you blessed horses and they all won. Then in the last race, the horse you blessed lost by a Kentucky mile. Now, thanks to you I've lost every cent of my savings -- all of it!'

The priest nodded wisely and with sympathy. 'Son,' he said, 'that's the problem with most people, you can't tell the difference between a simple blessing and last rites.'

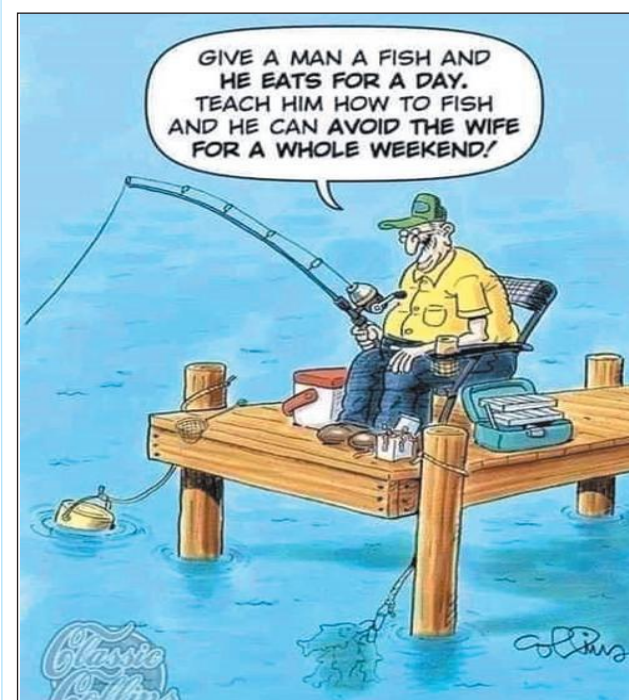
The Wife's Math

A woman comes home and find a letter from her husband on the dinner table.

She opens it and reads:

"My Dear Wife,

You will surely understand that I have certain needs that you, as a 54-year-old, can no longer satisfy. I'm very happy with you and I value you as a good wife. However, after reading this letter, I hope you will not wrongly interpret the fact that I will be spending the evening with my 18-year-old secretary at the Comfort Inn. Please don't be upset, I shall be back before midnight."



When the man came home late that night, he found a reply to his letter on the dining room table:

"My Dear Husband,

I received your letter and thanked you for your honesty about my being 54 years old. I would like to take this opportunity to remind you that you are also 54 years old. I would like to inform you that, while you read this, I will be at the Hotel Fiesta with Michael, one of my students, who is also an assistant tennis coach. He is young, virile and, like your secretary, he is 18.

You, being a successful businessman with an excellent knowledge of maths, will understand that we are in the same situation, although with one small difference - 18 goes into 54 a lot more times than 54 goes into 18...

That's Life

“Why Me?”

By Arthur Ashe

Arthur Ashe was the first black man to win the US Open, Australian Open, and Wimbledon. During a heart surgery in 1983, he got infected by the blood that he received and contracted AIDS.

From all over the world, he received letters from his fans, one of which conveyed: “Why does God have to select you for such a bad disease?”

To this, Arthur Ashe replied: “The world over -- 50 million children start playing tennis,

5 million learn to play tennis, 500,000 learn professional tennis,

50,000 come to the circuit, 5000 reach the grand slam, 50 reach Wimbledon,

4 to the semi-final, 2 to the finals, When I was holding a cup I never asked God ‘Why me?’.

And today in pain I should not be asking God ‘Why me?’.

- Happiness keeps you Sweet,
- Trials keep you Strong,



- Sorrow keeps you, Human,
- Failure keeps you humble and
- Success keeps you glowing, but only Faith & Attitude Keeps you going.”

Sometimes you are not satisfied with your life, while many others in this world are dreaming of living your life.

A child on a farm sees a plane fly overhead and dreams of flying, while a pilot on the plane sees the farmhouse and dreams of returning home.

That's Life! Enjoy yours...

Because...

... if wealth is the secret to happiness, then the rich should be dancing on streets, but only poor kids do that.

... if power ensures security, then VIPs should walk unguarded. But those who live simply sleep soundly.

... if beauty and fame bring ideal relationships, celebrities should have the best marriages.

Therefore, live simply, be happy, walk humbly & love genuinely!

Life can be better

To the woman who is slowly fading away

To the woman who has lost her spark, to the woman whose get-up-and-go has well and truly gone. This is for you.

This is to remind you, that you don't have to be everything to everyone, every day. You didn't sign up for that.

Remember when you used to laugh? Sing? Throw caution to the wind?

Remember when you used to forgive yourself more quickly for not always being perfect.

You can get that back again.



You really can.

And that doesn't have to mean letting people down or walking away.

It just means being kinder to you, feeling brave enough to say no sometimes.

Being brave enough to stop sometimes.

And rest.

It starts the moment you realise that you're not quite who you used to be.

Some of that is good, some of that is not. There are parts of you that need to be brought back.

And if anyone in your life is not okay with that... they are not your people.

Your people will be glad to see that spark starting to light up again.

So, if you have been slowly fading away my friend, this is the time to start saying yes to things that bring you joy and no to things that don't. It's really pretty simple.

Donna Ashworth

Intelligence and Wisdom

Quotes from our ancient Books

1. Intelligence leads to arguments. Wisdom leads to settlements.
2. Intelligence is the power of will. Wisdom is power over will.
3. Intelligence is heat, it burns. Wisdom is warmth, it comforts.
4. Intelligence is the pursuit of knowledge; it tires the seeker. Wisdom is the pursuit of truth; it inspires the seeker.
5. Intelligence is holding on. Wisdom is letting go.

6. Intelligence leads you. Wisdom guides you.
7. An intelligent man thinks he knows everything. A wise man knows that there is still something to learn.
8. An intelligent man always tries to prove his point. A wise man knows there really is no point.
9. An intelligent man freely gives unsolicited advice. A wise man keeps his counsel until all options are considered.
10. An intelligent man understands what is being said. A wise man understands what is

- left unsaid.
11. An intelligent man speaks when he has to say something. A wise man speaks when he has something to say.
12. An intelligent man sees every thing as relative. A wise man sees everything as related.
13. An intelligent man tries to control the mass flow. A wise man navigates the mass flow.
14. An intelligent man preaches. A wise man reaches. Intelligence is good but wisdom achieves better results.

Life's Stories

Wife's secret

A happy couple of over sixty years shared everything with each other. They never kept a secret from each other except for one. But, the lady kept a shoe box in her cupboard and told her husband never to open it.

For years they never talked about it but the husbands sometimes used to wonder what was inside the box. One day the lady got very sick and she lost hope to recover. The lady did not want to keep any secrets from her husband anymore and asked the husband to get the box out of her cupboard.



When the husband brought the box, she asked him to open the box. The husband opened the box and found two crocheted dolls and a stack of money worth \$95,000. The husband was curious about the content of the box and asked her about it.

She said, "When we were to be married, my grandmother told me that the secret to a happy married life was to avoid arguments. And if I ever get angry with you, then I should keep quiet and just crochet a doll."

The old man was relieved and happy to see that there were only two crochet dolls in the box. The two crochet dolls meant his wife was just angry two times during her whole married life.

Then he said, "Dear, that explains dolls but what about all the money in the box? Where did it come from?"

"Oh," she smiled and said, "That's the money I made from selling all the other dolls."

I remember when we first met,
how your eyes held the mystery
of a million dreams,
and how I wished I knew
whatever it was that made you smile,
and so slowly,
I learned the language of your love
by listening to the poetry of your soul,
and when I heard you
speaking the same language as me,
I knew that you were the one
I could follow into every tomorrow,
and never look back.

--Mark Anthony

Health Matters

Surprising things that lead to heart disease

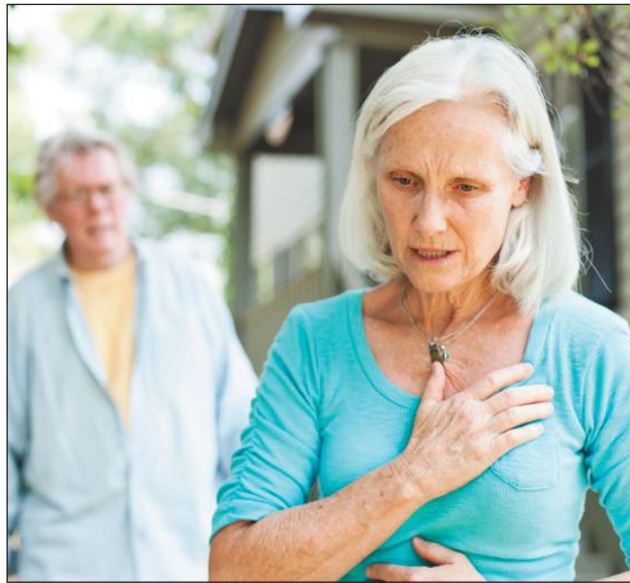
What is heart disease? It's a group of conditions related to your heart. Some are problems with the muscle itself, the valves, or how it beats, including cardiomyopathy, atrial fibrillation, and heart failure. Others affect your blood vessels, like hardened arteries and strokes. Unhealthy foods, lack of exercise, and smoking are often what lead to heart disease. So can high blood pressure, infections, and birth defects. But other things might surprise you.

Cars, Planes, and Trains: Starting at around 50 decibels -- between the volume of a refrigerator humming and a friendly chat -- traffic noise can raise your blood pressure and the likelihood of heart failure. For each 10-decibel increase, your odds of heart disease and stroke go up even more. Scientists think it's tied to how your body reacts to stress.

Migraine: We're not sure why, but you're more likely to have a stroke, chest pain, and heart attacks when you get migraines, especially with auras. And if heart disease runs in your family or you've had heart problems or a stroke, you may not want to take medicines called triptans for your migraines because they narrow your blood vessels. Check with your doctor about the best way to control and treat your headaches.

Kids: Parents have a greater chance of getting heart disease, and the odds go up slightly with each child. Because that's true for both sexes, biology probably isn't behind it.

But women who get their first period before they're 12 or stop having periods before they're 47 are more likely to have a stroke as well as heart disease. Women's risk also



goes up if they have had a miscarriage or had their ovaries or uterus removed.

Loneliness: Having few friends or being unhappy with your relationships raises your odds of heart disease and stroke by about as much as second-hand smoke does. Feeling alone has been linked to high blood pressure and other effects of stress. So join a recreational sports team or your neighbourhood walking group. You'll get both exercise and a stronger social network -- a twofer to prevent heart disease.

Long hours at work: More people who work at least 55 hours per week have heart disease than those who work 35-40 hours. That could be the result of a number of things: more stress, more sitting, perhaps drinking more alcohol, for example. You may brush off signs of trouble and put off seeing your doctor. If you tend to stay late, it's especially important for you to take care of yourself to avoid heart disease and stroke.

Gum disease: Bacteria from your mouth, including periodontal disease, can get into your blood and set off inflammation in the lining of your arteries, which can lead to fatty buildup in them (atherosclerosis). Research shows that treating gum disease can lower the level of an inflammation marker called C-reactive protein in your blood. Doctors use this measurement, along with your cholesterol levels, to predict "cardiac events" like a heart attack.

Troubled Childhood: Things like violence, bullying, and abuse when you were younger -- including seeing harm done to others -- have been linked to high blood pressure, obesity, and type 2 diabetes in adults. And these health problems give you a greater chance for heart disease. The ongoing stress early in life can change how your body works. You may also be dealing in unhealthy ways with the effects of feeling unsafe while growing up.

You've got the flu: A 2018 study found that people ended up in the hospital with a heart attack six times more often in the week after they were diagnosed with influenza than in the year before and after. Doctors aren't sure why. It may be that when you're fighting an infection, your blood gets more sticky and clots more easily. It may have something to do with inflammation. (And there's another reason to get a flu shot.)

A short fuse: You're almost five times more likely to have a heart attack after you've been furious. In the 2 hours after an outburst of rage, the chance of a stroke or racing heartbeat goes up, too. You can't always avoid or control what sets you off, so find a way to deal with your anger in the moment and cool that fire. If it happens often, consider an anger management class or therapy to lower your long-term risk of heart trouble.

Reviewed by James Beckerman,
MD, FACC - WebMD

Living Better

Clever ways couples can save money

Finances are a vital part of a couple's married life. Not only is it a huge responsibility but also the path forward for a successful and comfortable lifestyle. It's easy to get swayed away with a comfortable and luxurious lifestyle in the early days of marriage, but this is the right time for the couple to talk about financial planning. It plays a huge role in securing a financially secure lifestyle later down the road. Hence, here are some ways couples can save money wisely.

Set common financial goals

It can be difficult to save money if you and your spouse aren't on the same page. It's important to discuss and realise each other's goals in terms of financial success. You both can discuss together where you want to invest or plan your savings.

Budgets

This is probably the most important and best way to save money as a couple. Brainstorm a suitable budget together taking all considerations into account and work on maintaining that streak. Analysing



your spending and saving habits can help you create a good budget framework. Additionally, there are many budgeting apps available on the internet that can make your work a whole lot easier.

Balance incomes

This strategy is very useful if both the partners are working independently. One can keep their earnings as a savings only account and use the other's salary. Keeping the savings account completely separate secures a hefty amount over

time.

Health care savings

If you have been offered an extensive health care program from your company, carefully analyse it to understand what works best for you and your family. Saving individual payments to different plans can amount to a lot of money annually. For some, sticking to one plan from either employer can save up a lot of money.

Full use of discounts

Make it a habit to look for places that provide reasonable discounts. It may seem trivial but the little savings from it add up to a lot of money. Don't only look for discounts on household items or clothes, but also visit restaurants that provide coupons. This fares really well in cases of expensive restaurants.

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Jacqueline Fernandez caught up in a 'gifts scandal'

A court in India has granted bail to Bollywood actress Jacqueline Fernandez in a case of money laundering. The 37-year-old actress is being investigated by the Enforcement Directorate (ED), in a case of alleged financial misdemeanour.

Fernandez' lawyer Prashant Patil denies the charges and insists there is no legal case against her.

The case has made headlines in India because of the celebrity status of Fernandez.

A celebrity endorser for several big brands, the actress is routinely found in media lists of "most desirable" women, "the world's sexiest Asian women" and the "most popular Indian celebrities".

But since last year, she has been embroiled in an unseemly controversy involving an alleged conman, details of expensive gifts she's received from him, and accusations of money laundering against her.

The case centres around her relationship with Sukesh Chandrasekhar - a 32-year-old man accused of extortion by several people and described by the authorities and Indian press as a "conman".



According to court documents, Chandrashekhar, who's been in prison since 2018 in connection with other cases, was named in a fresh complaint in August last year where he was accused of extorting a business family of 2bn rupees (£20.9m) in 2020. His lawyer Ashok K Singh has denied all the charges against his client and said that "he has been framed".

While investigating this case, officials say they found

that between February and August last year, Chandrasekhar had lavished Jacqueline Fernandez with gifts worth 71.2m rupees which included designer handbags, clothes, jewellery, a horse, cars for her siblings and parents, properties and cash payments.

Fernandez does not deny the gifts but Mr Patil, her lawyer, says that she is also "a victim" of an elaborate crime.

According to court papers, Chandrashekhar first approached Fernandez in December 2020 through Pinky Irani - a woman who was arrested a year after that for her connections with the alleged conman and freed on bail later - but the actress did not show any interest in him then.

She first spoke to him at the end of January 2021 after her staff received a call from what they believed was the Indian home ministry saying that the actress should speak to Chandrashekhar as he was an important official. Investigators say this was a "spoof call" which showed Chandrashekhar's number as belonging to the home ministry.

Fernandez says he told her that he was the scion of a top political family from the southern state of Tamil Nadu, that he owned a well-known news TV channel and a big jewellery firm and that he was interested in producing a project for a streaming service with her as the lead.

She met him twice in the southern city of Chennai when he was out on parole to attend his uncle's funeral.

Meet the future brides and grooms of Hollywood and Bollywood in 2023



Megan Fox and Machine Gun Kelly: Known for their interesting fashion choices and PDA, the couple announced their engagement on Instagram

Megan Fox and Machine Gun Kelly

Celebrity weddings are always much-anticipated by fans because of their collective star value, fashion, lavish receptions, and beautiful bridal photos. While a good number of stars keep their weddings private and traditional, others go all out in their celebrations. Here are a few rumoured weddings coming up in the industry in 2023, as reported by Nilanjana G. Javed of Gulfnews.

Kiara Advani and Sidharth Malhotra

Rumours surrounding Bollywood IT couple Sidharth Malhotra and Kiara Advani have been making headlines for a while, and with each new development the pair's names come back up. On the seventh season of 'Koffee With Karan', host and director Karan Johar announced that things said on his show tend to manifest into reality. As was the case with Katrina Kaif and Vicky Kaushal, who are now married.

Johar's predictions seem to have been right as a BollywoodLife report claimed that Malhotra and Advani were set to get married in 2023. The report which cited a 'well-placed source' who revealed that the April wedding would take most probably take place in Delhi. Salman

Khan also joked on his Bigg Boss show that Sid will soon be a married man, to which Sid maintained a coy front.

Nupur Shikhare (left) and Ira Khan

Ira Khan and Nupur Shikhare: Aamir Khan's daughter Ira Khan and her beau fitness consultant Nupur Shikhare are reportedly heading towards wedded bliss. The couple announced their engagement in September and caught everyone by surprise. They have always been open about their loving bond.

Jackky Bhagnani and Rakul Preet Singh

Will Rakul Preet Singh and Jackky Bhagnani tie the knot in 2023? After Kiara Advani and Sidharth Malhotra's wedding rumours, another one has popped up. ETimes reported that Aman Preet Singh, Rakul's brother, revealed the details, adding that while marriage is on the cards but both artists are swamped with work commitments. He reportedly said, "Rakul will announce it on her own when she decides to get married. I would know if it was happening. Marriage is the climax of any relationship."



However, Rakul reacted to the report through her Twitter, and rubbished the claims. Starting her tweet with a laughing emoji, she wrote, "Aman Preet you confirmed? Aur mujhe bataya bhi nahi bro [you didn't even tell me bro].. it's funny how I don't have news about my life." Rumours suggest that a grand wedding is in the works.

Athiya Shetty and KL Rahul

It looks like Athiya Shetty and KL Rahul are ready to



make things official. Reports claim their wedding will be a star-studded affair, according to Indian news website Pinkvilla. The location, it adds, has been chosen — the residence of the bride's father and actor Suniel Shetty, the Khandala bungalow known as 'Jahaan'.

The two reportedly decided against having an extravagant wedding at a five-star hotel and instead will exchange vows in front of their immediate family and friends.

Additionally, the wedding date will be decided keeping in mind the cricketer's work schedule. This is one couple who have always been open about displaying their love for each other.

Alanna Panday, and American director partner Ivor McCray

Alanna Panday, the cousin of actress Ananya Panday, got engaged to her American director partner Ivor McCray at a beautiful event held at her home on November 13. The couple looked beautiful in matching Indian outfits. However, a final wedding date has not been announced.

Arjun Kapoor and Malaika Arora

When Malaika put up a cryptic 'I Do' post, she sent her fans in a tizzy and sparked speculation that she's turning a bride soon. Word has it that Arjun Kapoor and Malaika will soon tie the knot and make their love official.

Just scroll through their social media accounts and you will see the loved-up pair having a great time in each other's company.



**Tina Datta, Nia Sharma, Surbhi Jyoti,
Mouni Roy and more...**

TV actresses whose gorgeous makeup sweeps fans off their feet

Tina Datta, Nia Sharma, Surbhi Jyoti, Mouni Roy and more TV actresses whose flawless makeup is true inspiration for makeup tutorial beginners and fans.

For example, Nia Sharma is pure makeup goals. From catchy shades of eyeshadow to glossy lips and bronzed cheeks, she loves the glam factor. Her collection of lipsticks is huge and she is a MAC loyalist.

Hina Khan: Hina Khan is a pro at doing her own makeup. Hina Khan can pull off any look but retro glam is made for her. Bold lips, bright eyes and glitter makes her stand out and how. Hina Khan loves shopping for makeup, and stocks up on NARS products.

Mouni Roy: Mouni Roy is the queen of the winged eyeliner look. It goes beautifully with her saree looks. Peachy pink cheeks, loads of mascara and soft lip shades look great on her. She is also good in doing her own makeup.

Aashka Goradia: One of the founders of RENEE, Aashka Goradia can draw a winged

eyeliner in a jiffy. She is a pro at makeup, and pretty obsessed with it. Also Read - Bigg Boss 16: After Gauahar Khan, Kushal Tandon rips apart Shalin Bhanot on Twitter; says, 'Bro try me as a muscle power' [Read Tweets]

Surbhi Chandna: Surbhi Chandna loves her browns. Her makeup is perfect for the Indian skin tone. From chocolate browns to suedes and caramel colours, her makeup is what most of us would copy without any fear.

Surbhi Jyoti: She is hands down one of the prettiest actresses. Surbhi Jyoti looks lovely as an Indian bride. Check out that pink eyeshadow on her lids. From the kohl-ed eyes to nude lips, she looks perfect.

Erica Fernandes: Erica Fernandes has a channel where she shares makeup tutorials. From dewy morning look to Indian wedding guest avatar, you can catch up on it for tips and tricks.

Nikki Tamboli: Fans of Bigg Boss 14 will know how crazy Nikki Tamboli is for makeup. She has an extensive collection. Nikki Tamboli is a fan of elite brands like Huda Beauty, Smashbox and Anastasia Beverly Hills. Also Read - Bigg Boss: Tejasswi Prakash-Karan Kundrra to Yuvika Chaudhary-Prince Narula; Check out the BB couples and where they are now

Tina Datta: Bigg Boss 16 member Tina Datta loves the combo of bronzed cheeks, statement eyeshadow and subtle lips. She also does the desi look well. Tina Datta's makeup on the show is flawless.

Mother's don't get time to hit the gym and have a perfect figure and have a flat stomach. *Maa maa hoti hai*, she will first think about her kids, family, house and later maybe she will think about herself if she gets time'."

She said, "I was a housewife for seven years and was at home. So, there was a self-doubt when I joined the show. Will I look good on-screen, will I look fat? Especially when you were once known for having a good figure. So, to accept yourself onscreen and what people will think of me like why has she put on so much weight, will my show be accepted because maybe I will be so bad, will I be able to act well after seven years gap, there were so many self-doubts."

Rupali shot to fame as Monisha Sarabhai in the cult sitcom *Sarabhai vs Sarabhai*. She has also appeared in *Baa Bahoo Aur Baby* and *Parvarish* – *Kuchh Khattee Kuchh Meethi*.



Rupali Ganguly felt too 'plump' for 'Anupamaa'

'Anupamaa' actor Rupali Ganguly has revealed she was apprehensive of playing the lead role on Anupamaa as she felt overweight and wanted to look slim on screen.

Rupali Ganguly, who plays the lead role of a Gujarati homemaker on television show *Anupamaa* in which she is often looked down upon for not completing her education. Rupali felt she was overweight for the role.

She told ETimes in an interview, "When I joined *Anupamaa*, I was a little plump and I told our producer Rajan Shahi that you want a heroine and at this age, let me lose some weight. But the producer told me that he didn't want a heroine... 'I want a mother and you are perfect for the role because mothers are like this.

YOUR STARS

Sagittarius: Nov 22 - Dec 21

If you're like other Sagittarians, you have a lot of charitable causes you're proud to support. So, it's disappointing when your efforts to help others get taken advantage of or are misunderstood this week. But as a fire sign, you also don't take things lying down, so you're going to still stand up and fight for what you believe in.

Lucky Numbers: 4, 18, 19, 20, 30, 36

Capricorn: Dec 22 - Jan 19

If you tend to gauge your success on how other people feel about your accomplishment, this could be a devastating week for you. Add to that some personal relationship hiccups and you'll probably be feeling pretty low. But luckily, you never stay down for long. You'll be back soon enough, better than ever.

Lucky Numbers: 9, 12, 14, 21, 25, 31

Aquarius: Jan 20 - Feb 18

You like to breeze through tricky situations by keeping a logical perspective and staying emotionally removed from the details. However, staying detached might not always be possible. If you find yourself becoming overwhelmed by heavy feelings, try not to let self-doubt sabotage your agenda. You can still move forward.

Lucky Numbers: 1, 9, 10, 14, 17, 30

Pisces: Feb 19 - Mar 20

Bless your sweet heart, Pisces — you're one of the most kind-hearted souls of the zodiac but also one of the most gullible ones, which can really lead to some low points. The answer isn't to do less nice things, though. It's just to be more selective. The minute you become jaded about helping the world, we're all in trouble.

Lucky Numbers: 5, 9, 16, 24, 30, 36

Aries: Mar 21 - Apr 19

As a feisty fire sign you want to do what you want to do when you want to do it, so you don't appreciate it when anyone tries to stand in your way. There's a time and place for everything and it's best if you choose your battles carefully. Losing your temper at inappropriate times can have some disastrous effects.

Lucky Numbers: 7, 13, 19, 25, 26, 31

Taurus: Apr 20 - May 20

As a steady earth sign you like to stick to a plan, so when unavoidable upsets come in and veer you off course this week, there will definitely be some bulls out there behaving badly. And once you make up your mind to be in a foul mood there isn't a lot anyone can do to cheer you up. Don't take it too far, though.

Lucky Numbers: 5, 9, 14, 26, 27, 30

Gemini: May 21 - June 20

You usually have a lot going on in that fast-paced brain of yours, so you don't need any more distractions. Being vulnerable isn't one of your favourite things, Gemini, but when you need some help navigating the week's difficulties, don't be afraid to lead with your feelings.

Lucky Numbers: 9, 17, 20, 21, 30, 31

Cancer: June 21 - July 22

As your emotional ruler the moon is constantly on the move this week, Cancer, you're literally up one minute and down the next. When you know there are this many twists and turns ahead, sometimes all you can do is hang on tight, close your eyes, and wait for it to be over.

Lucky Numbers: 7, 8, 15, 20, 36, 40

Leo: July 23 - Aug 22

There's lots of drama to keep you going this coming week, Leo. The close relationships in your life really need your full attention now, and it's important to stop little arguments and disagreements before they get blown out of proportion. Be the bigger person and admit when you're wrong.

Lucky Numbers: 1, 4, 6, 19, 20, 23

Virgo: Aug 23 - Sept 22

It looks likely that the neat and tidy everyday routine you work so hard to stick to is about to get destroyed. There's absolutely nothing you can do about it, which gives you huge anxiety, making the situation even worse. The worst thing you can do is let pride get in the way and pretend you don't need help.

Lucky Numbers: 20, 21, 29, 36, 39, 40

Libra: Sept 23 - Oct 22

You're one of the few signs able to shrug off most of the negative energy you run into by staying positive and shifting to a different perspective. Instead of sitting around asking, "why me?" when bad things happen, you're determined to learn as much as you can from those experiences so that they never happen again.

Lucky Numbers: 7, 12, 15, 20, 22, 33

Scorpion: 23 Oct - 21 Nov

With your own emotions (and everyone else's) all over the place, it's hard to get a grip on exactly where you stand. The cosmic energy that's swirling around you like an emotional tornado can be very disorienting. If you have a choice, don't make any big decisions until this uneasy storm passes.

Lucky Numbers: 4, 9, 11, 12, 25, 30

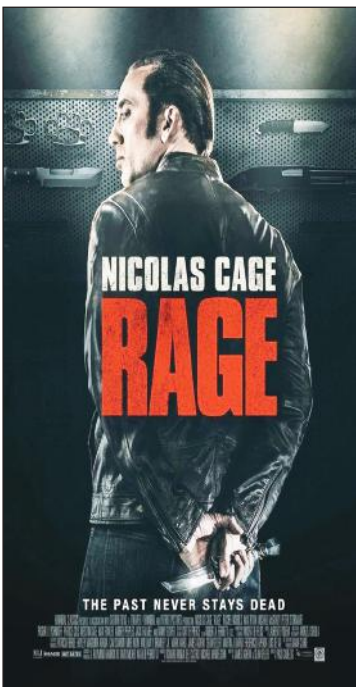
CINE 2

Vendredi 25 Novembre - 21.15



mhc 1

Samedi 26 Novembre - 21.00



mhc 1

Dimanche 27 Novembre - 21.52



Programme TV



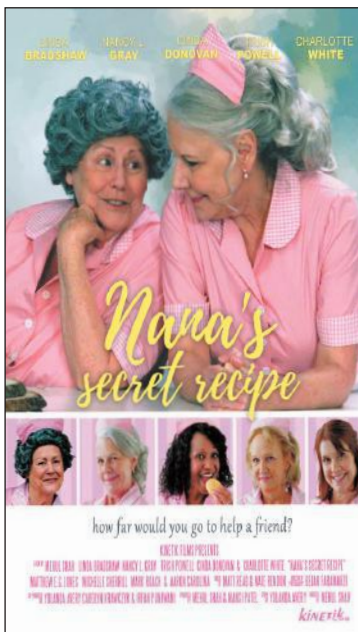
SERIAL



	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
vendredi 25 novembre	06.30 Local: Les Grandes Lignes 07.51 D.Anime: Panda And Little... 08.39 Serial: Hi Opie! 08.53 D.Anime: Kids Songs 11.18 Tele: Muneca Brava 12.00 Le Journal 12.40 Tele: Muneca Brava 14.05 MBC Production 15.48 D.Anime: Kids Songs 15.51 D.Anime: Best Furry Friends 16.24 D.Anime: Word Party 16.45 D.Anime: All Hail King Julien 17.06 D.Anime: Voltron, Le Defen... 17.30 Serial: Malory Towers 18.00 Live: Samachar 18.31 Serial: Surya Pura 18.55 Serial: Jag Jaanani Maa... 19.30 Journal & La Meteo 20.25 Local: Les Grands Noms... 21.30 Serial: Billions 23.00 Le Journal	07.00 DDI Live 10.00 Serial: Aatish 11.16 Serial: Tu Ishq Hai 12.02 Film: 3 Doba 14.37 Mag: DDI Mag 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: Ancient Detective 19.00 Live: Zournal Kreol 19.30 Serial: Radha Krishna 20.00 Serial: Mushk 20.44 Local: Arjuman 21.15 Local: Urdu Programme 22.05 DDI Live	07.00 Mag: Border Crossing 07.28 Mag: Tomorrow Today 08.20 Doc: Fine Arts Sculptures 11.12 Mag: Eco India 11.38 Mag: Shift 13.54 Doc: Cuisine Sauvage 15.12 Doc: Vincent Van Gogh... 16.24 Mag: Eco India 17.31 Mag: Tomorrow Today 18.00 Doc: Asteroids 20.30 Live: News 20.45 MFDC Intercollege Film 22.10 Doc: Planet Home 22.40 Doc: The Miracle Of Hearing 23.21 Mag: Science Of Emotion 00.46 Mag: World Stories 01.03 Mag: Our Voices 01.30 Mag: Euromaxx 01.56 Doc: Global Drinks 02.49 Doc: Hotels 03.39 Doc: Planet Home	01.32 Film: Stormboy 03.56 Film: Searching 05.34 Tele: Tour De Babel 06.22 Serial: Seal Team 07.06 Film: Stormboy 09.00 Serial: Last Resort 09.45 Tele: La Beaute Du Diable 10.35 Tele: Fierce Angel 11.00 Serial: Zoo 11.55 Film: Searching 13.33 Tele: Tour De Babel 14.47 Film: Stormboy 16.41 Serial: Last Resort 17.21 Serial: Seal Team 18.05 Tele: La Beaute Du Diable 19.00 Tele: Fierce Angel 19.34 Serial: Creeped Out 20.05 Tele: L'envers Du Paradis 20.30 Serial: Being Human 21.20 Film: Salt 22.51 Tele: Tour De Babel	07.03 Film: Army Starring: Sridevi, Shah Rukh Khan, Danny Denzongpa, Harish Kumar 11.30 / 20.30 - Radha Krishna 12.00 / 21.00 - Anupamaa 12.29 / 21.30 - Mere Sai 12.59 / 22.00 - Agnihera 13.27 / 22.03 - Yeh Teri Galiyan 14.00 / 22.30 - Patiala Babes 14.25 / 23.00 - 100 Years Of Indian Cinema 15.00 / 21.46 - Bade Acchelagte Hai 2 15.26 Film: Bumm Bumm Bole Starring: Darshel Safari, Atul Kulkarni, Rituparna Sengupta, Ziyah Vastani 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.33 Kuch Rang Pyar Ke...
samedi 26 novembre	06.00 D.Anime: Ubongo Kids 06.50 D.Anime: Rev & Roll... 09.07 D.Anime: Magic Kaito 1412 09.33 Mag: National Anthem 10.00 Local: Zafan Nou Zil 11.55 Local: Autour Des Valeurs... 12.00 Le Journal 12.25 Local: Les Grands Noms.... 13.07 Tele: Muneca Brava 13.46 Tele: La Femme De Lorenzo 15.00 Live: Samachar 15.21 D.Anime: Best Furry Friends 15.35 D.Anime: Kung Fu Panda 16.08 D.Anime: Paf, Le Chien 17.25 Mag: Sand Tales 17.40 Local: Info En Langue Des... 18.00 Samachar 18.30 Enter: Taare Zameen Par 19.30 Journal & La Meteo 20.25 Local: Autour Des Valeurs 21.25 Film: Rage 23.00 Local: Le Journal	07.00 Film: Inkaar Starring Vinod Khanna, Vidya Sinha, Shreeram Lagoo 09.15 Film: Super Bheem Hawa Mein Halla 10.17 Bade Acche Lagte Hai 11.00 Serial: Dikri Vahalno Dariyo 11.32 Serial: The Demi-Gods And... 12.23 Serial: Mooga Manasulu 12.45 Serial: High School 13.06 Serial: Annakodiyum Ainthu... 15.00 Live: Samachar 15.25 Film: Hadh Kardi Aapne Stars: Govinda, Rani Mukherji 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: Fight Club Starring Sunil Shetty, Zayed Khan...	06.00 Doc: Asteroids 06.42 Mag: World Stories 06.59 Mag: Our Vocies 07.30 Mag: Euromaxx 07.54 Doc: Global Drinks 09.46 Doc: Planet Home 10.09 Doc: The Healing Power... 11.35 Mag: World Stories 12.00 Live: Du Champ De Mars 17.15 Doc: Asteroids 18.00 Doc: World Capitals 18.33 Mag: In Good Shape 19.32 Mag: Check In 21.16 Doc: Fine Arts Sculptures 22.14 Doc: Skuld 22.36 Doc: A Mediterranean... 22.56 Doc: Shattering The Glass... 23.38 Doc: Beneath The Waves 00.04 Doc: World Capitals 00.07 Doc: Quand L'Histoire Fait... 00.34 Doc: Smoothie Mania 00.37 Mag: In Good Shape	01.10 Film: Salt 02.52 Serial: Les Proies 04.13 Serial: Rich Man, Poor Man 05.01 Tele: Les Trois Visages D'ana 06.08 Serial: Being Human 06.55 Serial: L.A.'S Finest 08.30 Serial: Seal Team 09.12 Serial: Madam Secretary 10.40 Film: Salt 12.30 Serial: Les Proies 13.30 Serial: Zoo 15.00 Tele: Marimar 16.30 Serial: Being Human 17.06 Film: La Fille Du Père Noël 18.48 Serial: Kojak 19.35 Serial: Creeped Out 20.05 Tele: L'Envers Du Paradis 20.30 Serial: Being Human 21.15 Film: Encounter 22.55 Tele: I Forgot I Love You	04.33 Anupamaa 05.03 Mere Sai 05.28 Agniphera 05.52 Yeh Teri Galiyan 06.33 Patiala Babes 08.00 Yeh Teri Galiyan 10.11 Motu Patlu 10.24 Sasural Simar Ka 2 12.17 Serial: Udaariyaan 14.10 Serial: Anupamaa 16.00 Kuch Rang Pyar Ke Aise... 18.00 Samachar 18.30 Film: Angrezi Medium Starring: Irrfan Khan, Radhika Madan, Deepak Dobriyal, Kareena Kapoor 20.55 Serial: Namah 21.17 Yeh Teri Galiyan
dimanche 27 novembre	06.00 D.Anime: Ubongo Kids 06.49 D.Anime: Rev & Roll... 07.21 D.Anime: Panda And Little... 08.11 D.Anime: Sam Le Pompier 10.00 Local: Zafan Nou Zil 11.00 Doc: World Capitals 11.55 Local: Autour Des Valeurs... 12.00 Le Journal 12.36 Tele: Muneca Brava 13.12 Tele: La Femme De Lorenzo 15.22 Other: Radha Krishna 15.47 D.Anime: Best Furry Friends 16.24 D.Anime: Paf, Le Chien 17.10 Serial: Les Copains Carlins 17.30 Serial: Malory Towers 18.00 Live: Samachar 18.30 Other: Radha Krishna 19.30 Le Journal 20.30 Local Production: Les Klips 21.25 Film: Django Unchained 00.00 Le Journal	07.00 Film: Woh Saat Din 11.03 Serial: Azhagu 11.20 Jag Jaanani Maa Vaishnodevi 11.43 Serial: Surya Pura 12.06 Film: Khatta Meetha 15.00 Samachar 15.20 Mooga Manasulu 15.42 Serial: He Mann Baware 16.04 Serial: Sondha Bandham Starring: Bharathi, Badekilla, Pradeep, Naresh Eswar 16.30 Local: Yaadein 16.58 Serial: Siya Ke Ram 19.00 Live: Zournal Kreol 19.30 Serial: Radha Krishna 20.05 Serial: Porus 20.29 Mag: Highway On My Plate 21.17 Serial: Naagin Season 3 22.42 Serial: Chacha Bhatija 22.54 DDI Live	06.00 Doc: World Capitals 07.06 Mag: Salad Area 07.32 Mag: Check In 09.39 Doc: A Mediterranean... 11.16 Doc: World Capitals 11.46 Doc: Smoothie Mania 12.00 Live: Du Champ De Mars 17.15 Mag: In Good Shape 18.05 Doc: World Capitals 18.29 Doc: Smoothie Mania 18.32 Mag: Global 3000 19.31 Serial: Arts.21 20.30 Live: News (English) 20.50 MFDC Intercollege Film 21.19 Doc: Archipel De Feu 22.15 Doc: Innovation On Board 22.42 Doc: Country Living For Beginners 23.02 Doc: The Green Revolution 23.45 Doc: The Trillion Tree Plan 00.07 Doc: World Capitals	01.08 Film: Encounter 02.46 Serial: Le Livre Perdu Des Sortilèges 03.29 Film: Rage 05.08 Tele: Les Trois Visages D'ana 06.21 Serial: Being Human 07.03 Serial: Island Doctor 08.35 Serial: Seal Team 09.17 Film: Rage 10.41 Film: La Fille Du Père Noël 12.17 Serial: Le Livre Perdu Des... 13.30 Serial: Zoo 15.35 Tele: Marimar 17.00 Serial: Being Human 17.45 Serial: Le Livre Perdu Des... 18.40 Serial: L'incroyable Hulk 19.38 Serial: Creeped Out 20.05 Tele: L'Envers Du Paradis 20.30 Serial: Falling Water 21.15 Serial: Falling Water 22.00 Film: Bloody Mary	00.00 Serial: Sasural Simar Ka 2 01.50 Udaariyaan 03.40 Anupamaa 06.00 Kuch Rang Pyar Ke Aise... 08.00 Serial: Motu Patlu 08.12 Main Maikhe Chali Jaungi... 10.00 Kundali Bhagya 12.03 Yeh Hai Mohabbatein 14.00 Agniphera 16.00 Jijaji Chhat Par Hain 18.00 Live: Samachar 18.30 Film: Hum Dil De Chuke Sanam Starring: Salman Khan, Ajay Devgan, Aishwarya Rai 20.59 Naagin Season 4 22.14 Yeh Hai Mohabbatein 00.00 Main Maikhe Chali Jaungi... 01.50 Kundali Bhagya 03.38 Agniphera
lundi 28 novembre	06.00 Mag: Eye On SADC 07.00 D.Anime: Kids Songs 08.00 D.Anime: Gummibar & Friend 09.00 D.Anime: Trolls 09.54 Serial: Backstage 11.20 Tele: Muneca Brava 12.00 Le Journal 12.25 Tele: Muneca Brava 13.55 Local: Generations J 14.25 MFDC Intercollege 15.24 D.Anime: Best Furry Friends 15.36 D.Anime: Kung Fu Panda 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	07.00 DDI Live 09.00 Serial: Chacha Bhatija 09.11 Serial: Babu 09.22 Serial: Tik Tak Tail 09.29 Serial: Kalari Kids 10.00 Kundali Bhagya 12.06 Film: Dosti 15.00 Samachar 15.22 Serial: Saare Tujhyachsathi 15.47 Serial: Bommarillu 16.02 Serial: Sondha Bandham 16.27 Serial: Ishq Zahe Naseeb 16.53 Serial: Bhaag Na Bachhe... 17.17 Serial: Bhakharwadi 17.39 Serial: Vandhal Sridevi 17.57 Serial: Ancient Detective 18.21 Mag: DDI Mag 19.00 Live: Zournal Kreol 19.30 Serial: Radha Krishna 20.00 Programme In Telugu 20.30 Film: Valayam	07.00 Mag: The Inside Story 07.55 Doc: Moyens De Transport 09.14 Doc: Innovation On Board 09.47 Doc: Country Living For... 11.45 Mag: Global 3000 13.39 Doc: Archipel De Feu 15.04 Doc: Country Living For... 16.32 Mag: Global 3000 18.00 Mag: Eco@Africa 19.00 Doc: World Prize 19.33 Mag: In Good Shape 20.50 MFDC Intercollege 21.16 Doc: Fine Arts Sculptures 22.06 Doc: Volcano Stories 22.32 Mag: Washington Forum 23.22 Doc: Craft Chocolate 00.31 Mag: Eco@Africa 00.57 Mag: The 77 Percent 01.23 Mag: Africa 54 01.51 Mag: In Good Shape 01.56 Doc: Paradis Perdus	01.31 Film: Celle Qui A Tous Les Dons 04.02 Film: A Ghost Story 05.31 Tele: Tour De Babel 06.49 Film: Journey To The Forbidden Valley 09.45 Tele: La Beaute Du Diable 10.12 Tele: A Que No Me Dejas 10.35 Tele: Fierce Angel 11.00 Serial: Zoo 12.00 Film: A Ghost Story 13.31 Tele: Tour De Babel 14.48 Film: Journey To The... 16.40 Series 18.05 Tele: La Beaute Du Diable 18.31 Tele: A Que No Me Dejas 19.00 Tele: Fierce Angel 19.39 Serial: Creeped Out 20.05 Tele: L'Envers Du Paradis 20.30 Serial: L.A.'s Finest 21.15 Film: Rage Stars: Nicolas Cage, Rachel Nichols	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 - Bade Acche Lagte Hai 2 15.24 Film: Sanam Teri Kasam 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 21.00 Anupamaa 21.34 Mere Sai 22.00 Agniphera

mbc-1

Mardi 29 novembre - 21.10



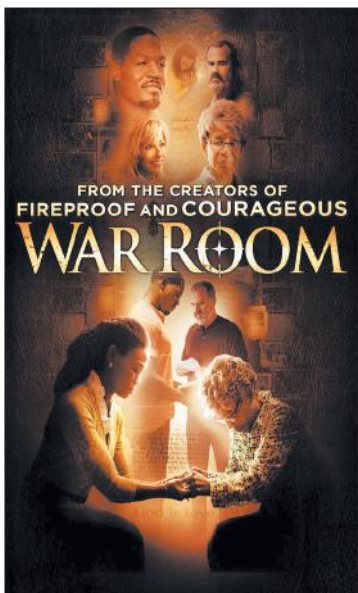
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Mercredi 30 novembre - 21.15



mbc-1

Jeudi 1 decembre - 21.15



Programme TV



MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
06.30 Local: Artizan 07.00 Dessin Anime 09.30 Mag: Sand Tales 10.00 Serial: Backstage 11.15 Tele: Muneca Brava 12.00 Le Journal 12.25 Local: Les Grands Noms... 12.30 Tele: Muneca Brava 13.50 Local: Generations J 14.45 MFDC Intercollege 15.00 Live: Samachar 15.20 D.Anime: Kids Songs 15.40 D.Anime: Kung Fu Panda 17.05 Serial: Malory Towers 18.00 Live: Samachar 18.30 Serial: Jijaji Chhat Par Hain 19.30 Journal & La Meteo 20.20 Local: Autour Des Valeurs... 22.25 Film: Nana's Secret Recipe With: Linda Bradshaw, Nancy L. Gray, Cinda Donovan	07.00 DDI Live 10.00 Serial: CID 10.50 Serial: Jijaji Chhat Par Hain 12.00 Film: Kachha Chor 15.00 Live: Samachar 15.20 Saare Tujhyachsathi 15.43 Bommarillu 16.04 Sondha Bandham 16.33 Serial: Ishq Zahe Naseeb 16.56 Bhaag Na Bachhe Koi 17.13 Bhakharwadi 17.35 Serial: Premabhishekam 18.00 Serial: Ancient Detective 18.30 Local: DDI Magazine 19.00 Zournal Kreol 19.30 Serial: Radha Krishna 20.06 Local: Tamil Programme 20.30 Film: Chupke Chupke Starring: Dharmendra, Amitabh Bachchan, Sharmila Tagore 22.42 DDI Live	06.00 Mag: Eco@Africa 07.27 Mag: In Good Shape 07.53 Doc: Fine Arts Sculptures 09.35 Mag: Washington Forum 11.13 Mag: Eco@Africa 14.00 Doc: Volcano Stories 14.52 Mag: Washington Forum 16.31 Mag: Eco@Africa 18.00 Mag: Rev: The Global Auto... 18.41 Mag: Red Carpet 19.03 Mag: Check In 19.34 Mag: Made In Germany 20.30 Live: News 20.50 Doc: Fine Arts Sculptures 22.14 Mag: Euromaxx 22.40 Mag: Close Up 23.06 Local: Rodrig-Klip Seleksion 00.30 Mag: The Global Auto... 00.50 Mag: Healthy Living 01.26 Mag: Check In 01.52 Mag: Made In Germany	01.34 Serial: Island Doctor 03.08 Serial: Zoo 03.50 Film: On Wings OF Eagles 05.27 Tele: Tour De Babel 06.15 Serial: L.A.'s Finest 06.51 Serial: Island Doctor 09.45 Tele: La Beaute Du Diable 10.37 Tele: Fierce Angel 11.00 Serial: Zoo 12.00 Film: On Wings Of Eagles 13.33 Tele: Tour De Babel 14.22 Mag: Hollywood On Set 14.50 Serial: Island Doctor 16.40 Serial: S.W.A.T 17.16 Serial: L.A.'s Finest 18.05 Tele: La Beaute Du Diable 19.00 Tele: Fierce Angel 19.37 Serial: Creeped Out 20.05 Tele: L'Envers Du Paradis 20.30 Seiral: L.A.'s Finest 21.15 Film: The Patriot, Le Chemin...	06.50 Film: Sanam Teri Kasam 11.06 / 19.27 - Radha Krishna 11.36 / 20.57 - Anupamaa 12.05 / 21.27 - Mere Sai 12.35 / 22.07 - Agniphera 13.06 / 22.37 - Yeh Teri Galiyan 13.37 / 23.07 - Patiala Babes 14.25 / 21.59 - 100 Years Of Indian Cinema 15.00 / 22.25 - Bade Acche Lagte Hai 2 15.26 Film: Hindustani Film 18.00 Live: Samachar 18.30 Serial: Kundali Bhagya 19.04 Udaariyaan 19.34 Kuch Rang Pyar Ke Aise 20.00 Sasural Simar Ka 2 20.34 Radha Krishna 21.02 Anupamaa 21.33 Mere Sai
07.00 D.Anime: Kids Songs 07.26 D.Anime: La Petite Ecole... 07.49 D.Anime: Panda And Little... 09.05 D.Anime: Trolls 09.30 Mag: National Anthem 10.16 Serial: Backstage 12.00 Le Journal 12.30 Tele: Muneca Brava 14.21 Local: Les Grands Noms.... 14.25 MFDC Intercollege Film 15.21 D.Anime: Kids Songs 15.28 D.Anime: Best Furry Friends 15.36 Film: The Christmas Letter 17.05 Serial: Malory Towers 17.40 Mag: Bricks 'O' Brian 18.00 Live: Samachar 18.30 Other: Radha Krishna 19.00 Local: Planet Bollywood 19.30 Journal & La Meteo 20.30 MBC Production 22.20 Film: Bloody Mary With Sarah T. Cohen, Chrissie Wunna	07.00 DDI Live 10.00 Suhani Si Ek Ladki 12.00 Film: Aap Beati 15.00 Live: Samachar 15.23 Saare Tujhyachsathi 15.49 Bommarillu 16.15 Sondha Bandham 16.33 Serial: Ishq Zahe Naseeb 16.53 Bhaag Na Bachhe Koi 17.18 Bhakharwadi 17.31 Serial: Kulvadhu 18.00 Serial: Ancient Detective 18.30 Local: DDI Magazine 19.00 Zournal Kreol 19.30 Serial: Radha Krishna 20.06 Programme In Marathi 21.00 Film: Zombie Rivals Starring Ltong Chong, Wong Lung, Pierre Kirby, Edowan Bersmea, Dewey Bosworth 22.41 DDI Live	06.00 Mag: Rev: Global Auto... 06.56 Mag: Nobel Prize 07.31 Mag: Made In Germany 08.23 Doc: Fine Arts Sculptures 09.50 Local: Rodrig-Klip Seleksion 14.03 Doc: Fine Arts Sculptures 16.32 Mag: Rev: The Global Auto... 18.07 Mag: Motorweek 18.26 Mag: Vous Et Nous 19.00 Mag: Arts.21 19.30 Mag: The Inside Story 20.30 Local: News (English) 20.50 Doc: Fine Arts Sculptures 20.53 Les Montagnes Du Monde 21.40 Mag: Business Africa 22.06 Mag: Focus On Europe 22.32 Doc: Will Roots Save The... 00.12 Mag: Motorweek 00.38 Mag: Vous Et Nous 00.57 Mag: Arts.21 01.23 Mag: The Inside Story 01.49 Doc: Skuld	01.45 Film: Nana's Secret Recipe 03.04 Serial: Zoo 03.50 Film: Les Souliers De Noelle 05.36 Tele: Tour De Babel 06.24 Serial: L.A.'S Finest 06.59 Film: Nana's Secret Recipe 09.00 Serial: L'Incroyable Hulk 10.37 Tele: Fierce Angel 11.00 Serial: Zoo 12.00 Film: Les Souliers De Noelle 13.30 Tele: Tour De Babel 14.50 Film: Gun Fury 16.14 Mag: Red Carpet 16.30 Serial: L'Incroyable Hulk 17.20 Serial: L.A.'S Finest 18.05 Tele: La Beaute Du Diable 19.00 Tele: Fierce Angel 19.37 Serial: Creeped Out 20.05 Tele: L'Envers Du Paradis 20.30 Seiral: Seal Team 21.15 Film: Django Unchained Avec Jamie Foxx, Christoph Waltz	07.08 Film: Hindustani Film 11.30 / 20.06 - Radha Krishna 12.00 / 20.26 - Anupamaa 12.37 / 20.02 - Mere Sai 13.00 / 20.46 - Agniphera 13.42 / 21.09 - Yeh Teri Galiyan 14.13 / 21.50 - Patiala Babes 14.25 / 22.15 - 100 Years Of Indian Cinema 14.47 Other: Sayings Radha Krishna 15.00 Film: Chal Mere Bhai Starring: Sanjay Dutt, Salman Khan, Karisma Kapoor 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
06.00 Local: Klip Seleksion 07.00 D.Anime: Pet Alien 07.29 D.Anime: La Petite Ecole.... 08.15 D.Anime: Where's Waldo 09.29 Mag: National Anthem 10.00 Serial: Backstage 12.00 Le Journal 12.30 Tele: Muneca Brava 13.45 Local: Generations J 15.21 D.Anime: Kids Songs 15.35 D.Anime: Kung Fu Panda 15.58 D.Anime: Paf, Le Chien 16.56 Serial: Malory Towers 17.21 Mag: Bricks 'O' Brian 18.00 Live: Samachar 18.30 Serial: Jijaji Chhat Par Hain 18.56 Local: Chaar Dham Tirth... 19.30 Le Journal 20.30 Film: Good Newwz Starring Akshay Kumar, Kareena Kapoor Khan, Diljit Dosanjh, Kiara Advani	07.00 DDI Live 09.58 Serial: Agniphera 11.05 Serial: Mann Mein Vishwas... 12.00 Film: Zara Si Zindagi 15.00 Live: Samachar 15.22 Serial: Saare Tujhyachsathi 15.45 Serial: Bommarillu 16.02 Serial: Sondha Bandham 16.32 Serial: Ishq Zahe Naseeb 16.46 Bhaag Na Bachhe 17.05 Bhakharwadi 17.30 Local: Amrit Vaani 17.40 Local: Bhajan Sandhya 18.00 Serial: Ancient Detective 18.30 Mag: DDI Mag 19.30 Serial: Radha Krishna 20.04 Local: Les Grandes Lignes 20.30 Local: Evasion 21.20 Film: War Room With Priscilla C. Shirer, T.C. Stallings, Karen Abercrombie	06.00 Mag: Motorweek 06.24 Mag: Vous Et Nous 06.57 Mag: Arts.21 08.15 Doc: Fine Arts Sculptures 10.37 Doc: The Rocky Road To... 11.46 Local: Vous Et Nous 12.44 Mag: The Inside Story 13.34 Doc: Fine Arts Sculptures 14.50 Mag: Focus On Europe 16.45 Mag: Motorweek 18.00 Mag: Eco India 18.30 Mag: Shift 19.00 Mag: Border Crossing 19.30 Mag: Tomorrow Today 20.30 Local: News (English) 21.16 Doc: Fine Arts Sculptures 22.36 Doc: MRNA - Hype Or Hope 23.19 Mag: Eco India 23.45 Mag: Shift 23.57 Mag: Carnet De Sante 00.12 Doc: Nobel Prize	02.08 Film: Secrets De Guerre 03.44 Serial: The Good Doctor 04.25 Film: Meteor 05.50 Tele: Tour De Babel 06.38 Serial: Seal Team 07.20 Film: Secrets De Guerre 09.00 Serial: S.W.A.T 09.45 Tele: La Beaute Du Diable 10.38 Tele: Fierce Angel 11.05 Serial: Zoo 12.00 Film: Meteor 13.37 Tele: Tour De Babel 14.50 Film: Secrets De Guerre 16.40 Serial: S.W.A.T 17.21 Serial: Seal Team 18.05 Tele: La Beaute Du Diable 19.00 Tele: Fierce Angel 19.41 Serial: Creeped Out 20.05 Tele: L'envers Du Paradis 20.30 Serial: Seal Team 21.15 Serial: Kojak	07.00 Film: Chal Mere Bhai 11.33 / 20.26 - Radha Krishna 12.00 / 21.01 - Anupamaa 12.44 / 21.31 - Mere Sai 13.14 / 21.56 - Agniphera 13.44 / 22.20 - Yeh Teri Galiyan 14.21 / 22.52 - Patiala Babes 14.25 - Mag 100 Year Of Indian Cinema 15.00 / 21.46 - Yeh Hai Mohabbatein 15.23 Film: 2016 The End Starring Divyendu Sharma, Kiku Sharda, Harshad Chopda 18.00 Samachar 18.30 Kundali Bhagya 18.59 Udaariyaan 19.22 Kuch Rang Pyar Ke Aise... 20.01 Sasural Simar Ka 2 20.33 Radha Krishna 20.56 Anupamaa



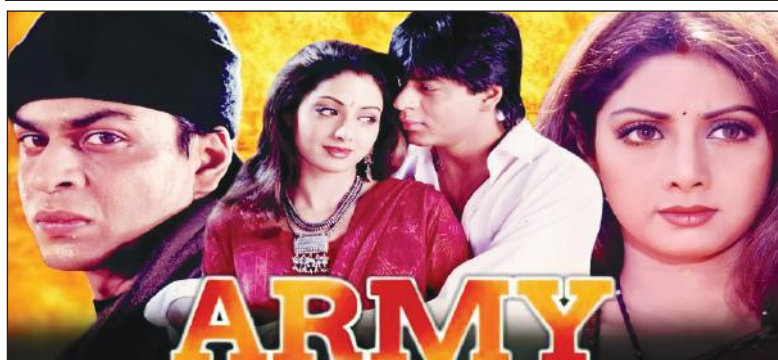
Jeudi 1 decembre - 15.30

Stars: Divyendu Sharma, Kiku Sharda, Harshad Chopda



Jeudi 1 decembre - 20.30

Star: Akshay Kumar, Kareena Kapoor Khan, Diljit Dosanjh, Kiara Advani



Domestic Violence. Any sign of sanity?



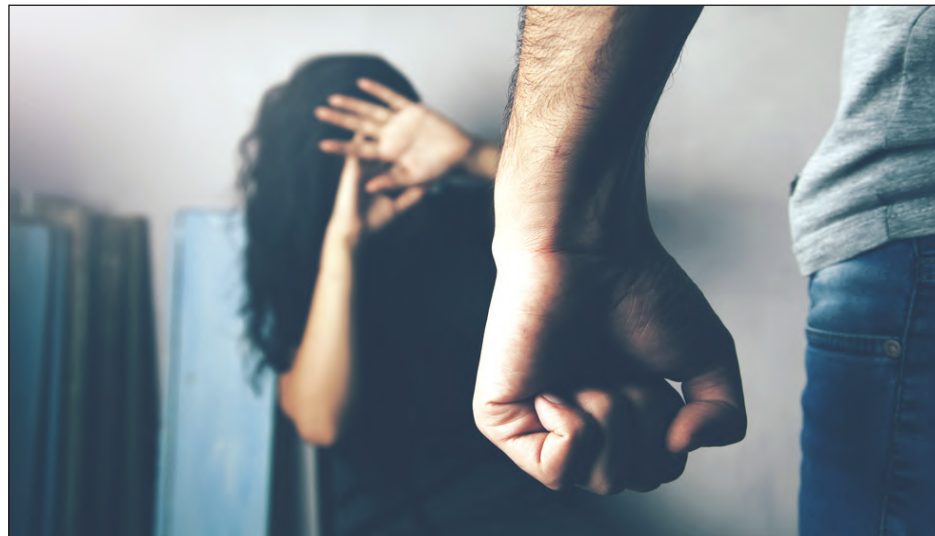
Nita Chicooree-Mercier

If we go by police reports, a week without crime is hardly a cause for celebration. The worrying question that pops up is: Who is going to be the next victim? Among thousands of couples in this country, somewhere a male is accumulating toxic loads of aggressiveness and might go berserk any time and take out a knife to resolve long-held frustrations and conflicts with his partner.

Call it woman slaughter, or 'feminicide', as the feminist movement #MeToo rightly emphasizes in France, it is an issue that boils down to women getting killed because they are women. Last week a man stabbed his wife during a quarrel in a supermarket, he then killed himself. Fortunately, she had a narrow escape from death. This week a police officer thought it cool to film himself shouting and yelling at his former partner before killing her. Videos of just anything have become a trend everywhere, and often used without any discernment. Let alone by men who lose all self-control and are no longer capable of calm and rational thinking, which is the very essence of being.

There is plenty of subject matter for local feminists and journalists to write about on International Women's Day and in fact all year round about the horrendous treatment being meted out to women here as elsewhere. One recent and most gruesome murder of a 27-year-old young woman, Shraada, in India, by her live-in partner Aftab hit the headlines and sent shockwaves across that country. The man strangled her, drained all her blood in the bathroom, cut her body into 35 pieces while taking a break to smoke and drink beer all along that horrendous act.

He put all the pieces and the beheaded head of the victim in the



fridge, looked at her face every day and invited other women to his apartment before scattering the 35 bags in all corners of Delhi. He took care to have a selfie at the start of the criminal task he set himself to commit. A psychiatrist describes him as a pervert who feels that he has the right to deliver justice himself to get rid of his partner who wanted him to get into a proper marriage. For the victim, it is a tragic case of online dating and elopement against her parents' consent.

A repetition of crime against women should not be taken as a banal issue. Official statistics may inform us whether domestic crime has gone unabated over past years or whether it is declining. The good news is that prisoners are taking up music and art classes to develop the positive aspects of their nature.

Why wait for men to be in jail to think about making them more civilized? The point is more what is there in the upbringing of men that makes them think and act like men, not like human beings?

At the end of the day, it all boils down to relationships based on expectations. What we expect from our partners with regard to their relationships? How does romance go awry when one partner does not fit into the picture the other built up of him or her?

There is a deep need for philosophy

in our society, as in many other countries. Is it alright to expect things like fidelity and trust from others? Is it akin to colonizing other people's minds and enslaving them? Are these requirements conditional for a good relationship? Or should we rather focus on doing what is righteous and be good human beings, or being humans as much as we can, and a harmonious relationship with trust and loyalty will naturally ensue without you expecting it?

Philosophy is about asking questions, using your brains and promoting reason. What we observe is there is neither music, art or philosophy in everyday life to promote common sense, logic, sensibility and sensitivity across the country. This is not an era for enslavement. Nobody is your slave and nobody is going to go down on their knees to fulfill your desires and satisfy your ego.

If ever there is the will to bring back some degree of sanity in the way we interact with others, a great deal of attention needs to be given to bring philosophy to the people.



Tree of Knowledge

Madisyn Taylor

Simplifying Your Schedule

Simplifying your schedule and busyness of the day may be crucial to avoid burnout.

For many, life is a hodgepodge of never-ending commitments. Yet few of us can be truly healthy or happy without regular periods of downtime. While there is nothing inherently wrong with busyness, those of us who over-commit or over-extend ourselves potentially face exhaustion and burnout. When you feel overwhelmed by your commitments, examining your motivation for taking on so many obligations can help you understand why you feel compelled to do so much. You may discover that you are being driven by fear that no one else will do the job or guilt that you aren't doing enough. To regain your equilibrium and clear the clutter from your calendar, simplify your life by establishing limits regarding what you will and will not do based on your personal priorities.

Determining where your priorities lie can be as easy as making two lists: one that outlines all those obligations that are vital to your wellbeing, such as work, meditation, and exercise, and another that describes everything you do that is not directly related to your wellbeing. Although there will likely be items in the latter list that excite your passion or bring you joy, you may discover that you devote a large portion of your time to unnecessary activities. To simplify your schedule, consider which of these unnecessary activities add little value to your life and edit them from your agenda. Remember that you may need to ask for help, say no firmly, or delegate responsibility in order to distance yourself from such encumbrances. However, as you divest yourself of non-vital obligations that cause you stress, serve no purpose, or rob you of opportunities to refresh yourself, you will feel more energetic and enthusiastic about life in general.

If simplifying your schedule seems prohibitively difficult and you still feel pressed to take on more, try imagining how each new commitment will impact your life before saying yes. When you consider the hassle associated with superfluous obligations, you may be surprised to see that your schedule is impeding your attempts to grow as an individual. Your willingness to pare down your agenda, no matter how gradual your progress, will empower you to retake active control of the life that defines you.

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