

MAURITIUS TIMES

• "Seeing is believing, but sometimes the most real things in the world are the things we can't see." -- The Conductor from The Polar Express

A Conversation with Uncle Claus

«The signs on your future horizon are not very positive»

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Qs & As

«Why the Supreme Court takes so long to determine an election petition is a mystery»



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Another tumultuous year and more to come



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A Year of Unsettling Trends



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More of The Same

Around this time last year, we had argued in these same columns that 2022 would be a crucial year - wrongly, we should admit, but that was based on the premise that things could not get worse than they had been since the installation of the MSM-led government in November 2019. In fact, things have not only got worse, misgovernance and institutional dysfunctions have fallen to the lowest possible level and that could be equated with what obtains in the so-called banana republics, which by definition would mean a country run by a dictatorial regime supported by a handful of cronies, and that destroys state institutions for prolonged clinging to power.

The report of the judicial inquiry presided by Magistrate Vidya Mungroo-Jugurnauth, published by the media last October, says it all. Its detailed findings, namely the "abhorrent" conduct of the criminal investigations by the police and the latter's ignorance of either the Magistrate's or the DPP's urgings to complete various aspects of their investigations into the murder of MSM activist Soopramanien Kistnen and its possible political motivations are a damning indictment of the state of governance or rather misgovernance that obtains in the country today.

The rot is elsewhere as well. Besides the public perception of organised cover-ups in relation to cases that have shocked public opinion and the questionable methods employed to silence perceived adversaries, in particular a few lawyer-politicians and their close ones with drug trafficking charges, the track record of the anti-corruption agency, ICAC, points to an institution that in the public perception has been a costly failure paid for from public funds. It appears unable or unwilling to fulfil its mandate as prescribed by the law, as evidenced by its never-ending investigations into cases involving members of the government or those close to the political masters of the day. To the long list of earlier affairs where it is yet to be known where its inquiries stand, and the more recent ones relating to the highly contro-

versial purchase of Molnupiravir, an oral antiviral treatment for Covid-19 at the cost of Rs 80M as well as the alleged fictitious employment of Simla Kistnen, it cannot be held that ICAC has demonstrated to this day any willingness or zeal to go to the bottom of these cases in an objective, impartial and timely manner.

What precedes forms part of a multi-pronged strategy that relies on a portfolio of techniques ranging from propaganda (by the MBC-TV), censorship (through IBA and ICTA regulations targeting private broadcasters), cover-ups (at least that's the perception in relation to high-profile cases by investigative agencies) and repression (of potential adversaries) put in operation to shelter the powers that be from personal and political discomfiture and for holding on to power.

It bears repeating that if Mauritius has made significant economic progress despite its limited resources, it is in a large measure attributable to its adherence to the principles of good governance, rule of law, and to the separation of powers as embedded in its Constitution - unlike what obtains in some African countries which have for long been a battleground between democratic institutions and rule by the will of the 'big man'. Does this still seem to be the case? Are police and ICAC inquiries conducted in a manner to convey the assurance to one and all that the rule of law will prevail at all times, and apply equally to all - 'big' or 'small' man?

We have not even considered here the regime of permits, licences, soft loans or debt write-offs that may be equally askew in favour of the high and mighty and their cronies. Or the damages that have been wrought in horse-racing and gambling and the scourge of drug abuse around the countryside. One would expect that all those directly or indirectly assigned with the responsibility of maintaining law and order in equitable fairness, or tackle financial crimes and drug warlords without fear or favour, will strive to uphold the Constitution of the country, but as matters stand, that seems to be too much asking.

The Conversation

Africa is beset with coups and conflicts: how the trend can be reversed

The failures of nominally elected governments has denied leaders - as well as the democratic system - a vanguard popular constituency.



Thousands of people have fled inter-ethnic clashes in northern Cameroon. Pic - DJIMET WICHE/AFP via Getty Images

Adem K. Abebe
University of Pretoria

On the evening of 15 February 2022, reports emerged that key police and military officials in Djibouti were put under house arrest, reportedly amid fears of a coup d'état.

This was the latest in the string of successful and attempted coups in Africa - from Mali to Madagascar and Guinea to the Central African Republic (CAR).

The popularity of some of the coups, combined with the perceived inability of the African Union (AU) and the Economic Community of West African States (ECOWAS) to stem the tide of democratic reversals and insecurity, has generated a crisis that calls for a fundamental rethinking of the values, role, mandate, capacity and resources of these institutions.

The Djibouti incident came barely 10 days after an AU Heads of State and

Government Summit meeting. In its final communique it lamented the "wave" of coups and pervasive insecurity across the continent.

Since its last in-person summit in early 2020 (they met virtually in 2021) there have been successful military coups in Mali (twice), Chad, Guinea, Burkina Faso, and Sudan, and attempted coups in Madagascar, CAR, Niger, Guinea Bissau, and possibly in Djibouti.

The continent also witnessed constitutional coups where incumbents manipulated the constitutional framework to extend their terms. This happened in Guinea and Cote d'Ivoire (2020). In Tunisia the incumbent president governs through decrees, without any institutional checks on his power.

Africa has also seen new and expanding conflicts. Ethiopia, Africa's second most populous country, has been embroiled in a spiral of the largest and deadliest conflict in recent African memory.

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Mauritius Times

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A Very Warm Thank You

to all our
Readers, Business Associates and Well-Wishers
for their Support and Good Wishes during the year.

Merry Xmas

&

Best Wishes for the New Year

Our last edition this year will come out next Friday.

Kindly note that our office will be closed
for the end-of-year festive

season as from **Friday 30 December 2022.**

We will resume work on **Monday 9 January 2023.**

Mauritius Times

Another tumultuous year and more to come

Jan Arden

In this as other Christmas seasons when our spirits are joyful, over-looking the beasts within and the angels outside, the shepherds of the skies above and the stars beyond the commonplace, we all can share some thoughts for those in sorrow or grief, those who have been battered by events beyond their control, those with health afflictions or those struggling to earn their living, as we join the collective prayers for a more just, humane and brotherly world.

By all standards, 2022, which the Chinese lunar zodiac foresaw as the Year of the Tiger, was indeed a brash, unpredictable and eventful year, which will fade away on 21st January 2023, leaving many of us dazed on personal fronts and the country stranded on rocky reefs.

Another Wakashio beaching

In July 2020, neither the National Coast Guard and its fleet of surveillance aircraft nor our radar systems, nor our maritime and port authorities could prevent the MV Wakashio vessel to run aground a few hundred metres from Pointe d'Esny and stay beached there on our reefs for twelve long days without any emergency response, until it finally broke apart and spilled its murky oils onto our most pristine waters. Since then, we seem to have



“Nobody in the legal fraternity and in political spheres will remain indifferent to the possible ruling of the Law Lords to any of the multiple appellate points even if any predictions would be foolhardy. Many observers predict that the PM, whose seat and those of colleagues Leela Devi Dookun-Luchoomun and Yogida Sawmynaden are at stake in Constituency No 8, may avoid any risk of an unfavourable judgement by dissolving the National Assembly before or around April, after passing, one assumes, a budgetful of goodies and freebies at an early session. In that scenario, general elections are predicted for the July-August period in 2023...”

recorded other beachings of Taiwanese fishing vessels near the harbour.

Now we learnt on Dec 9th of a Taiwanese trawler Yu-Feng that has run

aground in Saint-Brandon, with 70+ tonnes of diesel and fuel oil on board and after twelve days, we seem to have drawn no lessons from those repeated beachings nor made sure the NCG has the means and operational independence for emergency action to prevent such occurrences nor even published for general and expert input the recommendations of the maritime court set up following the Wakashio disaster.

A crisis committee has now been set up and a South African salvage team appointed to avoid an oil-spill disaster in an archipelago that experts reckon is vital to the resources of our marine economic zone. Instead of haughty political defensiveness, DPM Obeegadoo should train his erstwhile guns on the repeated failures of our maritime authorities and the cohort of bungling busybodies that allow such events to happen in the first place.

Hunger strike and electricity rates hike

The end of year was not the most propitious time for citizen Nishal Joyram's brave and costly attempt through a hunger-strike to force the authorities to scale down the exorbitant taxes and VAT that keep our fuel prices at the pump dis-

proportionately high, but it certainly brought home a total lack of empathy of the authorities in defusing the fuel pricing and associated cost of living crisis. The latter was attributed to depleted reserves at the State Trading Corporation after the huge costs of the Betamax debacle and the Ministry of Finance's clean sweep last year of any reserves at all parastatals and State-owned entities, a combination leaving consumers and taxpayers to bear the brunt of those decisions.

If anybody thought some relief might be forthcoming towards the end of the year, last week's announcement by Public Utilities Minister Joe Lesjongard that a massive 20-30% hike in electricity rates would take effect from 1st of February 2023, again because reserves of several billion rupees a couple of years ago had been transferred to the recurrent funds managed by the Ministry of Finance. Ultimately everybody will pay for the cascading prices expected in transport, bakeries, shops, snacks and supermarkets, and that look set to be passed on to already fleeced consumers and in particular the old age pensioners who have not even received the Rs 1000 dished out to working folk.

Why choose the festive season to wield the big stick is anybody's guess, but it might avoid the future budget announcing anything other than positive news, pumping up a feel-good factor. As for the Minister's other leg, drinking water with reservoirs running dry, unrepaired and unreplaced pipes, with non-revenue water still hovering at the 60% it was ten years ago, we all have to pray for heavy rains or cyclonic storms to keep us afloat in the 24/7hrs fantasy.

Electoral loopholes and Dayal's petition

On a more sobering note, the main Opposition parties and Resistans ek Alternativ are getting their thinking hats on to identify what loopholes in our electoral processes were evidenced in 2019 and that under no circumstances should be allowed a repetition in 2024. While the IBA is busy toying with such new concepts as "impartiality" applied selectively to private radio and media broadcasters, it is not known what measures they want to see at the MBC, which, despite public funding and its charter, has become recognised as government's private soapbox over the past seven years. We want free and fair elections and not cavemen stealing the show.

In that regard, Suren Dayal's challenge of the electoral outcome in No.8 to the Supreme Court that had been set aside by Judges David Chan and Karuna Devi Gunesh-Balaghee, will be heard by the Judicial Committee of the Privy Council, presumably in the latter's first or second sitting in early 2023, ending in April and May respectively.

● Cont. on page 5



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The Year That Was

“Why the Supreme Court takes so long to determine an election petition is a mystery”

‘In Kenya, the petition challenging the election of the President was determined within six weeks’

We have asked Lex to share his views on some of the key issues and challenges that 2022 brought up for the legal community and the country’s institutions concerning the rule of law. Of prime concern has been the waywardness of the Police in many instances which have eroded public confidence and trust in the institution’s ability to function without fear or favour and with due respect for human rights of any accused person and his legal counsel. If Police and other institutions feel protected or encouraged in their course of action or inaction, we have a real problem with the rule of law says Lex.

LEX

*** If you were to revisit the events of these last 12 months, at least the most significant ones and that have been the subject of ongoing legal battles, what would you say seems to have been an inescapable trend during the past year?**

The legal battles that would have caught the attention of the public are the election petitions that have taken three or more years to be determined or to be withdrawn. This has occurred certainly due to the delaying tactics of those who were defending the petitions but also the lawyers representing the petitioners. Last but not least, the Supreme Court cannot escape unscathed from that state of affairs.

Second, in matters of arrests, the difficulties that arrestees and their lawyers encountered in getting the detainees released on bail even when the evidence forming the basis of the arrest is almost inexistent or very tenuous.

Third, the cases of police brutality on detainees are still to be investigated and determined in a court of law. What is the so-called Independent Police Complaints Commission doing about this matter?

Fourth, the battle against corruption seems to be neither here nor there. It seems to be a lost battle - as Vinod Boolell wrote in *l'express* last week. The independence of ICAC is just a joke.

*** Law won't work without independent courts. That means courts that aren't under the thumb of the political powers that be. An independent judge can assure that your case will be decided according to the law and the facts — not the vagaries of shifting political currents, argues the American Bar Association. We seem to be doing well on that front and there is no reason why should put in doubt the integrity of our judicial system and the culture that prevails here, isn't it?**

There is no reason so far to put into doubt the independence and integrity of our judiciary. Though when it came to the electoral petitions that were set aside, some people were prone to make disparaging remarks about the judges. That should not be the case.

It should be borne in mind that if foreign investors start

having doubts about the independence and integrity of our judiciary, they might have second thoughts about investing in our country. Judges also should ever be mindful of the international reputation of our judiciary.

*** One particular electoral petition concerns no less than the Prime Minister himself, which is pending before the Privy Council for its final determination - possibly a few months before the next elections. One would like to think that it should be possible for the courts to set time limits for an urgent resolution of such cases. Could that be envisaged?**

By the time the petitions are determined, they would have lost their meaning. By the time the judgment comes out, elections may be round the corner or even over. Some time back, an Opposition MP expressed his dismay about the long time it takes - two or three years - to hear an election petition whereas in other countries it takes only a few weeks.

Too many procedural issues have had to be dealt with; moreover, defendants raise objections after objections, arguments are heard and the Supreme Court takes time to rule on them.

*** Two comments made by constitutionalist Milan Meetarbhan concerning electoral petitions relate to the time limit set by the law to file such cases - within three weeks of an election - which is rather time-constrained for the collection of evidence. Second, the fact that our case law focuses on the election of an individual rather than what may vitiate the outcome of an election at the national level. What's your take on these issues?**

Under the Representation of the People Act, an election petition must be presented within 21 days after the date of the return made by the Returning Officer to the Electoral Supervisory Commission of the member to whose election the petition relates. In the case of Rodrigues, it is 56 days. That time frame is extended to



“As at presently advised, magistrates are not subject to any form of pressure. But one point must be made clear. The promotion of magistrates depends on the Judicial and Legal Service Commission, and if magistrates hand out decisions that may ruffle some feathers at that level, then that may lead to an embarrassing situation...”

28 days when there is an allegation of illegal practice and 70 days for Rodrigues.

As we can see, the delay is relatively short. By the time the petitions are determined, they would have lost their meaning. Why the Supreme Court takes so long to determine an election petition is a mystery. In Kenya, the petition challenging the election of the President was determined within six weeks.

The Representation of the People Act or the Constitution must be amended to impose a delay within which an election petition must be determined.

*** There have never been more compelling reasons for the need for a separate constitutional court given other long-standing and many as-yet unresolved issues that have been hotly debated during the last few years. Beyond electoral petitions, there is also the sad spectacle that we are having to put up with in the National Assembly, the issue of community declaration of election candidates, the question of public interest litigation and now the regulations being imposed on private radio broadcasters. What are your reflections on this issue?**

Milan Meetarbhan 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 consolidation of our ailing democracy.

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'The rule of law exists. Its implementation depends on institutions whether it is the police, ICAC, our courts of law or the Office of the DPP'

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The situation as of now is simply ridiculous: any particular legislation, even if it's considered to be unconstitutional, will remain in our statute books till the time that it is challenged in court

A Constitutional Court should have jurisdiction to hear electoral petitions on a fast-track basis without the procedural shackles in relation to the constitutionality of laws and regulations. It should also be able to hear cases filed against the Speaker of the Assembly for abuse of authority. The Court should be a separate one from the Supreme Court.

The composition of such a court should be carefully studied. It should consist of local and Commonwealth judges who are experts in constitutional matters. Having judges of some Commonwealth countries on the court will serve to have the cases decided without undue delay and will also enrich our jurisprudence in constitutional matters.

*** On the other hand, it would seem there is a general view that our District and Intermediate Courts do not take sides. They have been particularly bold**



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and outspoken, even to the point of ruffling a few feathers. Does this mean that they are not amenable to nor are subjected to any form of pressure?

As at presently advised, magistrates are not subject to any form of pressure. But one point must be made clear. The promotion of magistrates depends on the Judicial and Legal Service Commission, and if magistrates hand out decisions that may ruffle some feathers at that level, then

that may lead to an embarrassing situation.

*** One particular case of an independent 'magistrature' relates to the judicial inquiry, presided by Magistrate Mungroo-Jugurnath, into the circumstances which led to the death of former MSM activist Soopramanien Kistnen. Extracts of the purported report of the inquiry, disseminated by the media, created waves, but we have not heard much about any follow-up that ought to have been conducted by the Police and ICAC concerning the murder of Kistnen, the alleged fictitious employment of Simla Kistnen, or even the alleged illegal electoral campaign financing at the 2019 general elections in Constituency No. 8. What does this tell us about the state of the rule of law in Mauritius?**

Mauritius is committed to the rule of law. The rule of law exists. Its implementation depends on institutions whether it is the police, ICAC, our courts of law or the Office of the DPP. If these institutions themselves do not live up to their respective mandates, then of course we have a problem with the rule of law.

*** The Police itself has been in the**

news for lots of bad reasons during the past months. We would wish to see public trust in the Police as well as other public institutions increasing, but that seems to be a tall order at the moment. What will it take for that to happen?

If the police and other public institutions feel that they are politically protected and with that thought they can act as desperadoes, there is not much we can do at the present juncture.

*** Stephane Hessel, the Resistance fighter and concentration-camp survivor turned diplomat, urged famously the youth of today "Indignez-vous!", pressing the need for the citizen to be enraged at the prevailing inequities and injustices in today's world and that their lives and liberties are worth fighting for. Do you get the impression that, unlike Caribbean island-states or our own past generations, we have become a nation of meek lambs?**

As matters stand, the average citizen wants a cushy comfortable life for himself and his family. Why should he bother about politics or social issues so long as the politicians of the day lull him into that comfort zone? Why should he bother?

LEX

Electoral loopholes and Dayal's petition

● Cont. from page 3

Nobody in the legal fraternity and in political spheres will remain indifferent to the possible ruling of the Law Lords to any of the multiple appellate points even if any predictions would be foolhardy.

Many observers predict that the PM, whose seat and those of colleagues Leela Devi Dookun-Luchoomun and Yogida Sawmynaden are at stake in Constituency No 8, may avoid any risk of an unfavourable judgement by dissolving the National Assembly before or around April, after passing, one assumes, a budgetful of goodies and freebies at an early session. In that scenario, general elections are predicted for the July-August period in 2023.

Rashid Ahmine succeeds Satyajit Boolell as DPP

The Christmas edition of the Office of DPP e-bulletin is fittingly devoted to the outgoing DPP Me Satyajit Boolell, appointed to that post in February 2009, one which he held with unflinching attachment to the rule of law even when higher political quarters emerging from the 2014 general elections were bent on quelling or corraling his constitutionally guaranteed independence. Were it not for the brave stand of Xavier-Luc Duval, the

Prosecution Commission Bill might well have succeeded in those endeavours to nail the coffin.

The quarterly bulletin of the DPP's Office, which comprises some 70 legal professionals for whom he was an invaluable guide, was a welcome innovation, raising and commenting on legal rights, principles and suggestions for legislators to improve the legal process. The last is no exception, where pleading for a Police and Criminal Justice Act, the outgoing DPP minces no words to condemn repeated abuses of the provisional charges, to quote: "A person cannot be kept indefinitely under arrest without a formal charge. A provisional charge is the source of too many abuses. The court can be informed of the arrest of a suspect and the reasons



Me Satyajit Boolell SC, outgoing DPP, and Me Rashid Ahmine

of the arrest without the need for a meaningless provisional charge." We join the chorus of well-wishers who have paid tribute to the fortitude, guidance and legal acumen he brought to his high Office and wish him a fruitful retirement.

On Monday the JLSC rapidly ended any speculations about his successor by appointing Me

Rashid Ahmine, another respected close legal collaborator and Deputy DPP, a State Counsel since 1995, with an LL.M. secured ten years later at King's College, London in complex financial and banking affairs. Me Ahmine has this week assured the population that he would strive to lead the Office team with the same absolute attachment to independence while standing for public interest and the rule of law, applied without fear or favour. Given his track record, we have every reason to wish him well as he embarks on the path of righteousness as the country's new DPP.

A gloomy world economy forecast

On the international front, one can hope or pray for some of the more troublesome eruptions around the Ukraine-NATO-Russia conflict ease out in 2023 with diplomacy taking over where arms have failed to settle the hot dispute. There is also reason to pray that the status of women and the socio-economic ire against the theocratic regime in Iran find a pacified outcome or that the wave of a new coronavirus strain hard-hitting China does not pile up more pressure on a rather gloomy world economy forecast.

With those thoughts and prayers, we wish a very merry Christmas time to all MT readers, collaborators and editorial staff and all fellow citizens, whatever their walk of life and personal conditions.

Jan Arden

A Year of Unsettling Trends



Dr R Neerunjun Gopee

Probably the single most widespread problem that has affected the common man across the globe in the past year is one that has in fact accentuated as the year comes to its end: the rising prices of all items of consumption. Every household has felt the pinch at the local grocery outlets and the supermarkets, at the petrol pump, when the utilities bills came in – and so on. Any pay rises were quickly neutralized by rising

inflation, and savings eaten into to dwindling point.

We read that in Europe, which is facing one of its worst winters with dropping subzero temperatures, people are having to choose between heating or food. So much so that in the UK, one of the worse affected countries, government is fearing an excess of deaths among the elderly who will succumb to the cold. The situation there is compounded by the fact that after a failure of negotiations to obtain the pay rises they have pressed for, nurses and ambulance personnel have gone on strike, maintaining only a minimum of essential services.

As if that was not enough, the European Union has been hit by what has already been called Qatargate, a corruption scandal that has allegedly involved the Qatar government and four high-level officials of the EU including its lady vice-president. A salutary measure, unlike what we are used to here, is that all four have been made to step down as an investigation got under way. Qatar has naturally denied the allegation of paying EU officials to peddle influence at policy levels in that body. This incident has tarnished the grandstanding of Qatar as the host of the World Cup, despite the brilliant finish of the Argentinian team.

A similar rattling episode – two in fact – is the rioting by Moroccans in several cities in France after the Moroccan team lost to their French counterpart. Nearly 14,000 policemen had to be mobilized to control the looting and burning, the fights between native French citizens and the ‘imported’ variety, Moroccans and their

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‘Humanitarian crisis’ - UK health experts call on government to intervene over rising energy bills and falling living standards. Pic - Financial Times

“Why are irresponsible voices raring for war in a world where there are hundreds of millions of refugees already and nearly two billion people in a situation of famine? And mind you, those sounding the war bugle are ensconced in their palatial domains, enjoying all the luxuries that can be imagined. In their narrow focus on personal gain and popularity, politicians and their cronies, various vested interest groups and wheeler-dealers are least concerned with the bigger war that is looming: combating climate change that threatens to annihilate us. In fact, according to the projections, doomsday may be awaiting us in less than 30 years if we do not do something drastic to stop or even reverse the course of global warming”

acolytes most of whom are in fact French-born, as a few news channels pointed out. Why should they rise against their own country, some wondered. But there was more to come, when riots erupted again after Argentina beat France on a penalty kick. Again, it was Moroccans and migrants who had been granted space in France who were involved. Where did the instigation come from, by whom, and why?

But rioting and violence is almost a fact of life, and even increasing it seems in many European countries – notorious being the Scandinavian ones such as Sweden and Norway, but also in Germany and Belgium where lone-wolf attacks in the metro and in some public well frequented places can be expected anytime, anywhere.

The prevailing atmosphere of antagonism and beligerence since the beginning of the year certainly doesn’t help to calm the boiling tempers, with Zelensky of Ukraine and Russia’s Putin locked in war and relentlessly so, with no end in sight. The negative global impact of this ongoing conflict on energy supply and supply chains generally will approach catastrophic levels if it continues, but as if by contagion drums of war are also threatening in two Asian flash points with the potential to drag the whole world in.

On its north-eastern side, Indian soldiers pushed back an attempted excursion by Chinese soldiers across what is known as the LAC, Line of Actual Control, a situation which however quickly enough stabilized. Across its western border has come a threat of nuclear war from Pakistan, which lost all three wars it fought with India post-Independence.

Why are irresponsible voices raring for war in a world where there are hundreds of millions of refugees already and nearly two billion people in a situation of famine? And mind you, those sounding the war bugle are ensconced in their palatial domains, enjoying all the luxuries that can be imagined.

In their narrow focus on personal gain and popularity, politicians and their cronies, various vested interest groups and wheeler-dealers are least concerned with the bigger war that is looming: combating climate change that threatens to annihilate us.

In fact, according to the projections, doomsday may be awaiting us in less than 30 years if we do not do something drastic to stop or even reverse the course of global warming. For the climate deniers, the climate change experts are all wrong and the scare scenario is not justified: all we need to do is to just continue with the way we have been living and everything will be all right.

For the doubters, the jury is still out about whether it is human activity that is truly responsible for global warming, so called Anthropogenic Global Warming or AGW.

But human activity has to go on, and therefore we have to decide about what and how to do and not to do. This is more realistic, but also contrasts with, the position of the vehement proponents of radical measures that need to be taken, especially by the most polluting rich countries which have been at it for a couple of hundred years and are now blaming the emerging economies, and also putting undue pressure on them not to follow the path of industrialization that they themselves initiated and pushed in the past 200 years.

What we can and must absolutely commit to, by agreed and actionable policies at both global and local levels, and the use of superior technology, is to reduce the steepness of that rise in global temperature. This seems to have been achieved at the Sharm el-Sheikh Climate Change Conference (COP 27), in Egypt from 6-20 November 2022, when countries came together to take action towards achieving the world’s collective climate goals as agreed under the Paris Agreement and the Convention.

But we must still keep in mind that, on all counts, time is running out for us all collectively... and 30 years till doomsday is not such a long way off!

But let’s take a pause shall we... Merry Christmas to all.

A Battle for Democracy

on two fronts and more

The attack of January 6, 2021, on the United States Capitol provoked by then President Donald Trump while the House and Senate were in joint session to certify the results of the electoral college in the 2020 presidential election, and the unprovoked attack on Ukraine by Vladimir Putin have marked two major battles for Democracy that America faced in a short span of time, one domestic, the other international.

These challenges do not lessen the threats on multiple fronts posed by China, Iran, and North Korea or terrorists, known and unknown.

Both battles to save Democracy have been marked by unease. On the domestic front, despite ongoing prosecutions of those who invaded the US Capitol and attacked police officers and destroyed property, Republican supporters of Trump, particularly Congressional Representatives and even Senators have remained brazen in their denials of reality and refusal to condemn Trump. They have instead condemned the House Select Committee investigating the events of the day and refused to cooperate in helping the committee to accomplish its mission. They have declined to participate, refused to testify, and even refused to produce relevant documents and records of communications. Trump himself has been the most brazen, ignoring a subpoena, labelling the whole process a witch-hunt, and even declaring his candidacy in 2024 to regain the presidency. Whether the Committee would accomplish anything was not clear.

On the international front, the war in Ukraine has continued to rage. Whereas Ukraine's forces have shown unimaginable resistance, fortitude and valour, there has been the foreboding sense that



Anil Madan

the sheer mass of the Russian forces will wear the Ukrainians down. Most recently, the grinding attrition that sustained missile and artillery attacks on the electric grid, heating systems, water supply, and other critical infrastructure have heightened the sense of unease. There has been a reluctance by both the US and other NATO countries to provide Ukraine offensive weapons to attack targets in Russia. Perhaps doing so

is viewed by both President Biden and the NATO countries as crossing a red line drawn by the Kremlin. But for ought we can tell, the Kremlin already views that red lines have been crossed as it regularly accuses the West and NATO as being engaged with Ukraine in a war against Russia.

Two days in December saw a distinct shift on both fronts. First, the House Select Committee held its final hearing on December 20th and voted to make criminal referrals against Trump and others to the Department of Justice (DOJ). Whereas the referrals are not binding on the DOJ which makes its own independent decisions on whether to charge a crime and, if so, what charges to bring, the action is significant because it puts a large body of evidence before the DOJ.

The DOJ may already have uncovered the same evidence and more in its own investigation, but the Congressional committee's referral leaves no doubt that the DOJ now has sufficient evidence to bring charges. This increases the pressure to act and certainly, the pressure to explain why no charges are brought if that is the ultimate decision. Attorney General Garland's recent appointment of an independent counsel has increased the likelihood that a decision to prosecute

“Perhaps 2023 will bring opportunities for rapprochement with China as Covid threatens to bring illness and death to many people. American vaccines can help save lives. And in Iran, perhaps the fight for freedom and Democracy can lead to a new regime, more attuned to the aspirations of the Iranian people who seek no conflict, just the chance to be free. Likewise, in Afghanistan, as the Talibans institute new repressive measures against girls and women in denying them education, perhaps there is a chance for the world to move collectively to stem the surge of ignorance that is a more dangerous virus than even the Covid virus...”

science and stole the American people's hearts on December 21.

Putin who has delusions of being another Peter the Great or Prince Vladimir (or Volodymr) the Great, has run into the reality that he will more likely be known in history books as Putin the War Criminal or Putin the Fool. If Zelensky's appearance in Washington accom-



US President Joe Biden (R) welcomes Ukrainian President Volodymyr Zelensky (L) to the South Lawn of the White House Washington, DC, USA, 21 December 2022. In his first trip out of Ukraine since the Russian invasion began, Zelensky is visiting DC to meet with President Biden and address a joint session of Congress. Pic - EPA-EFE/JIM LO SCALZO

will be based solely on the facts and law, not on political considerations.

Trump reacted with one of his typical childish tantrums, screaming “I did nothing wrong!” and even labelling the prospect of charges by the DOJ as constituting double jeopardy. Certainly, the Select Committee got Trump's attention.

A day later, Volodymyr Zelensky, the Ukrainian President arrived in Washington, DC for a meeting with President Biden and then to give a speech to a Joint Session of the US House and Congress. Zelensky's message that his nation is engaged in an existential battle for Democracy not just for itself but for the world was unmistakable. Aid to Ukraine is not charity, it is an investment he declared. In a masterful outreach, he embraced the Ukrainian people, Ukrainian soldiers, as well as the US Congress and the American people as his allies. As many have already pointed out, Zelensky's visit and his pleas echoed those of Winston Churchill about 80 years ago.

House Republicans have been threatening to shut down the hearings on the January 6 insurrection and even to shut down more aid to Ukraine. It may be too late as the Democrat-led committee stole their thunder on December 20 and Zelensky thundered into America's con-

plished anything, it was to underscore that this is not the time for America to quit the effort to save Democracy in the world. It is possible to defeat Russian forces, to save Ukraine, and indeed, to bring about a reconciliation between the rest of Europe and Russia with the US looking on approvingly.

If the Select Committee's concluding announcements accomplished anything, it was to underscore that this is not the time for Americans to quit the effort to save Democracy at home.

Perhaps 2023 will bring opportunities for rapprochement with China as Covid threatens to bring illness and death to many people. American vaccines can help save lives. And in Iran, perhaps the fight for freedom and Democracy can lead to a new regime, more attuned to the aspirations of the Iranian people who seek no conflict, just the chance to be free. Likewise, in Afghanistan, as the Talibans institute new repressive measures against girls and women in denying them education, perhaps there is a chance for the world to move collectively to stem the surge of ignorance that is a more dangerous virus than even the Covid virus.

Cheerz...

Bwana

WHO 'very concerned' as Chinese cities face blood, medicine shortages amid raging Covid outbreak

The World Health Organisation (WHO) has said it is "very concerned" about the Covid-19 situation in China as the viral outbreak spreads unchecked through the country amid continuing shortages of fever medicines and the fear of coming waves of infection in the days and weeks ahead.

Many local governments in China have dipped into their medicine reserves, besides cranking up production at manufacturing units, to meet panic-fuelled demand and have begun to distribute free drugs, reports Hindustan Times.

Shortage of blood has been reported from across the country, according to a state media report, with the local authorities urging people to donate more blood.

The shortage of blood, reported from "multiple regions from the north to the south across China" has been caused by many factors including "epidemic impact", the state-run tabloid, Global Times reported on Thursday.



Workers unload a body from a vehicle for cremation at Gaobeidian Funeral Home in northern China's Hebei province, on Thursday. Pic - AP

In the southern city of Guangzhou, for example, about 1,200 blood donors are needed each day to meet the demand for clinical blood use, the GT report said, adding that due to the recent rising Covid-19 infected cases as well as cold weather, blood inventory has fallen to critically low levels.

China reported no new Covid-19 deaths for a second consecutive day for December 21, according to a Reuters report, even as funeral parlour workers say demand has

jumped in the past week, pushing fees higher.

In the absence of official figures, statistical forecasting modules are being used to calculate the possible number of infections in China.

This current Covid wave may see the country's daily case rate rise to 3.7 million in January, according to British scientific information and analytics company Airfinity, reported Bloomberg on Thursday.

Data from the national health commission (NHC), meanwhile, showed that as of Tuesday, more than 3.46 billion Covid-19 vaccine doses had been administered on the Chinese mainland, according to the official news agency, Xinhua. "...over 90% of the population is fully vaccinated. A total of about 820 million people have received a booster shot as of early August," the report said.

WHO director general Tedros Adhanom Ghebreyesus expressed his concern during his opening remarks at a press conference in Geneva while calling on China "...to share the data and conduct the studies we have requested, and which we continue to request".

"As I have said many times before, all hypotheses about the origins of this pandemic remain on the table," he said, while referring to how the "gaps in our understanding" of how the Covid-19 pandemic began "compromise our ability to prevent future pandemics".

'Your money isn't charity, it's an investment': Zelensky tells US

Ukrainian President Volodymyr Zelensky on Wednesday paid a defiant wartime visit to the United States to thank the leaders for their constant support in the war against Russia. After Zelensky landed in a US military plane at Andrews Air Force Base, he met US president Joe Biden at the White House. He also delivered an address during which he pledged that there would be "no compromises" in trying to bring an end to the war. As the US is finalising a new \$45 billion package for Ukraine, Zelensky assured that US money to Ukraine is not a charity but an investment, reports Hindustan Times.

Here are Volodymyr Zelensky's top quotes:

1. "We need peace. Ukraine has already offered proposals, which I just discussed with President Biden, our peace formula, ten points which should and must be implemented for our joint security

guarantees for decades ahead."

2. Zelensky thanked all Americans for their assistance and said, "Your money is not charity. It is an investment in global security and democracy".

3. "It is a great honour for me to be at the US Congress and speak to you and all Americans. Against all doom and gloom scenarios, Ukraine did not fall. Ukraine is alive and kicking."

4. "If Russian missiles attack us, we'll do our best to protect ourselves. If they attack us with Iranian drones and our people will have to go to bomb shelters on Christmas Eve, Ukrainians will still sit down at the equality table and cheer up each other. And we don't have to know everyone's wish as we know that all of us, millions of Ukrainians, wish the same victory."

5. "This struggle will define in what world our children and grandchildren will



Ukrainian President Zelenskyy addresses a joint meeting of Congress on Wednesday, Dec. 21. Pic - The Wall Street Journal

live, and then their children and grandchildren. It will define whether it will be a democracy of Ukrainians and for Americans, for all."

6. "I don't know what just peace is. It's a very philosophical description. If there is just war, I don't know. How many parents lost their sons and daughters on the frontlines? So what is just peace for them?

Money is nothing. Reparations are of no consequence. They (parents) live by revenge."

7. "The longer the war lasts, the longer this aggression lasts, there will be more parents who live for the sake of vengeance and I know a lot of people like that."

'As a father to daughters...': Rishi Sunak on Taliban's university ban for women

Britain Prime Minister Rishi Sunak on Wednesday expressed sympathy for the women of Afghanistan - who under the Taliban's rule are being denied education - saying he could not imagine a world like that being a "father to daughters". "The women of Afghanistan have so much to offer. Denying them access to university is a grave step backwards," the UK leader tweeted, adding, "We will judge the Taliban by their actions".

His statement comes after reports claimed that women university students in Afghanistan were turned away from campuses on Wednesday after the Taliban-run administration enforced a higher education ban for women - by blocking their



'Grave step backwards,' says UK PM Rishi Sunak on Taliban university ban for women. Pic - Mint

access to universities. Women were reportedly seen weeping and consoling each other outside one campus in Kabul.

The decision - which has drawn condemnation from foreign governments and the United Nations - was reportedly announced Tuesday evening in a letter to universities from the higher education ministry.

"We went to university, the Taliban were at the gate and told us 'you are not allowed to enter the university until further notice' ... everyone was

crying," a student told Reuters. The presence of security forces outside universities was also reported to be higher than usual as women students were told to leave by armed Taliban forces, even when they said they were going for administrative tasks.

The Taliban's latest diktat comes after dismissing women from leadership posts in the civil service and prohibiting them from attending secondary school in most provinces. Under the Taliban, women are also forbidden from travelling unless accompanied by a male relative and requires them to cover their faces in public.

* Contd on page 9

Pope Francis has already signed resignation letter in case of bad health

Pope Francis has revealed in a new interview that he has already signed his resignation letter to be used in the event of him becoming "impaired."

Francis made the comment in an interview with Spanish news outlet ABC, published Sunday, when asked what would happen if a pope is suddenly rendered unable to perform his duties due to health issues or an accident, reports CNN.

Francis said he wrote the letter several years ago and gave it to then-Vatican Secretary of State Cardinal Tarcisio Bertone, who resigned in 2013.

"I have already signed my renunciation. The Secretary of State at the time was Tarcisio Bertone. I signed it and said: 'If I should become impaired for medical reasons or whatever, here is my renunciation,'" Francis was quoted as saying.

"I don't know who Cardinal Bertone has given that letter to, but I handed it to him when he was the Secretary of State," Francis said, adding that this was the first time he had spoken publicly about the letter's existence.

Francis said past pontiffs Paul VI and Pious XII had also drafted their letters of renunciation in the event of a permanent impairment.

Francis, 86, appears to be in good health apart from



Pope Francis has already signed resignation letter in case of bad health. Pic - KESQ-Gettyimages

knee problems. He has often been seen with a walking stick and sometimes uses a wheelchair due to pain in his right knee.

Earlier this year, he canceled a trip to Democratic Republic of Congo and South Sudan after doctors said he might also have to miss a later trip to Canada unless he agreed to have 20 more days of therapy and rest for his right knee.

Last year, he had surgery to remove part of his colon due to diverticulitis, a common condition.

In 2013, Francis' immediate predecessor, Pope Benedict XVI, made the almost unprecedented decision to resign from his position, citing "advanced age" as the reason and startling the Catholic world.

It marked the first time a pope had stepped down in nearly 600 years. The last pope to step down before his death was Gregory XII, who in 1415 quit to end a civil war within the church in which more than one man claimed to be pope.

Imran Khan's purported 'sex call' goes viral, party says 'fake'

Purported audio clips of Pakistan former prime minister Imran Khan's alleged "sex calls" with two women have gone viral while his party said those audios are fake and another attempt to assassinate Imran Khan's character. The clips were shared by Pakistani journalist Syed Ali Haider on his YouTube channel and the clips are still available on the channel.

"There are many people who can impersonate Imran Khan. It might be one of them. There has been no forensic probe in these viral clips," Syed Ali Haider said. According to reports, one of the clips is old, dating to 2008-09, evident from the conversation as it referred to Musharraf, etc. The other audio is believed to be recent in which the anonymous woman said her "private parts in pain". The two plan to meet the next day as Imran Khan purportedly said his family and children were coming and that he would let her know.



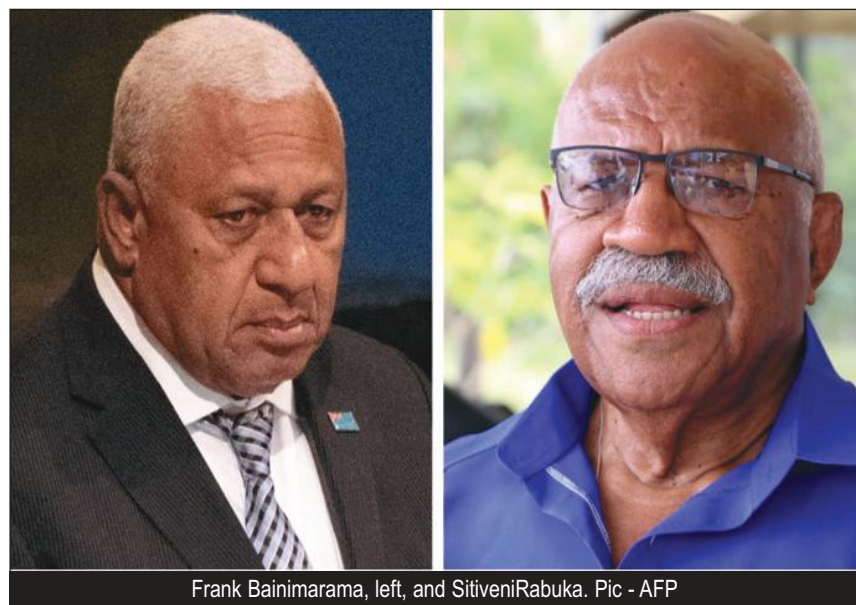
Two purported audio clips of Imran Khan allegedly engaged in sex calls have emerged. Pic - Reuters

After Imran Khan's ouster from the PM's chair, Imran Khan has faced several controversies, including that of Toshakhan gifts. Purported audio of his wife Bushra Bibi scolding a former employee of Imran Khan's Bani Gala residence for taking photos of the Toshakhan gifts was leaked, reports Hindustan Times.

The sex chat clips have become a talking point on social media after the clips went viral with many questioning his values. Many social media users claimed the clip was absolutely fake and many apps can create such voices.

Imran Khan recently spoke up against former army chief General Bajwa and said he was responsible for his ouster to which sources close to Bajwa said Bajwa too has a lot to tell about Imran Khan's rise in politics. Imran Khan was shot at in a rally in November and is presently recovering.

Compiled by Doojesh Ramlallah



Frank Bainimarama, left, and Sitiveni Rabuka. Pic - AFP

Fiji gets a coalition government

The final results of the 2022 Fiji election are in.

The make-up of the new 55 seat parliament - according to the Fiji Elections Office results app - will be Fiji First with 26 seats, the People's Alliance Party with 21 seats, the

National Federation Party with five seats and the Social Democratic Liberal Party with three seats.

In order to be able to form government 28 seats are needed.

This means that for the first time since the return of democracy to Fiji in 2014, Frank Bainimarama's dominant Fiji First Party has failed to secure the majority of seats to rule in parliament, reports RNZ News.

Bainimarama will now need to woo at least one of the three opposition party leaders to join him if he is to remain in power.

The People's Alliance Party - led

by Sitiveni Rabuka - and the National Federation Party - led by Biman Prasad - formed a pre-election coalition and are unlikely targets for the Fiji First leader.

But Sodelpa, led by Viliame Gavoka, made no such pre-election promises.

Gavoka also has close family ties to Bainimarama's right-hand man and attorney general Aiyaz-Sayed Khaiyum.

There is also bad blood between Sodelpa and Rabuka, who broke away from the party to form his current People's Alliance Party, after having led Sodelpa through the last election in 2018.

Reports of coalition being formed

There are reports from Fiji that a coalition is taking shape following the announcement of the official results.

Sources close to opposition political parties have confirmed to RNZ Pacific that the People's Alliance Party, led by Frank Bainimarama's main rival Sitiveni Rabuka, the National Federation Party and Social Democratic Liberal Party are in the process of forming a coalition.

Speaking after a church service in Suva the People's Alliance Party leader Sitiveni Rabuka told media no deal has been made yet but talks are ongoing.

Notice for Building & Land Use Permit Application

Notice for Permission for Land Use

Take notice that I, Mrs Manuel Marie Brigitte Mirella will apply to the City Council of Port Louis for a Building and Land Use Permit for a proposed "Conversion of existing building at ground floor to operate as Pre-primary Education School" at 71, Canal Bathurst Street, Sainte Croix.

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

19 December 2022

A Conversation with Uncle Claus

“The signs on your future horizon are not very positive”

As usual at this time of the year, TP Saran took the opportunity to probe the views of Uncle Klaus during his annual visit to us. Contrary to his previous observations, it appeared to us that there was some pessimism in his assessment of the state of the world, perhaps because of the difficulties that people are facing as a result of the war in Ukraine which has no doubt cast not only a long but a global shadow, with impacts that are likely to last much beyond the war – IF it's over someday! A persona who is normally very cheerful and chirpy seems to have lost some of his bounding enthusiasm this time round. We should take note...

TP Saran

* Welcome to the pleasant and warm sunshine again Uncle. I'm sure you're happy to be here.

You bet! You guys are really lucky down here, all these years I have been coming there has never been any extreme of weather Maybe I am the lucky one!

* Anything special about this place that brings you here time and again, Uncle? There must be no compulsion, I'd think...

Well, I have to visit all the countries where Christmas is celebrated, and yours is part of my itinerary so I have to make a hop to see the smiling faces, the children who are impatiently awaiting my arrival, and to take a dip in your warm waters. But don't let this out will you, that Santa is swimming in your turquoise waters, the guys up there will be J!

“We may be going to the polls next year, and we really can't say what will come out of it. If the recent past is any indication, you could say that it's *bonnet blanc, blanc bonnet*. After all, it's the same old faces with the same pledges and promises as their adversaries, so the polls will be just another one of the same...”



* That's what we hear all the time - the sun and the sea, especially the people, friendly and always welcoming.

Yep, that's right. These assets no doubt make it a special place, though how long they will last I do not know – but you could perhaps be more welcoming among yourselves too think! Because the times are difficult and I believe quite a good number of your countrymen are finding it hard to make a living, and the stress may well have an impact at some stage.

* It's all due to this ongoing and unnecessary war in Ukraine just after the pandemic and with no end in sight...

That's right, I am for peace, always, but do you think those hotheads and their collaborators care a damn? After all, haven't you heard the expression 'war economy'? War means manufacturing and selling arms, means arms dealers and brokers, commissions and what have you. So how to do you think that it will end any time soon? Peace is the greatest enemy of war war-mongers.

* The poorer countries are already doing badly, Uncle, but even Europe and the UK are going through hard times with gas and oil from Russia turned off. We thought they would have been better sheltered from such hardships...

Well, really, I heard it's mainly the UK which 'went Brexit'! Other European countries I understand are fairly well stocked – because despite all the noise they are still buying substantially from Russia through transshipments and other camouflaging devices.

* But do you see any improvement in the situation coming? Look through your crystal ball and give us some hope about the war ending...

I truly wish I could. I am not a Russian Orthodox like Putin so I can't talk to him. The only person who can do so with some moral authority is Modi, and just a few days ago he did so, urging diplomacy and dialogue as the more lasting mechanisms to resolve the issues between the two enemy cousins. But who will bell the cat? Putin? Zelensky? See what I mean?

Just a couple of days ago

“Look at me, I am happy giving away to everybody, especially children, and that makes them so happy even if it is short-lived. A lot of such happy moments all the time adds up to a lot of happiness don't you think? So: give more, take less. For eventually we will leave everything and go. The choice is yours: do you want to be remembered for your goodness and kindness or cursed for your possessions and arrogance?”

Zelensky was physically present in the US Congress asking for more military aid. So you can see which way the winds are blowing, and who are rubbing their hands in glee!

* Sad to say, Uncle, there really is no end to man's folly!

I guess you could say that again my friend. Why do you think Einstein initiated the petition against nuclear weapons signed by several concerned scientists and that was sent to the US President? But who listened? On the contrary the superpowers went on building up their nuclear arsenals.

☞ Cont. on page 11

'If the recent past is any indication, you could say that it's *bonnet blanc, blanc bonnet*'

☞ Cont. from page 10

No doubt these have played the role of nuclear deterrence and not been used again, but what about the other powers that have acquired them? Some are rogue states under the control of dictators with their finger on the trigger or under army rather than civilian control. Yes, you're right there is no end to man's folly.

*** You see man's greed – another form of folly — at work with regard to climate change. In the meantime it's warming up the atmosphere...**

By now we all know that and only too well given the bizarre patterns of weather and the natural catastrophes which have occurred in all the continents, not to speak of the rapidly melting ice caps in the Arctic and Antarctic. Massive rains in the desert in Oman and in



*** Uncle, you have been around for a long time, and you are best placed to tell us about the condition of man, whether we are going forward. What do you see happening to man?**

Well, no doubt much material progress has been made to increase the physical conditions of living, and continues to be made. What hasn't changed are the fundamental desires of man for more and more of power, of wealth, of delusions of grandeur, of the capacity to do harm. Well has it been said that the worse enemy of man is man? I recall the saying of a great thinker, though I do not remember his name – 'today we are having men with guided missiles and misguided minds.' You could add drones to that, the latest in the killer weapons series – ever innovating!

*** I am sure there are times when you pause and reflect on life and man. Does it seem to you that we tend to forget that life is short, and we don't do what is best of it but also what is right?**

Do you realise that the highest rates of suicides are in the so-called advanced and developed countries like Japan, the US? That is what we should address, instead of trying to prolong life or to pursue the ephemeral dream of physical immortality, as some scientists are apparently doing. Really, who would like to live forever! For God's sake, let's learn instead to live together in peace rather than trying to force our ideologies down each other's throats and be prepared to kill for that - surely not the road to a happy life! If there is a better way out, I'm all ears.

*** Is it why people rarely feel that they have a happy life or are satisfied with what they have?**

Well if you keep chasing illusions, your happiness also will be illusory and short-lived!

*** Mortality should encourage us to live life without regret, so tell us, Uncle, what should we be doing to make our life happier? Where do we draw the strength to keep going?**

My favourite answer is what Einstein said – 'Don't teach your children to be rich, teach them values.' Don't seek happiness in external objects – that's confusing temporary pleasure with happiness, which is not outside but within.

Look at me, I am happy giving away to everybody, especially children, and that makes them so happy even if it is short-lived. A lot of such happy moments all the time adds up to a lot of happiness don't you think? So: give more, take less. For eventually we will leave everything and go.

The choice is yours: do you want to be remembered for your goodness and kindness or cursed for your possessions and arrogance?

Well, as for me, I have shed my load and soon I'll be off feeling so light and therefore so happy. Why don't you come fly with me?

TP Saran

“I believe that many of your institutions need people with stronger backbones at the helm - but you can always neutralize them by amending laws when you have a majority of genuflecting followers on your side isn't it. This is tantamount to a semblance of democracy, which is in crisis in so many countries and that hasn't spared yours...”

the Valley of Death in the US – *du jamais vu!* So we may well be in for worse still, and our activities are pushing us all further and further in that direction.

*** It looks like the recent conference on the environment and climate change has been another talking shop, and there is no saying that they will really do something about it all this time round.**

Anne, ma sœur Anne, ne vois-tu rien venir... is all I can say. Previous such conferences didn't have significant impacts, we have to wait and see. At least there is consensus on the urgency of the situation and the extinction scenario that is staring at us. So maybe that will motivate deeper engagements and more serious efforts about delivering on promises and expectations.

*** Well, down here, we need our prices at the petrol pump to come down, don't we!**

That's for sure. I learn that there's enough data to justify such a reduction in the price of petrol but if even Nishal Joyram's sacrifice hasn't moved the powers that be, the prospect still looks dim.

*** Yep, Uncle, it's a real mess down here. They have bungled up everything... reserves are down, prices are going up...**

I believe that many of your institutions need people with stronger backbones at the helm - but you can always neutralize them by amending laws when you have a majority of genuflecting followers on your side isn't it. This is tantamount to a semblance of democracy, which is in crisis in so many countries and that hasn't spared yours.

*** The worst is perhaps yet to come... possibly, in the coming year.**

You definitely have to anticipate and be prepared for that. How, I am not in a position to tell you but definitely the signs on your future horizon are not very positive.

*** It's a recurrent theme, Uncle. That's what happens when people lose the capacity to feel shame! That's what seems to be the biggest problem nowadays, Uncle!**

And hence the dysfunctional institutions, the lack of trust in them, the quasi-repression of dissenting voices by putatively legal means.

*** Will it get better? We may be going to the polls next year, and we really can't say what will come out of it.**

If the recent past is any indication, you could say that it's *bonnet blanc, blanc bonnet*. After all, it's the same old faces with the same pledges and promises as their adversaries, so the polls will be just another one of the same...

*** More of the same... we don't know, but hopefully not!**

You are allowed to dream my friend!

“I am for peace, always, but do you think those hotheads and their collaborators care a damn? After all, haven't you heard the expression 'war economy'? War means manufacturing and selling arms, means arms dealers and brokers, commissions and what have you. So how do you think that it will end any time soon? Peace is the greatest enemy of war warmongers...”



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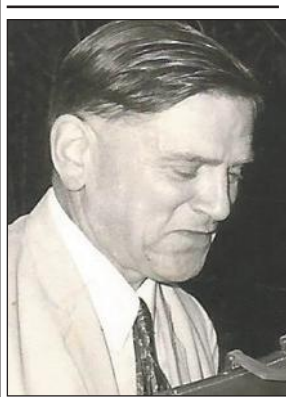
From the Pages of History - MT 60 Years Ago

5th Year No 214

MAURITIUS TIMES

Friday 12 September, 1958

• 'The time of words has passed, and deeds alone suffice.' — John Greenleaf Whittier



Peter Ibbotson

lie Smirke to ride this season in Mauritius and to, as the *Daily Express* reported him as saying, advise on how racing in Mauritius can be improved.

Mr Smirke will doubtless confine his advice to matters of racehorse breeding and training of apprentices. The organisational set-up of racing in Mauritius will certainly be outside the scope of his advice. Yet it is this very organisational set-up which is in most from need of reform.

Referring to race crowds at Brighton, Hugh Massingham said in the *Observer* on 12 August 1956, "One cannot help feeling that something is wrong... The days when racing was the sport of a small, rich circle have gone, but the authorities still behave as if our coarse tumultuous democracy did not exist. It is high time they did something about it."

Mr Massingham's words are applicable equally forcefully to racing in Mauritius.

The two Clubs — Turf and Jockey — each year import racehorses from France and England. These horses are allotted to one or other of the six recognised stables (*écuries*). The Clubs make advances to the *écuries*, who reimburse the advances at the end of the season. Jockeys are engaged from France or Australia, with passages (by sea or air) paid.

With the Clubs importing the horses and allotting them to the *écuries*, it means that despite the apparent different ownership of the horses, all are actually under the same ownership!

And whichever horse wins a race, the prize-money goes to help to reimburse the advances made by the Clubs!

With all the jockeys being engaged from abroad, every jockey is white. (Presumably the horses have a colour bar too!). Nobody can explain why this should be; during the war, Mauritians rode as jockeys, so why not now? Surely the length of time that there has been racing in Mauritius — over a century — has been enough to establish a tradition of local jockeyship? And anyway, why should the white jockeys from abroad be paid five and six times as much as the Mauritian jockeys were paid to ride during the war?

Not only are non-whites debarred from riding; they are also debarred from membership of the Turf Club, which is one of the whites' jealously guarded preserves. Unfortunately, the Governor, by becoming a Patron of the Club, gives apparent countenance to this state of affairs: it is a pity that he cannot withhold his patronage from a Club which practises a colour bar. The Turf Club

Racing Needs Reform

Nero, we are told in the history books, fiddled while Rome was burning. This has become a by-word for any form of activity which is unimportant while matters of great importance await performance. And into the Nero category falls the engagement of the celebrated British jockey Charlie Smirke to ride this season in Mauritius and to, as the *Daily Express* reported him as saying, advise on how racing in Mauritius can be improved.

leases the Champ de Mars, which is municipal and therefore public property, from the Municipality of Port Louis, which should surely be able in some way to bring pressure on the Club to end its colour-consciousness: e.g. by refusing to continue the lease unless the colour bar is abolished.

Despite the operation of the colour bar as regards membership, the Clubs have no objection to taking money from coloured and Indian persons. Sweepstakes, betting, lotteries and pools, in addition to gate money, bring in (it is estimated) at least half a million rupees a year to the Clubs. And most of this money comes from the coloured and Indian sections of the population who are denied, however, any say in the running or organisation of racing.

The pools, etc., are lucrative to their organisers; I have before me an advertisement which recently appeared in *Le Mauricien*, announcing that four pool firms — Joseph Merven, Marcel Carver, Ah Chin and Populaire — have *avec l'autorisation des Clubs* introduced a new form of pool *qui permettra au joueur de marquer de UN à 729 différentes combinaisons sur cette même forme*. It is thus made very easy for the *joueur* ('punter' as we say in England) to have a bet and contribute to the profits of the pools organisers and indirectly to the funds of the Clubs whose names appear on the advertised pools coupons in addition to the names of the organisers.

Yet despite the way in which the general population contributes to the running of the Clubs, organisation and control of racing remain in the hands of the Whites. In a democracy, it is absolutely wrong that this should remain so. No longer should racing remain the sport of a small, rich circle as far as its control is concerned. It has become the sport of poor as well as rich, but the racing authorities still refuse to admit it. They continue in



Turf Time: Band Master winning the Princess Anne Plate Champ de Mars — 1958 - Pic -vintagemauritius.org

their blinkered autocracy; when will we see a determined stand against the colour-conscious Clubs?

Racing is in need of reform. Charlie Smirke is an ideal man to advise on technical matters: but he cannot, obviously, tender advice about the abolition of colour-consciousness. That reform must come from within.

At the beginning I referred to Smirke's engagement as having a Nero-like quality. By this I mean that, with so much in Mauritius that needs reform, it is ironic to find a superfluous activity (whose cessation would not affect the economy of Mauritius one bit) being chosen as the first to warrant the attention of an outside expert. Then nabobs of the Clubs have shown enterprise in getting Smirke to visit Mauritius; they can be hoping that he will be an attraction sufficient to recoup their expenses in engaging him. May we hope that those same nabobs will be equally ready to lay out their money when schemes in the Five-year Plan come to need financing? An investment in the future of Mauritius would be more highly estimable than an investment merely in the future of a colour-conscious sporting club.

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Africa is beset with coups and conflicts: how the trend can be reversed

● Cont. from page 2

The AU appointed a special envoy for the Horn of Africa and engaged in 'quiet diplomacy', but this is yet to bear any fruit.

In the Sahel, the zone of insecurity – arising from insurgencies and Islamic jihadists – has expanded. It has entrapped and killed thousands, displaced millions, and caused tremendous suffering. In the process the legitimacy and capacity of nascent democratic regimes has been undermined.

And in northern Mozambique, a rebellion rooted in government neglect and sense of dispossession metamorphosed into an Islamist insurgency. Hundreds of thousands have been displaced and the country's security forces have been overwhelmed.

Enduring instability in South Sudan, Libya and Somalia have made little progress. Here too the AU has largely been on the sidelines, despite its military presence in Somalia.

Each of these occurrences has a unique context. Nevertheless, they are broadly linked to a democratic deficit and governments' inability to deliver either freedom or peace and development. These failure of nominally elected governments has denied leaders – as well as the democratic system – a vanguard popular constituency.

On top of this, the COVID-19 pandemic has decimated the economic gains of the last decade. This has left behind an avalanche of unemployed youth, and worsened the public debt burden of virtually all countries. In turn this has deprived incumbents of economic rents they could deploy to appease the public and co-opt and silence key civilian and military officials.

The structural conditions that have made the coups and insecurity in the various countries possible obtain in a large majority of African countries. Moreover, the successes and apparent popularity of some of the coups have set a precedent that may inspire copycats.

But, an impoverished, insecure and coup-prone Africa is not inevitable. In fact, the continent continues to witness the resilience of democracy in Malawi and Zambia, among other countries.

Addressing the ailments and setting on a

path to peace, freedom and sustainable development requires two key things. Firstly, a mental paradigm shift. Secondly, bold moves to accelerate the continent's economic, security and political integration.

From rejection to introspection

Both the AU and ECOWAS have rejected the military coups. The AU has suspended four countries in a year, the highest since its formation in 2002. For its part ECOWAS is operating without 20% of its membership. Three of its 15 member states suspended. In addition, it's imposed crippling sanctions on Mali following a second coup and failure to agree an acceptable transition timeline.

But the AU hasn't been wholly consistent. For example, it didn't suspend Chad after an effective military takeover in the country. Instead, it put preconditions for a relatively quick transition, national dialogue and exclusion of transition leaders from standing for election. It has remained largely silent on Tunisia too despite anti-democratic developments there.

ECOWAS has been acting according to the books on military coups. Nevertheless, it failed to publicly criticise the constitutional coups in Guinea and Cote d'Ivoire.

These inconsistencies have bred accusations of hypocrisy. Some have gone as far as accusing the two institutions of merely serving as protection for their club of incumbents. If the AU and ECOWAS want to be taken seriously, they must look inwards and stand up for constitutional democracy, regardless of the perpetrators – whether incumbents or men in military fatigue.

And here, they have an opportunity to redeem themselves through some quick wins.

Current presidents of Senegal (Macky Sall) and Benin (Patrice Salon) are serving their second and last terms. Nevertheless, there are concerns that they are resorting to democratically questionable manoeuvres. And that they may even be considering a constitutional manoeuvre to stay in power.

The AU and ECOWAS should proactively engage these leaders and secure public commitments that they will step down after the end of their terms, and continue the nas-

cent legacy of their countries in peaceful alternation of power.

From crisis to opportunity?

The sense of crisis must spur the AU and ECOWAS into action. The ECOWAS Heads of State and Government have tasked the ECOWAS Commission to expedite the process of reviewing the Protocol on Democracy and Good Governance. This is a chance to strengthen ECOWAS' capacity to respond to incumbent constitutional and electoral manipulations. This could include re-tabling the region-wide two term limit on presidents that it abandoned in 2015.

The AU should similarly enhance its capabilities to check unconstitutional changes of government as well as the undemocratic exercise and retention of power.

And it should accelerate its institutional reform drive. Notably, it must work towards boosting the Peace Fund. A well-supported fund would allow the AU to prevent political instability from degenerating into large scale conflict and insurgency.

The experiences of the coordinated responses to the insurgency in northern Mozambique, involving soldiers from the Southern African Development Community and Rwandan forces, could provide an important prototype. This must include measures to address the root causes of governance deficit, exclusion and wanton

exploitation of natural resources.

In the long term, the AU, ECOWAS and other regional economic communities should strengthen security and economic integration. This would go some way to ensuring that nascent democracies deliver freedom as well as stability and a steady improvement of peoples' economic fortunes.

Getting the African Continental Free Trade Area into gear and the protocol on free movement of people implemented is critical.

Regional organisations should also boost their anti-corruption mechanisms and address problems of mismanagement of resources.

Ultimately, the primary responsibility for stability, prosperity and freedom lies at the national level. But if African leaders desire the protection of the AU, ECOWAS and other sub-regional communities, they must strengthen these institutions.

The ambitious mandate and expectations of these institutions must be matched with requisite tools, power and resources. Incumbent safety may lie in sharing power: horizontally by addressing the curse of winner-takes-all politics at the domestic level through inclusion of the opposition in governance; and vertically by empowering regional and sub-regional organisations.

Africans must, of course, be the masters of their destiny. But external partners such as the United Nations, US and China should support efforts to enhance the continent's stability and economic progress.

Adem K Abebe - University of Pretoria

To Our Readers

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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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UNION OF EMPLOYEES OF SUGAR INSURANCE FUND

All members are being informed that the **Annual General Assembly** of the Union of Employees of Sugar Insurance Fund will be held on Saturday 21 January 2023 at 10.00 a.m. at Emmanuel Anquetil Labour Centre, James Smith St, GRNW, Port Louis.

AGENDA: First Part

- Welcome address by the President of UESIF
- Reading and approval of Minutes of proceedings of the last AGA
- Matters arising

- President's Report
- Approval of Final Accounts for years ending December 2020, 2021 and 2022
- Motions & Resolutions from members (if any)
- AOB

Motions and Resolutions should be sent by registered post so as to reach the Secretary of Union of Employees of Sugar Insurance Fund, Mr Nundeo Chacoory, c/o SIFB, 18 SSR Street, Port Louis by 13 January 2023 by 3.00 pm at latest.

N. Chacoory (Secretary)

22.12.2022

People with diabetes who fast intermittently may no longer need medication

After an intermittent fasting diet intervention, patients achieved complete diabetes remission, defined as an HbA1c (average blood sugar) level of less than 6.5% at least one year after stopping diabetes medication, according to a new study published in the Endocrine Society's Journal of Clinical Endocrinology & Metabolism.

Intermittent fasting diets have become popular in recent years as an effective weight loss method. With intermittent fasting, you only eat during a specific window of time. Fasting for a certain number of hours each day or eating just one meal a couple of days a week can help your body burn fat. Research shows intermittent fasting

can lower your risk of diabetes and heart disease.

"Type 2 diabetes is not necessarily a permanent, lifelong disease. Diabetes remission is possible if patients lose weight by changing their diet and exercise habits," said Dongbo Liu, Ph.D., of Hunan Agricultural University in Changsha, China. "Our research shows an intermittent fasting, Chinese Medical Nutrition Therapy (CMNT), can lead to diabetes remission in people with type 2 diabetes, and these findings could have a major impact on the over 537 million adults worldwide who suffer from the disease."

The researchers conducted a 3-month intermittent



fasting diet intervention among 36 people with diabetes and found almost 90% of participants, including those who took blood sugar-lowering agents and insulin, reduced their diabetes medication intake after intermittent fasting. Fifty-five percent of these people experienced diabetes remission, discontinued their diabetes medication and maintained it for at least one year.

The study challenges the conventional view that diabetes remission can only be achieved in those with a shorter diabetes duration (0-6 years). Sixty-five percent of the study participants who achieved diabetes remission had a diabetes duration of more than 6 years (6-11 years).

"Diabetes medications are costly and a barrier for many patients who are trying to effectively manage their diabetes. Our study saw medication costs decrease by 77% in people with diabetes after intermittent fasting," Liu said.

Have you found meaning in life? Answer determines health and well-being

Over the last three decades, meaning in life has emerged as an important question in medical research, especially in the context of an aging population. A recent study by researchers at University of California San Diego School of Medicine found that the presence of and search for meaning in life are important for health and well-being, though the relationships differ in adults younger and older than age 60.

"Many think about the meaning and purpose in life from a philosophical perspective, but meaning in life is associated with better health, wellness and perhaps longevity," said senior author Dilip V. Jeste, MD, Distinguished Prof of Psychiatry and Neurosciences at UC San Diego School of Medicine.



The study found the presence of meaning in life is associated with better physical and mental well-being, while the search for meaning in life may be associated with worse mental well-being and cognitive functioning. "When you find more meaning in life, you become more contented, whereas if you don't have purpose in life and are searching for it unsuccessfully,

you will feel much more stressed out," said Jeste.

The results also showed that the presence of meaning in life exhibited an inverted U-shaped relationship, while the search for meaning in life showed a U-shaped relationship with age.

"When you are young, like in your twenties, you are unsure about your career, a life partner and who you are as a person. You are searching for meaning in life," said Jeste. "As you start to get into your thirties, forties and fifties, you have more established relationships, maybe you are married and have a family and you're settled in a career. The search decreases and the meaning in life increases."

"After age 60, things begin to change. People retire from their job and start to lose their identity. They start to develop health issues and some of their friends and family begin to pass away. They start searching for the meaning in life again because the meaning they once had has changed."

"The medical field is beginning to recognize that meaning in life is a clinically relevant and potentially modifiable factor, which can be targeted to enhance the well-being and functioning of patients," said Awais Aftab, MD, first author of the paper and a former fellow in the Department of Psychiatry at UC San Diego.



Curious Kids

What is hydroelectric energy and how does it work?

How does flowing water make electricity? An engineer explains hydroelectric generation.

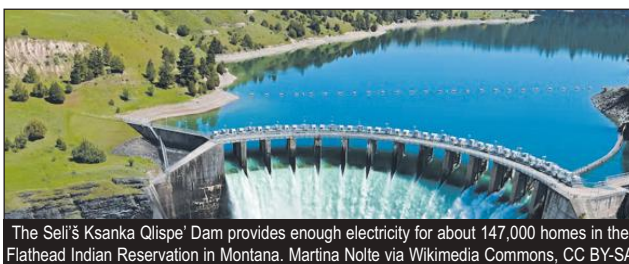
If you've ever observed a river rushing down a mountain or played in the waves at the beach, you've felt that moving water contains a lot of energy. A river can push you and your kayak downstream, sometimes very quickly, and waves crashing into you at the beach can knock you back, or even knock you over.

There is a long history of harnessing the energy in the flowing waters of rivers to do useful work. For centuries, people used water power to grind grain to make flour and meal. In modern times, people use water power to generate clean electricity to help power buildings, factories and even cars.

Energy in flowing waters

The energy in these moving waters comes from gravity. As part of the Earth's water cycle, water evaporates from the Earth's surface or is released from plants. When the released water vapor is carried to cooler, higher altitudes like mountainous regions, it condenses into cloud droplets. When these cloud droplets become big enough, they fall from the sky as precipitation, either as a liquid (rain) or, if it is cold enough, as a solid (snow). Over land, precipitation tends to fall on high altitude areas at first.

The pull of gravity causes the water to flow. If the water falls as rain, some of it flows downhill into natural channels and becomes rivers. If the water falls as snow, it will slowly melt into water as temperatures warm and follow the same paths. The rivers that form consist of water from precipitation starting at high altitudes and flowing down the steep slopes of mountains.



The Seli's Ksanka Qlispe' Dam provides enough electricity for about 147,000 homes in the Flathead Indian Reservation in Montana. Martina Nolte via Wikimedia Commons, CC BY-SA

Converting flowing water to electricity

Hydropower facilities capture the energy in flowing water by using a device called a turbine. As water runs over the blades of a turbine – kind of like a giant pinwheel – they spin. This spinning turbine is connected to a shaft that spins inside a device called a generator, which uses an effect called induction to convert energy in the spinning shaft to electricity.

There are two main kinds of hydropower facilities. The first kind is called a "run-of-the-river" hydropower facility. These facilities consist of a channel to divert water flow from a river to a turbine. The electricity production from the turbine follows the timing of the river flow. When a river is running full with lots of spring meltwater, it means the turbine can produce more electricity. Later in the summer, when the river flow decreases, so does the turbine's electricity production. These facilities are typically small and simple to construct, but there is limited ability to control their output.

The second kind is called a "reservoir" or "dam" hydropower facility. These facilities use a dam to hold

back the flow of a river and create an artificial lake behind the dam. Hydropower dams have intakes that control how much water flows through passages inside the dam. Turbines at the bottom of these passages convert the flowing water into electricity.

To produce electricity, the dam operator releases water from the artificial lake. This water speeds up as it falls down from the intakes near the top of the dam to the turbines near the bottom. The water that exits the turbines is released back into the river downstream. These reservoir hydropower facilities are usually large and can affect river habitats, but they can also produce a lot of electricity in a controllable manner.

The future of hydropower

Hydropower depends on the availability of water in flowing rivers. As climate change affects the water cycle, some regions may have less precipitation and consequently less hydropower generation.

Also, making electricity isn't the only thing dam operators have to think about when they decide how much water to let through. They have to make sure to keep some water behind the dam for people to use and let enough water through to preserve the river habitat below the dam.

Hydropower can also play a role in limiting climate change because it is a form of renewable electricity. Hydropower facilities can increase and decrease their electricity production to fill in gaps in wind and solar generation.

Brian Tarroja

University of California, Irvine



One day, the husband called his wife, and asked:

"Honey I've been asked to go fishing in China with my boss for a week. This is a good opportunity for me to get a promotion. So could you please pack enough clothes for a week, set out my rod and fishing box. We're leaving the office and I'll swing by the house to pick my things. Oh, and please pack my new blue silk pyjamas!"

His wife immediately noticed that something was not right with the lousy excuse her husband managed to invent for the next week, but she decided to be a good wife and do what she was asked to.

After a week, her husband returned home, and looked tired, but explained to her that he was happy that he has done a good job by attending the fishing party.

The woman wanted to know all in detail, and asked about the boss, the weekend, the other colleagues, if they had caught fish, and so on. Her husband answered: "Yes, Lots of salmon, blue gill and a few swordfish. But why didn't you pack my blue silk pyjamas?"

The woman replied: "I did...They're in your fishing box".

Moral: Never lie to a smart wife because she knows everything!

It was Xmas time and the judge was in a benevolent mood as he questioned the defendant.

'What exactly is it you're charged with?' he asked.

'Doing my Xmas shopping early,' replied the guy.

'That's not an offence,' said the judge. 'How early were you in the shop?'

'Before the store opened.'

One man came forward for his interrogation



'Are you a property owner?' asked the judge

'Yes, I am your honour.'

'Married or single?'

'Married for twenty-five years, your honour.'

Then the judge asked: 'Formed or expressed an opinion?'

The guy replied: 'Not in twenty-five years, your honour.'

At a wedding ceremony the priest asked if there was anyone who had any reason why the marriage shouldn't go on, it was time to stand up and speak, or forever hold his or her peace.

The moment of utter silence was interrupted by a young beautiful woman carrying a baby. She started slowly walking toward the pastor. Everything quickly turned to chaos.

The bride slapped the groom and stormed out of the church.

The groom's mother fainted. The groomsmen and bride's maids ran away in all directions.

The priest asked the woman, "Can you tell us why you came forward? What do you have to say?"

Here lies the best part...

The woman replied politely, "Father... I can't hear anything from the back... so I moved to the front seats."

John was window shopping when he bumped into Jonathan whom he had not seen for years. As they started chatting, they realized they had a lot catching up to do, so John invited Jonathan to visit him at his apartment.

'I have a wife and three kids, and it would be great if you came to see us.' said John.

'Yes, why not, where do you stay?' asked Jonathan.

'The address is 75 Riverside Mansions, there's plenty of parking space behind the apartment. Park there and come round to the front door, kick it open with your foot, go to the elevator and press the button with your left elbow, then enter. When you reach the seventh floor go down the hall until you see number 75 then press the

doorbell with your right elbow and I'll let you in.'

'Right, that's fine, but tell me what's this business of kicking the door and using my elbow.'

'Well, surely you're not coming empty-handed.'

Tried in hostile town, a guy didn't think he had any chance of escaping a murder charge, so shortly before the jury retired, he bribed one of the jurors to find him guilty of a lesser crime of manslaughter.

The jury were out for over three days before eventually returning a verdict of manslaughter.

The relieved defendant sought out the bribed juror and thanked him.

'How did you do it?' he asked the juror.

'It wasn't easy, all the jurors wanted to acquit you,' admitted the juror.

A man was forced to take a day off work to appear in court on a minor charge. After waiting all day for his case to be heard, he was finally called before the judge late in the afternoon, but no sooner had the defendant stood in the deck than the judge announced that the court would be adjourned until the following day.

'This is an outrage!' shouted the guy.

Tired at the end of a long day, the judge rapped back: '25 dollars, contempt of court.'

Then noticing the fellow checking his wallet, the judge softened and said: 'It's all right, you don't have to pay right now.'

'I wasn't planning to pay, I was just checking if I'd have enough money for two more words!'

Beggar: Please give me some food.

Man: I can give you Scotch.

Beggar: But I don't drink.

Man: I can give you cigarette.

Beggar: But I don't smoke.

Man: I can take you to the races.

Beggar: But I don't gamble.

Man: I can give you a girlfriend.

Beggar: No, no I love only my wife.

Man: Then I can give you food, with the condition that first you have to come to my house.

Beggar: But why?

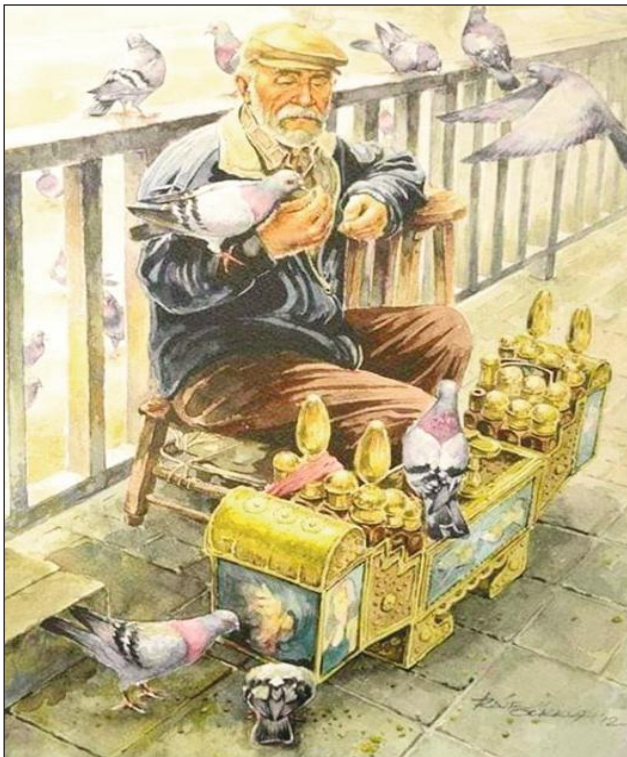
Man: My wife should see and learn what happens to a person who doesn't drink, smoke, gamble and loves only his wife.



Life's Talk**I am doing what makes me happy**

I asked a friend who has crossed 70 and is heading towards 80 what sort of changes he is feeling in himself? He sent me the following:

1. After loving my parents, my siblings, my spouse, my children and my friends, I have now started loving myself.
2. I have realized that I am not "Atlas". The world does not rest on my shoulders.
3. I have stopped bargaining with vegetable and fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter's school fees.
4. I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.
5. I stopped telling the elderly that they've already narrated that story many times. The story makes them walk down memory lane and relive their past.
6. I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.
7. I give compliments freely and generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never, never turn it down, just say "Thank You."
8. I have learned not to bother about a crease or a



spot on my shirt. Personality speaks louder than appearances.

9. I walk away from people who don't value me. They might not know my worth, but I do.

10. I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat and neither am I in any race.

11. I am learning not to be embarrassed by my emotions. It's my emotions that make me human.

12. I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships, I will never be alone.

13. I have learned to live each day as if it's the last. After all, it might be the last.

14. I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!

Author Unknown

Age with grace

Many of my well wishers often ask me,
'How old are you?'

I tell them:

How can I answer this totally unfair question?
When I play with a little child, I am one-year old.
When I watch cartoons, and jump, I'm three.
When I dance to the tune of music, I am Sweet
Sixteen.

Yes, when I try to heal someone's wound, I'm sure I've
crossed five decades of my life span.
And when I chat with butterflies, sparrows or bulbuls, I
become their age.

What is there in age? Isn't it just in the mind?
Like the light of the sun and the flowing water in the
rivers, I am ageless.

I keep changing with time and with my experiences.
Days are marching towards night.

No doubt, whenever my sunset arrives, I shall hold on
to it and be gone forever !!

Till then it's not my age that matters.
What matters is how fully have I lived thus far!

Life's lesson**Mom's Lesson: 'Just gracefully bow out'**

My Mom once told me that she walked into a room where a couple of friends were discussing her, they didn't know she was there. She shook her head, smiled and walked away.

My Mom also told me that she had a friend who talked bad about her, she never knew that Mom found out, Mom never mentioned it. She smiled and walked away from this friendship.

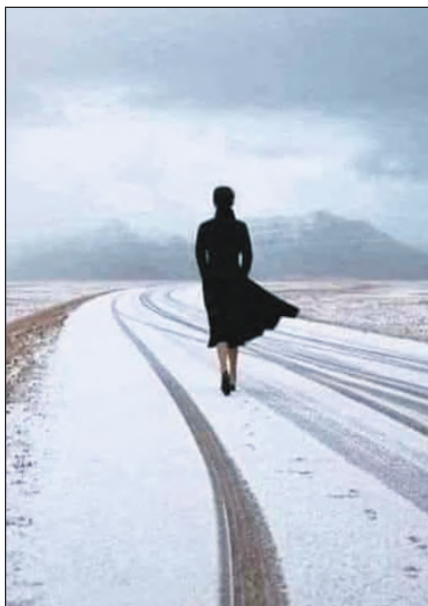
She told me she had family who chose to shift her out of their life because she stood up for herself for a change. And because she stopped crossing oceans for them when they would not even help her cross a bridge. She smiled, shook her head and walked away.

So, I asked her how she could just walk away from people that betrayed her while pretending to be her friends or family?

She answered that every time she came to a crossroad like that, she had to decide who will be going forward on her journey with her. This showed her who she cannot take along with her.

So, she explained to me that you should never get mad at a person who betrays you, even in the name of friendship or family.

Just gracefully bow out and enjoy your journey with all the new people God puts in their place.

Short Stories**The Frog and the Mouse**

A young mouse was running along the bank of a pond, exploring and admiring the beautiful nature. A frog also lived along the same bank. When the frog saw the young mouse loitering around his area, he swam near the mouse and croaked:

"Do you want to pay me a visit to the wonderful world inside the pond? I can promise you a good time full of adventure if you do."

The mouse did not have anything to do and was eager to see and explore the world around. So, he did not need much coaxing and quickly agreed to join the adventure under the pond. Although the mouse could swim a little, he did not want to risk going into the pond all on his own without any help.

The frog offered a plan to tie the mouse's leg to his own with a reed, so he could quickly rescue the mouse when necessary. The mouse agreed to the frog's plan, and they jumped into the pond.

The frog jumped into the pond and dragged the mouse along with him. The mouse soon realized being pulled inside the pond was no fun. Finally, he had enough of it and requested to return to the shore, but the treacherous frog did not bother. Instead, he pulled the mouse deeper into the pond and drowned him.

A hawk was flying over the pond when he saw



the mouse struggling and drawing in the water. So, the hawk came sailing over the pond and swooped the mouse. Along with the mouse was the frog dangling from his leg. So, the hawk got lucky to have both the mouse and the frog for his dinner.

While the mouse had to meet the unfortunate end due to his foolishness, the frog ended up being the hawk's dinner merely due to his treacherous intentions.

Moral: Those who seek to harm others often come to harm themselves through their own deceitful actions.

Party time's health tips

Simple Ways to Lighten Your Holiday Celebration

No one wants to be on a strict diet during the holidays. We want to enjoy the bounty of traditional favorite foods. How can you enjoy the holidays without gaining weight? Dietitians say it's not so hard, with a little planning.

First, change your mindset. If you've been trying to lose weight, when mid-November rolls around, shift your focus from weight loss to weight maintenance. Says Joan Salge Blake, MS, RD, Boston University clinical assistant professor: "Allow yourself a few treats and set your goal on weight maintenance so you can enjoy the holiday foods and wait until the New Year to get back on your weight loss plan." Second, get strategic with calories. If you are the host of dinners and parties, trim calories wherever you can without compromising tradition or flavour.

Here are a few tips to lighten up your holiday meals.

Shop smart for healthy holidays

Plan your menu to include plenty of fruits, vegetables, lean meats, seafood, whole grains, and low-fat dairy.

Consult the nutrition label to choose foods rich in nutrients but lower in fat, calories, and sugar.

To shave calories, go easy when adding nuts, cheese, cream sauces, gravy, butter, and whipped cream.

Start the party light

Most appetizers tend to be loaded with calories. And it is so easy to overeat them before the meal.

Make it easier on your guests by offering light and satisfying appetizers. For delicious yet healthy appetizers, serve shrimp cocktails, whole-grain crackers with reduced-fat cheese, vegetables with a low-fat yogurt



dip, or fresh fruit skewers.

Harness the diet power of produce

Add more simple vegetable and fruit dishes to your menu instead of heavy dishes with sauces. Your guests will fill up on healthy fibre without lots of extra calories.

For example, simple peas or corn are healthier than creamed peas or corn. But if you must have casserole, use low-fat soup, increase the veggies, and top it with a crunchy whole-grain cereal instead of fried onions.

Shave calories with simple swaps

Create healthier versions of your holiday favourites by shaving calories wherever you can.

"Simple swaps of lower-fat ingredients are easy ways to save calories -- and no one will even notice the difference" says Cheryl Forberg, RD.

Use chicken stock, fat-free yogurt, light cream cheese, and low-fat milk in place of high-fat ingredients. Substitute non-fat yogurt or applesauce for oil in baked goods.

Roast or grill for rich flavor with fewer calories

Roasting or grilling meat, seafood, vegetables, and potatoes, is a simple, low-calorie cooking style that brings out the natural sweetness and flavour in foods.

Roasted sweet potatoes with a sprinkle of cinnamon

sugar and a spritz of butter spray are delicious substitutes for the traditional calorie-laden casserole.

Serve healthier desserts

For dessert, try chocolate-dipped strawberries for a colourful and delicious finale.

If you want to offer pie, choose the healthier pumpkin pie. Make it with non-fat evaporated milk. Top it with fat-free whipped topping.

Spritz your drinks

Offer your guests plenty of low-cal beverages such as diet soda, sparkling water, or a low-calorie punch.

Alcohol releases inhibitions and can increase hunger. That's a combination that can lead to eating more than you planned. So do yourself and guests a favour: Offer simple alcohol choices such as wine and beer without the heavy cocktail mixers. And make sure you have mocktails or other no-alcohol options for those who don't drink.

Plan and scan to avoid holiday weight gain

"In anticipation that you will be eating and drinking more than usual, try to trim your calories and make sure you fit in fitness everyday so you can enjoy a 'controlled' feast without the guilt" says Joan Salge Blake, clinical assistant professor at Boston University.

"Scan the buffet and fill your plate with foods that are simply prepared, without sauces or fried, sit down and take your time to taste and savour every bite," she says. Resist the urge to go back for more by waiting at least 20 minutes for your brain to register that you are comfortably full. If you are still hungry, eat more vegetables and drink water.

If you keep these tips in mind, you'll get through the holidays without gaining a pound. And if you do splurge, just get right back to normal eating and exercising, and try to do make better choices at the next party.

Kathleen M. Zelman, RD, LD -WebMD

Healthy Cooking

Mistakes You Can Make With an Air Fryer

Instead of submerging food in hot oil, air fryers use a fan to blow hot air around food you place in a basket. These tips will help you get the best results.

Not a Fryer at All: Air fryers don't actually fry anything. Instead of submerging food in hot oil, air fryers use a fan to blow hot air around food you place in a basket. This gives food a "fried" feel — crispy on the outside, moist on the inside — in less time, with less fat.

Not Reading the Manual: Yes, manuals can be boring. But even a quick flip through will hit the highlights of important topics like the best ways to use different settings, cleaning, and how to work each part (some have a basket, others have a tray). Most manuals also come with recipes to get you started.

Not Preheating: Ovens take a while to warm up, but it only takes a few minutes to set your air fryer up for success. If you add food to the basket before your air fryer is warm and the hot air has started to move, it won't cook evenly.



Using the Wrong Amount of Oil: If you're used to frying food in a big pot of oil, it might feel odd to scale way back. But most air fryer recipes that require oil only call for a teaspoon or two or a light spray. Some don't need any. In addition to making your food soggy, too much oil can also drip onto the tray, burn, and smoke up your kitchen.

Using the Wrong Oil: Extra virgin olive oil, and some vegetable oils, have a low smoke point. This means they'll burn or become smoke at lower temperatures than other oils. Your food will dry up instead of crisping. Opt for extra light olive oil, avocado, grapeseed, or peanut oil in your air fryer.

Overfilling the Basket: Putting too much food in your air fryer basket is like overfilling your dryer with wet clothes -- some things will turn out OK but most won't. If you crowd your basket with sweet potato fries, the hot air can't move around evenly. Some pieces may cook fine, while others come out soggy. Look for a "max fill" line on the basket or leave about a quarter of your basket space empty.

Trying to Air Fry Lightweight Foods: Light foods like kale chips have a tendency to blow around in the hot air or get stuck on the heating element and burn. Use a heat-safe trivet to hold them down. The fan may blow the top off your soon-to-be grilled cheese or chicken quesadilla as

well. Use toothpicks to keep everything in place.

Adding Spices to Dry Foods: Let's say you salt some broccoli, put it in the air fryer basket, and close the lid. Guess what happens next? The powerful fan whips the salt right off your florets, leaving you with well-cooked, but flavourless, veggies. To avoid this, mix salt and spices with a small amount of oil or spray your food lightly with oil before you add spices.

Trying to Cook Wet Foods: The traditional fry method locks breading and batter in quickly. But in an air fryer, anything with a marinade, dressing, or batter will drip through the basket onto the coil and cause it to scorch and smoke. Even freshly washed food may turn out soggy. Pat your food dry before you add it to the basket.

Cutting Veggies Too Small: If you trim your green beans too much, they may fall through the air fryer basket or tray and burn on the coil below. Chop food down to a safe size for air frying, then cut again afterward if you need to.

Not Moving Things Around: Unless you like food that's crispy on one side and soggy on the other, move your food around in the basket once or twice while it's cooking. This helps hot air get to every side evenly.

Medically Reviewed by Christine Mikstas, WebMD

Bollywood's High Points of 2022

It was a turbulent year for Bollywood as naysayers and haters got busy writing off the Hindi film industry. But if one chooses to see the glass half full, there are quite a few silver linings too, writes Sukanya Verma of Rediff News, who reports on the high points of the year.



Kapil Sharma gets serious

There's more to Kapil Sharma than pedestrian jokes. His surprisingly self-deprecating wit and personal admissions on the Netflix special 'Kapil Sharma: I'm Not Done Yet' revealed the human behind the humourist.

Even so, nobody could have envisioned the garrulous comedian in the part of a food delivery guy under tremendous financial duress until he bowled critics over with his realistic performance in *Zwigato*.

Directed by Nandita Das, the drama has won rave reviews for Sharma's surprise package at the Toronto Film Festival and International Film Festival of Kerala.

It's as fellow Rediff contributor Aseem Chhabra noted, 'Kapil Sharma is a revelation in *Zwigato*, playing a quiet, brooding character, far removed from his popular, but loud comedy shows. There is a real actor in him that no one had explored.'

Bollywood VFX comes of age

Alright, so there's still miles to go before anyone can sleep, but this year, Bollywood made movies about superheroes and werewolves without embarrassing itself. The flaming spectacle of *Brahmastra: Part One-Shiva* was splendid to behold and *Bhediya's* assaulting beast led to moments of authentic scare.

Accolades, awards, acclaim for *All That Breathes*

Winner at prestigious film festivals like Sundance, Cannes, BFI and recipient of rave reviews by the likes of The Guardian, The New York Times and Los Angeles Times, which called it the most beautifully realised documentary in recent memory, Delhi film-maker Shaunak Sen gave Indian cinephiles tons to feel hyped up about with his potent documentary about two brothers committed to saving black kites under threat from the capital city's unbearably contaminated air.

Don't be surprised if you catch Sen delivering a triumphant Oscar speech in March.

Superstar Shefali

Just look at Shefali Shah's body of work in 2022 -- a cop working round-the-clock to nab a murderous gang in *Delhi Crime*, a morally ambiguous doctor in *Human*, a home cook standing by her daughter through a toxic mar-

riage in *Darlings*, a wronged domestic help oblivious that her employer is responsible for her daughter's accident in *Jalsa* and a no-nonsense head of the gynaecology department exasperated by her inept intern in *Doctor G*.

With every consecutive role, the actress hit the ball out of the park.

Six projects, six characters yet no overlapping, no overkill. What a star.

RRR's world domination

Until *RRR*, which raked in a massive number in its Hindi dubbed avatar as well, everybody thought only poverty porn or underdog period dramas could impress an overseas audience.



RRR is already on numerous critics' annual Best Films list, has nabbed multiple Golden Globe nominations and may well be on its way to conquer the Oscars despite the Film Federation of India picking a lesser-known Gujarati film over 'bigger than Ben-Hur' as India's entry for Best International Feature Film.

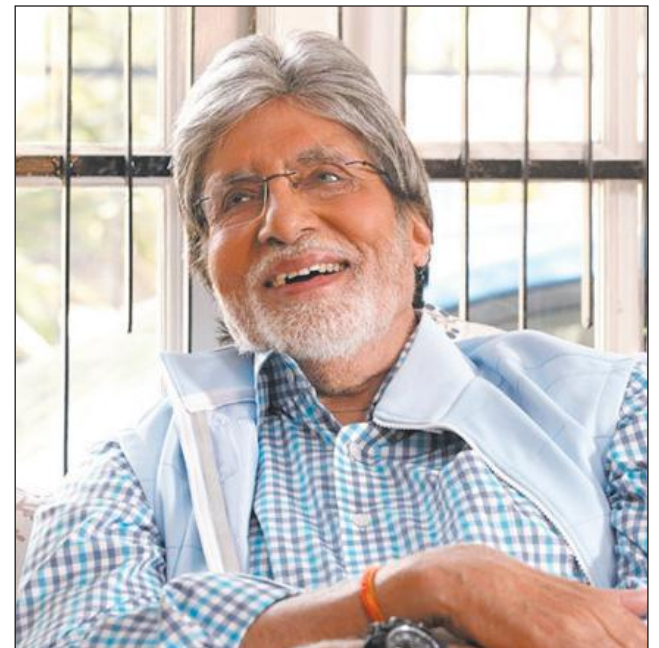


Tabu's Midas touch

Kartik Aaryan can go about town staking claim to *Bhool Bhulaiyaa 2's* superhit fervour.

Ajay Devgn can bask in *Drishyam 2's* blockbuster box office.

But, really, it is Tabu's indisputable talent and golden presence that drove these mediocre movies to that degree of success.



Amitabh Bachchan: 80 and not out

Coaching a motley bunch of slum kids to play competitive football in *Jhund*, schooling a reckless pilot's decision to emergency land in *Runway 34*, head of a superhero cult and wielder of prabhastra in *Brahmastra*, bereaved husband and disheartened father in *Goodbye*, a hack job author discovering himself on an Everest trek in *Uunchai*, the beloved host of a beloved quiz show returning for *Kaun Banega Crorepati's* 14th season and the iconic subject of a retrospective giving young fans a one-of-a-kind opportunity to understand his appeal on big screen, the actor turned 80 in style by letting his work speak for his stardom.



Alia Bhatt: Woman on Top

She came, she saw, she conquered. And she's still three months away from turning 30.

2022 was a year of dreams for this dazzler. *Shakti*, check. *Sampati*, check. *Sadbuddhi*, check.

It all began when Alia proved an overwhelming number of sceptics wrong by rocking the show singlehandedly as a sex worker-turned-social activist in Sanjay Leela Bhansali's *Gangubai Kathiawadi*. She accomplished the unheard: she overshadowed *Bhansali*.

Next, she delivered another ace as a victim of domestic violence thrust towards retribution in *Darlings*, which marked her beginning as a discerning producer as well.

Her radiant presence in money spinners and Oscar hopefuls like *Brahmastra* and *RRR* made the taste of success all the more sweeter.

Personal life, too, never looked better. She wed the love of her life against the intimate setting of their balcony. The duo welcome their firstborn, Raha.

2023 is yet to kick in, but Alia already has Karan Johar's *Rocky Aur Rani Ki Prem Kahani* and Hollywood debut *Heart of Stone* lined up for release.

Top 5 on-screen couples on Indian television in 2022

There have been shows which have been loved and there have been on-screen couples of the shows which have been immensely adored by the audience.

As the year ends, here is a list of the top 5 on-screen couples on Indian television in 2022.

Abhimanyu and Akshara



The couple entered as the third generation in the popular Star Plus show *Yeh Rishta Kya Kehlata Hai*. The show took a generation leap and the new cast came in with Harshad

Chopda playing Abhimanyu and Pranali Rathod playing Akshara. The two together have even been given a ship name AbhiRa and they have a massive fan following. The fans love their chemistry and the two often keep trending online for their scenes and performance on the show.

Anupama and Anuj

They play leads, in one of the highest-rated shows *Anupamaa*. They have been loved ever since Anuj entered the plot of the show. The fans love Anuj with Anupama as he supports her and lets her be herself. Audiences feel happy about them as they see Anupama finally getting everything she deserved, which she did not get in her previous marriage. They share great chemistry on-screen and the fans love the two



Mouni Roy's beauty hacks to keep your skin healthy and glowing

Mouni Roy has become the talk of the town after her stellar performance in Ayan Mukerji's fantasy action-adventure film *'Brahmastra'*. She started her career with the popular saas-bahu saga *'Kyunki Saas Bhi Kabhi Bahu Thi'* and later went on to be part of a number of shows including *'Junoon - Aisi Nafrat Toh Kaisa Ishq'*, *'Kasturi'*, *'Naagin'* and also did Bollywood movies such as *'Run'*, *'Tum Bin 2'* and many more.

She gained a lot of attention for her portrayal of Sati in Life Ok's *Devon Ke Dev Mahadev* and Colors TV's *Naagin*.

Mitul Kansara tells us about Mouni Roy's beauty hacks.

The actress has been following a strict routine for many years now. A proper use of day and night creams, applying sunscreen at least twice in a day, removing makeup at night, drinking 3-4 ltr of water daily, and having a healthy and nutritious meal – are the things that Mouni Roy follows in order to keep her skin healthy and glowing.

Mouni gives a lot of importance to sunscreen and applies it every time before leaving the house. She suggests investing in a good sunscreen as it saves you from a lot of problems. While applying

together. They even have a ship name called MaAn which the fans have given them.

Priya and Ram

The famous *Bade Achhe Lagte Hain 2* pair is highly loved by the audience. The fans have given them the name RaYa and love the two together on-screen. The show is



produced under the banner of Ekta Kapoor's Balaji Telefilms and is doing well. It is the sequel to the previous one but is quite different from it. The show keeps on separating and bringing back Ram and Priya back together and the audience keeps wishing for them to stay together.

Shiva and Raavi



The *Pandya Store* couple makes a great pair on-screen and is immensely loved by the audience. They are one of the best pairs and the most loved. They have had a journey like

Tom and Jerry, where they fight, and they make up. Shiva has anger issues and Raavi knows how to manage that. The two make a great on-screen couple and have been given a ship name called ShiVi.

Prachi and Ranbir

The *Kundali Bhagya* pair together is called PranBir and is highly loved by the fans. They love watching them on-screen. Though the two took a long time before they accepted and expressed their feelings, the two share great chemistry.



makeup, Mouni makes sure that the product doesn't harm her skin, for which reason she removes makeup every night before going to bed.

Mouni believes in having healthy and nutritious meals, she eats fresh fruits every day. Her lists of fruits include – apple and kiwi. When it comes to vegetables, she feels it's important to consume cucumbers regularly.

Most people believe that eating bananas makes you gain weight but it's not completely true as it depends on when and how you are eating bananas. Having bananas at breakfast, in the afternoon or as an evening snack will help you.

Twice in a day, Mouni applies cream on her body and keeps her skin hydrated from time to time with different methods.

YOUR STARS

Sagittarius: Nov 22 - Dec 21

Your work will be appreciated and the efforts may be commendable. Your boss may introduce you to some of the influential people of higher rank. This is the right time to focus on your interview preparation so you get a successful result next week. You may not experience a favourable love life for some time.

Lucky Numbers: 18, 20, 21, 33, 35, 40

Capricorn: Dec 22 - Jan 19

This week may be very favourable for Capricorn individuals. Even though there is work pressure, you may handle them with enthusiasm and ease. You may get appointed to some position. If you are single, you may get a new beloved to fall in love with.

Lucky Numbers: 3, 12, 18, 19, 21, 31

Aquarius: Jan 20 - Feb 18

You are likely to receive a bonus and be promoted for your hard work and efficient productivity. You may be hired if you are currently without a job. Your beloved may be suffering from mood swings. Getting indulged in any conflict may result in the downfall of your relationship.

Lucky Numbers: 14, 16, 21, 26, 33, 40

Pisces: Feb 19 - Mar 20

Your workplace may give you ample respect for your hard work and determination to succeed in life. Inculcate your ideas of technology in your project and do something innovative to prove your potential. Avoid any conflict with your partner.

Lucky Numbers: 4, 11, 14, 19, 20, 33

Aries: Mar 21 - Apr 19

Just avoid any confrontations with your seniors or colleagues. Do your daily tasks and be calm even if you receive any feedback. Take it as a positive comment and move on. Do not expect too much from your partner and see to it that nothing comes as a controversy between the two of you.

Lucky Numbers: 9, 11, 17, 20, 23, 31

Taurus: Apr 20 - May 20

Stay focused in your work without any expectation. Try to manage it smooth and be alert and aware to avoid any misses. Do not give in to anything that is not acceptable and do not expect anything above normal. Be in your comfort zone and let your spouse be in the same.

Lucky Numbers: 17, 18, 21, 25, 33, 36

Gemini: May 21 - June 20

You are going to be an achiever on the career front so just get hold of anything that comes your way in the profession. Aim for better prospects, plan for a new project or bring some changes in your working style. Your love life is going to be good this coming week, so just find a cosy corner and chill with your loved one.

Lucky Numbers: 2, 9, 10, 12, 17, 19

Cancer: June 21 - July 22

Career-wise it's going to be a very good week and you can take any major decisions. Plan your day well and make it a win-win situation. You and your spouse are going to have a good time and the stars are in favour of it.

Lucky Numbers: 6, 8, 13, 16, 17, 28

Leo: July 23 - Aug 22

You may give your best at work and it may get you recognition and appreciation from seniors. Freshers may get new job opportunities. Your positive planets will keep things under control on the love front. You may make a big romantic gesture to impress your beloved.

Lucky Numbers: 10, 14, 19, 22, 26, 30

Virgo: Aug 23 - Sept 22

Just do what is assigned already and manage your week smoothly. Focus and carry on with patience. Hey! it is going to be a good week and you can replan your schedule and go for some romantic outings. Surprise your spouse with some cute surprises.

Lucky Numbers: 7, 9, 11, 16, 23, 32

Libra: Sept 23 - Oct 22

You are going to rise in your profession where you may have an increment in your salary. Your hard work and utmost determination may bear fruit. You value your partner the most and tend to encourage and support him/her in every up and down. If you are thinking of marriage, go ahead as your lucky stars would surely bless you with a blissful life ahead.

Lucky Numbers: 1, 7, 15, 16, 24, 37

Scorpion: 23 Oct - 21 Nov

Your hard work may bear fruits and provide sustainability in your career. Your colleagues will help you to grow further. Though new challenges may come your way, deal with them audaciously. Cultivate your love life in such a way that there exists no room for conflicts.

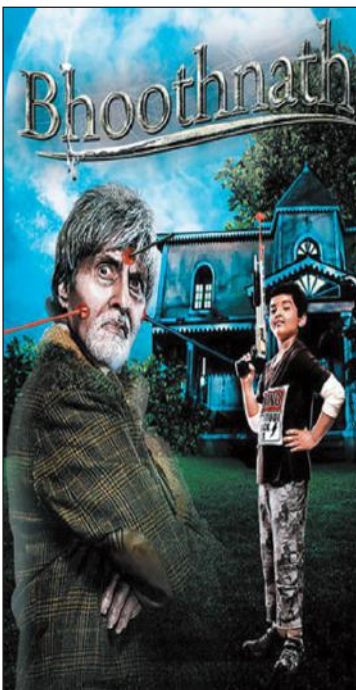
Lucky Numbers: 9, 11, 10, 12, 25, 31



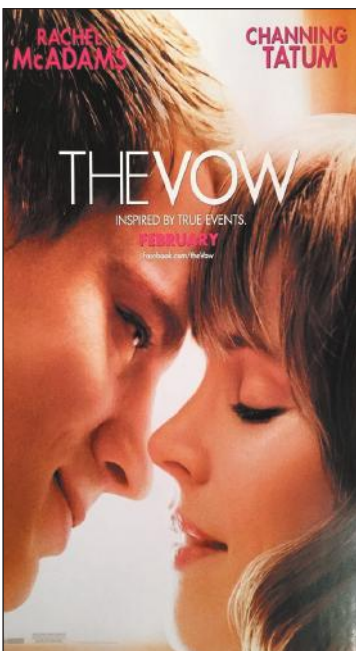
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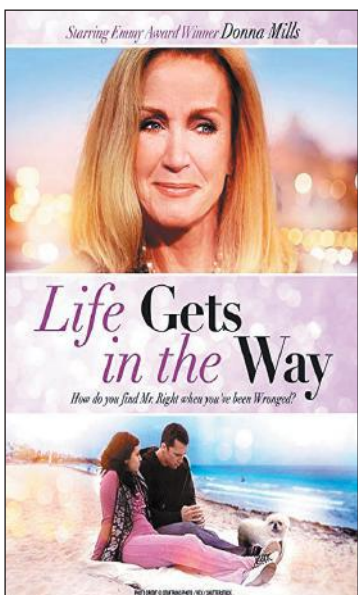
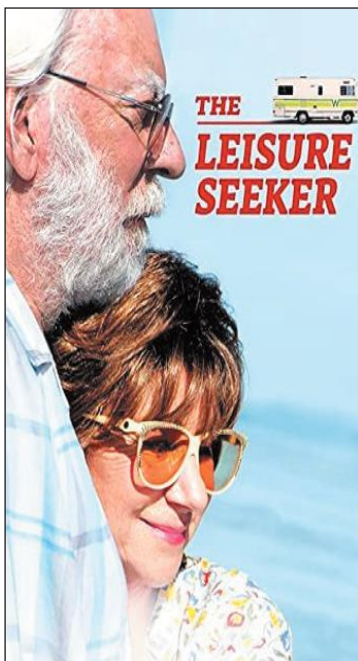
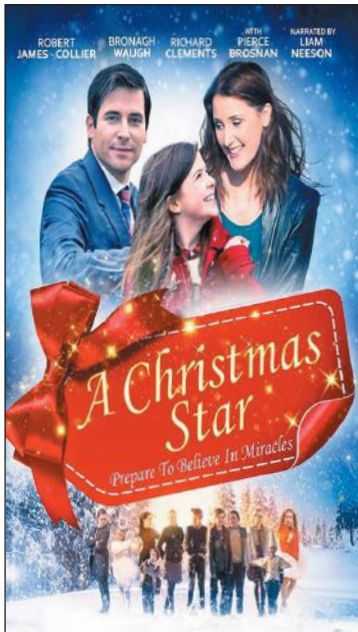
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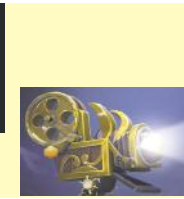
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	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
vendredi 23 decembre	07.00 D.Anime: D.I.Y. Discover.... 08.00 D.Anime: The Story Of Book... 08.39 D.Anime: Les Nouvelles Aventures de Caillou 08.50 D.Anime: Li'l Santa 11.18 Tele: Rubi 12.00 Le Journal 12.40 Serial: The Wish 14.10 Local: Saver Kil Tirel 15.21 D.Anime: D.I.Y. Discover... 15.40 D.Anime: Denis Et Moi 17.25 Serial: The Wish 18.00 Live: Samachar 18.31 Serial: Surya Puran 18.55 Serial: Jag Jaanani Maa... 19.30 Journal & La Meteo 20.25 Local: Les Grands Noms... 20.30 Local: MBC Pepsi Talent Show 22.00 Serial: Rookie Blue 23.00 Le Journal	07.00 DDI Live 10.00 Serial: Wafa Lazim To Nahin 11.20 Serial: Tu Ishq Hai 12.02 Film: Punnagai Mannan 14.28 Mag: DDI Mag 15.00 Live: Samachar 15.22 Serial: Saare Tujhyachsathi 15.45 Serial: Bommarillu 16.04 Serial: Sondha Bandham 16.22 Serial: Ishq Zahe Naseeb 16.49 Serial: Saaton Vachanwa... 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 08.46 Doc: Fine Arts Sculptures 10.00 Doc: Beethoven's Ninth 12.00 Mag: Shift 13.29 Doc: Nature's Survivors 17.08 Mag: Eco India 18.56 Mag: Our Voices 19.23 Doc: Global Food 20.16 Prod: Enn Ti Zistwar 20.30 Live: News 20.53 Doc: Le Grand Voyage Du... 21.50 Doc: Hotels 22.40 Doc: Healthy Eyes 23.22 Doc: Nepal - Snowland... 00.04 Doc: Will Roots Save The... 00.47 Mag: World Stories 00.59 Doc: Castles 01.28 Mag: Euromaxx 01.54 Doc: Global Foods 02.47 Doc: Fine Arts Sculptures	01.34 Film: Almost Christmas 04.01 Film: A Christmas Star 05.26 Tele: Tour De Babel 06.14 Serial: Seal Team 06.56 Film: Almost Christmas 08.45 Serial: S.W.A.T 09.30 Tele: La Beaute Du Diable 10.19 Tele: Fierce Angel 11.00 Serial: Zoo 12.00 Film: A Christmas Star 13.30 Tele: Tour De Babel 14.48 Film: Almost Christmas 16.41 Serial: S.W.A.T 17.18 Serial: Seal Team 18.05 Tele: La Beaute Du Diable 19.00 Tele: Fierce Angel 19.34 Serial: The Wish 20.05 Tele: L'envers Du Paradis 20.30 Serial: Being Human 21.20 Tele: Un Bebe Pour Noel 22.45 Tele: Tour De Babel	06.45 Film: Aap Mujhe Aache Lagne Lage Starring: H. Roshan, A. Patel 11.07 / 20.30 - Radha Krishna 11.46 / 21.00 - Anupamaa 12.17 / 21.30 - Mere Sai 13.47 / 22.00 - Agnihera 13.15 / 22.03 - Yeh Teri Galiyan 13.41 / 22.30 - Patiala Babes 14.25 / 23.00 - 100 Years Of Indian Cinema 15.00 / 21.46 - Bade Acche Lagte Hai 2 15.26 Film: Hum Hain Rahi Pyaar Ke Starring: A. Khan, Juhi Chawla 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.33 Kuch Rang Pyar Ke...
samedi 24 decembre	06.04 D.Anime: Akili And Me 06.44 Film: Christmas In New York 08.31 Film: Jesus A Kingdom Without Frontiers 10.00 D.Anime: Li'l Santa 10.20 Local: Come On Let's Dance 12.00 Le Journal 12.25 Local: Les Grands Noms... 12.30 Serial: The Wish 12.55 Tele: La Femme De Lorenzo 14.28 Film: An Elf's Story 15.00 Live: Samachar 15.21 D.Anime: D.I.Y. Discover... 15.25 D.Anime: Li'l Santa 15.30 Film: For This Reason 17.15 Serial: The Wish 17.40 Mag: Recipes For Kids 18.00 Samachar 18.30 Enter: Taare Zameen Par 19.30 Journal & La Meteo 20.30 Local: Christmas Songs 22.20 Film: The Leisure Seeker	07.00 Film: Santan 10.18 Bade Acche Lagte Hai 11.00 Serial: Dikri Vahalno Dariyo 12.00 Serial: Nanda Saukhya Bhare 12.23 Serial: Mooga Manasulu 12.46 Serial: High School 13.08 Serial: Annakodiyum Ainthu... 13.31 Serial: Anu Pallavi 14.00 Other: Radha Krishna 15.00 Live: Samachar 15.25 Film: Sniff Stars: Parshva Dhariwal, Khushmeet Gill, Putul Guha 16.49 Film: Golmaal Hai Bhai Sab Golmaal Hai 19.30 Serial: Radha Krishna 20.00 Serial: Vikram Betaal Ki Rahasya Gatha 20.30 Serial: Porus 21.00 Film: Bhoothnath Starring Amitabh Bachchan, Shah Rukh Khan, Juhi Chawla, Satish Shah	06.00 Doc: Will Roots Save The... 06.45 Mag: Our Voices 07.16 Mag: Euromaxx 07.42 Doc: Global Foods 08.34 Doc: Fine Arts Sculptures 09.30 Doc: Hotels 10.23 Doc: Healthy Eyes 11.52 Doc: Will Roots Save The... 12.20 Mag: Euromaxx 18.00 Doc: World Capitals 19.00 Mag: The 77 Percent 19.30 Mag: Check In 20.01 Doc: Volcano Stories 20.30 Live News 20.53 Doc: Des Jouets Par Miller 21.49 Doc: Eden, Au Coeur Du... 22.39 Doc: Transylvania In The... 23.05 Doc: Legendary Hotels 23.48 Doc: DIY Kings 00.43 Doc: Snapshots 01.08 Doc: Smoothie Mania	01.31 Film: Un Bebe Pour Noel 02.56 Serial: The Baker And The... 04.18 Serial: Rich Man, Poor Man 05.06 Tele: Les Trois Visages D'ana 06.19 Serial: Suits 06.58 Serial: Wanted 08.30 Serial: Seal Team 09.12 Serial: Madam Secretary 10.40 Film: Un Bebe Pour Noel 12.15 Serial: The Baker And The... 13.00 Serial: Zoo 14.20 Tele: Marimar 15.52 Serial: Suits 16.33 Film: Mister Scrooge To See You 18.32 Serial: Kojak 19.35 Serial: The Wish 20.05 Tele: L'Envers Du Paradis 20.30 Serial: Being Human 21.15 Film: My Son My Savoir 22.10 Film: Sur La Piste De Noel	04.34 Anupamaa 05.05 Mere Sai 05.44 Agnihera 05.53 Yeh Teri Galiyan 06.26 Patiala Babes 08.00 Yeh Teri Galiyan 10.00 Motu Patlu 10.11 Sasural Simar Ka 2 12.06 Serial: Udaariyaan 14.00 Serial: Anupamaa 16.00 Kuch Rang Pyar Ke Aise... 18.00 Samachar 18.30 Film: Mumbai Se Aaya Mera Dost Starring: Abhishek Bachchan, Lara Dutta, Chunky Pandey 20.50 Serial: Motu Patlu 21.02 Serial: Porus 21.23 Naagin Season 4 22.03 Serial: Yeh Teri Galiyan
dimanche 25 decembre	06.00 D.Anime: D.I.Y. Discover... 06.51 D.Anime: Li's Santa 07.26 Film: An Elf's Story 07.51 Film: For This Reason 10.00 Local: Zanfan Nou Zil 11.00 Local: Nu Rasinn 11.55 Local: Les Grands Noms... 12.00 Le Journal 12.30 Serial: The Wish 13.43 Local: Retrovizer 14.00 Local: Elle 15.22 D.Anime: D.I.Y. Discover 15.26 Film: Li'l Santa 15.50 Film: La Sorciere De Noel 17.35 Local: Evasion 18.00 Live: Samachar 18.30 Other: Radha Krishna 19.30 Le Journal 20.40 Local Production: Les Klips 21.35 Film: The Vow 23.15 Le Journal	07.00 Film: Solah Shukrawar 09.08 Film: Super Bheem 11.03 Serial: Azhagu 11.27 Jag Jaanani Maa Vaishnodevi 11.43 Serial: Surya Puran 12.06 Film: Shortcut Safari 15.00 Samachar 15.20 Mooga Manasulu 15.42 Serial: He Mann Baware 16.04 Serial: Sondha Bandham 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 21.08 Serial: Naagin Season 3 22.32 Serial: Chacha Bhatija 22.49 DDI Live	06.00 Doc: World Capitals 07.06 Mag: The 77 Percent 07.30 Mag: Check In 10.12 Doc: Transylvania In The... 11.24 Doc: World Capitals 11.53 Doc: Smoothie Mania 12.55 Mag: Check In 13.21 Doc: Volcano Stories 13.47 Doc: Fine Arts Sculptures 14.50 En Direct De La Basilique 15.30 Doc: Eden, Au Coeur Du... 16.20 Doc: Transylvania In The... 18.05 Doc: World Capitals 18.29 Doc: Smoothie Mania 18.32 Mag: Global 3000 19.31 Doc: Tree Stories 20.30 Live: News (English) 21.10 Doc: Fine Arts Sculptures 21.49 Doc: Expedition Yangtze 22.41 Doc: Riding The Rails... 23.23 Doc: Innovation On Board	00.59 Film: Sur La Piste De Noel 02.24 Serial: Imposters 03.30 Film: Juste Un Peu D'Alchimie 04.52 Tele: Les Trois Visages D'ana 06.02 Serial: Suits 06.43 Film: Nana's Secret Recipe 08.30 Serial: Seal Team 09.17 Film: Juste Un Peu D'Alchimie 10.59 Film: Un Hotel Pour Deux A Noel 12.25 Serial: Imposters 13.30 Serial: Zoo 15.30 Tele: Marimar 17.00 Serial: Suits 17.44 Serial: Imposters 18.40 Serial: L'incroyable Hulk 19.38 Serial: Creeped Out 20.05 Tele: L'Envers Du Paradis 21.15 Film: The Chosen	00.00 Serial: Sasural Simar Ka 2 01.53 Udaariyaan 03.40 Anupamaa 05.49 Kuch Rang Pyar Ke Aise... 08.00 Serial: Motu Patlu 08.12 Main Maike Chali Jaungi... 10.00 Kundali Bhagya 11.50 Yeh Hai Mohabbatein 14.00 Agnihera 16.22 Jijaji Chhat Par Hain 16.50 Punar Vivaah 18.00 Live: Samachar 18.30 Film: Paathshaala Starring: Ayesha Takia, Nana Patekar, Shahid Kapoor 20.38 Naagin Season 4 21.11 Yeh Hai Mohabbatein 23.00 Main Maike Chali Jaungi... 01.00 Kundali Bhagya 03.00 Agnihera
lundi 26 decembre	06.00 Local: Rodrigues 07.00 D.Anime: D.I.Y. Discover 07.38 D.Anime: La Petite Ecole... 09.00 Film: La Sorciere De Noel 10.44 Local: Bricolo Ecolo 11.10 Tele: Rubi 12.00 Le Journal 12.30 Tele: Fierce Angel 13.00 Local Prod: Nu Rasinn 14.30 D.Anime: Briko 15.24 D.Anime: Dinosaur Train 16.05 Film: Robo-Dog 18.00 Live: Samachar 18.30 Serial: Mere Sai 18.55 Serial: Jag Jaanani Maa Vaishnodevi 19.30 Le Journal 20.30 Local: Lanbians Zilwa 21.30 Local: Come On Let's Dance 23.05 Le Journal	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 11.52 Film: Geet Gaata Chal 15.00 Samachar 15.22 Serial: Saare Tujhyachsathi 15.47 Serial: Bommarillu 16.02 Serial: Sondha Bandham 16.27 Serial: Ishq Zahe Naseeb 16.48 Serial: Saaton Vachanwa... 17.10 Serial: Bhakharwadi 17.39 Serial: Vandhal Sridevi 17.57 Serial: Ancient Detective 18.30 Mag: DDI Mag 19.00 Live: Zournal Kreol 19.30 Serial: Radha Krishna 20.00 Programme In Telugu 20.30 Film: Raja Vikramarka	07.00 Mag: The Inside Story 07.57 Doc: Tree Stories 09.50 Doc: Expedition Yangtze 10.41 Doc: Innovation On Board 11.57 Doc: La Route De La Soie 14.50 Doc: St Nicholas 15.42 Doc: Expedition Yangtze 17.43 Mag: Shift 18.00 Mag: Eco@Africa 19.00 Mag: Africa 54 19.33 Mag: In Good Shape 20.50 Doc: Fine Arts Sculptures 21.47 Doc: Volcano Stories 22.13 Mag: Tomorrow Today 22.39 Mag: Washington Forum 23.08 Doc: Better Brain Health 23.51 Mag: Eco@Africa 00.17 Mag: The 77 Percent 00.43 Doc: World Heritage 00.48 Mag: Africa 54 01.16 Mag: In Good Shape	01.47 Film: Un Hotel Pour Deux... 03.10 Serial: The Good Doctor 04.05 Film: Le Concours De Noel 07.52 Film: Un Hotel Pour Deux... 09.25 Tele: La Beaute Du Diable 09.51 Tele: A Que No Me Dejas 10.15 Tele: Fierce Angel 11.00 Serial: Zoo 12.01 Film: Le Concours De Noel 13.31 Tele: Tour De Babel 14.48 Film: Un Hotel Pour Deux... 16.07 Serial: 16.49 Hollywood Best Film 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: Wanted 21.15 Film: Le Premier Noel De Mon Bebe 22.46 Tele: Tour De Babel	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 15.27 Film: Koi Mere Dil Mein Hai 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 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 Agnihera



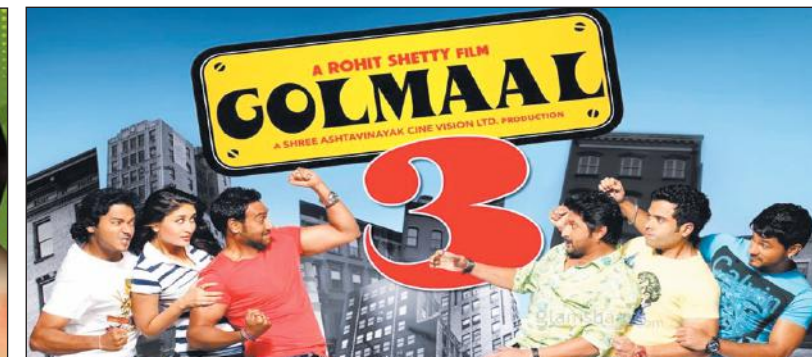
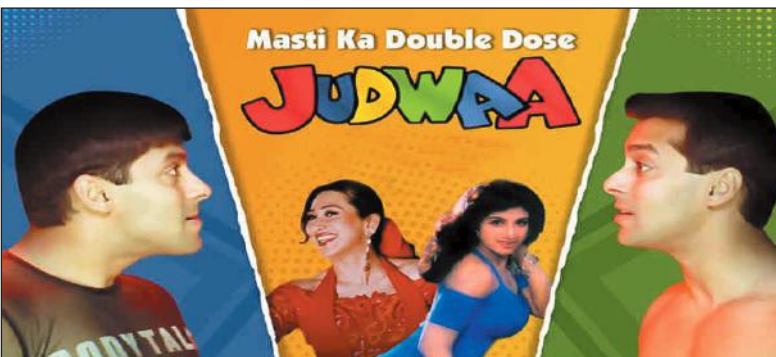
Programme TV



	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
mardi 27 decembre	07.00 Dessin Anime 09.00 Filler: Holiday Miracle 10.40 Local: Nu Lakwizin 11.34 Tele: Rubi 12.00 Le Journal 12.25 Local: Les Grands Noms... 12.30 Tele: Fierce Angel 12.55 Local: MBC Pepsi Talent Show 14.35 D.Anime: Briko 15.00 Live: Samachar 15.20 D.Anime: D.I.Y. Discover 15.45 Film: The Magic Kids 17.25 Serial: Les Copains Carlins 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: A Christmas Star With: Robert James-Collier, Suranne Jones, Bronagh Waugh	07.00 DDI Live 10.00 Serial: CID 10.50 Serial: Jijaji Chhat Par Hain 12.00 Film: Pathar Ke Insan 15.00 Live: Samachar 15.20 Saare Tujhyachsathi 15.43 Bommarillu 16.04 Sondha Bandham 16.24 Serial: Ishq Zahe Naseeb 16.42 Serial: Saaton Vachanewa... 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: Shaaan Starring: Sunil Dutt, Shashi Kapoor, Amitabh Bachchan 23.16 DDI Live	06.00 Mag: Eco@Africa 07.27 Mag: In Good Shape 08.20 Doc: Fine Arts Sculptures 10.10 Mag: Washington Forum 11.24 Mag: Eco@Africa 14.14 Doc: Volcano Stories 15.36 Mag: Washington Forum 16.52 Mag: Eco@Africa 18.00 Mag: Rev: The Global Auto... 18.41 Mag: Red Carpet 19.10 Mag: Check In 19.30 Mag: Made In Germany 20.30 Live: News 20.50 Doc: Fine Arts Sculptures 21.23 Mag: Euromaxx 21.49 Mag: Close Up 22.15 Local: Rodrig-Klip Seleksion 23.39 Mag: The Global Auto... 00.05 Mag: Healthy Living 00.35 Mag: Check In 01.06 Mag: Made In Germany	01.28 Film: Sur La Piste De Noel 02.51 Serial: The Good Doctor 03.33 Film: Le Premier Noel De Mon Bebe 05.13 Tele: Tour De Babel 06.01 Serial: Wanted 06.43 Film: Sur La Piste De Noel 09.28 Tele: La Beaute Du Diable 10.20 Tele: Fierce Angel 11.00 Serial: Pine Gap 12.00 Film: Le Premier Noel De... 13.54 Tele: Tour De Babel 14.50 Film: Sur La Piste De Noel 16.40 Serial: S.W.A.T 17.20 Serial: Wanted 18.05 Tele: La Beaute Du Diable 19.00 Tele: Fierce Angel 19.37 Serial: My Perfect Landing 20.05 Tele: L'Envers Du Paradis 20.30 Seiral: Wanted 21.15 Film: Intrusion	07.15 Film: Koi Mere Dil Mein... 11.49 / 20.29 - Radha Krishna 12.20 / 20.57 - Anupamaa 12.50 / 21.27 - Mere Sai 13.29 / 22.07 - Agniphera 13.52 / 22.37 - Yeh Teri Galiyan 14.23 / 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: Zindagi Na Milegi Dobara Starring Hrithik Roshan , Abhay Deol, Farhan Akhtar, Katrina Kaif, Kalki Koechlin 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
mercredi 28 decembre	07.00 D.Anime: D.I.Y. Discover 07.30 D.Anime: La Petite Ecole... 08.05 D.Anime: Panda And Little... 09.05 Film: Raggie: Ma Poupee... 10.31 Local: Generation J 11.10 Tele: Rubi 12.00 Le Journal 12.30 Tele: Fierce Angel 12.56 Local: Les Klips 14.35 D.Anime: Briko 15.21 D.Anime: D.I.Y. Discover 15.40 Film: Nils Holgerssons 17.15 Serial: Les Copains Carlins 17.45 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 Retrospective Internationale 21.30 Film: The Leisure Seeker Stars: Helen Mirren, Donald Sutherland	07.00 DDI Live 10.00 Suhani Si Ek Ladki 12.00 Film: Sunghursh 15.00 Live: Samachar 15.23 Saare Tujhyachsathi 15.49 Bommarillu 16.15 Sondha Bandham 16.33 Serial: Ishq Zahe Naseeb 16.53 Saaton Vachanwa Saath... 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 Local: Chinese Film Competition 22.00 Film: Rivals Of The Silver Fox Starring : Casanova Wong, Kim Ki-Ju	06.00 Mag: Rev: Global Auto... 06.56 Mag: World Heritage 07.31 Mag: Made In Germany 08.23 Doc: Fine Arts Sculptures 09.22 Mag: Close Up 14.12 Mag: Euromaxx 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... 21.39 Mag: Business Africa 22.05 Mag: Focus On Europe 22.31 Doc: Albania's Last Trains 23.56 Mag: Motorweek 00.22 Mag: Vous Et Nous 00.56 Mag: Arts.21 01.22 Mag: The Inside Story 01.51 Doc: Les Montagnes Du Monde	01.31 Film: A Christmas Star 02.54 Serial: The Good Doctor 03.32 Film: The Bourne Identity 05.35 Tele: Tour De Babel 06.08 Serial: Wanted 07.05 Film: A Christmas Star 08.30 L'Incroyable Hulk 10.07 Tele: Fierce Angel 10.50 Serial: Pine Gap 11.44 Film: The Bourne Identity 13.44 Tele: Tour De Babel 15.01 Film: A Christmas Star 16.25 L'Incroyable Hulk 17.11 Serial: Wanted 18.05 Tele: La Beaute Du Diable 19.00 Tele: Fierce Angel 19.37 Serial: My Perfect Landing 20.05 Tele: L'Envers Du Paradis 20.30 Seiral: Seal Team 21.15 Film: Sea Fever Avec Connie Nielsen, Dougray Scott	07.08 Film: Zindagi Na Milegi Dobara 11.30 / 20.06 - Radha Krishna 12.00 / 20.26 - Anupamaa 12.29 / 20.02 - Mere Sai 13.17 / 20.46 - Agniphera 13.37 / 21.09 - Yeh Teri Galiyan 14.00 / 21.50 - Patiala Babes 14.25 / 22.15 - 100 Years Of Indian Cinema 14.47 Other: Sayings Radha Krishna 15.25 Film: Munna Michael Starring: Tiger Shroff, N. Siddiqui, N. Agerwal 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.30 Kuch Rang Pyar Ke Aise... 20.00 Sasural Simar Ka 2 20.30 Radha Krishna 20.59 Anupamaa
jeudi 29 decembre	06.00 Local: En Famille 07.00 D.Anime: D.I.Y. Discover Your 07.29 D.Anime: La Petite Ecole... 08.15 D.Anime: The Story Of Book.. 09.00 Film: Boonie Bears 5 10.50 Local: Rodrig Prog 12.00 Le Journal 12.30 Tele: Fierce Angel 14.35 D.Anime: Briko 15.21 D.Anime: D.I.Y. Discover Your 15.27 D.Anime: Dinosaur Train 15.40 Film: Monsters Academy 17.05 Serial: Les Copains Carlins 17.32 Mag: Bricks 'O' Brian 18.00 Live: Samachar 18.30 Serial: Jijaji Chhat Par Hain 18.56 Local: Yatra 19.30 Le Journal 20.30 Film: Golmaal 3 Starring Mithun Chakraborty, Ajay Devgan, Kareena Kapoor, Arshad Warsi, Tusshar Kapoor...	07.00 DDI Live 09.58 Serial: Agniphera 12.00 Film: Mere Sanam 15.00 Live: Samachar 15.22 Serial: Saare Tujhyachsathi 15.45 Serial: Bommarillu 16.02 Serial: Sondha Bandham 16.26 Serial: Ishq Zahe Naseeb 16.41 Serial: Saaton Vachanwa Saath Nibhaib Sajna 17.09 Bhakharwadi 17.35 Local: Amrit Vaani 17.45 Local: Bhajan Sandhya 18.00 Serial: Ancient Detective 18.30 Mag: DDI Mag 19.30 Serial: Radha Krishna 20.04 Dance With Jerry 21.20 Film: Life Gets In The Way With Donna Mills, Julie Sabray	06.00 Mag: Motorweek 06.24 Mag: Vous Et Nous 06.57 Mag: Arts.21 07.55 Doc: Fine Arts Sculptures 11.00 Mag: Motorweek 11.56 Local: Vous Et Nous 12.59 Doc: Les Montagnes Du... 13.42 Mag: Business Africa 14.12 Mag: Focus On Europe 16.00 Mag: Motorweek 18.00 Mag: Eco India 18.30 Mag: Shift 19.30 Mag: Tomorrow Today 20.01 Doc: Tresors Oublies... 20.30 Local: News (English) 21.10 Doc: Fine Arts Sculptures 22.04 Doc: The Rocky Road To... 22.46 Mag: Face And Voice 23.28 Mag: Eco India 23.54 Mag: Shift 00.09 Mag: Carnet De Sante	01.08 Film: Sea Fever 02.43 Serial: Pine Gap 03.39 Film: The Vow 05.18 Tele: Tour De Babel 06.08 Serial: Seal Team 06.50 Film: The Leisure Seeker 08.45 Serial: S.W.A.T 09.30 Tele: La Beaute Du Diable 10.19 Tele: Fierce Angel 11.05 Serial: Pine Gap 12.00 Film: The Vow 13.30 Tele: Tour De Babel 14.45 Film: The Leisure Seeker 16.40 Serial: S.W.A.T 17.15 Serial: Seal Team 18.05 Tele: La Beaute Du Diable 19.00 Tele: Fierce Angel 19.36 Serial: My Perfect Landing 20.05 Tele: L'envers Du Paradis 20.30 Serial: Seal Team 21.15 Serial: Kojak	07.00 Film: Munna Michael 11.03 / 20.26 - Radha Krishna 12.00 / 21.01 - Anupamaa 12.34 / 21.31 - Mere Sai 13.17 / 21.56 - Agniphera 13.32 / 22.20 - Yeh Teri Galiyan 14.00 / 22.52 - Patiala Babes 14.25 - Mag 100 Year Of Indian Cinema 15.00 / 21.46 - Bade Acche Lagte Hai 2 15.23 Film: Judwaa Starring Salman Khan, Karisma Kapoor, Rambha 18.00 Samachar 18.30 Kundali Bhagya 18.59 Udaariyaan 19.31 Kuch Rang Pyar Ke Aise... 20.01 Sasural Simar Ka 2 20.33 Radha Krishna

BTV Jeudi 29 decembre - 15.30 Stars: Salman Khan, Karisma Kapoor, Rambha

MBC 1 Jeudi 29 decembre - 20.30 Star: Mithun Chakraborty, Ajay Devgan, Kareena Kapoor, Arshad Warsi, Tusshar Kapoor...



Give the gift of presence and love during the holidays

Parenting is difficult and there can be added pressure and stress during holidays. Creating safe, secure, loving environments and being present with your children is the greatest gift you can give.



Nikki Martyn
Program Head of Early
Childhood Studies, University
of Guelph-Humber

The holidays are a time for family, connection and love. Family traditions are an important component of the holiday season. They are constant and reliable. They allow us to slow down and be in the moment, appreciate each other and express gratitude.

The holidays are happy times where generations and families come together to share time with and show generosity to one another. These are particularly important experiences in childhood, when we are starting to understand relationships and how the world works.

These special times together — laughing, squabbling, playing — allow us to be part of something larger than ourselves. To love and feel loved. They create memories we can take with us and provide children with a sense of security.

It also allows us to look forward to something enjoyable. Family traditions allow an opportunity to share the love we have for each other and recognize the importance of being together.

Love is important

Love is the greatest gift we can give our children. The opportunity to be seen, heard and understood and to feel valued, worthy and special is invaluable to their holistic development.

Childhood experiences impact who we become and how we understand relationships and the world. They live under our skin for our whole lives, creating patterns which can be difficult (but not impossible) to change.

Children are constantly evolving, forming ideas, making connections and developing relationships with the most important people in their lives. These relationships impact their development, neurology, the way they interpret and understand themselves and their experiences throughout their lives.

Knowing who your child is and what they love allows you to see their future self and build experiences to support their development. These opportunities to feel seen and known are important for your child's sense of belonging in the family, within themselves and in the world. They will learn who they truly are, what makes them unique and perhaps share their beautiful sparkle as part of the family tradition.

Holiday struggles

There can be a lot of pressure and stress during the holidays.

Parents can feel overwhelmed by holiday preparations and expectations — especially if they are back in their childhood home or with their parents and siblings. These experiences may bring back old patterns of behaviours from their own childhoods.

Parents might unintentionally be less sensitive toward their children and respond more impulsively based on their own unconscious experiences, resulting in unanticipated expectations or responses from the child's perspective.

Family gatherings and events can also cause us to feel like we need to be perfect or provide perfect experiences. This added pressure is often externalized to children because parents feel judged based on their children's behaviour and engagement. This is not fair to



Image: Getty Images/Stockphoto

children, who do not understand the nuances of complex social situations, patterns and family history.

For the child, it might feel like dad or mom is less available or responds sharply and quickly, in a way that is not typical of them. Creating time and space to share feelings will help your child to understand the environment, while reinforcing that the love you share is secure, stable and constant.

Setting expectations

Parenting is difficult. We are often consumed by shame and guilt when things go wrong, believing we should know how to do it naturally.

We tend to parent the way we were parented because parenting is intergenerational and lives under our skin the same way our childhood experiences do. If we grew up in a family that felt emotionally secure, safe and loving, we will likely create secure, trusted relationships. Early experiences impact who we become and how we understand the world.

Creating safe, secure, loving environments and being present with your children is the greatest gift you can give. Creating boundaries and setting expectations is important for helping children feel in control of themselves and their environment.

Addressing an upset

If there is an upset, have an age-appropriate conversation with your child to talk about what happened and why you were upset. It's important for children to understand what occurred and what they have done.

Without clarity, the child is left to interpret the situation from their own limited perspective. They may create an unintended association, such as associating getting in trouble with expressing their feelings, when the consequence was to teach them about how to use their words and not throw things in the house when upset.

The parent privately sharing their feelings and experiences helps the child understand their upset feelings and provide healthy and safe alternatives for

expressing and sharing their feelings.

The parent may also find balance in this reflection by spending time together, cuddling, talking, drawing and playing. The child can process their emotions and experiences while connecting and reconciling, which will make everyone feel cozy in a space of security, trust and love.

Creating secure relationships

Moments of reconciliation create secure loving connections and become a child's internal model. This model becomes ingrained within them, affecting their holistic development, positively impacting who they become and how they understand themselves, relationships and the world.

Forming secure connections positively affects a child's self-esteem, confidence, organizational skills, emotional and social skills and school performance. It affects everything in a child's life because they learn to self-regulate, develop empathy, deal with emotions and conflict and take care of themselves. They learn they can manage the unknown by learning perseverance and resilience. They learn they matter, are valued, worthwhile and loved.

Family traditions and being present provide children with trusted, safe, secure, loving experiences and relationships that are important for their healthy development and future self. They are the greatest gift you can give your child.

This is love in action — the ripple effect that will last a lifetime.

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