

MAURITIUS **TIMES**

• "Education is the ability to listen to almost anything without losing your temper or your self-confidence." -- Robert Frost

Interview: Cassam Uteem
Former President of the Republic

«If Mauritius is not yet a police state, the Police Force's brutal actions

give a totally negative perception of the state of our democracy»

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Opinion

Police, who calls the shots?



By Jan Arden ☞ See Page 3

Qs & As

Hunger Strikes & Freedom of Expression

«Life has no price. The duty of the State is to protect life»

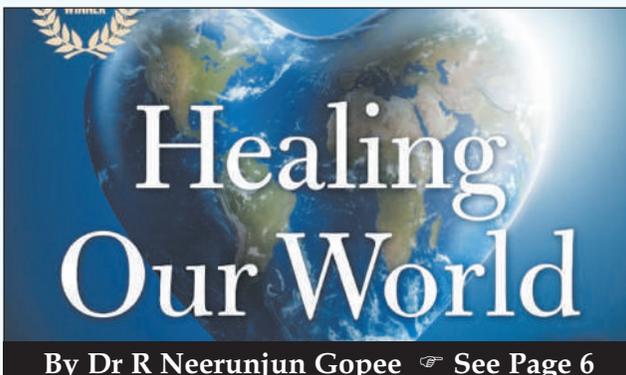


'If the hunger strike is prolonged, the government can decide that there is an obligation to protect life and intervene through recourse to force-feeding'

By LEX ☞ See Page 4

Musings

A World in Great Need of Healing



By Dr R Neerunjun Gopee ☞ See Page 6

The Weapon of Last Resort

A deteriorating health condition and the risk of serious damage to his vital organs, should he have pursued with his hunger strike, have had the better of citizen Nishal Joyram's conviction and determination to get the government to bend its taxation policy with regard to petroleum products. Nishal Joyram's public-spirited initiative has not achieved the objective he had chalked out for lack of wider popular support, which could have tipped the scale in favour of that objective in the "moral jiu-jitsu" (as defined by Richard B. Gregg in his treatise on 'The Power of Nonviolence') or as commonly described as the "rapport de forces" he had engaged with the current government. But he can without doubt walk away from the parvis in front of the St Louis Cathedral with the satisfaction that his 22-day hunger strike has refocused public attention to the glaring abuse being made of the taxes being imposed on petroleum products, fuelling higher costs across the board which are causing much pain to consumers, pensioners and to the business community in general.

Hunger strikes have long been used as a weapon of last resort by the powerless in the face of oppressive governments. Mahatma Gandhi, who considered the hunger strike as one of the most powerful tools in the arsenal of non-violent resistance, used political fasting to great effect against the British in India. British suffragettes, Irish republican prisoners, South African anti-apartheid activists, Turkish Marxists, Palestinian militants and Tibetan monks have likewise used hunger strikes with varying degrees of success.

There have also been past instances locally when the powerless have had to take to hunger strikes, for example Clency Harmon to bring the government to become alive to the need for some form of redress in the matter of land dispossession. It took similar hunger strikes by lady school cleaners, BAI policy holders/investors and CWA contract labour for things to start moving. If governments are wont to seek refuge in a legalistic approach and contend that the issues canvassed by hunger strikers are complex in much the same way as the current government did earlier as regards the above issues, it also amounts to a government failing to live

up to its constitutional and moral obligations to promote the norms of justice, fairness, and equity – the consequence of which is that hunger strikes are now viewed by victims of injustice as the only way to get the government to get off its high horse of self-sufficient legalism.

When people show courage and the willingness to ultimately sacrifice themselves by means of a hunger strike, it is usually to demand from the authorities, which are perceived to have distanced themselves from the concerns of the common people, that their grievances are looked into with compassion and that the decision makers act sensibly. When the reasons put forward to justify high taxes range from 'we need the money for subsidies on essentials'... without saying how much, or for drains that had been amply budgeted in the last budget, or for pensions that should have benefitted from the CSG, or for empty State Trading Corporation coffers which have suffered from compensation for the Betamax fiasco and previous transfers to central government, it is obvious that authorities are embarrassed.

Rather than spell out the unvarnished truths, the political narrative has taken precedence and the inability to respond even by a courtesy or sympathy visit or a promise to review fuel price matters as soon as possible, speaks volumes about the parlous state of the country's public finances, the massive public debt and the dwindling reserves at the Central Bank. Even the end of year announcement of a Rs 1,000 compensation for employees to partially reduce the impact of an inflation hitting double digits, leaves the old-aged pensioners stranded while they may be the ones more vulnerable to the extended spike in costs of living.

Proponents of smug high-handedness or Opposition baiting on all issues may believe theirs is a proven formula, the population may feel growingly disenchanted and tired of continued tirades in an atmosphere that is already vitiated on other fronts. Are we reaching the point where hunger strikes, and small protest groups are not sufficient to bring about change or have we crossed that bridge?

The Conversation

We live in a time of 'late capitalism'

But what does that mean? And what's so late about it?



The term "late capitalism" seems to be everywhere as a trending meme – often used as a kind of shorthand to illustrate the absurdities of certain free market economies.

On Twitter, you will find the hashtags #latecapitalism (English), #tardocapitalismo (Italian), #capitalismotardio (Spanish), and #spätkapitalismus (German), among others. Typically, they satirise notions such as the idea of endless growth.

The term also pops up in a wide range of academic articles and books. There are, for instance, discussions around the populist rise in late capitalism, the increase in financial-related investments in late capitalism, migration conditions in late capitalism, and so on.

But what are the origins of this term? And what, exactly, does it mean?

The origins

Karl Marx first analysed the last stage of capitalism in his three-volume magnum opus 'Capital: A Critique of Political Economy' (published in 1867, 1885, and 1894), particularly in Volume 3.

For Marx, an acceleration in the turnover of capital, concentrating wealth in the hands of the few, would result in a continuous tendency to crises. This, he believed, would ultimately make the system collapse.

However, Marx did not use the term "late capitalism". It was coined by Werner Sombart, a controversial German historical economist, almost a century ago in his three-volume magnum opus 'Der Moderne Kapitalismus' (published from 1902 through 1927).

Sombart's main contribution was to define three periods of the capitalist economic system: early or proto capitalism, advanced capitalism and late capitalism. In Sombart's analysis, late capitalism referred specifically to economic, political and social deprivations associated with the aftermath of the first world war.

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Police, who calls the shots?

Jan Arden

In the issue of 25th November, we commented on a series of disturbing events, including allegations of drug “planting”, that were affecting the public perception of the police force. “Allegations, confusion, and controversies, with heavily slanted political comments about suspects who have yet to be declared guilty by competent courts, distract from the national policing imperative to tackle the scourge of drug importation and trafficking with purpose and professionalism.”

The last thing we would have wished is to delve further into the matter but events since then have been even more disquieting, if that were at all possible.

The ADSU ‘landing’ at the residence of the pig breeder Wayne Attock, with the suspect’s wife and lawyer releasing around November 21 a hidden camera footage of the police officers’ movements, which would suggest a suspicious “planting” of the recovered small sachet of drug, was an unexpectedly disquieting matter. Worse, the CP’s reaction to transfer the team elements and the revocation of his order thereafter by an unspecified hand left little doubt that the real powers overseeing the CP and part of the Force



“When the same units and special striking team fail to distinguish between Chia or Toukmaria seeds and synthetics, when police operations seem to target high-profile opponents - either lawyers Akil Bissessur or Sanjeev Teeluckdharry, when reported drug seizures - either at Akil Bissessur or now Bruneau Laurette - show no traces of suspects’ DNA, when the police prosecutors are unable after one month, despite repeated demands, to provide defence lawyers with a complete video copy of the search operation at Laurette’s residence, questions are bound to be raised... have we breached new grounds of behaviour...”

under his command (PH-SST, ADSU, CCID...) were somewhere higher up.

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When the PM, himself a lawyer always claiming presumption of innocence for his allies and Ministers trapped in unsavoury dealings, turns into investigator, prosecutor, jury and judge to condemn the Opposition in Parliament or at socio-cultural gatherings, it neither bodes well for the country nor is it a sign of the PM’s and MSM’s confidence for upcoming high-stakes political polls, municipal or general, and whose timing is yet to be announced.

Citizen Joyram’s hunger strike and the scars to collective conscience

Citizen Nishal Joyram, a 44-year-old educator, informed the authorities around October this year that should they fail to reduce the unprecedented taxes on fuel causing high prices at the pump, he would consider starting a hunger strike. With no serious movement on the taxation and fuel pricing from the authorities, Mr Joyram initiated his solitary hunger strike on the parvis of the centrally located Cathedral in what was an unusual action for both its exceptional bravery and the little hope that government would actually bend its rigid stance even to some extent.

The proverbial “pot de terre contre pot de fer” or hitting one’s head painfully against an obtuse brick wall, came to mind but soon sympathy built up because, although a powerful tool of last



“Leading Opposition figures and all visitors commended the exceptional courage, prayed for Nishal Joyram’s safety and demanded that he end his action for his own and family’s sake. The fact that in the growing weakness of Nishal, government failed over 22 days to even send a Minister or any representative to meet the guy for whom the overarching sense of social justice, equity and solidarity meant so much, etched many hearts with resentment at such coldness...”

resort, it went far beyond a personal gain or those of a particular community to take on quasi spiritual overtones with comrade Nishal never expressing anger against the authorities except hope, love and sayings from the Bhagavad Gita. Prayers, on-site visits of multi-confessional representatives or various figureheads, a national support team and candle-light vigils round the island, rendered tribute to an event that touched all Mauritian souls not steeped into transactional politics the governing alliance seems to favour.

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On the advice one assumes of a third-grade advisor, the attempt by the authorities to soil Nishal’s action and motivations under the highly emotive and spiritual umbrella, was somewhat crass to say the least. Fortunately, the medical specialist Dr Gujadhur, onsite daily, has had to intervene, call an ambulance and the stretchers to take the gentleman to a clinic before he suffered irreparable damage. The population would be relieved at that ending but the scars to collective conscience may take longer to heal.

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Hunger Strikes & Freedom of Expression

“Life has no price. The duty of the State is to protect life”

Hunger strikes pose moral, political, health and legal dilemmas and has noble precedents when they were used successfully by Mahatma Gandhi to mobilise consciousness against a foreign oppressor. Many feel that the hunger strike should only be an instrument of last resort when other means of attracting attention to a particularly galling situation or represent a form of emotional blackmail to amend government policy. Lex gives some legal perspective.

LEX

*** Will sitting on a hunger strike for days to press certain demands and refusing to cooperate with the authorities in the provision of medical treatment amount to a criminal offence?**

On the assumption that we consider someone on a hunger strike as somebody who is gradually attempting suicide, the method resorted to is not a criminal offence in Mauritius. But aiding and abetting others or a third party to commit suicide is a criminal offence punishable by imprisonment.

*** According to the Tahrir Institute for Middle East Policy, hunger-striking has long been interpreted to be a form of non-violent resistance argued by many international human rights advocates to be protected under a citizen's right to freedom of expression. The same consideration should apply in Mauritius in light of our own Constitution, shouldn't it?**

A hunger strike is a powerful mode of expressing dissatisfaction with a state of affairs in a country or to exert pressure on the authorities to execute a demand that the hunger striker considers legiti-

“One does not require the consent of a dying man before providing medical care to him. At best a close relative may give the consent but in case of extreme urgency that may not be possible and if a physician fails to provide the appropriate care that physician may be breaching his Hippocratic Oath”

mate and reasonable. We have a classic example in Mahatma Gandhi's long struggle and recourse to hunger strikes as a powerful weapon against an oppressive foreign power.

*** Considering the hunger strike as a manifestation of freedom of expression, albeit one that should only be resorted to when all other means have failed, shouldn't the State respect the inviolability of this right and the numerous noble causes it has served in the past?**

A hunger striker is in a way expressing his protest and he should be allowed to do so. But there may come a point where his life is in danger and a balance must be struck between the right of the hunger striker to express his demands through a hunger strike and the duty of the State to protect life.

*** The Tahrir Institute also informs us that in some countries, prison officials have subjected hunger-striking detainees to violent beatings, sexual assaults, solitary confinement conditions, and transfer to remote prisons to force an end to the strikes. Would such action amount to torture?**

Certainly. The prisoners should be left to pursue their hunger strike. However, in prison there may be rules that should be complied with. A hunger strike by one or more prisoners may be a source of disturbance in a prison, and the officials have a duty to preserve law and order in prison but not to resort to extreme measures that may amount to inhuman treatment and torture.

*** Nobody would wish to see a hunger striker starve to death. But there is also the dilemma between, on the other hand, the responsibility of the authorities and that of caretakers**



“It is the duty and right of the State to protect life and therefore it may be argued that if there is danger of death or serious harm to the health of the hunger striker, the State should intervene to save his life”

involved in the health of the hunger striker to intervene, and on the other hand the hunger striker's right to self-determination. What should take precedence in such circumstances?

“A hunger strike is a powerful mode of expressing dissatisfaction with a state of affairs in a country or to exert pressure on the authorities to execute a demand that the hunger striker considers legitimate and reasonable. We have a classic example in Mahatma Gandhi's long struggle and recourse to hunger strikes as a powerful weapon against an oppressive foreign power”

Life has no price. The duty of the State is to protect life. Though freedom of expression is protected in our Constitution and many international instruments on human rights, derogations from that right are permissible.

In a study 'Hunger Striking in Prisons: Ethics and The Ethical and Legal Aspects', J García-Guerrero expresses

the following view:

“An intervention would be an aggression to the inmates' freedom of conscience and an unjustified invasion of their personal autonomy and, thus, of their personal dignity. Human dignity can only be respected if the decision-making process of persons is not restricted and if we take into account their beliefs, values, convictions, preferences and desires. The second opinion group is formed by those who prefer a forced intervention in order to stop a hunger strike. They argue that life is a superior asset that must prevail for the enjoyment of other personal rights.”

*** It may serve the authorities' purpose to be seen as not bucking under activist, NGO pressure or individual bravery for a variety of reasons, but is it a bit short and flat to oppose a 'fin de non-recevoir' to what an individual and many sympathisers see as a fight for justice or transparency?**

On May 5, 1981, imprisoned Irish-Catholic militant Bobby Sands died after refusing food for 66 days in protest of his treatment as a criminal rather than a political prisoner by the British authorities.

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'If the hunger strike is prolonged, the government can decide that there is an obligation to protect life and intervene through recourse to force-feeding'

☞ Cont. from page 4

His death immediately touched off widespread rioting in Belfast, as young Irish-Catholic militants clashed with po-lice and British army patrols and started fires.

In response to a question in the House of Commons on 5 May 1981, the British Prime Minister, Margaret Thatcher said, "Mr Sands was a convicted criminal. He chose to take his own life."

There you are. The British government allowed Bobby Sands to continue expressing his freedom of expression until he died.

*** In the US, much like in Europe, jurisdictions are divided on the question of force-feeding prisoners on a hunger strike. Despite the difference of opinion, it seems the decisive majority of courts permits the practice under certain conditions. This means that hunger strikers can be force-fed, right?**

A hunger strike may result in serious physical damage and can ultimately cause the death of the person involved. If the hunger strike is prolonged, the government can decide that there is an obligation to protect life and intervene through recourse to force-feeding and to call in health professionals to dispense appropriate medical treatment.

*** What about the reluctance or failure of the authorities to take appropriate measures to force-feed any citizen or a prisoner protesting against the conditions in prison? What do the law and our Constitution provide in such cases?**

The Constitution provides that "no person shall be deprived of his life intentionally save in execution of the sentence of a court in respect of a criminal offence of which he has been convicted."

It is the duty and right of the State to protect life and therefore it may be argued that if there is danger of death or serious harm to the health of the hunger striker, the State should intervene to save his life.

In a case decided in 2005, the European Court of Human Rights approved of the force feeding of a hunger-striking prisoner. The court affirmed that a

“Life has no price. The duty of the State is to protect life. Though freedom of expression is protected in our Constitution and many international instruments on human rights, derogations from that right are permissible”

measure which is of therapeutic necessity from the point of view of established principles of medicine cannot in principle be regarded as inhuman and degrading.

*** It is quite possible that when a physician takes over the case, the hunger striker may have already lost the mental capacity for rational thought. Could one argue that from a medical point of view, force-feeding a hunger striker would in the circumstances be perfectly in order?**

Yes. One does not require the consent of a dying man before providing medical care to him. At best a close relative may give the consent but in case of extreme urgency that may not be possible and if a physician fails to provide the appropriate care that physician may be breaching his Hippocratic Oath.

*** This may be the wrong time to raise this issue, but it's nonetheless an important one: the right to die. What do our laws prescribe in that regard?**

The right to die does not exist in our law. Euthanasia is not part of our legal landscape. If a person goes on a hunger strike, he knows he runs the risk of dying and in a way which he may consider he is personally entitled to, but that is nevertheless not a legal right.

LEX

A tramway fuelled by debts?



☞ Cont. from page 3

If the recent completion of the tramway linking the urban corridor between Port-Louis and Curepipe and ferrying, in undoubted comfort, some 40,000 commuters daily, were such a politically marketable feat, then we have no doubt the municipal elections for urban folk would have already been announced.

Unfortunately, even the most loyal MSM enthusiast knows the plight of thousands of car, truck and bus drivers, the absence of reliable in-town bus services to tram stations and the traffic havoc caused daily by such a road-level infrastructure starving the country of much-needed public infrastructure attention elsewhere. Which inevitably brings to mind the 2014 forcible condemnation of a future tramway by the tandem

“The population has yet to absorb the fact that not one rupiah of the massive debts incurred for this project has yet been forked out by the government, the moratorium on debt repayments, capital and interest, running to 2024. With a Central Bank in virtual bankruptcy and running on borrowings, forex bound to grow more scarce and public debts at sky-high levels of some Rs 450 billion, there is no saying what the real costs will be to run and operate the tramway...”

late SAJ and then aspiring Finance Minister Lutchmeenaraidoo: "A small group of happy commuters paid for by huge taxes and massive subsidies borne by the rest of the population!"

Besides, the population has yet to

absorb the fact that not one rupiah of the massive debts incurred for this project has yet been forked out by the government, the moratorium on debt repayments, capital and interest, running to 2024. With a Central Bank in virtual bankruptcy and running on borrowings, forex bound to grow more scarce and public debts at sky-high levels of some Rs 450 billion, there is no saying what the real costs will be to run and operate the tramway.

About the forex crunch, a business friend, keeping far from politics, who does

well in consultancies and travels that take him three times a year to Dubai and the Middle East, reported to me he has to spend weeks to negotiate access to foreign exchange even at the best private local bank with unseen levels of paperwork and even worse, if he happens to return home with a wad of left-over notes to place in his account.

"A nightmare... Soon they'll ask for my colonoscopy!" he quips wryly.

Anecdotal perhaps, but real-life stories like these are common from sections of the business community, SMEs and consultancies that should have seen their post-Covid energies unleashed.

Jan Arden



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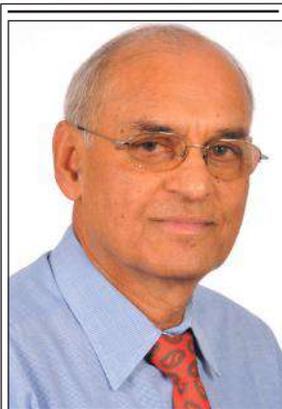
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A World in Great Need of Healing



Dr R Neerunjun Gopee

If 2020 & 2021 will be remembered for the Covid-19 pandemic, it is the Ukraine war that will probably define 2022 the most. If there is one thing in common between these two destructive events, it is that no early closure is in sight for either of them.

As regards Covid-19, almost three years since the causative coronavirus surfaced there is no definitive conclusion about its origins, but what is now clear is that it is here to stay: it has

become endemic.

Apparently - so the experts opined when the Russians began to get mired into the Ukrainian soil within a couple of months after the conflict began - the latter had thought that their 'special military operation' would be a *cuir-vidé* — affair: a swift massive and paralyzing attack and an equally prompt withdrawal. It is now almost a year, and there is no end in sight. Ukraine is putting up a strong resistance even as the Russians seem to be weakening.

Needless to say, there has been much destruction and hundreds of thousands of needless loss of human lives, both military and civilian on the two sides, with the accompanying social, economic and political impacts that are aggravating lives and livelihoods globally.

Against this backdrop was held the UN COP27 conference on the climate change crisis COP27 at Sharm el-Sheikh in Egypt. Some extracts from the Statement by the Secretary-General Antony Guterres at the conclusion of COP27 point to the harsh realities we face:

'Climate chaos is a crisis of biblical proportions.

The signs are everywhere. Instead of a burning bush, we face a burning planet.

From the beginning, this conference has been driven by two overriding themes: justice and ambition.

Justice for those on the frontlines who did so little to cause the crisis.

Ambition to keep the 1.5-degree limit alive and pull humanity back from the climate cliff.

This COP has taken an important step towards justice ...I welcome the decision to establish a loss and damage fund and to operationalize it in the coming period.

Let's be clear.

Our planet is still in the emergency room.

We need to drastically reduce emissions now – and this is an issue this COP did not address.

COP27 concludes with much homework and little time... to end the suicidal war on nature that is fueling the climate crisis, driving species to extinction and destroying ecosystems.

We can and must win this battle for our lives.'

'...win this battle for our lives' – this is the crux of the issue: the survival of mankind.

But what will happen if we destroy ourselves, that is,

if mankind is wiped off the surface of the Earth? Here I am tempted to quote a remark by a famous British experimental pharmacologist (someone who does experiments to discover and study new drugs) of the last century, Sir John Gaddum, to wit that 'if all the drugs of the British Pharmacopoeia were to be dumped into the seas, it would be so much worse for the fishes and so much better for humans.'

A bit extreme, I would think, because many drugs have saved millions – but it the *abuse* of drugs that has caused harm, and continues to do so as we all are seeing, on a larger and larger scale. But the point is taken that human activity can do harm – precisely the realization of UN the International Panel on Climate Change (IPCC), which established years ago on the basis of solid evidence that it is the sum total of human activities that is damaging living and other ecosystems and causing the rise in temperature responsible for climate change.

So to the question of the aftermath of mankind's destruction: the Earth will heal itself (too bad for mankind, so much better for the Earth...), thank you very much.

It is not the Earth that needs us: it is we who need the Earth to survive. After all, the universe contains billions of planets bereft of life that are going around.

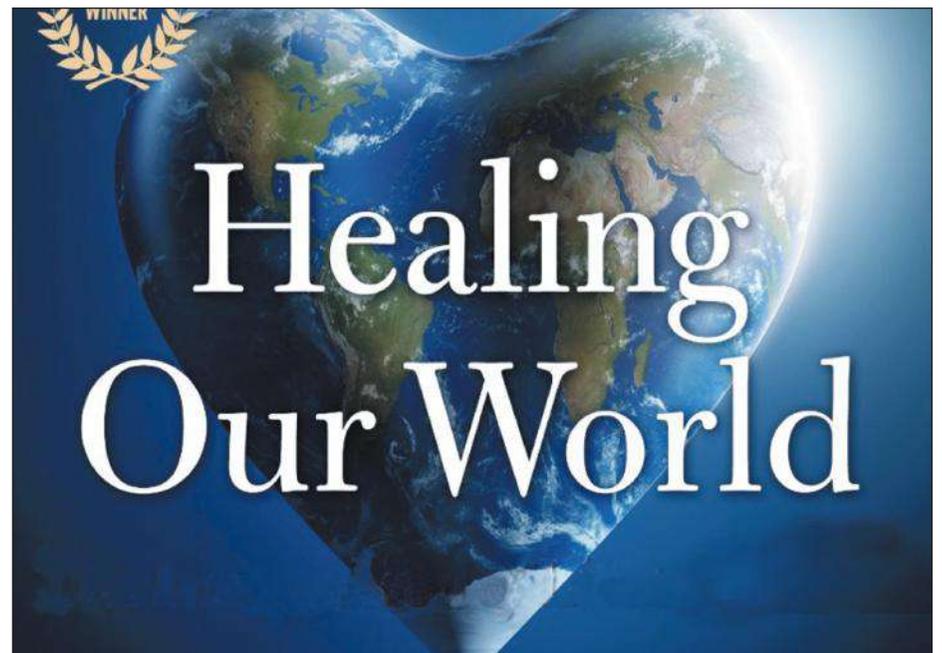
There are two kinds of mindset that are engaged in the world: the one is driven by greed and lust for money, power and material wealth, with the ambition to exert exclusive control over territory, resources, and to impose ideologies. This leads to conflicts and wars, with death and destruction – and the counter response only increases the extent of the damage done.

On the other hand, are those who are doing work that will be beneficial to people – enlightened teachers, scientists, those engaged in the healing professions, others devising ways to improve physical living conditions especially of those who are vulnerable, and so on and so forth.

Which mindset predominates is what will determine the future of mankind, and each country has to take the call on which one it will choose. But a country is a mere geographical space – it is the people, especially the leaders who have the leverage, make the choice(s) for their people.

When we look around at different countries, we can clearly make out which way the wind is blowing, the constructive one or the destructive one.

The Earth is a given; we humans spread over it to build the world – which we are now damaging and destroying by our excesses. Because left to itself in its natural state the Earth can take care of that is heal itself, it is the world that we have superimposed on it that needs



“There are two kinds of mindset that are engaged in the world: the one is driven by greed and lust for money, power and material wealth, with the ambition to exert exclusive control over territory, resources, and to impose ideologies. This leads to conflicts and wars, with death and destruction... On the other hand, are those who are doing work that will be beneficial to people – enlightened teachers, scientists, those engaged in the healing professions, others devising ways to improve physical living conditions especially of those who are vulnerable, and so on and so forth. Which mindset predominates is what will determine the future of mankind...”

healing, so that we can survive as a species. But this starts with caring for our ecosystem – which depends on our mindset —, the environment which sustains us, i.e., the Earth.

And it can happen only when we are willing to share instead of grab all for ourselves, when we shed enmity and nourish friendship. It was a call made eons ago, in the oldest extant writings of mankind, the Vedas which were 'revealed' to the rishis or sages of ancient India. In an apt prayer for climate whose second stanza reads as follows:

May the Heaven grant us peace, and the Atmosphere.

*May the Earth grant us peace, and the Waters.
May the plants and the great forest trees give us their peace.*

May the Devas grant us peace.

May Brahman grant us peace.

May the entire universe grant us peace.

May that supreme peace come to us.

May that peace dwell in me.

And ends with –

Take this firm resolve:

May all beings look at me with the eyes of a friend.

May I look at all beings with the eyes of a friend.

May we all look at each other with the eyes of a friend.

(Shukla Yajur Veda 36.12–15, 17–18 - Translation by David Frawley)

Om Shanti.

Key takeaways from results of Gujarat and Himachal assembly elections

The BJP's massive victory in Gujarat after the win in Uttar Pradesh earlier this year builds strong momentum for the party's 2024 shot at power at the Centre, comments R Jagannathan Editorial Director, Swarajya, in an opinion piece on the state assembly elections in Gujarat and Himachal Pradesh. The key takeaways from result trends, according to him, are:

First, in Gujarat, where the BJP has won for the seventh consecutive time and beaten Madhavsinh Solanki's 1985 sweep of 149 seats by a significant margin, it is clear that the state will back Narendra Modi to the hilt as long as he remains Prime Minister.

In other states, the PM's own popularity matters less than local leaders and local issues, but in Gujarat that is not the case.

Second, in the smaller states, where constituencies and victory margins are smaller, and local leaders loom larger than national ones, victory and defeat may be less predictable. This is why despite a very small difference in vote share, the BJP has lost to the Congress in Himachal.

Three, in a wave election, which is the case in



The BJP is eyeing a record seventh straight term in Gujarat. Pic- India Today

Gujarat, especially with the opposition vote split between the Congress and the Aam Aadmi Party (AAP), the bullwhip effect has taken the winner far past the projected seat counts indicated in the exit polls. Only the Axis-India Today exit poll came close to predicting the BJP sweep in Gujarat. The results went past the upper end (151) even for Axis-India Today by a margin.

Four, predicting seats from vote share is obviously a difficult exercise, as sample size and correct stratification of swing zones in specific seats may be very important.

This is why most polls for the Himachal vote went wrong, and only Axis-India Today pointed in the right direction.

Five, AAP's share of media voice is greater than its ground support. In Gujarat, its vote share was less than half that of Congress, and in Himachal it drew a blank, despite promising the moon to voters.

While AAP should win the Delhi municipal elections, its claims to being a national party need further wins to stand the test of time.

Even after winning Punjab, its total Lok Sabha seat count will be lower than that of many single-state parties like Trinamool, DMK, Biju Janata Dal, or the TRS and YSR Congress. AAP's hype is greater than its actual performance outside Delhi.

Six, despite problems on the jobs front and inflation, the voter is clearly not willing to give up on the BJP just yet. Economic headwinds have not impacted the results this time. If the economy does better over the next 18 months, this factor will not impact 2024 too.

Broadly, the BJP's massive victory in Gujarat after the win in Uttar Pradesh earlier this year builds strong momentum for the party's 2024 shot at power at the Centre.



Legende - US universities continue to dominate the upper echelons of world rankings

American universities continue to dominate global ranking

Research.com, a leading academic platform for researchers, released late November the 2022 World Ranking of Best Universities based on data collected from Microsoft Academic Graph. The position in the ranking is based on a total H-index of leading scientist affiliated with each institution, reports Research.com.

According to Research.com, academic institutions from the United States continue to dominate the list of world's best universities with 234 institutions from that country listed in 2022 which represents 23.4% of the whole ranking. The other leading countries are China with 97 universities, the United Kingdom with 75 universities, Japan with 68 universities, and Germany with 62 universities.

9 out of 10 universities in the top 10 are from the United States (the only one that is based outside the US is Oxford University).

Harvard University tops the list of the best universities in the world with a total H-index of 170,977 and 2113 scientists from that institution. For Europe, Oxford University is ranked the first in the region with a world rank of 5. University of Tokyo, Japan, leads the top list in Asia with a

world rank of 27. For Oceania, the University of Sydney from Australia is on top of the list with a world rank of 42. Universidade de São Paulo, Brazil is the first in South America with a world ranking of 158. In Africa, the highest-ranking university is the University of Cape Town, South Africa ranking at position 336 in the world.

In terms of the total H-index generated by the leading scientists as well as the number of leading scientists, the state with the best universities in the USA is California. 19 of the leading universities are based in California, and 4 of them rank in the world's top 10.

The state that is home to the highest number of leading universities is Texas, with as many as 21 leading institutions being based there, and 2228 leading scientists being affiliated with these institutions. California ranks second with 19 institutions, and New York is third with 17 universities.

As far as geographical regions are concerned, the most influential universities are located in Europe with a total of 394 universities or 39.4% of all leading universities, followed by North America with 272 universities, and Asia with 214 universities. The least represented regions are South America with 22 (mostly from Brazil), and Africa (with only 7 universities being ranked, all of them from South Africa).

UK university launches new Jainism programme, enrollments to start from January

The University of Birmingham on Wednesday announced the launch of a new teaching and research programme in Jainism, which will open for enrolments from January 2023.

A group of Indian-origin philanthropists belonging to the Jain community, including Dr Jasvant Modi representing US donors and Nemu Chandaria representing UK donors, made a gift of USD 1.5 million towards the establishment of the "world-leading" programme.

Rolling out from September 2023, the new programme features the creation of an Assistant Professorship in Jain Studies, an Assistant Professorship in the Ethics of Non-Violence, and a Postdoctoral Research Fellowship in Jain Studies, reports PTI.

"The generosity of our donors means that we have the opportunity to establish a world-leading centre of excellence in Jainism at the heart of one of the world's most culturally and religiously diverse cities," said Professor Charlotte Hempel, Head of the School of Philosophy, Theology and Religion at the University of Birmingham.

Named after an apostle of unconditional non-violence, the Bhagavan Dharmanath Jain Studies programme will develop teaching and research in relation to contemporary issues, such as environmental protection, human rights and inter-faith dialogue.

"I am delighted that the University of



Jain nuns. Pic -shutterstock.com

Birmingham is launching a Jain Studies programme named after the Jain apostle Bhagavan Dharmanath, whose teaching represents what I consider to be three pillars of a modern democratic society," said Dr Jasant Modi.

"The Jain doctrine of ahimsa (non-violence) teaches us to avoid harming of any life form; the doctrine of aparigraha (non-possessiveness) teaches us to keep only what we need for ourselves and give the rest to others; and the doctrine of anekantvad (many-sidedness) teaches us to respect everyone's opinion. I am excited that our donation will enable academics and students at the University of Birmingham to explore subjects which are relevant to these concepts in the School of Philosophy, Theology and Religion," he said.

Jainism, an ancient religion originating from India, has non-violence, self-control, compassion and non-possessiveness at its core. The Jain principle of non-violence or "ahimsa" profoundly influenced India's vegetarianism, movements of passive resistance and, more recently, environmental engagement, the university notes.

* Contd on page 8

'Harry and Meghan,' the Netflix Series

«Harry and Meghan,» the Netflix series released Thursday, has been one of the most anticipated television spectacles of the year — more media event than documentary.

The series starts with an onscreen message stressing its authenticity: "This is a firsthand account of Harry and Meghan's story, told with never before seen personal archive." Members of the royal family "declined to comment," it adds, although people close to Harry and Meghan, including Meghan's mother, are featured in the first three episodes.

Despite being filmed before Queen Elizabeth II's death in September, the documentary arrives in a changed royal landscape, with King Charles III — Harry's father — scheduled to be crowned next May. A further three episodes will be released on Dec. 15, reports BBC News.

Here are the main takeaways from the first three, which deepen the couple's complaints about Britain's news media, reveal details of Meghan's fractious relationship with her relatives.

Harry's war with the news media continues

The first episode tells the story of how Harry and Meghan fell in love, but it also



The Netflix series promises an inside story of the couple's relationship. Pic- Netflix

criticizes Britain's news media.

Harry said the paparazzi had always had an impact on his life. Although he has few recollections from early childhood of his mother, Princess Diana, he said, "the majority of my memories are of being swarmed by paparazzi. Rarely did we have a holiday without someone with a camera jumping out of a bush, or something."

Harry said photographers continued to hound him when he attended school and began dating. The paparazzi harassed his girlfriends, he added, and as a result their families' lives were also "turned upside down." When he met Meghan, he said, "I was terrified of her being driven away by the media — the same media who'd driven so many people away from me."

The couple wants to carry on Diana's legacy

Harry said that tabloid media harassment of Meghan was reminiscent of the experience of his mother, who died in a 1997 car crash in Paris after being followed by paparazzi. But he also made positive comparisons between his wife and his mother.

Harry said he also saw himself as continuing Diana's legacy. "I am my mother's son," he said. Of his charity work, he added, "I wanted to somehow carry my mum's torch and try and keep her legacy alive and try and make her proud."

Meghan's mother said negative reactions to the couple were 'about race'

Doria Ragland, Meghan's mother, sat

for a rare interview for the docuseries. In the second episode, she discusses her daughter's childhood and relationship with Harry. When the couple started receiving negative treatment in the British press, Ragland said, she told Meghan that it was because her daughter is mixed-race.

So far, the series directly criticizes Britain's press, not its royals

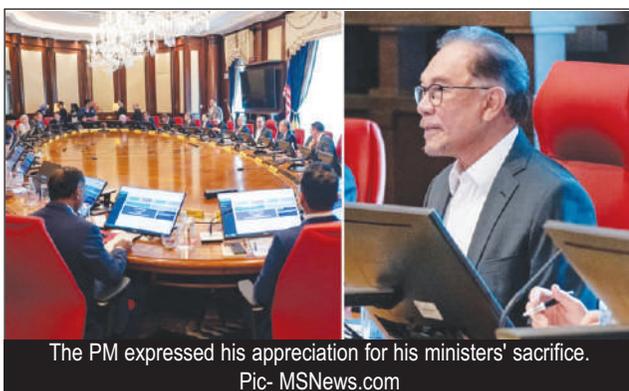
In the couple's interview with Oprah Winfrey last year, much of the focus was on the royal family. Prince Harry said he felt "really let down" by his father, now King Charles III, for not supporting the couple when they were considering stepping back from their official roles.

In the same interview, Meghan said that when she was pregnant with the couple's first child there were "conversations about how dark" the child's skin might be.

Harry also said the royals had failed to understand that Meghan's race was a factor in her treatment. "What people need to understand is, as far as a lot of the family were concerned, everything that she was being put through, they'd been put through as well," he said, adding, "so it's almost a rite of passage."

More revelations may be coming

The series' final three episodes will be released on Dec. 15. A trailer on Netflix's site suggested that these episodes will focus on the couple's departure from the royal family, and their ongoing problems with Britain's news media.



The PM expressed his appreciation for his ministers' sacrifice. Pic- MSNews.com

Malaysian Cabinet ministers to take 20% pay cut

Malaysian Cabinet ministers have agreed to a 20% pay cut until the country reaches economic recovery, says Prime Minister Datuk Seri Anwar Ibrahim.

He said this was part of their gesture in acknowledging the tough times faced by many people currently, reports The Star.

When asked if the pay cut would be carried out throughout the government's five-year tenure, he simply said that it could range from three to five years, depending on the situation.

He also clarified that he would not be taking any salary as Finance Minister as there was only one salary given to a minister.

Anwar was responding to certain quarters who claimed that he would still draw a salary as Finance Minister despite declining pay for the Prime minister's post.

After Anwar was appointed as Malaysia's 10th Prime Minister, he announced that he would not be taking any salary.

What Joe Biden admin told Supreme Court on law for social media companies

The Biden administration argued to the U.S. Supreme Court on Wednesday that social media giants like Google could in some instances have responsibility for user content, adopting a stance that could potentially undermine a federal law shielding companies from liability.

Lawyers for the U.S. Department of Justice made their argument in the high-profile lawsuit filed by the family of Nohemi Gonzalez, a 23-year-old American citizen killed in 2015 when Islamist militants opened fire on the Paris bistro where she was eating.

The family argued that Google was in part liable for Gonzalez' death because YouTube, which is owned by the tech giant, essentially recommended videos by the Islamic State group to some users through its algorithms. Google and YouTube are part of Alphabet Inc, reports Reuters.

The case reached the Supreme Court after the San Francisco-based 9th U.S. Circuit Court of Appeals sided with Google, saying they were protected from such claims because of Section 230 of the Communications Decency Act of 1996.

Section 230 holds that social media companies cannot be treated as the publisher or speaker of any information provided by other users.



President Joe Biden. Pic - kstp.com

The law has been sharply criticised across the political spectrum. Democrats claim it gives social media companies a pass for spreading hate speech and misinformation.

Republicans say it allows censorship of voices on the right and other politically unpopular opinions, pointing to decisions by Facebook and Twitter to ban dissemination of a New York Post article about the son of then-Democratic candidate Joe Biden's adult son, Hunter, in October 2020.

The Biden administration, in its filing to the Supreme Court, did not

argue that Google should be held liable in the Gonzalez case and voiced strong support for most of Section 230's protections of social media companies.

But the DOJ lawyers said that algorithms used by YouTube and other providers should be subject to a different kind of scrutiny. They called for the Supreme Court to return the case to the 9th Circuit for further review.

Attorneys for Google could not be reached for comment on Wednesday night.

Cassam Uteem - Former President of the Republic

“If Mauritius is not yet a police state, the Police Force's brutal actions

give a totally negative perception of the state of our democracy”

The current volatile context is fuelled by a number of factors. Some relate to the increasing autocratic nature and operations of State machineries to ensure a functional democracy, others to the inability of various institutions to ensure due processes of law and still others to the controversies raging around fair policing and the alleged “planting” of drugs, targeting known Opponents, where the end justifies the means. The downward slide in international assessments was written on the walls but what are the political implications and alternatives? We have sought the views of former President Cassam Uteem on these and other related issues.



recently as last month, that Mauritius was one of the 8 countries in Africa that have experienced a significant democratic decline over the last five years.

There are actually several factors that have given rise to this decline. Not the least is the way our National Assembly has come to operate with a Speaker and a Leader of the House, who is none other than the Prime Minister, conspiring to stifle the Opposition and flouting all principles of fairness and equity with total impunity, turning, in the process, the temple of democracy into a dictatorship of the majority, in front of a bemused population following the live TV transmission of the National Assembly's proceedings.

“The cause of Resistans ek Alternativ is indeed a noble one and one would have wished for a more forward looking and modern Mauritian judiciary to thrash out once for all the issues related to a system that perpetuates the exercise of exclusion, communalism and ethno-politics. This coupled with so called money politics is a real plague to our society...”

Mauritius Times: Keen observers of happenings locally, especially those from outside Mauritius, say they are surprised that this country has fallen down the league tables of democratic countries and are awaiting the next Ibrahim Index of African Governance to see whether the slide on governance indicators is confirmed. We could see this happening sooner or later since the writing has been on the wall for quite some time, isn't it?

Cassam Uteem: As you rightly say, the writing has been on the wall for quite some time and I therefore can't

“Navin Ramgoolam, prime ministerial candidate and head of government for its full mandate, and with Paul Berenger by his side... I am afraid to say that this is, to me, not a winning formula. The ideal would be for both to henceforth assume the role of mentors, in which capacity they could excel, and allow earlier generations of leaders to emerge...”

understand why observers, political and otherwise, should today be surprised that the country's democratic credentials are being challenged at the global level.

The Mo Ibrahim Index, that you referred to, has always been favourably inclined, some would say biased, towards Mauritius, even after its inclusion on the EU's blacklist due to money laundering, and is known to be very pro-establishment and its assessment of a country's state of democracy should be taken with a pinch of salt.

But, on the other hand, V-Dem, the Swedish body, whose reputation for rigour is undeniable, has in its 2022 report classified Mauritius among the African countries that have declined democratically in 2021 as compared to what it was ten years ago, while countries like Madagascar and Seychelles have made democratic progress. As if rubbing salt in the wound, the report went on to rank Mauritius among the top five autocracies “where the process of autocratization has been ongoing for a long while and continues in the present”.

As if to put a final nail to the coffin, the International IDEA, a world reference in the field of democracy measurement, of which incidentally I was a Board member for two successive terms between 2003 and 2009, noted, as

Another grave concern and source of public frustration that has made a dent in our democracy, is nepotism and cronyism practised in total defiance of meritocracy and sense of justice, as never before, and despite laws and institutions set up to fight corruption such as the Prevention of Corruption Act (POCA) and the Independent Commission Against Corruption (ICAC). The number of so-called high-profile cases – especially those involving politicians close to the ruling parties – that are still under investigation by the ICAC, months if not years after they have been revealed, have contributed to a climate of mistrust towards the Institution.

A last example that can be quoted is Police abuses that continue to be reported without any action being seen to be taken. Political interference in the work of the police is quite blatant despite the fact that the independence of the Office of the Commissioner of Police is guaranteed by the Constitution. If Mauritius is not yet a police state, the Police Force's brutal actions, especially targeting critics of the government, give a totally negative perception of the state of our democracy.

☞ Cont. on page 10

'Today almost everybody in high office serve at the pleasure of Pravind Jugnauth

They know that they will continue to serve only as long as he is there'

“Our society has evolved in such a way that people have become more and more egoistic and even expect others to pull their coals from the fire as their reluctance to express solidarity for a hunger striker who put his life at stake for them shows. One other important factor is the fear that the regime has succeeded in instilling in people. Those tagged or identified as anti-regime or pro-opposition are invariably ostracized...”

☞ Cont. from page 9

* Why is it that despite the criticisms levelled by the Opposition, political observers, the media, those active on social media platforms, etc., the authorities whether at the level of the National Assembly, ICAC, the Police Force do not seem to care and the government remains unperturbed?

The simple answer to your question would be that today almost everybody in high office, in all the institutions, serve at the pleasure of Pravind Jugnauth, the Prime Minister of Mauritius, and they know that they will continue to serve only as long as he is there.

Their loyalty is therefore not to the State, to the institution or to the people, in whatever post they find themselves, but to the political head of the country to whom they are indebted.

I am afraid it's all now a question of you scratch my back and I'll scratch yours. I am there only to keep the boss happy! Who cares about the public good, ethics, morality or even accountability?

* On the other hand, the public response to the hunger strike started by citizen Nishal Joyram, now running into its 22nd day as we speak, would suggest that the general public, even the intellectuals, show an unusual level of apathy. Is it a generational change or an implicit reckoning that no amount of street lobbying will change matters?

As we are about to start this interview, Nishal Joyram is reported to have been transferred to the Port Louis

“Unfortunately, greater credence is now being given to what until recently was considered as rumour mongering and when it concerns Police alleged involvement in framing people, innocent or inoffensive or openly anti-government, it becomes extremely worrying and even dangerous, if proven to be true. The police job is to provide protection to the population and to fight drug traffickers within the framework of the law - not by means of so-called 'planting of drugs'”

City Clinic as his condition has alarmingly deteriorated. I pray he recovers without any after-effects.

On Saturday the 3rd, that is four days ago, I paid him a visit, as he was lying in his make-do tent at Cathedral Square and I advised him to put an end to his hunger strike as he has already made his point, people recognize in him a man of conviction and are grateful to him and, above all, he should not expect any positive response from those in authority as they have remained so far unmoved after nearly 20 days that had lasted his hunger strike. I stopped short of telling him that only humanist leaders take ethical decisions based on reason, empathy and a concern for other human beings.

As regards the reaction of the public, we have to perforce admit that, except for an infinitely

“Navin Ramgoolam could be made to lead a transitory team for a set period — the shorter the better — and allow a new Labour figure to take over. This should be done now and in full transparency and on the setting up a united opposition front, not on the eve of the election...”

small number of concerned citizens, the vast majority has abstained from publicly showing the slightest feeling of empathy towards Nishal Joyram with the exception of those who regularly make their voices heard on the social media.

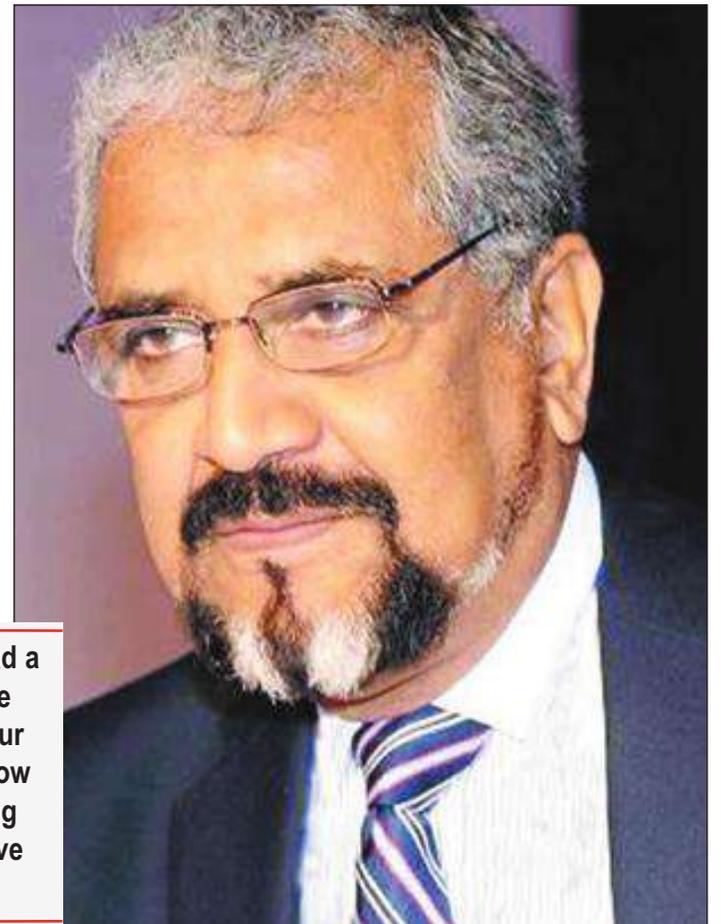
* Have the people grown blasé or wary of a spiteful government, do they not trust the body politic or do they not care anymore about the way the affairs of the State are being run so long as their personal needs are addressed? Had it been otherwise, the go-vernment would not have let the matter drag on and its popularity taking a beating in the process, isn't it?

I tend to think that it is a combination of all that you have mentioned.

Our society has evolved in such a way that people have become more and more egoistic and even expect others to pull their coals from the fire as their reluctance to express solidarity for a hunger striker who put his life at stake for them shows.

One other important factor is the fear that the regime has succeeded in instilling in people. Those tagged or identified as anti-regime or pro-opposition are invariably ostracized and even their close ones denied their legitimate rights.

* The latest we hear about the Bruneau Laurette case is that his ADN apparently has not been found on the drug packages seized and examined by the Forensic Science Laboratory. Now if the perceived doings and misdoings of the Police and its Striking



Team continue at the current rate, the Police would be well on the way to becoming the best agent of the opposition. What do you think?

Unfortunately, greater credence is now being given to what until recently was considered as rumour mongering and when it concerns Police alleged involvement in framing people, innocent or inoffensive or openly anti-government, it becomes extremely worrying and even dangerous, if proven to be true.

The police job is to provide protection to the population and to fight drug traffickers within the framework of the law - not by means of so-called 'planting of drugs'. Bruneau Laurette is a case in point. He has been one of the fiercest critics of the government and when the Police's new Striking Team raided his house, they seized two guns, powder believed to be synthetic drugs and a huge amount of illegal drugs thought to be cannabis in his car boots. The Forensic Science Laboratory has now revealed that the powder seized was actually toukmaria, the guns mere relics while Laurette's ADN was nowhere to be found on the drug packages. This means what it means!

It's not for me but for the court to decide and make its pronouncement.

A similar incident a couple of weeks before and involving the same Police Striking Team and a lawyer, critic of the government allegedly found with illegal drugs at his girlfriend's place and which he claimed to have been 'planted', is also being challenged in court, as no trace of his ADN has been found.

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Navin Ramgoolam & Paul Berenger: 'To me, this is not a winning formula...'

... the ideal would be for both to henceforth assume the role of mentors'

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Such occurrences leave doubt in the mind of the ordinary citizen and create mistrust in our police force as they give the impression, so often denounced by the opposition, to be at the beck and call of the regime for those dirty tricks.

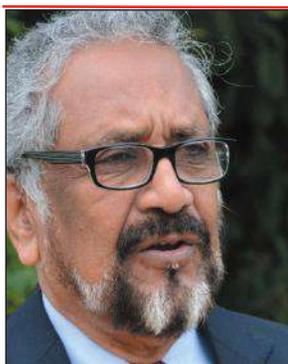
*** Speaking of the Opposition, especially those constituting the mainstream parties, it must be very frustrating for them as the bell is yet to be sounded for the elections. But do you think the 'rapport de forces' in either local politics or on the ground has reached an inflection point which could signal the beginning the reversal of the political fortunes of the MSM-led alliance?**

I can understand the frustration of the mainstream political parties as they come to realise now, probably more than they ever did before, that the Prime Minister holds the trump card and is the one to call the shots.

The opposition can in no way influence the timeline of the electoral process. Why the hell then should they keep procrastinating, waiting and watching for the date of the elections when they know full well there is no way they could oust the present government if they don't present a united front, now or any time in the future?

A united opposition is the sine qua non condition for winning either the municipal elections or the general elections. I personally have serious doubts about the leader of the MSM holding municipal elections before the general elections as it would be too big a risk for his party that would likely receive a thrashing from a united opposition in all five urban areas. It could ultimately lead to the consolidation of the opposition posing a real threat to the MSM and its allies in government.

*** It however remains to be seen whether any future LP-MMM-PMMSD alliance would be able to convince the electorate that theirs is a credible alternative?**



“Today almost everybody in high office, in all the institutions, serve at the pleasure of Pravind Jugnauth, the Prime Minister of Mauritius, and they know that they will continue to serve only as long as

he is there. Their loyalty is therefore not to the State... I am afraid it's all now a question of you scratch my back and I'll scratch yours. I am there only to keep the boss happy! Who cares about the public good, ethics, morality or even accountability?”

As of now, the 'hypothetic' alliance does in no way represent a credible alternative to the current regime. Further prevarication and quibble will not help convincing the electorate to change their mind. Unless the Opposition comes up, now and not wait for the eve of the general elections, with a sound alternate manifesto with a clear vision and a renewed leadership, with people with clean sheets and proven integrity, there's no hope for a change of regime, however autocratic or despotic it might appear to be.

*** Navin Ramgoolam, prime ministerial candidate and head of government for its full mandate, and with Paul Berenger by his side, albeit in an as-yet undefined role... does that seem saleable to the electorate, both urban and rural, according to your reading?**

I am afraid to say that this is, to me, not a winning formula. The ideal would be for both to henceforth assume the role of mentors, in which capacity they could excel, and allow earlier generations of leaders to emerge and be at the helm of their respective parties and eventually of the country.

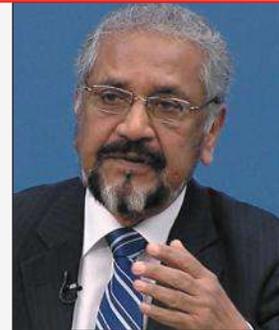
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At most, and as quite a number of people believe, Navin Ramgoolam could be made to lead a transitory team for a set period — the shorter the better — and allow a new Labour figure to take over. This should be done now and in full transparency and on the setting up a united opposition front, not on the eve of the election.

*** What is your reading of the long-running Resistans ek Alternativ case and its multiple disappointments in courts and politically? Is ethno-politics alive and fortified or are there some reasons to hope that our best brains do not desert a country mired in ethno and money politics?**

I must say that I am of those who admire the determination of Resistans ek Alternativ to doggedly fight their case in spite of the political and legal obstacles that have been coming their way ever since they started their 'crusade' against the continued fragmentation of our society. Their cause is indeed a noble one and one would have wished for a more forward looking and modern Mauritian judiciary to thrash out once for all the issues related to a system that perpetuates the exercise of exclusion, com-

“Political interference in the work of the police is quite blatant despite the fact that the independence of the Office of the Commissioner of Police is guaranteed by the Constitution. If Mauritius is not yet a police state, the Police Force's brutal actions, especially targeting critics of the government, give a totally negative perception of the state of our democracy...”



munalism and ethno-politics.

This coupled with so called money politics is a real plague to our society as they corrupt the political system, prevent the emergence of a Mauritian identity and an inclusive democracy. They give rise to and encourage nepotism to the detriment of meritocracy, with the result that some of what you call our best brains are looking elsewhere - where the grass looks greener to them.

*** Is it time for an in-depth review of certain aspects of our Constitution to ensure that democracy is not abused through the loopholes evidenced lately? And what would be the best way forward in that case?**

I am given to understand that a small group of interested citizens, including a couple of constitutional lawyers, have for some time now been working to update our Constitution and that would of course imply an in-depth review of certain aspects of the existing Constitution.

As you know, unless the required majority is obtained in the National Assembly to vote in favour of the constitutional amendments brought up by a party or a coalition of parties, those amendments are automatically rejected. The first thing, and that before talking of the way forward, is therefore to obtain a consensus of all the political parties, especially the major ones, on the need to review our Constitution with a set of agreed objectives.

The way forward would then be the appointment of a Constituent Assembly, comprising all the stakeholders of the different sectors of the political, social and economic life of the country. That Constituent Assembly will within say a period of 12 to 18 months, come up with those amendments that it recommends to be debated in the National Assembly and approved with the required majority.

As matters stand, I doubt whether we would be able to jump the first hurdle of obtaining a large consensus for amending our Constitution among the major political parties.



Dominic O'Sullivan
Adjunct Professor, Professor of
Political Science, Charles Sturt
University

As Fiji prepares to vote, democracy could already be the loser

Fijians go to the polls next week, but the country's constitution still entrenches ultimate power and authority in the military

When Fijians elect a new parliament on December 14, it's likely their votes will be counted fairly – yet the country will remain a conditional and fragile democracy.

This will be the third election since the “coup to end all coups” in 2006, which followed two earlier coups in 1987 and a civilian overthrow of the elected government in 2000.

After the 2006 coup, Fijian military head Frank Bainimarama appointed himself prime minister. In 2013 he rejected a new constitution commissioned to support a democratic state. Instead, he promulgated his own. Section 131(2) of the Constitution of the Republic of Fiji states:

It shall be the overall responsibility of the Republic of Fiji Military Forces to ensure at all times the security, defence and wellbeing of Fiji and all Fijians.

In other words, overall responsibility for the wellbeing of Fiji and its people does not belong to the government or parliament. The military interprets this as meaning it is “mandated to be the guardian of Fiji”.

Democracy's fragility is entrenched. Furthermore, Fiji's unicameral parliament is not big enough to support robust parliamentary checks on government, even though it will grow from 51 to 55 members at this year's election.

Freedom and the military

Bainimarama went from self-appointed to elected prime minister in 2014 when his FijiFirst party won the first election under the new constitution. It won again in 2018 with just over 50% of the vote in the country's proportional representation system.

International observers found votes were fairly counted, but the campaign was marred by intimidation of opposition candidates.

Shortly before the 2018 election, opposition leader Sitivini Rabuka was charged with electoral fraud. He was acquitted just in time to take his place as a candidate.

Rabuka was prime minister between 1992 and 1999, having led the coups in 1987 and having described democracy as “a foreign flower unsuited to Fijian soil”. In 2022, however, Rabuka's People's Alliance, in coalition with the National Federation Party, is the most likely alternative government.

Cost of living, poverty and peaceful and orderly government are important election issues. Significantly, though, the People's Alliance manifesto suggests exploring amendments to the constitution. It also wants to remove measures that suppress human rights, previously highlighted by Amnesty International and others.

Land rights and the protection of the indigenous iTaukei culture are also important in this campaign, to



the extent they have prompted an outburst typical of Bainimarama's florid rhetorical style. At a campaign rally last week, he said of an opponent's land rights policy:

This conversation will cause stabbing, murder and blood spilled on our land, and unlawful entering (of property) will happen if that conversation is condoned.

Fragile free speech

There are also restrictions on political reporting. As the Fiji Parliamentary Reporters' Handbook (published in 2019) explains: “As in rugby, knowing the rules is the difference between enjoying the game and not being able to follow it.”

Journalists are reminded that the right to free speech does not allow “incitement to violence or insurrection”. The handbook goes on to remind them:

There is scope in the Constitution to “limit (...) rights and freedoms (...) in the interests of national security, public safety, public order, public morality, public health or the orderly conduct of elections”.

Interpretations of these limits can be broad. In November, for example, longstanding government critic and election candidate Richard Naidu was convicted of “contempt scandalising the court” following a light-hearted Facebook post in which he pointed out a spelling mistake in a High Court judgment.

The charge – which Amnesty International says should be withdrawn – was brought by the attorney-general.

Towards a more stable democracy

In my 2017 book, ‘Indigeneity: a politics of potential - Australia, Fiji and New Zealand’, I argued that political stability requires ordered and principled measures for protecting iTaukei (ethnic Fijian) rights to land and culture. This is a matter of respecting human dignity, but also to ensure those rights are not used as a pretext for settling wider and sometimes unrelated conflicts.

Stability does not arise only from the freedom to vote and from being confident one's vote will be fairly

counted. It comes also from well-informed expectations of what governments should do and what constitutions should protect, including:

- a free and diverse media, with a culture of detailed and critical investigation and reporting on public affairs
- a politically independent military, police and judiciary that aren't called on to intimidate opponents
- a larger parliament that is more representative and allows stronger checks on the executive.

For now, while the military enjoys considerable credibility and support, its role as defender and arbiter of the public good ensures perpetual instability.

The diplomatic and economic value of its contributions to United Nations peacekeeping missions means it remains an important national institution. And the recent gift of military peacekeeping vehicles from the US is an example of the soft diplomacy used by democratic states, including Australia and New Zealand, to influence contemporary Fiji.

The effectiveness of that influence will be tested at some point. In the meantime, the Fijian people are free to change their government on December 14. But the possibility they will not be free to keep that government means, whatever the election outcome, democracy has lost before a vote is cast.

Notice for Permission for Land Use

Take notice that I **Mrs Neerahee Antee** will apply to the District Council of Rivière Du Rempart for a Building and Land Use permit for a proposed **Construction of a building at ground floor to be used as general retailer's shop at Royal Road, Goodlands.**

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

Date: 9 December 2022

From the Pages of History - MT 60 Years Ago

5th Year No 212

MAURITIUS TIMES

Friday 29 August, 1958

• “Light is no less favourable to merit than unfavourable to imposture”— H. Home

The Real Jeremie

By D. Napal

In my first articles on Jeremie I dwelt on his first mission to this island and on the acts of hooliganism of the slave owners who would not brook the British government to ameliorate the conditions of the slaves, still less to emancipate them. From the mass of documents on Jeremie, I brought out a relevant extract from one of the many despatches of the Secretary of State for the Colonies on that subject. I made it clear that Jeremie was not as Pierre de Sornay would make us believe, “*le malfaisant Jeremie*” but, using Remy Ollier’s words, “*cette grande victime de la coterie de Maurice.*”

Pierre de Sornay writes: “A Londres Jeremie s’empressa d’affirmer que les colons mauriciens étaient de dangereux rebelles.” What else were those who had hounded Jeremie in such a cowardly manner? Remy Ollier called them “les assassins de cet homme de bien.” Some coloured people had taken part in the atrocities committed against Jeremie. Remy Ollier regretted that they had done so, that they had so cheaply become the tools of the slave-owners. He asked his community not to forget that “ce grand homme fut toute sa vie l’ami fervent de leur cause, et que c’est de leurs mains, en surprenant leurs convictions qu’on a voulu crucifier le prophète, le messie envoyé en Afrique pour sauver de la tyrannie les hommes bruns et noirs.”

Of Jeremie’s second mission, Pierre de Sornay writes: “Revenu ici le cœur ulcéré il fit subir à la population bien des vexations”. But Jeremie, as I brought out in my first article, was not destituted from the post of Procureur General. He had been to England to lay down before the British government the conditions of the colony. Nor was Britain prepared to bend before the *parti français*. So Jeremie had to come back. The weak Sir Charles Coleville was removed from office and a stronger-willed man Sir William Nicolay was appointed Governor. The Secretary of the State for the Colonies gave definite orders to the new Governor not to be lacking in severity towards the rebels.

Soon after arrival in the colony, Governor William Nicolay rose against the ring leaders of the conspiracy against Jeremie. The name of A. d’Epinay was erased from the list of legislative councillors and “Colonel Draper was removed from his office as collector of Customs in this island, and from his seat in the Legislative Council.” Other unofficial Members of Council, who were also prominent members resigned their seats on the plea that their conduct in Jeremie’s affair was similar to that of Draper and D’Epinay. Nicolay made it clear that “it was natural to expect that every gentleman, placed in the distinguished situation of a Member of Council, would jealously aid in carrying into effect the King’s commands with respect to the appointment of a public officer, instead of becoming instrumental in defeating those commands.”

Sir William Nicolay, as was natural enough, incurred the odium of the colons. Adrien d’Epinay voiced their feelings when he wrote that the Governor was governed by Jeremie and that he was “cet homme vieux, faible, infirme, égoïste, sans volonté, s’éloignant des Colons, refusant de les recevoir, les insultant de ses proclamations, les insultant à son lever.” The only crime — it was a heinous one in the eyes of the colons — is that the new Governor, in the interest of law and order, refused to be influenced by the infamous coterie. The colons regretted the palmy days of Sir Charles Coleville’s administration. How could they do otherwise? Had not Sir Charles Coleville allowed them to modify the criminal law in such a way as to make the law cover their misdeeds? Had not Sir Charles Coleville allowed them to raise a force of armed volunteers to serve against a sup-

posed insurrection of slaves which, be it said, never took place? Lord Goderich, Secretary of State for the Colonies, wrote on this matter in 1833 in strong terms as is obvious from the following extract:

“The time in which these changes were made is highly worthy of remark. The law bears date of 15th February 1832, a period at which the armed associations, the seditious public notices and the self-constituted society to which I have already adverted were attaining to their full maturity, yet, such was the occasion when it was thought right silently to introduce changes in criminal law, the effect of which was to render the government helpless, and to secure impunity to persons engaged in proceedings little short of traitorous.”

Exactly a year later, Lord Stanley was writing on this matter: “I fear it must be admitted that, long before either of these events, the excitement in the colony, on the subject of legislation of the mother country with reference to slavery, was great and general; that the Order in Council of 1830 had been practically disregarded, that general appointment was offered to the protectors of slaves, that the colons were both openly and secretly combining under the pretext of mutual protection from apprehended insurrections among them, and that the temper and tone of the society generally was such as to require the greatest circumspection in framing any new regulations on subjects connected with the preservation of internal tranquillity.”

Adrien d’Epinay was twice delegated to England to put before the British government the views of the colons on the agitation through which the colony was then passing. There is an incident which I believe is fit to record here. While speaking to the Assistant Secretary of State for the Colonies, Adrien D’Epinay spoke of the enemies of the colons, “ces véritables ennemis; le gouverneur, Dick, Jeremie, Reddie, Thomas, le colonel Hunter, l... Myliers, Bell et autres, tous rivalisant d’infamie et de perversité.” The Assistant Secretary of State replied with obvious irony.

“Il est étonnant que toute l’administration écrive contre la colonie.”

These documents go a long way to show that Pierre de Sornay’s version of the story of Jeremie is open to question. There is no need to enter into all the ramifications of the Procès de Grand Port. It is enough to say that Jeremie was not moved by hatred for the colons and the desire for vengeance. He believed that a conspiracy was afoot and made honest and legitimate endeavours in using the powers conferred on him as Procureur General to bring that conspiracy to light in the interests of order and government.

Jeremie’s conduct, during his second mission to the island, was free from any reproach. He acted wisely and firmly. Unfortunately for him working in the interests of the British government which at the period identified itself openly with the cause of the oppressed was in the eyes of the colons tantamount to the persecutions of the privileged. Referring probably to the Procès de Grand Port, Remy Ollier wrote. “S’il appela le glaive de la justice sur les têtes coupables de ceux qui avaient mis un an le pays en état d’insurrection, c’est qu’il savait le respect du et au gouvernement et à la société, qu’il était chargé de représenter et de défendre de l’ambition et des criminelles séducteurs d’une corporation de forceries à robe noire qui s’étaient attribué le droit d’intimider et la société et le gouvernement.”

And who would dare doubt for one Instant that Remy Ollier was the apostle of truth and justice? Whose evidence should we credit with belief, Pierre de Sornay’s or that of Remy Ollier and the Secretaries of State for the Colonies?

The Funniest Lines in History



“I once had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: ‘No good in a bed, but fine up against a wall’”

— Eleanor Roosevelt

“The secret of a good sermon is to have a good beginning, and a good ending; and have the two as close together as possible.”

— George Burns

“Santa Claus has the right idea... visit people only once a year.”

— Victor Borge

“What would men be without women? Scarce, sir, mighty scarce.”

— Mark Twain

“I was married by a judge. I should have asked for a jury.”

— Groucho Marx

“My wife has a slight impediment in her speech. Every now and then she stops to breathe.” — Jimmy Durante

“The male is a domestic animal which, if treated with firmness and kindness, can be trained to do most things.”

— Jilly Cooper

“I was always a good housekeeper. Whenever I divorced, I always kept the house.” — Zsa Zsa Gabor

“Only Irish coffee provides, in a single glass, all four essential food groups: alcohol, caffeine, sugar, and fat.”

— Alex Levine

“My luck is so bad that if I bought a cemetery, people would stop dying.”

— Ed Furgol

“Money can’t buy you happiness, but it does bring you a more pleasant form of misery.” — Spike Milligan

“I am opposed to millionaires, but it would be dangerous to offer me the position.” — Mark Twain

“Youth would be an ideal state if it came a little later in life.”

— Herbert Henry Asquith

“It takes only one drink to get me drunk. The trouble is, I can’t remember if it’s the thirteenth, or the fourteenth.”

— George Burns

“We could certainly slow the aging process down if it had to work its way through Congress.” — Unknown

“Don’t worry about avoiding temptation... As you grow older, it will avoid you.” — Unknown

“By the time a man is wise enough to watch his step, he’s too old to go anywhere.” — Unknown

We live in a time of 'late capitalism'

But what does that mean? And what's so late about it?

A new epoch

The term wasn't taken up widely until Belgian Marxist economist Ernest Mandel's treatise *Late Capitalism* was published in English in 1975.

Mandel used the idea to describe the economic expansion after the second world war. This was a time characterised by the emergence of multinational companies, a growth in the global circulation of capital and an increase in corporate profits and the wealth of certain individuals, chiefly in the West.

As Mandel described it, the period of late capitalism did not represent a change in the essence of capitalism, only a new epoch marked by expansion and acceleration in production and exchange. Thus one of the main features of late capitalism is the increasing amounts of capital investments into non-traditional productive areas, such as the expansion of credit.

This period of exceptional economic growth, argued Mandel, would reach its limit by the mid 1970s. At this time, the world economy was experiencing an oil crisis (in 1973, and a second wave in 1979). Britain was also experiencing a banking crisis derived from a fall in property prices and an increase in interest

rates.

However, since the time of Mandel's writing such crises have become recurrent.

For instance, the 1980s were known for the different regional financial crises, such as in Latin America, the US and Japan. In 1997, we saw the Asian financial crisis. The 2008 US subprime crisis became the Great Recession.

The cultural component

The term "late capitalism" regained relevance in 1991 when Marxist literary critic Fredric Jameson published *Postmodernism or the Cultural Logic of Late Capitalism*.

Drawing on Mandel's idea that capitalism has sped up and gone global, Jameson expanded his analysis to the cultural realm. His argument was that late capitalist societies have lost their connection with history and are defined by a fascination with the present.

In Jameson's account, late capitalism is characterised by a globalised, post-industrial economy, where everything – not just material resources and products but also immaterial dimensions, such as the arts and lifestyle activities – becomes commodified and consumable.



In this capitalist stage, we see innovation for the sake of innovation, a superficial projected image of self via celebrities or "influencers" channelled through social media, and so on.

In this time, whatever societal changes that emerge are quickly transformed into products for exchange. Unlike those who celebrate postmodernism as replete with irony and transgression, Jameson considers it to be a non-threatening feature of the capitalist system in contemporary societies.

More recently, Jonathan Crary, in his book *Late Capitalism and the Ends of Sleep*, argues our current version of 24/7 capitalism, enabled by intrusive technologies and social media, is eroding basic human needs such as sufficient sleep. It is also eliminating "the useless time of reflection and contemplation".

David Elias Aviles Espinoza,
PhD candidate in Political Economy,
University of Sydney

Laughter is the best medicine

Two old fellows aged seventy and eighty-five were resting on their favourite bench in a park one morning. The eighty-five guys had just finished his morning jog and wasn't even short of breath. The seventy-year-old was amazed at his friend's stamina and was curious to know how he did have so much energy.

The older guy replied: 'Well, I eat rye bread every day, it's a well-known fact that it keeps your energy level high, and that it will give you great stamina with ladies.'

So, on his way home, the younger fellow stopped off at the bakery. As he was



looking round, the salesgirl asked him if he was looking for something in particular.

'Do you have rye bread?' he asked.

'Yes, there's a whole shelf of it. Would you like some?'

'Sure, I'd take five loaves.'

'My goodness, five! By the time you get to the fifth one, it'll be hard,' she exclaimed.

He replied: 'I can't believe it; everyone knows about this stuff except me.'

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Vitamin B12 deficiency is a common health problem

that can have serious consequences – but doctors often overlook it



Diane Cress
Associate Professor of
Nutrition and Food
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University

For several months during the summer of 2022, my dog Scout vomited at 3 a.m. nearly every day. If you have a dog, you know the sound. And each time, she gobbled up her mess before I could get to it, making diagnosis of the cause difficult.

The vet and I eventually settled on my hydrangeas as the source of the problem – but keeping Scout away from them didn't work. She started to seem tired all the time – highly

concerning in a typically hyper yellow Lab puppy.

Then one day Scout vomited up a hairball – but not just any hairball. In dogs, hair normally passes easily through the digestive system, but this hairball was wrapped around a brillo pad that was too big to move through. Once this foreign object was removed, the overnight vomiting ended. Scout still needed treatment, though, for a different and surprising reason: The object had inhibited a step in her body's absorption of vitamin B12. B12 is an essential nutrient involved in proper functioning of blood cells, nerves and many other critical processes in the body.

I'm a registered dietitian, and I teach nutrition and food science to college students, but still I missed the B12 deficiency that was causing my puppy's fatigue. Doctors can just as easily be blind to it in people – even though B12 deficiency is a common health problem that affects an estimated 6% to 20% of the US population.

B12 is scarce in the diet, and it is found only in foods from animal sources. Fortunately, humans need only 2.4 micrograms of B12 daily, which is equivalent to one ten-millionth of an ounce – a very, very small amount. Without adequate B12 in the body, overall health and quality of life are negatively affected.



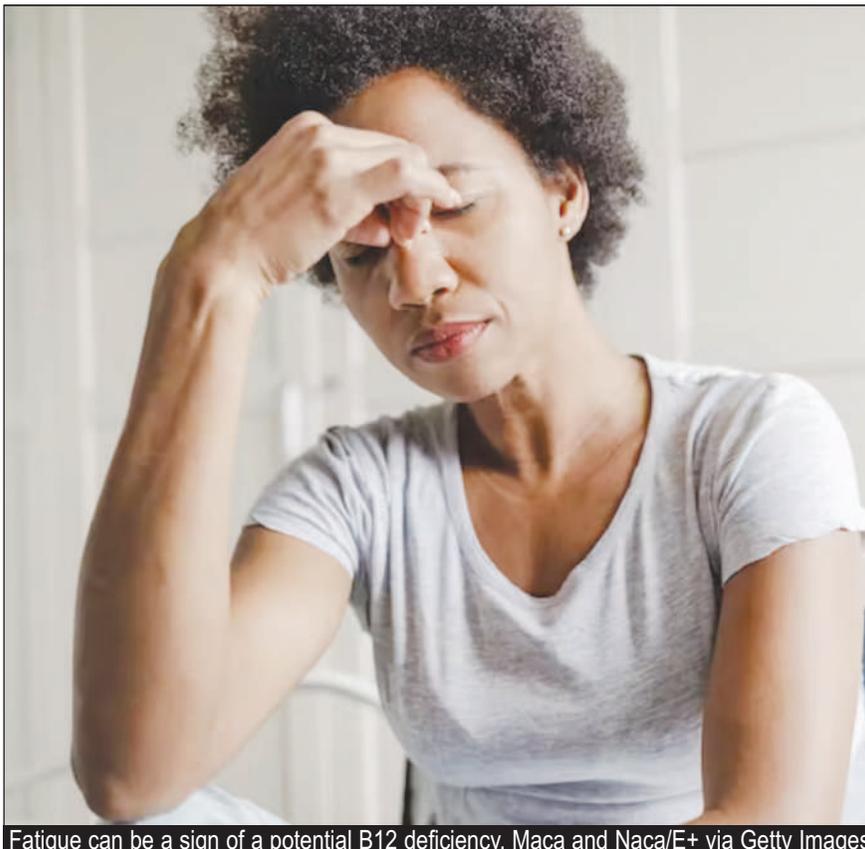
An array of vitamin B12-rich foods – all of which come from animals.
photka/iStock via Getty Images Plus

Signs and symptoms

One primary symptom of B12 deficiency is fatigue – a level of tiredness or exhaustion so deep that it affects daily life activities.

Other symptoms are neurological and may include tingling in the extremities, confusion, memory loss, depression and difficulty maintaining balance. Some of these can be permanent if the vitamin deficiency is not addressed.

However, since there can be so many causes for these symptoms, health care providers may overlook the possibility of a B12 deficiency and fail to screen for it. Further, having a healthy diet may seem to rule out any



Fatigue can be a sign of a potential B12 deficiency. Maca and Naca/E+ via Getty Images

vitamin deficiency. Case in point: Because I knew Scout's diet was sound, I didn't consider a B12 deficiency as the source of her problems.

How B12 is absorbed

Research is clear that people who consume plant-based diets must take B12 supplements in amounts typically provided by standard multivitamins. However, hundreds of millions of Americans who do consume B12 may also be at risk because of conditions that could be hampering their body's absorption of B12.

B12 absorption is a complex multistep process that begins in the mouth and ends at the far end of the small intestine. When we chew, our food gets mixed with saliva. When the food is swallowed, a substance in saliva called R-protein – a protein that protects B12 from being destroyed by stomach acid – travels to the stomach along with the food.

Specific cells in the stomach lining, called parietal cells, secrete two substances that are important to B12 absorption. One is stomach acid – it splits food and B12 apart, allowing the vitamin to bind to the saliva's R-protein. The other substance, called intrinsic factor, mixes with the stomach's contents and travels with them into the first part of the small intestine – the duodenum. Once in the duodenum, pancreatic juices release B12 from R-protein and hand it to intrinsic factor. This pairing allows B12 to be absorbed into cells, where it can then help maintain nerve cells and form healthy red blood cells.

A B12 deficiency typically involves a breakdown at one or more of these points on the way to absorption.

Risk factors for B12 deficiency

Without saliva, B12 will not bind to the saliva's R-protein, and the body's ability to absorb it is inhibited. And there are hundreds of different drugs that can cause dry mouth, resulting in too little saliva production. They include opioids, inhalers, decongestants, antidepressants, blood pressure drugs and benzodiazepines, like

Xanax, used to treat anxiety.

The last three categories alone account for easily 100 million prescriptions in the U.S. each year.

Another potential contributor to B12 deficiency is low levels of stomach acid. Hundreds of millions of Americans take anti-ulcer medications that reduce ulcer-causing stomach acids. Researchers have firmly linked the use of these drugs to B12 deficiency – although that possibility may not outweigh the need for the medication.

Production of stomach acid can also decrease with aging. More than 60 million people in the U.S. are over age 60, and some 54 million are over the age of 65. This population faces a higher risk of B12 deficiency – which may be further increased by use of acid-reducing medications.

Production of gastric acid and intrinsic factor by the specialized parietal cells in the stomach is critical for B12 absorption to occur. But damage to the stomach lining can

prevent production of both.

In humans, impaired stomach lining stems from gastric surgery, chronic inflammation or pernicious anemia – a medical condition characterized by fatigue and a long list of other symptoms.

Another common culprit of B12 deficiency is inadequate pancreas function. About one-third of patients with poor pancreas function develop a B12 deficiency.

And lastly, Metformin, a drug used by around 92 million Americans to treat Type 2 diabetes, has been associated with B12 deficiency for decades.

Treatment for B12 deficiency

While some health care providers routinely measure B12 and other vitamin levels, a typical well-check exam includes only a complete blood count and a metabolic panel, neither of which measures B12 status. If you experience potential symptoms of a B12 deficiency and also have one of the risk factors above, you should see a doctor to be tested. A proper lab workup and discussion with a physician are necessary to discover or rule out whether inadequate B12 levels could be at play.

In the case of my dog Scout, her symptoms led the vet to run two blood tests: a complete blood count and a B12 test. These are also good starting points for humans. Scout's symptoms went away after a few months of taking oral B12 supplements that also contained an active form of the B vitamin folate.

In humans, the type of treatment and length of recovery depend on the cause and severity of the B12 deficiency. Full recovery can take up to a year but is very possible with appropriate treatment.

Treatment for B12 deficiency can be oral, applied under the tongue or administered through the nose, or it may require various types of injections. A B12 supplement or balanced multivitamin may be enough to correct the deficiency, as it was for Scout, but it's best to work with a health care provider to ensure proper diagnosis and treatment.

How a penalty shootout is decided in the brain

A penalty shootout at the Soccer World Cup. All eyes are on the best striker of the team. He should take the decisive shot, preferably past the goalkeeper. The striker must decide whether to aim for the right or left corner of the goal. In his brain, he plans both options before making the decision.

If the goalkeeper's posture indicates that he will jump to the right at the decisive moment, the striker will develop a temporary preference for planning a movement to the left corner. But what effect will this tendency have on the final decision if the goalkeeper changes his posture just before the shot? Will the striker still shoot to the left? And how is this process controlled at the level of the nerve cells?

Neuroscientists at the German Primate Centre -- Leibniz Institute for Primate Research in Göttingen (DPZ)



have investigated these questions in a study with rhesus monkeys. They were able to show that two different nerve cell types in the same brain area are responsible for the decision-making process. A preliminary tendency for an action plan influences the final decision and the weighing of both options is already visible on the neuronal level. The striker is therefore likely to shoot to the left even if the

goalkeeper suddenly changes his posture -- and the penalty may fail.

"The fact that two different nerve cells in the same brain area are responsible for the decision-making process is a new finding of this study," says Alexander Gail, head of the sensorimotor research group at the DPZ and also author of the study. "The planning in the brain is thus controlled by a dual process that reflects strong tendencies to act as well as all other possibilities that can be eliminated one after the other by the choice-by-elimination principle.

Thus, the brain enables us to make balanced and flexible decisions. The striker in front of the goal, despite his first preference, is thus able not to immediately exclude the other corner of the goal as an option, can change the direction of the shot at the last moment and thus possibly still score a goal."

Keep exercising: It's good for your brain's gray matter

Cardio respiratory exercise -- walking briskly, running, biking and just about any other exercise that gets your heart pumping -- is good for your body, but can it also slow cognitive changes in your brain?

A study in Mayo Clinic Proceedings from the German Center for Neurodegenerative Diseases provides new evidence of an association between cardio respiratory fitness and brain health, particularly in gray matter and

total brain volume -- regions of the brain involved with cognitive decline and aging.

Brain tissue is made up of gray matter, or cell bodies, and filaments, called white matter, that extend from the cells. The volume of gray matter appears to correlate with various skills and cognitive abilities. The researchers found that increases in peak oxygen uptake were strongly associated with increased gray matter volume.

The study involved 2,013 adults from two independent cohorts in northeastern Germany. Participants were examined in phases from 1997 through 2012. The results suggest cardiorespiratory exercise may contribute to improved brain health and decelerate a decline in gray matter.

Ronald Petersen, M.D., Ph.D., a Mayo Clinic neurologist and first author of the editorial, says the most striking feature of the study is the measured effect of exercise on brain structures involved in cognition, rather than motor function. "This provides indirect evidence that aerobic exercise can have a positive impact on cognitive function in addition to physical conditioning," he says. "Another important feature of the study is that these results may apply to older adults, as well. There is good evidence for the value of exercise in midlife, but it is encouraging that there can be positive effects on the brain in later life as well."

"This is another piece of the puzzle showing physical activity and physical fitness is protective against aging-related

cognitive decline," says Michael Joyner, M.D., a Mayo Clinic anesthesiologist and physiologist.

According to Mayo Clinic experts, moderate and regular exercise -- about 150 minutes per week -- is recommended. Good cardio respiratory fitness also involves:

- Not smoking
- Following healthy eating habits
- Losing weight or maintaining a healthy weight level
- Managing blood pressure and avoiding hypertension
- Controlling cholesterol levels
- Reducing blood sugar, which over time can damage your heart and other organs



Why do flowers smell?

Not all flowers smell good, to people at least, but their scents are a way to attract pollinators.

Imagine walking through a tropical forest as a sweet scent wafts through the air. A little farther down the path, the putrid stench of rotting flesh makes you catch your breath. Upon investigation, you find that both odors originate from flowers -- but why do flowers smell like anything at all?

It's actually part of a strategy that helps flowering plants reproduce themselves and spread their species. Certain scents help these flowers solve a big problem.

Plants flower to produce seeds that can go on to become new plants. To make a viable seed, pollen from one part of the flower must fertilize the ovules in another part of the flower. Some plants can self-pollinate, using their own pollen to fertilize the ovule. Others require pollen from another plant of the same species -- that's called cross-pollination.

So how does one plant get some other individual plant's pollen where it needs to be?

Sometimes gravity helps pollen fall into

place. Sometimes wind carries it. Wind-pollinated flowers, like those of many trees and grasses, don't produce a scent.

Other flowers are pollinated by birds, bats, insects or even small rodents carrying the pollen from one flower to another. In these cases, the flowers might provide a little incentive. Animal pollinators are rewarded by sweet energy and nutrient-rich nectar or protein-packed pollen they can eat.

Flowers that need the help of insects and bats go one step further, producing a floral scent that acts as a smelly kind of welcome sign for just the right pollinator.

An orchid blooming in the tropical forest or a rose in your garden needs to attract a pollinator to bring pollen from flowers of the same species. However, there are flowers which look similar but are from other species. To differentiate itself from other flowers, each species' flowers puts out a unique scent to attract specific pollinators.

Similar to the perfumes at a depart-



A floral scent can be enjoyable for a person, but it has an important job for the flower. Richard L. Harkess, CC BY-ND

ment store counter, flower scents are made up from a large and diverse number of chemicals which evaporate easily and float through the air. The type of chemical, its amount and its interaction with other chemicals give the flower its unique scent. The scent of a rose may consist of as many as 400 different chemicals.

People can smell these floral scents because they easily evaporate from the flower, drifting on the air currents to attract pollinators.

Flower fragrances may be sweet and fruity, or they can be musky, even stinky or putrid depending on the pollinator they are

trying to attract. A blooming apple or cherry tree emits a sweet scent to attract bumblebees, honeybees and other bees. But stick your nose into the beautiful flowers of a pear tree -- a close relative of apples and cherries -- and you may recoil in disgust, as these flowers smell musky or putrid to attract flies as pollinators. Similarly, the corpse flower, native to Indonesian rainforests, emits a foul odor reminiscent of rotting flesh to attract flies and beetles to pollinate its flowers.

Moths and bats flying at night locate flowers by the scent some release after the Sun goes down. The night-blooming cereus, the saguaro cactus and the dragon fruit all have large white flowers which open at night -- they seem to glow in the moonlight, making them visible to nocturnal visitors. Their strong perfume helps guide pollinators inside. While drinking the sweet nectar, the pollinator picks up pollen which it then deposits in the next flower visited.

Once pollinated, the flower stops producing a floral scent and nectar and redirects its energy to the fertilized embryo that will become the seed.

Richard L. Harkess

Professor of Floriculture and Ornamental Horticulture, Mississippi State University



Qui a dit ça ?

L'institutrice présente à la classe un nouvel élève arrivant du Japon: "Les enfants, voici un nouvel élève qui s'appelle Sakiro Suzuki."

Le cours commence.

L'institutrice : "Bon, voyons qui maîtrise l'histoire de la culture franco-américaine. Qui a dit : 'Donnez-moi la liberté ou la mort?'"

Pas un murmure dans la salle. Suzuki lève la main : "Patrick Henry, en 1775 à Philadelphie."

L'institutrice : "Très bien Suzuki !" Et qui a dit : 'L'état est le peuple, le peuple ne peut pas sombrer.'?"

Suzuki lève la main : "Abraham Lincoln, en 1863 à Washington."

L'institutrice : "Excellent, Suzuki !" Maintenant, qui a dit : 'Je vous ai compris?'"

Suzuki lève la main et dit : "Charles de Gaulle !"

L'institutrice regarde les élèves et dit : "Honte à vous ! Suzuki est Japonais et il connaît l'histoire française et américaine mieux que vous !"

On entend alors une petite voix au fond de la classe : "Allez tous vous faire enculer, connard de Japonais !"

"Qui a dit ça ?" s'insurge l'institutrice.

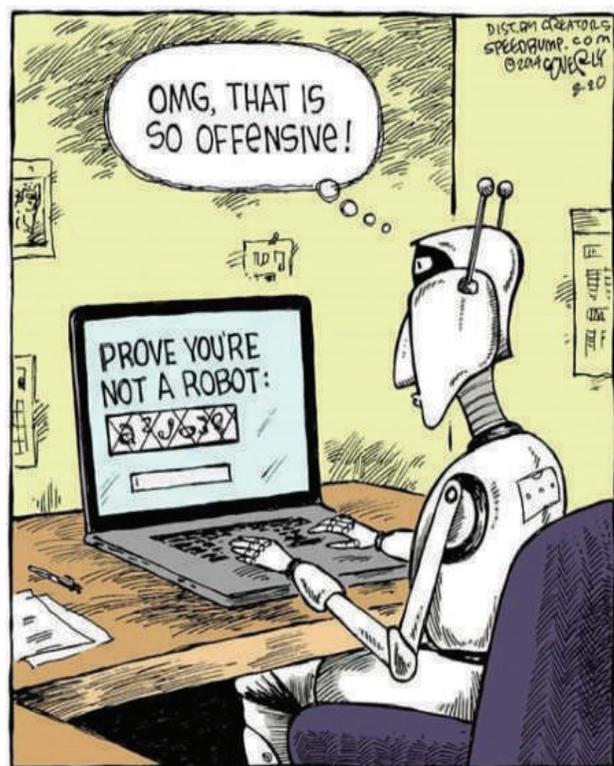
Suzuki lève la main et, sans attendre, dit : "Général Mc Arthur, 1942, au Canal de Panama, et Lee Iacocca, 1982, lors de l'assemblée générale de General Motors."

Dans la classe plongée dans le silence, on entend un discret : "Y m'fait vomir..."

L'institutrice hurle : "Qui a dit ça ?"

Et Suzuki répond : "George Bush Senior au Premier ministre Tanaka pendant un dîner officiel à Tokyo en 1991."

Un des élèves se lève alors et crie : "Pomp' moi l'gland !!!"



Et Suzuki, sans sourciller : "Bill Clinton à Monica Lewinsky, 1997 dans la Salle Ovale de la Maison Blanche à Washington, et DSK à une femme de chambre du Sofitel de New-York 2011."

Un autre élève lui hurle alors : "Suzuki, espèce de grosse merde !"

Suzuki : "Valentino Rossi, lors du Grand Prix de Moto en Afrique du Sud en 2002..."

Un autre élève crie plus fort : "Casse toi pov' con!"

Et Suzuki répond : "Trop facile celle-là, Nicolas Sarkozy au Salon de l'Agriculture 23 février 2008 à Paris à un visiteur peu doué en grammaire."

La salle tombe littéralement dans l'hystérie, l'institutrice perd connaissance, la porte s'ouvre et le directeur de l'école apparaît.

"Merde, je n'ai encore jamais vu un bordel pareil !"

Et Suzuki : "Emmanuel Macron, le 24 novembre 2018."

The Ghostly Advice

When I was about 7 years old, I accompanied my father to the funeral of a co-worker of his, someone I didn't even know.

When we got there, I stood in a corner waiting for the time to pass.

A bitter looking man approached me and said, "Enjoy life kid, enjoy it because time flies. Look at me now, I didn't enjoy it." Then he passed his hand over my head and left.

My father, before leaving took me with him to pay honours to his friend. When I looked in the coffin, I was horrified to see that the man in the coffin was the same man who had spoken to me!

I was so traumatized I couldn't sleep properly. I had terrible nightmares. I was terrified of being alone.

I saw many psychologists, endured much turmoil throughout my adolescent years. It got better as I aged, but I would still occasionally wake up screaming in fear. It was many years later when I discovered something remarkable that completely changed my life.

That bastard had a twin.

The First Jewish President

The year is 2032 and the United States has elected the first woman as well as the first Jewish president, Sarah Goldstein. She calls up her mother a few weeks after Election Day and says, "So, Mom, I assume you'll be coming to my inauguration?"

"I don't think so. It's a ten-hour drive, your father isn't as young as he used to be, and my arthritis is acting up again."

"Don't worry about it, Mom, I'll send Air Force One to pick you up and take you home. And a limousine will pick you up at your door."

"I don't know. Everybody will be so fancy-schmantzy; what on earth would I wear?"

Sarah replies, "I'll make sure you have a wonderful gown, custom-made by the best designer in New York."

"Honey," Mom complains, "you know I can't eat those rich foods you and your friends like to eat."

The President-to-be responds, "Don't worry Mom. The entire affair is going to be handled by the best caterer in New York; kosher all the way Mom, I really want you to come."

So, Mom reluctantly agrees and on January 20th, Sarah Goldstein is being sworn in as President of the United States. In the front row sits the new President's mother, who leans over to a senator sitting next to her



and says, "You see that woman over there with her hand on the Torah, becoming President of the United States?"

The senator whispers back, "Yes, I do."

Her mom flushes with pride and says: "Her brother is a doctor."

The Naked Marathon Runner

A woman was having an affair. One rainy day she was in bed with her lover when she heard her husband's car pull into the driveway.

Woman: "OMG - Hurry! Grab your clothes and jump out the window".

Lover: It's raining out there!"

Woman: "If my husband catches us, he'll kill us!"

The lover jumps out of the window. As he runs down the street in rain, he discovered he had run right into the middle of the town's marathon. He started running along with the others, 300 of them.

After a little while a small group of runners who had been watching him with some curiosity, jogged closer. "Do you always run in the nude?" one asked. "Oh yes!" he replied. "It feels so wonderfully free!"

Another runner: "Do you always run carrying clothes under your arm?"

"Oh, yes" the lover answered. "That way I can get dressed right at the end of the run and go home!"

3rd runner cast his eyes a little lower and asked, "Do you always wear a condom when you run?"

"Nope. just when it's raining."

Finding a husband is hard

1. You find a handsome one, the brain is empty.
2. You find a brilliant one, he looks too serious.
3. You find a rich one, he is disrespectful.
4. You find a hard-working one, he never has time for you.
5. You find a serious one, his ex keeps calling.
6. You find a humble one, he is broke.
7. You find a responsible one, he is not romantic.
8. You find an educated one, he feels he is always right.
9. You find an illiterate one, he always gets angry whenever you correct him.
10. You find a smart one, he lies every time.

Talking about Success**Elon Musk's 6 Rules for Productivity**

Elon Musk sent an email to the staff at Tesla with his 6 rules for productivity.

Here they are:

1. Avoid large meetings

Large meetings waste valuable time and energy.

- They discourage debate.
- People are more guarded than open.
- There's not enough time for everyone to contribute.

Don't schedule large meetings unless you're certain they provide value to everyone.

2. Leave a meeting if you're not contributing

If a meeting doesn't require your input, value or decisions, your presence is useless.

It's not rude to leave a meeting, but it's rude to waste people's time.

3. Forget the chain of command

Communicate with colleagues directly - not through supervisors or managers.

Fast communicators make fast decisions.

Fast decisions = competitive advantage.

4. Be clear, not clever

Avoid nonsense words and technical jargon. It slows down communication.

Choose words that are:

- Concise
- To the point
- Easy to understand

Don't sound smart. Be efficient.

5. Ditch frequent meetings

There's no better way to waste everyone's time.



Use meetings to:

- Collaborate
- Attack issues head-on
- Solve urgent problems

But once you resolve the issue, frequent meetings are no longer necessary.

You can resolve most issues without a meeting.

Instead of meetings:

- Send a text
 - Send an email
 - Communicate on a discord or slack channel
- Don't interrupt your team's workflow if it's unnecessary.

6. Use common sense

If a company rule doesn't:

- Make sense
- Contribute to progress
- Apply to your specific situation

Avoid following the rule with your eyes closed.

Don't follow rules. Follow principles.

Unleash your imagination and shape the future.

-- Stephen Hawking

The future depends to those who believe in the beauty of their dreams.

-- Anonymous

If time travel was possible, we should have had tourists from the future visiting us!

-- Anonymous

Quotable Quotes**About the Future**

Anything one can imagine; others can make real.

The human mind delights in grand conceptions of supernatural beings.

-- Jules Verne

The best way to predict the future is to create it.

-- Abraham Lincoln

Study the past if you would divine the future.

-- Confucius

The future depends on what we do in the present.

-- Mahatma Gandhi

The human being will evolve to adapt to his new environment on planet earth or elsewhere; the new environment will depend both on his stupidity and intelligence!

The homo sapiens will evolve into homo adaptus and/or homo intelligentus and/or homo stupiditus!

-- Anonymous

For me it was never about money, but solving problems for the future of humanity.

-- Elon Musk

I am more interested in the future than the past, because the future is where I intend to live.

-- Albert Einstein

This Crazy World**The Rule of Thumb**

In the 1400's a law was set forth in England that a man was allowed to beat his wife with a stick no thicker than his thumb. Hence, we have 'the rule of thumb'.

Many years ago in Scotland, a new game was invented. It was ruled 'Gentlemen

Only. Ladies Forbidden'... and thus the word GOLF entered into the English language.

Every day more money is printed for Monopoly than for the US Treasury.

Men can read smaller print than women can; women can hear better.

It is impossible to lick your elbow.

The average number of people airborne over the US, in any given hour: 61,000

Intelligent people have more zinc and copper in their hair.

The first novel ever written on a typewriter: Tom Sawyer.

Each king in a deck of playing cards represents a great king from history:

Spades - King David

Hearts - Charlemagne

Clubs - Alexander, the Great

Diamonds - Julius Caesar

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle.

If the horse has one front leg in the air, the person died as a result of wounds received in battle.

If the horse has all four legs on the ground, the person died of natural causes.

What is the most popular boat name requested?

A. Obsession

What do bulletproof vests, fire escapes, windshield wipers, and laser printers all have in common?

A. All were invented by women.

What is the only food that doesn't spoil?

A. Honey

In Shakespeare's time, mattresses were secured on bed frames by ropes.

When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. Hence the phrase: 'Good night, sleep tight.'

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink.

Mead is a honey beer and because their calendar was lunar based, this period was

called the honey month, which we know today as the honeymoon.

In English pubs, ale is ordered by pints and quarts. So in old England, when customers got unruly, the bartender would yell at them 'Mind your pints and quarts, and settle down.'

It's where we get the phrase 'Mind your Ps and Qs'.

Many years ago in England, pub frequenters had a whistle baked into the rim, or handle, of their ceramic cups. When they needed a refill, they used the whistle to get some service. 'Wet your whistle' is the phrase inspired by this practice.

THE CONCEPT

Identify your most important task of the day and do it first.

WHY?

Your important tasks often require more energy and focus, which is why you want to do them first.

This also helps with prioritizing and getting you closer to your goals — whether it be for that day, week, etc.



@bodaciousbuxom

Being Mum & Dad

Do kids need alone time? Does solitude help them grow?

Many of us can never fathom giving a kid alone time. Kids, who to be very true, need contact supervision all the time, should never be left alone. Be it the smaller ones or the slightly bigger babies they always require someone to look after them.

While the smaller ones do not have an understanding of their surroundings and need their mom and dad to help them acquaint themselves, the bigger ones who already know a thing or two need to be looked after as they are always on an exploration spree.

What has changed in the child rearing trend these days?

These days parenting has changed a lot. Parents are busy accommodating parenting with their professional lives, which for several reasons has taken a top priority in the lives of many couples.

Moreover, parents believe that constantly supervising kids does not leave them with much time to explore themselves which is an important part of development.

"...encouraging your kids to play on their own is a good idea"

According to Mark Sabbagh, a psychology professor and lead investigator at the Early Experience Lab at



Queen's University in Ontario, encouraging your kids to play on their own is a good idea and always has been.

"So sometimes they're working through how physics works by building with blocks, or sometimes they're working on how people work in a dramatic play kind of setting. They've usually got ideas about how things work so through play, "they're trying out those ideas, and then they're observing the results of those ideas in an environment that they have themselves sculpted," Sabbagh told the Washington Post.

What do we define this form of parenting?

Sittervising!

A newly coined term which has pulled a new trending among parents, is sittervising. This roughly means supervising kids while sitting and is believed to be a trend

that benefits both moms and the kids.

"The expression was coined by former teacher Susie Allison who introduced it on her Busy Toddler Instagram page. It just means supervising kids while you sit down, not directly engaging with them," a report in Today said.

"You do not need to hover over kids while they play or feel like you absolutely must be playing with them at all times. You can supervise kids from a seated position. Kids need play without adults. Adults need time to recharge from kids.

Do you sittervising when you can? "Sittervising is a good thing," Allison captions her video of sittervising her kids as they play along on their own.

"Helps my 3.5-year-old daughter who has ASD"

In response to Allison's Instagram post, Emily Dianne replies, "My daughter is 3.5 and has ASD and is non verbal, sometime sittervising is the only acceptable form of play for her. I just let her be her and that's the way she likes it. When she wants me to join, she will let me know."

Several other Instagram users have hailed Allison's concept.

"It's hard for me to step away as I'm afraid that my daughter (2.5yrs) might hurt herself or something bad could happen. I know that there has to be a balance of being attentive yet, still giving her space and I appreciate yet another reminder that it is totally OK to give more space," writes one user.

The bottom line is...

While this is not something out of place, practising sittervising where it actually benefits the parents and the kids should be encouraged.

Woman's Health

Ways to get rid of your period cramps

Staying hydrated won't curb your cramping directly, but it can help with bloating, which makes cramps feel worse. When your period is coming, keep a water bottle handy, and toss in some mint or a squeeze of lemon to encourage you to drink. Tone down the salt (never more than 2,300 milligrams per day) and avoid alcohol -- both of which can pull water out of your system.

Comfort foods

Potato chips, and other fatty fried foods are not your friends. Stick to a low-fat, high-fibre diet: whole grains, lentils and beans, vegetables (especially leafy dark-green ones), fruits, and nuts.

Nutrients such as vitamins E, B1, and B6, magnesium, zinc, and omega-3 fatty acids cut back on the hormone-like substances responsible for those painful cramps or help relieve muscle tension and inflammation.

Lay off the latte

Caffeine can make cramps worse, so steer clear of coffee before and during your period. Make sure you're not sneaking it in with soda, energy drinks, chocolate, or tea. If you need a morning or midday pick-me-up, try a small smoothie packed with veggies instead.

Pop a pill

Aspirin, ibuprofen, and naproxen sodium lessen pain and make you cramp less overall. Keep a small stash in your makeup bag or car so you're not searching when you need it most. Bonus: Ibuprofen and naproxen can also help make your flow a little lighter.

Hit it with heat

These days, you don't need to plug in to get the benefit of warm, relaxing relief. Whether you're on a date or at your desk, you have options. Check out micro-wavable heat pads, rechargeable cordless heat wraps, or



Period pain can really cause you to curl up and remain tucked in bed but this ajwain tea for instant relief can get you up and going

disposable heat wraps designed just for menstrual cramps. Many drugstores carry a few choices if you're on the go.

Get moving

While there isn't much evidence that working out targets period pain, many women swear by a sweat session to loosen up. Exercise releases brain chemicals called endorphins that make you feel good. So, take a walk, jump on the treadmill, or go for a swim!

Massage

As little as 5 minutes a day on your belly can boost the blood flow and ease tension to help you feel better. Start a few days before you expect your period.

Women who began rubbing a cream with a blend of lavender, clary sage, and marjoram oils on their abdomens after their period had cramps for less time during their next one. These essential oils have pain-killing compounds.

Herbal help

Black cohosh, chasteberry, cramp bark, and turmeric have been traditionally used for pain. Evening primrose oil has also been found to help some women with cramps, but the scientific evidence isn't strong. Check with your doctor before you make a tea with any of these or take a supplement. Some herbs can cause problems with medications or make them less effective, including

birth control.

Acupressure

Touching key places on your belly, back, and feet can increase blood flow and release endorphins to soothe both your body and mind for a little while. There's also a spot in the fleshy part between your thumb and index finger that relieves aches and pain. See a trained, certified expert to help you find those points and explain how to stimulate them.

Strike a pose

Exercises that work your core are as good for cramps as a massage. Start with a few deep breaths while lying on your back with bent knees. Try yoga positions such as bound angel, bridge, and staff pose. While some yogis say no to inversions (when your head goes below your heart) during your period, other medical experts say that advice is outdated and it's fine to do them.

Snooze smart

Sleep might not come easily when you have strong cramps. To make the most of your night's rest, ditch your smartphone in bed. Wind down with a calming bedtime routine in the days leading up to your period. You may also have to try different sleep positions, especially if you're usually on your stomach. Catch a short power nap, if you can, during the day.

Treat yourself to a bath

Fill the tub, add some bubbles, and settle in with your favorite magazine or book (and your rubber ducky). The warm water will help calm your muscles and your mind. Don't have a bathtub? A warm shower can be soothing, too.

Talk to your doctor

Can't get enough relief? Some forms of birth control keep your hormone levels in check so there's less pain. For most women, cramps are normal, but sometimes they're a sign of a more serious condition. Bring notes about how often and how intense your cramping is.

Reviewed by Brunilda Nazario, MD
WebMD

Kartik Aaryan best placed to dominate B'wood box office in 2023

On Kartik Aaryan's birthday, a look at how his upcoming films -- *Shehzada*, *Freddy*, and *Satyaprem Ki Katha*, are diverse and yet promising enough to give him a running start over his contemporaries over the next 12 months. A report by Hindustan Times...

For two years, we have been hearing of the apparent demise of Kartik Aaryan's career. His fallout with arguably the biggest production house of the country started those rumours and people's free time in the lockdowns galvanised it. And yet, as he turned a year older on November 22, there is no actor in Hindi cinema today with a more diverse and promising line-up of films than Kartik (save perhaps, Shah Rukh Khan). Simply put, among the newer generation of lead actors, Kartik is perhaps best placed to entertain viewers and rule the roost at the box office over the next 12 months, and if all goes well, beyond.

On his birthday, November 22, Kartik dropped the teaser/first look of his upcoming film *Shehzada*. That is special because it marks the first time, he will appear in



an out-and-out masala entertainer and that too, with loads of action. The teaser saw Kartik kick goons and ride bikes (a scooter in this case) much like the 'heroes' of the 90s. Many fans were shocked, some not pleasantly while others were excited. It's a bold choice for the actor who has largely done simple comedies so far. However, it is a high reward move too. The film is based on the Telugu hit *Ala Vaikunthapurramuloo*. If *Shehzada* replicates its success, it stands to be Kartik's biggest hit yet.

But *Shehzada* isn't even his most experimental film from his line-up. That honour goes to *Freddy*. *The*

Shashanka Ghosh film is much smaller in scale than *Shehzada* and sees Kartik in his darkest, most challenging role yet, that of a murderous dentist. The film, set to release on Disney+ Hotstar next month, will certainly stretch Kartik's acting abilities.

And when the dust from *Freddy* and *Shehzada* settles, Kartik will return to business as usual with his most Kartik Aaryan upcoming release, a romantic comedy titled *Satyaprem Ki Katha*. Everything about the film, from the title to the look and feel, screams Kartik. It is more of a familiar territory for the actor, who has excelled in films like *Luka Chuppi* and *Sonu Ke Titu Ki Sweety* earlier.

So, we have a dark thriller where he plays a sociopath, an action entertainer with 90s vibes, and a romantic comedy set in a small town. That is as diverse as one can get. These films are primed to not just target various genres and audiences, but also look for greater penetration at the box office.

At 32, Kartik Aaryan is at a crossroads in his career. He has been around for over a decade so can be deemed as an established actor. But he is also young enough to experiment and reinvent as per the audience's changed tastes. His three upcoming films are proof that he is attempting just that. How this plays out will be apparent over the next year or so.

The 10 Most Popular Stars of 2022

The world's most popular source for movie content, IMDB, has released its list of the Top 10 Most Popular Indian Stars of 2022. According to IMDB, the list features stars, who consistently ranked the highest on the IMDb weekly ranking charts throughout 2022. Rediff Movies reports on the stars we love to read about.

10. Yash

After a four-year wait, the sequel of 2018's surprise blockbuster *KGF: Chapter 1* released in 2022, and went on to become an even bigger pan India craze.

Kannada actor Yash became an household name, and all eyes are now tuned to his next career move.

9. Allu Arjun

Even children know Allu Arjun's dialogue from his blockbuster *Pushpa: The Rise Part 1: 'Flower nahi, fire hai!'*

His dance moves went viral on social media, with everyone climbing on board to do their own version of it.

The December 2021 release now streams on OTT, making the Telugu actor popular all across India.

Everyone's looking forward to the sequel now.

8. NTR Jr

NTR Jr may have had only one release this year -- S S Rajamouli's *RRR*, but it's become a rage and is now seeking Oscar history.

Audiences are just as excited about his forthcoming film, *NTR 30*.

7. Kiara Advani

At a time when the Bollywood box office was struggling to see a hit, Kiara Advani delivered two!



Bhool Bhulaiyaa 2, opposite Kartik Aaryan, saw her comic side.

JugJugg Jeeyo, opposite Varun Dhawan, was a bit more intense, as the family drama explored divorce.

6. Hrithik Roshan

After a three-year break after *War*, Hrithik Roshan returned with the actioner, *Vikram Vedha*. It may not have done well at the box office, but the reviews were great.

He will be seen next in *Fighter* with Deepika Padukone.

5. Samantha Ruth Prabhu

Samantha Ruth Prabhu made the nation dance with her in *Pushpa's Oo Antava Oo Oo Antava*, and then surprised everyone by showcasing contrasting performances in the romantic black comedy *Kaathuvaakula Rendu Kaadhal* and the thriller *Yashoda*.

4. Ram Charan



3. Aishwarya Rai Bachchan

After missing her on the big screen for four years, everyone got a booster dose of Aishwarya Rai Bachchan when she played the breathtaking Nandini in Mani Ratnam's historical, *Ponniyin Selvan: Part 1*.

2. Alia Bhatt

Alia Bhatt delivered four consecutive hits in 2022 -- *Gangubai Kathiawadi*, *RRR*, *Darlings* and *Brahmastra Part One: Shiva* -- showing the world why she's considered to be among the top actors of India today.

Alia will be seen next in Karan Johar's *Rocky Aur Rani Ki Prem Kahani* as well as in her Hollywood debut, *Heart Of Stone*.

1. Dhanush

Dhanush tops the list with five releases in 2022.

His Tamil releases included *Maaran*, *Thiruchitrambalam*, *Naane Varuven* and *Vaathi*. He also made his Hollywood debut in the Netflix original *The Gray Man*.

Alpana Buch: 'I am totally different from Baa's character in real life'

Alpana Buch, who plays the role of Baa in Rajan Shahi's *Anupamaa*, admits that she is very satisfied with the role. She feels there are very few characters who are as strong. "This is a challenging role. I don't relate to this character. Actually, I am totally different from Baa's character in real life but that's the reason I enjoy playing her a lot. I'm not like that nor have I faced such people in my life ever.

"My mother-in-law was never like this. So, for me, to perform this character was a challenge because I have never played such a grey-shaded character. Till date, I have always played sweet, subtle mother characters, be it films or television shows," says Alpana, who has acted in *Saraswatichandra*, *Udaan*, *Balveer* and *Papadpol*."

Anupamaa, as a show is being loved by the audience because it's one-of-a-kind, reports Times of India. "I feel that this show is different from the shows that we have seen on television till now. This story is not at all predictable. Plus, these incidents are relatable to how things are around you and you would have faced such situations at some point of your life too. So that's the reason for it surpassing everyone's expectations," she said.

Alpana shares a great rapport with everyone on the set. "I am blessed to have this family



around me. Frankly speaking, we are the same in reality that we portray in these videos. At times, I feel like God has some hand in making this show as it feels like these people have been brought together as a family to make this show a success," she said.

She adds, "Both Rupali (Ganguly) and Sudhanshu (Pandey) are very dear to me. We all feel a lot for each other, especially after the lockdown. We don't feel like we are away from our families on the set. We share our food, gossip, problems and everything with each other. And now that we are working for a long time, Rupali is like my actual daughter-in-law. I explain things to her, care about her too. And Sudhanshu is also a good guy and actor."

Arjun Bijlani on films: 'I deserve better'

New Splitsvilla season 14 host Arjun Bijlani talks to Hindustan Times about the show, his lack of interest in participating in Bigg Boss and why he has been doing fewer films.

Arjun Bijlani started as a popular face on the small screen with shows like *Remix* and *Left Right Left* and has been making his presence felt in the reality television space since quite some time. He has now stepped into the shoes of Rannvijay Singha as Sunny Leone's co-host on dating reality show, *MTV Splitsvilla* season 14. After hosting all from *Dance Deewane* to *India's Got Talent*, the actor is confident that he has the maturity to pull it off. He promises to be himself and bring his own flavour on the show. Arjun is fresh from winning the latest season of adventure reality show, *Khatron Ke Khiladi*, however, is in no mood to participate in one like *Bigg Boss* in near future.

In an interview with *Hindustan Times*, Arjun opened up about hosting a dating show for the first time and how there is more to be done than just explaining the rules of the game. Excerpts:

Does being married helps in hosting Splitsvilla?

Of course, personal experience does help. I have been in a relationship for the longest time. So, I understand relationships better than somebody who has just started off. This is about ideal matches and I have already found my ideal match. No relationship is perfect and every relationship has its ups and downs, we all learn from our mistakes and grow in a relationship.



Have you already started working in sync with your co-host Sunny Leone?

In a day or two, me and Sunny hit the right chord. We were having fun and chilling. Initially, you come with a lot of inhibitions and then I started enjoying with Sunny and the contestants. It was amazing and felt like I have been hosting it for several seasons.

You have done all kind of reality shows. Will you ever join Bigg Boss?

No, I don't think so. As of now, definitely no. I am in a good space and don't think I need to do *Bigg Boss* as of now.

Are you working on films as well?

I have been part of some script narrations. I have been offered a good show recently so I am thinking about that as well. I shall know better in a month or two.

YOUR STARS

Sagittarius: Nov 22 - Dec 21

Teenagers who are eager to start their professional lives may be offered the position they have been hoping for. Your romantic life may test your patience. Because of your domineering ways, your partner might feel irritable this coming week. You need to put more effort into caring for it.

Lucky Numbers: 4, 13, 20, 21, 25, 36

Capricorn: Dec 22 - Jan 19

This coming week, you may succeed in business and social circles because of your charisma and drive. Some Capricorns can take a short trip this week. Get out of the house and spend some quality time with your significant other. The love and devotion of your partner will make you feel special and valued.

Lucky Numbers: 16, 19, 21, 25, 36, 40

Aquarius: Jan 20 - Feb 18

To avoid arguments with your subordinates, you need to pay closer attention to your work. Venturing out of your comfort zone can lead to a rewarding career. Forgiveness may be the name of the game in your romantic life. If you can let go of your bitterness, you may find that you are once again capable of experiencing love.

Lucky Numbers: 1, 2, 8, 17, 36, 37

Pisces: Feb 19 - Mar 20

If you really want to make it in your career, you have to put in the time and effort. Promotion opportunities are favourable for government employees.

Conflicts can cause issues in your romantic relationships. In order to save your relationship, it is crucial that you both remember the good times.

Lucky Numbers: 20, 21, 26, 33, 34, 36

Aries: Mar 21 - Apr 19

Utilise your skills to their fullest, Arians. If you have previously written off these possibilities, you should reconsider because they may turn out to be very interesting and fruitful for you. With your partner by your side, you may feel more comfortable opening up to them about your innermost thoughts and yearnings.

Lucky Numbers: 3, 7, 10, 15, 24, 26

Taurus: Apr 20 - May 20

In the workplace, it's likely that you may put in extra effort to increase your productivity, which could lead to a long-sought promotion. The importance of knowing your partner well cannot be overstated. A quick trip together has the potential to revive a stale relationship.

Lucky Numbers: 5, 9, 12, 19, 20, 23

Gemini: May 21 - June 20

Establishing a solid reputation may take extra work. The value you add will most likely be directly related to how hard you work. You can expect this to affect your chances of getting promoted in the coming months. Some people are very likely to get married to their love later this month.

Lucky Numbers: 12, 17, 15, 18, 29, 31

Cancer: June 21 - July 22

As an entrepreneur, you will have a regular day at work without much profit. To achieve success in the future, you should be persistent in your work. You have been waiting for a long time to tell your crush how you feel. However, it is advisable to wait until next month when the stars will be in your favour.

Lucky Numbers: 8, 11, 16, 19, 24, 30

Leo: July 23 - Aug 22

You could be embarrassed by a colleague or boss at first, but at the end of the day, your diligent work and smart decisions will pay off. Your love interest is in a romantic mood today. So, if you are planning to propose, today is the right day for you.

Lucky Numbers: 9, 11, 12, 25, 30, 38

Virgo: Aug 23 - Sept 22

You may be sincere, disciplined and determined in all your tasks and this may impress your boss. You may get recognition because of your excellent work. There may however be some stress between you and your beloved. Some irrelevant discussion may take an ugly turn.

Lucky Numbers: 4, 9, 15, 20, 23, 26

Libra: Sept 23 - Oct 22

Be smart Libra, you may have to manipulate things a little to get the recognition you deserve or your hard work may not get noticed by the seniors. You may be forced to put extra effort to complete a difficult project on time. On the other hand, you may get to spend some amazing moments with your partner.

Lucky Numbers: 1, 10, 11, 13, 17, 20

Scorpion: 23 Oct - 21 Nov

There may be some sudden changes in your professional life and these may not be so pleasant. You may feel worried about your future. There may be a deep connect between you and your partner. A minor conflict off and on may keep your relation tangy.

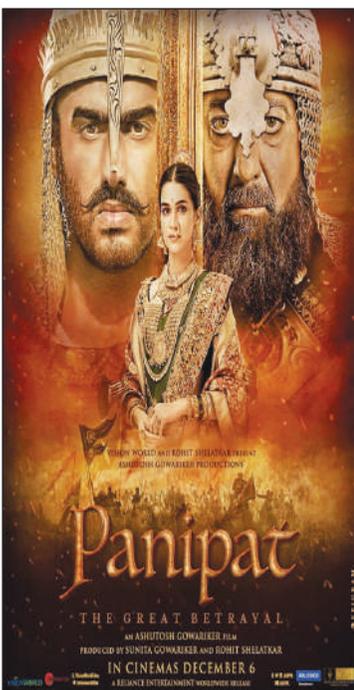
Lucky Numbers: 3, 11, 15, 16, 27, 28



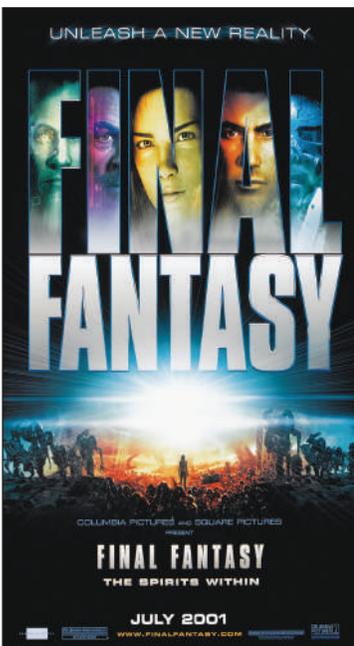
Vendredi 9 decembre - 21.15



Samedi 10 decembre - 21.00



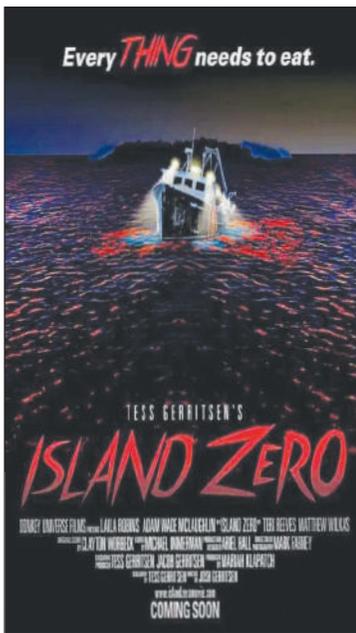
Dimanche 11 decembre - 21.52



	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
vendredi 9 decembre	07.00 D.Anime: Kids Songs 08.00 D.Anime: Gummibar... 08.39 D.Anime: Les Nouvelles Aventures de Caillou 08.55 D.Anime: Li'l Santa 11.18 Tele: Rubi 12.00 Le Journal 12.40 Serial: The Wish 13.53 MBC Production 15.21 D.Anime: Kids Songs 15.40 Film: Brightheart 17.32 Serial: Les Copains Carlins 17.42 Mag: Bricks 'O' Brian 18.00 Live: Samachar 18.31 Serial: Surya Pura 18.55 Serial: Jag Jaanani Maa... 19.30 Journal & La Meteo 20.25 Local: Les Grands Noms... 21.55 Serial: Billions 23.00 Le Journal	07.00 DDI Live 10.00 Serial: Wafa Lazim To Nahin 11.20 Serial: Tu Ishq Hai 12.02 Film: Shaadi Mubarak 14.14 Mag: DDI Mag 15.00 Live: Samachar 15.22 Serial: Saare Tujhyachsathi 15.45 Serial: Bommarillu 16.04 Serial: Sondha Bandham 16.31 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: Anjuman 21.15 Local: Ardu Programme 22.05 DDI Live	07.00 Mag: Border Crossing 07.28 Mag: Tomorrow Today 08.17 Doc: Fine Arts Sculptures 10.00 Live: CJSOI 2022 12.00 Doc: The Bridge Of Minor... 14.00 Mag: Tomorrow Today 15.00 Live: CJSOI 2022 19.04 Mag: En Acoustique Avec Cedric 19.14 Mag: Shift 20.30 Live: News 20.45 MFDC Inter-Primary Film 21.10 Doc: Fine Arts Sculptures 22.10 Doc: Planet Home 22.36 Doc: The Weight Of Water 23.28 Doc: Ice Cold Passion 01.10 Mag: World Stories 01.03 Doc: Nobel Prize 01.54 Mag: Euromaxx 02.20 Doc: Global Drinks 03.12 Doc: Fine Arts Sculptures	01.34 Film: Juste Un Peu D'Alchimie 04.01 Film: All That I Am 05.26 Tele: Tour De Babel 06.14 Serial: Seal Team 06.56 Film: Juste Un Peu D'Alchimie 09.00 Serial: S.W.A.T 09.45 Tele: La Beaute Du Diable 10.35 Tele: Fierce Angel 11.00 Serial: Zoo 12.00 Film: All That I Am 13.30 Tele: Tour De Babel 14.48 Film: Juste Un Peu D'Alchimie 16.41 Serial: S.W.A.T 17.21 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 Film: Gorillas In The Mist 23.18 Tele: Tour De Babel	06.45 Film: Hote Hote Pyar Ho Gaya Starring: Jackie Shroff, Kajol 11.15 / 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 13.37 / 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: Drona Starring: Abhishek Bachchan, Priyanka Chopra, Kay Kay Menon 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.33 Kuch Rang Pyar Ke...
samedi 10 decembre	06.04 D.Anime: Ubongo Kids 06.50 D.Anime: La Petite Ecole... 09.14 D.Anime: Magic Kaito 1412 09.40 Mag: Kids' Planet 10.00 Local: Lavi Zoli An XXL 12.00 Le Journal 12.25 Local: Les Grands Noms... 12.30 Serial: The Wish 12.55 Tele: La Femme De Lorenzo 14.40 MFDC Inter-Primary Film 15.00 Live: Samachar 15.21 D.Anime: Dinosaur Train 15.35 D.Anime: Li'l Santa 15.40 Film: Cinderella 17.15 Serial: The Wish 17.45 Local: Info En Langue Des... 18.00 Samachar 18.30 Enter: Taare Zameen Par 19.30 Journal & La Meteo 20.25 Local: Autour Des Valeurs 20.30 NRJ Music Awards 2022 21.30 Film: Last Kind Words	07.00 Film: Raja Harishchandra 10.02 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: Jeet Stars: Sunny Deol, Salman Khan, Karisma Kapoor 19.00 Live: Zournal Kreol 19.30 Serial: Radha Krishna 20.00 Serial: Vikram Betaal Ki Rahasya Gatha 20.30 Serial: Porus 21.00 Film: Panipat Starring Arjun Kapoor, Sanjay Dutt, Kriti Sanon	06.00 Doc: Iran From Above 06.42 Mag: Our Voices 07.13 Mag: Euromaxx 07.39 Doc: Global Drinks 08.31 Doc: Fine Arts Sculptures 09.30 Doc: Planet Home 10.00 Live: CJSOI 2022 12.00 Doc: The Weight Of Water 17.00 Live: CJSOI 2022 18.00 Doc: World Capitals 19.00 Magazine De L'emploi... 19.23 Mag: Salad Area 20.01 Doc: Volcano Stories 20.30 Live News 20.53 MFDC Inter-Primary Film 22.07 Doc: Skuld 22.27 Doc: Our Future Cities 22.53 Doc: Bangladesh 23.35 Doc: The Expanding Desert 00.01 Doc: World Capitals 00.04 Doc: Quand L'histoire Fait Dates	00.48 Film: Gorillas In The Mist 02.52 Serial: The Baker And The... 04.13 Serial: Rich Man, Poor Man 05.01 Tele: Les Trois Visages D'ana 06.19 Serial: Suits 06.48 Serial: Wanted 08.30 Serial: Seal Team 09.12 Serial: Madam Secretary 10.40 Film: Gorillas In The Mist 12.44 Serial: The Baker And The... 13.30 Serial: Zoo 15.00 Tele: Marimar 16.28 Serial: Suits 17.06 Film: Dummie The Mummy And The Sphinx Of Shakaba 18.32 Serial: Kojak 19.35 Serial: The Wish 20.05 Tele: L'Envers Du Paradis 20.30 Serial: Being Human 21.15 Film: D-Tox 22.45 Tele: I Forgot I Love You	04.24 Anupamaa 04.55 Mere Sai 05.24 Agnihera 05.53 Yeh Teri Galiyan 06.28 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: Baabul Starring: Amitabh Bachchan, Hema Malini, Salman Khan, Rani Mukherjee, John Abraham 21.14 Serial: Motu Patlu 21.26 Serial: Porus 21.47 Naagin Season 4 21.32 Serial: Yeh Teri Galiyan
dimanche 11 decembre	06.00 D.Anime: Ubongo Kids 06.51 D.Anime: La Petite Ecole... 07.26 D.Anime: Kids Songs 07.51 D.Anime: Gummibar... 10.00 Local: Zanfan Nou Zil 11.00 Local: Nu Rasinn 11.55 Local: Autour Des Valeurs... 12.00 Le Journal 12.55 Tele: La Femme De Lorenzo 13.45 Local: Elle - No 216 15.20 Other: Radha Krishna 15.40 Film: Boonie Bears 3 17.14 D.Anime: Li'l Santa 17.20 Serial: The Wish 18.00 Live: Samachar 18.30 Other: Radha Krishna 19.30 Le Journal 20.30 Local Production: Les Klips 21.25 Film: Final Fantasy 23.00 Le Journal	07.00 Film: Chalti Ka Naam Gaadi 11.03 Serial: Azhagu 11.20 Jag Jaanani Maa Vaishnodevi 11.43 Serial: Surya Pura 12.06 Film: Hum To Mohabbat Karega 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 07.26 Mag: Check In 09.39 Doc: Our Future Cities 11.16 Doc: World Capitals 11.46 Doc: Smoothie Mania 12.46 Mag: Check In 13.15 Doc: Volcano Stories 13.41 Doc: Fine Arts Sculptures 14.59 Doc: Our Future Cities 15.25 Doc: Bangladesh 16.04 Doc: The Expanding Desert 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 21.13 Doc: Expedition Kachgar 22.11 Doc: Innovation On Board 22.19 Doc: Deadly Bacteria	01.17 Film: D-Tox 02.48 Serial: Imposters 03.30 Film: Last Kind Words 04.55 Tele: Les Trois Visages D'ana 06.10 Serial: Suits 07.03 Serial: Island Doctor 08.35 Serial: Seal Team 09.17 Film: Last Kind Words 10.41 Film: Dummie The Mummy 12.15 Serial: Imposters 13.30 Serial: Zoo 15.30 Tele: Marimar 17.00 Serial: Suits 17.53 Serial: Imposters 18.40 Serial: L'incroyable Hulk 19.38 Serial: The Wish 20.05 Tele: L'Envers Du Paradis 20.30 Serial: Falling Water 22.00 Film: Puzzle 23.35 Tele: I Forgot I Loved You	00.00 Serial: Sasural Simar Ka 2 01.53 Udaariyaan 03.40 Anupamaa 05.33 Kuch Rang Pyar Ke Aise... 08.00 Serial: Motu Patlu 08.12 Main Maikhe Chali Jaungi... 10.00 Kundali Bhagya 11.50 Yeh Hai Mohabbatein 14.00 Agnihera 16.00 Jijaji Chhat Par Hain 16.50 Punar Vivaah 18.00 Live: Samachar 18.30 Film: Shart Starring: Tusshar Kapoor, Gracy Singh, Amrita Arora 20.59 Naagin Season 4 21.44 Yeh Hai Mohabbatein 23.20 Main Maikhe Chali Jaungi... 01.12 Kundali Bhagya 03.34 Agnihera
lundi 12 decembre	06.00 Local: Nos Aines 07.00 D.Anime: Kids Songs 07.38 D.Anime: La Petite Ecole... 09.00 D.Anime: Eddie Is A Yeti 10.25 Serial: Backstage 11.10 Tele: Rubi 12.00 Le Journal 12.30 Serial: The Wish 13.00 Local Prod: Nu Rasinn 14.30 D.Anime: Briko 15.24 D.Anime: Dinosaur Train 15.36 Film: Time Toys 18.00 Live: Samachar 18.30 Serial: Mere Sai 18.55 Serial: Jag Jaanani Maa Vaishnodevi 19.30 Le Journal 20.25 Local: Business Connect 21.15 Local: Agir Ensemble 21.45 Serial: Rich Man, Poor Man Avec: Nick Nolte, Peter Strauss	07.00 DDI Live 09.00 Serial: Chacha Bhatija 09.11 Serial: Babu 09.22 Serial: Tik Tak Tail 09.29 Serial: Kalari Kids 10.00 Kundali Bhagya 12.06 Film: Shukriyaa 15.00 Samachar 15.22 Serial: Saare Tujhyachsathi 15.47 Serial: Bommarillu 16.02 Serial: Sondha Bandham 16.27 Serial: Ishq Zahe Naseeb 16.53 Serial: Bhaag Na Bachhe... 17.17 Serial: Bhakharwadi 17.39 Serial: Vandhal Sridevi 17.57 Serial: Ancient Detective 18.30 Mag: DDI Mag 19.00 Live: Zournal Kreol 19.30 Serial: Radha Krishna 20.00 Programme In Telugu 20.30 Film: Edaina Jaragocchu	07.00 Mag: Salad Area 07.55 Doc: Tree Stories 09.50 Doc: Innovation On Board 10.16 Doc: Muranow 11.57 Doc: Smoothie Mania 14.22 Doc: Expedition Kachgar 15.45 Doc: Muranow 17.19 Mag: Global 3000 18.00 Mag: Eco@Africa 19.00 Doc: Nobel Prize 19.33 Mag: In Good Shape 20.50 MFDC Inter-Primary 22.09 Doc: Volcano Stories 22.34 Mag: Tomorrow Today 23.00 Mag: Washington Forum 00.05 Doc: An Adventure In Trans... 00.31 Mag: Eco@Africa 01.01 Mag: The 77 Percent 01.27 Doc: Nobel Prize 02.00 Mag: In Good Shape 02.26 Doc: Fine Arts Sculptures	01.47 Film: Puzzle 03.18 Serial: The Good Doctor 04.05 Film: Final Fantasy 07.52 Film: Puzzle 09.45 Tele: La Beaute Du Diable 10.12 Tele: A Que No Me Dejas 10.35 Tele: Fierce Angel 11.00 Serial: Zoo 11.50 Film: Final Fantasy 13.31 Tele: Tour De Babel 14.48 Film: Puzzle 16.40 Serial: Falling Water 18.05 Tele: La Beaute Du Diable 18.31 Tele: A Que No Me Dejas 19.00 Tele: Fierce Angel 19.39 Serial: The Wish 20.05 Tele: L'Envers Du Paradis 20.30 Serial: Wanted 21.15 Film: The Final Scream Stars: Kate Lister, Marc Ozaill 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: Gentleman 18.00 Live: Samachar 18.30 Kundali Bhagya 19.01 Udaariyaan 19.30 Kuch Rang Pyar Ke Aise... 20.01 Sasural Simar Ka 2 20.30 Radha Krishna 21.00 Anupamaa 21.34 Mere Sai 22.00 Agnihera



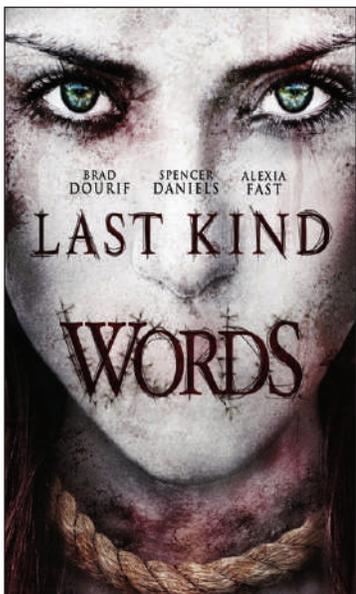
Mardi 13 decembre - 21.10



Mercredi 14 decembre - 21.15



Jeudi 15 decembre - 21.15



Programme TV



	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
mardi 13 decembre	07.00 Dessin Anime 09.55 Serial: Backstage 10.40 Local: J'ai Faim 11.09 Tele: Rubi 12.00 Le Journal 12.25 Local: Les Grands Noms... 12.30 Serial: The Wish 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: Sissi - The Young Empress 17.15 Serial: The Wish 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: Island Zero With: Laila Robins, Adam Wade...	07.00 DDI Live 10.00 Serial: CID 10.50 Serial: Jijaji Chhat Par Hain 12.00 Film: Kasam Paida Karne... 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: Pathar Ke Sanam Starring: Manoj Kumar, Waheeda Rehman, Pran 22.50 DDI Live	06.00 Mag: Eco@Africa 07.27 Mag: In Good Shape 07.53 Doc: Fine Arts Sculptures 09.45 Mag: Washington Forum 11.24 Mag: Eco@Africa 14.14 Doc: Volcano Stories 15.09 Mag: Washington Forum 16.48 Mag: Eco@Africa 18.00 Mag: Rev: The Global Auto... 18.41 Mag: Red Carpet 19.10 Mag: Shift 19.30 Mag: Made In Germany 20.30 Live: News 21.10 Doc: Fine Arts Sculptures 21.43 Mag: Euromaxx 22.09 Mag: Close Up 23.06 Local: Rodrig-Klip Seleksion 23.59 Mag: The Global Auto... 00.25 Mag: Healthy Living 00.35 Mag: Check In 01.26 Mag: Made In Germany	01.34 Film: The Final Scream 03.08 Serial: The Good Doctor 03.50 Film: Bull Shark 05.22 Tele: Tour De Babel 06.15 Serial: Wanted 06.51 Film: The Big Gundown 09.45 Tele: La Beaute Du Diable 10.37 Tele: Fierce Angel 11.00 Serial: Zoo 12.00 Film: Bull Shark 13.30 Tele: Tour De Babel 14.50 Film: The Big Gundown 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: The Wish 20.05 Tele: L'Envers Du Paradis 20.30 Seiral: Wanted 21.15 Film: Man Trouble 22.51 Tele: Tour De Babel	06.50 Film: Gentleman 11.34 / 20.29 - Radha Krishna 12.05 / 20.57 - Anupamaa 12.35 / 21.27 - Mere Sai 13.05 / 22.07 - Agniphera 13.34 / 22.37 - Yeh Teri Galiyan 14.05 / 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: Dil Ka Kya Kasoor Starring Prithvi, Divya Bharti 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 14 decembre	07.00 D.Anime: D.I.Y. Discover 07.30 D.Anime: La Petite Ecole... 07.52 D.Anime: Panda And Little... 09.05 D.Anime: Denis Et Moi 09.30 D.Anime: Ubongo Kids 09.55 Serial: Backstage 12.00 Le Journal 12.30 Serial: The Wish 12.56 Local: Les Klips 14.32 D.Anime: Briko 15.21 D.Anime: D.I.Y. Discover 15.28 D.Anime: Dinosaur Train 15.40 Film: Dino Dana 17.15 Serial: The Wish 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 MBC Production 22.20 Film: Squadron 303 Stars: Piotr Adamczyk, Kirk Barker	07.00 DDI Live 10.00 Suhani Si Ek Ladki 12.00 Film: Souten 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 Film: Kickboxer Against The Odds Starring Sherman 'Big Train' Bergman, Jay W. Jensen 22.22 DDI Live	06.00 Mag: Rev: Global Auto... 06.56 Mag: Nobel Prize 07.31 Mag: Made In Germany 08.23 Doc: Fine Arts Sculptures 09.22 Mag: Close Up 14.12 Mag: Euromaxx 16.32 Mag: Healthy Living 18.07 Mag: Motorweek 18.26 Mag: Vous Et Nous 19.00 Mag: En Acoustique 19.30 Mag: The Inside Story 20.30 Local: News (English) 21.10 Doc: Fine Arts Sculptures... 21.59 Mag: Business Africa 22.25 Mag: Focus On Europe 22.51 Doc: The Future Of Travel 23.33 Doc: Push 00.42 Mag: Vous Et Nous 01.10 Mag: Arts.21 01.36 Mag: The Inside Story 02.02 Doc: Les Montagnes Du Monde	01.15 Film: Man Trouble 02.51 Serial: The Good Doctor 03.32 Film: Timecrafters 05.06 Tele: Tour De Babel 06.08 Serial: Wanted 06.44 Film: Man Trouble 09.47 Tele: La Beaute Du Diable 10.37 Tele: Fierce Angel 11.00 Serial: Zoo 12.00 Film: Timecrafters 13.30 Tele: Tour De Babel 14.50 Film: Man Trouble 16.23 Mag: Zoom In 16.35 Serial: L'Incroyable Hulk 17.20 Serial: Wanted 18.05 Tele: La Beaute Du Diable 19.00 Tele: Fierce Angel 19.37 Serial: The Wish 20.05 Tele: L'Envers Du Paradis 20.30 Seiral: Seal Team 21.15 Film: Riot Avec Matthew Reese, Dolph Lundgren...	07.08 Film: Dil Ka Kya Kasoor 11.30 / 20.06 - Radha Krishna 12.00 / 20.26 - Anupamaa 12.29 / 20.02 - Mere Sai 13.00 / 20.46 - Agniphera 13.30 / 21.09 - Yeh Teri Galiyan 14.00 / 21.50 - Patiala Babes 14.25 / 22.15 - 100 Years Of Indian Cinema 14.47 Other: Sayings Radha Krishna 15.25 Film: Ek Hasina Thi Starring Urmila Matondkar, Saif Ali Khan, Aditya Srivastava 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 15 decembre	06.00 Local: Lavi Zoli An XXI 07.00 D.Anime: D.I.Y. Discover Your 07.29 D.Anime: La Petite Ecole... 08.15 D.Anime: All Hail King Julien 09.55 Serial: Backstage 10.40 Local: J'ai Faim No 307 12.00 Le Journal 12.30 Serial: The Wish 14.25 MFDC Inter-Primary Film 15.21 D.Anime: D.I.Y. Discover Your 15.27 D.Anime: Dinosaur Train 15.40 Film: Fantastica 17.05 Serial: The Wish 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: Pagalpanti Starring Anil Kapoor, John Abraham, Ileana D'Cruz	07.00 DDI Live 09.58 Serial: Agniphera 11.05 Serial: Mann Mein Vishwas... 12.00 Film: Dil Diwana 15.00 Live: Samachar 15.22 Serial: Saare Tujhyachsathi 15.45 Serial: Bommarillu 16.02 Serial: Sondha Bandham 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 Local: Les Grandes Lignes 20.30 Local: Evasion 21.20 Film: Last Kind Words With Brad Dourif, Spencer Daniels, Alexia Fast	06.00 Mag: Motorweek 06.24 Mag: Vous Et Nous 06.57 Mag: Arts.21 07.55 Doc: Fine Arts Sculptures 11.00 Doc: Cool & Clever 11.56 Local: Vous Et Nous 12.59 Mag: The Inside Story 13.25 Doc: Fine Arts Sculptures 14.40 Mag: Focus On Europe 16.58 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 22.18 Doc: Himalayan Expedition 23.44 Doc: Our Future Cities 00.10 Mag: Eco India 00.36 Mag: Shift 00.48 Mag: Carnet De Sante	01.34 Film: Riot 02.58 Serial: The Good Doctor 03.39 Film: Squadron 303 05.18 Tele: Tour De Babel 06.08 Serial: Seal Team 06.50 Film: Frank & Lola 09.00 Serial: S.W.A.T 09.45 Tele: La Beaute Du Diable 10.38 Tele: Fierce Angel 11.05 Serial: Zoo 12.00 Film: Squadron 303 13.30 Tele: Tour De Babel 14.45 Film: Frank & Lola 16.40 Serial: S.W.A.T 17.21 Serial: Seal Team 18.05 Tele: La Beaute Du Diable 19.00 Tele: Fierce Angel 19.41 Serial: The Wish 20.05 Tele: L'envers Du Paradis 20.30 Serial: Seal Team 21.15 Serial: Kojak	07.00 Film: Ek Hasina Thi 11.33 / 20.26 - Radha Krishna 12.00 / 21.01 - Anupamaa 12.34 / 21.31 - Mere Sai 13.14 / 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: Kya Dil Ne Kaha Starring Tusshar Kapoor, Esha Deol, Raj Babbar, Nina Kulkarni, Rajesh Khanna... 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



Jeudi 15 decembre - 15.30

Stars: Tusshar Kapoor, Esha Deol, Raj Babbar, Nina Kulkarni, Rajesh Khanna...



Jeudi 15 decembre - 20.30

Star: Anil Kapoor, John Abraham, Ileana D'Cruz



Aman Singh Maharaj's 'A Dalliance With Destiny'

By Radasha Ramdeo

I don't know if it's a feeling I love or hate... that feeling of emptiness that comes with the end of a fastidiously penned, sweeping story.

I miss the words, the metaphors and similes, the 'other world' a story creates, the characters that I became so attached to, the 'braingasms' from the opulent use of simple old words...

I say 'opulent' because nothing has quite the same power over human emotion as well-strung words. I say 'opulent' because sometimes we get to experience a book where we become more than just a reader. In the case of Aman Singh Maharaj's debut novel, 'A Dalliance with Destiny' transforms the Reader into the Observer in a most profound way.

I began my own 'dalliance with destiny', reliving the history of my own ancestors, feeling their blood pump through my veins for the very first time, my DNA coming alive with memory. For all of the history I've read and documentaries I've watched, nothing quite connected me to my bloodline as the picture painted in my head by the author. The history, the knowledge and understanding are most sincere and heartfelt.

Although the novel can't be classified into a single genre as such, one can't help but become enveloped in the spiritual aspect of the story. Alternating between life's many undulating facets, the reader is left with a deeper understanding of the Indian culture, a greater appreciation for history, and an exceptionally deep peek into the human psyche.

Themes such as love, loss, friendship, religion, history, philosophy, coming-of-age maturity and even more intangible elements of the human experience are explored by the story's protagonist, Milan Gansham.

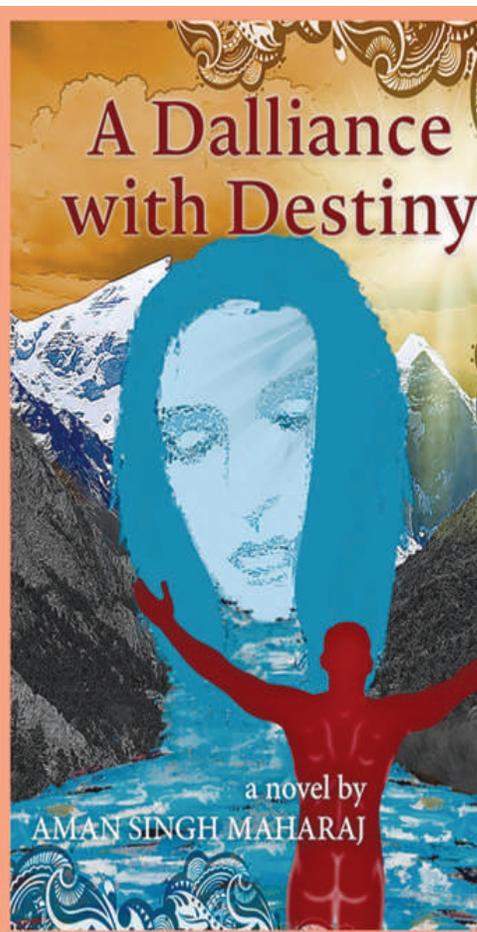
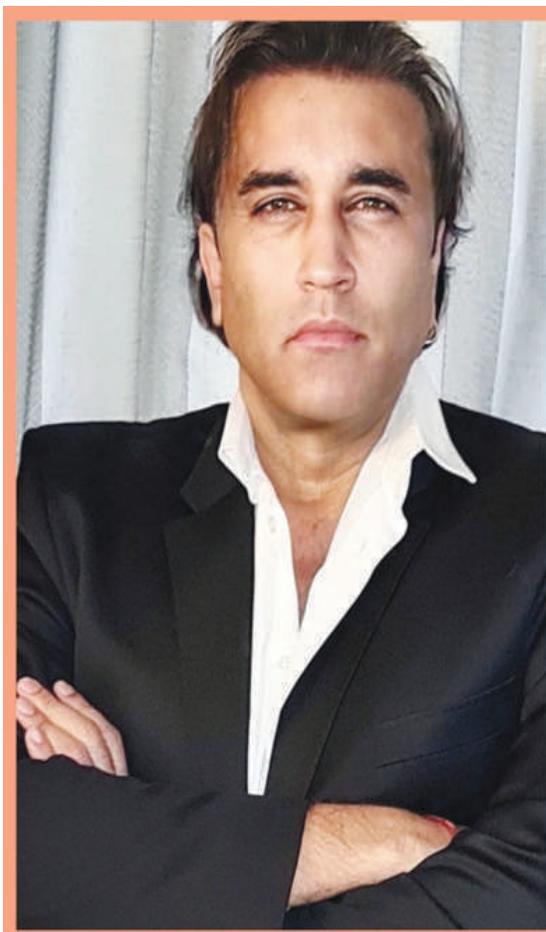
Milan, a 32-year-old South African male of Indian descent, finds himself at a major crossroads in his life after a series of distressing experiences, which prompt him to begin his journey of self-discovery, leading him to his ancestral roots, deep in rural northern India.

Milan is an extremely straightforward, punch-to-the-gut, somewhat misogynistic man, who the author rather bravely releases into the public realm in a world where such character traits are frowned upon. It sets the tone of a post-apartheid South African Indian whose fathers and grandfathers fought the good fight to bring an end to the apartheid regime, yet ended up with 'the short end of the stick'. However, at the heart of his questionable character lies a true romantic with almost delusional expectations of 'the woman of his dreams'.

In a time of technology and hook-ups, which he heartily

partakes in as described in some very raunchy scenes, he still holds on to his idea of the ideal partner and won't settle for less. This brute stubbornness of Milan was irritating to me as a female yet charming in an 'old school' way at the same time.

Milan's character develops quite fantastically from a chauvinistic, oh-woe-is-me guy to a man who is overcome with love and appreciation for his Motherland and his beloved. It is almost as if the author deliberately 'toyed' with the reader, making us ambivalent as whether to despise the protagonist or pity him.



I took my time, not devouring but rather savouring every word of this exceptionally prosaically-written novel. I often paused to ponder each character, the vivid imagery as I journeyed along the great Ganges River, or the beautiful valleys of Kashmir. I took a hiatus from reading just to bask in the glory of beautiful writing and genuine wisdom that spilled from each page. Every thought in this book was so personal yet universal, which leaves me feeling my own sense of self-awareness in a much more bereft manner.

'A Dalliance with Destiny' was indeed, a dalliance for me. One that will stay with me in the way that a great story always does and I hope every South African, not just of Indian descent, and every avid reader globally, experiences the sanguinity that I felt as I paged through this very intense novel. I might add, perhaps somewhat tempestuously, that, as an educated female, rather than being aghast by the obvious chauvinism that is so overt in the passages of the book, it left me breathless with anticipation and almost regretful that I dared even feel any feminist ire in the early stages of the book. Whatever polemic prose there is, and there's plenty of that, it is superseded by the sheer lyricism of the craft.

'A Dalliance with Destiny' is available for purchase on Amazon, in Kindle and Paperback formats.



Tree of Knowledge

Madisyn Taylor



Actions Speak Louder than Words

Words carry a lot of weight in this world, but it is through our actions that we bring things into being.

Words carry a lot of weight in this world, from how we say them to what we say with them, but it is through our actions that we bring things into being. This is what we mean when we say to one another that actions speak louder than words. In many cases, what we say doesn't necessarily line up with what we are doing, and it is here that it becomes clear that it's easier to talk about doing something than it is to actually do something. At the same time, it's easy to keep doing something that we don't necessarily acknowledge ourselves doing verbally. It's good for all of us to take a look every once and a while to make sure there is alignment between what we say and what we do.

For example, it's easy to talk about our dreams, but it takes a lot more energy to take the many small steps that lead to bringing our dreams into reality. If all we ever do is talk about it, we begin to lose faith in ourselves because nothing changes on the external level. In this way, being all talk and no action is actually a form of self-sabotage. It's also useful to examine our actions to see if, through them, we are following through on our words. For example, in expressing concern about the environment, we can look to make sure that we are taking the simple steps we can take to put that concern into action.

It's always helpful to observe what we talk about and who we say we are, and then to observe what we actually do in the world. Sometimes we realize our actions haven't caught up with what we are saying, and at other times we see that we might change our words in a way that it will more adequately reflect what we do in the world. Either way, the more we align our words and our deeds, the clearer we are in expressing our truth in the world, and the more powerful we are in bringing it into reality.