

MAURITIUS **TIMES**

• "Education is what remains after one has forgotten what one has learned in school." – Albert Einstein



Interview: Dharam Gokhool, former LP Minister & Political Observer

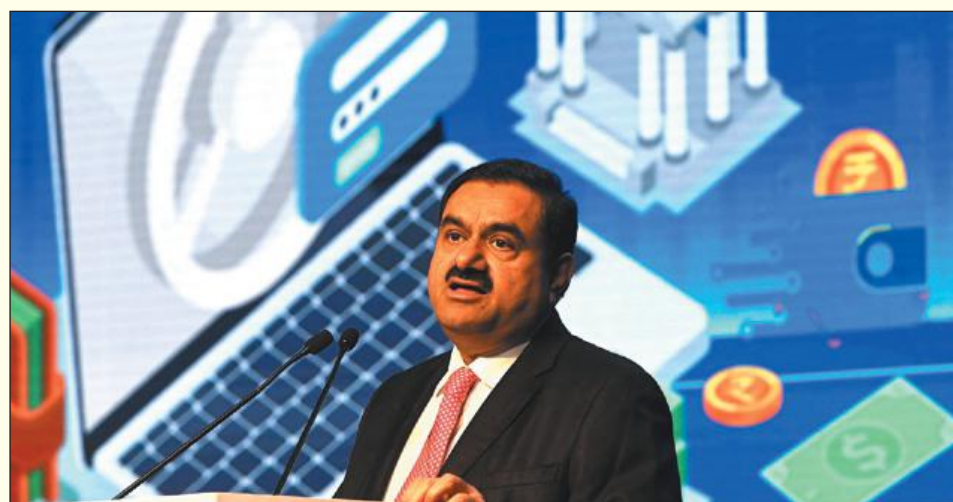
«The winds of change will blow stronger in the days and weeks to come»

* 'Navin Ramgoolam can only have one agenda: put Labour back in power and graduate from being a politician to becoming a statesman'

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Drug Mafia

The sustained media interest in the affair connecting one Jean Hubert Celerine, also known as Franklin, to alleged drug trafficking between Reunion and Mauritius over the past weeks should not have gone unnoticed by most local civil society and political observers, the Opposition itself and possibly foreign embassies and consulates in the country. What has come out to date is a series of upsetting disclosures about the networks of drug dealing established to keep the business unhindered until very recently. More detailed revelations about people and personalities from different walks of life associated with that particular affair are expected to come out sooner or later, and are believed to be more explosive than all that has come out in public so far.

The catastrophic consequences on society of proliferating drugs are all too well known. We may never know how deeply society has been cankered by this scourge, given the fundamentally covert nature of this activity. Estimates that have been worked out by dedicated agencies and NGOs should probably be tripled or quadrupled. What came out clearly in two earlier different commissions of inquiry reports - the ones presided by Justices Rault and Lam Shang Leen - pointed to some lower level politicians and public officials who would have put key public institutions involved in the fight against drugs and crimes at counter-purposes with themselves. In a shocking development years ago four MPs were arrested in Amsterdam in a notorious drug trafficking case. Institutions which should have been at the forefront of the battle against drugs in the country allowed themselves to be infested by the worm of corruption and greed.

Sir Anerood Jugnauth was obligated to take the bull by the horns following the submission of the Rault Report lest the drug scourge prevalent during his prime ministership could have potentially brought down his government, and his decisive actions helped his party avert an electoral rout subsequently. What seemed like a reprieve from the drug scourge would not last long however if we go by the recent statement of the current Prime Minister about the billions worth of drug seizures and thousands of police arrests. Again, these figures provide no indication of what filtered through, avoiding detection by our agencies. We do not know yet the full range

of the perverse ramifications of this illicit industry in the country these days, though some have estimated the proceeds of the illicit industry at several percent of our GDP. The question is whether we should consider the fight against the proliferation of drugs as lost in advance if it has again managed to infiltrate the system to such an extent. If it can embarrass today a large swathe of officials responsible for the upkeep of the law and order system against powerful drug cartels, can it be dealt with effectively? If political parties have also been benefiting from perverse donations from this source, will they in any way help to arrest it?

Common sense knows that, unless strong actions are taken, the situation is bound to deteriorate and may soon become unmanageable. The other issue is why, when it has been expanding so much, all these revelations about its extensive presence locally are surfacing only now? Are there very powerful interests which, for the sake of private gain, have knowingly tolerated it? Don't the variety of our intelligence gathering agencies have, perhaps under wraps, a list of individuals in each region whose lifestyle and assets (direct or through suspected prête-noms) are far beyond their official means? More importantly, are there powerful mafia-like drug gangs that are operating and could eventually pose a threat to the peace and quiet of the country?

Drug import has known passage-ways through the port, airport and speed-boats as the Lam Shang Leen Report highlighted. Is everything being done to ensure their security and the effectiveness of two-way cross-border assistance with neighbouring sister islands? Immense amounts of dirty money rely on some form of political patronage and require somewhat sophisticated money-laundering mechanisms (gambling, casinos, fast-food outlets, distribution circuits, etc) that our agencies cannot be ignorant of.

Despite official reassurances there seems to be numerous questions that would benefit from proper communication from the authorities of the land. The Franklin affair has yet to reveal all its shady secrets and may never do so, but the many aspects that have erupted in the press, require a credible high-level communication exercise to avoid a jarring climate of suspicion.

The Conversation

UK slides in corruption perception index after series of political scandals

The UK is perceived to be more corrupt than it was following the 2009 expenses scandal that rocked parliament to its core



See Li Pic- Picture Capital - Alamy

The UK has fallen down Transparency International's corruption perceptions index (CPI) after a year of high-profile government scandals.

The CPI is not a measure of corruption itself but a measure of how much corruption is perceived to exist across a country's public sector. For the UK government, already focusing very much on the next general election amid multiple scandals, perception matters.

The UK scored 73 out of 100 in a measure that includes data from the Economist Intelligence Unit, various international risk guides, the World Economic Forum and the World Justice Project's rule of law index. This has meant it has dropped from 11th place on a list of 180 countries and territories to 18th.

The UK is now at its lowest score since comparable data became available in 2011. That year, the UK scored 74 out of 100 and that was fresh off the back of the most significant expenses scandal of modern times. The current low score relates to a set of problems that are both more profound and more worrying.

The steady stream of incidents suggesting a loss of integrity within successive Conservative administrations are prima facie evidence of a problem. There is an ethics issue at the heart of UK government and that issue needs addressing. Former party chairman Nadhim Zahawi's recent fine for failing to pay his taxes is an obvious case in point. The case of Conservative

peer Michelle Mone and the profits her companies were able to make from having access to a "VIP lane" for providing PPE equipment during the pandemic is another. That's not to mention the whole range of ethics-related scandals that hit when Boris Johnson was prime minister.

As things stand, there is little coming out of Downing Street and the UK parliament to illustrate that this problem has been clearly understood. On entering Number 10, Rishi Sunak was quick to proclaim that he wanted to bring integrity, professionalism and accountability back to public life. Yet he was slow to act on Zahawi and his appointment of Laurie Magnus to be his less-than-independent ethics officer has failed to change the tone.

As my colleague Sam Power has argued, many people factored in ethics indiscretions when Boris Johnson was PM - they don't with Sunak. And that makes the issue potentially even more dangerous for the current prime minister.

Global Britain

Away from the corridors of Westminster, the UK's friends and allies are watching. They may not say so in public, but many are appalled at the behaviour of some within and around government. They recognise the problem in a way that those at the top of UK government do not appear to do.

Daniel Hough, Professor of Politics, University of Sussex

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The Hindenburg-Adani Saga: A Hit Job?

Geopolitics runs firmly in the background of the attempted weakening of the Adani Group

Jan Arden

Hindenburg Research, named after the doomed hydrogen-filled German airship, was founded in the US by Nathan Anderson in 2017 to make massive profits on short-selling a specific corporate stock by a highly mediated attack that effectively plummets that stock value and makes the prediction come true. Such a short-sell profit-taking strategy against a US corporate giant is an extremely high-risk venture as a massive lawsuit in US courts for billions in damages would ensue and Hindenburg would have to show serious research to avail itself of a defence on grounds of public interest.

Moreover, the rapid inevitable response of the corporate giant may halt the damage, stem the stock plunge and rally the market if the latter feels any issues raised by a professional short-seller are insufficient to assail the giant's track record and underlying strengths. And to cap it all, the short-seller may burn its hands badly should the predicted fall fail to materialise.

By picking on the foreign-based Adani empire and one of the wealthiest Indian business tycoons, Gautam Adani, Hindenburg would have felt it was on far safer legal grounds while still able to short-sell and rake in massive profits from the stocks that would suffer from its sudden attack.

To understand the short-sell strategy, a few words might be useful for the vast majority, like me, who don't make a hobby or a living on stock market speculations while recognising its importance and impact for large international hedge funds, corporate bankers and their investment managers.

Both the latter and the ordinary punter usually invest in shares on the basis of various regular financial tracking info (and the occasional insider information...) that bets on future accretion in the value of those shares, either in a safe and prudential strategy or with some degree of optimism about the stock market generally or new trendy stuff (e.g., IT startups, bitcoins, green energy, etc.) or the selected shares in particular.

A short-seller like Hindenburg banks on the opposite, with higher risks but possible massive returns. It essentially borrows from a broker shares it does not own promising to buy them at some future stage, say 1 to 3 months down the road, accepting the interest fees and

commissions for such a loan.

In simple terms, it may contractually borrow from a willing broker 1m shares at a value of \$100, sell them on the market at that price, then predict the stock demise and buy them back weeks later when the value has verily plunged to say \$40, before the corporate prey has effectively countered the claims of the predator. In this example, a short-seller would stand to gain \$ 60m within weeks of the high-profile attack and can obviously repay all interests and fees of the broker.

The January 24 Hindenburg report on the Adani Group, whatever its substantiated merits, created exactly the sort of international stir for the Group and subsidiary stocks to plunge heavily, enough for the massive, short-seller killing that an aggressive and nimble short-seller would be aiming for. The time delay before the predictable Adani Group's rebuttal and stock markets rallying round its track record and performance would be enough.

By any standard, the Adani group response was ultra-swift and strong, issuing on Sunday January 29th a detailed 413-page rebuttal of the short-seller's attack, calling it "...a malicious combination of selective misinformation and stale, baseless and discredited allegations that have been tested and rejected by India's highest courts".

But enough damage for a killing had been done.

On Feb 3rd, India's *Economic Times* reported "Hindenburg's bet has been lucrative so far. Its allegations, which the Indian conglomerate has denied, have wiped out more than \$80 billion of market

"Knee-jerk reactions inside India by various opponents were inevitable with the raucous Congress believing it had at last, after the shrill failures of Rahul Gandhi et al against the Ambani-Rafale deal, some meat to dig its teeth into. Gautam Adani, a Gujarati friend and ally of PM Modi, who mustered the necessary financial resources to back and profit from India's massive infrastructure push over the past 8 years, must be suspect even if, as it appears, most of Adani's public ventures were won on open bidding processes..."



The Adani group response was ultra-swift and strong, issuing on Sunday January 29th a detailed 413-page rebuttal... But enough damage for a killing had been done. P - The Telegraph

"Nathan Andersen has the nefarious reputation of targeting various companies and Hindenburg has already faced castigation in the US courts, as being a defamed agency whose "researched" reports should be taken with great caution. A similar attack on a US or Western corporate giant would have failed and left the predator with immense claims for damages, but it seems for an Asian corporate giant, allegations of unverified misdeeds, even by a suspicious predator, are more believable..."

value from its seven listed companies and knocked billionaire Gautam Adani from his perch as the world's third-richest man." Hindenburg declined to comment to Reuters on the method it used to short-sell Adani despite SEBI (the independent Indian Stock Exchange regulator) rules, neither has it revealed anything about the size of its bets and the mega profits it may have raked in. While the full truth about the massive financial Hindenburg-Adani controversy may never be known, there are several angles to the story - each with its own uncertainties and unfolding timeline:

1. Nathan Andersen has the nefarious reputation of targeting various companies and Hindenburg has already faced castigation in the US courts, as being a defamed agency whose "researched" reports should be taken with great caution.

A similar attack on a US or Western corporate giant would have failed and left the predator with immense claims for damages, but it seems for an Asian corporate giant, allegations of unverified misdeeds, even by a suspicious predator, are more believable (the report was apparently laced with various framed and vague accusations such as linking Adani with arrests and murders of journalists!), leading to the knee-jerk market reactions.

Throwing in some suspicion about Mauritius or some other low-tax jurisdic-

tion, when most Western companies routinely make use of tax havens, is a bit thick.

2. Short-selling, however obnoxious, is not new. George Soros attacked the Bank of England by shorting the Pound Sterling in 1992 and earning US\$ 1bn in return. The Malaysian government later accused Soros of ruining and hitting the Malaysian economy by massive currency speculation in 1997.

For the financial markets, this kind of manipulation and malicious targeting of companies, currencies, and in turn economies, is not new. It is for the first-time global forces have targeted Indian companies and markets and India Inc has to adapt fast and strengthen itself against such and future raiders in an increasingly global financial space.

3. Knee-jerk reactions inside India by various opponents were inevitable with the raucous Congress believing it had at last, after the shrill failures of Rahul Gandhi et al against the Ambani-Rafale deal, some meat to dig its teeth into. Gautam Adani, a Gujarati friend and ally of PM Modi, who mustered the necessary financial resources to back and profit from India's massive infrastructure push over the past 8 years, must be suspect even if, as it appears, most of Adani's public ventures were won on open bidding processes.

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Caste: A System of Mental Slavery



Dr R Neerunjun Gopee

In the review of his book, *Caste, Conversion & Colonial Conspiracy* (2019) Pt Satish Sharma of the UK writes: 'Almost everyone on the planet has heard of the 'Ancient Hindu Caste System' and somehow, almost everyone knows how horrible it is, but what if it wasn't ancient and it wasn't Hindu? Similarly, almost everyone knows that the colonialist erasure of indigenous languages and ideas was a horrific chapter in human

history, but what if it's not over, what if it's morphed into a new form, just as devastating and destructive, and what if the Caste issue holds the key to revealing it?

'Every Hindu walks through life carrying a subliminal guilt that his or her ancestors were 'caste discriminators' and every devout Christian walks tall and proud in the knowledge that his or her ancestors helped to free the crushed, downtrodden from the depraved Hindoo caste system, and being an accepted 'truth' no-one questions it any more. **What if they are both victims of the same deception, of the same multigenerational fraud?**

We recently commemorated the Abolition of Slavery Day. Despite its abolition though since nearly 100 years ago, racism and prejudice still persist in many parts of the world. Most people do not know that there is an even more pernicious form of slavery because it involves colonization of the mind. It is so ingrained that it continues to harm the Indian polity, because it is also present in other communities in India, notably Muslims and Christians, in addition to their own internal separate groupings/sects. That is the myth that caste is inherently Hindu – which it is NOT.

This is the very title of a book on the subject, *Caste is not Hindu* but is a 'construct of the colonial invaders' by three Malaysian authors - Guruji Prof Sundara Raj Anantha who is a historian and his two co-authors Aikshya Simrhen Raj and Pardip Kumar Kukreja. It is the result of extensive academic and scholarly research scanning material going back to about 400 years, witness the 83 references to be found at the end of the book.

Step by step they convincingly establish how the British devised the caste system to weaken, divide and rule Hindu society, and set up systems and structures to perpetuate both the narrative and the harm to India when they left the country. Post-Independence in 1947, India carried on with the same system and narrative. Abolition of caste in the Constitution of 1950 has not substantially changed the ground realities – which requires a decolonization of minds at all levels of society.

That caste is a colonial invention is substantiated by A.L. Basham in his book *The Wonder That Was India*. When the Portuguese came to India in the 15th century, they applied the term *castas* – which was later institutionalized as caste by the British - to the various groups that they saw: tribes, families or clans. Further confirmation is to be found in Nicolas B. Dirks' *Castes of Mind: Colonialism and the Making of Modern India*, cited by author and constitutional lawyer J.Sai Deepak in his book *India that is Bharat*. In Dirks' words, 'caste is not some unchanged survival of ancient India ...not a basic

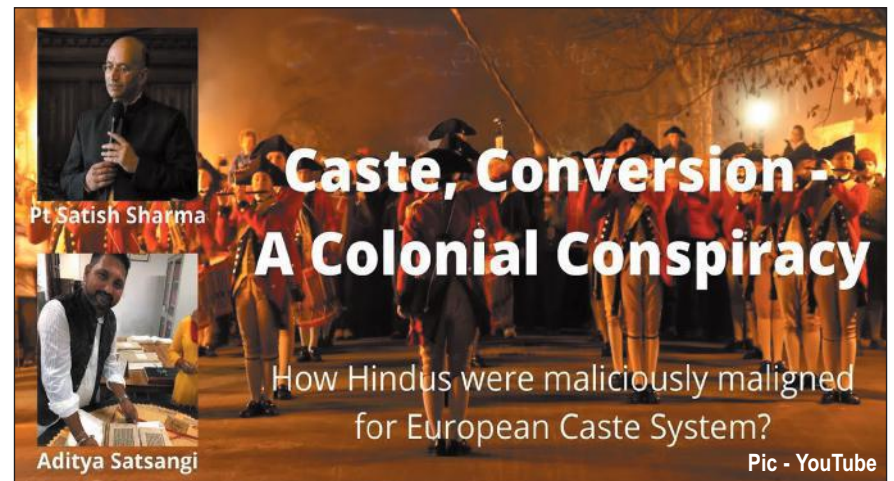
expression of Indian tradition... Colonialism made caste what it is today.'

Caste is not Hindu explains how the Papal Bull (a type of public decree, letters patent, or charter issued by a pope of the Catholic Church) legalized colonization and spurred the Portuguese and the Spanish to invade and conquer foreign lands by all means possible. In so doing they imposed in these colonies their own social structure, which was a hierarchical one of higher and lower based on lineage and purity of blood, class and later race/skin colour when they encountered other peoples. This is illustrated in the two pyramidal diagrams which clearly depict the concepts of superiority and inferiority.

In contrast to the stratified social order of Europe, what the British encountered when they came to India was an organic, horizontally integrated but vertically organized (into occupational groups or *jatis*) polity that had sustained Indian civilisation from its beginnings. The country was wealthy and prosperous, as a result of its pursuit of both spiritual knowledge, and of sciences and technology. This was effected through its *gurukul* system of education and its advanced residential universities. The most famous were Nalanda and Taxila, where hundreds of foreign students were welcome, many from China who have left records of their stay.

The social structure was based on the scriptures (Vedas, Mahabharata and Bhagavad Gita): the concept of *varna* – simply put in the words of distinguished Indologist Jeffrey Armstrong of Vancouver, Canada as 'the skill-based method of ancient India which honoured each person and engaged them in the service best suited to their inherent abilities.' Society comprised four categories which, as will be seen, are of universal application.

The Brahmanas were engaged in the pursuit of spiritual knowledge and its transmission to preserve the Vedic tradition; by extension thinkers and teachers or gurus belonged in this category. Kshatriyas were responsible to defend the territory; Vaishyas produced the wealth of the country; Shudras were responsible for providing nourishment and service. Like the different limbs of a human body, each category played its essential role and made its contribution to the overall proper functioning of society, thus maintaining social harmony. This was ensured by all of them abid-



“*Caste is not Hindu* explains how the Papal Bull (a type of public decree, letters patent, or charter issued by a pope of the Catholic Church) legalized colonization and spurred the Portuguese and the Spanish to invade and conquer foreign lands by all means possible. In so doing they imposed in these colonies their own social structure, which was a hierarchical one of higher and lower based on lineage and purity of blood, class and later race/skin colour ...”

ing by a Code of Conduct, Dharma, whose guardian was the Brahmana. Besides, the social order was not based on birth, and there was no higher or lower, superior or inferior.

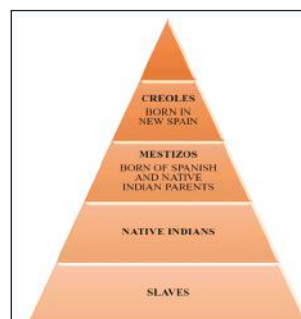
It follows that with growth of the population and development of the society, *jatis* too multiplied, both among themselves and by mixing among the *varnas*. Thus, the social order was fluid and flexible, and people could change *jatis* and shift *varna*. A detailed account of the *varna-jati-caste* issue is found in the book *Snakes in the Ganga* by Rajiv Malhotra and Vijaya Viswanathan.

Following the so-called Sepoy Mutiny of 1847, the British went into overdrive to exert supremacy and control. They could not unpack the complexity of the social order they faced, and decided that they wanted a simpler one – the *Sistema de Casta* was the template they chose.

The British re-engineered the *Varna* System to fit the *Sistema de Casta*. These 'racist ideologies', which included the invention of the so-called 'Aryan' race and the Aryan Invasion Theory, were imported from Europe and implemented in India to divide the Hindus, by using the census mechanism and its tool the census questionnaire which was framed on the basis of race and later caste. Further, through the Criminal Tribes Act 1871, and extrapolating from nascent concepts in the new disciplines of ethnology and anthropology, whole new categories of 'lower' people were created, such as the Dalits, or 'higher' ones such as the 'Brahmins' - the term Brahmin makes no sense whatsoever from the perspective of Sanskrit and is therefore totally artificial.

It is more than high time for the Hindus to become fully aware of how and why the caste narrative is not a Hindu invention but has been thrust on them, and persists as a 'thorn that is causing so much division and hatred in the community.'

Caste is not Hindu should be a must read for every Hindu, especially the younger generation who must be equipped to vigorously push back the biased narrative by robust arguments which the book provides. Non-Hindus too will benefit, as they will realise that they have been misled into peddling a patently fake narrative from which they should dissociate themselves.



The Portuguese *Sistema de Casta*
At the apex: Peninsulares – Those born in Spain



The Spanish hierarchy. At the apex: Pope

Regroupement des forces militantes... Steven Obeegadoo à l'oeuvre

A. Bartleby



Steven Obeegadoo et Alan Ganoo pour le regroupement des forces militantes. Pic - Radio One

Le projet de rassembler les différentes plateformes issues du MMM est ambitieux; tout aussi ambitieux que l'ambition de Steven Obeegadoo lui-même. Actif en politique depuis l'âge de 17 ans, Steven Obeegadoo ressent sans doute que son statut de numéro deux de l'actuel gouvernement n'est pas encore le sommet de sa carrière politique et qu'un autre moment arrive, celui de la réalisation de la plus grande de ses ambitions: celle de devenir l'incarnation moderne du Militantisme.

À défaut d'avoir réussi à éjecter Paul Bérenger du leadership du MMM, il se positionne aujourd'hui comme celui qui saura accueillir les déçus et les désillusionnés de l'interminable errance qui dure depuis 2005. Il faut avouer que les éléments qui pourront accélérer cet exode sont réunis: une énième alliance avec Navin Ramgoolam et la certitude qu'un individu ayant la capacité intellectuelle et le charisme d'assurer la relève du leader historique n'existe pas actuellement dans le Bureau politique du parti, positionnant ainsi Joanna Bérenger dans la succession de son père. À défaut de devenir leader par acclamation et par compétence, on peut devenir leader en étant porté par le vide existant ou que l'on fait autour de soi - tous les partis traditionnels l'ont prouvé.

Steven Obeegadoo aura également compris une autre chose: une nouvelle défaite du PTr et du MMM provoquera unanéantissement de ces partis, ce qui ouvrira un nouvel espace politique à Maurice. Du moins, une nouvelle défaite fera que le PTr et le MMM se retrouveront au milieu de luttes intestinales qui les mettront KO pendant plusieurs années, ce qui favorisera l'émergence d'autres formations politiques. Et Steven Obeegadoo a compris qu'il avait tous les moyens d'occuper une place prépondérante dans ce nouvel espace politique, quitte à briser l'alliance actuelle avec Pravind Jugnauth à un moment donné.

Ce qui est sûr pour l'instant, c'est que le schématisme qui se dessine donne une vision claire des choses à Steven Obeegadoo. Tout semble confirmer que nous aurons pour les prochaines élections générales une bataille claire: Pravind Jugnauth face à Navin Ramgoolam pour le contrôle politique du 'Hindu Belt'; et Steven Obeegadoo face à un Bérenger (père ou fille) pour les quelques sièges urbains qui donneront une majorité confortable à celui qui aura gagné les circonscriptions 4 à 14 - le clan Duval apportant ce qui lui reste de ses 5

sous et, pourquoi pas, des points du permis de conduire d'Adrien Duval à cette équation.

Tout cela, Steven Obeegadoo l'a parfaitement bien senti et intégré dans son propre calcul politique, même s'il lui manque un élément essentiel à son équation: définir clairement ce que doit être le Militantisme au 21ème siècle, sachant que c'est une chose que le MMM est aujourd'hui incapable de faire.

Gagnera-t-il son pari?

* * *

L'Inde préside le G20

L'Inde a pris la présidence du G20 en décembre de l'année dernière. Cette présidence durera une année, jusqu'à décembre de cette année. Cette information est passée inaperçue dans les médias locaux alors qu'elle relève d'une haute importance pour nous. Non seulement parce que le Premier ministre indien, Narendra Modi, a déjà indiqué son intention d'inviter son homologue mauricien à certains des rassemblements du G20, mais surtout parce que - quoiqu'en disent certaines voix xénophobes - l'Inde deviendra une puissance régionale de plus en plus dominante et un partenaire de plus en plus important pour nous.



Le Premier ministre indien, Narendra Modi ou l'art de résoudre les contradictions. Pic - The Hindu

Et à trop vouloir réduire la politique indienne à son expression idéologique actuelle, celle que lui donne le BJP, nous avons trop facilement tendance à obscurcir une vue que nous devons absolument garder claire et objective: les ambitions économiques de l'Inde et la géopolitique de l'océan Indien.

L'arrivée de Modi au pouvoir en 2014 a signifié un changement de paradigme dans la stratégie des affaires étrangères indiennes: l'Inde s'est enfin débarrassée de l'idéalisme poussiéreux de Nehru afin d'affirmer un pragmatisme absolu. Pour dire les choses autrement, l'Inde ne défend plus une vision du monde fondée sur des idéologies devenues obsolètes, mais avance aujourd'hui ses intérêts avec un réalisme froid et calculateur. D'ailleurs, l'actuel ministre des Affaires étrangères, Subrahmanyam Jaishankar, est l'incarnation même de ce pragmatisme fondé sur la maîtrise technocratique des sciences économiques et politiques.

Ce pragmatisme s'est d'ailleurs parfaitement bien déployé au niveau de la politique étrangère de la

Grande Péninsule depuis 2020. L'Inde est en train de sortir renforcée de la pandémie de la Covid, et cela est intimement lié à ses prises de position. Par exemple, elle a refusé de lâcher la Russie - son partenaire historique - lorsque Poutine a envahi l'Ukraine. Cela a permis à l'Inde de négocier l'achat de pétrole russe à un prix hautement inférieur au prix du marché, participant à son tour à court-circuiter les sanctions occidentales sur l'économie russe - qui sera en croissance de 2,4% cette année selon le FMI.

Parallèlement à cela, l'Inde n'a pas non plus aliéné son allié américain, trouvant des terrains d'ententes économiques hautement stratégiques pour les Etats-Unis, notamment dans le domaine des nouvelles technologies. Il en va de même pour ses coopérations militaires, avec la France notamment, le président Macron annonçant clairement que l'Inde devient un partenaire privilégié de la France et des industries françaises.

Ainsi, la diplomatie indienne devient maître dans l'art de résoudre des contradictions qui peuvent actuellement sembler insurmontables. Elle joue parfaitement bien sur plusieurs tableaux parce qu'elle fait justement preuve d'un pragmatisme qui fonctionne et qui requiert de conserver un non-alignement vital pour son développement et la promotion de ses intérêts.

Or, c'est justement ce non-alignement et ce pragmatisme retrouvé qui doivent nous interpeller à Maurice. Surtout que ce non-alignement et ce pragmatisme pèseront très lourds dans les calculs géopolitiques de l'océan Indien. Saurons-nous donc redéfinir nos objectifs de coopération avec l'Inde afin d'en faire un partenaire pour atteindre nos propres objectifs de développement économique, sécuritaire et industriel?

* * *

Si on n'a rien à dire, on se tait!

L'Attorney General et ministre de l'Agro-Industrie Maneesh Gobin s'est fait remarquer cette semaine par sa sortie précipitée face à la presse. Alors qu'il avait lui-même convoqué une conférence de presse pour répondre aux questions des journalistes sur l'affaire Franklin, le ministre s'est vite retrouvé bombardé de questions auxquelles il a eu du mal à répondre de manière convaincante.



Sortie précipitée de l'Attorney General Maneesh Gobin face à la presse. Pic - Radio One

☞ Suite en page 6

Si on n'a rien à dire, on se tait!

☞ Suite de la page 5

Comme l'a d'ailleurs fait remarquer un journaliste présent à cette conférence de presse, Maneesh Gobin n'avait pas sa superbe habituelle... Le torse moins bombé, son habituel rire moqueur laissant place à un sourire gêné, il a répondu aux questions en donnant l'impression qu'il ne croyait pas en ses réponses lui-même, qu'on le forçait de parler. L'image était d'ailleurs cocasse puisque l'Attorney General, connu pour son caractère affirmé que certains pourraient décrire comme arrogant, ne faisait absolument pas le malin mercredi dernier. C'était même tout le contraire.

Il est indéniable que l'affaire Franklin met le gouvernement dans un embarras certain et vient s'ajouter à une série d'affaires liées d'une manière ou d'une autre au trafic de stupéfiants à Maurice. Certes, le Premier ministre n'a pas manqué de rappeler que son gouvernement avait présidé à la saisie de plus de Rs16 milliards de drogues, ce qui en soi est positif. Mais la non-publication du rapport du Wakashio, le fait d'avoir mis les recommandations du rapport Lam Shang Leen au fond d'un tiroir, la perception que la police applique des traitements préférentiels à certaines personnes aux dépens d'autres... Tout cela ne peut que se conjuguer pour rendre le soupçon encore plus épais contre les autorités.

Il était donc du devoir de l'Attorney General d'être clair et direct dans ses réponses. Mieux encore, cela aurait été de l'or pour Maneesh Gobin s'il avait tout simplement appliqué à lui-même la règle d'or de la communication politique : si on n'a rien à dire, on se tait!

* * *

L'illusion du changement

La sortie de Satish Faugoo contre Navin Ramgoolam n'aura pas manqué de faire parler cette semaine. Il se murmure dans les cercles tra-



L'illusion du changement avec la certitude du surplace!

vaillistes que Satish Faugoo a dit tout haut ce que beaucoup pensent tout bas. Ce qui est sûr, c'est que Satish Faugoo a dit tout haut ce que la majorité des Mauriciens pratiquent tout haut depuis 2014. La preuve: le fait que Navin Ramgoolam ait perdu les deux dernières élections générales sans même réussir à se faire élire, mais en réussissant à rester le leader de son parti... Comme le dirait le principal concerné: 'Ou bizin ena klass pou fer sa!'

Mais Satish Faugoo n'est pas allé assez loin. Il faudrait également analyser la rhétorique des partis 'mainstream' du pays, surtout ceux de l'opposition, qui se positionnent en sauveurs du pays. En quoi est-ce que ces leaders sont-ils aptes à rectifier une situation qu'ils ont eux-mêmes amplement participé à créer?

Non, Maurice a besoin d'un projet sociétal renouvelé et rassembleur. Maurice a besoin d'un nouveau souffle économique et culturel. Maurice a besoin de réformes institutionnelles et d'un modèle social modernisé. Mais Maurice a surtout besoin d'une classe de dirigeants hautement qualifiés, diplômés, sérieux, éduqués, cultivés et avec une compréhension solide des enjeux économiques, institutionnels, sociaux, écologiques et géopolitiques auxquels font face notre pays.

Ces dirigeants se doivent d'avoir trois qualités fon-

damentales : l'éducation adéquate pour comprendre les enjeux et les problèmes actuels; l'intelligence et la créativité pour trouver des solutions à ces problèmes; et la capacité à mettre en place ces solutions par le biais de politiques publiques efficaces. Ce qui est primordial toutefois, c'est de faire preuve d'empathie et d'être dans l'écoute active.

Est-ce que le bloc d'alliance qui se dessine entre le PTR, le MMM et le PMSD démontre aujourd'hui ces capacités? Chacun ira de sa réponse mais il est indéniable que, dans sa forme actuelle, cette tentative d'alliance ne représente rien d'autre que l'illusion du changement avec la certitude du surplace!

* * *

Le ballon de la discorde

Un épisode digne d'un James Bond datant de la grande époque de la guerre froide aura tenu les États-Unis en haleine: un ballon chinois, volant à 40,000 pieds d'altitude a traversé le territoire américain.

Le gouvernement chinois a réagi en affirmant qu'il s'agissait d'un ballon équipé de sondes pour la recherche météorologique et qu'il ne possède pas un équipement de navigation performant, ce qui expliquerait qu'il se soit perdu au-dessus du territoire américain. Cette hypothèse semble tout de même farfelue au regard de la trajectoire du ballon. En effet, ce dernier est passé au-dessus d'une zone extrêmement sensible dans le Montana: la Malsmtrom Air Force Base où sont notamment stockés des missiles nucléaires à longue portée de dernière génération - ceux qui sont capables de frapper la Russie et la Chine en cas de déploiement.



Le ballon abattu par l'armée américaine samedi s'est écrasé dans l'Atlantique. P - AFP/US Navy

Tentative d'espionnage ou simple coïncidence? Ce qui est sûr, c'est que cet incident n'aura pas manqué de faire monter la tension entre les deux pays. Le Secrétaire d'État américain, Antony Blinken, a d'ailleurs annulé sa visite prévue à Beijing en signe de protestation - la première d'un haut responsable politique américain depuis plus de cinq ans, lorsque le président Donald Trump déclarait une guerre commerciale à la Chine.

Cet incident arrive à un moment où les tensions en Ukraine s'accroissent également, les États-Unis acceptant d'envoyer des chars d'assaut en soutien de l'armée ukrainienne, chose que la Chine - soutien important de la Russie - ne voit forcément pas d'un bon œil.

Ce qui est certain, c'est que nous voyons de plus en plus d'incidents démontrant que la paix relative qui avait suivi l'effondrement du mur de Berlin laisse place à une nouvelle guerre froide, celle qui se déploiera essentiellement dans l'Indo-Pacifique... En espérant que ce conflit qui animera notre siècle restera une guerre qui ne se réchauffera pas.

A. Bartleby



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People gather at the rubble in the aftermath of a deadly earthquake in Kahramanmaraş. Pic - Reuters

Massive earthquakes move Turkey by 5-6 metres, claims seismologist

The devastating earthquakes that jolted Turkey and Syria in the early hours of Monday may have moved tectonic plates - on which the former country sits - by as much as three feet, an Italian seismologist has claimed. Professor Carlo Doglioni told Italy24 that initial estimates suggest the quakes may have led to Turkey having

'slipped by five to six metres compared to Syria'. A more accurate analysis is pending information from satellites, he said.

Over 16,000 people have died and more than 11,000 buildings - in addition to large swathes of major cities in both nations - have been destroyed after five earthquakes and over 100 aftershocks hammered the area. Doglioni told Italy24 the quake caused a type of fault called 'shallow transcurrent' with a hypocenter - the deep place where the earthquake breaks out, reports Hindustan Times.

According to Doglioni, the multiple quakes are part of a single seismic sequence unleashed at the intersection of four plates that collide continuously - the Anatolian, Arabica, Eurasian and African plates - and accumulate energy till it causes the activation of a long fault.

On the intensity of the earthquakes, he said that as a prolonged 'seismic epidemic', it could continue for days or months, if not years, as has happened in some cases in the past.

Meanwhile, a search-and-rescue official said that the time is running out for survivors buried in earthquake rubble to be found, as search efforts near the crucial 72-hour mark.

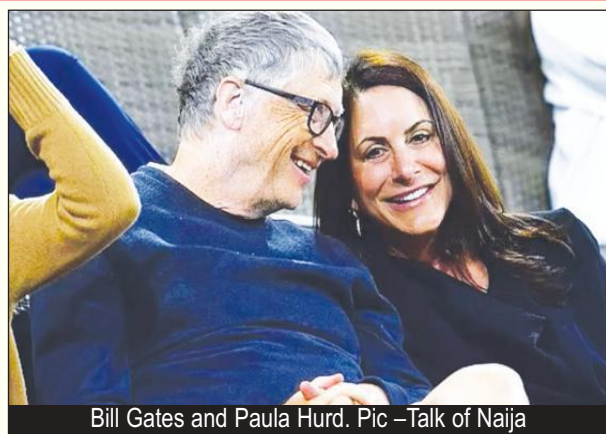
Three days after the devastating quake, the death toll in Turkey and Syria passed 19000.

Pakistan minister confirms 'adequate' fuel supplies, with a warning to companies

The Pakistan government - struggling with external debts in excess of \$130 billion - on Wednesday said it is not planning to hike fuel prices and that it has enough stock for at least 20 days. Prime minister Shehbaz Sharif's administration also warned oil companies against stockpiling after reports people were not able to purchase fuel surfaced on social media, reports Hindustan Times..

A member of Pak's Oil Companies Advisory Council's (OCAC) said only a few firms were licensed to sell petrol; several others were not due to financial problems, the report added.

Inflation in Pak is at a multi-decade high of 27.6 per cent. The government is negotiating a deal with the International Monetary Fund (IMF) but the depreciating value of the Pakistani rupee is pushing up the price of imported goods. The government raised fuel prices by 15 per cent last month, shortly before talks with the IMF delegation began.



Bill Gates and Paula Hurd. Pic - Talk of Najja

Bill Gates is dating again. His girlfriend shares quite a similar background

Microsoft co-founder Bill Gates is reportedly dating the wife of former CEO of Oracle Paula Hurd following his divorce from Melinda French Gates in August 2021. The couple were spotted together watching the Men's Singles Final at the Australian Open and have also been seen together at several sporting events.

Paula Hurd was married to Mark Hurd, CEO of the software company Oracle for 30 years, until his death in 2019, People.com reported. She is a graduate from the University of Texas at Austin with a degree in business administration in 1984.

After college Paula Hurd began her decades-long career in sales and alliance management at a software company. Currently, she works as a developer and organiser of a wide range of "memorable" event experiences for personal, corporate, and charitable occasions, her LinkedIn account notes. Paula is a mother to two children.

Bill Gates separated from Melinda Gates after 27 years of marriage. They announced it in May 2021 saying, "After a great deal of thought and a lot of work on our relationship, we have made the decision to end our marriage."

Joe Biden asked if US-China ties strained after spy balloon. His reply: 'No, no'

President Joe Biden denied that relations with Beijing have suffered a serious blow after the US downed an alleged Chinese spy balloon that flew across the continental US.

"No. No," Biden told Judy Woodruff in an interview for PBS Newshour on Wednesday.

"Look, the idea shooting down a balloon that's gathering information over America, and that makes relations worse? Look, I made it real clear to Xi Jinping that we're going to compete fully with China but we're not going looking for conflict. And that's been the case so far," Biden responded.

The president clarified that he has not spoken to the Chinese president since the incident, reports Bloomberg.

The President in his State of the



US President Joe Biden delivers the State of the Union address. Pic - Bloomberg

Union address on Tuesday didn't mention the espionage episode specifically but referred to the events of last week as a threat to US sovereignty. He also called out Xi in the address, saying the Chinese leader's position in the world is weaker and the US, along with other democra-

ties, have grown stronger over the past two years.

The remarks were the most fiery reference to China in the speech, days after the US shot down an alleged Chinese spy balloon off the coast of South Carolina following the airship's flight across the country.

South Korea slams North Korea for holding military parade amid food crisis

South Korea's foreign ministry on Thursday criticised North Korea for holding a massive military parade when it's facing a worsening food crisis and economic difficulties, reports Reuters.

Nuclear-armed North Korea showcased its missile production during a nighttime parade in Pyongyang on Wednesday, state media reported, displaying more inter-continental ballistic missiles (ICBMs) than ever before and hinting at a new solid-fuel weapon.

"We urge North Korea to immediately stop illegal nuclear and missile development, reckless nuclear



A missile is displayed as North Korean leader Kim Jong Un is seen on large screens during a military parade to mark the 75th founding anniversary of North Korea's army. Pic - Reuters

threats and promptly return to the denuclearisation negotiations," South Korea's foreign ministry spokesperson, Lim Soo-suk, told a regular briefing.

* Contd on page 8



Ukraine soldiers have credited Starlink with helping its fight against Russia. Pic - New York Post

Is Elon Musk's SpaceX stopping Ukrainian army from Starlink use? A clarification

SpaceX has taken steps to prevent Ukraine's military from using the Starlink satellite internet service for controlling drones, SpaceX's president said as per news agency Reuters. SpaceX's Starlink satellite internet service has provided Ukraine's army with broadband communications amid Russian invasion but the company's president said that the service was "never meant to be weaponized."

Gwynne Shotwell, SpaceX's president and chief operating officer, said, "Ukrainians have leveraged it in ways that were unintentional and not part of any agreement."

Referring to reports suggesting use of Starlink services to control drones by the Ukrainian military, the company's president said, "There are things that we can do to limit their ability to do that. There are things that we can do, and have done."

SpaceX's Starlink terminals in Ukraine have helped the country's military while Russia has attempted to jam Starlink signals though SpaceX countered by hardening the service's software, company's chief executive Elon Musk said earlier.

Nearly half of all US public school students lag behind, says report

Nearly half of all public school students in the US that entered the 2022-2023 academic year are lagging behind benchmarks, according to a new Department of Education report.

The National Center for Education Statistics School Pulse Panel report, published Thursday, shows 49% of students are performing below grade level in at least one academic subject, up from the 36% average of a typical pre-pandemic year. This year's survey garnered the largest response on record with 1,026 public schools participating.

During the onset of the pandemic, many educational institutions transitioned to remote learning as the number of Covid-19 cases rapidly increased — and the decisions administrators made about remaining open became a major political issue, reports Bloomberg.

English and mathematics were the top subjects in which public school students were behind one grade level or more, with 99% of schools that said they had students behind grade level reporting such lags. Science and



Children at school. Pic - Bloomberg

social studies trailed behind at 80% and 69% of schools, respectively. While there currently isn't any information available from NCES on how long recovery will take, the degree to which academic progress has backtracked since the pandemic is significant.



Covid testing in China. Pic - AFP

New Covid variants in China? Top scientist's 'keep calm and carry on' message

The world should "calm down" about the possibility of new Covid variants circulating in China, top Chinese scientist George Gao said, as per news agency Reuters

which cited a paper by George Gao and his colleagues published in the Lancet medical journal.

The paper showed that no new variants had emerged in the initial weeks of China's recent outbreak as Beijing ended its strict 'Zero-Covid' policy which led to a massive surge in infections, reports AFP.

The scientist also said that the variants causing infections in China were the same Omicron sub-variants - BA.5.2 and BF.7- that have been seen elsewhere in the world. Analysing 413 new Covid cases in Beijing from November 14 to December 20, 2022, the study concluded that all the infections were likely caused by existing strains as 90% of the majority-locally acquired infections were due to two sub-variants.

The findings are representative of the entire country, the study noted, while the leading scientist said that China was continuing widespread viral genomic sequencing which would help to identify any new variants if they emerged.

Too old to run for US president again? Joe Biden's 'watch me' reply

US President Joe Biden said he probably intends to seek reelection in 2024 but has not made the decision "firmly." "I haven't made that decision. That's my intention, I think, but I haven't made that decision firmly yet," Joe Biden said in an interview with PBS NewsHour.

Asked about voters' concerns regarding his age, the US President, 80, said that Americans must see his performance in the State of the Union address.

"Watch me. It's all I can say," Joe Biden said on questions raised about his health and fitness to handle another campaign and potential second term, reports Hindustan Times..

"It goes from one extreme to another, last night I heard people saying, 'Well, just watch Biden, by God, age is not an issue



US President Joe Biden. Pic -AFP

any more," he added.

"I would be completely thoroughly honest with the American people if I thought there was any health problem, anything that would keep me from being able to do the job," he said.

Joe Biden is already the oldest president in American history and has not officially announced the reelection decision although he is expected to begin a campaign in the spring.

Canada teen wins \$48 million lottery on 1st try, plans to do this with money

An 18-year-old girl in Canada has become the youngest person in the country's lottery history to win a jackpot of a huge amount of \$48 million, that too just on her first try ever. Juliette Lamour, hailing from Canada's Sault Ste. Marie, has achieved this feat by landing herself a 'gold ball' jackpot worth \$48 million.

Lamour, who won the draw in January, said she bought the ticket for fun and did so on her grandfather's suggestion. "I just turned 18 and my grandfather suggested I buy a lottery ticket for fun," Lamour said.

"When I went to the store, I wasn't sure what to ask for because I had never bought a ticket before, so I called my dad who told me to buy a Lotto 6-49 Quick Pick".

Lamour also remembered how she was joined by her colleagues when she



Juliette Lamour receiving her prize money from the Canada-based lottery company Ontario Lottery and Gaming Corporation. Pic - Indiatimes

won the bet. "My colleague fell to his knees in disbelief," she was quoted as saying by BBC. "He was yelling. In fact, everyone was yelling that I won \$48 million."

With so much money on hand, though Lamour said she would pick a few 'summer adventures' ahead, she will be wise with the money. The jackpot has her assured that she can become a doctor without worrying about grants or loans.

Interview: Dharam Gokhool, former LP Minister & Political Observer

“The winds of change will blow stronger in the days and weeks to come”

There is a noticeable pick-up of tempo in the political arena. On the one hand, recent high-profile events have placed government on the backfoot on the plank of fighting drug warlords and the scourge of trafficking. Meantime, the reunion of the three main political parties in a common front, is expected to generate some frustration from the LP's push for rejuvenation, while sirens are out to lure out a few. In this interview, Dharam Gokhool, experienced political hand and former LP Minister, shares his views on the challenges ahead for the country, its economy, our youth and the political cauldron that is simmering.

Mauritius Times: What's your take on the current political situation prevailing in Mauritius?

Dharam Gokhool: These are worrying times for the country and the people. A lot of frustration and anxiety in the population. People are terribly worried about their future, the future of their children and family; they are equally worried about the future of the country.

Many heads of families, who are professionals, who are in their 40s and 50s, are emigrating for the sake of their children's future. Unfortunately, many of those leaving are our best brains and are not coming back. There is an acute brain drain. The feel-good factor that the Prime Minister evoked during his New Year address is a cruel joke on the population. A PM in a denial mode, cut off from the ground realities.

“Besides their timing, Varma's and Faugoo's outbursts against the so-called “dysfunctions” of the party and the leadership appear to me to be mere window dressings and a calculated move to distance themselves from the LP; they may also be on the look-out for greener pastures elsewhere. My information is that they are in touch with a notorious emissary of the MSM. The so-called Judas-in-Chief!”

On the political front, I find a government that is on the defensive. The economy is struggling. Most of the macro-economic indicators are in the red. Massive, unsustainable public debts, balance of trade deficits, rising inflation, decreasing purchasing power, widening gap between the rich and the poor, increase in household indebtedness and the quasi-disappearance of the middle class...

The recent water scarcity and floods are clear signs that the government's priority is elsewhere rather than the welfare of the people. The mantra is Metro, Metro and Metro! Cases of massive wastage of public funds, corruption and the paralysis of so many institutions through nepotism, favouritism and political interference are clear signs that government's popularity is under strain. Since the 2019 general elections, the PM is on a permanent electoral campaign, with an abusive subservience of the national TV as a prop.

The Opposition should have capitalised on the prevailing situation and cornered the government. It is not making even a dent as yet in the government defences. By default, the government may take advantage of this

situation and create the false impression of being in a strong position.

However, the situation may become clearer once the Labour-MMM-PMSD alliance is forged as this development could act as a trigger for a decisive political and psychological swing in favour of the Opposition. The coming weeks will be crucial for the Opposition and its credentials to represent a viable alternative to the present government.

* As regards the Opposition, in particular the Labour Party, Yatin Varma fired the first shot some weeks back, and this has been followed up early this week by Satish Faugoo, who came out publicly against the “dysfunctions” that will lead, according to him, the party to its perdition. Navin Ramgoolam's leadership has also been severely criticised by both men. Do you suspect that there is something serious happening within the party and that there may be more to come?

Our mainstream political parties are very traditional in the way they function. Even their leadership style is often out of sync with the greater demand for the democratisation in the social, economic and political spheres. There is a vigorous on-going public debate nationally and internationally on the matter. And I think the leaders of political parties are conscious of these developments and they will have to work out some acceptable adjustments.

But it is no secret for anybody that the Labour Party (LP) is currently engaged in very delicate negotiations with its partners to forge an alliance. And if an alliance is forged, there will obviously be limited political space for aspiring as well as past candidates. Also, the Leader of the LP has made his intentions known about fielding a good number of new faces. In which case, old apparatchiks will have to give way. Both Varma and Faugoo have been Ministers and most probably they must have evaluated their chances of being candidates as being very slim. Hence their tantrums.



“In the words of Oscar Wilde, every sinner has a past but every saint has a future. Navin Ramgoolam is now in the twilight zone of his political career and, for me, he can only have one agenda - a clear political agenda: to put Labour back in power and graduate from being a politician to becoming a statesman...”

Besides their timing, Varma's and Faugoo's outbursts against the so-called “dysfunctions” of the party and the leadership appear to me to be mere window dressings and a calculated move to distance themselves from the LP; they may be on the look-out for greener pastures elsewhere. My information is that they are in touch with a notorious emissary of the MSM. The so-called Judas-in-Chief!

Most probably there will be a few others who will follow Varma and Faugoo. But history has shown that such dissidence dies a natural death and life moves on. These departures should be taken as an opportunity for the LP to pursue the initiative it took at its Annual Congress last year to induct new blood in the central working committees of the party with a view to putting the party on a reform trajectory.

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'Navin Ramgoolam can only have one agenda: put Labour back in power and graduate from being a politician to becoming a statesman'

☞ Cont. from page 9

*** Others have said the same things rather politely, but the recent harsh grumblings are being voiced out publicly in what could be an election year. Selling the electorate on the idea that a credible alternative is available may not sound convincing in these circumstances. What do you think?**

Varma and Faugoo are not of the calibre to create a political thunderstorm or tsunami. Since politics is also about the art of the possible, it will be difficult (and of course, not impossible) for the duo, who were insulting and ripping each other apart in Constituency No 7 during the 2019 general elections, to join forces. This episode will soon be lost in the maze of events unfurling on the political scene and die down. Already, they are being ridiculed on social media and if they go out to face the public, things can get worse and turn out to be rather unpleasant for them.

Every crisis, every hurdle is a challenge, and there's always a silver lining. If this year could be an election year, then this is yet another opportunity for the party to rethink its strategy and recalibrate its electoral manifesto. This will put some additional winds in the sails of the LP.

*** As regards Navin Ramgoolam's leadership style, he may have his own reasons for the way he leads the party, but would you say, for having known him for many years, that his personal agenda and that of the party coincide?**

Navin Ramgoolam has had a rich political career, as Leader of the Labour Party, as both Prime Minister and Leader of the Opposition, with its associated ups and downs. He is also among the better-known Mauritian politicians on the international front.

He has been through hell after the 2014 general elections and someone else in his place would have thrown in the towel and left the ring. He may not be the perfect leader, but he has demonstrated the resilience that people in leadership positions should have. Besides, his charisma and his communication skills add to his leadership credentials.

In the words of Oscar Wilde, every sinner has a past but every saint has a future. Navin Ramgoolam is now in the twilight zone of his political career and, for me, he can only have one agenda - a clear political agenda: to put Labour back in power and graduate from being a politician to becoming a statesman.

I am quoting James Freeman Clarke who has stated: "A politician thinks of the next election; a statesman thinks of the next generation."

Probably this will be Ramgoolam's last general elections. It will be for him to decide his priorities which correspond to the aspirations of the Mauritian population and chart a new destiny for the nation. This is an opportunity that does not come in the way of politicians every day. Will he choose the trodden path or will he blaze a new trail? Time will tell.

*** If we go by recent press reports and the statements of Navin Ramgoolam, it would seem that the LP has come round to accepting the idea that the only way of ousting the current government and getting back to power is through an enlarged alliance**



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“We are in a democracy. If people think they are satisfied with the track record of the present government, then they can go for continuity. But if they want a change, then they will have to satisfy two conditions. First, support an alliance of political forces and, second, vote for a leader who has experience and enough step back to take the full measure of the challenges ahead...”

“People want improvements in their daily lives. They are allergic to costly prestige projects whose benefits do not trickle down to the population. They want an end to corruption and cronyism. They want our institutions to be free from political interference. They want to see the right people in the right places. They want an end to communalism and casteism...”

with the MMM and the PMSD. This would suggest that the LP on its own will not be able to make it next time round. Do you think that could indeed be the case?

Duval, Berenger and Ramgoolam should know and I presume they know the mechanics and the arithmetics of our electoral system based on the principle of First Past The Post. They must have drawn their lessons from the 2019 general elections and the risks of scattered votes.

They must also know the risks posed by money politics, institutional perversion, repression, the manipulation of the MBC-TV, amongst others, as well as the geo-political factor. Can they afford to take the risks of a divided Opposition?

Who is presented as the prime ministerial candidate plays a determining role in our general elections. This is an established political Mauritian reality. In the current political configuration, is there a politician with a national presence who can be a credible and winnable challenger to the present Prime Minister?

We are in a democracy. If people think they are satisfied with the track record of the present government, then they can go for continuity. But if they want a change, then they will have to satisfy two conditions. First, support an alliance of political forces and, second, vote for a leader who has experience and enough step back to take the full measure of the challenges ahead.

*** Whatever happened to the all-powerful Labour Party and the MMM that they should today mend fences with each other to be able to represent a formidable challenge to the ruling alliance?**

MSM is in power and therefore its situation is different. But after two mandates, it is also confronted with the syndrome of "usure du pouvoir" and if it were in the Opposition with the Jugnauth dynastic style leadership, it would have faced a similar situation.

Political parties, like most organisations, go through a typical life cycle process and after having reached the maturity stage, they go down the decline stage. Unless they take bold measures to change course and embrace reform and renewal. Labour Party and MMM are now confronted with the challenge of reinventing themselves. The leader of the LP has made it clear that this will be his last mandate and the party must inject new blood. There is a new Secretary General and a bunch of promising newcomers. A Labour revival is in the domain of the possible.

During World War II, an alliance had to be forged to counter the threat of the Axis powers. May be not in the same scale and for a similar cause, but both electoral logic and political expediency are weighing in favour of a Labour, MMM and PMSD alliance rather than a fragmented Opposition.

*** What do you make of the current government's performance - its 'bilan' so far - and that of the leader of the governing alliance?**

The present government was voted to power on the basis of a slogan based on two themes: Development and Good Governance ('nettoyage').

☞ Cont. on page 11

'Varma and Faugoo are not of the calibre to create a political thunderstorm or tsunami'

☞ Cont. from page 10

With regard to the second theme, there was an undertaking for a clean, transparent, and accountable government, which was to be in sharp contrast to what was termed the "pourriture" of the past.

The Metro (or to use a more appropriate terminology the tram project) was not part of the agenda of the new government. They had even canvassed the Modi government to abandon the project. By the way, I read somewhere that the metro project, instead of being a decongestion project has ended up being a re-congestion project at what is a formidable cost to the taxpayers.



“Why is the government reticent to implement the recommendation of Judge Lam Shang Leen for the setting up of the National Drugs Investigation Commission (NDIC) with “special powers”? When Minister Bodha left the government, he provided part of the answer. The

Franklin/ Sembhoo connection is adding another layer. The rest is food for serious thought...”

As for good governance, the less said, the better.

The fact that government spokespersons spend more time attacking the shortcomings of the previous government is proof enough they have overpromised and underdelivered on their agenda.

In contrast, in the National Assembly, in spite of all the miseries inflicted by the Speaker on the Opposition, Xavier Duval has emerged as an effective Leader of the Opposition.

*** But pulling down the MSM citadel may be easier said than done, it would seem, in spite of the rising cost of living for Mauritian households, the numerous corruption scandals that have rocked the government, its autocratic ways and so on. The silence of the electorate may not be misleading after all. What do you think?**

The next general elections will be reminiscent of a David fighting Goliath. People are disappointed and angry. The youth are bitter, with many yielding to the drug temptations.

People want improvements in their daily lives. They are allergic to costly prestige projects whose benefits do not trickle down to the population. They want an end to corruption and cronyism. They want our institutions to be free from political interference. They want to see the right people in the right places. They want an end to communalism and casteism.

They want social justice. They want an end to a culture that is destroying the ethos of meritocracy so essential to nation building. These are legitimate expectations

and aspirations of the majority of the population, which the government is far from being able to fulfill.

But are they sufficient to bring about a change of government? There is still a long way to go and a lot of deep, hard thinking to be done by the Opposition. First and foremost, they will have to bridge the credibility gap between the people and the Opposition. Rebuild confidence in politics and politicians.

For example, in the choice of candidates, which plays a crucial role in influencing voter attitudes and behaviours, there is no room for mistakes. Unless there is a clear choice between the bad and the better, it will be an uphill task to dislodge the government. What an opportunity to redefine and reposition politics and reinstate its "lettres de noblesse"!

*** There has lately been a lot of discontent about water supply and the lack of proper drains. Some people took to the streets in certain areas, but all that died down once their immediate concerns were addressed. Earlier street protests have also fizzled out. What is the very worst that could possibly happen and would upset the applectart?**

Gouverner, c'est prévoir. A country cannot be at the mercy of the climatic conditions and continue suffering the adverse consequences of droughts and floods. A responsible government should be proactive and be prepared to deal with adversities.

Allowing problems to drag on is a sign of inefficiency and incompetence. An acute sense of professionalism is needed at levels of our society. It is yet another challenge for the Opposition to prioritise what affects the lives of the population more directly and come up with sustainable solutions.

True it is that earlier street protests have fizzled out. But we should not forget that the electoral clock is ticking faster and as the electoral fever catches on, events will start weighing more heavily on people's attitude and political preferences.

For example, the Franklin/Sembhoo affair may potentially be very damaging to the government and will gain traction in the print and social media. It could even become a game changer as it is connected to the drug scourge, which has victims in both the rural and urban areas. This is likely to tilt further public opinion against the government.

*** Beyond party politics, there appears in fact to be a more pernicious problem that could be taking shape in the country: the emergence of powerful drug barons holding on to their illicit business and defying the authorities despite the best efforts of the police leading to thousands of arrests and drug seizures. What's your take on that?**

Let me reproduce a post on my FB page of Tuesday 7th February 2023, under the title: 'L'enfer de la drogue':

“People reject a government when trust is broken; they elect a government when trust is restored. It is now the turn of Opposition to build trust with the people and make the right choices, the right decisions which resonate with the legitimate aspirations of a nation. For there are clear signs that the winds of change will blow stronger in the days and weeks to come...”



«Selon les statistiques, ils sont aujourd'hui 10 000 usagers de drogues à Maurice alors qu'on observe un rajeunissement et une féminisation de la toxicomanie, sans compter que les drogues synthétiques sont de plus en plus consommées et deviennent plus dangereuses. Des centaines de familles détruites. 13.7 milliards de drogue saisis. Baron la drogue arrêté et fermé? Aucun!»

For me, Franklin is not the godfather.

Why is the government reticent to implement the recommendation of Judge Lam Shang Leen for the setting up of the National Drugs Investigation Commission (NDIC) with “special powers”? When Minister Bodha left the government, he provided part of the answer. The Franklin/Sembhoo connection is adding another layer. The rest is food for serious thought.

*** One last question. People here do not usually vote for party programmes; they vote for or against a leader, secondly his team, or they abstain. What would you say is the best offer that the LP should be putting on the table?**

People reject a government when trust is broken; they elect a government when trust is restored. It is now the turn of Opposition to build trust with the people and make the right choices, the right decisions which resonate with the legitimate aspirations of a nation. For there are clear signs that the winds of change will blow stronger in the days and weeks to come.



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Turkey-Syria earthquakes: A seismologist explains what has happened



Turkey-Syria earthquakes: Seismic waves were picked up by sensors around the world. - ymphotos/Shutterstock



Jenny Jenkins
Assistant Professor,
Department of Earth
Sciences, Durham
University

An extremely large earthquake occurred on February 6 in the southeast of Turkey, near the border with Syria. Seismic waves were picked up by sensors around the world (you can watch them ripple through Europe) including places as far away as the UK.

This was a really big one.

The shaking caused by energy traveling outwards from the source or epicentre has already had terrible consequences for people living nearby. Many buildings have collapsed, and there are reports of damage

to gas pipelines leading to fires.

A second very large earthquake of 7.5 magnitude also occurred in central Turkey around lunchtime.

Why this happened here

This area of Turkey is prone to earthquakes as it lies at the intersection of three of the tectonic plates that make up the Earth's crust: the Anatolian, Arabian and African plates. Arabia is moving northwards into Europe, causing the Anatolian plate (which Turkey sits on) to be pushed out westwards.

The movement of the tectonic plates builds up pressure on fault zones at their boundaries. It is the sudden release of this pressure that causes earthquakes and ground shaking.

This latest earthquake is likely to have happened on one of the major faults that marks the boundaries between the Anatolian and Arabian plates: either the East Anatolian fault or the Dead Sea Transform fault. These are both "strike-slip faults", which means they accommodate some motion of plates moving past each other.

'Significantly bigger' than previous earthquakes

While this area has many earthquakes every year caused by the ongoing motion of the tectonic plates, today's earthquake is particularly large and devastating as so much energy was released. The United States Geological Survey (USGS) states that only three earthquakes bigger than magnitude 6 have happened within 250km of this location since 1970. At magnitude 7.8, the February 6 event is significantly bigger than ones the area has experienced before, releasing more than twice as much energy as the largest previously recorded earthquake in the region (magnitude 7.4).

Modern seismologists use the moment magnitude scale, which represents the amount of energy released by an earthquake (the Richter scale is outdated, though it is sometimes wrongly quoted in the news). This scale is non-linear: each step up represents 32 times more energy released. That means a magnitude 7.8 actually releases around 16,000 times more energy than the more moderate magnitude 5 earthquakes that might usually happen in the region.

We tend to think of earthquake energy as coming from a single location, or epicentre, but they are actually caused by movement along an area of a fault. The bigger the earthquake the larger the fault area that will have moved. For something as large as this magnitude 7.8 there is likely to have been movement over an area roughly 190km long and 25km wide. This means the shaking will be felt over a very large area.

Severe to violent shaking (enough to cause significant property damage) is estimated to have been felt by 610,000 people in the surrounding area up to around 80km away north-eastwards along the tectonic plate boundary. Light shaking was felt as far away as Turkey's largest city Istanbul (around 815km away), as well as Baghdad in Iraq (800km) and Cairo in Egypt (950km).

What about aftershocks?

After major earthquakes there will be many smaller earthquakes known as aftershocks as the crust readjusts to the changes in stress. These can continue for days to years after the initial event. In the first 12 hours after the initial tremor in southeast Turkey there were already three other earthquakes above magnitude 6.0. The first was a 6.7 which happened only 11 minutes after the first shock, and there have been hundreds of smaller magnitude aftershocks.

The second, magnitude 7.5 earthquake occurred further to the north on a different but adjacent fault system: the Sürgü Fault. Technically this one was powerful enough to count as a separate earthquake in its own right, though it is likely to have been triggered by the first earthquake, and it will generate its own series of aftershocks.

While aftershocks are usually significantly smaller than the main shock, they can have equally devastating consequences, further damaging infrastructure that was damaged by the first earthquake and hampering rescue efforts.



Search for survivors under the rubble. Pic - ymphotos/Shutterstock

The Hindenburg-Adani Saga: A Hit Job?

Cont. from page 3

If the intent of the Hindenburg report was beyond Adani, to create suspicion and cast aspersions more widely on the credibility of Indian companies and in turn, on the Indian economy, and thereby stall the country's fund-raising opportunities and options, it would be naive and foolish to add knee-jerk credence to yet another sterile pursuit. India Inc and whatever future political dispensation after 2024 will need all the cooperation and financial muscle of its successful entrepreneurs and wealth creators.

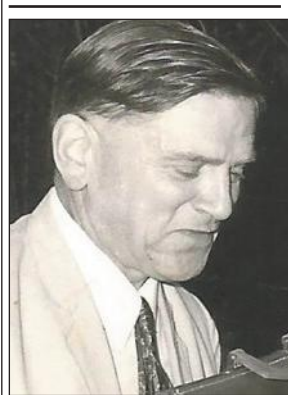
With Congress, still smarting from being labelled as the party of cronyism and corruption since 2012, it seems that the now "Adani-Ambanikisarkar" jibes that Congress leader Rahul Gandhi has used consistently since 2014 will find a new lease of life as the latter's Jodo Yatra aims for another relaunch of its leader profile in a fiercely contested Opposition minefield of personal ambitions and egos.

4. With Adani Enterprises, Adani Total Gas, Adani Transmission, Adani Green Energy, Adani Ports, Adani Power and Adani Wilmar, Gautam Adani has been a key ally in PM Modi's infrastructure and indigenous manufacture drive and will survive the current onslaught. India's 2023 budget plans massive push in Railways and he may be a contender there too. End January, Adani public offer was oversubscribed by investors although the firm decided to cancel the float, citing ethical reasons in the volatile conditions. Last week Adani was with the Israeli PM who handed over the Haifa Port management to Adani Ports, much to the discomfiture of state-sponsored Chinese rivals. He may have had a hand in some global US companies shifting production out of China to India. Adani has met several heads of states and business leaders at Davos, saying "*the decoupling of trading giants the United States and China is a huge opportunity for India to become a powerful force in the global supply chain*".

Who stands to gain from the Hindenburg storm, ask some Indian analysts, looking over the Himalayas and indeed others point to a succession of events since India took over the G20 presidency: vested interests in the Western world, the Oxfam accusations at Davos, the BBC raking up a 20-year old anti-Modi story, the banning of Chinese apps in India, the inability of China to bully India at the frontier: Geopolitics runs firmly in the background of the attempted weakening of the Adani Group.

Jan Arden

• 'One must be somebody to have an enemy.' — Sophie Swetchine



Peter Ibbotson

After The Luce Report

How many unemployed are there in Mauritius? Oh, about two thousand. That is what the Labour Department has solemnly been assuring questioners for years. Why, it's only a few months since the House of Commons heard, at Question Time, that unemployment in Mauritius was at that figure. Now, however, along comes Mr Luce

to lift the lid and reveal, Pandora-like, the horrid truth about the ills which beset the island's economy.

Let us recapitulate Mr Luce's findings regarding employment: population of Mauritius in March 1958, 600,724, of whom those aged 14 and over numbered 336,618. Of these potentially employable persons, only 205,280 were economically active: say 61%. Those who worked did so, on average, for 37 hours a week and on 23 days out of each 30.

What, JN Roy has asked, does all this mean? "It means that only 205,280 people work at the rate of 23 days to feed 600,724 people during 30 days. This position of employment is among the worst in the world. It means that 4,721,440 workdays supply 18,021,720 food-days."

31,000 out of work is Mr Luce's figure — higher than any unofficial estimate or elsewhere. And no unemployment benefit or other form of social assistance for those unfortunates, except what they can get from the Public Assistance Department (PAD) as public assistance. And we know only too well how people are sometimes treated by the PAD when they go along to ask for relief. Far too often among the lower officials of the PAD (and for that matter of other departments) do we find a complete lack of sympathy, an absence of the milk of human kindness, when dealing with the problems of poverty-stricken wives and labourers. The insolence of the minor officer, the brusqueness of the pettily uninformed — these are the hallmarks of the ill-disposed minor official who is brusque to the workers because he would like to feel more securely separate from them. He knows he is but little separate, and wishes to avoid dropping back. Yet to the middle-class that same brusque official is ingratiating and deferential; but this very deference cloaks an animosity: the official would like to be one of them but realises he is not.

What can be done to help this army of out-of-works? Monetary assistance would help them to keep body and soul together; but alone, financial help is not enough. The *out-of-works want work*. It is as simple as that. Unfortunately, the solution is not so simple; where is the work to come from? If the five-year-plan is pushed ahead with all speed, there may well be some amelioration in the numbers of unemployed; but one doubts whether the acceleration of the five-year plan will do more than just keep pace with the rate of population growth. Emigration is put forward as just another solution; one is rather tired of this perennial panacea of all economic ills. Where would the people emigrate to?

And who would emigrate? Madagascar has the land, Mauritius has the people — but Madagascar is French and ill-disposed to Mauritian immigration. (The ill-disposition stems from the French authorities not from the Malgaches themselves.)

If Madagascar were a part of the British Commonwealth, a free flow of people between it and Mauritius could follow;

but there is little prospect of Madagascar passing from French imperialism. Brazil has been suggested; and there is no colour bar in Brazil. There is, too, a very racially-mixed population; the Brazilians being (like the Tahitians and Hawaiians) living rebuttal of the illogical and emotional claim that intermarriage of races leads to racial degeneration. But would the Brazilian authorities accept an influx of Mauritians? If they did, they would want only the young, strong and economically active Mauritian men; they would not really be interested in older (perhaps economically liabilities) people. So, Mauritius would be denuded of the best of the younger generation and would develop an unbalanced demography — although I will admit that, in view of the present composition of the population (by age), Mauritius could afford to lose without noticing the lack a good number of young persons.

What of other parts of the Commonwealth? Canada is undergoing a recession. Australia is ready to admit the rag-tag and bobtail of central Europe and Germany, but has a colour bar against immigrants from India, Mauritius, etc. Perhaps if a Labour Government were in power in Australia, we might see this colour bar removed; at least we could bring more moral pressure to bear on a Labour Government than we can on a Tory Government (the Tories, like the Parti Mauricien, don't respond to a moral approach: they respond only to two stimuli: money and pressure).

British Guiana has vast areas underdeveloped and underpopulated, and would be prepared to take immigrants (from Mauritius, Dr Jagan has told me, if there were appropriate discussions and agreements between the two governments concerned) providing that first the country were in a more economically sound condition; but the refusal of the Colonial Office last July to grant British Guiana sufficient funds for development is jeopardising the economic stability of the colony. So, for the moment prospects of emigration to British Guiana are remote.

Of course, we might be able to do something to prevent the alarming rise in the population; which has gone up by 20% in six years. We could have an energetic island-wide campaign in favour of family planning, to prevent the rate of population growth becoming too high. But the Government is afraid of family planning. It registers the local Family Planning Association but gives it no support; yet that Association is doing as much for the economic future of Mauritius as all the five-year-plans and sugar estates put together. One of the factors which will affect the future of Mauritius is the rate of population growth; and the FPA is the only organisation concerned to check it. The current issue of the IPPF's News of Population and Birth Control has a news paragraph about Mauritius:

"The island's first family planning clinic was opened at Piton on May 10th... Among those present were the Minister of Health, the Hon Guy Forget, and Mrs Forget. Each branch, of which there are already 22, has a fully organised committee and at every place where a new branch is to be started Dr Teelock first speaks of the methods and advantages of family planning. Nearly 5,000 persons have been addressed at these meetings... The Association, which has a subscribing membership of a thousand, is concerned at all costs to avoid conflict with religious organisations. It is eager to provide all necessary family planning services to those who have no religious objections..."

If Hon. Forget can attend the opening of a family planning clinic, thus giving the impression that he is in favour of them, cannot he use his influence to get, if not Government-spon-

sored clinics, at least a financial subvention for the Association? There are many colonies where government aid is forthcoming, because the local government realizes that economic stability in countries which are producers of primary products (e.g., sugar) rests on not letting the population increase too rapidly and too much, especially if the area of the country is limited (e.g., Barbados, Hong-Kong, Trinidad). In Hong-Kong, by the way, the Jockey Club is a very generous supporter of the local FPA. — *verbum sat sapienti*.

Mr Luce has lifted the lid off the poverty of even those workers who are in employment. Their wages are not enough, he declares; and he wants an enquiry into the sum of money necessary for a labourer to feed and clothe and shelter his family decently.

In short, he wants to see, what we of the *Mauritius Times* have campaigned for consistently and unceasingly: a tolerable minimum standard of civilised living for all. And that, by the way, is the aim of the socialist, not of any other politician. The Parti Mauricien is concerned with what the rich can get and can hold on to. The other parties are principally concerned with what the party leaders can get for themselves. But the Labour Party - it alone is concerned to try and get a better life for all.

The truth about Mauritius today is, of course, that there are two Mauritiuses. There is the Mauritius of the rich and the Mauritius of the poor. And for years the rich has been growing richer while the poor have been growing poorer. *Union* of September 1958 was right to draw attention yet again to what I (and others) have often tried to hammer home: *Les dividendes payés par les compagnies sucrières passèrent de 95 millions en 1952 à 256 millions en 1956, mais les gages restèrent les mêmes.*

As one of the greatest of English poets, Shelley, put it 150 years ago:

*'Have ye leisure, comfort, calm,
Shelter, food, love's gentle balm?
Or what is it ye buy so dear
With your pain and with your fear?
The seed ye sow, another reaps;
The wealth ye find, another keeps...'*

And in Mauritius the wealth of the tiny minority who control the island's economic destiny (and they will control the island's political destiny. I am afraid, unless the Labour and Trade Union movement get together better and put the island's welfare in front of the petty advancement of a few trade union leaders) derives from the labour of the many. And not just the labour of the many, but the *sweated* labour of the many. Dividends soar; wages remain steady or stagger slowly up, lagging always sadly behind the cost of living and repeated increases in the price of essentials such as rice and tea.

Mr Luce's report is a long overdue exposure of conditions in a colony which is, *officially*, prosperous. It is a shameful condemnation of colonialism. It is a thorough (though not meant as such) condemnation of capitalism and private ownership. It is a sad commentary on the lack of vigour of the local trade unions and Labour Party. And the future? A planned population policy is needed. So is urgent implementation of the five-year-plan. So, implementation of the cement project; the cost is immaterial beside the relief in human misery it will provide.

But on the wider issue, it is clear from Mr Luce's remarks that labourers' wages must be fixed by a Board; and that private enterprise having failed in Mauritius, the only alternative is to try public ownership of the land and all means of production.

UK slides in corruption perception index after series of political scandals

The UK is perceived to be more corrupt than it was following the 2009 expenses scandal that rocked parliament to its core

● Cont. from page 2

This will, over time and often in discreet ways, affect investment decisions and the UK's general standing in the international community.

And as well as countries that are ostensibly close to the UK and wish it well, hostile states are happy to watch the UK move away from core liberal democratic principles. As long as powerful UK actors play fast and loose with the law and due process – and fail to embrace transparency, accountability and integrity as good things in and of themselves – then states that don't wish the UK so well will feel emboldened to pursue their own interests at the UK's expense. Russian money will continue to find its way into London and rogues the world over feel emboldened in using the UK's financial services sector to get what they want.

Red flag

The CPI is, of course, far from the only way to try to measure corruption. It's also important to remember that the data on which the CPI is based is criticised for a range of reasons. For example, giving a country a single score between one and 100 can give a sense of false accuracy. China and Sao Tome & Principe both score 45



Nadhim Zahawi was fined for not paying his taxes. Alamy/PA

in the latest data yet the two countries are clearly facing very different sets of corruption challenges. Given that, what exactly does 45 actually mean? There are other issues, too.

But the CPI is good at pinpointing broader trends. The detail can be unpacked, but the bigger picture that's painted is worth taking seriously.

The UK's drop in the CPI should not be seen as a one-off event. It is a warning signal to a government that, for the sake of the country's future wellbeing, it must do better.

The UK should not want to be a nation that suddenly wakes up to find that it's in a new corruption reality that it spent too long trying not to recognise. It's not too late to change that. But recognising the serious nature of the problem is the first task – and this data shows the task is pressing.

Daniel Hough, Professor of Politics, University of Sussex

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Mauritius Examinations Syndicate HSC 2022 Examinations - List of Laureates 2022

● Sir Seewoosagur Ramgoolam National Scholarships

■ Science Side - Boy

Sewruttun: Roshan Nakul - Royal College P.Louis

■ Science Side - Girl

Chung Tak Cheung: Lucy Sheryl - Queen Elizabeth College

● Sir Anerood Jugnauth National Scholarships

■ Economics Side - Boy

Ghoora: Girikshit - Royal College Curepipe

■ Economics Side - Girl

Soojhawon: Teejista - Droopnath Ramphul State College

● State of Mauritius Scholarships

■ Science Side - Boys

Ameer Meea: Sayed Ahmad Jilani - Royal College P.Louis

Podano: Surajsingh - Sookdeo Bissoondoyal State College

Greedharry: Girish Coomar - Royal College Curepipe

Panday: Ashutosh Kapil - Royal College P.Louis

■ Science Side - Girl

Issimdar: Iqrah Aalia - Doha Secondary School

Noruttun: Geetika - Queen Elizabeth College

Soneeram: Laksha Ankita - Queen Elizabeth College

Ramsurrun: Vainavi Keshika Ishita - Queen Elizabeth College

■ Economics Side - Boys

Mars: Angelo Yanis Emmanuel Davis - Royal College Curepipe

Gopal: Sonn Singh - Royal College Curepipe

■ Economics Side - Girls

Sanasy: Leana - Queen Elizabeth College

Lim Kim Yee: See Lin - Dr Maurice Curé State College

■ Arts Side - Boy

Ujoodha: Vince Yuvraj - Royal College Curepipe

■ Arts Side - Girl

Seetaram: Paridhi - Queen Elizabeth College

■ Technical Side - Boy

Jadhakhan: Mohammad Shahir - Royal College Curepipe

■ Technical Side - Girl

Bufion: Ashnah Judith - Forest Side SSS (Girls)

● MCB Foundation Scholarship*

Digumber: Gyan - Royal College Curepipe

● Additional Scholarships (26)

■ Science Side - Boys

Narrainsawmy: Kovilen Socalingum - Royal College P.Louis

Kang: Si Ru - John Kennedy College

Leong Loi Sin: Warren Chong - Royal College Curepipe Wing Ping

Basava Reddi: Kyle - Royal College Curepipe

■ Science Side - Girls

Beeharry: Sanjana Lakshmi - Queen Elizabeth College

Ghoorah: Isha - Queen Elizabeth College

Joomun: Bibi Hafsa - Queen Elizabeth College

Sunkur: Aishwarya Devi - Dr Maurice Curé State College

■ Economics Side - Boys

Seikdaur: Irshaad Ibne Imran - Dr James Burty David Sss

Dewan: Hemal Krishna Atul - Royal College P.Louis

Lallchand: Neelesh - Royal College Curepipe

■ Economics Side - Girls

Sewraz: Arpana Isha - Dr Maurice Curé State College

Dookhee: Khadeejah Sadia Nazir - Mahatma Gandhi Institute Moka

Jaria: Iliina - Dr Maurice Curé State College

■ Arts Side - Boys

Bangaroo: Ghervish Ganesha - Mahatma Gandhi Secondary School Moka

Teeroovengadam: Trishan - Royal College P.Louis

■ Arts Side - Girls

Bhugaloo: Taqwaa Beebee Aishah - Doha Secondary School

Dulall: Shazia Fatimah - Dr Maurice Curé State College

■ Technical Side - Boys

Young Kim Fat: Jason Sean - College Du St Esprit

Moutou: Leonardo Warren - College Du St Esprit Baptiste

■ Technical Side - Girls

Kowlessur: Nirja - Dr Maurice Curé State College

Wong Shiu Leung: Norah Louise - Loreto College Quatre Bornes

● Rodrigues Open Scholarships

Boys

Azie: Thierry Pascal - Rodrigues College

Prudence: Joseph Mathieu - Rodrigues College

Girls

Roussety: Christina - Rodrigues College

Hortense: Maria Juliana - Rodrigues College

● HSC Professional Laureates 2022

Boy

Dewan: Chaturved - Mahatma Gandhi Secondary School Moka

Girl

Dig-Dig: Marie Lashawna - Belle Rose State Secondary School

Scammed: Why the rich, famous and experts get duped more often than you think

We can all learn from high-profile frauds that have reeled in experts and celebrities alike, such as FTX and Theranos

The typical reaction to learning about how people have lost money to a con artist is “how could anyone be so gullible?” But it’s the wrong question. Fraudsters fool even the most clever and admired experts by playing on their psychological vulnerabilities.

News of multi-million and even multi-billion dollar deceptions keep rolling in. Sam Bankman-Fried, the founder of FTX (a Bahamas-based cryptocurrency exchange), attracted an A-list of investors and celebrities. Among his investors were some of the most respected names in finance. The list of celebrities who endorsed him — Tom Brady, Steph Curry, Naomi Osaka, Larry David, Kevin O’Leary — was just as impressive.

A billionaire many times over, Bankman-Fried’s empire collapsed in November 2022. Now FTX is a bankrupt company and Bankman-Fried is awaiting trial on multiple charges related to fraud.

The Bankman-Fried story may not be so different from Elizabeth Holmes’s. At the height of her success, Holmes was declared the youngest self-made female billionaire. According to Forbes, her net value was a staggering \$4.5 billion, based on her 50% stake in the now-defunct company Theranos. The line of investors in Theranos represented some of the world’s best-known names, including Rupert Murdoch and the Walton family. Recently, a court filing claimed Holmes bought a one-way ticket to Mexico in an attempt to flee the US after her conviction on fraud charges in 2022.



Elizabeth Holmes is appealing her 11-year jail sentence for fraud. Sipa US / Alamy Stock Photo

against them.

No one is immune

The stereotypical image of fraud victims is that they are naïve and older. Data on fraud victims presents a very different picture, however, one that is far more nuanced. Depending on the type of fraud that researchers examine, it’s clear that sophisticated, well-educated and young people are all vulnerable to scams. Fraudsters often target a particular demographic — the well-off and well-known are targeted with scams bespoke to them.

Research has also found that overconfidence is an important factor in fraud vulnerability. People who are high achievers in one domain (for example, military

professional people who are not necessarily financial experts.

In our research, we have found that people often feel confident in their ability to detect a scam. In a series of experiments that investigated why people engage with materials that are obviously scams — such as letters apparently notifying the person of lottery winnings — we found a subgroup of people who said such letters were probably a scam but would contact the scammers to see for sure, then still back out without any losses.

A typical scam starts by exposing a victim to the fraudster’s pitch, which is designed to evoke strong emotions such as fear. Then fraudsters use persuasion tactics such as commitment (making people feel obligated to follow through on a pledge), authority (police), scarcity (time pressure), and “social proof” to engage their targets.

Social proof is a term coined by psychologist Robert Cialdini to explain the way consumers will adapt their behaviour in response to what other people are doing. Celebrity social proof can be especially powerful. Famous people may not fully understand the technology yet still convey confidence in a product or service’s effectiveness.

In October 2022, Kim Kardashian agreed to pay a \$1.26 million (£1 million) settlement to the US Securities and Exchange Commission (SEC) in relation to claims she failed to disclose that she had been paid \$250,000 for publishing an Instagram post touting the cryptocurrency company EthereumMax. And a recent class action lawsuit named several A-list celebrities (Madonna, Justin Bieber, DJ Khaled, Paris Hilton, Gwyneth Paltrow, Snoop Dogg, Serena Williams and

Jimmy Fallon) as part of a fraud case for endorsing luxury brand Bored Ape Yacht Club’s non-fungible token scheme.

New-age fraud

Social media has made it easier for famous people to communicate with their followers, something companies have been quick to monetise. Unfortunately, con artists have too. Celebrities’ credibility is being hijacked, dragging their legions of fans down with them.

Experts and wealthy people may feel that the authority their knowledge or riches gives them acts as a shield. But research shows people who are already comfortable with investing and taking risks are more likely to be approached with illegitimate investment opportunities. They are also more open to these opportunities.

From a scammer’s logistical perspective, it is much easier to defraud a few rich people or organisations than many poor ones. A report by wealth management service Saltus found that people whose net worth is over £3 million are twice as likely to report being a fraud victim, compared with those with a net worth of £250,000-£500,000.

When someone’s reputation is on the line, they might have less incentive to admit being a victim. This could help explain why the US attorney office in San Francisco needed to put a public call out asking for information from Holmes’s victims, and the US Justice Department had to create a similar mechanism for FTX victims.

In our work, we interviewed psychologists who had fallen for scams. Because part of their “brand” is expertise on human behaviour, they feared exposure and humiliation and were disinclined to report the crime or seek help. But their shame only allows the scam to continue and defraud more victims.

We are concerned that social media will only drive more investment scams in the future. So remember, investments that defy financial fundamentals should be approached with extreme caution. Involvement of a third party such as an accountant may help you avoid decisions based on superficial appeal.

Social media may have moved the goalposts, but the classic advice to never assume anything is true without checking for yourself is still worth heeding.

Yaniv Hanoch

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Stacey Wood

Molly Mason Jones Professor of
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Sam Bankman-Fried is facing fraud charges over the collapse of cryptocurrency exchange FTX. UPI / Alamy Stock Photo

How did Holmes dupe so many experts and well-known people, as Bankman-Fried is also accused of? Like most skilled fraudsters, it is claimed they used their victims’ emotional needs

expertise) may overestimate their ability to perform due diligence in a separate field (medical lab equipment). This could, for example, help explain how Bernie Madoff was able to scam wealthy, well-educated

You can change your personality, say scientists

It has long been believed that people can't change their personalities, which are largely stable and inherited. But a review of recent research in personality science points to the possibility that personality traits can change through persistent intervention and major life events.

Personality traits, identified as neuroticism, extraversion, openness to experience, agreeableness and conscientiousness, can predict a wide range of important outcomes such as health, happiness and income. Because of this, these traits might represent an important target for policy interventions designed to improve human welfare.

The research is the product of the Personality Change Consortium, an international group of researchers committed to advancing understanding of personality change. The consortium was initiated by Wiebke Bleidorn and Christopher Hopwood, University of California. The paper has 13 other co-authors.

Strong evidence suggests that personality traits are broad enough to account for a wide range of socially important behaviours at levels that surpass known predictors, and that they can change, especially if you catch people at the right age and exert sustained effort. However, these traits also remain relatively stable; thus while they can change, they are not easy to change, Bleidorn said.

Why focus on personality traits?

Research has found that a relatively small number of personality traits can account for most of the ways in which people differ from one another. Thus, they are related to a wide range of important life outcomes. These traits are also relatively stable, but changeable with effort and good timing. This combination -- broad and enduring, yet changeable -- makes them particularly promising targets for large-scale interventions.

Both neuroticism and conscientiousness, for example, may represent good intervention targets in young adult-

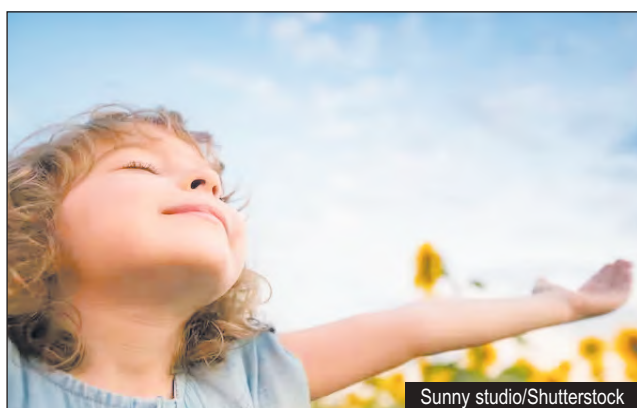


hood. And certain interventions -- especially those that require persistence and long-term commitment -- may be more effective among conscientious, emotionally stable people. It is also important to consider motivational factors, as success is more likely if people are motivated and think change is feasible, researchers said.



Why do I feel happier when the sun is out?

Day to day, sunshine might not affect our mood – but light and dark seasons do.



Sunny studio/Shutterstock

That is exactly the same question I asked many years ago when I was sitting on a nice sunny beach, far away on a lovely warm island. I remember thinking, "Oh gosh, tomorrow I need to fly back to rainy London where the weather is horrible. I don't want to go; the weather will make me unhappy."

I actually did some research into whether sunshine does make us happier. I'm a professor of economics, and I wanted to look at whether higher temperatures, more sunshine and less rainfall on a given day makes people happier. Happiness matters to economists because it is an important way of measuring quality of life. Did you know that the Office of National Statistics has been collecting happiness data for more than 10 years?

My own research has shown that while sunshine matters as a seasonal factor, it doesn't matter much whether it's sunny on any given day here in the UK. The sunlight you get over the course of a season is what's important. You may generally feel a bit unhappier in the winter, but it won't matter much whether it's a sunny or a cloudy winter's day.

Medically, exposure to sunlight causes your brain to produce the hormone serotonin inside your body. Hormones are complex chemicals that play an important role in regulating many of your body functions.

Two functions that are affected by serotonin are your mood and your sleep quality. When you're exposed to sunlight your body will make more serotonin, which can

boost your mood and make you feel better. High levels of serotonin will make you a feeling positive and full of energy.

At night, when it is dark, your body produces another hormone called melatonin. Melatonin helps your body relax and will make you feel tired. It's a chemical produced by your body to prepare you for a good night's sleep. A good balance between these two chemicals is very important in regulating your energy levels, giving you a good night's rest and making you feel well during the day.

Not enough sunshine

However, for many people it is hard to balance sunlight with darkness. People who work indoors a lot, or live in parts of the world where it gets dark for a long time -- like countries near the North Pole in the winter -- may not get enough sunlight.

There is typically 100 times less light in a house and 25 times less light in an office when compared to a nice sunny day outside. This is why getting outside in the sun

is a great way to get some exercise, enjoy the fresh air, and boost your mood all at the same time.

People who live in places where there is less daylight are more likely to suffer from seasonal affective disorder (Sad). Sad is a type of depression that often occurs in the autumn and winter.

People with Sad may experience symptoms such as low energy, sadness, sleep problems, and a decreased interest in activities they normally enjoy. The most common treatment for Sad is light therapy where you sit underneath bright artificial lights for some time. This mimics sunshine and will trick your body into creating serotonin.

We need the light

However, there is more to sunlight than just hormones. Your skin produces Vitamin D from sunlight and this is important for strong bones and being healthy. From April to September most people in the UK make enough Vitamin D from sunshine alone. In the winter, though, you won't get enough from sunshine, which is why the UK government recommends that everyone should consider taking vitamin D supplements in the autumn and winter.

There is also an evolutionary component. Human eyesight is designed for daylight. We don't have good night vision like cats. A long time ago in the past, when we didn't have streetlamps, long periods of darkness might have made our ancestors nervous, fearful, and therefore unhappy. And while you don't have to worry about being eaten by a lion at night any more, you may still have some of that fear from your ancestors 5,000 years ago.

Please remember that while sunlight can have many positive effects on your mood and health, it's also important to be safe in the sun. This means wearing sunscreen, wearing a hat and sunglasses, and avoiding being in direct sunlight for too long. And never look at the sun directly. That's super dangerous.



It's important to spend time outside, all year round. Prostock-studio/Shutterstock

Franz Buscha

Professor of Developmental Linguistics,
The University of Edinburgh



Miss Beatrice and the organ

Miss Beatrice, the church organist, was in her eighties and had never been married. She was admired for her sweetness and kindness to all. One afternoon the pastor came to call on her and she showed him into her quaint sitting room. She invited him to have a seat while she prepared tea.

As he sat facing her old Hammond organ, the young minister noticed a cut-glass bowl sitting on top of it. The bowl was filled with water, and in the water floated, of all things, a condom! When she returned with tea and scones, they began to chat.

The pastor tried to stifle his curiosity about the bowl of water and its strange floater, but soon it got the better of him and he could no longer resist. "Miss Beatrice," he said, "I wonder if you would tell me about this?" pointing to the bowl.

"Oh, yes," she replied, "Isn't it wonderful? I was walking through the park a few months ago and I found this little package on the ground. The directions said to place it on the organ, keep it wet and that it would prevent the spread of disease. Do you know I haven't had the flu all winter."

Deepest condolences

A lady had lost her husband almost four years ago. Her daughter was constantly telling her to get back into the dating world.

Finally, she said she'd go out, but didn't know anyone. Her daughter immediately replied, "Mom, I have someone for you to meet!

Well, it was an immediate hit.



They took to one another and after dating for six weeks, he asked her to join him for a weekend in Spain.

Their first night there, she undressed as he did.

There she stood nude, except for a pair of black panties, he in his birthday suit.

Looking her over, he asked, "Why the black panties?"

She replied "My breasts you can fondle, my body is yours to explore, but down there I am still mourning."

He knew he was not going to get lucky that night.

The following night was the same, she stood there wearing the black panties and he was in his birthday suit but now he was wearing a black condom.

She looked at him and asked, "What's with the black condom?"

He replied, "I want to offer my deepest condolences.

Husband-wife quarrel

My wife and I were having a serious quarrel when I said to her..."Pack your things and..."

At that point, her phone rang, so I had to stop for her to receive the call. It was her dad. The phone was on speaker so I could hear what he was saying. After the usual pleasantries between father and daughter, he said: "My daughter, I have transferred \$1,000,000 into your account, give your husband \$500,000 out of it, and you can have the other half. Am sending one of the parked cars to you and your husband for family use."

After the good-byes, the call ended, and she turned to me: "You said I should pack my things and do what?"

"I said pack your things and give them to me to wash. I will iron them when light comes back."

Daddy's car in the woods?

Little Johnny watched his daddy's car pass by the school playground and go into the woods. Curious, he followed the car and saw Daddy and Aunt Jane in a passionate embrace.

Little Johnny found this so exciting that he could hardly contain himself as he ran home and started to tell his mother. "Mummy, I was at the playground and I saw Daddy's car go into the woods with Aunt Jane. I went back to look and he was giving Aunt Jane a big kiss, and then he helped her take off her shirt. Then Aunt Jane helped Daddy take his pants off, then Aunt Jane..."

At this point Mummy cut him off and said, "Johnny, this is such an interesting story, suppose you save the rest of it for supper time. I want to see the look on Daddy's face when you tell it tonight."

At the dinner table that evening, Mummy asked little Johnny to tell his story. Johnny started his story, "I was at the playground and I saw Daddy's car go into the woods with Aunt Jane. I went back to look and he was giving Aunt Jane a big kiss, then he helped her take off her shirt. Then Aunt Jane helped Daddy take his pants off, then Aunt Jane and Daddy started doing the same thing that Mummy and Uncle Bill used to do when Daddy was in the Army."

Mummy fainted!

Moral: Sometimes you need to listen to the whole story before you interrupt!

40-year sentence

A woman goes to prison to visit her husband who has just been sentenced to 40 years in jail.

As soon as she enters the visiting room, she hugs him and exclaims with tears in her eyes:- "Oh! Roger, 40 years, Roger.?"



"I'm home...What a terrible day...I took your ladyshaver to work instead of my taser!"

And the husband replies:

"Well, my love, what are you going to do?"

"Oh, Roger...! I spoke to the judge handling your case,"

"And what did he say, my love?"

"He told me that for every time I make love with him, he will reduce your prison sentence by one year ..."

"What! What a miserable bastard and what did you say to that son of a b☆tch? "

" Oh, Roger! We'll talk about it at home, pick up your stuff, let's go...!"

Sardar in posh restaurant

A handsome Sardar was sitting in a posh restaurant at the corner seat.

He asked a waiter to take a bottle of the most expensive wine to a very attractive woman sitting alone at a table in the other corner.

Waiter brought an elitist wine bottle & took the it to the woman and said, "Excuse me ma'am, this precious bottle of wine is from that gentleman who is seated over there." and indicated the sender with a nod of his head.

The lady stared at the bottle coolly for a few seconds, not looking at the man, then decided to send a reply to him by note.

The waiter, who was standing nearby for a response, took the note from her and conveyed it to the Sardar.

The note read: "For me to accept this bottle, you need to have a BMW in your garage, a house in Spain, a million dollars in your bank and 7 inches in your pants."

After reading the note, the Sardar decided to compose his own note in return.

He folded the note, handed it to the waiter and instructed him to deliver it to the lady.

It read: "Just to let you know, things aren't always what they appear or rather what you want them to be.

I have a Ferrari Enzo, a Range Rover, a Mercedes SLS and a Porsche Panamera in my several garages, I have beautiful houses in Punjab, Hawaii, Dubai, Canada and Morocco and a 10,000-acre estate in England.

There are over 50 million dollars in my bank account and portfolio.

But... even for a woman as beautiful as you are, I am not going to cut off three inches.

Just send the bottle back please."

That's Life

If you do good, good will spread

A 6-year-old boy was at the market with his 4-year-old sister. Suddenly, the boy finds out his sister was dragging. He stopped and looked back. His sister was standing outside a toy shop and observing something with great interest.

The boy came back to her and asked, "Do you want anything?" His sister points to the doll. The boy held out his hand and being a responsible older brother, gave him this doll. Sis was very happy ...

The shopkeeper was watching everything and amused to see the mature behaviour of the boy...

Now the boy came to the counter and asked the shopkeeper, "How much is the cost of this doll, Sir?"

The trader was a cool guy. So, he asked the boy with lots of love and affection, "Well, how much can you pay?"

The boy pulled out of his pocket all the shells he had collected from the sea and gave them to the merchant.

The merchant took the shells and began counting as if he was counting change. Then he looked at the boy.

The boy asked him worriedly: "Is it less?"



The shopkeeper said, "No, no... It's more than the cost. So, I'm going to return the rest. "

Saying that, he only kept 4 shells with him and returned the rest.

The boy, very happy, kept these shells in his pocket

and took off with his sister.

An employee at this shop was very surprised to see all this. He asked his boss: "Sir! You gave such an expensive doll just for 4 shells?"

The shopkeeper said with a smile, "Well, to us they're just plain shells. But to this boy, those shells are precious. And at this age he doesn't understand what money is but when he grows up, he sure will. And when he remembers that he bought a doll with the shells instead of money, he'll remember me and think that the world is full of good people. This will help him develop a positive attitude and he, in turn, will feel motivated to be good."

Let me tell you. Whatever emotion you put into the world; it will spread.

If you do good, good will spread.

If you do wrong, negativity will spread.

Realize that you are a very powerful source of energy.

Your good or bad deed will return to you magnificently.

Not in the way you want it, and probably not in the ways you can understand it. But he will come back.

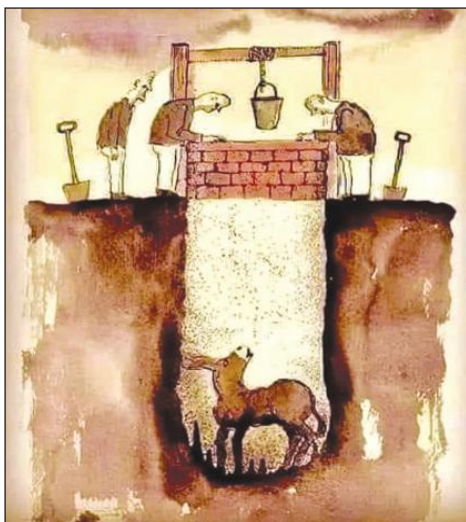
It is the law of seed and harvest; the reality is that you always reap what you sow.

Source - Lecture/Échange

Wisdom

A donkey in the well

One day a farmer's donkey fell into a well. The animal cried loudly for hours, while the farmer tried to find something to do to get him out.



Finally, the farmer decided that the donkey was old, and the well was already dry and needed to be covered anyway; that it really wasn't worth pulling the donkey out of the well.

He invited all his neighbours to come and help him. They each grabbed a shovel and began to throw dirt into the well.

The donkey realized what was happening and cried horribly loud. Then, to everyone's surprise, he quieted down after a few shovelfuls of dirt.

The farmer finally looked down into the well and was amazed at what he saw... with each shovelful of dirt, the donkey was doing something incredible: It was shaking off the dirt and stepping on top of the

dirt.

Very soon everyone saw, surprised, how the donkey reached the mouth of the well, went over the edge and trotted out...

Life is going to throw dirt at you, all kinds of dirt... the trick to getting out of the hole is to shake it off and use it to step up. Each of our problems is a step up. We can get out of the deepest holes if we don't give up...

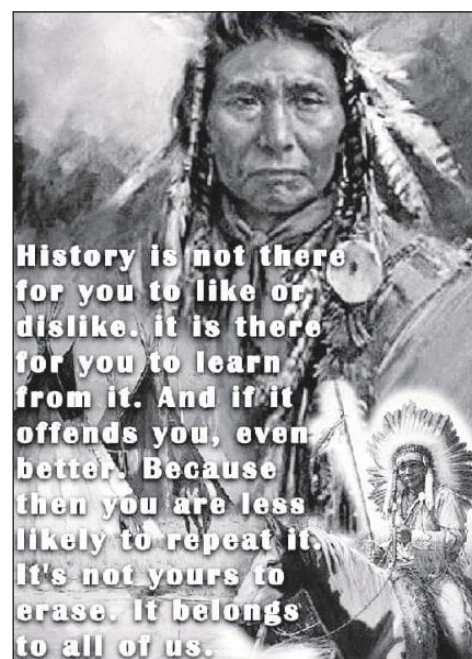
Use the land they throw at you to get ahead!!!

Remember the five rules to be happy:

1. Free your heart from hate.
2. Free your mind of distractions.
3. Simplify your life.
4. Give more and expect less.

5. Love more and... shake the dirt, because in this life you have to be a solution, not the problem!

Author Unknown



Thoughts to Live by The journey is short

An elderly woman got on a bus and sat down. At the next stop, a strong, grumpy young woman climbed up and sat down sharply beside the old woman, hitting her with her numerous bags.

When she saw that the elderly woman remained silent, the young woman asked her why she had not complained when she hit her with her bags.

The elderly woman replied with a smile: "There is no need to be rude or discuss something so insignificant, as my trip next to you is so short because I am going to get off at the next stop. "

This answer deserves to be written in gold letters: "There is no need to discuss something so insignificant, because our journey together is too short."

Each of us must understand that our time in this world is so short, that darkening with struggles, useless arguments, jealousy, not forgiving others, discontent and an attitude of constant discovery is a ridiculous waste of time and energy.

Did someone break your heart? Stay calm.

The trip is too short.

Did someone betray you, intimidate, cheat, or humiliate you? Relax. Excuse.

The trip is too short.

Did someone insult you without reason? Stay calm. Ignore it.

The trip is too short.

Did a neighbour comment on the chat that you didn't like? Stay calm. Ignore him. Forgive that.

The trip is too short.

Whatever the problem someone has brought us, remember that our journey together is too short.

Life is too short to be wasted in
hating someone,
arguing over small matters,
fighting with everyone
Misunderstanding the things
& Creating enemies ...

By Priyanka Behuria

No one knows the length of that trip. Nobody knows when it will arrive at its stop. Our trip together is too short.

We will appreciate friends and family.

Let us be respectful, kind and forgive; we will be filled with gratitude and joy, after all our trip together is very short.

Author Unknown

Try these tips -- like chewing non-mint sugarless gum after dinner and lifting the head of your bed -- to help reduce the pain and discomfort of night-time heartburn so you can sleep better

Heartburn is a painful, burning feeling in the middle of your chest. It's not really in your heart, though. It's caused by stomach acid rising into your esophagus (reflux), which runs through your chest, close to your heart. Heartburn is an occasional symptom for many people, and a chronic condition for others, occurring frequently.

Prop yourself up for better sleep: Does heartburn wake you up at night? Lying down makes it easier for stomach acids to go up into your esophagus. To keep acid down, use gravity. Try a specially designed wedge-shaped pillow to prop yourself up. Not enough? Boost the head of your bed 6 inches with wood blocks secured under the bedposts. Sleeping on your left side can also help digestion and calm acid reflux.

Eat earlier: Going to bed on a full stomach makes night-time heartburn more likely. A full stomach puts pressure on the valve at the top of the stomach, which is supposed to keep stomach acid out of the esophagus. So eat at least 2 to 3 hours before bedtime to give your stomach time to empty. Try early dinners, and avoid snacks at night.

Skip chocolate dessert and coffee: Both of these after-dinner treats can trigger heartburn in some people. Other common offenders to skip at your evening meal include citrus fruits, onions, fizzy drinks, and fatty or spicy foods. Instead of fried entrees, try broiled.

Take it easy before bed: Exercise can make acid reflux worse. Avoid doing anything that's very intense right before you go to bed. A leisurely walk after dinner and giving food time to settle may help prevent heartburn at night.

Don't overdo it at dinner: Overeating is a common cause of heartburn. It's better to eat small meals more



often. Keep your portions in check. Eat just until your appetite is satisfied but before you feel full. This makes night-time heartburn less likely and is also good for your weight.

Watch for trouble signs: If you get heartburn more than twice a week or if it keeps returning, tell your doctor. It might be GERD (gastroesophageal reflux disease), which can cause ulcers, throat and lung problems, and other serious conditions. Call your doctor if you feel sudden pain, tightness, or pressure in your chest. Also do that if you are having any trouble swallowing or you're losing weight for no reason.

Nix nightcaps: Any type of alcohol can trigger heartburn. If you drink and have heartburn at night, slow down on wine or beer with dinner. And avoid after-dinner drinks altogether. Besides, booze gives you extra calories and can lead you to overeat -- a combination that can make you gain weight and make heartburn worse.

Watch your weight: Although people of any size can get heartburn, extra pounds make it more likely. It may

add pressure on the valve at the top of the stomach. Trimming down may help with your acid indigestion. And that may mean better sleep at night and less daytime sleepiness.

Kick the habit: Smoking is one of the leading causes of heartburn. It can weaken the valve between the esophagus and the stomach. If you smoke, try to quit. Talk to your doctor about medications and other aids that can help you break up with nicotine.

Avoid after-dinner mints: A peppermint after dinner may sound soothing. But many people get heartburn after eating mints. Research suggests that mint may relax the valve at the top of the stomach, making stomach acid more likely to flow into the esophagus.

Wear loose PJs: Tight-fitting pajamas at night can add pressure to your stomach, increasing the risk of heartburn. Avoid snug waistbands and wear loose sleepwear instead.

Chew gum: Research shows that chewing non-mint sugarless gum for 30 minutes after a meal may lower the risk of heartburn. Chewing gum may make you swallow more often, which helps wash acid out of the esophagus.

Bend with your knees: At night, whether you lift the kids to put them in bed or pick up laundry, bend with your knees when doing evening chores. Bending forward at the waist gives some people heartburn. It's especially important to avoid it in the evening if you tend to get heartburn at night.

What do antacids do? Over-the-counter antacids can provide short-term relief for occasional heartburn. They neutralize stomach acid so it won't cause heartburn. Choose from dissolvable or chewable tablets or liquids. If antacids don't do the trick or you use them more than a few times a week, see your doctor to find the right treatment for you.

Medically Reviewed by Carmelita Swiner, MD - WebMD

Relationships

How difficult is it to live with the idea that you can never be a parent?

"It is unbearable. The silence in our marriage is harrowing."

“When there is no joy or laughter of a kid in the halls of your house, your marriage can be on the verge of a breakup, if you and your partner haven't worked it out yet.”

Marriage is a union of two people who embrace love and relationships as it is. It is also the foundation for building a family. Most couples consider having kids the sole purpose of their marriage and carrying on their legacy for future generations to come. But when dreams crash due to infertility and health issues, where does it leave a couple? A report by Times of India...

Broken. Unhappy. Hopeless.

Science has made a breakthrough for couples who are unable to conceive. From IVF treatments to freezing eggs, scientific technologies have made it possible for couples to see a ray of hope. But even though these treatments have a fair chance of working, it is not always possible to see a positive result. Multiple treatments, drastic hormonal changes and an unstable mood can leave a couple imbalanced and confused; unable to work through this difficult process. God forbid, if the couple can't support each other through this, the marriage faces a standstill.

After all, not having kids leaves a couple empty.



'The silence in our marriage is harrowing.' Pic - Fatherly

Or it doesn't?

This remains a debatable question because countless couples have settled into the idea that their marriage will never have the happiness of having a child. Or for most, it is simply a choice.

Popular Hollywood actress Jennifer Aniston recently addressed the woes of trying to get pregnant. Even after countless tries of going through IVF treatments to drinking Chinese teas, she was unable to get pregnant. Jennifer termed the speculations about her marriage with her ex, Brad Pitt breaking off due to her infertility as absolute lies.

Just how much does your marriage gets affected when you can't have kids?

To a great extent. If either of the partners is infertile and unable to conceive, then the mental pressure or burden maximises, leaving the person with an exceeding amount of guilt. Even so, how the other partner handles the situation also impacts the marriage in a great way.

This all can be a lot to handle. The mood swings, the constant despair of failing treatment, and the sadness can impact a couple too much. The stigma that comes with infertility becomes too great to handle, thus bringing

the marriage to a rut. There might be feelings of resentment, loneliness and disappointment when one partner doesn't care enough or is too focused on fixing the 'unfixable.' And then the shame and guilt of being infertile digs deeper into the heart.

And most importantly, the financial constraints of infertility treatments also add on to the pressure. These treatments are very costly and some even burn a hole in the pocket for the upcoming years. Loans, house mortgages and overworking are some of the ways couples try to pay for these treatments, only so that they can have a chance at having a baby. But at what cost?

Dr Rachna Khanna Singh, HOD of Holistic Med & Mental Wellness at Artemis Hospital and Director of the Mind and Wellness Studio said, "Having children acts as a relationship escalator and it's very specific in India. As times are changing, having kids has become an independent choice. But couples who are experiencing difficulty in having kids go through a lot. It takes a huge toll on the couple—the mood swings, side effects, hormonal imbalance, etc., become very mentally taxing for the couple. Having sex at a particular time and also having performance issues during a specific time of the month can also become a strain in the marriage.

The fear of failing treatments is also a major reason why couples go through such a rut. Since the success rate is not always high, it can be pretty disappointing. Juggling the mind and body can be very difficult. It completely changes the dynamics of marriage. A couple may also have different opinions such as going for various options that one of the partners might not agree with. Differences of opinion can be mentally draining and cooperation between couples can become a challenge. The only way to move past this is when a couple is equally empathetic and understanding to each other."

Raveena Tandon talks about being body-shammed in Bollywood

Recently Raveena talked about being body-shammed in Bollywood. She said whatever male actors' said were the last words. She also said that women were the 'worst' enemies of other women as they body-shamed, slut-shamed others to bring them down. Utterly displeased with the 'viciousness' of 90s journalism, she said she took a break from the industry after her marriage to film distributor Anil Thadani, reports Hindustan Times.

Talking to ANI, Raveena said, "I used to be uncomfortable with a lot of things. For example, dance steps. If I was uncomfortable with something, I would say listen I am not comfortable with this step. I would not do the step. I didn't want to wear swimming costumes, and I didn't do kissing scenes. So I had my fundas. I was the only actress who had a couple of rape scenes with not even one tear in the dress. All my clothes used to be fully intracranial t."

"Mera dress phatega nahi..tum karlo rape scene agar karna hai. So they used to call me arrogant," Raveena added. "Darr had come to me first, though it was not vulgar, but earlier there were some scenes in Darr, I was not comfortable with. I never used to wear a swimming costume. I



would say, 'no, I will not wear a swimming costume'. Even *Prem Qaidi*, the first film with which I think Lolo (Karisma Kapoor) got launched was actually offered to me first. But even in that, there was just one scene where the hero pulls down the zipper and the strap is showing, I was uncomfortable with that," she shared.

Raveena made her Bollywood debut with *Pathar Ke Phool* (1991), opposite Salman Khan. She went on to become one of the most popular actors of the 90s, starring in films like *Mohra*, *Andaz Apna Apna*, *Laadla*, *Bade Miyan Chote Miyan*, *Dulhe Raja* and more.

The actor who was last seen in *KGF: Chapter 2*, will be next seen in *Ghudchadi* with Sanjay Dutt. She has Arbaaz Khan's *Patna Shukla* and the second installment of her Netflix web series, *Aranyak* in the pipeline.

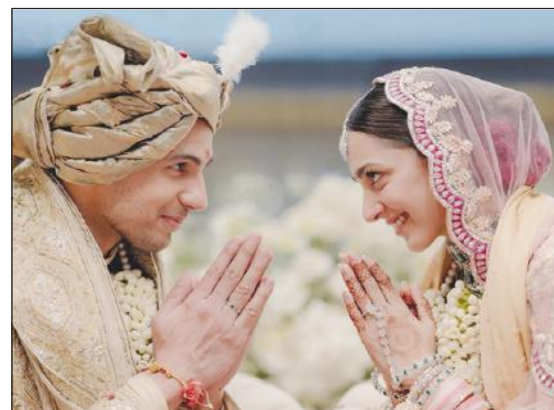
Bollywood Wedding is doing what Hindi films are struggling to do

With a steady stream of gossip about celebrity guests and "exclusive" images from inside, we are turning into a rapt audience, watching a wedding film in real-time. A commentary by Pooja Pillai of Indian Express

Over the last couple of years, the Hindi film industry has struggled to keep up with its once-devoted audience's evolving tastes and get the box office ringing like it used to. A hit like *Pathaan*, which gets audiences dancing in the aisles and whistling at the paisa vasool lines, has become an all-too-rare occurrence and the thing that has kept Bollywood relevant these last few years is the Big Fat Bollywood Wedding.

Where social media was once flooded with photos of "success parties", it now seems to be filled with photos and videos from celebrity shaadis, complete with polki-cut diamond haars, sparkly kalire and duck-faced selfies (with the mandatory aviators). And where viewers once eagerly awaited the release of their favourite stars' new films, they now seem entirely happy to follow their off-screen romantic lives culminating, just like in a movie, in a "fairytale" wedding. (The long, colourful romantic history of Bollywood, featuring all manner of non-fairytale elements, becomes all too easy to ignore).

For Hindi film fans, the appeal of the Big Fat Bollywood Wedding is in fantasy — conveyed so well in the soft, dreamy aesthetics of the couple's photos, released once the hectic activity of the actual event has wound down. There he is, sweetly kissing her forehead, and there she is, looking far off into the happily-ever-after that is



sure to follow. There is romance and escapism in this story of a real-life, made-for-each-other couple that movies now seem incapable of offering, making viewers determined to find that relief in nuptials of a Malhotra and Advani or even an Athiya Shetty and K L Rahul. And everyone — from the bride and groom, to the photographers and reporters dogging them, to the band-baaja and mehendi artists earning their daily bread at the shaadi — knows this.

That the A-list guests have been asked to cover their phone cameras with a special case, the mandap is baby pink and Advani is wearing a bejewelled headband — these tidbits of information and "exclusive" images emerging from the Malhotra-Advani wedding, breathlessly relayed to us by dutiful paparazzi and Instagram accounts dedicated to celebrity gossip, are meant to turn consumers of content into a rapt audience, watching a wedding film in real-time.

Here's How Deepika Padukone triumphed over depression

It was back in 2014 when Deepika Padukone was diagnosed with depression, but it wasn't until a year later that she publicly spoke about her mental health diagnosis. In a report by the Indian Express, the actor shared that she experienced "feeling emptiness and directionless for months" before she took professional help. It was her mother who first identified how dire the situation had become.

"I couldn't pinpoint one specific reason. It was her experience and presence of mind that encouraged me to seek help," said Padukone. Now, almost eight years later, the actress consciously works on spreading awareness about mental health issues.

After talking opening up about her battle in public, Deepika Padukone not only opened up a foundation to support those suffering from the same issue but also shared tips on social media on how to overcome it. News 18 Entertainment Bureau took a look at how Deepika fought depression and how she motivated people suffering from it.

Focus on improving quality of life

To ensure mental-wellbeing, Deepika Padukone does a few things on a daily basis. "It's very important for me to focus on the quality of my sleep, nutrition, hydration, exercise, how I process stress, and my thoughts and mindfulness," she told the portal.

Prioritize mind and body

During an interaction with Vogue Arabia, Deepika stated that her mental illness has prompted her to make several positive changes in her life. "I prioritize my mind and my body over everything else. Did it take an illness to bring me to that level of awareness? Yes. But I guess that's what it is," she told the magazine.

It was during the lockdown that the actress also shared a wellness guide for her followers to protect their mental well-being amidst the health crisis. They include:

Organizing things

Deepika Padukone has talked about her OCD which pertains to keeping things organised. In a now-deleted post, Padukone asked her fans to do what they love even if it means organizing kitchen shelves and wardrobes or labelling spices.

Follow your hobbies

Another tip in her wellness guide was to give time to one's hobbies. "I've always found cooking extremely therapeutic and I've been using some of this time to do just that! Are there any hobbies you find relaxing?" she asked in a subsequent post.

Don't be ashamed to seek help

There are a lot of stigmas associated with mental health issues due to which people often become hesitant to seek help. But the actress suggested fans not feel ashamed to ask for help. "If you are feeling stressed or anxious, do not hesitate to seek the support of a qualified mental health professional," she wrote.

Apart from this, Deepika's list also included listening to music, meditating, exercising, reconnecting with nature, and more.



Shaily Priya Pandey - soon in 'Kismat Ki Lakeeron Se

"Acting is my passion so I can never get bored"

Actress Shaily Priya Pandey will be essaying the female lead in the show *Kismat Ki Lakeeron Se* by Rashmi Sharma Telefilms. Predominantly, she is known for playing the lead role of Pavitra in *Pavitraa Bharose Ka Safar*. She has also appeared in several TV shows such as *Shaadi Ke Siyape*, *Aap Ke Aa Jane Se*, *Jag Janani Maa Vaisho Devi* and *Queens Hain Hum*.

Describing her character to ET Times, she says, "Shraddha is the one who tries to keep her family together. The characters I have played before were of quite headstrong and positive girls but Shraddha is a soft natured girl compared to them. So, I had to unlearn many things from my past roles in order to get into the skin of this character. She is family oriented and can compromise on 10 things just to make ends meet."

Giving insight about the show she says, "The one liner of the show is that a woman can make or break the house. It's a story of two sisters Shraddha and Keerti. Shraddha is the elder one who shoulders all the responsibility, is sorted and financially stable whereas the younger one Kirti is vivacious and irresponsible. Shraddha, who is



supposed to get married to a guy with similar personality traits; he dumps her and likes her younger sister Keerti. He calls off the marriage with Shraddha and gets married to Keerti. But later on he realizes his mistake as his life gets disrupted by marrying Keerti. Whereas his younger brother who is also playful in nature happens to get married to Shraddha due to some family involvement. But his troubled life gets meaning after marrying her."

Speaking about if it gets monotonous when playing a character for a long time on TV shows, she shares, "Acting is my passion so I can never get bored. But even if it does, it's upon oneself how you can include unique elements in your job to make it amusing and entertaining, that defines creativity."

Shaheer Sheikh on his physical transformation

'I was not overweight but out of shape'

Shaheer Sheikh believes in slow and steady and that's how he describes his recent physical transformation. The actor, who got a fitter and more toned body in three months, posted about his fitness journey on Instagram and the posts went viral. His intention was to motivate himself and inspire others. He reveals to Kavita Awaasthi of Hindustan Times that his wife Ruchika Kapoor urged him to put up the posts on social media.

Talking about it, the *Yeh Rishtey Hain Pyaar Ke* actor shares, "My goal was to get fit again, I was not overweight but out of shape. Last couple of years, I was not able to take care of my diet due to hectic schedules and travel. It was a little difficult to manage. But when some of my friends mentioned that I had gained weight, I decided it was time to get back in shape. In fitness, it is never about losing weight for me but getting fitter and healthier. Discipline is the key and one should follow a routine. Even if you are working out only five minutes a day, do it consistently."

A regular yoga practitioner, he did weight training to get fit and from 86 kg came down to 82. He adds that food is one of the most critical parts of fitness. "I try to eat as healthy as possible. I try

to detox every now and then. Work out for few months and then let go for the rest - I don't want to deprive myself of anything. I have to be happy with what I eat. I can't be cranky and in a bad mood because I'm not eating what I want to," he says.

He shares many people connected with him regarding his fitness journey and shared their



stories too. "I believe a lot of people struggle to gain muscle as well".

In the past, Sheikh has put on 18-20 kg for his role as Arjun in *Mahabharat* and later lost weight for his next show, *Kuch Rang Pyar Ke Aise Bhi*, as he had to "look leaner and sleek". As an actor, putting on or losing weight might be a requirement but he is glad that in both his shows, he was given ample amount of time to get muscular or lose weight. "If you are doing it the natural way, and taking your time, then it is worthwhile," he says.

YOUR STARS

Sagittarius: Nov 22 - Dec 21

Some Sagittarians might make a major choice that might affect their line of work. Don't panic, and do your research before deciding. Now is a time when letting go of your ego and relieving mental stress is crucial for optimal performance. Sagittarians may experience difficulties in their private lives due to difficulty in communicating with one another.

Lucky Numbers: 1, 9, 15, 22, 23, 29

Capricorn: Dec 22 - Jan 19

Don't let your guard down around the office, or you might find yourself up against some unwelcome competition. Although changing jobs may be challenging at the moment, the future is full of potential openings for you to take advantage of. New relationships are common among the single population. They might set aside some quality time for a little romance.

Lucky Numbers: 5, 14, 19, 21, 31, 32

Aquarius: Jan 20 - Feb 18

You intend to give it your all in the workplace in the hope of making a positive impact. This could pave the way for long-awaited promotions. A partner's ego can easily get in the way of a healthy relationship, so keep an eye out for mood swings and other temperamental disorders.

Lucky Numbers: 7, 13, 14, 15, 18, 20

Pisces: Feb 19 - Mar 20

If something out of the ordinary occurs, try not to act hastily. You shouldn't be too proud to ask for assistance, either. The level of help that is provided will astound you. There's that one person you'll be drawn to at a party. Don't ignore your attraction; act on it.

Lucky Numbers: 4, 9, 14, 17, 19, 20

Aries: Mar 21 - Apr 19

Faith in yourself and your abilities will fill you with assurance. Your superiors may notice and appreciate your hard work ethic. Those single and adventurous stand a good chance of finding romantic success. This could be a new acquaintance or an old friend who has finally asked you out on a real date.

Lucky Numbers: 15, 18, 19, 30, 34, 36

Taurus: Apr 20 - May 20

While some friendly office rivalry can be motivating, going too far and sabotaging your colleagues is not. People who are just starting to date may feel compelled to reveal a great deal about themselves. Fast friendships might develop between like-minded natives.

Lucky Numbers: 1, 23, 28, 33, 37, 40

Gemini: May 21 - June 20

Now is the time to take on that difficult project, whether it's for work or for fun. You'll be able to step into a leadership role and accomplish all that you set out to do. Some of you are about to have a romantic experience that will make you forget all your problems.

Lucky Numbers: 2, 9, 14, 18, 20, 30

Cancer: June 21 - July 22

Professionals should avoid office politics at all costs to maintain their reputations in the workplace. Maintaining an exercise routine is easiest when it is followed on a regular basis. You can reduce your stress levels by meditating and eating well. Making a plan is the next best thing to having a friend to help with the task at hand.

Lucky Numbers: 4, 8, 15, 19, 25, 37

Leo: July 23 - Aug 22

You may have a major project on schedule and get a lot of credit for it. Some of you may get a pay raise and/or promotion at work. You'll be feeling romantic, so do something extra for your loved one. Make an effort to maintain your composure and self-assurance when engaging in a social encounter with a potential interest.

Lucky Numbers: 6, 7, 9, 14, 28, 29

Virgo: Aug 23 - Sept 22

Now is a good time to find a new job if you're in the market. The position, as well as the salary, should be very appealing. The future may bring much joy to the engaged couple. Don't waste a chance reconnecting with a fascinating person and seeing if sparks fly.

Lucky Numbers: 7, 14, 15, 18, 19, 32

Libra: Sept 23 - Oct 22

In a stress-free and enjoyable setting, you may be able to stay on track and achieve your goals. Employees may gain respect from superiors and peers. It is recommended that you keep your conversation with your partner respectful. Even if you've been together for a long time, it's important to make time to nurture and appreciate your romantic connection.

Lucky Numbers: 4, 11, 15, 24, 28, 33

Scorpion: 23 Oct - 21 Nov

You may learn how to become a more effective leader and speed up your progress by taking charge.. You can make a significant impact in your field this week. The joys of love are immeasurable, especially when you rediscover an old flame. Your partner may lavish you with praise that you've longed to hear.

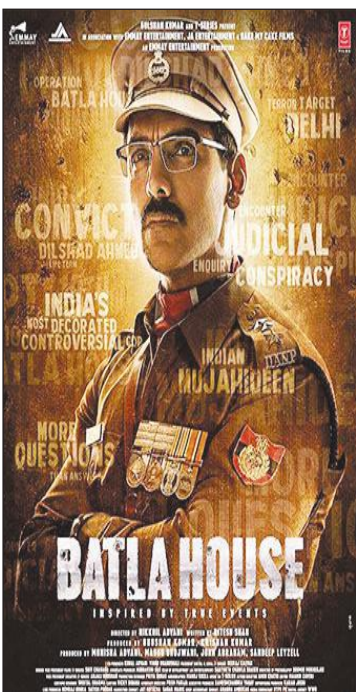
Lucky Numbers: 8, 19, 24, 29, 31, 38



Vendredi 10 février - 21.15



Samedi 11 février - 21.00



Dimanche 12 février - 21.52



Programme TV



	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
vendredi 10 février	07.15 Local: Les Grandes Lignes 08.00 Local: Profil 08.45 Local: Nou Later Nou Lamer... 11.00 Doc: World Capitals 11.10 Tele: Rubi 12.00 Le Journal 12.40 Tele: Fierce Angel 13.25 Local: MBC Production 14.35 D.Anime: Briko 15.21 D.Anime: Pet Alien 15.34 D.Anime: Darwin And Newts 16.19 D.Anime: Adventures In Duckport 16.58 D.Anime: Fast And Furious 17.25 Serial: Backstage 18.00 Live: Samachar 18.31 Serial: Surya Puran 18.55 Serial: Jag Jaanani Maa... 19.30 Journal & La Meteo 20.25 Local: Les Grands Noms... 21.45 Serial: Rookie Blue	07.00 DDI Live 10.00 Serial: Wafa Lazim To Nahin 11.11 Serial: Pyar Ke Sadqay 12.02 Film: Arunagirinathar 14.19 Mag: DDI Mag 15.00 Live: Samachar 15.22 Serial: Saare Tujhyachsathi 15.45 Serial: Bommarillu 16.04 Serial: Sondha Bandham 16.27 Serial: Ishq Zahe Naseeb 16.44 Serial: Saaton Vachanwa... 17.11 Serial: Bhakharwadi 17.30 Serial: Ishaaron Ishaaron... 18.01 Serial: Oh! My Sweet Liar! 19.00 Live: Zournal Kreol 19.30 Serial: Radha Krishna 20.00 Serial: Mushk 20.44 Local: Anjuman 21.09 Local: Urdu Programme - 22.04 DDI Live	07.00 Mag: Border Crossing 07.51 Doc: Skuld, A Look Into... 08.27 Doc: Guardians of Nature 09.22 Doc: A Passion For Helping 11.51 Mag: Shift 14.42 Doc: Saladeria 15.19 Doc: Smoothie Mania 16.48 Mag: Eco India 17.13 Mag: Carnet De Sante 17.28 Mag: Border Crossing 19.00 Student Support Prog... 20.30 Live: News 20.53 Doc: Hotels 21.53 Mag: Sky Eye 22.19 Doc: Disappear 23.04 Doc: The Forest Rescuers 23.47 Doc: Foodland 23.50 Doc: Tsunamis 00.34 Mag: World Stories 00.46 Doc: Castles 00.49 Mag: Our Voices	01.17 Film: Memories Of War 03.49 Film: Stan The Man 05.19 Tele: Tour De Babel 06.02 Serial: Madam Secretary 06.49 Film: Memories Of War 08.45 Serial: Pure Genius 09.30 Tele: La Beaute Du Diable 10.21 Tele: Fierce Angel 11.00 Serial: Anomalia 11.46 Film: Stan The Man 13.31 Tele: Tour De Babel 14.45 Film: Memories Of War 16.35 Serial: Pure Genius 17.15 Serial: Madam Secretary 18.05 Tele: La Beaute Du Diable 19.00 Tele: Fierce Angel 19.34 Serial: Malory Towers 20.05 Tele: L'Envers Du Paradis 20.30 Serial: F.B.I 21.20 Film: Blanche Neige Realise par Michael Cohn	06.30 Film: Kasam Starring: Sunny Deol, Naseeruddin Shah, Chunky Pandey, Neelam Kothari 10.52 / 20.30 - Radha Krishna 11.22 / 21.00 - Anupamaa 11.51 / 21.30 - Mere Sai 12.30 / 22.00 - Kismat Ki Lakiron 12.57 / 22.03 - Yeh Teri Galiyan 13.26 / 22.30 - Patiala Babes 14.25 / 23.00 - 100 Years Of Indian Cinema 15.00 Bade Acche Lagte Hai 2 15.23 Film: Sangram Starring: Ajay Devgn, Ayesha Jhulka, Karishma Kapoor, Amrith Puri 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.38 Kuch Rang Pyar Ke...
samedi 11 février	06.00 D.Anime: Akili And Me 06.49 D.Anime: Gon 09.40 Serial: Monster Hunt 10.00 Local: Zanfan Nou Zil 10.38 Mag: Sand Tales 10.57 Doc: World Capitals 12.00 Le Journal 12.25 Local: Les Grands Noms... 12.30 Tele: Tour De Babel 14.34 Local: Evasion 15.00 Live: Samachar 15.21 D.Anime: Pet Alien 15.32 D.Anime: Darwin And Newts 16.18 D.Anime: Adventures In Duckport 18.00 Samachar 18.30 Enter: Taare Zameen Par 19.30 Journal & La Meteo 20.25 Local: MBC Production 21.25 Film: The Marine 5 With Mike Mizanin, Maryse Mizanin 23.00 Local: Le Journal	07.00 Film: Karm Yodha Starring Raj Babbar, Dimple Kapadia, Jaaved Jaferi 09.55 Bade Acche Lagte Hai 10.47 Serial: Dikri Vahalno Hariyo 11.28 Serial: The Demi-Gods And... 11.56 Serial: Nanda Saukhya Bhare 12.19 Serial: Mooga Manasulu 12.43 Serial: High School 15.00 Live: Samachar 15.25 Film: Adventure Of Tarzan Stars: Hemant Birje, Dalip Tahlil, Kimi Katkar 17.45 Mag: DDI Mag 19.00 Live: Zournal Kreol 19.30 Serial: Radha Krishna 20.00 Serial: Vikram Betaal Ki Rahasya Gatha 20.30 Serial: Porus 21.00 Film: Batla House Starring John Abraham, Nora Fatehi, Mrunal Thakur	06.00 Foodland: Veggie Feasts 06.45 Mag: World Stories 06.57 Mag: Our Vocies 07.31 Mag: Euromaxx 07.56 Doc: Global Food 09.46 Mag: Saladeria 10.22 Doc: Disappear 12.09 Mag: Our Voices 12.40 Mag: Euromaxx 17.30 Mag: Sky Eye 18.08 Doc: World Capitals 18.24 Mag: In Good Shape 19.30 Mag: Check In 20.30 Local: News (English) 20.50 Doc: In Quest Of Carribous 21.50 Doc: Skuld, A Look Into... 22.08 Doc: The Answer To Almost 22.34 Doc: The Weight Of Water 23.26 Doc: Saving The Temples... 00.05 Doc: World Capitals 00.38 Doc: Smoothie Mania	01.17 Film: La Blessure D'une Femmes 02.50 Serial: Galactica 03.36 Serial: Blacklist 04.12 Serial: Rich Man, Poor Man 05.00 Tele: Les Trois Visages D'ana 06.13 Serial: F.B.I 07.02 Serial: Riviera 08.30 Serial: Madam Secretary 09.11 Serial: Blacklist 10.45 Film: Extortion 12.31 Serial: Galactica 13.30 Serial: Anomalia 14.55 Tele: Missing Bride 16.24 Serial: F.B.I 17.06 Film: Les Douze Coups De Minuit 18.50 Serial: Kojak 19.35 Serial: Malory Towers 20.05 Tele: L'Envers Du Paradis 20.30 Series: F.B.I 21.15 Film: Extreme Limit	04.04 Radha Krishna 04.35 Anupamaa 05.04 Mere Sai 05.32 Kismat Ki Lakiron Se 06.20 Yeh Teri Galiyan 06.48 Patiala Babes 08.00 Yeh Teri Galiyan 10.00 Kalari Kids 10.13 Sasural Simar Ka 2 12.00 Serial: Udaariyaan 14.04 Serial: Anupamaa 16.15 Kuch Rang Pyar Ke Aise... 18.00 Samachar 18.30 Film: Judaai Starring: Anil Kapoor, Sridevi and Urmila Matondkar 21.15 Kalari Kids 21.28 Porus 21.49 Naagin Season 4 22.29 Yeh Teri Galiyan
dimanche 12 février	06.00 D.Anime: Akili And Me 07.09 D.Anime: Gon 07.27 D.Anime: Sissi 09.40 Serial: Monster Hunt 10.00 Local: Zanfan Nou Zil 11.00 Local: Nu Rasinn 11.55 Local: Autour Des Valeurs... 12.00 Le Journal 12.33 Tele: Tour De Babel 14.05 Local Prod: Elle 15.00 Live: Samachar 15.21 D.Anime: Pet Alien 15.33 D.Anime: Darwin And Newts 16.17 D.Anime: Adventures In... 17.20 D.Anime: Panda Fanfare 18.00 Live: Samachar 18.30 Local: Yeh Shaam Mastani 19.30 Le Journal 20.30 Local Production: Les Klips 21.25 Film: Le Chateau De Care 23.10 Le Journal	07.00 Film: Badla Aur Balidan 11.03 Serial: Azhagu 11.20 Jag Jaanani Maa Vaishnodevi 11.39 Serial: Surya Puran 12.06 Film: Dil Bechara 15.00 Samachar 15.20 Mooga Manasulu 15.42 Serial: He Mann Baware 16.04 Serial: Sondha Bandham Starring: Bharathi, Badekkila, Pradeep, Naresh Eswar 16.30 Local: Yaadein 17.03 Serial: Siya Ke Ram 17.48 Serial: Chacha Bhatija 18.30 Local: Tipa Tipa Nu Avansar 19.00 Live: Zournal Kreol 19.30 Serial: Radha Krishna 20.05 Serial: Porus 21.15 Serial: Crime Patrol 22.02 Serial: Naagin Season 3	06.00 Doc: Snapshots 07.06 Mag: The 77 Percent 07.25 Mag: Check In 09.15 Doc: Skuld 10.52 Doc: Saving The Temples... 12.41 Mag: Salad Area 12.44 Mag: The 77 Percent 13.14 Mag: Check In 13.40 Doc: Volcano Stories 14.06 Doc: Fine Arts Sculptures 15.03 Doc: Skuld 15.48 Doc: The Weight Of Water 17.29 Doc: Snapshots 18.29 Doc: Smoothie Mania 19.06 Mag: Salad Area 19.37 Doc: Japan From Above 20.30 Live: News (English) 20.50 Doc: Fine Arts Sculptures 21.48 Doc: A Mediterranean... 22.15 Doc: Fat, Fatter, Fattest 22.57 Doc: To Tell A Tale	01.17 Film: Extreme Limit 02.36 Serial: Killjoys 03.27 Film: The Killer Downstairs 04.49 Tele: Les Trois Visages D'ana 05.59 Serial: F.B.I 06.43 Film: Extortion 08.33 Serial: Madam Secretary 09.11 Film: Extreme Limit 10.40 Film: Les Douze Coups De... 12.30 Serial: Killjoys 13.30 Serial: Anomalia 15.35 Tele: Missing Bride 17.15 Serial: F.B.I 17.57 Serial: Killjoys 18.30 Serial: L'incroyable Hulk 19.36 Serial: Hank Zipzer... 20.05 Tele: L'Envers Du Paradis 20.30 Serial: New Amsterdam 21.15 Serial: Suits 22.00 Film: The Night We Met 23.34 Tele: Rubi	00.00 Serial: Sasural Simar Ka 2 01.56 Udaariyaan 04.00 Anupamaa 06.00 Kuch Rang Pyar Ke Aise... 08.00 Kalari Kids 08.14 Main Maike Chali Jaungi... 10.01 Kundali Bhagya 12.01 Bade Acche Lagte Hai 2 14.00 Kismat Ki Lakiron Se 16.08 Jijaji Chhat Par Hain 18.00 Live: Samachar 18.30 Film: Dil Ne Jise Apna Kaha Starring: Salman Khan, Preity Zinta, Bhoomika Chawla 20.47 Naagin Season 4 21.30 Bade Acche Lagte Hai 2 23.19 Main Maike Chali Jaungi Tum Dekhte Rahiyo 01.23 Kundali Bhagya 03.14 Kismat Ki Lakiron Se
lundi 13 février	06.00 Local: Zanfan Nou Zil 07.00 Local: Nu Rasinn 07.55 MBC Prod: Eclats De Vie 10.10 Mag: National Anthem 11.00 Doc: World Capitals 11.10 Tele: Rubi 12.00 Le Journal 12.30 Tele: Fierce Angel 13.20 Local: Generations J 14.35 D.Anime: Cat & Keef 15.35 D.Anime: Darwin And Newts 17.25 Serial: Backstage 18.00 Live: Samachar 18.30 Serial: Mere Sai 18.55 Serial: Jag Jaanani Maa Vaishnodevi 19.30 Le Journal 20.25 MBC Production 21.15 Local: Agir Ensemble 21.40 Serial: Rich Man, Poor Man Avec: Nick Nolte, Peter Strauss	07.00 DDI Live 10.00 Kundali Bhagya 12.06 Film: Raaste Pyar Ke Starring Jeetendra, Rekha, Shabana Azmi 15.00 Samachar 15.20 Serial: Saare Tujhyachsathi 15.47 Serial: Bommarillu 16.02 Serial: Sondha Bandham 16.26 Serial: Ishq Zahe Naseeb 16.48 Serial: Saaton Vachanwa... 17.08 Serial: Bhakharwadi 17.30 Serial: Vandhal Sridevi 18.00 Serial: Oh! My Sweet Liar! 18.30 Mag: DDI Mag 19.00 Live: Zournal Kreol 19.30 Serial: Radha Krishna 20.00 Programme In Telugu 20.30 Film: Dikkiloona 22.54 DDI Live	07.00 Mag: Salad Area 07.55 Doc: Japan From Above 08.55 Doc: Megastructure In The... 09.47 Doc: A Mediterranean... 12.14 Mag: Smoothie Mania 14.38 Doc: Fine Arts Sculptures 15.33 Doc: A Mediterranean... 16.41 Doc: To Tell A Tale 18.00 Mag: Eco@Africa 19.00 Student Support Prog... 19.33 Mag: In Good Shape 20.50 Doc: Fine Arts Sculptures 20.53 Doc: Archipel De Feu 22.06 Mag: Tomorrow Today 22.32 Doc: Smoothie Mania 23.00 Doc: Boom! 23.46 Doc: Foodland 23.49 Mag: Eco@Africa 00.15 Mag: The 77 Percent 00.47 Mag: Africa 54 01.15 Mag: In Good Shape	01.26 Film: The Night We Met 03.00 Serial: Anomalia 03.44 Film: House Of Cards 05.34 Tele: Tour De Babel 06.22 Serial: New Amsterdam 07.04 Film: Dark Beginnings Of... 09.30 Tele: La Beaute Du Diable 09.56 Tele: A Que No Me Dejas 10.20 Tele: Fierce Angel 11.00 Serial: Pine Gap 11.46 Film: House Of Cards 13.40 Tele: Tour De Babel 14.47 Film: Dark Beginnings of... 16.40 Serial: New Amsterdam 17.21 Serial: Suits 18.05 Tele: La Beaute Du Diable 18.50 Tele: Fierce Angel 19.39 Serial: Malory Towers 20.05 Tele: L'Envers Du Paradis 20.30 Serial: Riviera 21.15 Film: Frozen In Love	08.00 Taare Zameen Par 11.30 / 20.30 - Radha Krishna 12.00 / 21.00 - Anupamaa 12.30 / 21.30 - Mere Sai 13.00 / 22.00 - Kismat Ki Lakiron 13.30 / 22.03 - Yeh Teri Galiyan 13.59 / 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: Albela Starring: Govinda, Aishwarya Rai and Jackie Shroff 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.31 Kuch Rang Pyar Ke Aise... 20.01 Sasural Simar Ka 2 20.30 Radha Krishna 21.06 Anupamaa



Mardi 14 février - 21.10



Mercredi 15 février - 21.15



Jeudi 16 février - 21.15



Programme TV



MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
<p>mardi 14 février</p> <p>07.26 Local: Rodrig Prog 09.15 Local: Agir Ensemble 10.15 Local: Fam Rakonte 11.10 Tele: Rubi 12.00 Le Journal 12.25 Local: Les Grands Noms... 12.30 Tele: Fierce Angel 14.07 Local: Saver Kil Tirel 14.40 D.Anime: Cat & Keet 15.00 Live: Samachar 15.20 D.Anime: Pet Alien 15.56 D.Anime: Harvey Girls Forever 17.30 Serial: Backstage 18.00 Live: Samachar 18.30 Serial: Jijaji Chhat Par Hain 18.55 Magazine 19.30 Journal & La Meteo 20.20 Local: Priorite Sante 22.15 Film: Off Piste With: Nathan Bevan-Stewart, Caines</p>	<p>07.00 DDI Live 10.00 Serial: CID 10.50 Serial: Jijaji Chhat Par Hain 12.00 Film: Kasme Vaade 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: Oh! My Sweet Liar! 18.30 Local: DDI Magazine 19.00 Zournal Kreol 19.30 Serial: Radha Krishna 20.06 Local: Tamil Programme 20.30 Film: My Love Starring: Shashi Kapoor, Sharmila Tagore</p>	<p>06.00 Mag: Eco@Africa 07.32 Mag: In Good Shape 08.54 Mag: Saladeria 09.15 Mag: Tomorrow Today 11.07 Mag: Eco@Africa 14.20 Mag: Tomorrow Today 14.49 Mag: Washington Forum 16.05 Mag: Eco@Africa 18.00 Mag: Rev: The Global Auto... 18.56 Doc: World Heritage 19.31 Mag: Check In 20.02 Doc: La Route De La Soie 20.30 Live: News 20.50 Doc: Fine Arts Sculptures 21.28 Mag: Euromaxx 21.46 Mag: Saladeria 22.23 Local: Rodrig-Klip Seleksion 23.50 Mag: The Global Auto... 00.16 Mag: Healthy Living 01.44 Mag: Check In 02.10 Doc: La Route De La Soie</p>	<p>01.29 Film: Little Italy 03.10 Serial: Pine Gap 04.05 Film: Frozen In Love 05.35 Tele: Tour De Babel 06.23 Serial: Riviera 06.52 Film: Little Italy 08.45 Serial: Pure Genius 09.30 Tele: La Beaute Du Diable 10.20 Tele: Fierce Angel 11.00 Serial: Pine Gap 12.00 Film: Forzen In Love 13.30 Tele: Tour De Babel 14.45 Film: Little Italy 16.40 Serial: Pure Genius 17.20 Serial: Riviera 18.05 Tele: La Beaute Du Diable 19.00 Tele: Fierce Angel 19.37 Serial: Malory Towers 20.05 Tele: L'Envers Du Paradis 20.30 Seiral: Riviera 21.15 Film: The Perfect Pairing</p>	<p>07.15 Film: Albela 11.30 / 20.29 - Radha Krishna 12.01 / 20.57 - Anupamaa 12.29 / 21.27 - Mere Sai 13.01 / 22.07 - Kismat Ki Lakiron Se 13.36 / 22.37 - Yeh Teri Galiyan 13.59 / 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: Doli Saja Ke Rakhna Starring Akshaye Khanna, Jyothika 18.00 Live: Samachar 18.30 Kundali Bhagya 19.03 Udaariyaan 19.33 Kuch Rang Pyar Ke Aise 20.06 Sasural Simar Ka 2</p>
<p>mercredi 15 février</p> <p>07.00 Local Prod: Profil 07.30 Local: Priorite Sante 08.00 Local Prod: Rodrig 09.30 Local: Tous Egaux 10.05 Local: La Societe 11.35 Tele: Rubi 12.00 Le Journal 12.25 Local: Autour Des Valeurs... 12.30 Tele: Fierce Angel 13.20 Local: Les Klips 14.07 Local: Priorite Sante 14.37 D.Anime: Cat & Keet 14.44 D.Anime: Eddie Is A Yeti 15.32 D.Anime: Darwin And Newts 17.30 Serial: Backstage 18.00 Live: Samachar 18.30 Other: Radha Krishna 19.00 Local: Planet Bollywood 19.30 Journal & La Meteo 20.30 MBC Production 21.25 Morisien Konn Ou La Sante 22.20 Film: Squadron 303</p>	<p>07.00 DDI Live 10.00 Suhani Si Ek Ladki 12.00 Film: Lovers 14.30 DDI Magazine 15.00 Live: Samachar 15.23 Saare Tujhyachsathi 15.49 Bommarillu 16.15 Sondha Bandham 16.26 Serial: Ishq Zahe Naseeb 16.53 Saaton Vachanwa Saath... 17.18 Bhakharwadi 17.31 Serial: Kulvadh 18.00 Serial: Oh! My Sweet Liar! 18.30 Local: DDI Magazine 19.00 Zournal Kreol 19.30 Serial: Radha Krishna 19.59 Programme In Marathi 20.26 Chinese Local Prod 20.52 Film: And Jara Hatke 22.16 DDI Live</p>	<p>06.00 Mag: Rev: Global Auto... 06.29 Mag: Healthy Living 07.31 Mag: Check In 08.00 Doc: La Route De La Soie 09.27 Mag: Euromaxx 10.36 Doc: Europe Revealed 17.48 Mag: Japan Video Topics 17.56 Mag: Motorweek 18.26 Mag: Vous Et Nous 19.00 Student Support Prog... 19.30 Mag: The Inside Story 20.30 Local: News (English) 20.50 Doc: Fine Arts Sculptures 21.38 Mag: Saladeria 22.25 Mag: Smoothie Mania 22.51 Doc: Africa, Gmos And... 23.35 Mag: Motorweek 00.31 Mag: Vous Et Nous 00.34 Mag: Arts.21 01.26 Mag: The Inside Story 01.53 Doc: Fine Arts Sculptures</p>	<p>01.27 Film: Le Secret Du Grand... 02.43 Serial: Pine Gap 03.37 Film: The Perfect Pairing 05.15 Tele: Tour De Babel 06.17 Serial: Riviera 07.14 Film: Le Secret Du Grand... 08.45 L'Incroyable Hulk 10.22 Tele: Fierce Angel 11.05 Serial: Pine Gap 12.05 Film: The Perfect Pairing 13.30 Tele: Tour De Babel 14.52 Film: Le Secret Du Grand... 16.33 L'Incroyable Hulk 17.15 Serial: Riviera 18.05 Tele: La Beaute Du Diable 19.00 Tele: Fierce Angel 19.37 Serial: Malory Towers 20.05 Tele: L'Envers Du Paradis 20.30 Seiral: Madam Secretary 21.15 Film: Gun Fury Avec: Rock Hudson, Donna Reed...</p>	<p>07.08 Film: Doli Saja Ke Rakhna Starring: Akshaye Khanna, Jyothika 11.35 / 20.06 - Radha Krishna 12.00 / 20.26 - Anupamaa 12.29 / 20.02 - Mere Sai 13.02 / 20.46 - Kismat Ki Lakiron Se 13.37 / 21.09 - Yeh Teri Galiyan 14.00 / 21.50 - Patiala Babes 14.25 / 22.15 - 100 Years Of Indian Cinema 15.13 Film: Dilwale Starring: Ajay Devgn, Sunil Shetty, Raveena Tandon 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</p>
<p>jeudi 16 février</p> <p>06.00 Local: Rodrig - Klip Seleksion 07.00 Local: Rodrig Prog 07.40 Local: Ero Deryer Rido 08.10 Local Prod: Elle 09.55 Mag: National Anthem 11.04 Doc: World Capitals 11.10 Tele: Rubi 12.00 Le Journal 12.30 Tele: Fierce Angel 14.35 D.Anime: Cat & Keet 14.50 D.Anime: Eddie Is A Yeti 15.21 D.Anime: Pet Alien 15.32 D.Anime: Darwin And Newts 16.06 D. Anime: Harvey Girls... 17.25 Serial: Backstage 18.00 Live: Samachar 18.30 Serial: Jijaji Chhat Par Hain 18.56 Local: Tirth Yatra 19.30 Le Journal 20.30 Film: Jabariya Jodi With: Sidharth Malhotra, Parineeti Chopra, Javed Jaffrey</p>	<p>07.00 DDI Live 09.58 Serial: Agnipheera 12.00 Film: Humrahi 14.24 Mag: DDI Mag 15.00 Live: Samachar 15.22 Serial: Saare Tujhyachsathi 15.45 Serial: Bommarillu 16.02 Serial: Sondha Bandham 16.26 Serial: Ishq Zahe Naseeb 16.41 Serial: Saaton Vachanwa Saath Nibhaib Sajna 17.09 Bhakharwadi 17.35 Local: Amrit Vaani 17.45 Local: Bhajan Sandhya 18.00 Serial: Oh! My Sweet Liar! 18.30 Mag: DDI Mag 19.30 Serial: Radha Krishna 20.04 Local: Les Grandes Lignes 20.59 Film: The Night We Never Met With: Sarah Joy Byington</p>	<p>06.00 Mag: Motorweek 06.24 Mag: Vous Et Nous 06.57 Mag: Arts.21 07.55 Doc: Fine Arts Sculptures 11.29 Mag: Motorweek 12.09 Local: Vous Et Nous 12.37 Doc: World Heritage 13.04 Doc: Planet Home 15.04 Mag: Focus On Europe 16.16 Mag: Motorweek 18.00 Mag: Eco India 18.42 Mag: Carnet De Sante 19.30 Doc: Les Ailes De Patagonie 20.30 Local: News (English) 20.53 Doc: Guardians Of Nature 21.48 Mag: Saladeria 22.17 Doc: Smoothie Mania 23.00 Doc: Putin's Witness 23.50 Doc: Eco India 00.16 Mag: Shift</p>	<p>00.59 Film: 3 Secondes 03.07 Serial: Gone 03.49 Film: Gun Fury 05.23 Tele: Tour De Babel 06.11 Serial: Madam Secretary 06.57 Film: Squadron 303 08.45 Serial: Wanted 09.30 Tele: La Beaute Du Diable 10.21 Tele: Fierce Angel 11.56 Film: Gun Fury 13.30 Tele: Tour De Babel 14.22 Film: 3 Secondes 16.30 Serial: Wanted 17.15 Serial: Madam Secretary 18.05 Tele: La Beaute Du Diable 19.00 Tele: Fierce Angel 19.36 Serial: Malory Towers 20.05 Tele: L'envers Du Paradis 20.30 Serial: Madam Secretary 21.15 Serial: Kojak</p>	<p>07.00 Film: Dilwale 11.46 / 20.26 - Radha Krishna 12.17 / 21.01 - Anupamaa 12.47 / 21.31 - Mere Sai 13.19 / 21.56 - Kismat Ki Lakiron Se 13.46 / 22.20 - Yeh Teri Galiyan 14.15 / 22.52 - Patiala Babes 14.25 - Mag 100 Year Of Indian Cinema 15.00 / 21.46 - Bade Acche Lagte Hai 2 15.24 Film: Pukaar Starring: Anil Kapoor, Madhuri Dixit, Namrata Shirodkar, Danny Denzongpa. 18.00 Samachar 18.30 Kundali Bhagya 18.59 Udaariyaan 19.31 Kuch Rang Pyar Ke Aise... 20.01 Sasural Simar Ka 2</p>



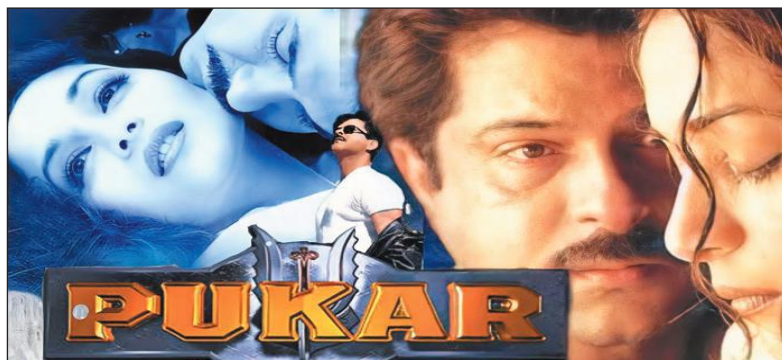
Jeudi 16 février - 15.30

Stars: Anil Kapoor, Madhuri Dixit, Namrata Shirodkar, Danny Denzongpa



Jeudi 16 février - 20.30

Star: Sidharth Malhotra, Parineeti Chopra, Javed Jaffrey



The incredible story of how East African culture shaped the music of a state in India



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University of the
Witwatersrand

The term Siddi refers to Afro-Indians – Africans who mixed with Indians through marriage and relationships. Africans crossed the Indian Ocean and arrived in India during the 1200s, 1300s and 1400s. They were transported by Islamic invaders and Portuguese colonisers as enslaved people, palace guards, army chiefs, harem keepers, spiritual leaders, Sufi singers, dancers and treasurers.

Today, the majority of Siddis are found in the west and south-west of India, in Gujarat, Maharashtra, Karnataka and Telangana states. As they settled, they preserved and practised their African ancestral sociocultural traditions – and also adopted local Indian traditions.

This interweaving of African and Indian cultural values gave birth to various creolised (mixed) food, music and spiritual practices.

As a diversity studies scholar, I have been researching Siddi culture for some time. Working within this community in Gujarat and Karnataka, I found that their creolised cultural practices emerged as a resistance to colonisation, racialisation and victimisation in postcolonial India.

My most recent research – which can also be seen in a new documentary – has focused on the music and dance performances of the Siddi community in Gujarat, called Dhamaals.

The story of Dhamaal performance traditions reveals the rich and complex mixing of cultures in a world shaped by human movement and history.

What are Dhamaals?

Dhamaal is a mix of Sufi and African (mostly East African) musical and dance traditions. It refers particularly to the spiritual practices of the Siddis of Gujarat.

The Siddis begin almost every Dhamaal song by blowing into a conch shell. This is often followed by the slow playing of East African percussion instruments like the musindo and the slow thumping of feet that marks the onset of the singing and dancing Dhamaals. The ritual of foot thumping is a crucial part of spiritual East African dance and musical traditions.

The Siddis are followers of Islam and arrived in India from Muslim communities in East and Central Africa. Dhamaals are performed in memory of their spiritual leaders, among them Bava Gor, Mai Misra, Baba Habash and Sidi Nabi Sultan. According to Siddi folklore they arrived from Ethiopia through the Nubian Valley, Syria and the Indian Ocean to the coast of Kuda in the Bhavnagar district of Gujarat.



Siddi children performing Dance Dhamaal in Ahmedabad in Gujarat, India. Courtesy Sayan Dey, CC BY-SA

Usually, Dhamaal songs and dances are performed to celebrate the anniversary of the birth and death of spiritual leaders. They are performed in two ways – Dance Dhamaal and Baithaaki Dhamaal. The Baithaaki Dhamaal is performed in the sitting position and the Dance Dhamaal is performed in both sitting and dance positions.

During the performance of Baithaaki Dhamaal the focus is more on the lyrics and less on the musical instruments. During Dance Dhamaal the focus is more on the sounds of the instruments. These are often played in a frenzied manner and accompanied by frenzied dance movements. The spiritual songs that are sung during the Dhamaals are known as zikrs.

A mixing of cultures

The creole cultural aspects of Dhamaals are broadly reflected through the Swahili Creole language used to sing the zikrs, the Indian and African musical instruments used to perform them and the Afro-Indian body movements of Dance Dhamaals.

Historically, the Swahili Creole language in India emerged among the Siddis through the mixing of Kiswahili from East Africa with Gujarati, Hindi and Urdu languages from India. As an example, these are the lyrics of one zikr:

*Ya bolo sabaya hua wey
Ya bolo sabaya hua wey
Hu sabaya
Salwale Nabi Sultan*

This zikr is sung in the praise of Siddi spiritual leader Nabi Sultan, believed to have arrived in Gujarat from the Nubian Valley. The Swahili words that have been used are “hu” (a common expression of consent) and “sabaya” (meaning that everything is alright). The zikr means that with the blessings of Nabi Sultan no evil can befall the Siddis of Gujarat.

The musical instruments used to perform the zikrs are East African percussion instruments. The musindo, for example, is a cylinder-shaped, two-sided drum from Kenya. The misr kanga is a small, funnel-shaped instrument from Ethiopia,

containing small stones. The mugarman is a large, cylinder-shaped, one-sided drum from Tanzania. These are played along with traditional Indian musical instruments. These include the harmonium (a keyboard instrument) and the dholak (a two-headed hand drum). The intermingling of Indian and African musical instruments generates creole rhythms which are traditionally African and Indian at the same time.

During the Dance Dhamaal, the hand and the body movements of the Dhamaal dancers in Gujarat are very similar to the Ngoma dancers of East Africa. The Ngoma dancers thump their feet and swing their arms sideways to the rhythm of drums. The Dhamaal dancers also swing their arms sideways, but the thumping of feet depends on the context of their dance. During religious occasions, for example, the foot thumping is slow. This is because the Siddis follow many spiritual aspects of the Sufi tradition. For Sufis, heavy and frenzied feet thumping is prohibited when worshipping spiritual leaders.

Transoceanic roots

These creolised musical and dance performances allow the Siddis in Gujarat to maintain their African ancestral practices. They do so in collaboration with Indian practices so that they do not forget their historical roots yet can respect local traditions at the same time.

The author’s documentary Afro-Indian Creole Rhythms: Siddi Dhamaals of Gujarat.

These creole practices have allowed the community to build a transoceanic identity (one which crosses the oceans). This is done in a collaborative, reciprocal and diverse way.

The Dhamaal tradition of the Siddis has socially, culturally and economically empowered the community as well. Several community members, through the assistance of government and private organisations, travel across India and the world to perform at cultural festivals. This encourages the Siddis to share their creolised cultural values across the globe.

This in turn invites audiences to consider history through an interracial and intercultural lens.



Tree of Knowledge

Madisyn Taylor

Being Alone

The most important relationship we have in our lives is with ourselves. And even though we are the only ones who are present at every moment of our lives -- from birth onward -- this relationship can be the most difficult one to cultivate. This may be because society places such emphasis on the importance of being in a romantic partnership, even teaching us to set aside our own needs for the needs of another. Until we know ourselves, however, we cannot possibly choose the right relationship to support our mutual growth toward our highest potential. By allowing ourselves to be comfortable with being alone, we can become the people with whom we want to have a relationship.

Perhaps at no other time in history has it been possible for people to survive, and even thrive, while living alone. We can now support ourselves financially, socially, and emotionally without needing a spouse for survival in any of these realms. With this freedom, we can pursue our own interests and create fulfilling partnerships with friends, business partners, creative cohorts, and neighbours. Once we’ve satisfied our needs and created our support system, a mate then becomes someone with whom we can share the bounty of all we’ve created and the beauty we’ve discovered within ourselves.

As we move away from tradition and fall into more natural cycles of being in the world today, we may find that there are times where being alone nourishes us and other periods in which a partnership is best for our growth. We may need to learn to create spaces to be alone within relationships. When we can shift our expectations of our relationships with ourselves and others to opportunities for discovery, we open ourselves to forge new paths and encounter uncharted territory.

Being willing to know and love ourselves, and to find what truly makes us feel deeply and strongly, gives us the advantage of being able to attract and choose the right people with whom to share ourselves, whether those relationships fall into recognizable roles or not. Choosing to enjoy being alone allows us to fully explore our most important relationship -- the one with our true selves.