

# MAURITIUS TIMES

• "Experience is not what happens to you; it is what you do with what happens to you." – Aldous Huxley

## Eclairages

### **Pravind Jugnauth a-t-il déjà un plan pour faire le ménage autour de lui ?**



Par A. Bartleby ☞ Voir Page 4

## Encounter

David D. White, Counsellor (Psychological) & Business Psychologist

### **«The moral derailment in leadership needs to stop»**



## Opinion

### **Trump's Big Lie & The Lies and Propaganda of Fox Corp**



*Lies and fabricated stories that are damaging to third parties can have immense financial consequences in a setup where the Judiciary is still credibly important as the third independent pillar of democracy*

By Jan Arden ☞ See Page 3

## Breakfast With Bwana

### **Preparing for War: The Changing Geopolitical Landscape**

By Anil Madan ☞ See Page 6

## Food for Thought

### **The Age of Moral Decline**

By Dr R Neerunjun Gopee ☞ See Page 8

# US Country Report

**W**e are not particularly enamoured by US reports on human rights in foreign countries for several reasons, if only because of their own internal situation and their progressive loss of moral stature that has accompanied the de-credibilisation of a post-war world order that was based on US and Western institutions. International courts of justice and other watchdogs have been increasingly perceived by around half the planet as perverted and biased to condemn a variety of Third World leaders or even President Putin, while political leaders of the mighty Western powers are free to wage wars and reprisals without any consequences.

Increasingly powerful countries like India, Brazil, Nigeria, Mexico or Indonesia, not to mention their continents, are host to some 45% of the world population and their combined GDP exceeds that of the EU, yet they feel that their voices fail to matter in those Western institutions that regularly inspect or report on their social and human rights conditions from the liberal, Western perspective.

But, as stated by the State Department's website, "for nearly 50 years, the US Country Reports on Human Rights Practices have served as a vital resource for governments, researchers, advocacy groups, journalists, and voices of conscience worldwide that work to promote respect for human rights and accountability for injustice". There is undoubtedly soft power in those reports, particularly as they influence narratives and viewpoints of international agencies or the World Bank and the IMF, and are probably scrutinised by potential investors, individual, corporate or international funds.

It was perhaps no coincidence that the current government's waywardness landed us in hot soup with the FATF grey list and, shortly thereafter, the EU blacklist. Nobody really wants to invest in countries where the rule of law can be twisted to serve political ends, where human rights are being abused without functioning checks and balances, where democratic rights of various groups are being trampled upon or where the Judiciary fails to act, or acts rather selectively, as ultimate guardian of our democratic space. They cannot therefore be dismissed lightly as our Foreign ministry veterans would be aware.

The State Department Report on Human Rights practices does not mince words to depict situations it considers anomalous, and its language is usually forthright and even blunt at

times, eliciting responses from countries which feel unduly targeted on specific issues. The Mauritius Report has been out this March (available on the State Dept website) and excerpts have been reported in local media, while a reaction of the Ministry of Foreign Affairs is expected sometime soon.

The Executive Summary makes several biting indictments on a number of issues that have been here bones of contention with government from observers, lawyers, civil rights activists and NGOs. These range from

(a) **Police brutality:** the allegations of police brutality and abuse, with viral videos that had Mauritians shocked, while 3 officers were arrested and released on bail and 7 others transferred. The Report notes that "political interference and a culture of impunity within the police force contributed to making impunity a problem."

(b) **Arbitrary arrests:** The Report did not fail to mention the arrest on drug-related charges of lawyer Akil Bissessur and his companion or activist Bruneau Laurette and his son, both outspoken critics of the authorities, while DNA tests revealed no trace of their DNA on alleged incriminating packets.

(c) **Harassment:** Freedom of expression is broadly protected, but the Report notes the alleged propensity of government to use various means to harass opponents, journalists and activists, block their websites, tap their phones or track their movements.

(d) **Corruption:** The government is perceived as acting selectively on the several reported or alleged cases of corruption of public officers (including Ministers) contributing again to a culture of impunity. The latest 'Stag and Black Label Party' allegations were not public knowledge at the time of the Report.

The ramifications of such a Report could well go beyond the investor community. Our National Assembly has been watched by all Embassies and Consulates as a circus for some years now with its rigmarole of expulsions of legitimately elected MPs, who cannot exercise their functions and where embarrassing questions are waylaid.

On the geopolitical front, the UK and USA are, it seems, dragging the Chagos issue around and nothing in the Report suggests that the USA would be amenable to good faith discussions with Port-Louis on direct lease of its Diego Garcia base. Time will tell.

## The Conversation

# Anyone can claim to be a journalist or a news organization

and publish lies with almost total impunity



**H**eadlines in early March 2023 implied Fox News mogul Rupert Murdoch had made a damning confession. He had affirmed that some of his most important journalists were reporting that the 2020 presidential election was a fraud – even though they knew they were propagating a lie.

It was an admission during pretrial testimony in a libel lawsuit filed against Fox by a voting machine company that says it was defamed by the lie. For journalism practitioners and devotees, the admission should signal the end of the Fox News empire.

Nope. It didn't.

Such a disgraceful demise would seem inevitable when journalists – professionally trained truth gatherers, employed by a news organization, which is an institution that exists to provide truthful information – choose not to do so.

Nope.

That's because a business that calls itself a news organization actually does not have to be one - but it does have to be a business. Businesses exist primarily to make a profit and doing actual news isn't essential. Adam Serwer, reporting for The Atlantic, wrote "sources at Fox told me to think of it not as a network per se, but as a profit machine."

By John C. Watson, Associate Professor of Journalism, American University

● Cont. on page 14

## Mauritius Times

Founder/Editor: Beekrumsing Ramlallah - Aug 1954-Sept 2000

Editor-in-chief: M. Ramlallah / Senior Editor: Dr RN Gopee

This epaper has been produced with the assistance of

Doojesh Ramlallah, Sultana Kurmally and Kersley Ramsamy

Pearl House 4th Floor Room 406 - Sir Virgil Naz Street, Port Louis

Tel: 5-29 29301 Tel/Fax: 212 1313



Mauritius Times

# Trump's Big Lie & The Lies and Propaganda of Fox Corp

*Lies and fabricated stories that are damaging to third parties can have immense financial consequences in a setup where the Judiciary is still credibly important as the third independent pillar of democracy*

Jan Arden

For weeks and months Fox News star anchors peddled former President Donald Trump's Big Lie, namely that he only lost the 2020 elections because of scurrilous allegations that they were rigged, in particular through Dominion Electronic Voting Machines (EVMs) and Smartmatic software magically flipping votes against him, an unprecedented claim dismissed in more than 50 court cases as unsupported by any evidence.

Those two companies provided counter fact sheets to Fox regularly which were ignored, and the most prominent star anchors of Rupert Murdoch's influential cable network, Fox News, continued their wild propagandas, knowing fully well those narratives to be lies spewed by Trump and his "nut job" allied



Both Dominion and Smartmatic had filed civil suits for immense reputational damage due to clear and malicious "journalism" of Fox, to the tune of \$ 1.7 billion and \$ 2.7 billion, both unprecedented by their scale in the history of civil defamation by unscrupulous media, passing unscrupulous fabrications as news to a Trump-favourable and gullible public. Pic - AFP / Getty Images

## Rising Hinduphobia in the UK

The Delhi-based Centre for Democracy, Pluralism and Human Rights (CDPHR) think tank, launched its report on the Leicester communal violence perpetrated by fundamentalists and goons in the Committee Room in the House of Commons on Thursday. Enclaves of ill-educated immigrants in East Leicester, notably Pakistanis and Bangladeshis ghettos, buying into "fake news" and false narratives, purposely spread on social media by Hinduphobic merchants, have been identified as a major factor behind the escalation of the clashes.

The CDPHR calls on all stakeholders, including the government, law enforcement agencies, civil society, and the media, to take immediate action to address the underlying issues of Hinduphobia being peddled by well-financed occult forces and that led to the Leicester violence.

The Indian High Commission in London issued a statement to "strongly condemn the violence perpetrated against the Indian community in Leicester and vandalism of premises and symbols of Hindu religion" at the time. Since then, there have been Home Minister Suella Braverman's desultory comments about Indian immigrants overstaying their visit, the preposterous BBC documentary on the 2002 Gujarat riots (a case thoroughly investigated by the Indian Supreme Court), the allegations of Soros billionaire providing huge anti-Modi funds and, more recently, sponsored groups of Khalistanis attacking the unprotected Indian High Commission in London.

The general atmosphere of Hinduphobia and the lack of forthright countervailing measures by Rishi Sunak's Tory government has created a distinct cooling off in FTA trade talks and other aspects of healthy India-UK relations. It is up to the UK government to stem the rot and risks posed by extremism and hate speeches to democracy and human rights in what is a generally plural society.



**“The general atmosphere of Hinduphobia and the lack of forthright countervailing measures by Rishi Sunak's Tory government has created a distinct cooling off in FTA trade talks and other aspects of healthy India-UK relations. It is up to the UK government to stem the rot and risks posed by extremism and hate speeches to democracy and human rights in what is a generally plural society...”**

lawyers that would ultimately lead to the 6th of January riots in Washington DC by fired-up Trump supporters.

Both Dominion and Smartmatic had filed civil suits for immense reputational damage due to clear and malicious "journalism" of Fox, to the tune of \$ 1.7 billion and \$ 2.7 billion, both unprecedented by their scale in the history of civil defamation by unscrupulous media, passing unscrupulous fabrications as news to a Trump-favourable and gullible public. The Dominion case came to court this week and Fox Corp blinked, caving in to a massive \$ 787 million cash compensation to the aggrieved company to prevent the humiliation of the case being heard publicly.

There may be others made accountable and the even heavier Smartmatic demand for financial compensation is yet to be heard. It is unlikely that Fox Corp will be bankrupted by either or both settlements, historic in scale, and Fox will now be in damage control exercises, but it does send a strong signal that lies and fabricated stories that are damaging to third parties can have immense financial consequences in a setup where the Judiciary is still credibly important as the third independent pillar of democracy.

## Global Buddhist Summit (India)

November 2011 were historic dates as the path breaking Global Buddhist Congregation (GBC) was held in New Delhi, India, that not only brought the entire Supreme hierarchy and representatives of the Buddhist world of about 500m faithful on one platform but also heralded the birth of the International Buddhist Confederation (IBC).

Yesterday was another historic moment for the worldwide Buddhist community as India hosted the first international Global Buddhist Summit, with delegates coming in from 30+ countries. This first unique event will focus on a range of issues, around the quest by monks, scholars and erudites for Buddhist response to the unprecedented crisis our known world is facing.

IBCworld.org the parent website mentions: "The recent Covid pandemic, climate crisis, conflicts, terrorism, religious and ideological intolerance, degradation of moral and ethical values, depletion of resources, extinction of species, economic disparity, and other critical issues plague humanity and threaten our planet's very survival."

It is India's eternal tribute to the world that it was always the tolerant birthplace not only of the Hindu mainstream thoughts, beliefs and practices, but also of Buddhism, Sikhism, Jainism, and over the centuries, welcomed and provided refuge to those minorities (early Christians, Parsis and Jews) persecuted in their homelands.

At a time when extremism and radicalism fund and propagate many of the current conflicts around the world along religious, sectarian and ideological divides, India in general and the Buddhist community in particular have to take a proactive role in helping move the world to a future where constructive dialogue and peaceful resolution of such conflicts can take place.

We are not so naive to believe such an evolution will take place easily, nor the occult financial forces behind different hate groups will be rid of, but civilised voices from all faiths have no choice than to work together towards addressing those burning challenges.

## La réforme des retraites en France... Machiavel est passé par là

Par A. Bartleby



Réforme des retraites en France... gouverner contre le peuple risque ainsi de devenir une norme de plus en plus répandue. P - Sudinfo

Cela fait maintenant plusieurs semaines que le gouvernement du Président Emmanuel Macron est embourbé dans une crise politique concernant la réforme des retraites. Cela a d'ailleurs donné lieu à des scènes d'une violence inouïe dans les rues de Paris. Les syndicats et les partis de l'opposition, droite et gauche confondus, se sont organisés afin de bloquer ce texte de loi hautement controversé. Cela n'a pas empêché le gouvernement de le faire passer par le biais d'un dispositif légal nommé le 49.3.

Le 49.3, dont le gouvernement d'Emmanuel Macron fait un usage abondant, est une loi qui permet au gouvernement de faire passer ses textes de loi à l'Assemblée nationale après délibération du Conseil des ministres. Cette loi permet de contourner la nécessité d'un vote à l'Assemblée dans les cas d'un projet de loi de finances ou de financement de la sécurité sociale uniquement ; et le seul recours dont dispose l'opposition parlementaire est de pousser une motion de censure dans les 24 heures suivant l'adoption d'un texte de loi au 49.3.

Ainsi, ne disposant pas d'une majorité suffisante à l'Assemblée nationale, la Première ministre Elizabeth Borne n'a eu d'autre choix que de faire passer cette réforme au 49.3, tout en manœuvrant politiquement afin que la motion de censure qu'avait déposée Marine Le Pen ne trouve pas la majorité requise pour bloquer le texte de loi. Restait alors uniquement le recours au Conseil constitutionnel qui devait se prononcer sur la constitutionnalité de ce projet de loi, pouvant ainsi le bloquer.

Or, le Conseil constitutionnel a validé le texte de loi en censurant uniquement quelques articles. Emmanuel Macron tient ainsi sa victoire sur une réforme qu'il était déterminé à mener à bout. En effet, le Président de la République, qui ne se représentera pas aux prochaines élections présidentielles du fait de la limitation des mandats, n'aura pas plié devant la pression populaire et les manifestations des rues, quitte à risquer de ternir l'image de la France en matière de procédés démocratiques.

Emmanuel Macron sait pertinemment bien que cette réforme est vitale pour la bonne santé des finances publiques en France, et aussi pour contrer les effets néfastes du vieillissement de la population française, sachant en même temps qu'aucun de ses prédécesseurs n'avait eu le courage politique de la mener jusqu'à son terme. Il sait également que les acquis sociaux historiques en France vont devoir être remis en question un par un, dans une mondialisation où la capacité des pays occidentaux à

maintenir leur positionnement sera forcément mise en péril sans de grandes réformes sociales et économiques, et ce, même si ces réformes devront se faire contre la volonté populaire.

Gouverner contre le peuple risque ainsi de devenir une norme de plus en plus répandue, et cela même dans les grandes démocraties. Machiavel le disait déjà: on ne donne pas au peuple ce qu'il désire mais ce dont il a besoin... et cela, même s'il ne sait pas qu'il en a besoin.

\* \* \*

## L'Inde est devenue le pays le plus peuplé du monde

L'Inde est officiellement devenue le pays le plus peuplé du monde la semaine dernière, et le restera au moins jusqu'à la fin de ce siècle. La Grande Péninsule dépasse ainsi la Chine qui subit de son côté l'effet de ce que les démographes nomment le 4-2-1, c'est-à-dire la décroissance rapide de sa population passant de 4 individus à 1 individu en l'espace de deux générations.

Cette tendance, couplée au fait que la courbe de la mortalité dépasse aujourd'hui celle de la natalité, met la puissance chinoise dans une situation très complexe quant à sa capacité à consolider son hégémonie et sa toute-puissance économique sur le long terme.

En face de cela, l'Inde - elle - peut se reposer sur le facteur le plus important de tout modèle de développement économique: le capital humain, surtout que de ses 1,42 milliards d'habitants, 50% a moins de 28 ans. C'est exactement pour cette raison que le Prix Nobel d'économie Amartya Sen ne cessait de clamer que l'Inde sera une puissance mondiale du simple fait qu'elle soit une puissance démographique.

Cette jeune population représente donc un atout majeur pour le développement de l'économie indienne, et sera la force sur laquelle les gouvernements à venir devront s'appuyer afin de faire de l'Inde une superpuissance économique, au même titre que les Etats-Unis et la Chine. Mais les défis sont immenses afin de permettre à ces jeunes de développer leurs potentiels productifs et créatifs.

Régler les problèmes de pauvreté, d'accès à une vie digne, d'accès à l'énergie et à l'éducation, ce sont les enjeux cruciaux auxquels font face les gouvernants actuels afin de développer la capacité indienne à construire un complexe industriel lui permettant d'avoir les moyens de ses ambitions.

Contrairement à la Chine qui, au prix de la révolution culturelle et grâce aux politiques de Deng Xiaoping - cela dans le cadre d'un autoritarisme "éclairé" -, avait réussi à accélérer la transformation de son économie, passant



L'Inde peut se reposer sur le facteur le plus important dans tout modèle de développement économique: le capital humain. P - Le Temps

d'une économie agricole à une économie hautement industrialisée, l'Inde a du mal à opérer cette transition du fait des oppositions à tout bout de champ émanant des différents intérêts politiques ou religieux présents dans un contexte démocratique. Mais d'immenses opportunités se présentent aujourd'hui à elle, notamment grâce à la révolution digitale.

Réussir cette transition est absolument vital pour les Indiens afin d'assurer que l'Inde prenne sa place comme une troisième voie, entre les Etats-Unis et la Chine, dans une mondialisation qui se transforme rapidement. Elle sait qu'elle pourra compter sur les immenses capacités de son capital humain, mais à condition qu'elle sache les développer.

\* \* \*



Le Premier ministre devra sortir la serpillière s'il souhaite lui-même conserver son image d'homme respectueux des valeurs

## Pravind Jugnauth a-t-il déjà un plan pour faire le ménage autour de lui?

Un de ses collègues du ministre de l'Agriculture a eu beau essayé de le défendre dans une conférence de presse, mais il semblerait que la pilule ne passe pas. Il faut avouer que nous sommes là en face d'un sérieux cas qui aurait suffi à faire chuter n'importe quel ministre. Ainsi, même si la police et l'ICAC ne sévissent pas (par manque de preuves, de faits avérés ou pour des raisons politiques), le ministre de l'Agriculture se trouve dans une situation qui pourrait bien lui coûter sa carrière politique quoi qu'il arrive.

Mais est-ce vraiment la fin politique de Maneesh Gobin? Mettons de côté, pour un moment, le fait que le ministre de l'Agriculture ne pouvait pas ignorer ce que savait le ministre de la Justice concernant le dénommé Franklin, la réponse à cette question réside dans la réponse que donnera la majorité électorale de la circonscription 7.

Par ailleurs, on en parle dans les couloirs du Sun Trust et aussi de ceux de l'Hôtel du gouvernement, et Pravind Jugnauth ne pouvait donc pas ignorer les ambitions de son ministre, surtout celle de se construire une image d'homme d'État et se positionnant comme une alternative au PM.

La question qui se pose aujourd'hui, c'est de savoir si le Premier ministre a déjà un plan pour faire le ménage autour de lui. Lui seul le sait, mais il semble qu'il n'aura d'autre choix que de sortir la serpillière s'il souhaite lui-même conserver son image d'homme respectueux des valeurs de sa culture, qu'il aime tant mettre de l'avant puisque c'est ce qui lui permettrait, selon ses 'spin-doctors', de conserver un avantage sur son adversaire principal, pour les prochaines élections.

👉 Voir en page 5

## Badhain pris dans un étau?

Roshi Badhain, qui brillait depuis quelques mois par son recul médiatique, a fait parler de lui à plusieurs reprises cette semaine. Tout d'abord en attaquant vertement le MMM sur une radio privée et ensuite en ayant un mandat d'arrêt de l'ICAC lancé contre lui.



Roshi Badhain s'est en effet donné à cœur joie pour critiquer son ancien partenaire de l'alliance de l'Espoir. P - Zinfos-Maurice

Roshi Badhain s'est en effet donné à cœur joie pour critiquer son ancien partenaire de l'alliance de l'Espoir. Le fond de sa critique: Paul Bérenger, contrairement aux autres parlementaires moins aguerris, devrait savoir qu'on ne traite pas un Speaker (qui qu'il soit) de tous les mots sans s'attendre à des sanctions.

Ainsi, dans la foulée, il a lancé le challenge d'une démission collective aux députés de l'opposition. Ceci devrait, selon lui, forcer le Premier ministre à organiser des élections générales anticipées. Plusieurs députés et des analystes lui ont répondu sur ce point, en accentuant le fait que la notion de la majorité absolue n'était pas claire dans notre Constitution, et qu'une démission collective ou de plusieurs députés de l'opposition pourrait ouvrir la voie à donner une majorité absolue au gouvernement actuel, ce qui reviendrait à donner une arme extrêmement dangereuse à la majorité gouvernementale.

Cette posture de Badhain a de quoi interpellier. Le juriste qu'il est devrait savoir que cette notion de majorité absolue est extrêmement ambiguë. Et le politicien qu'il est devrait savoir qu'une démission peut n'avoir aucun effet sur le Premier ministre. Il a lui-même tenté ce coup de poker avec les résultats que nous connaissons.

### À quoi donc joue Roshi Badhain?

Tente-t-il un rapprochement avec le pouvoir actuel afin d'essayer de faire partie d'un prochain gouvernement? Ou bien s'inscrit-il vraiment dans le fait de vouloir construire une nouvelle force politique qui rejette tous les partis traditionnels, les attaquant ainsi tous constamment?

Il semble que nous avons eu un début de réponse à cette question, lorsque Roshi Badhain a lui-même déclaré qu'il serait prêt à négocier une alliance avec un parti qui accepterait les 80 propositions que le Reform Party vient de pondre. Mais se pose alors une autre question : qui acceptera aujourd'hui de travailler avec quelqu'un dont le manque de consistance politique est prouvé, surtout que son parti ne brasse pour l'instant que du vent électoralment?

De ce point de vue, il semble farfelu de penser que les partis de l'opposition accepteraient d'intégrer Roshi Badhain dans une éventuelle alliance. Mais est-ce aussi le cas du MSM?

Une autre hypothèse n'est ainsi pas à être écartée...

Le mandat d'arrêt de l'ICAC contre lui concerne une affaire tellement vieille qu'elle n'interpellerait absolument pas l'électorat qui est pris dans le tourbillon des scandales actuels. Mais un tel mandat d'arrêt a deux effets: faire passer Roshi Badhain pour un martyr et donner l'impression que le pouvoir en place le harcèle.

Personne n'aura oublié les précédents Gilbert Bablee et Subashnee Lutchmun-Roy, qui critiquaient ouvertement et constamment le MSM sur les radios avant de les rejoindre pour les élections de 2019. Certains observateurs disaient même que cela faisait partie d'une stratégie du MSM afin de pouvoir identifier toutes les personnes qui étaient défavorables au gouvernement sur les réseaux sociaux.

Posons-nous donc la question: est-ce que Roshi Badhain a déjà fait un deal avec le MSM? Et est-ce qu'il est en train de commencer à orienter ses attaques contre l'opposition afin de mieux casser les réserves de vote de ces derniers? Et est-ce que ce mandat d'arrêt de l'ICAC ne serait rien d'autre qu'un subterfuge dont le but serait de faire croire que Badhain est lui aussi dans le viseur du gouvernement, alors que ce n'est pas le cas?

Nous sommes ici dans des spéculations dont la créativité relève du scénario d'une série comme 'House of Cards'. Mais les précédents Bablee et Lutchmun-Roy font que la question se doit d'être posée.

\* \* \*

## The Blue Penny: le cinéma mauricien en effervescence

Le film *Blue Penny* est maintenant à l'affiche dans les salles du pays. Il s'agit d'un film écrit, joué, filmé, monté et produit à Maurice par des Mauriciens.

Jon Rabaud, jeune cinéaste mauricien, aura ainsi réussi son pari qui n'était pas gagné d'avance: celui de démontrer qu'une industrie du cinéma locale n'était pas forcément quelque chose d'aussi farfelu que certains pouvaient le croire.

Puisque c'est là que se trouve également l'enjeu de ce film : démontrer que les industries de la culture peuvent et doivent dépasser le cadre de ce que le ministre de la Culture appelle "la culture", cadre qui se réduit aux associations et aux fêtes religieuses.

Il est ainsi grand temps de développer une stratégie claire et précise pour que les industries de la culture puissent prendre leur essor à Maurice. Cela requiert des investissements et de la formation, mais qui dit investissements et formations dit aussi croissance économique et emplois.

Les cinéastes, les musiciens, les plasticiens, les écrivains, les poètes sont tout autant de richesses locales que



Le film *Blue Penny* - filmé, monté et produit à Maurice et par des Mauriciens. P - cinema.mu

nous ne savons pas encore exploiter afin de continuer à développer des piliers de croissance, en plus de faire de Maurice un pays dont la multiculturalité se traduit également dans sa culture contemporaine - pas uniquement dans les cultures d'origines.

\* \* \*

## Il y a 4900 multimillionnaires en dollars à Maurice

Il y avait, en 2022, 4,900 multimillionnaires en dollars à Maurice. Ces 4,900 "high income individuals" se partagent même la coquette somme de \$ 48 milliards, ce qui fait une moyenne de \$ 9.8 millions - soit quelques Rs 440 millions par individu.

Ces 4,900 individus sont composés de Mauriciens ayant des biens immobiliers et des portefeuilles d'investissements importants, mais aussi d'étrangers qui investissent et qui habitent à Maurice, y installant souvent ce que l'on nomme des "family office" dans l'offshore.



Ile Maurice: Terre d'accueil de 4900 millionnaires. P - afm

Ces chiffres ont de quoi donner le tournis, surtout dans une situation où l'inflation et la cherté de la vie sont en train de produire un cocktail explosif pour les ménages populaires et ceux de la classe moyenne, avec une perte d'acquis socio-économiques extrêmement importante. Mais ces chiffres confirment une tendance qu'à prise l'économie mauricienne depuis plusieurs années déjà, celle d'une distance qui est déjà infranchissable entre les gagnants et les perdants d'un libéralisme économique devenu extrêmement inéquitable et où les inégalités ne feront que se creuser.

Ces chiffres confirment également que nous avons basculé dans un pays à deux vitesses. D'un côté, les Mauriciens qui envoient leurs enfants dans des écoles publiques et qui doivent utiliser des hôpitaux publics. De fait, l'on voit leur voisinage sombrer lentement mais sûrement et devenir des ghettos; ceux qui doivent s'endetter pour arrondir les fins de mois; et pour lesquels Maurice est loin d'être ce pays où il fait si bon vivre.

De l'autre, il y a ces Mauriciens et ces étrangers qui ont la belle vie. Ils envoient leurs enfants dans les meilleures écoles privées; ils se font soigner dans les meilleures cliniques; ils vivent entre Maurice et Dubaï/Paris/Londres; ils habitent des villas pieds dans l'eau ou des PDS; et pour lesquels l'érosion de la Roupie est généralement vécue comme quelque chose de positif puisque leurs revenus sont souvent en Euros ou en Dollars.

Comment en sommes-nous arrivés là? Les réponses à cette question sont complexes, et il faudrait une étude sérieuse afin de comprendre les causes de cet état de fait. Mais il faudrait surtout que les partis politiques, qu'ils soient dans la majorité ou dans l'opposition, s'intéressent et trouvent des solutions à ce phénomène de fond qui ne va que s'accélérer dans les années à venir.

A. Bartleby



Anil Madan

# Preparing for War: The Changing Geopolitical Landscape

*It is not difficult to conclude that China is winning this greater battle for influence as it prevails in Latin America, Africa, the Middle East, Russia, and perhaps even in Europe... On the other hand, betting against America has never been a paying proposition. The country has just too much economic, military, technological and intellectual heft to be disregarded*

**T**he headline, some five months ago, in a major newspaper was startling: **Xi Jinping tells China's army to focus on preparation for war.** More recently, *Foreign Affairs* had a headline and admonition echoing the same theme: **Xi Jinping Says He Is Preparing China for War: The World Should Take Him Seriously.**

The statements seem facially so utterly incongruous that one has to take a closer look. Why incongruous? Simply because unless forced into a war, China has nothing to gain from a military conflict. Now, I am not talking about a Chinese invasion of Taiwan which, unless the US intervenes is unlikely to spiral out of control. Although China probably could not mount a successful amphibious invasion, it could cause untold pain for Taiwan with a total blockade of the island. But to what end? China might eventually gain concessions, perhaps even a surrender by Taiwan, but it would face an uncooperative population of some 24 million and may even find that critical industrial plants manufacturing semiconductors and other products, have been sabotaged. Even absent sabotage, the semiconductor plants probably could not operate without cooperation from partners in Korea, Japan, and the US.

The Chinese government customs website lists the five top trading partners in 2022, by region or country, with China as: ASEAN \$975 billion, EU \$847 billion, USA \$759 billion, South Korea \$362 billion, Japan \$357 billion. And the 6th was Taiwan, at \$319 billion; the 7th Hong Kong at \$305 billion. I mention the latter two for reasons to be discussed later.

Only a totally unintelligent person would want to destroy a trading partner with that volume of trade. And President Xi is not such a man. What exactly did President Xi say? No, it was not that he was preparing China for war. Among his other statements was this: "Focus all [your] energy on fighting, work hard on fighting and improve [your] capability to win." And the army must also "resolutely defend national sovereignty and national security" as China was in an "unstable and uncertain" security situation.

When a US President or administration spokespersons use similar language about the need for American forces to be ready to meet challenges and protect the security of the US, no similar complaints are made. Less attention was paid to President Xi's statement: "In the face of wars that may be *imposed* on us, we must speak to enemies in a language they understand and use victory to win peace and respect." Speaking to "wars that may *imposed on us* is hardly an aggressive call to prepare to launch an offensive war." And preparing one's military capacities to gain peace and respect? Well, we've heard that from US Presidents for a long time.



China continues to make inroads in Latin America and Africa whereas the US seems to be scrambling to catch up. As America's deficits pile up, there is little leverage to compete meaningfully against China's Belt and Road Initiative. Pic - i.ytimg.com

Those observations aside, the admonition to take President Xi seriously is well taken, not because he is threatening war, but because we must take seriously his clear statement that when it comes to Taiwan's independence, "we will never promise to renounce the use of force" and that he views "foreign interference" for exacerbating tensions and encouraging separatist elements.

Such statements are nothing new in geopolitics. Similar statements about protecting national interests have been made by Putin, various NATO leaders, India's Prime Minister, and even Kim Jong Un.

What President Xi's statement and President Biden's vows that the US will come to Taiwan's aid if it is attacked tell us is that both sides treat this as a serious issue. This is not a call to war, but a call for sensible leaders to find mutually beneficial outcomes because both sides benefit from an independent and prosperous Taiwan. But an independent and prosperous Taiwan strikes at the Chinese Communist Party's core hatred of a long-ago enemy that should be, but is not, forgotten.

Given the volume of trade that China still has with Hong Kong even after its brutal crackdown against that island's population, China could well conclude that in the long run, an invasion of Taiwan will not cause a significant reduction in trade. And we know that the CCP doesn't care a whit about human rights or what the rest of the world thinks on that score.

Underlying all of this is a new geopolitical reality that is taking shape before our eyes. Just as *Britannia Rules the Waves* is a long-forgotten slogan, the idea that when

**“Just as *Britannia Rules the Waves* is a long-forgotten slogan, the idea that when America sneezes the rest of the world catches a cold, is a bygone diagnostic suggestion. Today, if China is not the de facto predominant force in an emerging geopolitical reality, it certainly is not that far behind. The pundits who write about these subjects seem to be missing the simple point that China's economic clout has already displaced the ability of the US to respond in meaningful ways and, more importantly, the leaders of many countries who even five years ago would not have chosen Beijing over Washington, seem none too disturbed about China's ascendance. When these leaders interact with countries harboring a natural animosity for the US, the displacement of the US is palpably welcomed. China is exploiting the rents in the fabric of international relations deftly...”**

America sneezes the rest of the world catches a cold, is a bygone diagnostic suggestion. Today, if China is not the de facto predominant force in an emerging geopolitical reality, it certainly is not that far behind.

● Cont. on page 7

# Preparing for War: The Changing Geopolitical Landscape

● Cont. from page 6

The pundits who write about these subjects seem to be missing the simple point that China's economic clout has already displaced the ability of the US to respond in meaningful ways and, more importantly, the leaders of many countries who even five years ago would not have chosen Beijing over Washington, seem none too disturbed about China's ascendance. When these leaders interact with countries harboring a natural animosity for the US, the displacement of the US is palpably welcomed. China is exploiting the rents in the fabric of international relations deftly.

It has not been that long a time since the US was congratulating itself for fostering peace between Israel and certain Arab countries under the so-called Abraham accords. But as significant an achievement as that was, the peace deal between Saudi Arabia and Iran brokered by China is no less important. The follow-on efforts to bring peace to Yemen have certainly helped to thaw relations between Riyadh and Washington, but make no mistake, China gets the bulk of the credit here too. More importantly, this signifies a loss of US influence over the world's oil markets.

We have seen reports that Saudi Arabia and the UAE are buying oil from Russia at a discount for their domestic consumption while selling their own production at higher prices as OPEC countries cut production despite President Biden's urgings for more production. This reflects another loss of US influence. China and India continue to buy Russian oil, further undercutting US sanctions. And



**“Is the Quad alliance among Australia, India, Japan, and the US sufficient to overcome China's influence? Australia and Japan seem to be onboard with the US, but India is a recusant participant at best, seeking to hedge its bets with Russia, its prime supplier of fighter jets and munitions. In the long run, India may come a cropper in this arrangement as China's control over Russia seems destined to grow. India's calculation that it has little to gain from a closer reliance on the US for fighter jets and arms may be well founded...”**

America's calls for condemnation of Putin's war crimes and human rights abuses fall on deaf ears in countries that couldn't care less about those subjects.

China continues to make inroads in Latin America and Africa whereas the US seems to be scrambling to catch

up. As America's deficits pile up, there is little leverage to compete meaningfully against China's Belt and Road Initiative.

Is the Quad alliance among Australia, India, Japan, and the US sufficient to overcome China's influence? Australia and Japan seem to be onboard with the US, but India is a recusant participant at best, seeking to hedge its bets with Russia, its prime supplier of fighter jets and munitions. In the long run, India may come a cropper in this arrangement as China's control over Russia seems destined to grow. India's calculation that it has little to gain from a closer reliance on the US for fighter jets and arms may be well founded.

It is not difficult to conclude that China is winning this greater battle for influence as it prevails in Latin America, Africa, the Middle East, Russia, and perhaps even in Europe as President Macron calls for the EU countries not to be seduced by America's conflicts, an obvious reference to Taiwan.

On the other hand, betting against America has never been a paying proposition. The country has just too much economic, military, technological and intellectual heft to be disregarded. America's house is in internal disorder. If Americans can shape up and straighten things out, China doesn't stand a chance. But time is running out. The geopolitical landscape may spiral out of control. That remains to be seen but America is making things more difficult for itself.

Cheerz...  
**Bwana**

**THE GROVE**  
APARTMENTS

**ACCESSIBLE TO FOREIGNERS**

**Apartments priced from MUR 5,800,000 | Penthouses priced from MUR 22,000,000**

**The ultimate lifestyle destination in The West**

Nestled in the heart of Medine's sought-after smart city, The Grove's second phase of apartments offers the perfect blend of comfort and elegance. These 70 spacious residences are designed for outdoor living and the legendary Western Mauritian lifestyle.

**Make the most of life in The West with the Medine Lifestyle Membership!**

SPARC • CASELA • TAMARINA HOTEL & GOLF • CASCAVELLE SHOPPING MALL

70 fully built units (1-3 bedrooms)

Sustainable architectural guidelines

Amenities within walking distance

Long-term property value and resale possibilities

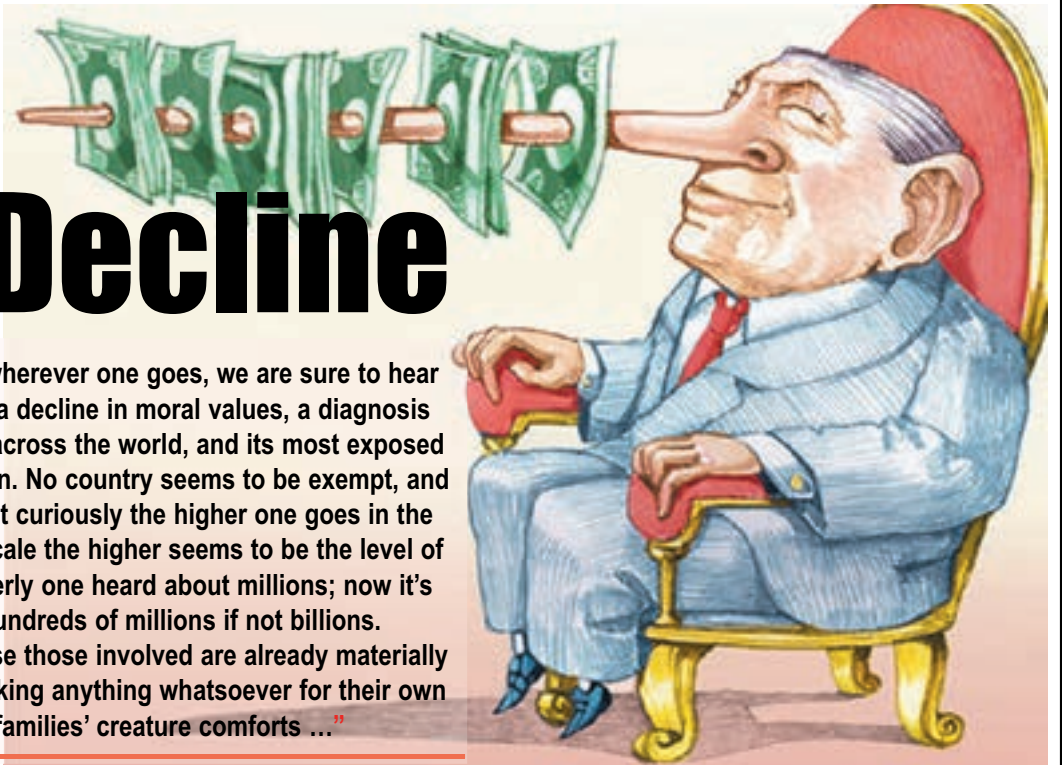
Book a visit:  
T. +230 452 92 93/92 | E. [propertysales@medine.com](mailto:propertysales@medine.com)  
[www.medineproperty.com/thegrove](http://www.medineproperty.com/thegrove)

a **medine** development part of **the west**



Dr R Neerunjun Gopee

# The Age of Moral Decline



The year was 1970 and I was in my final year of medicine. I went to visit a friend and his family who had recently moved from Calcutta to Bokaro, where his father had been appointed financial adviser to the Bokaro Steel Plant newly constructed with Russian aid.

One morning he and I set out for a hike in the adjoining Damodar River Valley region. It was summer, and at about 2 pm, exhausted and thirsty, having consumed all the sandwiches and water his mum had packed for us, we crossed a dry small riverbed and walked up a sloping bank to find ourselves on a bare earth narrow path that led to a small village. We stopped at a low-roofed hut-like structure that turned out to be a little shop.

We greeted the man behind the counter and my friend asked him whether we could have some tea, to which he replied that he didn't sell tea, but we could have water and some snacks. So, we sat down on a wooden bench against the wall next to the entrance and assuaged our hunger and thirst. After about fifteen minutes we got up and my friend paid the bill – about 25 paise (equivalent to our cents then), and we started to leave.

Curtly, the man told us, 'Wait, where are you going? Didn't you ask for tea?'

'But you said you don't sell tea,' replied my friend.

'I said I don't *sell* tea, but I didn't say you can't *have* tea,' he rejoined, even as his wife called as she held out a small tray bearing two small earthenware cups containing hot tea.

After drinking the tea, we got up and before leaving asked to pay. 'I said I don't sell tea,' repeated the man in a tone of implied rebuke – 'How dare you offer me money!'

By all metrics this man was poor. And yet, he had a much greater wealth: a generous heart. It allowed him to forego the 10 paise or so that the tea cost, 10 paise which was a lot for him compared to what it represented for us.

He was the rare soul, the kind that we would have to look for with a searchlight nowadays. Indeed, we are living in times not only of conspicuous and often unnecessary and unhealthy consumption, but also everyone seems to be in a race for more and ever more of everything, but especially of money and by any means fair or foul. Inevitably at some point in this frenetic pursuit the latter predominates. The result is the panoply of scandals that have plagued us both globally and locally, bringing about crisis situations at all levels of society.

Gosh, whatever does one need all those zillions for?! I hope that the culprits who were behind bars in the wake of the mega financial crisis of 2008-2009 gave some serious thought to that. I recall reading at the time a 4/5-page article in the *Newsweek* magazine on that scandal. After a lengthy analysis, the author summed up the causes(s) in one word: GREED.

Almost daily, wherever one goes, we are sure to hear that there is a decline in moral values, a diagnosis that is

“Almost daily, wherever one goes, we are sure to hear that there is a decline in moral values, a diagnosis that is also made across the world, and its most exposed aspect is corruption. No country seems to be exempt, and unsurprisingly but curiously the higher one goes in the socio-economic scale the higher seems to be the level of corruption. Formerly one heard about millions; now it's only about hundreds of millions if not billions. Curiously – because those involved are already materially so well-off, not lacking anything whatsoever for their own and their families' creature comforts ...”

also made across the world, and its most exposed aspect is corruption. No country seems to be exempt, and unsurprisingly but curiously the higher one goes in the socio-economic scale the higher seems to be the level of corruption.

Formerly one heard about millions; now it's only about hundreds of millions if not billions. Curiously – because those involved are already materially so well-off, not lacking anything whatsoever for their own and their families' creature comforts. One would think that they would have some of the generosity of heart of that poor man in the outback of a vast country.

No, they don't. Everywhere we see vast developments taking place, what we could call the hardware aspects of living – luxurious buildings vying in style with each other, transport and other physical infrastructure, shopping malls that are inculcating lifestyle changes that are not necessarily all conducive to better physical and mental health, for even the socializing that they foster has an air of artificiality about it.

Our social, political, and in some cases even religious leaders are no longer the role models that that they are expected to be, worthy of emulation by the youth. As the latter tend to imitate their elders, it's no wonder therefore that they too are apt to fall into the bad ways that are on public display.

Alas, this is going to continue for a long time more, for we are living in what in the Indian tradition is known as the 'kaliyuga' era, one of moral decline that has followed the three earlier eras – satyuga, tretayuga and dwaparyuga – when divine incarnations, saints, sages and good people predominated.

“Our social, political, and in some cases even religious leaders are no longer the role models that that they are expected to be, worthy of emulation by the youth. As the latter tend to imitate their elders, it's no wonder therefore that they too are apt to fall into the bad ways that are on public display. Alas, this is going to continue for a long time more, for we are living in what in the Indian tradition is known as the 'kaliyuga' era, one of moral decline...”

Kaliyuga is characterized by the sins of: *kama* (lust), *krodha* (hate), *lobha* (greed), *moha* (delusion), *mada* (pride) and *matsarya* (malice) – note: the 'a' at the end is silent. It hardly requires any effort to appreciate that they are all present to a superlative degree nowadays.

Neha Borkar in *Culture* (April 2017) compiled a list of some predictions made more than 5000 years ago by the Indian sage Ved Vyasa in the *Srimad Bhagavatam*. He is bang on, as a few of them cited below will show:

In Kali Yuga, wealth alone will be considered the sign of a man's good birth, proper behaviour and fine qualities. And law and justice will be applied only on the basis of one's power.

- Men and women will live together merely because of superficial attraction, and success in business will depend on deceit. Womanliness and manliness will be judged according to one's expertise in sex.
- As the earth thus becomes crowded with a corrupt population, whoever among any of the social classes shows himself to be the strongest will gain political power.
- The citizens will suffer greatly from cold, wind, heat, rain and snow. They will be further tormented by quarrels, hunger, thirst, disease and severe anxiety.
- Men will no longer protect their elderly parents.
- Cities will be dominated by thieves, political leaders will virtually consume the citizens, and the so-called priests and intellectuals will be devotees of their bellies and genitals.
- In Kaliyuga men will develop hatred for each other even over a few coins. Giving up all friendly relations, they will be ready to lose their own lives and kill even their own relatives.
- Those who know nothing about religion will mount a high seat and presume to speak on religious principles.

Our only hope is the arrival of Avatar Bhagavan Sri Krishna, as He affirmed in the *Bhagavad Gita*: 'Whenever there is a decline of righteousness [dharma] and rise of unrighteousness then I send forth Myself. For the protection of the good, for the destruction of the wicked, and for the establishment of righteousness, I come into being from age to age.'



David D. White, Counsellor (Psychological) & Business Psychologist

# "The moral derailment in leadership needs to stop"

**'Media feed us with our daily dosage of dopamine. The more we hear of scandals, the more is our appetite for dopamine, and we enter the cycle of gentle addiction'**

**O**ur guest, this week, David E. D. White with his broad background and experience analyses the articulations between moral values and leadership and laments the lack of integrity, equity and dignity at a time when forces of change are disrupting our country. Those are magnified by social media, where truth and lies can be blurred and scandals slowly become a daily or weekly addiction, replacing deeper thoughts and reflections on how to improve the quality of human life in Paradise Island and avoid our despairing youth seeking an escape to other shores.

David White is a Pastor, Counsellor, Business Psychologist, Business Coach, and Trainer. As Learning and Development Strategist he combines astute strategic business skills with 25+ years track record in People Development. He holds advanced qualifications in Theology, Counselling and Business Psychology.

**Mauritius Times:** I understand you have been back home this week after spending a few days in Johannesburg. What was the feeling down there, and how does it compare with what obtains here?

**David White:** The dominant feeling there seems to be irritation on account of the prevailing load shedding which I heard may last till March 2025.

The demand for electricity there nears available supply levels, so it is necessary to interrupt temporarily the delivery of electricity to maintain the integrity of the electric grid and to prevent catastrophic grid failures and extended outages for customers.

On a deeper level, people there and here are aspiring for integrity, equity and dignity at all levels. These are the DNA of positive peace.

**\* Those who have been away for quite some time usually say they miss their homes and all**

**“If we have power, we use the mechanisms of intimidation and fabricated lies as truths to get out of any blunder we commit. If we don't have power, we are either submissive and compliant to what we hear or we live in fear, narcotizing ourselves with social media intoxication or gambling in various ways or both. Media feed us with our daily dosage of dopamine. The more we hear of scandals, the more is our appetite for dopamine, and we enter the cycle of gentle addiction. We look for our daily media-bread prior to starting the day...”**

those things that are familiar to them on a personal level, but rarely the political palavers that make the news and are debated on social media or even the political actors. Did you experience that same feeling?

I have always stated that there should be a clear demarcation between religion and politics. This does not make me insensitive to what is happening in politics and other spheres of life.

Like many of us, I'm concerned by the political and societal dynamics happening in Mauritius. We are living critical moments in world History. The forces driving Change are disrupting our world and our country. Behind some of these forces, unfortunately, there appear to be particles of dark intentions.

One of the forces driving Change is social media. Abusers of all kind, use social media to blur the frontier between the truth and a lie. In many instances, truths are presented as lies and lies are presented as truths. We generate confusion at many levels as we lack media literacy.

**\* In fact, we are literally bombarded almost every night with the TV news bulletins about politicians and their mis-deeds, so it's always interesting to get a different perspective from a pastor, counsellor, business psychologist, business coach and trainer of how Mauritius is doing. What are your thoughts on what's happening in the country?**

Until proven faulty and guilty by a court of justice, we cannot infer nor impute motives to anyone. However, there is a sheer lack of transparency, answerability and accountability at many levels in Mauritius.

If we have power, we use the mechanisms of intimidation and fabricated lies as truths to get out of any blunder we commit. If we don't have power, we are either submissive and compliant to what we hear or we



**“There is currently a general feeling of 'doom and gloom' in Mauritius. Our leaders are entrenched in short-term thinking, short-term gains, and in mutual destruction. Most people I encounter wish that their children do not come back to Mauritius after their studies overseas. 'Ki pu vinn faire ici avec tou sa malpropre ki enan?'...”**

live in fear, narcotizing ourselves with social media intoxication or gambling in various ways or both.

Media feed us with our daily dosage of dopamine. The more we hear of scandals, the more is our appetite for dopamine, and we enter the cycle of gentle addiction. We look for our daily media-bread prior to starting the day...

**\* What about the people who come to you as a pastor and counsellor? What do you make out of their fears and apprehensions, or do they seem to be generally optimistic about the country's future and theirs here?**

My numerous roles lead me to be an agent of Hope. There is currently a general feeling of 'doom and gloom' in Mauritius. Our leaders are entrenched in short-term thinking, short-term gains, and in mutual destruction.

● Cont. on page 10

# 'The nation has been kept in darkness of its own history and this opens the gates wide for division, distortion and primitive reactions'

● Cont. from page 9

In spite of several opportunities coming our way, are Mauritians dreaming of a better Future?

We badly need the much-needed impulse and self-agency to drive our nation in the Future. While immigration is inexorable, our greatest asset in Mauritius is People. What is the Hope of the nation?

Most people I encounter wish that their children do not come back to Mauritius after their studies overseas. *'Ki pu vinn faire ici avec tou sa malpropre ki enan?'*

This is an indicator that people are no more dreaming of a brighter Future for our country. We badly need to restore hope and dream dreams of a better Mauritius.

“There's a saying that says: 'The fish rots from the head'. It is time for a spurt, a startle in leadership in all spheres and at all levels. We need nation-builders everywhere and we need to reduce the nation-scavengers to silence. We have lost the spiritual dimension of leadership. Without this dimension, there cannot be integrity, equity and fairness which is most yearned for by everyone...”

\* Many of the younger generation seem not to be quite excited about their individual long-term prospects here and are contemplating to leave for other shores. Could they be right?

As I stated earlier, immigration is ineluctable and inescapable. Our youth may not necessarily be looking for money when they envisage leaving Mauritius. They want a country where equity, integrity and fairness are practised, felt and seen.

For decades numerous leaders have made a mockery of these elements. In spite of the good appreciations and ranking on multiple indexes of governance, etc., deep down we know that we practise lip service when it comes to equity, integrity and fairness.

\* There are times when one gets the feeling that the old demons of the past are coming back to haunt us: the offensive (modified) sega song of a couple of RCC students and the aggressive reaction that followed, and the latest incident (downplayed by the media) relating to opposition to a cremation by a group of inhabitants in Rodrigues. It's difficult to imagine that these things could be happening in 2023, isn't it?

There is a general breakdown of respect in our country and moral leadership is crumbling. Had these students been taught the History of our country, they would not have done what they did.

Each community has produced emancipators not



only for their respective community but for the country. Each community has produced emancipators of the calibre of the Bissoondoyal brothers, and we should be grateful for their sacrifice.

The nation has been kept in darkness of its own history and this opens the gates wide for division, distortion and primitive reactions. When are we going to see ourselves with a common core?

\*Those who care passionately about the country's progress and the well-being of its population, the survival of our democratic institutions, etc.,

“Our youth may not necessarily be looking for money when they envisage leaving Mauritius. They want a country where equity, integrity and fairness are practised, felt and seen. For decades numerous leaders have made a mockery of these elements. In spite of the good appreciations and ranking on multiple indexes of governance, etc., deep down we know that we practise lip service when it comes to equity, integrity and fairness...”

“Each community has produced emancipators not only for their respective community but for the country. Each community has produced emancipators of the calibre of the Bissoondoyal brothers, and we should be grateful for their sacrifice. The nation has been kept in darkness of its own history and this opens the gates wide for division, distortion and primitive reactions. When are we going to see ourselves with a common core?”

would certainly not be comfortable with the bullying in our schools and in Parliament, with the alleged mafia infiltration of our institutions and the media reports about the proliferation of drug trafficking along the western coast and, it would seem, all over the place... What's your take on that?

There's a saying that says: 'The fish rots from the head'. It is time for a spurt, a startle in leadership in all spheres and at all levels. We need nation-builders everywhere and we need to reduce the nation-scavengers to silence.

We have lost the spiritual dimension of leadership. Without this dimension, there cannot be integrity, equity and fairness which is most yearned for by everyone.

\* The last time we spoke was during the Covid-19 pandemic in 2020, and many people were then experiencing distress, uncertainty and fear, but we have gradually come out of it. But we do not seem to have learnt the lessons about the fragility of life and the futility of worshipping false gods. What do you think?

You are absolutely right. We worship money, liars and their lies, inappropriate powers, and are contaminating everyday our operational beliefs.

An example of what I'm saying is: *'Bizin coquin pu réussi'*. Our nation seems borne by cupidity.

\* We have travelled a long road with both achievements and disillusionment, but today things on different fronts seem to have hit bottom. How do we come out of that?

The nation seems to be rocking between aversion and falling sleep. We have substituted spirituality for greed of all kinds. Our leaders, whoever they are and, in all fields, need to reconnect with a deep sense of ethics.

Nations like Singapore and Scandinavian countries are far-sighted, score high on practically all indexes of business and the quality of human life because they do not despise ethics and morality.

It is within our reach and it is achievable. Our Hope must be in that direction as our country is truly a paradise. The moral derailment in leadership needs to stop.



Clinton with Joe Biden. Pic – The Los Angeles Times

## Is Biden too old to be US President? Hillary Clinton's 'I can do the job' reply

**H**illary Clinton said that former US President Donald Trump will not win the next election but Joe Biden will be re-elected no matter who the Republican candidate is. Former Democratic presidential candidate and secretary of state Hillary Clinton said, "more people are onto him [Trump] and his behaviour than they were before", reports Hindustan Times.

"I always thought about him, if you follow him you can see it - he accuses people of things he himself is doing, it's a form of psychological projection. I always thought his record in business in particular, but then as we saw him in politics and government, he was someone who cared nothing about rules. He cared nothing about the law," Hillary Clinton said.

There is nothing that the US legal system can do to prevent Donald Trump from running for president again despite the hush money payment indictment, she said, adding, "But even if he gets the Republican nomination, he cannot, in my view, be re-elected president. He has a hard core of support that is likely to help him win the Republican nomination. But in a general election against President Biden, I do not believe he can win."

On Florida governor Ron De Santis, who is expected to run for president as a Republican candidate, Hillary Clinton said that he will be unsuccessful as he is "unproven".

"Nobody really outside of Florida knows very much about him, and in Florida, they're watching him do crazy things. So I actually believe that President Biden will be re-elected regardless of who the Republican nominee is," she said.

Dismissing suggestions that Joe Biden is too old to be president, Hillary Clinton said, "I feel like I could do the job. I'm in my mid-70s."

## These are the world's wealthiest cities...

**N**ew York City is the world's wealthiest city with 58 billionaires, followed by Tokyo and The Bay Area at the second and third spot respectively, a report by investment migration firm Henley & Partners noted.

Analysing high-net-worth individuals (HNWIs) with an investable wealth of over \$1 million, the report included four US cities in the top 10 - New York City, The Bay Area, Los Angeles and Chicago.

China had two of its cities - Beijing and Shanghai - listed as well while London featured in the list at the fourth place. New York held its top spot as the number of high net worth individuals in the city surged 40 percent in 2012-2022, reports Hindustan Times.

Singapore ranked fifth with 2,40,100 HNWI's while

## World could face record temperatures in 2023 as El Nino returns

**T**he world could breach a new average temperature record in 2023 or 2024, fuelled by climate change and the anticipated return of the El Nino weather phenomenon, climate scientists say.

Climate models suggest that after three years of the La Nina weather pattern in the Pacific Ocean, which generally lowers global temperatures slightly, the world will experience a return to El Nino, the warmer counterpart, later this year.

During El Nino, winds blowing west along the equator slow down, and warm water is pushed east, creating warmer surface ocean temperatures, reports Reuters.

Climate models suggest a return to El Nino conditions in the late boreal summer, and the possibility of



A man looks at the carcasses of animals that died due to an El Niño-related drought in southern Hargeisa, Somaliland, in April 2016. Pic - Reuters

a strong El Nino developing towards the end of the year, Buontempo said.

The world's hottest year on record so far was 2016, coinciding with a strong El Nino - although climate change has fuelled extreme temperatures even in years without the phenomenon.

The last eight years were the world's eight hottest on record - reflecting the longer-term warming trend driven by greenhouse gas emissions.

Europe experienced its hottest summer on record in 2022, while climate change-fuelled extreme rain caused disastrous flooding in Pakistan, and in February, Antarctic sea ice levels hit a record low.

The world's average global temperature is now 1.2C higher than in pre-industrial times. Despite most of the world's major emitters pledging to eventually slash their net emissions to zero, global CO2 emissions last year continued to rise.

## South Asia home to world's highest number of child brides: UN

**S**outh Asia is home to highest number of child brides in the world as increased financial pressures and school closures due to Covid-19 forced families to marry off their young daughters, according to new estimates released by UNICEF on Wednesday.

There were 290 million child brides in the region, accounting for 45% of the global total, the children's agency of the United Nations said, calling for more efforts to end the practice, reports Reuters.

"The fact that South Asia has the highest child marriage burden in the world is nothing short of tragic," said Noala Skinner, UNICEF's regional director for South Asia.

A new study by the agency that also included interviews and discussions across 16 locations in Bangladesh, India and Nepal found that many parents saw marriage as the best option for daughters who had

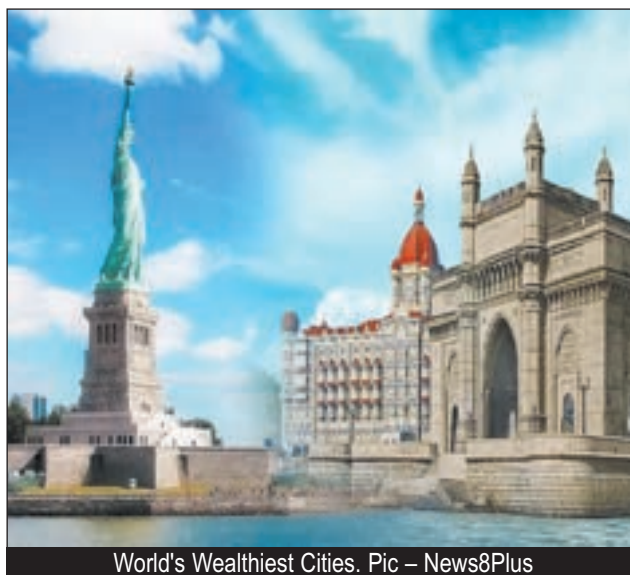


An Indian groom puts vermilion on the forehead of his underage bride in the village of Malda, some 360kms northeast of Kolkata in this file photo. Pic - AFP

limited options to study during Covid lockdowns.

The legal age of marriage for females is 20 in Nepal, 18 in India, Sri Lanka and Bangladesh and 16 in Afghanistan. It is 16 in Pakistan except for Sindh province, where the minimum age is 18.

The U.N. study also found that families were pushed by financial strains during the pandemic to marry their daughters young in order to reduce costs at home.



World's Wealthiest Cities. Pic – News8Plus

Sydney ranks 10th with 1,26,900 HNWI's. From India, Mumbai was part of the list with 59,400 HNWI's followed by Delhi with 16 billionaires, Bengaluru with 8 billionaires, Hyderabad with 5 billionaires and Kolkata with 7 billionaires.

In terms of billionaires, California's Bay Area won as 63 call the region surrounding Silicon Valley and San Francisco home. It was followed by New York, Beijing, Los Angeles and Shanghai.

Chinese city of Hangzhou saw a 105 percent rise in 10 years while Austin in US' Texas came in second with a 102 percent increase. Miami and West Palm Beach saw the number of high net worth individuals climb 75 percent and 90 percent respectively.

In Moscow, amid Russia's invasion of Ukraine, the number of millionaires plunged 44 percent from a decade earlier, while St. Petersburg saw a 38 percent slump.

\* Contd on page 11

## Netflix, Disney face new threat in India as country's richest person plots gigantic streaming expansion

Reliance Industries, owned and led by India's richest man Mukesh Ambani, recently revived the Campa-Cola brand to take on Coca-Cola and PepsiCo. It has now set its eyes on taking on global streaming giants with its subsidiary Jio Cinema.

The billionaire's conglomerate plans to expand its streaming service by adding over 100 movies and TV shows as it seeks to pit Jio Cinema against major international companies like Walt Disney Co's Disney+ Hotstar and Netflix Inc in the rapidly developing Indian market.

The move aims to increase the platform's popularity, especially with its successful cricket broadcasts. Jyoti



Mukesh Ambani. Pic - Trade Brains

Deshpande, Jio Cinema's media and content business president, told Bloomberg that the platform would introduce new titles before the end of the Indian Premier League next month, reports Yahoo News.

Jio Cinema will begin to charge for content as it

expands, she added. Until then, viewers can still watch cricket matches for free. The exact pricing details are still being discussed.

Ambani seeks to establish Reliance as a dominant player in the global media and online streaming industry. In 2020, its joint venture with Paramount Global, Viacom18 Media Pvt., won the digital rights to the Indian Premier League, one of the most-watched sports events in the world.

Reliance outbid Disney and Sony Group Corp to acquire the rights to IPL — a critical move for any media company to gain viewership in India.

India's price-conscious market remains hard to crack for global streaming giants. Although Netflix cut its fees to lure viewers, Deshpande said both price and content are also at the forefront of Jio Cinema's expansion.

According to Statista, India's streaming market is expected to grow at an annual rate of 10.01% in the next four years, resulting in a projected market volume of \$5.51 billion by 2027.

## Prince William 'more difficult to work with than King Charles'

Prince William can be difficult to work with and often short-tempered, a royal insider claimed according to author Robert Jobson. Compared to King Charles, Prince William is less calm when dealing with issues, the author claimed in his book 'Our King: Charles III: The Man and Monarch Revealed'.

Quoting the insider, the author wrote about Prince William that "he is a driven person and that can make him impatient." On King Charles, the insider said that this "can make William short-tempered when dealing with Charles".

"The Boss (Charles) has a temper, too, but it does not go on and on. He can get frustrated and flare up and then, in an instant, it is forgotten about. With William, it is rarely forgotten," the insider said. This



Kate Middleton, Prince William, Prince Harry and Meghan Markle step out around Windsor together. Pic - Splashnews.com

comes as reports claimed that Prince William rejected demands made by his brother Prince Harry ahead of King Charles coronation.

Royal experts claimed that "warm interactions" between the brothers are not anticipated. Prince William has also rejected his brother's demand for a meeting before the coronation, reports Hindustan Times.

"We know that palace staff is planning every entry, exit, and seat with the battling brothers in mind. The palace's ultimate objective is to avoid conflict," Kinsey Schofield said.

And despite Harry telling media outlets that he would only attend the coronation if his family received an apology... my sources say that no such apology has happened in private," the expert added.

\*\*\*

## Kate Middleton- Meghan Markle feud: What is going on behind the scenes

Kate Middleton was not allowed to meet the dying Queen Elizabeth II in September as King Charles wanted to justify not giving the same permission to Meghan Markle, a new book claimed. Writing in his book 'Our King', Robert Jobson claimed that Kate Middleton has "built up resentment" towards the Meghan Markle over the situation as she didn't get

a chance to say goodbye to the late monarch.

Instead, Kate Middleton had then remained in Windsor, reports Hindustan Times.

"Harry was insisting Meghan travel with him to Scotland as the Queen's life ebbed away but the King said it was only for the children and grandchildren to be with the Queen," Robert Jobson shared.

The author further claimed that King Charles asked Prince William to come without his wife, because "if Catherine doesn't come, Meghan can't either, it's not appropriate for wives to attend."

"Privately, he wanted to say Meghan was not welcome but he couldn't say that to Harry so he personally intervened and asked Kate to stay back so that it was fairer on Meghan," the author continued.

"Kate deliberately stayed away but she desperately wanted to be there with the Queen in her last moments. That's eaten Kate up and has built up resentment towards Meghan," he added.

## US Supreme Court extends hold on abortion pill restrictions

The US Supreme Court on Wednesday temporarily preserved access to a widely-used abortion pill, delaying its decision on lower court rulings placing restrictions on the drug.

Without commenting on the merits of the case, the Supreme Court extended an administrative stay freezing the lower court decisions until midnight Friday, reports AFP.

The initial stay came after the Justice Department filed an emergency appeal asking the court to block the lower court rulings that would have banned or limited use of mifepristone, which accounts for more than half of the abortions in the United States.

That stay had been scheduled to expire at midnight Wednesday and the court, in an order signed by Justice Samuel Alito, opted to extend the hold on the rulings for two more days.

The extension gives the court more time to decide what to do with the divisive case, the most significant on reproductive rights since it tossed out the constitutional right to abortion last year in an opinion penned by Alito, a conservative.



Polls repeatedly show a clear majority of Americans support continued access to safe abortion, even as conservative groups push to limit the procedure -- or ban it outright. Pic - AFP

The nine-member panel can rule in any number of ways, and abortion rights and anti-abortion activists -- as well as millions of Americans -- have been on tenterhooks waiting to see how the conservative-dominated court proceeds.

The case stems from a ruling this month by a US District Court judge in Texas that would have banned mifepristone, which was approved for use by the Food and Drug Administration (FDA) in 2000.

An appeals court blocked a ban on the pill, but imposed tough restrictions on access, after which the baton was handed to the Supreme Court.

The Supreme Court, where conservatives wield a 6-3 majority, on Friday temporarily stayed the lower court

rulings as it weighs what to do next.

Since the Supreme Court overturned the landmark Roe v. Wade ruling that enshrined the constitutional right to abortion for half a century, 13 states have banned abortion and it has been severely restricted in others.

Democratic Representative Katherine Clark said Wednesday that the court faces a "clear choice."

"Uphold legal and scientific fact or capitulate to MAGA extremism," Clark said in a reference to former Republican president Donald Trump's "Make America Great Again" slogan.

Opposition to the legal attack on the abortion pill is being spearheaded by the Justice Department, which argued that the initial federal judge's ruling was based on a "deeply misguided assessment" of the pill's safety.

Mifepristone is one component of a two-drug regimen that can be used through the first 10 weeks of pregnancy. It has a long safety record, and the FDA estimates 5.6 million Americans have used it to terminate pregnancies since it was approved.

Polls repeatedly show a clear majority of Americans support continued access to safe abortion, even as conservative groups push to limit the procedure -- or ban it outright.

From the Pages of History - MT 60 Years Ago

5th Year No 226

MAURITIUS TIMES

Friday 5 December, 1958

• *Man is free as the bird in its cage: he can move about within certain limits.* — Lavater

Peter Ibbotson

# On Secondary Education

**S**uggestions for reforms in private secondary education have been put forward by a number of correspondents. One reader in Chemin Grenier has drawn attention to the low salaries being paid to the teachers in the private secondary schools; even some holders of the GCE (5 passes) or School Certificate are, he alleges, being paid as low as Rs 150 a month. Why not a minimum wage board for private school teachers? Another reader (E.W. of Port Louis) has asked. He says, "I hope the Labour authority will fix the teacher's salary and keep an eye on the principals as it does on the shopkeepers."

These references to the poor salaries being paid in private secondary schools are interesting; it is, of course, well-known that many such schools are catchpenny affairs, set up by people desirous of cashing in on the people's demand for education; demands which the Government has so far not satisfied in the secondary field. Unscrupulous principals are establishing secondary schools, charging fees (and turning out the pupils if they fall behind with their fees), and not giving in return an adequate education.

In theory, the 1957 Education Ordinance ought by now to have begun to put an end to the undoubted racketeering that goes on in this field of private secondary education. Power has been given to the Director, with the concurrence of the Minister, to refuse to register any school if it appears to him that the premises are unsuitable, dangerous, insanitary or ill-equipped. Also, the qualifications and experience of the teachers must be adequate for the school to be conducted efficiently. Yet the complaints of correspondents of the **Mauritius Times** in recent weeks have concerned schools which, they have alleged, are deficient in these particulars.

A reader from Floreal declares that "year in and year out we have got new and young inexperienced teachers trying out their immature methods." The principals, he alleges, often do not prepare proper schemes of work. As regards the premises in which the schools are conducted, the reader says: "The classrooms look like concentration camps. Seven or eight pupils have to sit on one bench of ten feet or so. There is no proper ventilation, and the amount of light is defective." The lack of adequate ventilation is mentioned also by "A.A." of Chemin Grenier who also declares: "Some of the buildings are not suitable for colleges. The manager when opening the institution just hires a house, previously a store or garage. After some insignificant improvements on the building, a signboard is affixed bearing the name of a college from Oxford or Cambridge and the garage becomes a college."

If the allegations made by correspondents to the **Mauritius Times** are correct, then it is surely up to the authorities to act. If these private schools are really defective as regards ventilation, lighting, space, and qualified experienced staff, then they are clearly schools



which are liable to have their applications for registration turned down by the Director. On the other hand, if they are running as schools without being registered, the owners, managers and teachers are committing an offence under the 1957 Ordinance and are liable to a maximum penalty of a fine of Rs500 and six months in prison. The same penalty attaches if registration of unsuitable premises for use as a school has been secured by means of false information in the application for registration.

In any case, it is up to the Education Department to take action; the power is there, why not use it? People pay their hard-won rupees as school fees every month in the hope that their child, at a private secondary school, will eventually pass the School Certificate or the GCE well enough to qualify for a Government post. And with the number of such posts being so low, and the number of potential candidates for them being at the same time so high, it is clear that the bare minimum of the five pass GCE or the School Certificate with no additional subjects will not be enough. Government, able to pick and choose, will tend to choose the best-qualified candidates for jobs, which means, very probably, those applicants with six or seven GCE passes or with School Certificate in seven or eight subjects. And we all know that even the best private secondary schools don't often get very many of these better-qualified pupils.

Yet in return for these hard-won rupees, parents do not always get what they expect — a good education for their son. Time and time again, pupils go through their secondary schools getting good reports, but when the GCE comes along, they don't get any passes at all; or perhaps they pass in French only. Why? Very often because the good reports are mere eyewash to keep the parents happy and to make sure that they don't take their son away. The principals — not all, of course, but enough to warrant this allegation are concerned with their pockets, not with providing education. All over Mauritius there are mushroom colleges being opened, where often unscrupulous gentry sell education in inferior surroundings, as though education were just another commodity like detergents, toothpaste, or mono so-

dium glutamate.

The best private schools are good of course: the Triennial Report on Education, lists those few which have been approved or provisionally approved by the Cambridge Local Examinations Syndicate as qualified to present candidates for the School Certificate. Only eight non-aided, i.e., private schools have received the accolade of the Cambridge Syndicate: of the other 40 private secondary schools known to exist, the report says "... as such schools did not come up to the minimum standard expected of secondary grammar schools with respect to teachers qualifications, physical conditions, equipment or curriculum, the quality of education they could give left much to be desired. But if that is what the Education Department feels about so many private secondary schools, why hasn't it taken action against them under the Ordinance?"

Action against the unsatisfactory private schools under the 1957 Ordinance would, the political opponents of the Labour Minister of Education will doubtless say, be restricting the opportunities of education available to those who do not get a scholarship or other entry to a Government or aided secondary school. There may be an element of truth in this allegation; but to take action against unsatisfactory schools would have these effects. First, those schools that were not proceeded against would all the time have to be on their toes to maintain at least minimum standards: the principals would know that if they didn't, it would get round to their turn to be struck off the list of registered schools. And second, many parents would be protected from wasting their hard-won rupees on a travesty of secondary education; a travesty which benefits no-one but the unscrupulous principal who pockets the not inconsiderable profits.

And third, the principals of the Government and aided schools, as well as of the handful of reputable private schools, would welcome the disappearance of tinpot catchpenny back-room academies whose activities do nothing but evil to the cause of education in general. But will the Department act?

# Anyone can claim to be a journalist or a news organization

## and publish lies with almost total impunity

● Cont. from page 2

News businesses or profit machines can hire anybody who falls off a turnip truck and label them journalists because the job has no standardized requirements.

The US Bureau of Labour Statistics lists "None" as requirements for work experience and on-the-job training for journalists but indicates a bachelor's degree is typical. Accordingly, the Fox News business people could choose to spread election lies and insist, as court documents indicate, that it made good business sense to do so because much of their audience did not want the actual truth about that topic.

These are some of the troubling take-aways from Murdoch's defense of his news business against a libel lawsuit filed by Dominion Voting Systems, the company implicated by Fox's election fraud allegations. Fox essentially admits to publishing false information about Dominion, but argues it is nonetheless protected from liability. It is a defense grounded in the First Amendment, which protects press freedom so robustly that it also protects the irresponsible use of that freedom.

### There's lying ... and there's defamation

Murdoch's admission was contained in court documents and was revealed in a New York Times story published on March 7, 2023. The story was about the US\$1.6 billion libel lawsuit filed against Fox News by Dominion, the company Fox journalists repeatedly - and falsely - accused of rigging the 2020 presidential election to make sure Donald Trump lost.

Internal Fox communications, reported by the New York Times, revealed that network journalists and their news executive bosses knew the 2020 election was not fraudulent, yet continued to allow lies about the election - told by hosts and their guests - to be spread to the public.

Dominion claimed Fox's audience recoiled when its journalists truthfully reported that Trump had lost the election. Dominion's attorneys asserted that Fox feared the audience would switch their viewing allegiance to upstart conservative news organizations Newsmax and One America News.

In a March 31, 2023, ruling, the judge hearing the case cited examples of Fox's internal communications that demonstrated how journalism values were supplanted by the language and values of business. Among them was this quote attributed to a Fox Corporation board member: "If ratings go down, revenue goes down." The judge also referred to Dominion's claim that Fox chose to publish the (false) statements to win back viewers.

Court documents show Dominion's attorneys asked Murdoch: "What should



the consequences be when Fox News executives knowingly allow lies to be broadcast?" Murdoch replied: "They should be reprimanded, maybe got rid of."

That response aligns with principles widely touted by professional news organizations and established in the ethical practice of journalism. Although journalism scholars and practitioners vary in their definitions of what a news organization is and who can claim to be a journalist, there is firm agreement that reporting facts, or at least making a good faith effort to do so, is an indispensable mandate for both.

Yet Murdoch has not indicated an intention to discipline en masse Fox News employees who violated that ethical principle. Nor is he required to.

Even the Society of Professional Journalists, the nation's foremost advocate for ethical journalism, rejects punishments for those who violate its principles. Its ethics code says in part: "The code is entirely voluntary... It has no enforcement provisions or penalties for violations, and SPJ strongly discourages anyone from attempting to use it that way." The organization concedes that news outlets can discipline their own journalists. Because journalists and their employers may be considered to be one entity, any disciplinary action is voluntary self-discipline. Neither journalists nor the news organizations they personify have to be truthful unless they want to.

Lying in the press is unethical but does not necessarily strip liars of the protections provided by the First Amendment. There is an exception to this: the defamatory lie, one that injures a person or organization's reputation. That is what got Fox News sued.

A machine with the words 'Dominion Voting' on it, and a woman walking by in the background.

### Assumptions fall

Murdoch's surprising statements were revealed in the lawsuit because his attorneys sought what's called a "summary judgment" by the judge to decide the case without a trial, in order to avoid the prospect of facing a jury. That move makes sense

given that some law scholars have found that juries rule against media defendants three times out of four.

By law, summary judgment is available only when the parties agree on the material facts of the case.

That meant Fox and Murdoch had to admit to Dominion's most damning allegations, including confessing to broadcasting untrue statements and engaging in other unethical journalism practices. Even with those admissions, the First Amendment's protection could still give Fox a chance to win the lawsuit - particularly if a jury did not hear the case.

Without reaching trial or a verdict, the

Dominion Voting Systems v. Fox News lawsuit has already produced some unsettling results. It has challenged journalism disciplines' assumption that news organizations exist to provide the public with truthful information about the most important issues in their civic lives. It has shaken journalism's faithful who assume that good journalism is never bad for the business of journalism.

Neither assumption is necessarily valid at Fox or anywhere. Anyone can claim to be a journalist, irrespective of their actual function. Any business can claim to be a news organization. Functioning irresponsibly in either role is largely protected by the First Amendment and is therefore optional.

Ethics imposed by independent state bar associations and state medical boards have made professional attorneys and physicians accountable by law as a means of ensuring responsible behaviour in their roles, which are considered essential to society. Journalism ethics, which are news organization ethics, are wholly voluntary and can be set aside if they compromise profits.

But if the ethics violations are defamatory, a successful libel lawsuit can impose accountability with a financial cost - money damages.

By John C. Watson, Associate Professor of Journalism, American University

## To Our Readers

### Subscribe to the Mauritius Times

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

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

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

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

For those who are regular readers but are not subscribed, please do consider becoming a **regular subscriber** by sending us your contribution. To do so, please click on the link below to see the payment options available and to enter your personal details which are required to ensure immediate processing of your subscription. Thank you.

The Editorial Team

Subscribe by going to our Google Form by clicking on the link: [SUBSCRIBE NOW](#)

Please know that we are at your disposal for any clarification and assistance that you may require. You may please contact us on: Tel: 5 2929 301 - 5 782 9861 - 212 13 13 or by email at: [mtimes@intnet.mu](mailto:mtimes@intnet.mu)

# What is 'eldest daughter syndrome' and how can we fix it?

*Breaking the cycle of eldest daughter syndrome: tips for families*



**Yang Hu**  
Professor,  
Department of  
Sociology, Lancaster  
University

**H**ave you heard of “eldest daughter syndrome”? It’s the emotional burden eldest daughters tend to take on (and are encouraged to take on) in many families from a young age.

From caring for younger siblings, helping out with everyday chores, looking after sick parents to sorting shopping orders or online deliveries, eldest daughters often shoulder a heavy but invisible burden of domestic responsibility from a young age.

What’s wrong with that? You might ask, shouldn’t the eldest children, who are supposed to be more grown-up, help out and look after their younger siblings? Aren’t girls “naturally” better at caring? These popular assumptions are so entrenched that they can make it difficult for us to see the problem.

But #EldestDaughterSyndrome is now trending on TikTok, with adolescent girls speaking out about the unfair amount of unpaid (and unappreciated) labour they do in their families, as well as discussing its adverse effects on their lives, health and wellbeing.

Of course, the “syndrome” has existed for centuries across many parts of the world. So why is it now being spoken about as such an issue?

Despite women’s rise in education and employment, they still shoulder the lion’s share of housework. Indeed, progress towards gender equality in the workplace has not translated into gender equality at home. And eldest daughter syndrome can go some way to explain why this is the case.

Research shows that children make a notable but often overlooked contribution to domestic labour. Mirroring the gender divide among adults, girls between five and 14 years old spend 40% more time on domestic work than boys.

Following a patriarchal pecking order, the eldest daughter often bears the brunt of the burden among her siblings.



Older siblings often end up helping with homework.  
Pic - Pexels/august de richelieu

As voiced by many on TikTok, the syndrome can impair eldest daughters’ wellbeing and “steal” their childhood as they are rushed into assuming a disproportionate amount of adult responsibilities – also known as parentification. In doing so, it reproduces gender inequality in domestic labour from one generation to another.

## Why it happens

At least three behavioural theories underlie eldest daughter syndrome and they are often simultaneously at



From caring for younger siblings, helping out with everyday chores, looking after sick parents to sorting shopping orders or online deliveries, eldest daughters often shoulder a heavy but invisible burden of domestic responsibility from a young age. Pic - Getty Images

play, reinforcing one another.

First, the role modelling theory, which suggests that eldest daughters often follow their mother as a role model in learning to “do” gender.

Second, the sex-typing theory proposes that parents often assign different, gendered tasks to girls and boys.

Sex-typing often builds on parents’ gendered understanding of domestic work as something associated with femininity. For parents who consciously strive to instil gender equality in their children, sex-typing can still occur as eldest daughters unconsciously join their mothers in gendered activities such as cooking, house cleaning and shopping.

And third, the labour substitution theory suggests that when working mothers have limited time available for domestic work, eldest daughters often act as “substitutes”. As a result, they end up spending more time on care provision and housework.

Consequently, mothers’ progress towards gender equality at work can come at the cost of their eldest daughters picking up the domestic slack at a young age.

As we look further afield, the issue of eldest daughter syndrome has far-reaching implications for global gender inequality and an ongoing global care crisis.

In the Philippines, for example, many mothers migrate to the US, the Middle East and Europe to work as domestic workers.

Their work helps free their clients from domestic gender inequality to some extent through domestic outsourcing. But back in the Philippines, the women’s eldest daughters often have to step up as “surrogate” mothers and run the household.

In this process, eldest daughter syndrome reproduces domestic gender inequality across generations and offloads such inequality from one part of the world to another.

## What can we do?

The “cure” might seem simple – we need families to recognise the unfair burden that may have been placed on the eldest daughter and to redistribute household responsibilities more equally.

Yet, doing so is far from straightforward. It requires male family members in particular to step up their contribution to domestic work. In turn, it requires us to “undo” centuries of thinking about housework and care as something gendered and “feminine”. To achieve that, we need to first recognise the problem that domestic labour, particularly labour performed by children and eldest daughters, which goes largely unseen, unpaid and under-valued.

In the 2023 UK Budget, the £4 billion investment in extending childcare coverage sheds some light on the sheer economic value of childcare, which, although massive, represents only a tiny fraction of the extensive range of domestic responsibilities disproportionately shouldered by women and often eldest daughters.

But we can’t change something we can’t see. This is why being more aware of eldest daughter syndrome, not only as an individual struggle but also as an issue of gender inequality, is a good start.

**DASAUTO CO LTD**  
Tel: 248 3693 / 5850 1922 / 5256 4837

**BMW SPECIALIST GARAGE**

Servicing & General Repairs  
Mechanical & Electrical Problems  
Diagnosis & Coding & Programming  
Engine Overhaul/Oil &  
Water Leakage/Suspension



## NOTICE FOR PERMISSION FOR LAND USE

Take notice that I, **KHOLEEPA MOHAMED HOSSEN** will apply to the District Council of Flacq for a building and Land Use Permit for a proposed Commercial Building at the Corner of BOOLAKY ROAD & ROUTE PUBLIQUE DE CAMP DE MASQUE PAVÉ, FLACQ.

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

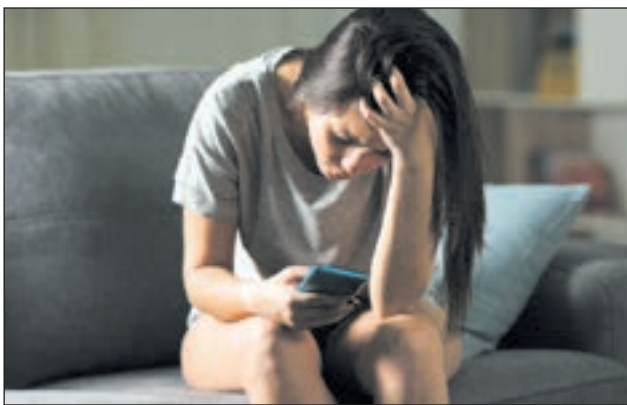
Date: 21/04/23

## Social media stress can lead to social media addiction

Social networking sites (SNS) such as Facebook and Instagram are known to cause stress in users, known as technostress from social media. However, when faced with such stress, instead of switching off or using them less, people are moving from one aspect of the social media platforms to another -- escaping the causes of their stress without leaving the medium on which it originated.

Research into the habits of 444 Facebook users revealed they would switch between activities such as chatting to friends, scanning news feeds and posting updates as each began to cause stress. This leads to an increased likelihood of technology addiction, as they use the various elements of the platform over a greater timespan.

Researchers from Lancaster University, the University of Bamberg and Friedrich-Alexander Univeristät



Erlangen-Nürnberg, writing in 'Information Systems Journal', found that users were seeking distraction and diversion within the Facebook platform as a coping mechanism for stress caused by the same platform, rather than switching off and undertaking a different activity.

Prof Monideepa Tarafdar, Prof of Information Systems and Co-Director of the Centre for Technological Futures at Lancaster University Management School, who co-authored the study, said: "While it might seem

counter-intuitive, social media users are continuing to use the same platforms that are causing them stress rather than switching off from them, creating a blurring between the stress caused and the compulsive use."

The research team looked at various different forms of technostress caused by using social media, such as users feeling that SNS were invading their personal life, adapting their SNS use to conform to that of their friends, experiencing excessive social demands and too much social information, and facing constant changes and updates to the SNS platform.

They further examined two separate ways of coping with the stress. The first included users creating a diversion by partaking in other activities away from social media, which is the more obvious path. They would switch off, talk to friends or family about issues they were experiencing and spend less time on the platform.

However, the other method consisted of diversion through engaging in different activities within the same SNS app itself, and potentially moving on a pathway towards SNS addiction. This method was more prevalent among those social media users who used the sites more regularly.

## Association between soft drink consumption and mortality in 10 European countries

A new study coordinated by researchers from the International Agency for Research on Cancer (IARC) examined the association between total, sugar-sweetened, and artificially sweetened soft drink consumption and subsequent total and cause-specific mortality.

The study included data from more than 450,000 people in the European Prospective Investigation into Cancer and Nutrition (EPIC) cohort, with an average follow-up period of more than 16 years. Compared with participants who drank less than one glass of sugar-

sweetened or artificially sweetened soft drinks per month, participants who drank two or more glasses of these drinks per day had a higher risk of all-cause mortality.

In addition, consumption of two or more glasses of artificially sweetened soft drinks per day was found to be positively associated with deaths from circulatory diseases, and consumption of one or more glasses of sugar-sweetened soft drinks per day was found to be positively associated with deaths from digestive diseases.



## Curious Kids: What is earwax?

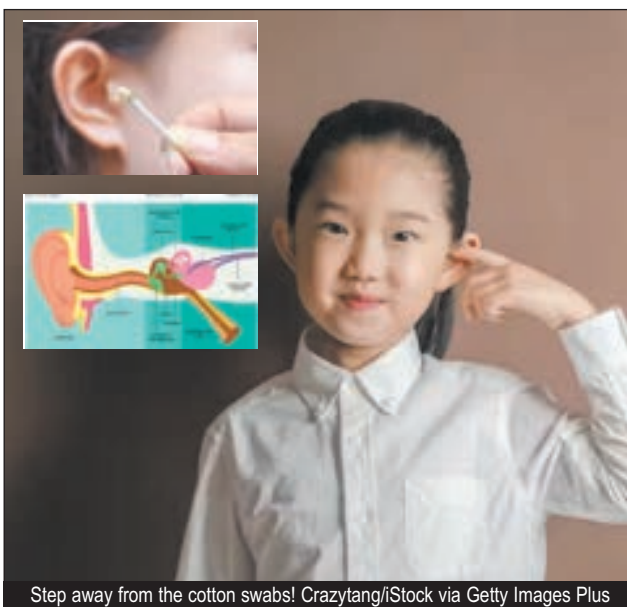
**That brownish/yellowish gunk that comes out on your finger if you scratch deep inside your ear? It actually serves an important purpose in your body.**

Imagine you're watching TV. Suddenly, your ear feels a little itchy. You stick your pinky finger in there and dig around a bit. You pull it out and stare at the little brownish blob on the tip of your finger.

That's earwax. This kind of waxy ear booger has plagued people for centuries. Tools to remove earwax from thousands of years ago have been discovered in ancient Roman and at Viking archaeological sites. But if you could snap your fingers and suddenly wish away all the earwax in the world, it might not be as great as you imagine.

I'm a pediatric otolaryngologist – otherwise known as an ear, nose and throat doctor for children. I work at Seattle Children's Hospital and mainly see kids who have problems with their ears. Sometimes I encounter a patient who has something in their ear that shouldn't be there – insects, gummy worms and beautiful gemstone beads are some of my personal favorites that I've removed. But what I see all the time is a lot of earwax.

Your ear canal is lined with skin cells, as well as different glands that release various substances into the canal. Earwax is produced in your ear canal and is basically a mix of skin cells, sweat and fatty oils. These things mix together to form small – or sometimes rather big – globs of golden-brown gunk.



Step away from the cotton swabs! Crazytang/iStock via Getty Images Plus

Everyone's earwax is unique. Some is more pasty, some is dry, some is yellow, brown or black. Scientists have figured out a gene that seems to calibrate how wet or dry your wax is. So, if your wax is really pasty and stinky, it's another thing you can blame on your parents.

While you might think it is just a nuisance, earwax actually plays some important roles. It helps keep the skin in your ear healthy and moist, and doctors think it may protect the ear canal from infections. If there were no earwax in the world, your ears would feel dry and itchy. You would probably scratch at them constantly and get ear canal infections more frequently.

But maybe you're convinced a buildup of earwax is making your ears itch – not to mention preventing you from hearing when you're called to dinner. In that case, is

it better to get it out of there?

Many people are tempted to stick something in their ears to try to get wax out and give the ear a nice little scratch. The problem is that while you might get a little wax out, you're probably pushing more in than you're extracting. If you keep pushing more and more in, sooner or later your ear canal will be packed and overflowing with waxy goodness.

So what is the best way to remove it? Believe it or not, on its own the ear canal naturally pushes earwax out of your ear. As skin grows in the ear canal, it forms a natural conveyor belt for the earwax. In general, it should slowly migrate to the outside of your ear canal and just fall out when you run around or bathe. When you chew, your jaw movement also seems to help wax come out of your ear.

This is a natural process and a long journey to freedom for those little ear boogers. They want to get out of your ear canal, too, so don't push them back in by sticking a Q-tip in your ear. Some people mistakenly think lighting a candle by your ear is a great way create a vacuum and suck wax out of your ear. It isn't – research shows that it doesn't actually work, so please don't light any fires next to your head.

Sometimes it can help to use different types of ear drops to soften up wax and help it come out on its own. There are some drops you can buy at the store, and some simple products like mineral oil that can also do the trick. If your ear gets too full of wax, you might need to see your doctor to have it carefully cleaned out. Don't try this at home!

**Antonella Sorace**

Professor of Developmental Linguistics,  
The University of Edinburgh





**A** Mom visits her son for dinner who lives with a girl roommate.

During the course of the meal, his mother couldn't help but notice how pretty his roommate was. She had long been suspicious of a relationship between the two, and this had only made her more curious...

Over the course of the evening, while watching the two interact, she started to wonder if there was more between him and his roommate than met the eye.

Reading his mom's thoughts, his son volunteered, "I know what you must be thinking, but I assure you, we are just roommates."

About a week later, his roommate came to him saying, "Ever since your mother came to dinner, I've been unable to find the silver plate. You don't suppose she took it, do you?"

He said, "Well, I doubt it, but I'll email her, just to be sure."

He sat down and wrote:

*Dear Mother:*

*I'm not saying that you 'did' take the silver plate from my house, I'm not saying that you did not take the silver plate but the fact remains that it has been missing ever since you were here for dinner.*

*Love,*

*Your son*

Several days later, he received an email from his Mother which read:

*Dear Son:*

*I'm not saying that you 'do' sleep with your roommate, and I'm not saying that you 'do not' sleep with her.*

*But the fact remains that if she was sleeping in her OWN bed, she would have found the silver plate by now, under her pillow...*

*Love,*

*Mom*

\*\*\*

A policeman goes home after a long and exhausting day at work. He enters the dark bedroom and strips off



his uniform, leaving it on the floor.

Being so tired he did not bother to turn on the light, plus he didn't want to disturb his wife who was in the bed.

Just before he got into the bed his wife said, "Honey we out of bread, please buy one at the corner shop, as I needed it to make breakfast for the kids."

"Fine," said the husband, "but you should have mentioned it before I took off my uniform."

He then put on his uniform and went to the corner shop. He took up the loaf of bread and while paying for it, the cashier says to him "New job?"

"Nah" replied the policeman.

"Really?" said the cashier, "so how come you have worn a fireman's uniform?"

\*\*\*

A child asked his father, "How were people born?"

His father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on."

The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now."

The child ran back to his father and said, "You lied to me!"

His father replied, "No, your mom was talking about her side of the family."

\*\*\*

**Wife:** "How would you describe me?"

**Husband:** "ABCDEFGHIIJK."

**Wife:** "What does that mean?"

**Husband:** "Adorable, beautiful, cute, delightful, elegant, fashionable, gorgeous, and hot."

**Wife:** "Aw, thank you, but what about IJK?"

**Husband:** "I'm just kidding!"

\*\*\*

Is Google male or female?

A: Female, because it doesn't let you finish a sentence before making a suggestion.

\*\*\*

Girlfriend: "Am I pretty or ugly?"

Boyfriend: "You're both."

Girlfriend: "What do you mean?"

Boyfriend: "You're pretty ugly."

\*\*\*

Bob was in trouble. He forgot his wedding anniversary. His wife was really angry. She told him: "Tomorrow morning, I expect to find a gift in the driveway that goes from 0 to 200 in 6 seconds AND IT BETTER BE THERE!"

The next morning he got up early and left for work. When his wife woke up, she looked out the window and sure enough there was a box gift-wrapped in the middle of the driveway. Confused, the wife put on her robe and ran out to the driveway, brought the box back in the house. She opened it and found a brand-new bathroom scale.

Bob has been missing since Friday.

\*\*\*

Me: Would you like to be the sun in my life?

Her: Awww... Yes!!!

Me: Good then stay 92.96 million miles away from me

\*\*\*

A lady comes home from her doctor's appointment grinning from ear to ear.

Her husband asks, "Why are you so happy?"

The wife says, "The doctor told me that for a 45-year-old woman, I have the breasts of a 18-year-old."



"Oh yeah?" quipped her husband, "What did he say about your 40-year-old ass?"

She said, "Your name never came up in the conversation."

\*\*\*

A wife comes home late one night and quietly opens the door to her bedroom. From under the blanket, she sees four legs instead of just her husband's two.

She reaches for a baseball bat and starts hitting the blanket as hard as she can.

Once she's done, she goes to the kitchen to have a drink. As she enters, she sees her husband there, reading a magazine.

He says, "Hi darling, your parents have come to visit us, so I let them stay in our bedroom. Did you say hello?"

\*\*\*

Wife: "In my dream, I saw you in a jewelry store and you bought me a diamond ring." Husband: "I had the same dream and I saw your dad paying the bill."

\*\*\*

A husband exclaims to his wife one day, "Your butt is getting really big. It's bigger than the BBQ grill!"

Later that night in bed, the husband makes some advances towards his wife who completely brushes him off.

"What's wrong?" he asks.

She answers, "Do you really think I'm going to fire up this big-ass grill for one little weenie?"

\*\*\*

A married man was having an affair with his secretary.

One day, their passions overcame them in the office and they took off for her house. Exhausted from the afternoon's activities, they fell asleep and awoke at around 8 pm. As the man threw on his clothes, he told the woman to take his shoes outside and rub them through the grass and dirt.

Confused, she nonetheless complied, and he slipped into his shoes and drove home. "Where have you been?" demanded his wife when he entered the house.

"Darling," replied the man, "I can't lie to you. I've been having an affair with my secretary. I fell asleep in her bed and didn't wake up until eight o'clock."

The wife glanced down at his shoes and said, "You liar! You've been playing golf!"



## Business Tips

# The 5 concepts to strengthen your business

Victims are frightened by change, yet leaders are inspired by it.

A number of my private mentoring clients are investment titans, and they often tell me that they "sell hysteria and buy panic."

They explain that top financiers never follow the crowd -- so that when the majority is in a buying frenzy, they know that it's a bubble waiting to deflate so they sit on the sidelines. Knowing that a crash is coming.

And when it does -- and most people panic -- they jump in and buy great stocks on sale.

I've thought a lot about their strategy -- when it comes to building a great business. And I ask you to ask yourself this question: "What must me and my team do now to ensure that as the recession deepens, we actually grow, invent and win?"

**5 Concepts from my mentoring methodology that will help you:**

### 1. The 1-year emergency fund

For years, I've advised my entrepreneurial clients to save one year of operating expenses so -- when a down cycle comes -- they stay graceful, nimble and strong. Now that inflation is soaring and interest rates are rising, they are able to resist the fear pervading the marketplace and seize the opportunities that deep change brings.

### 2. The team of Picassos Concept

The bigger your dream the more essential your team. You simply cannot build an A-level company with B or C-level performers. All of the famous business leaders that have come to me for coaching have one skill that they've mastered: hiring. Have the wisdom and discipline to let go of low producers who do not fit in your high performance culture. And double down on bringing on the superstars who will cause your shop to lead its field.

### 3. The sustainable competitive advantage insight

Too many entrepreneurs have no idea of the one (not 50!) advantage that makes them special. The business that tries to be all things to everyone ends up being nothing to anyone. To thrive in this age of global economic hardship you absolutely must figure out the greatest frustration of your customers and then solve it in an elegant, efficient and honest way (that none of your peers ever will).

### 4. The ELOVAC Business Devotion

ELOVAC stands for the "Extremely Lean Overhead Very Agile Company."

Please consider this: a giant ship is exceedingly hard to steer in stormy seas, but a small boat can turn on a dime. For years I've advised the top titans that I mentor to avoid "success bloat" and never to grow their business costs just for the sake of growing their business size (and not to confuse the top line with the bottom one).

Keep your firm extremely lean, think like a startup and watch expenses like a hawk. So when the economy falls, you can pivot fast, master opportunity and serve even more human beings with products and services that make their lives far better.

### 5. The Pristine Morning Routine

How you perform under pressure depends on how well you've prepared for the battle. Legendary athletes tell you that games are won before a foot is set on the court (by deep, focused, heroic practice).

When I mentor a client, one of the protocols I put in place within the first week of the advisory engagement is a world-class morning routine. This ensures that they are positive, focused, energized and extremely productive in this time of volatile and negativity.

The early-rising habit is much more advanced than what I taught in 'The 5AM Club' and now isn't the time for me to detail it. I'll simply say that it should include biohacking, deconstructing and mindset re-engineering.

**Robin Sharma**

Humanitarian and Leadership Missionary

## Life's Lesson



# The Power of a Parent's Words

A story is told about a young Thomas Edison who came home one day with a paper for his mother. He told her, "My teacher told me to give this paper only to my mother."

Thomas' mother read the note and her eyes filled with tears. Thomas asked his mother what the note said, and she read aloud,

**"Your son is a genius. This school is too small for him and doesn't have enough good teachers for training him. Please teach him yourself."**

And that's exactly what Thomas' mother did; she home-schooled her child with devotion and dedication.

As the story goes, many years later after Thomas Edison's mother passed on, and he was now one of the world's greatest inventors, he found a folded paper among other family items. He opened the very same paper that had been handed to him to give to his mother and read the following message:

**"Your son is mentally ill. We won't let him come to school anymore."**

At that moment, Edison realized what his mother had done for him so many years ago. He wrote in his diary: "Thomas Alva Edison was an added child that, by a hero mother, became the genius of the century."

**Moral:** Can you imagine what might have happened to Thomas Edison if his mother had read to him the reckless and hurtful words written by his teacher? He might never have invented the light bulb or made his many other contributions to society.

Thank God for the wisdom and wise words of his mother! She created the context in which her son could grow to his full potential.

**"The words of the reckless pierce like swords, but the tongue of the wise brings healing."**

You might be a parent, what do you say to your children? You might be a teacher, what do you say to your student... especially the ones that are not performing well presently?

What do you say about your parents, family, boss, subordinate, leader, colleague, or follower? Just as hurtful words can cause uncontrolled damage for life, so can wise words positively affect a person for life. May the words you use today change your life for the better.

Author Unknown

# Blessed are those with a mother by their side

Blessed are those with a mother by their side,  
For in her presence, joy and love abide.  
But oh, how I miss my mom so dear,  
Her laughter, her hugs, her presence near.

We watched the sunsets hand in hand,  
Went shopping, had lunches grand,  
Shared dinners with stories and laughter,  
Our bond is a treasure I'll cherish after.

Her voice, a comfort in times of sorrow,  
Her embrace, a solace for a better tomorrow,  
Her tears, a balm for wounds so deep,  
Her love is a gift I'll forever keep.

Life's brevity is a stark reminder,  
To cherish moments, to hold her tighter,  
For she's invaluable, she's one of a kind,



A gem in my heart, forever enshrined.

So, to those with a mother still in sight,  
Hold her close, make memories bright,  
For she's a treasure beyond measure,  
Her love is so pure, so precious, and rare.

Well-being**How to make the most of your retirement**

**When you retire, you don't just leave a job -- you enter a new stage in your life. Here's what you can do to help make those years better.**

**F**ind a new purpose: When you retire, you don't just leave a job. You enter a new stage in your life. If you do something you find meaningful, you'll be happier and healthier. Volunteer at a hospital or library. Take part in projects at your house of worship. Tutor kids who need help in school. Care for animals in a shelter. Help assemble gift boxes for soldiers overseas. Long-term, this can help both your mind and body.

**The right surroundings:** Where you live can help set you up for good health. If you want clean air, you have a variety of choices, like Melbourne, FL; Elmira, NY; Pueblo, CO; and Salinas, CA. You can exercise outdoors amid the mountains of Boulder, CO, the seacoast of Portland, ME, or the sunshine of Tucson, AZ. For top-notch medical care, it can be good to live near Cleveland, Boston, Baltimore, Houston, New York City, or Rochester, MN.

**Man's (or woman's) best friend:** A dog gives you unconditional love and more. Just 15 minutes with Fido can lower your blood pressure, heart rate, and stress level. Over time, a faithful companion can help cut your cholesterol, fight depression, and keep you active. Having a cat can also help lower your blood pressure and stress levels.

**Healthy food:** You're more likely to have problems linked to nutrition, like weight loss or a lack of certain vitamins, as you age. So, a balanced diet of protein, fat, and carbs is more important than ever. Cut down on packaged foods, because they have lots of salt, which can raise your blood pressure. One good option is to eat like people in Greece and its region: lots of fruit, veggies, whole grains, and olive oil.

**Get out of the house:** An active lifestyle can help you be happier, live longer, and lower your chances of some ailments, like dementia. Play cards with friends. Travel with a seniors group. Reconnect with friends from high school or college. If you have a hobby -- like reading, knitting, or gardening -- join a club that focuses on it.



**Keep tabs on your health:** Regular medical check-ups are a must. Your doctor can help you guard against a heart attack or a stroke by watching your blood pressure and cholesterol. Timely shots help protect you from the flu and other illnesses. If you're a woman, you need tests for breast and cervical cancers; if you're a man, your doctor can help you decide about a prostate cancer test.

**Exercise for fun and fitness:** Being active not only gives your health a boost, but it also helps you stay independent as you age. Pick something you enjoy so you'll keep doing it. Aerobic exercise, like walking, swimming, or dancing, can give you more energy and help keep your mind sharp, too. Exercises with weights or bands can build your strength. Yoga keeps you flexible. If exercise is new to you, ease into it, and check with your doctor first.

**Behind the wheel:** With time, changes in your eyesight, physical fitness, and reflexes can affect how well you can drive. Your safety depends on keeping track. Can you see road signs clearly? Are you limber enough to turn around and check traffic behind your car? Does traffic confuse you? Your doctor may be able to help with issues like these. And groups like AARP and AAA offer classes to help you measure and beef up your skills.

**Bone health:** If you're a woman, your bones need a boost. The changes in your hormones after menopause can make them more brittle, a condition called osteoporosis. To fight that, make sure your diet gives you plenty of calcium, the bones' key building block. Good sources include broccoli, spinach, and low-fat or nonfat milk and yogurt. When you reach 65, have your doctor

check your bones with a DEXA test -- a low-dose X-ray. Osteoporosis can be an issue for men too, but there are no formal screening guidelines.

**Stimulate your mind:** Your brain needs exercise, just like your body. Read, do puzzles, play a musical instrument, or pick up an old hobby. Take a class in a subject you're curious about, like cooking or computers. Using your creative side, through things like painting and gardening, can help your brain stay healthy, too. For example, an acting course may boost your memory and your problem-solving skills.

**Get your 40 winks:** It may get harder for you to sleep through the night as you get older. You might need to pee or to shift in bed so a joint stop aching. But you can take steps to help. Stop drinking liquids 2 hours before bed. Don't have any caffeine within 8 hours of bedtime. Make your bedroom as dark as possible. During the day, limit naps to 10 or 20 minutes. To help with aches, ask your doctor if you should take a painkiller when you turn in.

**Safety around the house:** Household accidents become more dangerous as you age. Get nonslip mats for your bathroom floor and tub. Fix frayed rugs or carpets. Be sure there's plenty of light. Fasten down loose cords. If your home has stairs, put handrails on both sides and put anti-skid strips on the steps.

**Intimacy:** Physical changes can make sex fade from your life. But you can get the sizzle back. First, each of you should talk about your feelings and concerns. Reassure your partner that you're still attracted to them. Handholding and massages are good ways to reconnect. If there's a physical problem, like erectile trouble, see your doctor.

**Manage your time well:** One of the main joys of retirement is having time on your hands. You can do what you want, when you want. Researchers have found that retirees are happiest when they plan how to spend their time and make the most of it. If you manage it well, that can pay off even if you don't have lots of time to spare. And it can keep you from being bored.

**Is 'work' a 4-letter word?** Working after you retire can keep your memory and brainpower in shape, not to mention your pocketbook. If you enjoyed your old job, do a scaled-down version of it. That's an option for professions ranging from bookkeeping to home health to home repair. Or this could be your chance to try that job you always wondered about. Second careers are sometimes the most rewarding.

Sabrina Felson, MD -WebMD

Your Health**Are these the best diets for heart problems?**

**For people with problems with their heart and blood vessels, one of these two diets might reduce the chances of dying early and of having a nonfatal heart attack.**

**F**or people who have problems with their heart and blood vessels, a Mediterranean or low-fat diet can reduce the chance of dying early and of having a nonfatal heart attack, a detailed new study shows.

Published recently in the journal BMJ, the research analyzed data combined from 40 previous studies that enrolled a total of 35,548 people. The people in the studies either had cardiovascular disease or had at least two risk factors for it, such as high blood pressure, diabetes, obesity, or high cholesterol. The analysis compared how well various diets protected people at risk of



heart problems, compared to just giving people a brochure about healthy eating.

The researchers said "there were no convincing differences between Mediterranean and low fat" diets in terms of whether one reduced the risk of death or chance of heart attack more than the other. People at higher risk were most likely to see the greatest benefits of the diets.

The researchers defined a low-fat diet as limiting fat intake to 20% to 30% of daily calories and saturated fat intake remaining below 10% of daily calories. The Mediterranean diet was defined as eating a lot of fish, fruit, vegetables, and monounsaturated fats like olive oil.

People on those two diets fared better than those on five other eating plans, such as diets that limited fat even more, also limited sodium intake, added plant-based requirements, or used a complex formula for many calculable aspects of food like carbohydrates, protein, and fiber. The names of the other diets studied were very low fat, modified fat, combined low fat and low sodium, Ornish, and Pritikin.

Lisa O'Mary - WebMD



## Ileana D'Cruz, Karan Johar, Sushmita Sen... Bollywood stars who proved marriage isn't mandatory

Parenthood is a feeling that many desire. But is marriage mandatory for it? There are a few Bollywood stars who have gone against societal norms to embrace parenthood. Last Wednesday, Ileana D'Cruz announced her pregnancy and many on the internet asked her about the baby's father and some even asked 'shaadi kab hui'. A lot of her fans came out in support of her and said that one can have a baby without getting married. The *Raid* actress is reportedly not married as yet. Here's looking at other Bollywood stars who are unmarried but have kids as reported by N. Thakkar of Bollywood Life.

**Karan Johar:** It was in 2017 that Karan Johar welcomed his twins - Yash and Roohi through surrogacy. He is a single parent and is doing a fab job at it.

**Tusshar Kapoor:** As a single parent to son Lakshya Kapoor, in 2016, Tusshar Kapoor opted for IVF and surrogacy to welcome his kid into this world. In an interview, he said that he has no plans of settling in matrimony.

**Ekta Kapoor:** Just like brother Tusshar Kapoor, Ekta Kapoor is a single parent too. She is a mother to son Ravie and they are the happiest in each other's company.

**Kalki Koechlin:** She has a baby with her boyfriend Guy Hershberg. They have a daughter named Sappho. She was criticised for having a baby out of wedlock but Kalki keeps negativity at bay.



**Sushmita Sen:** Sushmita set an example when she adopted Renee and Alisah. She has been a single mother and raised her daughter very well.

**Sakshi Tanwar:** She is also a single mother. She adopted a baby girl named Dityaa in 2018. She called it the greatest moment of her life. Reportedly, the TV star isn't married yet.

## Late Irrfan Khan's 'The Song of Scorpions' to release on April 28

*'The Song of Scorpions'*, which marks late Irrfan Khan's final performance will, be released in theatres on April 28 after doing rounds at multiple film festivals. This film is a tribute to the actor who passed away on April 29, 2020, reports IANS.

The film set in Jaisalmer's Thar desert, features Iranian-French actress Golshifteh Farahani opposite Irrfan, with Waheeda Rehman, Shashank Arora and Tillotama Shome in strong supporting roles. The trailer of the film was unveiled recently on digital platforms. The film is written and directed by Anup Singh who made the critically acclaimed *'Qissa: The Tale of a Lonely Ghost'* with Irrfan earlier.

Irrfan essays the role of a camel trader in this twisted love story of revenge and the redemptive power of the song. Golshifteh Farahani plays Nooran, a fiercely independent tribal woman, who is learning the ancient healing art of scorpion singing from her grandmother, Zubeida, played by Waheeda Rehman.

Talking about the film, director Anup Singh said: "The film is about choice: you can either choose to breathe out the poison you breathe in, or sing a song of love that



heals rather than harms. It's an important film given the times we live in. Irrfan believed in it passionately and I am glad that people will be able to see it soon. It's an emotional moment for me and the entire team. This screening of the film I hope will bring healing to Irrfan's family and to all of us who loved Irrfan."

Anup Singh has also shared his memories of working with the actor in his book, *'Irrfan: Dialogues with the Wind'*, which was released last year.

The film, which is a Swiss, French, Singaporean co-production, has been shot at breathtaking landscapes and has a haunting soundtrack.



## The Aish-Abhi Love Story: An Epic Bollywood Romance

On the occasion of their 16th wedding anniversary, which fell on 20 April 2023, Sharon D'silva of Femina took a look at the many facets of Aishwarya and Abhishek's relationship. From love to friendship and partnership, she dives into the Bollywood romance that continues to captivate millions even today.

The pair first got acquainted at a photoshoot for their 2000 film *Dhaai Akshar Prem Ke*. In an interview Abhishek revealed how he was expecting Aishwarya to be an absolute diva and was pleasantly surprised that

she was a gem of a person. They continued to remain friends and went on to work together on several movies like *Kuch Naa Kaho*, *Bunty Aur Babli*, *Dhoom 2*, *Umrao Jaan* and *Guru*.

They say distance makes the heart grow fonder and this especially rings true for Bollywood's power couple. While filming for a movie in New York, junior Bachchan often stood on the balcony of his hotel room overlooking the Big Apple where he'd think about how wonderful life would turn out to be if he could end up with the gorgeous star. And what do you know! In 2007, when the twosome were in New York for the promotions of their film *Guru*, Abhishek Aishwarya to marry him on the same balcony.

Just a few months later, on April 20, 2007, the couple wed in an intimate Mangalorean style ceremony at the Bachchan residence. For the festivities, Aishwarya wore a Kanjeevaram saree by ace designer Neeta Lulla, while the hubby-to-be complimented her in a white sherwani with real-gold work. Just four years after their iconic union, the couple welcomed daughter Aaradhya on Nov 16, 2011.

Like every other couple in the limelight, Aish-Abhi's personal life has been under constant media scrutiny. However, they have managed to keep their private life away from the public eye, maintaining a dignified silence in the face of baseless rumours and speculations.

## Kangana Ranaut says her parents' love story is her 'most favourite'

Kangana Ranaut spoke about how her parents got married against everyone's wishes and said that she wants them as her parents again if she had a rebirth.

Kangana on her on parents' wedding anniversary took to Instagram Stories to wish them. She shared a slew of throwback photographs, reports IANS.

Sharing a collage of her mother Asha and father Amardeep from their younger days, Kangana wrote: "Thank you papa for falling in love with mumma and going against everyone, including nanu, to marry her on this day. Your love story is my most favourite."

Sharing a photograph, Kangana wrote: "Happy anniversary to you both... like mumma says 'If I have seven lives, I want your papa as my husband in every lifetime'. The same way, if I have more lives, I want you both as my mummy and papa, always."

"Happy anniversary chacha

Jagdeep Ranaut and chachi Sharmila. They had an arranged marriage, but later they found out their pet names were Babloo and Babli. Haha, marriages are truly made in heaven," she added.

Along with another picture of the couple, Kangana wrote: "My mumma never owned even a lipstick. Joy of growing up in a joint family was that as a child, I spent all my time on my chachi's dresser, messing her eye shadows, lipsticks and breaking her nail paint (bottles). She is the most patient, kind and gentle woman ever. Love you chachi."

## Karan Sharma on Sasural Simar Ka 2 going from saas-bahu to fantasy

Almost two years after a successful run, the makers of *Sasural Simar Ka 2* have changed the plot and are currently moving into the supernatural space.

Karan Sharma, who became a household name after shows including *Ek Nayi Pehchaan* and *Pavitra Rishta*, believes it is a natural progression.

'Generally, saas-bahu dramas will not add supernatural elements unless the [original] story is over, or they wish to experiment. Audiences are enjoying the genre, [as seen with] *Bhool Bhulaiyaa 2*, *Bhediya*, and *Kantara*. We believe the audience will enjoy the mix of drama and fantasy as long as it is justified,' says the actor, who was originally set to be part of the first season, but things didn't materialise.

When Sharma received the 'last-minute' call to join the cast of *Sasural Simar Ka 2*, the actor was thrilled. He believed that the universe wanted him to be part of the show. 'I had just wrapped up a short film in Dehradun, where I was playing an army officer. Within an hour of the mock test, I was confirmed,' he says, adding that he was surprised to be roped in to play the younger brother, Vivaan Oswal. 'When I got this role, I had [asked the



makers] if they were sure about casting me as the younger brother. They needed an actor who looked 24, and I somehow fit the bill at 34. In our industry, the requirement has always been to look young, and that works in my favour.'

Ask him if television ever got too monotonous for him, and he is quick to refute it, saying that he never repeated himself. 'Luckily, I have been getting different roles. My character now is the closest to the real me. Of course, Vivaan has extra energy and bubblyness, which was a challenge for me to showcase.'

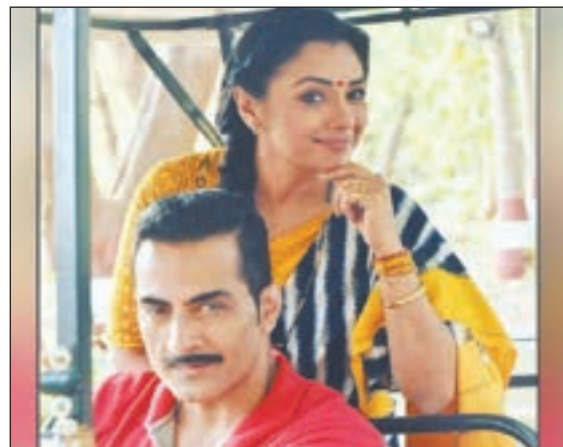
## Anupamaa's Rupali Ganguly and Sudhanshu Pandey react to rumours of their rivalry

Rupali Ganguly and Sudhanshu Pandey starrer *Anupamaa* has been ruling the roost ever since the show has gone on-air. The TV show has successfully managed to make a special place in the audience's heart. Recently, producer Rajan Shahi arranged an Iftar party on the sets of *Woh Toh Hai Albela* which brought together the cast of his three shows, *Anupamaa* and *Yeh Rishta* together. Lead actors Sudhanshu Pandey and Rupali Ganguly and Rajan Shahi spoke exclusively to ETimes TV and opened up about their bond, rumours of rivalry and show's success.

Reacting to the rumours of his off-screen rivalry with Rupali Ganguly, Sudhanshu Pandey said, "When the audience gets to hear things from other mediums, they tend to take things very seriously and believe it. So, whenever we are asked about our equation, I always tell people to visit our sets and see how we work together. If you are working together the most important thing is mutual respect. After working for such long hours on sets, it doesn't remain a workplace, it becomes our second home."

Rupali Ganguly also responded to the same and shared, "When you are part of the family, differences and fights are very natural. *Dus bartan saath mein rahenge toh khatkenge hi*. We fight a lot with each other, I am being very honest but after 3 days we sit and chill together. It is bound to happen because we both are very strong individuals. We are not like pals or best of friends but there's a huge respect for him as an actor and I love doing my scenes with him."

Rajan Shahi was all praise for Sudhanshu and



Rupali. He recalled about why he cast the two as *Anupamaa* and *Vanraj*, "Yes, they are my Do Anmol Ratan. When I was making *Anupamaa*, I called two people Rupali for *Anupamaa* and *Sudhanshu* for *Vanraj* because I was very sure that only they could do the roles. The immediately correct casting was bang on. *Anupamaa* brought back the beautiful moments, performances on the small screen again. It created a euphoria across India. It was only because of the performances that these two have given. They took the character to extreme heights with their performance."

Sudhanshu interrupted and added, "It is entirely his genius. Also, to be able to identify who can play which role and can truly justify it, for that you need an eye. It is an unbelievable talent and Rajan's identification of casting actors for roles is beyond comparison."

"Even men are watching the show. We keep doing research and we found out that not just women, but youth and men are watching *Anupamaa*," revealed Rajan. "We have toddlers, and I have seen videos of them. They get attached to the show and I don't have any idea how that happens or what kind of sentiments that are coming across that it is touching even a toddler's heart."

## YOUR STARS

### Sagittarius: Nov 22 - Dec 21

This week, you might find that you are more optimistic and open to new experiences than you typically are. Put this enthusiasm to good use by going after new chances and testing yourself in new ways. It's possible that you'll find some new interests and passions.

**Lucky Numbers:** 3, 9, 14, 16, 23, 24

### Capricorn: Dec 22 - Jan 19

You may find that you are more focused and realistic than you are used to feeling. Put your enthusiasm to use by taking on any projects or chores that call for careful attention to detail. You will have a sense of fulfilment and success as a result of your efforts. These days your luck will also favour you.

**Lucky Numbers:** 2, 9, 14, 25, 33, 36

### Aquarius: Jan 20 - Feb 18

You may have a strong desire to interact with others and establish new relationships, Aquarius. Put this energy to good use by reaching out to new people and establishing new connections. It's possible you'll make some new pals and even some business connections. However, it will be useful to avoid certain things by keeping an eye open.

**Lucky Numbers:** 8, 10, 11, 15, 19, 30

### Pisces: Feb 19 - Mar 20

You could notice that you are more in tune with your feelings and more intuitive than normal this week. Make use of this energy to get in touch with your spiritual side and experiment with new ways of expressing yourself. It's possible that you'll gain fresh perspectives and insights.

**Lucky Numbers:** 7, 19, 21, 24, 36, 38

### Aries: Mar 21 - Apr 19

This week, you will find that you are feeling more confident and more outspoken than you normally do. Put this enthusiasm to good use by moving forward with your goals and seeking out new challenges. Don't be hesitant to say what's on your mind and defend your position when it's important to you. There will be a good progress in money investment and foreign trade.

**Lucky Numbers:** 4, 9, 11, 12, 17, 30

### Taurus: Apr 20 - May 20

This week, you may notice that you are feeling a bit more sensitive and emotional than you normally do, Taurus. It is essential to practise self-care and ensure that you are taking care of yourself. Spend time with the people you care about and engage in activities that make you happy. There will be news of happiness in the family.

**Lucky Numbers:** 8, 9, 14, 20, 21, 34

### Gemini: May 21 - June 20

This week is an excellent opportunity to put more of your attention on your relationships, whether they are romantic or platonic. Invest some time and effort into having frank and open conversations with the people you care about. You could discover that the connections you have are becoming stronger and more meaningful. Your financial benefit position will remain good in days ahead.

**Lucky Numbers:** 6, 17, 20, 23, 26, 30

### Cancer: June 21 - July 22

You could have a strong drive to get organised and take charge of your life during the coming week. Put this enthusiasm to good use by beginning work on any projects or chores that you have been avoiding. You will have a sense of success as well as relief after doing this. There will be happiness in personal relationships.

**Lucky Numbers:** 5, 10, 12, 16, 30, 40

### Leo: July 23 - Aug 22

This week, you might notice that you are experiencing higher than normal levels of creativity and inspiration. Put this energy to good use by following your interests and trying out new hobbies. Don't be scared to put yourself out there and experiment with new things.

**Lucky Numbers:** 1, 9, 14, 17, 25, 26

### Virgo: Aug 23 - Sept 22

This week, you may find yourself feeling more contemplative and reflective than is typical for you, Virgo. Make use of this time to reflect on the things that are important to you and your aspirations. It's possible that you'll develop a more profound awareness of who you are and how you fit into the larger universe.

**Lucky Numbers:** 7, 9, 14, 15, 23, 33

### Libra: Sept 23 - Oct 22

You may find that you are more sociable and outgoing than is typical for you. This is a good sign for Libra. Make the most of this energy by getting in touch with your loved ones and close friends. It's possible that you'll make some new connections and even some new buddies.

**Lucky Numbers:** 5, 7, 12, 16, 20, 34

### Scorpion: 23 Oct - 21 Nov

During the course of this week, you can experience feelings of inner conflict or stress. It is critical to make time for introspection and problem solving in order to deal with any challenges that may present themselves. You will emerge from this situation stronger and more resilient than before.

**Lucky Numbers:** 15, 20, 26, 30, 34, 38



Vendredi 21 Avril - 21.15



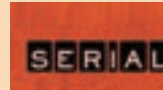
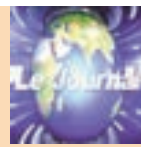
Samedi 22 Avril - 21.00



Dimanche 23 Avril - 21.52



# Programme TV



	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
<b>vendredi 21 avril</b>	06.15 Serial: Knight Rider 07.01 Film: The Escape Room 08.46 Serial: Le Livre Perdu Des... 09.30 Tele: La Beaute Du Diable 10.00 Tele: A Que No Me Dejas 10.25 Tele: Fierce Angel 11.10 Tele: Rubi 12.00 Le Journal 12.40 Tele: Sublime Mensonge 13.25 Tele: Love And Wealth 13.45 Tele: L'Envers Du Paradis 14.15 Serial: Timeless 15.21 Film: Wolves 17.15 Tele: Fierce Angel 18.31 Serial: Wagle Ki Duniya 18.55 Serial: Mere Dad Ki Dulhan 20.30 Film: La Wrence D'Arabie 00.08 Serial: For Life 00.49 Tele: Fierce Angel 01.31 Tele: Sublime Mensonge 02.14 Tele: Love And Wealth	06.15 Local: Les Grandes Lignes 07.16 Local: Radio Vision 10.19 Local: An Eta Dalert 10.32 Local: Rodrig Sa 12.02 Local: Rodrig Prog 12.20 Local: Les Grandes Lignes 12.46 Local: Meshiagare 14.21 Local: An Eta Dalert 14.46 Local: Rodrig Sa 15.22 Local: Radio Vision 18.00 Tele: La Beaute Du Diable 18.30 Tele: A Que No Me Dejas 19.00 Zournal Kreol 19.30 Local: 13 Minit Natir Rodrig 20.00 Local: Animalia Nos Amis... 21.00 Local: Come On Let's Dance 22.00 Local: La Societe 23.00 Le Journee Televisé 23.45 Local: Arsiv MBC 00.11 Local: Voyage Au Feminin 00.39 Local: Rodrig Prog	07.00 Film: Animated Hindi Film 08.10 MBC Prod: Amrit Vaani 10.07 Serial: Agniphera 12.00 Film: Chatpati Starring: Smita Patil, Raj Kiran, Reema Lagoo 14.15 Mag: DDI Mag 15.00 Live: Samachar 15.30 Serial: Bhagwan Ab Ho Kitne Door 16.00 Serial: Ishaaron Ishaaron Mein 16.30 Serial: Bhakharwadi 18.00 Live: Samachar 18.30 Local: Mati Ke Mol 19.29 Local: Khel Khiladi 20.00 MBC Production 20.30 Film: Jwala 22.33 Serial: Jijaji Chhat Par Hain 23.30 Serial: Yeh Teri Galiyan 23.32 MBC Prod: Mati Ke Mol	06.30 Mag: Shift 06.51 Mag: Carnet De Sante 07.25 Mag: Tomorrow Today 07.48 Doc: Paradis Perdue 08.37 Mag: Saladeria 09.15 Doc: Secret Weapon 10.48 Doc: Our Future Cities 11.20 Doc: Foodland: Veggie... 11.49 Mag: Shift 12.20 Doc: Castles 12.49 Doc: Paradis Perdue 13.36 Doc: Volcano Stories 14.48 D.Anime: D.I.Y. Discover... 15.06 Serial: Les Copains Carlins 15.20 D.Anime: Early Learning 15.34 D.Anime: Zoonicorn 15.48 D.Anime: Panda Fanfare 16.00 D.Anime: Sonic Boom 16.20 D.Anime: Yo Yo 16.58 D.Anime: Miraculous 17.13 Mag: Lab 360	15.26 Film: AAG Starring Govinda, Shilpa Shetty, Sonali Bendre 18.31 Kundali Bhagya 19.01 Udaariyaan 19.31 Kuch Rang Pyar Ke Aise... 20.01 Sasural Simar Ka 2 20.30 Radha Krishna 21.01 Anupamaa 21.30 Mere Sai 22.01 Kismat Ki Lakiron Se 22.31 Yeh Teri Galiyan 22.59 Patiala Babes
<b>samedi 22 avril</b>	05.20 Tele: Les Trois Visages D'Ana 06.31 Tele: L'Envers Du Paradis 06.55 Serial: Riviera 07.40 Serial: L.A.'S Finest 08.25 Serial: Blue Bloods 09.10 Serial: Blacklist 09.55 Serial: Deux Flics à Miami 10.45 Serial: Kojak 11.30 Tele: L'Envers Du Paradis 12.00 Le Journal 12.25 Serial: The Magicians 13.25 Tele: Missing Bride 15.20 Film: The Perfect Pairing 16.48 Tele: Tour De Babel 18.00 Live: Samachar 18.31 Enter: Taare Zameen 19.30 Le Journal 20.30 Film: Le Pic De Dante 22.20 Serial: Billions 23.14 Tele: Rubi	07.00 Local: Lir - Ekkrir Kreol... 07.35 Local: Come On Let's Dance 08.27 Local: La Societe 09.29 Local: Arsiv MBC No 206 10.38 Local: Rodrig Prog 12.00 Local: 13 Minit Natir Rodrig 12.14 Local: Animalia Nos Amis... 13.00 Local: Lir - Ekkrir Kreol 13.36 Local: Come On Let's Dance 16.01 Local: Voyage Au Feminin 16.27 Local: Rodrig Prog 17.01 Le Journee Sous Le Regard 18.00 Serial: Airwolf 19.00 Zournal Kreol 19.20 Magazine De L'Emploi 19.40 Local: Rodrig 20.45 Le Festival De Musique Classique 2023 21.45 Local: Glwar Dantan 22.11 Rodrig - Klip Seleksion 23.00 Le Journal	07.00 Film: Animated Hindi Film 08.31 MBC Prod: Mati Ke Mol 10.11 Serial: Bade Acche Lagte Hai 11.33 Serial: Dikri Vahalno Dariyo 12.25 MBC Production 12.55 Local: Khel Khiladi 14.10 Enter: Taare Zameen Par 15.00 Live: Samachar 15.30 Film: Naya Daur Stars: Dilip Kumar, Vijayanthimala, Ajit 18.00 Live: Samachar 18.30 Sayings Radha Krishna 20.31 Serial: Vidrohi 20.55 Film: Bhoote Police Starring Saif Ali Khan, Arjun Kapoor, Jacqueline Fernandez 23.23 Local: Satrangi 23.49 Local: Duniya Mein Is Saptah	06.24 D.Anime: Fast And Furious 06.46 D.Anime: Gon 09.43 Mag: Recipes For Kids 10.10 Serial: Malory Towers 11.26 Mag: World Stories 12.09 Doc: La Naissance Des... 14.10 Doc: Smoothie Mania 15.00 D.Anime: D.I.Y. 15.08 Serial: Les Copains Carlins 15.27 D.Anime: Early Learning 15.47 D.Anime: Panda Fanfare 16.13 D.Anime: Sonic Boom 16.37 D.Anime: Yo Yo 16.52 D.Anime: Miraculous 17.15 Mag: Lab 360 18.50 Doc: World Famous Writers 20.01 Tele: L'Envers Du Paradis 20.50 Doc: Topsy Turvy Penguin 20.30 Live: News 21.40 Film: Band Aid With Zoe Lister-Jones Adam Pally 23.14 Doc: Person	08.00 Yeh Teri Galiyan 10.00 Kalari Kids 10.13 Sasural Simar Ka 2 12.08 Udaariyaan 14.00 Anupamaa 16.00 Kuch Rang Pyar Ke Aise... 18.31 Film: Jaan-E-Mann Starring Salman Khan, Akshay Kumar, Preity Zinta 21.17 Porus 21.38 Naagin Season 05 22.42 Yeh Teri Galiyan
<b>dimanche 23 avril</b>	03.35 Film: Band Aid 05.12 Tele: Les Trois Visages D'Ana 06.16 Tele: L'Envers Du Paradis 06.50 Film: Le Pic De Dante 08.48 Serial: Airwolf 09.30 Film: The Perfect Pairing 10.52 Serial: Under Pressure 11.34 Tele: L'Envers Du Paradis 12.00 Le Journal 12.40 Film: Last Of The Comanche 14.15 Serial: The Good Doctor 15.25 Film: Crouching Tiger Hidden Dragon 17.25 Tele: Tour De Babel 18.31 Enter: Sa Re Ga Ma Pa 19.16 Sayings Radha Krishna 19.30 Le Journal 20.30 Film: Earthtastrophe 21.50 Serial: Deing Human 22.27 Tele: Rubi 00.02 Serial: Under Pressure	07.05 Le Festival De Musique 09.06 Local: Glwar Dantan 09.36 Rodrig - Klip Seleksion 10.20 Rodrig Otantic 11.01 Local: Nu Rasinn 12.02 Rodrig: D'Jam 12.31 MBC Prod 13.10 Le Festival De Musique 14.00 Local: Elle 15.00 Local: Nu Rasinn 16.00 Local: Letan Lonton 16.25 Local: Glwar Dantan 17.06 Rodrig - Klip Seleksion 18.00 Serial: Airwolf 19.00 Zournal Kreol 19.20 Local: Inspiration 20.30 Local: Les Klips 21.30 Local: Elle 22.32 Local: Retrouvizer 22.38 La Journee Sous Le Regard 23.45 Rodrig: Sa Lavi-La	07.00 Film: Animated Hindi Film 08.06 Local: Amar Fitness Challenge 08.26 Local: Satrangi 12.00 Film: Aur Pyar Ho Gaya With Bobby Deol, Aishwarya Rai Bachchan, Shammu Kapoor, Anupam Kher 14.29 Magazine: DDI Mag 15.30 Local: Satrangi 18.00 Live: Samachar 18.30 Local: Planet Bollywood 19.00 Local: Tohar Rashi 20.00 Local: Yaadein 20.30 Serial: Porus 21.17 Serial: Naagin Season 3 21.40 Serial: Crime Patrol 22.42 Serial: Saaton Vachanwa Saath Nibhaib Sajna 00.17 Local: Planet Bollywood 00.43 Local: Tohar Rashi	06.25 D.Anime: Fast And Furious 06.47 D.Anime: Gon 07.10 D.Anime: Harvey Girls Forever 09.43 Mag: Recipes For Kids 10.11 Serial: Malory Towers 11.06 Mag: Healthy Living 11.21 Mag: In Good Shape 12.14 Doc: Viral Dreams 13.33 Doc: Our Drinking Water 15.01 D.Anime: D.I.Y. Discover... 15.18 D.Anime: Early Learning 15.30 D.Anime: Zoonicorn 15.46 D.Anime: Panda Fanfare 16.21 D.Anime: Sonic Boom 16.33 D.Anime: Yo Yo 18.00 Doc: World Capitals 18.28 Doc: Smoothie Mania 19.00 Mag: Healthy Living 20.00 Tele: L'Envers Du Paradis 21.42 Film: The Stylist	00.00 Sasural Simar Ka 2 01.56 Udaariyaan 04.21 Anupamaa 06.10 Kuch Rang Pyar Ka Aise... 08.00 Kalari Kids 08.13 Main Maikhe Chali Jaungi... 10.02 Kundali Bhagya 12.00 Bade Acche Lagte Hai 2 14.03 Kismat Ki Lakiron Se 16.00 Jijaji Chhat Par Hain 18.38 Film: Jab We Met Starring: Shahid Kapoor, Kareena Kapoor 20.53 Serial: Naagin Season
<b>lundi 24 avril mars</b>	06.30 Serial: Knight Rider 07.20 Film: Earthtastrophe 08.45 Serial: Airwolf 09.30 Tele: La Beaute Du Diable 10.00 Tele: A Que No Me Dejas 11.10 Tele: Rubi 12.00 Le Journal 12.30 Tele: Sublime Mensonge 13.17 Tele: Love And Wealth 13.40 Tele: L'Envers Du Paradis 14.10 Serial: Airwolf 15.21 Film: Atlantic Rim 17.15 Tele: Fierce Angel 18.00 Live: Samachar 18.30 Serial: Wagle Ki Duniya 18.55 Serial: Mere Dad Ki Dulhan 19.30 Le Journal 20.25 Serial: Riviera 21.15 Serial: Billions 22.00 Serial: Blue Bloods 23.00 Serial: Fierce Angel 23.34 Tele: Sublime Mensonge	07.07 Local: Nu Rasinn 08.49 Local: Rodrig: Sa Lavi-La 10.03 Local: Retrouvizer 10.18 Local: Arsiv MBC 10.44 Local: Parkour 11.09 Local: Les Klips 12.00 Local: Nu Rasinn 13.00 Local: Elle 13.52 Local: Rodrig: Sa Lavi-La 15.06 Local: Retrouvizer 15.47 Local: Parkour 16.14 Local: Aktiv 16.29 Local: Inspiration 16.44 Local: Tipa Tipa Nu Avance 17.08 Local: Les Klips 18.00 Tele: La Beaute Du Diable 18.30 Tele: A Que No Me Dejas 19.30 Local: Rodrig Prog 20.00 Local: Bricolo Ecolo 20.30 Eclairage Economique 20.45 Local: Fam Model	08.00 Film: Animated Hindi Film 10.05 Serial: Saaton Vachanwa... 12.02 Film: Ghar Ghar Ki Kahani 14.11 Mag: DDI Mag 14.59 Live: Samachar 15.33 Bhagwan Ab Ho Kitne Door 16.23 Kundali Bhagya 17.31 Serial: Radha Krishna 18.00 Live: Samachar 18.29 Local: Ved Ki Shikshayen 19.00 Local: Ayush 19.30 Local: Excerpts From Shiv Abhishek 20.10 Other: Radha Krishna 20.42 Film: Bezubaan Starring Shashi Kapoor, Reena Roy, Raj Kiran 22.52 Serial: Jijaji Chhat Par Hain 23.13 Serial: Yeh Teri Galiyan 23.33 Local: Ved Ki Shikshayen	06.00 Doc: World Capitals 08.00 Doc: Who Killed Neanderthal 09.00 Doc: Silent Terror 09.39 Doc: A Bittersweet Deal 10.20 Doc: Once The Dust Settles 11.10 Mag: Luana's Kitchen 11.36 Doc: Smoothe Mania 12.13 Mag: Healthy Living 12.27 Mag: Carnet De Sante 13.11 Doc: Who Killed Neanderthal 14.03 Doc: Silent Terror 15.00 D.Anime: D.I.Y. Discover... 15.11 Serial: Les Copains Carlins 15.18 D.Anime: Early Learning 15.31 D.Anime: Zoonicorn 15.46 D.Anime: Panda Fanfare 16.09 D.Anime: Sonic Boom 16.33 D.Anime: Yo Yo 18.30 Mag: The 77 Percent 18.55 Doc: World Heritage 19.00 Student Support Prog 21.00 Film: Killing Lionel	15.00 Serial: Bade Acche Lagte Hai 2 15.30 Film: Hameshaa Starring: Saif Ali Khan, Kajol, Aditya Pancholi 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.31 Kuch Rang Pyar Ke Aise... 20.08 Sasural Simar Ka 2 20.36 Radha Krishna 21.06 Anupamaa 21.34 Mere Sai 22.04 Kismat Ki Lakiron Se 22.35 Yeh Teri Galiyan 23.06 Patiala Babes 23.30 Film: Hameshaa Stars: Saif Ali Khan, Kajol, Aditya Pancholi



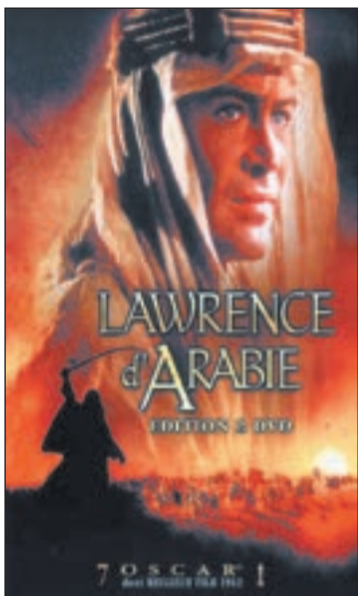
Mardi 25 Avril - 21.10



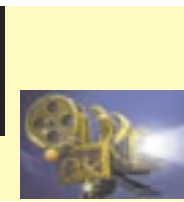
Mercredi 26 Avril - 15.12



Jeudi 27 Avril - 15.21



# Programme TV



MBC 1	MBC 2	MBC 3	MBC 5	Bollywood TV
06.12 Serial: L'Envers Du Paradis 06.36 Serial: Knighth Rider 07.22 Serial: Riviera 08.09 Serial: L.A.'S Finest 08.57 Serial: Blue Bloods 09.40 Tele: La Beaute Du Diable 10.05 Local: A Que No Me Dejas 10.25 Tele: Fierce Angel 11.10 Tele: Rubi 12.00 Le Journal 12.25 Tele: Sublime Mensonge 13.15 Tele: Love And Wealth 13.45 Tele: L'Envers Du Paradis 14.10 Serial: L'Agence Tous Risque 15.21 Film: Sugar! 17.15 Tele: Fierce Angel 18.31 Serial: Wagle Duniya 18.55 Serial: Mere Dad Ki Dulhan 20.30 Film: Fear Of Rain 22.20 Tele: Sublime Mensonge 23.03 Tele: Love And Wealth	07.10 Eclairage Economique 09.24 Local: Vies Decouvrir 09.40 Voyages Aux Gastronomies Chinoises 10.00 Local: Ekkrir Kreol Morisien 11.00 Local: Le Rendez Vous... 12.28 Local: Bricolo Ecolo 13.20 Local: Fam Model 13.57 Local: Radio Vision 15.12 Local: Viens Decouvrir 15.53 Local: Lir-Ekkrir Kreol 17.08 Le Rendez Vous Avec Juvy Et Kenny Leonore 18.00 Tele: La Beaute Du Diable 18.30 Tele: A Que No Me Dejas 19.20 Le Magazine De L'Emploi 19.47 Local: Son Ladan Mem 20.00 Local: Generations J 20.30 Local: Priorite Sante 21.00 Local: Paroles Agricoles 21.30 Local: Radio Vision	07.00 Film: Animated Hindi Film 08.04 Local: Ved Ki Shikshayan 08.30 Local: Ayush 08.56 Excerpts From Shiv Abhishek 09.36 Local: Charcha 10.06 Serial: Kundali Bhagya 11.33 Serial: Radha Krishna 12.00 Film: Jhumroo Starring Madhubala, Kishore Kumar, Chanchal, Anoop Kumar 15.30 Serial: Badki Malkaain 16.45 Serial: Jijaji Chhat Par Hain 18.00 Live: Samachar 18.30 Local: Tark Vitark 19.00 Local: Bhojpuri Dhamaka 20.00 Chikitsa Aur Swasthya 20.30 Film: Yakeen 23.06 Serial: Jijaji Chhat Par Hain 23.28 Serial: Yeh Teri Galiyan	06.03 Mag: Eco At Africa 09.19 Doc: Smoothie Mania 09.22 Mag: Washington Forum 10.33 Doc: Northern Lights 11.21 Mag: Eco At Africa 11.49 Mag: The 77 percent 12.19 Doc: World Heritage 13.18 Doc: Fine Arts Sculptures 14.13 Mag: Tomorrow Today 15.04 Serial: Les Copains Carlins 15.17 D.Anime: Early Learning 15.19 D.Anime: Splash And Bubble 15.33 D.Anime: Zoonicorn 15.47 D.Anime: Panda Fanfare 16.10 D.Anime: Sonic Boom 16.34 D.Anime: Yo Yo 16.49 D.Anime: Miraculous 17.16 Mag: Bricks 'O' Brian 17.36 Doc: The Greatest 17.41 Mag: Carnet De Sante 18.00 Doc: Foodland: Veggie Feasts	15.00 Bade Acche Lagte Hai 2 15.07 Film: Eena Meena Deeka Starring Vinod Khanna, Rishi Kapoor, Juhi Chawla 18.00 Live: Samachar 18.30 Kundali Bhagya 19.03 Udaariyaan 19.33 Kuch Rang Pyar Ke Aise... 20.06 Sasural Simar Ka 2 20.38 Radha Krishna 21.08 Anupama 21.37 Mere Sai 22.08 Kismat Ki Lakiron Se 22.38 Yeh Teri Galiyan 23.06 Patiala Babes 23.30 Film: Eena Meena Deeka Starring Vinod Khanna, Rishi Kapoor, Juhi Chawla 01.59 Kundali Bhagya 02.32 Udaariyaan 03.04 Kuch Rang Pyar Ke Aise Bhi
07.00 Film: Fear Of Rain 08.50 Serial: Airwolf 09.35 Tele: La Beaute Du Diable 10.05 Tele: A Que No Me Dejas 10.30 Tele: Fierce Angel 11.10 Tele: Rubi 12.00 Le Journal 12.25 Tele: Sublime Mensonge 13.15 Tele: Love And Wealth 13.45 Tele: L'Envers Du Paradis 14.15 Serial: Airwolf 15.21 Film: Le Pic De Dante 17.15 Tele: Fierce Angel 18.31 Serial: Wagle Ki Duniya 18.55 Serial: Mere Dad Ki Dulhan 19.30 Journal & La Meteo 20.30 Local: Focus Live 21.30 Serial: Chicago Med 22.15 Film: Les 400 Coups 23.54 Le Journal 01.22 Tele: Love And Wealth 01.46 Tele: Fierce Angel	07.20 Local: Priorite Sante 08.02 Local: Radio Vision 09.00 Local: Mots & Ecrits 09.23 Local: Arsiv No 221 10.18 Local: Rodrig Prog 11.11 Local: Music Tour 2022 12.18 Local: Son Ladan Mem 12.31 Local: Generations J 13.07 Local: Priorite Sante 13.29 Local: Paroles Agricoles 14.00 Local: Mots & Ecrits 15.08 Local: Nu Rasinn 15.59 Local: Letan Lontan 18.00 Tele: La Beaute Du Diable 18.30 Tele: A Que No Me Dejas 19.00 Zournal Kreol 19.20 Le Magazine De L'Emploi 19.30 Local: Rodrig Spor 20.00 Local: Saver Kiltirel 20.30 Local: Toc Toc Doc 20.45 Local: En Forme 21.11 Local: Agir Ensemble	07.00 Film: Animated Hindi Film 08.04 Local: Tark Vitark 08.26 Local: Bhojpuri Dhamaka 08.56 Local: Prakriti Ki God Mein 09.22 Chikitsa Aur Swasthya 10.00 Serial: Jijaji Chhat Par Hain 11.32 Serial: Radha Krishna 12.00 Film: Harjeee Starring: Shammi Kapoor, Mala Sinha, Randhir Kapoor 15.30 Serial: Bhagan Ab Ho Kitne Door 16.00 Serial: Suhani Si Ek Ladki 18.00 Live: Samachar 18.30 Local: Tirth Yatra 2022 19.00 Local: Sita Jayanti 20.00 Local: Virasat 20.35 Film: Main Chhat Par Hain Starring Hiba Nawab, Nikhil Khurana, Anup Upadhyay 23.46 Serial: Jijaji Chhat Par Hain 00.18 Serial: Yeh Teri Galiyan	06.44 Mag: Red Carpet 08.32 Happiness Is On The Plate 09.50 Doc: Smoothie Mania 10.45 Doc: Argentina 11.27 Doc: Foodland 11.56 Mag: Healthy Living 12.15 Mag: Red Carpet 13.02 Mag: Check In 13.31 Doc: La Route De La Soie 15.00 D.Anime: D.I.Y. Discover... 15.12 Serial: Les Copains Carlins 15.19 D.Anime: Early Learning 15.20 D.Anime: Splash And Bubble 15.30 D.Anime: Zoonicorn 15.45 D.Anime: Panda Fanfare 16.08 D.Anime: Sonic Boom 16.32 D.Anime: Yo Yo 16.47 D.Anime: Miraculous 17.15 Mag: Bricks 'O' Brian 17.47 Doc: Books - The Greatest 18.00 Doc: Foodland 21.33 Film: Earthtastrophe	15.00 Bade Acche Lagte Hai 2 15.24 Film: Nishchaiky Starring Salman Khan, Vinod Khanna, Karishma Kapoor 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.30 Kuch Rang Pyar Ke Aise... 20.00 Sasural Simar Ka 2 20.30 Radha Krishna 21.06 Anupama 21.36 Mere Sai 22.05 Kismat Ki Lakiron Se 22.31 Yeh Teri Galiyan 22.58 Patiala Babes 23.31 Film: Nishchaiky Starring Salman Khan, Vinod Khanna, Karishma Kapoor 01.58 Kundali Bhagya 02.33 Udaariyaan 03.03 Kuch Rang Pyar Ke Aise Bhi
06.06 Tele: L'Envers Du Paradis 06.30 Serial: Knight Rider 08.05 Serial: Chicago Med 08.50 The Baker And The Beauty 09.30 Tele: La Beaute Du Diable 10.01 Tele: A Que No Me Dejas 10.25 Tele: Fierce Angel 11.10 Tele: Rubi 12.00 Le Journal 12.25 Tele: Sublime Mensonge 13.15 Tele: Love And Wealth 13.45 Tele: L'Envers Du Paradis 14.10 L'Agence Tous Risques 15.21 Film: Earthtastrophe 17.00 Tele: Fierce Angel 18.00 Live: Samachar 18.30 Serial: Wagle Ki Duniya 18.56 Serial: Mere Dad Ki Dulhan 19.30 Le Journal 20.30 Film: Chehre Stars: Amitabh Bachchan, Emraan Hashmi, Krystle D'Souza	07.00 Local: Toc Toc Doc 08.57 Local: Rodrig Ecozone 11.08 Local: Les Klips 12.00 Local: Rodrig Spor 12.30 Local: Saver Kiltirel 13.06 Local: Toc Toc Doc 13.21 Local: En Forme 13.41 Local: Agir Ensemble 15.11 Local: Encounter 15.40 Local: Arsiv 266 16.14 Local: Rodrig: Ecozone 16.47 Local: Rodrig Prog: Kadans 18.00 Tele: La Beaute Du Diable 18.31 Tele: A Que No Me Dejas 19.20 Le Magazine De L'Emploi 19.30 Local: Rodrig Prog 20.00 Local: Les Grandes Lignes 20.30 Local: Mots & Ecrits 21.01 Local: Radio Vision 23.00 Le Journal 23.45 Local: Groovin	07.00 Serial: Chacha Bhatija 08.04 Mag: Tirh Yatra 2022 08.27 Local: Kala 08.53 Local: Anjoria 09.19 Local: Virasat 09.34 Local: Gyan Vigyan 10.03 Serial: Suhani Si Ek Ladki 11.27 Radha Krishna 12.00 Film: Awaara Starring: Prithviraj Kapoor, Nargis, Raj Kapoor 15.30 Serial: Badki Malkaain 16.00 Serial: Agnipthera 18.00 Live: Samachar 18.30 Local: Amrit Vaani 18.52 Local: Bhajan Sandhya 19.00 Local: Sawdhan... Againt Drugs 20.31 Serial: Surya Puran 21.37 Serial: Jag Jaanani Maa Vaishnodevi	06.58 Doc: World Heritage 08.32 Doc: Beneath The Waves 09.27 Mag: Focus On Europe 10.36 Doc: Julian Assange 11.23 Doc: Foodland 12.21 Doc: World Heritage 12.52 Mag: The Inside Story 13.15 Fine Arts Sculptures-Egypt 14.47 Doc: Smoothie Mania 15.00 D.Anime: D.I.Y. Discover... 15.04 D.Anime: Les Copains Carlin 15.18 D.Anime: Early Learning 15.19 D.Anime: Splash And Bubble 15.32 D.Anime: Zoonicorn 15.46 D.Anime: Panda Fanfare 16.05 D.Anime: Sonic Boom 16.33 D.Anime: Yo Yo 16.44 D.Anime: Miraculous 17.11 Mag: Lab 360 17.15 Mag: Brick's 'O' Brian 20.50 Film: Lawrence D'Arabie	14.53 Bade Acche Lagte Hai 2 15.19 Film: Meherbaan Stars: Mithun Chakraborty, Ayesha Jhulka, Shantipriya 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 21.02 Anupama 21.30 Mere Sai 22.01 Kismat Ki Lakiron Se 22.31 Yeh Teri Galiyan 22.59 Patiala Babes 23.30 Film: Meherbaan Stars: Mithun Chakraborty, Ayesha Jhulka, Shantipriya 02.01 Kundali Bhagya 02.34 Udaariyaan 03.04 Kuch Rang Pyar Ke Aise...



Jeudi 27 Avril - 15.30

Stars: Mithun Chakraborty, Ayesha Jhulka, Shantipriya



Jeudi 27 Avril - 20.30

Stars: Amitabh Bachchan, Emraan Hashmi, Krystle D'Souza



# Why democratic countries around the world are not prepared to support Ukraine

*South Africa, India and Brazil are not prepared to condemn Russia for invading Ukraine*



**Jose Caballero**  
Senior Economist,  
International Institute  
for Management  
Development

After over a year of the Ukraine war, efforts at building a global consensus against Russia seem to have stalled, with many countries opting for neutrality.

The number of countries condemning Russia has declined, according to some sources. Botswana

has edged towards Russia from its original pro-Ukraine stance, South Africa is moving from neutral to Russia-leaning and Colombia from condemning Russia to a neutral stance. At the same time, a large number of countries have been reluctant to support Ukraine.

In Africa, for example, despite the African Union's call on Moscow for an "immediate ceasefire" most countries remain neutral. Some observers argue that this is the result of a tradition of left-leaning regimes that goes back to the Cold War period. Others, indicate that the current unwillingness of African countries originates in the history of western intervention, sometimes covert and others overt, in their internal affairs.

The reluctance to condemn Russia, however, goes beyond Africa. In February 2023, most Latin American countries supported a UN resolution to call for an immediate and unconditional Russian withdrawal. And yet, despite Brazil's support for several UN resolutions in Ukraine's favour, it has not condemned Russia outright. Within the UN, the stance of Bolivia, Cuba, El Salvador and Venezuela has allowed Russia to evade western sanctions. Furthermore, Brazil, Argentina and Chile, rejected calls to send military material to Ukraine, and Mexico questioned Germany's decision to provide tanks to Ukraine.

The same divisions are evident in Asia. While Japan and South Korea have openly denounced Russia, the Association of Southeast Asian Nations has not collectively done so. China approaches the conflict through a balancing act through its strategic partnership with Russia and its increasing influence in the UN. During its time as a member of the UN Security Council, India abstained on votes related to the conflict.

## The politics of neutrality

Such a cautious and neutral position has been influenced by the cold war's non-alignment movement which was perceived as a way for developing countries to fight the conflict "on their terms" and thus acquire a degree of foreign policy autonomy, outside the Soviet Union and the west's sphere of influence. Studies of EU



sanctions have argued that an unwillingness of other countries to back the EU position can relate to both a desire for foreign policy independence and an unwillingness to antagonise a neighbour.

Non-alignment allows countries to avoid becoming entangled in the rising geopolitical tensions between the west and Russia. It is perhaps for this reason that many democratic countries maintain a stance of neutrality, preferring, as South African president Cyril Ramaphosa put it, to "talk to both sides".

There are, however, particular economic and political incentives that are influential when countries decide against condemning Russia.

## Brazil

Since the earlier stages of the Ukraine conflict, Brazil has maintained a pragmatic but ambivalent stance. This position connects to Brazil's agricultural and energy needs. As one of the world's top agricultural producers and exporter, Brazil requires a high rate of fertiliser usage. In 2021, the value of imports from Russia was of US\$5.58 billion (£4.48 billion) of which 64% was from fertilisers. Imports of fertilisers from Russia are 23% of the total 40 million tonnes imported.

In February 2023, it was announced that the Russian gas company Gazprom will invest in Brazil's energy sector as part of the expanding energy relations between the two countries. This could lead to close collaboration in oil and gas production and processing, and in the development of nuclear power. Such a collaboration can benefit Brazil's oil sector, expected to be among the world's top exporters. By March 2023, Russian exports of diesel to Brazil reached new records, at the same time as a total EU embargo on Russian oil products. Higher level of diesel supplies may alleviate any potential shortages that can affect Brazil's agricultural sector.

## India

Observers point out that in the post-cold-war era, Russia and India continue to share similar strategic and political views.

In the early 2000s, in the context of their strategic partnership, Russia's purpose was to build a multipolar global system which appealed to India's wariness of the United States as a partner. Russia has also provided India with support for its nuclear weapons programme and its efforts to become a permanent member of the UN Security Council. Russia continues to be a key player in India's arms trade, supplying 65% of India's

weapons imports between 1992 and 2021. Since the start of the war it has become an important supplier of oil at discount prices. This has meant an increase in purchases from about 50,000 barrels per day in 2021 to about 1 million barrels per day by June 2022.

## South Africa

On the eve of the war's anniversary, South Africa held a joint naval drill with Russia and China. For South Africa the benefits from the exercise relate to security through capacity building for its underfunded and overstretched navy. More broadly, there are trade incentives for South Africa's neutral stance. Russia is the largest exporter of arms to the African continent. It also supplies nuclear power and, importantly, 30% of the continent's grain supplies such as wheat, with 70% of Russia's overall exports to the continent concentrated in four countries including South Africa.

In January 2023, Russia was one of the largest providers of nitrogenous fertilisers to South Africa, a critical element for pasture and crop growth. In addition, among the main imports from Russia are coal briquettes used for fuel in several industries including food processing. Considering the level of food insecurity in the country both imports are fundamental for its socio-political and economic stability.

The Ukraine war has shown that non-alignment continues to be a popular choice, despite appeals to support another democracy in trouble. This policy has long been an important element of the political identity of countries such as India. In other cases, such as Brazil, despite apparent shifts under President Jair Bolsonaro, non-interventionism remains a fundamental element of its policy tradition.

Nevertheless, neutrality is likely to become a "tricky balancing act" as conflicting interests become more acute, particularly in the context of the west's provision of direct investment plus development and humanitarian aid to many of the non-aligned states.



Tree of Knowledge

Madisyn Taylor

## The Power of Staying Positive

Positive thinking dramatically increases your chances of success in any endeavor.

Our thoughts are not simply ethereal pieces of information that enter our minds and then disappear. The words and ideas that we think can shape our lives and drive us toward success and happiness or failure and distress. How you think and feel can have a profound effect on your ability to recognize opportunity, how well you perform, and the outcome of the goals that you've set for yourself.

When you maintain an optimistic outlook and make an effort to harbour only positive thoughts, you begin to create the circumstances conducive to you achieving what you desire. You feel in control and few of life's challenges seem truly overwhelming because it is in your nature to expect a positive conclusion. An optimistic mind is also an honest one. Staying positive does not mean that you ignore difficulties or disregard limitations. Instead, it means spending time focusing only on the thoughts that are conducive to your well-being and progress.

Positive thinking dramatically increases your chances of success in any endeavor. When you're sure that you are worthy and that achievement is within your grasp, you start to relax and look for solutions rather than dwelling on problems. You are more likely to imagine positive situations or outcomes and disregard the thoughts related to giving up, failure, or roadblocks.

What the mind expects, it finds. If you anticipate joy, good health, happiness, and accomplishment, then you will experience each one. Thinking positively may sound like a simple shift in attention -- and it is -- but it is a mind-set that must be developed. Whenever a negative thought enters your mind, try immediately replacing it with a constructive or optimistic one. With persistence, you can condition your mind to judge fleeting, self-defeating thoughts as inconsequential and dismiss them.

It is within your power to become as happy, content, or successful as you make up your mind to be. Staying positive may not have an immediate effect on your situation, but it will likely have a profound and instantaneous effect on your mood and the quality of your experiences. In order for positive thinking to change your life, it must become your predominant mind-set. Once you are committed to embracing positive thinking, you'll start believing that everything that you want is within your grasp.