

MAURITIUS TIMES

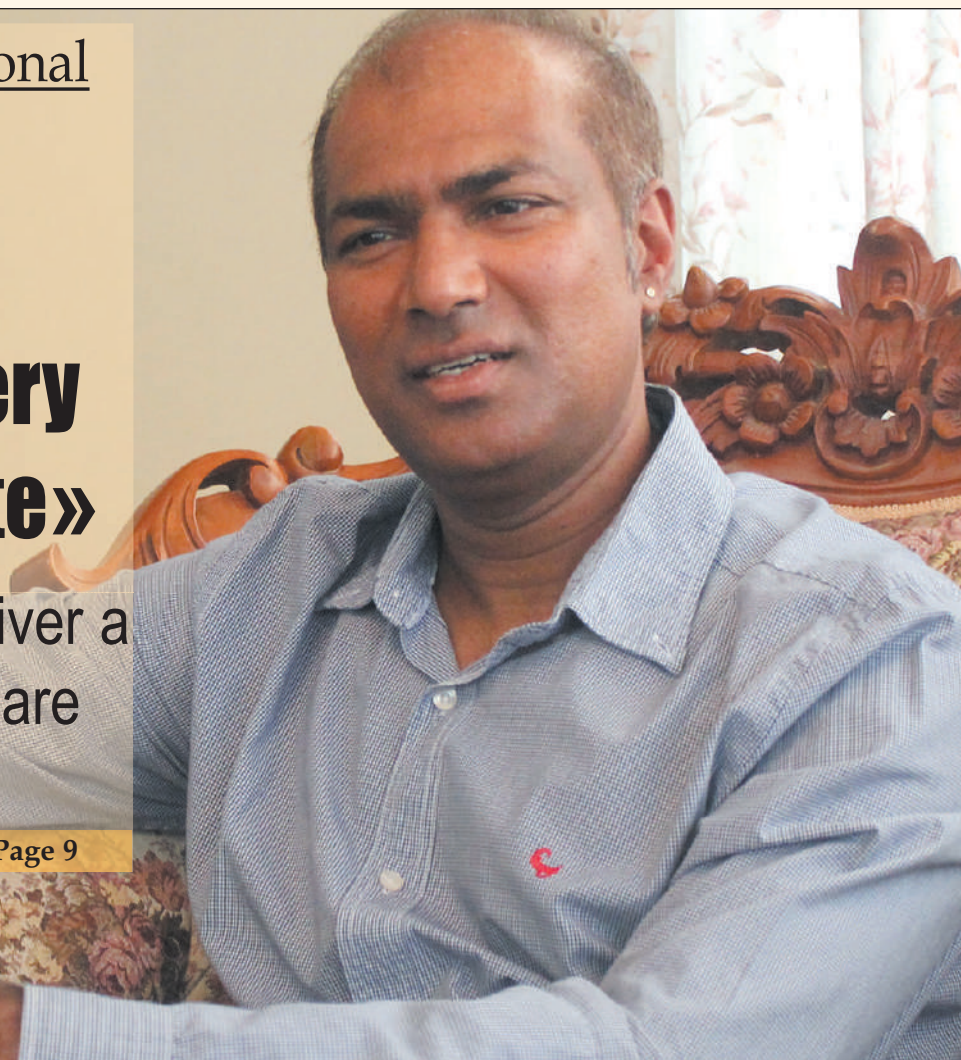
● "The more I learn about people, the more I like my dog." -- Mark Twain

Interview: Vinaye Ancharaz, International Economic Consultant

«Resorting to pension populism threatens the very survival of the welfare state»

'The government has the means to deliver a 'budget labours doux' – some people are even calling it a 'budget diabète'!

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Budget: Another Lame Exercise for Table-Thumpers

To his credit, whether by political considerations or through the influence of the Fabian society thinkers of the times, Sir Seewoosagur Ramgoolam had the wisdom to keep separate two key ministries: that of the nation's budget and financial governance and that of the island's economic development and planning. Accountants peopled the former and could focus on good governance practices, while the latter harboured some of our brighter economists, analysing our strengths, weaknesses and opportunities in different industries and also chalking out future prospects of growth and development. It also kept some balance between the short-term and annual horizons with the longer-term and twenty-year perspective, preventing either from hogging the limelight and pulling the rug towards its particular agenda.

Those young economists who staffed that Ministry of Economic Development and Planning (MEDP) then, working on various dossiers of national interest were all enthralled by a job that did not simply pay their monthly stipends, but they felt a sense of worthwhile contribution to our national development priorities and the narrative of Mauritius in the making. Later they would be the architects of pioneering developments both in import substitution industries and, later the push for export-based textile industries, the delocalised «zone franche», or even the freeport. While the political brass was expectedly taking the credit for our successes, few paid tribute to the handful of top-notch bureaucrats and administrators that charted our course from the 80s onwards on the strength of social developments and achievements of the 70s. A history of Mauritius would be incomplete without a chapter on these forbears as the MEPPD was eventually dismantled to be integrated in the new massive power centre of Finance.

Some might say that efficiency called for such a shift or that planning, reminiscent of Indian or the Soviet Planning Commissions was out of fashion or again that the Board of

Investment or its successor Economic Development Board of a few years ago would be tasked with the planning activities formerly vested with the MEPPD. Sadly, as they became peopled with political appointees, nobody remembers any of their achievements, unless of course one counts participation in some international exhibitions or the returning diaspora facilities programme or even the proposed over-the-counter sale of Mauritian passports as noteworthy successes. And so they have whittled themselves down to being grand permit facilitators for the private sector and where every local or foreign investor would look three times before submitting details of any project of some merit for the country, lest he be turned away while some local operator, with expedited clearances, starts the same or a similar project some time later. Unfortunately, that is the reputation of the EDB.

So are these longer-term functions and perspectives still a matter of some importance and, if so, who actually handles that outside of the Ministry of Finance? Who in government has the credibility or authority to analyse our public debt structure, our major investments spree on borrowed monies, the sustainability of our pensions system or simply the future of our students preparing for overseas university studies, perhaps never to come back? Who really cares if those students neither feel that being a political agent or part of the nomenklatura is an enticing prospect and that a generation of our best young minds choose careers elsewhere? Who plans for the challenges of a greener economy when concrete and blocked drains suffuse our common spaces? Who really plans our food security or the economic prospects of our maritime zone on the twenty-year horizon?

As the Minister of Finance prepares to launch his budgetary proposals with some sweeteners which will only come from the general public's own pockets, we may wonder whether we have reduced our horizons to that lame annual exercise for table-thumpers in the National Assembly.

The Conversation

Four ways populists are jeopardizing democracy

It will take a lot of strategic ingenuity to fight the rise of populism. And it will get harder to do so as politicians rig the game with rules designed to reduce voting



Right-wing European leaders like Victor Orban have tried to maintain a balancing act when it comes to condemning Trump and the insurrection. (AP Photo/Manuel Balce Ceneta)

In 1954, Richard Hofstadter, the eminent American historian of modern conservatism, asked a provocative question about his era's assault on progressive and left-wing ideals, known as McCarthyism: Where did this extremism come from?

He argued in a celebrated essay that even the prosperous, post-Second World War United States was not immune to the radicalism of authoritarian populism. The so-called Red Scare of the 1950s was "simply the old ultra-conservatism and the old isolationism heightened by the extraordinary pressures of the contemporary world."

Seven decades later, Hofstadter's words ring true again. Conservative movements are always fighting a rearguard action against modernity by falsely claiming to protect society from progressives who trample traditional values and sneer at the forgotten men and women who embrace them.

Paranoid politics

With so much money and power behind it, this paranoid style of politics — with its enemies lists, demonization of opposition leaders and often violent language — has gone mainstream.

Conspiracy theories are no longer a stigma discrediting those who trade in salacious innuendo. Even mainstream politicians are now peddling them.

But is there anything to fear from the red-hot rhetoric of the paranoid style of politics? Some argue these circumstances are cyclical.

In Hofstadter's time, after all, American conservative politics turned away from fringe radicalism following the assassination of John F. Kennedy in 1963. The following year, Lyndon Johnson defeated right-wing Republican insurgent, Barry Goldwater in one of the largest landslides in US history.

But the crisis we face today is bigger in scale and scope. It's been whipped to a frenzy by political leaders who seek to profit from the chaos that it incites via social media.

Daniel Drache, Professor emeritus, Department of Politics, York University, Canada & Marc D. Froese, Professor of Political Science, Burman University

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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

Verma Visit 2023

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Jan Arden

US Deputy Secretary of State for Management and Resources Richard Rahul Verma, on a tight trip to consolidate US relations with various Indian Ocean Island states, had an intense two-day stop-over in Mauritius this week. Besides participating with the US ambassador Henry Jardine in the laying of the foundation stone of the new US Embassy complex in Bagatelle, the distinguished official had a well-packed series of meetings here: namely, a courtesy call on the President, working meeting with the PM Pravind Jugnauth on bilateral issues, a meeting with the Leader and other key members of the Opposition. The Deputy Secretary for Management and Resources also met the press in Mauritius where he placed his visit in the context of «the strong US-Mauritius relationship, and future opportunities for partnership and cooperation between our two countries.» He underlined that «this relationship is built upon shared values and democratic principles.»

It may be useful to recall here the more general context of this series of meetings which follows the Mauritian PM couple meeting with President Joe Biden at the White House in December last. Geopolitics should have hovered over both that visit and in the background to the important Richard Verma stop-over as talks with the UK towards completing the decolonisation process of Mauritius by handing over full sovereignty over Diego Garcia, host to the Anglo-American military base, were targeted to be approaching a conclusion during 2023.

Richard Verma is an Indian-origin US high official who was appointed as Obama's distinguished Ambassador to India in 2014, and few could be more conversant with that emerging superpower's concerns, those relating to general maritime security in the Indo-Pacific area and the strategic considerations underlying India, US, Australia and Japan in the Quad partnership to contain China's ambitions in the Indo-Pacific (military pressures on Taiwan, naval claims on South China Sea and various naval bases around the African coast).

According to a *Daily Mail* article filed in Dec 2022, «Lawmakers on both sides of the Atlantic have raised fears that the



“Mauritius may be a small speck on the world map but it has through its Extended Economic Zone an intrinsic geopolitical dimension over some 2 million sq km of Indian Ocean high-sea waters in a vital region for international maritime trade for vital resources. Our diplomacy has traditionally avoided taking sides and kept to a «friend to all, an enemy to none» but as China flexes its muscle in a global competition and confrontation with the US, we need to tread with greater caution on all fronts...”

British government's decision to begin negotiations to hand over the islands to Mauritius could allow China the chance to build its own military facility on the archipelago — right under the nose of American forces at Diego Garcia.» Mauritian diplomacy, which has been particularly vigilant and proactive on that national, cross-party interest for Chagos sovereignty, should have perfectly briefed the PM and his foreign policy advisors on various options to assuage key US concerns and move forward constructively as the Mauritius-UK talks, if not close to completion, remain in the pipeline. It is hoped that they would have found in Richard Verma a good interface with

impeccable credentials for forging the way ahead as traditional allies with similar interests for a safe and secure Indian Ocean environment for common development purposes.

Nevertheless, those advisors that may have been hanging their pegs on more confrontational tactics against the Opposition generally, namely through high-handed and arbitrary arrests of dissenting voices, or through the dysfunction and «weaponisation» of investigative agencies against opponents, the recent State Department report on human rights abuses or the distinguished visitor's remarks about the necessary adherence to

democratic values and the rule of law, should not be ignored. We may choose not to read much in protocolar statements following official visits, but they are undeniable pointers to what more seasoned diplomats would have to take on board as the US remains the most potent force both directly and through its networked allies in the region.

Mauritius may be a small speck on the world map but it has through its Extended Economic Zone an intrinsic geopolitical dimension over some 2 million sq km of Indian Ocean high-sea waters in a vital region for international maritime trade for vital resources. Our diplomacy has traditionally avoided taking sides and kept to a «friend to all, an enemy to none» but as China flexes its muscle in a global competition and confrontation with the US, we need to tread with greater caution on all fronts.

It will be recalled that Mauritius has resisted signing on to the Chinese Belt and Road initiative. Further, the delicate balance between our traditional allies, including China, nearly went overboard with former DPM Vishnu Lutchmeena-raido's plans in 2015 to lease a fishing-cum-naval base to the dragon at the time Richard Verma was taking his posting in India and that hairy episode, although terminated, may still rankle.

We know also of US and Indian concerns over the security of our communications and networking installations, particularly with the penetration of Huawei, a suspect in many Western capitals of transferring key data to the Chinese secret services. It may be surmised that the \$300 million being invested in the Bagatelle US campus is precisely to extract and completely protect all US satellite and internet communications from prying eyes and ears.

In the new eras ahead of us, qualified and competent diplomats and analysts are more than ever a necessity to avoid missteps as we try to finalise the recovery of our sovereignty over the Chagos and, in the longer-term, maintain and improve relations with all our development partners, including France, India and China.

Postponement of municipal councils elections: The rights of half the population confiscated

In the recent weeks, many society voices, lawyers and in the general population might be forgiven to think that under the guise of a perfunctory democracy, the authorities keep paying lip-service to those fundamental tenets while «weaponising» every instrument at its disposal, including its parliamentary majority and investigative agencies, to weaken its key tenets. From lawyers Akil Bissessur and Rama Valayden, through political opponent Bruneau Laurette, to media figure Harish Chundunsingh, there have been a series of high-handed arrests while notorious figures of government, under heavy clouds, are

moving freely.

The latest to be charged, arrested and jailed for money laundering is the former close advisor and confidante Sherry Singh and his wife. The erstwhile blue-eyed boy of the regime was appointed Chief Executive of Mauritius Telecom in 2015 and fell out of grace when he resigned last year making public allegations against the Prime Minister about an alleged «sniffing team» from India into the SAFE landing station at Baie du Jacotet.

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A smile alone can't win an election but charisma matters

in elections campaigns - as a study carried out just before the 2019 election shows

Personality is not everything in politics, but it can go a long way. The UK's next general election, set to take place in 2024, is already shaping up to be a "battle of the dull".

The British prime minister, Rishi Sunak, may not have presided over quite the same level of chaos as Boris Johnson but nor does he have the personality of the man who led the Conservatives to election victory in 2019. Meanwhile, the Labour party's leader, Sir Keir Starmer, is also widely described as being boring.

British voters will likely face a choice between leaders who lack charisma or are seen as managerial – between courtroom (Starmer) and boardroom (Sunak). Our recent research suggests that party leaders are well served by paying attention to their personal appeal as the election approaches – particularly the way they smile.



Jeff J. Mitchell/Getty Images

Carried out in the week leading up to the December 2019 general election, our experimental study analysed emotional responses to the three major political leaders at the time: Boris Johnson, then Labour leader Jeremy Corbyn and Liberal Democrat leader Jo Swinson.

A total of 546 potential voters took part in the study. All could be considered partisan, meaning they had a declared political preference.

For the study, we asked participants to watch campaign footage of the three leaders then report the extent to which they felt happiness, affinity, anger or distress in response to different ways that each politician smiled. Importantly, not all smiles are equal. Some convey "affilia-

tion", or a desire for social interaction, while others convey what is termed "reward" and indicate merely that the person smiling is feeling happiness.

Affiliative smiles engage the main muscles typically used for smiling, such as the zygomaticus major, which pulls the corners of the mouth upward. Reward smiles engage this muscle too, but also involve the orbicularis oculi, which produces wrinkles around the eyes. This fosters an overall impression of softness, which is sometimes associated with empathy. The combination of the masseter, a muscle involved in chewing, and the depressor labii inferioris, which exposes the teeth, may also result in a slight jaw drop.

Johnson's grin

Participant emotions were measured in response to all three leaders as they displayed both affiliative and reward smiles. Ultimately, we wanted to know if the facial expressions of political leaders had any impact on political attitudes and decisions.

Our results showed that only one type of smile from one leader – the affiliative smile of Boris Johnson – had any significant influence. His smile drove the highest degree of positive affect across the partisan divides. In other words, it didn't matter if you intended to vote for Johnson, Corbyn or Swinson, if you saw Johnson's affiliative smile, you felt good. The smiles of Corbyn and

Swinson failed to generate a significant shift in participant emotion – as did Johnson's reward smile.

A smile alone can't win an election, but Johnson's strengths are precisely Sunak and Starmer's weaknesses. Beyond party policies, the personal appeal of Johnson to enough voters saw him take the Conservatives from a minority government to a huge majority.

Smile, 2024 is just around the corner

These findings highlight the importance of considering the role of emotional responses in politics. Johnson's personal appeal as a politician clearly transcended his party's policies. Whatever else voters might think of him, this appeal is precise-



Irresistible: Johnson's affiliative smile in action

ly what Starmer and Sunak are striving for.

Indeed, our study showed that Johnson appealed emotionally to people who weren't planning to vote for him, not unlike the appeal that Ronald Reagan, Bill Clinton and Barack Obama had for certain crossover voters in the US. Recognition of the affective dynamics between leaders and followers could be decisive in the context of 2024, when votes feel exceptionally up for grabs.

The upside for the likely "managerial" leaders of next year's election is that charisma is not innate but can actually be taught. Sunak and Starmer can still leverage the power of emotional responses by paying attention to their facial behaviour and ensuring they display the right type of smile in the right context. This may help them connect with voters. We've seen that even small gestures and behaviours can have a significant impact on political attitudes – and, with a tight race ahead, every gesture counts.

Carl Senior - Reader in Behavioural Sciences, Aston University,
Erik P. Bucy - Regents Professor of Strategic Communication, Texas Tech University,
Nick Lee - Professor of Marketing, University of Warwick

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Anil Madan

Casteism casts its ugly shadow in America

Even as the promise of each bright day of an exceptional America inspires us, there are those crepuscular moments of dimness and floating storm clouds to remind us that we have not met John Winthrop's challenge

In 1630, John Winthrop, in a sermon delivered before he and his fellow settlers reached New England, described his expectation that the new Massachusetts Bay Colony would shine like an example to the world, with these words: "We shall be as a city upon a hill." The phrase has sometimes been modified to refer to a shining city upon a hill, the genesis of the idea of American exceptionalism.

But, even as the promise of each bright day of an exceptional America inspires us, there are those crepuscular moments of dimness and floating storm clouds to remind us that we have not met John Winthrop's challenge. The demons of the world are often imported to these shores by the new immigrants who arrive every year, and they become our demons and a challenge for our concept of equality to handle.

It is not that this nation has been insensitive to the clarion call of equality. It is that human nature and its capacity to engender unlimited hatred is abstruse.

So, it is that slavery flourished in America for more than twelve score years before it was declared anathema. In today's America, many argue forcefully that the penumbra of that evil still casts a shadow on this nation. Invidious discrimination still flourishes. In today's America, the haters, even candidates for the presidency, spew venom at those whom they refer to as "Woke" or against LGBTQ people, the handicapped, against immigrants, the poor, against the homeless, and those ravaged by mental illness or drug addictions. Against any helpless or less than able target, their bile flows unabated.

One can add to this poisonous streak, another unwelcome hatred imported from South Asia — casteism. This system of invidious discrimination and

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bile-spewing hatred has made its way to the new world and casts its dark shadow on our land.

Complaints of discrimination

A few years ago, the State of California sued Cisco Systems, the company that touts itself as the worldwide



Seattle bans caste-based discrimination, becoming first US city to do so.
Pic - The Seattle Times

leader in technology that powers the Internet, and two of its engineer employees alleging that those employees at the company discriminated against and harassed a fellow Indian engineer at its Silicon Valley headquarters because of his caste. That engineer-victim was a member of the Dalit caste, considered the lowest caste, whose members are also referred to as "untouchable."

Last month the California agency that filed the suit, dismissed the case against the two employee engineers. The reason for the dismissal is not clear but a good guess is that the California statute permits suits only against employers, not against fellow employees without management authority. Nevertheless, the suit continues against Cisco the company in its capacity as employer.

Curiously, instead of decrying the very idea of discrimination, Cisco has vigorously defended the suit and stood by its engineers accused of misconduct. Perhaps this is a strategy to avoid punitive damages for not responding to complaints of discrimination.

Dr B.R. Ambedkar, himself a Dalit who was appointed chairman of the drafting committee for the Constitution of India before its independence from British rule in 1947, and is often referred to as the "archi-

tect" of that document is quoted to have said: "If Hindus migrate to other regions on earth, Indian caste would become a world problem." America's experience tells us those words were prescient. Notably, the Indian Constitution bans the caste system but even so, reports of the caste system being well entrenched in India persist. And how often have we seen immigrants to this country purportedly fleeing oppression and hatred in their countries, coming here and establishing the same systems they sought to escape in their homelands.

Some months ago, the City of Seattle, Washington, passed an ordinance banning discrimination based on caste. In May this year, the California Senate passed a bill to the same effect. That bill now goes to California's lower house for enactment before it can become law.

The California bill states in relevant part: "No person in the State of California shall, on the basis of sex, race, caste, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, or sexual orientation, be unlawfully denied full and equal access to the benefits of, or be unlawfully subjected to discrimination under, any program or activity that is conducted, operated, or administered by the state" and this protection is afforded against action by any state agency or third-party receiving financial assistance from the state.

Human Rights and Caste Equity

US organizations such as Hindus for Human Rights and Hindus for Caste Equity have actively promoted such legislation as a safeguard for vulnerable community members in housing, the tech industry, and at educational institutions. They assert that caste discrimination is pervasive in the Indian diaspora. But the problem extends beyond Indians because Nepalese immigrants also report experiencing caste discrimination. And it extends beyond Hindus as members of the Ravidassia community report discriminatory behavior by Sikhs.

On the other hand, the Hindu American Foundation (HAF) and the Coalition of Hindus of North America oppose such amendments to anti-discrimination laws. They argue that these references to caste unfairly stigmatize and target Hindus and

Indian Americans due to the common perception of their association with the caste system. These groups also claim that no clear data supports the existence of such discrimination exists. An additional argument is that "caste" is covered under "national origin" making it unnecessary to carve out a separate protected category. Curiously, they do not argue that "caste" is covered under "religion."

The HAF released this statement about the California Senate bill (SB-403): "We oppose SB-403 because both its legislative intent and impact will result in an unconstitutional denial of equal protection and due process to South Asians (the vast majority of whom are of Indian origin) and other vulnerable ethnic communities. SB-403 unfairly maligns, targets and racially profiles select communities on the basis of their national origin, ethnicity and ancestry for disparate treatment, thereby violating the very laws it seeks to amend, the Unruh Civil Rights Act. It further violates Title VII of the Civil Rights Act of 1964 and the US and California State Constitutions."

With all respect to the HAF, their argument is unpersuasive.

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Casteism casts its ugly shadow in America

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If the statutory language banning discrimination based on “national origin” which it claims encompasses caste-based discrimination does not unfairly malign, target, and racially profile select communities (i.e., the American Hindu community), why would the addition of “caste” do so? And, if their assertion that no data exists to support the existence of caste-based discrimination is correct, what harm can come of the amendments prohibiting such “non-existent” discrimination? It is also not clear why the Hindu community (meaning the community that the HAF represents) is the only Hindu community being maligned. Why are the Nepalese or Sikhs also not being maligned?



“From a legal point of view, the broad promise of equality in the 14th Amendment to the US Constitution does not mean that all discrimination is automatically prohibited. It is up to Congress to enforce the provisions of the amendment. And State legislatures too have a role in expanding the scope of what is included in the concept of equality. Else, we are destined to live in the shadows of bigotry, hatred, and discrimination...”

Considerations of statutory construction militate in favor of an express reference to “caste” as a prohibited category. The statutory language prohibiting discrimination “on the basis of sex, race, caste, colour, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, or sexual orientation” could be considerably shortened by eliminating many of the categories. It was not long ago that people argued that prohibiting discrimination based on sex was superfluous. We know better now.

Disrespect

Anecdotal stories of caste discrimination have emerged in California. SFGate, a San Francisco publication has reported on the experience of a harmonium player at a temple in Fresno, California. Recently, he sang spiritual songs known as Kirtans

while listener devotees swayed to his rhythms. But he recounted a time when he was pulled aside at another US temple and told not to enter the kitchen. “I felt so disrespected,” he said.

That comment is jarring. The point of casteism is, after all, disrespect.

The SFGate story notes that there are about 20,000 members of the Ravidassia community in California’s Central Valley. There are five Ravidassia temples in California alone — in Fresno, Pittsburg, Rio Linda, Selma and Yuba City — with a sixth under construction in Union City. In California, members of the Ravidassia community come from Hindu, Indigenous and Sikh backgrounds. Their temples have the appearance and feel of a Sikh gurdwara, with the sacred text, the Guru Granth Sahib, installed as the focal point in the main prayer hall. The text includes 40 verses of Guru Ravidass, in addition to other spiritual leaders.

Ravidassia religious practices vary from Sikhism. However, many in the community do identify themselves as Sikh and have much in common with the Sikh community including dress, food, language and other customs.

Although Sikhism promotes the principle of equality and oneness—the Golden Temple in Amritsar, India, the most significant shrine in Sikhism, was designed with four doors, sending the message that “everyone from all walks of life, all corners of the world and all castes are welcome to come in and be together”—signs of discrimination at the local level continue. A spokesperson for the Ravidass community in Union City, California pointed out that even in India, each village has gurdwaras (Sikh temples) led by dominant-caste members and those run by Dalits.

Augmenting these anecdotes are additional stories. One Ravidassia reported that his friend opened a grocery store in a largely South Asian neighborhood in Central California that did well in the beginning, but “his business flopped” once customers learned his caste. “He had to shut down his business,” he said. “How can this still happen in the United States?”

Another, who worked at a poultry plant near Fresno, said his Indian colleagues refused to sit with him at lunch after learning he was Dalit.

A third, who said he used to run a trucking company in California, said one of his upper-caste drivers quit after learning Ganger’s caste identity. “He said his relatives were berating him for working with me.”

From a legal point of view, the broad promise of equality in the 14th Amendment to the US Constitution does not mean that all discrimination is automatically prohibited. It is up to Congress to enforce the provisions of the amendment. And State legislatures too have a role in expanding the scope of what is included in the concept of equality.

Else, we are destined to live in the shadows of bigotry, hatred, and discrimination.

Cheerz...
Bwana



Postponement of municipal councils elections: The rights of half the population confiscated

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Whatever the merits of these cases, the public perception is that of double standards being applied either by ICAC or the CCID/MCIT/SST nexus in the way opponents and government operatives are being treated.

“Government has decided to extend for the third time running and for two further years the shelf-life of all municipal councils last elected in 2015. The motion was rammed through Parliament in one sitting at the same time that the press was reporting on the judgement (dated 18th May) of a full bench of Law Lords of the Privy Council on an appeal of a citizen against a similar postponement in Trinidad and Tobago. While government voices were quick to say that the Trinidad and Tobago situation is slightly different, some of the Privy Council remarks remain pertinent here as the rights of half the population were confiscated on rather flimsy pretexts...”

In the midst of those disturbing controversies, and the continued pressures on everyday prices in pharmacies and supermarkets, government has decided to extend for the third time running and for two further years the shelf-life of all municipal councils last elected in 2015. The motion was rammed through Parliament in one sitting at the same time that the press was reporting on the judgement (dated 18th May) of a full bench of Law Lords of the Privy Council on an appeal of a citizen against a similar postponement in Trinidad and Tobago.

While government voices were quick to say that the Trinidad and Tobago situation is slightly different, some of the Privy Council remarks remain pertinent here as the rights of half the population were confiscated on rather flimsy pretexts of preparing some grand reform (which the MSM had opposed since 2000) or that an election costs money.

We cannot say how far the constitutional structures - that of Trinidad and Tobago and Mauritius’ - inherited from outgoing UK colonial administrations are different, but the Privy Council’s statement that «democratic values and the requirement for a representative democracy lie at the heart of the Constitution» suffers neither ambiguity nor colourable devices.

The Privy Council goes further to elaborate on the essential characteristics of a representative democracy at national or local levels, in particular, that electorates choose their representatives for a limited period and that the right to «vote out representatives is as important as the right to vote in representatives». While necessarily engaging other associated rights, that elective right, say the Law Lords, is the foundation on which a democratic society is built.

We trust that, on that score, we are not way below or way different from that sister Commonwealth Island. The question is whether such a constitutional right can be waived aside or confiscated over multiple years by a simple parliamentary majority, at the whims and fancies of a ruling regime that is now anxiously looking at its final months in office.

Jan Arden

Europe sees inflation drop to 6.1%, but real relief for consumers expected to take months

Europe's inflation took a positive turn with a significant drop to 6.1%, but prices are still posing a pinch to shoppers who are yet to see real relief in what they pay for food and other necessities.

The annual figure in May eased from 7% in April for the 20 countries that use the euro currency, the European Union's statistical agency Eurostat said Thursday.

It was a welcome sign that the explosion in price increases — which peaked in record double digits last October — is heading in the right direction, reports AP. But economists warned that it will be many months before disgruntled consumers see more normal levels of inflation reflected on price tags in shops. While prices are rising more slowly, they are coming on top of already-high



While prices are rising more slowly, they are coming on top of already-high costs triggered by Russia's war in Ukraine and other factors. Pic - CBS

costs triggered by Russia's war in Ukraine and other factors.

Food prices in the eurozone rose by a painful 12.5% in May from a year earlier, but still eased from the 13.5% increase recorded in April.

Key to the lower overall inflation figure was energy prices, which fell 1.7% from a year ago following an

increase of 2.4% a month ago.

Core inflation, which excludes volatile food and energy, fell to 5.3% from 5.6% in April. That figure is seen as the better indication of price pressures in the economy from demand for goods and higher wages. It's high enough that the European Central Bank is expected to approve another interest rate increase at its June 15 meeting.

Inflation fell in the three biggest economies where the euro is used: Germany to 6.1%, France to 5.1% and Italy to 7.6%. The decline was "broad based, with food, energy and core inflation all contributing to the easing," economist Rory Fennessy wrote at Oxford Economics.

Inflation took off in mid-2021 as fears that Russia might invade Ukraine sent natural gas and oil prices higher on fears of losing Russian supplies and as the global economy bounced back from the worst of the pandemic, straining supplies of parts and materials.

The energy and supply choke points have eased, but higher prices have kept spreading through the economy as workers demand better pay and companies find they can raise prices to cover increasing costs.

North Korea promises another attempt at spy satellite launch

North Korean leader Kim Jong Un's powerful sister said Thursday that Pyongyang would "correctly" place a spy satellite into orbit soon, a day after their first attempt crashed.

Pyongyang has pitched its military satellite as a necessary counterbalance to the growing US military presence in the region, pointing to Washington's ongoing joint drills with Seoul as one example of many.

North Korea's new Chollima-1 rocket lost thrust and plunged into the sea with its satellite payload on Wednesday, state media said in a rare same-day announcement following the failed launch, reports AFP.

Kim Yo Jong, who also serves as a spokesperson for the regime, said a



Chollima-1 rocket carrying the Malligyong-1 satellite at the Sohae Satellite Launching Ground Wednesday. Pic - The Print

second attempt would soon be made.

Pyongyang also released photographs of what it said was the new Chollima-1

rocket taking off from a seaside launch site surrounded by flames and smoke.

The rocket -- named after a mythical

winged horse that often appears in Pyongyang's propaganda -- featured a bulbous nose, apparently used to carry the satellite payload.

The United States, South Korea and Japan slammed the launch, saying it violated UN resolutions barring Pyongyang from any tests using ballistic missile technology.

Kim Yo Jong said such critiques were a "self-contradiction", given that the United States and other nations have already launched "thousands of satellites".

Analysts warn that if North Korea succeeds, the satellite's monitoring capabilities would be a major issue, enabling Pyongyang to target US and South Korean forces more accurately.

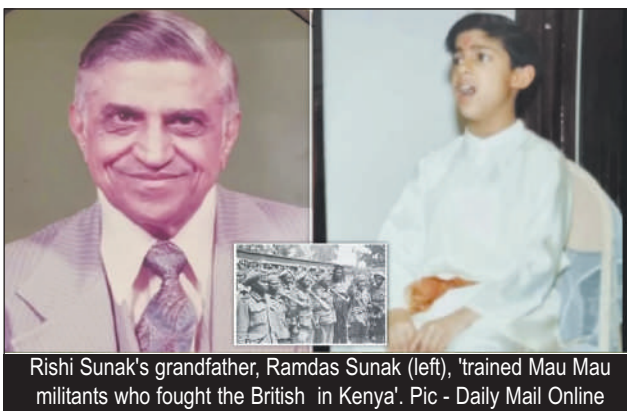
Rishi Sunak's grandfather aided 1950s Kenyan revolt against Britishers

UK prime minister Rishi Sunak's grandfather reportedly helped Kenyan freedom fighters organise a revolt against British rule in the 1950s. The Daily Mail reported that Rishi Sunak's grandfather Ramdas Sunak was involved in training Kenya's Mau Mau fighters and equipping them with guerrilla techniques while being on the British payroll.

Ramdas Sunak first worked as a clerk and then as a senior administrator in the finance and justice departments, the report claimed. He went to Kenya's Nairobi from India's Punjab when he was young and participated in the country's freedom movement through a childhood friend named Makhani Singh who also hailed from Punjab and became a prominent trade unionist in Kenya, reports Hindustan Times.

Following Kenya's freedom, Ramdas Sunak moved to the UK after facing racism in the country. He later settled in Southampton where he helped to establish the Vedic Society Hindu Temple, the report further claimed.

Who were Kenya's Mau Mau fighters? The Mau



Rishi Sunak's grandfather, Ramdas Sunak (left), 'trained Mau Mau militants who fought the British in Kenya'. Pic - Daily Mail Online

Mau fighters - a group of Kenyan nationalists - played a significant role in the struggle for independence from British colonial rule in the 1950s. The armed movement composed primarily of members of the Kikuyu ethnic group - largest in Kenya.

The Mau Mau uprising began in 1952 against British colonial policies. The fighters employed various guerrilla tactics which included ambushes, raids, and acts of sabotage through which they targeted both colonial officials and loyalist Africans who supported the British administration. The British declared a state of emergency in 1952 and launched military operations against the Mau Mau fighters.

Infighting? Ivanka distancing herself from father Donald Trump because...

Ivanka Trump, daughter of former US president Donald Trump, is making consistent efforts to distance herself from her father's political career since his term in office ended. She has chosen to focus on her business career and her husband Jared Kushner is also doing the same as the couple gave testimony to the House select committee investigating the January Capitol riot.

They were also absent from Donald Trump's announcement of his 2024 reelection bid in November. But it may be too late for Ivanka Trump to distance herself from her family's issues, a legal analyst said as she has been named as a defendant in New York State Attorney General Letitia James's \$250 million fraud case against the Trump Organization, reports Hindustan Times.

Despite Ivanka Trump dismissing the services of lawyers representing her brothers and bringing her own legal team, legal analyst and attorney Andrew Lieb said that even though Ivanka Trump attempts to move away from her family, she is potentially too late. There might be infighting amongst the family, the analyst told Newsweek.

* Contd on page 8



Prince Harry and Meghan Markle, Duke and Duchess of Sussex visit the track and field event at the Invictus Games in The Hague, Netherlands. Pic - AP

Body language expert reveals surprising similarities between Harry & Meghan and William & Kate

In a revealing analysis, a body language expert has uncovered striking similarities between the relationships of Prince Harry and Meghan Markle, and Prince William and Kate Middleton. Despite their contrasting lives on either side of the pond, both couples share common challenges due to their wives not coming from aristocratic backgrounds.

Darren Stanton, a body language and behavioral expert, observed that the Sussexes have a "telepathic connection" similar to the one between Prince William and Kate Middleton. Stanton noted that Harry and Meghan are not afraid to express their love and often display gestures of closeness and admiration. The expert stated that their glances during public events reveal a deep connection and a special way of communicating with each other.

Eye contact is another key indicator of the couple's emotional bond. Stanton explained that Harry and Meghan often engage in prolonged eye contact, which signifies a deep level of connection and rapport. Meghan, in particular, excels in maintaining eye contact, demonstrating her focused attention on the person she is speaking to, reports Hindustan Times.

However, Stanton pointed out a major difference between the Sussexes and the Waleses—Harry and Meghan no longer have to adhere to strict royal protocols. While Kate and William have gradually shown more displays of affection, senior members of the family still have certain protocols to follow. In contrast, Harry and Meghan can freely express themselves without answering to the monarchy, allowing them to be completely authentic as a couple.

Reflecting on the Sussexes' journey, Stanton noted that the couple has faced challenges but has grown stronger over the years. Trauma, stress, and major life events can strengthen the foundation of a relationship, and despite the changes and pressures they have encountered, Harry and Meghan have shown genuine emotion and resilience. Stanton believes that their relationship is destined to endure, with a commitment that transcends obstacles.

Humans risk extinction from AI, Deepmind and OpenAI warn

The heads of two of the leading AI firms have once again warned of the existential threat posed by advanced artificial intelligence.

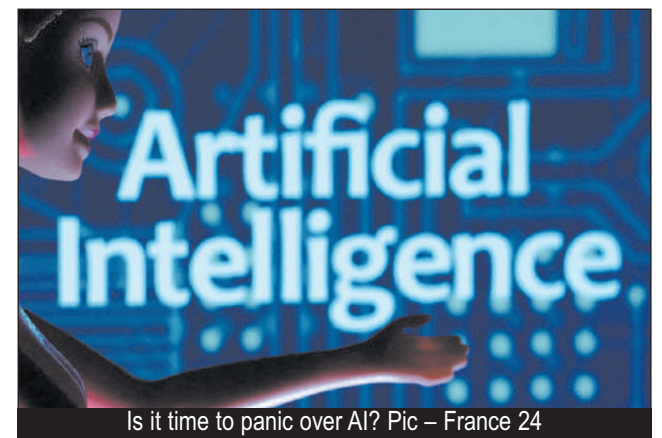
DeepMind and OpenAI chief executives Demis Hassabis and Sam Altman pledged their support to a short statement published by the Centre for AI Safety, which claimed that regulators and lawmakers should take the "severe risks" more seriously.

"Mitigating the risk of extinction from AI should be a global priority alongside other societal-scale risks such as pandemics and nuclear war," the statement read.

The Centre for AI Safety is a San Francisco-based non-profit which aims "to reduce societal-scale risks from AI", claiming that the use of AI in warfare could be "extremely harmful" as it could be used to develop new chemical weapons and enhance aerial combat, reports The Independent.

Signatories of the short statement, which did not clarify what they think may become extinct, also included business and academic leaders in the space.

Among them were Geoffrey Hinton, who is sometimes nicknamed the "Godfather of AI", and Ilya Sutskever, the chief executive and co-founder respectively of ChatGPT-developer OpenAI.



Is it time to panic over AI? Pic – France 24

The list also included dozens of senior bosses at companies like Google, the co-founder of Skype, and the founders of AI company Anthropic.

AI is now in the global consciousness after several firms released new tools allowing users to generate text, images and even computer code by just asking for what they want.

Experts say the technology could take over jobs from humans – but this statement warns of an even deeper concern.

The emergence of tools like ChatGPT and Dall-E have resurfaced fears that AI could one day wipe out humanity if it passes human intelligence.

Earlier this year, tech leaders called on leading AI firms to pause development of their systems for six months in order to work on ways to mitigate risks.

Uganda's anti-gay law sparks global outrage: cultural values vs. HIV concerns

Uganda's anti-gay law sparks global outrage: cultural values vs. HIV concerns

Uganda's president has signed into law anti-gay legislation prescribes the death penalty and imprisonment for up to 14 year for "aggravated homosexuality" sparking widespread criticism.

What does the new Ugandan anti-gay law say?

The amended version of the bill signed by President Yoweri Museveni does not criminalise LGBTQ people, but it does mandate the death penalty for "aggravated homosexuality," which is defined as sexual relations with HIV-infected people, minors, and other vulnerable people, reports Hindustan Times.

Supporters of the Uganda Anti-Homosexuality Act 2023 argue:

The speaker of Uganda's Parliament, Anita Among, stated that the bill safeguards the integrity of the family. She said, "As Parliament of Uganda, we have heeded the concerns of our people and legislated to protect the sanctity of family. We have stood strong to defend the culture, values and aspirations of our people," Africa News reported.

Archbishop of Church of Uganda, Stephen Samuel Kaziimba Mugalu, welcomed the bill, saying it confirms



Activists hold placards during their picket against Uganda's anti-homosexuality bill at the Ugandan High Commission in Pretoria, South Africa. Pic - AP

current criminal code provisions and provides stronger protection for minors. He also said that homosexuality is not a part of Ugandan culture or religious beliefs.

Critics of the Uganda Anti-Homosexuality Act 2023 argue:

The LGBTQ rights activists argued that the new regulation was unnecessary since the country already has harsh penalties for homosexuality.

In a joint statement, the United Nations AIDS programme, the United States President's Emergency Plan

for AIDS Relief, and the Global Fund expressed their worry about public health and the HIV response.

There are global calls for the immediate repeal of the law. US president Joe Biden said, "I join with people around the world—including many in Uganda—in calling for its immediate repeal. No one should have to live in constant fear for their life or being subjected to violence and discrimination. It is wrong." He also hinted about sanctions and restrictions.

Vinaye Ancharaz, International Economic Consultant

“Resorting to pension populism threatens the very survival of the welfare state”

‘The government has the means to deliver a ‘budget labours doux’ – some people are even calling it a ‘budget diabète!’

Economist Vinaye Ancharaz makes a realistic overview of several issues of immediate and long term concern while commenting on the Budget. He advances his reasons for thinking that it will follow the populist trend like previous ones, and expresses concern about the continuing high inflation rate that will impact the purchasing power of the vulnerable in particular, the failure of MSM’s education reforms and the need for a radical re-orientation of that sector including at tertiary level, the demographic changes and the increasing burdening of the pension system, etc. Read on:



Mauritius Times: Budget 2023-24 will be presented today. This comes at a time when politics may be more important than economics for the government as it’s getting nearer to the end of its mandate. Do you expect therefore it is that consideration that will prevail in a big way in this budget itself rather than in the next one - that is if the government alliance is still at the helm?

Vinaye Ancharaz: In the democracy that we claim to be, only the PM knows when the elections will be held. But if I were to take a cue from the recent amendment to the Local Government Act to extend the life of the municipal councils, the elections may not be for this year. Unless the amendment is a ‘trompe l’oeil’ or the Privy Council verdict in the Suren Dayal case turns out to be damning for the government...

However, if you follow the philosophy of the Budget over the past three years, you’ll notice that politics has always trumped economics. All the Budgets since the pandemic year of 2020 have put a premium on the social; they have been populist Budgets. The 2023-24 Budget will be no different, especially since expectations among the people are exceptionally high, and the Government too has upped the ante by stoking rumours of a rise in the basic retirement pension, possibly to Rs15,000 and a consequent realignment of the minimum wage to the same level.

***In light of the current economic context, the question that arises is whether the government has the means to buy in with attractive budget mea-**

sures a large enough mass of the electorate sufficient to tip the scale in its favour. Would the current state of the country’s finances give the government the leeway to do that, or are there other options available to it?

I believe the government has the means to deliver a ‘budget labours doux’ – some people are even calling it a ‘budget diabète!’

“With the number of working men and women who pay taxes to pay for pensions shrinking relative to the number eligible for a pension, our pension system is inherently unsustainable, especially since the National Pension Fund was abolished. Resorting to pension populism in such conditions threatens the very survival of the welfare state...”

First, the economy has recovered from the massive 15% decline in 2020 and tax revenues have picked up. Second, with inflation in the double digits, the government has collected a substantial amount of ‘inflation tax’ – that is, consumers pay more in taxes because the VAT is calculated on the prices of goods, which have increased by 10.8% (the inflation rate in 2022), on average. Third, the CSG is expected to bring more than Rs 10 billion into the public purse. Fourth, with the prices of petroleum products maintained at such arbitrarily high levels for months, the government has surely amassed a considerable sum of money. And finally, let us not forget that, in case these revenues aren’t enough, the temptation to borrow is ever-present.

However, having the means to spend does not mean

that the government should go on a spending frenzy. With the global economy slowing down, and several European economies, including Mauritius’ key markets, officially in recession, and our own growth projection for 2023 slashed from 5% to 4.6% by the IMF, prudence should be high on the agenda.

Unfortunately, judging by the national debt, which is dangerously approaching the half-a-trillion-rupee mark, the ploughing of the central bank’s reserves to finance budget deficits, and the handing out of various perks to the population since 2020, it is clear that we are dealing with a fiscally irresponsible government, which will not hesitate to give another tax-and-spend Budget.

“If you follow the philosophy of the Budget over the past three years, you’ll notice that politics has always trumped economics. All the Budgets since the pandemic year of 2020 have put a premium on the social; they have been populist Budgets. The 2023-24 Budget will be no different, especially since expectations among the people are exceptionally high, and the Government too has upped the ante by stoking rumours of a rise in the basic retirement pension, possibly to Rs15,000...”

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'Why would the government sacrifice its cash cow?

Why will it cut taxes on petroleum products, which bring in millions?'

☞ Cont. from page 9

*** You wouldn't expect the government to bring down the VAT rate as currently being canvassed by consumer organisations and opposition parties or roll back some on the taxes being levied on petroleum products, given that such taxes are needed more than ever in the current economic context, would you?**

I don't think the VAT rate is negotiable! However, the population has been crying out for relief from the high prices of petroleum products. We expected these prices to be slashed at the last two meetings of the Petroleum Pricing Committee, but that did not happen.

Naturally, therefore, the expectation now is that the price cuts will be announced in the Budget Speech. However, why would the government sacrifice its cash cow? Why will it cut taxes on petroleum products, which bring in millions? I think that the Minister of Finance will balance populism and pragmatism and announce a symbolic reduction in the prices of gasoline and diesel.

*** If the government decides to hold on up to the end of 2024, latest June 2025, it will nevertheless have to address the present economic hardships of the low- and middle-income earners, the unemployed, etc., if it wants to preserve peace in the country. What can it do and how far can it go?**

The source of the economic hardships facing low- and middle-income families is the prevailing high rate of inflation. The headline inflation rate for the 12 months ending March 2023 amounted to 11.1%, compared to 10.8% in December 2022. This means that there is no sign of inflation slowing down. With commodity (food and petroleum) prices falling, external causes of inflation can be ruled out.

Much of the inflation in Mauritius has been caused by the depreciation of the rupee. So, if the government is serious about fighting the rising cost of living, it should prevent the rupee from sliding further. Instead, the government has resorted to a series of palliative measures – like instituting subsidies on some food products, offering a CSG allowance of Rs1000 to those earning less than Rs50,000, and encouraging the State Trading

“It's true that every political party bats for populism. Before 2014, this happened around election time, and the perks offered were limited. More importantly, the freebies benefited the economy over the long run. Think of the offer of free education in 1976 and the promise of free public transport for school students and senior citizens in 2005, both by the Labour Party. These measures have largely contributed to the success of Mauritius...”

Corporation to market its own brands of oil, milk powder, and rice at discounted prices.

These measures provided little relief, which was drowned by the incessant increase in prices.

*** On the other hand, economists could argue that 'good politics is bad economics' and such goodies like pensions increase - whether to Rs13,500 or even Rs15,000 - would amount to crass populism and overlook the element of welfarism in such measures especially in today's economic context. Can that dose of populism do harm to the country's economy?**

The case of pensions is a tricky one. I am also in favour of treating our senior citizens right. But we should do it without compromising the economy. Every Rs1000 increase in the basic retirement pension adds more than Rs 3 billion per year to the social security budget. This should be understood in the context of an ageing population.

With the number of working men and women who pay taxes to pay for pensions shrinking relative to the number eligible for a pension, our pension system is inherently unsustainable, especially since the National Pension Fund was abolished. Resorting to pension populism in such conditions threatens the very survival of the welfare state.



I believe there are other ways of ensuring a better standard of living for our elderly. For a start, we need to put a brake on the ongoing inflation. Lower inflation will reduce the need to pay compensatory increases in the Basic Retirement Pension.

“Much of the inflation in Mauritius has been caused by the depreciation of the rupee. So, if the government is serious about fighting the rising cost of living, it should prevent the rupee from sliding further. Instead, the government has resorted to a series of palliative measures – like instituting subsidies on some food products, offering a CSG allowance of Rs1000 to those earning less than Rs50,000, and encouraging the State Trading Corporation to market its own brands of oil, milk powder, and rice at discounted prices...”

“Most of the goodies promised by the MSM government are about giving more money to different segments of the population. These perks are consumed away by inflation, leaving the beneficiaries wanting for more. The MSM government is the father of the entitlements-based economy, as we see it today. Since 2014, Mauritians have become accustomed to Budget Day as harvest time. The 2023-24 Budget will surely follow the tradition...”

*** You can bet that opposition parties/alliances will also come forward with their own dose of populism with promises like pension increase or other goodies, which they hope will make for a convincing argument to a large section of the electorate. Our politics has been reduced to the level of auctions and competitive bidding for votes, hasn't it?**

It's true that every political party bats for populism. Before 2014, this happened around election time, and the perks offered were limited. More importantly, the freebies benefited the economy over the long run. Think of the offer of free education in 1976 and the promise of free public transport for school students and senior citizens in 2005, both by the Labour Party. These measures have largely contributed to the success of Mauritius as a nation today.

However, most of the goodies promised by the MSM government are about giving more money to different segments of the population. These perks are consumed away by inflation, leaving the beneficiaries wanting for more. The MSM government is the father of the entitlements-based economy, as we see it today. Since 2014, Mauritians have become accustomed to Budget Day as harvest time. The 2023-24 Budget will surely follow the tradition.

*** On the other hand, questions will have to be asked about the country's future prospects, for instance what does the economic context - present and, according to growth forecasts, that of the future - provide in terms of opportunities for growth and employment for the new generation?**

I mentioned earlier that economic growth this year is projected to slow down to 4.6% from an initial estimate of 5%. The medium-term outlook for the Mauritian economy is not very optimistic either.

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'It is clear that the education reforms of the MSM government aren't working, and yet our policymakers seem impervious to it'

☞ Cont. from page 10

The IMF forecasts our GDP growth rate to drop further to 4.1% and 3.3% in the next two years. Obviously, these forecasts are subject to significant downside risks.

Domestically, the Mauritian economy is in the grips of a severe labour shortage and skills mismatch. These problems suggest that our model of economic development, based on the pursuit of growth at all costs, is dépassé. Mauritius achieved the high-income status temporarily in 2020, before the negative growth of 15% caused us to slip back. So, it's a matter of months before we make it back to the high-income league.



“One thing I've noticed, especially while teaching on Master's-level courses, is that most students just want to get a degree. They study to pass their exams, but they aren't focused on learning. As a result, they don't develop the critical skills that the real world requires. This also explains why Mauritius ranks so low on global competitiveness and innovation rankings. Much of the problem is cultural or systemic...”

High-income economies generally don't grow as fast as lower-income economies because they have used up their resources and their potential – an idea called 'convergence' in growth theory. So, Mauritius should become accustomed to lower growth rates – even if the economy is more innovative and discovers new growth poles. Our focus should therefore shift from more growth to better growth – that is, growth that is more inclusive, and greener, and creates decent jobs.

* Again, in relation to the future, besides economic issues flagged by the IMF or Moody's, there are also other issues that are extremely important to sustaining our economy: education, for example, in view of its social inclusion function. For having taught at the University of Mauritius for many years, are you today worried about the quality and output of our education system? What are your thoughts about what needs to be done in terms of leadership, institutional and academic support?

I have been an academic for the better part of my career, and I still am. In my 15 years at the University of Mauritius, I witnessed a systemic decline in the quality of education provided to students. I blame it on the quality of the intake. Over the years, the University admitted students with poorer A-level grades, and weaker students caused a sort of levelling from the bottom. I suppose these adverse trends are still around. In the meantime, other universities, including online and part-time courses, have sprang up. All of this is making it harder to control quality.

One thing I've noticed, especially while teaching on

Master's-level courses, is that most students just want to get a degree. They study to pass their exams, but they aren't focused on learning. As a result, they don't develop the critical skills that the real world requires. This also explains why Mauritius ranks so low on global competitiveness and innovation rankings.

Much of the problem is cultural or systemic. Our education system is extremely academic, and our culture glorifies the university. For this to change, we must revalue trades and professions like plumbing, electrical and mechanical work, jewellery-making, baking, cookery, design and fashion, etc. There is an acute lack of skills in these areas, which is contributing to the current situation of youth unemployment, on the one hand, and the need for imported labour, on the other.

Harsh as it may sound, we must accept that a university education is not for everyone. Just see how Switzerland does it. Early on, they separate students into two streams: those who will go on to get a degree and those who will get a vocational education. And their culture does not stigmatize those who did not go to university. In many cases, these people are more successful later in life than those who went down the academic route.

In Mauritius, we are desperately clinging to a dysfunctional education system. The recent revelation that only 2.2% of students from the Extended Stream (71 out of 3291) passed the National Certificate of Education (NCE) is perhaps an eye-opener, but the seeds of failure had been sowed much earlier in the system. It is clear that the education reforms of the MSM government aren't working, and yet our policymakers seem impervious to it.

In today's competitive world, it is the quality of education that will decide the fate of a nation. Our education system is not only failing our youth, it is also producing some bright minds who, sadly, choose to leave the country because they feel that their competence won't be duly rewarded in a society where political influence prevails over merit.

* There are similarly other issues like climate change and its impact on our economy and our quality of life, land use and food security, etc. There is no easy solution for such challenges, but they should at least be receiving the attention they deserve from the government and the political class generally. But that does not seem to be the case, so busy is it tracking political adversaries...

Indeed, these issues don't come into the spotlight since Mauritians have become avid consumers of sensationalism. And that is exactly what we are being fed every day.

This government is paying lip service to its commitments on climate change in the 2015 Paris Agreement. The metro project has caused irreversible damage to the environment and, as if the government has learned no lesson from the recent flash floods, it is adamant on the smart city project on the coast of Roches Noires, after allowing La Tourelle to be shaved for a luxury villa project. These projects won't stop because the real estate sector has now become our magnet for attracting foreign direct investment (FDI) – at the expense of productive sectors like agriculture and manufacturing.

Food security issues also are hardly debated – even after the pandemic revealed in dramatic fashion the dangers of overdependence on food imports. Mauritius imports practically all its staples. While our agricultural land and climate are not suitable for the production of many food crops, there is no reason why we should continue to import thousands of tons of staples like potatoes and onions, and maize, mostly for animal feed.

A sound agricultural strategy, with food security at its core, should give thought to democratizing access to agricultural land.

* There is also the issue of population ageing, population demographics and future labour market challenges. It's everybody's responsibility, but few seem to care. Are you worried as regards the long term?

As an economist, I am very concerned about the demographic trends in Mauritius.

Our population is ageing and declining at the same time. The birth rate last year was 7% lower than in 2021, and the population decreased by 0.2%. According to projections, the population will peak in 2025 and decline continuously thereafter. By the end of the century, the population will be about 830,000, the same as in 1970! Yet, the number of marriages is on the rise, increasing 17% in 2022 relative to the previous year. This means that young couples are having less and less children. True, they may be more focused on their career, but other factors are also at play, including the high and rising cost of living, and hopes of emigrating to greener pastures.

“In Mauritius, we are desperately clinging to a dysfunctional education system. The recent revelation that only 2.2% of students from the Extended Stream (71 out of 3291) passed the National Certificate of Education (NCE) is perhaps an eye-opener, but the seeds of failure had been sowed much earlier in the system. It is clear that the education reforms of the MSM government aren't working, and yet our policymakers seem impervious to it...”



The ageing population is altering the socio-economic fabric of the country. It puts pressure on the pension system, and the welfare state as the demand for social security entitlements and health care increases. It also forces painful adjustments in the family as the question arises of who would take care of the elderly when everyone is at work.

Luxury homes are emerging, but they are beyond the reach of the common people. We need integrated and more-affordable care facilities for our senior citizens. A national long-term strategy for the elderly will help focus public resources more efficiently to address the issues around ageing.

Easy Money Scams, Pyramid Schemes and Ponzi Schemes

Five Clues to Thwart them

Consumers are under great financial pressure. The World Economic Forum reports that the cost-of-living crisis is affecting people around the world. With rising food and fuel prices, it is becoming increasingly difficult to stay afloat financially. Also, wages do not keep up with inflation, making it more difficult to save and build wealth.

It is in these times of economic hardship and uncertainty that fraudsters lure unsuspecting consumers into “get-rich-quick” schemes, offering them an opportunity to make easy money by investing in a “lucrative” financial opportunity.”

Nothing beats the prospect of making easy money, and from time to time, one can find easy money scams circulating on WhatsApp that may seem plausible.

Our research focuses on financial systems in emerging economies, and we advocate for financial inclusion and empowerment of marginalized communities through financial education and financial planning. We use our academic platform to share our finance expertise, including the most common financial pitfalls people should avoid.

“The get-rich-quick schemes are one of those traps. They are also sometimes called ponzi schemes or pyramid schemes. This is a form of financial fraud. The people who run them take money by resorting to subterfuge, that is, false information and false identities. They promise financial benefits that do not exist.

You should avoid them because more often than not they are bogus and fraudulent companies.

There have been massive frauds over the past 30 years. In the early 1990s, MMM Global - one of the



P - Shutterstock

biggest and most famous Ponzi schemes in the world - defrauded up to 40 million people, who lost around \$10 billion. Since then, Ponzi schemes have resurfaced in different forms in South Africa, Nigeria, Zimbabwe, Kenya, Ghana and several other countries in Africa.

There are five telltale signs of a get-rich-quick scheme. Here's how to beware.

The five telltale signs

First, they offer exaggerated, above-market returns in a short period of time, with the promise of little to no risk.

There are two golden rules when it comes to investing. The first is that it takes time to make money. Amassing a small fortune in a short period of time should raise questions about the system.

The second rule is: the higher the risk, the greater the return. In other words, no investment is without risk or can guarantee a significant return. There is always an element of risk. An investment that promises large returns tends to be quite risky, which puts off most people with a low appetite for risk.

Second, new members are constantly recruited to join the system.

Typically, these schemes are kept in place by relying on investments from new members to pay existing members. When the number of existing members is greater than the number of new members, the system is bankrupt. At best, you lose the returns you were promised. At worst, you lose all the money you invested.

When the system goes down, it's almost impossible to get back the money you lost because you technically gave it to a stranger (remember that the definition of financial fraud includes misrepresentation of identity).

Third, it is urgent to join the program, but it is not clear how it works.

This is a classic feature of get-rich-quick schemes. There is usually no clear answer about what the program is, what it invests in, how it generates its income, or the organization's credentials.

Legitimate investments are transparent and can pro-

vide investors with all the information they need to decide whether or not to invest. It is not surprising that proper verification of get-rich-quick schemes can reveal their fraudulent nature. This is why there is always an urgency and coercion to make an immediate financial commitment on the pretext of missing a unique opportunity to get rich.

Fourth, the program is neither registered nor regulated by any recognized authority.

Regulators are important because they monitor the conduct of financial service providers and protect consumers with their best interests in mind. The protection provided by financial regulators also inspires confidence in financial systems.

“Get-rich-quick schemes are unregistered and operate outside the framework of regulators, so investors are more vulnerable to loss, and it is more difficult to seek legal redress in the event of a loss.

In South Africa, legitimate investments are offered by financial service providers licensed and regulated by the Financial Sector Conduct Authority. You can search for any licensed financial service provider on the authority's website.

Fifth, they use testimonials from existing members who have earned a lot of money to promote the program.

In the beginning, the system tends to pay those who invested early, and these members are encouraged to share the news of their wealth which is spreading fast and far to promote the system.

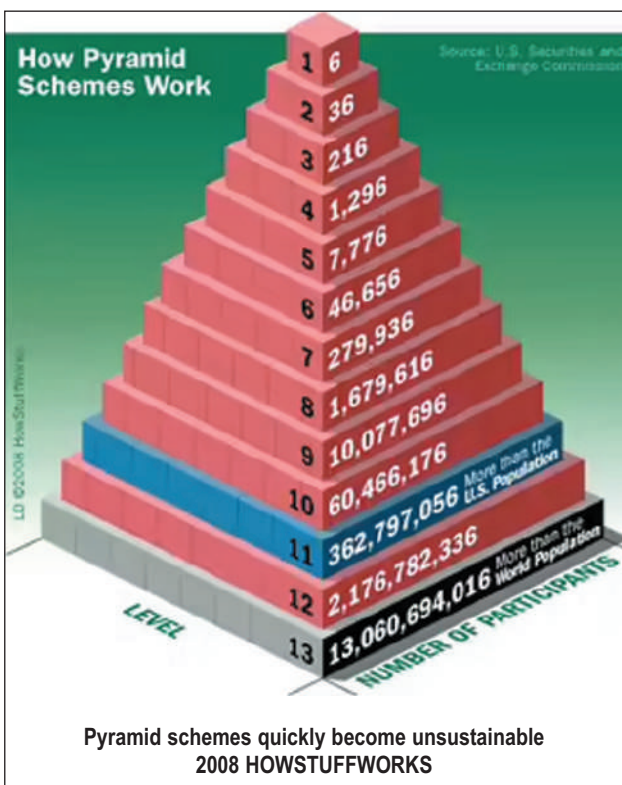
But this is a tactic used to give the impression that you too can achieve double-digit returns. These systems are both unsustainable and unethical because one person gets rich through someone else's deception.

Too good to be true

It bears repeating that if it sounds too good to be true, it probably is.

Wealth is the result of a good investment strategy and decisions made over time. Any “get rich quick” promise should be treated with the cynicism it deserves. Eventually it will reveal its fraudulent nature. Recognizing the signs of a scam can save you unnecessary financial distress.

Bomikazi Zeka, Assistant Prof in Finance and Financial Planning, University of Canberra & Abdul Latif Alhassan, Associate Prof in Development Finance & Insurance, University of Cape Town



Renganaden Seenevassen 1910 - 1958

Un
Mauricien
pour
L'Éternité



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**Lundi 5 juin 2023 à 16h30 à
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Municipalité de Port Louis**

Avec

*Alain Laridon, Jack Bizlall et
Sarojini Seenevassen*



Harry Booluck

Overseas Indians: What future?

Mass migration of Indians overseas is directly linked to the emancipation of slavery in 1834 in the British sugar producing colonies, mostly in Mauritius and the Caribbean colonies of Trinidad, Guyana, Jamaica and the islands of Barbados, St Kitts, Nevis... and, after 1876, in Fiji when it became Crown Colony. Emancipation wreaked havoc in the plantations and planters appealed to Britain to halt the ruin of colonial economies. The British government decided to seek indentured labour (on contract) from the United Provinces and Bihar that had an abundant supply with the right profile. Mauritius was the first country to try what later came to be known as the 'Great Experiment' as from 1834. The success of the 'Great Experiment' in Mauritius led to its adoption by other colonial powers from the 1840s.

“After almost a century after the end of indentureship, what is the fate of the descendents of those Indians who ventured to leave their motherland for the unknown destinations they were lured to? The picture isn't that rosy everywhere: in some independent former colonies they are safe and secure and progressing but elsewhere they have been harassed, aggressed and chased out...”

Over the decades hundreds of thousands left India in search of greener pastures. Many returned home at the expiry of their contract for various reasons, but many more remained and settled down in the colonies. Elsewhere, Indians were recruited for other types of manual work, as in South Africa, or skilled workers in the construction of railroads as in East Africa. A total of over two million left India by the time indentureship came to an end in 1917 in the Caribbean and in 1925 in Mauritius following the Kunwar Maharaj Singh report.

After almost a century after the end of indentureship, what is the fate of the descendents of those Indians who ventured to leave their motherland for the unknown destinations they were lured to? The picture isn't that rosy everywhere: in some

independent former colonies they are safe and secure and progressing but elsewhere they have been harassed, aggressed and chased out.

The first to regret their lot were the Indians of Dutch Guyana, now Suriname, in the Caribbean. They were victimised by fellow neighbours and field workmates with impunity. Unable to seek legal redress, many fled to the Netherlands where they are grateful to the Dutch authorities for the protection granted. Those who remained behind struggle to make ends meet in a hostile environment, the more so when their socio-economic success is looked upon with suspicion and envy.

Indians in Uganda are not from the poorer eastern regions but from western India, a well-to-do mass of people who settled in East Africa when the British reigned supreme. Through hard work and thriftiness, they went on to become successful businessmen and entrepreneurs who today own large sugar factories. Their phenomenal success soon became the cause of their destruction: unpopular politicians or those from minority African tribes soon took to populist politics and eventually extremist policies to win and retain power. This is how Idi Amin Dada from the minority Kakwa tribe sought to win the support of the majority of Ugandans by confiscating the assets of the Asians and distributing them to his Afro-Ugandans cronies. The policy proved very popular and was heartily welcomed even if six months later most went bankrupt, resulting in Amin being chased out of power.

One Madhvani patriarch, who at the time of his demise owned Kakira Sugar Works, tea and sugar estates, schools, colleges and recreational centres, was summoned by Amin at a military garrison and a mountain of neatly attached notes were placed on sheets on the ground with Amin sitting on a chair at one end and the old Indian at the other. Amin threw a Ugandan shilling coin to him instructing him to leave the country within 24 hours, leaving behind all his possessions. With tears in his eyes, he left Uganda for Britain.

Note that the East African Asians from Kenya, Tanzania and Uganda had negotiated with the British prior to independence to grant them and their descendents dual nationalities just in case and Britain



accepted to receive 5,000 Asians annually! Within a decade in the UK, they recouped their losses. (Fearing that one day things may turn sour in Africa, the Indians had parked their money in safer overseas destinations). Since then, Indians have been apprehensive about returning to Africa. Even when Ugandan President Museveni appealed to the Indians to come back and reinvest in the country, they remained hesitant.

The saddest story of the fate of the descendents of indentured labourers comes from Fiji. It received some 20,000 labourers from the same regions as the others to work in the plantations. They too climbed up the social ladder thanks to their hard work and thriftiness. Their achievements and success became a bone of con-

tention between the 'foreign Indians' and the natives. And as in Uganda, Rabuka in Fiji replicated Amin's ruthless methods. Without support from the Indian government, the Indo-Fijians felt abandoned. But Fijian Asians weren't as wealthy as their Ugandan counterparts. Those who could afford it, mostly the intelligentsia, fled Fiji for Australia, New Zealand, Vanuatu, other neighbouring islands, and the UK, leaving behind the downtrodden.

In Mauritius, Trinidad/Tobago and Guyana, relative peace and stability have been achieved thanks to a proper balancing of different competing interests. The future, however, does not look bright in light of the exodus of young professionals and the resulting brain drain that's presently underway.

Mauritius Times

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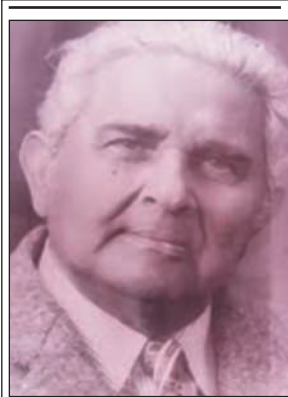
From the Pages of History - MT 60 Years Ago

6th Year No 230

MAURITIUS TIMES

Friday 9 January 1959

- Men's second childhood begins when a woman gets a hold of him. — James M. Barrie



Jay Narain Roy

What are our political problems?

A common ground for Mauritianism and democracy

The aim of this and other series is to make my countrymen think clearly about our problems. Few have made an attempt to appraise them clearly. Others are easily confused by tendentious propaganda which is generally unleashed from

several quarters to stop the march of progress. It is by understanding our problems clearly that we can blow the cobwebs of illusions.

Our first problem is to evolve a Mauritian nation. Some people have, for about half a century, called this Mauritianism. Many who use it do not understand its significance, and even if they do, they are not sure how it can be brought about. What is the idea behind it? Only this that in our approach to our problems we put the country first and our community afterwards. It means that if there is a post to be filled, we should not appoint one just because he belongs to our community or creed or caste but because he is best able to advance the cause of the country.

Those who talk of Mauritianism so loosely do not seem to realise the revolutionary process it entails in our ordinary thinking. It necessarily means burying all obsessions of caste, race, religion, or community. How many are prepared for it? The concept of a Mauritian nation is the process of a mental revolution for which few people talking about it are prepared.

Why have people stuck to some basic communal ideas? It was started by the oligarchs and even today they practise it to an extent which shockingly retards the progress of the country. Those who were victims copied it from the leaders of society, and others have followed suit. The result is that the entire atmosphere is vitiated, and we seem to be sinking deeper and deeper into our fond illusions. Many seemingly educated people would rather have a fool of their community than the wisest of another. What is more tragic, the Tories help to encourage communalism because they are fully convinced that in communalism and racialism alone lies their salvation. Their outlook can be compared to that of the Afrikaners who think that they cannot survive if they accept the democratic idea of the parity of races.

So, we see where the stumbling-block lies. I do not give more than two decades for all coloured sections to imbibe the Mauritian ideal and to act up to it. But I cannot imagine that a time will ever come when the oligarchs would be prepared to put it into practice. There is so far absolutely no indication that the younger set think differently. So that unless this fundamental question is solved there cannot be any talk of Mauritianism.

That takes us to the second important political problem: the common ground for Mauritianism. On what basis are we to build a Mauritian nation? What about the languages, religions, and cultures? We have sometimes



Port Louis - The Central Market Entrance - 1938 P - vintagemauritius.org

“Our first problem is to evolve a Mauritian nation. Some people have, for about half a century, called this Mauritianism. Many who use it do not understand its significance, and even if they do, they are not sure how it can be brought about. What is the idea behind it? Only this that in our approach to our problems we put the country first and our community afterwards... Those who talk of Mauritianism so loosely do not seem to realise the revolutionary process it entails in our ordinary thinking. It necessarily means burying all obsessions of caste, race, religion, or community. How many are prepared for it? The concept of a Mauritian nation is the process of a mental revolution for which few people talking about it are prepared...”

heard or read people who even today are prone to think that a Mauritian nation can only be formed if all Mauritians come to take to a single religion and the French language. Only congenital maniacs can in 1959 think along this line. It is absolutely certain that no power on earth can make the bulk of the people change their languages, religions and traditions.

That being so any disregard of the susceptibilities of the neighbour is bound to have very ugly consequences. It is the way to strife and bickerings. Therefore, we can build our common heritage on respect and tolerance of the neighbour. We have to create a sense of unity in our diversity and there lies the hope of our destiny.

It follows from this therefore that a religion that does not foster mutual regard and tolerance is ill-suited to our colonial resurgence. It follows also from the same fact that religious bodies that sneakily wire-pull for appointments and promotion of their co-religionists over others are the arch-enemies of our national progress. As long as there are sections rabidly practising racialism, as long as there are religious bodies standing foursquare against tolerance and wire pulling for their

coreligionists, all talk of a Mauritian understanding is an ungainly farce and a vile mockery.

That takes us to another important political problem: the sense of democracy. In this age of democracy all progress is gauged by the equality of opportunities for one and all. This can be ensured only by benevolent laws and economic planning. In the political language of the modern world, opportunities generally have an economic meaning as the happiness of the average citizen can only be measured in terms of economic welfare.

It is to ensure benevolent laws and economic planning for the needs of the people that we need to have a government fully responsible to the people and deriving its motive force from them.

Equality of opportunities have a vast range of subjects. It seeks to establish a sense of fair play by abolishing nepotism, racialism, monopolies and privileges. Fair play to the various sections in appointments and promotions, fair play towards the religions and cultures, fair play towards one and all in opportunities and development, fair play towards our economic needs in the Commonwealth pool, fair play in representation, fair play towards our opponents, fair play in allowing the four freedoms and human fundamental rights — these are some of the important implications.

These are a few of our major fundamental political problems. The rest are quite secondary. Young people will, I hope, understand how simple our political problems are and how duly complicated they have been made by some manoeuvres. They will also be able to understand how, while the bulk of the people are eager to march forward, the economic masters of the country are at every stage and in every direction trying to hold back the progress of this country. Like the witch in the Balinese folk song, wherever you wish to go, you are accosted by the same ominous silhouette.

Four ways populists are jeopardizing democracy

● Cont. from page 2

Populism was supposed to bring government closer to the people, but it actually places the levers of power squarely in the hands of authoritarians. Here are four ways populism has turned poisonous and poses existential threats to democracy:

1. The shrinking middle ground

Democracy without compromise erodes popular sovereignty by fragmenting the electorate and eliminating meaningful compromise.

We are now in a world of zero-sum political contests, with a shrinking middle ground. Conservative parties often force extreme referendums to maintain their grip on a deeply divided electorate.

Election campaigns have become dangerous contests over wedge issues designed to deepen cultural divisions using social media.

We saw this with Brexit as Boris Johnson and other populists stoked fears about immigration and Europeans. Donald Trump did it well with attacks on immigrants. Republicans are now doubling down on the abortion issue, even though they're facing pushback from some state legislatures and governors.

In Canada, Alberta's Premier Danielle Smith, whose United Conservative Party has been newly re-elected with a majority, has focused on demonizing her opponents and has allegedly engaged in anti-democratic conduct in her months as premier.

2. The working class isn't benefiting

Identity politics isn't empowering



Violent protesters loyal to Donald Trump try to break through a police barrier at the Capitol in Washington on Jan. 6, 2021. (AP Photo/John Minchillo)

working people because the politics of revenge doesn't fix structural problems.

Nevertheless, conservative parties around the world are marketing themselves as parties of the working class.

Populists recognize the working class is essential to their success at the national level because of the "diploma divide" that now separates right and left.

There is a strong correlation between lacking a college diploma and supporting nationalist conservative movements at election time.

It used to be that working people recognized education as a path to prosperity. But massive tuition increases in the US, in particular, have betrayed the pro-mise of universal access to a college degree.



Tuition fees are also heading in the wrong direction in the UK, Canada and Australia. Education now reinforces class divisions rather than breaking down barriers to a better life.

3. The rich and powerful direct the chaos

Populism was supposed to empower people outside the corridors of power, but talk of retribution against liberal elites normalizes calls for political violence — always a bad thing.

In a war of all against all, it's not the wealthy who lose. It's ordinary, hard-working citizens.

Furthermore, once a lust for vengeance takes hold in the general public, it's almost always being directed by elites with money and power who benefit financially or

politically from the chaos.

4. Assaults on the rule of law

Authoritarian leaders have gained unprecedented institutional legitimacy by building successful movements based on fantasies of blood and soil. The paranoid style of politics has entered a new phase with a full-spectrum assault on the rule of law — from inside government.

Populists are lying when they argue they want to empower the rest of us by divesting judges of their authority to oversee democracy. They really want to breach the strongest constitutional barrier against authoritarianism.

Look at the situation in Israel, where Benjamin Netanyahu's extremist coalition seeks to destroy judicial checks and balances and allow the country's parliament to overrule its Supreme Court, a move that would ease the prime minister's legal woes.

Netanyahu has been charged with corruption and influence peddling.

Trump's attempts to undermine the legitimacy of judges are equally self-serving. As he runs again for president, he's already telegraphing his violent desires, promising pardons for the Jan. 6 insurrectionists.

The road ahead for populists

The political dial is already spinning. The defeats of Trump and Brazil's Jair Bolsonaro don't represent absolute rejections of their movements.

Despite an indictment for alleged financial crime and being found liable for sexual abuse in a civil case, Trump is still the 2024 front-runner.

We can't count on an easy institutional fix, like a grand electoral coalition to push the populists off the ballot.

Opponents of Hungary's Viktor Orban formed a united front to oppose him in the country's 2022 elections. But Orban was re-elected in a vote widely derided as free but not fair.

Opposing coalitions are an uncertain strategy in most cases, and they don't work at all in two-party systems. There is in fact no obvious electoral strategy for defeating populism, especially now that the far right has hacked the system.

Red lights flashing

We can no longer view elections as

contests between the centre-right and centre-left in which undecided voters make the difference between victory and defeat. Nor can we count on the right to step back from the abyss of culture wars. We can't even say for certain that the populism will recede in the usual cyclical manner.



Alberta Premier Danielle Smith speaks during the Canada Strong and Free Networking Conference in Ottawa, Ontario, Canada March 23, 2023. REUTERS/Lars Hagberg

Only decisive rejection can force the right to abandon anger and grievance, but voters are not yet turning their backs on the paranoid populists. It will take a lot of strategic ingenuity to beat them. And it will get harder to do so as they rig the game with rules designed to disenfranchise people who are young, poor or racialized.

All citizens can do is offer is constant, concerted pushback against the many big lies told by populists. It's never enough, but for the time being, it's the only way forward.

Daniel Drache, Professor emeritus, Department of Politics, York University, Canada & Marc D. Froese, Professor of Political Science, Burman University

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Employees less upset at being replaced by robots than by other people

Generally speaking, most people find the idea of workers being replaced by robots or software worse than if the jobs are taken over by other workers. But when their own jobs are at stake, people would rather prefer to be replaced by robots than by another employee. That is the conclusion of a study by the Technical University of Munich (TUM) and Erasmus University in Rotterdam.

Over the coming decades, millions of jobs will be threatened by robotics and artificial intelligence. Despite intensive academic debate on these developments, there has been little study on how workers react to being replaced through technology.

To find out, business researchers at TUM and Erasmus University Rotterdam conducted 11 scenarios studies and surveys with over 2000 persons from several countries in Europe and North America. Their



Robot replacing worker

findings have now been published in the journal 'Nature Human Behaviour'.

Human replacements pose greater threat to feeling of self-worth

The study shows: In principle, most people view it more favourably when workers are replaced by other people than by robots or intelligent software. This preference reverses, however, when it refers to people's own jobs. When that is the case, the majority of workers

find it less upsetting to see their own jobs go to robots than to other employees. In the long term, however, the same people see machines as more threatening to their future role in the workforce. These effects can also be observed among people who have recently become unemployed.

The researchers were able to identify the causes behind these seemingly paradoxical results, too: People tend to compare themselves less with machines than with other people. Consequently, being replaced by a robot or a software poses less of a threat to their feeling of self-worth.

This reduced self-threat could even be observed when participants assumed that they were being replaced by other employees who relied on technological abilities such as artificial intelligence in their work.

"Even when unemployment results from the introduction of new technologies, people still judge it in a social context," says Christoph Fuchs, a Prof of the TUM School of Management, one of the authors of the study. "It is important to understand these psychological effects when trying to manage the massive changes in the working world to minimize disruptions in society."



How can I make studying a daily habit?

A researcher who studies ways to help students become better readers and writers describes how to create a homework habit using a loop: cue, routine, reward.

Understanding what a habit is, and how it forms, can help you figure out how to study on a daily basis.

The habit loop

A habit is a behavior you do regularly or routinely. As a professor who studies how to help students become better readers and writers, I can tell you that research shows habits have a loop: cue, routine, reward.

Let's say you have a habit of eating a snack after school. When school is about to end, you start to feel hungry. Dismissal is the cue to get your snack.

Eating the snack is the routine. The reward is that it tastes good and your hunger goes away, which reinforces the habit – and makes you want to repeat the loop again the next day.

Here are the things you need to make a studying loop:

1. A set time to study every day.
2. A cue to start studying.
3. An environment that helps you stick to your studying routine.
4. A reward for studying.

Setting a time

When you do things at the same time every day, it is easier to remember to do them.

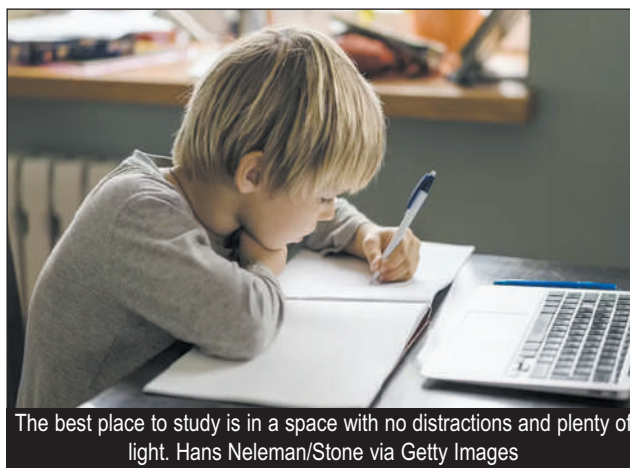
To determine how much time you should set aside each day to study, multiply your grade level by 10 minutes.

That means if you're in third grade, you would plan to spend about 30 minutes per day studying. This can include the time you spend practicing your reading. If you're in eighth grade, you would spend 80 minutes per day – that is, one hour and 20 minutes – studying.

Research suggests that two hours is the maximum amount of daily studying time that is beneficial. Spending more time than that on a regular basis can cause stress, anxiety and possibly disturb healthy sleep habits.

So choose a single block of time during the afternoon or evening when you will have the right amount of time to study every day.

There may be days when your assignments do not fill the full block of time that you have set. On those days, you should spend time reviewing material that you've already studied; regularly going back over information



The best place to study is in a space with no distractions and plenty of light. Hans Neleman/Stone via Getty Images

helps you remember it and think about how to integrate it with the new things you're learning.

You also can spend those extra minutes reading a book. Studies show a daily habit of reading for 20 minutes will improve your vocabulary, language skills and overall knowledge.

The cue

Studying at the same time every day is one cue, but you may need something more concrete when first forming your habit.

This can be a calendar reminder you set on your phone or laptop, or something as simple as a card with the word "study" printed on the front. You can leave the card where you hang up your coat or put down your bag when you get home from school – or on your television or computer screen.

On the back of the card, write the word "studying." Then keep this side facing up and posted to the back of your computer, on your door, or above your desk while you work.

This will signal to others that they should not disturb you during this time. When you finish studying, return the card to its starting spot so that it's ready to remind you to study the next day.

Your study environment

To help yourself study, you need a place set up for work and not for doing other things. Do not study on your

bed – that's for sleeping – or in front of the television, or anywhere it's difficult to hold and use the materials you need. Best option: a table or desk with good lighting.

Your study place should limit distractions. That includes other people's conversations and all media: TV, video games, social media, texts or music. Research repeatedly has shown the human brain cannot multitask well; people make more mistakes if they try to do two things at the same time, especially when one of those things requires concentration. Bouncing back and forth between two things also means it takes longer to complete the task.

Although you should put away electronic devices when studying, that may not be an option if you need them for homework. If that's the case, set the "do not disturb" notification on your phone, silence incoming notifications and close all social media and gaming apps.

Gaming, social media and video apps are programmed to make you want to keep checking or playing them. That means you have to replace the bad habit of constantly using them with the good habit of studying for a designated block of time.

The reward

That said, after you finish studying, you can give yourself a little gaming or social media time as your reward.

With time, the studying itself will become its own reward. Improving your knowledge and skills will give you a sense of achievement and make you more confident and happier at school. But while forming your study habit, a really fun reward will help you stick with it.

This is especially true if the subject you're studying is difficult for you. No one likes to do something they think they're not very good at. However, it's impossible to get better if you do not practice, and studying is just like practicing a sport, instrument or hobby.

How long it takes

The amount of time it takes to make studying a daily habit can be anywhere from 21 days to a few months, depending upon the person.

To help you stay with it, find a study buddy to form the habit along with you. Ask your family not to interrupt you during study time. And consider using apps to set goals and track your study time so you can watch your habit form and celebrate your progress. The good news: Daily studying gets easier the more you do it.

Deborah Reed

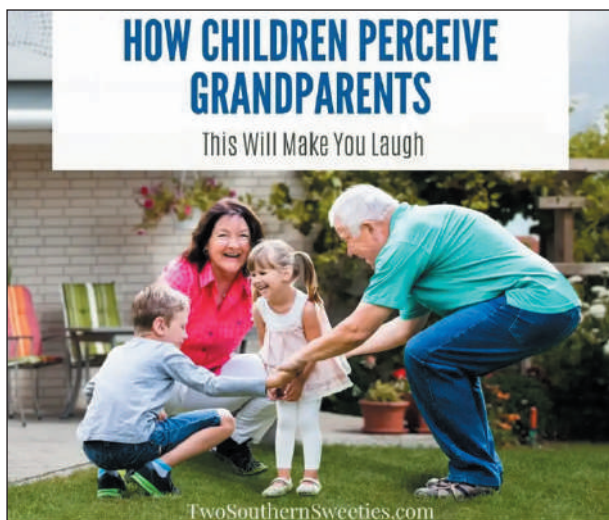
Professor of Education, University of Tennessee



For Funny Grandmas & Grandpas

1. I was in the bathroom, putting on my makeup, under the watchful eyes of my young granddaughter, as I'd done many times before. After I applied my lipstick and started to leave, the little one said, "But Grandma, you forgot to kiss the toilet paper good-bye!" I will probably never put lipstick on again without thinking about kissing the toilet paper good-bye...

2. My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 68. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"



3. After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"

4. A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"

5. My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?"

I mentally polished my halo and I said, "No, how are we alike?"

"You're both old," he replied.

6. A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story.

"What's it about?" he asked.

"I don't know," she replied. "I can't read."

7. I didn't know if my granddaughter had learned her colours yet, so I decided to test her. I would point out something and ask what colour it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying,

"Grandma, I really think you should try to figure out some of these colours yourself!"

8. When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use Grandpa. Now the mosquitoes are coming after us with flashlights."

9. When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandpa," he advised "Mine says I'm 4 to 6." (Wow! I really like this one -- it says I'm only '38!)

10. A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today."

The grandmother, more than a little surprised, tried to keep her cool. "That's interesting," she said. "How do you make babies?"

"It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."

11. Children's logic: "Give me a sentence about a public servant," said a teacher. The small boy wrote: "The fireman came down the ladder pregnant."

The teacher took the lad aside to correct him. "Don't you know what pregnant means?" she asked.

"Sure," said the young boy confidently. "It means carrying a child."

12. A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties.

"They use him to keep crowds back," said one child.

"No," said another. "He's just for good luck."

A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

13. A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and whenever we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."

14. Grandpa is the smartest man on earth! He teaches me good things, but I don't get to see him enough to get as smart as him!

15. My Grandparents are funny, when they bend over, you hear gas leaks and they blame their dog.



Rules of dating someone's husband

1. Never take photos with him.
2. If you called and he hangs up, don't call him back, the wife is around.
3. Don't text him love messages.
4. Satan should not tempt you to sleep at his house even when his wife is out of the country.
5. Never book the same lodging every time you go for ahhh! Eeeeeeh! Oooooohh, uuuuh!
6. Do not involve your friends or his friends in your relationship.
7. If he calls you, receive but don't answer fast. Maybe his wife is the one calling trying to find out;

let him talk first.

8. Don't call him my everything, he is borrowed.
9. If you find yourself at his place, just lift the dress or lower the trousers halfway during twa twa. Don't remove everything. In case things go wrong and you need to activate temple run.
10. Most Important: stay away from someone's husband and find your own.

Integrity

A woman walks into a butchery just before closing and asks, "Do you still have chicken?"

The butcher opens his deep freezer, takes out the only chicken left and puts it on the scale, and it weighed 1.5 kg.

The woman looks at the chicken and at the scale and asked, "Do you have one that's a bit bigger than this one?"

The butcher puts his only chicken back into the freezer, and then takes it out again, but this time when he puts it on the scale; he craftily keeps his thumb on the scale pan and the scale now showed 2 kg.

"That's wonderful," said the woman. "I'll take both chickens, please!"

In a situation like this, you realize that your integrity and your reputation are on the line. Your wisdom becomes foolishness and your cunning ways become stupidity.

As I write this, the butcher's head is still inside the big deep freezer looking for the first chicken.

A man walked into a shoe shop and asked for a pair of shoes, size nine.

The sales girl said: "Are you sure, sir? You look like a size eleven to me."

"Just bring me a size nine," insisted the guy.

So the sales girl fetched a pair of size nine shoes, and the man squeezed his feet into them with obvious discomfort. He then stood up in the shoes, but with terrible pain.

"Are you absolutely sure you want these shoes?" asked the sales girl.

"Listen, I've lost my house to the bank, I live with my mother-in-law, my daughter ran off with my driver and my son just informed he is gay. The only pleasure I have left is to come home at night and take my shoes off," said the guy.

Two men were enjoying a long evening drinking at the pub. After about three hours, one turned to the other and said: "I have to get out of here, I have to get home and take my wife's panties off."

The other guy looked at him and said: "What makes you suddenly think of that?"

The first man replied: "Because they're too damn tight and they're cutting off my blood circulation."

A husband crept out of bed one Saturday morning to go fishing. He packed his fishing equipment in the trunk of the car, hooked up the boat on a trailer and set off. The weather was terrible - raining cats and dogs - so after a couple of miles he stopped his car to listen to the met forecast in the hope that conditions would improve as the morning wore on. When it was obvious that the bad weather was set in for the day, he decided to turn around and return home.

Having parked his car in the garage, he crept back up stairs and slid into bed, cuddling up his wife's back.

"The weather out is terrible," he whispered.

"I know, and to think my stupid husband is out fishing in it," she said.

Thoughts to live by 8 hard truths about life I wish I know earlier



1. Everyone you love is going to die.
2. We give our lives meaning. If you feel like life is meaningless, that's your fault.
3. The perfect partner doesn't exist. Concentrate on finding someone who has a lot of qualities you like and the same values and build a fantastic relationship.
4. Life is a game. Find the games you want to play, learn the rules, and find a way to be successful at the games you selected.
5. Everything ends. Youth, love, life, all end, and that's what makes them valuable.
6. Be romantic about the little things.
7. Be a realist about the big things. Life isn't a movie, you need to have a plan, have an artist's ambition but an engineer's mindset.
8. Figure out a way or don't complain.

Walking My Talk

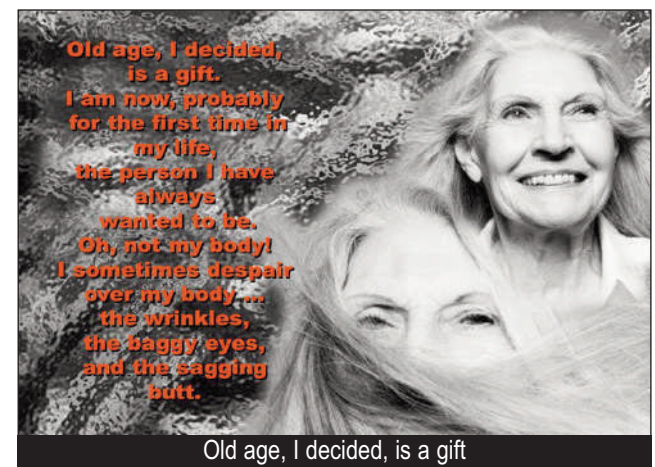
Old age, I decided, is a gift. I am now, probably for the first time in my life, the person I have always wanted to be. Oh, not my body I sometimes despair over my body - the wrinkles, the baggy eyes and the sagging butt. And often I am taken aback by that old person that lives in my mirror, but I don't agonize over those things for long.

I would never trade my amazing friends, my wonderful life, my loving family for less gray hair or a flatter belly. As I've aged, I've become more kind to myself and less critical of myself. I've become my own friend. I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avant garde on my patio.

I am entitled to overeat, to be messy, to be extravagant. I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging. Whose business is it if I choose to read until 4:00 am and sleep until noon?

I will dance with myself to those wonderful tunes of the 50s & 60s, and if I, at the same time, wish to weep over a lost love, I will. I will walk the beach in a swim suit that is stretched over a bulging body and will dive into the waves with abandon if I choose to, despite the pitying glances from the bikini set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten and I eventually remember the important things. Sure, over the years, my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or when a beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and



Old age, I decided, is a gift

compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turn gray and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed and so many have died before their hair could turn silver. I can say "no" and mean it. I can say "yes" and mean it.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong. I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day.

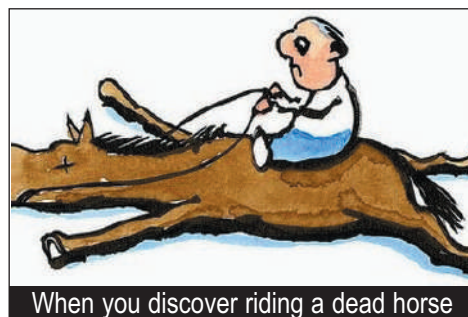
Author Unknown

That's Life When you discover that you are riding a dead horse

Ugandan economist and author Elly Twineyo-Kamigusha couldn't have said it better!

When you discover that you are riding a dead horse, the best strategy is to dismount, bury the horse and get a living horse. However, in some countries, including Africa more advanced strategies are often employed, such as;

1. Buying a stronger whip.
2. Appointing a committee to study the horse.
3. Changing riders.
4. Arranging to visit other countries to see how other cultures ride dead horses.
5. Lowering the standards so that the dead horse can be included.
6. Re-classifying the dead horse as "living impaired".
7. Hiring outside contractors to ride the dead horse.
8. Harnessing several dead horses together to increase speed.
9. Providing additional funding to increase dead horse's performance.
10. Rewriting the expected performance requirement for all horses.
11. Promoting the dead horse to supervisory position.



Remember, most of your stress comes from the way you respond, not the way life is. Adjust your attitude. Change how you see things. Look for the good in all situations. Take the lesson and find new opportunities to grow. Let all the extra stress, worrying and overthinking go.

FACE THE REALITY



Life Talk

It was all my choice

My kids don't owe me anything for my sacrifices.

It was all my choice.

I wanted to give my body to breastfeed and carry them.

I wanted to give all my time and energy to them.

I always wanted to put them first.

I wanted to comfort them through many sleepless nights.

I wanted to put aside some of my dreams to focus on them, to be their everything.

Because as a parent, I want to support their journey on earth and for them to know they're never alone

because I'll be by their side or, in their subconscious,

loving them.

And I want them to be happy above anything in my life.

I love them that much.

So, they owe me nothing.

Because they didn't ask me to do any of this.

It was all my choice.

And I would never change a thing.

Living FULL

Health

Natural Remedies for Asthma Symptoms

If you have asthma, you know how important it is to take your medication as prescribed by your doctor. See what else you can do to breathe freely.

If you have asthma, you know how important it is to take your medication as prescribed by your doctor. That often means using a long-term control drug every day and keeping a quick-relief inhaler handy. But managing asthma isn't only about medication. You can do several other things to help you breathe as freely and easily as possible.

Grab an espresso: While coughing, wheezing, and trouble breathing call for your rescue inhaler, you might consider a caffeinated drink if your symptoms are mild. Caffeine is a weak bronchodilator, which means it opens your airways a bit. More research is needed, but some studies suggest that it may help your lungs work better for up to 4 hours.

Add spice to your life: Garlic and ginger have anti-inflammatory compounds that might ease your asthma symptoms. Start with fresh garlic cloves and ginger root. You can steep either one in boiling water and drink it like tea after the water has cooled, or just use these spices more often in your cooking.

Learn to decompress: When you're stressed, all the muscles in your body tense up, including the ones in your chest. Managing that tension may mean fewer asthma



flare-ups. Meditation and yoga are good options, as is tai chi, an ancient, gentle Chinese martial art. Research suggests that it can help control asthma symptoms in some people.

Keep moving: Exercise can make your lungs stronger, but it can also be an asthma trigger, especially if you're out in cold weather. To stay safe, talk to your doctor before starting a new routine and ask if you should take medication before you get moving. Also be sure to work your way up slowly (think walking, then jogging, then running). And heed the weather: If it's cold out, cover your mouth and nose or move your workout indoors.

Eat the rainbow: Colourful produce is rich in antioxidants like beta-carotene and vitamins C and E that help fight inflammation in your body, including in your lungs. And while you're watching your diet, be careful with sulfites, a type of preservative that triggers asthma symptoms in some people. You'll often find them in wine, dried fruit, pickles, and shrimp.

Let the sun shine: Many people are low in vitamin D,

and people with severe asthma might be more likely to have this issue. Ask your doctor to test your levels. If you don't have enough, milk, eggs, and bony fish like canned salmon can help. Your body also makes vitamin D when you're in sunlight. Just remember to use sunscreen, and don't stay out too long or you could raise your chances of skin cancer.

Take deep breaths: Special breathing exercises can help your lungs work better. Pursed lip breathing is one option: Breathe in through your nose, then breathe out at least twice as slowly through pursed lips. Diaphragmatic breathing, also called belly breathing, is another useful technique. If you need help with these, your doctor can refer you to a specialist.

Watch the weather: Cold or dry air may make your symptoms worse. When the mercury dips, you might drape a scarf around your mouth and nose to make it easier to breathe. Your indoor air matters, too. A dehumidifier or humidifier can help make sure your air isn't too humid or too dry. And remember to keep windows closed and run the air conditioner during allergy season to keep pollen out.

Mind the scale: Extra fat around your chest and belly can make it harder to breathe, and fat cells can cause inflammation that may affect your airways. Cutting back on calories and fat and walking each day can help.

Know your triggers: Many people with asthma also have allergies, and common allergens like pollen, dust mites, and pet dander can make your asthma symptoms flare if you're sensitive to them. If you haven't recently been tested for allergies, see an allergist so you can find out exactly what bothers you and try stay away from it.

Medically Reviewed by Sabrina Felson, MD

Mistakes Even Healthy People Make

Even if you consider yourself pretty healthy, you may be missing the mark in a few areas

It can leave you grumpy and distracted the next day, making it hard to focus. But long-term sleep loss is linked to dementia, heart disease, diabetes, and obesity. You can also add problems with your immune system, depression and anxiety, and ongoing pain to that list. Adults need anywhere from 7-9 hours of shuteye a night. Kids and teens need even more. Talk to your doctor if you have trouble getting enough sleep.

Not drinking water first: Your body sends out signals when you're hungry or thirsty. But it's easy to confuse the two. Both sensations can give you a headache or make you feel tired and dizzy. The next time you feel like snacking, try gulping a glass of water first. Other signs you need more fluid include dry eyes or skin, dry mouth, dark pee, or not peeing very much.

Sitting too much: Higher rates of death from heart disease, cancer, and other health-related causes are linked to lounging for more than 6 hours a day. Break up your sitting spells with 1-2 minutes of walking every half hour. There's some evidence at least 1 hour of physical activity a day might make up for

some of the side effects of sitting too long. Or think about getting a standing desk.

Brushing too soon after you eat: Wait an hour to brush after a meal or drink, especially if it's something acidic. Acid can soften the enamel, or protective coating, on your teeth. You can swish water around your mouth or chew a piece of sugar-free gum while you wait for it to harden back up. Acidic foods and drinks include fruits like oranges and lemons, sour candies, and carbonated water or soda (regular or sugar-free).

Using a cotton swab in your ear: You may end up pushing wax deeper into the ear canal. And you could puncture your eardrum if the swab goes too far. That can cause hearing loss. Your ear is pretty good at cleaning itself. But it's possible to make more wax than normal. If that happens to you, ask your doctor what to do.

Cleaning with peroxide or alcohol: It might seem like a good idea to douse your wound with a powerful antiseptic. But that can hurt your healing skin even more. The best way to clean minor cuts or scrapes is simple: use mild soap and running water. Then put a layer of petroleum jelly on it to keep it moist. You don't want a scab to form -- dry skin takes longer to heal.

Not wearing sunscreen all year: Ultraviolet (UV) light is the main cause of skin cancer. And the sun's UV rays shine year-round. For those with light skin, it only takes about 10-15 minutes to get sun damage. But no matter your skin colour, it's a good idea to wear sunscreen any-time you go outside, even if it's cloudy.



Avoiding vaccines: Flu shots and other vaccines protect you from lots of diseases. Vaccines also lessen the odds you'll spread diseases to others. That's important because certain groups are more likely to get very sick, such as babies, young children, older people, and those with certain health conditions or weakened immune systems. The vaccines you need change as you age. Ask your doctor which ones are best for you and your family.

Looking at your phone before bed: Engaging with your phone at night can make it harder for your brain and body to relax. Smartphones and tablets also give off blue light. Too much of this "daytime" light can confuse your body's clock and delay the release of sleep hormones like melatonin. Try putting your phone in another room if you can't skip bedside scrolling.

Not checking for drug interactions: Some things can change how your medication works. That includes food, supplements, and other drugs. Some of

these interactions can make your medicine less effective or cause unwanted side effects. Always read the warning labels that come with prescription or over-the-counter drugs. Your pharmacist can also let you know what to avoid.

Not cleaning your water bottle: Your reusable water bottle helps you make less trash. But it can attract germs if you don't wash it. You should clean it with soap and water every day, or at least on the days that you use it. Rinse all the soap off and let it dry overnight. Run it through the dishwasher if possible. You can also sanitize your bottle by filling it with about 3-4 tablespoons of white vinegar and water. Let the mixture sit in your bottle overnight. Rinse and dry in the morning.

Drinking diet soda: Sugar-free soda is low in calories. But it doesn't have any other health benefits. Some experts warn against drinking any amount of artificially sweetened soda.

Vaping: E-cigarettes probably aren't as bad for you as regular cigarettes. But they're not harmless. Vaping exposes your body to nicotine. And you can get uncomfortable withdrawal symptoms when this addictive chemical leaves your body. Nicotine also raises your chances of a heart attack. More research is needed, but there's some evidence vaping is linked to chronic lung disease and asthma.

Medically Reviewed by Christine Mikstas, RD - WebMD

Bollywood celebrities with the highest number of followers on Instagram

Instagram is a social networking platform that serves as a photo and video archive. Pictures, videos, stories, and other content can be shared. For Bollywood stars, Instagram has developed into a potent tool for connecting with their followers and sharing snippets of their personal and professional life. With their intriguing posts and interesting information, these superstars have amassed millions of followers on social media. They provide a unique glimpse into their opulent life, offering amazing fashion choices and behind-the-scenes glances.

Bollywood stars' influence on Instagram goes beyond only their enormous fan base and includes corporate partnerships and endorsements. They gain a following of millions of followers thanks to their fame and involvement on the site, making them sought-after brand ambassadors who may sell products or services to them.

Filmfare explores these celebrities' worlds and learn the tales behind their massive Instagram followings.

Priyanka Chopra Jonas (87.7M)

Due to her widespread popularity, active social media presence, powerful demeanour, cross-cultural appeal, and spotlight in the media, Priyanka Chopra Jonas is one of the highly followed Bollywood stars on Instagram. She has a devoted following all over the world due to her success as an actress in both Bollywood and Hollywood.

Priyanka frequently engages with fans by posting information about her daily life, work, and charitable activities. As a UNICEF India National Ambassador, she tackles societal issues and serves as a role model for millions.

Her appeal on the platform has also been boosted by the attention that her varied background and marriage to Nick Jonas have received from the international media. Additionally, she frequently posts adorable photographs of her daughter Malti Marie Chopra Jonas.

Shraddha Kapoor (80.8M)

Shraddha Kapoor's diverse talents and sincere presence have made her a social media sensation. Despite the fact that she doesn't have many films out, she



has a large following base outside of the acting industry. She captivates audiences throughout the world as a skilled singer and dancer, drawing a wide fan base.

Shraddha Kapoor's popularity is further boosted by her authentic, uncensored approach on social media. She builds a sincere relationship with her followers by providing behind-the-scenes photos, workout routines, and family moments.

Alia Bhatt (77.5M)

Due to her flourishing career as a Bollywood actor and her approachable persona, Alia Bhatt has gained a large following on Instagram. She has a sizable fan base thanks to her standout film performances, in her recent movies such as *Gangubai Kathiawadi*, *Brahmastra* and *Darlings*, which translates to a solid presence on the online platform.

Alia frequently engages with her followers by posting glimpses into her personal life such as travel, workout regimens, her cute cat Robert and some of her candid moments. Her sense of style and partnerships with well-known brands also draw in fans of fashion. She also makes much makeup or skin-care routine videos along with her sister Shaheen Bhatt.

The actress has also recently become the global ambassador for the famous luxurious brand Gucci and was also recently seen attending the Gucci Cruise fashion show in Seoul, South Korea. She has also made her debut at the Met Gala and is also set to make her Hollywood debut with the movie *Heart of Stone*, co-starring Gal Gadot and Jamie Dornan. These are some of the

reasons why her fans and followers love her.

Deepika Padukone (74.1M)

Deepika Padukone has a huge fan base that is a reflection of her remarkable career as a highly talented Bollywood actress. By sharing personal thoughts and behind-the-scenes photos, she actively engages her followers and develops real connections. Deepika has also gained a lot of attention and recognition for her work as a mental health advocate.

Her widespread reputation, which includes Hollywood productions and widespread commercial endorsements, has increased her appeal. The actress was also recently part of the Oscars and Fifa World Cup and has represented India the country on many international platforms. The actress has also recently launched her own Indian skin-care brand and is often seen endorsing it on her Instagram.

Katrina Kaif (72.8M)

Katrina Kaif attracted attention when she launched the cosmetics brand and utilised social media influencers to market the company. She also interacts with her followers by posting updates about her job, workout regimen, and fashion choices.

Being a Bollywood actor, she already had a sizable fan base, which translated into a substantial following on Instagram. After being married to one of the most famous Bollywood actors, Vicky Kaushal, Katrina is often seen sharing multiple posts regarding the candid moments of her life such as wedding pics, celebrations of festivals, her family and breath-taking travel breaks with her husband.

Jacqueline Fernandez (66.8M)

Jacqueline Fernandez has gained popularity on Instagram for a variety of factors. Because of her breath-takingly beauty and impeccable fashion sense, which have established her as a style star, her supporters eagerly anticipate her dazzling picture shoots and dark carpet ensembles.

An active Bollywood actress named Jacqueline uses Instagram to document her behind-the-scenes experiences and promotional efforts. She has a sizeable second as a result of her dedication to wellness and fitness. Jacqueline shares her workout routines, yoga positions, and wellness tips with her followers to inspire them to live healthier lifestyles.

Ranveer Singh to Varun Dhawan... had real life ghost encounters

All of us have experienced the uncomfortable sensation that someone is watching us. You're mistaken, though, if you believe that being plagued by ghosts is merely a normal person's problem. Some of our Bollywood stars have also experienced the paranormal's wrath. They've also experienced a fair share of weird and unsettling things. Although they would appear to most people to be publicity gimmicks, celebrities assure everyone that the encounters were far too genuine for that, reports DNA.

Here are 5 Bollywood stars who experienced the most scary phantom encounters.

Varun Dhawan: Varun Dhawan, a Bollywood actor, claimed that while he was sleeping at a hotel, he sensed an unearthly presence. The actor was in Las Vegas to shoot "ABCD 2," his latest movie. He was staying in the late Frank Sinatra, a legendary singer, favoured hotel. Rumour has it that the singer's ghost still resides there. According to rumours, Varun had an extraordinary encounter and declared, "The suite was definitely haunted because at night I would hear someone singing



and the doors would just fling open."

Neil Nitin Mukesh: When an incident happened at the site they were filming in, Neil Nitin Mukesh was busy shooting for his movie "3G." According to rumours, the area was haunted, and a light boy working on the set constantly complaining about strange happenings. Then, all of a sudden, he began sprinting towards the actor and everyone else there. He said that a person who was standing next to him had walked straight by him when asked why he was unhappy. "No one believed him at first but when he sat trembling like a leaf is when we sat and heard him out," Neil stated.

Nawazuddin Siddiqui: The director of the Nawazuddin Siddiqui film "Aatma," Suparna Verma,

spoke of a shocking experience. While they were filming a particular scene, the director noticed an odd occurrence. Behind Nawazuddin, a picture frame was tilting. Suparna and Nawaz, however, chose to ignore it and concentrate on the shoot. The frame came crumbling down as soon as she disregarded it, despite the nail being firmly in place. Even more unsettling was the absence of any air. Everyone was obviously afraid.

Ranveer Singh: Ranveer is one of the actors who has never believed in ghosts or the paranormal, but the actor claimed to have encountered something unusually bizarre while filming "Bajirao Mastani." When Ranveer felt a presence surrounding him, he described it as "a very trippy experience" and insisted that it was Peshwa Bajirao. Ranveer said, "One day, some white dust settled on a black wall on the set and the dust took the shape of Bajirao. It has the turban, the eyes, nose, the mooch and the arms."

Bipasha Basu: While filming at Mukesh Mill for her movie "Gunah," Bipasha Basu had an odd experience. In some of her rooms, the actress was unable to learn her lines, and even the director kept observing odd things. Later on, another female was there filming for a movie. She began acting erratically, as if she were possessed. Later, she was rushed to the hospital, where she passed away.



Serial Review

'Kabhi Kabhie Ittefaq Sey' - The story of an arranged marriage

This well-written Bengali romance comedy-drama follows the story of both Gungun and Anubhav.

Kabhi Kabhie Ittefaq Sey serial plot centres around an arranged marriage. An agreement was reached between two families against the wishes of two people. The lead characters in this show are married in an arranged marriage by their families. In the era of love marriages, how can love bloom between the couple? It would be fascinating to witness both individuals struggle with their marriages and find love.

Anubhav is a scientist from a mixed middle-class household. Gungun, his complete opposite, is an independent woman from an upper-class family. They happen to collide in different instances. Their differences gradually fade, and they begin to see things differently.

The show starts with Gungun Bhatnagar (played by Resha) showing off her lavish lifestyle. She seems to be a happy-go-lucky girl, but she is battling her demons due to her poor relationship with her mother. The youthful and lively teenager believes in living life on her terms and dislikes discussing her mother.

On the other side, the Kulshrestha family is adamant about staying together in good and hard

times. It is a collective family that believes in having pleasant experiences together and having each other's back in difficult times. Their son Anubhav (Manan) is a quiet but family-oriented individual who is everyone's favourite and appears to be everyone's solution to nearly everything except his bade papa's logic (played by Kanwarjit Paintal).

Anubhav's bade papa has always believed in saving money and frequently talks to the youth about family values. While the Kulshresthas are preparing for Anubhav's sister Khushi's wedding, everyone wants Anubhav to marry as well. Although Anubhav and Gungun opposed, they will be shown crossing paths and eventually marrying, it will be intriguing to see how the tale unfolds.

While Yesh and Manan bring a breath of fresh air to the drama, they are overshadowed by senior actors such as Kanwarjit Paintal, Delnaaz Irani, and others. Concerning the scenario, it seems to be a familiar story and will make you nostalgic for the plot of *Sasural Genda Phool*, which also had a similar premise. That's not everything. The primary couple is likewise similar to *Sasural Genda Phool*.

The cast of the production is well-balanced, with some outstanding performers. Delnaaz Irani and Mehul Nisar, to name a few, have amazed us the most in the first few episodes. Having said that, Rajiv Kumar, Nishigandha Wad, Kanwarjit Paintal, and Yamini Singh have all delivered outstanding performances. Sandeep Rajora, who is making a comeback on television, has most likely landed a dream part here. He appears to be a natural on the part of Dr Riddesh Bhatnagar. Shilpa Kadam, who plays Gungun's aunt, deserves special note. The scenes with the brother and sister pairing have also been entertaining to watch.

The show also takes us into the world of music, with the central character being a fantastic singer. Anubhav's performance as a farewell gift to his sister during her bidaai is powerful and soul-stirring.

YOUR STARS

Sagittarius: Nov 22 - Dec 21

This week, Sagittarius, you'll find yourself craving for adventure and exploration. Embrace the spirit of curiosity and seek new experiences. On the personal front, be mindful of your responsibilities to maintain a healthy work-life balance. Prioritise self-care to prevent exhaustion. Nurture your relationships and spend quality time with loved ones.

Lucky Numbers: 17, 20, 23, 35, 36, 40

Capricorn: Dec 22 - Jan 19

Focus on your personal life and relationships. Nurture your connections with loved ones and create a supportive environment for yourself and those around you. It's an ideal time to express your emotions and deepen the bonds you share. On the professional front, stay determined and focused on your goals. Your hard work and dedication will lead to significant progress and recognition.

Lucky Numbers: 3, 7, 14, 22, 23, 30

Aquarius: Jan 20 - Feb 18

The coming week highlights your intellectual prowess and innovative thinking. Your ideas and insights will be highly valued, so don't hesitate to share them with others. Engage in collaborative projects and discussions that stimulate your mind. Embrace your uniqueness and let your individuality shine. On the personal front, take time to connect with your inner self and listen to your intuition for guide.

Lucky Numbers: 15, 19, 20, 23, 24, 26

Pisces: Feb 19 - Mar 20

You'll experience a heightened sense of empathy and compassion. Your intuition will guide you to understand the needs of others, allowing you to offer support and kindness. Focus on strengthening your relationships and fostering a sense of harmony in your interactions. Professionally, trust your creative instincts and explore new avenues for expression.

Lucky Numbers: 9, 11, 17, 20, 23, 30

Aries: Mar 21 - Apr 19

You'll feel energy and motivation to pursue your goals. Your enthusiasm and drive will inspire others. However, be mindful of over committing yourself. Take breaks when needed to avoid burnout. On the personal front, relationships will thrive as you try to connect deeply with loved ones. Show appreciation for their support and make time for quality moments together.

Lucky Numbers: 10, 11, 18, 20, 33, 34

Taurus: Apr 20 - May 20

Take some time to pamper yourself and recharge. You might also be drawn to learning new skills or pursuing intellectual pursuits. Emotionally, you'll experience a sense of inner peace and contentment, enabling you to handle any challenges that come your way with grace. Open your heart to the possibilities of love and nurture the relationships that matter most to you.

Lucky Numbers: 5, 9, 14, 20, 23, 29

Gemini: May 21 - June 20

Your communication skills will be at their peak. Express yourself freely and share your ideas with confidence. Your social life will be vibrant, offering opportunities to meet new people and expand your network. Remember to listen attentively to others as well. On the personal front, strive for balance and avoid excessive multitasking. Take time to relax.

Lucky Numbers: 4, 5, 9, 20, 25, 31

Cancer: June 21 - July 22

Take time for introspection and self-reflection. Trust your intuition and make decisions from a place of inner wisdom. Focus on strengthening your relationships, both romantic and platonic. By nurturing your connections, you'll create a solid support system that uplifts you. Remember to practise self-compassion and prioritise self-care to maintain a healthy balance.

Lucky Numbers: 9, 10, 16, 19, 30, 35

Leo: July 23 - Aug 22

You'll experience a surge of creative energy. Embrace your artistic side and let your imagination soar. You might find yourself drawn to new hobbies or projects that allow you to express yourself. Career-wise, seize opportunities for leadership and take charge of your professional growth. Balance work and play to avoid burnout.

Lucky Numbers: 1, 18, 19, 20, 32, 34

Virgo: Aug 23 - Sept 22

The coming week will be all about finding your balance. Take care of your physical and mental health by establishing a routine that prioritises self-care. Embrace a healthy lifestyle and focus on maintaining a positive mindset. Professionally, your attention to detail and analytical skills will be highly valued. Stay organised and tackle tasks efficiently.

Lucky Numbers: 7, 8, 9, 14, 23, 25

Libra: Sept 23 - Oct 22

You'll experience a harmonious blend of social interactions and self-reflection. Seek balance between your personal and social life, making time for solitude and connecting with others. Focus on deepening your emotional bonds and fostering open communication in your relationships. Career-wise, your diplomatic skills will shine, allowing you to navigate tricky situations smoothly.

Lucky Numbers: 2, 7, 9, 14, 25, 31

Scorpion: 23 Oct - 21 Nov

Your financial situation may experience growth, so make wise decisions and consider long-term investments. Emotionally, embrace vulnerability and open yourself up to meaningful connections. Allow others to understand and support you on a deeper level. Remember to maintain a healthy balance between work and personal life, as taking breaks and nurturing your well-being will contribute to your long-term success.

Lucky Numbers: 1, 9, 18, 21, 33, 36



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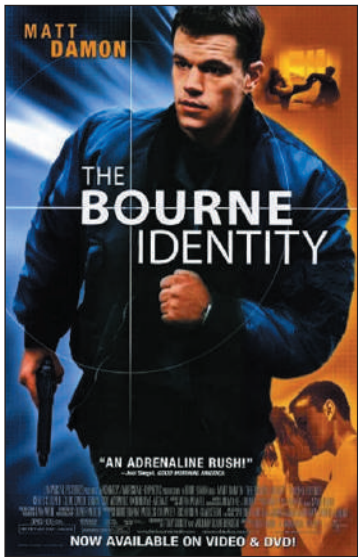
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Vendredi 2 Juin - 20.30



Samedi 3 Juin - 22.25



Dimanche 4 Juin - 20.30



Programme TV



SERIAL



vendredi 2 Juin

samedi 3 juin

dimanche 4 juin

lundi 5 juin

MBC 1

- 06.01 Serial: Rich Man, Poor Man
- 06.55 Film: Les Parapluies De Cherbourg
- 09.01 Serial: Suits
- 09.41 Tele: Le Chemin Du Destin
- 10.06 Tele: A Que No Me Dejas
- 10.30 The Gardener's Daughter
- 10.55 Tele: Marimar
- 11.15 Serial: Zoo
- 12.00 Le Journal
- 12.35 Tele: Sublime Mensonge
- 13.25 Tele: Fierce Angel
- 13.50 Tele: L'Envers Du Paradis
- 14.15 Serial: Burden Of Truth
- 15.21 Magazine
- 17.00 Live Budget Speech 2023
- 18.31 Serial: Wagle Ki Duniya
- 18.55 Serial: Mere Dad Ki Dulhan
- 20.30 Film: The Bourne Identity
- 22.28 Tele: Sublime Mensonge
- 23.11 The Gardener's Daughter

MBC 2

- 06.19 Local: Les Grandes Lignes
- 08.25 Local: An Eta Dalert
- 10.30 Local: J'ai Faim
- 11.14 Local: Groov'in
- 12.02 Rodrig: Li Bon Ou Konnin
- 12.45 Local: Meshiagare, Bon...
- 13.07 Local: Evasion
- 15.03 Local: An Eta Dalert
- 15.18 Local: Rodrig Sa
- 15.44 Local: Groov'in
- 17.00 Live: Budget Speech 2023
- 19.00 Rodrig: Pran Kont Ou Lasante
- 19.30 Local: 13 Minit Natir Rodrig
- 20.04 Local: Animalia Nos Amis...
- 21.00 Local: Come On Let's Dance
- 22.00 Local: La Societe
- 23.00 Zournal Kreol
- 23.20 Local: Arsiv MBC No 212
- 23.45 Local: Voyage Au Feminin
- 00.11 Local: Nou La Ter

MBC 3

- 07.00 Serial: Chacha Bhatija
- 08.10 MBC Prod: Solah Sanskaar
- 10.07 Serial: Agniphera
- 12.00 Film: Haath Ki Safai
- Starring: Hema Malini, Vinod Khanna, Randhir Kapoor
- 14.00 Mag: DDI Mag
- 15.00 Live: Samachar
- 15.30 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
- 20.30 Serial: Vidrohi
- 21.00 Film: Chanda
- 22.29 Serial: Jijaji Chhat Par Hain
- 23.49 Serial: Yeh Teri Galiyan
- 00.14 MBC Prod: Mati Ke Mol
- 00.39 MBC Production

Cine 12

- 06.03 Mag: Eye On SADC
- 06.41 Mag: Carnet De Sante
- 07.28 Mag: Tomorrow Today
- 07.54 Mag: Salad Area
- 08.29 Guardians Of The Desert
- 09.12 Doc: Smoothie Mania
- 09.57 Doc: The Lithium Ion
- 10.34 Does The Lynx Have A...
- 11.13 Mag: Eco India
- 12.10 Mag: Border Crossing
- 12.33 Mag: Tomorrow Today
- 12.59 Doc: Volcano Stories
- 15.00 D.Anime: The Story Of Book..
- 15.06 Serial: Les Blagues Et Toto
- 15.22 D.Anime: Splash And Bubble
- 15.34 D.Anime: Best Furry Friends
- 15.48 D.Anime: Shezow
- 16.10 D.Anime: The Adventure Of...
- 16.31 D.Anime: Mondo Yan
- 16.43 D.Anime: The Treasure Island
- 17.06 Mag: Lab 360

Bollywood TV

- 14.25 Serial: Zindagi Mere Ghar Aana
- 15.00 Serial: Bade Acche Lagte Hai 2
- 15.26 Film: Deewangee
- Starring Ajay Devgn, Akshaye Khanna, Urmila Matondkar
- 18.31 Live: Samachar
- 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 Kismet Ki Lakiron Se
- 22.31 Kabhi Kabhie Ittefaq Sey
- 22.59 Patiala Babes
- 23.29 Film: Deewangee
- Starring Ajay Devgn, Akshaye Khanna, Urmila Matondkar

- 05.20 Tele: Les Trois Visages D'Ana
- 06.31 Tele: Le Chemin Du Destin
- 06.55 Serial: Riviera
- 07.45 Serial: L.A.'S Finest
- 08.30 Serial: Blue Bloods
- 09.15 Serial: Blacklist
- 09.55 Serial: Deux Flics à Miami
- 10.45 Serial: Kojak
- 11.30 Tele: Le Chemin Du Destin
- 12.00 Le Journal
- 12.25 Serial: The Magicians
- 13.25 Tele: Missing Bride
- 15.20 Film: Tom Sawyer Et Huckleberry Finn
- 16.48 Tele: Tour De Babel
- 18.00 Live: Samachar
- 18.31 Enter: Taare Zameen
- 19.30 Le Journal
- 20.30 Film: Starman
- 22.25 Film: Taxi Driver
- 00.20 Le Journal
- 01.05 Serial: Being Human

- 06.00 Local: 13 Minit Natir Rodrig
- 07.29 Local: Voyage Au Feminin
- 08.30 Local: Animalia Nos Amis...
- 09.39 Local: La Societe
- 10.29 Local: Rodrig Prog
- 12.00 Local: 13 Minit Natir Rodrig
- 12.28 Local: Les Grands Noms...
- 12.33 Local: Lir - Ekkrir Kreol...
- 13.06 Film: File Zero
- 13.54 Local: Animalia Nos Amis...
- 14.15 Local: Zanford Nou Pei
- 14.47 Local: Rodrig Prog
- 16.06 Local: Son Ladan Mem
- 18.00 Serial: Airwolf
- 19.00 Zournal Kreol
- 19.20 Magazine De L'Emploi
- 19.40 Local: Glwar Dantan
- 20.10 Local: Les Petite Genies
- 20.45 Local Production
- 22.01 Rodrig - Klip Seleksion
- 22.50 Le Journal
- 23.47 Local: Rodrig Otantik

- 07.00 Serial: Chacha Bhatija
- 08.26 MBC Prod: Mati Ke Mol
- 10.35 Serial: Bade Acche Lagte Hai
- 11.43 Serial: Dikri Vahalno Dariyo
- 12.25 Local: Gulmohar Ki Chaon...
- 12.55 Local: Khel Khiladi
- 14.14 Enter: Taare Zameen Par
- 15.00 Live: Samachar
- 15.21 Film: Life Mein Time Nahi Hai Kisi Ko
- Starring: Rajneesh Duggal, Krishna Abhishek, Y. Chaudhary
- 18.00 Live: Samachar
- 18.30 Sayings Radha Krishna
- 20.00 Indian Idol Winner 2023
- 21.00 Film: Deadline: Sif 23 Ghante
- Starring Konkona Sen Sharma, Rajit Kapur, Irfan Khan
- 23.00 DDI Mag

- 06.31 D.Anime: Les Blagues De...
- 06.53 D.Anime: Gon
- 09.16 D.Anime: Early Learning
- 10.14 Serial: Malory Towers
- 11.43 Doc: Foodland: Veggie...
- 12.09 Doc: Quand L'histoire Fait...
- 14.45 Mag: Shift
- 15.00 D.Anime: The Story Of Book..
- 15.08 Les Blagues De Toto
- 15.20 D.Anime: Splash And Bubble
- 15.47 D.Anime: Shezow
- 16.11 D.Anime: The Adventures of...
- 16.33 D.Anime: Mondo Yan
- 16.39 D.Anime: The Treasure Island
- 17.14 Serial: Apple Tree House
- 17.29 Doc: World Capitals
- 20.01 Tele: Le Chemin Du Destin
- 20.30 Live: News
- 21.40 Film: Sugar!
- 23.00 Doc: Heavy Meal Saved...
- 23.49 A Guide To Gentrification

- 08.00 Yeh Teri Galiyan
- 10.00 Kalari Kids
- 10.20 Sasural Simar Ka 2
- 12.06 Udaariyaan
- 14.05 Anupamaa
- 16.00 Kuch Rang Pyar Ke Aise...
- 18.31 Film: Lingaa
- Starring: Rajinikanth, Anushka Shetty, Sonakshi Sinha, Santhanam, Jagapati Babu
- 20.50 Serial: Kalari Kids
- 21.17 Serial: Porus
- 21.24 Naagin Season 05
- 22.06 Yeh Teri Galiyan

- 04.40 Tele: Les Trois Visages D'Ana
- 06.18 Tele: Le Chemin Du Destin
- 06.43 Film: Starman
- 08.40 Serial: Absentia
- 09.20 Film: Tom Sawyer Et Huckleberry Finn
- 10.50 Serial: Under Pressure
- 11.35 Tele: Le Chemin Du Destin
- 12.00 Le Journal
- 12.40 Film: Buck And The Preacher
- 14.15 Serial: The Good Doctor
- 15.00 Live: Samachar
- 15.25 Film: Extortion
- 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: Above The Shadows
- With: Olivia Thirlby, Alan Ritchson, Jim Gaffigan

- 06.00 Rodrig: D'Jam
- 06.26 Rodrig Prog: Kot Nou
- 06.45 Local: En Forme
- 07.31 Local: Rodrig Prog
- 09.00 Local: Les Petits Genies
- 09.56 Local: Glwar Dantan
- 11.01 Local: Nu Rasinn
- 12.02 Local: Rodrig Prog: Rod'Art
- 12.30 Local: Les Petits Genies
- 14.00 Local: Elle
- 15.00 Local: Pause Cuisine
- 16.15 Local Prod: Arsiv MBC
- 18.00 Serial: Airwolf
- 19.00 Zournal Kreol
- 19.20 Local: Inspiration
- 20.45 Local: Les Klips
- 21.44 Local: Elle
- 22.36 Local: Retrouvizer
- 23.20 Local: Rodrig: Sa Lavi-La
- 00.12 Local: Arsiv MBC
- 00.38 Rodrigues: Nu Lakwizin

- 07.00 Serial: Chacha Bhatija
- 09.00 Duniya Mein Is Saptah
- 09.32 MBC Production
- 12.02 Film: Uvaa
- 14.08 Mag: DDI Mag
- 14.59 Live: Samachar
- 15.33 Local: Satrangi
- 15.58 Duniya Mein Is Saptah
- 16.35 Mag: DDI Mag
- 18.00 Live: Samachar
- 18.29 Sayings Radha Krishna
- 19.00 Local: Tohar Rashi
- 19.30 Local: Tohar Farmaish
- 20.10 Local: Yaadein
- 20.30 Serial: Porus
- 21.02 Serial: Naagin Season 3
- 21.44 Serial: Crime Patrol
- 22.27 Serial: Chhotki Dulhin
- 23.11 Serial: Bhaag Na Bachhe Koi
- 00.12 Local: Planet Bollywood
- 00.38 Local: Tohar Rashi

- 06.39 D.Anime: Les Blagues De...
- 07.01 D.Anime: Gon
- 07.23 D.Anime: Cleopatra In Space
- 09.55 Mag: Recipes For Kids
- 10.22 Serial: Malory Towers
- 11.17 Mag: Rev: The Global Auto...
- 11.47 Mag: In Good Shape
- 12.17 Doc: Antarctique Printemps
- 13.33 A Guide To Gentrification
- 15.01 D.Anime: The Story Of Book..
- 15.22 D.Anime: Splash And Bubble
- 15.34 D.Anime: Best Furry Friends
- 15.46 D.Anime: Shezow
- 16.29 D.Anime: Mondo Yan
- 16.41 D.Anime: The Treasure Island
- 18.00 Doc: World Capitals
- 18.28 Doc: Foodland
- 19.00 Mag: Healthy Living
- 20.00 Tele: Le Chemin Du Destin
- 20.30 Live: News
- 21.42 Film: Riot

- 00.00 Kalari Kids
- 00.13 Sasural Simar Ka 2
- 02.05 Udaariyaan
- 04.00 Anupamaa
- 05.53 Kuch Rang Pyar Ka Aise...
- 08.00 Kalari Kids
- 08.13 Main Maike Chali Jaungi...
- 10.02 Kundali Bhagya
- 12.00 Bade Acche Lagte Hai 2
- 14.03 Kismet Ki Lakiron Se
- 16.00 Jijaji Chhat Par Hain
- 18.32 Film: Mimi
- Starring Kriti Sanon, Pankaj Tripathi, Sai Tamhankar
- 20.45 Serial: Kalari Kids
- 22.28 Serial: Naagin Season
- 21.40 Serial: Bade Acche Lagte Hai 2
- 23.26 Serial: Main Maike Chali Jaungi Tum Dekhte Rahiyo

- 06.17 Serial: Rich Man, Poor Man
- 07.05 Film: The Final Land
- 09.00 Serial: Airwolf
- 09.45 Tele: Le Chemin Du Destin
- 10.10 Tele: A Que No Me Dejas
- 10.35 The Gardener's Daughter
- 11.00 Tele: Marimar
- 12.00 Le Journal
- 12.25 Tele: Sublime Mensonge
- 13.15 Tele: Fierce Angel
- 13.40 Tele: L'Envers Du Paradis
- 14.15 Serial: Airwolf
- 15.21 Film: Sorority Sister Killer
- 17.30 The Gardener's Daughter
- 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
- 22.15 Serial: Blue Bloods
- 22.47 Tele: Sublime Mensonge

- 07.15 Local: Inspirasion
- 08.17 Local: Rodrig: Sa Lavi-La
- 10.30 Local: Arsiv MBC
- 11.00 Local: Les Klips
- 12.00 Local: Nu Rasinn
- 13.00 Local: La Journee Sous Le Regard Du Seigneur
- 12.52 Local: Rodrig: Komanter
- 13.43 Local: Retrouvizer
- 14.45 Local: Inspiration
- 15.18 Local: Tipa Tipa Nu Avance
- 16.02 Local: Les Klips
- 17.00 Local: Le Challenge
- 17.09 Local: Radio Vision
- 18.04 Tele: L'Envers Du Paradis
- 18.30 Tele: A Que No Me Dejas
- 19.30 Rodrig: Feminin Pluriel
- 20.00 Local Production
- 20.30 Local: National: Fresque...
- 20.50 Local: Fam Model
- 21.20 Local: Rado Vision

- 07.00 Serial: Chacha Bhatija
- 09.35 Serial: Chhotki Dulhin
- 10.21 Serial: Bhaag Na Bachhe Koi
- 12.02 Film: Aanchal
- 14.16 Mag: DDI Mag
- 14.59 Live: Samachar
- 15.21 Bhagwan Ab Ho Kitne Door
- 15.40 Kundali Bhagya
- 17.31 Radha Krishna
- 18.00 Live: Samachar
- 18.29 Local: Ved Ki Shikshayen
- 19.00 Local: Radha Krishna
- 19.30 Local: Excerpts From Shiv...
- 20.10 Local: Vaad Vivaad
- 20.30 Film: Nadaan
- 22.52 Serial: Jijaji Chhat Par Hain
- 23.14 Serial: Yeh Teri Galiyan
- 23.35 Local: Ved Ki Shikshayen
- 00.23 Local: Gayatri Jayanti 2023
- 00.49 Local: Excerpts From Shiv Abhishek
- 01.29 Local: Vaad Vivaad

- 06.00 Doc: World Capitals
- 08.00 Doc: Destination Mars
- 08.55 Doc: Beethoven's Ninth
- 09.44 The Rocky Road To Tokyo
- 10.26 Doc: Robert Wilson
- 11.09 Doc: World Capitals
- 11.37 Doc: Foodland
- 12.13 Mag: Healthy Living
- 12.27 Mag: Carnet De Sante
- 13.11 Doc: Destination Mars
- 15.00 D.Anime: The Story Of Bookworm Gogo
- 15.22 D.Anime: Splash And Bubble
- 15.34 D.Anime: Best Furry Friends
- 15.46 D.Anime: Ubongo Kids
- 16.11 D.Anime: The Adventure Of...
- 16.33 D.Anime: Mondo Yan
- 16.39 D.Anime: The Treasure Island
- 18.30 Mag: The 77 Percent
- 18.55 Doc: World Heritage
- 19.00 Student Support Prog
- 21.36 Film: Bloody Mary

- 14.25 Serial: Zindagi Mere Ghar..
- 15.00 Serial: Bade Acche Lagte Hai 2
- 15.26 Film: Kaun Sachcha Kaun Jhootha
- Starring: Rishi Kapoor, Sridevi, Suresh Oberoi, Mohnish Bahl
- 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
- 21.27 Mere Sai
- 22.04 Kismet Ki Lakiron Se
- 22.29 Kabhi Kabhie Ittefaq Sey
- 22.57 Patiala Babes
- 23.30 Film: Kaun Sachcha Kaun Jhootha
- Starring: Rishi Kapoor, Sridevi, Suresh Oberoi, Mohnish Bahl



Mardi 6 Juin - 20.30



Mercredi 7 Juin - 15.12



Mercredi 7 Juin - 20.50



Programme TV



mardi 6 juin

MBC 1

05.35 Serial: L'Envers Du Paradis
06.00 Serial: Rich Man, Poor Man
07.15 Serial: Riviera
08.09 Serial: L.A.'S Finest
08.54 Serial: Blue Bloods
09.35 Tele: Le Chemin Du Destin
09.59 Local: A Que No Me Dejas
10.24 The Gardener's Daughter
10.50 Tele: Marimar
12.00 Le Journal
12.25 Tele: Sublime Mensonge
13.09 Tele: Fierce Angel
13.45 Tele: L'Envers Du Paradis
14.10 Serial: L'Incroyable Hulk
15.21 Film: The Bourne Identity
17.30 The Gardener's Daughter
17.59 Live: Samachar
18.31 Serial: Wagle Duniya
18.55 Serial: Mere Dad Ki Dulhan
20.30 Film: Camping, Love And Therapy

MBC 2

07.10 Eclairage Economique
09.31 Local: Radio Vision
10.30 Local: Rodrig Prog: Saver
11.00 Local: Le Rendez Vous...
12.00 Rodrig: Feminin Pluriel
12.20 Local: National: Fresque...
13.26 Local: Tous Egaux
13.41 Local: Rodrig Mo Pei
14.37 Local: Proze Dime
15.44 Local: Viens Decouvrir
16.51 Local: En Forme
18.00 Tele: L'Envers Du Paradis
18.32 Tele: A Que No Me Dejas
19.30 Journal Kreol
19.25 Rodrig Prog: Plat Du Chef
19.48 Local: Son Ladan Mem
21.18 Local: Radio Vision
23.25 Local: Music Tour 2022
00.25 Local: Mots & Ecrits
00.52 Local: Rodrig Prog: It's My Day

MBC 3

07.00 Serial: Chacha Bhatija
08.04 Local: Ved Ki Shikshayen
08.30 Local: Gayatri Jayanti 2023
08.56 Excerpts From Shiv Abhishek
09.36 Local: Vaad Vivaad
10.06 Serial: Kundali Bhagya
11.33 Serial: Radha Krishna
12.00 Film: Aap Beati
Starring: Shashi Kapoor, Hema Malini, Ashok Kumar
15.00 Live: Samachar
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: Bawarchi (1971)
23.03 Serial: Jijaji Chhat Par Hain
23.48 Serial: Yeh Teri Galiyan

MBC 5

06.03 Mag: Eco At Africa
08.47 Mag: Tomorrow Today
09.48 Mag: Face And Voice
10.31 Doc: Invisibles: Clickworkers
11.32 Doc: Sweet Magic
12.03 Mag: The 77 Percent
13.07 Mag: In Good Shape
13.33 Doc: Chaque Centime Pour...
14.28 Mag: Tomorrow Today
15.06 D.Anime: Les Blagues De...
15.22 Splash And Bubbles
15.33 D.Anime: Best Furry Friends
15.42 D.Anime: Ubongo Kids
16.16 D.Anime: The Adventures Of...
16.39 D.Anime: Mondo Yan
17.17 Mag: Lab 360
17.21 Mag: Apple Tree House
17.36 Mag: National Anthem
18.01 Rev: The Global Auto...
18.26 Mag: Healthy Living
18.41 Mag: Red Carpet

Bollywood TV

14.25 Zindagi Mere Ghar Aana
15.26 Film: Raja
Starring Sanjay Kapoor, Madhuri Dixit, Mukesh Khanna
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 Kabhi Kabhie Ittefaq Sey
23.06 Patiala Babes
23.30 Film: Raja
Starring Sanjay Kapoor, Madhuri Dixit, Mukesh Khanna
02.15 Kundali Bhagya
02.44 Udaariyaan
03.14 Kuch Rang Pyar Ke Aise Bhi

mercredi 7 juin

07.10 Film: Sugar!
08.45 Serial: Airwolf
09.30 Tele: Le Chemin Du Destin
09.55 Tele: A Que No Me Dejas
10.20 The Gardener's Daughter
10.45 Tele: Marimar
12.00 Le Journal
12.25 Tele: Sublime Mensonge
13.15 Tele: Fierce Angel
13.40 Tele: L'Envers Du Paradis
14.15 Serial: Airwolf
15.21 Film: Camping, Love And Therapy
17.30 The Gardener's Daughter
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: Pur-Sang
23.35 Le Journal
00.25 Tele: Sublime Mensonge

07.05 Local: National: Fresque...
08.22 Local: Paroles Agricoles
09.13 Local: Arsiv MBC
09.42 Local: Radio Vision
10.34 Local: Rodrig Prog
11.03 Local: Music Tour 2022
12.00 Local: Rodrig Prog
12.15 Local: Son Ladan Mem
13.07 Le Journee Sous Le Regard
13.20 Local: Priorite Sante
14.22 Local: Rodrig Prog: Rod'Art
15.12 Local: Nu Rasinn
16.32 Le Journee Sous Le Regard
18.00 Tele: L'Envers Du Paradis
18.33 Tele: A Que No Me Dejas
19.00 Journal Kreol
19.20 Le Magazine De L'Emploi
19.30 Local: Rodrig Spor
20.36 Local: Toc Toc Doc
20.51 Local: En Forme
21.06 Local: Agri Ensemble
21.37 Local: Les Klips

07.00 Serial: Chacha Bhatija
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: Aap To Aise Na The
Starring: Raj Babbar, anjeeta Kaur, Deepak Parashar, adan Puri
15.30 Serial: Bhagan Ab Ho Kitne Door
16.00 Serial: Suhani Si Ek Ladki
18.00 Live: Samachar
18.30 Other: Radha Krishna
19.00 Local: Kala
20.00 Local: Virasat
20.35 Film: Aurat Khilona Nahi
Starring Manoj Tiwari, Rinku Ghosh, Monalisa
23.00 Serial: Jijaji Chhat Par Hain
23.24 Serial: Yeh Teri Galiyan

06.41 Mag: Red Carpet
08.53 Doc: Salad Area
09.50 Doc: Multi Tasking
10.32 The Language Of Whales
11.24 Mag: Rev: The Global Auto...
11.50 Mag: Healthy Living
12.24 Doc: World Heritage
12.55 Mag: Check In
14.22 Mag: Salad Area
15.00 D.Anime: The Story Of Book...
15.17 Les Nouvelles Aventures...
15.22 D.Anime: Splash And Bubble
15.34 D.Anime: Best Furry Friends
15.45 D.Anime: Ubongo Kids
16.12 D.Anime: The Adventure Of...
16.32 D.Anime: Mondo Yan
16.47 D.Anime: The Treasure Island
17.13 Mag: Lab 360
17.54 Doc: Sweet Magic
18.00 Mag: Motorweek
21.46 Film: Above The Shadows

14.25 Zindagi Mere Ghar Aana
15.24 Film: Sangdil Sanam
Starring: Salman Khan, Manisha Koirala
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 Kabhi Kabhie ittefaq Sey
22.58 Patila Babes
23.31 Film: Sangdil Sanam
Starring Salman Khan, Manisha Koirala

jeudi 8 juin

06.00 Tele: Le Chemin Du Destin
06.50 Serial: Rich Man, Poor Man
07.40 Serial: Absentia
08.20 Serial: Chicago Med
09.45 Tele: Le Chemin Du Destin
10.10 Tele: A Que No Me Dejas
10.35 The Gardener's Daughter
10.56 Tele: Marimar
12.00 Le Journal
12.25 Tele: Sublime Mensonge
13.15 Tele: Fierce Angel
13.45 Tele: L'Envers Du Paradis
14.10 Serial: L'incroyable Hulk
15.21 Film: Above The Shadows
17.15 The Gardener's Daughter
18.00 Live: Samachar
18.30 Serial: Wagle Ki Duniya
18.56 Serial: Mere Dad Ki Dulhan
19.30 Le Journal
20.30 Film: Jungle (2019)
Stars: Vidyut Jammwal, Pooja Sawant, Lars Kjeldsen, Asha Bhat

07.13 Local: Toc Toc Doc
09.30 Local: Come On Let's Dance
11.10 Local: Les Klips
12.00 Local: Rodrig Spor
12.30 Local: Saver Kil Tirel
12.51 Local: Toc Toc Doc
13.11 Local: En Forme
13.36 Local: Agri Ensemble
14.02 Local: Rodrig-Klip Seleksion
15.48 Local: Come On Let's Dance
16.56 Local: En Forme
17.05 Local: Radio Vision
18.00 Tele: L'Envers Du Paradis
18.31 Tele: A Que No Me Dejas
19.20 Le Magazine De L'Emploi
19.30 Local: Li Bon Ou Konnin
19.48 Local: Les Grandes Lignes
20.30 Local: National: Freques...
20.35 Local: Mots & Ecrits
23.00 Le Journal
23.20 Local: Groov'in

07.00 Serial: Chacha Bhatija
08.04 Mag: Tirh Yatra
08.27 Local: Suryopasna
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: Aatish
Starring: Jeetendra, Neetu Singh
15.30 Serial: Badki Malkaain
16.00 Serial: Agniphera
18.00 Live: Samachar
18.30 Local: Amrit Vaani
19.06 Local: Swami Dayanand
19.32 Local: Hunarbaaz
20.11 Serial: Surya Puraan
21.37 Serial: Jag Jaanani Maa
22.46 Jijaji Chhat Par Hain

06.03 Mag: Motorweek
09.25 Doc: Smoothie Mania
09.58 Doc: Be Afraid
10.40 Doc: Town Of Glory
11.22 Doc: Sweet Magic
11.51 Mag: Vous Et Nous
12.20 Doc: World Heritage
13.28 Doc: Secrets Des Plantes
14.28 Mag: Close Up
15.04 D.Anime: Les Blagues De...
15.22 Splash And Bubbles
15.33 D.Anime: Best Furry Friends
15.42 D.Anime: Ubongo Kids
16.10 D.Anime: The Adventures Of
16.39 D.Anime: Mondo Yan
17.10 Mag: Lab 360
17.29 Mag: National Anthem
17.35 Mag: Healthy Living
17.57 Doc: Sweet Magic
18.30 Mag: Eco India
18.42 Mag: Carnet De Sante

14.25 Zindagi Mere Ghar Aana
15.21 Film: Dishoom
Stars: John Abraham, Varun Dhawan, Nargis Fakhri
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 Kabhi Kabhie Ittefaq Sey
22.59 Patiala Babes
23.30 Film: Dishoom
Stars: John Abraham, Varun Dhawan, Nargis Fakhri
02.01 Kundali Bhagya
02.29 Serial: Udaariyaan



Jeudi 8 Juin - 15.30

Stars: John Abraham, Varun Dhawan, Nargis Fakhri



Jeudi 8 Juin - 20.30

Stars: Vidyut Jammwal, Pooja Sawant, Lars Kjeldsen, Asha Bhat



India's Naya Sansad



Nita Chicooree-Mercier

On May 28, 2023, the Indian Prime Minister inaugurated the Naya Sansad, the new Parliament, a sprawling four-storey building designed by Indian architects, built by Indians and dedicated to the Indian population. It was high time India replaced the old parliament building built by British colonial authorities. The new Parliament's architecture showcases the symbols of Indian culture in the elaborate sculptures and colourful designs of the ceilings, pillars and shape of the different Houses. The Lok Sabha House, comprising 888 seats with several colours, is based on the theme of the peacock, the national bird of India. The national flower, the lotus, adorns the Upper House, the Rajya Sabha which has 384 seats. The Dharma Chakra of Emperor Ashoka reigns majestically over the Speaker's seat.

The inauguration was steeped in Hindu civilizational ethos and cultural values. Inspired by the country's rich history, 21 Adheenams, respected swamis from Tamil Nadu, started off the inauguration with Vedic chants, in the spirit of the ancient Tamil civilization and the three kingdoms that shared power in Tamil Nadu - the Pallavas, Cholas and Pandyas. The Adheenams handed the sacred sceptre 'Sengol', which is the symbol of the transfer of power from the British to India, to the Indian PM. The very idea of bringing up a tradition dating back to the ancient Tamil kingdoms and a map of the neighbouring countries that were under the influence of Indian culture has especially well inspired as it pays due homage to ancient history, it strengthens a sense of continuity between the past and the present, and paves the way for the solid future of a country deeply rooted in its millennial symbols and values.

The Prime Minister prostrated in front of the Sengol, Senmai in Tamil, signifying

Righteousness, a symbol of spiritual authority over political authority represented by Parliament. It embodies the Dharmic concept of responsibility and duty of rulers to govern in accordance with specific ethos and values. Viceroy Lord Mountbatten was the last ruler to have handed over the Sengol to the first Prime Minister of India, Pandit Jawaharlal Nehru in 1947. Ever since, it was kept in Ananda Bhawan, PM Nehru's residence. Under the leadership of the current Prime Minister, the government made it a point to save the Sengol from oblivion. Multi-faith prayers followed the Vedic chants in chronological order of indigenous faiths first, Buddhism including Tibetan Buddhism, Jainism and Sikhism.

Twenty Opposition parties boycotted the inauguration, and their Chief Ministers refused to show up to for a parliamentary session presided by the Prime Minister. The financial costs of the construction of such a building in a period of economic turmoil was the first reason put forward. The works kicked off during the Covid pandemic in 2020 and lasted nearly two and a half years. However, history is replete with great works undertaken despite widespread economic slowdown.

This recalls how, in the late 1920s and early 1930s, US President Roosevelt gave the green light for the New Deal, which was essentially a series of programmes and projects implemented during the Great Depression and that aimed to restore prosperity to Americans. Further back, the construction of the Louvre in Paris started in the XIIth century during the reign of Charles V and was carried on under François I to serve as a fortress against military assaults by the enemies of France. The sprawling building became the royal residence of the kings right down to Louis XIV and was transformed into a public museum in 1792 after the fall of the monarchy and the reign of terror that ensued. The Louvre has stood out as a piece of great art notwithstanding the poor living conditions of the people even by the economic standards of those days.

Unsurprisingly, secularism was the other excuse for non-attendance of Opposition MPs. Deep inside, they are well aware that the religious tradition of Bharat is inherently secular in character and cannot be compared to the tyrannical grip of established churches over European rulers and on society in general, which led to the separation of religion and state in early 20th century Europe. Communist and leftist ideological inclination to undermine and erase past native history and well-entrenched traditions needs no introduction. Ironically, Tamil Nadu's Chief Minister Stalin gave a cold shoulder to the inauguration of the majestic parliament that highlights Tamilian heritage. How sad that conversion imposes subservience to external authorities in Europe. It illustrates one of the key challenges the nationalist government has to face in its unwavering commitment to nation-building and unity.

There is no doubt that at this point of its economic development and rising stature on the global stage India should get rid of the iconic circular parliament built during British colonisation with the money collected from the labour and sweat of millions of Indians and dedicate a Made in India parliament to the nation, constructed by local designers, architects, engineers, technicians, artisans and craftsmen from different states. If anything, the cacophony drummed up by opponents reflects the usual bickering, shouting, diatribes and rabble-rousing that characterizes Indian politics within the precincts of the august Parliament and in the media.

The stunningly beautiful building is a crucial achievement in the process of decolonisation. As a matter of fact, it is of utmost importance that leaders of former colonies tossed off the legacy of the colonial past and built a new parliament to reflect the development and aspiration of their young nations. India's magnificent Naya Sansad epitomizes the dignity and pride of the nation and stands out majestically as a symbol for the Global South in the world.



Tree of Knowledge

Madisyn Taylor

One-Sided Relationships

Relationships can become out of balance and one-sided, if we don't occasionally check in with each other.

One of the most beautiful qualities of an intimate relationship is the give and take of energy that occurs between two people. In the best-case scenario, both people share the talking and listening, and the giving and receiving of support, equally. Occasionally, within any relationship, the balance shifts and one person needs to listen more, or give more. Generally, over a long period of time, even this exception will take on a balanced rhythm; we all go through times when we take more and times when we give more.

However, there are also relationships in which the balance has always felt one-sided. You may have a friend whom you like, but you have begun to notice that the conversation is always about their life and their problems and never about yours. You may also have a friend who seems to require an inordinate amount of support from you but who is unable or unwilling to give much in return. Over time, these relationships can be draining and unsatisfying.

One option is simply to end the relationship, or let it fade out naturally. Another option is to communicate to your friend that you would like to create a more equal balance in which your concerns also get some airtime. They may be taken aback at first, but if they are able to hear you, your friendship will become that much more sincere. They may even thank you for revealing a pattern that is probably sabotaging more than one relationship in their life.

A third option is to simply accept the relationship as it is. There are many one-sided relationships that actually work. One example of this is a mentor relationship in which you are learning from someone. Another example is a relationship in which you are helping someone who is sick, disabled, or otherwise needy. In these instances, you can simply be grateful that you are able to help and be helped, trusting that the balance of give and take will even out in the big picture of your life.