

MAURITIUS TIMES

• "I will not let anyone walk through my mind with their dirty feet." – Mahatma Gandhi

Interview: Nalini Burn, Economist & International Consultant

“Stopping a third mandate for the ruling party is starkly and simply the imperative”

‘We are in the throes of a serious assault on the judiciary. A unified opposition is to me paramount and needs to coalesce with progressive civil society’



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‘There is certainly a climate of fear of open dissent, cultivated in many ways by the regime.

Which of course does not transpire in the channel of disinformation, the MBC’

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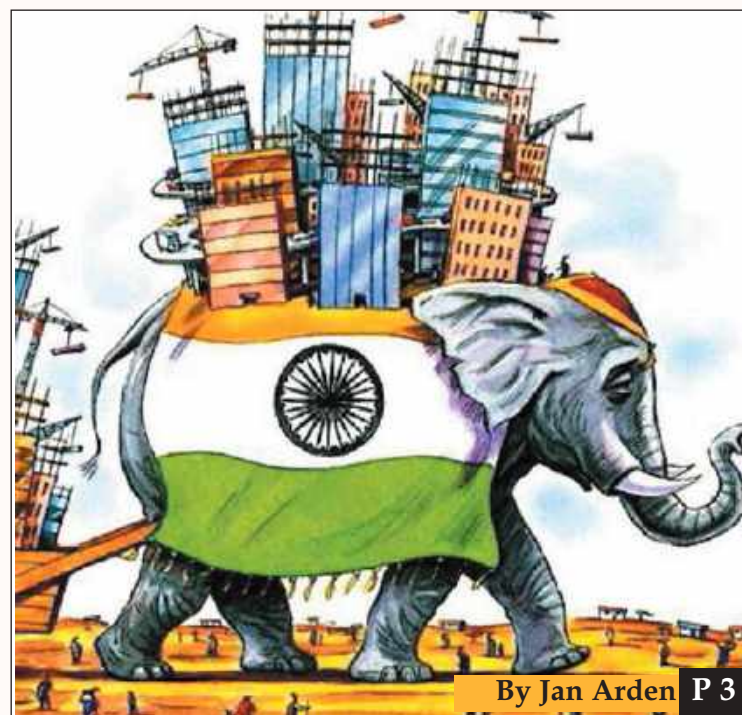
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Kistnen Murder

Will the truth ever emerge?

The charred body of a citizen of this country was discovered in a sugar cane field at Telfair, Moka, in October 2020. The case has remained unresolved to this day. Police investigation initially pointed to a case of suicide, despite the widow's pained objections, and it is thanks to the persistent efforts of the 'Avengers', led by Rama Valayden, that the issue has been kept alive. Very disturbing practices were thereafter unravelled during the course of a judicial inquiry ordered by the then Director of Public Prosecutions, Satyajit Boolell. The victim, Soopramanien Kistnen, was the former chief agent of the MSM in Constituency of Moka and Quartier Militaire (No 8) at the 2019 general elections and could be presumed to have some inside information as to its conduct in that constituency where the PM and two of his colleagues were elected.

What the judicial inquiry revealed, if we go by the non-disputed extracts of its report which found its way in the press, was a long list of serious deficiencies in the police investigation into what the inquiry concluded to be a case of cold-blooded murder and the likely motives that would explain the latter. The inquiry also brought to light the questionable role played by some investigating officers, the strange circumstances in which the autopsy was carried out, the conflicting evidence of expert forensic doctors on the cause of death, the disappearance or unavailability of vital information such as mobile phones, the mystery surrounding the unavailability of Safe City video recordings of the movements of the victim on the fateful day of his assassination, the suspected connections of the murder with the emergency procurement of medical equipments and drugs in 2020. Furthermore, we also learned about the existence of what were thereafter called 'The Kistnen Papers' relating to election expenses in that same constituency allegedly in excess of authorised campaign ceilings as prescribed by law.

Besides sharing the grief and sorrows of the family of the victim, media and civil society's interest in this case can be explained by the widespread suspicion that there was more to it than a petty crime, and that was confirmed by the judicial inquiry. What came out was a total breakdown in the governance culture and practices that for decades had established the Mauritius jurisdiction as a credible rule of law destination. The then Commissioner of Police had made known his determination to go to the bottom of the Kistnen murder and several other alleged suicide cases of public officials, which all seem to have had a connection with the emergency

procurements in 2020. We understand from a public statement of Me Rama Valayden that another judicial enquiry has been ordered in one of them, that of Pravin Kanakiah, Procurement Officer at the Ministry of Finance, found dead in suspicious circumstances at Gris-Gris, Souillac, and would start hearings on 28th August 2023. However, the culprit/s is/are still on the run, and at the end of the day, the question that arises is: will the truth about the death of Soopramanien Kistnen ever emerge?

The Avengers have, this week, handed over to the police more detailed information in the form of documents and tapes of CCTV recordings relating to the kidnapping of S. Kistnen and his whereabouts prior to his murder. More details will be made available to the police next week, according to Rama Valayden. We understand that the MCIT has already started investigations into the additional elements of information provided by the Avengers. This is a welcome departure from the initial police inquiry into this murder case, blasted as "a new level of incompetence" by the enquiring magistrate. If conducted with unfettered professionalism, it will hopefully help correct the perception of an 'instrumentalisation' of the police to track down and finish off political opponents or for settling political scores, seen during the last few years in particular, which has blemished the image of the police in a large measure.

The core philosophy behind any police force is that it is primarily meant for the protection of the citizen rather than being a coercive instrument at the beck and call of politicians. In Mauritius, this is why the Commissioner of Police's post is a constitutionally guaranteed one so that he can perform his duties in full autonomy. Any political pressure to tamper with this autonomy can have a boomerang effect when the tables are turned at the next election.

Democracy implies free and fair elections and that alternance should take place without fear by one side or the other that its leaders and supporters could be hounded down, except when rigorous investigations into potential malfeasance during tenure demonstrate the necessity for justice to take its course under the DPP's supervision and with the full safeguards that the Constitution allows. Nevertheless, numerous cases unsolved, sent to the back burner or not even addressed that have taken place in the past few years will have require new impetus from agencies for rapid completion should there be a political change of guards at the next general elections.

The Conversation

Temperature records shattered across the world

as tourists flock to experience the heat



People walk among sand dunes near a sign warning of extreme heat danger in Death Valley National Park on Saturday. P - David McNew/Getty Images

With tourists flocking in droves to 'experience' heat waves, perhaps it's time for everyone to take a good hard look at their individual contribution to global warming

June 2023 was the warmest one ever recorded and unprecedented summer heat waves are now gripping southern Europe, China, the Middle East and the southern United States.

In the face of such unprecedented heat, one would think that the world would wake up to the urgent need to rapidly decarbonize energy systems, transition to a low carbon economy and increase investment in negative emission technologies.

California's Death Valley recorded 56.6 C temperatures, and rather than reflecting on the obvious effects of global warming, tourists flocked to the area. Similarly, thrill-seeking visitors rushed to Xinjiang, China, to experience 80 C surface temperatures and more than 50 C air temperatures.

Tourists also headed in droves to the beaches and historical sites of Italy, Spain and Greece, where governments were warning them to stay indoors to avoid the potentially life-threatening heat.

In Canada, we have already experienced our worst recorded forest fire season. And in British Columbia, where I live, we have already broken the previous 2018 record with more than 13,900 square kilometres burnt. And this is just the beginning of the 2023 fire season.

Remarkable cognitive dissonance

I doubt those jetting off to visit the heat-ravaged regions of the world are aware that Antarctica has already shattered previous sea ice melt records, with potentially dire consequences for glacial outflow and future sea level rise.

Are tourists aware that coral reefs worldwide are in the process of dying off on an unprecedented scale?

Prof Andrew Weaver, School of Earth and Ocean Sciences, University of Victoria

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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

mtimes@intnet.mu



www.mauritiustimes.com



facebook.com/mauritius.times



The Lumbering Elephant: Giant strides in 2023

An unperturbed but nimble elephant, itself a consequential and responsible world power, is taking its place without the need for moralising or lecturing other world powers

Jan Arden

In Jan 1962, V. Krishna Menon, who became the second most powerful and intensely controversial figure in Jawaharlal Nehru's Cabinet, responsible for re-taking Goa militarily in 1961 and, nine months later, damned for military unpreparedness in the brief but humiliating October 1962 Chinese incursion into India, is reported to have said to then visiting Harvard academic Henry Kissinger: "You are always trying to embrace us. Don't embrace us. We are a proud people..."

That devious Chinese slap, even while Chou En-lai was boasting about Indo-Chinese friendship, stung deeply, demolished Menon-Nehru image as would-be world statesmen, dented the Non-Aligned Movement's credibility and furthered the Anglo-saxon condescension, if not, downright contempt, of the Indian Congress ruling class. Indira Gandhi would find out in 1971 how deep that Hindu or Indophobic feeling ran as the UK, the USA and China sided with West Pakistan's murderous clampdown of its Moslem Bengali East, and millions of hounded refugees poured into India. On August 9, 1971, India hurriedly signed a 'Peace and Friendship' treaty with the Soviet Union, which despatched a fleet of destroyers and a nuclear armed submarine to the Bay of Bengal that stunned all three major powers and halted the gun-boat politics of the mighty.

The elephant's long memory

The lumbering elephant has a long memory and rarely forgets its foes and allies, namely a visceral defiance of China's intentions behind any diplomatic prose at regional and international fora: normal trade relations had to be coupled with a permanent national security vigilance. Years of strategic neglect, for want of a better term, had left the Himalayan frontier vulnerable to Chinese military build-up, allowed China to develop a «string of pearls» around Indian shores, and the latter's nuclear submarines disturbingly prowled the Indian Ocean.

Modi's foreign policy recognised India's dire straits and set itself the formidable task of awakening the slumbering elephant out of its torpor through massive military, defence, space and aero-naval catch-up expenditures. A simultaneous «Make in India» push across these vital domains, initially derided by the Opposition, has



“The economic rise and poise of the lumbering elephant, weathering the worst terror bleeds, after decades of post-independence paternalistic lecturing from the Anglo-saxon West and despite their grudging acceptance of India's partnership in containing China's far more redoubtable ambitions as a necessity, does not make only for friends. Indian Opposition forces, chaffing after ten years in Opposition, try hard to raise issues with every single initiative of the Central government and will do their best to present a united front at the 2024 Lok Sabha elections, portraying BJP and PM Modi as some sort of anti-minority despot...”

been vastly successful in ensuring strategic military transfers of technology from Western powers that is rapidly plugging most gaps in India's impressive autonomous technological know-how and capacities. The lumbering elephant could also be nimble by necessity and defence deals that would previously take decades to be agreed upon were now floated, analysed and launched within a couple of years with that powerful sense of purpose and urgency.

The West's contempt and its attempt to militarily and diplomatically brow-beat India in the 70s also left scars that imposed on India a very cautious, progressive embrace of the West over twenty years, even with economic liberalisation of the nineties. The elephant had to tread carefully in uncharted territories. Under Modi's foreign policy, ably articulated by Minister of External Affairs Dr Jaishankar, India for instance, has steadfastly refused to condemn Putin's Russia in its protracted conflict against Ukraine-NATO despite intense Western pressure to do so.

But astute observers noted that this was no longer old India's vacillation, policy paralysis, fence-sitting or inability to take a stand, but rather a clear articulation of a

confidently stated strategic imperative, which the EU and the US came grudgingly to respect, that new alliances, however vital to the new ages would not overshadow or replace trusted past allies in India's hour of dire need. This was the expression of a new-found confidence of the lumbering elephant on the world stage allowed for by its remarkable economic growth per-

“The West's contempt and its attempt to militarily and diplomatically brow-beat India in the 70s also left scars that imposed on India a very cautious, progressive embrace of the West over twenty years, even with economic liberalisation of the nineties. The elephant had to tread carefully in uncharted territories. Under Modi's foreign policy, ably articulated by Minister of External Affairs Dr Jaishankar, India for instance, has steadfastly refused to condemn Putin's Russia in its protracted conflict against Ukraine-NATO despite intense Western pressure to do so...”

formance and the Modi rock-star status conferred by its enterprising diaspora in major countries.

In parallel, another obdurately hostile neighbour, Pakistan, having lost 4-5 attempted military invasions of Indian territory, launched itself on a «bleed the elephant with a thousand cuts» terror-funded policy of infiltrations and vicious attacks which did not spare Indian civilians, the most horrific being the 2008 Mumbai series of meticulously planned terrorist attacks. This one originated in fast boats from Karachi, when explosive devices and gunfire were used to cause the maximum number of civilian casualties at ten prestigious sites on the financial capital's exposed waterfront.

Swing to a nationalistic wave

While Indian public opinion had become familiar with border infiltrations through porous frontiers and deadly skirmishes, this dastardly act and the ensuing ineffectuality of Congress-led legalistic Indian response, proved a determinant factor in the swing of an angry public opinion to a nationalistic wave that Modi rode successfully in 2014 and 2019. Western observers, who decry India's nationalism, are unappreciative of the cardinal effect of Mumbai's 26/11 on the elephant's psychology and India's unrepentant crusade against cross-border terrorism as an instrument of foreign policy.

On the home front, despite having lifted an extraordinary 450 million Indians out of poverty in nine years (UNDP figures), creating a growingly affluent, educated and well-travelled middle-class and hundreds of thousands of small and medium entrepreneurs, India has much more work ahead in a vast continental size country of 1.4 billion. Contrary to intellectually lazy opinions in some Western quarters and media, particularly leftist-liberal ones, Modi does not control every socio-political lever in that vast tapestry of Indian diversity. 30 different official languages, 28 states and 8 Union Territories all proud of their cultural heritages, food, arts and traditions, and the federal nature of India, is a reality BJP and all previous governments have had to contend with.

Modi has no hold over Opposition-managed states: flood devastations in the Opposition-controlled Capital state Delhi, communal anti-Hindu violence in Mamata's West Bengal or in Kerala can hardly be laid at Modi's doorstep. India is home to some 5,000 census registered communities and castes, including Sikhs, Jains, Parsis, Christians and Moslems. The latter number almost 200 million, who largely prefer living under India's dharmic values in preference to any Islamic neighbour state, who enjoy similar rights and benefits as all other Indian citizens and which no party or alliance would even think of alienating as part of its electoral gambit, despite the country's foreign policy and national security imperatives at its frontiers.

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Passeport mauricien: 29ème place des passeports les plus puissants du monde. P - Dreamstime

Le passeport mauricien classé à la 29ème place mondiale

Par A. Bartleby

Le «Henley Passport Index» vient de placer le passeport de la République de Maurice à la 29ème place des passeports les plus puissants du monde. Ceci représente une amélioration importante du statut du passeport mauricien qui gagne 4 places puisqu'il était positionné à la 33ème place de ce classement l'année dernière. Que signifie ce classement concrètement? Le «Henley Passport Index» mesure la puissance des passeports selon la liberté de mouvement qu'ils accordent aux détenteurs. Cela signifie tout simplement que plus un passeport permet des déplacements sans contraintes (par exemple, les contraintes de visa), plus il est puissant.

De manière plus significative, nous voyons à travers cette liberté de mouvements le degré de "libéralisation" d'un passeport, et donc le degré d'intégration du pays émetteur du passeport dans la mondialisation. Cette donnée n'est pas à prendre à la légère car elle démontre à quel point un pays est intégré et dépend de la circulation mondiale.

De ce point de vue, ce n'est pas un hasard que le passeport le plus puissant du monde selon le «Henley Passport Index» soit Singapour, un pays qui s'est entièrement construit sur la circulation mondiale et dont le degré de connectivité à la mondialisation est l'un des plus élevés au monde.

D'ailleurs, tout le potentiel de capitalisation, et donc de production de richesses, se trouve justement dans cette forte connectivité à la mondialisation. Pour se faire, le gouvernement singapourien a investi massivement dans les infrastructures permettant une augmentation de la connectivité, comme les facilités portuaires, le développement d'un aéroport national capable de desservir la région, une politique migratoire agressive mettant l'accent sur les talents et les compétences dont a besoin l'économie singapourienne pour soutenir son développement et son intégration continue dans la mondialisation.

Ce modèle n'est pas sans rappeler celui de Dubaï,

qui appuie également son développement sur un port hautement développé, sur un aéroport reconnu mondialement et sur une politique migratoire agressive.

À une échelle moindre, Maurice a également fait ce choix en réalité mais le succès est mitigé. Ce plafond de verre que nous n'arrivons pas à dépasser est essentiellement dû à trois facteurs: le positionnement géographique du pays (qui est bien moins avantageux que Singapour et Dubaï), le manque d'infrastructures permettant d'accélérer la connectivité du territoire avec la région (comme le port, l'aéroport et un aéroport d'envergure, même si ce dernier problème a été adressé par l'ouverture de l'accès aérien à d'autres aéroports) et une politique migratoire encore trop timide.

Malgré cela, le passeport mauricien est extrêmement bien positionné, ce qui démontre que le potentiel d'aller encore plus loin existe bel et bien. Est-ce que les prochains gouvernements feront le choix d'investir en infrastructures et se tourneront résolument vers l'ouverture migratoire? Cela demandera un immense courage politique identique à celui de Singapour et de Dubaï qui sont devenus les deux pôles mondiaux de la circulation mondiale aujourd'hui.

* * *



La question de la sécurité, de l'utilisation, voir de la privatisation des données personnelles est une question extrêmement complexe. P - Justfit

Nouvelle carte d'identité: tout n'est pas rose dans cette affaire

Cela fait un moment déjà que le gouvernement souhaite pousser son projet de renouvellement des cartes d'identité. Le ministre de la Technologie, de la Communication et de l'Innovation, Deepak Balgobin, en a d'ailleurs fait l'un de ses projets phares et le processus de remplacement semble bel et bien lancé.

Nous n'en avons pas encore beaucoup de détails sur les tenants et les aboutissants, le gouvernement annonçant lui-même que les discussions n'ont pas

encore totalement abouti concernant la finalisation de la nouvelle carte d'identité. Il se murmure toutefois que la voie de la digitalisation et de la transformation numérique sera cette fois-ci non seulement privilégiée mais également accélérée puisque la carte d'identité mauricienne pourrait bien être également accessible sur les smartphones.

Tout n'est, cependant, pas rose dans cette affaire puisque des voix continuent à s'élever contre le stockage des données privées dans la puce de la carte d'identité. Les journaux nous rappelaient récemment que cela fait déjà 10 ans que Me Neelkanth Dulloo s'est lancé dans une bataille juridique contre l'État afin de contester la constitutionnalité de la carte biométrique.

Me Dulloo évoque dans sa plainte une démarche «anticonstitutionnelle» de l'État et une «violation» des articles 1, 3, 9, 10 et 16 de la Constitution, avançant que le stockage des empreintes digitales d'un citoyen est «anticonstitutionnel» et que cela pourrait créer des utilisations abusives de la part des autorités.

Le judiciaire ne s'est pas encore prononcé sur cette question et le gouvernement s'apprête à passer à une nouvelle génération de cartes encore plus performante en matière de stockage des données personnelles.

Nous voyons là, en fait, la version locale d'un problème mondial qui ne fera que s'accroître au fur et à mesure que les États avanceront dans le domaine de la digitalisation. Ce processus est inéluctable et deviendra de plus en plus problématique avec l'avènement de l'intelligence artificielle. D'ailleurs, nous ne sommes pas ici dans un domaine qui ne concerne que l'État et la politique, mais il s'agit bien de toute la société.

En effet, la multiplication des plateformes digitales, la digitalisation du travail et des loisirs, et la multiplication des appareils numériques au travail et à la maison sont en train de produire une révolution profonde de notre civilisation dont nous commençons à peine à percevoir les tenants et les aboutissants.

Révolution digitale et digitalisation des rapports sociaux

En réalité, nous ne sommes qu'au début de la transformation sociétale que va engendrer la révolution digitale. Certains sociologues n'hésitent d'ailleurs pas à parler de digitalisation des rapports sociaux eux-mêmes, terme utilisé pour décrire la dépendance de plus en plus accrue envers les systèmes numériques et le fait que ces mêmes systèmes seront des grilles d'interactions de plus en plus prédominantes entre les individus eux-mêmes, entre les individus et l'économie, ou encore entre les individus et les pouvoirs publics.

Et cette transformation reposera sur une économie des données (data) qui deviendra à elle seule un secteur d'activité économique prépondérant dans le contexte de la mondialisation. Nous voyons d'ailleurs déjà les ramifications géopolitiques liées à l'avènement de l'économie du «data» avec la guerre technologique menée par les États-Unis contre la Chine. Ce pays a devancé la première puissance mondiale dans certains domaines technologiques comme la 5G, par exemple.

Cet avènement de l'économie du «data» pose également de sérieux problèmes aux plateformes digitales comme Facebook ou Netflix. Ces derniers ont récemment été victimes de «data breaches» avec des centaines de millions de données personnelles ayant été volées par des hackers (ce qui, au passage, a permis à certains journalistes de créer le terme de «terrorisme digital»).

☞ Suite en page 5

Nouvelle carte d'identité: tout n'est pas rose dans cette affaire



☞ Suite de la page 4

Il est ainsi clair que la question de la sécurité, de l'utilisation, voire de la privatisation des données personnelles est - en réalité - une question extrêmement complexe. La digitalisation se nourrit de données privées et ne peut pas fonctionner sans «l'économie du data» qui la sous-tend. Mais parallèlement, il est impératif de faire évoluer les cadres juridiques et les pratiques institutionnelles afin d'intégrer ce problème dans les processus des décisions publiques.

Ainsi, la nouvelle carte d'identité se présente comme un cas d'étude pour nous à Maurice. Il est absolument certain que nous ne reculerons pas devant la digitalisation. Bien au contraire, il se pourrait que nous soyons forcés d'accélérer cette digitalisation qui offre des opportunités économiques importantes.

Par conséquent, la question n'est pas de refuser ou d'être contre la carte biométrique, mais bien plutôt de pousser des propositions juridiques qui permettent de réconcilier les impératifs de la liberté individuelle avec les pratiques de l'administration étatique.

Le défi ou le challenge est immense, sachant surtout qu'on n'a pas encore réfléchi sérieusement à cette question à Maurice.

* * *

Le réchauffement climatique est bel et bien là!

L'Inde fait face depuis un peu plus d'une semaine à des inondations record. Des régions entières du pays ont été ravagées par des pluies diluviennes et des glissements de terrain. Le gouvernement indien estime le bilan des pertes humaines à plusieurs dizaines de personnes et le bilan matériel à plusieurs milliards de roupies, démontrant au passage l'inadéquation de certaines infrastructures.

La violence de ces pluies est, selon les experts, directement liée au réchauffement climatique et cette catastrophe naturelle appelle à revoir les stratégies d'atténuation.

Ainsi, ce phénomène climatique montre de manière de plus en plus clair comment le changement climatique impactera nos vies et comment les pays qui ne se pré-

parent pas à faire face à ces changements pourraient se retrouver dans des situations extrêmement compliquées à l'avenir.

Nous savons, par exemple, que l'érosion des côtes à Maurice est une conséquence directe de la montée des eaux, elle-même causée par la fonte des glaciers. Ainsi, selon des études très sérieuses, il se pourrait que le niveau de l'océan Indien monte suffisamment pour que des régions entières de la côte mauricienne se retrouvent sous l'eau d'ici 2050. Le rapport du Groupe d'experts intergouvernemental sur l'évolution du climat (GIEC) est lui encore plus pessimiste, pour ne pas dire alarmiste, en affirmant que le niveau des océans pourrait augmenter de près de deux mètres d'ici l'an 2100.

Développement foncier: capitalisations rapides avant que l'érosion des plages ne devienne vraiment importante

Mesurons-nous vraiment l'impact de cette montée des eaux sur notre pays et son économie? Pas encore, malheureusement! et ce même si les deux plus grands secteurs de l'activité économique dépendent directement de nos plages et de nos côtes...

D'ailleurs, il se pourrait bien que les développeurs fonciers aient intégré cet impératif dans leur calcul économique. À en croire la vitesse du développement immobilier, il semble indéniable que les acteurs du secteur souhaitent réaliser des capitalisations rapides avant que l'érosion des plages et la montée des eaux ne deviennent vraiment importants, baissant en conséquence leur capacité à faire des profits.

Peut-on les blâmer de cela? La réalité est que l'entreprenariat mauricien remplit sa fonction économique, qui est de faire rentrer des devises et de l'investissement dans le pays. Notre modèle de développement est devenu tellement dépendant de ces influx de capitaux que le gouvernement ne semble plus avoir de choix que de continuer sur la trajectoire actuelle. Pour le court et le moyen termes du moins, surtout que cette trajectoire a démontré qu'elle tenait la route en faisant face de manière remarquable au choc de la Covid-19 et de la crise mondiale qui l'a suivie.

Et ainsi, il est clair que la consolidation des secteurs immobiliers et touristiques doit être une priorité du gouvernement. Mais cette consolidation ne peut pas se faire sans tenir en ligne de compte les données liées au



Les effets désastreux du réchauffement climatique sont déjà là et nous avons pris un certain retard par rapport aux stratégies d'atténuation.

changement climatique, notamment les effets néfastes sur le territoire mauricien.

Ce travail devient urgent. Comme nous le voyons, les effets désastreux du réchauffement climatique sont déjà là et nous avons pris un certain retard par rapport aux stratégies d'atténuation.

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Narendra Modi, invité de marque de Macron pour les célébrations du 14 juillet



Les ramifications d'un rapprochement France/Inde pourrait avoir des conséquences durables et importantes pour notre propre politique étrangère. - P - Hindustan Times

Alors que la France sort d'un épisode traumatique d'envergure où Emmanuel Macron a brillé par son manque d'engagement et de prise de position ferme, le Président de la République avait invité de marque pour le traditionnel défilé du 14 juillet: Narendra Modi, le Premier ministre indien.

Cette visite n'est pas allée sans son lot de polémiques, notamment à l'encontre du Président français, qui a dérogé à la tradition en ne prenant pas la parole le jour de la fête nationale. Les médias, eux, ont insisté sur le symbole que représentait, à leurs yeux, Modi, un fervent défenseur du *Hindutva*, dans le contexte des émeutes françaises et de ce qu'il conviendrait d'appeler le malaise des banlieues, majoritairement peuplées de descendants de migrants du Maghreb et de l'Afrique subsaharienne.

Y avait-il en filigrane de la part d'Emmanuel Macron la volonté d'envoyer un message à la population? Nous en doutons fort. Les visites officielles des Chefs d'État ne sont pas organisées du jour au lendemain. De telles visites sont prioritairement l'occasion pour eux de discuter de coopération internationale plutôt que de problèmes locaux. Et cette visite de Modi en France était en réalité hautement stratégique pour les deux pays.

D'un côté, le Premier ministre indien continue le développement de la stratégie de la voie du milieu, théorisé par son actuel ministre des Affaires étrangères, Subrahmanyam Jaishankar.

☞ Suite en page 7

America's Democracy hangs by Slender Threads

The independent state legislature theory unravels



Anil Madan

January 6, 2021, marked a sea change in American democracy. On that morning, if someone had proclaimed that America's Democracy, the oldest in the world, was the strongest and unassailable, it would have been difficult to hear a dissent. By that afternoon, a sitting President, in thinly couched language, tried to incite a mob to pressure Vice President Pence

and Republican Senators to disregard the Constitution and reject the lawfully appointed electors in the just completed election of November 2020. To be sure, since just after the election, there had been a series of challenges to the election results by Trump and his supporters in the courts, and administrative bodies. More than 60 lawsuits were dismissed and most described as frivolous. Courts sanctioned Trump and the lawyers who took up his cause for filing baseless claims.

The rumblings from Trump's discordant and dissonant griping continue. As a result, a sizable cohort of Trump's supporters continue to question the 2020 results. What is even more troubling than the mob mentality of Trump's gullible MAGA (Make America Great Again) crowd, are the susurrations of the Republican legislators, at the state and federal levels who continue to champion the cause of this seditious former president.

The Elections Clause of the U.S. Constitution states: "The Times, Places and Manner of holding Elections for Senators and Representatives, shall be prescribed in each State by the Legislature thereof." Congress has the power to change regulations adopted by a state legislature except as to the place of choosing Senators.

Frustrated by their inability to overturn Joe Biden's resounding victory in the 2020 election, Republicans around the country latched on to the theory that the Elections Clause gives exclusive authority to state legislatures to set the rules for federal elections. This assumes that Congress does not change the state rules as the Clause authorizes it to do. With a closely divided Congress, it would be impossible for Democrats to do that. Republicans saw this as their path to circumventing the popular vote and manipulating the selection of electors as a way of helping Donald Trump or another Republican craft a "victory" in 2024 and elections beyond.

North Carolina's legislature, acting under authority of the Elections Clause, drew a Congressional map in an obvious exercise of gerrymandering, to favour Republicans. The North Carolina Supreme Court eventually ruled that the partisan map violated the state Constitution. The U.S. Supreme Court (SCOTUS) has held that partisan gerrymandering presents a political question that the courts cannot resolve, i.e., that such questions are non-justiciable. Thus, except when prohibited factors such as race, national origin, or creed, are used to deny fair representation by crafting gerrymandered districts, the federal courts will not interfere.

But "simply because the Supreme Court has concluded partisan gerrymandering claims are nonjusticiable in federal courts," the North Carolina Supreme Court explained, "it does not follow that they are nonjusticiable in North Carolina courts." The State Supreme Court also rejected the argument raised by Republicans, that the



Elections Clause in the Federal Constitution vests exclusive and independent authority in state legislatures to draw congressional maps. This theory, they argued, precludes any oversight or review of the state legislature's actions, even by the courts of the state.

The Republican state legislatures who were behind the gerrymandering and the so-called Independent State Legislature theory, filed an emergency appeal with the SCOTUS seeking a stay of and eventual invalidation of the North Carolina Supreme Court's decision.

Unsurprisingly, the SCOTUS did not stay the operation of the decision, but surprisingly, granted certiorari, i.e., agreed to review the case. In the meantime, in a curious twist, the North Carolina Supreme Court, on application of the Republican legislators, reconsidered and overruled its earlier decision that gerrymandering presents a justiciable question. However, that did not end the matter because the order striking the Congressional map remained in effect. This set the stage for the SCOTUS to review the case because a part of the North Carolina Supreme Court's decision on a federal constitutional issue remained in effect.

In an opinion for the majority, Chief Justice Roberts dealt with the state legislators' theory summarily. He pointed out that since early in our Nation's history, courts have recognized their duty to evaluate the constitutionality of legislative acts. In fact, in perhaps the most famous case in American constitutional history, *Marbury v. Madison*, the Supreme Court proclaimed: "It is emphatically the province and duty of the judicial department to say what the law is." In that case, the SCOTUS confronted and rejected the argument that Congress may exceed constitutional limits on the exercise of its authority. Roberts wrote: "Certainly all those who have framed written constitutions, contemplate them as forming the fundamental and paramount law of the nation, and consequently the theory of every such government must be, that an act of the legislature repugnant to the Constitution, is void."

Let me leave it there by adding that state legislatures do not act in a vacuum. For an act of the legislature to become law, a bill must be passed by both the lower and upper houses. If there is a discrepancy between the two versions of a law, it must be resolved by a committee and then sent to the Governor for signature. If the Governor does not sign or expressly vetoes the bill, a two-thirds vote of each house is necessary for the bill to become law. Thus, a mere declaration by a state legislature has no

effect without these additional steps. And, as C.J. Roberts noted, such laws have always been subject to review by the state's courts for conformance to the state (and federal) constitutions and by federal courts for conformance to the federal constitution.

Roberts cited a precedent to the effect that a state legislature's exercise of authority under the Elections Clause must be in accordance with the method which the State has prescribed for legislative enactments. In other words, the means of making legislative enactments operative as law, is as I have described above. As Roberts explained, the fact that state legislatures have authority to act, where the exercise of federal authority or the vindication of federal rights implicates questions of state law, SCOTUS has an obligation to ensure that state court interpretations of that law do not evade federal law. That should have been the end of the discussion.

As the majority opinion made its commonsense ruling, there is nothing remarkable about the case. In fact, C.J. Roberts was joined by Justices Sotomayor, Kagan, Kavanaugh, Barrett, and Jackson for a 6-justice majority. Justice Kavanaugh wrote a short concurring opinion fully joining the majority opinion.

But, as we know, the right-wing yahoos on the court form a wacky group sometimes joined by Kavanaugh and Barrett, and occasionally C.J. Roberts also loses his footing. We should take a moment to note the utter lunacy of a dissenting opinion written by Justice Clarence Thomas and troubling fact that it was joined in its entirety by Justice Gorsuch. Justice Alito joined only the first part that relates to Thomas's contention that the case was moot or that SCOTUS did not have jurisdiction and should be dismissed.

Justice Thomas began by conceding that the phrase "the Legislature thereof" refers to the lawmaking power as it exists under the State Constitution and that the function contemplated by the Elections Clause "is that of making laws." He then veered and declared that in prescribing the times, places, and manner of congressional elections, the lawmaking body or power of the state, as established by the state Constitution performs "a federal function derived from the Federal Constitution," which thus "transcends any limitations sought to be imposed by the people of the state." With all respect, this is utter nonsense. Sophistry.

Thomas went on to suggest that whereas a state court could review the propriety of a legislative enactment pursuant to the authority of the Elections Clause, it was limited to applying only the federal constitution, and not the state constitution. In other words, he twisted himself up and declared that whereas state legislatures must follow the procedures set out by the state constitution on the enactment of laws, no court can review whether those procedures were followed.

We have here another example of why the arguments of textualists who purport to decide constitutional questions solely based on a literal reading of the text, are all too often distanced from commonsense and reason.

Justice Thomas' dissent would have severed another slender thread by which American Democracy hangs. It is astonishing that Justice Gorsuch subscribed to his sophistry and nonsense. This suggests deep ideological division within the court that is causing some justices to lose their sense of reason and resort to petty need to dissent. Another slender thread.

Cheerz...
Bwana

The Lumbering Elephant: Giant strides in 2023



● Cont. from page 3

Besides the free press and rumbustious Opposition debates aired freely, the imperative of India's sociological consensus seems centred around its Constitution and the primacy of the Indian Supreme Court in determining complex or sensitive issues on which different parties have failed to find common ground. India's vast tapestry of diversity has thus developed its own way to handle, with occasional disruptions, complex questions such as the hijab, halal, cow slaughter, festivals and temple processions. No Western country and no leftist liberal preachers could, we believe, boast of a resilient democratic fabric under such conditions that the Indian dharmic values have evolved over millennia in a modern-day federal system of government.

But the economic rise and poise of the lumbering elephant, weathering the worst terror bleeds, after decades of post-independence paternalistic lecturing from the Anglo-saxon West and despite their grudging

acceptance of India's partnership in containing China's far more redoubtable ambitions as a necessity, does not make only for friends. Indian Opposition forces, chaffing after ten years in Opposition, try hard to raise issues with every single initia-

“Many indeed may not like Modi or the BJP or their policies, some born of necessity with hostile neighbours at its doorsteps. But large swathes of the Indian population and the vast majority of its diaspora proudly look upon PM Modi as the embodiment of a new self-confident India. If Hindutva has any meaning, then it portends (or should) a Hindu renaissance that is a reflection of its ancient wisdoms and civilisational ethos rather than the aggressiveness that have marked other civilisations. Over eight thousand years of its recorded history, India never invaded or annexed militarily any neighbouring country...”

tive of the Central government and will do their best to present a united front at the 2024 Lok Sabha elections, portraying BJP and PM Modi as some sort of anti-minority despot. These are relayed in some left-leaning Western press and the Rahul Gandhi sortie in Europe and the US prior to the Modi visits.

The latter's hugely successful State visits to the US and as guest of honour in France for its 14th July National Day were followed by warm accolades in Egypt and the UAE. On the economic fronts, there are always grounds for improvement in the federal workings, even if Modi's direct benefits schemes have been hugely popular by cutting out layers of profiteering and corrupt administrative babus. While anti-incumbency can have an effect on local elections, few would consider that Modi's statesman-like figure and popularity has any credible counterpart on India's national scene either from Congress or from any of the several regional satraps.

A new era of poise and self-confidence

It is on the world scene however that PM Modi has ushered the lumbering elephant to a new era of poise and self-confidence, relating amicably with allies and partners from across the globe, including the Quad partners, France, Japan, South-East Asia and the Middle East to promote a development agenda that serves not only India's interests, or those of the «global south» as India assumed chair of the G20 summit, but also those themes of planetary concern (renewable energies, green planet, yoga consciousness, women empower-

ment, amongst others).

France in particular, which consistently stood by India since its first nuclear tests and its autonomous space and satellite technology efforts, has already edged out either Russia or the UK as India's reliable military supplier for fighter aircraft and as strategic partner in future high-power aircraft engines, space exploration or nuclear submarines, all with inbuilt technology transfer. Some analysts have waxed lyrical that we are witnessing the lumbering elephant's century whatever the slings from certain quarters that traditionally or as a result of the country's economic rise, have not held back their criticism.

Many indeed may not like Modi or the BJP or their policies, some born of necessity with hostile neighbours at its doorsteps. But large swathes of the Indian population and the vast majority of its diaspora proudly look upon PM Modi as the embodiment of a new self-confident India. If Hindutva has any meaning, then it portends (or should) a Hindu renaissance that is a reflection of its ancient wisdoms and civilisational ethos rather than the aggressiveness that have marked other civilisations. Over eight thousand years of its recorded history, India never invaded or annexed militarily any neighbouring country, still less imposed its religious and dharmic world view elsewhere.

An unperturbed but nimble elephant, itself a consequential and responsible world power, is taking its place without the need for moralising or lecturing other world powers.

Jan Arden

Narendra Modi, invité de marque de Macron pour les célébrations du 14 juillet

☞ Suite de la page 5

Cette approche hautement pragmatique place les relations internationales au cœur du développement économique indien, sans que ce dernier ne devienne inféodé à un pôle particulier de la géopolitique mondiale.

L'Inde trace une voie alternative

Par conséquent, l'Inde trace une voie alternative, travaillant avec des pays qui se penchent vers la sphère d'influence américaine tout aussi bien que ceux préférant la sphère d'influence chinoise. D'ailleurs, elle entretient des relations diplomatiques cordiales, parsemées de problèmes réels, avec les États-Unis et avec la Chine. Un exemple hautement stratégique de cela reste le fait que le gouvernement indien reste entièrement fidèle aux accords sécuritaires du QUAD tout en étant un membre actif et influent des BRICS.

Emmanuel Macron a non seulement bien compris et assimilé cela mais il est de plus en plus clair qu'il considère la voie indienne comme étant celle que doit prendre la France et l'Union européenne. Par ailleurs, il a démontré cette posture à plusieurs reprises récemment, notamment sur la question ukrainienne, où il s'est opposé ouvertement à l'idée d'employer un «fast-track» pour l'en-



trée de l'Ukraine dans l'OTAN. Il s'est également opposé à l'ouverture d'un bureau de l'OTAN au Japon, y voyant un acte d'agression symbolique envers la Chine.

Parallèlement à cela, Emmanuel Macron n'a eu de cesse de multiplier les représentations commerciales auprès de Narendra Modi. Ces représentations se sont accélérées depuis l'annulation des commandes australiennes pour des sous-marins français, avec l'accord AUKUS. La France essaie-t-elle de vendre ses sous-

marins à la marine indienne? Peut-être. Ce qui est sûr, c'est que la visite de Narendra Modi en France, tout comme sa récente visite aux États-Unis, serviront avant tout à renforcer les échanges commerciaux de nature militaire. Ce n'est absolument pas un secret que la priorité sécuritaire de l'Inde est un développement accéléré de sa marine afin d'avoir une mainmise accrue sur l'ouest de l'océan Indien.

Ce positionnement est de haute importance pour l'Inde qui, selon les projections du FMI, pourrait devenir la troisième puissance économique mondiale d'ici 2050. Il est également résolument stratégique pour les pays qui ne souhaitent pas entièrement entrer dans une dichotomie bipolaire opposant les États-Unis à la Chine.

En effet, la voie du milieu à l'indienne pourrait rapidement devenir un pôle extrêmement influent de la géopolitique mondiale, donnant ainsi vraiment corps à la notion de multipolarité. Et il est évident qu'un certain nombre de pays pourraient considérer que leurs intérêts souverains seraient mieux défendus dans un rapprochement avec la puissance en devenir indienne. D'ailleurs, il semble que ce soit le point de vue d'Emmanuel Macron.

Et Maurice dans tout ça? Disons juste que tout ceci n'est pas anodin pour nous car la France et l'Inde sont historiquement nos deux partenaires stratégiques. Et les ramifications d'un rapprochement France/Inde pourraient avoir des conséquences durables et importantes pour notre propre politique étrangère.

A. Bartleby

Russia's exit from Ukraine grain deal risks adding to global food inflation: IMF

The International Monetary Fund on Wednesday said Russia's exit from a deal allowing Ukrainian exports via the Black Sea threatens to increase global food insecurity and could drive food prices higher, especially in low-income countries.

Several Group of 20 members this week condemned Russia's move to quit the United Nations-brokered Black Sea grain deal on Monday over what it called a failure to meet its demands to implement a parallel agreement easing rules for its own food and fertilizer exports, reports Reuters.

The IMF said the Black Sea deal had been instrumental in facilitating food, grain, and fertilizer exports from Ukraine to the rest of the world. Along with the rever-



Russia's exit from a deal allowing Ukrainian exports via the Black Sea threatens to increase global food insecurity. Pic - Express Tribune

sal of export bans and higher-than-expected food production in key exporting countries, the deal helped tame pressures on international food prices, the spokesperson noted.

The deal had allowed Ukraine to export around 33 metric tonnes of grain by sea and turned out to be an important factor for global food security, the IMF spokesperson said.

The ideal 'Miss Mauritius', according to A.I.

Artificial Intelligence (A.I.) has been rapidly on the increase in popularity over the past few months, with a seemingly limitless range of possibilities and uses in every sector. But, how well is the A.I. able to carry out tasks that are widely based on subjective opinions and emotions – such as representing Mauritius's national beauty standards?

To find out, Great Green Wall conducted research in which they asked the A.I. image generator, Midjourney, to create the ideal 'Miss Mauritius' representative in the style of the 'Miss World' beauty pageant – based on its understanding of the country's national beauty standards.

The A.I. representation of 'Miss Mauritius' includes women with a deep, golden skin tone and a muscular build. Each of the women has black hair, worn in a natural style, and has well defined abs. In terms of facial features, the women have a



high forehead, with a soft jawline and small lips, reports Great Green Walls.

Beauty standards can vary drastically from country to country, so it was fascinating to see how well the A.I. was able to recreate those unique beauty standards within a 'pageant' setting. While some coun-

tries bore similarities, particularly those within close proximity, the A.I. was able to create a standalone representation of its interpretation of each country's beauty standards.

In many cases, these beauty standards sadly included highly unobtainable body proportions and specific, supermodel-like facial structures that can only be achieved through cosmetic surgery or genetics. It was both interesting and disappointing to see that these ideals for womens' bodies have become so widespread that the A.I. is able to detect them and build upon them.

The full piece of research can be found at <https://www.greatgreenwall.org/research/ai-beauty-standards/>.

Britons hit by biggest fall in wealth since Second World War

Soaring interest rates have caused household wealth in Britain to fall by more than £2 trillion over the past year – the biggest fall since the Second World War, a think tank has warned.

The Bank of England has engaged a rapid rate-rising cycle since late 2021 in a bid to tackle the inflation and restore order after Liz Truss government's disastrous mini-Budget, reports The Independent.

The rising base rate has caused mortgage rates to spike, house prices to fall and the price of government and corporate bonds to plummet.

As well as causing pain for homeowners, falling bond prices have reduced the measured value of pension assets, normally the biggest single source of household wealth in Britain.

New analysis by the Resolution Foundation suggests total household wealth had fallen to 650 per cent of

national income in early 2023 – a £2.1 trillion cash fall over the past year, and the biggest fall as a share of GDP in the post-war era.

Labour has accused Rishi Sunak and his chancellor Jeremy Hunt of failing to do enough to ease the "Tory mortgage bombshell", with lenders' average two-year fixed rate mortgage deal already edging close to 7 per cent.

Homeowners set to remortgage have been warned to prepare for a "huge" fall in disposable income after the Bank of England said interest rates could cost an extra £500 a month to 1 million borrowers by 2026.

However, the Resolution Foundation said rising interest rates could create some "winners" among the younger generations, including aspiring first-time buyers and pension savers.

The think tank argued that a "new normal" of higher rates could end a 40-year wealth boom that has been a key driver of intergenerational inequality.

Rising house prices have largely benefited older generations, while many younger people have been locked out of home ownership altogether, it said.

Singapore's Parliament Speaker resigns in latest blow to ruling party

Singapore's ruling People's Action Party was rocked by two unexpected resignations, including that of parliament speaker Tan Chuan-Jin, further fueling one of the biggest political crises in the city-state's history.

Once seen as a potential prime ministerial candidate by political observers, Tan, 54, stepped down from positions in government and the party, Prime Minister Lee Hsien Loong said in a statement Monday. He is the second parliament speaker to resign for having an inappropriate relationship in just over a decade.

His resignation is the latest in a series of scandals to send shockwaves through Singapore, including a graft probe on a cabinet minister and investigations into pricey rentals by two other members of Lee's administration. This comes at a precarious time for the PAP, which is navigating a leadership succession in its nearly six decades of power and battling voter unhappiness over rising living costs, reports The Time.



Singapore Speaker of Parliament and MP resign amidst relationship scandal. Pic - Asia News

Political analysts are describing the developments as a shock and a crisis for the PAP, which has been laying the ground work for a new generation of politicians to take over, led by Deputy Prime Minister Lawrence Wong. The PAP is heading for a national vote by 2025 and there's a presidential election by September.

In his resignation letter, Tan said he made a mistake in parliament for using "unparliamentary language" and he apologized to an opposition lawmaker. Tan earlier said he was muttering to himself but his "private thoughts" were caught during a recording of the parliament hearing.

Lee later told local media Tan had an inappropriate relationship with a fellow PAP lawmaker Cheng Li Hui, who has also resigned.

The resignations on Monday may shake voter confidence after last week's arrest of Transport Minister S. Iswaran and property tycoon Ong Beng Seng in a graft probe that's challenged the city-state's reputation for clean governance.

In June, Foreign Minister Vivian Balakrishnan and Home Affairs and Law Minister K Shanmugam were cleared of wrongdoing by the anti-corruption bureau for their rental of colonial houses near a high-end lifestyle hub. Lee ordered the review after the opposition asked if the ministers had paid below-market rates.

* Contd on page 9

'No communication yet', N Korea not responding to US attempts to get back its soldier



A group of tourists stand near a border station at Panmunjom in the Demilitarized Zone in Paju, South Korea, Tuesday, July 18, 2023. Not long after this photo was taken. Pic - AP

North Korea hasn't responded to U.S. attempts to discuss the American soldier who bolted across the heavily armed border, officials in Washington said, underscoring that the serviceman's prospects for a quick release are unclear at a time of high tensions and inactive communication channels.

Pvt. Travis King, who was supposed to be on his way to Fort Bliss, Texas, after finishing a prison sentence in South Korea for assault, ran into North Korea while on a civilian tour of the border village of Panmunjom on Tuesday. He is the first known American held in North Korea in nearly five years, reports AP.

The U.S. and North Korea, who fought during the 1950-53 Korean

War, are still technically at war since that conflict ended in a truce, not a peace treaty, and have no diplomatic ties. Sweden provided consular services for Americans in past cases, but Swedish diplomatic staff reportedly haven't returned since North Korea ordered foreigners to leave the country at the start of the Covid-19 pandemic.

Miller said the State Department has reached out to officials in South Korea and Sweden. Jeon Ha-kyu, a spokesperson of South Korea's Defense Ministry, said Thursday his ministry is sharing information with the American-led U.N. Command in South Korea, without elaborating.

Currently, there are no known, active dialogues between North Korea and the U.S. or South Korea.

The motive for King's border crossing is unknown. A witness on the same tour said she initially thought his dash was some kind of stunt until she heard an American soldier on patrol shouting for others to try to stop him.

King's family members said the soldier may have felt overwhelmed by legal trouble in South Korea that could lead to a discharge from the military.

King, 23, was serving in South Korea as a cavalry scout with the 1st Armored Division. He was released earlier this month from prison. In February, a Seoul court fined him 5 million won (\$3,950) after convicting him of assaulting someone and damaging a police vehicle, according to a transcript of the verdict obtained by The Associated Press. The ruling said King had also been accused of punching a man at a Seoul nightclub, though the court dismissed that charge because the victim didn't want King to be punished.

North Korea has previously held a number of Americans who were arrested for anti-state, espionage and other charges. But no other Americans were known to be detained since North Korea expelled American Bruce Byron Lowrance in 2018. During the Cold War, a small number of U.S. soldiers who fled to North Korea later appeared North Korean propaganda films.

Pro-Khalistan supporters use bots to amplify violence

From propagating conspiracy theories to targeting India's senior-most diplomats in Canada and its missions in the country, pro-Khalistan bot activity has escalated in recent times on social media.

That bot activity first came to the fore in summer last year as the series of desecrations of Hindu temples and busts and statues of Mahatma Gandhi occurred in the country. As Hindustan Times reported at the time, many of the handles involved appeared to be linked to Pakistan and were generated days before swamping Twitter with propaganda. Those events usually featured pro-Khalistan slogans and videos of the vandalism were tweeted out simultaneously.

That activity has become even more pronounced this year: First during the manhunt for Waris Punjab De leader Amritpal Singh in India, following the murder of Sikhs for Justice's principal figure in British Columbia Hardeep Singh Nijjar in the parking lot of a gurdwara in Surrey on June 18, reports Hindustan Times.

This activity may be part of a larger pattern as suggested by a report released by the Princeton, New Jersey-based Network Contagion Research Institute or NCRI.

Responding to queries about the recent spurt of activity, NCRI's chief operating officer Jack Donohue said



Two Khalistan supporters were arrested after clashes broke out in rallies outside Indian mission in Toronto. Pic - AFP

their report "confirms that a subset of these accounts, roughly 20%, were self-identified Pakistani accounts based on user descriptions and user reported locations."

The bots recently targeted India's diplomats and amplified protests outside its missions in Ottawa, Toronto and Vancouver on July 8. Thereafter, they have pushed the agenda of the missions being besieged on August 15, while targeting Canadian journalists who have reported on Khalistani activity in Canada, veteran mediaperson Terry Milewski.

The bots also push conspiracy theories, like that of India being responsible for the bombing of the Air India flight 182, the Kanishka, on June 23, 1985. The reality is that multiple Canadian inquiries have shown it was carried out by Khalistanis, and Talwinder Singh Parmar, then based in Burnaby, British Columbia, being among the leaders of the plot.



Australians warned after single thumbs-up emoji cost man \$122,000

Australians have been warned to approach the thumbs-up emoji with caution after a landmark decision in a Canadian court ruled it was as valid as a signature.

A farmer was forced to pay a buyer US\$82,000 after he failed to deliver a shipment of grain after a text message exchange.

A Canadian judge ruled the buyer should be reimbursed after the supplier replied to their text 'Please confirm flax contract' with a thumbs-up emoji.

However, months later the buyer never received the shipment of flax.

Court documents reveal the farmer argued that the emoji had simply been him confirming he had received the contract, not that he was agreeing to its terms, reports Daily Mail.

But a judge disagreed, saying he was satisfied on the 'balance of probabilities' that the contract had been approved with the commonly-used icon.

An Australian legal expert has since warned that judges could use the Canadian ruling as evidence for similar cases involving a thumbs-up emoji.

Slater and Gordon's head of national industrial and employment law Andrew Rich said there was 'nothing stopping' an Australian judge from citing the case.

He said Australians could be caught out if their boss sent them a contract and they replied to the message with a thumbs up to confirm they had received it.

This could be misunderstood to mean they are agreeing to the contract.

Mr Rich urged Australians to take their time going over any legally binding contracts and to seek legal advice if they felt confused or unsure.

Compiled by Doojesh Ramlallah



Nalini Burn, Economist & International Consultant

“Stopping a third mandate for the ruling party is starkly and simply the imperative”

‘We are in the throes of a serious assault on the judiciary. A unified opposition is to me paramount and needs to coalesce with progressive civil society’

Our interviewee this week, Nalini Burn shares her views on the complex sociopolitical issues currently impacting the country, amongst which governance, the pressures and intrusions on institutional functioning, the widespread feeling among the population that change is a must. She comments on the newly-formed triple alliance on which she doesn’t shed much hope and hopes that mobilization of civil society forces would be vitally necessary to bring about change for the better.

Mauritius Times: If you were to listen to the daily chatter of urbanite Mauritians these days, you would most probably get the impression that most people are eagerly awaiting a definite break with the current governance in place in the country. Those who speak out say they are fed up with what’s happening, but that’s all they can do. But is there, according to you, a palpable sense that change could be in the pipeline?

Nalini Burn: I’m not quite sure what you mean by urbanite as a category, as opposed to non-urbanites. If it is social media, newspaper articles, or oral chatter, then there is also a fair bit of fragmentation. But yes, there is a clear sense that there is a need to change the current governance, as you put it. Let’s drill down a bit more.

It is at two palpable levels: one is getting rid of the current government, now nearing a decade in power. The other — personalised politics — is the ‘Ni Pravind, Ni Navin’, no dinosaurs. A sense, however, of no more the sort of “current” governance of the post-independence decades. They do not necessarily point in the same direction. Of a third alternative of change in the pipeline. Or of an alternance, or more deeply, of transformation. Maybe the authorities’ multiple surveillance antennae know otherwise but will not let out anything.

*** If the solution to the current dissatisfaction can only be a political one (through regime change), the belated announcement of an alliance between the Labour Party, the MMM and the PMSD does not seem to have met with enthusiasm or even support from their followers. Do you think what is at issue relates to that alliance’s credibility as well as its viability? Or are they waiting for ground tests?**

Yes, there is current dissatisfaction. But it is muffled, self-censored, gone underground. And that makes it difficult to read in terms of outcome, voting intentions. Even the likes of Facebook are now muted, through fear of retaliation, from postal workers, police, etc. While it seems that

“There is a clear sense that there is a need to change the current governance, as you put it. Let’s drill down a bit more. It is at two palpable levels: one is getting rid of the current government, now nearing a decade in power. The other — personalised politics — is the ‘Ni Pravind, Ni Navin’, no dinosaurs. A sense, however, of no more the sort of “current” governance of the post-independence decades...”

opaque WhatsApp groups are quite active in circulating info and amplifying dissenting views, venting frustration.

There is certainly a climate of fear of open dissent, cultivated in many ways by the regime. Which of course does not transpire in the channel of disinformation, the MBC. The latter paints a Barbie-like rosy-pink make-believe universe, fashioned by the mighty Mattel Corporation, owners of the Barbie doll whose much-hyped movie — pink in this case, not orange — hits the screens, as I chat to you. Does it collide with real life, when Barbie and Ken the dolls, go out into the real world, outside of the corporation? That scenario, we don’t quite know.

The long-drawn-out putting together of an alliance of mainstream opposition — having presumably pulled out the most hazardous “macadams or mountains” — feels like a damp squib. I’m not sure what was in the precise mix. And do we know anymore who are die-hard or peripheral floating members or supporters? But this fraught process is probably more about damage limitation when mixing the old culture, personalities and practices with what is electorally viable now, in the current landscape. It would have a hopefully realistic assessment of respective strengths on the ground.

One does not know how much of the perceived lack of enthusiasm of the followers comes from regime trolls on social and other media. But it could be the sobering realization — when you look at the configuration — that maybe this is what it takes to defeat the incumbent regime, which has so many weapons in its arsenal, including savvy advisers of incumbent regimes in interested countries.

What could “ground tests” be? The regime clearly does not want electoral defeat at the municipal elections. By postponing elections yet again. It has once more shown its authoritarian heavy hand — in its by now impressive cumulative playbook. Why? Fear of ground zero?

Some of the chatter on social media pokes fun at the *Alliance du 3eme âge*. Presumably from the demographic that on turning 18 in a pre-electoral window, has already been given a once-off transfer of Rs 20,000 from the State Budget. A gift safely out of the electoral vote-buying window that can be challenged in court. If at all timely, to count? And this is typical of the customised vote-catching that has served the present regime so well so far.

The other chatter is about how long will this coalition last. Democracy is elusive and needs constant dialogue and consensus-building. I would rather have shifting, contesting alliances than the blanket autocracy of “finn desid



“The MSM in its market-penetration ways has debauched many prominent MMM frontliners. But rather than buying-in and absorbing its ideological goodwill and aura, the hostile takeover has merely exposed the opportunist, docile corruption of those who joined it. And it is not clear how transformative and untainted are those who have left the MSM, to position themselves as the new mostly extra-parliamentary opposition. Old politically-exposed-persons in new parties?”

lao” — who have also reached pensionable age, by the way... Will the electorate by and large prefer autocratic populism to shaky alliances?

*** It may nevertheless be too early to write off the LP and the MMM or even the PMSD — three mainstream parties that have marked our history one way or the other. On the other hand, some of the new parties that have come up in recent months may not be around for the long haul. What would that mean for Mauritian politics in the medium- and long-term?**

You seem to be saying that this alliance will not match the incumbents. Do we have enough of a sense of voting intentions across urbanites and non-urbanites to gauge that?

☞ Cont. on page 11

'There is certainly a climate of fear of open dissent, cultivated in many ways by the regime.'

Which of course does not transpire in the channel of disinformation, the MBC'

☞ Cont. from page 10

I think voters will compare the LP-MMM-PMSD alliance with the existing regime. Certainly, all these parties have a history that to varying degrees was commendable in their respective heydays. Unlike the MSM, apart from the so-called economic miracle whose longer-term built-in negative impacts and "essouffement" are so evident now. But these dynamic connections between short-lived "miracles", their character, and their longer-term fall-out on many fronts are not made.

The problem with the mainstream opposition as far as their die-hard supporters are concerned, is that historically, they also emerged out of opposition to the others in the current alliance. But they do have a track record of working together.

The MSM in its market-penetration ways has debauched many prominent MMM frontliners. But rather than buying-in and absorbing its ideological goodwill and aura, the hostile takeover has merely exposed the opportunist, docile corruption of those who joined it. And it is not clear how transformative and untainted are those who have left the MSM, to position themselves as the new mostly extra-parliamentary opposition. Old politically-exposed-persons in new parties? Trust and credibility are elusive on all sides.

The Labour Party seems to be the only contender to make a serious bid in voting out the incumbent regime in rural constituencies. And that long-term resonance and advantage should shift the "fear factor" on the other side.

*** Do you believe that extra-parliamentary opposition forces could serve the ruling regime's interests by dividing votes or should they lay aside "personal ambitions and sensibilities to allow a new era of governance" - as urged by the leader of the MMM?**

In urban constituencies, including some with a more rural belt, the postponing of municipal elections, could however be a calculated move. Not just a penchant for knee-jerk, autocratic postures that the accommodating legislation provides for even more now.

If there were municipal elections, we would be able to see how much the new extra-parliamentary parties could bite into the mainstream opposition votes. And give way to not just letting opposition eat opposition in urban constituencies, as seems to be the ploy since the 2019 elections: Such ground truthing could have led to a broadening of the opposition to include the extra-parliamentary one to stop a third national mandate for the ruling party, constituency-wise. That is the only first past-the-post result that counts. A big risk to take. And I think this is what should happen.

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All the same, the long track record of espousing the established patron-client ways while in office and buying into it to regain office, is what leads to looking for **transformative** alternatives to the system. To go beyond mere "alternance".

Stopping a third mandate is starkly and simply the imperative. The V-Dem Democracy Report 2023, shows Mauritius as one of the countries fast 'autocratising', as opposed to Seychelles, Nepal, Sri Lanka. We are an electoral democracy veering towards an electoral autocracy. The immediate, medium and longer terms in that scenario are too dismal and disastrous to contemplate.

What could pan out following an election is a transitional phase, - proposed by Rezistans ek Alternativ — that would give any chance for a transformative agenda to be nurtured at all. It is delusional, *valeur du jour*, to believe that a coalition or worse, separate clusters of extra-parliamentary parties will win against the incumbents. But we must find ways and means to harness their search for change, for transformation as early as possible, reach out over a broad agenda.

What the V-Dem Report 2023 also pulled out are lessons of what are the ingredients for restoring democracy

1. Judiciary reversing executive take-over.
2. Unified opposition coalescing with civil society.
3. Critical elections and key events bringing alternation in power.
4. Large-scale popular mobilization against the incumbent.
5. International democracy support and protection.

In each of these fronts, the incumbents are aggressively engaged to prevent from happening. We are in the throes of a serious assault on the judiciary. A unified opposition is to me paramount and must coalesce with progressive civil society, not just sociocultural movements, sectarian vigilante groups and anti-democratic forces.

The concept of civil society needs unpacking. No longer so civil as it lurches with political parties towards right-wing, regressive agendas. The MSM's at time left-populist measures had managed in 2019 to pull towards its orbit those unions and small revolutionary parties seeing it as a *bourgeoisie d'état*. At least that seems to no longer be the case.

An alternation is imperative. It needs to provide safeguards for constitutional reform.

*** Doing politics through the internet, on social media platforms or in the press itself, may be helpful to fight corruption or counter abuses as it's being done by internet activists and other intellectuals, but would that be viable if we want to build long-term thinking into our political system and a culture of transparency and accountability?**

The funny thing about social media platforms is the illusion that what people say on it is the only place where they say and do. Some keyboard warriors are also active elsewhere. If the internet and platforms were not so important and strategic, why would an authoritarian regime want to shut it down? It is now also an organising medium as well as an influencing one.

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But you are right in that grounding in real life face-to-face engagement and in other platforms or instances is a vital force for new thinking and practice. It is all desperately shallow and a desert intellectually. One is attacked and put down for being an intellectual. Our universities are by and large not engaging in any such thinking, nor are there think tanks worth the name. There is no social research worth its name to irrigate, debate views, search for ways forward. Maybe political parties do this in-house; I would not know.

As for a culture of transparency and accountability, Parliament's supreme role in that respect, dedicated institutions of audit and track white-collar crime, fraud, money laundering have been bludgeoned into silence or hollowed out, captured to become a weapon for hitting at opponents.

*** There remains however the nagging question of whether the people who vote parties/alliances of whichever political affiliation to power care about the issues that intellectuals debate about. Their major and immediate consideration seems to be about old-age pensions hikes and other freebies, so they get the government that they deserve, isn't it?**

I do not think there should be this binary of intellectuals thinking about values and lofty utopian deals and the masses content with bread and butter... and circuses.

☞ Cont. on page 12

'At the moment many people, and the world over, are suffering from the cost-of-living crisis,

more exposed as we are with a failed model of high export growth, high imported consumption and high debt.'



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☞ Cont. from page 11

People I listen to don't like “faire dominer” and have a strong sense of what's fair and just, of dignity and self-esteem. I don't subscribe to the Maslow pyramid, as it were. Intellectuals debate about social, economic, and cultural rights too, not just civil and political ones. They are so interwoven.

I engage to listen in many deprived parts and among marginalised population groups of the island and among women specifically as the most voiceless. It is shaping all the time and revising my understanding of trends and dynamics. It serves to confront *'idées reçues'*, tear down intellectual silos. For instance, about how deeply embedded the narco-economy is in this country, woven in the economics of everyday life and its familial and local community anchors and tearing at its fabric.

That is the greatest indictment of the incumbent regime. Normalising drug trafficking at all levels. The havoc cuts across urbanites and non-urbanites, rural, urban. What also comes across is the sheer resentment at inequalities, *passe-droits* and *“guette figure”*, arbitrary practices. When one looks at V-Dem's ingredients of democratisation - the role of international democracy support and protection - even autocratising states among our current constellation of geopolitical big brothers, should balk at openly supporting a narco state....

Rallying against this should be a powerful dynamic, an incessant narrative. If attention is not dispersed by series of revelations, scandals, voyeuristic exercises.

At the moment many people, and the world over, are suffering from the cost-of-living crisis, more exposed as we are with a failed model of high export growth, high imported consumption and high debt. It keeps people fearful for their jobs, silent for fear of retaliation, self-censorship. The palliatives offered in pensions, top-up minimum income are just that and funded by consumption taxes and depreciations.

The inequities and unsustainability have to be exposed and credible alternatives thought through from the ground up. An alternative political economy. Deconstructing, unpacking. But which can only find a ground with alter-nance... We have been there before in our history. We have mobilised on this - “elites” and so-called “masses”,

yet so full of knowledge of their situation and of possible ways out. I grew up in these moments and it has never left me. I know I'm not the only one... There is scope for transformation.

*** 'The education system is so low and the mentality in Mauritius is so insular and so partisan and the alternative itself is so mediocre that I fear that this political party may come back to power again.' That's a comment posted by a Facebooker recently. Does this sound plausible to you and is the scepticism or pessimism justified?**

Yes and no, to all you put forward! And that is the terrain to navigate. In the age of AI, pandemics, climate, pollution and biodiversity multiple crises, yes, our poor educational system ill equips us, particularly in the ability to think. But that should be an opportunity to do away with the old and not let the demons stop us from crafting a desirable new one. Insular when young people yearn to leave, and many are so internet savvy? When our generations straddle many continents from previous migrations and diasporas?

“I engage to listen in many deprived parts and among marginalised population groups of the island and among women specifically as the most voiceless. It is shaping all the time and revising my understanding of trends and dynamics. It serves to confront *'idées reçues'*, tear down intellectual silos. For instance, about how deeply embedded the narco-economy is in this country, woven in the economics of everyday life and its familial and local community anchors and tearing at its fabric...”

*** The younger generation, especially the qualified ones, have already started voting with their feet to what they think could be greener pastures in Europe and Canada, the US, and that with encouragement and support from their parents. Too bad for the country, isn't it?**

Yes, as they have always done, both a push and pull. It's funny that as we are decolonising supposedly, we go to ex-colonial powers and not to China, Russia, India as prominent BRICS. There must be a story there about liberal democracies and ways of life. Those that can only remain, are they all hopeless? No! Their capacities, skills, creativity has not been nurtured and recognised by a failed, poor educational system.

*** There was a period of economic difficulties when youth looked on migration for economic security reasons, is it the case that today's youth are restless for other reasons, whether it is fed up with nepotism or lack of development opportunities unless they become agents of the political nomenclatura?**

I think they did for the attractions of urban life, by its energy and intellectual and cultural life, its cosmopolitan nature. But yes, many who are leaving are fed up with nepotisms and glass ceilings from both the private sector and the state. Both now patrimonial and the state particu-

larly captured by private interests.

*** Has the collective spirit and impetus provided by the disastrous Wakashio episode fizzled out or is it waiting for expression at the polls?**

The collective spirit has been blunted, bludgeoned by repressive legislation, brutally applied, and by manipulating the protagonists splintering into factions with different agendas. The regime declared states of emergency to stop the “insignifiant” from being part of restoring the ecosystem, ignored the pleas of well-meaning citizens and organised groups to find ways to cope resiliently with Covid-19, discipline the informal sector.

What did it do with it? Procurement and use of public money, institutional capital and legislative power for ends of private power as we all know. We also know the limits of this sort of rationality when people are found inexplicably dead in procurement rivalries. Others seething for failed contract bids...

It should be in the mix, the scale of our vulture economics, its rationality. Can we shift the fear, by calling it out smartly so that it speaks in the urns, truly and transparently? And we also pre-empt any alternance for using the same formidable libicide arsenal, to wreak revenge or worse do the same?

That is why civil society mobilisation is so key. And has faltered by a combination of agitprop and shallow personalised *“faire politique autrement”* What we need is groundbreaking and it is a long, long haul. Let's get at least a common ground for all opposition to clear the way for progressive forces within and outside of mainstream parties, A broad tactical, if not strategic alliance, constituency-specific to start with.

But then is the regime resisting change forestalling this by cooking up some law on sedition, and dipping into deep coffers to buy into the alliance, up to the night or day before? The latter we know will happen. Much of the electorate will more than ever, in our toxic electoral system, watch to swing with *“lekip ki pou gagne”*, and *“ki mo pou gagne ladan”*? With received wisdom.

So, these are the stakes and they are high. Time to mobilise further, constructively.

“The funny thing about social media platforms is the illusion that what people say on it is the only place where they say and do. Some keyboard warriors are also active elsewhere. If the internet and platforms were not so important and strategic, why would an authoritarian regime want to shut it down? It is now also an organising medium as well as an influencing one...”



From the Pages of History - MT 60 Years Ago

6th Year No 234

MAURITIUS TIMES

Friday 6 February, 1959

• *There are nowadays professors of philosophy, but not philosophers. — Henry David Thoreau*



Jay Narain Roy

Can the Labour Party deliver the goods?

I have joined the Labour Party because I believe that socialism is the only panacea of the present world. The ultimate aim of socialism is to bring redress to the grievances of the multitude. There is no question as to who the multitude are or what form of redress is required. The pattern is one and it is understood the same way in all lands. Socialism seeks the economic salvation of the bulk of the people. It is largely a question of supplying their four wants and giving them the four freedoms.

What is the picture in Mauritius? The Labour Party has the following advantages over the other parties: (a) it has an international ideal and is recognized as such by our opponents and by the Government; (b) it has consistently been working towards an ideal and has a good deal to its credit; (c) it has gone on evolving and has gone on attracting intelligent and able men; (d) it has in its fold people who have rendered yeoman services to the country, some at a tremendous sacrifice; (e) it has people who are an equal match to the best of the Conservatives; (f) it is knit up together by a bond of perfect understanding that is based on the common acceptance of general principles; (g) the members have given proof that they cannot be bought, and those who have defaulted have been turned out of the Party; (h) its prestige and influence have increased and while the Government recognizes its representative character, all the other parties have made it their target, and (i) it has in it people of all sections of the community.

I cannot imagine that even in the next quarter of a century any Party in this country can guarantee as much. What is the worth of the other parties in human potential, in principles, in public record and in election behaviour? Poor material linked up by either money or unscientific principles or secret alliances or cheap spite and in quite many cases the invisible connection of the chimneys seem tellingly to lurk. I can understand the broad principles on which the Labour and Conservative Parties fight in England or the Democratic and the Republican Parties fight in the States. But to pretend to fight for something which is not there and to have reactionary bedfellows are glaring facts of invisible strings which become too obvious when they all make either the Government or the Labour Party the target of all their inspired vituperations and bile.

Who is fighting for what? Who are fighting for principles when people of great intelligence and sacrifice are their sole object of attacks? What can we expect from people who applied for Labour ticket after a lifetime of dubious politics and when refused have gone all out to vomit their bile against the Party? What can we expect from people who by day are known to shed crocodile tears but at night are known to be bargaining with the Tories? What can we say of people who complain of poverty but once they are candidates for elections are known to make the display of an impressive amount of money? From where does all this money flow so liberally if not from the handful of people who are solely interested



in arresting the march of progress in this country just because they are surrounded by special rights, privileges and monopolies?

Parties have lately grown like mushrooms under political exigencies. Who are behind them? What is their public record? What is their attitude towards the Tories, towards the Labour Party, towards the great problem of wages and employment in the sugar industry? Here are the tests. Have these Parties their by-laws? Are they democratically elected, controlled and are their funds verified, audited and made public? Why do they all maintain a diplomatic silence about their attitude towards their sugar estates and why do they all, including the men who applied for and were refused admission only yesterday, find reason to cavil at the Labour Party? The whole thing is extremely revealing. The entire game is to spread confusion in the minds of illiterate masses and let money make confusion worse confounded. I cannot help feeling that all the other Parties are generally agreed on one thing: to spread confusion by deploying maximum vigour so that when the strength of the Labour Party is reduced the Tories can have a new lease of life.

This is the most dangerous aspect of our political life, and that is why it is the duty of right-thinking people to strengthen the hands of the Labour Party. While there is nothing in the principles and practice of the other Parties to show that they have the good of the people at heart, the principles and achievements of the Labour Party are recognized and respected or dreaded in all official quarters. Here indeed lies the ultimate guarantee and here lies its great strength. The principles of our Party are laid down. Men may come and men may go but the principles will go on forever and their interpretation will be the same in all parts of the world and at all times.

I shall be the last to pretend that the organisation and working of the Labour Party are perfect. I have never failed to say publicly what I think is rotten in the Party. This kind of criticism from our own midst should be construed to emanate from the noblest feeling of reform. I shall continue to be severely censorious if anything in our orga-

nisation or method threatens to deflect from the pattern of practices elsewhere, and I shall never allow personal ambitions or such other unholy feeling to distort the fair face of democracy. I shall wage a war to preserve principles, and nothing can make me flinch from this. But my remarks or criticism will always remain constructive and with the idea of making the Party uphold the great principles and to strengthen its organisation.

Our aim is to deliver the goods. We shall fight from within and we shall fight from without. We shall try to cooperate if we are convinced that we can honour our man-

date, but we shall boycott all along the line and ask for fresh mandate if we are convinced that there is too much reaction in the Ministry and that we cannot deliver the goods. I am convinced that good, bad or indifferent, the Labour Party is the only Party worth the name and the only Party that can help the country to advance. I would not be prepared to touch any other Party even with a pair of tongs because there is nothing in them to satisfy the cravings of a Socialist as there is nothing in the persons and principles of these Parties that can satisfy an intelligent and educated Mauritian who has the good of the country at heart.

Yes, the Labour Party, despite its shortcomings and its many deficiencies, is by far the only Party in this land that can deliver the goods. It has its hands clean, and all its cards are on the table. If reaction and its visible and invisible stooges succeed in spreading confusion through lies, money and hirelings, the country will experience a set-back. But the country, awaking from the consequences, will soon spot out its real friends and this nefarious money game will only become a nine day's wonder. The results will edify even the most illiterate. But all this see-ming haze of confusion will clear away as the younger, educated generation comes of age to play their decisive part in the affairs of the country.

Notice for Building & Land Use Application Permit

Notice for Permission for Land Use

Take notice that **Phoenix Medical Ltd** will apply to the **Municipal Council of Vacoas-Phoenix** for a **Medical Hub/Use** at Koenig Lane, Phoenix.

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

21 July 2023

Temperature records shattered across the world

● Cont. from page 2

Perhaps they might want to reflect on the fact that Earth has already warmed by around 1.1 to 1.2 C since pre-industrial times.

Many may not realize that even if worldwide fossil fuel combustion was immediately eliminated, the roughly 0.5 C cooling contribution of atmospheric aerosols — also the result of existing fossil fuel combustion — would rapidly dissipate through gravitational settling and precipitation scavenging of these aerosols. This would cause the Earth to warm rapidly to around 1.6 to 1.7 C above pre-industrial levels.

The warming does not end there, as the planet is on course to go well above 2 C in the decades ahead once reduced aerosol cooling, permafrost melt and other greenhouse gases are taken into account.

I suspect that these travellers are unaware that when these other pesky greenhouse gases are included, the net radiative effect is equivalent to 523 ppm CO₂e, of which only 417 ppm is from CO₂ alone.

The Paris Agreement

Governments worldwide have signed on to the 2015 Paris Agreement committing nations to collectively limit global warming to well below 2 C above pre-industrial levels while pursuing efforts to limit the temperature increase to 1.5 C.

The Paris Agreement might appear promising. But the reality is that the 1.5 C guardrail cannot be met, and that socioeconomic inertia prevents us from even staying below the 2 C threshold. Even if every country met its promised emissions reductions, global mean temperatures would still soar past 2 C.

We have known for more than 15 years that “if a 2.0 C warming is to be avoided, direct CO₂ capture from the air, together with subsequent sequestration, would eventually have to be introduced in addition to sustained 90 per cent global carbon emissions reductions by 2050.”

So, while governments, industry and public sector institutions worldwide are announcing their intention to reach net-zero emissions by 2050, the reality is these are nothing more than aspirational goals made by decision-makers who will not be around to be held accountable for the decisions they made.

Reaching net-zero

To meet the target of these net-zero claims, most will rely on so-called nature-based solutions such as planting trees, using biochar in soils to enhance soil carbon uptake and restoring mangroves, salt marshes and sea-grass meadows.

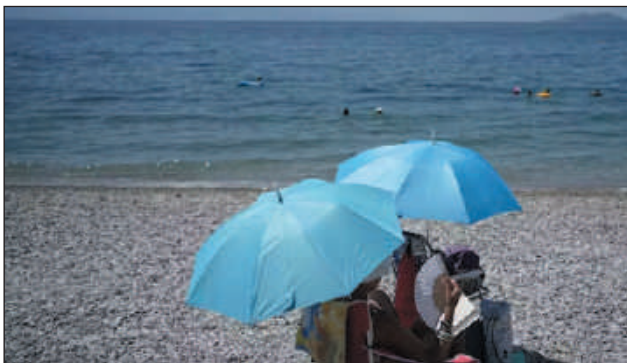
To be clear, nature-based climate solutions have an important role to play.

Human disruption of natural ecosystems has accounted for about 30 per cent of historical greenhouse gas emissions, so it is reasonable to expect nature-based climate solutions to have a key role to play moving forward.

But there are limits, not the least of which is that global warming will continue to cause increased wildfires in the years ahead. And these wildfires release the carbon stored in the vegetation back to the atmosphere.

While nature-based solutions can help in climate change adaptation and the preservation of biodiversity, there is a growing danger that governments, industry and the public will come to rely on them to maintain the status quo, thereby delaying what is actually needed.

We now need an immediate transition towards the decarbonization of global energy systems and the wide-



Travelling to experience the heat is both dangerous and creates more heat in the process. (AP Photo/Thanassis Stavrakis)

spread introduction of negative emission technology, such as direct air carbon capture and deep underground carbon sequestration.

This is the only hope humanity has for a long-term

solution to global warming.

We can take comfort in the very real successes of nature-based solutions and their many benefits. But we cannot take our eyes off the scale of the challenge before us. While all the solutions are known, achieving the goals of net zero emissions in the future is a matter of individual, institutional, corporate and political will.

Rather than jetting off around the world to feel the heat, perhaps it's time for everyone to take a good hard look at their individual contribution to global warming.

Each of us is part of the problem, meaning that each of us can also be part of the solution. And this notion can create an environment ripe for innovation and creativity — the foundational requirements of any prosperous and vibrant future.

Prof Andrew Weaver, School of Earth and Ocean Sciences, University of Victoria

Mauritius Times

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Thank you so much.
Mauritius Times

Why is Shravan Maas the holiest month?

By Ravina Ramlugun

One of the holiest months in the Hindu calendar is *Shravan Maas* (Jul/Aug) which is a period characterised by fasting and worship. It is usually said to be the month dedicated to the worship of Lord Shiva and is, thus, of great importance to the Hindu community, especially Saivites. The relationship between Shiva and the *Shravan Maas* is linked to the episode of *Samudra Manthana* (narrated in the Puranas) which is translated as the churning of the ocean and is said to have taken place during *Shravan Maas* itself.

The story of Samudra Manthana

Once Indra was roaming around on Airavata when he stumbled across Durvasa Muni. The latter offered Indra a blessed garland as a sign of affection. Delighted to see the beautiful garland, Indra thankfully took it and decided to adorn his Airavata with the same. But Airavata, not being pleased by this act, threw the garland on the ground. Angered by what had transpired, Durvasa Muni cursed Indra and all the other *Devas* as well that they would lose all their powers...

Several days passed by. The *Devas* could witness how they were becoming less and less powerful while the *Asuras* took pleasure in defeating them. Distressed by this state of affairs, the



Devas approached Vishnu who was resting in his transcendental slumber. After proper salutations, the whole scenario was narrated to Vishnu and the *Devas* requested his help. From this conversation, the *Devas* came to know that the solution to their problem was at the bottom of the *Ksheer Sagar*. It was only by churning the ocean and drinking the *amrita* or nectar lying underneath that the might of the *Devas* would be restored.

Thereafter the work began. Vishnu took the form of a boar and helped the *Devas* while they used Vasuki as a rope and churned. As the churning of the ocean was taking place, many precious *ratnas* (gems), Kamadhenu (the wish-fulfilling cow), Lakshmi (the consort of Vishnu), Dhanvantari (the divine physician) and Parijat (the ever-blossoming tree) came out. However, there was no sign of *amrita* yet. So, the *Devas* continued on and on...

Before any *amrita* would come out,

there emerged a deadly substance called *hala-hal*. A chill went down the spines of the *Devas*. This poison was enough to put an end to the whole universe! It had to be stopped at all cost. But the *Devas* did not have the courage to intervene - this would be akin to inviting death to oneself. There was only

One Being who could step in and ward off the looming calamity. Thinking about this,

the *Devas* began chanting the name of Mahadeva.

Sensing the urgency in their voice, Mahadeva did appear and seeing the situation before his eyes, he did not think twice before swallowing the poison to prevent it from spreading. Mahadeva held the poison in his neck which turned blue. Hence, from this day onwards, Mahadeva got the name Neelkanth (the one with a blue throat). As *Ganga Jaal* was offered to Mahadeva by the *Devas* to lessen the effect of the poison, devotees also do the same and thank him for his benevolence.

Om Namaha Shivaya

General practices during Shravan Maas

- Devotees usually take a vow of abstention which is observed for the whole month. Vows differ from individual to individual - fasting, not having intercourse, abstinence from drinking and gambling, and no verbal and physical harm to any living being among many others.
- A full or partial fast is observed every Monday of this month which is known as *Shravan Maas Somvar Vrat*.
- *Gauri Puja* is performed on every Tuesday - *Maa Parvati* and Lord Shiva are worshipped by couples for a happy married life.
- During this month, devotees offer ablation to Shiva Linga. The Shiva Linga is bathed with holy water, milk and honey, and is decorated with bel leaves and flowers.
- The nine ways to attain the Lord (mentioned in the Shiva Purana) are followed by devotees namely: hearing *kathas* on Shiva and his *parivaar*, singing devotional songs in his praise, remembering his glory and deeds, serving others, living in humility, worshiping with proper customs, offering obeisance, friendliness to all and surrendering to Shiva.

Forum

Mosquitoes, Men and Malady

By Mohun Aujayeb

Very often in a gathering, garden party or even indoors a few people get mosquito bites while others remain free of them as if they possess a sort of shield. In fact, the situation as revealed by scientific research is that mosquitoes shun some people while being attracted to others. The presence of certain scents and smells or odorants makes the difference and this is the basis on which repellents work. The need to control mosquito bites is not only because they can result in sore skin, inflammation and itching but also because through bites mosquitoes effectively transmit devastating disease like malaria, dengue, chikungunya... They are vectors of serious diseases.

The mosquito taking the blood meal from a human body injects (vomits) anticoagulant saliva first

before sucking blood. If that person is suffering from the transmissible disease, the blood ingested by the mosquito will contain the parasites/germs of the disease. The next person bitten by the mosquito becomes infected and in turn develops the disease. Once the mosquito becomes infectious, it is capable of transmitting the germs for the rest of its life during each subsequent bite or blood meal. Not all diseases are transmitted in this manner by mosquito bites, e.g., Covid, influenza cannot be transmitted by bites.

Humans are important to the life-cycle of some mosquitoes (females need a blood meal before they can produce eggs). Mosquitoes have evolved to detect and distinguish people from other animals. They detect our scent, follow the air we exhale, identify the odours emanating from our body, underarms... Finally heat guides them to the choicest sites on which to land while

taste receptors on their feet help them locate where to bite.

The manner in which the mosquitoes detect, bite and infect us is striking. And the way to safeguard us is to prevent being bitten. Evidently, we can try and kill mosquitoes in the surroundings, but we cannot eradicate them from a tropical country like ours.

While the relevant authorities control the mosquitoes and contain the spread of disease, it is logical that we should try to avoid being bitten. While wearing of appropriate clothing offer some protection, the use of repellents stands as a means of choice to keep the mosquitoes away. However, repellents should be used correctly and should be of good, certified quality.

Repellents disrupt the mosquitoes' ability to smell and locate us. At times using a good perfume camouflages our scent and keeps mosquitoes at bay. So, the best thing to do is not to be attracted by mosquitoes and protect ourselves. An ounce of protection goes a long way to keeping men away from mosquitoes and disease.

Dans *Le Malade imaginaire* de Molière, un père autoritaire, Argan, qui se dit malade, a décidé que sa fille Angelique, qui s'est promise à un autre, épousera un médecin qui le soignera de toutes ses maladies imaginaires. L'économie mauricienne a aussi ses faux malades, ces firmes profitables qui, qu'il pleuve ou qu'il fasse beau, réclament toujours plus d'aides de l'État, dont les institutions n'en demandent pas moins pour jouer aux médecins de Molière. Comme Argan, les patrons ont une obsession pour la maladie, qui est ici économique. Comment les amener à se ranger du côté de l'amour vrai, celui des principes économiques ? Ce livre y travaille, mais la pilule est dure à avaler. En définitive, Argan lui-même sera médecin. Et si le secteur privé aussi, poumon de l'économie, se fait médecin à la place de l'État ?



ERIC NG PING CHEUN

Eric Ng Ping Cheun est économiste, dirige sa propre boîte de conseil, PluriConseil, commente l'actualité économique et a publié plusieurs livres sur l'économie.

Un malade imaginaire

Au chevet de l'économie mauricienne



Le livre est en vente à Rs 500 l'exemplaire chez :

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Cooperation with high status individuals may increase one's own status

Seeking social status is a central human motivation. Whether it's buying designer clothing, working the way up the job ladder, or making a conspicuous donation to charity, humans often seek and signal social status. Human cooperation and competition aren't mutually exclusive, they are two sides of the same coin. Christopher von Rueden from the University of Richmond and Daniel Redhead from the Max Planck Institute for Evolutionary Anthropology led a study to assess the relationship between men's cooperation and status hierarchy, over a period of eight years, in a community of Tsimane Amerindians in Amazonian Bolivia.

Among the Tsimane, status is informal and evident in who has more verbal influence during community meetings. Influential men in this community also enjoy greater health and have more surviving children. At three points over the eight-year period, the researchers asked men to rank other men within their community on their status and to report other men with whom they regularly cooperate, in terms of food-sharing or joint hunting, fishing, or



horticultural labour.

The researchers show that high status men gain more cooperation partners over time, and that men gain status over time by cooperating with men of higher status than themselves. By cooperating with high status individuals, one may gain valuable information, resources, or coalitional support that increases one's own status. Alternatively, cooperation with high status individuals may increase one's status by more effectively broadcasting

generosity or other desirable attributes to other community members.

"The finding that status depends on cooperation provides insight into why human societies, particularly small-scale societies like the Tsimane, are relatively egalitarian compared to other primates," says von Rueden, joint-lead author of the study. "Humans allocate status based on the benefits we can provide to others, often more than on the costs we can inflict. This is in part because humans evolved greater interdependence, relying on each other for learning skills, producing food, engaging in mutual defence, and raising offspring. Individuals who can offer unique services in these contexts gain status."

Daniel Redhead, joint-lead author of the study, adds: "Humans -- compared to other animals -- give status to those who provide benefits to groups, and are thus more attracted to these individuals as cooperative

partners. At the same time, individuals increase their own status by cooperating with such high-status. These findings provide empirical evidence that stresses the broader importance of social interdependence -- be it food sharing, food production, friendship or advice -- in shaping human behaviour, and that this interdependence makes the ways that we obtain social status quite distinct from other animals."



Can our brains sense electromagnetic waves?

Your brains can perceive some electromagnetic waves – but not without your body's help.



calzone.photography/Shutterstock

Electromagnetic waves are packets of energy travelling all around us. Some of these waves have lots of energy, and some have less.

We call the lowest energy electromagnetic waves radio waves. There's a good chance radio waves are moving around you right now, shining out of wifi routers, laptops and mobile phones.

The most powerful electromagnetic waves are gamma rays, though you will never have had these anywhere near you unless you've spent time hanging around exploding stars or the inside of a nuclear reactor.

And there are some electromagnetic waves that we can actually see. This is visible light – the light we can see all around us.

Most electromagnetic waves around you just pass by without you ever noticing them, but some of them are perceived by your brain and form a very important part of

your everyday experience of the world.

Brain – and body

But your brain can't detect them on its own. Instead, it has to make sense of information about the electromagnetic waves that has been detected by other parts of your body.

A large part of the human brain is dedicated to making sense of a type of electromagnetic wave that we call "visible light". This type of electromagnetic wave bounces off objects and into our eyes.

At the back of the human eye there are millions of tiny cells that produce electrical signals when they are hit by an electromagnetic wave with a particular amount of energy. Some of these cells are designed to detect an amount of energy that we call the colour "red". Others are specialised for another amount of energy that we call the colour "green", or another that we call "blue".

The eye then sends electrical signals to your brain to describe the type of electromagnetic wave that it has detected – what colour the light was and where it came from. Finally, through a tremendously complicated sequence of electrical signals, a sighted person has the experience of "seeing".

The fact that human eyes can detect visible light but not other types of electromagnetic wave is just the way that human eyes have evolved. Other animals' eyes have evolved differently. For example, butterflies can see a slightly higher energy electromagnetic wave that our eyes can't detect, but which we call ultraviolet. Some flowers reflect a lot of ultraviolet waves, which makes it easier for butterflies to find them for food.

Invisible waves

Another type of electromagnetic wave that our brain

indirectly perceives is called infrared. We can sense this as heat.

When you stand near to a bonfire, your skin detects the fire's infrared electromagnetic waves. It then sends electrical signals to the brain to tell it that there is something hot nearby. The brain couldn't detect this wave by itself.

But the human body has no way to detect radio waves, so our brain is completely unaware of them as they pass around us. But we can use technology – like a radio, or wifi – to convert the electrical energy in radio waves into something we can detect, such as the music playing on a radio station.

We also use technology to detect x-rays, another type of electromagnetic wave. X-rays are used in hospitals to look inside bodies – for instance, to see if a bone is broken. If you have an x-ray taken, hospital specialists send the x-rays through your body, and a machine can pick up how easily the x-rays travelled through different parts of your body. Areas that are more difficult for the x-ray to pass through, such as bone, show up as white.

Even though your brain is ridiculously clever, it would know nothing without the information that it receives from the rest of your body. You and all your experiences come from your body, your organs, and your senses detecting the world around you, and sending that information to your brain.

An enormously complicated set of tiny electrical signals later and you have a conscious experience of being you, inside your body, and in a world literally full of electromagnetic waves.

Damian Cruse

Associate Professor in the School of Psychology,
University of Birmingham



A signboard outside a restaurant read

« Eat as much as you can, your grand children will pay the bill! »

A man entered the restaurant and ate as he could, got a toothpick and was relaxing.

The waiter gave him the bill. He laughed and pointed to the signboard, 'Don't you see, only my grandchildren will pay!'

The waiter politely replied, 'Sir, this is not your bill, it's your grandfather's bill.'

The man fainted...

A young bride was scouring the aisles of the supermarket.

Up and down each aisle she went, then started over again.

The store manager noticed this and went over to her.

"Can I help you find something, miss?" he asked.

"It's Mrs!" she said proudly, "I just got married."

Said the manager: "What can I help you find?"

"Scratch," she replied.

"Scratch?" he asked, "Is that a new cleanser or something?"

"No silly," she replied brightly. "My husband told me that his mother made everything from scratch, so I need to find some!"

In a tiny village on the Irish coast lived an old lady, a virgin, and very proud of it.

Sensing that her final days were rapidly approaching, and desiring to make sure everything was in proper order when she dies, she went to the town's undertaker (who also happened to be the local postal clerk) to make proper "final" arrangements. As a last wish, she informed the

undertaker that she wanted the following inscription engraved on her tombstone:

'Born a virgin, lived as a virgin, died a virgin.'

Not long after, the old maid died peacefully. A few days after the funeral, as the undertaker/postal clerk went to prepare the tombstone that the lady had requested, it became quite apparent that the tombstone she had selected was much too small for the wording that she had chosen. He thought long and hard about how he could fulfil the old maid's final request considering the very limited space available on the small piece of stone.

For days, he agonized over the dilemma, but finally his experience as a postal worker allowed him to come up with what he thought was the appropriate solution to the problem.

The virgin's tombstone was finally completed and duly engraved, and it read as follows:

'Returned Unopened'

A wealthy white man walked into a bar in Miami. As soon as he entered, he noticed an African woman (black), sitting in one corner.

He walked over to the counter, removed his wallet, and shouted, "Bartender! I am buying drinks for everyone in this bar, except that black woman over there!"

The bartender collected the money and began serving free drinks to everyone in the bar, except the African woman. Instead of becoming upset, the black woman simply looked up at the guy and shouted, "Thank you!"

This infuriated the wealthy guy. So once again, he took out his wallet and shouted, "Waiter! This time I am buying bottles of wine and additional food for everyone in this bar, except for that African sitting in the corner over there!" The bartender collected the money from the man and began serving free food and wine to everyone in the bar except the African.

When the waiter finished serving the food and drinks, the African woman simply smiled at the man and said, "Thank you!"

That made him furious. So, he leaned over the counter and asked the bartender, "What is wrong with that black woman? I have bought food and drinks for everyone in this bar except for her, and instead of becoming angry, she just sits there, smiles at me and shouts 'Thank you.' Is she mad?"

The bartender smiled at the wealthy man and said, "No, she is not mad. She is the owner of this establishment."

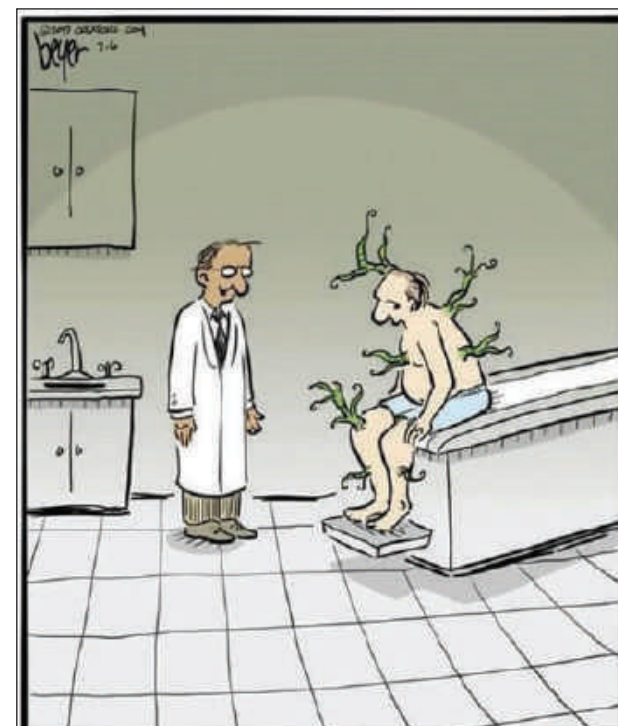
An Arab was admitted in the hospital for a heart transplant, but prior

to the surgery the doctors needed to store his blood in case the need arises.

As the gentleman had a rare type of blood, it couldn't be found locally. So, the call went out to a number of countries. Finally, a Mauritian was located who had a similar type of blood. The Mauritian willingly donated his blood for the Arab. After the surgery, the Arab sent the Mauritian as appreciation for giving his blood, a new Toyota Prado, diamonds, Lapis Lazuli jewellery, and a million US dollars.

After some time, once again the Arab had to go through a corrective surgery. His doctor telephoned the Mauritian who was more than happy to donate his blood again. After the second surgery, the Arab sent the Mauritian a thank you card and a bag of mangoes.

The Mauritian was shocked to see that the Arab had not reciprocated to his kind gesture the way he had



"You have sprouts. It's something couch potatoes get after sitting for too long."

anticipated. He phoned the Arab and told him that this time also he had expected the Arab to send him a Toyota Prado, diamonds and jewellery... but you only gave me a thank you card and a bag of mangoes?

To this, the Arab replied: "My friend, now I have Mauritian blood in my veins!"

After landing my new job as an ASDA greeter, I lasted less than a day. Here's what happened:

About two hours into my first day on the job, a very loud, decidedly unattractive, woman walked into the store along with her two kids, yelling obscenities at them all the way through the entrance.

As I had been instructed, I said, pleasantly, "Good morning and welcome to ASDA."

I then said, "Nice children you have there. Are they twins?"

The ugly woman stopped yelling long enough to say, "Don't be f..king stupid. Of course, they aren't twins. The oldest one's 9, and the other one's 7. Why the hell would you think they're twins? Are you blind, or just stupid?"

I replied, "I'm neither blind nor stupid, Madam. I just couldn't believe someone slept with you twice. Have a good day and thank you for shopping at ASDA."

Barry was busting to go to the toilet, so he went to a public bathroom. He had barely sat down in the cubicle when he heard a voice say, "Hi, how are you?"

Feeling a little embarrassed, Barry said politely: "Well, I guess I'm doing fine, thank you."

The voice then responded: "So, what are you up to?"

Barry started to become even more embarrassed, but once again he responded politely and said: "Well, just like you I'm sitting here trying to get a load off my mind."

He then heard the voice say: "Hey, can I come over?"

Barry was feeling extremely embarrassed and started to get slightly irritated too, so he snapped back: "Look, surely you understand I'm a bit busy right now!"

At this point he heard the voice say: "Jane... listen, I'll have to call you back. There's an idiot in the next cubicle who keeps responding to all my questions!"





It's important for women to take control of their own finances.
Pic - BellaNaija

Living Better Cold Hard Truth on Men, Women, and Money

By Kevin O'Leary

The following are just a few of the key takeaways from 'Cold Hard Truth on Men, Women, and Money'. If you're a woman who wants to improve your financial situation, reading this book is highly recommended. It's full of practical advice and insights that can help you achieve your financial goals.

1. Money and emotion don't mix. When making financial decisions, it's important to be rational and to avoid letting emotions cloud your judgment. This is

especially true for women, who are more likely to be influenced by emotions than men.

2. Women need to be more assertive about their finances. Women often defer to their partners when it comes to financial decision-making, but this can be a mistake. It's important for women to be assertive about their financial needs and to take control of their own finances.

3. Investing is essential for long-term financial security. Women need to start investing early and to make regular contributions to their investment accounts. This will help them to build wealth over time and to achieve their financial goals.

4. Don't be afraid to ask for help. There are a number of resources available to help women improve their financial literacy and make better financial decisions. Don't be afraid to ask for help from a financial advisor, a friend, or family member.

5. It's never too late to start. No matter how old you are, it's never too late to start improving your financial situation. Even small changes can make a big difference over time.

Some additional key takeaways:

- * Women are more likely to be risk-averse than men, which can hold them back from investing.
- * Women are more likely to be influenced by social pressure when making financial decisions.
- * Women need to be aware of the gender pay gap and how it can affect their financial security.
- * There are a number of financial resources available to help women, including financial advisors, etc.

Ego is the Enemy

1. Pride finds expression in talking, humility finds expression in listening.

Ego encourages you to lift yourself and base your worth on nothing or false worth. On the other hand, humility tells you how important it is to listen to people.

2. Manage your pride

Your ego is not some power you're forced to satiate at every turn. It can be managed. It can be directed.

As soon as you feel you are becoming egoistic, boastful, and proud – you can tell yourself to stop.

3. Your worst enemy resides within you

Wherever you are, whatever you're doing, your worst enemy already lives inside you: your ego.

Since pride is in us, it is either we feed it or starve it. How you deal with your pride makes the big difference.

4. Don't be afraid to take the low position

Ego drives you to make certain decisions just to massage it, causing a lot of problems along the line.

Do what other people refuse to do simply because they think they are too important to do it themselves.

5. Help people become great

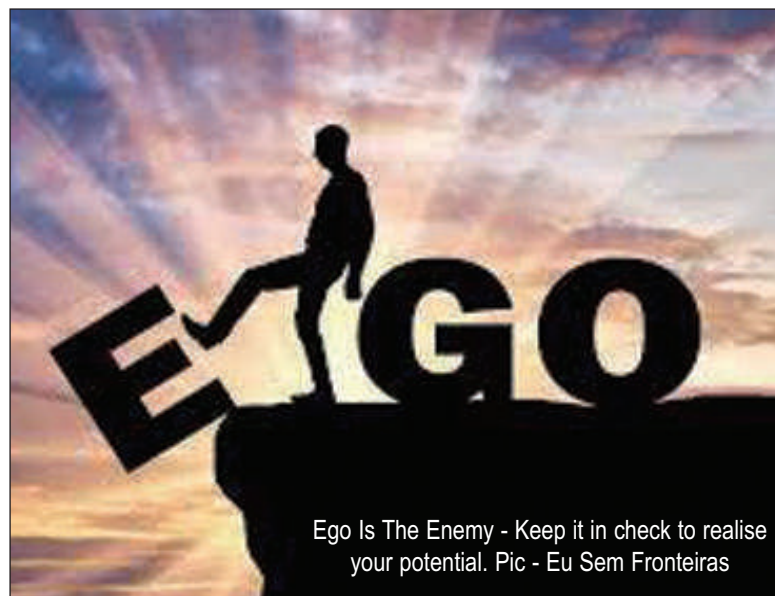
Ego focuses on self. Humility focuses on others.

If you want to become great, you need to help other people become great. That's just how the universal law works.

6. Become a student

Ego tells you not to listen to anyone. As a result, you stop learning.

When you become a student, you lay aside your



Ego Is The Enemy - Keep it in check to realise your potential. Pic - Eu Sem Fronteiras

pride.

You admit to yourself that you don't know everything. So, if you want to keep on learning, learn to be humble first.

7. Ego sways us from our ultimate goal

"We're never happy with what we have, we want what others have too.

We start out knowing what is important to us, but once we've achieved it, we lose sight of our priorities.

Ego sways us, & can ruin us."

8. Ego is the wicked sister of success & failure

When you succeed, don't give in to the temptation of feeling important.

Don't think that you are better than others just because you have succeeded.

When you fail, don't feel like you have been cheated or you have been sabotaged.

From 'Ego Is the Enemy' by Ryan Holiday



Essential Conversations for a Lifetime of Love

1. Make time for each other. The authors of 'Eight Dates' emphasize the importance of making dedicated, non-negotiable time for each other. This means setting aside time each week to talk, connect, and be intimate.

2. Be curious about your partner. The authors encourage couples to ask each other open-ended questions about their lives, dreams, and goals. This helps to build intimacy and understanding.

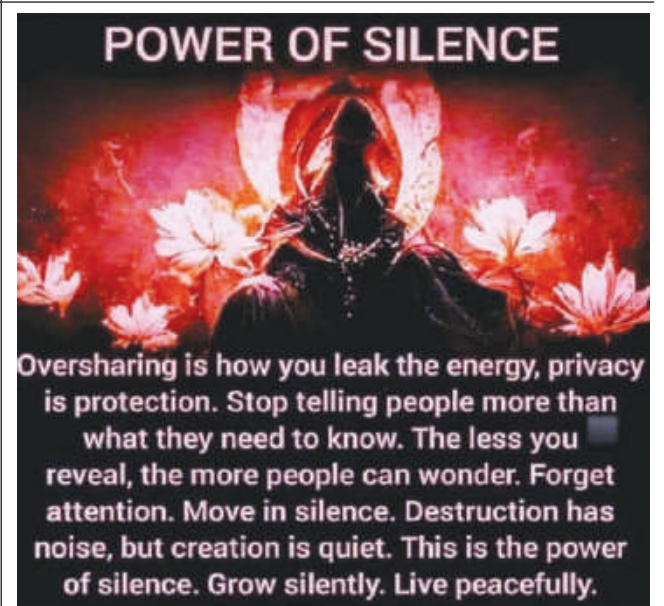
3. Learn how to fight fair. Conflict is inevitable in any relationship, but it doesn't have to be destructive. The authors of 'Eight Dates' teach couples how to communicate effectively during conflict, so that they can resolve their problems in a healthy way.

4. Talk about your dreams. What do you want to achieve in life? What are your hopes and dreams for the future? Talking about your dreams with your partner can help you to stay connected and motivated.

5. Honour your partner's spirituality. What is important to your partner spiritually? How do they find meaning and purpose in life? Talking about spirituality with your partner can help you to understand them better and to build a stronger connection.

These are just a few of the key takeaways from Eight Dates. If you're looking for ways to improve your relationship, I highly recommend reading this book.

From: 'Eight Dates: Essential Conversations for a Lifetime of Love'



Oversharing is how you leak the energy, privacy is protection. Stop telling people more than what they need to know. The less you reveal, the more people can wonder. Forget attention. Move in silence. Destruction has noise, but creation is quiet. This is the power of silence. Grow silently. Live peacefully.

Things men looking for a woman should know

Men can be absolutely clueless when it comes to women. When looking for the right partner for themselves, men hardly know or abide by their preferences which in itself is a very important aspect, while looking to date. And if you are a single guy, you have known the struggle! Hence, to guide you towards getting into a relationship, here are some very important things, as suggested by Times of India, you should know when looking for a woman to date.



The first-time approach matters a lot. Pic - Shutterstock

The first-time approach

Every woman is different. The same pick-up line won't work on everyone, especially if it's a cheesy, lame ice-breaker. The way you approach a woman matters a lot since it leaves a first, lasting impression. No one is the same.

Preassumptions

Never talk to a woman bearing in mind what you already know or think about her. You can easily flow into the conversation with what she likes and prefers. Never butt in your opinions like, "I thought you preferred tall guys" because logically, you didn't really know her preferences until then.

First impressions

First impressions are the best way to leave a mark on a woman, but if you screw it up, don't fret. There's always a chance later but it's better to be cautious the first time itself. You can either leave a lingering kiss or be so charming that she's left completely enamoured.

Confidence

The best way to get a woman is to be confident with your actions or while you talk to her. Don't doubt yourself because women wouldn't want to deal with second-guesses and confusion at the beginning itself.

Successful tries

If you have been facing rejection from women every time you approach them, then you may be doing something wrong. The way you talk, act or even present yourself can affect your chances with someone you like. Being a little edgy or trying something new without the fear of getting rejected is what you should apply. So, if you've been holding back something, speak up and catch her attention!

Dealing with rejection

Lastly, if nothing goes well, deal with rejection. Never take it as a disrespectful or bad sign because even if you try your best, the woman may not find you to be of her type or because she's simply not interested in you.

Health Tips

5 foods that every woman should include in her diet

While it is imperative to eat a healthy, well-balanced diet, there are certain foods that every woman should include in her diet — foods that are excellent not just for overall health, but ones that can actually safeguard you from a number of ailments.

Spinach

It may not be the most tempting thing to eat but spinach has so many assorted mineral and vitamins that not eating it would be a big mistake. Packed with magnesium, which is said to lower symptoms of PMS, spinach is also good for bone health, keeps blood sugar in check and lowers the risk of an asthma attack.

Flax seeds

With generous doses of omega-3 fatty acids, flax seeds are excellent for your heart and blood sugar levels. With powerful anti-inflammatory properties, eating flax seeds daily will be great for your health. Apart from this, the innocuous looking seeds are also good at reducing episodes of irritable bowel syndrome.

Cranberries

Apart from being tasty, cranberries can actually protect you from heart disease and tooth decay, and to an extent, urinary tract infections. This is because they are packed with phytonutrients, and their antioxidant and anti-inflammatory properties protect you from a host of ailments.

Tomatoes

While tomatoes are a staple in most homes, many



people underestimate the power of this fruit. Containing lycopene, a pigment, an increasing number of studies say that tomatoes reduce the occurrence of breast cancer and heart disease. They also improve bone health and help lower cholesterol.

Oats

Apart from being good for your heart, improving digestion and keeping blood pressure in check, oats also help prevent mood swings associated with PMS. Loaded in dietary fibre, oats can also lower cholesterol and keep your gastrointestinal tract running smoothly.

Health Tips

Can coconut water help you lose weight?

Coconut water is low in calories and contains natural enzymes and minerals including potassium, fiber, and protein, which makes it a perfect for weight loss. Though it's great to sip coconut water during any time of the day, drinking it at the right time can double the benefits. Coconut water has various minerals and vitamins that can help replenish the electrolyte in the body. The drink keeps you fresh and hydrated throughout the day, even if it is consumed once during the day.

Coconut water for weight loss

If you are trying to shed those extra kilos, consume coconut water instead of consuming other fruit juices as coconut water has more minerals as compared to any other fruit juice. Studies have even shown that fruit juices may have added or hidden sugar. Coconut water is not just low in calories but also has less sugar as compared to most other fruit juices.

The best time to have coconut water for weight loss

Unlike many other drinks, there is



no specific time to have coconut water. One can consume it during the day or even at night but consuming it during certain times of the day will definitely help you reap more benefits.

Consuming coconut water on an empty stomach early in the morning can help you not in one but many

ways. It contains lauric acid that helps in boosting your immunity, giving your metabolism a kick-start and thus promoting weight loss.

People are often recommended to have coconut water to fight dehydration and constipation. It also helps relieve morning sickness and heartburn in pregnant women.

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Katrina Kaif turns 40: Tracing diva's journey in Bollywood

Katrina Kaif is one of the most desirable, bankable, and successful actors in Bollywood. Kaif's journey to stardom has not been easy at all; due to her language barrier and British accent, she has received huge criticism. Despite all of this, Kaif overcame every obstacle and is now one of the prominent actresses in Indian cinema, reports wion.news.

Katrina started her career as a model in the early 2000s, she went on to star in several highly acclaimed and popular films, including *Tiger Franchise*, *Rajneeti*, *Singh Is Kinng*, and *Ajab Prem Ki Ghazab Kahani* to count a few. In addition to her acting, Katrina has won over the audience with her captivating beauty and dancing prowess.

Katrina turned 40 on Sunday 16th July. To celebrate her big day, let's look back at her time in Bollywood, her top hits, and much more.

Started her journey as a model

Born in Hong Kong, Katrina started her career as a model after she won a beauty pageant in Hawaii at the age of 14. She worked as a fashion model in the early years of her career.

Kaif made her Bollywood debut with the 2003 movie *Boom*, alongside megastars Amitabh Bachchan and Jackie Shroff. The movie terribly tanked at the box office



and was bashed by critics as well.

After she made her debut that went unnoticed, Katrina had some hard days finding her next project because of her British accent. However, Katrina fought through, worked hard, and won. The Hindustan Times reported that after *Boom's* release, Kaif was written off due to her poor Hindi and thick British accent as a result, filmmakers were hesitant to cast her in their films.

The first real step in Bollywood

While Katrina was doing great as a model and was endorsing big brands, she was still waiting for a big shot in Bollywood, which she got with Salman Khan's *Maine Pyaar Kyun Kiya*. Directed by ace director David Dhawan, the film was successful, and Kaif received the Stardust Award for Breakthrough Performance—Female.

In 2006, Katrina starred alongside Akshay Kumar in Raj Kanwar's *Humko Deewana Kar Gaye*. The film was unsuccessful at the box office, but it marked the first collaboration between Akshay and Katrina. The dynamic duo went on to star in a number of films like *Namastey London*, *Welcome*, *Singh is Kinng*, and *De Dana Dan*, all of which proved to be super hits at the box office.

Top hits

Katrina has been one of the highest-paid actresses in Bollywood. In her career of 20 years, She has been part of many blockbuster movies like *Singh Is Kinng*, *Ajab Prem Ki Ghazab Kahani* *Rajneeti*, *Welcome*, and *Zindagi Na Milegi Dobara*.

Her other commercially successful projects that have been ranked as some of the highest-grossing Indian films are *Ek Tha Tiger* (2012), *Dhoom 3* (2013), *Jab Tak Hain Jaan* (2012), and *Bang Bang!* (2014).

Katrina and her dance moves

Apart from acting, Katrina has always stunned the audience with her stunning dancing skills. Time and again, she has swooned the hearts of her fans with her sultry yet terrific dance moves, whether it was her mind-boggling performance in the song "Kamli" of Aamir Khan's *Dhoom 3* or her sensational dance in "*Sheila Ki Jawani*".

Entrepreneur

Katrina is also an entrepreneur and owns a cosmetic brand named Kay Beauty which she started in the year 2019. She launched her brand in partnership with Nykaa, an online shopping site. And within a short span of just 3 years, the make-up line has become the fastest-growing beauty brand in India.

Shilpa's husband Raj Kundra to make movie on his arrest in pornography case

They say when life gives you lemons, make lemonade. Indian businessman Raj Kundra is doing one better by making a movie after serving time in jail for allegedly producing and distributing pornographic material.

The 47-year-old husband of Bollywood actress Shilpa Shetty spent 63 days in jail in 2021 before being granted bail.

Since then, he has rarely been seen in public and claimed innocence in the case, denying involvement in the making or broadcasting of videos via the Hotshots app created by his company.

Now, it appears he is ready to tell his side of the story with a film that he himself will be starring in, reported Pinkvilla.

While the name of the director is still under wraps, it is understood that the film is in the final stages.

The film will be told from Kundra's point of view, starting from first reports of the allegations to consequent media coverage and time spent in jail to being bailed.

It will also show what he experienced at Arthur Road Jail, one of India's most overcrowded jails where it's said that 400 inmates share one toilet.

Shetty who married Kundra in 2009, has remained silent on the matter claiming sub judice but released a statement on Instagram on the challenging times they faced as a family.



Priyanka Chopra turns 41

Parineeti Chopra to Kareena Kapoor, Bollywood celebrities extend warm wishes

On her 41st birthday, Priyanka Chopra is being showered with love and heartfelt birthday wishes from her family and friends on social media. The Hollywood star's cousin, Parineeti Chopra, took to Instagram to share a beautiful throwback picture from her engagement ceremony with Raghav Chadha, along with a touching message for her beloved sister. Priyanka's proud mother, Madhu Chopra, joined in the celebrations and shared videos and pictures of the actress, while extending her warmest wishes, reports Indian Express.

Not only her family but also several Bollywood actors, including Anushka Sharma and Kareena Kapoor, extended their heartfelt birthday greetings to Priyanka.

Addressing Priyanka lovingly as "Mimi didi," Parineeti Chopra wrote, "Happiest birthday Mimi didi. Thank you for everything you do. I love you."

Priyanka's mother, Dr Madhu Chopra, took to her Instagram stories to share a picture of the mother-daughter duo and wrote, "Happy Birthday Pri." She also posted a video montage of several pictures, captioned as "Happy Birthday to the bold & gorgeous @priyankachopra."

Kareena Kapoor shared a throwback picture of herself with Priyanka on her



Instagram story and penned, "Happy Birthday PC @priyankachopra. Keep ruling the world, lots of love always."

Anushka Sharma wished Priyanka with a glamorous picture of the actress on Instagram stories, writing, "Wishing you love and light always."

From Rupali Ganguly to Kapil Sharma: Meet the highest paid artists on television

In India, television soap operas enjoy a massive popularity. Small-screen stars like Kapil Sharma, Tejasswi Prakash, and Rupali Ganguly, among others, have fan bases comparable to many Bollywood actors. TV actors' pay is mostly determined by their experience as well as the popularity of their show.

Here are some of the highest-paid actors who charge a hefty amount for work:



Rupali Ganguly

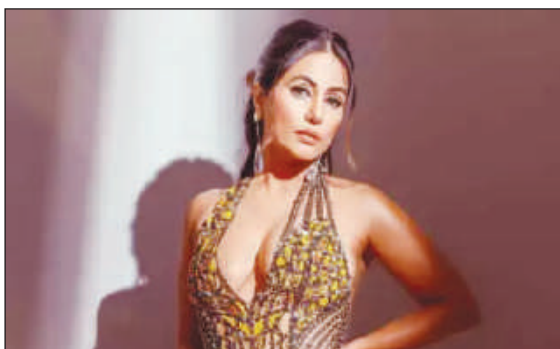
Rupali Ganguly is the highest-paid television actress, and she stars in one of the most popular series, *Anupamaa*. According to reports, Ganguly has increased her remuneration from Rs 150,000 to Rs 300,000 per episode.

Tejasswi Prakash

Naagin 6 fame Tejasswi Prakash, who has got a huge fan base, charges up to Rs 200,000 per episode as per reports.

Divyanka Tripathi

According to sources, Divyanka Tripathi, widely recognised for her character Ishita in *Yeh Hai Mohabbatein*, charges approximately Rs 100,000 every episode. Tripathi has also appeared in *Nach Baliye 8* and *Khatron Ke Khiladi 11*, as well as hosting other award programmes.



Hina Khan

Naagin 5 fame Hina Khan, who walked the Cannes red carpet, reportedly charges Rs 200,000 for each episode of a TV show. She rose to prominence as Akshara in *Yeh Rishta Kya Kehlata Hai* and was most recently seen as Komolika in *Kasautii Zindagii Kay 2*. She appeared on *Bigg Boss 11* in 2017 and eventually landed as the first runner-up. She has recently appeared in several music videos.

Ayesha Singh

Ghum Hain Kisikey Pyaar Mein actress Ayesha Singh charges approximately charges upto Rs 80,000 per episode. The actress who recently quit the show became quite popular and is rumoured to

be featuring as the lead actor in Ekta Kapoor produced *Naagin 7*.

Gaurav Khanna

Anupamaa actor Gaurav Khanna, who is loved by the audience for his character Anuj, earns up to Rs 150,000 per episode according to the reports.

Sriti Jha

Kundali Bhagya fame Sriti Jha reportedly charges up to Rs 75,000 to Rs 100,000 per episode. Sriti was last seen in an action reality show *Khatron Ke Khiladi 12* and was loved by the audience in the show.

Jennifer Winget

Jennifer Winget, who has appeared in *Saraswatichandra*, *Bepannah*, and *Beyhadh*, according to reports, charges Rs 150,000 for each episode. Winget appeared in Bollywood films such as *Akele Hum Akele Tum*, *Raja Ko Rani Se Pyaar Ho Gaya*, and *Kuch Na Kaho* as a child artist.

Harshad Chopda

Harshad has never failed to impress his fans be it in *Left Right Left* as Cadet Ali Baig or Raghavendra Pratap Singh in *Saubhagyavati Bhava*. The *Yeh Rishta Kya Kehlata Hai* actor approximately charges Rs 300,000 per episode.



Dheeraj Dhoopar

Kundali Bhagya fame Dheeraj impressed everyone with his charming looks and acting in the show with Shraddha Arya. Reportedly, the actor charges Rs 200,000 per episode.

Shraddha Arya

Shraddha Arya, from *Kundali Bhagya*, earns approximately Rs 100,000 every episode. The actress' monthly pay reportedly ranges from Rs 4 M to Rs 4.5 M.



Kapil Sharma

Kapil Sharma according to reports earn up to Rs 5 M per episode in *The Kapil Sharma Show*. The talk show debuted in April 2016 and quickly became one of the most-watched programmes in India.

YOUR STARS

Sagittarius: Nov 22 - Dec 21

You'll find that you have an adventurous spirit and a strong desire to discover new places. If you take advantage of a networking opportunity in your professional life, it can lead to some interesting chances. In regard to your personal life, a random meeting might result in the formation of a new friendship. When it comes to your finances, you can come across an opportunity that would allow you to bring in more money.

Lucky Numbers: 10, 11, 15, 20, 23, 24

Capricorn: Dec 22 - Jan 19

You may notice that you are more self-disciplined and concentrated than usual on your work. Put this time to use in furthering your long-term objectives. One of the most beneficial learning experiences you may have in your professional life is the completion of a difficult work. Don't run away from the problem. If you want to keep the peace in your personal relationships, you might have to make some concessions.

Lucky Numbers: 2, 7, 9, 15, 20, 23

Aquarius: Jan 20 - Feb 18

This coming week, you'll notice that you're hankering after mental stimulation more than usual. It's never been a better opportunity to pick up some new skills. In your professional life, the people you work with may value the unique ideas you have. Don't be shy about passing them around. Someone you care about might require your assistance in their personal lives. Stay there for them; they will appreciate your help and consideration.

Lucky Numbers: 4, 10, 12, 20, 30, 32

Pisces: Feb 19 - Mar 20

You may find that you are experiencing an increase in your intuitive and empathic abilities. It is possible that you will have the opportunity to demonstrate your skills at some point in your professional life. Take advantage of this chance. When it comes to your relationships, having a meaningful conversation with a loved one can bring you closer together. Don't be afraid to talk about how you feel; it's important.

Lucky Numbers: 15, 20, 21, 23, 26, 30

Aries: Mar 21 - Apr 19

You're full of energy and enthusiasm for whatever you're doing. Now might be a good time to start working on those things you've been putting off. Once you get going, you won't be able to be stopped. When it comes to your relationships, having a meaningful discussion with a person you care about might bring you closer than you have ever been before. Don't be afraid to talk about how you feel; it's important.

Lucky Numbers: 1, 8, 13, 14, 29, 32

Taurus: Apr 20 - May 20

It's possible that overindulging could leave you feeling lethargic and guilty. It's possible that an unforeseen cost will show up in your personal finances. Don't freak out; rather, think of this as a friendly reminder to start putting some money aside for unexpected expenses. On the subject of relationships, a misunderstanding might cause stress in the situation. The problem can be solved with better communication.

Lucky Numbers: 7, 9, 20, 33, 36, 40

Gemini: May 21 - June 20

You'll notice that your creative juices are flowing more freely than usual. Take use of this opportunity to try out brand new activities or to get back into old ones. There is a possibility that a project you have been working on in your professional life may finally be completed. In terms of one's connections with other people, a friend may require your assistance. Stay there for them; they will appreciate your help and consideration.

Lucky Numbers: 4, 7, 23, 26, 30, 40

Cancer: June 21 - July 22

These days you may find yourself engaging in more inward reflection. Make use of this time to contemplate your objectives for the future. There is a possibility that you will be given the opportunity to acquire new knowledge in the context of your professional life. Take advantage of this chance because it may lead to further doors opening for you. It's possible that the guidance of a family member will end up being really helpful to you in your personal life.

Lucky Numbers: 3, 7, 9, 13, 19, 33

Leo: July 23 - Aug 22

You'll find yourself in the centre of attention this coming week. Your tenacity and commitment are being recognized and appreciated. Have fun with the praise, but don't forget to keep your humility. In your private life, an old buddy from your past can get in touch with you. It's possible that getting back in touch will bring back fond memories and reignite the friendship. A fresh chance for investment can present itself to you in the realm of your finances.

Lucky Numbers: 5, 7, 19, 23, 26, 39

Virgo: Aug 23 - Sept 22

You might get the overwhelming need to clean up and organize your space. This is a fantastic moment to get rid of things that aren't serving you anymore and make room for new things to come into your life. In the context of romantic relationships, a show of affection has the potential to take you by surprise. Take some time to savour the present and follow your instincts.

Lucky Numbers: 20, 25, 28, 31, 33, 36

Libra: Sept 23 - Oct 22

You have a strong desire for harmony and balance. Now is a wonderful time to put more of an emphasis on relaxing and taking care of oneself. In your professional life, you can find yourself in a trying circumstance that puts your patience to the limit. Maintain your composure and calmness throughout the process, and you will make it through it successfully.

Lucky Numbers: 8, 15, 17, 29, 36, 38

Scorpion: 23 Oct - 21 Nov

You may notice that you are feeling more motivated and concentrated on what you want to accomplish. Put this enthusiasm to good use and get to work on achieving your goals. Maintain the high standard you've set. When it comes to relationships, having a discussion that is in-depth and meaningful can help to deepen bonds. Don't be scared to talk about how you're feeling.

Lucky Numbers: 8, 17, 26, 27, 30, 37



Vendredi 21 Juillet - 20.30



Samedi 22 Juillet - 20.30



Dimanche 23 Juillet - 20.30



Programme TV



vendredi 21 juillet

samedi 22 juillet

dimanche 23 juillet

lundi 24 juillet

MBC 1

- 06.01 Serial: New Amsterdam
- 07.00 Film: A Beautiful Day In The Neighbourhood
- 08.50 Serial: Suits
- 09.35 Tele: Le Chemin Du Destin
- 10.06 Tele: A Que No Me Dejas
- 10.25 The Gardener's Daughter
- 10.50 Tele: Marimar
- 11.15 Serial: Blacklist
- 12.00 Le Journal
- 12.35 Tele: Sublime Mensonge
- 13.25 Tele: Fierce Angel
- 13.45 Tele: Imperio De Mentiras
- 14.15 Serial: Burden Of Truth
- 15.21 Film: Cripple Creek
- 17.33 The Gardener's Daughter
- 18.31 Serial: Wagle Ki Duniya
- 18.55 Serial: Mere Dad Ki Dulhan
- 20.35 Film: Le Pic De Dante
- 22.18 Tele: Sublime Mensonge
- 23.01 The Gardener's Daughter

- 01.42 Film: Le Pic De Dante
- 03.33 Serial: Wanted
- 04.15 Serial: Deux Flics A Miami
- 05.03 Tele: La Beaute Du Diable
- 06.30 Tele: Le Chemin Du Destin
- 06.54 Le Livre Perdu Des sortileges
- 07.36 Serial: Newton's Law
- 08.31 Serial: Blue Bloods
- 09.15 Serial: Wanted
- 09.57 Serial: Deux Flics à Miami
- 10.45 Serial: Kojak
- 11.35 Tele: Le Chemin Du Destin
- 12.00 Le Journal
- 12.25 Serial: Lincoln Rhyme
- 13.15 Tele: Missing Bride
- 14.00 Tele: Sublime Mensonge
- 15.21 Film: Earthtastrophe
- 16.50 Tele: Tour De Babel
- 18.00 Live: Samachar
- 20.30 Film: Force Of Nature
- 22.07 Serial: Chicago PD
- 22.50 Tele: Rubi

- 02.22 Film: Force Of Nature
- 05.13 Tele: La Beaute Du Diable
- 06.30 Tele: Le Chemin Du Destin
- 06.55 Film: Force Of Nature
- 08.38 Serial: Le Livre Perdu Des Sortilèges
- 10.50 Serial: Under Pressure
- 11.35 Tele: Le Chemin Du Destin
- 12.00 Le Journal
- 12.40 Film: Cripple Creek
- 15.00 Live: Samachar
- 15.25 Film: Dolphin Island
- 16.55 Tele: Tour De Babel
- 18.00 Live: Samachar
- 18.31 Enter: Sa Re Ga Ma Pa
- 19.16 Sayings Radha Krishna
- 19.30 Le Journal
- 20.30 Film: Men In Black
- With: Tessa Thompson, Chris Hemsworth, Liam Neeson
- 22.20 Serial: Chicago PD

- 06.15 Serial: Rookie Blue
- 07.15 Film: The Dark Beginnings Of Sherlock Holmes
- 08.45 Serial: The Bionic Woman
- 09.35 Tele: Le Chemin Du Destin
- 09.55 Tele: A Que No Me Dejas
- 10.26 The Gardener's Daughter
- 10.55 Tele: Marimar
- 12.00 Le Journal
- 12.25 Tele: Sublime Mensonge
- 13.15 Tele: Fierce Angel
- 13.40 Tele: Imperio De Mentiras
- 14.15 Serial: The Bionic Woman
- 15.30 Film: The Night Is Young
- 17.30 The Gardener's Daughter
- 18.30 Serial: Wagle Ki Duniya
- 18.55 Serial: Mere Dad Ki Dulhan
- 19.30 Le Journal
- 20.25 Serial: Le Livre Perdu Des Sortilèges
- 21.15 Serial: Newton's Law
- 22.07 Serial: Blue Bloods

MBC 2

- 06.19 Local: Les Grandes Lignes
- 08.21 Local: An Eta Dalert
- 10.38 Local: J'ai Faim
- 11.02 Local: Groov'in
- 12.02 Rodrig: Li Bon Ou Konnin
- 12.15 Local: Les Grandes Lignes
- 13.20 MBC Prod
- 15.05 Local: An Eta Dalert
- 15.12 Local: Generations J
- 15.42 Local: Groov'in
- 17.03 Local: La Societe
- 18.00 Tele: Imperio De Mentiras
- 18.28 Tele: A Que No Me Dejas
- 19.30 Local: Rodrig Prog
- 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: Voyage Au Feminin
- 00.12 Local: Itinerer Rodrig
- 00.25 Local: Rodrig Prog

- 06.14 Local: Enn Semenn Dan Lafrik
- 08.33 Local: Animalia Nos Amis...
- 10.30 Local: Rodrig: Nou La Ter
- 12.02 Rodrig: 13 Minit Natir Rodrig
- 12.38 Local: Lir Ekir Kreol
- 13.18 Local: Voyage Au Feminin
- 14.12 Local: Zanfan Nou Pei
- 15.03 Local: La Societe
- 17.05 Local: Come On Let's Dance
- 18.00 Serial: The Bionic Woman
- 19.00 Zournal Kreol
- 19.20 Magazine De L'emploi
- 20.10 Local: Les Petits Genies
- 20.35 Local: Glwar Dantan
- 2102 Local: Mama Jazz 2023
- 23.00 Zournal Kreol
- 23.23 Local: Rodrig: D'jam
- 23.46 Local: Rodrig - Lavi Fam
- 00.08 Local: Saver Kiltirel
- 00.41 Local: Pran Kont Ou Lasante

- 06.00 Rodrig: D'Jam
- 06.26 Rodrig Prog: Kot Nou
- 06.45 Local: Aktiv
- 07.35 Rodrig Prog: Komanter
- 09.00 Local: Les Petits Genies
- 10.00 Local: Glwar Dantan
- 11.00 Local: Nu Rasinn
- 12.30 Local: Les Petits Genies
- 13.01 La Journee Sous Le Regard
- 14.00 Local: Elle
- 16.00 Local: Avant Scene
- 17.30 Local: Glwar Dantan
- 18.00 Serial: The Bionic Woman
- 19.00 Zournal Kreol
- 19.20 Local: Inspiration
- 20.45 Local: Les Klips
- 21.37 Local: Extraits DU Festival...
- 22.27 Local: Retouvizer
- 23.20 Local: Rodrig: Sa Lavi-La
- 00.37 Local: Nu Lakwizin
- 01.08 Local: Nu Rasinn

- 07.09 Local: Inspirasion
- 08.54 Local: Retrovizer
- 09.28 Local: Elle
- 11.00 Local: Les Klips
- 12.00 Local: Nu Rasinn
- 12.51 Local: Rodrig: Komanter
- 13.10 Extraits Du Festival Lamisik
- 13.59 Local: Elle
- 14.52 Local: Inspirasion
- 15.20 Local: Tipa Tipa Nu Avance
- 16.04 Local: Les Klips
- 17.15 Local: Radio Vision
- 18.04 Tele: Imperio De Mentiras
- 18.30 Tele: A Que No Me Dejas
- 19.00 Zournal Kreol
- 19.30 Rodrig: Feminin Pluriel
- 20.30 Local: Business Connect
- 21.20 Local: Radio Vision
- 22.14 Local: Lir - Ekir Kreol
- 22.50 La Journee Sous Le Regard
- 23.00 Zournal Kreol

MBC 3

- 07.00 Serial: Gadget Guru Ganesha
- 08.00 Shrawan Maas Sandesh
- 10.07 Serial: Agniphera
- 11.30 Serial: Radha Krishna
- 12.00 Film: Razia Sultan
- Starring: Hema Malini, Dharmendra, Parveen Babi
- 15.00 Live: Samachar
- 15.30 Dulhin Uhe Jo Nanad Man Bhava
- 16.00 Serial: Ishaaron Ishaaron Mein
- 16.21 Serial: Bhakharwadi
- 17.31 Serial: Radha Krishna
- 18.00 Live: Samachar
- 18.30 Local: Mati Ke Mol
- 19.02 Local: Khel Khiladi
- 20.30 Serial: Vidrohi
- 20.47 Film: Vachan
- 22.47 Serial: Jijaji Chhat Par Hain
- 23.09 Serial: Yeh Teri Galiyan

- 07.00 Film: Vir The Robot Boy
- 08.26 Shrawan Maas Sandesh
- 10.36 Serial: Bade Acche Lagte Hai
- 11.43 Serial: Dikri Vahalno Dariyo
- 12.15 Local: Mati Ke Mol
- 12.40 Local: Khel Khiladi
- 13.10 Excerpts From Gala Show
- 15.00 Live: Samachar
- 15.21 Film: Sadak 2
- Starring: Sanjay Dutt, Alia Bhatt, Aditya Roy Kapur, Jisshu Sengupta, Pooja Bhatt
- 18.00 Live: Samachar
- 18.30 Local: Satrangi
- 19.22 Local: Khoobsurat
- 19.37 Local: Hindi Sahitya
- 20.00 Local: Yeh Shaam Mastani
- 21.10 Film: Force 2
- Starring: John Abraham, Sonakshi Sinha, Tahir Raj Bhasin
- 23.04 Shrawan Maas Sandesh

- 07.00 Film: Vir The Robot Boy
- 09.00 Duniya Mein Is Saptah
- 09.42 Local: Hindi Sahitya
- 12.02 Film: Banarasi Babu
- 14.59 Live: Samachar
- 15.30 Local: Satrangi
- 15.58 Duniya Mein Is Saptah
- 16.15 Local: Khoobsurat
- 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
- 00.26 Local: Planet Bollywood
- 00.53 Local: Tohar Rashi

- 07.00 Serial: Kisna
- 09.35 Serial: Chhotki Dulhin
- 10.30 Serial: Bhaag Na Bachhe Koi
- 12.02 Film: Bhakti Mein Shakti
- 14.13 Mag: DDI Mag
- 14.59 Live: Samachar
- 15.21 Dulhin Uhe Jo Nanad Man...
- 15.40 Kundali Bhagya
- 17.31 Radha Krishna
- 18.00 Live: Samachar
- 18.29 Local: Ved Ki Shikshayen
- 19.00 Local: Hindi Sahitya 2023
- 19.30 Local: Excerpts From Shiv...
- 20.10 Local: Charcha
- 20.30 Film: Pakhandi
- 22.55 Serial: Jijai Chhat Par Hain
- 23.25 Serial: Yeh Teri Galiyan
- 00.11 Local: Ved Ki Shikshayen
- 00.41 Local: Hindi Sahitya 2023
- 01.19 Local: Excerpts From Shiv Abhishek
- 01.47 Local: Charcha

Cine 12

- 06.03 Doc: Eye On Sacc
- 06.41 D.Anime: Les Blagues De...
- 07.40 D.Anime: Yo Yo
- 07.54 D.Anime: Kids Songs
- 08.10 Serial: Hi Opie!
- 09.14 Film: Holiday Joy
- 10.35 Serial: My Perfect Landing
- 10.57 Mag: The World Is Yours
- 11.25 Mag: Shift
- 12.17 Doc: China's New Silk Road
- 13.00 Mag: Human Nature
- 13.30 Film: Les Ours Boonie
- 15.00 D.Anime: Early Learning
- 15.10 D.Anime: Wonder Grove
- 15.11 D.Anime: Anna Et Ses Amis
- 15.25 D.Anime: Word Party
- 16.10 D.Anime: Inspecteur Gadget
- 16.31 D.Anime: Kika Et Bob
- 16.46 Serial: Raindow Rangers
- 17.03 D.Anime: Hunter X Hunter
- 17.38 Serial: Espoirs Secrets

- 06.20 D.Anime: Les Blagues De...
- 06.45 D.Anime: L'Heure Du Conte
- 09.14 Film: Dinofroz
- 10.38 Serial: N*Gen
- 11.05 Mag: The World Is Yours
- 13.00 Mag: Human Nature
- 15.15 D.Anime: Wonder Grove
- 15.18 D.Anime: Anna Et Ses Amis
- 15.39 D.Anime: Word Party
- 15.45 D.Anime: Robin Des Bois
- 16.14 D.Anime: Inspecteur Gadget
- 16.40 D.Anime: Kika Et Bob
- 16.54 Serial: Raindow Rangers
- 17.17 D.Anime: Hunter X Hunter
- 17.41 Mag: D.I.Y.
- 18.00 Mag: National Anthem
- 20.01 Tele: Le Chemin Du Destin
- 20.30 Live: News
- 21.40 Film: La Momie
- 23.30 Doc: Persons
- 23.50 Doc: The Beautiful Nefertiti

- 06.28 D.Anime: Les Blagues De...
- 06.51 D.Anime: L'Heure Du Conte
- 07.13 D.Anime: Paf Le Chien
- 09.05 Film: Monsterville
- 10.27 Serial: N*GEN
- 11.04 Mag: The World Is Yours
- 11.20 Doc: The Beautiful Nefertiti
- 12.06 Doc: Meru
- 13.26 Film: Plouf Olly Plouf Et Le...
- 15.04 D.Anime: Wonder Grove
- 15.06 D.Anime: Anna Et Ses Amis
- 15.18 D.Anime: Hunter X Hunter
- 15.49 D.Anime: Miraculous
- 16.32 D.Anime: Kika Et Bob
- 17.03 D.Anime: Hunter X Hunter
- 18.00 Doc: World Capitals
- 18.28 Doc: Foodland
- 19.00 Mag: Healthy Living
- 20.00 Tele: Le Chemin Du Destin
- 21.42 Film: Save Me From Everything

- 06.00 Doc: Eye On SACC
- 08.00 Doc: Hi Opie!
- 08.57 Film: Black Beauty
- 10.32 Serial: My Perfect Landing
- 10.54 Mag: The World Is Yours
- 11.21 Mag: Luana's Kitchen
- 11.50 Mag: Carnet De Sante
- 12.11 Doc: Hotels
- 13.38 Film: Les Aventuriers Du Vaisseau Perdu
- 14.54 D.Anime: Kids Songs
- 15.02 D.Anime: Wonder Grove
- 15.05 D.Anime: Anna Et Ses Amis
- 15.35 D.Anime: Robin Des Bois
- 16.11 D.Anime: Inspecteur Gadget
- 16.31 D.Anime: Kika Et Bob
- 16.44 D.Anime: Raindow Rangers
- 18.30 Mag: National Anthem
- 19.02 Doc: Africa 54
- 19.32 Mag: In Good Shape
- 21.36 Film: Dark Beginnings Of Sherlock Holmes

Bollywood TV

- 14.25 Serial: Zindagi Mere Ghar Aana
- 15.00 Bade Acche Lagte Hai 2
- 15.30 Film: Hum To Mohabbat Karega
- Starring Bobby Deol, Karisma Kapoor, Johnny Lever
- 18.00 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 Kismat Ki Lakiron Se
- 22.31 Kabhi Kabhie Ittefaq Sey
- 22.59 Patiala Babes
- 23.29 Film: Hum To Mohabbat Karega
- Stars : Bobby Deol, Karisma Kapoor, Johnny Lever

- 08.00 Kabhi Kabhie Ittefaq Sey
- 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: Jia Aur Jia
- Starring: Richa Chadda, Kalki Koechlin, Arslan Goni
- 19.56 Serial: Kalari Kids
- 20.09 Serial: Porus
- 20.32 Naagin Seasn 05
- 21.11 Serial: Kabhi Kabhie

- 00.00 Sasural Simar Ka 2
- 02.05 Udaariyaan
- 04.00 Anupamaa
- 05.53 Kuch Rang Pyar Ka Aise...
- 08.00 Kalari Kids
- 08.11 Main Maike Chali Jaungi...
- 10.02 Kundali Bhagya
- 12.00 Bade Acche Lagte Hai 2
- 14.03 Kismat Ki Lakiron Se
- 16.00 Jijaji Chhat Par Hain
- 18.32 Film: Antim
- Starring Salman Khan, Aayush Sharma, Mahima Makwana
- 20.43 Serial: Kalari Kids
- 20.57 Serial: Naagin Season
- 21.48 Serial: Bade Acche Lagte Hai 2
- 23.48 Serial: Main Maike Chali Jaungi Tum Dekhte Rahiyo

- 14.25 Serial: Zindagi Mere Ghar...
- 15.00 Serial: Bade Acche Lagte Hai 2
- 15.26 Film: Police Force
- Starring: Akshay Kumar, Raveena Tandon, Amrish Puri, Mohan Joshi
- 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
- 21.32 Mere Sai
- 22.04 Kismat Ki Lakiron Se
- 22.29 Kabhi Kabhie Ittefaq Sey
- 22.53 Patiala Babes
- 23.30 Film: Police Force
- Starring: Akshay Kumar, Raveena Tandon, Amrish Puri, Mohan Joshi



Mardi 25 Juillet - 20.30



Mercredi 26 Juillet - 15.12



Mercredi 26 Juillet - 20.50



Programme TV



mardi 25 juillet

MBC 1

06.00 Serial: Rookie Blue
07.15 Serial: Le Livre Perdu Des...
08.09 Serial: Newton's Law
08.47 Serial: Blue Bloods
09.40 Tele: Le Chemin Du Destin
10.05 Local: A Que No Me Dejas
10.30 The Gardener's Daughter
10.55 Tele: Marimar
12.00 Le Journal
12.25 Tele: Sublime Mensonge
13.15 Tele: Fierce Angel
13.45 Tele: Imperio De Mentiras
14.10 Serial: L'Incroyable Hulk
15.21 Film: The Dark Beginnings Of Sherlock Holmes
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: The Escape Room
Avec: Taylor Russell, Logan Miller

MBC 2

07.49 Local: Tous Egaux
09.30 Local: Radio Vision
11.00 Local: Le Rendez Vous...
12.03 Rodrig: Feminin Pluriel
12.31 Local: Proze Dime
13.07 Local: Business Connect
14.49 Local: Lir - Ekriir Kreol
15.10 Local: Rodrig Prog
15.38 Local: Le Rendez Vous...
17.12 Local: Radio Vision
18.00 Tele: Imperio De Mentiras
18.32 Tele: A Que No Me Dejas
19.00 Zournal Kreol
19.30 Rodrig Prog: Plat Du Chef
19.48 Local: Son Ladan Mem
21.30 Local: Radio Vision
22.30 Local: Mots & Ecrits
22.47 La Journee Sous Le Regard
23.20 Local: Music Tour 2022

MBC 3

07.00 Serial: Gadget Guru Ganesha
08.04 Local: Ved Ki Shikshayen
08.30 Local: Hindi Sahitya 2023
08.56 Excerpts From Shiv Abhishek
09.37 Local: Charcha
10.03 Serial: Kundali Bhagya
12.00 Film: Bade Ghar Beti
Starring: Meenakshi Seshadri, R. Kapoor and Shammi Kapoor
15.00 Live: Samachar
15.30 Serial: Badki Malkaain
15.59 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: Andhaa Kaanoon
23.11 Serial: Jijaji Chhat Par Hain
23.32 Serial: Yeh Teri Galiyan

MBC 5

06.03 Mag: Eco At Africa
09.00 Mag: Recipes For Kids
09.03 Film: Dive Olly Dive And The Octopus Rescue
10.36 Serial: My Perfect Landing
11.20 Mag: Eco At Africa
11.46 Mag: In Good Shape
13.02 Mag: Human Nature
13.30 Film: Sherlock Holmes
15.02 D.Anime: Early Learning
15.22 D.Anime: Word Party
15.36 D.Anime: Robin Des Bois
16.10 D.Anime: Inspecteur Gadget
16.31 D.Anime: Kika Et Bob
16.45 Serial: Rainbow Rangers
17.07 D.Anime: Hunter X Hunter
17.31 Mag: D.I.Y. Discover Your...
17.36 Serial: Espoirs Secrets
18.21 Mag: National Anthem
18.30 Mag: Healthy Living
18.45 Mag: Red Carpet

Bollywood TV

14.25 Zindagi Mere Ghar Aana
15.25 Film: Safari
Starring: Sanjay Dutt, Juhi Chawla
18.00 Live: Samachar
18.30 Kundali Bhagya
19.03 Udaariyaan
19.33 Kuch Rang Pyar Ke Aise...
20.06 Sasural Simar Ka 2
20.38 Radha Krishna
21.08 Anupama
21.37 Mere Sai
22.08 Kismat Ki Lakiron Se
22.38 Kabhi Kabhie Ittefaq Sey
23.06 Patiala Babes
23.30 Film: Safari
Starring: Sanjay Dutt, Juhi Chawla
02.02 Kundali Bhagya

mercredi 26 juillet

07.10 Film: The Lady From Shanghai
08.45 Serial: The Bionic Woman
09.30 Tele: Le Chemin Du Destin
10.05 Tele: A Que No Me Dejas
10.30 The Gardener's Daughter
10.55 Tele: Marimar
11.15 Serial: Blacklist
12.00 Le Journal
12.25 Tele: Sublime Mensonge
13.15 Tele: Fierce Angel
13.45 Tele: Imperio De Mentiras
14.15 Serial: The Bionic Woman
15.21 Film: The Boy, The Dog And The Clown
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: The Bad Guys

07.31 Local: Priorite Sante
09.00 Prod: Neness Dime
09.30 Local: Radio Vision
11.00 Local: Music Tour 2022
12.03 Rodrig: Plat Du Chef
12.25 Local: ONG An Eta Dalert
12.43 Local: Les Grands Moments
13.05 Local: Priorite Sante
14.30 Local: Rodrig Prog
14.56 Prod: Nu Rasinn
15.53 Local: Glwar Dantan
17.12 Local: Music Tour 2022
18.00 Tele: Imperio De Mentiras
18.32 Tele: A Que No Me Dejas
19.00 Zournal Kreol
19.30 Rodrig Spor
20.00 Local: Mon Jardin Ma Maison
21.38 Local: Les Klips
22.29 Local: Proze Dime
22.47 La Journee Sous Le Regard
23.25 Local: Come On Let's Dance

07.00 Serial: Gadget Guru Ganesha
08.26 Local: Bhojpuri Dhamaka
08.56 Prakriti Ki God Mein
09.22 Chikitsa Aur Swasthya
10.00 Serial: Jijaji Chhat Par Hain
11.32 Serial: Radha Krishna
12.00 Film: Apne Rang Hazaar
Starring: Sanjeev Kumar, Leena Chandavarkar, Danny Denzongpa
15.30 Serial: Dulhin Uhe Jo Nanad Man Bhave
16.01 Serial: Suhani Si Ek Ladki
17.30 Serial: Radha Krishna
18.00 Live: Samachar
18.30 Other: Radha Krishna
19.39 Local: Anjoria
20.00 Local: Virasat
20.35 Film: Hero Gamchawala
23.05 Serial: Jijaji Chhat Par Hain
23.28 Serial: Yeh Teri Galiyan

06.30 Mag: Bricks 'O' Brian
07.41 D.Anime: Yo Yo
09.00 Mag: Recipes For Kids
09.03 Film: The Boathouse Detectives
10.30 Serial: My Perfect Landing
11.17 Mag: Healthy Living
11.36 Mag: Business Africa
12.59 Mag: Human Nature
13.30 Film: Grandpa's
14.42 D.Anime: Kids Songs
14.58 D.Anime: Early Learning
15.19 D.Anime: Word Party
15.31 D.Anime: Robin Des Bois
16.08 D.Anime: Inspecteur Gadget
16.27 D.Anime: Kika Et Bob
16.40 Serial: Rainbow Rangers
17.36 Serial: Espoirs Secrets
18.20 Mag: National Anthem
18.59 Doc: World Heritage
19.00 Mag: Arts Unveiled
20.00 Tele: Le Chemin Du Destin

14.25 Zindagi Mere Ghar Aana
15.24 Film: Hum Kisi Se Kum Nahin
Starring: Amitabh Bachchan, Sanjay Dutt, Aishwarya Rai Bachchan
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 Patiala Babes
23.20 Film: Hum Kisi Se Kum Nahin
Starring: Amitabh Bachchan, Sanjay Dutt, Aishwarya Rai
02.00 Serial: Kundali Bhagya

jeudi 27 juillet

06.01 Serial: Rookie Blue
07.15 Serial: Le Livre Perdu Des Sortilèges
08.00 Serial: Chicago Med
09.35 Tele: Le Chemin Du Destin
09.55 Tele: A Que No Me Dejas
10.25 The Gardener's Daughter
10.50 Tele: Marimar
12.00 Le Journal
12.25 Tele: Sublime Mensonge
13.15 Tele: Fierce Angel
13.45 Tele: Imperio De Mentiras
14.10 Serial: Galactica
15.22 Film: Force Of Nature
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: 22 Yards
Stars: Barun Sobti, Amartya Ray, Rajit Kapoor

07.09 Local: Toc Toc Doc
09.15 Local: Proze Dime
11.00 Local: Les Klips
12.03 Local: Rodrig Spor
12.30 Mon Jardin Ma Maison
13.05 Local: Toc Toc Doc
13.20 Local: En Forme
13.35 Local: Agir Ensemble
14.17 Rodrig: Klip Seleccion
15.50 Local: Come On Let's Dance
17.05 Local: Radio Vision
18.00 Tele: Imperio De Mentiras
18.31 Tele: A Que No Me Dejas
19.00 Live: Zournal Kreol
19.20 Le Mag De L'Emploi
19.30 Rodrig: Li Bon Ou Konnin
19.48 Local: Les Grandes Lignes
20.30 Local: Meshiagare
21.00 Local: Radio Vision
23.00 Le Journal
23.20 Local: Groov'in

07.00 Gadget Guru Ganesha
08.04 Local: Shrawan Maas Sandesh
08.31 Local: Kala
08.53 Local: Anjoria
09.13 Local: Virasat
09.38 Local: Gyan Vigyan
10.03 Serial: Suhani Si Ek Ladki
11.27 Radha Krishna
12.00 Film: Banarsi Thug
15.30 Serial: Badki Malkaain
16.00 Serial: Agniphera
18.00 Live: Samachar
18.30 Other: Radha Krishna
19.26 Local: Swami Dayanand Saraswati
19.52 Local: Guru Purnima Bhajan
20.01 Local: Hunarbaaz
20.30 Serial: Surya Puran
21.557 Serial: Jag Jaanani Maa
23.36 Jijaji Chhat Par Hain

06.03 Mag: Motorweek
09.00 Film: Ulysses
10.39 Serial: My Perfect Landing
10.59 Serial: Apple Tree House
11.56 Doc: Tree Stories
12.43 Mag: Japan Video Topics
13.04 Mag: Human Nature
13.34 Le Royaume De Terracotta
15.16 D.Anime: Early Learning
15.23 D.Anime: Anna Et Ses Amis
15.37 D.Anime: Word Party
16.02 D.Anime: Miraculous
16.23 D.Anime: Inspecteur Gadget
16.45 D.Anime: Kika Et Bob
17.21 D.Anime: Hunter X Hunter
17.50 Serial: Espoirs Secrets
18.35 Mag: National Anthem
19.00 Mag: Border Crossing
19.30 Mag: Tomorrow Today
20.01 Tele: Le Chemin Du Destin
20.50 Film: Le Pic De Dante

14.25 Zindagi Mere Ghar Aana
15.30 Film: Mohabbat
Stars: Madhuri Dixit, Akshay Khanna, Sanjay Kapoor
18.00 Live: Samachar
18.30 Kundali Bhagya
19.00 Udaariyaan
19.30 Kuch Rang Pyar Ke Aise...
20.00 Sasural Simar Ka 2
20.30 Radha Krishna
21.02 Anupama
21.30 Mere Sai
22.01 Kismat Ki Lakiron Se
22.31 Kabhi Kabhie Ittefaq Sey
22.59 Patiala Babes
23.30 Film: Mohabbat
Stars: Madhuri Dixit, Akshay Khanna, Sanjay Kapoor
02.00 Kundali Bhagya
02.30 Serial: Udaariyaan



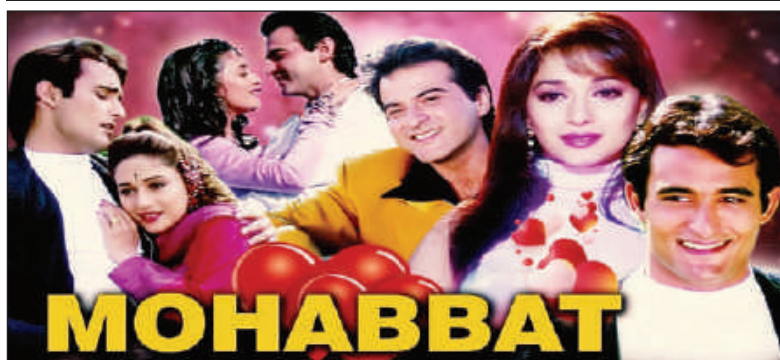
Jeudi 27 Juillet - 15.30

Stars: Madhuri Dixit, Akshay Khanna, Sanjay Kapoor



Jeudi 27 Juillet - 20.30

Stars: Barun Sobti, Amartya Ray, Rajit Kapoor



Sport. Bien collectif et privé



Nita Chicooree-Mercier

Il est de bon ton de célébrer les champions du domaine sportif dans les compétitions locales aussi bien qu'à l'échelle internationale, victoire dont la presse se réjouit et que le dit ministère affiche fièrement à la télévision nationale.

Comme à l'occasion des Jeux des Îles, le bon score est le résultat des efforts ardu, d'un entraînement et d'une persévérance sans faille, épaulée par un ministère qui s'est octroyé un budget conséquent à la hauteur de ses ambitions. Tout pays normalement constitué est au bon soin de ses élites issues de toutes les filières importantes pour son épanouissement. La liste des lauréats sportifs est peu susceptible de provoquer une crise d'urticaire dans les médias libres et indépendants, la MBC les exhibe en couleur, et le bon peuple applaudit l'honneur fait au drapeau quadricolore. Tout le monde est d'accord pour être content, ce qui nous change des jérémiades habituelles, et promet de beaux jours pour le nation-building.

Hormis les villes que les municipalités veillent à doter d'une infrastructure sportive adéquate, les autres régions font figure de parent pauvre du développement sportif. Les manquements sont si criants qu'elles peuvent être déclarées ZSP, Zone Sportive Prioritaire, un statut de sinistré qui requiert un investissement nécessaire afin de promouvoir des activités physiques et des sports divers pour le bien-être d'un plus grand nombre de personnes et rehausser la qualité de leur épanouissement physique. Les complexes sportifs commencent à voir le jour dans un nombre restreint de villages tandis que d'autres, à l'instar de Triolet, qui attend avec une bougie rouge que la promesse de 2005 se réalise, voient l'espace commune se rétrécir par la surpopulation et le béton envahissant.

Aux sports populaires, rajoutons ceux qu'il convient d'introduire et de promouvoir, comme le rugby et le cricket. Le kabaddi est apprécié en Asie et au Moyen Orient. Pourquoi pas ici ? Une discipline telle que yoga mérite d'être répandue à travers l'île tant ses bienfaits sont reconnus et une pratique régulière n'a envoyé personne en enfer jusqu'à présent. Quelques chemins entre les champs de canne restent praticables pour des longues marches vers 17 hres après une journée de travail en été. Un parcours de santé aménagé dans un milieu naturel pour marche, jogging, étirements, musculation etc. nécessite l'achat d'un espace privé et un financement privé-public. Le kabaddi peut être pratiqué sur le Crown Land près des plages publiques. Le beach volley est inexistant sur certaines



« Une colonie de vacances au bord de mer dans le nord, une dans l'est et une autre dans le sud pour les enfants des écoles primaires et les adolescents du niveau secondaire sont indispensables pour permettre à cette tranche d'âge de faire l'expérience d'un séjour avec leurs pairs dans un espace naturel apaisant et serein loin de leur famille et de leur environnement social. Il s'agit d'une structure en toute simplicité, avec de préférence des lits de camp, comme celui qui se trouvait jadis à Anse la Raie, et non d'un hôtel trois étoiles... »

plages. Que dire des sports nautiques ? La natation est fort heureusement maîtrisée par un nombre croissant des gens, notamment chez les jeunes, tandis que les autres sports tels que la plongée restent inaccessibles au grand public. Quelques têtes couronnées en gardent le privilège.

L'État ne cesse d'alerter le public sur l'alimentation saine pour une bonne santé depuis des décennies. Il n'appartient pas à l'État de penser à tout ce qui est bien pour le public ; cela s'apparente au fascisme que de prétendre faire le bonheur du peuple. C'est à la population civile de prendre l'initiative de solliciter le parrainage des grandes enseignes du privé et d'autres associations culturelles pour promouvoir des activités physiques là où il en manque, mais aussi de se tourner vers les autorités locales, le ministère du Sport et vers l'État pour dégager un espace public suffisant pour les besoins de certains sports. Le privé dispose de grandes propriétés sucrières qui se consacrent désormais à la construction des résidences dites de luxe. De par sa ligne horizontale et sa forme rectangulaire, celle de Mon Choisy détonne dans le paysage verdoyant des champs de canne tout autour, et ressemble davantage à un container en 3D et un HLM d'un gris tristounet pour pauvres en France qu'une habitation de luxe pour personnes friquées.

Du terrain, il y en a. L'astuce, c'est de frapper à la bonne porte.

Last but not least, une colonie de

vacances au bord de mer dans le nord, une dans l'est et une autre dans le sud pour les enfants du primaire et les adolescents du secondaire sont indispensables pour permettre à cette tranche d'âge de faire l'expérience d'un séjour avec leurs pairs dans un espace naturel apaisant et serein loin de leur famille et de leur environnement social. Il s'agit d'une structure en toute simplicité avec des lits de camp de préférence, comme celui qui se trouvait jadis à Anse la Raie, et non d'un hôtel de trois étoiles. Ces colonies pourraient être occupées toute l'année par les jeunes élèves lors des sorties extrascolaires organisées par les enseignants, même pour des courts séjours de trois ou quatre jours, moyennant un paiement modeste.

Il va sans dire que malgré les gros efforts fournis par les autorités et le public, il reste du chemin à faire pour que la moyenne des gens jouissent d'une meilleure santé. Et qu'à leur modeste niveau, sans rêver de figurer dans la cour des grands, ils ont grand besoin qu'une variété d'activités physiques occupent leur temps sainement, ne serait-ce pour ouvrir d'autres perspectives que la drogue chez les jeunes. La paix sociale étant l'intérêt collectif à long terme.

Les performances physiques apportent du plaisir, renforcent l'endurance, fortifient les muscles, favorisent le dépassement de soi et aident à forger le caractère. Liste non-exhaustive qui mérite qu'on s'y attarde...



Tree of Knowledge

Madisyn Taylor

Sitting With Feelings

Taking the time to sit with your feelings to acknowledge them, will save you much distress down the road.

It can take great courage to really sit with our feelings, allowing ourselves to surrender to their powerful energies. All too often we set our feelings aside, thinking we will deal with them later. If we don't deal with them, we end up storing them in our minds and bodies and this is when anxiety and other health issues can arise. Denying what our bodies want to feel can lead to trouble now or down the line, which is why being in the thick of our feelings, no matter how scary it seems, is really the best thing we can do for ourselves.



One of the reasons we tend to hide or push aside our feelings is that we live in a culture that has not traditionally supported emotional awareness. However, as the connection between mind and body -- our emotions and our physical health -- becomes clearer, awareness of the importance of feeling our feelings has grown. There are many books, classes, workshops and retreats that can help us on our way to emotional intelligence. We can also trust in our own ability to process what comes up when it comes up. If sadness arises, we can notice its presence and welcome it, noting where in our bodies we feel it, and allowing ourselves to express it through tears or a quiet turning inward.

When we simply allow ourselves to fully feel our feelings as they come, we tend to let them go easily. This is all we are required to do; our feelings simply want to be felt. We often complicate the situation by applying mental energy in the form of analysis, when all we really need is to allow, as the earth allows the rain to fall upon it. As the rain falls, the earth responds in a multitude of ways, sometimes emptying out to form a great canyon, sometimes soaking it up to nourish an infinitude of plants. In the same way, the deeper purpose of our feelings is to transform the terrain of our inner world, sometimes creating space for more feelings to flow, sometimes providing sustenance for growth. All we need to do is allow the process by relaxing, opening, and receiving the bounty of our emotions.