

MAURITIUS TIMES

● Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less. -- Marie Curie

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Of Accountability and Transparency

An effective system of checks and balances is at the very heart of a functioning democracy. Such a system ensures that government and public institutions are held accountable for decisions that they take and for the consequences of these decisions.

However, as governments change, we seem to see the same pattern follow on, despite the electoral promises for remedial changes and doing things differently. The renewed pledges for transparency, meritocracy and competence soon give way to the old habits of anointing cronies, relatives, political sponsors and agents and so on. The scenario keeps on repeating itself time and again, and in the run-up to general election, we'll see politicians going to the public or to socio-cultural organisations across the board to secure public support as in the past. The politics of old - not on the deeper issues with which the country should be really concerned - is seen replayed.

Looking back at the history of the country, there have been politicians with exceptional commitment to a better future for the country. Whatever they have achieved has come through the independence and strength of public institutions implementing policies fairly and squarely in the 'public interest'. Sterling qualities of governance made everybody accountable. Parliamentarians used all their skills to dig out facts which mattered from the government side and expose abuses, if any. It was difficult for politicians to enrich themselves enormously at public expense because the limelight of public scrutiny was cast on them. The judiciary, on its part, stood as a last rampart against political abuse.

Thus, mechanisms existed to make decision-takers accountable and strong public institutions stood in the way of politicians to do as they wished. Thereafter, not only were public office holders disempowered by changing the Constitution to make them liable to be fired if they did not comply to the diktats of politicians in charge. The public institutions were themselves overwhelmed by political appointees who were ever ready to kowtow to and do the bidding of the politicians. Having thus undermined the control they would other-

wise have been subjected to for each and every decision they imposed on the public institutions, politicians put themselves virtually beyond accountability. This is evidenced by the long list of scandals that have hogged the headlines over the last few years. Among others are the Dufry scandal, the Alvaro Sobrinho scandal, the Yerrigadoo/Bet 365 and Glen Agliotti affairs. There was also the earlier Bel Air Sugar Estate IRS affair which came to the forefront on a suspected case of bribe taking. All these are blatant examples of questionable practices. The latest relate to the St Louis Gate affair and the more recent, now famously known as the Black Label Stag Party at Grand Bassin apparently held to celebrate a questionable deal over a State Lands lease and which has seen a PPS scapegoated this week.

The question that arises is: can a system of checks and balances operate to prevent costly and harmful decisions being executed for the benefit of a few? The same few who in the first place influence such self-gratifying decisions by public institutions or institutions in which the public sector has majority control, including state-owned enterprises? One cannot wait for an overshadowing government's term to finish for holding it accountable for dubious decisions taken. The country cannot afford to acknowledge wrong decisions taken only to finally have taxpayers assume their associated costs well after the real authors guilty of the guided misdeeds have departed the scene for good.

A redress mechanism that will act in real time to prevent abuses is very much needed. We have been promised a Freedom of Information Act by successive electoral alliances, which could have acted as an important deterrent against abuse. True, there may well be good reasons (e.g., commercial, national security or other) where disclosure may actually hamper the public sector, but surely there has been ample time to reflect and formulate a Bill that deters corrupt practices without endangering government workings on sensitive issues. It is to be hoped that the new team that will take over from the current dispensation will walk the talk and we will not only hear speeches calling for open government, we will see legislation ensuring that this happens.

The Conversation

Civilian support for military coups is rising in parts of Africa: why the reasons matter

People in sub-Saharan Africa are fed up with their governments for many reasons, including security threats, humanitarian disasters and lack of prospects



Civilian support for military coups is rising in parts of Africa. Pic - Modern Ghana

On the night of 13 January 1963, Togo's President Sylvanus Olympio was shot dead by rebels in the first military coup staged in Africa. A long list, as shown below, was to come. From the 1960s to the end of the millennium, there were an average of four military coups a year on the continent. By the end of the 1990s this phenomenon seemed to have faded away.

But since August 2020 six African nations have suffered seven coups or attempted coups.

First came Mali, in August 2020. The military took advantage of social unrest and insecurity caused by the activities of violent extremists. Mali had two coups or attempts in a nine-month span.

In April 2021, Chad followed the same path. In March 2021, there was a coup attempt in Niger, and in September 2021 it was Guinea's turn. A month later, it was Sudan. In Burkina Faso, an attack in November 2021 led to the coup in January 2022.

More recently, a coup was launched in Niger, deposing President Mohamed Bazoum. Two days later, General Abdourahmane Tchiani declared himself the leader of Niger.

All together, that's more than 100 million people being ruled by the military after power was seized violently. All are in the Sahel. This has alerted governments in the

region.

Researchers, analysts and journalists have pointed to mismanagement, incompetence, corruption, economic crisis and state weakness as the main factors propelling military coups all over the world and, of course, in Africa. State weakness is a factor in the recent instances in Africa. They have happened partly because of governments' failure to stem the spread of groups linked to Al Qaeda and the Islamic State all over the Sahel.

But there are two intertwined characteristics that differentiate Africa from the rest of the world. One is the public support of many citizens on the streets when there is a coup. The other is the society's rising support for military rule as a form of government. Popular support for military rule has grown in the last 20 years.

My research explored the reasons for this. I used survey data to examine whether support for non-democratic rule was mainly due to poor institutional and economic performance or to an existing so-called authoritarian personality and culture in the region. This type of personality refers to values existing in certain societies that make them more prone to embrace authoritarian forms of government.

Carlos García Rivero, Associate Professor, Universitat de València

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How far will PKJ's scalpel go?

A visible inability to stem or act against those perceived to be corrupt or the morally bankrupt coat-hangers is bound to tarnish PK Jugnauth's own personal image

Jan Arden

In retrospect, late Sir Anerood Jugnauth's political longevity can be attributed as much to his ability to use and ditch allies while feathering the nest of his newly founded party, the MSM, in 1983. Sir Gaetan Duval, Madun Dulloo and late Raj Dayal, all have known SAJ's political cunning and ruthlessness, the latter asked to step down after an infamous «Bal Kouler» recording was aired and even before any corruption inquiry was started. No dithering and lengthy wrangling there under the sun and that's probably the way it should be, would argue legal minds, once there's a reasonable suspicion of any wrongdoing.

If Pravind Kumar Jugnauth (PKJ) tried early on to demonstrate that he had stepped into his dad's shoes with the decision to get his former Deputy PM, Ivan Collendavelloo to step down in what has become known as the St Louis Gate affair, that whiff of will was not to last. He and his party had emerged victorious with some 37% of votes cast, ensuring a win in seats against a divided opposition of the three main traditional parties, and his team might have seen the removal of his Deputy as an early opportunity to show PKJ's mettle and SAJ's inheritance in action against the leader of the rather fictitious partner Muvman Liberater.

But, as a succession of affairs and high-profile events concerning various Ministers and PPSes unfolded regularly, he has become perceived as weak and vacillating, unable to rein in nominees, advisors and cronies making hay in various capacities while the sun was shining. Under his stewardship of the MSM-led Westminster model of democracy, Ministers have survived their scandal-strewn paths without fear of some busybody investigative agency disturbing their demeanour, a few even benefitting from the PM's public support after he had, in his own words, concluded his private enquiries.

A visible inability to stem or act against those perceived to be corrupt or the morally bankrupt coat-hangers, as a financially stretched population continues to pay their MP/PPS/Ministerial salaries and perks, is bound to tarnish PK Jugnauth's own personal image and that of the MSM inner circles, or the cronies parked in SOEs and parastatals.

PKJ's latest tests

The latest addition to the growing list



“As a succession of affairs and high-profile events concerning various Ministers and PPSes unfolded regularly, he has become perceived as weak and vacillating, unable to rein in nominees, advisors and cronies making hay in various capacities while the sun was shining. Under his stewardship of the MSM-led Westminster model of democracy, Ministers have survived their scandal-strewn paths without fear of some busybody investigative agency disturbing their demeanour, a few even benefitting from the PM's public support after he had, in his own words, concluded his private enquiries...”

are no ordinary MSM minions or Ministers, since whistle-blower allegations have cast a cloud on both Attorney General Maneesh Gobin and his constituency colleague and Public Accounts Committee appointee, PPS Rajanah Dhaliyah, in an alleged corrupt deal that apparently would involve well-heeled West Coast drug barons securing through «prête-noms» 700 acres of state lands on lease in the vicinity of Grand

Bassin.

While the second could be thought of as dispensable, the AG had such invaluable qualities to the higher MSM spheres that he was also Minister of Agro-industry and appointed as Secretary-General of the political party in power. The ICAC remained studiously aloof of any probing investigation for months since the allegations were first made. Until, that is,

the PM finally uttered the wish last Saturday that Rajanah Dhaliyah, against his lawyer Ravi Rutnah's publicly trumpeted advice, should step down as PPS and rush to ICAC for his statement under warning. Will that finally unleash ICAC's investigations on the bigger stag, wonder the naive, while the cynics believe the small fry may have been scapegoated, but only time will tell where the inquiry is now headed.

What will be the fate of Pandit Vivek Pursem's private prosecution who felt aggrieved and disgusted by those alleged goings-on a few hundred metres from the holiest of Hindu sites, the Pari Talao? Does he not deserve to be heard in a court setting?

In any case, the MSM may have no choice but to carry several dead weights to the next general elections. Unless of course, as in 2019, the MSM offers internal change and renewal through several candidate newbies replacing the floss as a somewhat last-ditch attempt at image clean-up. They constitute much of the current crop of second or third-tier MSM MPs and backbenchers, who have been ambitioning for more meaningful resignations and cabinet reshuffling for two years or more without success. How far will the scalpel go, and will it serve any purpose they may ask themselves.

We gather this Wednesday that an impromptu reshuffling of Cabinet and PPS posts with a hastily organised oath-taking ceremony was held with, in particular, Maneesh Gobin and Sudesh Callychurn deprived of their Agro-industry and Commerce hats respectively in favour of Hurdoyal (moving over from administrative reforms taken up by Anjiv Ramdhany) and Dorine Chuckowry. What good this might do when newbie Ministers may take a year or more to understand and grasp their portfolios and their Cabinet responsibilities remains an open question at this stage.

Constitutional changes

Meantime, as the three main Opposition parties continue their constituency level mobilisations, the onus is on the many voices that have at times for years been praying for the emergence of an alternative. Of these, there has always been some public sympathy for the constancy, resilience and fortitude of Resistans ek Alternativ (ReA), fighting for the removal of community representation in our Constitution, despite the psychological safeguard merits of the Best Loser system when it was introduced a half-century earlier.

Whether ReA has mellowed and matured to recognising that this genuine question can only be addressed through a firm political commitment for change and a large enough

majority to effect those constitutional changes that would obviously have large consequences on our political psyche and democratic processes remains to be seen. Those are sufficient incentives to work with the main Opposition grouping towards a round-table either before or immediately after the general elections, rather than contribute, however unwillingly, to a division of opposition votes.

As regards other aspects of constitutional changes, which have become so glaringly evident under the MSM rule, these will require rapid and determined action by the Opposition once and if they make it at the next elections. As for those voices, relatively fresh exits from the MSM fold, who were happily trudging along with SAJ's policies, including the Rs 6 billion Betamax contract termination, the Rs 20+ billion BAI/Bramer crash, the ludicrous chase and attempt to arrest and handcuff the DPP, or towards the woeful proposal of a Prosecution Commission, not to mention the end of the DTAA with India, perhaps a period of modesty and public contrition would better suit their future potential ambitions.

Jan Arden

Situation politique : la marmite chauffe!

Par A. Bartleby



P - Mauritius Business

L'arène politique est particulièrement mouvementée depuis quelques temps, et ce, depuis la concrétisation de l'alliance PTr-MMM-PMSD pour être plus précis. Il y a comme un parfum d'élections dans l'air et, même si la temporalité des prochaines échéances électorales sont encore incertaines, il est clair que le "build-up" (la mise en place) a commencé et que la marmite commence à chauffer.

Bourde informatique de la Commission électorale

En témoigne la bourde récente de la Commission électorale concernant la liste des électeurs de la circonscription numéro 5 (Pamplemousses/Triolet). En effet, la Commission électorale a publié les statistiques des listes électorales la semaine dernière, ce qui a tout de suite poussé le PTr à monter au créneau pour crier au scandale.

Les Travaillistes ont remarqué une anomalie importante sur cette liste où le nombre d'électeurs a augmenté de près de 3000 entre le recensement de 2022 et celui de 2023. Il y a même plus : les noms de certains électeurs auraient été aussi changés.

La Commission électorale n'a pas réagi immédiatement mais a rapidement dû avouer qu'il y avait effectivement eu une erreur dans le logiciel informatique qui gère les listes électorales. Ainsi, le fameux logiciel serait responsable des noms édités et de l'anomalie liée aux chiffres.

Est-ce que c'est vraiment le cas? Tant que la Commission électorale ne démontre pas, avec des preuves à l'appui, qu'il s'agissait effectivement d'une erreur de logiciel, le doute sur l'intégrité de cette même Commission risque de s'accroître.

Il est indéniable que la Commission électorale se trouve en première ligne de certaines critiques depuis les élections de 2019. Entre certaines pratiques dites novatrices, mises en place en 2019, des bulletins retrouvés dans la nature ou encore le fameux cas du T-Square, l'institution présidée par Irfan Raman n'a pas été épargnée des soupçons des politiques et des citoyens.

D'ailleurs, Navin Ramgoolam n'a jamais cessé de se référer à la Commission électorale dans ses allégations de trucage des dernières élections. Nous verrons bien ce que le Privy Council rendra comme jugement, mais tout l'argumentaire de Ramgoolam s'est jusqu'à présent heurté à la réalité du droit, et rien ne laisse présager

que cela pourrait changer.

En tout cas, il est certain que l'image de la Commission électorale doit être refaite et que Irfan Raman doit être pédagogique en expliquant et en rassurant les électeurs à propos des procédures et des dispositions qui seront mises en place pour les prochaines élections générales.

Bhadain défie Ramgoolam

On aurait pu penser que la concrétisation de l'alliance PTr-MMM-PMSD aurait provoqué une certaine inquiétude du côté du gouvernement, d'où la surprise que ce soit Roshi Bhadain qui ne cesse de gesticuler dans tous les sens depuis l'annonce de cette alliance. Roshi Bhadain semble ainsi être devenu un électron libre en faisant feu de tout bois et en tirant dans tous les sens.

Comme évoqué il y a quelques semaines, le positionnement politique de Roshi Bhadain est extrêmement complexe dans la configuration actuelle. Bien que voulant représenter l'option "Ni Navin, ni Pravind", il est clair qu'il n'a pas encore la base politique qui lui permettrait de camper sur cette posture de manière sérieuse. Du coup, il fait ce qu'il a toujours fait: du bruit.



Bhadain n'a aucun autre choix que de taper sur le PTr, et sur l'alliance de l'opposition, puisqu'il doit pouvoir conserver l'option d'un rapprochement de dernière minute avec le MSM. P - Defi Media

Sa dernière trouvaille est d'avoir lancé un défi à Navin Ramgoolam pour un face-à-face à la radio. Ramgoolam a rétorqué que son adversaire était Pravind Jugnauth et non Roshi Bhadain, impliquant qu'il ne répondrait pas favorablement au défi lancé par Bhadain. Il serait d'ailleurs sage pour lui de ne pas entrer dans ce jeu.

Il semble de plus en plus clair que Roshi Bhadain va concentrer ses attaques sur l'opposition parlementaire. Certains y voient le fait qu'il aurait peut-être fait un deal avec le MSM, mais la réalité est beaucoup plus simple que cela. En réalité, Bhadain n'a aucun autre choix que de taper sur le PTr, et sur l'alliance de l'opposition, puisqu'il doit pouvoir conserver l'option d'un rapprochement de dernière minute avec le MSM.

Il est absolument clair que le PTr rejettera tout rapprochement avec le Reform Party (RP) car il est, selon eux, le principal responsable de l'effondrement de la BAI. Nous nous souvenons tous des liens d'amitié étroits que Navin Ramgoolam entretenait avec Dawood Rawat, certaines personnes attribuant même la montée en puissance de la BAI à cette "relation privilégiée".

Ainsi, un rapprochement avec le PTr relève de l'impossible pour Bhadain, d'où le fait que Ramgoolam soit sa cible privilégiée. Est-ce que cela signifie qu'il peut

envisager un rapprochement avec le MSM? Rien n'est impossible en politique, mais Pravind Jugnauth n'a également pas intérêt à se rapprocher du RP. Bien au contraire, en laissant Roshi Bhadain dans la situation actuelle où il doit se débattre dans tous les sens pour exister, Pravind Jugnauth a peut-être trouvé son meilleur agent politique.

Ainsi le leader du MSM doit juste laisser Bhadain tenter de pousser l'opposition dans le piège qu'il essaye de lui tendre. À force d'attaquer et de faire du bruit, les partis de l'opposition vont forcément devoir entrer dans le jeu de Bhadain. En faisant cela, ils auront mordu à un hameçon qu'ils auront du mal à se défaire car Roshi Bhadain a une immense qualité politique, qui est de ne pas lâcher lorsqu'il mord.

C'est d'ailleurs pour cela que Navin Ramgoolam refusera tout débat avec le leader du Reform Party. Il sait parfaitement bien que c'est un piège dans lequel il ne faut pas s'engouffrer. Est-ce que les deux autres partis qui composent l'alliance résisteront aussi à la tentation de répondre aux attaques répétées de Bhadain?

Vu le positionnement électoral du leader du RP, il paraît évident qu'il ira frontalement vers un clash avec le MMM à un moment donné car son allié Patrick Belcourt et lui-même lorgnent les deux seuls bastions qui restent au parti mauve et la conquête des circonscriptions 19 et 20 sont les tremplins dont ils auront besoin pour se sortir de la situation dans laquelle ils se trouvent actuellement.

Remaniement ministériel et arrestation de Dhaliyah

Dans un épisode rocambolesque, digne des plus grandes comédies, l'avocat Ravi Rutnah a animé une conférence de presse où il a ouvertement attaqué l'ICAC et le ministre Maneesh Gobin. Cet exercice de sauvetage de son client dans l'affaire du chassé à Grand Bassin aura eu l'effet d'une bombe. En l'espace de quelques jours, Rajanah Dhaliyah a dû démissionner en tant que PPS et a été placé en état d'arrestation par l'ICAC ce jeudi. De plus, le Premier ministre a même décidé d'aller de l'avant avec un remaniement ministériel.

Cela faisait un moment qu'un remaniement ministériel était évoqué, avec des bruits de couloir circulant ici et là. En annonçant un remaniement éclair mercredi après-midi, avec une prestation de serment presque immédiate des deux nouveaux ministres, Pravind Jugnauth aura agi rapidement.

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Pourquoi Dhaliyah? se demande maintenant un nombre important de Mauriciens...

Situation politique: la marmite chauffe!



P - l'express.mu

☞ Suite de la page 4

À y regarder de plus près, il ne s'agit pas d'un remaniement en profondeur. Loin de là même. Mais ce remaniement aura tout de même quelques mérites que l'opposition ferait bien de ne pas sous-estimer.

En bougeant Maneesh Gobin du ministère de l'Agriculture et en l'envoyant au ministère des Affaires étrangères, Pravind Jugnauth relève le secrétaire-général de son parti du front des attaques.

Gobin sera-t-il lui aussi convoqué par l'ICAC? Sans doute, mais il ne sera plus ministre de l'Agriculture lorsque ce sera le cas. Cela peut sembler anodin, mais à son importance par rapport à la perception d'une grande partie de l'électorat. Sans preuves tangibles et concrètes déposées à ce jour, Gobin n'était pas forcé de démissionner mais il se devait de quitter le siège du ministère de l'Agriculture.

Il faut également noter la nomination de Dorine Chukowry au ministère du Commerce et Anjiv Ramdhany à la Fonction publique. Ces deux nouveaux arrivés au Conseil des ministres donnent à penser qu'il s'agirait de décisions tactiques qui pourraient s'avérer payantes dans les circonscriptions 1 et 6, où le MSM doit consolider des sièges pour les prochaines législatives. Ce coup pourrait ainsi s'avérer pertinent, surtout au niveau des obligations de représentativité.

Enfin, il ne faut pas occulter la nomination de 4 PPS supplémentaires, augmentant le nombre de PPS à un total de 8. Ils sont également tous issus du MSM, aucun des autres partenaires de l'alliance gouvernementale ne positionnant ses pions. Les PPS sont des députés dont la fonction est extrêmement importante puisque ce sont eux qui consolident le lien entre le terrain des circonscriptions et les ministères.

Ainsi, à un peu plus d'une année des prochaines échéances électorales, la nomination de 8 PPS envoie un signal clair du côté du MSM : la stratégie électorale commence à se mettre en place.

Nous pouvons ainsi deviner que ce remaniement, bien que n'offrant aucun changement de cap pour le gouvernement, a été pensé avec les prochaines élections en ligne de mire. L'alliance PTr-MMM-PMMSD a commencé à montrer ses cartes; le MSM en fait de même.

Un signal est envoyé à l'opposition du moins. Que le gouvernement se prépare à enclencher la machinerie et que l'occupation du terrain sera importante pour la der-

nière année du mandat.

Ne nous y méprenons pas ! Malgré ce remaniement, il paraît clair que Pravind Jugnauth prendra tout son temps pour aller aux prochaines élections et l'Opposition qui semblait compter sur une pression constante sur le gouvernement pour annoncer des élections anticipées pourrait bien être prise au dépourvu.

Il reste encore 15 mois avant la dissolution naturelle de l'Assemblée nationale. L'objectif de ce remaniement est de consolider certaines circonscriptions et d'occuper le terrain... Donc maintenant, c'est à l'opposition de trouver le moyen de rameuter ses troupes pendant 15 mois.

On dit qu'une semaine, c'est long en politique. Imaginez ce que doivent être 15 mois...

* * *

Christine Lagarde: les transformations de l'économie mondiale risquent d'alimenter l'inflation

Christine Lagarde, l'actuelle patronne de la Banque centrale européenne (BCE) et l'ancienne patronne du Fonds monétaire international (FMI), a fait une sortie remarquée cette semaine en affirmant que les transformations actuelles de l'économie mondiale pourraient continuer à alimenter l'inflation.



Nous entrons dans une phase complexe du développement historique de la mondialisation et la mise en garde de Christine Lagarde doit être perçue comme une volonté de prudence... P - latribune.fr

L'économie mondiale se trouve, selon elle, dans une situation complexe. Les transformations du marché du travail, la création de nouveaux besoins en matière d'investissements et les divisions géopolitiques produisent ainsi des formes accrues de protectionnisme et des contraintes au niveau des chaînes d'approvisionnement des matières premières et des marchandises. Ce nouvel environnement ouvrirait ainsi la voie à des chocs de prix qui pourraient être plus importants que les phénomènes similaires d'avant la pandémie.

La patronne de la BCE prône ainsi une prudence des banques centrales. Elle adresse ainsi les critiques qui considèrent qu'elle a adopté une approche trop punitive pour la zone euro en augmentant le taux d'intérêt de manière significative depuis qu'elle est en poste.

En fait, Christine Lagarde applique une recette testée pour faire face à l'inflation: augmenter les taux d'intérêts afin de tenter de ralentir la progression de l'in-

flation.

Cette recette a plus ou moins bien fonctionné dans la réalité, avec des projections optimistes pour la fin de cette année. Mais elle a également un coût important sur la productivité et sur la capacité des industries et des entreprises à investir actuellement, affectant ainsi leur compétitivité sur le marché mondial.

Mais par-delà ces questions, le *timing* de cette sortie de Lagarde n'est pas du tout anodin, avec la confirmation de l'élargissement des BRICS à six membres supplémentaires et la dédollarisation en ligne de mire.

Il est absolument certain que la concrétisation de nouvelles alliances géopolitiques et l'aboutissement de projets parallèles au système occidental auront un impact important sur la mondialisation, et donc sur le marché mondial.

Le projet de dédollarisation, par exemple, même si nous n'en connaissons pas encore la forme et la manière dont cela sera mené, envoie un signal fort au monde. Par-delà la volonté d'une émancipation de certains pays de la mondialisation actuelle, un tel projet comporte forcément des risques pour l'économie mondiale et pourrait effectivement introduire une instabilité croissante dans la mondialisation.

Christine Lagarde évoque une instabilité économique, mais nous ne devons pas sous-estimer les potentiels d'instabilité sécuritaire également (ce qui aura forcément un impact sur l'économie mondiale).

Ce qui est en tout cas certain, c'est que nous entrons dans une phase complexe du développement historique de la mondialisation et la mise en garde de Christine Lagarde doit être perçue comme une volonté de prudence que les gouvernements feraient bien de suivre.

* * *

Mort d'Evgueni Prigojine dans un crash d'avion...

Evgueni Prigojine, le patron de la milice Wagner, est mort dans le crash de son avion privé la semaine dernière.

Prigojine avait récemment fait l'actualité grâce à sa spectaculaire remontée vers Moscou. En effet, désabusé du manque de soutien logistique de la part de l'armée russe sur le front ukrainien, Prigojine avait ouvertement défié Vladimir Poutine en menant ses troupes vers Moscou dans une tentative de coup.

☞ Suite en page 7



La mort de Prigojine achève un processus dont la fonction est d'envoyer un message clair et sans ambiguïté aux Russes: on ne s'oppose pas à Vladimir Poutine. P- Reuters

Why are countries trying to land on the Moon?



Mariel Borowitz
Associate Professor of
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India's Chandrayaan-3 landed on the south pole of the Moon – a space policy expert explains what this means for India and the global race to the Moon

India made history as the first country to land near the south pole of the Moon with its Chandrayaan-3 lander on Aug. 23, 2023. This also makes it the first country to land on the Moon since China in 2020. India is one of several countries — including the U.S. with its Artemis program — endeavouring to land on the Moon. The south pole of the Moon is of particular interest, as its surface, marked by craters, trenches and pockets of ancient ice, hasn't been visited until now. International affairs expert Mariel Borowitz talks to *The Conversation* about this Moon landing's implications for both science and the global community.

Why are countries like India looking to go to the Moon?

Countries are interested in going to the Moon because it can inspire people, test the limits of human technical capabilities and allow us to discover more about our solar system.

The Moon has a historical and cultural significance that really seems to resonate with people — anyone in the world can look up at the night sky, see the Moon and understand how amazing it is that a spacecraft built by humans is roaming around the surface.

The Moon also presents a unique opportunity to engage in both international cooperation and competition in a peaceful, but highly visible, way.

The fact that so many nations — the United States, Russia, China, India, Israel — and even commercial entities are interested in landing on the Moon means that there are many opportunities to forge new partnerships.

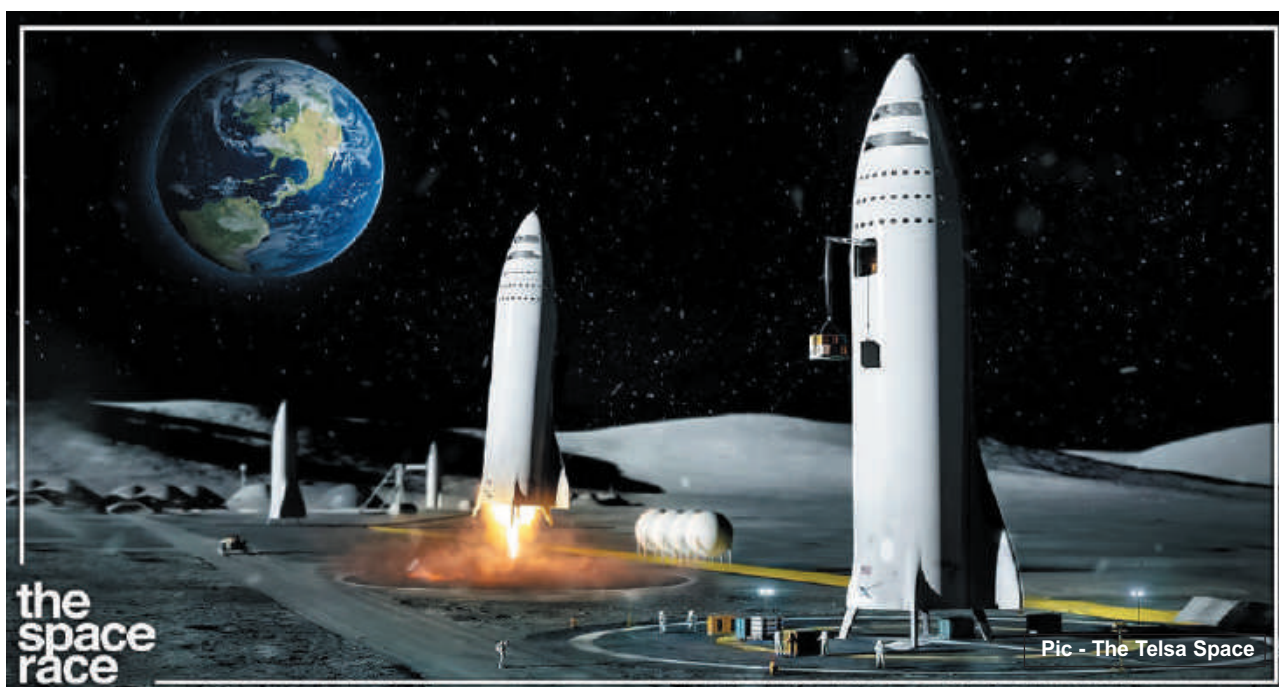
These partnerships can allow nations to do more in space by pooling resources, and they encourage more peaceful cooperation here on Earth by connecting individual researchers and organizations.

There are some people who also believe that exploration of the Moon can provide economic benefits. In the near term, this might include the emergence of startup companies working on space technology and contributing to these missions. India has seen a surge in space startups recently.

Eventually, the Moon may provide economic benefits based on the natural resources that can be found there, such as water, helium-3 and rare Earth elements.



Pic - YouTube



Pic - The Telsa Space

Are we seeing new global interest in space?

Over the last few decades, we've seen a significant increase in the number of nations involved in space activity. This is very apparent when it comes to satellites that collect imagery or data about the Earth, for example. More than 60 nations have been involved in these types of satellite missions. Now we're seeing this trend expand to space exploration, and particularly the Moon.

In some ways, the interest in the Moon is driven by similar goals as in the first space race in the 1960s — demonstrating technological capabilities and inspiring young people and the general public. However, this time it's not just two superpowers competing in a race. Now we have many participants, and while there is still a competitive element, there is also an opportunity for cooperation and forging new international partnerships to explore space.

Also, with all these new actors and the technical advances of the last 60 years, there is the potential to engage in more sustainable exploration. This could include building Moon bases, developing ways to use lunar resources and eventually engaging in economic activities on the Moon based on natural resources or tourism.

How does India's mission compare with Moon missions in other countries?

India's accomplishment is the first of its kind and very exciting, but it's worth noting that it's one of seven missions currently operating on and around the Moon.

In addition to India's Chandrayaan-3 rover near the south pole, there is also South Korea's Pathfinder Lunar Orbiter, which is studying the Moon's surface to identify future landing sites; the NASA-funded CAPSTONE spacecraft, which was developed by a space startup company; and NASA's Lunar Reconnaissance Orbiter. The CAPSTONE craft is studying the stability of

a unique orbit around the Moon, and the Lunar Reconnaissance Orbiter is collecting data about the Moon and mapping sites for future missions.

Also, while India's Chandrayaan-2 rover crashed, the accompanying orbiter is still operational. China's Chang'e-4 and Chang'e-5 landers are still operating on the Moon as well.

Other nations and commercial entities are working to join in. Russia's Luna-25 mission crashed into the Moon three days before the Chandrayaan-3 landed, but the fact that Russia developed the rover and got so close is still a significant achievement.

The same could be said for the lunar lander built by the private Japanese space company ispace. The lander crashed into the Moon in April 2023.

Why choose to explore the south pole of the Moon?

The south pole of the Moon is the area where nations are focused for future exploration. All of NASA's 13 candidate landing locations for the Artemis program are located near the south pole.

This area offers the greatest potential to find water ice, which could be used to support astronauts and to make rocket fuel. It also has peaks that are in constant or near-constant sunlight, which creates excellent opportunities for generating power to support lunar activities.

Mort d'Evgueni Prigojine dans un crash d'avion...

☞ Suite de la page 5

L'avancée de Wagner fut stoppée nette à un peu plus de 300 kilomètres de la capitale russe, et Prigojine accepta les termes proposés par Poutine et se retira en Géorgie pour un exil qui se voulait discret.

Sauf que Prigojine a rapidement fait parler de lui, il y a quelques semaines, en étant présent au Niger lors du coup qui a évincé le Président démocratiquement élu Mohamed Bazoum en faveur d'une junte militaire. Cette situation bizarre avait poussé les médias internationaux à se demander si les relations entre Prigojine et Poutine s'étaient réchauffées, les deux hommes trouvant un intérêt certain dans leur collaboration.

Mais il semblerait qu'il n'en est rien. La mort tragique de Prigojine laisse planer un réel soupçon sur l'implication de Poutine. Nous ne saurons sans doute jamais si le président russe a ordonné la liquidation de Prigojine ou non, mais il est certain que la disparition de ce dernier enlève une sacrée épine du pied de Poutine.

D'ailleurs, les médias internationaux semblent avoir déjà condamné Poutine avant même que la moindre preuve ne soit apportée contre lui. Il faut avouer que la mort de Prigojine apparaît comme la conclusion d'une série de démissions, de disparitions et de transferts au sein des différents services de sécurité russes.



En effet, plusieurs hauts gradés de l'armée russe - ayant été soupçonnés de comploter contre Poutine - ont littéralement disparu des radars depuis quelques semaines. Il en va de même pour certains hauts fonctionnaires et des hauts responsables du parti.

Plusieurs experts de la Russie y ont d'ailleurs décelé un *pattern*, certaines caractéristiques, qui n'est pas sans rappeler les grandes heures du stalinisme, toutes

proportions gardées. Dans ce cas, a priori, nous sommes très loin des purges stalinistes; mais il semble que Poutine ait procédé bel et bien à une purge de l'appareil d'État, dont la fonction était d'éliminer tous les éléments récalcitrants à la guerre en Ukraine et de renforcer la concentration des pouvoirs entre les mains d'un seul homme.

Ainsi, la mort de Prigojine achève un processus dont la fonction est d'envoyer un message clair et sans ambiguïté aux Russes: on ne s'oppose pas à Vladimir Poutine sans en subir les conséquences. S'agit-il d'un basculement inquiétant de Poutine vers un fanatisme totalitaire? Cela impliquerait un manque de rationalité de la part d'un homme dont la froideur du calcul politique n'a eu aucun égal dans l'histoire récente de la Russie.

Non, Poutine sait parfaitement bien ce qu'il fait car il a appris la leçon fondamentale de la stratégie politique: il vaut mieux être craint que d'être aimé.

Mais Vladimir Poutine devrait également se rappeler d'une autre grande leçon de la stratégie politique: qui vit de combattre un ennemi a tout intérêt de le laisser en vie.

Ainsi, avec la disparition de Prigojine, Poutine s'expose à un autre problème qui est celui du fantôme de Prigojine qui a été le seul homme à lui tenir tête de manière sérieuse. Et, en faisant de Prigojine un martyr, Poutine pourrait très bien se retrouver en face d'un problème beaucoup plus grand que dans le cas où un seul homme fait de la résistance.

A. Bartleby

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Democrats 'desperate', urging Michelle Obama to run for US president: Report



Former US first lady Michelle Obama.
Pic – The Hill

As Donald's Trump continues to sustain high approval ratings ahead of the US presidential elections in 2024, Democrat party is urging Barack Obama's wife former first lady Michelle Obama to run for office, a report claimed. RadarOnline reported that secret back-channel talks have begun within the Democratic party aimed at convincing Michelle Obama to run for president as numbers suggest that she has greater approval ratings (48 per cent) than incumbent Joe Biden (36 per cent) if she declared that she would be running for president.

"If Michelle announced, the election would go immediately from a hotly

contested footrace to a landslide," a Democrat source said as per the report.

Previously it was reported that former US president Barack Obama has been secretly rallying congressional support for a candidate other than Joe Biden despite of his public support for Joe Biden's second term. Barack Obama reportedly held a low-key meeting with bigwigs in the Democratic Party at his Washington DC office recently, reports Hindustan Times.

"Barack recognizes the gravity of the situation with Joe's disappointing poll numbers. He had hoped that the president would have rallied and come into his own at this point, but that clearly hasn't happened. With 2024 growing closer and closer, he had to act since he apparently fears Joe is getting too old and frail to win," a source told RadarOnline.

Joe Biden is viewed by many to be old to run for the office again while Donald Trump faces four criminal trials for actions allegedly taken before, during and after his presidency in New York and Georgia and two federal cases in Florida and Washington.

'Backwardness is useless,' Pope Francis criticizes US Church for rejecting his 'ideologies'

Some US Catholic leaders have come under fire from Pope Francis, who said they have turned away from Christian doctrines and embraced political ideologies instead.



Pope Francis I talks to pilgrims during his weekly general audience in Paul VI hall at the Vatican on August 30, 2023. Pic – AFP

The pope made these remarks during a private meeting with a Jesuit order in Lisbon earlier this month.

The transcripts of the meeting were released on Monday, showing the pope's candid opinion about the growing tension between some US religious leaders and the Vatican over his efforts

to modernize the Catholic Church.

The pope was reacting to a Jesuit who had spent a year in the US and had met many Catholics and bishops who were hostile to his papacy and the Vatican, reports Hindustan Times.

The pope said that the US church was "backward" and had "a very strong, organized, reactionary attitude" that could result in a closed and isolated mentality that contradicted Christian values.

He also said that the vision of the church doctrine as a monolith was wrong, and that going backward meant losing connection with the roots of the church.

Pope Francis has been vocal about updating traditional church principles to reflect more contemporary values during his ten years as pope. He has faced resistance from some conservative leaders in the US who disagree with his views on issues such as same-sex unions, climate change, divorce, and celibacy for priests.

The pope has previously said that he considered it an "honour" to be criticized by religious leaders in the US.

'Women should avoid rape by not getting drunk': Comments by Italy PM's partner spark row

Italy Prime Minister Giorgia Meloni's partner and journalist Andrea Giambruno's comments in view of surging rape cases in the country have stirred a controversy and accusations of victim blaming.

What did Andrea Giambruno say?

On Monday evening, during his talk show the "Diario del giorno" (Daily diary) on the Rete 4 commercial station, Giambruno said "If you go dancing, you have every right to get drunk - there shouldn't be any kind of misunderstanding and any kind of problem - but if you avoid getting drunk and losing your senses, you might also avoid running into certain problems and coming across a wolf," reported Reuters.

As per a report in The Guardian, Giambruno also agreed during the show with the editor of the rightwing Libero newspaper, Pietro Senaldi, who said, "If you want to avoid rape, above all don't lose consciousness, keep your wits about you."

During the television programme, both men condemned the rapists, who they referred to as "wolves." But, as the comments went viral, posters accusing Giambruno of victim blaming emerged on social media.



Andrea Giambruno has a seven-year-old daughter with Meloni. Pic –Alamy

Giambruno has a seven-year-old daughter with prime minister Meloni. She has not yet commented on the issue.

Giambruno's defense

Refuting the allegations and alleging opposition leaders for creating a "surreal" controversy, Giambruno replied he "never said that men are entitled to rape drunk women."

"I said rape is an abominable act. I took the liberty of telling young people not to go out on purpose to get drunk and do drugs. I advised them to be careful because, unfortunately, the bad guys are always out there. I never said that men are entitled to rape drunk women."

Amid China tensions, US in talks to develop port in Philippines facing Taiwan



A Philippine Air Force Black Hawk helicopter lands Thursday, June 29, 2023, at Mavulis Island, Batanes province, northern Philippines. Pic - AP

The US military is in talks to develop a civilian port in the remote northernmost islands of the Philippines, the local governor and two other officials told Reuters, a move that would boost American access to strategically located islands facing Taiwan.

US military involvement in the proposed port in the Batanes islands, less than 200 km (125 miles) from Taiwan, could stoke tensions at a time of growing friction with China and a drive by Washington to intensify its longstanding defence treaty engagement with the Philippines.

The Bashi Channel between those islands and Taiwan is considered a choke point for vessels moving between the western Pacific and the contested South China Sea and a key waterway in the case of a Chinese invasion of Taiwan. The Chinese military regularly sends ships and aircraft through the channel, Taiwan's defence ministry has said. The Philippines has in the past year almost doubled the number of its military bases that US forces can access, ostensibly for humanitarian assistance, and also has thousands of US troops in the country at any given time, rotating in

and out for joint training exercises. China has said these US moves were "stoking the fire" of regional tensions. The Chinese Embassy in Manila did not immediately respond to a request for comment on the proposed port in Basco.

The move comes as Washington pursues closer ties with Asian nations to counter China in the Asia-Pacific region, including the Philippines, its former colony and treaty ally.

Previous President Rodrigo Duterte had threatened to scrap the US-Philippines alliance and realign the country with Beijing but relations between China and the Philippines have grown tense under the current president, Ferdinand Marcos Jr.

Marcos, the son and namesake of the disgraced late strongman president, has sought closer ties with Washington, granting it access to four more military bases, including several close to Taiwan, though not in Batanes, and announced joint patrols in the South China Sea.

Marcos has said the bases under the Enhanced Defence Cooperation Agreement (EDCA) could prove useful if China attacked Taiwan. Security officials in Manila said they believed any military conflict in the Taiwan Strait would inevitably affect the Philippines, given its geographic proximity to Taiwan and the presence of over 150,000 Filipinos on the democratically-governed island.

The Philippines and China have also clashed in recent months over disputed waters in the South China Sea, with Chinese vessels firing water cannons on a Filipino vessel trying to send supplies to an outpost.

Covid and flu autumn jabs sped up as fears grow over new BA.2.86 variant

The roll-out of flu and Covid-19 vaccines for autumn has been sped up as fears grow over the new BA.2.86 coronavirus variant.

Vaccinations are now set to start on 11 September in England, with adult care home residents and those most at risk, those aged 65 and over, and health and social care staff and carers, to receive their jabs first, reports The Independent.

The annual flu vaccine will also be given to these groups at the same time, the Department of Health and Social Care said.

The roll-out of flu vaccines was originally planned to begin in October – a month later than planned – to coincide with the roll-out of Covid booster jabs. But GP practices warned the delay would cause “chaos” and put vulnerable people at risk ahead of a difficult winter.



While the BA.2.86 variant is not classified as a “variant of concern” scientists have said that it carries a high number of mutations.
Pic – The Independent

But the Department of Health and Social Care has brought forward the roll-out of both jabs after scientists from the UK Health Security Agency (UKHSA) said doing so

would help “protect those most vulnerable from illness” from the Covid-19 variant BA.2.86, which carries a high number of mutations.

The UKHSA is examining the new variant, which was first detected in the UK on Friday 18 August. While the BA.2.86 variant is not classified as a “variant of concern” scientists have said that it carries a high number of mutations.

Its discovery has amplified fears of a new wave of Covid in the UK. Hospital admissions for coronavirus have risen in the past month, coinciding with the effectiveness of vaccines wearing off and a new variant emerging.

Symptoms of the new variant include a runny nose, headache, fatigue, sneezing and a sore throat.

Actress Isabelle Adjani, who was named in the Panama Papers, to be tried for tax evasion

French actress Isabelle Adjani is facing tax fraud and money laundering charges partly tied to Panama Papers revelations.

The star, who reportedly denies any wrongdoing, will be tried in Paris in October. She has been called to appear in court on Oct. 19. Judicial sources told French media that Adjani, 68, is accused of separate financial crimes, reports International Consortium of Investigative Journalists.

In the first instance, she is alleged to have received a donation of two million euros from a Senegalese businessman, Mamadou Dia-gna Ndiaye, “under the guise of a loan.” This is said to have enabled Ndiaye, who is also an Olympic official, to evade transfer duties.

In the second, she is accused of passing

119,000 euros to an unknown beneficiary via an offshore company in 2014.

Adjani was revealed to be a shareholder of the offshore company, Deckert Investments Limited, by the 2016 Panama Papers investigation.

Based on that information, France’s National Financial Prosecutor’s Office reportedly opened its investigation into her at the end of 2016.

Deceker Investments Limited is based in the British Virgin Islands, an offshore tax haven. Le Monde reported that Deckert was a shell company created on July 1, 2014, during a film production.

Adjani’s lawyers told AFP that she disputed the claims made against her, and denounced the lawsuits as “disproportionate and unfounded.”



Isabelle Adjani alleged to have received a donation of 2 million euros from a Senegalese businessman “under the guise of a loan.”
Pic - Wikipedia



A China’s flag flutters near people lining up to get tested at a makeshift nucleic acid testing site. Pic - Reuters

China to host Belt and Road forum in October: Foreign ministry

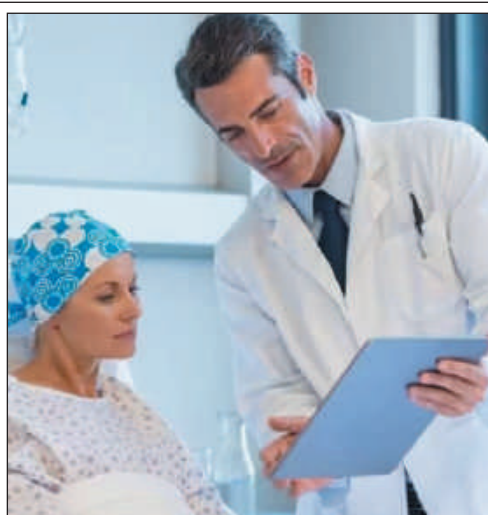
China will hold the third Belt and Road Forum for International Cooperation in Beijing in October, said the foreign ministry.

The Belt and Road Initiative (BRI) is a global infrastructure development strategy China launched a decade ago to connect Asia with Africa and Europe via land and maritime routes, reports Reuters.

Ministry spokesperson Wang Wenbin said the 10th anniversary of the BRI is also “an important platform for all parties to discuss and develop high-quality Belt and Road cooperation.”

The Chinese side is in communication with all parties on the preparations for the forum and will release relevant information in due course, he said.

Russian media had earlier reported that President Vladimir Putin plans to visit China, coinciding with the BRI forum.



Cancer Treatment. Pic - HT

Cancer Treatment: England to roll out world-first seven-minute jab

Britain’s state-run national health service will be the first in the world to offer an injection that treats cancer to hundreds of patients in England which could cut treatment times by up to three quarters.

Following approval from the Medicines and Healthcare products Regulatory Agency (MHRA), NHS England said on Tuesday hundreds of eligible patients treated with the immunotherapy, atezolizumab, were set to have “under the

skin” injection, which will free up more time for cancer teams.

“This approval will not only allow us to deliver convenient and faster care for our patients but will enable our teams to treat more patients throughout the day,” Dr Alexander Martin, a consultant oncologist at West Suffolk NHS Foundation Trust said.

NHS England said atezolizumab, also known as Tecentriq, is usually given to patients intravenously, directly into their veins via a drip, which could often take

around 30 minutes or up to an hour for some patients when it can be difficult to access a vein, reports Reuters.

Atezolizumab - made by Genentech, a Roche company - is an immunotherapy drug that empowers a patient’s own immune system to seek and destroy cancerous cells. The treatment is currently offered by transfusion to NHS patients with a range of cancers, including lung, breast, liver and bladder.

NHS England said it expected the majority of around 3,600 patients starting the treatment of atezolizumab every year in England to switch onto the time-saving injection.

Compiled by Doojesh Ramlallah

Interview: Jack Bizlall

“La grande majorité des gens veut un changement

Il faut qu’il y ait des propositions politiques essentielles, acceptables et réalisables”



Mauritius Times: Comment concevez-vous la politique dans le cadre des prochaines élections?

Jack Bizlall: Il y a deux façons de voir les choses quand on aborde les élections. Les citoyens sont en majorité conditionnés par le système de représentation de leur pouvoir par un parti politique, pour être demain sous le joug d’un gouvernement et, pire, d’un seul homme agissant comme Premier ministre ou comme Président de la République.

Dans une lettre en date du 19 août 2023 adressée aux dirigeants de l’alliance annoncée du PT, du MMM et du PMSD, je leur ai mis devant leurs responsabilités en évoquant trois possibilités dans le cadre des élections à Maurice.

“ Il faut changer le système d’éducation et le dépêtrer de l’intégration au système en place. Nous produisons des cadres par le fordisme intellectuel. Des milliers de jeunes quittent le pays et ils sont remplacés par des milliers de travailleurs engagés. Les familles se séparent. Nous risquons fort de finir par un nationalisme immonde en laissant le terrain aux xénophobes... Et la société mauricienne va connaître des crises sociales...”

“(1) Un parti politique ou une alliance politique dirige notre pays par le Président de l’Etat. Cette possibilité existe dans notre Constitution actuelle si le Leader d’un parti politique est nommé Président par le Premier ministre qui est, lui-même, nommé par ce leader qui contrôlerait ainsi la majorité parlementaire et ainsi le Cabinet. Le Premier ministre ne serait qu’un exécutant de la politique du Président. Cela aurait pu nous arriver en 2014. Nous serions aujourd’hui en République Présidentielle.

“(2) Un parti politique (comme l’est le MSM) est la propriété d’une famille qui nomme le leader de ce parti. Ainsi, au pouvoir, le Premier ministre nomme le Président de la République qui est son suiveur (au sens figuré, c’est une personne qui, sans esprit

Il va sans dire que la Constitution de notre pays a fait ses preuves contre vents et marées depuis 1968, date de l’accession à l’indépendance. Cependant, depuis quelques années, plusieurs dérives sur le plan politique obligent un certain nombre de syndicalistes, des observateurs de la société mauricienne et des citoyens engagés à réagir à un manque d’actions pour contrer les malversations en tous genres. Cette semaine, Jack Bizlall, syndicaliste et homme d’action, nous livre ses observations sans filtre. Il existe plusieurs systèmes politiques dans le monde mais comment fonctionne le système politique mauricien? Quels dysfonctionnements a-t-on constaté après des élections générales dans notre pays pour que la majorité de la population mauricienne ne croit plus en l’intégrité de la classe politique? A l’origine du mouvement pour une deuxième Constitution et auteur de plusieurs publications sur le sujet, Jack Bizlall propose une approche pédagogique pour sensibiliser les lecteurs à propos de son projet de réforme de la Constitution. Il s’attarde particulièrement sur un problème de taille : l’abstention aux élections. Si cet acte est un moyen symbolique pour le citoyen d’exprimer son désaccord avec la classe politique et la mentalité qui la gangrène tant aujourd’hui, est-il possible d’envisager une autre option?

critique, ne fait que suivre ce que le Premier ministre lui dicte).

Nous serions (et sommes déjà) en monarchie parlementaire - reliquat de notre Constitution de 1968. Un tel Premier ministre peut contrôler toutes nos institutions. La vie d’un député au Parlement est déjà intenable avec le Speaker actuel.

“(3) Les élections de 2024 (?) se tiendront dans le cadre de notre Constitution actuelle MAIS avec un projet annoncé de passer à une nouvelle Constitution. Il y a déjà deux projets : celui de réviser notre système électoral et celui de parfaire les structures de notre administration. Vous avez déjà reçu deux textes en circulation. Je vous soumetts une autre publication intitulée «Nos erreurs Constitutionnelles» publiée par la Rosa Luxembourg Institute.”

Nous allons agir de plusieurs manières. Il faut pousser vers une Deuxième République. Il faudra tout faire dans cette direction.

*** Votre stratégie est celle d’agir, de faire pression, de conscientiser, de proposer. Mais c’est sur la base de quel programme?**

Je le dis et je le redis : la question est avant tout de savoir quels changements les différents regroupements politiques vont proposer. Les électeurs doivent être guidés par le principe de réclamations universelles appliquées à tous. J’identifie quatre réclamations principales :

- (a) Que nous passons à une autre Constitution, c’est-à-dire à une Nouvelle Constitution pour laquelle le Mouvement Premier Mai (MPM) se bat depuis sa création, et ce, soutenu par multiples publications. Ce n’est pas une question facile à résoudre d’où ma participation au sein d’un groupe constitué de trois professionnels en la matière et aussi de trois anciens parlementaires.
- (b) Par rapport à l’économie, il faut absolument placer l’économie au service du social. Il ne faut pas les séparer ou placer l’économie en premier sous le

contrôle des capitalistes puisque cette politique protège la classe capitaliste ; ce sont les masses qui payent le prix avec des salaires de misère et des lois liberticides.

Regardez ce qui se passe en France. Cette politique fait le jeu des populistes de droite comme de gauche. Par exemple, il faut absolument séparer la propriété privée personnelle de la propriété privée sociale.

- (c) Par rapport aux travailleurs, il faut protéger les acquis universels comme l’emploi, les salaires, la santé en général, les pensions de retraite, l’emploi, les heures de travail, etc. Tout un programme électoral doit se construire autour de cet axe primordial.

Les autres classes sociales sont assez fortes pour se défendre. Assumons la défense des gens sans défense. C’est criminel de financer le budget par l’inflation. Voyez le coût de la vie et la baisse constante du pouvoir d’achat des Mauriciens.

- (d) Il faut changer le système d’éducation et le dépêtrer de l’intégration au système en place. Nous produisons des cadres par le fordisme intellectuel. Des milliers de jeunes quittent le pays et ils sont remplacés par des milliers de travailleurs engagés. Les familles se séparent.

Nous risquons fort de finir par un nationalisme immonde en laissant le terrain aux xénophobes...Et la société mauricienne va connaître des crises sociales...

Notre pays est gouverné par des cliques pouvoiristes et accapareuses, malheureusement. Ce serait totalement différent si la République est administrée par les représentants des citoyens libérés par une Nouvelle Constitution et protégeant le pouvoir du peuple par la pratique référendaire.

Un gouvernement ne peut pas tout décider jusqu’à changer les lois pour modifier la Constitution. Les lois doivent respecter la Constitution.

☞ Suite en page 11

“Voyons les noms des personnes les plus en vue ou ceux qui visent soit une troisième force. Qu'avons-nous comme combinaisons programmatiques?”

Un cocktail de populisme, d'opportunisme, de suivisme, de folie...”

☞ Suite de la page 10

*** Existe-t-il d'autres propositions et pensez-vous que les forces politiques actuelles sont en mesure d'assumer des changements indispensables?**

Je tiens à cœur l'introduction d'un Code Social et d'un Code Administratif pour compléter le Code Pénal et le Code Civil. Nous aurons de gros problèmes avec les lois restrictives régissant la location des maisons (leurs prix deviennent intenable); les lois du travail (nous venons d'avoir la réintégration des travailleurs). Mais il existe d'autres choses encore. J'ai fait quatre propositions au ministre du Travail.

Il faut apporter de la sérénité et de la transparence.

Il faut le contrôle sur le gaspillage, la fraude.

Il faut règlementer les accaparements de toutes sortes en obligeant nos décideurs à répondre de leurs actes devant le judiciaire.

La population souffre de l'incapacité de loger des cas en Cour pour des raisons de frais légaux, mais il existe aussi des pratiques de copinage, des soumissions et pire d'opportunisme politique et économique.

Par défaut certaines peuvent se trouver demain au pouvoir, or ce sont les dirigeants de ces partis qui sont tous responsables de l'imposition du MSM et de la famille Jugnauth au pouvoir durant de nombreuses années.

En deux fois, le MSM et la famille Jugnauth ont été écartés du pouvoir et, à chaque fois, le PTr, le MMM et le PMSD les ont réhabilités.

De l'autre côté, je suis sidéré par le comportement d'Obeegadoo, de Ganoo, de Collendavelloo, etc. Je crois qu'ils ont des explications à donner lors de la campagne électorale. Je n'ai rien à voir et à faire avec le MSM et la famille Jugnauth. Lors de la première défaite du MSM, j'avais déjà souhaité qu'il disparaisse à jamais et Gilbert Ahnee avait prédit le contraire dans un éditorial me concernant à ce sujet. Il a eu raison.

*** Jocelyn Chan Low parle de retrait des dirigeants actuels de l'Opposition en faveur d'une nouvelle direction. Croyez-vous que ces dirigeants vont écouter cet appel, relayé également par plusieurs autres observateurs et citoyens engagés?**

En trois fois, j'ai demandé poliment à Ramgoolam de partir pour que le MSM et la famille Jugnauth soient écartés du pouvoir. Une fois publiquement et deux autres fois à travers des lettres personnelles. La dernière fois, il m'a téléphoné pour me dire qu'il allait réagir. Puis, il y a eu un silence total.

J'ai déjà parlé à Boolell aussi.

Chan Low a raison de proposer le retrait des dirigeants actuels d'autant plus qu'ils auront à tenir jusqu'en 2029. Il est logique qu'ils doivent impérativement penser à l'avenir car, dans 5 ans, ils auront 83/84 ans. Ma génération se rétrécit comme une peau de chagrin. Du côté de Jugnauth, la question ne se pose pas. Après le père, c'est le fils et demain, ce sera qui d'autre?

Chan Low parle d'alternance. Il fait référence implicitement à un renversement de la majorité politique lors des prochaines élections. Pour que cela soit possible, il faut que cette masse rejette le régime en place. Le vote doit être éclairé et l'abstention active. La grande majorité des gens veut un changement. Donc, il faut qu'il y ait des propositions politiques essentielles pour aller dans cette direction et que celles-ci soient acceptables et réalisables.

Pour résumer mon propos, il faudra construire une



“ Par défaut certaines peuvent se trouver demain au pouvoir, or ce sont les dirigeants de ces partis qui sont tous responsables de l'imposition du MSM et de la famille Jugnauth au pouvoir durant de nombreuses années. En deux fois, le MSM et la famille Jugnauth ont été écartés du pouvoir et, à chaque fois, le PTr, le MMM et le PMSD les ont réhabilités...”

“ Chan Low a raison de proposer le retrait des dirigeants actuels d'autant plus qu'ils auront à tenir jusqu'en 2029. Il est logique qu'ils doivent impérativement penser à l'avenir car, dans 5 ans, ils auront 83/84 ans. Ma génération se rétrécit comme une peau de chagrin. Du côté de Jugnauth, la question ne se pose pas. Après le père, c'est le fils et demain, ce sera qui d'autre?”

“ Voyons les noms des personnes les plus en vue ou ceux qui visent soit une troisième force ou encore ceux qui finiront par soutenir les deux alliances. Assumons qu'ils soient tous des personnes respectables et respectées même si pour certains, ce sera difficile à penser, à la lumière de leur passé. Qu'avons-nous comme combinaisons programmatiques? Un cocktail de populisme, d'étatisme, de technocratie, d'opportunisme, de suivisme... voire même, entend-on dire, de folie...”

alternative républicaine solide, consistante et cohérente afin de déloger le régime monarchique actuel. Ne passons pas par quatre chemins : en construisant cette alternative, nous proposons des structures sociales et politiques conceptuellement différentes.

*** Par ailleurs il y aura un certain nombre de partis, toute une foule au fait, qui vont se présenter devant**

l'électorat lors des prochaines élections, et il n'y a donc aucun espoir de changement si une majorité d'électeurs se trompe. Votre opinion?

Quelle tourmente pour les citoyens? Nous avons eu des élections à trois comme en 1976.

J'ai mon opinion personnelle sur ces différents regroupements assez hétéroclites avec des dirigeants qui ont appartenu dans le passé au MSM, au PTr et au PMSD.

Voyons les noms des personnes les plus en vue ou ceux qui visent soit une troisième force ou encore ceux qui finiront par soutenir les deux alliances. Je procède par ordre alphabétique: D. Aubeeluck, Roshi Bhadain, Jean Claude Barbier, Patrick Belcourt, Paul Bérenger, Jack Brizmohun, Vasant Bunwaree, Nando Bodha, Ivan Collendavelloo, Parvez Dookhee, Xavier Duval, Elysée François, Allan Ganoo, Julia Hennequin, Pravind Jugnauth, Bruno Laurette, José Moirt, Steven Obeegadoo, Navin Ramgoolam, Sherry Singh, Dev Sunasee, Rama Valayden. Et il y aura sans doute aussi Cehl Meeah.

Assumons qu'ils soient tous des personnes respectables et respectées même si pour certains, ce sera difficile à penser, à la lumière de leur passé. Toutefois, évitons de personnaliser le débat.

Qu'avons-nous comme combinaisons programmatiques? Un cocktail de populisme, d'étatisme, de technocratie, d'opportunisme, de suivisme... voire même, entend-on dire, de folie.

J'ai lu le programme d'un groupe qui propose tout un projet pour la classe moyenne et ce groupe, au fond, ne veut rien savoir de l'idéologie - en étant ni de gauche ni de droite- mais fusionne aisément les contradictions de classes en un bloc monolithique de citoyens.

Il faudra des débats dès maintenant. Je crois que les organisations démocratiques doivent organiser des débats à partir des thèmes précis et permettre à ces organisations de s'exprimer pour se connaître.

*** Diriez-vous dans ces conditions que le MSM pourrait difficilement perdre les prochaines élections?**

Posons la problématique différemment au moyen de cinq questions.

1. Existe-t-il à Maurice, dans ces élections à 2 ou à 3 (dans la mesure qu'une troisième alternance se constitue), une situation où plus de 50% des citoyens, ainsi que le MSM et la famille Jugnauth sont à l'aise avec la monarchie parlementaire imposée entre 1968 et 1992, compte tenu de la situation qui s'est transformée en s'aggravant à partir de 1992?

Je ne le crois pas ! Il ne semble pas que le MSM ait un soutien de plus de 16% à 18%. De plus, je pense que ses alliés se sont affaiblis depuis 2019 par manque de démarcation avec le MSM.

2. Existe-il à Maurice des adeptes du Travailleisme et du Militantisme parmi les électeurs - et ce, en majorité - pour faire revivre ces courants?

Deux éléments retiennent notre attention.

(a) Les personnes âgées constituent le noyau dur de ces mouvements ainsi que les générations des années 70 et 80.

(b) Ce sont des gens qui se sentent perdus et qui constitueront plus de 15% d'abstentionnistes en plus des 24% d'abstention systémique.

☞ Suite en page 12

'Des milliers de jeunes quittent le pays et ils sont remplacés par des milliers de travailleurs engagés. Les familles se séparent...'

☞ Suite de la page 11

3. Existe-t-il à Maurice une conjoncture politique qui obligerait 30% à 35% des électeurs, qui iront aux urnes, de retrouver la confiance dans le PTR et le MMM sur le plan idéologique, et aussi en se basant sur l'histoire et les réalités sociaux économiques, surtout quand le PMSD est un associé?
4. Existerait-il dans le pays et ailleurs des sources de financement pour noyer ces élections avec de l'argent, des faveurs, des emplois, et d'autres stratégies encore pour fausser les élections, sans compter d'autres malversations électorales.
5. Si un citoyen pense qu'il n'ira pas voter, alors n'est-il pas temps de rejoindre ceux qui continuent de militer pour une nouvelle Constitution?

Notre pays a connu beaucoup de phases contiguës politiquement parlant. C'est pour cela que j'insiste: il faut se concentrer sur les quatre propositions majeures pour avancer, pour décider si on doit voter ou pas.

*** Pensez-vous que le régime en place va se plier aux exigences de la démocratie dans le cas des élections générales?**

Je crois que Pravind Jugnauth est très téméraire dans sa façon de décider et de se comporter. Soit il n'est pas conscient de ses actes, soit il s'en fiche de ce qui peut arriver.



☞ **Au lieu d'attendre le départ de Jugnauth, on peut le décrédibiliser par la démission répétée du leader de l'opposition et des dirigeants des partis politiques. Election partielle sur election partielle. J'avais demandé à Boolell de démissionner et ainsi provoquer des élections de remplacement. C'était lors de son altercation avec le Speaker. Jugnauth contrôle l'Assemblée nationale, le Cabinet, le Speaker, le Président... Il est protégé par des institutions qui auraient dû le mettre au pas...**

Dans un texte intitulé 'L'antithèse' j'écris ce qui suit:

«Dernièrement nous avons pris connaissance du jugement de la Cour intermédiaire condamnant Pravind Jugnauth à la prison. Il ne peut échapper à sa condamnation. Dans les faits il est condamné et condamnable pour avoir le 23 décembre 2010 agi en dehors du cadre de la décision du Cabinet. Le 22 décembre 2010, la requête fut reçue de Mme Hanoomanjee pour approuver une nouvelle réallocation des fonds du Ministère de la Santé de Rs 144, 701,300 pour l'achat de MedPoint. Le Departmental Warrant fut émis le 27 décembre 2010. Le 26 et le 27 décembre étant congés publics, Mme Hanoomanjee procède à la nouvelle allocation des fonds le 28 décembre et MedPoint a reçu son chèque le même jour. Il faut absolument publier toute l'histoire de MedPoint. Accablante! Vraiment accablante!»

Si quelqu'un peut agir de cette manière, c'est qu'il n'a peur de rien. Or, un dirigeant politique occupant des responsabilités du Premier ministre ou de ministre ne peut pas faire n'importe quoi. La plainte de Suren Dayal est, pour

lui, un détail dans la panoplie des actions initiées contre lui.

Il utilise déjà les fonds publics à bien des égards. Il ne quittera pas ses fonctions de PM de lui-même, il ne partira que par la décision des citoyens ou des manifestations soutenant son départ.

Au lieu d'attendre le départ de Jugnauth, on peut le décrédibiliser par la démission répétée du leader de l'opposition et des dirigeants des partis politiques. Election partielle sur election partielle. J'avais demandé à Boolell de démissionner et ainsi provoquer des élections de remplacement. C'était lors de son altercation avec le Speaker. Jugnauth contrôle l'Assemblée nationale, le Cabinet, le Speaker, le Président... Il est protégé par des institutions qui auraient dû le mettre au pas.

*** Il n'est pas évident de faire de la résistance dans un environnement constitué de représailles, d'exclusion et de harcèlement des adversaires politiques dans le pays, non?**

Beaucoup de personnes, surtout des travaillistes, sont harcelés par le régime. Je regrette de dire que l'on n'en parle pas assez. Il faut aussi agir.

Concernant Yogita Baboo-Rama, par exemple, j'ai adressé deux lettres à travers l'Observatoire de la Démocratie pour la soutenir. Il faut une solidarité permanente pour forcer Jugnauth à respecter ses opposants. Il a une prédisposition psychologique qui le pousse à détruire tous ceux qui s'opposent à lui. Voyez le cas de Sherry Singh.

Un task force est au travail à MK pour considérer 12 autres cas. Il existe un accord conclu à la CCM (Commission for Conciliation and Mediation) sur les procédures disciplinaires qui ne sont pas correctement mises en pratique. Leur application va être définie bientôt.

Mais le cas le plus grave est celui de Mme Aruna Devi Bunwaree-Ramsaha qui est la directrice de la MPA. En décembre 2022, on lui demande de prendre son congé et on soumet une lettre anonyme à la police concernant une allégation de divulgation d'information confidentielle. On enquête depuis et toujours rien. Son congé s'est terminé en juillet et, cette fois, on lui dit que l'enquête n'est pas terminée. Savez-vous ce que fait la police? Elle questionne son chauffeur, ses employés de maison... Nous sommes sous un régime quasi-stalinien.

Je ne cesse de dire aux syndicalistes de faire attention.

*** Voyez-vous le syndicalisme mauricien pouvoir intervenir dans le débat et, par ses mots d'ordre, faire changer les choses?**

Le syndicalisme à Maurice n'est pas monolithique. Je vous donne trois profils.

- (1) Une agence syndicale est non engagée en politique. C'est un business qui a besoin du régime en place pour prospérer, recruter et enrichir ses dirigeants.
- (2) Une corporation syndicale est souvent un appendice à un parti politique, de gauche ou de droite. Elle se soumet à une bureaucratie qui met en place des pratiques sectaires, des décisions prises organiquement par le parti politique. Ainsi l'engagement politique s'oppose au front de lutte qu'est un syndicat.
- (3) Une organisation engagée dans la lutte des classes milite au sein de la société dans le cadre des contradictions politiques, économiques, sociales en faveur de ses membres mais sans prosélytisme, sans corporatisme et s'active à représenter les intérêts de toutes les catégories sociales.

En 2009, j'ai essayé de rassembler tout le monde à

☞ **Chan Low parle d'alternance. Il fait référence implicitement à un renversement de la majorité politique lors des prochaines élections. Pour que cela soit possible, il faut que cette masse rejette le régime en place. Le vote doit être éclairé et l'abstention active. La grande majorité des gens veut un changement. Donc, il faut qu'il y ait des propositions politiques essentielles pour aller dans cette direction et que celles-ci soient acceptables et réalisables...**



Beau-Bassin pour une action de masse et une action politique multidimensionnelle. Certains n'ont pas compris ou n'ont pas voulu que ce soit ainsi, surtout une organisation avec laquelle j'ai particulièrement pris mes distances à cause de ses actions manœuvrières.

Si les choses avaient évolué dans le bon sens, toutes ces organisations, y compris celles comme l'ACIM, auraient pu se rassembler pour établir un programme de revendications et faire pression sur le régime en place et les forces qui se présentent comme l'alternance.

Cela étant dit, il n'est pas trop tard pour le faire...

Je suis en faveur d'une intervention basée sur le concept d'abstention active: abstenir de s'associer aux forces politiques de droite, populistes ou autocratiques.

Mais je préconise de s'engager activement par des actions sur le terrain pour dénoncer et proposer. La masse des gens peut se forger une raison pour aller voter ou pour ne pas voter. L'action domine tout dans cette perspective.

*** Comment communiquer avec les électeurs pour qu'ils soient plus éclairés?**

Je lance une publication intitulée 'La Réplique' à l'intention des députés et des organisations politiques.

Le premier numéro, celui de septembre a pour titre «Mafia contre Mafia» et dénonce ce qui se passe au Champ de Mars par rapport à la déclaration du Premier ministre. On ne peut laisser les courses hippiques se transformer en un business mafieux.

Dans le deuxième numéro, celui d'octobre, j'aborderai mes protestations contre la position de l'église envers des prêtres pédophiles. J'expliquerai la raison de ma protestation. J'ai rapporté cela au ministère des Enfants. Mais j'ajoute que la réponse que je viens de recevoir du Père de St Perne est positive.

Cela étant dit, il y aurait plusieurs autres cas de représailles de l'Evêché. Mais, au fond, le débat concerne les lois religieuses qui prédominent sur le droit républicain. Je pose la question si le Concordat est en vigueur à Maurice.

Le dernier numéro, celui de novembre, intitulé 'Le surendettement' abordera les structures financières, bancaires, d'entraide, qui exploitent les salaires des travailleurs à un degré inimaginable. On ne doit pas seulement faire augmenter les salaires mais protéger sa valeur contre l'inflation et sa dilapidation par le surendettement.

Il va sans dire que ceux qui ne participent pas aux élections ont une plus grande responsabilité.

From the Pages of History - MT 60 Years Ago

6th Year No 245

MAURITIUS TIMES

Friday 24 April 1959

• *Life is like an onion: you peel off layer after layer and you find there is nothing in it. — James Gibbons Huneker*

The Cry For Land

In the Speech from The Throne delivered on the 14th April His Excellency the Governor laid emphasis on the most efficient use of land and said that his ministers' primary objectives would be "to initiate projects which will increase the productivity of the land so that it can support a larger population." Commenting the speech on last Tuesday's sitting of the Legislative Council, almost all the speakers - either from government or from opposition bench - stressed on the scarcity of land and made a stirring appeal for land.

Mauritius is a predominantly agricultural country. To produce foodstuffs, we need land in abundance. It will give employment to the thousands of unemployed. But the inevitable question which haunts us is where to get land.

The biggest landlords of this island are the Crown and the estates. By virtue of its being the ruler of the island, the Crown holds the right of ownership of catchment areas, mountain reserves, Crown lands, Pas géométriques, etc. During the French occupation, the forefathers of several estate owners were allotted vast stretches of lands under the system called "concession". These "concessions" were given free. It was meant to encourage the settlers and to attract others from France.

For about a century and a half, save for a few isolated cases, land did not change hands. Even after their liberation from slavery, the coloured community did not take to agriculture. Land reminded them of the whip of their masters which forced them to work on their lands. It is only with the advent of Indian indentured labourers that ownership of land began to change. Many Indian labourers after having served their terms of contract chose to stay in the colony. They fell back on the land which had a peculiar, almost intractable attraction to them. It was then that the parcelling of land known as "morcellement" started. Marginal and unproductive lands, which the landlords found uneconomical to cultivate, were parcelled out and sold to these labourers. After the great slump of the 1920s, the "morcellement" almost automatically stopped. Thousands of small planters who bought land after the First World War five times their real value were ruined.

The great strike of 1937, which was started by small planters and later taken up by labourers, shook the estate owners. In order to clip the wings of the small planters and labourers, the estate

owners resolved not to sell lands anymore, but to buy the lands of small planters back, if possible.

During the Second World War when money began to flow in the island in a continuous stream, there was a scramble for land. The small planters and ex-service men were prepared to buy land at any price. Several small estate owners who were in grave financial difficulty and manpower could not resist the temptation; they began selling or renting their estates at approximately five times their pre-War value.

They were guided by another assumption and were haunted by the post-War slump of the 1920s. They were convinced that after the Second World War the slump of the First World War would repeat itself. But the majority of the landlords, especially the big estates, did not sell their land. In the absence of a land legislation many planters who rented lands from them on the system of "metayage" were gradually dispossessed.

The unproductive lands were rented or sold to them. The yield of the crop bears testimony to that fact. In 1957, while the estates with factories produced 30.8 tons per acre, metayers produced only 13.8 tons per acre and small planters 18.8 tons per acre. No doubt in many cases unscientific methods of plantation and insufficient use of fertilizers contributed to the poor yield.

Most of the agricultural lands of this colony are in the hands of a few hundred persons or companies. Of the 20,721 planters without factories only 35 planters own lands more than 500 acres. On the other hand, there are 6,380 planters who own less than one arpent; 5,884 own from 1 to 2 arpents: 3,043 own from 3 to 5 arpents. On the other hand, the 25 factories which are managed by about a dozen companies own among themselves 99,552 acres.

Since 1945 the island has practically not been visited by cyclones. Except in the North the rainfall was very good. The new variety of canes, the 132-34, is excellent. The mechanization of labour and the advanced techniques in cane plantation - all these factors contributed to make the colony double its production. To whom that unprecedented prosperity has benefited? In the first place to the big landowners. While that class is growing richer and richer, the position of the poor peasant has not changed. The rapid

growth of the population - the present density is of about 815 persons per sq. mile - has accentuated the hunger for land. It had led to the inflation of its value. Land which was sold for Rs 300 per arpent will now easily fetch Rs 5,000. The rent has increased by about eight hundred to one thousand per cent.

Has the Government helped the small planters to tide over their difficulty to procure land? We fear that the help of the State has been insignificant in that direction. In 1954, 9,086 arpents of Crown Lands and Pas Géométriques were almost all leased to well-to-do people at an average rate of Rs 17.50 per arpent, per annum. Part of these lands are sublet by the lessees to small planters at approximately Rs 300 per acre per

annum.

The hunger for land cannot be assuaged unless a radical change in land legislation and in official outlook is envisaged. We propose that:

1. A land legislation, as it exists in the UK, be immediately introduced to protect tenants.

2. All unused Crown Lands and Pas Géométriques already leased be appropriated and patches of lands be compulsorily acquired from estate owners under the Land Acquisition Ord. 77 of 1952 and distributed to needy persons.

3. Government should release all reserve lands which in the opinion of able experts are not necessary for waterfall or for forest produce.

Dans *Le Malade imaginaire* de Molière, un père autoritaire, Argan, qui se dit malade, a décidé que sa fille Angélique, 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



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01 September 2023

Civilian support for military coups is rising in parts of Africa: why the reasons matter



Pic - ORF

● Cont. from page 2

This distinction is relevant because if the reason for military rule support is cultural, then societies will continue to endorse authoritarian regimes. If the reason is institutional performance, then as long as incumbent governments perform efficiently, both politically and economically, democratic support will overcome authoritarian support.

Citizen discontent

I carried out a quantitative analysis using Afrobarometer survey data gathered from 37 African countries, both from North Africa and Sub-Saharan Africa. The analysis looked for underlying factors propelling the rise in support for military rule.

Respondents were asked about the extent of their support for military rule as a form of government plus a number of other potential explanatory questions such as perception of corruption, governing and opposition parties performance, economy evaluation and socio-demographic issues like their level of education.

The data shows that from 2000 to the present, the level of support for military rule as a form of government has doubled, from 11.6% of people supporting "much" or "very much" military rule as a form of government to 22.3%. Of the 37 countries analysed, there were 11 where support for military dictatorship was decreasing and 26 where this figure was on the rise. The latest Afrobarometer data shows that support for democracy has fallen in the last year. Out of 38 countries, only four show decreasing support for military rule since 2000, whereas 34 show higher support for higher military rule than in 2000.

Support for military rule was higher in "partly free" and "not free" countries than in "free" countries. (They

were categorised according to the Freedom House index.)

But there were some exceptions. In South Africa, which is a constitutional democracy with regular elections, one in three South Africans supported military rule as a form of government. In democratic Namibia the level of support showed that one in four Namibians supported military rule.

Reasons to support military rule

The analysis points to three conclusions:

* In sub-Saharan Africa, the legitimacy of military rule is mainly based on institutional performance and economic management. These are weakened by jihadist organisations rapidly expanding throughout the region. State institutions are not able to tackle their expansion throughout the region.

* In North Africa, institutional performance plays a role but authoritarian personality plays a larger role in the support for military rule.

* Education seems to be an antidote against authoritarianism. Those with higher level of education, according to survey data, show higher level of democratic endorsement.

The study's findings suggest that people in sub-Saharan Africa are fed up with their governments for many reasons, including security threats, humanitarian disasters and lack of prospects. Waiting for the next elections to take place to change government does not seem to them to be a good option. Opposition parties do not seem to enjoy a better image. For the survey respondents, the solution appears to be to welcome the military to intervene.

If citizens perceive that politicians don't care about them, this will invite the military to continue overthrowing civil governments, with society publicly legitimising their intervention in politics.

If military, political and economic solutions are not found, military coups in the region will increase and people will continue gathering on the streets to welcome them. Niger's recent coup may not be the last one.

*Carlos García Rivero, Associate Professor,
Universitat de València*

Mauritius Times

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Aging with a healthy brain: How lifestyle changes could help prevent up to 40% of dementia cases

While there is no guarantee of warding off cognitive decline, encouraging people to be physically, mentally and socially active could potentially keep a significant number of dementia cases at bay

A 65-year-old woman repeatedly seeks medical help for her failing memory. She is first told it's nothing to worry about, then, a year later, that it's "just normal aging." Until finally, the penny drops: "It's Alzheimer's. There is no cure."

Scenarios like this one are too common.

Dementia remains largely underdetected, even in high-income countries such as Canada where rates of undetected cases exceed 60 per cent. Beliefs that cognitive deficits are normal in elderly people, and the lack of knowledge of dementia symptoms and of diagnostic criteria amongst medical doctors have been identified as the main culprits of missed cases and delayed diagnosis.

Age-related memory losses should not be shaken off as just part of normal aging. Occasionally forgetting where we parked the car or where we left our keys can happen to everyone, but when these situations become frequent it's important to seek medical advice.

While many individuals experiencing mild changes in their ability to think and remember information will not go on to develop dementia, in others, these declines constitute an early warning sign. Research has shown that people with mild changes in cognition are at a greater risk of developing dementia later in life.

In fact, it has been demonstrated that the disease process (changes in the brain's structure and metabolism) starts decades before the appearance of symptoms such as memory loss. Moreover, it is increasingly recognized in the scientific community that interventions that aim to slow down or prevent disease development are more likely to be effective when initiated early in the disease course.

Despite this, protocols for early detection are not standard in the medical community, in part because significant gaps remain in our understanding of dementia.

Dementia and an aging population

In my research, I use advanced brain MRI methods to characterize brain health in older adults who are at high risk of developing dementia. The goal is to identify new biomarkers of early pathology, which could lead to improved detection methods in the future.

The proportion of senior Canadians is growing in our population. Dementia is strongly associated with aging, so the number of Canadians diagnosed with dementia — including Alzheimer's — is expected to rise considerably in the next few decades, reaching an expected 1.7 million Canadians by 2050. That's more than the population of Manitoba!

This projected increase will put an enormous pressure on our already strained health-care systems if no significant actions are taken to reverse this trend. This means that effective prevention strategies are now more urgent than ever.

Recent news about promising new drugs to treat Alzheimer's disease also highlight the need for early detection. Clinical trials showed that these drugs are most

effective at slowing cognitive decline when administered early in the disease course.

Although these new treatment options represent breakthroughs for the Alzheimer's field, more research is needed. These new therapies act on only one disease process (lowering the levels of amyloid, a substance thought to be toxic for neurons), so they may slow cognitive decline in only a narrow subset of patients. A proper characterization of other processes, on a personalized basis, is required to combine these treatments with other strategies.

This is not to mention the significant increase in financial and human resources that will be necessary to deliver these new treatments, which could hinder access to them, especially in low- and middle-income countries, where dementia cases are rising the most.

Lifestyle and brain health

Lifestyle changes, on the other hand, have been shown to decrease the risk of developing dementia with minimal costs and no side-effects. By making dementia risk assessment a part of routine medical visits for older adults, those who are most at risk could be identified and counselled on how to maintain brain health and cognition.

At-risk individuals likely need those interventions the most (potentially a combination of pharmaceutical and lifestyle interventions), but anyone can benefit from adopting healthy lifestyle habits, which are known to protect from diseases not only of the brain, but also of the heart and other organs.

According to an influential report, published in The Lancet in 2020, 40 per cent of dementia cases can be attributed to 12 modifiable risk factors. These include high blood pressure, obesity, physical inactivity, diabetes, smoking, excessive alcohol consumption and infrequent social contact.

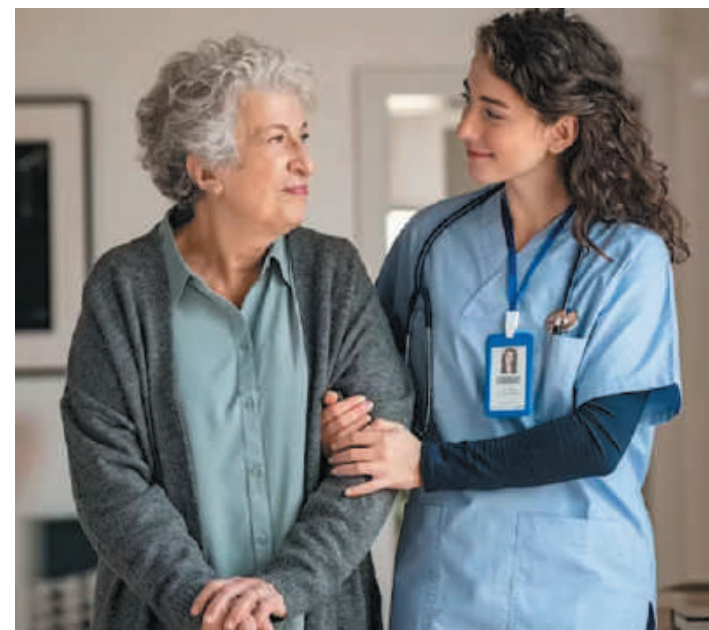
This means that, by adopting positive lifestyle habits, we could theoretically prevent about 40 per cent of dementias, according to the report. While there is no guarantee of warding off cognitive decline, people can greatly reduce their risk of dementia by increasing their physical activity levels, ensuring they are mentally active and increasing social contact, while avoiding smoking and limiting alcohol consumption.

Some evidence also suggests that a Mediterranean diet, which emphasizes high consumption of plants (especially leafy greens) while reducing saturated fats and meat intake, is also beneficial for brain health.

In short, by encouraging people to be physically, mentally and socially active, a significant number of dementia cases could potentially be kept at bay.

Barriers to healthy lifestyles

At the same time, focusing on policy changes could address the societal inequalities that lead to the occurrence of several risk factors, and higher prevalence of dementia, in ethnic minorities and vulnerable populations. Despite having a universal health-care system, Canada still has health inequalities. People at greater risk of health



By 2050, the number of Canadians living with dementia is expected to exceed 1.7 million. (Shutterstock)

conditions include those with lower socioeconomic status, people with disabilities, Indigenous people, racialized people, immigrants, ethnic minorities and LGBTQ2S people.

Policy changes could address these inequalities not only by promoting healthy lifestyles, but also by taking action to improve the circumstances in which people of these communities live. Examples include improving access to sport centres or prevention clinics for people with lower incomes and designing cities that are conducive to active lifestyles. Governments need to evaluate and address the barriers that prevent people from specific groups from adopting healthy lifestyle habits.

We must be ambitious about prevention. The future of our health-care system and that of our own health depends on it.

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Not always reaching your potential is okay, but overthinking it is a problem

Having aspirations helps us navigate life in a meaningful and fulfilling way, but it can also cause psychological distress when hopes are left unfulfilled.

New Edith Cowan University (ECU) research has found that it's not failing to make progress toward our 'ideal-self' that is problematic but rather the tendency to focus on that lack of progress in a negative way that leads to psychological distress.

In other words, it pays to be kind to yourself, say the key researchers.

The study, led by Associate Prof Joanne Dickson from ECU's School of Arts and Humanities, explored whether 'ideal-self' and 'actual-self' discrepancies were associated with depressive and anxious symptoms.

It also considered whether 'rumination', or excessive negative thinking, played a role in these relationships.

Prof Dickson said there are two key 'self-guides' that typically motivate us and provide standards for self-evaluation: the 'ideal-self' and the 'ought-self'.

"The 'ideal-self' is the person we ideally want to be -- our hopes and aspirations. The 'ought self' is who we believe we ought to be -- our duties, obligations, and responsibilities," she said.

"Our findings showed that perceiving one's hopes and wishes as unfulfilled and the loss of desired positive outcomes increases emotional vulnerability and psychological distress.

The role of excessive negative thinking

Prof Dickson said a novel finding was the role of 'rumination', the tendency to engage in repetitive negative thinking.

"It's not failing to make progress toward our 'ideal-self' that is necessarily problematic but rather the tendency to repetitively think about this lack of progress that represents a significant vulnerability that, in turn, leads to increased psychological distress," she said.

In contrast, lack of progress in relation to our 'ought self' (ie duties, responsibilities, obligations) directly increased anxiety (but not depression), and this was not



facilitated via repetitive thinking.

Advice for minimising psychological distress

Prof Dickson said self-guides as standards that we aspire to are beneficial in giving a sense of purpose and direction in life and promoting well-being, even if we don't always reach them, but turning the

focus toward negative self-evaluation and self-criticism is counter-productive.

"Reflecting on and at times modifying our self-guides may be helpful, particularly if we are caught in a spiral of negative self-evaluation that is accompanied by a constant sense of failing to meet overly high standards.



Why do fingers get wrinkly after a long bath or swim? A biomedical engineer explains

Recent research suggests blood vessels are the key to why fingers and toes turn pruny and pale after being submerged for a while.

Skin is an awesome and weird organ. As the body's biggest organ, it does a lot to look after you, protecting you from the outside world of sunlight, harsh chemicals, nasty germs and severe cold. And it does all this while keeping water inside your body and enabling the sense of touch.

I'm a biomedical engineer. My research team and I try to better understand the mechanics and function of soft biological tissues.

We know skin wrinkles as you get older or when you pinch it between two fingers. But it's been somewhat of a mystery why skin gets wrinkly and even sometimes changes color after you take a leisurely bath or spend too long in the swimming pool.

Often people assume that these wrinkles form because the skin absorbs water, which makes it swell up and buckle. To be honest, I did too for a long time.

But researchers back in the 1930s discovered that in people with nerve damage in their fingers, the post-bath wrinkles didn't form. Wrinkly fingers can't just be due to water absorption then, or this would be a universal phenomenon, no matter how well your nerves are or aren't working.

So, if it isn't swelling due to water, then what is behind pruny fingers and toes after a long swim? Scientists have recently discovered what they think is the answer.

A nerve signal for narrower blood vessels

To explain what is happening, first you need to know a bit about the autonomic nervous system – the involuntary part of how your body works. Functions like breathing, blinking, your heart pumping or your pupils constricting in the sun all happen without your needing to



consciously control them, thanks to the autonomic nervous system.

It also automatically controls the expansion and contraction of your blood vessels. Typically, temperature, medications or what you eat or drink can cause your blood vessels to expand or contract. Think of how your skin may flush of its own accord when you go out into a hot day, exercise or even blush.

This contraction of your blood vessels is also what causes the skin to wrinkle after a lengthy swim.

When your hands and feet come into contact with water for more than a few minutes, the sweat ducts in your skin open, allowing water to flow into the skin tissue. This added water decreases the proportion of salt inside the skin. Nerve fibers send a message about lower salt levels to your brain, and the autonomic nervous system responds by constricting the blood vessels.

The narrowing of the blood vessels causes the overall volume of skin to reduce, puckering the skin into these distinct wrinkle patterns. It's like how a dried-out grape becomes a wrinkled raisin – it's lost more volume than surface area.

This constriction of blood vessels also causes the skin to become paler – it's the opposite of what happens when your skin gets redder when you get into a really hot bath, due to your blood vessels dilating. The color change is a little more obvious in people with lighter complexions.

With nerve damage, this constriction doesn't occur. The blood vessels never get a message to narrow, so the wrinkles never happen even if you stay in the bath for a really long time.

An advantage to wrinkled fingers or toes

But does this skin wrinkling-when-wet serve any purpose?

Researchers have found that wrinkled skin has added grip underwater in comparison to unwrinkled skin. Better grip lets you grasp objects more firmly. It makes walking along an underwater surface easier, with less likelihood of slipping. I think this is a fantastic feature to have evolved over time.

My research team and I have performed studies to look at changes in skin structure and function with prolonged immersion in water, but not to study wrinkles. We're interested in skin analyses that can be done to help forensic investigators after a crime or disaster. We also want to learn more about immersion foot syndromes – skin injuries caused by working in wet environments for long periods. They tend to affect military personal, or farmers whose crops grow in flooded fields, such as rice paddies.

Prolonged immersion in water makes skin more likely to break, but this weakening can take weeks to occur. Just don't stay in the swimming pool too long and your pruny digits will go back to normal once you've dried off.

Guy German

Associate Professor of Biomedical Engineering,
Binghamton University, State University of New York



What religion is your bra?

A man walked into the lady's department and shyly walked up to the woman behind the counter and said, 'I'd like to buy a bra for my wife.'

'What type of bra?' asked the clerk.

'Type?' inquires the man, 'There's more than one type?'

'Look around,' said the saleslady, as she showed a sea of bras in every shape, size, colour and material imaginable.

'Actually, even with all of this variety, there are really only four types of bras to choose from.'

Relieved, the man asked about the types.

The saleslady replied: 'There are the Catholic, Salvation Army, Presbyterian, and the Baptist types. Which one would you prefer?'

Now totally befuddled, the man asked about the differences between them.

The saleslady responded, 'It is all really quite simple. The Catholic type supports the masses. The Salvation Army type lifts the fallen. The Presbyterian type keeps them staunch and upright. The Baptist type makes mountains out of molehills.'

'Oh and have you ever wondered why A, B, C, D, DD, E, F, G, and H are the letters used to define bra sizes? If you have wondered why, but couldn't figure out what the letters stood for, it is about time you became informed!

- (A) Almost boobs.
- (B) Barely there.
- (C) Can't complain.
- (D) Dang!
- (DD) Doubledang!
- (E) Enormous!
- (F) Fake.
- (G) Get a reduction.
- (H) Help me, I've fallen and I can't get up!
Oh...They forgot the German bra.
Holtzemfromfloppen!

An Indian chief had three wives, each of whom was pregnant.

The first gave birth to a boy. The chief was so elated he built her a tepee (a portable conical tent) made of deer hide.

A few days later, the second gave birth also to a boy. The chief was very happy. He built her a tepee made of antelope hide.

The third wife gave birth a few days later, but the chief kept the details a secret. He built this one a two-storey tepee, made out of a hippopotamus hide.

The chief then challenged the tribe to guess what had occurred. Many tried unsuccessfully.

Finally, one young brave declared that the third wife

had given birth to twin boys. "Correct," said the chief. "How did you figure it out?"

The warrior answered, "It's elementary. The value of the squaw (a North American Indian woman or wife) of the hippopotamus is equal to the sons of the squaws of the other two hides."

Jack, a handsome man, walked into a sports bar around 9:58 pm. He sat down next to this blonde at the bar and stared up at the TV as the 10:00 news came on. The news crew was covering a story of a man on a ledge of a large building preparing to jump.

The blonde looked at Jack and said, "Do you think he'll jump?"

Jack says, "You know what, I bet he will." The blonde replied, "Well, I bet he won't." Jack placed \$30 on the bar and said, "You're on!"

Just as the blonde placed her money on the bar, the guy did a swan dive off of the building, falling to his death. The blonde was very upset and handed her \$30 to Jack, saying, "Fair's fair... Here's your money."

Jack replied, "I can't take your money, I saw this earlier on the 5 o'clock news and knew he would jump."

The blonde replies, "I did too; but I didn't think he'd do it again."

Jack took the money.

Four guys were at hunting camp. They had to bunk two to a room. No one wanted to room with Daryl because he snored so badly. They decided it wasn't fair to make one of them stay with him the whole time, so they voted to take turns.

The first guy slept with Daryl and comes to breakfast the next morning with his hair a mess and his eyes all bloodshot. The other two said, "Man, what happened to you?" He said, "Daryl snored so loudly, I just sat up and watched him all night."

The next night it was the second guy's turn. In the morning, same thing happens again, his hair is standing up, eyes all bloodshot.

The other two said, "Man, what happened to you? You look awful!"

He said, "Man, that Daryl shakes the roof. I sat up and watched him all night."

The third night was Frank's turn. Frank was a big burly ex-football player, a man's man. The next morning, he came to breakfast bright eyed and bushy tailed. "Good morning," he said. The other two couldn't believe it!

He looked rested and wide awake. They asked, "Man, what happened?"

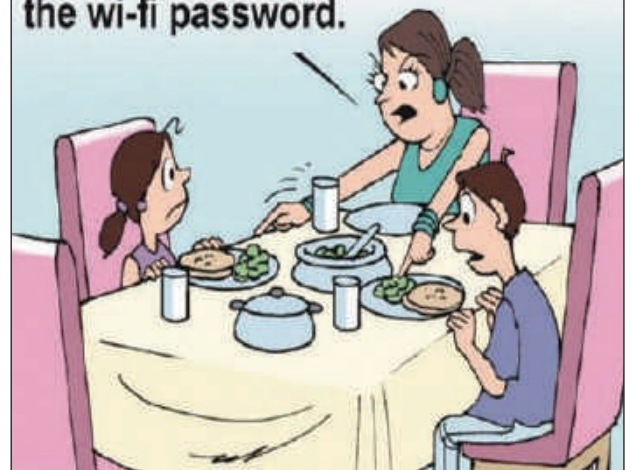
He said, "Well, we got ready for bed. I went and tucked Daryl into bed, patted his butt and kissed him on the cheek good night. Daryl sat up and watched me all night!!!"

After 35 years of marriage, a husband and wife came to see a therapist. When asked what the problem was, the wife went into a tirade listing every problem they had ever had in the years they had been married.

On and on and on: neglect, lack of intimacy, emptiness, loneliness, feeling unloved and unlovable, an entire laundry list of unmet needs she had endured.

Finally, after allowing this for a sufficient length of time, the therapist got up, walked around the desk and after asking the wife to stand, he embraced and kissed her long and passionately as her husband watched - with a raised eyebrow. The woman shut up and quietly sat down as though in a daze.

Eat those veggies or I'll change the wi-fi password.



The therapist turned to the husband and said, "This is what your wife needs at least 3 times a week. Can you do this?"

"Well, I can drop her off here on Mondays and Wednesdays, but on Fridays, I fish."

A teacher is trying to teach good manners to her third-grade students.

She turned to her class and said, "Michael, if you were on a date having dinner with a nice young lady, how would you tell her that you have to go to the bathroom?"

Michael said, "Just a minute, I have to go pee."

The teacher responded by saying, "Well, that would be rude and impolite. What about you Sherman, how would you say it?"

Sherman said, "I am sorry, but I really need to go to the bathroom. I'll be right back."

"That's better, but it's still not very nice to say the word bathroom at the dinner table. And you, little Johnny, can you behave for once and show us your good manners?"

Johnny said, "I would say: Darling, may I please be excused for a moment? I have to shake hands with a very dear friend of mine, who I hope to introduce you to after dinner."

That's when the teacher fainted...

I'm semi-retired. Recently I passed a kiosk where they were talking about cell phone plans. Since I like saving money as much as the next guy I stopped to listen.

When the salesman said, "And this monthly price is guaranteed to not go up - forever."

I started to laugh.

When he asked why I was laughing, I told him, "I really understand that word, forever - after all I've been married twice!"

I went into the confessional box after many years of being away from the Church. Inside I found a fully equipped bar with Guinness on tap. On one wall, there was a row of decanters with fine Irish whiskey and Waterford crystal glasses. On the other wall was a dazzling array of the finest cigars and chocolates.

When the priest came in, I said to him, "Father, forgive me, for it's been a very long time since I've been to confession, but I must first admit that the confessional box is much more inviting than it used to be."

He replied, "You moron, you're on my side."

Daily Living

What are some unwritten social rules everyone should know?

Dress well no matter what the occasion.

Always carry cash.

Always get up when you're sitting, and someone comes to greet you.

Always comment on good things, don't keep in your heart.

If the phone is on the speaker, inform the other party.

Chat to anyone who is sitting alone at a party or in a group.

Don't have the impulse to sit near look-alike you. If everyone fulfils this, people who represent any minority will end up sitting alone.

If feasible, avoid the plan to go outdoors if you have a runny nose.

Do not swipe left or right if individual shows you a photo on their phone.

Wave your hand rather than calling his or her name if someone is far or on the phone or earphones plugged in.



Offer a glass of water to the delivery man.

When anyone gets shouted at, don't look at them. It's more awkward.

Always open the door for the person coming behind you. Doesn't matter if it is a guy or a girl.

Stop being late, it's irritating.

When someone starts talking about their conditions, don't start talking about yours.

Never ask a shy person what's wrong or ask them 'Why aren't you talking more?' It only makes them feel more awkward.

When visiting someone's house, carry something.

When you open a gift, just say thank you. Don't say, "It's too expensive!"

Being vegetarian or non-vegetarian is a choice. Don't ask anyone why it's so.

Don't expect others to understand how hard you are working and living. Everyone is doing the same.

If you like working with smart people, be prepared to be used by them too.

Don't make suggestions; But when it comes to house, car, or marriage, don't give advice. Because these are very important things & if something goes wrong you'll be blamed.

Greeting Etiquette = The 6S- Stand, See, Smile, State, Say, Shake

Don't look at your phone when others are talking to you.

Posted by Alen Nguyen

1. Today, make sure you take a walk. And in the future, when you get stressed or overwhelmed, take a walk. Take a walk when you have a tough problem to solve or a decision to make. When you want to be creative, take a walk. When you need to get some air, take a walk. When you have a phone call to make, take a walk. When you need some exercise, take a long walk. Take a walk together when you have a meeting or a friend over. Nourish yourself and your mind and solve your problems along the way.

2. Failure is a part of life we have little choice over. Learning from failure, on the other hand, is optional. We have to choose to learn.

3. The next time you face a political dispute or a personal disagreement, ask yourself: Is there any reason to fight about this? Is arguing going to help solve anything? Would an educated or wise person really be as quarrelsome as you might initially be inclined to be?

4. How you handle even minor adversity might seem like nothing, but, in fact, it reveals everything.

5. No need to be too hard on yourself. Hold yourself to a higher standard but not an impossible one. And forgive yourself if and when you slip up.

6. "It is possible to curb your arrogance, to overcome pleasure and pain, to rise above your ambition, and to not be angry with stupid and ungrateful people — yes, even to care for them." — Marcus Aurelius

7. Do your job today. Whatever hap-



pens, whatever other people's jobs happen to be, do yours. Be good.

8. Why do we read? We're not trying to ace tests or impress teachers. We are reading and studying to live and be good human beings — always and forever.

9. "In your actions, don't procrastinate. In your conversations, don't confuse. In your thoughts, don't wander. In your soul, don't be passive or aggressive. In your life, don't be all about business." — Marcus Aurelius

10. Great teachers are usually hardest on their most promising students. When teachers see potential, they want it to be fully realized. But great teachers also know that natural ability and quick comprehension can be quite dangerous to the student if left alone. An early promise can lead to overconfidence and create bad habits. Those who pick things up quickly are notorious for skipping the basic lessons and ignoring the fundamentals.

Don't get carried away. Take it slow.

Ryan Holiday, *The Daily Stoic*

Try to be alive

Try to learn to breathe deeply, really to taste food when you eat, and when you sleep, really to sleep.

Try as much as possible to be wholly alive with all your might, and when you laugh, laugh like hell.

And when you get angry, get good and angry. Try to be alive. You will be dead soon enough.

Ernest Hemingway,
'For Whom the Bell Tolls'

* * *

Do you want to know why you're sad?

You're attached to people who have been on and off with you for an extended period of time.

You pay attention to people who only make time for you when it's convenient for them.

You're too caring to people who could care less about you.



Philo Thoughts

You give attention to people who take you for granted and put you on the back burner because they think no matter what they do, you will never leave.

Do me a favour and accept people for who they are, and leave them where they belong.

— Cody Bret

* * *

If you want...

If you inherently long for something, become it first.

If you want gardens, become the gardener.

If you want love, embody love.

If you want mental stimulation, change the conversation.

If you want peace, exude calmness.

If you want to fill

your world with art, begin to paint. If you want to be valued, respect your own time.

If you want to live ecstatically, find the ecstasy within yourself.

This is how to draw it in, day by day, inch by inch.

Victoria Erickson

* * *

The Proud Highway

We are all alone, born alone, die alone, and — in spite of True Romance magazines — we shall all someday look back on our lives and see that, in spite of our company, we were alone the whole way.

I do not say lonely — at least, not all the time — but essentially, and finally, alone.

This is what makes your self-respect so important, and I don't see how you can respect yourself if you must look in the hearts and minds of others for your happiness.

Hunter Thompson,
'The Proud Highway'

FUNNY BUT TRUE

Alphabet for seniors will make you laugh

A is for apple and B is for boat, that used to be right but now it won't float! Age before beauty is what we say but let's be a bit more realistic instead

The alphabet for seniors:

- ⇒ A's for arthritis,
- ⇒ B's for bad back,
- ⇒ C's for chest pains, perhaps cardiac?
- ⇒ D is for dental decay and decline,
- ⇒ E is for eyesight, can't read that top line!
- ⇒ F is for fissures and fluid retention,
- ⇒ G is for gas which we'd rather not mention,
- ⇒ H is for high blood pressure;
- ⇒ I for incisions with scars you can show,
- ⇒ J is for joints, out of socket, won't mend,
- ⇒ K is for knees that crack when they bend,
- ⇒ L's for lots of love
- ⇒ M is for memory, I

forget what comes next:

- ⇒ N is neuralgia, in nerves way down low;
- ⇒ O is for osteo, bones that don't grow!
- ⇒ P's for prescriptions, I have quite a few, just give me a pill and I'll be good as new!
- ⇒ Q is for queasy, is it fatal or flu?
- ⇒ R is for reflux, one meal turns to two,
- ⇒ S is for sleepless nights, counting my fears,
- ⇒ T is for Tinnitus, bells in my ears!
- ⇒ U is for urinary, troubles with flow,
- ⇒ V for vertigo, that's 'dizzy,' you know,
- ⇒ W for worry, now what's going 'round?
- ⇒ X is for X ray and what might be found,
- ⇒ Y for another year I'm left here behind,
- ⇒ Z is for zest I still have - in my mind!

Relationships



Toxic habits of emotionally abusive partners

Over time, emotional abuse can take a serious toll on your health and well-being

By Kelsey Borresen of Huffington Post

The scars left by emotional abuse may not be visible to the eye, but that doesn't mean they're any less painful to endure. While physical abuse is easy to recognize, emotional abuse can be less obvious. It's crucial to know what to look for.

"Months or years of being emotionally abused can cause you to distrust your perceptions and even your sanity," Beverly Engel, psychotherapist and author of 'The Emotionally Abusive Relationship', told Kelsey Borresen of HuffPost. "Because the abuse usually takes place in private, there are no witnesses to validate your experience."

Emotional abuse may include criticizing, insulting, blaming, belittling, withholding affection, threatening, gaslighting, humiliating or stonewalling in order to gain and maintain power and control in the relationship. An abusive partner may also exercise control over your money, where you go, what you wear and whom you spend time with.

Difficult as it may be, admitting to yourself that you are caught in an emotionally abusive relationship is a critical first step.

"It can be challenging and scary to fully embrace the truth about being in a relationship with an abusive partner," said Lisa Ferentz, a licensed clinical social worker and educator specializing in trauma. "When you have invested your time and your heart in a relationship and much of your world revolves around that person, it can feel easier or safer to make up excuses or downplay the

impact of the abuser's behaviours."

You should also talk to a therapist, and open up to a trusted friend or family member who can help you take the necessary steps to safely end the relationship.

We asked relationship experts to reveal some of the toxic habits of emotionally abusive partners to help you identify these damaging dynamics in your own relationships.

1 Abusive partners refuse to take responsibility for their actions

"It's extremely rare for an emotionally abusive partner to take responsibility for his or her behaviour. Their tactic is to project responsibility or fault onto their partner. They will deceptively twist reality, distort the truth or outright lie to make the case that their partner is to blame. The subject matter becomes irrelevant as the emotionally abusive partner sidesteps responsibility at all cost." — *Carol A. Lambert, psychotherapist and author of 'Women With Controlling Partners'*

2 At first, they may try to appear loving and attentive to rope you in...

"The abuser knows how to use charm and 'grooming' with gifts and affection to initially win over the victim. Then they manipulate the victim into believing that keeping tabs on them, excessive texting, wanting to spend more and more time alone with them and discouraging independence is really about being 'deeply in love.' What might be initially interpreted as 'jealousy' very quickly becomes an abusive attempt

to control, create self-doubt, and chip away at self-worth and self-confidence." — *Ferentz*

3 They undermine your strengths and minimize your accomplishments

Emotional abusers tend to invalidate your feelings with comments like, 'Why are you making such a big deal out of this?' or 'Oh, poor baby, you got your feelings hurt.' They accuse you of being 'too sensitive,' 'too emotional' or 'crazy.' They also refuse to acknowledge or accept your opinions or ideas as valid and instead make fun of them or discount them with comments like, 'You don't know what you are talking about.' They suggest that your perceptions are wrong by saying things like, 'You're blowing this out of proportion' or 'You exaggerate.'" — *Engel*

4 They lash out when you disagree with them

"Emotionally abusive partners cannot tolerate disagreement from their partner. They hear the opposing idea from their partner as a personal attack. Feeling victimized, they react with anger and intimidation. Emotionally abusive partners believe their partner is actually the emotionally abusive one." — *Lambert*

5 They make excuses for their destructive behaviour

"They contextualize their abusive behaviour, which serves to excuse it by saying, I was stressed, tired, overwhelmed, overreacting, I drank too much, etc. This gives their brain permission to repeat the behaviour the next time the context occurs." — *Steven Stosny, psychologist and author of 'Empowered Love'*

6 They isolate you from your family and friend...

"An emotionally abusive partner will systematically and intentionally try to separate the victim from their external network of support: friends, family, co-workers... This is designed to make the victim solely dependent upon the abuser and to decrease the likelihood that others will witness the abuse. The more a victim is isolated, the harder it is for them to be connected to the resources they need to escape the relationship." — *Ferentz*

7 They put unrealistic expectations on you and the relationship

"They make unreasonable demands on their partners, insisting that they spend all their time with him or her, expecting them to put everything aside to meet his or her needs. They are dissatisfied no matter how hard you try or how much you give, and they criticize you for not completing tasks according to their standards." — *Engel*

Is Moderate Drinking Good for You?



Alcohol is only healthy in smaller amounts. After that, the benefits get hazier...

Alcohol in smaller amounts — about two drinks a day for men — might lower your risk of kidney stones, raise your testosterone levels, and even make you more active.

Before you start a petition to replace the office water cooler with a beer keg, let's be clear: Alcohol is only healthy in smaller amounts — about 1 drink a day for women (5 ounces of wine, 12 ounces of beer, or 1.5 ounces of liquor) and 2 for men. After that, the benefits get hazier and the risks increase.

Helps Your Heart: If you're in good shape, moderate drinking makes you 25% to 40% less likely to have a heart attack, stroke, or hardened arteries. This may be in part because small amounts of alcohol can raise your HDL ("good" cholesterol) levels. Heavy drinking, on the other hand, boosts your risk of heart disease.

Gets You More Active: Moderate drinkers are far more likely to exercise than people who don't drink. And they may even get more healthy effects from it. On the flip side, the more you exercise, the more likely you are to drink now and then. Scientists don't know exactly where this link comes from.

Prevents Kidney Stones: Regular moderate drinkers are less likely to get kidney stones — 41% less likely for those who drink beer, 33% for wine drinkers. Part of the reason may be that alcohol, like caffeine in coffee and tea, makes you pee more often. That helps clear out the tiny crystals that form stones. Drink too much, though, and you can get dehydrated, and that increases your risk of kidney stones along with other health problems.

Makes You More Social: Good friends are good for you. And people who have a drink or two together — rather than, say, sodas — are likely to spend more time talking. They're also more likely to share smiles and keep everyone involved in the conversation. But don't overdo it — it's called happy hour for a reason.

Gives Your Sex Life a Boost: Intimacy helps you deal with stress, and a little alcohol may move things along. In one study, women who had one or two glasses of red wine a day said they had more desire, arousal, and sexual satisfaction than those who didn't. Those who drank more reported no change. A drink also may help raise a man's testosterone levels, which makes both men and women friskier. But men who drink too much can lose the desire and the ability to have sex.

Helps Your Brain: A drink or two a few times a week may make you less likely to get Alzheimer's disease. Moderate drinking may also reduce the risk of stroke and heart disease — both of which can speed up the effects of Alzheimer's.

Balances Blood Sugar: That happy-hour cocktail or glass of wine with dinner may make you less likely to develop type 2 diabetes. Scientists aren't sure why exactly, but it might be that a drink or two helps your body deal with high blood sugar levels in a healthy way.

Reviewed by Jennifer Robinson, MD, WebMD

5 big Bollywood releases you cannot miss this September

As theatres are back in rolling with big hits from *Pathaan*, *Gadar 2*, to *Barbenheimer* bringing audiences back to theatres after the pandemic, there's something more to anticipate.

After this year's biggest box office hits, from *Pathaan* to *Gadar 2*, while *OMG 2* and *Dream Girl 2* are climbing the rope in theatres, many other good Bollywood releases have brought audiences back to theatres. But there's still a lot more to expect.

While SRK fans are already excited for his second big release after *Pathaan* broke major box-office records, September has something for everyone with a variety of releases.

Shethepeople.tv has curated a list of big-screen releases for you to take your family or friends to theatres this festive season.

Kushi

One of the most anticipated Telugu films of the year, Vijay Deverakonda and Samantha Prabhu's *Kushi* is an upcoming Telugu romantic comedy film written and directed by Shiva Nirvana. The film stars Deverakonda and Prabhu in the lead roles, while Murali Sharma, Jayaram, Sachin Khedekar, Rohini, Ali, and Vennela Kishore in supporting roles.

The film is a remake of the 2000 Tamil film of the same name, which starred Vijay and Jyothika. The film's soulful music is already on everyone's mind which is composed by Devi Sri Prasad, while the cinematography is handled by Sukumar M. The film's plot is still under wraps, but it is said to be a romantic comedy set in Kashmir. The film's trailer was released on July 21, 2023, and it has received positive reviews from the audience.

The film is slated to release in pan-Indian

theatres on September 1.

Jawan

Shahrukh Khan is coming back with his second release of the year which is one of the highest anticipated films of the year. The film has a stellar cast, including Nayanthara, Vijay Sethupathi, Deepika Padukone, Priyamani, Sanya Malhotra, Sunil Grover, and Ridhi Dogra. With its upbeat songs and SRK in a never-seen-before avator of dual roles, *Jawan* is a high-octane action thriller set against the backdrop of Mumbai, which is expected to be the biggest box office blockbuster of the year.

The film *Prevue* was launched on July 10 storming the internet and is one of the biggest collaborations of Hindi cinema and Tamil cinema expected to bridge gaps and make Bollywood pan-Indian industry with industry's most refined makers and actors coming together.

The film is all set to grace theatres on September 7.

Sukhee

Shilpa Shetty Kundra will be coming back to big screens after 2007 with a power-packed women-oriented family drama and fun entertainer. Kundra in the titular role of Sukhpreet Singh Kalra is a 38-year-old housemaker embarking on a journey of dreams and self-discovery journey as she relives her 17-year-old self returning to a school reunion held after 20 years.

This film is expected to depict a wholesome portrayal of female friendships, the



emotional dilemmas a woman goes through, and walking on a tightrope of dreams and duties. Sukhee also stars Kusha Kapila, and Dilnaaz Irani in leading roles along with Pavleen Gujral, Mridula Oberoi, Amit Sadh, Chaitanya Choudhary, and Kiran Kumar. The film is also the directorial debut of Sonal Joshi.

The film is all set to embrace big screens on September 22.

The Great Indian Family:

This family comedy film starring Former Ms World Manushi Chhillar, Vicky Kaushal, and Kumud Mishra in leading roles coming under the Yashraj Films banner. The film is helmed by Vijay Krishna Acharya in the backdrop of a desi Indian family full of chaos, promising a fun sentimental and emotional ride.

After Vicky Kaushal another romantic drama *Zara Hatke Zara Bachke* what this film has to offer is yet a blurred line as makers have zipped their lips tight to give what's *hatke* about this family entertainer. In the film's teaser, only Vicky Kaushal was revealed in a chaotic family self-recording himself, introducing the film and hinting at the idea of the plot which is kept under wraps

while the teaser has received a positive response by the audience excited to see Manushi Chhillar and Vicky Kaushal's on-screen chemistry.

The film is set to release in theatres on September 22.

Salaar: Part 1

After the great success of the dark and gritty film the KGF series, the filmmakers are back bringing another kit film series of a similar theme starring the Bahubali star Prabhas. *Salaar* is a dark action thriller set in the backdrop of Kolar Gold Fields starring Shruti Haasan, Jagapathi Babu, and Tinnu Anand in the lead roles.

The teaser only revealed Prabhas in a look with grandeur action sequences in the backdrop of dark Kolar Gold Fields. While the film looks like a promising action thriller, the filmmakers have yet not disclosed the looks of Shruti Haasan and KGF star Yash keeping fans in suspense about their roles in the film. The dark action thriller is written and directed by Prashanth Neel and is produced by Vijay Kiragandur under the banner of Hombale Films.

The film is ready to spread on big screens on September 28.

Bollywood actresses who follow Ayurveda practices

From daily yoga to specialized diets, find out how these celebrities rely on age-old Ayurvedic wisdom for their well-being



In recent years, Ayurveda has experienced a significant resurgence. With the rise of yoga studios and Ayurvedic clinics in the United States, Ayurveda has also reclaimed its trendy status in India. Many Bollywood celebrities have enthusiastically embraced this ancient wellness system, incorporating not just yoga, but also traditional diets, oil massages, and panchkarma routines into their lifestyles. A report by Girish Shukla of Times Now:

Kareena Kapoor

About ten years ago, Bollywood star Kareena Kapoor stunned everyone with her dramatic transformation into a size zero while maintaining radiant skin. The person behind this change was her nutritionist, Rujuta Diwekar. A propo-

nent of traditional Ayurvedic wisdom, Rujuta advised incorporating seasonal fruits and vegetables, adding cow's ghee to one's diet, and focusing on light and Satvik meals — guidelines that Kareena faithfully followed.

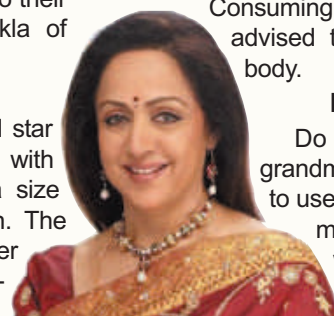
Shilpa Shetty

Shilpa Shetty has finally discovered her tranquillity through a daily yoga regimen guided by Ayurvedic principles. According to Ayurveda, adhering to a Dinacharya — or daily routine — is key. This involves waking up 45 minutes before sunrise, reciting mantras, and engaging in a yoga sequence that includes an oil massage.

Consuming warm water is also advised to help detoxify the body.

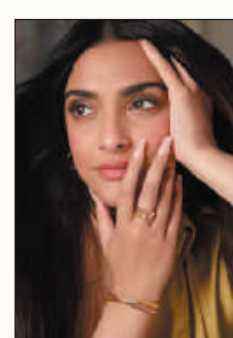
Hema Malini

Do you recall your grandmother advising you to use mustard oil for body massages when you were a child? Such massages are be-



neficial for improving circulation and scrubbing away dead skin cells. It's recommended to use a natural loofah and scrub your skin in circular motions. Coconut oil massages are said to be the secret behind the ever-youthful glow of the timeless beauty, Hema Malini.

Sonam Kapoor



Do you remember when Sonam was plump, nearly reaching 90 kg? She adopted yoga and a specialized yogic diet to slim down. Today, she's not just an influencer and a mom but also a fashion icon. She

enlisted the expertise of yoga guru Bharat Thakur to create her weight loss regimen. Thakur, an alumnus of the Bihar School of Yoga, is well-versed in traditional Ayurvedic principles related to health.

Mira Rajput

Last summer, Mira Rajput revealed on social media that she and Shahid Kapoor were in the middle of a Panchkarma detox session. She mentioned they were undergoing a seven-day detox program designed to remove accumulated toxins from the body and restore its natural balance. The advantages of this process include enhanced metabolism, improved blood circulation, and better sleep and appetite.

Bipasha Basu

A few years back, Bipasha Basu shared a valuable immunity-boosting recipe on her Instagram. She advised taking a teaspoon of this herbal mixture daily, either mixed with hot water or incorporated into a dish, like dal. The recipe is rich in herbs, and Bipasha provided comprehensive guidelines on how to prepare this potent Ayurvedic powder.



TV celebs raise voice for fixed working hours and weekly offs



Time and again, the rough working conditions of daily show actors have come under the spotlight, with the most recent being politician and former actor Smriti Irani, who recalled her past experiences while working on TV. When Sugandha Rawal of Hindustan Times reached out to some celebs who are currently working on the small screen, they opened up about what they wished to get fixed

Sudhanshu Pandey: The working conditions can always be improved, especially on television sets. I wouldn't blame them because it's a 24/7 kind of scenario and people need to work continuously because it's a daily show and the commitments are such that you cannot fall short of content. Having said that, the working conditions can always be improved, whether it has got to do with the circumstances, the surroundings, the makeup room, the access to the studios, and especially the condition in Film City. The lanes of the film city are so bad, they are tiring to drive on and the makeup rooms are also not very great.

Charrul Malik: A fixed weekly off is a must, from the work background that I have come from I used to have a fixed weekly off and there was a fixed routine. Now it's not clear when the off is, the unit is kept off when someone is travelling or someone is sick.

With a fixed routine, we could make plans but here we cannot. have heard that other shows and production houses call actors for 12 hours a day and it becomes very tiring for them. An actor has to look fresh and this kind of messes with their routine. One rule that I want to request for our industry is that every artist should get a make-

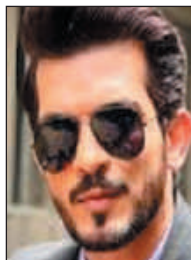
up room and they should not be clubbed with other actors. We should also try to lessen the working hours here, like finish the shoot by 4 maybe. Total working hours should be done to 8 hours at least.

Sumbul Touqeer: The TV industry has always been hectic. Actors work really hard and are on the run. That's the way the industry functions, and there are deadlines to meet. There is definitely scope for streamlining in the industry, we can have fixed working hours and we can build a bank of episodes of at least a week. One rule I feel is fixed Sunday offs.

Arjun Bijlani: The TV Industry is one of the best industries to work with. As far as deadlines and pressures are concerned they exist in every industry, and the scope for improvement is there in every industry. The shooting environment can surely be better, for daily soaps. The management of shoots can be better on the sets, and pack-ups should happen timely. Time and resource management could be better, one rule that can be made compulsory is that phones shouldn't be carried during the shoot, can be kept in the vanity or make-up room.

Aniruddh Dave: Work is worship, but the bitter truth is, undoubtedly, when actors have no work, they are ready to do anything, long working hours, long travel, outdoor everything. I've shot in minus degree in Manali, and in scorching sun in sand dunes.

Producers and directors are left with the difficult choice between asking everyone to work long days, making drastic changes to the shooting script, or begging the channel for more mo-ney. Sometimes you have to do all three. But TV industry is wild and unpredictable in even the best of circumstances, it seems to attract chaos and instability.



Ektaa Kapoor to receive International Emmy Directorate Award

'Television has been instrumental in helping me discover my identity'

TV czarina Ektaa Ravi Kapoor will be honoured with the International Directorate Award at the 51st International Emmy Awards ceremony, which will be held on November 20, 2023 in New York City, for her contribution to the Indian showbiz industry, reports Indian Express.



Ektaa has produced over the years some memorable television shows including *Kyunki Saas Bhi Kabhie Bahu Thi*, *Kahaani Ghar Ghar Kii*, *Kkusum*, *Kasautii Zindagii Kay* and many others. The producer, through her shows, has also given platform to television talent, who became household names eventually.

Sharing her joy over receiving the International Emmy honour, Ektaa Kapoor said in a statement, "Receiving this recognition fills me with a profound sense of humility and excitement. This award holds a special place in my heart, as it signifies a journey that goes beyond mere work — it's a pivotal aspect of my personal and professional life."

She added, "Representing my country on the global stage through this esteemed platform is an incredible honour. Television has been instrumental in helping me discover my identity, particularly as a woman working to make stories for women. This award allows me to represent them and our shared accomplishments on an international level."

Ektaa Kapoor also took to her social media handles to share the big news with her fans. In a long note, she

wrote, "Overflowing with humility and exhilaration as I receive this recognition. The award holds a cherished spot in my heart, symbolizing a journey that transcends work. Representing my nation globally through this esteemed platform is an honour beyond words. Television has been my compass of self-discovery, especially as a woman crafting tales for women. This accolade empowers me to stand for them and our shared achievements on the global stage. Thank you for the 2023 International Emmy Directorate Award."

Bruce L. Paisner, President and CEO of the International Academy of Television Arts & Sciences, shared that Ektaa's exemplary leadership skills has brought her company Balaji Telefilms to the forefront of the showbiz market.

"Ektaa R. Kapoor has built Balaji into one of India's foremost entertainment players with market leadership in the television content industry reaching mass audiences across India and South Asia with their long-running series and OTT platform. We look forward to honouring her remarkable career and influence on the television industry, with our Directorate Award," said Bruce.

YOUR STARS

SAGITTARIUS: NOV 22 - DEC 21

Your potential to get accepted into the right educational institution and the one you want will depend on how hard you work. Singles have the choice to propose to someone they like and want to date. This week is ideal for making a romantic proposal. Take your medication as directed and stay indoors to keep yourself safe from infections and diseases.

Lucky Numbers: 15, 17, 20, 23, 29, 30

CAPRICORN: DEC 22 - JAN 19

The financial situation of those who work in business may be improved. Working people could be able to make more money. You might want to go through your goals again. However, keep in mind that everything might change tomorrow. It is advised that you maintain your motivation to keep making progress despite setbacks. You've struggled mightily to find love this week.

Lucky Numbers: 12, 17, 20, 29, 30, 33

AQUARIUS: JAN 20 - FEB 18

Business owners and entrepreneurs might benefit from new opportunities. They can see a good change coming. Powerful individuals in an organization should keep a close eye on their financial investments. You must work with intense focus and attention since mistakes in your line of work might lead to unplanned financial losses. Try to limit your consumption

of addictive substances.

Lucky Numbers: 1, 20, 23, 29, 27, 36

PISCES: FEB 19 - MAR 20

The coming week may be financially challenging, so you should make clear commitments based on priorities. You can anticipate success in your business endeavours if you have family support and advice. Perhaps some of your former friends might assist you in finding employment. The conclusion of the new project could benefit from the support of a reliable business partner.

Lucky Numbers: 14, 16, 20, 24, 27, 30

ARIES: MAR 21 - APR 19

You have a strong probability of sharing the joy of parenthood, which will strengthen your relationship. This coming week, you're likely to get a romantic proposal from a co-worker. If you don't want to have problems with some of your staff, stay out of office politics. You should refrain from disclosing all of your information to your co-workers.

Lucky Numbers: 5, 10, 11, 18, 20, 33

TAURUS: APR 20 - MAY 20

There are signs that this week may bring up some challenging issues in your love life. Spending quality time together and amicably addressing the difficulties might take care of the rest. Instead of wasting time, students should concentrate on their studies. You may want to sign up for an online course to expand your

knowledge. This week, you need to be cautious with your parents' health.

Lucky Numbers: 8, 11, 19, 21, 25, 36

GEMINI: MAY 21 - JUNE 20

It is advised that you manage communication in your relationship with tact and patience. With the help of your father and mother, you might be able to make money. Overthinking and being pessimistic may stress you out and be bad for your health. You should keep an eye on your nutrition and refrain from eating outside.

Lucky Numbers: 20, 24, 28, 31, 34, 37

CANCER: JUNE 21 - JULY 22

One is recommended to seek medical guidance if one has diabetes or other health problems. Your nerve issues could be resolved by taking leisurely nighttime walks. By the end of the week, you could have a better idea of how to accomplish your goals, but you should still take it easy.

Lucky Numbers: 7, 9, 11, 29, 31, 33

LEO: JULY 23 - AUG 22

You should make an effort to resolve issues in your personal relationships. Instead of arguing with someone, try having a productive conversation. The most important thing you can concentrate on is to keep learning from others around you without worrying about the outcomes of your efforts. Your career might develop significantly as a result of a business trip.

Lucky Numbers: 2, 8, 15, 16, 20, 24

VIRGO: AUG 23 - SEPT 22

If you own a business, you need to focus more on your present clientele. You need to be careful since your financial judgment can be off. Additionally, it is best to refrain from lending or borrowing money. The academic success of students is always be in their hands. Hard work will surely result in their personal success.

Lucky Numbers: 7, 8, 11, 16, 30, 31

LIBRA: SEPT 23 - OCT 22

The period for results-driven action will start after the middle of next week. You could be able to handle stressful circumstances better over this week's final few days. You could have time in the days before the weekend to consider and assess your career possibilities. Distractions are difficult to stay away from, especially if you're working for higher education.

Lucky Numbers: 1, 20, 25, 29, 31, 34

SCORPION: 23 OCT - 21 NOV

Certain wise decisions are required to improve financial gains over the weekend. Even if things in your love life could be going well right now, towards the middle of the week, some events might start worrying you, but don't be alarmed; things will gradually get better. Consider developing fresh ideas to increase your earnings now. You might need to examine and make changes to your financial plan.

Lucky Numbers: 14, 18, 19, 21, 23, 27



Vendredi 1 septembre - 20.30



Samedi 2 septembre - 20.30



Dimanche 3 septembre - 20.30



Programme TV



SERIAL



	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
vendredi 1 septembre	06.01 Serial: Seal Team 06.45 Film: Le Dernier Metro 09.00 Serial: Suits 09.41 Tele: Le Chemin Du Destin 10.06 Tele: Amour Secret 10.25 The Gardener's Daughter 10.55 Tele: Marimar 11.15 Serial: Timeless 12.00 Le Journal 12.35 Tele: Sublime Mensonge 13.25 Tele: Fierce Angel 13.50 Tele: Imperio De Mentiras 14.10 Serial: Burden Of Truth 15.21 Film: Journey To The Forbidden Valley 17.30 The Gardener's Daughter 18.31 Serial: Wagle Ki Duniya 18.55 Serial: Mere Dad Ki Dulhan 20.35 Film: Picture Perfect Romance 22.46 Tele: Sublime Mensonge	06.19 Local: Les Grandes Lignes 08.24 Local: An Eta Dalert 10.45 Local: J'ai Faim 11.11 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 15.22 Local: Generations J 15.50 Local: Groov'in 17.03 Local: La Societe 18.00 Tele: Imperio De Mentiras 18.28 Tele: Amour Secret 19.30 Rodrig: 13 Minit Natir Rodrig 20.04 Local: Animalia Nos Amis... 21.00 Local: Come On Let's Dance 22.00 Local: La Societe 23.00 Zournal Kreol 23.20 Local: Voyage Au Feminin 00.12 Local: Itinerer Rodrig 00.44 Rodrig: 13 Minit Natir Rodrig	07.00 Serial: Chacha Bhatija 08.00 Local: Amrit Vaani 10.00 Serial: Agniphera 11.30 Serial: Radha Krishna 12.00 Film: Ram Teri Ganga Maili Starring: Rajiv Kapoor, Mandakini, Divya Rana, Saeed Jaffrey, Kulbhushan Kharbanda... 15.00 Live: Samachar 15.30 Dulhin Uhe Jo Nanad Man Bhave 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 20.54 Film: Pradhan Ji (2023) 23.30 Jijaji Chhat Par Hain	06.03 Doc: Smoothie Mania 06.45 Mag: Carnet De Sante 07.28 Mag: Tomorrow Today 08.24 Doc: Invisibles 08.57 Doc: Fine Arts Sculptures 09.52 Doc: A Story Of Resilience 11.04 Doc: Smoothie Mania 11.46 Mag: Carnet De Sante 12.33 Mag: Tomorrow Today 13.00 Doc: Polluted And Poisoned 13.29 Doc: Invisibles 14.11 Mag: Healthy Living 14.30 Mag: Human Nature 14.55 D.Animes: Kids Songs 14.59 D.Anime: Anna Et Ses Amis 15.13 D.Anime: Early Learning 15.51 D.Anime: Robin Des Bois 16.14 D.Anime: Gon 16.37 D.Anime: Hunter X Hunter 17.05 Mag: D.I.Y. Discover...	14.25 Serial: Zindagi Mere Ghar Aana 15.00 Bade Acche Lagte Hai 2 15.16 Film: Prem Granth Starring: Rishi Kapoor, Madhuri Dixit, Anupam Kher 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 21.10 Anupamaa 21.30 Mere Sai 22.01 Kismat Ki Lakiron Se 22.31 Kabhi Kabhie Ittefaq Sey 22.59 Patiala Babes 23.19 Film: Prem Granth Stars : Rishi Kapoor, Madhuri Dixit, Anupam Kher
samedi 2 septembre	01.43 Film: Picture Perfect Romance 03.25 Serial: Wanted 05.02 Tele: La Beaute Du Diable 06.30 Tele: Le Chemin Du Destin 07.00 Le Livre Perdu Des sortileges 07.45 Serial: Newton's Law 08.31 Serial: Blue Bloods 09.15 Serial: Wanted 09.59 Serial: S.W.A.T 10.40 Serial: Kojak 11.35 Tele: Le Chemin Du Destin 12.00 Le Journal 12.25 Serial: Lincoln Rhyme 13.15 Tele: Sublime Mensonge 15.21 Film: Monster Hunt 16.44 Tele: Tour De Babel 18.00 Live: Samachar 20.30 Film: Affliction 22.19 Film: Shut In 23.45 Le Journal Televisé	06.14 Local: Enn Semenn Dan Lafrik 08.30 Local: Animalia Nos Amis... 10.25 Local: Rodrig: It's My Day 12.02 Rodrig: 13 Minit Natir Rodrig 12.31 Local: Les Grands Noms... 13.00 La Journee Sous Le Regard 14.10 Local: Zanfan Nou Pei 15.09 Local: La Societe 17.00 Local: Come On Let's Dance 18.00 Serial: The Equalizer 19.00 Zournal Kreol 19.20 Magazine De L'emploi 20.10 Local: Les Petits Genies 21.35 Local: Glwar Dantan 22.05 Local: Rodrig: Klip Seleksion 23.00 Zournal Kreol 23.23 Local: Lavi Zoli An XXL 23.48 Local: Rodrig - Saver Kil Tirel 00.12 Rodrig: Pran Kont Ou Lasante 00.19 Rodrig Prog: Rod'Art	07.00 Serial: Chacha Bhatija 08.26 Local: Mati Ke Mol 10.36 Serial: Bade Acche Lagte Hai 11.39 Serial: Dikri Vahalno Dariyo 12.16 Local: Mati Ke Mol 12.37 Local: Khel Khiladi 14.00 Taare Zameen Par 15.00 Live: Samachar 15.21 Film: Indrajeet Starring: Amitabh Bachchan, Jaya Prada, Kumar Gaurav... 18.00 Live: Samachar 18.36 Local: Satrang 19.09 Duniya Mein Is Saptah 19.22 Local: Khoobsurat 19.37 Local Production 20.00 Local: An Evening With Mohammed Rafi 21.01 Film: Accident On Hill Road Starring: Farooq Sheikh, Abhimanyu Singh, Celina Jaitley,	06.29 D.Anime: Fast And Furious 06.54 D.Anime: Sam Le Pompier 09.56 Mag: Recipes For Kids 09.49 Serial: N*Gen 10.19 Serial: Malory Towers 12.53 Mag: Carnet De Sante 14.41 D.Anime: Kids Songs 14.45 D.Anime: Anna Et Ses Amis 14.59 D.Anime: Early Learning 15.10 D.Anime: Robin Des Bois 15.25 D.Anime: All Hail King Julien 15.52 D.Anime: Voltron 16.11 D.Anime: Gon 16.37 D.Anime: Hunter X Hunter 17.01 Mag: D.I.Y. 17.26 Mag: Premier League 17.50 Live Football Premier League Burnely v/s Tottenham 20.01 Tele: Le Chemin Du Destin 20.30 Live: News 21.40 Film: All About Nina 23.19 Doc: Taiwan	08.00 Kabhi Kabhie Ittefaq Sey 10.00 Gadget Guru Ganesha 10.14 Sasural Simar Ka 2 12.12 Udaariyaan 14.05 Anupamaa 16.00 Kuch Rang Pyar Ke Aise...  18.31 Film: Judwaa Starring: Salman Khan, Karisma Kapoor, Rambha 20.44 Gadget Guru Ganesha 20.56 Serial: Porus 21.18 Naagin Season 05 21.58 Kabhi Kabhie Ittefaq Sey
dimanche 3 septembre	03.06 Film: All About Nina 04.42 Tele: La Beaute Du Diable 06.00 Tele: Le Chemin Du Destin 06.30 Film: Affliction 08.40 Serial: Imposters 09.15 Film: Monster Hunt 10.50 Serial: Falling Water 11.30 Tele: Le Chemin Du Destin 12.00 Le Journal 12.40 Film: Santa Fe 14.15 Serial: The Good Doctor 15.00 Live: Samachar 15.25 Film: Beyond Valkyrie 17.00 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: Street Fighter Par Joey Ansah, Christian HowardAvec Togo Igawa, Christian Howard, Mike Mohey...	06.00 Rodrig: D'Jam 06.26 Rodrig Prog: Kot Nou 06.45 Local: Aktiv 07.35 Rodrig: Pran Kont Ou Lasante 08.47 Local: Les Petits Genies 10.00 Local: Glwar Dantan 11.00 Local: Nu Rasinn 12.26 Local: Les Petits Genies 12.52 La Journee Sous Le Regard 14.00 Local Prod: Elle 17.01 La Journee Sous Le Regard 18.00 Serial: The Equalizer 19.00 Zournal Kreol 20.00 Local: Tita Tita Nu Avance 20.45 Local: Les Klips 21.37 Groove'in: Le Festival De Musique Classique 22.36 Local: Clin D'oeil 23.20 Local: Rodrig: Sa Lavi-La 00.38 Local: Nu Lakwizin	07.10 Serial: Tik Tak Tail 09.00 Duniya Mein Is Saptah 12.02 Film: Mera Naam Joker 14.59 Live: Samachar 15.22 Shrawan Maas Sandesh 15.58 Excerpts From Shiv Abhishek 17.00 Local: Ekta 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 22.26 Serial: Crime Patrol 22.44 Serial: Chhotki Dulhin 23.03 Serial: Bhaag Na Bachhe Koi 00.26 Local: Tohar Rashi 00.53 Local: Tohar Farmaish	06.42 D.Anime: Fast And Furious 07.05 D.Anime: Sam Le Pompier 07.24 D.Anime: PAF, Le Chien 09.35 D.Anime: Miraculous 10.31 Serial: Malory Towers 10.50 Doc: Preserving Peatlands 11.47 Mag: Afrimaxx 12.21 Doc: Foodland 13.42 Doc: Multi Tasking 15.09 D.Anime: Early Learning 15.15 D.Anime: Robin Des Bois 15.27 D.Anime: All Hail King Julien 15.50 D.Anime: Voltron 16.13 D.Anime: Gon 16.39 D.Anime: Hunter X Hunter 17.08 Serial: Monster Hunt 18.10 Doc: La Route De La Soie 18.30 Mag: Global 3000 19.16 Mag: Carnet De Sante 20.02 Tele: Le Chemin Du Destin 21.42 Film: Baby Doll	00.00 Sasural Simar Ka 2 02.05 Udaariyaan 04.00 Anupamaa 05.53 Kuch Rang Pyar Ka Aise... 08.00 Tenali Rama 08.12 Patiala Babes 10.16 Kundali Bhagya 12.00 Bade Acche Lagte Hai 2 13.43 Kismat Ki Lakiron Se 15.48 Jijaji Chhat Par Hain 18.32 Film: Aap Mujhe Aache Lagne Lage Starring Hrithik Roshan, Amisha Patel, Kiran Kumar 21.16 Serial: Tenali Rama 21.29 Serial: Naagin Season 22.17 Serial: Bade Acche Lagte Hai 2 00.03 Serial: Patiala Babes 02.05 Serial: Kundali Bhagya
lundi 4 septembre	06.34 Serial: Seal Team 07.15 Film: Meteor 08.45 Serial: The Equalizer 09.41 Tele: Le Chemin Du Destin 10.00 Tele: Amour Secret 10.30 The Gardener's Daughter 10.55 Tele: Marimar 11.16 Serial: Timeless 12.00 Le Journal 12.25 Tele: Sublime Mensonge 13.15 Tele: Fierce Angel 13.40 Tele: Imperio De Mentiras 14.15 Serial: The Equalizer 15.20 Film: Street Fighter 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 Le Livre Perdu Des Sortileges 21.15 Serial: Seal Team 21.55 Serial: Hooten & The Lady	06.00 Nu Rasinn : Rencontre Avec Nos Seniors De St Pierre 07.12 Local: Tita Tita Nu Avance 07.43 Local: Rodrig : Sa Lavi-La 09.56 Le Festival De Musique 10.48 Le Challenge - Saison 2 11.03 Local: Les Klips 12.00 Local: Nu Rasinn 12.52 Rodrig: Komanter 13.13 Rodrigues: Nu Lakwizin 13.40 Clin D'oeil - No 04 14.32 Local: Groove'in 15.24 Local: Tita Tita Nu Avance 15.54 Fer Roule: Tante Aloe 16.31 Adopter un mode de Vie Sain 17.01 Les Klips 18.01 Imperio De Mentiras 18.30 Tele: Amour Secret 19.30 Rodrig: Feminin Pluriel 20.00 Local: Voyage Au Feminin 21.00 Prog special Pelerinage du Bienheureux Pere Laval	07.00 Serial: Chacha Bhatija 08.04 Local: Tirth Yatra 08.41 Local: Tohar Farmaish 09.58 Local: Raksha Bandhan 09.07 Local: Yaadein 10.00 Serial: Chhotki Dulhin 10.43 Bhaag Na Bachhe Koi 11.36 Radha Krishna 12.00 Film: Boot Polish 15.30 Dulhin Uhe Jo Nanad Man Bhave 16.00 Serial: Kundali Bhagya 18.00 Live: Samachar 18.30 Ved Ki Shikshayen 19.04 Local: Ayush 19.34 Local: Excerpts From Shiv Abhishek 20.15 Local: Charcha 20.42 Film: Lovers 23.11 Serial: Jag Jaanani Maa 23.33 Yeh Teri Galiyan	06.00 Doc: Eye On SADC 08.00 Doc: Hotels 09.41 Doc: New York - The Future... 10.25 Doc: Southern Japan... 11.38 Doc: Foodland 12.07 Doc: World Famous Writers 12.26 Mag: Carnet De Sante 13.03 Mag: Arts Unveiled 13.06 Doc: Hotels 14.30 Mag: Human Nature 14.55 D.Anime: Kids Songs 15.05 D.Anime: Anna Et Ses Amis 15.13 D.Anime: Early Learning 15.16 D.Anime: Robin Des Bois 15.50 D.Anime: Voltron 16.14 D.Anime: Gon 16.38 D.Anime: Hunter X Hunter 17.07 Serial: Monster Hunt 18.30 Mag: The 77 Percent 19.02 Student Support Programme 19.32 Mag: In Good Shape 21.36 Film: The Haunting Of Hythe..	14.25 Serial: Zindagi Mere Ghar... 15.00 Serial: Bade Acche Lagte Hai 2 15.26 Film: Love U... Mr Kalakaar Starring: Tusshar Kapoor, Amrita Rao, Ram Kapoor, Madhoo, Prem Chopra... 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.31 Kuch Rang Pyar Ke Aise... 20.08 Sasural Simar Ka 2 20.28 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: Love U... Mr Kalakaar



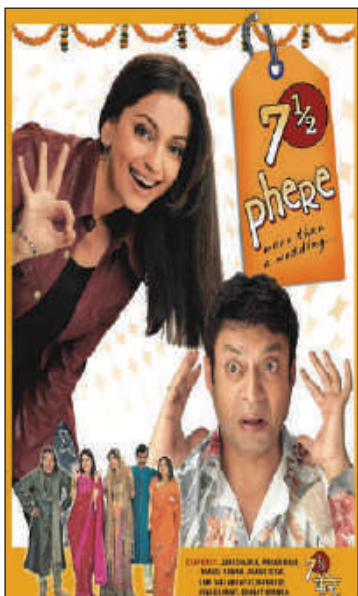
Mardi 5 septembre - 20.30



Mercredi 6 septembre - 21.15



Mercredi 6 septembre - 15.30



Programme TV



mardi 5 septembre

MBC 1

- 05.07 Tele: Le Chemin Du Destin
- 05.30 Serial: Imperio De Mentiras
- 07.18 Serial: Le Livre Perdu Des...
- 08.09 Serial: Seal Team
- 08.45 Serial: Hooten & The Lady
- 09.35 Tele: Le Chemin Du Destin
- 10.05 Tele: Amour Secret
- 10.30 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: The Magicians
- 15.25 Film: Picture Perfect Romance
- 17.30 The Gardener's Daughter
- 17.59 Live: Samachar
- 18.31 Serial: Wagle Ki Duniya
- 18.55 Serial: Mere Dad Ki Dulhan
- 20.30 Film: 1941

MBC 2

- 06.00 Local: Feminin Pluriel
- 09.02 Programme Du Pelerinage Du Bienheureux Pere Laval
- 11.00 Local: Le Rendez Vous
- 12.00 Rodrig: Feminin Pluriel
- 13.01 Le Regard Du Seigneur
- 13.23 Charpentier/Menusier
- 13.38 Rodrig Mo Pei: Safran
- 14.55 Le Rendez Vous
- 16.00 Programme Du Pelerinage Du Bienheureux Pere Laval
- 18.00 Tele: Imperio De Mentiras
- 18.30 Tele: Amour Secret
- 19.00 Journal Kreol
- 19.30 Rodrig: Plat Du Chef
- 19.45 Local: Son Ladan Mem
- 20.00 Paroles Agricoles
- 20.30 Priorite Sante
- 21.00 Programme Du Pelerinage Du Bienheureux Pere Laval
- 23.00 Journal Kreol

MBC 3

- 07.00 Serial: Chacha Bhatija
- 09.44 Local: Charcha
- 10.11 Serial: Kundali Bhagya
- 12.02 Film: Brahmachari
- 14.59 Live: Samachar
- 15.30 Badki Malkaain
- 16.00 Jijaji Chhat Par Hain
- 17.31 Radha Krishna
- 18.00 Live: Samachar
- 18.36 Local: Tark Vitark
- 19.00 Local: Bhojpuri Dhamaka
- 19.30 Local: Prakriti Ki God Mein
- 20.00 Chikitsa Aur Swasthya
- 20.49 Film: Ram Aur Shyam
- 23.40 Serial: Jijaji Chhat Par Hain
- 00.22 Serial: Yeh Teri Galiyan
- 00.42 Local: Tark Vitark
- 01.08 Local: Bhojpuri Dhamaka
- 01.38 Prakriti Ki God Mein
- 02.04 Chikitsa Aur Swasthya

MBC 5

- 06.03 Mag: Eco At Africa
- 08.47 Mag: Tomorrow Today
- 09.16 Mag: Washington Forum
- 10.34 Doc: Will Roots Save The...
- 11.23 Mag: Eco At Africa
- 13.18 Doc: Cuisine Sauvage
- 13.56 Mag: Shift
- 14.55 D.Anime: PAF, Le Chien
- 15.12 Serial: Hi Opie!
- 15.26 D.Anime: Wonder Grove
- 15.38 D.Anime: All Hail King Julien
- 16.24 D.Anime: Gon
- 16.47 D.Anime: Harvey Girls...
- 17.02 Mag: Recipes For Kids
- 17.13 Serial: Monster Hunt
- 17.28 Doc: World Capitals
- 17.35 Mag: In Good Shape
- 18.05 Mag: Rev
- 18.31 Mag: Healthy Living
- 19.31 Mag: Check In
- 20.02 Tele: Le Chemin Du Destin

Bollywood TV

- 14.25 Zindagi Mere Ghar Aana
- 15.30 Film: Dus
Starring Sanjay Dutt, Sunil Shetty and Abhishek Bachchan
- 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
- 20.38 D.Anime: All Hail King Julien
- 21.37 Mere Sai
- 22.08 Kismat Ki Lakiron Se
- 22.29 Kabhi Kabhie Ittefaq Sey
- 23.06 Patiala Babes
- 23.30 Film: Dus
Starring Sanjay Dutt, Sunil Shetty and Abhishek Bachchan
- 02.14 Kundali Bhagya

mercredi 6 septembre

- 06.30 Serial: Seal Team
- 07.10 Film: Santa Fe
- 08.35 Serial: The Equalizer
- 09.25 Tele: Le Chemin Du Destin
- 10.05 Tele: Amour Secret
- 10.30 The Gardener's Daughter
- 10.37 Tele: Marimar
- 11.00 Tele: La Reina Del Flow
- 12.00 Le Journal
- 12.25 Tele: Sublime Mensonge
- 13.15 Tele: Fierce Angel
- 13.40 Tele: Imperio De Mentiras
- 14.15 Serial: The Equalizer
- 15.21 Film: 1941
- 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 Serial: Chicago Med
- 21.15 Film: Trois Couleurs
- 22.50 Tele: Sublime Mensonge

- 06.00 Rodrig Prog: Plat Du Chef
- 07.06 Local: Priorite Sante
- 07.28 Local: Paroles Agricoles
- 07.54 Local Mots & Ecrits
- 08.13 Local: Zeness Dime
- 08.40 Rodrig Prog: Promnad
- 09.16 Programme Du Pelerinage Du Bienheureux Pere Laval
- 11.16 Local: Music Tour 2022
- 12.12 Rodrig: Plat Du Chef
- 12.37 Son Ladan Mem - No 85
- 13.03 Local: Priorite Sante
- 13.51 Zeness Dime
- 14.36 Local: Nu Rasinn
- 16.03 Programme Du Pelerinage Du Bienheureux Pere Laval
- 18.34 Tele: Imperio De Mentiras
- 19.00 Journal Kreol
- 19.30 Rodrig Spor
- 20.00 Mon Jardin Ma Maison
- 22.54 Le Regard Du Seigneur
- 23.20 Local Production: Les Klips

- 07.00 Serial: Chacha Bhatija
- 08.30 Local: Bhojpuri Dhamaka
- 08.56 Prakriti Ki God Mein
- 09.16 Chikitsa Aur Swasthya
- 09.44 Serial: Jijaji Chhat Par Hain
- 11.14 Serial: Radha Krishna
- 12.00 Film: Mahabharat
Starring: Pradeep Kumar, Padmini, Dara Singh
- 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 Local: Tirth Yatra
- 19.26 Local: Anjoria
- 19.49 Local: Virasat
- 20.49 Film: Ghar Dwaar
- 23.10 Serial: Jijaji Chhat Par Hain
- 23.32 Serial: Yeh Teri Galiyan

- 06.30 Mag: Healthy Living
- 08.01 Doc: Expedition Kachgar
- 08.55 Mag: Euromaxx
- 09.48 Doc: Fine Arts Sculptures
- 10.33 Doc: Twin Sisters
- 11.23 Mag: Rev
- 11.47 Mag: Healthy Living
- 12.52 Mag: Check In
- 14.30 Mag: Human Nature
- 14.58 D.Anime: PAF, Le Chien
- 15.12 Serial: Hi Opie!
- 15.24 D.Anime: Wonder Grove
- 15.59 D.Anime: Voltron
- 16.22 D.Anime: Gon
- 16.45 D.Anime: Harvey Girls...
- 17.10 Serial: Monster Hunt
- 17.28 Doc: World Capitals
- 17.35 Mag: Check In
- 18.00 Doc: Smoothie Mania
- 19.30 Mag: The Inside Story
- 20.00 Tele: Le Chemin Du Destin

- 14.25 Zindagi Mere Ghar Aana
- 15.30 Film: Sadhe Saat Phere
Starring: Juhi Chawla, Irfan Khan, Manoj Pahwa
- 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 Anupamaa
- 21.36 Mere Sai
- 22.05 Kismat Ki Lakiron Se
- 22.31 Kabhi Kabhie ittefaq Sey
- 22.58 Patiala Babes
- 23.26 Film: Sadhe Saat Phere
- 02.09 Serial: Kundali Bhagya

jeudi 7 septembre

- 06.00 Serial: New Amsterdam
- 07.15 Serial: Imposters
- 08.05 Serial: Chicago Med
- 09.35 Tele: Le Chemin Du Destin
- 09.55 Tele: Amour Secret
- 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: The Magicians
- 15.22 Film: Affliction
- 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: Bell Bottom
Stars: Akshay Kumar, Huma Qureshi, Vaani Kapoor

- 06.00 Local: Rodrig Spor
- 07.09 Local: Toc Toc Doc
- 07.56 Rodrig Prog: Kot Nou
- 09.01 Local: Proze Dime
- 11.33 Wuji Cultural Group
- 12.03 Local: Rodrig Spor
- 12.30 Mon Jardin Ma Maison
- 13.07 Local: Toc Toc Doc
- 13.23 Local: En Forme
- 13.42 Rodrig Prog: Komanter
- 13.57 Proze Dime
- 15.05 Local: Come On Let's Dance
- 16.03 Programme Du Pelerinage Du Bienheureux Pere Laval
- 18.31 Tele: Amour Secret
- 19.00 Live: Journal Kreol
- 19.20 Le Mag De L'Emploi
- 19.30 Rodrig: Li Bon Ou Konnin
- 20.00 Local: Les Grandes Lignes
- 20.31 Recettes: Chirashi Sushi
- 20.59 Pelerinage - Pere Laval

- 07.00 Serial: Chacha Bhatija
- 08.04 Local: Tirth Yatra
- 08.52 Local: Anjoria
- 09.58 Local: Radha Krishna
- 10.00 Serial: Suhani Si Ek Ladki
- 11.26 Radha Krishna
- 12.00 Film: Jai Radhe Krishna
- 15.30 Serial: Badki Malkaain
- 16.00 Serial: Agniphera
- 18.00 Live: Samachar
- 18.30 Radha Krishna
- 19.25 Live from Sri Rukmini Dwarkadhish Mandir Hare Krishna Temple, Triolet
- 20.25 Live Duplex from Sri Sri Radha Golokananda Isckon Phoenix And Shri Krishna Balaram Temple
- 01.35 Serial: Surya Puran

- 06.03 Mag: Motorweek
- 07.31 Mag: The Inside Story
- 10.32 Doc: In The Land Of The...
- 11.28 Mag: Motorweek
- 11.54 Mag: Vous Et Nous
- 12.30 Mag: Arts Unveiled
- 13.26 Doc: Nos Cinq Sens
- 14.30 Mag: The World Is Yours
- 14.51 D.Anime: Le Chien
- 15.06 Serial: Hi Opie!
- 15.32 D.Anime: Trolls: En Avant La
- 15.55 Stan Lee's Superhero
- 16.20 D.Anime: Gon
- 16.41 D.Anime: Harvey Girls...
- 17.05 Mag: Recipes For Kids
- 17.28 Mag: Motorweek
- 18.43 Mag: Carnet De Sante
- 19.00 Student Support Programme
- 19.30 Mag: Tomorrow Today
- 20.01 Tele: Le Chemin Du Destin
- 21.42 Film: The Mountain Men

- 14.25 Zindagi Mere Ghar Aana
- 15.15 Film: Albela
Stars: Govinda, Aishwarya Rai and Jackie Shroff
- 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 Anupamaa
- 21.30 Mere Sai
- 22.01 Kismat Ki Lakiron Se
- 22.31 Kabhi Kabhie Ittefaq Sey
- 22.59 Patiala Babes
- 23.30 Film: Albela
Stars: Govinda, Aishwarya Rai and Jackie Shroff
- 02.00 Kundali Bhagya
- 02.30 Serial: Udaariyaan



Jeudi 7 septembre - 15.30

Stars: Govinda, Aishwarya Rai and Jackie Shroff



Jeudi 7 septembre - 20.30

Stars: Akshay Kumar, Huma Qureshi, Vaani Kapoor



BRICS, Démocratie et Dé-construction



Nita Chicooree-Mercier

Le dernier sommet des BRICS a non seulement réuni les pays membres fondés sur un régime politique différent: démocratique, autoritaire et semi-autoritaire, mais aussi accepté dans son cercle, parmi les nouveaux venus, un royaume semi-fasciste en voie d'évolution, une théocratie ouvertement fasciste où la rébellion des jeunes se termine dans le sang, et un autre où l'armée à la solde des grandes puissances fait et défait la loi.

Les partisans de l'Inde devraient a priori se faire quelques soucis à la vue d'une assemblée aussi disparate en apparence. De l'autre côté, l'Europe, les Etats-Unis et leurs alliés font face à une énigme: comment fait l'organisation des BRICS pour travailler ensemble et établir des objectifs à long terme sans imposer sur ses membres un critère commun en matière de régime politique comme condition sine qua non de l'adhésion à l'organisation?

Ou alors, cette réflexion n'a pas encore remis en question l'idéologie non-négociable de l'Union européenne et le bloc occidental sur le fonctionnement démocratique interne obligatoire de chaque membre de toute organisation internationale digne de considération.

Loin d'être sectaire, les BRICS sont pluralistes et inclusifs parce que leurs membres sont conscients qu'un idéal, aussi désirable soit-il, ne peut être imposé par la force brutale et les sanctions dévastatrices, et qu'un idéal ne peut s'épanouir que sur un fondement organique propre à un pays ou à une culture, et qu'il faut laisser le temps au temps de faire son œuvre pour l'implantation de cet idéal. En effet, les peuples du monde partagent les mêmes aspirations mais les manifestent à des moments différents de leur histoire.

C'est cette maturité d'adulte qui signale la fin de la récréation à ceux qui ont jusque-là constitué des camps opposés où la tyrannie des plus forts s'est octroyée une légitimité incontestable de croiser le fer à volonté et créer davantage de divisions dans le monde.

Les BRICS ne sont pas épargnés par des différends et des hostilités, notamment entre l'Inde et la Chine, mais ils l'entendent les régler, ou solliciteraient un soutien externe si nécessaire, selon des termes établis par eux-mêmes. Quoique paradoxale, la proposition du Président Poutine, celle de n'inviter aucun pays hostile à un membre des BRICS à des réunions, paraît raisonnable dans le contexte international actuel.

Le Président Xi Jinping déclara l'an dernier à l'encontre du bloc occidental: "Democracy cannot be used as a tool to insult other countries." Le nombre de toilettes en Inde ne peut être une mesure pour juger la légitimité de son projet scientifique dans l'espace.

De même, le Premier ministre Narendra Modi pourrait déclarer à ses détracteurs: "Toilet-o-metre cannot be used as a tool to criticize other countries' achievements." A la manière de l'ancien leader soviétique Nikita Khrouchtchev, le gouvernement indien souligne l'intérêt scientifique et la pertinence pour l'humanité de ses projets dans l'espace, et non pas comme un signe de supériorité et de domination sur d'autres pays.

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Démocratie en danger?

Ceux qui ont endossé le rôle de gardien de la démocratie, notamment les médias dits "mainstream", qui ont pignon sur rue et sur la toile d'internet à l'échelle internationale et dans les petits États insulaires, sont investis d'une responsabilité d'information et d'analyse vis-à-vis du grand



Photo - Blast

public. En prenant le modèle occidental comme référence, la sphère médiatique pousse des cris d'orfraie sur le recul de la démocratie dans le monde tandis que d'autres, tels que le *New York Times*, la *BBC* et *Le Monde*, ne manquent aucune occasion de se prendre directement à la soi-disant déconstruction de la démocratie en Inde, discours resservi sans filtre par la presse des petits pays.

Que signifie tout ce récit défaitiste et alarmiste concrètement? L'Europe, la Grande Bretagne et les Etats-Unis conservent leur atout démocratique à en juger par le nombre de migrants qui tentent de s'y rendre au péril de leur vie. Le délitement des partis politiques est un fait établi en France, en Grande Bretagne et, dans une certaine mesure, aux Etats-Unis. Celle des institutions? La police, les mairies, les différents leviers de la justice et le pouvoir public se sont plus soucieux de ne pas être taxés de racistes que de faire appliquer la loi en punissant les auteurs d'enlèvement, de séquestration et de viol en bande organisée des filles mineures pendant plus de 11 ans en Angleterre.

Les conseils fournis par certains magistrats aux malfrats de tous genres sur les manigances pour contourner la loi sont une autre aberration en France, selon les sources fiables dans les médias. Et quid du parti pris politique de la justice dans plusieurs cas?

Les élections se gagnent par une bataille entre les poids lourds et la performance à travers la communication la plus performante, sans parler du ralliement de la quasi-totalité des médias, de la presse et des chaînes de télévision publiques et privées, pour la réélection d'un président sortant en France, et le contraire aux Etats-Unis.

Leur crédibilité s'est bien détériorée depuis et, la diffusion de la propagande américaine sur le conflit en Ukraine - en occultant les véritables causes - n'a fait qu'enfoncer le clou et fait des médias les complices de L'Empire des Mensonges, décrié par la Russie, terme que les Etats-Unis détourneraient habilement à leur profit.

La survie des lois modernes et justes dans les grandes démocraties sont mises en danger par les concessions faites aux revendications sectaires des groupes sociaux issus de l'immigration. Une image où tout part en flammes - voitures, bus, boutiques, immeubles et même des églises à la moindre provocation accidentelle par la faute d'une autorité défaillante - est terrible à digérer, et encore moins, à prendre comme modèle. L'idéologie "woke" importée des États-Unis ne fait qu'infantiliser certains groupes en les cantonnant dans un discours victimaire qui a fini, à force de tolérer les jérémiades des uns et des autres, par engendrer une tyrannie de ces groupes, et renvoie l'image d'une démocratie sans boussole et sans repères, livrée au vent de toute bêtise de passage.

Tree of Knowledge

Madisyn Taylor



Worry is an extension of fear

We have all had the experience of worrying about something at some point in our lives. Some of us have a habitual tendency to worry, and all of us have known someone who is a chronic worrier. Worry is an extension of fear and can be a very draining experience. In order for worry to exist, we have to imagine that something bad might happen. What we are worrying about has not happened yet, however, so this bad thing is by definition a fantasy. Understood this way, worry is a self-created state of needless fear. Still, most of us worry.



One reason we worry is because we feel like we're not in control. For example, you might worry about your loved ones driving home in bad weather. There is nothing you can do to guarantee their safe passage, but you worry until you find out they have reached their destination unharmed. In this instance, worry is an attempt to feel useful and in control. However, worrying does nothing to ensure a positive outcome and it has an unpleasant effect on your body, mind, and spirit.

The good news is that there are ways to transform this kind of worry so that it has a healing effect. Just as worry uses the imagination, so does the antidote to worry. Next time you find that you are worrying, imagine the best result instead of anticipating the worst outcome. Visualize your loved ones' path bathed in white light and clearly see in your mind's eye their safe arrival. Imagine angels or guides watching over them as they make their way home. Generate peace and well-being instead of nervousness and unease within yourself.

Another reason we worry is that something that we know is pending but are avoiding is nagging us -- an unpaid parking ticket, an upcoming test, an issue with a friend. In these cases, acknowledging that we are worried and taking action is the best solution. If you can confront the situation and own your power to change it, you'll have no reason to worry.