

MAURITIUS **TIMES**

• *Make yourself an honest man, and then you may be sure that there is one less scoundrel in the world. -- Thomas Carlyle*

Interview: Milan Meetarbhan

“Eight years for the drafting, but only a week for MPs and the public to consider the Financial Crimes Commission Bill...

... is it a reaction to polling which suggests that the regime is losing ground?”

“The MSM never shares power”



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Lest we forget ICAC

In the heat of debate on the highly contentious Financial Services Commission and the removal of the powers of the Director of Public Prosecutions (DPP) as to whether to prosecute or not, which would now seemingly be possible under the new FCC Bill and which would be tantamount to circumventing the Constitution by a simple legislation, we have missed out on a necessary and objective appreciation of the Independent Commission Against Corruption's track record to date, and to what extent it has been able to effectively fulfil its mandate as well as what it has not been able, or has not wished, to achieve since its establishment. That assessment would have allowed us to take the full measure of what might be in store with a more powerful version of ICAC in the currently proposed Financial Crimes Commission (which will come with a broader mandate given the scope of offences under its responsibility extended to all financial crimes).

Section 19 (4) the Prevention of Corruption Act 2002 (PoCA), as amended, provides for the appointment of the Director-General of ICAC by the Prime Minister after consultation with the Leader of the Opposition. The same provision will apply as regards the appointment of the head of the Financial Crimes Commission. Given the weight that is given to the "after consultation" proviso in the law, it is the Prime Minister who *in fine* decides who shall head the institution. Successive governments seem to have taken comfort with this legal provision (rather than a more transparent and independent mechanism), that is open to the suspicion that it allows Prime Ministers to influence if not 'monitor' the performance of the institution. Does this place the Director-General of ICAC (and any future head of the FCC) in an uncomfortable position vis-à-vis the head of government?

In an earlier contribution to our Qs & As column, Lex expressed the view that 'the PoCA 2002 guarantees the independence of ICAC. The law is there. Its proper functioning depends on the holders of power within the ICAC.' Moreover, even if the PoCA 2002 does not provide for any oversight mechanism that could have monitored the ICAC at its operational level, especially as regards the conduct of investigations, Section 20 (2) & (3) provides that 'the Commission shall act independently, impartially, fairly and in the public interest', and 'subject to this Act, the Director-General shall not be under the control, direction of any other person or authority' respectively.

To the question as to whether these legal provisions help further the public interest, Lex opined

that 'it is in the public interest, and for the sake of the integrity of investigations it is necessary that an institution that is mandated to fight financial crimes should be independent and not be under the control or authority of anybody or any other institution. The only monitoring mechanism resides in the people who man ICAC. How they do it and how the public react to their actions can be said to constitute a form of monitoring.' He added however that 'the perception in the public is that it is not functioning independently. Why, it may be asked, but this would be a rhetorical question.'

In fact, the performance of ICAC and its handling of a large number of high-profile cases has been under the scanner since many years now - even under the preceding government. Its inexplicable turnaround in the MedPoint gave rise to a number of questions as to its independence and impartiality. The list of affairs where it is yet to be known where its inquiries stand, such as the Dufry scandal (2015); the Alvaro Sobrinho scandal (2018); the Sugar Insurance Fund Board's highly excessive overpayment of land v/s valuation scandal (2018); the Yerrigadoo/Bet 365 scandal (2018); the Glen Agliotti affair (2019), the Serenity Gate/Film Rebate Scheme scandal (2019), St Louis Power Station Redevelopment Project, keeps getting longer. All these pending inquiries highlight the absence of a credible and respected investigative agency capable of handling white collar crime independently of political proximity.

Moreover, the Opposition's dissatisfaction with the workings of the Parliamentary Committee, whose functions is to monitor and review the general manner in which the Commission fulfils its functions - but it cannot query progress being made, still less intervene or interfere in any specific case under investigation by the Commission. This situation as well as the case filed against ICAC by the Integrity Reporting Services Agency for allegedly failing to furnish it with detailed reports on cases of unexplained wealth have done little to help the image of the ICAC.

Most of the provisions, starting with the appointment of the head of ICAC, and those that prescribe the rules of its functionings will also apply in the case of a future Financial Crimes Commission, which it should be emphasised will come with significantly more powers. It should not be difficult therefore for any reasonable person to guess what that future FCC would be able to achieve - or not wish to achieve.

The Conversation

Disinformation is rampant on social media – a social psychologist explains the tactics used against you



Pic - www.psyppost.org

Disinformation campaigns often use a set of rhetorical devices that you can learn to spot, like conspiracy narratives, good versus evil framing, and revealed secrets.

Information warfare abounds, and everyone online has been drafted whether they know it or not.

Disinformation is deliberately generated misleading content disseminated for selfish or malicious purposes. Unlike misinformation, which may be shared unwittingly or with good intentions, disinformation aims to foment distrust, destabilize institutions, discredit good intentions, defame opponents and delegitimize sources of knowledge such as science and journalism.

Many governments engage in disinformation campaigns. For instance, the Russian government has used images of celebrities to attract attention to anti-Ukraine propaganda. Meta, parent company of Facebook and Instagram, warned on Nov. 30, 2023, that China has stepped up its disinformation operations.

Disinformation is nothing new, and information warfare has been practiced by many countries, including the US. But the internet gives disinformation campaigns unprecedented reach. Foreign governments, internet trolls, domestic and international extremists, opportunistic profiteers and even

paid disinformation agencies exploit the internet to spread questionable content. Periods of civil unrest, natural disasters, health crises and wars trigger anxiety and the hunt for information, which disinformation agents take advantage of.

Certainly, it's worth watching for the warning signs for misinformation and dangerous speech, but there are additional tactics disinformation agents employ.

It's just a joke

Hahaganda is a tactic in which disinformation agents use memes, political comedy from state-run outlets, or speeches to make light of serious matters, attack others, minimize violence or dehumanize, and deflect blame.

This approach provides an easy defense: If challenged, the disinformation agents can say, "Can't you take a joke?" often followed by accusations of being too politically correct.

Shhh ... tell everyone

Rumor-milling is a tactic in which the disinformation agents claim to have exclusive access to secrets they allege are being purposefully concealed. They indicate that you will "only hear this here" and will imply that others are unwilling to share the alleged truth - for example, "The media won't report this" or "The government doesn't want you to know" and "I shouldn't be telling you this ..."

H. Colleen Sinclair, Louisiana State University

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Vinaye Ancharaz

The Politics of Wages in Mauritius

2023 will end on a positive note for thousands of low-income earners, who will see their monthly salary jump from Rs 15,000 currently to Rs 18,500 as from January 2024. Middle- and high-income earners will receive a smaller consolation of Rs 2,000 as salary compensation. The new minimum wage and the announcement of the quantum of the 2024 salary compensation came within a week of each other and have been diversely commented. Many trade unionists were surprised by the generosity of the government. Although they had pushed for a 'compensation salariale' of Rs 1,500 to Rs 2,000, they did so to set the anchor high in the negotiations, as they usually do. Little did they expect the government to agree *in toto* to their demands.

Other observers are more critical of the salary adjustments, arguing that the government is playing politics with wages, with potentially drastic economic consequences in the future. The private sector is worried about the impact of the salary increases on jobs and on the viability of smaller businesses. This article explains the economics of the minimum wage and salary compensation through a historical perspective, assesses the likely impacts of the recent salary hikes, and discusses their political-economy ramifications.

Evolution of the minimum wage

The national minimum wage (NMW) came into force in January 2018 following the report of the National Wage Consultative Council (NWCC), which was established by a 2016 Act to make recommendations thereupon. Initially, the NMW was set at Rs 9,000: Employers in non-export-oriented enterprises (non-EOE) would pay Rs 8500 while the EOE sector would pay Rs 8,140, with the government topping up the employers' shares by Rs 500 and Rs 860, respectively. Over the years, the NMW has been adjusted through annual cost-of-living allowances (or 'compensation salariale'). On 1 January 2023, it stood at Rs 12,075: Rs 11,575 payable by employers in the non-EOE sector and Rs 10,875 payable by EOE, with the balance chipped in by the government.

The 2023-24 Budget raised the government's share so that employees across the board would be guaranteed a minimum monthly income of Rs 15,000. That meant that the government would effectively pay Rs 3,425 to employees in the non-EOE sector and Rs 4,125 to employees in the EOE sector, of which Rs 2,000 would be out of the CSG. The latest announcement last week does away with the differentiation between the EOE and non-EOE sectors, imposing the same NMW of Rs 15,000 across all sectors, which, with the CSG allowance of Rs 2,000 and the 'compensation salariale' of Rs 1,500 takes the 'revenu minimum garanti' to Rs 18,500.

The economics of the minimum wage

Minimum wages are set above the market wage to ensure a decent income – or living wage – to workers. There are accounts of some categories of workers being paid as low as Rs 1,500 per month before the NMW kicked in in January 2018. Basic economic theory predicts that the legislation of a minimum wage will initially disrupt the labour market and cause unemployment in the short term. Consider the diagram below. If we view labour as a commodity (or a service), then the wage rate is the price of labour, and we can explain the determination of this price like most other prices, that is, in terms of the market forces of demand and supply.

The demand for labour comes from employers and is a derived demand. That is, it is 'derived' from the demand for

The Mauritian economy in 2024 is expected to ride on the wave of ever-rising consumerism and clientelism. This can cause inflation to become entrenched in the economy for years to come, and compromise economic stability and resilience

“The minimum wage has moved the economy from full-employment equilibrium to a situation of unemployment. Those who lost their job after many years working in a specific sector may not have developed any skills that could prepare them for an alternative job. Many, especially women past their 50s, may choose to drop out of the labour force, opting for the role of housewife and/or grandmother. This is precisely what happened between 2019 and 2020, when the Mauritian labour force shrank by some 21,000 workers as several companies in the textile sector closed shop. The pandemic further squeezed the labour force by more than 37,000 workers...”



the final good or service that the firm produces. Since firms are profit-seeking, they will want to hire more workers when it is cheaper to do so, that is, when the wage rate is low. The demand-for-labour curve is therefore downward-sloping. The supply of labour comes from the working population. Each unemployed person has a 'reservation wage' below which he or she will not be willing to take up a job. But as wages rise past the reservation wage, the jobless may find it economically attractive to join the labour market, and the labour supply will increase. The labour supply curve is thus upward-sloping: as the wage rate rises, more people will be willing to work.



In the absence of government intervention, the labour market will clear, that is, labour demand will equal labour supply, at wage rate W_0 . Note that this point is a *full-employment equilibrium*: at wage rate W_0 , every person who sought a job is gainfully employed.

Now, suppose the government deems that the wage rate W_0 is too low, and legislates for a minimum wage of W_m , which obviously must be above W_0 for it to be effective. Precisely because the minimum wage is higher than the market-clearing wage, firms wish to employ fewer workers, L_d . Conversely, the minimum wage attracts more

of the unemployed, and labour supply rises to L_s . In the final analysis, only L_d workers will be employed, and unemployment will amount to $L_s - L_d$. This consists of $L_s - L_0$ jobseekers who are unable to find a job and $L_0 - L_d$ workers who were previously working but are now jobless.

The minimum wage has thus moved the economy from full-employment equilibrium to a situation of unemployment. Those who lost their job after many years working in a specific sector may not have developed any skills that could prepare them for an alternative job. These people will find it hard to get re-employed in emerging sectors of the economy. Many, especially women past their 50s, may choose to drop out of the labour force, opting for the role of housewife and/or grandmother. This is precisely what happened between 2019 and 2020, when the Mauritian labour force shrank by some 21,000 workers as several companies in the textile sector closed shop. The pandemic further squeezed the labour force by more than 37,000 workers, bringing the local labour force to a low 532,800.

'Compensation salariale'

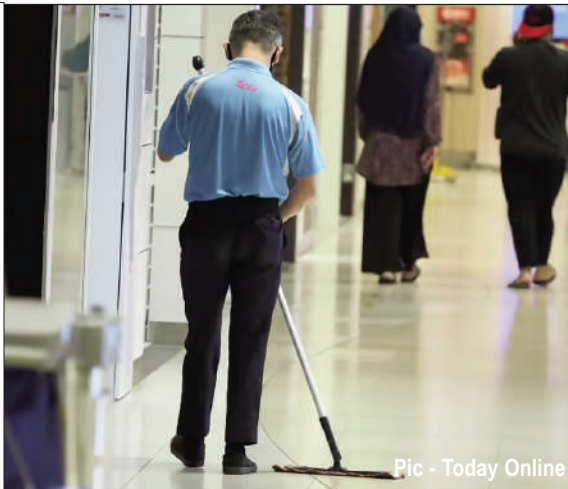
Tripartite negotiations for determining the quantum of the salary compensation that would come into effect the following year are a long-established practice. It is meant to compensate workers for the decline in their real incomes (that is, the purchasing power of their money wages) due to inflation in the current year. For practical reasons, however, workers may not receive full compensation for the loss of purchasing power, and so, it is misleading to call such salary adjustment a cost-of-living allowance. There are several reasons why.

First, the inflation rate used for calculating the salary compensation is usually understated. For example, the 'compensation salariale' for the year 2021 (payable in 2022) was based on an inflation rate of 3.5%. The actual inflation rate turned out to be 4.0%. Similarly, the salary compensation for 2022 was calculated on a projected inflation rate of 10.7%, lower than the actual rate of 11.2%. For this year, an inflation rate of 7.1% was proposed, even though the final adjustment was calculated as 10% of salaries up to Rs 20,000, and a flat Rs 2,000 thereafter.

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The Politics of Wages in Mauritius

“The national minimum wage has more than doubled in the past five years – something that takes decades in other countries. For example, Singapore continues to shun the idea of a minimum wage till date, afraid of its damaging impacts on the country’s competitiveness. In the UK, the national living wage for those aged over 25 has increased from £7.50 per hour to £9.50 per hour between March 2018 and March 2023, a 27% increase over a 5-year period. This comparative perspective prompts one to ask why the NMW in Mauritius has increased so much faster. One view is that the government is playing politics with the minimum wage, just as with retirement pensions. If this is true, the long-term economic impacts could be drastic...”



Pic - Today Online

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The projected inflation rate of 7.1% was, in any case, a blatant underestimate amid allegations of statistical manipulation by several local observers as well as by the IMF. The IMF itself forecasts inflation in 2023 to reach 7.8%, based on data provided by *Statistics Mauritius*. The feeling on the ground is that the cost of living in 2023 has increased well beyond the 7.1% suggested by the inflation rate.

Against this background, the 10% hike seems fair, but it does not adequately compensate middle-income earners for their loss of purchasing power. While the latest estimates by *Statistics Mauritius* put the median salary in the range of Rs 16,000 - Rs 18,000, it is clear that this figure is invalid in the face of the revised NMW (including salary adjustments) of Rs 18,500. By some international estimates, the median salary in Mauritius is currently in the region of Rs 40,000, which sounds more reasonable. At this rate, the median income earner received a measly 5% ‘cost-of-living allowance’, far inadequate to even compensate for the projected inflation rate of 7.1%.

Second, the salary compensation is paid ex post one year later, that is, after workers have suffered the impact of inflation. This means that a worker getting a salary adjustment of Rs 1,500 actually received only Rs 1,350 in real terms if the inflation rate for the year was 10%. Ideally, salaries should be adjusted in real time based on monthly or quarterly inflation rates. Such a system is admittedly complex to administer. For all intents and purposes, therefore, workers will never be fully compensated for inflation.

Third, salaries make up a significant share of businesses’ operating costs. So, when salaries are adjusted for inflation, firms will face higher costs, part of which they will be able to pass on to consumers through higher prices. (However, not all firms will be able to raise the prices at which they sell: think of a gas (‘filling’) station, for example, or an export-oriented enterprise.) Thus, it is inevitable that prices rise further – a phenomenon economists call the ‘wage-price spiral’. Another reason why the payment of

large salary compensations fuels more inflation is that they cause liquidity in the economy to surge, leading to a situation of ‘too much money chasing too few goods’.

The prevailing festive mood, doped by end-of-year bonuses and expectations of higher wages in January 2024, is concealing the harsh reality of entrenched inflation. But the new year will come not only with fatter pay checks, but also with swelling bills as inflation becomes ubiquitous. The IMF forecasts inflation in 2024 to drop to 6.5%, but this only means that prices will keep rising from a high base, though at a slower rate. Relief from the rising cost of living is not in sight in the short term.

Impacts and implications

The labour market is yet to fully adjust to the NMW, which has continuously increased since its introduction in 2018. In fact, the NMW has more than doubled in the past five years – something that takes decades in other countries. For example, Singapore continues to shun the idea of a minimum wage till date, afraid of its damaging impacts on the country’s competitiveness. In the UK, the national living wage for those aged over 25 has increased from £7.50 per hour to £9.50 per hour between March 2018 and March 2023, a 27% increase over a 5-year period. This comparative perspective prompts one to ask why the NMW in Mauritius has increased so much faster. One view is that the government is playing politics with the minimum wage, just as with retirement pensions. If this is true, the long-term economic impacts could be drastic since there was little justification for the latest hike.

An alternative view is that the level at which the NMW was set in 2018 was too low and meant to be raised in the future. This is why the NWCC was mandated to review the NMW every five years, subsequently reduced to three years by the Finance Act 2023. In this case, the government may be doing little else than implementing the NWCC’s recommendations, and the economic impact of the new NMW, even if negative in the short term, may fade out as economic operators adjust to the higher minimum wage

over time.

A third possible explanation is that the NMW had become meaningless as its real value has been eroded by persistently high inflation since 2021. If that is true, the increase in the NMW, notwithstanding the additional salary compensation, may be more of an adjustment for the loss of purchasing power. The impact of the new NMW on businesses, in this scenario, will be small since inflation benefits most enterprises, except the weakest ones, which will require some form of government support to survive. In practice, some aspects of all three views may be present in the recent hike in the NMW.

Impact on economic growth

The IMF projects economic growth in 2024 to drop to 3.8%, closer to pre-Covid levels. But this forecast does not take into account the recent salary adjustments. Odd as it may sound, the new NMW and the salary compensations may have a positive effect on economic growth next year. This is because growth in Mauritius in recent years has been driven more by consumption than by investment, and higher salaries will encourage people to spend more. Ultimately, therefore, most, if not all, of the increase in salaries that businesses and the government paid out to their employees will return to them in the form of higher sales revenues and higher VAT collections, respectively. Indeed, this prospect could have motivated the government’s ‘generous’ offer of both the new NMW and the salary adjustments.

Financing implications

Business Mauritius has estimated the total cost of the salary increases at Rs 12 billion. The cost to the government, including the Rs 2,000 paid out of the CSG to all employees, could reach a similar figure. Many observers have queried how the private sector and the government would pay these bills. Micro- and small enterprises may not have the capacity to pay, and their long-term survival may very well depend on government assistance. However, many large companies have recently posted billions of rupees in profit; they should have no problem paying the salary increases.

The government has remained evasive on its financing strategy, but it is known that it can rely on the increase in tax revenues in a buoyant economy and, to some extent, on CSG collections, which will automatically increase as salaries rise. Moreover, as the increase in salaries causes inflation to rise further, the government will collect additional revenue through the inflation tax (VAT paid on a good or a service rises as inflation causes its price to swell). And finally, both the business sector and the government will benefit from the increased consumer spending triggered by higher salaries.

The aggregate wage bill will increase substantially if salary structures are eventually revised to maintain relativity. Additionally, for the government, the financing situation may get complicated if it were to grant the remaining Rs 2,500 increase in the Basic Retirement Pension (BRP) early next year. The increase in the NWM sets the stage for the final increase in the BRP to Rs 13,500 – if not beyond. This may cost the government an additional Rs 10 billion annually. Finally, the government is likely to rev up its spending machinery in an election year, with massive recruitment in the public sector and a slew of populist measures in the 2024-25 Budget.

All this suggests that the Mauritian economy in 2024 is expected to ride on the wave of ever-rising consumerism and clientelism. This can cause inflation to become entrenched in the economy for years to come, and compromise economic stability and resilience.

“The government has remained evasive on its financing strategy (for salary increases), but it is known that it can rely on the increase in tax revenues in a buoyant economy and, to some extent, on CSG collections, which will automatically increase as salaries rise. Moreover, as the increase in salaries causes inflation to rise further, the government will collect additional revenue through the inflation tax (VAT paid on a good or a service rises as inflation causes its price to swell). And finally, both the business sector and the government will benefit from the increased consumer spending triggered by higher salaries...”



Bruneau Laurette devient pasteur évangéliste

Par A. Bartleby

C'est avec un mélange de surprise et de scepticisme que nous avons appris cette semaine que Bruneau Laurette s'était fait ordonner pasteur dans une église évangéliste, à l'église «Joshua Generation Ministries» pour être plus précis.

Il s'agit d'une église évangéliste basée en Inde et dont l'objectif est de "touch the world with the Glory and Power of the Gospel of Jesus Christ". En d'autres termes, il s'agit d'une église dont l'objectif est la conversion. Conversion des Catholiques et des Anglicans, mais aussi conversion des non-Chrétiens au dogme évangéliste.

Ces églises sont très particulières de ce point de vue et constituent une exception, pour ne pas dire une anomalie, dans le vaste paysage de la chrétienté. Elles sont, par exemple, extrêmement puissantes aux États-Unis et sont capables d'influencer les politiques publiques du pays. Tout le mouvement des néo-conservateurs, par exemple, s'appuie sur ces églises et leur capacité à rassembler et à faire pression sur les institutions. George W. Bush avait déjà besoin d'eux et avait pris appui sur leur soutien pour aller en guerre en Irak. Donald Trump, lui, a été élu grâce à leur influence et leur rejet massif de toute forme de progressisme que pouvait incarner Barack Obama.

Mais il existe une différence entre les évangélistes américains et indiens. Les objectifs politiques ne sont pas les mêmes. Mais la volonté d'influencer les politiques est bel est bien présente.

De ce fait, l'ordination de Bruneau Laurette relève d'une stratégie politique. Nous ne sommes pas ici dans le domaine de la spiritualité, de la croyance et de la foi, mais bel et bien dans une volonté politique de notre Bruneau national.

Après avoir interagi avec plusieurs mouvements politiques et après s'être associé à toutes les personnes



qui voulaient bien de lui, Bruneau Laurette s'est retrouvé dans une situation complexe. Il a dû vite déchanter lorsqu'il s'est rendu compte qu'il avait brûlé toutes ses cartes politiques et que

le capital de crédibilité qu'il avait réussi à engranger était passé à la trappe. Son dernier "move" politique l'a associé à Sherry Singh, ce qui a probablement accéléré sa chute dans l'estime du noyau qui s'était constitué autour de lui.

Quelle autre option avait-il donc? En réalité, c'est feu Dev Virahsawmy qui avait compris ce qu'allait faire

Bruneau Laurette. En effet, dans un entretien qui date de l'année dernière, Dev Virahsawmy avait très justement expliqué que Bruneau Laurette compensait son manque de discernement et de compréhension politique par un langage de nature religieuse.

En d'autres termes, ne sachant pas formuler des propositions politiques sérieuses, Bruneau Laurette passe son temps à tenir un discours messianique dont l'objectif est justement de cacher le vide de ses propositions. À partir de là, il était parfaitement logique que Bruneau devienne lui-même pasteur, copiant à la lettre les méthodes des pasteurs évangélistes américains comme Billy Graham ou Joel Osteen.

Ces pasteurs, par leur emploi d'un discours qui mélange messianisme, politique et vision sociétale, sont devenus des stars aux États-Unis. Et des stars dont l'influence est telle qu'elle leur apporte la capacité d'influencer les politiciens que nous avons mentionnés, mais également la capacité à construire d'immenses fortunes.

Encore une fois, nous sommes ici très loin de ce qui se fait aux États-Unis, mais l'ordination de Bruneau Laurette pourrait lui permettre un réaligement politique.

Déjà, une telle ordination signifie qu'il a sans doute fait une croix sur l'électorat des cités des circonscriptions urbaines. Mais une telle ordination signifie également qu'il va tenter d'aller piocher dans un autre électorat: celui des nouveaux convertis.

Et cet électorat n'est pas forcément celui que l'on croit. Il se pourrait bien qu'il soit bien plus présent dans les régions rurales et qu'il représente aujourd'hui une part importante dans les changements démographiques qui pourraient influencer l'issue d'une élection.

De ce point de vue, la stratégie de Bruneau Laurette n'est pas complètement folle. Mais réussira-t-il à produire l'effet qu'il recherche? Personne n'a pour l'instant prouvé que c'était possible. Mais peut être que nous aurons droit à une grande première pour les prochaines élections générales.



L'essoufflement chinois fait tousser la planète. P - Challenges

L'économie chinoise vit des moments compliqués depuis la fin de la pandémie de la Covid-19.

Entre le ralentissement de la circulation mondiale, une chute sensible de l'investissement étranger, une augmentation importante du chômage des jeunes et un marché de l'immobilier dans une situation d'endettement sévère, les indicateurs ne sont pas au mieux pour

La fin du miracle économique chinois?

un pays qui ambitionnait de passer bientôt devant les États-Unis en tant que première puissance économique mondiale.

À titre de comparaison, le PIB de la Chine représentait 76% de celui des États-Unis en 2021, alors qu'il représente 64% du PIB américain en 2023. Ce recul de 12 points est énorme pour une période de deux ans et témoigne des difficultés actuelles de l'économie chinoise.

Il faut préciser que cette régression est le résultat de deux phénomènes simultanés. D'un côté, le ralentissement de la croissance chinoise est bel et bien réel (et, en réalité, date d'avant la Covid-19) mais, de l'autre côté, l'économie américaine s'est tenue mieux hier que l'annonçaient les prévisions. La raison principale de cette bonne santé de l'économie américaine est une réindustrialisation ultra-rapide des États-Unis, qui se fait au détriment des industries chinoises.

Nous voyons là le lien de symétrie profond qui existe entre ces deux économies qui sont extrêmement dépendantes l'une de l'autre. La Chine a longtemps

profité de la désindustrialisation américaine, et du transfert des capacités de production des États-Unis vers la Chine où les coûts de production étaient nettement moins élevés. L'arrivée de Donald Trump à la Maison Blanche et la guerre commerciale qu'il a initiée contre la Chine a fait que les États-Unis se sont dotés d'autres capacités de production, ce qui a fait que certains géants américains ont quitté la Chine, entraînant un immense manque à gagner pour l'économie chinoise.

C'est le cas, par exemple, d'Apple qui a fermé ses usines chinoises afin de les relocaliser en Inde, où sont maintenant produits les iPhone et iPad.

D'ailleurs, il suffit d'observer l'évolution des investissements directs dans l'économie chinoise depuis un peu plus d'une décennie pour comprendre le phénomène. La Chine représentait, il y a encore dix ans, un Eldorado pour l'investissement direct, qui a été le fuel de sa croissance économique et du développement de ses industries.

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La fin du miracle économique chinois?



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🔊 Suite de la page 5

Aujourd'hui, en 2023, il y a plus d'investissement direct qui quitte l'économie chinoise qu'il n'y a d'investissement qui y entre.

En d'autres termes, plus de capitaux sortent de la Chine qu'ils n'entrent en Chine. Ceci a des conséquences directes sur l'économie chinoise, à commencer par l'apparition du chômage de masse qui touche aujourd'hui près de 21% des 18-25 ans en Chine. Cela a de quoi surprendre car nous sommes déjà dans les standards européens, donc des pays postindustriels.

Ce taux de chômage est en tout cas inédit en Chine

depuis le début des réformes économiques par Deng Xiaoping. La montée en richesse des classes ouvrières et des classes moyennes chinoises était constante, avec chaque génération bénéficiant d'un accroissement conséquent de leur niveau de vie. C'est cette dynamique qui semble aujourd'hui ralentir de manière assez significative, tellement significative même qu'une part importante de la jeunesse chinoise plonge peu à peu dans un désenchantement qui fait qu'elle refuse de se marier et d'avoir des enfants par peur de l'incertitude de l'avenir.

Parallèlement à ce phénomène, le marché immobilier chinois est entré il y a deux ans dans une situation extrêmement instable et complexe avec notamment l'effondrement des stocks d'Evergrande, le second plus gros groupe immobilier chinois. Evergrande avait accumulé des dettes de plus de \$340 milliards en 2022, avec des projets immobiliers de plusieurs millions d'appartements qui étaient à l'arrêt. Cela a produit une situation extrêmement compliquée pour des millions de Chinois qui avaient englouti toutes leurs économies dans l'achat d'un bien immobilier. Les paiements avaient été effectués, mais la majorité des projets n'avaient même pas démarrés.

Le gouvernement chinois est intervenu pour tenter de stabiliser le groupe et en promettant que les retards allaient être réglés. À ce jour, rien n'a été vraiment fait, Evergrande devant même se déclarer banqueroute sur

ses holdings américains en août de cette année.

Ce camouflé d'Evergrande a d'ailleurs forcé Moody's à revoir son "credit rating" en dégradant sa perspective pour l'économie chinoise, ce qu'il ne faut pas confondre avec une dégradation de la note qui reste le A. Mais Moody's tire clairement la sonnette d'alarme en voyant dans la bulle immobilière un danger structurel pour l'économie chinoise dans son ensemble.

Tout cela produit un affaiblissement du gouvernement chinois et de la position de Xi Jinping. Ce dernier semble d'ailleurs plutôt se concentrer sur la politique extérieure chinoise afin de relancer l'économie de son pays. Ainsi, la continuation du développement du 'Belt and Road Initiative', malgré des retards et des *setbacks* de certains projets, permettent à la Chine de continuer sa politique d'expansion commerciale vers notamment le continent africain.

En effet, il semble actuellement essentiel aux décideurs chinois de concentrer leurs efforts sur l'expansion dans notre région du monde. La multiplication des projets et des accords commerciaux avec les pays africains pourrait donner à la Chine une voie de sortie de la situation complexe dans laquelle elle se trouve en relançant ses industries et en faisant entrer dans le circuit économique chinois les investissements directs dont il a besoin pour soutenir une relance.

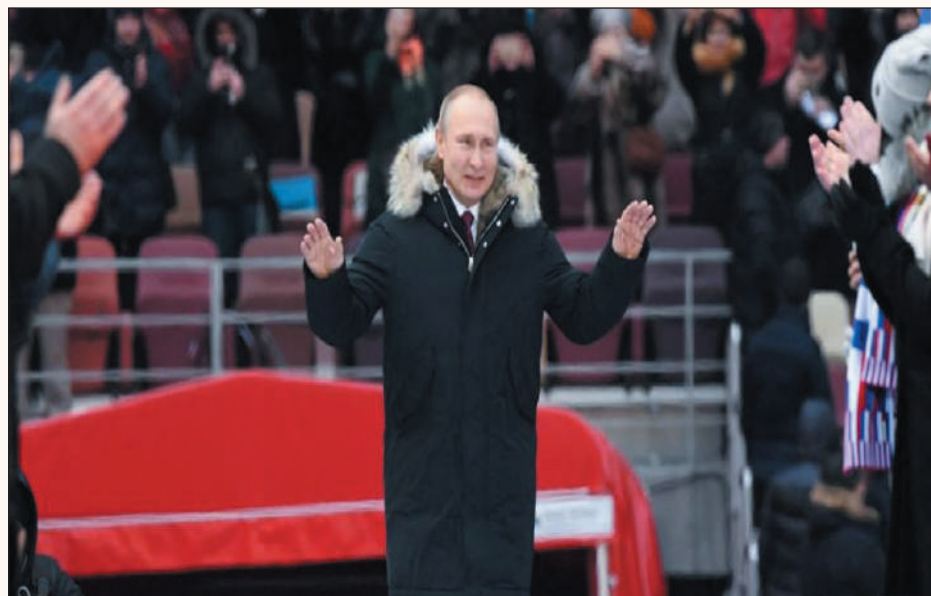
Vladimir Poutine annonce sa candidature à sa propre succession

Vladimir Poutine a indiqué vendredi dernier ne pas avoir "d'autre choix" que d'être candidat à la présidentielle russe de mars 2024 pour un cinquième mandat, près d'un quart de siècle après son arrivée au pouvoir et deux ans après le début de l'assaut contre l'Ukraine.

Le chef de l'État russe, qu'une révision constitutionnelle de 2020 autorise à être de nouveau candidat en 2024 et 2030, peut théoriquement se maintenir au Kremlin jusqu'en 2036, l'année de ses 84 ans.

A une autre époque, j'ai eu d'autres pensées concernant cette question. Mais je comprends qu'aujourd'hui il n'y a pas d'autre choix possible. Je vais donc me présenter au poste de président de la Russie", a déclaré l'intéressé, âgé de 71 ans, à l'occasion d'une cérémonie télévisée où il remettait des décorations.

Cette candidature ne devrait pas être beaucoup remise en cause. Le président de la chambre basse du Parlement, Viatcheslav Volodine, a réagi sur Telegram en insistant sur les "qualités uniques" de Vladimir Poutine, tandis que pour son homologue à la chambre haute, Valentina Matvienko, le chef de l'État "ne fuira jamais ses responsabi-



Sans surprise, Vladimir Poutine candidat à sa propre succession. P - La Voix du Nord

lités".

Il se trouve qu'aucun détracteur du Kremlin ne devrait être en mesure de se présenter au scrutin, les autorités écrasant l'opposition depuis des années. La quasi-totalité des opposants d'envergure, à l'exemple du militant anticorruption, Alexeï Navalny, ont été jetés en prison ou ont été poussés à l'exil.

La Commission électorale russe a

annoncé que le scrutin se déroulerait sur trois jours, une pratique instaurée pendant la pandémie de Covid-19 mais dénoncée par l'opposition comme étant un moyen de faciliter les fraudes et d'obtenir les résultats attendus par le pouvoir.

Les symboles se multiplient puisque l'élection se déroulera du 15 au 17 mars, peu après le deuxième anniversaire du déclenchement de l'attaque contre l'Ukraine, toujours en cours, et à la veille

du dixième anniversaire de l'annexion par la Russie, en 2014, d'un premier territoire ukrainien, la péninsule de Crimée.

L'élection aura d'ailleurs lieu dans les régions ukrainiennes occupées par la Russie, où la loi martiale est actuellement en vigueur. Alors que la Russie a revendiqué en septembre 2022 l'annexion de quatre nouvelles régions ukrainiennes qu'elle occupe partiellement (Donetsk, Lougansk, Kherson, Zaporijjia), la présidentielle doit aussi être le "point culminant de la réunification", a estimé Valentina Matvienko, la présidente du Conseil de la Fédération, la chambre haute du Parlement russe.

Après une année 2022 marquée par des revers sur le front des combats et une volée de sanctions occidentales, Vladimir Poutine apparaît fin 2023 en meilleure posture avec l'échec de la contre-offensive entamée cet été par l'Ukraine, l'effritement du soutien financier européen et américain à Kiev et le redressement de l'économie nationale. La Russie a même prévu d'augmenter ses dépenses militaires de 67% en 2024, à quelq 30% de son PIB.

En visite dans le Golfe début décembre, le président russe poursuit son retour sur la scène internationale faisant fi du mandat d'arrêt de la Cour pénale internationale lancé à son encontre. Il est plus que jamais en position de force, surtout que les soutiens à Zelensky fondent comme neige au soleil.

A. Bartleby

🔊 Voir plus en page 7

Le Venezuela vote pour l'annexion d'une partie du Guyana

Le Venezuela est un pays paradoxal. Alors qu'il possède les plus grandes réserves de pétrole de la planète, ce pays compte parmi les plus pauvres d'Amérique du Sud. Nicolas Maduro gouverne d'une main de fer depuis qu'il a remplacé Hugo Chavez en 2013.

Maduro est dans l'actualité depuis quelques jours car il a organisé le 3 décembre dernier un référendum sur l'annexion de la région de l'Essequibo, territoire appartenant à l'État voisin du Guyana. Ce référendum n'a aucune valeur juridique sur le plan international. Cette frontière est litigieuse depuis un certain temps mais elle était plus ou moins acceptée jusqu'à récemment, c'est-à-dire jusqu'à la découverte d'importants gisements pétrolifères.

En effet, l'Essequibo est un territoire de 160 000 km² de forêt tropicale dont le sous-sol est extrêmement riche en pétrole et en gaz. Des gisements extrêmement prometteurs ont également été découverts au large des côtes de l'Essequibo.

La région de l'Essequibo est donc hautement stratégique dans la région, et le coup de force que tente Maduro a forcément fait réagir les pays voisins. Le Brésil déjà, pays frontalier du Venezuela et du Guyana, où le président Lula a posi-



Nicolas Maduro veut annexer deux-tiers du Guyana, soit 160.000 km², et riche en pétrole. P - Le JDD

tionné des troupes de l'armée brésilienne près de la frontière guyanaise. Ce même Lula s'est également exprimé sur l'effet domino qu'une telle situation pourrait produire sur le continent, en précisant que l'Amérique du Sud n'avait pas besoin de cela dans la conjoncture présente.

Les États-Unis ont également réagi, par l'intermédiaire du secrétaire d'État aux affaires étrangères, Antony Blinken. Ce dernier a haussé le ton envers Maduro en précisant que les États-Unis reconnaissent la souveraineté du territoire guyanais. Dans la foulée, l'armée américaine a débuté des exercices militaires sur le territoire guyanais, exercices quali-

fiés de provocation par le Venezuela.

Paradoxalement, le gouvernement guyanais, lui, est resté assez silencieux, sauf pour une prise de parole claire du vice-président Bharrat Jagdeo. Ce dernier a clairement déclaré que toute exploration pétrolière de compagnies vénézuéliennes ou d'autres pays serait considérée comme une invasion du Guyana.

Ce n'est pas la première fois que le territoire de l'Essequibo se retrouve au milieu d'une dispute territoriale. Cela fait

près de 200 ans que le Venezuela revendique occasionnellement l'Essequibo, car il considère en avoir été spolié en 1841 par le Royaume-Uni qui dé-tenait alors le Guyana (devenu indépendant en 1966).

Mais la découverte récente des gisements change forcément la donne dans cette région. Ces gisements pourraient faire du Guyana l'un des pays les plus riches du monde, ce que Hugo Chavez et Nicolas Maduro n'ont pas réussi à faire avec les ressources pétrolières vénézuéliennes.

Assistons-nous aux prémices d'une guerre pour les ressources énergétiques en Amérique du Sud? Ça y ressemble beaucoup et il faudra garder un œil averti vers cette région du monde au cours des prochains mois.

A. Bartleby

Mauritius Global Diaspora

Mauradio.Com: Radio Indépendante et Libre



Le Mauritius Global Diaspora (MGD), une ONG rassemblant des membres de la diaspora mauricienne, inaugure le 20 décembre une radio indépendante et libre (mauradio.com), destinée à tous les Mauriciens dans le monde.

Cette radio verra le jour grâce au concours de Mauriciens volontaires et bénévoles et aura pour devise: *Entertain, Inform and Educate*. Elle proposera, entre autres, des émissions de variété qui expriment la diversité des cultures, informent le public sur les thèmes d'actualité et finalement, éclairent au fil de débats le public sur des sujets d'intérêt national et international. Ce nouvel espace audiovisuel qui s'ouvre aux Mauriciens sera occupé par la nouvelle radio qui s'inspire des valeurs du mauricianisme et universelles que sont la démocratie, la liberté d'expression, l'inclusion et la diversité.

Pour profiter de nos émissions et retrouver des animateurs et journalistes chevronnés, rendez-vous sur www.mauradio.com! Suivant le lancement officiel le 20 décembre, la radio privilégiera des émissions de variété durant la période des fêtes de fin d'année jusqu'au nouvel an.

L'année 2024 s'annonce palpitante sur tous les plans. Dès mi-janvier, la radio proposera des interviews, forums, analyses et débats. Pour plus d'informations sur la radio et la programmation, visitez www.mauradio.com, puis cliquez sur le menu en haut de la page d'accueil, à gauche.

Les membres du public peuvent aussi visiter le site web du MGD (www.mauritiushlobaldiaspora.com) pour accéder à la radio. Pour de plus amples renseignements, contactez Covilen Narsinghen par téléphone au +447 557804220 ou par e-mail, à: Covilen@mauritiushlobaldiaspora.com

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Interview: Milan Meetarbhan

“Eight years for the drafting, but only a week for MPs and the public to consider the Financial Crimes Commission Bill...

... is it a reaction to polling which suggests that the regime is losing ground?”

Why is the Financial Crimes Commission being currently rushed through Parliament at this point in time when we are already in an election year and Parliament will be officially dissolved in November 2024?

What are the real motives of the government for putting a political appointee at the head of the FCC, an appointment which would circumvent the Constitution by a simple legislation, and with powers that would allow the holder of the post to put an end to investigations, for instance in a case involving a political figure of the same political hue as those in power, and close the file without the Office of the DPP being involved at all? Constitutional lawyer Milan Meetarbhan shares in this week's interview his views on the highly contentious Financial Crimes Commission, as well as on the requirement for mobile users to re-register their SIM cards which, besides the issue of the constitutionality of this exercise, given rise to apprehensions as to the use that might be made of the data that would be collected and apparently be checked against a database which has officially ceased to exist... Read on:

Mauritius Times: ‘Why now?’ That’s the question that crops up in light of the government’s strong push to bring both the Financial Crimes Commission Bill and the report of the Electoral Boundaries Commission for a vote at this point in time. The latter was tabled in the National Assembly three years back, that is on 3 November 2020, and the former - admittedly a much-needed legislation to fight corruption and fraud - is coming up in the last year of the government’s mandate. What’s your take on the timing of the government’s decision?

Milan Meetarbhan: We are already in an election year as the National Assembly will automatically be dissolved in November 2024. It could even be dissolved earlier. Every move and every statement by the regime will, given its flagrant political and partisan agenda be interpreted in the light of what advantage this brings to the government or what harm it does or is likely to cause to its opponents.



It took eight years for the government to work on the FCC Bill but still the government deemed it necessary to come to the Assembly with a certificate of urgency. The Bill is being debated in the Assembly only one week after it was first introduced. Eight years for the drafting, but only a week for MPs and the public to consider the wide range of provisions of the Bill.

« The FCC Bill is being debated in the Assembly only one week after it was first introduced. Eight years for the drafting, but only a week for MPs and the public to consider the wide range of provisions of the Bill. Is there a deliberate and calculated move by the regime to get the highly controversial bill through now, just after it announced huge salary increases and just before the festive season? Or is it a reaction to polling which suggests that the regime is losing ground and that it needs a new strategy to bring down its opponents? »

Is there a deliberate and calculated move by the regime to get the highly controversial bill through now, just after it announced huge salary increases and just before the festive season? Or is it a reaction to polling which suggests that the regime is losing ground and that it needs a new strategy to bring down its opponents?

* Let’s first consider the Report of the Electoral Boundaries Commission, which is mandated by the Constitution to present a report every 10 years, and the recommendations of which shall have effect as from the next dissolution of Parliament. Beyond the timing of this legislative proposal and the criticisms of gerrymandering levelled by the Opposition, isn’t it true that there is no magic formula for obtaining a consensus on any alterations to the constituency boundaries?

Over and above the criticisms of gerrymandering by the opposition, it is wrong that an incumbent government seeks by the sole will of its own MPs to change the rules of the game in an election year.

Irrespective of the merits or otherwise of the recommendations of the Electoral Boundaries Commission, it is unethical and absolutely wrong that the changes should be introduced after parties have already started getting organised for the next elections on the basis of existing constituency boundaries.

There is no magic formula for obtaining a consensus other than a government with democratic instincts which appoints a boundaries commission which has the confidence of all parties, and which comes up with recommendations that will be supported by MPs on both sides of the aisle.

The boundary changes should not be made on the recommendations of nominees of the ruling party who may also be perceived as being partisan and then approved only by the parliamentary majority of that same party.

* There may however be a point as regards the failure of the Electoral Boundaries Commission, past and present, to submit recommendations for alterations to the boundaries of the constituencies “so that the number of inhabitants of each constituency is as nearly equal as is reasonably practicable to the population quota,” as prescribed by the Constitution. What are your views on this issue?

I have dealt with this issue extensively in my book on constitutional law. There is no doubt that the constituency boundaries as they exist since independence do not conform to the basic principles laid down in the Constitution.

☞ Cont. on page 9

“The MSM never shares power”

‘Anyone with independence of mind is a thorn in the flesh for an autocratic regime’

☞ Cont. from page 8

However, we know the historical reasons why this was done initially, and the question today is whether those reasons are still valid. The new boundaries being proposed for reasons which are not always very clear do not change the fact that some constituencies have up to three times more voters than others, yet they all elect three MPs each.

*** As regards the Financial Crimes Commission, the Opposition has come out strongly against its provisions. What is your view on the concerns being expressed?**

There are two distinct issues in this debate. One is the need to reinforce the legal provisions regarding fraud and corruption. I believe there is a national consensus on the need for this, especially in view of recent trends on an unprecedented scale. There would also be a consensus on the fact that even if the present legal framework were to remain the same, the provisions regarding independence and accountability of existing institutions need to be revisited.

The other debate is about what is being proposed in the present FCC Bill. I repeat that these are two distinct debates. There is consensus on the need to enhance the legal framework, but there is no consensus on the institutional framework and the powers being proposed. No amount of spin to mix issues and accuse those who are critical of the proposed bill of being opposed to enhancing the legal framework because they have something to fear should dissuade professionals and analysts to air their legal concerns on the institutional framework and powers being proposed.

*** Allegations of potential political spying have been levelled, the constitutionality of the proposals have been questioned... How do you assess the potential impact of the FCC Bill on constitutional principles and individual rights?**

The powers being given to the Director General with respect to investigative techniques he may lawfully use have indeed fuelled concerns about what you call political spying. In particular, to what extent can these powers be abused or misused given the general decline of the independence of our institutions in recent years. Various international reports have described Mauritius as an “autocratising” state, as one where democracy and governance have taken a downward curve.

Other concerns have been expressed with regard to the very foundational philosophy of the Bill regarding the merger of different institutions and powers which should

☞ **Over and above the criticisms of gerrymandering by the opposition, it is wrong that an incumbent government seeks by the sole will of its own MPs to change the rules of the game in an election year. Irrespective of the merits or otherwise of the recommendations of the Electoral Boundaries Commission, it is unethical and absolutely wrong that the changes should be introduced after parties have already started getting organised for the next elections on the basis of existing constituency boundaries...»**

have been separate and independent of each other.

Over and above the “philosophical” issues is the one about personnel. Even with the best of laws, if the people who are to man institutions and exercise powers do not have the confidence of the nation as they are not perceived as being independent and impartial, the law will not inspire respect and trust. The promoters of the Bill have lost a golden opportunity to restore their credibility and show good faith over their purported crusade against corruption by proposing an appointment mechanism which would enable appointments to be made with bipartisan support.

*** Public consultation or input from relevant stakeholders during the drafting process of the FCC Bill could have contributed to the effectiveness and legitimacy of the legislation. There has been none. Balancing effective law enforcement with the protection of civil liberties is crucial. Does the FCC Bill have safeguards to protect individuals’ rights during investigations and legal proceedings?**

☞ **As is the case for most constitutionally protected rights, a balance has to be struck at times between the public interest and individual rights. The use or abuse of powers given to a Director General may be subject to judicial challenges but the courts may take years to decide and in the meantime the persons concerned may suffer irreparable harm. This is why the principle that investigation and the decision to prosecute and conduct criminal proceedings have been so far with separate agencies...»**

We do not know what are the private consultations that took place over the eight years that this bill was under preparation, but what we do know is that during this election year the government allowed only a week for people to study and make representations on the bill.

I fully agree that, as is the case for most constitutionally protected rights, a balance has to be struck at times between the public interest and individual rights. The use or abuse of powers given to a Director General may be subject to judicial challenges but the courts may take years to decide and in the meantime the persons concerned may suffer irreparable harm. This is why the principle that investigation and the decision to prosecute and conduct criminal proceedings have been so far with separate agencies.

*** It has been argued that the proposal to provide the director-general of the FCC (a political appointee) with the powers to start and conduct investigations, but especially that of instituting prosecutions would constitute an attempt to circumvent the Constitution by a simple legislation. This argument can hardly be contested - possibly even in a court of law as well -, so the question really if why would the government**



nevertheless press on forcefully with this particular provision?

The answer to your question is obvious. The MSM never shares power. Power obtained by any means even through majorities of less than a hundred in constituencies where thousands of electors could not vote is absolute. Anyone or any institution showing professionalism and independence of mind is anathema to the view which is taken of what absolute power means for control freaks who abhor dissent. Anyone with independence of mind is a thorn in the flesh for an autocratic regime.

On a more technical and legal levels, we are being told by supporters of the bill that the new law will not in any way change anything with respect to the powers of the Director of Public Prosecutions (DPP). But lawyers have one simple question. The longstanding practice and law have been for reports to be sent to the DPP by the Police or ICAC after an investigation is completed. The final decision to prosecute or not to prosecute then lies with the DPP.

Let’s take the case of an investigation regarding a senior political figure. If the Director General of the FCC appointed in effect by the Prime minister decides not to prosecute, can the DPP still intervene and make the final call as has always been the case? If the answer to this question is NO, then there is a major change with respect to the powers of the DPP in spite of the assurances to the contrary being given by promoters of the bill. If the answer is NO, then a final decision not to prosecute will be taken by a political appointee who puts an end to the investigation and closes the file without the Office of the DPP being involved at all.

☞ Cont. on page 10

Electoral Petitions: 'No judicial inquiry has been held over the conduct of the last elections to determine whether the elections were free, fair and credible'



« Let's take the case of an investigation regarding a senior political figure. If the Director General of the FCC appointed in effect by the Prime minister decides not to prosecute, can the DPP still intervene and make the final call as has always been the case? If the answer is NO, then a final decision not to prosecute will be taken by a political appointee who puts an end to the investigation and closes the file without the Office of the DPP being involved at all...»

Cont. from page 9

Let's take the hypothetical case of a career-minded or politically-biased Director General who exercises his powers selectively and systematically decides not to prosecute persons of a certain political hue. This is why it's important that the decision to prosecute or not to prosecute should rest with the ODP.

* Tied up to the fear that the FCC would be empowered with the powers of surveillance and interception of our communications, the requirement for mobile users to re-register their SIM cards has, besides the issue of the constitutionality of this exercise, given rise to apprehensions as to the use that might be made of the data that would be collected. Could this also have a political objective, and would therefore be reprehensible?

You are absolutely right in raising this question. Indeed, any bill or any move must be seen in the context of the overall policy-making which consistently seeks to secure powers, more intrusive powers, and less accountability.

It is in this climate of suspicion and fear that the requirement of re-registering SIM cards has given rise to concerns about real motives. These have been reinforced when it has been officially announced that the

« The requirement of re-registering SIM cards has given rise to concerns about real motives. These have been reinforced when it has been officially announced that the credentials people will have to provide will apparently be checked against a database which has officially ceased to exist. The question being asked is whether the regulations regarding the SIM cards in fact refer to the database that had been officially deleted or do they refer to some other database...»

credentials people will have to provide will apparently be checked against a database which has officially ceased to exist. Following a judicial decision, the authorities gave an assurance that the database had been deleted.

The question being asked is whether the regulations regarding the SIM cards in fact refer to the database that had been officially deleted or do they refer to some other database.

* In the run-up to the next elections, the recent judgement of the Privy Council in the electoral petition of Suren Dayal does not unfortunately provide much comfort to proponents of free and fair elections in view of more freebies that are likely to be distributed ahead of the polls. What are your comments on that judgement?

All court decisions over the electoral petitions are based exclusively on whether the petitioners have proved or not the specific allegations made against the specific individuals elected in the respective constituencies.

NO judicial inquiry has been held over the conduct of the last elections to determine whether the elections were free, fair and credible. There has been no independent judicial imprimatur on the fairness of the elections nationwide.

* It seems we are again being taken by a ride by the British government as regards Mauritius' sovereignty over the Chagos Archipelago. The bogey about the Chinese interest in the Diego base looks crude, but it might have an impact on the Americans. What's your take on the latest development regarding this contentious issue?

It would appear that there are lobbies with a colonial or imperialist agenda and mindset which are at work in both the US and the UK to derail the negotiation process - assuming that this process was initiated in the first instance in good faith.

These lobbies may represent only small groups with particular agendas of their own

but they are so intent on the status quo that they could not find anything better than what you call the bogey about the Chinese. At a time when our defence, economic and other cooperation with India is greater than ever, these reactionary forces could not find anything better than to argue that Mauritius is an ally of the other power with competing interests in the region.

We still do not know whether the UK government has changed or is changing its negotiating posture in view of these lobbies. Everybody knows that if ever there is an agreement over Mauritian sovereignty on Chagos, this will only happen with the blessings of the US. However, this week, US Secretary of State Blinken again made the oft-repeated argument that the Chagos issue is a bilateral one between the UK and Mauritius. Scholarly literature is replete with

« All court decisions over the electoral petitions are based exclusively on whether the petitioners have proved or not the specific allegations made against the specific individuals elected in the respective constituencies. NO judicial inquiry has been held over the conduct of the last elections to determine whether the elections were free, fair and credible. There has been no independent judicial imprimatur on the fairness of the elections nationwide...»

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COP28 concludes with historic deal marking 'beginning of the end' for fossil fuel era

The COP28 global climate summit has reached a historic deal hailed by the United Nations as "the beginning of the end for the fossil fuel era".

After more than 24 hours of fraught negotiations, an agreement was made to start transitioning away from all oil, coal and gas this decade, with a view to reaching net zero by 2050. The world currently is far off course from this target, reports The Independent.

The pledge, signed by 200 countries in the final conference session on Wednesday morning in Dubai, also recognised the "need for deep, rapid and sustained reductions in greenhouse gas emissions".

In a day of drama, delegates agreed to commit to:

- Tripling renewable energy capacity worldwide by 2030
- Phasing down coal usage and limiting the number of new and unabated coal power stations
- Transitioning away from fossil fuels in a "just, orderly and equitable manner" to achieve net zero by 2050
- Substantially reducing non-CO2 emissions, in particular methane, by 2030

The final text was a strengthening of language after an



A demonstration to end fossil fuels at the Cop28 UN Climate Summit in Dubai. Pic - AP

initial draft of the deal had removed any reference to "phasing out" fossil fuels, with the US and China claiming it was due to their intervention that negotiations got moving again.

UN secretary general Antonio Guterres had a stark message for those who blocked the inclusion of a call to

"phase out" fossil fuels, with Saudi Arabia, Iraq, Russia, and members of the Opec+ group of oil-rich nations among those named publicly for opposing this language.

"Whether you like it or not, fossil fuel phase-out is inevitable. Let's hope it doesn't come too late," he said.

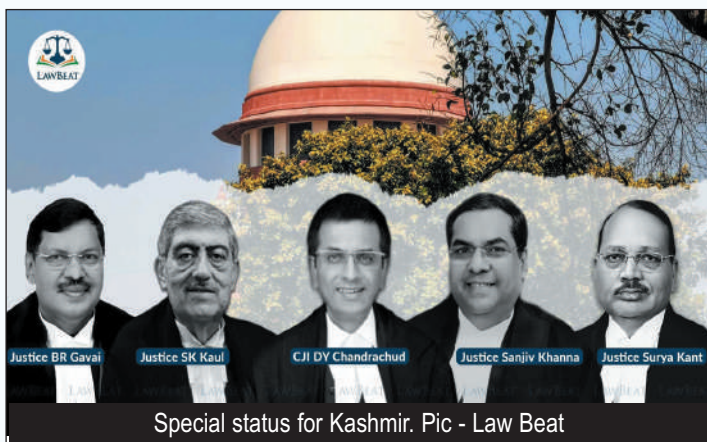
Despite the historic shift on fossil fuels, there were many left deeply disappointed by the agreement. More than 100 countries, including the coalition of small islands and others facing extreme impacts, had called specifically for the "phase-out" or "phase-down" of fossil fuels to be included.

Anne Rasmussen, representative for Samoa speaking on behalf of the Alliance of Small Island States (AOSIS), said they were "confused about what just happened" and that they were not in the room when the text was adopted.

"This process has failed us," she said, describing the document as a "litany of loopholes". Her remarks were met with cheering and a longer standing ovation than the original fossil-fuel announcement.

Mr Jaber, who did not rise to clap, said that the AOSIS statement would be added to the record. Delegates largely acknowledged that the Dubai agreement – which required consensus of all countries, from the greenest to the oil-rich powers – was a step forward but that much more needed to be done to support and protect the most vulnerable.

Indian court confirms end of special status for Kashmir



Special status for Kashmir. Pic - Law Beat

India's Supreme Court has upheld the government's decision to revoke special status for the state of Jammu and Kashmir. Ruling on Monday, the court also ordered the region to hold local elections by September 30 next year.

After seven decades or so of significant autonomy for the contested Jammu and Kashmir region under the Indian constitution's Article 370, granted in 1947 after the first India-Pakistan war over the Himalayan region, Prime Minister Narendra Modi's government revoked the article in 2019. Since August this year, India's top court has been hearing a clutch of petitions challenging the constitutionality of that move.

On Monday, a panel of five judges unanimously ruled to uphold Modi's decision, confirming the claim that the special status for Jammu and Kashmir had been only temporary. "Article 370 was an interim arrangement due to war conditions in the state," Chief Justice DY Chandrachud said. "Textual reading also indicates that it is a temporary provision."

'A beacon of hope'

The region has been at the heart of more than 75 years of animosity between India and Pakistan since the two countries became independent from British rule

in 1947.

Two years later, the Indian constitution's Article 370 came into effect, becoming the basis for Jammu and Kashmir's accession to the Indian union. This gave the region autonomy in making its own laws in all matters except finance, defence, foreign affairs and communications.

Modi's revocation of Article 370 divided the region into two federal territories – Ladakh and Jammu-Kashmir – both ruled directly by the central government, without a legislature of their own.

Following Monday's ruling, Modi called it "a beacon of hope, a promise of a brighter

future".

"It is a resounding declaration of hope, progress and unity for our sisters and brothers in Jammu, Kashmir and Ladakh," the Indian premier posted on X.

Political parties in Kashmir that opposed the revocation, and were among those that went to court, expressed disappointment.

"Disappointed but not disheartened," Omar Abdullah, former chief minister and vice president of the Jammu & Kashmir National Conference party, posted on X. "The struggle will continue. It took the BJP decades to reach here. We are also prepared for the long haul."

Mehbooba Mufti, another former chief minister and president of the Jammu and Kashmir People's Democratic Party, echoed those views.

"The people of J&K are not going to lose hope or give up. This isn't the end of the road for us," she posted on X.

The Kashmir region is divided between India, which rules the populous Kashmir Valley and the Hindu-dominated region of Jammu; Pakistan controls a wedge of territory in the west and China holds a thinly populated high-altitude area in the north.

Saudi Arabia could take 'effective majority control' of Heathrow airport



London Heathrow airport. Pic - londontoolkit.com

Saudi Arabia could take effective majority control of London Heathrow with other investors considering selling their stakes, according to reports.

The Public Investment Fund (PIF) – Saudi Arabia's sovereign wealth fund – and the Saudi-backed asset management firm Ardian have signed a £2.4b deal for Ferrovial's 25 per cent stake in the airport. The Spanish infrastructure giant had been the primary owner of Heathrow for 17 years.

According to The Sunday Times, one other shareholder is now close to selling, with more likely to follow suit, which could see the nation eventually gain majority control of the UK's biggest airport, reports ARGS.

Under the terms of the airport's shareholder agreement, other investors – including international pension funds with total holdings approaching 35 per cent – are entitled to sell at the same price, which values Heathrow at about £9.5b.

In November, the PIF announced it had entered into a share purchase agreement to acquire a 10 per cent stake in FGP TopCo, the holding company of Heathrow Airport Holdings, from Ferrovial.

Under the terms of the agreement, the PIF will acquire 10 per cent in TopCo, and Ardian will acquire 15 per cent through its infrastructure funds through "separate vehicles".

The PIF said it was "pleased to be investing in Heathrow, a world-class airport, which acts as a key gateway to the world" and that its "investment in Heathrow is in line with its strategy to support the business as a long-term partner".

* Contd on page 12

Return of scanners, calls for masks in these Asian cities as Covid cases surge

Governments across Southeast Asia are bringing back measures to limit a rapid resurgence of respiratory infections such as Covid-19, including installing temperature scanners at airports and encouraging people to wear masks again.

The goal is to slow the spread of a variety of germs, as a confluence of Covid, flu and other respiratory pathogens may set off wider outbreaks that ultimately stretch healthcare systems.

But it can be a fraught process, with the public highly attuned to the risk of draconian measures, which were put in place early in Asia at the start of the pandemic in 2020 and which lasted for much longer than in other parts of the world, coming back, reports Bloomberg.

Signs of that tension emerged earlier this week when Singapore's Deputy Prime Minister Lawrence Wong took to Facebook to say there had been "misinformation circulating on various networks that the government is looking to reinstate a circuit breaker." "These are all falsehoods," he said.

Covid cases on the island nation, or at least the ones



Representative image. Pic – Al Jazeera

that have been reported, jumped to 32,035 in the week ended Dec. 2 from just over 22,000 the previous week, according to Singapore's health ministry.

"The increase in cases could be due to a number of factors, including waning population immunity and increased travel and community interactions during the

year-end travel and festive season," the Ministry of Health said in a statement.

Cases involving the JN.1 variant, a sublineage of BA.2.86, currently account for around 60% of Covid cases in Singapore.

While Singapore authorities said there's no indication that the BA.2.86 or JN.1 variants are more transmissible or cause more severe disease, the US Centers for Disease Control and Prevention said the continued emergence of JN.1 suggests that it's either more transmissible or better at evading immune systems.

However, at this time, "there is no evidence that JN.1 presents an increased risk to public health relative to other currently circulating variants," the CDC said in a Dec. 8 statement.

Officials in Indonesia meanwhile have reinstated thermal scanners at some border check points. In Malaysia, Covid cases have almost doubled in a week, increasing to 6,796 in the week ended Dec. 2 from 3,626 the previous week. Authorities in Malaysia have said the situation is under control.

Barbados PM says country owed \$4.9tn as she makes fresh call for reparations



Mia Mottley with King Charles at Cop26 in Glasgow in 2021. Pic - Getty Images

King Charles's comment that the "time has come" to acknowledge the enduring impact of slavery has been welcomed by the prime minister of Barbados as she spoke in London about the need for reparations, reports The Guardian.

Mia Mottley said Barbados was owed \$4.9tn by slave-owning nations, noting that conversations over how this debt should be repaid would "be difficult and will take time", she said on Wednesday evening.

"We're not expecting that the reparatory damages will be paid in a year, or two, or five because the extraction of wealth and the damages took place over centuries. But we are demanding that we be seen and that we are heard," she said.

Mottley met David Cameron on Tuesday but would not give details of the foreign secretary's thoughts on the UK's slavery-related debt.

During a speech at the London School of Economics' International Inequalities Institute,

she repeatedly commended King Charles's apparent willingness to confront slavery. Her belief in the king's openness to discussion stems from a speech he gave in June 2022 at the Commonwealth Heads of Government Meeting in Rwanda.

The king spoke of his "personal sorrow at the suffering of so many", and how he continues to "deepen [his] understanding of slavery's enduring impact". He added: "To forge a common future, that benefits all our citizens, we too must find new ways to acknowledge our past... This is a conversation whose time has come." The speech made no reference to financial reparations.

Since becoming prime minister in 2018, Mottley has become a powerful voice globally on the legacy of colonialism and has helped transform the call for reparations into a mainstream political issue.

Citing calculations made in a report by the Brattle Group, which factors in the wealth and GDP amassed by countries that enslaved African people, she set out that the UK owes \$24tn in reparations to 14 countries affected by transatlantic slavery, Spain owes \$17.1tn, France owes \$9.2tn and the Netherlands owes \$4.86tn.

"These numbers, if taken out of context, can appear to be staggering. But in relation to the total wealth accumulated over a period of time, the numbers are actually minuscule," said Mottley.

Mottley said the call for reparations had gained urgency in the wake of the Black Lives Matter movement and the murder of George Floyd in 2020.

Sir Tony Blair should be stripped of his knighthood, ministers told

Sir Tony Blair should be stripped of his knighthood as a result of his decision to take the UK to war in Iraq, MPs have heard.

The Alba Party's Neale Hanvey described the former prime minister's accolade as "an insult to every single life lost" during the war.

Mr Hanvey claimed declassified documents from 1998 show Sir Tony was determined to take military action, contrary to legal advice, reports Evening Standard.

Speaking during a debate on UK military action in Iraq, Mr Hanvey said: "How can it be that a prime minister who prosecuted two wars against lawful advice and instruction has been rewarded with a knighthood?"

"This is an insult to every single life lost and it should be withdrawn forthwith and a path to full justice secured.

The MP for Kirkcaldy and Cowdenbeath accused the former Labour leader of misleading Parliament and said the consequences were "devastating for Iraqis".

He said: "These declassified documents show Tony Blair dismissed legal objections to his 1998 bombing campaign, this was a direct precursor to his stance over the invasion of Iraq five years later in 2003 which also was deemed illegal by (then) UN secretary-general Kofi Annan."

Blair pressed officials, in particular the attorney general, to provide legal justification for the use of force. He received none, but he did it anyway

In 2016, following the Chilcot inquiry, which examined the UK's involvement in Iraq from 2001 to 2009, Sir Tony said: "I did not mislead this country. I made the decision in good faith and I believe it is better we took that decision. I acknowledge the mistakes and accept responsibility for them. What I cannot and will not do is say we took the wrong decision ... As this report makes clear, there were no lies, there was no deceit."

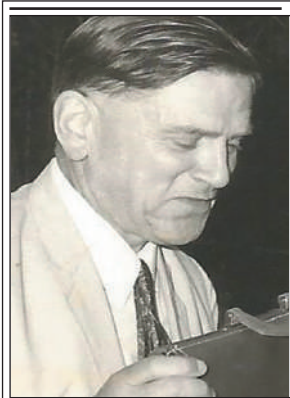


From the Pages of History - MT 60 Years Ago

6th Year No 258

MAURITIUS TIMES

Friday 24 July, 1959

• *Language most shows a man; speak that I may see thee.* — Ben Jonson

Peter Ibbotson

The Junior Scholarship

For historical reasons not altogether unconnected with certain more unsavoury aspects of colonialism, widespread provision of education in the colonies has tended to be restricted to the provision of primary education. Secondary education, where it existed, was in the main restricted to the children of

the local ruling elites: Codrington College, Barbados, and the Royal College, Curepipe, spring to mind as examples.

The demand for secondary education spread, however, and more provision had to be made in colony after colony. But, thanks to historical accident, in the colonies secondary education became equated with what in the UK we know as grammar school education — the tradition of an academic education fitting its recipient for a white-collar job in the local Civil Service or local commercial or industrial establishments. Hardly anywhere was it recognised that there were other forms of secondary education. Even in 1959, many colonial people still persist in equating secondary education with grammar school education; they do not, even yet, understand that there are other possible forms which secondary, or post primary, education can take.

Since there is a great demand for secondary education among the colonial peoples, a demand greater than the provision by the colonial governments, it follows that private enterprise has in many colonies had to step in and fill the gaps. In Mauritius it is (i) the Roman Catholic Church and a few other religious organizations, and (ii) private individuals that we find filling the gaps in the provision of secondary schools. But all these non-governmental providers (some successful, others not so successful) of secondary schools are still providing schools where education of the grammar school type is (or is intended to be) provided. The School Certificate or the GCE remains the target for the secondary school pupil, whether at the Royal College, one of the Loreto Convents, or some private college.

Because of this concentration on academic, grammar school, education, Mr Luce rightly criticised secondary education in Mauritius as being out of touch with modern needs. In Singapore, the PAP (People's Action Party) recently crashed its way to power with a forward-looking manifesto which promised among other things more training of the people in technical skills and "school instruction to have a more Asian emphasis and more concentration on subjects that have a direct bearing on our lives today. The traditional concept that education is the means for acquiring a white-collar job must go overboard". These words apply equally to Mauritius. Secondary education in Mauritius to most people still means the GCE or SC, and a clerical job or the Civil Service. People must understand that secondary education has a much wider meaning. They must understand that technical education is secondary education; that agricultural education at a post-primary school is secondary education; that a commercially biased education at a post-primary school is secondary education. Today secondary education has a much, much wider meaning than it had 50, 40, even 20 years ago.

Until there are more secondary schools, provided by the



Government, then free secondary education cannot be provided for all who want it. Therefore, those who are going to have it must be selected in some way; in Mauritius, the way is the Junior Scholarship examination. A pupil's success in this examination brings credit to his school; therefore, we find some schools where there is cramming for the examination, so that the school can get as many scholarships as possible. In other schools, especially in the towns, we find special scholarship classes; but if a scholarship winner attends a school only in Standard VI, the Education Department gives the credit to the pupil's previous school. Not so, the public, however; they give the credit, shortsightedly, to the school where the pupil is in attendance at the time, he wins his scholarship.

Mr Nichols (who unfortunately died a month or so ago) criticised the Junior Scholarship examination on the grounds that "it encourages cramming, and its basis is too narrow to ensure even reasonable accuracy of election". He asked in his report (dated 1947) for more than the then 20 annual scholarships; we have seen that increase, for last year under the now Education Code there were 125 awarded. But the narrowness of the scholarship remains: English, French, Arithmetic and Geography. Nor is there yet any apparent awareness of modern trends or research in selection examination practice. The Mauritius test papers in English and Arithmetic, for example, have not been standardised; that is to say, they have not been scientifically constructed with an eye to their fitness for 12-year-olds. In the *Mauritius Times* we have often criticised the compulsory French paper, too: justice and fairness demand that this be abolished since it gives an advantage to the child from a home where French is the mother tongue. And why Geography as the fourth examination subject? For that matter, why a fourth at all? (If the answer is to reduce the narrowness to which the junior school curriculum could be lowered, I would ask why not examine the candidates in other subjects in addition, to reduce the degree of possible narrowness even further.)

Mr Nichol's criticisms have not been met, and the public is still dissatisfied with the scholarship examination. The teachers are still more dissatisfied. Reform of the examination is long overdue: along the lines of: (i) abolition of examination in French and Geography; (ii) replacement of the present English and Arithmetic examinations by standardised tests of the kind employed in England and Wales for grammar school selection; (iii) introduction of an intelligence test in place of French and Geography; (iv) use of pupils' record cards throughout the primary school.

I realise that all these are drastic and major reforms which could not be lightly undertaken. It would seem appropriate, therefore, that there should be a commission of

enquiry into secondary education in Mauritius with terms of reference specifically including "to enquire into the method of selection for secondary education, and to make recommendations".

Of course, it is possible to provide secondary education without selection at the age 11 or 12. In London, there are several secondary schools, called 'comprehensive', which are not selective, and which take pupils of all degrees of ability. Hon. Beejadhur visited one such, Woodberry Down (its headteacher is the wife of a Labour MP) before going to the Commonwealth Conference at Oxford. He told me after his visit that he had been very favourably impressed. It is possible that there is scope for the establishment of comprehensive schools in Mauritius especially when the Government comes to build secondary schools to serve the rural north and the rural south. I have argued the case for such schools in both *Advance* and the *Mauritius Times* before now: while I would like to see non-selective secondary schools in Mauritius, as in all colonies as well as in the UK, I realise that this cannot be done except as a long-term policy. Therefore, I ask that the present method of selection for secondary schools be overhauled. If we are to have a selection let us have efficient selection; and efficient selection is what we just have not got.

Because we have got efficient selection, is it to be wondered that public confidence in the Junior Scholarship examination is noticeably lacking? That people are cynical about their child's chances in the examination if they live in a country district? That people are pessimistic about their child's chances if their mother-tongue is not French?

That parents of Hindi-speaking, Tamil-speaking, Telugu-speaking, Urdu-speaking, etc., children do not see why their child should have to be examined at the age of 12 in two foreign languages: English and French? A commission of enquiry into, among other educational matters, selection for secondary education would be a very popular move; and it would doubtless uncover some very interesting truths about the award of scholarships to rural and urban schoolchildren; about the social standing of the homes of the scholarship winners; about the mother-tongues of the scholarship winners, etc.

Not that purely educational factors enter into a child's success, or lack of success, at school. Non-educational, or should I say non-academic factors, such as home circumstances, affect a child's scholastic performance more than is sometimes realised. (I have referred to this in a pamphlet on secondary education which I recently wrote for the National Association of Labour Teachers; it costs 9d, or 50 cents).

The issue of *La Vie Catholique* for July 5 carries an article in which reference is made to the fact that Port Louis schools "ont uniformément moins de succès que les écoles similaires ailleurs"; this in the writer's opinion is because "les élèves fréquentant ces écoles de Port Louis viennent de milieux où... les parents ne peuvent que partiellement fournir à leurs enfants une nourriture suffisante et des conditions de travail favorables". This opinion is one which is widely held among sociologists and educationists everywhere: that school performances are conditioned by home circumstances. And until we can improve people's homes, we cannot hope to improve the educational chances of all their children and make adequate provision for the full development of every child's talents and personality.

Yet it is on the degree of success we attain in developing everyone's potentiality to the full that the future of Mauritius ultimately depends. Our educational system shapes our country's future; that system therefore must be the fairest possible.

Disinformation is rampant on social media – a social psychologist explains the tactics used against you

● Cont. from page 2

But they do not insist that the information be kept secret, and will instead include encouragement to share it – for example, “Make this go viral” or “Most people won’t have the courage to share this.” It’s important to question how an author or speaker could have come by such “secret” information and what their motive is to prompt you to share it.

People are saying

Often disinformation has no real evidence, so instead disinformation agents will find or make up people to support their assertions. This impersonation can take multiple forms. Disinformation agents will use anecdotes as evidence, especially sympathetic stories from vulnerable groups such as women or children.

Similarly, they may disseminate “concerned citizens” perspectives. These layperson experts present their social identity as providing the authority to speak on a matter; “As a mother ...,” “As a veteran ...,” “As a police officer ...” Convert communicators, or people who allegedly change from the “wrong” position to the “right” one, can be especially persuasive, such as the woman who got an abortion but regretted it. These people often don’t actually exist or may be coerced or paid.

If ordinary people don’t suffice, fake experts may be used. Some are fabricated, and you can watch out for “inauthentic user” behaviour, for example, by checking X – formerly Twitter – accounts using the Botometer. But fake experts can come in different varieties.

A faux expert is someone used for their title but doesn’t have actual relevant expertise.

A pseudo expert is someone who claims relevant expertise but has no actual training.

A junk expert is a sellout. They may have had expertise once but now say whatever is profitable. You can often find these people have supported other dubious claims – for example, that smoking doesn’t cause cancer – or work for institutes that regularly produce questionable “scholarship.”

An echo expert is when disinformation sources cite each other to provide credence for their claims. China and Russia routinely cite one another’s newspapers.

A stolen expert is someone who exists, but they weren’t actually contacted and their research is misinterpreted. Likewise, disinformation agents also steal credibility from known news sources, such as by typo squatting, the practice of setting up a domain name that closely resembles a legitimate organization’s.

You can check whether accounts, anecdotal or scientific, have been verified by other reliable sources. Google the name. Check expertise status, source validity and

interpretation of research. Remember, one story or interpretation is not necessarily representative.

It’s all a conspiracy

Conspiratorial narratives involve some malevolent force – for example, “the deep state” – engaged in covert actions with the aim to cause harm to society. That certain conspiracies such as MK-Ultra and Watergate have been confirmed is often offered as evidence for the validity of new unfounded conspiracies.

Nonetheless, disinformation agents find that constructing a conspiracy is an effective means to remind people of past reasons to distrust governments, scientists or other trustworthy sources.

But extraordinary claims require extraordinary evidence. Remember, the conspiracies that were ultimately unveiled had evidence – often from sources like investigative journalists, scientists and government investigations. Be particularly wary of conspiracies that try to delegitimize knowledge-producing institutions like universities, research labs, government agencies and news outlets by claiming that they are in on a cover-up.

Good vs. evil

Disinformation often serves the dual purpose of making the originator look good and their opponents look bad. Disinformation takes this further by painting issues as a battle between good and evil, using accusations of evilness to legitimize violence. Russia is particularly fond of accusing others of being secret Nazis, pedophiles or Satanists. Meanwhile, they often depict their soldiers as helping children and the elderly.

Be especially wary of accusations of atrocities like genocide, especially under the attention-grabbing “breaking news” headline. Accusations abound. Verify the facts and how the information was obtained.

Are you with us or against us?

A false dichotomy narrative sets up the reader to believe that they have one of two mutually exclusive options; a good or a bad one, a right or a wrong one, a red pill or a blue pill. You can accept their version of reality or be an idiot or “sheeple.”

There are always more options than those being presented, and issues are rarely so black and white. This is just one of the tactics in brigading, where disinformation agents seek to silence dissenting viewpoints by casting them as the wrong choice.

Turning the tables

Whataboutism is a classic Russian disinformation technique they use to deflect attention from their own wrongdoings by



Pic - studyfinds.org

another.

Disinformation agents also often cast their group as the wronged party. They only engage in disinformation because their “enemy” engages in disinformation against them; they only attack to defend; and their reaction was appropriate, while that of others was an overreaction. This type of competitive victimhood is particularly pervasive when groups have been embedded in a long-lasting conflict.

In all of these cases, the disinformation agent is aware that they are deflecting, misleading, trolling or outright fabricating. If you don’t believe them, they at least want to make you question what, if anything, you can believe.

You often look into the things you buy rather than taking the advertising at face value before you hand over your money. This should also go for what information you buy into.

H. Colleen Sinclair,
Louisiana State University

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Thank you so much.
Mauritius Times

How social media affects children at different ages – and how to protect them



Daria Kuss
Associate Professor in
Psychology and Lead,
Cyberpsychology
Research Group,
Nottingham Trent University

A report from the UK's communications regulator Ofcom confirms children are avid social media users.

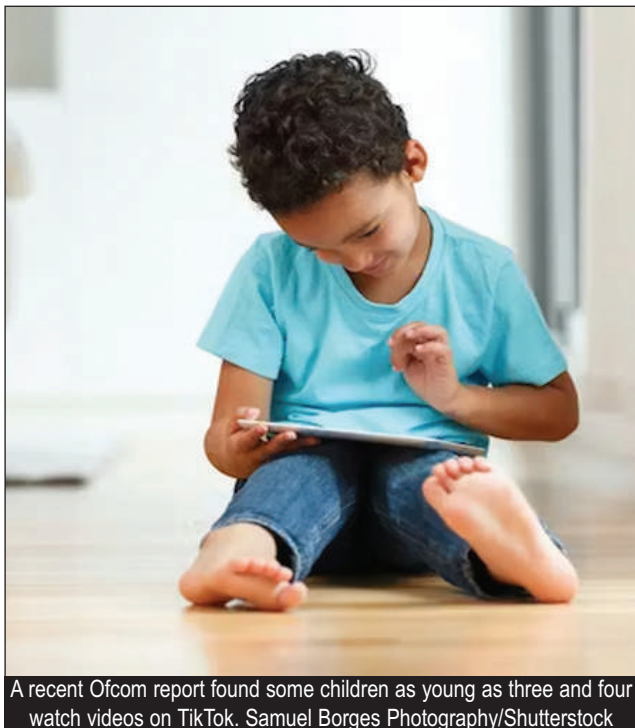
Some 99% of children aged three to 17 used the internet in 2021. YouTube was the most popular platform, with 89% of children using it. Meanwhile, half of kids used TikTok, a popular site which allows users to watch and share short videos.

Most social media platforms require users to be aged 13 or older. Nonetheless, the report found that a majority of children under 13 had their own profile on at least one social media app or site. One-third of parents of children aged five to seven said their child had a profile, which rose to 60% among children aged eight to 11.

Overcoming these age restrictions is clearly not a difficult task. Children simply supply a fake age when setting up their account. Meanwhile, some children have multiple accounts on the same platform – one for their friends, and another for their parents.

The report also found that roughly 16% of three and four-year-olds watch videos on TikTok. This could be children being shown videos by a parent or somebody else, and does not mean they have their own account. But they are still being exposed to social media content at a very young age.

With these findings in mind, it's timely to take a look at what we know about how social media use can affect children across different age groups.



A recent Ofcom report found some children as young as three and four watch videos on TikTok. Samuel Borges Photography/Shutterstock

The good and the bad

Engaging with social media can have both positive and negative effects on people, especially children. My colleagues and I have shown that social media use is important for emotional support, community building and self-expression among adolescents, but that it can negatively impact mental health and wellbeing as well.

In our work at the Cyberpsychology Research Group at Nottingham Trent University, we have talked to young adolescents, their parents and teachers about perceived



Nataliabiruk/Shutterstock

challenges and online harms from social media use.

We found that the effects range from spending increasing amounts of time online, behaviour change due to anticipated judgement from peers, and sensory overload, to more serious cognitive and emotional consequences such as attention problems, stress and anxiety.

New research suggests that there appear to be differences across age groups with regards to the effects social media use can have on life satisfaction. In a large UK sample of over 17,000 young people aged ten to 21, researchers found the detrimental effects of high levels of social media use may be especially pronounced at ages 14-15 and 19 for boys, and 11-13 and 19 for girls.

Former Facebook employee Frances Haugen revealed in 2021 that internal Facebook research has repeatedly shown detrimental mental health impacts of Instagram use for young girls.

Separately, we know excessive screen time can be associated with symptoms of stress, anxiety, depression and addiction.

Recommendations from the American Academy of Pediatrics suggest no screen time for children under two, and a maximum of one hour per day for those aged two to five years, focused on high-quality content (for example, content which is educational).

While we don't know exactly what kind of content young children are watching on social media, it's unlikely to be high-quality, and could be harmful.

What can we do?

With the recently published online safety bill, the UK government aims to make the UK the safest place in the world to go online. Accordingly, we need to consider the potentially detrimental impacts internet use in general and excessive social media use specifically can have on young people, especially those who are vulnerable.

We need to see increased user protection (such as age verification measures) and harm prevention initiatives (such as school-based education about the benefits and potential harms of social media use).

We also need to see the involvement of community and government organisations in education and

awareness campaigns, as well as a focus on increased corporate social responsibility, where the industry takes an active approach in designing products with the best interests of the user in mind.

While we discourage over-pathologising everyday behaviour – for example, we shouldn't assume everyone who spends a few hours online has a problem with their internet use – problematic behaviour needs to be acknowledged and users need to be supported. This can prevent it leading to negative mental health consequences.

Support for young internet users needs to come from parents, teachers, governments and the social media industry. Parents can be encouraged to start an open dialogue with their children, which will build rapport and allow children to open up about their social media use.

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Leadership Skills For Today's Workplace (And How To Develop Them)



Bernard Marr - Forbes

With the rise of the gig economy and with many companies adopting flatter, more flexible organizational structures, now is the perfect time to refocus on what good leadership looks like. Because, in our rapidly changing workplaces, leadership will apply to more people than ever before. You may be overseeing a project that requires you to coordinate several team members. Or you may be a gig worker collaborating with other gig workers. Or you may be occupying a traditional management role. Whatever your job title, this precious ability to bring out the best in people will be a vital part of success.

Of course, being a good leader really requires us to polish up multiple skills at once. Here are ten skills that I think are essential for leaders – with a few pointers on how to develop them.

1. Motivating others

The ability to motivate others is all part of inspiring people to be the best they can be. So how can you better motivate others?

- Ensure people know how their role contributes to the company's vision. That their work matters, basically.
- Be clear on what you need people to do, why, and when. But, importantly, give people the autonomy to accomplish those tasks their way.
- Show your appreciation and celebrate success.

2. Fostering potential

Great leaders look for potential, not performance. Here are three ways to foster potential:

- Don't fall into the trap of getting people to think and act like you. Encourage them to think and act like them.
- Let people know that it's okay to fail sometimes. This is all part of inspiring people to take risks, step outside their comfort zone and test new ideas.
- Don't let people grow complacent. Encourage them to develop their skills and

think about the next stage of their career, whatever that may be.

3. Inspiring trust

What makes a leader trustworthy? The following behaviours are a good start:

- Being ethical. This means being honest and transparent, keeping promises, and generally making sure you don't say one thing and then do another.
- Making your values clear and, of course, living those values.
- Standing up for what you believe in.

4. Taking on and giving up responsibility

Good leaders take on responsibility, but they also know when to let go of responsibility and delegate to others. When doing this, try to:

- Play to the strengths of those around you and allocate responsibility accordingly.
- Ensure people have the knowledge, resources, and tools they need to succeed.

• Decide how you'll monitor progress without micromanaging. For example, you can agree on how the person will report back to you and how often – as well as the best way for them to raise any questions.

5. Thinking strategically

Strategic thinking requires leaders to take a wider view, so they can solve business problems and make a long-term plan for the future. To enhance your strategic thinking skills:

- Remember the difference between urgent and important. Urgent fire-fighting tasks can suck up a lot of your time and energy, leaving very little bandwidth for those things that are important from a big-picture perspective but not urgent. Constantly remind yourself of your priorities, and manage your time accordingly.
- Use critical thinking to gather data and find solutions to your most pressing strategic questions. For example, "Where will our growth come from in three or five years' time?"

• Don't rely on assumptions or gut instincts when answering such questions.

6. Setting goals and expectations for

everyone

Setting goals is a great way to drive performance. But have you considered a more dynamic way of setting goals?

- Instead of the traditional, top-down approach (where leadership sets strategic goals, then managers set goals for teams and individuals), you might like to consider the Objectives and Key Results (OKRs) approach.

- With OKRs, leadership sets some strategic OKRs for the business, then each team and individual designs their own OKRs that contribute to achieving the company's strategic OKRs.

- OKRs should be simple and agile. Forget annual goal-setting; OKRs are typically set on a monthly or quarterly basis.

7. Giving (and receiving) feedback

Good leaders are able to give and receive feedback, both positive and negative (or, as I prefer to call it, constructive). When it comes to giving people constructive feedback:

- Don't put it off. You don't want to overwhelm someone with a looong list of everything they're getting wrong. Instead, have a process in place for regular catchups, where you can chat through progress and give feedback.

- Don't dilute constructive feedback with praise. While it's important to regularly give people praise, I wouldn't do it at the same time as constructive feedback. When you sandwich negative comments with a positive comment on either side, there's a risk the person may only hear the good stuff.

- Be specific, not emotional. Just treat it as a straightforward conversation, using specific, concrete examples instead of opinions or emotions.

8. Team building

A good leader is a bit like a football manager in that they have to pick strong players who perform different roles and then shape those players into a cohesive unit. As part of this:

- Remember, each person will bring their own unique skills and experiences, be

motivated by different things, have different working styles, and so on. Embrace this rather than trying to get everyone to behave the same way.

- Model the behaviours you want to see: connecting as human beings, showing an interest, listening to each other, treating people with respect and dignity, and supporting one another.

- Give feedback and reward a job well done.

9. Positivity

If you show up with a negative "this won't work, that thing sucks, why do we bother" kind of attitude, it'll soon spread throughout your team. Here's how to lead from a place of positivity:

- Think carefully about the language you use, verbally and in writing. Use words with positive connotations – turning a "problem" into an "opportunity" being a prime example.

- Celebrate successes, big and small. Highlighting the little wins frequently can be just as impactful as sporadically celebrating the big wins.

- Resist the urge to complain in front of your team.

10. Authenticity

For me, being an authentic leader is a key part of building trust. So as well as being ethical, you'll want to:

- Practice self-awareness. A good leader is aware of their weaknesses as well as their strengths.

- Be open about those weaknesses rather than trying to hide them.

- Bring your whole self to work, as opposed to having one persona for work and one outside of work.

Bernard Marr is a world-renowned futurist, influencer and thought leader in the fields of business and technology. He is a best-selling and award-winning author of over 20 books and advises and coaches many of the world's best-known organisations.

jetha tulsidas

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Like old photographs, memories fade over

Like old photographs, memories fade in quality over time -- a surprising finding for a team of Boston College researchers who expected recollections would become less accurate, but found people also report declines in the vibrancy and visual qualities of their memories.

When people remember the past, they remember it with varying degrees of clarity, said Boston College Assistant Prof of Psychology Maureen Ritchey, a cognitive neuroscientist and co-author of the study, published in an online edition of the journal *Psychological Science*.

Sometimes people remember lots of details about an event, as if they are reliving the moment as it happened, said Ritchey. Other times, it seems like the memory has faded, and the details are fuzzy. Prior memory research has shown that emotionally significant events -- like a car accident -- are remembered more vividly than everyday events.

"We wanted to know whether this feeling of memory vividness is related to not just what is remembered, but how it is remembered -- the visual quality of the memory," said Ritchey, who conducted the study with Boston College Prof of Psychology Elizabeth Kensinger and post-doctoral researcher Rose Cooper.

As events are stored in memory or forgotten, the team asked, how do their visual features change? Ritchey said



people reported changes to their memories akin to using a filter to edit a picture.

"A simple analogy is what happens when you post a photo on Instagram," Ritchey said. "You're cued to apply a filter that changes the brightness or colour saturation of the image. In our study, we asked if forgetting is like applying a filter to past experience, and whether or not the emotional significance of the event would change which filter you apply."

In three experiments, participants studied emotionally negative and neutral images that varied in visual quality

-- luminance and colour saturation. They then reconstructed the visual qualities of each image in a subsequent test.

The findings revealed that memories were recollected as less visually vibrant than they were encoded, demonstrating a novel memory-fading effect, the researchers reported.

Negative emotions subjects experienced when viewing the images increased the likelihood that images would be accurately remembered but did not influence memory fading. In addition, subjective ratings of memory vividness were lower for less accurate memories and for memories that had visually faded, the team found.

These findings provide evidence that the vibrancy of low-level details -- such as colours and shapes associated with an event -- fade in memory while the gist of the experience is retained.

People may remember going to a music festival and watching their favourite band, but the intensity of that sensory experience, including the bright stage lights and strength of the bass, will slowly fade.

The fading effect happened less for memories that were rated as subjectively stronger. "We were also surprised to find that emotional memories did not influence the amount of fading, only the likelihood with which people remembered the images at all," she added.



Why do people have wisdom teeth?

Two dental experts explain that these furthest-back molars may be a not-so-necessary leftover from early human evolution.

Wisdom teeth are the third set of molars located at the very back of the mouth. They look just like the first and second molars, but can sometimes be a little smaller.

They are commonly called wisdom teeth because they are the last of the 32 permanent teeth to appear, emerging between 17 and 25 years of age, when you are older and wiser.

You might know that not everyone grows all four wisdom teeth. You might also know many people get them pulled. So it's fair to wonder -- why do humans even have them?

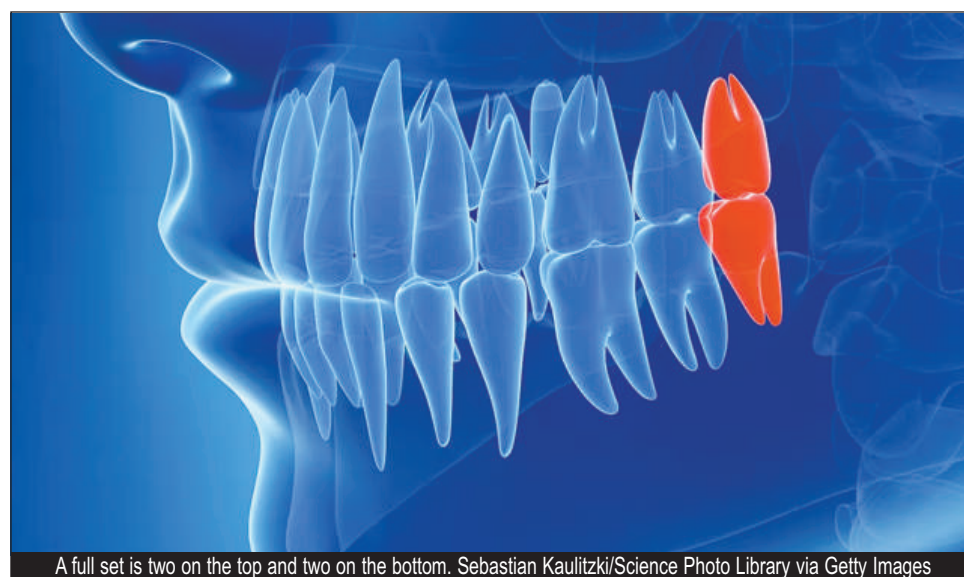
We study teeth and can tell you the answer has a lot to do with the distant past -- and a bit about the present day, too.

More powerful jaws

Just like you have many features in common with the people you're related to, humans share features with their extended family -- the primates. Monkeys, gorillas and chimpanzees all have wisdom teeth.

A few million years ago, early human ancestors had larger jaws and teeth than humans do today. For example, a species called *Australopithecus afarensis*, nicknamed Lucy's species after a famous fossil specimen called Lucy, lived roughly 3 million to 4 million years ago.

The jaw and teeth of an *Australopithecus afarensis* individual were quite a bit larger and thicker than your own. They had three big molar teeth with thick enamel. The fossil skulls of some of these very



A full set is two on the top and two on the bottom. Sebastian Kaulitzki/Science Photo Library via Getty Images

early humans also show evidence of powerful chewing muscles.

Changes in diet

Scientists think more robust jaws and teeth were needed because the foods early human ancestors ate, like raw meat and plants, were much more difficult to chew than food is today. Researchers look at things like marks and microscopic wear patterns on fossilized teeth to figure out what extinct ancestors may have eaten.

Today's food is much softer than it was in the past due to many factors, including agriculture, cooking and food storage. Softer, easier-to-chew food means teeth have a less challenging job. As a result, modern human jaws have evolved to be smaller and faces to be flatter than our

extinct ancestors' were, because our meals don't require the same big, sharp teeth that theirs did.

Given these changes, which took place very slowly over millions of years, the third molars -- wisdom teeth -- might not be as important now as they once were.

Missing wisdom teeth

About 25% of people today are missing at least one wisdom tooth completely, meaning it never formed at all. While people occasionally don't grow other teeth, it's much more common for wisdom teeth.

Scientists are not sure why this is the case, but it may have to do with the genes you inherit from your parents. Some

scientists have argued that the lack of wisdom teeth is an advantage for modern, smaller-jawed humans. It's certainly easier to fit fewer teeth into a smaller jaw.

Sometimes, due to lack of space, wisdom teeth can get stuck inside the jawbone and never fully come up -- or they only partially emerge.

A so-called impacted wisdom tooth happens more often in the lower jaw than in the upper jaw. In cases where wisdom teeth are only partially up, people can sometimes experience pain, tooth decay or gum inflammation, which is why they have them pulled by a dentist.

But wisdom teeth don't usually need to be removed if they are fully erupted in the mouth, positioned correctly and healthy.

Dentists can examine your mouth to see if your wisdom teeth are present, or look at X-ray pictures of your jaw if these last molars haven't yet emerged and you suspect they may be impacted.

Dentists can also advise you if any treatment -- or removal -- is recommended for your wisdom teeth. In the meantime, brushing at least twice a day and flossing daily will help keep all your teeth healthy.

Ariadne Letra

Professor of Dental Medicine,
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Check before you hit the send button!

One spelling mistake, and a husband cannot go home.

A husband wrote a romantic message to his wife on his official business trip, and missed an "e" in the last word.

Now he is seeking police protection to enter his own home.

He wrote: "Hi darling, I am experiencing the best time of my life, and I wish you were her."

* * *

The number of lies told by men would decrease significantly if women stopped asking questions!

* * *

Height of fashion: Lungi with a zip.

Height of laziness: Asking for a lift for morning walk.

Height of craziness: Getting blank paper xeroxed.

Height of honesty: Pregnant woman taking 2 tickets.

Height of de-hydration: Cow giving milk powder.

Height of hope: A 99-year-old woman going for Rs 295/- recharge to get lifetime incoming.

Height of stupidity: Looking through the keyhole of a glass door.

Height of suicide attempt: A person jumps from the footpath on the road.

Height of friendship: It's when your friend runs away with your wife; and you are really worried for your friend!

Height of attitude: A Sleeping Beggar puts a Notice Board in front of him. Please do not make noise by dropping coins! Use Currency Notes.

Height of work pressure: An employee opens his tiffin box on the roadside to see, whether he is going to office or coming back from office.

* * *

A woman gets on a bus with her baby. The bus driver says: "Ugh, that's the ugliest baby I've ever seen!"

The woman walks to the rear of the bus and sits down, fuming. She says to a man next to her: "The driver just insulted me!"

The man says: "You go up there and tell him off. Go on, I'll hold your monkey for you."

* * *

Patient: "Doc, my bum hurts..."

Doctor: "Where specifically does it hurt?"

Patient: "Right around the entrance."

Doctor: "Yeah well that's the exit. As long as you think it's an entrance,



it'll continue to hurt."

* * *

For a high school dance, the head boy asked out the girl he liked.

To get flowers for her, he had to stand in a line outside the florist for an hour. To make things worse, he had to wait another hour in a line outside the tuxedo shop. Finally, he goes to the dance with the girl. The girl wanted to have some apple punch so the boy went to get it, but to his surprise, there was no punch line.

* * *

A taxi passenger tapped the driver on the shoulder to ask him a question.

The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped inches from a shop window.

For a second, everything was quiet in the cab. Then the driver said, "Look, mate, don't ever do that again. You scared the living daylights out of me!"

The passenger apologized and said, "I didn't realize that a little tap would scare you so much."

The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver — I've been driving a funeral van for the last 25 years."

* * *

My friend once called a few house painters to his house for some work. He wanted them to paint his porch.

After a few hours, the house painters came back for the payment as their work was complete. Before leaving they told my friend that they had enjoyed painting his car, but it is not really a Porsche.

* * *

An MIT linguistics professor was lecturing his class the other day.

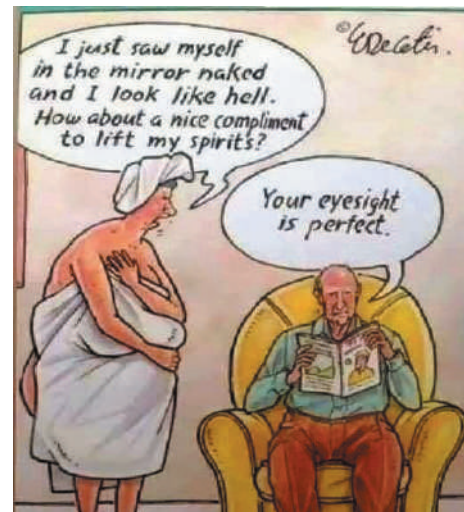
"In English," he said, "A double negative forms a positive. However, in some languages, such as Russian, a double negative remains a negative. But there isn't a single language, not one, in which a double positive can express a negative."

A voice from the back of the room said, "Yeah, right."

* * *

Two children ordered their mother to stay in bed one Mother's Day morning.

As she lay there looking forward to breakfast in bed, the smell of bacon floated up from the kitchen. But after a good long wait



she finally went downstairs to investigate. She found them both sitting at the table eating bacon and eggs.

"As a surprise for Mother's Day," one explained, "we decided to cook our own breakfast."

* * *

A New York attorney representing a wealthy art collector called his client and said to him, "Saul, I have some good news and I have some bad news."

The art collector replied, "I've had an awful day; let's hear the good news first."

The attorney said, "Well, I met with your wife today, and she informed me that she invested \$5,000 in two pictures that she thinks will bring a minimum of \$15-20 million. I think she could be right."

Saul replied enthusiastically, "Well done! My wife is a brilliant businesswoman! You've just made my day. Now I know I can handle the bad news. What is it?"

The attorney replied, "The pictures are of you with your secretary."

* * *

Four men are in the hospital waiting room because their wives are having babies. A nurse goes up to the first guy and says, "Congratulations! You're the father of twins."

"That's odd," answers the man. "I work for the Minnesota Twins!"

A nurse says to the second guy, "Congratulations! You're the father of triplets!"

"That's weird," answers the second man. "I work for the 3M company!"

A nurse tells the third man, "Congratulations! You're the father of quadruplets!"

"That's strange," he answers. "I work for the Four Seasons hotel!"

The last man is groaning and banging his head against the wall. "What's wrong?", the others ask.

"I work for 7 Up!"

* * *

A husband and wife at custody court. The judge looks sternly at the ex-wife.

Judge: "Why do you think you deserve custody of the child?"

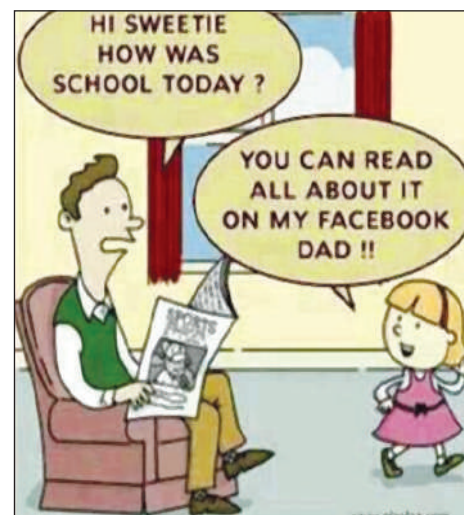
Ex wife: "I brought him into this world so I should have custody of him."

Judge: "That is a simple yet good reason."

Then the judge looks towards the ex-husband.

Judge: "Why do you think you deserve custody of the child, sir?"

The ex-husband thought long and hard about his response. After a brief moment of silence, he replies, "If I put money into a Pepsi machine and a Pepsi comes out. Is it mine or the machines?"



13 mistakes that make you look weak and less attractive

A lot of men don't realize the mistakes they do that make them look weak. And when a man looks weak he immediately looks less attractive which won't help with the ladies. And these are the most common mistakes men do.

1. Soft Voice

When you're talking with a soft, silent voice you're losing your masculine side.

You also look and sound like there's no confidence in you which is repulsive to her. Work on your voice - don't allow it to make you look weak. Speak up!

2. Fear

Every man has fears - weak ones are showing them while strong ones are working on them quietly.

No woman will feel safe with you once she sees your fears. How to fix this? Face your fears. Everyday.

3. Bad Posture

This doesn't look important, but it is. A lot of handsome men lose their attractiveness just because of their bad posture.

Workout and find the best exercises which will help you to straighten your back.

4. Bad Eye Contact

A woman can feel your do-



minance through eye contact. She will even test you by holding long eye contact with you - if you remove your eyes, you failed.

Don't be afraid to hold long eye contact. The key is to not quit first.

5. Look Down

When you're walking, talking with someone, crossing the street...

Don't look down like you're struggling with confidence and depression. Always have your head up - walk proudly and don't be afraid to show your confidence.

6. Loose Clothes

A lot of men are hiding their good-looking bodies behind baggy clothes. You think you do, but you don't look good in it. Find yourself a fitting style that will point out your muscles and not hide them.

7. Making Fun

Don't make fun of others - you're acting like a child.

Joke and tease your girlfriend/friends in front of them when you are hanging out. That's how you "make fun of someone properly".

- you do it in front of them and not behind their back like a weak person.

8. Weak Handshake

You can judge a man just by his handshake. It's always good to feel strength through it. It tells you a lot about someone.

Even women like to feel a firm handshake by a man - she immediately has some respect for him.

9. Bad Walk

If you're a man and you walk like a woman, you will lose respect.

Don't do any ladylike walk,

especially if you're jacked - no one will take you seriously.

Walk with confidence, like you're the biggest egoistic guy on the planet. And you'll see all the respect.

10. Give

"Résumé" A weak man will try to make someone like him - he'll fake himself just to be "approved". Don't do this, especially not with women.

She'll have a low opinion of you and no respect. She would rather want to make you like her - and not the opposite.

11. Indecisive

Weak man's words: "Whatever you want" - "Wherever you want to go" - "Do you want to...?"

Strong man's words: "We're going to..." - "Let's grab a dinner..." - "Wear a red dress and be ready at."

12. Masculinity

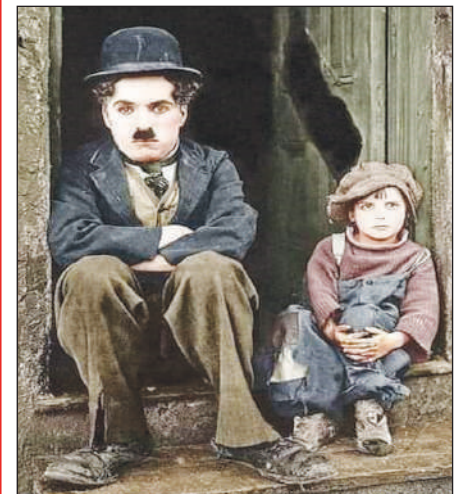
No masculinity, no muscles, no strength. Your masculinity is giving you strength - so embrace it. If you want to be weak as a woman - become feminine. Workout, have a good posture, deep loud voice, a good style, and high confidence.

13. Neediness

The worst thing you can do is show a woman you NEED her. Remember; she wants to feel WANTED. Out of all women you chose her, you wanted her. A weak man is needy. A strong man can control himself.

Thoughts to Live by Charlie Chaplin lived 88 years

and he left us four statements



- (1) Nothing is forever in this world, not even our problems.
- (2) I love walking in the rain because no one can see my tears.
- (3) The most lost day in life is the day we don't laugh.
- (4) Six best doctors in the world:

1. The sun
2. Rest
3. Exercise
4. Diet
5. Self-respect
6. Friends

Stick to them at all stages of your life and enjoy a healthy life...

If you see the moon, you will see the beauty of God.

If you see the sun, you will see the power of God.

If you see a mirror, you will see God's best creation. So, believe it.

We are all tourists, God is our travel agent who has already identified our routes, bookings and destinations... trust him and enjoy life.

Life is just a journey! Therefore, live today!

Tomorrow may not be.

* * *

Most people are convinced that as long as they are not overtly forced to do something by an outside power, their decisions are theirs, and that if they want something, it is they who want it. But this is one of the great illusions we have about ourselves.

A great number of our decisions are not really our own but are suggested to us from the outside; we have succeeded in persuading ourselves that it is we who have made the decision, whereas we have actually conformed with expectations of others, driven by the fear of isolation and by more direct threats to our life, freedom, and comfort.

Erich Fromm

From 'Escape from Freedom'

KEEP IN MIND

DEMIC

1. Don't advertise your happy marriage on social media.
2. Do not advertise pregnancy on social media.
3. Don't advertise your kids achievements on social media.
4. Don't advertise your expensive buys on social media.

UNDERSTAND THIS ABOUT LIFE...

1. Not everyone is going to be happy for you.
2. Most of the "nice" comments you get are just fake.
3. You just attracting the evil eye on you and your family.
4. You just attracting jealous people into your life.
5. You don't know who's saving your pictures & checking your updates.
6. You really need to stop this as because it may ruin your life, family, marriage and career.

BELIEVE ME - Social media sometimes is the devils eyes, ears and mouth, don't fall into the devils trap.

Let a part of your life remain private.

DEMIC



The only bird that dares to beak an eagle is-Raven. It sits on the eagle's back and bites his neck with his beak. Although the eagle doesn't respond nor fights the Raven. The eagle doesn't waste time and energy fighting the Ravens. The eagle just opens its wings and starts flying high in the sky. The higher the flight, the harder it is for Raven to breathe and the Raven finally falls due to lack of oxygen. That's why sometimes not all battles need to be answered. No need to respond to people's arguments or their criticisms, just raise your standard, they will automatically fall.

TOP 10 LEADERSHIP QUALITIES

1. Honesty and Integrity

"The supreme quality of leadership is unquestionably integrity."

2. Confidence

As a leader, you have to be oozing with confidence

3. Inspire Others

inspire your followers by setting a good example.

4. Commitment and Passion

Be passionate and get your hands dirty.

5. Good Communicator

You must communicate your message effectively

6. Decision-Making Capabilities

Decisions taken by leaders have a profound impact on their people.

7. Accountability

Everyone on the team is accountable for what they are doing, starting with the leader.

8. Delegation and Empowerment

Empower your followers and delegate tasks to them.

9. Creativity and Innovation

"Innovation distinguishes between a leader and a follower."

Dealing with Obesity

Shedding pounds may prevent, slow, or even reverse many health issues



Dealing with Obesity . Pic - Top Doctors Online

Obesity is considered a chronic, progressive, and relapsing condition that is treatable. Obesity is generally defined by BMI (body mass index): 30 and higher is considered obese. Extra weight -- especially around the waist -- can lead to serious health issues. See what these problems are and what you can do to prevent them, as written by Paul Frysh and medically reviewed by Brunilda Nazario, MD of WebMD.

Nonalcoholic Fatty Liver Disease: When fat builds up in the cells of your liver, it can damage the liver and then may lead to scarring (a condition known as cirrhosis) that can eventually shut your liver down completely. Symptoms may not appear until the damage is done. Doctors don't know exactly what causes fatty liver disease, but one risk factor is that you're more likely to have problems when you're

overweight. This damage is 2-3 times higher in people that have obesity. But early diagnosis and treatments are available to help reverse this.

Osteoarthritis: Excess weight puts more strain on your joints and on the cartilage that protects the ends of your bones, causing pain and stiffness. More body fat also triggers more inflammation. Just losing 5% of your body weight will take pressure off of your hips, lower back, and knees. Exercise is one of the best things you can do for arthritis.

High Cholesterol: Unhealthy foods can raise your weight and your "bad" LDL cholesterol and triglyceride levels. Foods with soluble fibre -- like oats and other whole grains, beans, apples, grapes, strawberries, eggplant, and okra -- will help get your cholesterol down as well as fill you up so you eat fewer calories.

Type 2 Diabetes: People affected by obesity are about 10 times more likely to have high blood sugar. About 9 out of 10 people who get type 2 diabetes are overweight. There's no cure for diabetes once you have it, but losing weight can help lower your blood glucose levels and that can help

prevent complications from diabetes.

Gout: Built-up uric acid in your body can form needle-like crystals that make joints like your big toe, ankle, or knee hurt. The likelihood of a flare goes up with the number on the scale and may also be linked to insulin resistance. A weight loss program is part of managing gout in people with obesity. A heart-healthy diet and exercise habits may help lower the level of uric acid as well as your weight.

High Blood Pressure: Being obese means your heart has to pump harder to get blood to all of your cells and puts a strain on your heart. That force pushes on your artery walls and may be damaging them, increasing the risk for heart disease and stroke. About three out of four patients with high blood pressure have obesity. Your doctor will probably recommend that you exercise 20-30 minutes most days, limit sodium to 1,500 milligrams a day, and don't smoke. Even losing 10 pounds can decrease your blood pressure.

Hardened Arteries: Obesity -- and the diabetes, high blood pressure, high cholesterol, and inflammation related to it -- can wear on your arteries, turning them thick and stiff. This combination of conditions is sometimes called the metabolic syndrome and can be treated. Narrow vessels can't get enough blood to the cells in your organs and tissues. Although you may not

have any symptoms at first, this poor circulation may eventually lead to a heart attack, heart failure, or a stroke.

Kidney Disease: Your kidneys filter blood and help control your blood pressure. But they can't do their jobs when they are damaged due to obesity-related conditions. That can lead to a dangerous buildup of waste in your body.

Sleep Apnea: A higher BMI can be a risk factor for obstructive sleep apnea, narrowing of your airway during sleep, making it harder to breathe at night. You might snore loudly or stop breathing for several seconds over and over. When that happens, you aren't getting the restful sleep you need. It can make you tired and groggy and lead to mood, memory, and heart problems such as atrial fibrillation.

Pregnancy Issues: Moms-to-be who are overweight are more likely to get gestational diabetes and preeclampsia, dangerously high blood pressure that can harm both you and your baby. There's a greater chance that you'll need a C-section to give birth and that your baby could be born too soon, be stillborn, or have brain or spinal cord problems. Work with your doctor to manage your weight safely when you're pregnant.

Cancer: When you gain weight as an adult, whether or not it makes you obese, you're more likely to get some cancers, including breast, colorectal, endometrial, and kidney. It might be that habits that lead to weight gain are similar to those that lead to cancer. Eat healthy and stay active to help avoid cancer, regardless of your weight.

Healthy Ageing

Is It Aging or Alzheimer's?

Learn the difference between memory problems that can happen to all of us as we get older and real warning signs of dementia. A report by Kendall K. Morgan, medically reviewed by Zilpah Sheikh, MD

We all forget things sometimes, especially when life gets busy. You may start to notice this happening more often as you get older. Mild memory loss can be a normal part of aging. It doesn't necessarily mean you're going to have dementia. Only 1% of people over age 65 with normal age-related memory issues will get dementia each year.

When forgetfulness is a problem: If memory loss makes it hard for you to handle your daily tasks, that's a sign you shouldn't ignore. Are you forgetting things you only just heard? Asking the same question over and over again? Relying on lots of paper or electronic reminders just to get through the day? Talk to your doctor if you or your family notices that happening to you.

Hard to plan or solve problems? Everybody makes a mistake sometimes. Maybe you made an error in the cheque book last month or paid the wrong amount on a bill. That's normal stuff we all do. But if you are really struggling to do things like follow directions in a familiar recipe or keep track of bills the way you used to do, it could be a warning sign of memory problems.

Struggle with everyday tasks: Having trouble using that TV remote? Forgot how to set the microwave? If you need a little help now and then with those kinds of things,



it's likely nothing to worry about. But if you have problems doing regular activities you're used to doing, like driving to places you always go, playing favourite games, or finding your way at the grocery store, it may be a sign of a more serious memory issue.

Where did I park? We've all had it happen. You come out of the store and think, "Now, where'd I leave my car?" It's normal to forget where you parked now and again. If it happens regularly, though, check with your doctor.

Can't find your keys: Most of the time when you forget where you've left something, like your keys or your glasses, you should be able to think back, retrace your steps, and find whatever it is. If you notice you're losing things all the time and you can't go back and spot them, that's a common sign of a bigger memory problem.

Losing track of time: Most of us have woken up and thought to ourselves, "What day is it?" It won't take you too long to figure it out. But if you are often losing track of

dates, seasons, or the passage of time, that's another sign of real memory trouble.

How did I get here? If you walk into a room and can't remember what you were doing, that's not cause for concern. But people with Alzheimer's disease sometimes forget where they are. Or they find themselves somewhere and don't remember how they got there.

What's the word for it? It's normal to have trouble finding the right word sometimes. But people with Alzheimer's disease often start to have real trouble talking or writing. They might find it hard to recall the right term for familiar objects or the name of somebody they know well.

Withdraw from friends and family: Are you avoiding friends, family, or co-workers? Is it hard to carry on or follow a conversation? When memory problems become more severe, it's common for people to lose interest in hobbies, social events, or other activities they used to like doing.

Take a Memory Test: If you aren't sure if what you're going through is just regular aging, a doctor can help you figure it out. They'll know if the memory loss you have falls within the normal range or not. Your doctor will ask you questions and may ask you to take a series of tests. They may also check you for other problems that can look like dementia, such as medication side effects or depression.

Is There Anything I Can Do? People who spend time reading, solving puzzles, or otherwise staying engaged are less likely to get Alzheimer's. It's possible that these activities can help you to keep your mind sharp. It's also a good idea to lower your stress, eat right, and exercise.

New Serial

'Swaran Ghar': Loaded with emotions and realism and one that will strike a chord with old parents

Swaran Ghar, the second show for successful actors-turned-producers Ravi Dubey and Sargun Mehta's Dreamiyata Entertainment comes with a lot of expectations. *Udaariyaan*, the production's maiden show started as an underdog and went on to become the masses' favourite. Now, with all eyes glued to the next project of Ravi and Sargun, there has been an overdose of curiosity to sample the show, reports Srividya Rajesh of iwmbuzz.com.

The casting of seasoned campaigners Ronit Roy and Sangita Ghosh is the best thing that could have happened to this concept. The first week of the show has given us enough glimpses of why these two actors are so excellent at work as performers.

Life for Kanwaljeet Bedi and Swaran revolves around the love that they shower on each other!! Their home (Swaran Ghar), which they term as their fourth kid, is extremely precious to them. While Kanwaljeet is practical about the problems of life and foresees the big problem that lies before them, of their children drifting away from them, Swaran holds huge faith and trust in her children.

The happy life of Swaran falls before her when she has to face the death of her husband. The opening scene of the show has a weeping Swaran holding a portrait in hand, looking at the flames erupting from the burning remains of her husband Kanwaljeet. The story then moves to the flashback, into the happy life of Swaran and Kanwaljeet, wherein viewers are shown the amazing love and care that the couple shower on each other. The couple has showered all the love on their three kids - Nakul, Vikram and Yug.

'Until you have a son of your own, you will never know what that means', is what the normal saying goes like!



The parents who have sons are said to be the blessed ones. But in the case of Kanwaljeet and Swaran, they get what they least expected. Their sons do not hold the same values as they do, and are more into feeling comfortable in the materialistic life that they lead.

The story plot quickly gets into the tragedy of Kanwaljeet suffering a brain stroke and being rushed to the hospital. We see Swaran melting and weeping under pressure, and this is where she realizes that she has always been shielded by her husband, and has never learnt the art of living life all by herself. The manner in which she struggles to even remember the pin of her ATM card is a true example of how the basic mindset of an Indian woman is, of always taking care of family and home, while the man earns the bread.

Kanwaljeet needs a life-saving injection, if not given within a certain time gap can turn detrimental to his health. Swaran pins all hopes on her eldest son Nakul, who in fact promises to send them air tickets to come to the USA and have the further medication at his place. We later get to see his vicious wife Kiran who does not want to spend huge money on Nakul's parents. Vikram and Yug too share the same opinion and are burdened with their own life pressures and do not have the money and time for their parents.

The idea that Vikram and Kiran suggest is to sell Swaran Ghar and use the money for the treatment. However, Swaran gets a shock when she gets to know what her sons think.

On the other hand, Kanwaljeet Bedi has started to prepare Swaran for the next phase of her battle, a life without him. He calls Swaran's first love Ajit after 30 long years and asks him to be there for their wedding anniversary.

We are shown the beautiful flashback of Swaran and Kanwaljeet's first night, where a weeping Swaran tells her husband about her first love Ajit and how they wanted to be together. From that phase to what a wonderful loving couple Swaran and Bedi are now, this only speaks volumes of the kind of character that Kanwaljeet is.

Now, with him hitting the death bed, and knowing very well of Swaran needing a helping hand after his death, Kanwaljeet has sought out for Ajit and his support.

The story though has moved back and forth in time, has been quite pacy. The camera work on the beauty that Swaran Ghar, the house, is has been captured really well.

Talking about the plot, there have been many films made on the generation gap and differences in ideologies of parents and children. The Amitabh Bachchan and Hema Malini starrer *Baghban* can never get out of our minds. So, there is frankly no newness in the plot. Having said that, the highlight of this show is the wonderful chemistry between Kanwaljeet and Swaran.

As for the star power, Sangita Ghosh and Ronit Bose Roy tick all the chords as performers. While one can see through the emotions conveyed by Ronit's eyes, Sangita's display as the wife desperate to save her dying husband, is simply perfect. She shows her helplessness so very emphatically, that we sit to cry along with her.

Well, even though the show lacks a fresh concept, it is loaded with emotions and realism. Many elderly parents are left all alone, even after they have shouldered the responsibility of bringing up their kids. The pain, agony and loneliness that parents share without the warmth, support and love of their kids, is a story that will strike a chord with many people.

YOUR STARS

Sagittarius: Nov 22 - Dec 21

Embrace the spirit of adventure that defines you. New experiences beckon, urging you to step out of your comfort zone. Relationships, both old and new, will play a significant role, bringing joy and challenges. Professionally, opportunities for growth are on the horizon. Financially, it's a time for prudence.

Lucky Numbers: 3, 14, 15, 20, 23, 30

Capricorn: Dec 22 - Jan 19

As you navigate challenges, remember to stay grounded and focused. Personal relationships may require extra attention and understanding. Professionally, your hard work is set to pay off, bringing recognition and new opportunities. Financially, careful planning will lead to stability and growth.

Lucky Numbers: 5, 20, 23, 29, 30, 31

Aquarius: Jan 20 - Feb 18

Your creative energy is at its peak, urging you to think outside the box. Relationships will be a source of comfort and inspiration. Professionally, your unique perspective will set you apart, opening doors to exciting ventures. Explore new investment avenues and be cautious with spending.

Lucky Numbers: 8, 14, 20, 26, 29, 31

Pisces: Feb 19 - Mar 20

Professionally, showcase your creative talents and make your mark. Personal growth and self-discovery are highlighted, urging you to explore your passions and dreams. Your compassionate nature will draw people to you, creating meaningful connections. Embrace the journey and trust the

process.

Lucky Numbers: 1, 14, 16, 19, 20, 25

Aries: Mar 21 - Apr 19

On the personal front, relationships deepen, bringing joy and challenges. Remember to communicate openly and honestly. Financially, it's a good time to review and revise your budget. Health-wise, prioritize self-care. Whether it's a spa day or a long walk in nature, do what feels right for you.

Lucky Numbers: 3, 10, 15, 21, 26, 27

Taurus: Apr 20 - May 20

Work and personal life demand equal attention, and it's essential to find a middle ground. Professionally, you might face challenges, but your determination will see you through. Personal relationships require effort, so make time for loved ones. Financially, it's a week of gains and losses. Be cautious with investments.

Lucky Numbers: 3, 12, 29, 30, 31, 34

Gemini: May 21 - June 20

Professionally, your ideas are well-received, leading to new opportunities. Personal relationships flourish, but they also bring challenges. Remember to listen as much as you speak. Financially, it's a stable week, but avoid impulsive purchases. Health-wise, prioritize physical activity.

Lucky Numbers: 11, 12, 17, 18, 29, 31

Cancer: June 21 - July 22

Professionally, it's a slow week, but it's the perfect time to plan for the future. Personal relationships bring comfort and joy. Spend quality time with loved ones. Financially, be cautious. Avoid big investments and focus

on saving. Health-wise, it's essential to prioritise mental well-being.

Lucky Numbers: 5, 19, 21, 25, 38, 40

Leo: July 23 - Aug 22

Personal relationships bring joy, but they also require effort. Remember to communicate and compromise. Financially, it's a good week for investments. Consider exploring new avenues. Health-wise, prioritize self-care. Embrace the limelight, but remember to stay grounded.

Lucky Numbers: 2, 9, 17, 18, 20, 24

Virgo: Aug 23 - Sept 22

Professionally, you're on top of your game. Projects move forward smoothly, and you're recognized for your efforts. Personal relationships deepen, bringing joy and challenges. Remember to communicate openly. Financially, focus on saving and budgeting. Health-wise, consider exploring holistic practices.

Lucky Numbers: 19, 20, 24, 26, 29, 31

Libra: Sept 23 - Oct 22

Professionally, collaborations are fruitful. Embrace teamwork and share your ideas. Personal relationships bring joy and challenges. Remember to find a balance. Financially, it's a week of gains. Consider exploring new investment avenues. Meditation and mindfulness practices will be beneficial.

Lucky Numbers: 7, 9, 10, 17, 24, 30

Scorpion: 23 Oct - 21 Nov

Personal relationships deepen, bringing both joy and challenges. Remember to communicate openly and honestly. Financially, consider diversifying your portfolio. Health-wise, prioritize physical activity. Whether it's a gym session or a hike in nature, get moving..

Lucky Numbers: 16, 20, 24, 28, 31, 36



Vendredi 15 decembre - 21.22



Samedi 16 decembre - 20.30



dimanche 17 decembre - 20.30



Programme TV



SERIAL



vendredi 15 decembre

MBC 1

05.27 Tele: Imperio De Mentiras
05.56 Tele: Love And Wealth
06.45 Film: Battleship
09.40 Tele: Le Chemin Du Destin
10.05 Tele: Amour Secret
10.25 The Gardener's Daughter
10.49 Tele: L'Envers Du Paradis
11.15 Tele: La Reina Del Flow
12.00 Le Journal
12.35 Tele: Barbarita
13.25 Tele: Fierce Angel
13.50 Tele: Imperio De Mentiras
14.15 Le Livre Perdu Des Sorti...
15.21 Film: 119 Jours
17.30 The Gardener's Daughter
18.31 Serial: Wagle Ki Duniya
18.55 Serial: Mere Dad Ki Dulhan
20.30 Film: 1917
22.24 Tele: Barbartia
23.07 Tele: The Gardener's Daugh..

MBC 2

06.15 Local: Les Grandes Lignes
07.45 Local: ONG An Eta Dalert
09.33 Local: Radio Vision
10.27 Local: J'ai Faim
10.56 Local: Groov'in
12.00 Rodrig: Li Bon Ou Konnin
12.25 Local: Les Grandes Lignes
14.21 Local: J'ai Faim
15.17 Local: Generations J
15.44 Local: Groov'in
17.08 Local: La Sosiete
18.04 Tele: Imperio De Mentiras
18.29 Tele: Amour Secret
19.27 Local: 13 Minit Natiir Rodrig
21.27 Local: Come On Let's Dance
22.19 Local: Voyage Au Feminin
22.58 Journal Kreol
23.26 Local: Voyage Au Feminin
23.48 Rodrig Prog: Nou La Ter
00.14 Local: Itinerer Rodrig

MBC 3

07.00 Serial: Gadget Guru Ganesha
08.00 Local: Amrit Vaani
08.33 Satguru Kabir Ke Gyan
08.46 Local: Khoobsurat
09.25 Local: Hunarbaaz
10.22 Serial: Radha Krishna
12.00 Film: Pathar Ke Insan
15.00 Live: Samachar
15.30 Serial: Dulhin Uhe Jo Nanad Man Bhave
16.00 Serial: Ishaaron Ishaaron...
16.44 Serial: Bhakharwadi
18.00 Live: Samachar
18.30 Local: Mati Ke Mol
19.02 Local: Khel Khiladi
20.31 Serial: Vidrohi
21.03 Film: Champa Chameli
23.15 Serial: Jijaji Chhat Par Hain
23.38 Serial: Yeh Teri Galiyan
00.23 Local: Mati Ke Mol
00.48 Local: Khel Khiladi

Cine 12

06.26 Mag: Eco India
06.52 Mag: Japan Video Topics
07.21 D.Anime: Cat & Keet
09.32 D.Anime: Li'l Santa
09.35 Film: Robo-Dog
11.05 Mag: Sand Tales
12.24 Doc: Global Drinks
14.12 Mag: Tomorrow Today
14.40 Mag: Kids' Planet
15.06 D.Anime: Li'l Santa
15.13 D.Anime: Petit Pingouin
15.19 Idefix Et Les Irreductables
15.29 D.Anime: Go Astro Boy Go!
15.34 D.Anime: Les Schtroumpfs
15.46 D.Anime: Miraculous
16.20 D.Anime: Rainbow Rangers
16.42 D.Anime: Hunter X Hunter
16.56 Serial: The Avatars
17.27 Mag: Recipes For Kids
17.30 Serial: The Wish

Bollywood TV

14.25 Serial: Radha Mohan
15.00 Bade Acche Lagte Hai 2
15.30 Film: Mohabbat
Starring: Madhuri Dixit, Akshay Khanna, Sanjay Kapoor
18.00 Live: Samachar
18.31 Kundali Bhagya
19.01 Udaariyaan
19.31 Kuch Rang Pyar Ke Aise...
20.30 Sasural Simar Ka 2
20.30 Radha Krishna
21.01 Anupamaa
21.30 Mere Sai
22.01 Kismat Ki Lakiron Se
22.31 Kabhi Kabhie Ittefaq Sey
22.59 Serial: Shaurya Aur Anokhi Ki Kahani
23.30 Film: Mohabbat
Starring Madhuri Dixit, Akshay Khanna, Sanjay Kapoor

samedi 16 decembre

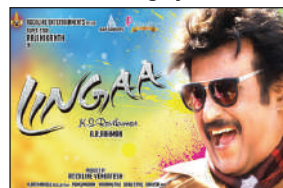
04.09 Serial: Airwolf
05.24 Tele: La Beaute Du Diable
06.40 Tele: Le Chemin Du Destin
07.00 Serial: Pearson
07.50 Serial: Seal Team
08.30 Serial: Absentia
09.10 Serial: Riviera
09.59 Serial: Airwolf
10.45 Serial: F.B.I
11.30 Tele: Le Chemin Du Destin
12.00 Le Journal
12.25 Serial: Madam Secretary
13.20 Tele: Sublime Mensonge
15.21 Film: 1917
18.00 Live: Samachar
18.31 Dance India Dance Little Masters
19.30 Le Journal
20.30 Film: Battleship
22.34 Film: The Evil Dead
00.45 Serial: Under Pressure

06.00 Local: 13 Minit Natir Rodrig
07.05 Local: Itinerer Rodrig
07.19 Local: Voyage Au Feminin
07.45 Local: Lir - Ekirir Kreol
08.30 Local: Zanafan Nou Pei
08.58 Rodrig Prog: Ala Nou Vini
10.59 Local: Come On Let's Dance
12.04 Rodrig: 13 Minit Natir Rodrig
12.32 Local: Lir - Ekirir Kreol
13.00 Local: Voyage Au Feminin
13.57 Local: Zanafan Nou Pei
15.17 Local: La Sosiete
17.00 Local: Come On Let's Dance
18.00 Tele: Gout De L'Amour
20.09 Local: Les Petits Genies
21.38 Local: Glwar Dantan
22.54 Local: La Journee Sous Le Regard Du Seigneur
23.00 Local: Zournal Kreol
23.20 Rodrig - Klip Seleksion

07.00 Gadget Guru Ganesha
08.00 Local: Hamar Fitness...
10.10 Mag: DDI Mag
10.55 Bade Acche Lagte Hai
12.00 Serial: Dikri Vahalno Dariyo
15.00 Live: Samachar
15.30 Film: Aaj Ka Arjun
Starring: Amitabh Bachchan, Jaya Prada
18.00 Live: Samachar
18.30 Local: Satrangi
19.02 Duniya Mein Is Saptah
19.17 Local: Puranya Pakwan
20.00 Local: Gata Rahe Mera Dil
20.52 Film: Pari
Starring Anushka Sharma, Parambrata Chatterjee, Rajat Kapoor
23.06 Local: Satrangi
00.18 Local: Duniya Mein Is Saptah
23.46 Local: Puranya Pakwan

06.24 D.Anime: Rainbow Rangers
06.46 D.Anime: Anna Et Ses Amis
07.05 D.Anime: Kika et Bob
09.41 D.Anime: Les Schtroumpfs
10.05 Serial: Espoirs Secrets
10.50 Mag: Sand Tales
13.56 Doc: Saving The Temples...
14.40 Mag: Kids' Planet
15.05 D.Anime: Li'l Santa
15.10 D.Anime: Tut! Tut! Cory...
15.13 D.Anime: Petit Pingouin
15.45 D.Anime: Les Schtroumpfs
16.20 D.Anime: Rainbow Rangers
16.43 D.Anime: Hunter X Hunter
17.32 Serial: The Wish
18.03 Mag: In Good Shape
18.26 Doc: Foodland
18.40 Serial: Airwolf
20.01 Tele: Le Chemin Du Destin
20.30 Live: News
20.50 Tele: La Reina Del Flow
21.40 Film: Two For The Win

08.00 Kabhi Kabhie Ittefaq Sey
10.00 Gadget Guru Ganesha
10.18 Sasural Simar Ka 2
12.15 Udaariyaan
14.05 Anupamaa
16.10 Kuch Rang Pyar Ke Aise..



18.31 Film: Lingaa
Starring: Rajinikanth, Anushka Shetty, Sonakshi Sinha, Santhanam, Jagapati Babu
20.51 Gadget Guru Ganesha
21.05 Serial: Porus
21.30 Serial: Crime Patrol

dimanche 17 decembre

04.10 Tele: La Beaute Du Diable
05.28 Tele: Le Chemin Du Destin
06.01 Film: Battleship
08.05 Serial: The Good Doctor
08.50 Film: 1917
10.50 Serial: F.B.I
11.35 Tele: Le Chemin Du Destin
12.00 Le Journal
12.45 Film: Buck And The Preacher
14.15 Serial: Scorpion
15.00 Live: Samachar
15.25 Film: The Bourne Supremacy
17.20 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: Maman, J'ai Raté L'Avion
22.15 Serial: Under Pressure
22.52 Tele: Missing Bride

06.18 Rodrig: D'Jam
06.43 Local: Rodrig: Kot Nou
07.14 Local: Saver Kiltirel
07.38 Local: Pran Kont Ou Lasante
08.54 Local: Les Petits Genies
09.22 Local: Zanafan Nou Zil
11.00 Local: Nu Rasinn
12.04 Local: Rodrig Prog: Rod'Art
14.00 Local: Elle
14.28 Local Prod: Lavi Zoli An XXL
15.24 Local: Coin Jardin
17.34 Local: Glwar Dantan
18.00 Tele: Gout De L'Amour
19.00 Journal Kreol
19.20 Loca Production: Elle
20.00 Local: Tipa Tipa Nu Avance
20.30 Local: Le Challenge
21.31 Local: Rodrig: Sa Lavi-La
22.55 La Journee Sous Le Regard
23.20 Local: Arsiv MBC - Fer Roule
23.45 Rodrigues: Mangeons Veg

07.00 Film: Roadside Romeo
08.32 Local: Hamar Fitness...
12.02 Film: Love
Starring Salman Khan, Revathi
14.59 Live: Samachar
15.22 Local: Satrangi
17.00 Local: Ekta
18.00 Live: Samachar
18.29 Sayings Radha Krishna
19.00 Local: Tohar Rashi
19.29 Local: Tohar Farmaish
20.28 Sayings Radha Krishna
20.30 Serial: Porus
21.10 Serial: Crime Patrol
22.24 Serial: Bahubali
23.03 Serial: Bhaag Na Bachhe Koi
00.06 Local: Planet Bollywood
00.32 Local: Tohar Rashi
00.47 Local: Tohar Farmaish

06.00 D.Anime: Shezow
07.14 D.Anime: Inspecteur Gadget
09.29 D.Anime: Miraculous
09.41 D.Anime: Les Schtroumpfs
11.05 Mag: In Good Shape
11.30 Serial: The Wish
12.21 Doc: Les Mysteres Du Nil
13.16 Doc: The Healing Power Of...
15.05 D.Anime: Li'l Santa
15.06 D.Anime: Tut! Tut!
15.43 D.Anime: Les Schtroumpfs
15.55 D.Anime: Miroculous
16.20 D.Anime: Agent
16.43 D.Anime: Hunter X Hunter
17.05 Serial: The Avatars
17.30 Serial: The Wish
18.26 Mag: Japan Video Topics
18.40 Serial: Airwolf
19.30 Mag: Arts Unveiled
20.02 Tele: Le Chemin Du Destin
21.42 Film: Get Happy!

00.00 Sasural Simar Ka 2
02.05 Udaariyaan
04.00 Anupamaa
06.06 Kuch Rang Pyar Ka Aise...
07.46 Tenali Rama
08.11 Patiala Babes
10.02 Kundali Bhagya
12.00 Bade Acche Lagte Hai 2
14.00 Kismat Ki Lakiron Se
16.00 Wagle Ki Duniya
18.31 Film: Zindagi Na Mile Dobar
Starring Hrithik Roshan, Abhay Deol, Farhan Akhtar, Katrina Kaif, Kalki Koechlin
21.02 Serial: Tenali Rama
21.20 Enter: Dance India Dance Little Masters
22.15 Bade Acche Lagte Hai 2
00.0 Serial: Patiala Babes

lundi 18 decembre

05.25 Tele: Le Chemin Du Destin
07.00 Film: Get Happy!
08.40 Serial: Airworf
09.30 Tele: Le Chemin Du Destin
09.55 Tele: Amour Secret
10.20 The Gardener's Daughter
10.48 Tele: L'Envers Du Paradis
11.16 Serial: La Reina Del Flow
12.00 Le Journal
12.25 Tele: Barbarita, Les Couleurs..
13.15 Tele: Fierce Angel
13.40 Tele: Imperio De Mentiras
14.15 Serial: Airwolf
15.20 Film: Maman, J'ai Raté L'Avion
17.30 The Gardener's Daughter
18.30 Serial: Wagle Ki Duniya
18.55 Serial: Swaran Ghar
19.30 Le Journal
20.25 Serial: Pearson
21.15 Serial: Seal Team
22.00 Serial: Treadstone

07.11 Local: Tipa Tipa Nu Avance
09.33 Local: Vandanna Gujadhur
10.43 Local: Le Challenge
11.01 Local Prod: Les Klips
12.00 Local: Nu Rasinn
13.03 La Journee Sous Legard...
14.00 Local: Elle
15.04 Local: Rodrig: Komanter
15.15 Local: Tipa Tipa Nu Avance
15.42 Local: En Forme
16.04 Local: Les Klips
17.10 Local: Radio Vision
18.00 Tele: Imperio De Mentiras
18.27 Tele: Amour Secret
19.00 Journal Kreol
19.29 Local: Feminin Pluriel
20.05 Local: La Priere de Noel
21.00 Local: Radio Vision
22.13 Local: Itinerer Moris
22.38 La Journee Sous Le Regard
23.00 Journal Kreol

07.12 Serial: Kisna
08.04 Local: Planet Bollywood
08.42 Local: Tohar Farmaish
09.36 Local: Radha Krishna
10.00 Serial: Bahubali
10.38 Bhaag Na Bachhe Koi
11.36 Radha Krishna
12.00 Film: Ek Chitthi Pyar Bhari
Starring: Raj Babbar, Reena Roy
15.30 Dulhin Uhe Jo Nanad Man...
16.00 Serial: Kundali Bhagya
18.00 Live: Samachar
18.35 Ved Ki Shikshayen
19.04 Local: Ayush
19.26 Local: Excerpts From Shiv Abhishek
20.13 Local: Charcha
20.47 Film: Angaaray
Starring: Raj Babbar, Smita Patil

07.00 Serial: Gadget Guru Ganesha
07.12 Serial: Kisna
07.24 Serial: Tenali Rama
07.36 Serial: Lambu G Tingu G
07.48 Serial: Selfie With Bajrangi
09.53 Serial: Bahubali
10.35 Serial: Bhaag Na Bachhe Koi
11.30 Serial: Radha Krishna
12.00 Film: Ek Chitthi Pyar Bhari
15.30 Serial: Dulhin Uhe Jo Nanad...
16.00 Serial: Kundali Bhagya
17.28 Serial: Radha Krishna
18.30 Local: Ved Ki Shikshayen
19.02 Local: Ayush
19.32 Local: Excerpts From Shiv Abhishek
20.19 Local: Charcha
20.46 Film: Angaaray
23.00 Serial: Jijaji Chhat Par Hain
23.22 Serial: Yeh Teri Galiyan

14.25 Serial: Radha Mohan
15.00 Serial: Bade Acche Lagte Hai 2
15.30 Film: Police Force
Starring: Akshay Kumar, Raveena Tandon, Amrith Puri, Mohan Joshi
18.00 Live: Samachar
18.30 Kundali Bhagya
19.00 Udaariyaan
19.31 Kuch Rang Pyar Ke Aise...
20.08 Sasural Simar Ka 2
20.28 Radha Krishna
21.06 Anupamaa
21.32 Mere Sai
22.04 Kismat Ki Lakiron Se
22.29 Kabhi Kabhie Ittefaq Sey
23.00 Serial: Shaurya Aur Anokhi Ki Kahani
23.30 Film: Poice Force



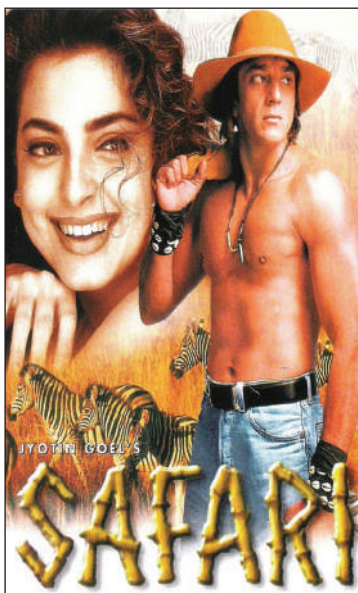
Mardi 19 décembre - 20.30



Mercredi 20 décembre - 22.15



Mercredi 20 décembre - 15.30



Programme TV



	MBC 1	MBC 2	MBC 3	MBC 5	Bollywood TV
mardi 19 décembre	04.45 Tele: Amour Secret 05.08 Tele: Le Chemin Du Destin 07.20 Serial: Pearson 08.09 Serial: Seal Team 08.50 Serial: Absentia 09.30 Tele: Le Chemin Du Destin 10.05 Tele: Amour Secret 10.30 The Gardener's Daughter 10.50 Tele: L'Envers Du Paradis 11.15 Tele: La Reina Del Flow 12.00 Le Journal 12.25 Tele: Barbarita 13.15 Tele: Fierce Angel 13.45 Tele: Imperio De Mentiras 14.10 Serial: Gout De L'Amour 15.25 Film: Two For The Win 17.30 The Gardener's Daughter 17.59 Live: Samachar 18.31 Serial: Wagle Ki Duniya 20.30 Film: The Christmas Contest 21.55 Tele: Barbarita	07.20 Eclairage Economique 08.53 Rodrig Prog - Zenn Aktif 10.23 Local: Rodrig: Saver Lokal 11.04 Local: Le Rendez Vous 12.00 Rodrig: Feminin Pluriel 12.33 Local: Proze Dime 13.30 Local: Retrovizer 14.21 Local: Itinerer Moris 15.09 Rodrig Prog: Zenn Aktif 15.44 Le Rendez Vous Avec... 16.48 Local: En Forme 17.55 Tele: Imperio De Mentiras 18.29 Tele: Amour Secret 19.00 Journal Kreol 19.20 Rodrig : Plat Du Chef 19.48 Local: Son Ladan Mem 20.03 Local: Sur Un Air De Noel 21.30 Local: Radio Vision 22.27 Local: Mots & Ecrits 22.45 La Journee Sous Le Regard 23.20 Journal Kreol	07.00 Serial: Gadget Guru Ganesha 09.46 Local: Charcha 10.15 Serial: Kundali Bhagya 12.02 Film: Rakhi Aur Hathkadi 14.59 Live: Samachar 15.30 Badki Malkaain 16.00 Jijaji Chhat Par Hain 17.28 Radha Krishna 18.00 Live: Samachar 18.36 Local: Tark Vitark 19.00 Local: Bhojpuri Dhamaka 19.30 Local: Hindi Sahitya... 20.00 Chikitsa Aur Swasthya 20.35 Film: International Crook 22.38 Serial: Jijai Chhat Par Hain 23.00 Serial: Yeh Teri Galiyan 23.47 Local: Tark Vitark 00.13 Local: Bhojpuri Dhamaka 01.35 Serial: Badki Malkaain 02.11 Local: Tark Vitark	08.46 D.Anime: Patamuse 09.15 D.Anime: Early Learning 09.35 Film: Pierre Lapin 11.11 Mag: Sand Tales 12.05 Doc: Hotels 13.00 Mag: In Good Shape 13.30 D.Anime: Kid's Planet 14.35 Film: The Secrets Of Gravity 15.21 D.Anime: Li'l Santa 15.34 D.Anime: Go Astro Boy Go! 15.46 D.Anime: Les Schtroumpfs 15.58 D.Anime: Miraculous... 16.18 D.Anime: Li'L Santa 16.42 D.Anime: Hunter X Hunter 17.27 D.Anime: D.I.Y. Discover 17.35 Serial: The Wish 18.00 Mag: REV 18.31 Mag: Healthy Living 19.31 Mag: Global Us 20.02 Tele: Le Chemin Du Destin 20.50 Tele: La Reina Del Flow	14.25 Serial: Radha Mohan 15.00 Bade Acche Lagte Hai 2 15.30 Film: Shankara Starring Sunny Deol,Neelam Kothari 18.00 Live: Samachar 18.30 Kundali Bhagya 19.03 Udaariyaan 19.33 Kuch Rang Pyar Ke Aise... 20.06 Sasural Simar Ka 2 20.38 Radha Krishna 21.08 Anupama 21.30 Mere Sai 22.08 Kismat Ki Lakiron Se 22.29 Kabhi Kabhie Ittefaq Sey 22.55 Serial: Shaurya Aur Anokhi Ki Kahani 23.30 Film: Shankara 02.07 Kundali Bhagya
mercredi 20 décembre	06.01 Tele: Love And Wealth 07.00 Film: Extortion 08.45 Serial: Airwolf 09.35 Tele: Le Chemin Du Destin 10.05 Tele: Amour Secret 10.25 The Gardener's Daughter 10.50 Tele: L'Envers Du Paradis 11.15 Tele: La Reina Del Flow 12.00 Le Journal 12.25 Tele: Barbarita 13.15 Tele: Fierce Angel 13.40 Tele: Imperio De Mentiras 14.15 Serial: Airwolf 15.30 Film: The Christmas Contest 17.30 The Gardener's Daughter 18.31 Serial: Wagle Ki Duniya 18.55 Serial: Swaran Ghar 19.30 Journal & La Meteo 20.30 Local: Retrospective 2023 21.30 Serial: Under Pressure 22.15 Film: Christmas In Montana 00.25 Tele: Barbarita	07.05 Local: Generations J 09.00 Local: Rodrig Prog: Rod'Art 10.30 Local: Koze Zom 11.01 Extraits Du Festival Lamisik 12.09 Rodrig: Plat Du Chef 12.33 Local: Generations J 13.12 Local: Priorite Sante 13.53 Local: Koze Zom 15.51 Local: Glwar Dantan 16.41 La Journee Sous Le Regard 16.56 Extraits Du Festival Lamisik 18.01 Tele: Imperio De Mentiras 18.28 Tele: Amour Secret 19.00 Journal Kreol 19.20 Local: Rodrig Spor 20.00 Local: Sur Un Air De Noel 20.30 Local: Les Petits 21.00 Local: Agir Ensemble 21.29 Local: Les Klips 22.50 La Journee Sous Le Regard 00.12 Local: Elle	07.00 Gadget Guru Ganesha 08.26 Local: Bhojpuri Dhamaka 08.56 Local: Hindi Sahitya 09.23 Chikitsa Aur Swasthya 10.00 Serial: Jijaji Chhat Par Hain 11.30 Serial: Radha Krishna 12.00 Film: Shaque Starring: Vinod Khanna, Shabana Azmi, Utpal Dutt 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 18.39 Local: Yatra South 19.00 Local: Kala 19.37 Local: Zindagi Ka Safar 20.02 Local: Virasat 20.32 Film: Dulha Milal Dildar 22.25 Serial: Jijaji Chhat Par Hain 23.23 Serial: Yeh Teri Galiyan	06.26 Mag: Made In Germany 07.22 D.Anime: Cat & Keet 09.32 Mag: Recipes For Kids 09.35 Film: Blinky Bill 11.17 Mag: REV 13.35 Serial: N*Gen 14.00 Film: The Little Mermaid 15.15 D.Anime: Li'l Santa 16.36 D.Anime: Hunter X Hunter 17.05 Serial: The Avatars 17.28 Mag: Recipes For Kids 17.35 Serial: The Wish 18.00 Mag: Motorweek 18.30 Doc: Kyvi's Techno.... 19.00 Mag: Arts Unveiled 19.30 Mag: The Inside Story 20.00 Tele: Le Chemin Du Destin 20.30 Live: News 20.50 Doc: Nature Always Wins 21.35 Film: Nana's Secret Recipe 23.20 Mag: Close Up	14.25 Radha Mohan 14.58 Bade Acche Lagte Hai 2 15.27 Film: Safari Starring: Sanjay Dutt, Juhi Chawla 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.30 Kuch Rang Pyar Ke Aise... 20.00 Sasural Simar Ka 2 20.30 Radha Krishna 21.06 Anupama 21.36 Mere Sai 22.05 Kismat Ki Lakiron Se 22.31 Kabhi Kabhie ittefaq Sey 23.00 Serial: Shaurya Aur Anokhi Ki Kahani 23.26 Film: Safari 02.05 Serial: Kundali Bhagya 02.30 Serial: Udaariyaan
jeudi 21 décembre	04.53 Tele: Amour Secret 07.15 Serial: The Good Doctor 08.09 Serial: Under Pressure 08.45 Serial: Riviera 09.30 Tele: Le Chemin Du Destin 10.05 Tele: Amour Secret 10.30 The Gardener's Daughter 10.50 Tele: L'Envers Du Paradis 11.15 Serial: Timeless 12.00 Le Journal 12.25 Tele: Barbarita 13.15 Tele: Fierce Angel 13.40 Tele: Imperio De Mentiras 14.05 Tele: Gout De L'Amour 15.25 Film: Buck And The Preacher 17.15 The Gardener's Daughter 17.59 Live: Samachar 18.31 Serial: Wagle Ki Duniya 18.55 Serial: Swaran Ghar 20.30 Film: Happy Hardy And Heer Starring : Ashwin Dhar, Karen Elliot, Trupti Khamkar	08.17 Local: Elle 09.32 Local: Come On Let's Dance 09.47 Rodrig Prog: Komanter 11.09 Local: Rodrig Spor 15.43 Local: Aktiv 15.56 Local: Radio Vision 16.48 Tele: Imperio De Mentiras 17.08 Tele: Amour Secret 18.16 Rodrig: Li Bon Ou Konnin 18.46 Local: Les Grandes Lignes 19.16 Emotion en Avant Plan 19.36 Local: Evasion: Le Pere Noel 20.22 Local: Les Grandes Lignes 20.48 Local: Mots & Ecrits 21.14 Local: Radio Vision 22.00 Local: Retrospective 2023 23.00 Journal Kreol 23.31 Local: Rodrig - Sa Lavi-La 00.23 Local: ONG An Eta Dalert 00.43 Local: Klip Seleksion 02.23 Local: Generations J	07.00 Gadget Guru Ganesha 07.12 Serial: Kisna 07.36 Serial: Lambu G Tingu G 09.28 Local: Gyan Vigyan 10.01 Serial: Suhani Si Ek Ladki 11.30 Serial: Radha Krishna 12.00 Film: Chakkar Pe Chakkar Starring: Shashi Kapoor, Rekha 15.30 Serial: Badki Malkaain 15.58 Serial: Agnipthera 17.31 Radha Krishna 18.31 Local: Amrit Vaani 18.45 Talk By Mahamandleshwar 19.02 Swami Dayanad Saraswati 20.00 Local: Hunarbaaz 20.28 Mag: Dharam Yatra 21.28 Mag: Dev Bhumi 21.59 Serial: Jijaji Chhat Par Hain 22.20 Serial: Yeh Teri Galiyan 23.07 Local: Amrit Vaani 23.40 Swami Dayanad Saraswati	07.22 D.Anime: Cat & Keet 09.36 Film: Ella Bella Bingo 11.35 Serial: The Wish 12.00 Doc: Motorweek 13.00 Serial: N*gen 13.25 Mag: D.I.Y. Discover 13.30 Film: The Magic Kids 15.05 D.Anime: Christmas Dino... 15.53 D.Anime: Li'l Santa 15.54 D.Anime: Les Schtroumpfs 16.06 D.Anime: Miraculous 17.12 Serial: The Avatars 17.35 Serial: The Wish 18.00 Mag: Eco India 18.30 Mag: Shift 18.45 Mag: Carnet De Sante 19.00 Mag: Border Crossing 19.30 Mag: Tomorrow Today 20.00 Tele: Le Chemin Du Destin 21.40 Film: Once Upon A Time In Mexico	14.25 Radha Mohan 15.27 Film: Bade Dilwala Stars: Sunil Shetty, Priya Gill, Paresh Rawal 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.30 Kuch Rang Pyar Ke Aise... 20.00 Sasural Simar Ka 2 20.30 Radha Krishna 21.02 Anupama 21.30 Mere Sai 22.01 Kismat Ki Lakiron Se 22.31 Kabhi Kabhie Ittefaq Sey 22.59 Shaurya Aur Anokhi Ki Kahani 23.30 Film: Bade Dilwala Stars: Sunil Shetty, Priya Gill, Paresh Rawal 02.00 Kundali Bhagya



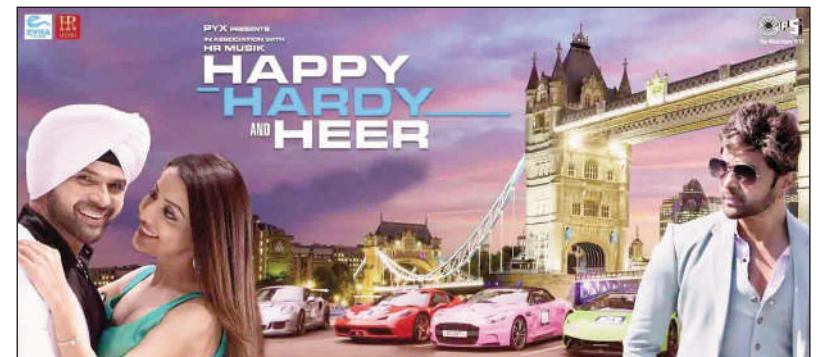
Jeudi 21 décembre - 15.28

Stars: Dharmendra, Moushumi Chatterjee, Govinda



Jeudi 21 décembre - 20.30

Stars: Amitabh Bachchan, R. Mandanna, Neena Gupta





Nita Chicooree-Mercier

Emploi. Des opportunités à saisir

Autour d'une remise en question de l'origine des travailleurs immigrés dans les pays développés qui ont besoin d'une main-d'œuvre étrangère, notamment en Europe et en Israël, les pays du Sud-Est asiatique, Inde, Sri Lanka et Nepal, et d'autres en Asie tels que la Thaïlande et les Philippines jouissent d'une perception favorable par leur capacité de s'intégrer et de respecter la culture et les lois des pays demandeurs.

Pour des raisons évidentes, les Mauriciens se qualifient comme candidats potentiels à migrer vers ces pays. Dans quels secteurs économiques pourraient-ils apporter leurs compétences? Est-ce que le gouvernement prendra l'initiative de demander un assouplissement des visas et d'octroi de permis de travail dans ces pays? Cela aura pour but de faciliter les démarches de ceux qui souhaitent s'expatrier.



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Le vide laissé par le non-renouvellement des contrats de travail des employés du service hospitalier de la zone européenne lors de la mise en application du Brexit a mis le Royaume-Uni dans une impasse paradoxale qui l'oblige à recruter des milliers d'Indiens formés en Inde pour assurer le fonctionnement de ses services dans les hôpitaux et les cliniques. L'Irlande s'est montrée favorable à un recrutement des Indiens dans ce secteur parmi d'autres.

S'ils le souhaitent, les Mauriciens pourraient se porter candidats à occuper des postes d'infirmiers et de médecins en se soumettant à une évaluation de leurs compétences aux normes exigées dans ces pays. Ils gagneront à enrichir leur expérience professionnelle et, aussi, à revoir leur rapport avec les patients, qui, dans les pays développés sont considérés comme des êtres égaux avec lesquels il faut parler avec courtoisie d'abord, et ensuite, il faut répondre à leurs questions.

En Israël, plus de 100,000 emplois sont à pourvoir suite à la décision de ne plus renouveler le contrat des Gazaouis, accusés de complicité précédant le mas-

sacre du 7 octobre dernier. Ces pays d'Asie sont sollicités pour les remplacer. A part le secteur agricole et les services à domicile des personnes âgées, il se peut qu'il y ait d'autres secteurs. Il est recommandé aux ressortissants indiens employés au Qatar et au Koweït de se diriger vers Israël. Pourquoi pas les Mauriciens? Il est peu probable de s'attendre à une ruée des Mauriciens vers les champs agricoles en Israël, et de s'y faire à l'idée de mettre 30 secondes pour se mettre à abri anti-roquettes en cas d'alerte. Le secteur de service à domicile pourrait convenir davantage aux femmes qui cherchent une expérience de travail à l'étranger.

Les ingénieurs à Maurice ne bénéficient pas de la considération qu'ils méritent, et souvent ils sont relégués au statut de simples exécutants. L'Europe a peu de débouchés pour ses propres ressortissants. Le Canada et l'Australie figurent en tête des pays qui ont encore des postes à offrir aux étrangers.

Autre secteur peu valorisé à Maurice: c'est la robotique. Les passionnés de la haute technologie sont frustrés de ne pas s'épanouir dans ce secteur. Le jackpot pour un technicien mauricien serait de décrocher une bourse ou un emploi en Israël dans ce secteur. On ne sait pas si Israël ouvre ce secteur aux étrangers.

Le summum d'une expérience professionnelle en chirurgie dans les années 90 pour les chirurgiens apprentis du monde entier était de pouvoir exercer en Afrique du Sud. Avec le Brésil, il figurait parmi les pays les plus violents, et l'Afrique du Sud conserve encore ce triste record. Les agressions en tous genres (attaque à la machette et au couteau, règlement de compte au revolver) envoyait à l'hôpital les victimes sacrément défigurées, le visage lacéré, les yeux crevés, le cou tailladé, entre autres prouesses des mâles hyper coléreux. Un cas d'étude intéressant pour les chirurgiens-en-herbe. De même, en robotique, Israël devrait être une

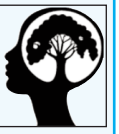
destination de prédilection pour les plus passionnés des technologies innovantes.

L'hôtellerie a connu de beaux jours à Maurice avec une école d'hôtellerie de haut niveau. Ce secteur est boudé depuis quelques années. Les enfants de ceux qui y ont fait carrière dans les années 80 et 90 se sont orientés vers l'université. Une autre couche sociale prit la place et s'est gonflée avec des effectifs venus de Rodrigues. Ce changement survenu a aussi un impact sur la qualité de l'accueil que Maurice s'est forgé pendant des décennies, et avec l'absentéisme récurrent comme autre effet secondaire, l'image du secteur en souffre beaucoup. On voit mal les locaux s'envoler vers d'autres cieux pour se faire une place dans ce secteur. A moins que ce ne soit pour des contrats juteux dans les riches monarchies du Golfe...

En vue des possibilités d'emploi à l'étranger, c'est aux autorités de faire la requête auprès de certains pays pour que les portes soient ouvertes aux Mauriciens. Ce qui est certain, c'est que les Mauriciens seront gagnants à franchir les frontières pour contribuer et profiter et/ou bénéficier du professionnalisme qui existe ailleurs.

Tree of Knowledge

Madisyn Taylor



Wealth: An Instrument of Change

As a form of potential energy that empowers us to generate change, money is neither good nor bad



P - www.fortunebuilders.com

At its most basic, money is a tool that enables us to meet our individual needs. As a form of potential energy that empowers us to generate change, it is neither good nor bad. Yet many people react emotionally to issues concerning finances, unconsciously condemning currency itself, the manner in which money is spent, and people who live lives of financial abundance.

Individuals who are rich in gifts such as high intelligence are acknowledged for their positive traits while those who have acquired material riches or aspire to become wealthy are frequently judged harshly.

However, wealth is not a trait upon which judgment can be legitimately passed. It tells us nothing about how a person lives, what they believe in, whom they care for, or the scope of their values. Like any blessing, wealth is merely an instrument of purpose that can be used both constructively and destructively.

From an early age, people learn to court wealth while simultaneously associating money with greed, selfishness, and unethical behaviour. Consequently, this idea becomes entrenched in their hearts as envy. To attain a balanced and rational comprehension of money, as well as a fairer perspective of wealth, we need to recognize that outward manifestations of wealth tell us little about the individuals enjoying those blessings.

When we feel the finger of jealousy prompting us to draw unflattering conclusions about people whose lives seem more financially secure than our own, we should remind ourselves that there are many elements of their circumstances we cannot see. Their wealth may be the result of long hours of taxing labour, they may donate a large percentage of their resources to charitable causes, or their bounty may be an incidental aspect of a life spent doing what they love.

Ultimately, we can heal our hurtful associations with money by turning a blind eye toward both wealth and poverty when interacting with others and instead focusing on the individual before us.

If you take a moment to consider your own feelings regarding money and wealth, you may discover that you equate financial prosperity with happiness, power, security, independence, or self-indulgence. Money itself, however, is none of these things. You can begin developing a healthier view of wealth by simply accepting that while some possess great wealth and others do not, we all have the potential to create lives of beauty, substance, and wisdom using the resources we have been granted.