

MAURITIUS TIMES

• A leader is one who knows the way, goes the way, and shows the way. — John Maxwell

Politique



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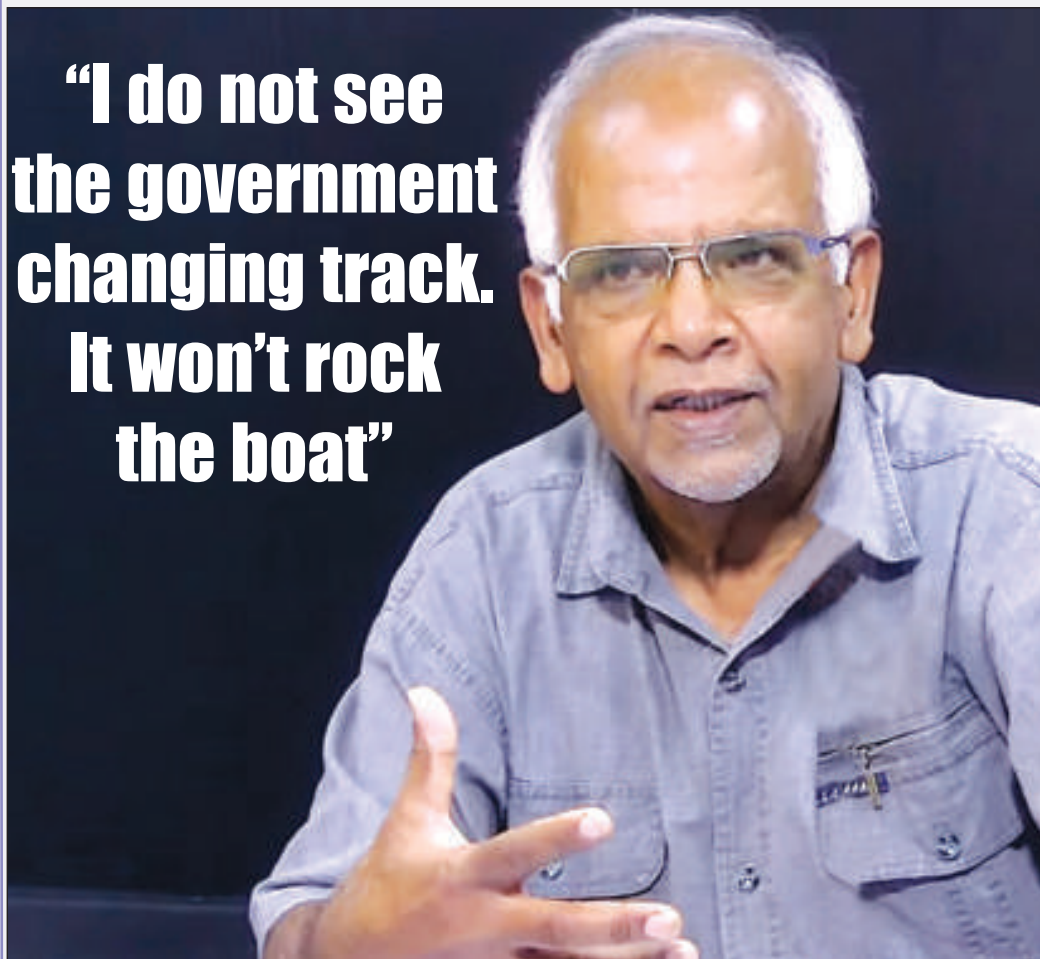
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A Palpable Sense of Unease

In recent times, after the anger around scores of villages drowning under Belal's flood and river waters, not to mention the ludicrous call for work resumption on Monday last, numerous questions have been raised about the effectiveness of government actions under crisis conditions. Feeling the heat, the Ministry of Finance was rushed to the fore to announce a billion rupees of solidarity funds to be disbursed as effortlessly as possible. So much the better for those watching despairingly over their lost belongings and businesses and we won't quibble.

But Mauritians from all walks of life have been intensely irritated, as angry as the PM, because nobody can claim this is a novel unexpected experience. A palpable sense of unease has settled over the political landscape, prompting a critical examination of the apparent breakdown in government effectiveness and crisis response. The recurring issues, particularly the persistent problem of flooding incidents, have raised concerns about the lack of in-depth analysis of root causes or worse, contracts awarded to a bunch of selected contractors with little or no supervision.

The recent events, notably the mishandling of the cyclone Belal and its aftermath, pose a significant risk of eroding public trust in the government's ability to anticipate and effectively manage threats. The absence of an effective town and country planning programme further exacerbates the situation, leaving citizens to wonder why this crucial aspect has not been prioritized by successive governments.

One cannot overlook the fact that billions have been allocated in the government budget to address these issues. However, the lack of information about the coordination and collaboration among government departments to tackle these challenges raises questions about the effectiveness of the government's strategies. Is there a fundamental flaw in the way the

government functions, or does the issue lie with the political leadership?

As we navigate the aftermath of the recent crises, it becomes evident that the risk of people losing trust in the effectiveness of government agencies is considerable. The ability to anticipate and deal with threats to public safety and property, such as providing accurate and timely weather forecasts and managing drainage systems, is paramount. The recent failures in these areas highlight the need for a comprehensive reassessment of the government's strategies and capabilities.

In the context of these persistent problems, it is worth exploring whether solutions can only be found outside the country, through the involvement of external expertise. Bringing in fresh perspectives and innovative solutions might be a necessary step to break the cycle of repeated troubles that affect the local population.

Looking ahead, there is skepticism about the current government's willingness to take decisive action to address the hindrances to effective, long-term solutions to the problems affecting the local population. The lack of vocal demand for better governance from the public also contributes to the stagnation in addressing these issues.

The complex web of challenges facing the government demands a thorough examination of its functioning, leadership, and responsiveness to crises. The recurrent issues, the lack of effective planning, and the absence of collaboration among government departments necessitate a re-evaluation of strategies. The reluctance of mainstream parties to address critical concerns further complicate the landscape. As the nation navigates these challenges, the crucial question remains: Can the government regain public trust and effectively address the persistent issues that continue to so adversely impact the lives of its citizens?

Socratic Dialogue

The Unpredictable Whims of Mother Nature

Plutonix

In the ancient city of Athens, where philosophy flourished like olive trees, Socrates and Cephalus found themselves seeking refuge from an unexpected rainstorm under the sheltering branches of an ancient tree. Little did they know that their casual encounter would unfold into a humorous and satirical exploration of the unpredictable nature of weather, the challenges faced by meteorologists in the era of climate change, and the curious dance between governments, scapegoats, and disgruntled citizens when forecasts go awry.

As the raindrops danced on the leaves above, Socrates, the wise philosopher of Athens, and Cephalus, a wealthy and retired old businessman, embarked on a dialogue that transcended the boundaries of time and culture. In the midst of the unpredictable downpour, their conversation delved into the complexities of weather forecasting, the distress it causes the populace, and the amusing yet lamentable ritual of governments seeking scapegoats when meteorological prophecies prove fallible.

The unpredictable journey through this Socratic dialogue promises to be a blend of wit, satire, and philosophical musings, mirroring the capricious essence of the weather they discuss.

Setting: A quaint garden in Athens, where Socrates and Cephalus find shelter from a surprise rainstorm. They sit under an olive tree, conversing as the rain pours down.

Socrates: Greetings, Cephalus! It appears that Zeus himself has decided to grace us with an unexpected shower today.

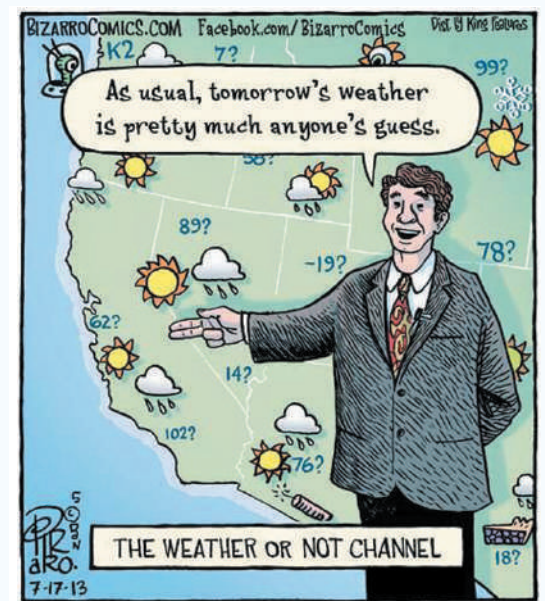
Cephalus: (Chuckles) Indeed, Socrates! The weather, much like life, has a tendency to surprise us when we least expect it.

Socrates: Ah, the whims of Mother Nature! It seems she enjoys playing games with us mortals. I often wonder, my dear friend, about those who attempt to decipher her mysteries – the meteorologists.

Cephalus: (Smirking) Aye, Socrates, those poor souls who dare to predict the unpredictable. What a task they have chosen for themselves!

Socrates: Tell me, Cephalus, what compels these meteorologists to brave the tempest of uncertainty? Do they not fear the wrath of the heavens when their forecasts go astray?

Cephalus: (Laughing) Fear, my wise friend, may be the least of their concerns. They grapple with the ever-shifting winds of public opinion, especially when climate change throws a curveball into their calculations.



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2024 : Y aura-t-il des élections anticipées?

Le gouvernement pourra-t-il aller jusqu'au bout de son mandat? Son calendrier politique fait face à des impondérables...

Aditya Narayan

En ce début d'année, la question que tout le monde se pose est la suivante: quand auront lieu les prochaines élections législatives? Le Parlement sera dissout automatiquement fin novembre 2024, et les élections devront normalement avoir lieu dans un délai maximal de six mois. Toutefois, des élections anticipées ne sont pas à écarter.

Le Premier ministre aura beau dire que son gouvernement ira jusqu'au bout de son mandat de cinq ans (2020-2024), les décisions et les actions officielles indiquent le contraire. En vertu de sa prérogative de fixer la date des élections, il peut prendre l'Opposition de court en appelant le pays aux urnes au moment propice.

Avant le cyclone Belal, la campagne électorale avait déjà commencé. Sur le terrain, les ministres et les députés du gouvernement s'activaient au gré des cérémonies d'inauguration à travers le pays (une route ici, un bâtiment là-bas) et marquaient leur présence télévisée en étant présents aux fêtes socioculturelles. La MBC était là, bien sûr, pour relayer la parole partisane tous les jours.

Cette frénésie sur le terrain avait pour toile de fond des mesures populistes annoncées avec fanfare pour distiller un sentiment de prospérité chez l'électorat: une augmentation du salaire minimal, une compensation salariale de Rs 1,500 à Rs 2,000, une augmentation de la pension de vieillesse de Rs 12,000 à Rs 13,500 pour les pensionnés de 75-89 ans, un cadeau de fin d'année de Rs 2,000 aux fonctionnaires,

“En matière géopolitique, il y a une instabilité croissante au Proche-Orient avec une guerre régionale potentielle qui impacterait le coût du fret et, partant, les prix à l'importation, non sans compter une rupture d'approvisionnement en produits essentiels. Et puis, la prochaine saison cyclonique en janvier-mars 2025 pourrait être sinon dévastatrice, du moins instable pour le pays, le changement climatique aidant. Dans cette perspective peu reluisante, le gouvernement serait tenté d'appeler le pays aux urnes avant la fin de l'année afin d'éviter le pire...”

etc. A la fin de l'année 2023, les Mauriciens étaient vraiment pris d'une illusion de bien-être avec l'injection d'une masse monétaire considérable dans l'économie, et ce, malgré l'inflation galopante.

Surfant sur cette vague d'optimisme béat, le gouvernement maintenait le cap vers un budget 2024-25 qui allait présenter d'autres douceurs électoralistes telles que l'extension de la pension de vieillesse de Rs 13,500 à tous les retraités. On prévoyait des élections anticipées après ce dernier budget populiste pour donner un coup de masque à l'Opposition.

Cependant, un facteur imprévu est venu déjouer les calculs du gouvernement: le cyclone Belal et ses effets dévastateurs sur des pans entiers du pays. La gestion catastrophique du cyclone avec des avertissements non ponctuels, suivie de l'impréparation aux inondations, a révélé l'amateurisme et l'incompétence des autorités publiques.

Le gouvernement a donc été rattrapé très vite par la réalité de ses inepties. Il a voulu se dédouaner en imputant la responsabilité du désastre aux services de la météo. Pour se racheter auprès du public en colère, il a annoncé un plan d'aide d'un milliard de roupies aux groupes affectés par le cyclone: automobilistes ayant subi des pertes, planteurs, éleveurs, pêcheurs, etc. Le gouvernement a même garanti un dédommagement rapide aux propriétaires de véhicules endommagés par les crues à travers la Financial Services Commission, quitte à le recouvrer auprès des assureurs plus tard.

Le pays étant toujours en état de psychose cyclonique, le gouvernement s'attèlera dans les mois à venir à réparer les dégâts çà et là (routes défoncées, drains bouchés) pour permettre un retour à la normale en attendant le prochain budget. Mais déjà l'illusion de prospérité (“feel-good factor”) s'est volatilisée, et les services publics (CEB, CWA, collectivités locales) ont démontré leurs insuffisances dans des moments d'urgence. Au niveau international, l'image du pays a pris un sale coup avec les déboires d'Air Mauritius, incapable de gérer des annulations de vols à la satisfaction des passagers.

Le gouvernement pourra-t-il aller jusqu'au bout de son mandat? Son calendrier politique fait face à des impondérables. En matière géopolitique, il y a une instabilité croissante au Proche-Orient avec une guerre régionale potentielle qui impacterait le coût du fret et, partant, les prix à l'importa-



Pic - lexpress.mu

tion, non sans compter une rupture d'approvisionnement en produits essentiels. Et puis, la prochaine saison cyclonique en janvier-mars 2025 pourrait être sinon dévastatrice, du moins instable pour le pays, le changement climatique aidant.

Dans cette perspective peu reluisante, le gouvernement serait tenté d'appeler le pays aux urnes avant la fin de l'année afin d'éviter le pire. Certains observateurs pessimistes ont émis la thèse à l'effet qu'il chercherait un prétexte pour mettre en place un état d'urgence, sous l'alinéa 57(4) de la Constitution (voir la référence ci-dessous), afin de renvoyer les élections pour un an à partir de la date de dissolution du Parlement. Sous l'article 57, la mandature de 5 ans du Parlement ne peut pas être prolongée, sauf en cas de force majeure (une guerre ou un état d'urgence). Toute entorse

aux exigences constitutionnelles souillerait le blason du gouvernement, qui est déjà voué aux gémonies pour ses dérives autoritaires notées ces derniers temps. Cela n'empêchera pas qu'il joue de mauvais tours à l'Opposition grâce aux institutions sous son contrôle, notamment la Financial Crimes Commission.

L'Opposition parlementaire, pour sa part, devrait être prête à répondre aux coups imprévisibles tout en peaufinant son manifeste électoral et aussi en finalisant sa liste de candidats. La mobilisation du 1er mai sera décisive sur ce plan. Elle cassera ou accentuera le «momentum» de l'alliance d'opposition parlementaire. Sa force d'adhésion populaire dépendra de sa capacité à marginaliser l'opposition extra parlementaire afin de forcer un jeu bipolaire sur l'échiquier politique entre deux blocs.

Constitution of Mauritius

Article 56 – Sessions

- (4) Writs for a general election of members of the Assembly shall be issued within 60 days of the date of any dissolution of Parliament and a session of the Assembly shall be appointed to commence within 30 days of the date prescribed for polling at any general election. [Amended 2/82; 48/91]

Article 57 - Prorogation and dissolution of Parliament

- (2) Parliament unless sooner dissolved, shall continue for 5 years from the date of the first sitting of the Assembly after any general election and shall then stand dissolved.
- (3) At any time when Mauritius is at war, Parliament may from time to time extend the period of 5 years specified in subsection (2) by not more than 12 months at a time: Provided that the life of Parliament shall not be extended under this subsection for more than 5 years.
- (4) At any time when there is in force a Proclamation by the President declaring, for the purposes of section 19(7)(b), that a state of public emergency exists, Parliament may from time to time extend the period of 5 years specified in subsection (2) by not more than 6 months at a time: Provided that the life of Parliament shall not be extended under this subsection for more than one year.

Article 19 - Interpretation and savings

- (7) In this Chapter “period of public emergency” means any period during which –
- (a) Mauritius is engaged in any war;
- (b) there is in force a Proclamation by the President declaring that a state of public emergency exists; or
- (c) there is in force a resolution of the Assembly supported by the votes of a majority of all the members of the Assembly declaring that democratic institutions in Mauritius are threatened by subversion.

La leçon singapourienne

Le ministre des Transports de Singapour démissionne suite à des accusations de corruption

Par A. Bartleby



Le cas de corruption d'Iswaran est rare dans un pays qui se vante d'une haute intégrité en politique. P - Bloomberg

Le ministre des Transports de Singapour, S. Iswaran, a démissionné jeudi dernier après avoir été inculpé dans une affaire de corruption. Iswaran fait face à 27 chefs d'accusation, principalement liés à des allégations selon lesquelles il aurait reçu des faveurs telles que des billets pour des matches de football, des spectacles et des événements de 2015 à 2022.

Parmi ses présumés méfaits, citons la réception de deux billets d'une valeur de plus de 1 000 dollars de Singapour (744 dollars) pour un match de football entre les équipes de la Premier League anglaise Arsenal et Tottenham Hotspur en novembre 2015, et pour des spectacles tels que "Harry Potter et l'enfant maudit" en décembre 2017.

Iswaran représentait Singapour dans les négociations pour un événement de sport automobile de Formule 1 devant avoir lieu dans la ville. Les accusations allèguent également qu'en septembre 2016, il a reçu 10 billets pour la course d'une valeur de plus de 40 000 dollars de Singapour, et de nouveau l'année suivante.

Selon les médias locaux, Iswaran a plaidé non coupable jeudi lors de sa comparution au tribunal d'État.

"Je rejette les allégations figurant dans les chefs d'accusation et me concentrerai maintenant sur l'innocence de mon nom", a-t-il écrit dans une lettre publiée en ligne annonçant sa démission du gouvernement. Dans la lettre, il a déclaré qu'il démissionnait du cabinet de Lee et renonçait à son adhésion au Parti d'action populaire (People's Action Party - PAP), qui gouverne Singapour depuis son indépendance en 1965. Le parti a bâti sa réputation sur une gouvernance propre; les scandales de corruption impliquant des dirigeants politiques ont été rares.

Iswaran restituera le salaire qu'il a reçu, ainsi que les indemnités en tant que parlementaire, depuis le début des enquêtes entourant l'affaire de corruption en juillet de l'année dernière.

"Le gouvernement a traité ce cas rigoureusement conformément à la loi et continuera de le faire", a déclaré Lee dans un communiqué publié en ligne. "Je suis déterminé à défendre l'intégrité du parti et du gouvernement,

ainsi que notre réputation d'honnêteté et d'incorruptibilité."

Le cas de corruption d'Iswaran est rare dans un pays qui se vante d'une haute intégrité en politique. Les ministres de Singapour ont un code de conduite qui stipule qu'un ministre doit "éviter scrupuleusement tout conflit d'intérêts réel ou apparent entre sa fonction et ses intérêts financiers privés".

Le dernier cas de corruption impliquant un ministre remonte à 1986, lorsque le ministre du Développement national qui avait fait l'objet d'une enquête pour avoir prétendument accepté des pots-de-vin. Le ministre est décédé avant de comparaître devant les tribunaux.

Singapour doit tenir des élections générales d'ici 2025, le cas d'Iswaran jetant une ombre sur le PAP. Le parti doit également connaître une transition de leadership, Lee promettant de passer le relais à son successeur, le vice-Premier ministre Lawrence Wong, d'ici novembre.

Cette démission du ministre Iswaran, suite à des accusations de corruption, offre à Maurice des enseignements précieux dans la lutte contre la corruption. Les ministres singapouriens font l'objet d'une surveillance étroite, et tout signe de comportement inapproprié est rapidement traité. Les 27 chefs d'accusation portés contre Iswaran mettent en lumière l'importance de maintenir une vigilance constante, même dans les rangs les plus élevés du gouvernement. Pour Maurice, cela souligne l'importance de renforcer les mécanismes de prévention et de détection de la corruption à tous les niveaux.

L'ICAC de Maurice, en tant qu'organe anti-corruption, peut tirer des leçons essentielles de la manière dont Singapour traite les cas de corruption. Le cas d'Iswaran a été traité avec rigueur et transparence par les autorités singapouriennes, renforçant ainsi la confiance du public dans les institutions.

Maurice pourrait envisager d'améliorer la transparence de l'ICAC, en divulguant davantage d'informations sur ses enquêtes, ses procédures et ses résultats, afin de renforcer la confiance du public et d'accroître son efficacité.

La déclaration d'Iswaran, où il a annoncé qu'il restituerait son salaire et ses indemnités, souligne l'importance de la responsabilité personnelle. La classe politique - gouvernement et opposition - pourrait encourager une culture similaire de responsabilité au sein du gouvernement et des institutions du pays pour dissuader les actes de corruption et, aussi garantir que ceux qui sont reconnus coupables rendent des comptes.

* * *

Mission Antarctique

Des scientifiques de Maurice et du Bangladesh rejoignent l'expédition indienne

Deux scientifiques de Maurice et un scientifique du Bangladesh ont rejoint la 43e expédition antarctique, dirigée par le Centre national de recherche polaire et océanique (National Centre for Polar and Ocean Research - NCPOR). Les scientifiques effectueront des études scientifiques sur le continent gelé pour une période de trois à quatre mois.

Les scientifiques, qui participent pour la première fois

à l'expédition indienne, entreprendront une "recherche collaborative" en sciences polaires et comprendront les subtilités de la logistique polaire ainsi que les défis de l'environnement glacial.

Les participants du Bangladesh et de Maurice font partie de l'engagement pris par les autorités indiennes, dont le 'Union Ministry of Earth Sciences', qui a promis de fournir des opportunités aux scientifiques des nations de la Conférence de sécurité de Colombo (Colombo Security Conclave - CSC).

"La participation de scientifiques de pays voisins à l'expédition est le résultat de la première conférence des océanographes et hydrographes de la CSC, qui s'est tenue à Goa et Hyderabad en novembre 2022", a déclaré un communiqué officiel.

Les scientifiques des nations voisines ont rejoint le contingent indien de scientifiques à bord du MV Vasily Golovnin lors de son trajet du Cap à l'Antarctique en décembre. L'expédition est composée de 21 membres.

Le soutien aérien est facilité par deux hélicoptères - un Aerospatiale 350 B3 et un KAMOV 32, avec un équipage total de neuf membres, dirigé par le Dr Yogesh Ray, un scientifique principal du groupe des opérations antarctiques du NCPOR.



Des scientifiques de Maurice et du Bangladesh font partie de la 43e expédition antarctique de l'Inde. P - Current Affairs

Les scientifiques des nations de la CSC ont également embarqué à bord du navire de recherche indien 'Sagar Nidhi' pour une expédition scientifique d'un mois dans la région de l'océan Indien en juin de l'année dernière.

L'Antarctique, en tant que continent gelé situé au pôle sud de la Terre, revêt une importance stratégique majeure en raison de ses vastes réserves de ressources naturelles, notamment d'eau douce et de minéraux. En outre, il joue un rôle crucial dans la régulation du climat mondial.

La participation de scientifiques mauriciens à cette expédition revêt une importance stratégique pour Maurice, car cela ouvre des opportunités de collaboration dans la recherche polaire et renforce les liens scientifiques avec des puissances majeures, notamment l'Inde. La collaboration permettra d'approfondir la compréhension des enjeux liés à l'Antarctique et de développer des compétences en logistique polaire.

Maurice peut bénéficier de cette collaboration en acquérant des connaissances scientifiques avancées, en élargissant les compétences de ses scientifiques et en renforçant sa position en tant que partenaire scientifique dans les initiatives liées à l'Antarctique. De plus, cela peut conduire à des opportunités économiques, notamment dans le domaine de la recherche, du tourisme antarctique et de l'exploitation durable des ressources antarctiques.

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Chagos: David Cameron exclut le retour des Ilois



Un retour sur les îles désormais "pas possible" pour les Chagossiens, selon David Cameron. P. - Slow Journalism

Le secrétaire aux Affaires étrangères britannique, David Cameron, a provoqué la colère en rejetant brusquement la réinstallation des anciens habitants des îles Chagos, quelques mois après que son prédécesseur ait révélé que le Royaume-Uni discutait de leur éventuel retour.

L'ancien Premier ministre a suggéré qu'un retour sur les îles n'était désormais "pas possible" pour les Chagossiens qui ont été déplacés de force par le gouvernement britannique dans les années 1960 et 1970.

Sa position a stupéfié les habitants qui, il y a un an, avaient célébré la nouvelle que le Royaume-Uni discutait du retour des habitants avec une éventuelle restitution future de l'archipel des Chagos, selon Mark Townsend du journal 'The Guardian'.

Jeu, Human Rights Watch (HRW) a écrit à Cameron exprimant son "extrême préoccupation" face à ce revirement apparent après une campagne de longue date pour rapatrier les Chagossiens. Dans leurs premières déclarations officielles sur le sujet, les groupes chagossiens ont critiqué l'intervention de Cameron.

La position de Cameron sur la question a émergé lors de son témoignage devant un comité des Affaires étrangères le 9 janvier, des commentaires qui contrastaient fortement avec ceux de son prédécesseur dans une déclaration ministérielle écrite le 3 novembre 2022.

En mars de l'année dernière, l'ancien secrétaire aux Affaires étrangères, James Cleverly, avait confirmé que les pourparlers entre le Royaume-Uni et Maurice sur l'avenir des îles de l'océan Indien incluaient le "rétablissement des anciens habitants de l'archipel des Chagos".

Cleverly, actuel ministre de l'Intérieur, avait déclaré en novembre 2022 que l'objectif était d'aboutir à un règlement impliquant le retour des anciens habitants avec Maurice au début de l'année dernière. Douze mois plus tard, Cameron a repris son poste malgré le fait de ne pas être député.

L'occupation continue du Royaume-Uni des îles, un territoire britannique dans l'océan Indien depuis 1814, a suscité une opposition mondiale généralisée et deux

défaites retentissantes devant les tribunaux internationaux.

Justifiant son intervention sur la question, Cameron a souligné les exigences de sécurité et l'importance de la base militaire de Diego Garcia.

Cependant, l'accord potentiel de Cleverly avec Maurice indiquait que la base militaire stratégique dans l'océan Indien à Diego Garcia, louée par le Royaume-Uni aux États-Unis, resterait ouverte.

Rappelons qu'en 2019, la Cour internationale de Justice, la plus haute instance judiciaire de l'ONU, a jugé

que l'administration du territoire par le Royaume-Uni était "illégal" et devait prendre fin. Le Royaume-Uni a ignoré la décision au motif qu'elle était consultative.

Deux ans plus tard, le tribunal international du droit de la mer a jugé que la revendication britannique sur les îles était illégale. Une fois de plus, le Royaume-Uni a refusé d'accepter la décision.

Dans la déclaration ministérielle de 2022, Cleverly a déclaré : "Le Royaume-Uni et Maurice ont convenu de mener des négociations constructives, en vue de parvenir à un accord d'ici début de l'année prochaine.

"Prendre en compte les procédures judiciaires pertinentes, il est de notre intention de sécuriser un accord sur la base du droit international pour résoudre tous les problèmes en suspens, y compris ceux liés aux anciens habitants de l'archipel des Chagos."

Cameron a déclaré au Parlement qu'il avait déjà examiné la possibilité pour les Chagossiens de retourner sur les îles, affirmant que ce n'était pas une option.

"Lorsque j'étais Premier ministre, il s'était agi de voir si nous pouvions reloger les Chagossiens sur les îles extérieures ; beaucoup de travail a été fait, et ce n'était pas possible", a déclaré le secrétaire aux Affaires étrangères.

L'obstination du gouvernement britannique à ne pas reconnaître la souveraineté de Maurice sur l'archipel des Chagos, malgré la décision de la Cour internationale de Justice en faveur de Maurice, soulève de sérieuses questions sur le respect du droit international. La décision de la Cour en 2019, qualifiant l'administration britannique du territoire comme étant "illégal" et ordonnant sa fin, devrait logiquement inciter à un dialogue constructif et au respect des droits souverains de Maurice.

Le refus du Royaume-Uni d'accepter cette décision souligne une attitude persistante qui semble minimiser les droits des Chagossiens et ignorer les conséquences de l'exil forcé qu'ils ont subi. Cette obstination, en dépit des appels à la justice et des preuves juridiques en faveur de la souveraineté mauricienne, suscite des préoccupations quant au respect des principes démocratiques et des droits de l'homme.

Un duel Trump-Biden 2.0 plus probable que jamais

Trump remporte la primaire du New Hampshire alors qu'une revanche avec Biden semble de plus en plus probable

L'ancien président Donald Trump a remporté facilement la primaire du New Hampshire mardi, prenant le contrôle de la course à l'investiture républicaine et rendant un duel en novembre contre le président Joe Biden encore plus inévitable.

Le résultat a été un revers pour l'ancienne ambassadrice de l'ONU, Nikki Haley, qui a terminé deuxième malgré avoir investi un temps et des ressources financières significatifs dans un État réputé pour son indépendance. Elle est la dernière grande concurrente après la fin de la candidature présidentielle du gouverneur de Floride, Ron DeSantis, ce qui lui a permis de faire campagne comme la seule alternative à Trump.

Les alliés de Trump ont intensifié la pression sur Haley pour qu'elle quitte la course avant la fermeture des bureaux de vote, mais Haley a promis de continuer sa campagne après l'annonce des résultats.

S'adressant à ses partisans, elle a intensifié sa cri-

tique envers l'ancien président, remettant en question sa santé mentale et se présentant comme une candidate rassembleuse qui introduirait un changement générationnel.

"Cette course est loin d'être terminée. Il reste des dizaines d'États à parcourir", a déclaré Haley, tandis que certains dans la foule criaient: "Ce n'est pas fini!"

Trump, quant à lui, peut maintenant se vanter d'être le premier candidat présidentiel républicain à remporter des primaires ouvertes dans l'Iowa et le New Hampshire depuis que ces deux États ont commencé à diriger le calendrier électoral en 1976, un signe frappant de la rapidité avec laquelle les républicains se sont ralliés autour de lui pour le désigner comme leur candidat pour la troisième fois consécutive.

A. Bartleby
Suite en page 8

We all want to be in good health but...



Dr R Neerunjun Gopee

The cyclonic weather has come to play spoilsport with an International Conference on Diabetes, Obesity and Associated Diseases organised by the Ministry of Health and Wellness jointly with Diabetes Foundation Mauritius and World Community for Prevention of Diabetes Foundation Spain at the

Balaclava Intercontinental Resort over three days, with the inaugural session held on Monday 21st January 2024.

From Ministry of Health to Ministry of Health & Quality of Life to the current appellation Ministry of Health & Wellness: the change in nomenclature has sought to emphasise the importance of being in good health, which one would presume is everybody's wish. Unfortunately, not everybody is willing to make the little effort that is *constantly* required to achieve that goal, and hence the need to keep reminding them of the consequences of failure to look after themselves properly, which are the subject of such conferences. Along with diabetes and obesity, they comprise the cluster of diseases known as the non-communicable diseases or NCDs. The experts present at the present conference will share with each other and with the local health professionals the latest developments in the various aspects of these diseases covering prevention and treatment, but how did Mauritians come to be major sufferers from these ailments which have such a high toll of morbidity and mortality?

A brief consideration of the evolution of the health situation in Mauritius will throw some light on this. Basically, the change has been from communicable to predominantly non-communicable diseases.

Communicable diseases are caused by microbes such as viruses (influenza), bacteria (tuberculosis or TB), parasites (malaria), and potentially cure is possible. They are also known as infectious or transmissible diseases because they can be transmitted from person to person by direct (e.g. touching) or indirect contact (e.g. influenza/TB through the air, gastroenteritis through water). Specific microbes cause specific diseases (e.g. influenza viruses will cause ONLY influenza not TB). They can usually be prevented by good personal hygiene and adequate sanitation; treated by antibiotics targeted at specific microbe (e.g. antimalarial medicine cannot treat pneumonia) and can be completely cured or eradicated (e.g. smallpox, malaria).

Non-communicable diseases (NCDs) are caused by multiple factors, thus leading to different diseases for which generally cure is not possible, only control. Further, unlike communicable diseases, they are not transmitted from person to person. They began to surface around the 1980s, in developed countries, caused by a combination of genetic and environmental factors allied to personal lifestyle i.e. there is a common set of multiple factors hence the term multifactorial used in connection with the causation of NCDs.

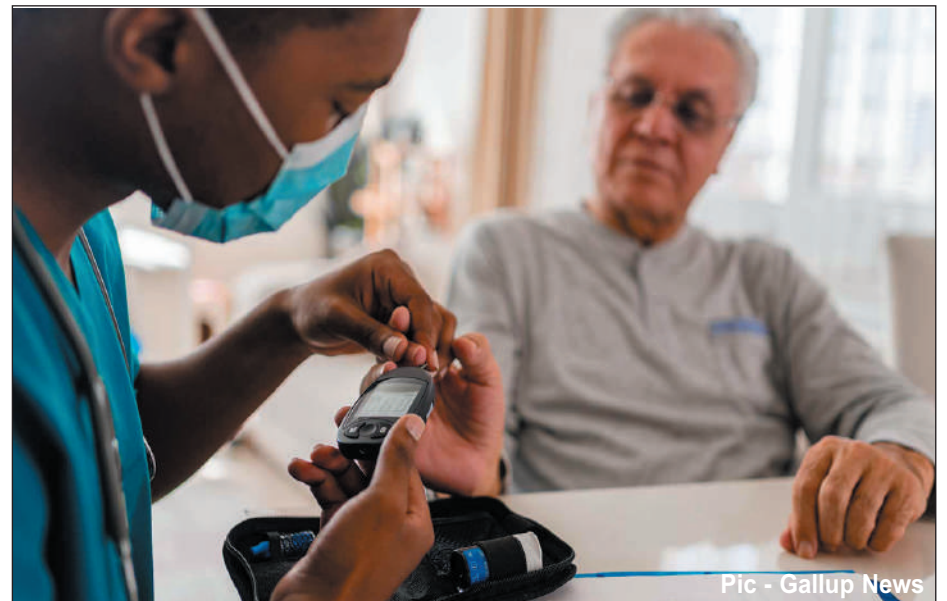
These common factors are, for example: lack of physical exercise; poor nutritional habits; overweight and obesity; substance abuse: drugs, alcohol, tobacco; chronic exposure to environmental pollutants: pesticides, air pollution, vehicle exhaust smoke; high cholesterol. Collectively, these are the *risk factors* for NCDs to which one may add another significant one – stress.

The interaction of gene, environment and lifestyle

leads to the NCDs: diseases of the heart, hypertension, asthma, cancer, road accidents, mental health problems, renal disease, strokes, etc.

In the early 1980s, our Annual Health Statistics Reports showed that communicable diseases were diminishing but diseases that were later to be called NCDs were increasing.

WHO assistance was sought to assess the situation. Professor Paul Zimmet of the International Diabetes Institute Melbourne, Australia (a WHO Collaborating Centre) was delegated to assess the situation, and he recommended the first formal NCD Survey (1987) conducted by local and WHO team led by him with Prof Alberti (UK) and Prof Tuomelihto (Finland), and confirmed that Mauritius had made the *epidemiological transition* – a shift in the *pattern of disease of whole populations* – from communicable disease to NCDs.



Pic - Gallup News

“Non-communicable diseases (NCDs) are caused by multiple factors, thus leading to different diseases for which generally cure is not possible, only control. Further, unlike communicable diseases, they are not transmitted from person to person. They began to surface around the 1980s, in developed countries, caused by a combination of genetic and environmental factors allied to personal lifestyle i.e. there is a common set of multiple factors hence the term multifactorial used in connection with the causation of NCDs. These common factors are, for example: lack of physical exercise; poor nutritional habits; overweight and obesity; substance abuse: drugs, alcohol, tobacco; chronic exposure to environmental pollutants: pesticides, air pollution, vehicle exhaust smoke; high cholesterol...”

The following was the Response of MOH:

- NCD Unit set up (late Dr H. Gareeboo and Dr P. Chitson)
- Core Measures (together known as *Public Health Interventions*): Legislation (hike in price of tobacco, regulation of saturated fats in cooking oils, salt in imported food items), health education and promotion, screening campaigns, ongoing studies of risk factors.
- NCD Surveys repeated 5-yearly, last one 2021, showing that trends of disease and risks maintained, and would have worsened without the interventions. Importantly, the objective of such surveys of whole populations is an *epidemiological exercise to reveal trends*, not necessarily to produce exact figures, though precise validated data are provided. They alert clinicians to expect rising numbers of NCDs and to prepare to handle them for treatment.
- Meanwhile, new knowledge about many NCDs, diabetes (DM) in particular, and new techniques of treatment confirm high prevalence of DM, a disease in itself and an aggravating risk factor for the other NCDs. Hence emphasis on its control, for which same measures as above would apply to other NCDs as

well.

- To standardize the approach for control, a *National Service Framework for Diabetes* (NSFD) was elaborated with the help of Prof Owens of the UK and fine-tuned by Prof Paul Zimmet and team. This led to interventions being scaled up, and new ones added. Mobile clinics were provided for targeted screening.
- Updated tobacco and alcohol legislation; banning of soft drinks in educational institutions; setting up of health clubs, health tracks, NCD clinics, etc.
- Preparation of plans of Action (Physical Activity, Nutrition, Cancer Control).
- Holding of IAC (International Diabetes Committee) meeting August 2007.
- International Conference on Cardiovascular Diseases 2008.
- International Conference on 'Diabetes and Associated Diseases' November 2009, and the current one being held, with notably Obesity added as it has become a major concern worldwide, but also interestingly effective surgical techniques to treat it have been developed in recent years.

Fortunately, there have been some notable differences since the last survey, as the Conference Handbook notes: 'Overall, improvement in terms of public awareness and status of NCDs and their risk factors have been observed. This is likely due to the implementation of various screening and preventive activities over the last 15 years. However, NCDs remain a major public health problem in Mauritius.'

All the studies have repeatedly shown that the mainstay of promotion of good health and prevention of NCDs are: *proper nutrition* and *adequate physical activity* – starting from childhood. Parental responsibility for their children's health is therefore paramount, as is individual responsibility in the case of adults. MOH and health professionals can only go so far through advising and providing the proper information. The rest is up to parents and individuals. We are therefore warned...



Anil Madan

Is a Two-State Solution for Israel and Palestine Possible?

An Israeli state and a Palestinian state living side-by-side in peace, seems irrefutably the logical way to make peace. But since when has man made peace with his fellowman because it was the logical thing to do?

After the October 7 attack by Hamas, it was inevitable that any response by Israel would, in addition to eliciting calls for a humanitarian ceasefire, revive talk of a two-state solution as a means of achieving a lasting peace between Palestinians on the one hand and the Jewish and Arab population of Israel on the other hand. When people talk about a two-state solution, they tend to forget that 20% of Israel's population are Arabs, and they too are affected by the ongoing hostilities.

At first blush, the seemingly elegant idea of a two-state solution — an Israeli state and a Palestinian state living side-by-side in peace, seems simple and irrefutably the logical way to make peace. But since when has man made peace with his fellowman because it was the logical thing to do?

So why has a two-state solution not come to fruition? After all, calls for a two-state solution have been around for a long time, long before its most persistent form, the so-called Arab Peace Initiative, and sometimes referred to as the Saudi Initiative, was endorsed by the Arab League at its summits in 2002, 2007, and 2017.

The reactions of the Palestinians have been mixed. The Palestinian Authority's then leader Yasser Arafat, initially accepted it. Mahmoud Abbas, who succeeded Arafat, encouraged President Obama to champion the plan. Hamas has been divided and conflicted. Some reports indicate that Hamas eventually accepted the idea, if not all aspects of the plan. Israeli reaction too has waxed and waned and wavered. Prime Minister Ariel Sharon rejected the notion that Israel should withdraw to the pre-1967 war borders. Prime Minister Netanyahu tentatively supported, and then rejected the initiative as a basis for negotiation with the Palestinians. One can only imagine that neither Hezbollah, nor Iran would endorse any such plan because it necessarily implies Israel's right to exist.

As one thinks about the idea of a two-state solution to bring an end to this lingering conflict in the Middle East, many complications come to mind. Some of the most pressing are:

First, what will the territory of the Palestinian state look like? Will the West Bank and the Gaza strip become one unified state? Will any piece of Jerusalem be a part of a Palestinian state? Doesn't the



Pic - nytimes.com

“Saudi Arabia has had its own priorities in play. It has the larger goal of establishing a defense security pact with the US and it is obvious that this need for Saudi security vis-à-vis Iran, had shoved the Palestinian issue to the back burner. Similarly, the UAE and other Arab nations have not allowed the Palestinian question to stand in the way of normalizing their relations with Israel. These countries recognize that Israel is a key player in guaranteeing security of the region against Iran...”

Dome of the Rock have to be a part of a Palestinian state, and if so, will Jews be allowed access to what they too regard as a holy site? How will Israel and the new Palestinian state deal with the geographical separation between Gaza and the West Bank?

Second, who makes the decisions about peace and territorial compromise for the Palestinians and with whom does Israel negotiate?

Third, what will the government of an eventual Palestinian state look like and who will be in charge?

Fourth, is peace between Israel and a Palestinian state possible without peace between Israel and its Arab neighbors, and as well as Iran?

Fifth, absent assurance that hostilities by Hamas, Hezbollah, and Iran, are no longer possible, how would Israel's security be guaranteed?

Sixth, would Israel ever accept an armed Palestinian state on its border? Would a Palestinian state insist that its right to arm itself is an essential element of sovereignty and not negotiable? And if that is the case, doesn't it bring all talk of a two-state solution to an end?

Saudi Arabia's priorities

It is instructive that today, calls for a two-state solution are coming not from

Israel or the Palestinians, but from third parties, such as the US, Saudi Arabia, Britain, the EU, and some other Arab states. Iran, Hamas, and Hezbollah are silent on the subject.

The Saudi position has evolved, and it is not clear how much weight that country still puts on the Arab Peace Initiative. Last week in Davos, Switzerland, the Saudi Foreign Minister, Prince Faisal bin Farhan, said that his government has been working with the US on ensuring regional peace in the area through the creation of a Palestinian state. He allowed as how “it is more relevant in the context of Gaza.”

The underlying significance of his words should not be missed. He was confirming, in essence, that Saudi Arabia which is known to have been engaged with the US and Tel Aviv on establishing diplomatic relations with Israel, has not abandoned that effort although it declared direct talks with Israel suspended in the wake of that country's airstrikes on Gaza after October 7.

Saudi Arabia has had its own priorities in play. It has the larger goal of establishing a defense security pact with the US and it is obvious that this need for Saudi security vis-à-vis Iran, had shoved the Palestinian issue to the back burner. Similarly, the

UAE and other Arab nations have not allowed the Palestinian question to stand in the way of normalizing their relations with Israel. These countries recognize that Israel is a key player in guaranteeing security of the region against Iran.

Indeed, Prince Faisal said: “We agree that regional peace includes peace for Israel, but that could only happen through peace for the Palestinians through a Palestinian state.” One must take this with a grain of salt, and as more for PR than a hard and fast statement of Saudi policy. It is unlikely that Crown Prince Mohammed bin Salman will allow the Palestinians to dictate how his country engages with the US and Israel especially if a defense pact with the US hangs in the balance. Already, one can sense that the relative silence of the other Arab nations about continuing diplomatic relations with Israel, marks a major shift in how they have come to see the Israeli-Palestinian conflict as no longer exerting a sort of silent veto power over their willingness to engage with Israel. Their calculations about the future stability of the region and their own security have pushed the Palestinian issue to their back burners as well.

On the other hand, one must recognize that whereas Arab nations had already pretty much thrown the Palestinians under the bus before October 7, it is very difficult for Saudi Arabia to appear, publicly, to be abandoning the Palestinians. We have seen that even the US has felt the need to pressure Israel to back off some on the intensity of its assault on Gaza as the UN Secretary General, as well as human rights organizations point to the death of some 25,000 Palestinian civilians and to the plight of 85% of the Gazan populace that has been displaced because of Israel's attacks.

Notwithstanding all this, when asked if Saudi Arabia would recognize Israel, if a comprehensive peace agreement were reached, the foreign minister said: “Certainly.” It seems a foregone conclusion that once a ceasefire or prolonged pause is in place, Saudi Arabia will promote the idea that it can be more effective in securing peace for Palestinians by establishing full diplomatic relations with Tel Aviv and having more direct engagement with Tel Aviv. Whether such a position would reflect reality is less important than Saudi Arabia's security needs.

A new concept of peace

Netanyahu has dismissed the idea of a two-state solution. Long before August 7, 2023, he has steadfastly rejected the idea as being a workable solution. The biggest issues for him seem to be the absence of a credible party with whom to negotiate and the security concerns that a potentially armed Palestinian state on the Israeli border would present. For this reason, it is also a waste of time to think of Gazan Palestinians being shuttled off to the Sinai and forming a state in that territory.

● Cont. on page 8

Is a Two-State Solution for Israel and Palestine Possible?

● Cont. from page 7

Israel would have no control whatsoever over what such a state might import into its territory and how that might imperil Israel's security.

Already, we have seen that over the past 20 years, Hamas were able to import hundreds of thousands of rockets into Gaza and to siphon off billions and billions of dollars of aid to build the tunnel infrastructure that Israel claims to have found. When one considers that the US itself has virtually no control over the flow of drugs across the Mexican border or, for that matter, over the flow of immigrants, one must take a more sober view of border security especially when dealing with existential questions of Israel's very survival as a nation.

In February 2023, in the wake of a Palestinian attack on a Synagogue that left seven Israelis dead, Netanyahu rejected the idea of negotiating with the Palestinians. His strategy, at least as articulated at that time, was to put negotiations with the Arab states at the forefront of policy initiatives. Ending the Arab Israeli conflict — as distinct from the Israeli-Palestinian conflict — was the path, as he saw it, to getting a workable peace with the Palestinians. Indeed, if the Palestinians were, in the future, to feel abandoned by the Arabs who have hitherto given them both moral and financial support, the bargaining positions change dramatically.



Pic - Pew Research Centre

“We have seen that over the past 20 years, Hamas were able to import hundreds of thousands of rockets into Gaza and to siphon off billions and billions of dollars of aid to build the tunnel infrastructure that Israel claims to have found. When one considers that the US itself has virtually no control over the flow of drugs across the Mexican border or, for that matter, over the flow of immigrants, one must take a more sober view of border security especially when dealing with existential questions of Israel's very survival as a nation...”

I would add to this that Israel will perhaps see that no peace with the Palestinians is possible so long as Iran continues to fund Hamas and Hezbollah and supply them rockets and arms to support their attacks on Israel.

Indeed, Netanyahu gloated that he had gone around the Palestinians and forged

“a new concept of peace” — the so-called Abraham Accords.

When asked about the concessions that he would be prepared to have Israel grant the Palestinians, Netanyahu said: “Well, I'm certainly willing to have them have all the powers that they need to govern themselves. But none of the powers

that could threaten [the Jewish people] and this means that Israel should have the overriding security responsibility.”

There is no reason to believe that Netanyahu has changed his mind. So Palestinian sovereignty will be less than one hundred percent sovereignty.

The Biden Administration's apparent pressure on Israel to get working on a two-state solution must also be understood in context. As I have mentioned, part of this is a reaction to the humanitarian crisis in Gaza. Getting Israel to extend a humanitarian ceasefire into a longer pause in the conflict seems a natural extension of dialog with Palestinians about a two-state solution. Of course, this does nothing to defuse the Hamas threat. On the other hand, there are reports that Hamas is now ready to discuss releasing more hostages in return for an extended ceasefire. Is this a sign that Hamas is truly ready to negotiate? Or does Hamas just seek a pause to reconstitute its forces because Israel's attack has been quite devastating for Hamas?

We shall see. But for those who have seen a two-state solution as reflecting the dreams of two peoples, the Palestinians, and Israelis, will probably learn that it will continue to be nothing more than an ongoing nightmare.

Cheerz...
Bwana

Éclairages

☞ Suite de la page 5

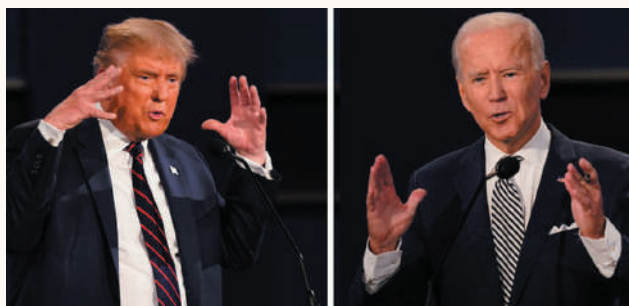
La perspective d'un affrontement entre le président actuel Joe Biden, âgé de 81 ans, et l'ancien président de 77 ans - dans une revanche de 2020 - suscite des interrogations au sein de la population américaine. La question de l'âge et de la santé de Biden constitue une préoccupation, notamment pour les investisseurs, qui se demandent s'il serait en mesure de gouverner efficacement pendant quatre années supplémentaires en cas de victoire. Cette incertitude souligne l'importance de la stabilité et de la continuité dans la gouvernance, des facteurs qui influent sur la confiance des marchés financiers et des citoyens.

La capacité de Donald Trump de se faire réélire président des États-Unis malgré ses fragilités, son comportement controversé et ses politiques populistes soulève des questions profondes sur la dynamique politique et la perception publique. Son succès électoral témoigne de l'impact durable de son approche non conventionnelle et de sa capacité à mobiliser une base de partisans fidèles.

La polarisation politique aux États-Unis et le rejet des élites traditionnelles ont joué un rôle clé dans son ascension et pourraient expliquer en partie son maintien en tant que figure politique influente. Cette réalité souligne l'importance des enjeux émotionnels et culturels dans la politique contemporaine, où la connexion personnelle avec les électeurs peut parfois l'emporter sur les considérations politiques plus traditionnelles.

Le populisme de Trump a été l'un des éléments clés

Un duel Trump-Biden 2.0 plus probable que jamais



La perspective d'un affrontement entre Joe Biden, âgé de 81 ans, et l'ancien président de 77 ans suscite des interrogations au sein de la population américaine. P - Pittsburgh Tribune-Review

de son ascension politique. Son style de leadership est caractérisé par une rhétorique directe, souvent non conventionnelle, visant à établir une connexion directe avec sa base électorale.

- Discours anti-élite: Trump a souvent adopté une position anti-élite, dénonçant les institutions traditionnelles et présentant son gouvernement comme un moyen de lutter contre ce qu'il perçoit comme une corruption au sein de l'establishment politique.

- Nationalisme: Le président Trump a adopté un discours nationaliste, mettant en avant l'idée de "l'Amérique d'abord". Il a mis l'accent sur la protection des intérêts américains, que ce soit sur le plan économique, diploma-

tique ou en matière d'immigration.

- Communication directe: L'utilisation intensive des médias sociaux, en particulier Twitter, a été un élément central de la communication de Trump. Il a contourné les canaux traditionnels pour parler directement à ses partisans, renforçant ainsi son image d'homme du peuple.

- Promesses de changement: Trump a capitalisé sur le mécontentement de certains segments de la population en promettant un changement significatif. Ses partisans ont vu en lui un agent de perturbation du statu quo politique.

- Approche populaire des politiques: Ses politiques, qu'elles concernent la dérégulation, les réductions d'impôts ou la défense des travailleurs américains, ont souvent été présentées comme des solutions populaires visant à redonner du pouvoir au peuple.

Cependant, il est important de noter que le populisme de Trump a également été source de polarisation, suscitant des critiques pour son ton incendiaire, son rejet de certaines normes démocratiques et son approche parfois controversée des questions sociales. Les opinions sur son style populiste divergent fortement, certains le considérant comme un défenseur du peuple contre une élite déconnectée, tandis que d'autres le voient comme une menace pour les institutions démocratiques.

A. Bartleby

Interview: Dharam Gokhool

“I do not see the government changing track. It won't rock the boat”

‘Power is addictive. It will be business as usual’



In this interview with Dharam Gokhool, a former MP and minister, we delve into the pressing issues plaguing the governance of Mauritius. D. Gokhool highlights a perceived systems failure, citing institutional issues, corruption, and the prevalence of a “virus of the Orange brand” in the Mauritian Operating System. As the conversation unfolds, Gokhool reflects on the possibility of a political shift, the role of small parties and NGOs in addressing crucial issues, and the potential for a “tipping point” driven by public discontent...

Mauritius Times: Something seems to be amiss in the way the affairs of the country are being managed. There appears to be a breakdown in a government's effectiveness and response to crisis situations as we have seen recently. What's your take on what is happening at the governance level?

Dharam Gokhool: I would not say *something*. That would be an understatement of the seriousness and urgency of what the country is going through. We are in fact witnessing a *systems failure*.

The economy is still struggling to recover due to continuing misguided policy decisions at different levels and overall macroeconomic indicators do not point towards better days; our institutions seem to have been infected by the “Multiple Sclerosis” syndrome made up of political cronyism and favouritism; corruption has become a way of life for

“The Belal episode represents another flagrant mismanagement and failure of government to protect lives and property and bears witness of what has been described by many as yet another instance of “*criminal incompetence*”. Where the government failed, the population showed the way just like in the case of the Wakashio oil spill episode. The worst was prevented by the spontaneous proverbial solidarity and ingenuity of the Mauritian population...”

many and the recent legislation setting up yet another agency (the Financial Crime Commission) to fight corruption is an admission of the ineffectiveness and failure of institutions like the ICAC, the FIU and the IRSA; the drug scourge continues to wreak havoc in the lives of hundreds of families and our youth; our democratic values and way of life is under severe stress and strain and our National Assembly is a concrete illustration of how our temple of democracy is under the influence of authoritarianism.

The Mauritian OS (Operating System) seems to be infected by a virus of the Orange brand and it has become dysfunctional and corrupt. A concrete case in point is the Air Mauritius saga with disastrous international repercussions to our travel and tourism industry — a sector which is under the complete control of MSM outfits.

In the backdrop of the Belal traumatic episode of 15th January 2024, we have the painful and indelible memories of the Wakashio oil spill of June 25, 2020, which was an ecological disaster. With the now infamous and inappropriate remark “*Kot mo fine fauté*” of a Prime Minister who, instead of showing humility and compassion and timely response opted for provocation and an abdication of his responsibility as the Head of Government.

The Belal episode represents another flagrant mismanagement and failure of government to protect lives and property and bears witness of what has been described by many as yet another instance of “*criminal incompetence*”. Where the government failed, the population showed the way just like in the case of the Wakashio oil spill episode. The worst was prevented by the spontaneous proverbial solidarity and ingenuity of the Mauritian population in times of crisis.

In the post Belal episode, so far, there has been no official address to the nation by the government as to what happened, what went wrong and why. There are many unanswered questions in the minds and hearts of the people. In moments of crisis, the population expect their leaders to come forward and assume their duties and responsibilities and reassure them during times of crisis. Otherwise, people will draw their own conclusions. Scapegoating is never an act of courage.

*** We appear not to have analyzed the root causes of persistent problems, or identified areas where improvements can be made to break the cycle of repeated flooding incidents around the island. Could it be due to bureaucratic barriers hindering the timely execution of projects aimed at addressing flood-related issues?**

Generally, timely implementation of projects is an essential parameter for dealing with problems effectively, especially when flood-related issues are involved, which is now becoming a recurrent feature. Bureaucracy can help to expedite processes but unfortunately it can also hinder them. This is where a strong partnership between the bureaucracy and the political class together with a programmatic implementation of projects is important.

But the more fundamental issue to be addressed upfront is whether the priorities being formulated, and the projects being commissioned by government relate to the “persistent problems” to which you have referred to. Have the root causes been identified? Have lessons from the past been taken in consideration, to improve the present and the future? Or are the projects being commissioned likely to exacerbate the existing problems?

To illustrate my point, let's take the example of the New Social Living Development Limited (NSLD) engaged in the construction of 12,000 Residential Units across the country. In the absence of an EIA (an Environment Impact Assessment), what is the guarantee that many of these sites will not add to the already growing flooding problem in future?

Recently, many NHDC houses at Gros-Cailloux were flooded causing damage from destroying electrical wiring and furniture to causing sewers to overflow. Consequently, people were unable to work, and emergency services stretched beyond their limit. If new homes were constructed to international housing standards and building regulations, damage to property could have been avoided.

My fear is that the government is under pressure to construct the maximum number of units of housing in a very short span of time as they embark on the last year of their mandate. In so doing, they are short circuiting and flouting a number of rules in the construction process. In the absence of a proper EIA for the different construction sites, how can we be confident that we will not have the same problem that we experience in Gros-Cailloux?

Climate change calls for multidisciplinary teams of professionals (architects, urban planners, engineers) to work closely with the bureaucracy, with institutional knowledge, and the community, with indigenous knowledge, to find sustainable solutions. But is government prepared to go down this road?

☞ Cont. on page 10

'It is for those who want to bring about a change of government to create that magic moment...

... not for a clan, caste, or community, but for a nation with a common destiny'

☞ Cont. from page 9

* Billions have been earmarked in the government budget to address these issues, yet the problems persist, continuing to haunt the local population. Is there a problem in the way government functions, or does it have to do with the political leadership?

Minister Bobby Hureeram, the Baahu Balli of construction claimed that billions are being spent to immunise the country from floods for the next 50 years. It took Belal only a few hours to call Bobby's bluff.

Belal has provided graphic illustration of how public funds have gone down the drains with irreparable damages to freshly tarred roads and newly built drains.

Governments can bring legislation, set up bodies/authorities, vote funds, but nothing much will happen if there is an absence of proactive political leadership backed by professional management, public scrutiny, and accountability.

Again, the Belal episode bears testimony to how public institutions fumbled in their response to the life-threatening flood situation that prevailed in the capital Port Louis and elsewhere. Why the Police were so poorly equipped and why did the SMF not step in?

* To be fair, the public sector has consistently demonstrated, both in the past and quite recently, that it possesses the resources, skills, and competences necessary to efficiently serve the public. Do you get the impression that the level of public service is declining?

The post-independence track record and until quite recently, as you rightly put it, our public sector performance and contribution has been commendable. As an ex-MP and Minister, I have myself had the privilege of working with



“Minister Bobby Hureeram, the Baahu Balli of construction claimed that billions are being spent to immunise the country from floods for the next 50 years. It took Belal only a few hours to call Bobby's bluff. Belal has provided graphic illustration of how public funds have gone down the drains with irreparable damages to freshly tarred roads and newly built drains...”

“As an ex-MP and Minister, I have myself had the privilege of working with some remarkable, dedicated and highly capable public officers. It was not uncommon for officers to put across their views and opinions forcefully and without any fear of reprisal... From what I observe and what I am told, there is a fear factor prevailing all over the place. Many prefer to keep quiet. The recent video clip of a NEOC meeting aired on MBC-TV gives us an indication of the quasi-monologue type deliberations taking place...”

“The public confessions of Vice Prime Minister Husnoo that the right decisions were not taken on time and the assertion of the Prime Minister that he was monitoring the situation on as 24/7 basis are very disturbing in view of the cacophony that prevailed around the handling of the Belal episode and in particular, the erratic timing of the issue of cyclone warnings, which put the population at risk. The scapegoating of the Director of the Met Office added another layer to the overall mismanagement...”

“The Mauritian OS (Operating System) seems to be infected by a virus of the orange brand and it has become dysfunctional. The political discourse on the side of government is one of remarkable, spectacular, path-breaking achievements in all sectors, which is in sharp contrast to the simmering discontent among large section of the population...”

some remarkable, dedicated and highly capable public officers. It was not uncommon for officers to put across their views and opinions forcefully and without any fear of reprisal.

From what I observe and what I am told, lately much water has flown under the bridge. Favouritism and political interference has today become the norm. There is a fear factor prevailing all over the place. Many prefer to keep quiet. The recent video clip of a NEOC meeting aired on MBC-TV gives us an indication of the quasi-monologue type deliberations taking place.

Frustration is rampant. Professionalism is on the decline. A *laissez-aller* and *laissez-faire* attitude is palpable across the public sector. Political nominees are everywhere, trespassing the duties and responsibilities normally assigned to public officers. The latest example is the sidelining of the Acting Director of the Met Office by yet another political nominee.

Members of the public who interface with public officers often bear the brunt of disgruntled officers. It is indeed a sad state of affairs. I shall refrain from generalising but it will be a gross misrepresentation to say, what we often hear in certain quarters: *Tou bon, tou korek* (Everything under control, everything is fine)

The fact of the matter is an overall deterioration of the standards of public service.

* Under these circumstances, there is the risk of people losing trust in the effectiveness of government agencies to, for instance, anticipate and deal with threats to public safety and property (through the provision of accurate and timely weather forecasts), manage and regulate drainage systems to mitigate

flooding by the concerned central and local authorities. That's pretty serious, isn't it?

People lives and their property matter. Prevention of any threats to public safety and property should be high on the agenda of any government and should be handled with utmost responsibility and rigour. There are agencies like the NDRRMC (National Disaster, Risk Reduction and Management Centre), NCC (National Crisis Committee), NEOC (National Emergency Operations Command) mandated to work closely with MMS (Mauritius Meteorological Services) to provide accurate and timely weather forecasts and take all steps to deal with crisis and emergencies, in a co-ordinated, timely and effective manner. The slightest mistake can have fatal consequences.

The public confessions of Vice Prime Minister Husnoo that the right decisions were not taken on time and the assertion of the Prime Minister that he was monitoring the situation on as 24/7 basis are very disturbing in view of the cacophony that prevailed around the handling of the Belal episode and in particular, the erratic timing of the issue of cyclone warnings, which put the population at risk.

The scapegoating of the Director of the Met Office added another layer to the overall mismanagement that the public witnessed live and direct.

* It appears that we lack an effective town and country planning program to optimize the use of our limited land resources. Why hasn't this been prioritized by our successive governments?

Over the last few decades there have been a number of attempts to integrate sustainable development planning in our overall development strategy.

☞ Cont. on page 11

'The Belal episode represents another flagrant mismanagement and failure of government to protect lives and property'

Cont. from page 10

For example, proposals contained in the Mission d'Aménagement du Territoire à l'Île Maurice (MATIM) report of 1976, the National Physical Development Plan (NPDP) of 1994 and National Development Strategy (NDS) Report of 2003 have been taken on board in developing environmental policies and strategies in most sectors to ensure environmental protection.

The first National Environment Strategy and National Environment Action Plan (NES 1 & NEAP 1) were developed in 1988, for the period 1988 - 1998 followed by the second NES and NEAP for the period 1999 - 2009.

More recently, in 2013, the "Maurice Île Durable" (MID) - Policy, Strategy and Action Plan for a new long-term vision for achieving sustainable development was adopted by the then Labour government. A MID Fund has also been instituted to fund sustainable development projects.

Unfortunately, when governments change, priorities change. To-day, sustainable development is not high on the agenda of this government. Although it has taken commitments through the NDCs (Nationally Determined Contributions) towards achieving the Millennium Development Goals (MDGs), and introduced the Climate Change Act (2020), many of the costly projects being undertaken by government (Metro and the NSLD) have been exempted for EIAs (Environmental Impact Assessments), with the potential of irreversible damage to sustainability.

All throughout the Belal episode, the Minister of Environment was nowhere to be seen or heard. A clear indication of the degree of commitment to environmental sustainability!

*** Would you say that the solutions could only be found outside the country, through the involvement of external expertise, which would bring fresh perspectives and innovative solutions to address these recurring issues?**

We should not underestimate our local expertise. They have a better grasp of the local ground realities. Civil society is also very conscious of the challenges of environmental urgency. We have a number of environmental activists who are dedicated to the cause of environmental sustainability. Our universities can also play a critical role.

In dealing with environmental challenges, the Labour government had roped in the expertise of Professor Joel De Rosnay and other disaster management experts, like Mrs Veronica Beles.

Being given that climate change is a complex, fast



“The Financial Services Commission is a regulator... By getting involved in compensations for owners of vehicles damaged during the floods, is it not encroaching upon the responsibilities assigned to the insurance agencies by law? Is it not setting some kind of an “evil precedent”? What are the real motivations behind this move? Is it a move initiated by the FSC on its own or is it being manipulated to do some damage control for those in power?”

evolving phenomenon, the strategy to be adopted should be one where there is a strategic alliance of local and foreign expertise, backed by strong, unwavering political commitment.

It is also imperative that the Climate Change Committee provided for in the Climate Change Act be revisited and transformed into a permanent multi-stakeholder Climate Change Observatory to support climate change policy initiatives.

*** On the other hand, what are your thoughts on the government's decisions to, first, involve the Financial Services Commission in compensations for owners of vehicles damaged due to the flooding in Port Louis last week, and second, declaring Tuesday, January 23, as a non-working day for civil servants (except for those in essential services), with the private sector being left to follow suit? Isn't there a hint of populism in the first decision and an abdication of responsibility by the State in the second one?**

The Financial Services Commission is a regulator and according to its mandate it “regulates and supervises entities licensed and/or registered under its Enabling Laws”. By getting involved in compensations for owners of vehicles damaged during the floods, is it not encroaching upon the responsibilities assigned to the insurance agencies by law? Is it not setting some kind of an “evil precedent”? What are the real motivations behind this move? Is it a move initiated by the FSC on its own or is it being manipulated to do some damage control for those in power?

As regards the January 23 decision which has given rise to various controversies, I fail to understand the rationale behind that decision. Were civil servants more exposed to risks than private sector employees? Should government make decisions of public interest on a discriminatory basis?

These are legitimate questions in the minds of many.

*** It's unlikely that, in the run-up to the next elections, the current government would decide to take the bull by the horns and address head-on the issues hindering effective long-term solutions to many problems affecting the local population. Moreover, the people have not been sufficiently vocal in calling for better governance in so many areas of public life. We ultimately get what we deserve, don't we?**



“I do not see the government changing track. It won't rock the boat and go for a trade-off between short-term pains for long-term gains. Power is addictive. It will be business as usual. People in Mauritius do not have a tradition of bringing political change through violence. They prefer the ballot box. There is a lot of tolerance and resilience in the Mauritian DNA, but they also know when and where the buck should stop...”

As I mentioned earlier, there is a systems failure. The Mauritian OS (Operating System) seems to be infected by a virus of the orange brand and it has become dysfunctional.

The political discourse on the side of government is one of remarkable, spectacular, path-breaking achievements in all sectors, which is in sharp contrast to the simmering discontent among large section of the population.

But in view of the attitude of indifference of government towards the rising public discontent, I do not see the govern-

ment changing track. It won't rock the boat and go for a trade-off between short-term pains for long-term gains. Power is addictive. It will be business as usual.

People in Mauritius do not have a tradition of bringing political change through violence. They prefer the ballot box. There is a lot of tolerance and resilience in the Mauritian DNA, but they also know when and where the buck should stop.

Our past political history is a reminder to those who take the population for granted. Ultimately it is people's vote and voice that matters. The wake-up can be quite brutal.

*** You will also have surely observed that it's mostly 'small parties' or NGOs that are frequently the ones addressing crucial issues like the environment, urbanization, wetlands, and the shrinking areas of public beaches. Such initiatives are seldom taken up by mainstream parties, whether in or out of power. Why does this pattern persist?**

There is a perpetual paradox in politics. Very often, when in Opposition, political parties make a lot of promises; but unfortunately, once in government, they do not deliver on all their promises. In Opposition, political parties who have been in government will tread cautiously. Public policy making has often to weigh contradictory concerns and interests before arriving at decisions.

Politics is not an exact science; it is an art. Philosophically, as the saying goes: *Politics is "art of the possible" and the idea is that politics is often a matter of pragmatism, instead of idealism.*

But it should not always be pragmatism versus idealism. It is always possible to find a middle ground and to move on. Conflicts of interest can be resolved or reconciled through the art of statesmanship.

*** Sometimes, a minor incident is all it takes to oust a government from power. We have witnessed in the recent past the “invisible hand” of public discontent at play in such scenarios. Do you see that happening in the current circumstances?**

Way back in 2000, Canadian journalist and author, Malcolm Gladwell, in his book *'The Tipping Point'* addressed this issue. He explained that the tipping point is that “magic moment when an idea, trend, or social behaviour crosses a threshold, tips, and spreads like wildfire.”

It is for those who want to bring about a change of government to create that magic moment - the tipping point - that will transform the simmering public discontent into widespread hope. Not for a clan, caste, or community, but for a nation with a common destiny. In the current circumstances, what our country needs is a transformational people-centric change.

Britishers must prepare to fight a land war, army chief says: 'Look at Ukraine'

Britishers should be prepared to fight in a potential land war, the highest ranking army officer General Patrick Sanders said. The chief of the general staff said that any conflict would need to be a "whole-of-nation undertaking".

Britishers citizens should be trained and equipped to be in a state of readiness, he asserted after the UK defence ministry said last year that it would cut overall numbers in the UK's professional army from 82,000 to 73,000 in the next two years, reports Hindustan Times.

"Taking preparatory steps to enable placing our societies on a war footing when needed are now not merely desirable but essential," General Patrick Sanders said in



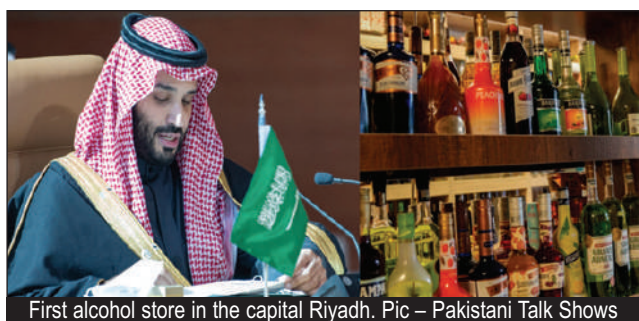
a speech at a conference.

General Sanders also said that the UK could not rely on its navy and air power, arguing that "we must be able to credibly fight and win wars on land".

UK allies were already doing so, he said as, "Our friends in eastern and northern Europe, who feel the proximity of the Russian threat more acutely, are already acting prudently, laying the foundations for national mobilisation. Ukraine brutally illustrates that regular armies start wars; citizen armies win them."

Meanwhile, UK defence secretary Grant Shapps said that the country wants to increase defence spending from 2.1 percent of GDP to 2.5 percent in the future as the world was "moving from a post-war to pre-war world" because of which the UK must ensure its "entire defence ecosystem is ready" to defend itself.

Richard Dannatt, who was chief of the general staff from 2006 to 2009, said, "There is a serious danger of history repeating itself. If our armed forces are not strong enough to deter future aggression from Moscow or Beijing, it will not be a small war to contend with but a major one."



Saudi Arabia prepares to open first alcohol store for non-Muslim diplomats

Saudi Arabia is preparing to open its first alcohol store in the capital Riyadh which will serve exclusively non-Muslim diplomats.

Customers will have to register via a mobile app, get a clearance code from the foreign ministry, and respect monthly quotas with their purchases, reports Reuters.

The move is a milestone in the kingdom's efforts, led by Saudi Crown Prince Mohammed bin Salman, to open the country for tourism and business as drinking alcohol is forbidden in Islam. It is also part of wider plans known as Vision 2030 to build a post-oil economy.

The new store is located in Riyadh's Diplomatic Quarter, a neighbourhood where embassies and diplomats reside and will be "strictly restricted" to non-Muslims, the document said.

It was unclear if other non-Muslim expatriates will have access to the store. Millions of expatriates live in Saudi Arabia but most of them are Muslim workers from Asia and Egypt.

Saudi Arabia has strict laws against drinking alcohol which can be punishable by hundreds of lashes, deportation, fines, or imprisonment and expatriates also face deportation. As part of the reforms, whipping has largely been replaced by jail sentences.

Saudi Arabia, which was relatively closed off for decades, has in recent years relaxed strict social codes, such as segregating men and women in public places and requiring women to wear all-covering black robes, or abayas.

Prince Mohammed's tightening grip on power has been accompanied by changes which included opening the country for non-religious tourism, concerts and allowing women to drive, as well as a crackdown on dissent and political rivals.

Vision 2030 also includes developing local industries and logistics hubs, and aims at adding hundreds of thousands of jobs for Saudi nationals.

China stands ready to work with Pakistan to upgrade CPEC project

Caretaker Prime Minister Anwaar-ul-Haq Kakar said after having achieved the first phase of the China-Pakistan Economic Corridor (CPEC), Pakistan is benefiting from its early harvest projects while remaining engaged with China to execute the next phase.

Chinese foreign ministry spokesperson Wang Wenbin while answering a question during a briefing on Wednesday said, "China stands ready to work with Pakistan to deliver on the important common understandings between the leaders of the two countries, deepen political mutual trust, and expand practical cooperation."

The CPEC, which connects Gwadar Port in Pakistan's Balochistan with China's Xinjiang province, is opposed by India as it is being laid through Pakistan-occupied Kashmir (PoK).



"China and Pakistan are all-weather strategic cooperative partners," Wang said. China appreciates Pakistan's firm commitment to the One-China principle and supports Pakistan in defending its sovereignty, independence and territorial integrity, stability, development and prosperity.

In Islamabad, Prime Minister Kakar said that after having achieved the first phase of CPEC, Pakistan is benefiting from its early harvest projects while remaining engaged with China to execute the next

phase.

"We have already achieved the CPEC's first phase and we are benefitting from its early harvest projects. We are entering the second phase. We do need more deliberations when it comes to the second phase," he said in an interview recorded by CGTN during his recent visit to Davos to attend the

World Economic Forum.

The Chinese state-run news outlet ran an interview of PM Kakar recorded by CGTN on Wednesday during his recent visit to Davos to attend the World Economic Forum interview. Asked how he saw the Chinese economy, the prime minister said: "I am always sanguine about it. There are 1.5 billion consumers and 1.5 billion producers... How can you divorce 1.5 billion people from 8 billion people? It has to remain connected."

India asks Canada for additional protection at embassy

Ahead of Republic Day celebrations at India's missions in Canada, New Delhi has asked Ottawa to ensure the security of its diplomatic premises on January 26 due to the threat of protests by pro-Khalistan elements.

"We have sensitized Canadian authorities about the requirement of safety and security of the Indian High Commission and Consulates," India's High Commissioner to Ottawa Sanjay Kumar Verma said.

This will be first time that national celebrations will be organised at the missions, including flag-hoisting ceremonies, since Canadian Prime Minister Justin Trudeau stated in the House of Commons on September 18 that there were "credible allegations" of a potential link between Indian agents and the killing of pro-Khalistan figure Hardeep Singh Nijjar, considered a terrorist in India, on June 18 in Surrey, British Columbia, reports Hindustan Times.

Concerns over security persist since protests over the arrest of Waris Punjab De leader Amritpal Singh in March last year had subsequently led to a demonstration at the High Commission. On March 23, 2023, the protestors had crossed over to the side of the street where the High Commission is located and shaken its fence and used two flash bangs near the perimeter.

The National Investigation Agency had thereafter filed a chargesheet in June, naming Amarjot Singh, Amritpal Singh's brother-in-law for leading the protest where the smoke bombs were hurled into the High Commission. While the Ottawa Police Service had investigated the incident, no arrests were reported.

Since Nijjar's murder, the secessionist group Sikhs for Justice (SFJ) has also raised the rhetoric against Indian officials in Canada. They used posters with the word 'Wanted' under the photographs and names of India's senior most diplomats in Canada – its High Commissioner to Ottawa and Consul Generals in Vancouver and Toronto. Several temples were also targeted and posters pasted on their walls or gates. Protests were also held in December at Consular camps organised by India's missions in Canada.

* Contd on page 13

Chinese New Year 2024 - Date, Zodiac animal and significance

Around 2 billion people worldwide celebrate the Lunar New Year, which follows the moon's phases and not the regular calendar. This year, the Lunar New Year kicks off on Saturday, Feb. 10. Why does the date change every year? Well, it follows the moon's phases, not the regular calendar. It's like a lunar dance of about 354 days.

Who celebrates Lunar New Year: Lunar New Year is a big deal for many Asian cultures like Chinese, South Korean, Vietnamese, and more. Each culture has its cool name, like the Spring Festival in China or Têt in Vietnam.

Duration of Lunar New Year celebration: While the Western New Year is just one day, the Lunar New Year is a longer party. In China, it goes from the first new moon to the next full moon, from Feb. 10 to Feb. 24 in 2024. Different countries celebrate for varying lengths, like a week in Vietnam.

Just like the Western New Year, the Lunar New Year is about letting go of the past and embracing the present. It's also a time to be with family, show love, and pay respects to ancestors.

Lunar New Year customs and traditions: Families clean their homes, decorate with red (a lucky colour), and share a big meal on Lunar New Year's Eve. Fish is a popular dish for good luck, and younger folks often get red envelopes with money.



Representative image. Pic – Outlook India

Year of the Dragon: Last year was the Year of the Rabbit and this year is the Year of the Dragon. In the Chinese Zodiac, there are 12 animals, each representing a year. Dragons are seen as charismatic, intelligent, and naturally lucky.

Dragon's personality traits: Dragons are confident, ambitious, and charismatic. They're like the leaders of the zodiac crew.

Zodiac compatibility: Dragons get along best with Rooster and Monkey, but they might face challenges with Dog and Rabbit.

Lucky colours and numbers: Dragons love gold, silver, and yellow. Their lucky numbers include 1, 6, and 7.

Google invests \$8 million to support Israeli AI firms, Palestinian startups

Alphabet-owned Google on Wednesday said that it is investing over \$8 million to help the business of Israeli tech firms and Palestinian businesses.

Google cited the importance of these small companies to grow in the tech space, saying that \$4 million will be invested in Israeli AI firms, while the rest \$4 million will be used as funding for early-stage Palestinian startups and businesses, reports Hindustan Times.

The grant to Israeli AI startups will be in addition to the Israel Innovation Authority's emergency fund that arose after the war broke out on Oct. 7, aimed at companies with a "short runway" of financing of up to six months.

Google further said in its statement, "In the current situation, quite a few startups in Israel are struggling to raise capital from investors and urgently need financial bridging in order to continue operating."

Google had further extended its support to over 20 AI solutions and services startups in Israel and Palestine to potentially expand their success rate in the current economy.

The exact number and size of the grants for these companies is determined by the requests Google receives, the tech giant said.

The Alphabet-owned company is also partnering with local and global non-profit organisations to provide loans and grants to 1,000 Palestinian small businesses. It will also provide seed grants to 50 tech startups in Palestinian areas. In total it hopes to help safeguard 4,500 jobs and create new ones for Palestinians.

Canada caps foreign student permits by 35%



Students in Canada. Pic - AP

Canada has announced it will implement an intake cap on the number of applications accepted for study permits for international students which is expected to result in 35% reduction in those numbers this year as compared to 2023.

This was announced by Canada's Minister of Immigration, Refugees and Citizenship Marc Miller on Monday, who said the "temporary" cap will be placed for two years and the cap for 2025 re-assessed at the end of this year, reports Hindustan Times.

"For 2024, the cap is expected to result in approximately 360,000 approved study permits," Immigration, Refugees and Citizenship Canada (IRCC) announced on Monday.

"It's unacceptable that some private institutions

have taken advantage of international students by operating under-resourced campuses, lacking supports for students and charging high tuition fees all the while significantly increasing their intake of international students to drive revenues. Rapid increases in the number of international students arriving in Canada also put pressure on housing, health care and other services," Marc Miller said at a press conference in Montreal.

There was increasing political pressure on the government to control temporary immigration due to

a housing affordability crisis and the announcement came as Canadian Prime Minister Justin Trudeau began a Cabinet retreat in the Quebec city.

Students from India comprise the larger national cohort among those with these study permits. Till November 2023, they accounted for 215,190 out of the 579,075 permits issued or 37%.

IRCC also announced that post-graduate work permits will not be issued to international students attending private colleges operating under a curriculum licensing programme. Under such programmes students physically attend a private college that has been licensed to deliver the curriculum of an associated public college and they have been considered a source of abuse of the system.

Germany makes it easier to get citizenship

German lawmakers approved legislation which eases rules on gaining citizenship and ends restrictions on holding dual citizenship with the aim to improve integration of immigrants and help attract skilled workers to the country as well, reports Hindustan Times.

What are the major changes as per the legislation?

As per the legislation, people will be eligible for citizenship after five years in Germany or three in case of "special integration accomplishments". At present to be eligible a person needs to be in Germany for eight or six years, respectively. Additionally, German-born children would automatically become citizens if one parent has been a legal resident for five years.

Will dual citizenship rules also change?

Restrictions on holding dual citizenship will also be dropped as most people from countries other than European Union members and Switzerland now have to give up their previous nationality when they gain German citizenship.

How many people were granted German citizenship in 2022?

In 2022, about 168,500 people were granted German citizenship- the highest figure since 2002, boosted by a large increase in the number of Syrian citizens being naturalized.

What German Chancellor said on reforms?

Olaf Scholz said in a video message that, at a time of mounting concern over immigration "we are telling all those who often have lived and worked for decades in Germany, who keep to our laws: You belong in Germany", adding that the reform means that no one will have to "deny his roots".

From the Pages of History - MT 60 Years Ago

6th Year No 259

MAURITIUS TIMES

Friday 31 July, 1959

• *Laws exist in vain for those who have not the courage and the means to defend them.* — Thomas Babington Macaulay

The People's Language

By K. Jagatsingh

When it was announced that Walter and I would go to the MBS to simulate a discussion on the Five-Year Plan in Creole, a respectable friend of mine told me that Creole was the best medium through which to inform the people of what the Government was doing. He also warned me that we would be severely criticized. And so it happened, I think it will be good to take a serious look at the objections raised and to consider how far they are worth considering. In public affairs it is always good to weigh the other man's arguments.

The decision to have the discussion in Creole has been criticized by *Le Mauricien* and *Action*. Both harped on a single argument. To *Le Mauricien* it was "dégradant" and to *Action* it was "une insulte à tous les Mauriciens." But neither of them thought of explaining why speaking in Creole at the MBS was either disgraceful or insulting. Is it self-evident to them? Do they really believe that a public discussion in Creole is so disgraceful? I think they do not like our faces, and they had just been voicing ill-

feelings.

It is known that they never miss any opportunity to pounce upon Walter and Forget. On two occasions, Rev. Father Souchon spoke in Creole at the MBS. Once he interviewed a fisherman from Rodrigues. Recently he interviewed an inmate of the Orthopaedic Hospital. Both the interviews were successful; they were very effective - they served their purpose. Was Father Souchon *dégradant*? Did he insult all Mauritians? Why did *Action* and *Le Mauricien* not criticize Father Souchon? They could not.

They cannot. They never will. They lack integrity. They have put the saddle on the wrong horse.

Even the *séga* which some time ago was considered *dégradant* and fit only for the riffraff is now becoming respectable. So much so, that some *séga* singers were taken to entertain the Admiral and the Officers of *L'Arromanches*, the French aircraft carrier which visited us two weeks ago. Was it really *dégradant*? One can see without difficulty through the nonsensical arguments put forward by *Action* and *Le Mauricien*. The idiosyncrasies of *Action* and *Le Mauricien* apart, one has to examine another no less important aspect of this matter.

What is the best medium, accessible to everyone, through which government realisations can be made to percolate down to the people? How to inform the average man and woman of what is happening at Eau Bleue, of the potentialities of Chartreuse tea factory, and of the multitudinous development works now in progress all over the island. I repeat it's through Creole. The aim of Government in this particular scheme is not to bother about the subtleties of Shakespearean English or to broadcast the tantalising nuances of Molière's mind but to keep the people — that matters really - informed of what is happening around them.

On Monday night, the MBS broadcast an informative talk enumerating the steps taken by the government to ameliorate the local breed of cattle. The talk was in French, and I enjoyed it most. But how many of those who listened to it are actively engaged in dairy farming? I do not advocate that such talks should never be made in French or English, but I take the view that if it were in Creole, it would have reached the very people who are actually in need of expert advice or of technical information regarding the breeding of cattle.

If we want to inform the people, we must talk in a language which goes straight to their heart. It must be their language; it must be a language they like. Let's do away with a snobbery which bids fair to become a sort of Cleopatra's nose.

Mechanics of Arbitration

Mauritius is not the only country, where the battle for higher wages is not in full swing. In America, workers of the motor car industry went on strike recently; the British printing industry is still in the throes of a four-week strike. And while the Arbitration Tribunal is on, workers, especially cane cutters, in various parts of the Island have struck in protest against the low wages paid to them. The fate of these and cutters will depend solely upon the awards of the P. Kirkaldy Arbitration Tribunal. One therefore easily understands the importance of the Arbitration Tribunal. Let's look into the mechanics of arbitration.

Under our existing law there are two pre-conditions to the setting up of an arbitration tribunal. First, if the Labour Minister is satisfied that all avenues of bargaining have been exhausted without the parties reaching agreement, he refers the dispute to an arbitration tribunal which is instituted by an Order of the Governor-In-Council. Such a tribunal normally comprises a Chairman and two other members — assessors, they are called. The Governor may also appoint two additional members, one from the workers' side and one from the employers' side. He also has the discretionary power to revoke the nomination of the additional members as has been the case with Mr R. Baboolall of the MALA and Mr C. Noël of the SPA.

Secondly, the Governor can step into a dispute and refer the matter to arbitration if he senses a serious outbreak of disorder or if he feels that continuance of the dispute is likely to cause undue hardship to large sections of the community or if the industry is threatened



with utter dislocation. This is compulsory arbitration.

Once the tribunal is instituted, it is supposed to make its award or awards within the least delay and if possible, within 14 days of its institution. And, once the award is published in the Gazette it becomes binding upon the parties of the dispute. When an award lays down the terms and conditions of employment in a specific trade or industry, employers of any area irrespective of whether they were parties to the dispute or not have to observe those terms and conditions if the trade union or unions concerned have a substantial number of members in the particular area.

When the tribunal finds that it needs information or statistics, it is legally empowered to require any person to furnish such information which is relevant to the matter in dispute. It can also require the production of documents which in its opinion will elicit information it con-

siders necessary. The law also protects the workers who wish to depone before a tribunal. Any employer who dismisses a workman or reduces his remuneration or victimizes him because that said workman is known to have given information to the Tribunal shall be guilty of an offence. He shall on conviction be liable to either a fine of Rs 1,000 or imprisonment for a period of six months.

The press is allowed to give a fair and accurate report or summary of the proceedings of the tribunal or of the evidence given before the tribunal. But until the award or the findings and conclusions are published in the Government Gazette no comment shall be published in respect of the proceedings or the evidence.

The intricate mechanics of arbitration apart, there is of course the unwritten philosophy which is supposed to goad and guide arbitrators. As a supreme body with supreme authority, they are considered the repository of the disputing parties' hopes. They have to do justice.

Union of Workers of Animal Farms

1st Floor, Pearl House -- Sir Virgil Naz Street, Port Louis
Tel./Fax: 208-0320

Annual General Meeting

Members are kindly invited to attend the Annual General Assembly of the Union of Workers of Animal Farms to be held on Saturday 16 March 2024 at Flic en Flac Village Hall at 4.00 pm.

AGENDA:

1. Reading & approval of minutes of proceedings of last AGM
2. Matters arising out of minutes
3. President's report
4. Treasurer's report
5. A.O.B

Suresh Dhunoo
Secretary

The Unpredictable Whims of Mother Nature

● Cont. from page 2

Socrates: Ah, climate change, the great disruptor of patterns! How does one predict the future when even the present is a mystery?

Cephalus: (Nodding) Precisely, Socrates. The unpredictability of weather patterns has become a puzzle even the Sphinx might find confounding.

Socrates: And what of the distress it causes the people? The farmers longing for rain, only to be met with drought, or the seaside villagers who build sandcastles on a sunny day, oblivious to the impending storm?

Cephalus: The people, my friend, are but pawns in this celestial chess game. When the skies weep unexpectedly, they weep in confusion and despair.

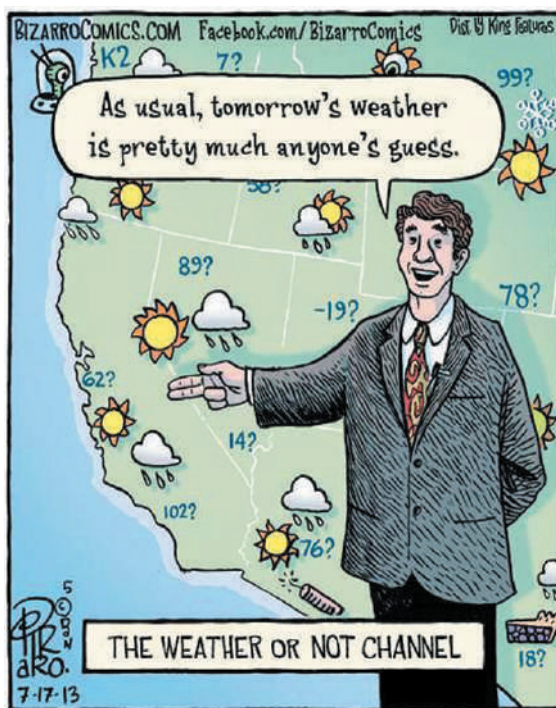
Socrates: (Smirking) Yet, isn't it true that the meteorologists, like oracles of old, hold a certain power over the masses? Their predictions can dictate whether a wedding shall be sunny or a picnic marred by thunder.

Cephalus: (Laughing) Indeed, Socrates! They are the modern-day soothsayers, equipped not with crystal balls but with weather satellites and Doppler radars.

Socrates: But, Cephalus, what happens when these soothsayers are proven wrong? When the sun shines despite the promised storm, or when the heavens unleash their fury on an unsuspecting populace?

Cephalus: (Sighs) Ah, therein lies the rub. The embarrassment, the shame that befalls the meteorologists and their benefactors, the Met Services and the government.

Socrates: A heavy burden, my friend. Do they not face the ire of the people when their promises of a sunny day result in a deluge?



Cephalus: (Nodding) You speak true, Socrates. The people cry foul, demanding accountability. And what is the government's usual recourse?

Socrates: Pray, enlighten me, Cephalus. Does the government not seek a scapegoat to quell the storm of public discontent?

Cephalus: (Chuckles) Oh, they do, Socrates! A sacrificial lamb, often a meteorologist whose only crime was to interpret the whims of the heavens. Did I mention that this is the second time a meteorologist has been scapegoated for weather conditions gone awry?

Socrates: (Raising an eyebrow) A recurring folly, it seems. Pray, tell me more. What transpired in the previous act of this celestial comedy?

Cephalus: (Chuckling) The first meteorologist faced the wrath of the people when a grand festival was drenched in unex-

pected rain. The scapegoat bore the burden of the gods' capricious mood, and the government found it fitting to appease the masses by sacrificing the messenger.

Socrates: A tragicomic tradition, it appears. But why, my friend, does this ritual persist? Do the people not recognize the whims of Mother Nature as beyond mortal control?

Cephalus: Alas, Socrates, the people yearn for explanations, for someone to hold responsible when the heavens refuse to cooperate. The meteorologist becomes a convenient target in this theatre of blame.

Socrates: A tragic comedy, my friend. The scapegoat, innocent of control over the clouds, bears the brunt of the people's anger.

Cephalus: (Smirking) Indeed, Socrates. It is the ancient dance of blame and retribution.

Socrates: And what becomes of

the poor meteorologist, the unwitting harbingers of unfulfilled prophecies?

Cephalus: Unemployment, exile, or perhaps a stint in the fields, attempting to predict the fickle nature of crops instead.

Socrates: (Sighs) A tragic fate for those who dare to decipher the celestial script. Perhaps, my friend, the weather remains the true philosopher – unpredictable, uncontrollable, and forever elusive.

Cephalus: (Raising his cup) To the meteorologists, the scapegoats, and the whims of Mother Nature – may they forever puzzle and entertain us, just like life itself!

Socrates: (Smiling) To the dance of clouds and the folly of mortals!

As the rain continues to pour, Socrates and Cephalus share a hearty laugh, finding solace in the absurdity of their philosophical musings amidst the unpredictable embrace of the weather.

Plutonix

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Thank you so much.
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Cleaning Enterprises Workers' Association

1st Floor, Pearl House - Sir Virgil Naz Street,
Port Louis - Tel./Fax: 208-0320

Annual General Meeting

Members are kindly requested to attend the Annual General Assembly of the Cleaning Enterprises Workers Association to be held on Sunday 03 March 2024 at its registered seat – 1st Floor, Pearl House, Sir Virgil Naz Street, Port Louis at 10.00 am.

AGENDA:

1. Reading & approval of minutes of proceedings of last AGM
2. Matters arising out of minutes
3. President's report
4. Treasurer's report
5. A.O.B

Julmain Dalambé
Secretary

Building & General Construction Workers' Union

1st Floor, Pearl House - Sir Virgil Naz Street,
Port Louis - Tel./Fax: 208-0320

Annual General Meeting

Members are kindly requested to attend the Annual General Assembly of the Building & General Construction Workers' Union to be held on Saturday 02 March 2024 at its registered seat – 1st Floor, Pearl House, Sir Virgil Naz Street, Port Louis at 3.00 pm.

AGENDA:

1. Reading & approval of minutes of proceedings of last AGM
2. Matters arising out of minutes
3. President's report
4. Treasurer's report
5. A.O.B

Devanand Kodai
Secretary



Erica Jansen
Assistant Prof of
Nutritional Sciences,
University of Michigan

What's the best diet for healthy sleep?

A growing body of research is finding a robust link between diet and sleep quality. But it's not just the usual suspects like caffeine and alcohol that can get in the way of restful sleep

You probably already know that how you eat before bed affects your sleep. Maybe you've found yourself still lying awake at 2 am after enjoying a cup of coffee with dessert. But did you know that your eating choices throughout the day may also affect your sleep at night?

In fact, more and more evidence shows that overall dietary patterns can affect sleep quality and contribute to insomnia.

I am a nutritional epidemiologist, and I'm trained to look at diets at the population level and how they affect health.

In the US, a large percentage of the population suffers from poor sleep quality and sleep disorders like insomnia and obstructive sleep apnea, a condition in which the upper airway becomes blocked, and breathing stops during sleep. At the same time, most Americans eat far too much fatty and processed food, too little fibre and too few fruits and vegetables.

Although it is difficult to determine whether these two trends are causally linked to one another, more and more research points to linkages between sleep and diet and offers hints at the biological underpinnings of these relationships.

How diet and sleep quality can be intertwined

My colleagues and I wanted to get a deeper understanding of the possible link between sleep and diet in Americans who are 18 and older. So we analyzed whether people who follow the government's Dietary Guidelines for Americans get more hours of sleep.

Using a nationally representative dataset of surveys collected from 2011 to 2016, we found that people who did not adhere to dietary recommendations such as consuming enough servings of fruits, vegetables, legumes and whole grains had shorter sleep duration.

In a separate study, we followed more than 1,000 young adults ages 21 to 30 who were enrolled in a web-based dietary intervention study designed to help them increase their daily servings of fruits and vegetables. We found that those who increased their fruit and vegetable consumption over a three-month period reported better sleep quality and reductions in insomnia symptoms.

Research conducted outside the US by my group and others also shows that healthier overall dietary patterns are associated with better sleep quality and fewer insomnia symptoms. These include the Mediterranean diet – a diet rich in plant foods, olive oil and seafood, and low in red meat and added sugar – and anti-inflammatory diets. These are similar to the Mediterranean diet but include additional emphasis

on certain components in the diet like flavonoids, a group of compounds found in plants, which are shown to lower inflammatory biomarkers in the blood.

Parsing the foods and nutrients

Within overall healthy diet patterns, there are numerous individual foods and nutrients that may be linked to quality of sleep, with varying degrees of evidence.

For example, studies have linked consumption of fatty fish, dairy, kiwi fruit, tart cherries and other berries such as strawberries and blueberries with better sleep. One of the common pathways through which these foods may affect sleep is by providing melatonin, an important modulator of sleep and wake cycles in the brain.

Fiber-rich foods like beans and oatmeal and certain protein sources – especially those that are high in the amino acid tryptophan, such as poultry – are also associated with higher-quality sleep. Individual nutrients that may be beneficial include magnesium, vitamin D, iron, omega-3 fatty acids and manganese. Some foods like salmon are sources of multiple nutrients.

Untangling the complexity

One important caveat with a lot of the research on individual foods, as well as diet patterns, is that most studies cannot easily disentangle the direction of the relationships.

In other words, it's hard to know whether the association is a result of diet affecting sleep, or sleep affecting diet. The reality is that it is likely a cyclical relationship, where a healthy diet promotes good sleep quality, which in turn helps to reinforce good dietary habits.

With observational studies, there are also possible confounding factors, such as age and economic status, that may have important correlations with both sleep and diet.

Foods to avoid for sleep health

Aiming for higher intake of sleep-promoting foods isn't necessarily enough to get better sleep. It's also important to avoid certain foods that could be bad for sleep. Here are some of the main culprits:

- **Saturated fats**, such as that in burgers and fries and processed foods, could lead to less slow-wave sleep, which is considered the most restorative sleep.

- **Refined carbohydrates**, such as those in white bread and pasta, are metabolized quickly. If you eat these foods for dinner, they can result in waking up from hunger.



Pic - Dietician Nupur

- **Alcohol** disrupts sleep quality. Although the sedative effects of alcohol can initially make it easier to fall asleep, it disrupts sleep patterns by shortening the amount of REM, or rapid eye movement, sleep in the first part of the night and leads to more night awakenings.

- **Caffeine** consumed even six hours before bed can make it difficult to fall asleep because it blocks the hormone adenosine, which promotes sleepiness.

The consistent overconsumption of calories can lead to weight gain, one of the strongest predictors of obstructive sleep apnea. Having excess weight is a factor because it can put additional pressure on the diaphragm and lungs and can also lead to a narrower airway if fat accumulates around the neck and throat.

Interestingly, our group has recently shown that toxicants in food or food packaging, like pesticides, mercury and phthalates – chemicals used to manufacture plastics – can affect sleep. Since toxicants can be found in both healthy and unhealthy foods, this research suggests that some foods can contain a mix of components that are both beneficial and harmful for sleep.

Timing of meals and gender considerations

The timing and consistency of eating, known as "chrononutrition" in the sleep research field, also very likely help to explain associations between healthy diets and good sleep.

In the US, eating at conventional meal-times as opposed to random snacking has been associated with better sleep. In addition, late-night eating is typically associated with unhealthier food intake – such as processed snacks – and could cause more fragmented sleep.

A final and very interesting piece of this puzzle is that associations between diet and sleep often differ by gender. For example, it appears that the associations between healthy diet patterns and insomnia symptoms could be stronger among women. One

reason for this could be gender differences in sleep. In particular, women are more likely than men to suffer from insomnia.

Keys to a good night's sleep

Overall, there is not one magic food or drink that will improve your sleep. It's better to focus on overall healthy dietary patterns throughout the day, with a higher proportion of calories consumed earlier in the day.

And, in addition to avoiding caffeine, alcohol and heavy meals in the two to three hours before bed, the last few hours of the day should include other good sleep hygiene practices.

These include disengaging from technology, reducing light exposure and creating a comfortable and relaxing environment for sleep. Moreover, allowing enough time to sleep and maintaining a consistent bedtime and wake time is essential.

GENERAL TRADE UNIONS FEDERATION

1st Floor, Pearl House - Sir Virgil Naz Street,
Port Louis - Tel./Fax: 208-0320

Annual General Meeting

Members are kindly requested to attend the Annual General Assembly of the General Trade Unions Federation (GTUF) to be held on Sunday 07 April 2024 at its registered seat – 1st Floor, Pearl House, Sir Virgil Naz Street, Port Louis at 10.00 am.

AGENDA:

1. Reading & approval of minutes of proceedings of last AGM
2. Matters arising out of minutes
3. President's report
4. Treasurer's report
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Cutting just a (tea)spoon full of salt helps the blood pressure go down



Cutting back salt intake by one teaspoon a day results in a decline in blood pressure comparable to taking blood pressure medication, according to a study.

A teaspoon doesn't sound like much, but a little salt goes a long way. One teaspoon of salt has about 2,300 mg of sodium in it. According to the FDA, Americans eat an average of 3,400 mg of sodium, so cutting out a teaspoon would be equivalent to cutting two-thirds of a person's daily sodium intake. But the researchers say that cutting out any

amount of sodium will help lower blood pressure — at least more than no reduction at all.

Humans need sodium, which is found in salt, for our bodies to work properly. It plays an important role in nerve and muscle function by allowing nerves to pulse with electricity and muscles to contract. But too much sodium can be bad for your health: It contributes to high blood pressure, or hypertension, which is a major cause of stroke and heart disease.

Extra sodium in the blood pulls more water into blood vessels. This increases blood pressure and, in some people, leads to high blood pressure and can damage vessels and even organs like the heart, kidneys and brain.

In this latest study, participants who cut out their daily salt intake by one teaspoon had lower blood pressure in just one week. This was even true for people already on blood pressure medication. So maybe lighten up on the gravy this year.

To feel better, commit to daily, small acts of joy



New research suggests that committing small acts of kindness, joy, or reflection can significantly increase a person's sense of well-being, as NPR's Allison Aubrey reports. Over 70,000 participants in more than 200 countries signed up for the The BIG JOY Project, an ongoing collaboration between UC Berkeley's Greater Good Science Center and other institutions.

It's a citizen-science project, and anyone can participate. If you join, you'll take an on-line survey to answer questions about their emotions, stress, and your

social tendencies. Then, every day for a week, you agree to try small, happiness-boosting activities, what the researchers have dubbed "micro-acts" of joy.

The micro-acts researchers recommend have been linked to emotional well-being in prior published studies. Examples include making a gratitude list or journal, visiting a sick neighbour or doing a nice gesture for a friend — or a stranger. Some micro-acts involve celebrating another person's joy, or engaging in self-reflection, meditation, or taking the time to "dwell in awe."

Participants track their feelings each day, and take another survey at the end of the week. A preliminary analysis published this week shows that participants experienced about a 25% increase in emotional well-being over the course of that week. Researcher Elissa Epel points out that planning out such acts can help us feel like we have more of a sense of agency over our emotions in uncertain times.



Why do people have different tastes in music? A music education expert explains why some songs are universally liked, while others aren't

Lots of factors can influence your music taste, from your age and where you're from to the personality traits you have.

When you turn on the radio, you might hear songs you like and other songs you just skip past. But even the songs you don't like usually have some fans. Maybe you don't like older music, but your parents or grandparents might love it because they grew up with it. It's familiar and comfortable. When you're older, you'll likely return to music you love too.

As a music education professor who teaches music psychology, I've spent a lot of time thinking about music preferences and how music weaves its way through people's brains.

Some composers produce music with cross-generational appeal. Look at the song "True Colors," which artists have remade time and time again. It was originally released in 1986 by Cyndi Lauper.

Ten years later, Disney World's Epcot used it as part of a pre-show video. Ten years after that, it made its way to our ears again as part of the "Trolls" movie. Now, if you scour the internet, you'll find lots of covers of this song.

How can this one song appeal to many different people over time, while other songs do not? Why do some people have wildly different tastes in music, even while certain songs can unite people from a variety of backgrounds and generations?

Researchers have looked at how music works in the brain. They suggest people like music with unexpected twists and turns, which sometimes cause pleasurable physical reactions or chills. This finding suggests that humans have created and listened to music over time because it is

pleasurable or rewarding.

Emotions and personality

Some researchers suggest people experience emotions through music, or that they choose music based on what they want to feel. A 2011 study suggests musical preference may reflect the emotions people feel when listening to music, regardless of the music's style.

Some people respond to mellow and relaxing music. Others' emotions are triggered by classical-style music. Still others emotionally react to singer-songwriter music like country, folk and some pop music. Preferences for certain types or styles of music might come from the time and place they're first heard, or it may simply be specific to each person, regardless of what's going on around them.

Though people might like certain music at one point in their lives, their music preferences change over time based on their lived experiences. When you're struggling through a tough time, you might choose music that reflects what you wish was happening and search for happy songs. On the flip side, sometimes people gravitate toward sad songs. People want to move through grief, so they may search for songs that help them make sense of their emotions.

However, people's choices don't account for the whole picture. Musical taste goes deeper than the music type or genre. People who like pop or rock music don't all

like the same pop or rock music.

Studies on personality and social media interaction suggest your musical tastes can tell others what kind of personality you have. If someone knows what kind of music you like, that might tell them something about your personality.



Other research suggests your music preferences mirror your unique personality. So, people who already know you may be able to suggest music that you would like to hear.

For example, those who are more open might prefer mellow, sophisticated music like Billie Eilish's "What Was I Made For?" or intense music like Imagine Dragons' "Natural."

The research found extroverts may lean toward contemporary music. Agreeable people prefer unpretentious music, like Garrett Kato & Elina's "Never Alone." Conscientious people lean toward unpretentious music or intense music like Marshmello's "Power." People who are more anxious might prefer many different types of music.

People may like music by artists they like, rather than how the music sounds. Some prefer music from artists who are like them, especially when they can view their profiles on social media.

Why does knowing what music others like matter? Knowing about different people's musical preferences and personalities can bridge gaps between people

with different personalities and identities.

The music people stream

A study of 765 million songs streamed by people worldwide revealed several reasons people listen to music. People's preferences tended to change based on the time of day, their age and particular styles of music. Most people listened to more relaxing music at night but more intense music during the day.

Music streamed in Latin America often produced quicker physical and emotional reactions. Music streamed in Asia was usually relaxing. People who stay up later at night listened to less intense music. Depending on where participants lived, the length of the day also played a part in their music listening habits. In short, people's environments and their individual moods shaped their preferences.

So, why do we have different tastes in music? People have complex personalities, and the music they like may be related to this. People's brains work in unique ways as they process music. Some may have a physical reaction to certain music, while others may not. People may like music because a musician's views might be like their own views. That said, some songs surprise, intrigue and entertain a wide variety of listeners, which makes them universally liked.

The bottom line? Each person is unique in many ways, and their musical tastes reflect that uniqueness.

Jane Kuehne

Associate Professor of Music Education,
Auburn University



Lone Ranger and Tonto

The Lone Ranger and his trusty Tonto were riding through the prairie when the Lone Ranger had to stop for a nature break. He dismounted his horse, Silver, and went over to a bush to relieve himself. Just then, Tonto heard a scream.

The Lone Ranger staggered out from behind the bush and cried, "Tonto, I've been bitten by a rattlesnake on my, uh, private parts! Ride to town and ask the doctor what to do."

So Tonto rode to town and went to see the doctor. "Doctor, the Lone Ranger has been bitten by a rattlesnake. What do I do?"

The doctor replied, "You take a knife, make a small incision on the spot where he was bitten, and then suck out the venom."

Tonto thanked the doctor and went back to see the Lone Ranger.

"Tonto, what did the doctor say?" the Lone Ranger asked, relieved to see his friend.

Tonto looked at the Lone Ranger and replied, "Doctor said you're going to die."

The Brown Brothers' Game of Hide and Seek

Mr and Mrs Brown were blessed with two sons. One was named Mind Your Own Business, and the other was named Trouble.

One day, the two boys decided to engage in a game of hide and seek. Trouble expertly hid while Mind Your Own Business diligently counted to one hundred. Mind Your Own Business initiated the search, scouring behind garbage cans and bushes.

His quest extended to checking in and under cars until a police officer approached him, inquiring, "What are you doing?" The boy replied, "Playing a game." The officer further questioned, "What is your name?" to which the boy confidently answered, "Mind Your Own Business."

The officer, now irate, asked, "Are you looking for trouble?" The boy cheekily replied, "Why, yes."



A Culinary Inquiry

A boy asks his father, "Dad, are bugs good to eat?" "That's disgusting. Don't talk about things like that over dinner," the dad replies.

After dinner, the father asks, "Now, son, what did you want to ask me?"

"Oh, nothing," the boy says. "There was a bug in your soup, but now it's gone."

Witches' Baseball Woes

Q: Why did the witches' team lose the baseball game?

A: Their bats flew away.

The Spotted Leopard

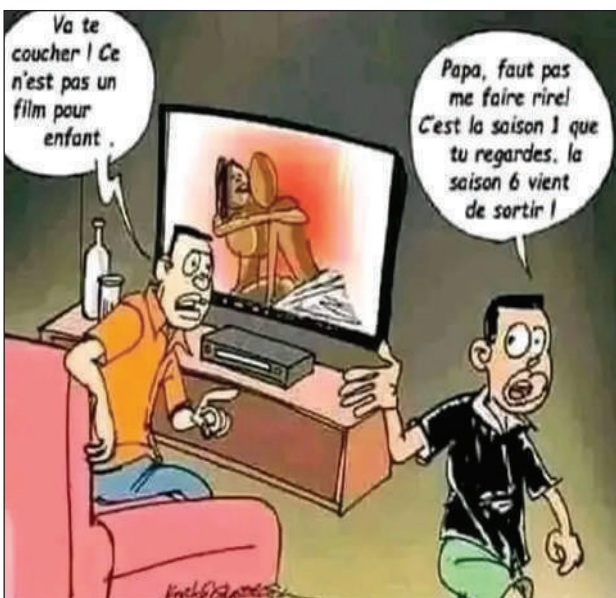
Q: Why couldn't the leopard play hide and seek?

A: Because he was always spotted.

E for Envelope

Q: What starts with E, ends with E, and has only 1 letter in it?

A: Envelope.



Innocent Inquiry

A 3-year-old boy sits near a pregnant woman.

Boy: "Why do you look so fat?"

Pregnant woman: "I have a baby inside me."

Boy: "Is it a good baby?"

Pregnant woman: "Yes, it is a very good baby."

Boy: "Then why did you eat it?"

Dreamy Diamonds

Wife: "In my dream, I saw you in a jewellery store, and you bought me a diamond ring."

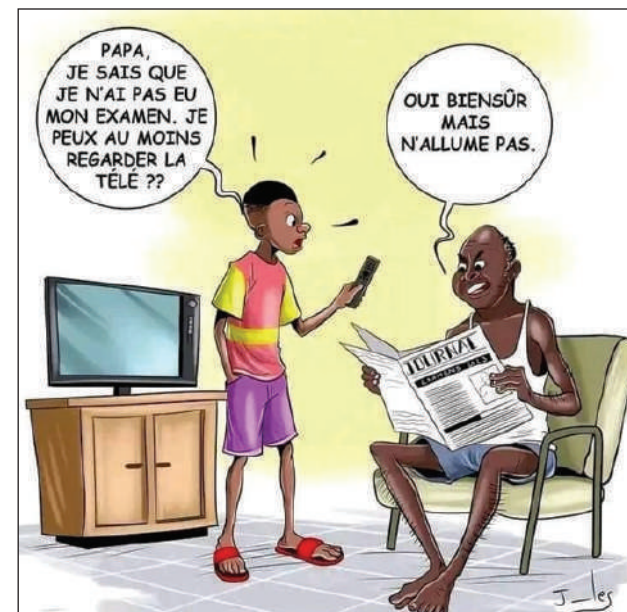
Husband: "I had the same dream, and I saw your dad paying the bill."

The Monkey's Evolution

A girl realized that she had grown hair between her legs. She got worried and asked her mom about that hair.

Her mom calmly said, "That part where the hair has grown is called your monkey. Be proud that your monkey has grown hair."

The girl smiled. At dinner, she told her sister, "My monkey has grown hair."



Her sister smiled and said, "That's nothing; mine is already eating bananas."

After examining a male patient, a doctor took the guy's wife to one side.

"I must be honest with you; I don't like the look of your husband," said the doctor.

"Me neither, but he brings home a good wage and he manages the kids," said the wife.

Doctor: Your liver is enlarged

Patient: Does that mean it has space for more whisky?

(This is called "Positive Thinking")

Lady to her dietician: What I am worried about is my height and not my weight.

Doc: How come?

Lady: According to my weight, my height should be 7.8 feet...

(Now this is called "Positive Attitude")

A man wrote to the bank. "My cheque was returned with the remark 'Insufficient funds'. I want to know whether it refers to mine or the bank".

(This is self confidence in its peak)

This one is classic!

A cockroach's last words to a man who wanted to kill it: "Go ahead and kill me, you coward. You're just jealous because I can scare your wife and you cannot!"

Always be positive even in difficult situations!

An Englishman, an Irishman, a Welshman, and a Scot are captured by the Taliban. The Taliban leader says to them, "We are going to shoot you infidels, but we are fair, and we will grant you one last request. He turns to the Welshman.

"What's your last wish?"

The Welshman replies: "I want to hear the Welshmen singing 'Land of My Fathers'.

"Ok, you will have your request." He next turns to the Scot, "What about you?"

"I would like to hear Scot pipers piping 'Scotland The Brave'.

"You've got it," says the Taliban leader. He turns to the Irish guy, "What's your last wish?"

"I would like to see Irishmen doing silver dance."

"You will have it," says the Taliban leader.

Finally, he looks at the Englishman: "And your last request?"

"Please shoot me first," replies the Englishman.

Everything happens for a reason

and we never meet anyone by mere coincidence

Everyone who comes into our lives has something to teach us. We all learn from one another on some level whether you notice it or not. Some people come into our lives to tear us apart and others are merely here to grow with us.

Below you will find the 6 most common kinds of people you will come in contact with in life. These are all synchronistic connections.

1. Those who come to remind you

These people come into our lives to remind us of something important. They evoke knowledge from within us and help us to understand it. These people can and will remain marked on your soul for eternity whether they are permanently a part of your life or not.

2. Those who make you grow

These people are the teachers of our souls. They come into our lives to help us become better versions of ourselves. They are there for us in our time of need and because of them, we can better understand who we are and who we are meant to be.

3. Those who are here to stay

These are the people who remain a part of our life forever. They are your support system, and they come in when you need them most. You will have far too many to count experiences with these people and your bond will be far stronger than anything you could have ever imagined.

4. Those who come to awaken you



These people come into our lives to shake our reality. They are often those who we wish we had never met but learned a lot from. Not everyone you encounter is positive. Negativity is important when it comes to growing as well. The Universe knows what you can and cannot handle far better than you do.

5. Those who hold space for you

These are the people who come into our lives for a mere moment. They are people who pass you by and yet still are able to make you feel less alone in the world. You may only share a few words with them or even just a glance. These people make an impact when you need one the most.

6. Those who are meant to leave

These people were never going to be there for long. They are sent to you so that you can learn from them and as I mentioned above not every learning experience has to be a positive one. These are the people who come into your life and make you fall in love only to break your heart.

About the Fear of What Other People Think

1. "Don't let someone else's opinion of you become your reality." -- Les Brown

2. "The greatest prison people live in is the fear of what other people think." -- David Icke

3. "To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." -- Ralph Waldo Emerson

4. "Don't let the noise of other people's opinions drown out your own inner voice." -- Steve Jobs

5. "The only way to avoid criticism is to do nothing, say nothing, and be nothing." -- Aristotle

6. "What other people think of you is none of your business." -- Paulo Coelho



7. "Care about what other people think and you will always be their prisoner." -- Lao Tzu

8. "Don't be distracted by criticism. Remember, the only taste of success some people get is to take a bite out of you." -- Zig Ziglar

9. "Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; define yourself." -- Harvey Fierstein

10. "You were born an original. Don't die a copy." -- John Mason

Freedom is the first five minutes in which I was born to cry naked, nameless, without sin, without directions, and without human grudge.

"Maxim Gorky"

Five minutes after your birth, they will decide your name, nationality, religion and caste, and you will spend your life fighting and stupidly defending things you didn't choose.



To Whom It May Concern

I don't know who needs to hear this,
But everything is manageable;
Your life doesn't have to fall to pieces,
And your hopes and dreams are tangible.

Sometimes it's hard to see it—
When your mind is clouded with depression;
But please listen to these words,
'Cause this is my confession.

Now, I won't say I'm any better,
Oh, I still have my bitter days—
When everything seems pointless,
And the poison seeps into my veins.

But I've learned to let my sorrows sleep
On the thawing earth beneath my feet;
I've learned to smile instead of weep
I finally found my sense of peace.

Thoughts to Live by

You know, time has a way of catching you off-guard about how quickly it travels.

It feels like just yesterday that I was young and ready to start adult-life. And in a way it feels like eons ago, and I wonder where the years have gone.

I know I lived them all. I remember all my hopes and dreams. I remember the plans I made. And suddenly, here I am in the last quarter.

How did I get here so fast? Where have the years gone and where did my youth go?

I can recall looking at older people, thinking how long it will take for me to get where they are. That I am still in my youth, that I have many years ahead. At that time, I could not even think of being where I am now.

And yet, here I am. My friends are retired, they all have grey hair, they move much slower than they did and when I look at them, I see older people. Some are in a better and some a worse condition than me. But I see a big difference. They are no longer youthful, carefree, full-of-life friends.

Just like me, age shows. And we are now the older people we used to look at and thought it was still a long way off.

I find that these days, taking a shower takes its toll on my breath and energy levels. And an afternoon nap is not



just a treat, it's become a necessity. And if I don't, I find myself sleeping in the same chair I started reading or watching television in.

Now I have entered this new season of my life, totally unprepared for the discomfort, aches and pains, loss of energy and strength and ability to do what I could, yet sometimes didn't. At least I know that, even though I am in the last quarter, and I have no idea how long this quarter will be, when my time on earth is over, a new adventure awaits too.

Yes, I do have things I wish for. I had never done. Yet

so thankful for those I did. It is all in a lifetime.

And if you are not in the last quarter yet, I want to remind you that it comes faster than you could anticipate. Do the things you still want to do as soon as possible. Do not procrastinate. Life runs on fast legs. Do today what you can.

There is no promise that we will all see the seasons of life. Live for today. For now.

Say the words to the ones you love. Often. Hopefully some will appreciate the things you did for them. And if they don't, it is also okay.

Life is truly a gift. Just be happy. And remember that health is a treasure, not wealth, gold and silver, property, or your bank balance.

You may think that going out is the best but believe me – coming home is better.

You may forget names and that is okay, because some have already forgotten that they knew you.

The things you cared about previously, you may lose interest in.

If you fall asleep in your favourite chair, stay there.

Growing older is wonderful. It is comfortable. It is loaded with memories that you never grow tired of. It is an absolute treasure.

Look after yourself.

Emma Isabella

Healthy Weight

12 Big Benefits of Losing Just 10 Pounds

A 5% weight loss -- that's just 10 pounds for a 200-pound person -- can help improve sleep, lower your cancer risk, and bring these other benefits

Losing weight can seem like a daunting task, but the good news is that even a modest weight loss of just 5% – equivalent to shedding 10 pounds for a 200-pound person – can bring about significant health improvements. Beyond the aesthetic benefits, this relatively small reduction in body weight can lead to a cascade of positive changes in your overall well-being. Let's explore 12 big benefits, as medically reviewed by Melinda Ratini, MS, of WebMD, of losing just 10 pounds.

Joint Relief: Carrying excess weight puts additional stress on your joints, particularly the knees. Losing just 10 pounds can alleviate 40 pounds of pressure on your lower body joints, reducing the risk of joint issues and arthritis.

Cancer Risk Reduction: Studies suggest that losing 5% of body weight may lower the risk of breast cancer by 12%. While the link between weight loss and other cancers isn't as clear, positive changes in hormone levels hint at potential protective effects.

Type 2 Diabetes Prevention: Weight loss is a powerful preventive measure for type 2 diabetes. Shedding a few pounds can significantly lower your risk, and if you already have diabetes, it can help manage blood sugar levels and reduce medication needs.

Cholesterol Improvement: Losing weight, combined with regular exercise, can boost "good" HDL cho-



lesterol levels, reducing the risk of heart disease. It's a crucial step in maintaining a healthy lipid profile.

Triglyceride Reduction: High triglyceride levels are associated with an increased risk of heart attacks and strokes. A slight weight loss can contribute to bringing triglyceride levels closer to the recommended range.

Blood Pressure Management: Excess body weight forces the heart to work harder, leading to elevated blood pressure. A 5% weight loss can translate to a 5-point reduction in blood pressure, promoting cardiovascular health.

Improved Sleep and Sleep Apnea Relief: Losing weight can alleviate sleep apnea, a condition exacerbated by excess throat tissue. Better sleep quality is not only crucial for overall health but also aids in weight management.

Reversal of Insulin Resistance: Excess body fat, especially around the belly, contributes to insulin resistance. Shedding a few pounds can help the body respond more effectively to insulin, maintaining healthy blood sugar levels.

Enhanced Mood: Weight loss is linked to an improved mood, potentially due to better body image and enhanced sleep quality. Long-term studies show

sustained positive effects on mental well-being.

Inflammation Reduction: Fat cells, especially around the abdomen, release inflammatory chemicals linked to serious health issues. A 10% weight loss goal can significantly lower these substances, reducing the risk of inflammation-related illnesses.

Better Sex Life: Weight loss may lead to increased sexual desire and improved responsiveness. Feeling better about your body can positively impact your confidence and overall well-being.

Healthy Lifestyle: Diet and Exercise: Adopting a balanced diet, rich in fruits, vegetables, lean proteins, and whole grains, is essential for weight loss. Regular exercise, including both cardiovascular activities and strength training, complements a healthy diet and aids in long-term weight management.

The benefits of losing just 10 pounds extend far beyond appearance. From reducing the risk of chronic diseases to enhancing sleep quality and mood, these health improvements underscore the significance of even modest weight loss. If you're considering embarking on a weight loss journey, consult with your healthcare provider to develop a personalized plan that aligns with your health goals and needs. Remember, small changes can lead to significant and lasting health benefits.

Salt Pans Workers' Union

1st Floor, Pearl House -- Sir Virgil Naz Street, Port Louis
Tel./Fax: 208-0320

Annual General Meeting

Members are kindly requested to attend the Annual General Assembly of the Salt Pans Workers Union to be held on Sunday 10 March 2024 at Rivière Noire Village Hall at 11.00 am.

AGENDA:

1. Reading & approval of minutes of proceedings of last AGM
2. Matters arising out of minutes
3. President's report
4. Treasurer's report
5. Election of Executive members for years 2024-2026
6. Appointment of one Auditor for years 2024-2026
7. A.O.B

Any member who is interested to stand as candidate in the election should forward his/her letter of candidature to the Secretary on the above address by registered post by Thursday 07 March 2024 at latest.

Marie France Dumatin
Secretary

8 Things That May Slow Down Prostate Cancer

Studies suggest certain foods and healthy practices can curb the growth of tumours in the prostate



Diet and Exercise: A healthy diet and regular exercise may slow the progress of prostate cancer.

Cut back on sugar, eat lean meats, colourful fruits, and vegetables.

Avoid fatty dairy products.

Engage in both cardio and weight-bearing exercises.

Yoga: Stress-relieving activities, like yoga, might help slow the progress of prostate cancer.

Flaxseed: Flaxseed may help slow the growth of prostate tumours.

Moderation is essential; too much flaxseed oil is not recommended.

Green Tea: The compound EGCG in green tea may decrease and kill cancerous cells.

Ongoing studies are exploring its potential benefits.

Vitamin D: People with prostate cancer tend to have lower vitamin D levels.

Vitamin D supplements may increase levels and potentially slow the growth of cancerous cells.

Pomegranate Juice: Drinking 8 ounces of pomegranate juice daily may slow prostate cancer progression.

Studies are still underway, and effectiveness may vary based on cancer stage.

Lycopene: Lycopene, found in tomatoes and other foods, is being studied for its potential effects on cancers.

Tomatoes and lycopene-rich foods are part of a healthy diet, which may help slow the disease.

Turmeric: Turmeric, taken as a supplement, might help prevent the onset of prostate cancer.

It also has anti-inflammatory properties.

Consult your doctor before adding it to your routine.

While these lifestyle and dietary recommendations may have potential benefits, always consult with your healthcare team before making significant changes to your diet or exercise routine.

Sugar Industry Labourers' Union

1st Floor, Pearl House -- Sir Virgil Naz Street, Port Louis
Tel./Fax: 208-0320

Annual General Meeting

Members are kindly requested to attend the Annual General Assembly of the Sugar Industry Labourers' Union to be held on Saturday 17 February 2024 at Emmanuel Anquetil Labour Centre, Grand River North-West, Port Louis at 10.00 am. In case of lack of quorum, the AGM will be held on Saturday 02 March 2024 at same place and time.

AGENDA:

1. Reading & approval of minutes of proceedings of last AGM
2. Matters arising out of minutes
3. President's report
4. Treasurer's report
5. Amendments to Rules – Articles 7.1 & 18.1
6. Election of Executive members for years 2024-2026
7. Appointment of two Auditors for years 2024-2026
8. A.O.B

Any member who is interested to stand as candidate in the election should forward his/her letter of candidature to the Secretary on the above address by registered post by

Tuesday 13 February 2024 at latest.

P. Sydamah
Secretary



Medha Shankr reveals which Bollywood actor she would love to work with

This year, *12th Fail* has defied expectations and emerged as an unexpected box office success, gaining widespread appreciation from both critics and audiences. Despite an initial lack of substantial buzz, the film's popularity has soared since its OTT release, propelling its characters to overnight fame, reports Filmfare.

The cast, especially Medha Shankr, who plays Shraddha in the film, has experienced a surge in social media followers. Medha, now hailed by many as the national crush, recently expressed her aspirations to work with Ranbir Kapoor in an interview.

She also opened up about the difficulties of convincing her father, who comes from a typical middle-class family with a strong emphasis on academics. Expressing her desire to become an actor initially shocked her father, who questioned her sanity and wondered if she had lost her mind.

Directed by Vidhu Vinod Chopra, *12th Fail* hit theatres in October, narrating the inspirational real-life story of IPS officer Manoj Kumar Sharma, portrayed by Vikrant Massey. Despite setbacks in his Class 12 exams, Sharma perseveres to fulfil his dream of becoming an IPS officer. Notably, the film has achieved the remarkable feat of being recognised as the highest-rated Indian film on IMDb.

Akshay Kumar: 'Wish I had studied more'

Akshay gets emotional as 'superwoman' Twinkle Khanna graduates from University of London

Akshay Kumar penned an emotional note as he congratulated his wife, Twinkle Khanna, on her graduation. Taking to Instagram on Tuesday, Akshay also shared a picture with Twinkle from her graduation ceremony.

In the photo, Akshay and Twinkle Khanna smiled as they held each other. For her special day, Akshay wore a sweater under a black coat, pants and matching pants. Twinkle opted for a green saree under her black cape. She also wore her graduation cap. They posed outdoors for the camera.

Sharing the picture, Akshay captioned the post, "Two years ago when you told me you wanted to take up studies all over again, I wondered if you meant it. But the day I saw you work so hard and perfectly manage a full-fledged student life along with home, career, me and kids, I knew I had married a superwoman. Today on your graduation, I also wish I had studied a bit more to know enough words to tell you how proud you make me, Tina. Congratulations and all my love (black heart emoji)."

Twinkle shares post

Taking to Instagram, Twinkle also shared a post. She shared a video from her graduation ceremony. Twinkle wrote, "And it's here. Graduation day. My first day at Goldsmiths feels like it was both yesterday and years ago. A sunny day, a pretty sari, and having my family with me make this day even more perfect than I ever imagined. There comes a stage when the easiest way to grow is horizontally, but we have to push ourselves to grow in myriad other ways. Agree? Disagree?"

About Twinkle

In 2022, Twinkle started her Masters in Fiction Writing at the Goldsmiths, University of London. As quoted by Hindustan Times, Akshay had then said, "People go off to drop their kids to college. I'm going to drop my wife to the University of London as she goes to do her Masters in Fiction Writing."

Twinkle has authored best-selling books -- *Mrs*



Funnybones, *Pyjamas are Forgiving*, and *The Legend of Lakshmi Prasad*. Recently, she unveiled her fourth book -- *Welcome To Paradise*. She has graduated from Goldsmiths, University of London, with a master's degree in Fiction Writing.

Akshay and Twinkle have been married for over 20 years. They have a son Aarav, 21, and a daughter Nitara, 11.

Beverages Industry Workers' Union

1st Floor, Pearl House - Sir Virgil Naz Street, Port Louis
Tel./Fax: 208-0320

Annual General Meeting

Members are kindly requested to attend the Annual General Assembly of the Beverages Industry Workers' Union to be held on Sunday 25 February 2024 at its registered seat - 1st Floor, Pearl House, Sir Virgil Naz Street, Port Louis at 10.00 am. In case of lack of quorum, the AGM will be held on Sunday 17 March 2024 at same place at 10.00 am.

AGENDA:

1. Reading & approval of minutes of proceedings of last AGM
2. Matters arising out of minutes
3. President's report
4. Treasurer's report
5. Dissolution of the union
6. Amendments to Rules - Article 17
7. Election of Executive members for years 2024-2026
8. Appointment of two Auditors for years 2024-2026
9. A.O.B

Any member who is interested to stand as candidate in the election should forward his/her letter of candidature to the Secretary on the above address by registered post by **Friday 23 February 2024** at latest.

K. Teeluck
Secretary

Local Authorities Workers' Association

1st Floor, Pearl House - Sir Virgil Naz Street, Port Louis
Tel./Fax: 208-0320

Annual General Meeting

Members are kindly requested to attend the Annual General Assembly of the Local Authorities Workers' Association to be held on Saturday 09 March 2024 at Rose Belle Village Council at 2.00p.m. In case of lack of quorum, the AGM will be held on Saturday 23 March 2024 at the same place at 2.00 pm.

AGENDA:

1. Reading & approval of minutes of proceedings of last AGM
2. Matters arising out of minutes
3. President's report
4. Treasurer's report
5. Election of Executive members for years 2024-2026
6. Appointment of one Auditor for years 2024-2026
7. A.O.B

Any member who is interested to stand as candidate in the election should forward his/her letter of candidature to the Secretary on the above address by registered post by **Thursday 07 March 2024** at latest.

Sutyandising Runglall
Secretary

The Livestock & Allied Industries Workers' Union

1st Floor, Pearl House - Sir Virgil Naz Street, Port Louis
Tel./Fax: 208-0320

Annual General Meeting

Members are kindly requested to attend the Annual General Assembly of The Livestock & Allied Industries Workers Union to be held on Saturday 09 March 2024 at Bambous Village Hall at 4.00 pm.

AGENDA:

1. Reading & approval of minutes of proceedings of last AGM
2. Matters arising out of minutes
3. President's report
4. Treasurer's report
5. Amendment to Rules - Article 17
6. Election of Executive members for years 2024-2026
7. Appointment of two Auditors for years 2024-2026
8. A.O.B

Any member who is interested to stand as candidate in the election should forward his/her letter of candidature to the Secretary on the above address by registered post by **Thursday 07 March 2024** at latest.

Christophe Colfir
Secretary



Vendredi 26 janvier - 21.22



Samedi 27 janvier - 20.30



dimanche 28 janvier - 20.30



Programme TV



SERIAL



vendredi 26 janvier

MBC 1

- 05.39 Tele: Imperio De Mentiras
- 06.00 Serial: Blue Bloods
- 07.04 Film: The Last Of The Mohicans
- 08.55 Serial: Falling Water
- 09.35 Tele: Amour Secret
- 10.28 The Gardener's Daughter
- 10.50 Tele: L'Envers Du Paradis
- 11.13 Tele: La Reina Del Flow
- 12.00 Le Journal
- 12.35 Tele: Barbarita
- 13.25 Tele: Fierce Angel
- 13.50 Tele: Imperio De Mentiras
- 14.13 Le Livre Perdu Des Sorti...
- 15.21 Film: Legacy
- 17.30 The Gardener's Daughter
- 18.31 Serial: Wagle Ki Duniya
- 18.55 Serial: Swaran Ghar
- 20.30 Film: About Hope
- 22.05 Tele: Barbartia

MBC 2

- 07.05 Emotion En Avant Plan
- 08.33 Local: Nou Later Nou Lamer
- 08.50 Local: Generations J
- 09.26 Local: Radio Vision
- 10.34 Local: Mangeons Veg
- 12.15 Local: Les Grandes Lignes
- 12.56 Local: Evasion
- 14.31 Local: Mangeons Veg
- 14.57 Local: Artizan
- 15.49 Local: Groov'in
- 16.49 Local: En Forme
- 18.00 Tele: Imperio De Mentiras
- 18.29 Tele: Amour Secret
- 19.27 Local: 13 Minit Natiir Rodrig
- 19.45 Local: Enn Semenn Dan...
- 21.00 Local: Come On Let's Dance
- 22.03 Local: La Sosiete
- 22.58 Zournal Kreol
- 23.20 Local: Parkour
- 23.47 Local: Voyage Au Feminin
- 00.14 Local: Rodrig Prog

MBC 3

- 07.00 Serial: Tenali Rama
- 08.00 Local: Amrit Vaani
- 08.33 Swami Dayanand Saraswati
- 09.25 Hunarbaaz
- 10.00 Serial: Agniphera
- 11.30 Serial: Radha Krishna
- 12.00 Film: Jo Bakka Taklif To Rahavani
- 15.00 Live: Samachar
- 15.30 Serial: Dulhin Uhe Jo Nanad Man Bhawe
- 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: Special Sandesh
- 20.33 Serial: Vidrohi
- 21.03 Film: Tu Babuaa Hamaar
- 23.38 Serial: Jijaji Chhat Par Hain
- 23.35 Serial: Yeh Teri Galiyan

Cine 12

- 06.00 Mag: Eco India
- 06.26 Mag: Shift
- 07.00 Mag: Border Crossing
- 07.52 Doc: The Great Meat Debate
- 08.18 Doc: La Naissance Des Industries De Luxe
- 10.47 Doc: Cryptoqueen
- 11.43 Mag: Eco India
- 11.52 Mag: Shift
- 13.09 Doc: The Great Meat Debate
- 14.30 Serial: Apple Tree House
- 15.00 Serial: Hi Opie!
- 15.11 D.Anime: Baby Einstein
- 15.18 D.Anime: Brewster The...
- 17.00 D.Anime: Kids' Planet
- 17.30 Mag: Eco India
- 18.42 Mag: Her: Women In Asia
- 19.00 Student Support Prog....
- 20.00 Tele: Amour A Mort
- 20.30 Live: News
- 20.50 Doc: Gustave Eiffel's

Bollywood TV

- 14.25 Serial: Radha Mohan
- 15.00 Bade Acche Lagte Hai 2
- 15.30 Film: Phir Milenge
Starring: Salman Khan, Abhishek Bachchan, Shilpa Shetty
- 18.00 Live: Samachar
- 18.31 Kundali Bhagya
- 19.01 Udaariyaan
- 19.31 Kuch Rang Pyar Ke Aise...
- 20.01 Sasural Simar Ka 2
- 20.30 Radha Krishna
- 21.01 Anupamaa
- 21.30 Mere Sai
- 22.01 Kismat Ki Lakiron Se
- 22.31 Kabhi Kabhie Ittefaq Sey
- 22.59 Serial: Shaurya Aur Anokhi Ki Kahani
- 23.30 Film: Phir Milenge
Starring Salman Khan, Abhishek Bachchan, Shilpa Shetty

samedi 27 janvier

- 03.42 Serial: Riviera
- 04.26 Tele: Airwolf
- 05.12 Tele: La Beaute Du Diable
- 06.35 Tele: Amour A Mort
- 07.00 Serial: Pearson
- 07.45 Serial: Rookie Blue
- 08.30 Serial: NCIS: New Orleans
- 09.15 Serial: Riviera
- 09.59 Serial: Airwolf
- 10.50 Serial: F.B.I
- 11.35 Tele: Amour A Mort
- 12.00 Le Journal
- 12.25 Serial: Madam Secretary
- 13.30 Tele: Sublime Mensonge
- 15.20 Film: Jurassic World
- 18.00 Live: Samachar
- 18.31 Dance India Dance Little...
- 19.30 Le Journal
- 20.30 Film: Retour Vers Le Futur
- 22.21 Serial: Suits
- 23.02 Tele: L'Envers Du Paradis

- 06.04 Local: 13 Minit Natir Rodrig
- 06.56 Local: Itinerer Rodrig
- 08.01 Local: Animalia Nos Amis...
- 08.38 Local: Zanford Nou Pei
- 08.58 Rodrig: Ala Nou Vini
- 09.26 Local: La Sosiete
- 11.01 Local: Come On Let's Dance
- 12.00 Rodrig: 13 Minit Natir Rodrig
- 12.28 Local: Parkour: Anamah
- 13.25 Local: Voyage Au Feminin
- 13.51 Animalia Nos Amis Les Animaux
- 14.43 Local: Ala Nou Vini
- 15.04 Local: La Sosiete
- 16.00 Local: Son Ladan Mem
- 17.07 Local: Come On Let's Dance
- 18.00 Tele: Gout De L'Amour
- 19.20 Mag De L'emploi...
- 22.00 Rodrig - Klip Seleksion
- 22.49 Local: La Journee Sous Le Regard Du Seigneur
- 23.20 Local: Lavi Zoli An XXL

- 07.00 Serial: Tenali Rama
- 08.00 Local: Mati Ke Mol
- 10.15 Mag: DDI Mag
- 10.36 Bade Acche Lagte Hai
- 12.00 Serial: Dikri Vahalno Dariyo
- 15.00 Live: Samachar
- 15.30 Film: Teri Meherbaniyan
Starring: Brownie, Amrith Puri, Jackie Shroff, Poonam Dhillon
- 18.00 Live: Samachar
- 18.30 Local: Puranya Pakwan
- 19.02 Local: Duniya Mein Is Saptah
- 19.15 Duniya Mein Is Saptan
- 21.04 Film: Ghost
Starring Sanaya Irani, Shivam Bhaargava
- 22.59 Local: Puranya Pakwan
- 23.25 Duniya Mein Is Saptah
- 01.13 Film: Ghost
- 03.13 Local: Puranya Pakwan
- 03.39 Duniya Mein Is Saptah

- 06.24 Serial: Rainbow Rangers
- 06.46 D.Anime: Anna Et Ses Amis
- 09.06 D.Anime: Wonder Grove
- 09.54 Serial: Superstore
- 11.28 Mag: Her: Women In Asia
- 14.30 Serial: Apple Tree House
- 15.00 Serial: Hi Opie!
- 15.23 D.Anime: Fireman Sam
- 15.47 D.Anime: Inspecteur Gadget
- 16.07 D.Anime: Akedo
- 16.35 D.Anime: Hunter X Hunter
- 17.00 D.Anime: Kid's Planet
- 18.03 Mag: In Good Shape
- 18.40 Serial: Kojak
- 20.01 Tele: Amour A Mort
- 20.30 Live: News
- 20.50 Tele: La Reina Del Flow
- 21.40 Film: The Street Where We Live
With Kristina Kopf, Dino Tripodis, Katie Stottlemir

- 08.00 Kabhi Kabhie Ittefaq Sey
- 10.00 Gadget Guru Ganesha
- 10.18 Sasural Simar Ka 2
- 11.44 Udaariyaan
- 13.33 Anupamaa
- 15.28 Kuch Rang Pyar Ke Aise...



- 18.00 Film: Mumbai Se Aaya Mera Dost
Starring: Abhishek Bachchan, Lara Dutta, Chunky Pandey
- 20.21 Gadget Guru Ganesha
- 20.36 Serial: Porus

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- 04.16 Tele: La Beaute Du Diable
- 05.37 Tele: Amour A Mort
- 06.02 Film: Retour Vers Le Futur
- 07.55 Serial: The Good Doctor
- 08.40 Film: Jurassic World
- 10.50 Serial: F.B.I
- 11.35 Tele: Amour A Mort
- 12.00 Le Journal
- 12.35 Film: In A Valley of Violence
- 14.20 Serial: Scorpion
- 15.00 Live: Samachar
- 15.21 Film: Sea Fever
- 17.00 Tele: Tour De Babel
- 18.00 Live: Samachar
- 18.31 Enter: Sa Re Ga Ma Pa
- 19.16 Sayings Radha Krishna
- 19.30 Le Journal
- 20.30 Film: The Boat
Stars: Joe Azzopardi, Anubis Mud

- 06.24 Rodrig: Rod'Art
- 08.05 Local: All Stars Jazz Concert
- 09.20 Local: Zanford Nou Zil
- 10.04 Rodrig: Klip Seleksion
- 11.03 Local: Nu Rasinn
- 12.18 Local: Les Petits Genies
- 14.00 Local: Elle
- 14.31 Local: Lavi Zoli An XXL
- 16.11 Local: Festival Kiltir EK Langaz Kreol Morisien 2023
- 17.25 Local: En Forme
- 17.35 Local: Glwar Dantan
- 18.03 Tele: Gout De L'Amour
- 19.00 Journal Kreol
- 19.20 Local: Elle
- 20.03 Tipa Tipa Nou Avanse
- 21.30 Local: Le Challenge
- 21.38 Local: Rodrig: Sa Lavi-La
- 23.00 Zournal Kreol
- 23.21 Local: Arsiv MBC
- 23.46 Local: Mangeons Veg

- 07.00 Serial: Tenali Rama
- 07.32 Serial: Selfie With Bajrangi
- 08.11 Local: Hamar Fitness...
- 12.02 Film: Naam
Starring Nutan, Kumar Gaurav, Sanjay Dutt
- 14.59 Live: Samachar
- 15.30 Local: Puranya Pakwan
- 17.00 Local: Ekta
- 18.00 Live: Samachar
- 18.29 Local: Planet Bollywood
- 19.00 Local: Tohar Rashi
- 19.29 Local: Tohar Farmaish
- 20.00 Local: Yaadein
- 20.32 Serial: Porus
- 21.02 Serial: Crime Patrol
- 21.39 Serial: Naagin Season 4
- 22.28 Serial: Bahubali
- 23.07 Bhaag Na Bachhe
- 00.00 Planet Bollywood

- 07.49 D.Anime: Patamuse
- 09.02 D.Anime: La Petite Ecole D'Helene
- 09.22 D.Anime: Miraculous...
- 10.00 Serial: Superstore
- 10.40 Mag: In Good Shape
- 12.07 Doc: The Great Berlin Escape
- 12.59 Mag: Papa! How Becoming...
- 14.30 Serial: Apple Tree House
- 14.58 Serial: Hi Opie!
- 15.12 D.Anime: Baby Einstein
- 16.38 D.Anime: Hunter X Hunter
- 17.00 D.Anime: Kid's Planet
- 17.30 Mag: In Good Shape
- 18.00 Doc: A Mediterranean...
- 18.45 Serial: Kojak
- 19.34 Mag: Arts Unveiled
- 20.02 Tele: Amour A Mort
- 20.50 Tele: La Reina Del Flow
- 21.40 Film: Krampus
Avec: Adam Scott, Toni Collette

- 00.00 Sasural Simar Ka 2
- 01.52 Udaariyaan
- 04.00 Anupamaa
- 06.06 Kuch Rang Pyar Ka Aise...
- 07.39 Tenali Rama
- 07.51 Patiala Babes
- 10.02 Kundali Bhagya
- 11.40 Bade Acche Lagte Hai 2
- 13.40 Kismat Ki Lakiron Se
- 15.41 Wagle Ki Duniya
- 18.13 Film: Raabta
Starring Deepika Padukone, Rajkumar Rao, Kriti Sanon
- 21.02 Serial: Tenali Rama
- 21.20 Enter: Dance India Dance Little Masters
- 22.00 Bade Acche Lagte Hai 2
- 23.57 Serial: Patiala Babes

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- 05.10 Tele: Imperio De Mentiras
- 07.00 Film: The Escape Room
- 08.40 Serial: Kojak
- 09.38 Tele: L'Amour A Mort
- 10.04 Tele: Amour Secret
- 10.30 The Gardener's Daughter
- 10.52 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
- 14.10 Serial: Kojak
- 15.25 Film: The Boat
- 17.30 The Gardener's Daughter
- 18.30 Serial: Wagle Ki Duniya
- 18.55 Serial: Swaran Ghar
- 19.30 Le Journal
- 20.25 Serial: Briarpatch
- 21.15 Serial: Rookie Blue
- 22.00 Serial: NCIS: New Orleans

- 06.00 Nu Rasinn
- 07.09 Local: Tipa Tipa Nu Avance
- 09.29 Local: Elle
- 10.15 Local: Mangeons Veg
- 10.41 Le Challenge
- 10.59 Klips
- 12.02 Local: Nu Rasinn
- 13.02 Local: Rodrig - Sa Lavi-La
- 14.00 Local: Elle
- 14.35 Local: Arsiv MBC
- 15.19 Tipa Tipa Nou Avanse
- 15.51 Local: Aktiv
- 18.00 Tele: Imperio De Mentiras
- 18.30 Tele: Amour Secret
- 19.20 Le Magazine de L'emploi
- 20.00 Belle et Mysterieuse
- 20.30 I Am Recyclable
- 20.45 Le Point - Cancer Ovaire
- 21.00 Keshini Chinnarassen
- 21.13 Radio Vision
- 22.34 Local: Itinerer Moris
- 23.20 Le Rendez Vous Ti Bandit
- 00.19 Entrepreneurait Au Feminin

- 07.12 Serial: Tik Tak Tail
- 08.27 Local: Tohar Farmaish
- 08.53 Local: Yaadein
- 09.53 Serial: Bahubali
- 10.33 Bhaag Na Bachhe
- 11.30 Radha Krishna
- 12.00 Film: Dhoop Chhaon
Starring: Sanjeev Kumar, Hema Malini, Yogeeta Bali
- 15.30 Dulhin Uhe Jo Nanad Man...
- 16.00 Serial: Kundali Bhagya
- 18.00 Live: Samachar
- 18.31 Local: Ved Ki Shikshayen
- 19.00 Local: Darshan
- 20.01 Local: Charcha
- 20.30 Film: Jazbaat
Starring: Raj Babbar, Savita Bajaj, Master Bhagwan
- 22.37 Serial: Jijaji Chhat Par Hain
- 22.59 Serial: Yeh Teri Galiyan

- 07.38 Mag: Art Unveiled
- 08.56 Doc: African Styles
- 09.42 Doc: Nature's survivors
- 10.34 Doc: Life On Us
- 12.01 Doc: Expedition Kachgar
- 12.59 Mag: Art Unveiled
- 14.30 Serial: Apple Tree House
- 14.58 D.Anime: Word Party
- 15.10 D.Anime: Baby Einstein
- 15.33 D.Anime: Best Furry Friends
- 15.44 D.Anime: Inspecteur Gadget
- 16.00 D.Anime: Akedo
- 16.33 D.Anime: Hunter X Hunter
- 16.50 Mag: N*Gen
- 17.22 D.Anime: Kids' Planet
- 18.05 Mag: Eco At Africa
- 18.30 Mag: The 77 Percent
- 19.00 Student Support Prog...
- 20.00 Tele: Amour A Mort
- 20.30 Live: News
- 21.42 Film: About Hope
- 23.17 Mag: Tomorrow Today

- 14.25 Serial: Radha Mohan
- 15.00 Serial: Bade Acche Lagte Hai 2
- 15.30 Film: Zakhmi Dil
Starring Akshay Kumar, Ashwini Bhawe, Ravi Kishan
- 18.00 Live: Samachar
- 18.31 Serial: Kundali Bhagya
- 19.00 Serial: Udaariyaan
- 19.31 Kuch Rang Pyar Ke Aise Bhi
- 20.00 Sasural Simar Ka 2
- 20.30 Radha Krishna
- 21.00 Anupamaa
- 21.30 Mere Sai
- 22.00 Kismat Ki Lakiron Se
- 23.00 Serial: Shaurya Aur Anokhi Ki Kahani
- 23.30 Film: Zakhmi Dil



Mardi 30 janvier - 20.30



Mercredi 31 janvier - 21.57



Mercredi 31 janvier - 15.30



Programme TV



mardi 30 janvier

MBC 1

04.45 Tele: Amour Secret
05.29 Tele: A Que No Me Dejas
07.20 Serial: Briarpatch
08.09 Serial: Rookie Blue
08.50 Serial: NCIS
09.30 Tele: Amour A Mort
10.21 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: About Hope
17.30 The Gardener's Daughter
17.59 Live: Samachar
18.31 Serial: Wagle Ki Duniya
20.30 Film: Croczilla
21.55 Tele: Barbarita

MBC 2

06.00 Feminin Pluriel
06.25 Belle et Mysterieuse
07.08 I Am Recyclable
08.46 Rodrig Prog - Zenn Aktif
10.27 Lir - Ekrir Kreol Morisien
11.04 Local: Le Rendez Vous
12.00 Rodrig: Feminin Pluriel
12.59 Regard du Seigneur
13.04 Belle et Mysterieuse
13.45 Le Point - Cancer Ovaire
14.02 Tous Egaux
14.16 Rodrig Prog: Zenn Aktif
16.02 Rendez-Vous Avec Ti Bandit
18.00 Tele: Imperio De Mentiras
18.35 Tele: Amour Secret
19.00 Zournal Kreol
19.20 Magazine de l'Emploi
19.30 Rodrig Prog
20.00 Chant du Malakapol
21.30 Local: Le Mag
23.00 Journal 23.20 Music

MBC 3

07.00 Serial: Tenali Rama
07.30 Serial: Selfie With Bajrangi
09.46 Local: Charcha
10.15 Serial: Kundali Bhagya
12.15 Film: AB Dilli Door Nahin
15.15 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
19.16 Local: Bhojpuri Dhamaka
19.30 Local: Hindi Sahitya...
20.00 Local: Theatre
20.55 Film: Geet Gaata Chal
22.38 Serial: Jijai Chhat Par Hain
23.00 Serial: Yeh Teri Galiyan
23.47 Local: Tark Vitark
00.13 Local: Bhojpuri Dhamaka
02.12 Serial: Badki Malkaain
02.31 Local: Tark Vitark

MBC 5

08.42 Mag: Tomorrow Today
09.15 Mag: Washington Forum
09.40 Foc: France Terres Sauvages
11.28 Mag: Eco At Africa
12.20 Doc: Africa
12.53 Mag: In Good Shape
14.11 Mag: Shift
14.30 Serial: Apple Tree House
15.11 D.Anime: Baby Einstein
15.34 D.Anime: Best Furry Friends
15.46 D.Anime: Inspecteur Gadget
15.58 D.Anime: Akedo
16.18 D.Anime: All Hail King Julien
16.34 D.Anime: Hunter X Hunter
17.27 D.Anime: Kids' Planet
17.48 Mag: Japan Video Topics
18.00 Mag: REV
18.31 Mag: Healthy Living
19.31 Mag: Global Us
20.02 Tele: Amour A Mort
20.50 Tele: La Reina Del Flow

Bollywood TV

14.25 Serial: Radha Mohan
15.00 Bade Acche Lagte Hai 2
15.30 Film: Sangram
Starring: Ajay Devgn, Ayesha Jhulka, Karishma Kapoor, Amrith Puri
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 Kismet Ki Lakiron Se
22.29 Kabhi Kabhie Ittefaq Sey
22.55 Serial: Shaurya Aur Anokhi Ki Kahani
23.30 Film: Sangram
02.07 Kundali Bhagya

mercredi 31 janvier

06.01 Film: A Farewell To Arms
08.40 Serial: Kojak
09.35 Tele: Amour A Mort
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
13.45 Tele: Imperio De Mentiras
14.15 Serial: Kojak
15.30 Live: Samachar
15.30 Film: Croczilla
17.30 The Gardener's Daughter
18.31 Serial: Wagle Ki Duniya
18.55 Serial: Swaran Ghar
19.30 Journal & La Meteo
20.30 Serial: Stan Lee's Lucky Man
21.15 Serial: Billions
21.57 Film: Njinga, Reine D'Angola
00.25 Tele: Barbarita

06.00 Rodrig Prog
07.11 Priorite Sante
07.37 Paroles Agricoles
08.03 Mots & Ecrits
09.57 Local: Rodrig Prog: Rod'Art
11.01 Music Tour 2023
12.09 Son Ladan Mem
12.28 Chant Du Malakapobius
13.05 Local: Priorite Sante
13.31 Paroles Agricoles
15.52 Nu Rasinn
16.41 La Journee Sous Le Regard
16.59 Music Tour 2023
18.01 Tele: Imperio De Mentiras
18.28 Tele: Amour Secret
19.00 Zournal Kreol
19.30 Local: Rodrig Spor
20.00 Local: Saver Kiltirel
20.32 Local: Toc Toc Doc
21.00 Local: Agir Ensemble
21.30 Local: Les Klips
22.22 Proze Dime

07.00 Serial: Tenali Rama
08.26 Local: Bhojpuri Dhamaka
09.04 Local: Theatre
09.28 Chikitsa Aur Swasthya
10.11 Serial: Jijaji Chhat Par Hain
11.41 Serial: Radha Krishna
12.12 Film: Paraya Ghar
Starring: Rishi Kapoor, Jaya Prada, Raj Babbar
15.42 Serial: Dulhin Uhe Jo Nanad Man Bhave
16.12 Zindagi Mere Ghar Aana
17.41 Serial: Radha Krishna
18.11 Live: Samachar
18.39 Local: Yatra South
19.00 Local: Kala
19.37 Local: Theatre
20.10 Local: Virasat
20.32 Film: Litti Chokha
22.58 Serial: Jijaji Chhat Par Hain
23.19 Serial: Yeh Teri Galiyan

06.26 Mag: Healthy Living
07.22 Mag: Global US
09.37 Doc: Albatros et Gorfou...
10.27 Doc: France Terres Sauvages
12.14 Mag: REV
13.57 Mag: Initiative Africa
14.30 Serial: Apple Tree House
15.11 D.Anime: Baby Einstein
15.34 D.Anime: Best Furry Friends
16.36 D.Anime: Hunter X Hunter
17.23 D.Anime: Kid's Planet
18.00 Mag: Motorweek
18.30 Mag: Choices
19.00 Student Support Programme
19.30 Doc: Katanga Nation
20.00 Tele: Amour A Mort
20.30 Live: News
20.45 Doc: Heritage
21.35 Film: The Boat
23.13 Mag: Close Up
23.41 Mag: Focus On Europe

14.25 Radha Mohan
14.58 Bade Acche Lagte Hai 2
15.27 Film: Isi Life Mein
Starring: Akshay Oberoi, Sandeepa Dhar, Mohanish Bahl
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 Kismet Ki Lakiron Se
22.31 Kabhi Kabhie ittefaq Sey
23.00 Serial: Shaurya Aur Anokhi Ki Kahani
23.26 Film: Isi Life Mein
02.05 Serial: Kundali Bhagya
02.30 Serial: Udaariyaan

jeudi 1 février

04.47 Tele: Amour Secret
07.15 Serial: The Good Doctor
08.09 Serial: Stan Lee's Lucky Man
08.45 Serial: Riviera
09.30 Tele: Amour A Mort
10.30 The Gardener's Daughter
10.50 Tele: L'Envers Du Paradis
11.15 Serial: The Inbetween
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: Retour Vers Le Futur
17.15 The Gardener's Daughter
17.59 Live: Samachar
18.31 Serial: Wagle Ki Duniya
18.55 Serial: Swaran Ghar
20.30 Film: Kismet Konnection
Starring: Juhi Chawla, Shahid Kapoor, Vidya Balan

06.00 Rodrig Spor
06.26 En Forme : Tabata
08.50 Come On Let's Dance
08.01 Kot Nou : Tiberiade
08.50 Dance Around The World
09.46 Proze Dime
10.09 Komanter : Laitue
11.30 Les Klips
12.22 Saver Kiltirel 15.24 Kot Nou
15.49 Come On Let's Dance
18.00 Tele: Imperio De Mentiras
18.30 Tele: Amour Secret
19.20 Langue Des Signes
20.00 Local: Les Grandes Lignes
20.30 Au Nom De La Liberte
22.00 Le Mag - 2024 No 2
22.55 Regard Du Seigneur
23.00 Zournal Kreol
23.20 Groov'in - Mamajazz
00.10 Generations J
00.32 Local: Klip Seleksion

07.00 Serial: Tenali Rama
07.12 Serial: Tik Tak Tail
07.36 Serial: Selfie With Bajrangi
09.28 Local: Gyan Vigyan
10.01 Zindagi Mere Ghar Aana
11.30 Serial: Radha Krishna
12.00 Film: Itni Si Baat
Starring: Sanjeev Kumar, Moushumi Chatterjee, Arun Govil
15.30 Serial: Badki Malkaain
15.58 Serial: Agniphera
17.31 Radha Krishna
18.31 Local: Amrit Vaani
18.45 Bhajan Sandhya
19.02 Swami Dayanad Saraswati
20.00 Local: Hunarbaaz
20.28 Serial: Shiv Shakti
21.28 Mag: Dharam Yatra
21.59 Serial: Jijaji Chhat Par Hain
22.20 Serial: Yeh Teri Galiyan

07.30 D.Anime: Anna Et Ses Amis
09.36 Film: Snow White's New Adventure
11.41 Doc: Heritage
12.36 Doc: The Memory Illusion
13.00 Serial: N*gen
13.18 Film: Simba
13.30 Film: The Magic Kids
15.16 D.Anime: Baby Einstein
15.28 D.Anime: Fireman Sam
15.38 D.Anime: Best Furry Friends
16.06 D.Anime: Akedo
16.37 D.Anime: Hunter X Hunter
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: Amour A Mort
21.40 Film: The Birth Of A Nation

14.25 Radha Mohan
15.27 Film: Khushi
Stars: Fardeen Khan, Kareena Kapoor
18.00 Live: Samachar
18.30 Kundali Bhagya
19.00 Udaariyaan
19.30 Kuch Rang Pyar Ke Aise...
20.00 Sasural Simar Ka 2
20.30 Radha Krishna
21.02 Anupama
21.30 Mere Sai
22.01 Kismet Ki Lakiron Se
22.31 Kabhi Kabhie Ittefaq Sey
22.59 Shaurya Aur Anokhi Ki Kahani
23.30 Film: Khushi
Stars: Fardeen Khan, Kareena Kapoor
02.00 Kundali Bhagya



Jeudi 1 février - 15.28

Stars: Fardeen Khan, Kareena Kapoor



Jeudi 1 février - 20.30

Stars: Juhi Chawla, Shahid Kapoor, Vidya Balan





Nita Chicooree-Mercier

Celebrating Ram Mandir Bharat Style

The Pran Prathista, the consecration of the idol of the heroic king Ram from the Ramayana epic, took place in the presence of Indian Prime Minister Sri Narendra Modi on January 22nd at Ayodhya. This religious ceremony holds profound symbolic value for over a billion people in Bharat and around the world, for three compelling reasons.

Firstly, the Ram Mandir's location is deemed the birthplace of the epic king, holding immense importance as a revival of a millennia-old civilizational legacy. The original temple, existing over 500 years ago, was destroyed by foreign invaders who replaced it with a monument from an opposing belief system. Today's devotees consider the reconstruction a fortunate witnessing of their forefathers' cherished legacy.

Secondly, the event aimed to connect people of Indian origin globally, inviting them to celebrate a special Deepavali with lights to welcome back the rightful king. The live broadcast showcased the majestic monument adorned in splendour, vibrant flowers, elaborate rituals in Sanskrit followed by bhajans and devotional songs, resonating across Bharat and the world.

The third reason for the widespread acclaim is the ubiquitous presence of the Prime Minister. Seen as a long-awaited ruler, he is perceived as an exceptional figure dedicating his energy to uplift the country, applying its civilizational ethics, aesthetics, and morals.

The event's critics, mainly the Opposition, leftist parties abroad, and western media, have raised a polemic over the concept of secularism. Opposition parties fear the event's coverage might sway votes towards the BJP in India and the ruling parties abroad. However, applying western secularism to India's un-organized Sanatan Dharma requires nuanced understanding.

India, among the two oldest surviving civilizations, has preserved its Dharmic culture till modern times. The Ram Mandir, after more than 500 years, pays tribute to vanished indigenous cultures and faiths across the world, lost to predatory belief systems.



From Times Square in US to Sydney in Australia, the Indian Hindu diaspora celebrates spirit of Ram Mandir Pran Prathista. Pic Oplndia

Criticism of Indian leadership reflects what Europe and the western world may have deprived themselves of in the pursuit of western-style secularism — an emotion, a soul that Bharat embodies today.

Le douloureux passé de l'esclavage

La transmission de l'Histoire de Maurice à la jeune génération ne peut ignorer le douloureux passé de l'esclavage. Il ne s'agit pas de susciter un sentiment de culpabilité chez les descendants des esclavagistes, qui ne sont en aucun cas responsables des actes de leurs ancêtres, ni de consoler la génération actuelle, dont les ancêtres ont enduré un traitement indigne et cruel, perpétuant ainsi une posture de victime.

Cela dit, d'une part, il est pertinent de souligner le sentiment de toute-puissance et de supériorité qui animait ceux qui se considéraient comme les pionniers du développement économique de l'île. D'autre part, les conséquences psychologiques de l'esclavage sur ceux qui ont été laissés sans repères lors d'une longue période d'er-

rance après l'abolition de l'esclavage en 1835, et qui ont persisté dans l'ère post-coloniale, n'ont jamais fait l'objet d'une étude sérieuse.

L'esclavage figure parmi les anciennes pratiques de domination et de conquête que les hommes ont infligées à d'autres pendant des millénaires. L'exemple de la Grèce antique et de Rome assujettissant les peuples conquis est bien connu tandis que l'esclavage des Juifs par les pays voisins tels que Babylone (Irak), la Perse et l'Égypte, datant de plus de quatre mille ans, est documenté dans l'Ancien Testament, bien que moins popularisé par l'histoire moderne. La traite des Africains, vendus d'abord dans le monde arabo-turc pour construire les pays acquéreurs, a perduré pendant plus de mille ans jusqu'en 1968 en Arabie saoudite, et l'intra-africain jusqu'en 1981 en Mauritanie.

La traite des Africains aux quatre coins du monde, colonisés par les Européens et les Anglais, revêt un caractère particulier en ce sens que ce commerce était soutenu par une construction intellectuelle autour d'une théorie sur l'infériorité raciale des Noirs, allant jusqu'à remettre en question l'existence d'une âme chez eux. Lorsqu'il a fallu reconnaître qu'ils avaient une âme, les autorités ont veillé à ce que le clergé les guide pour sauver leur âme.

Une autre particularité de l'esclavage africain était la forte demande à une époque marquée par la concurrence entre les puissances européennes et le mercantilisme propagé par la révolution industrielle. Une main-d'œuvre abondante et efficace sans coût, une véritable aubaine pour les aventuriers partis en mer à la recherche de fortune.

Ainsi a débuté la construction de Maurice par le défrichage des forêts et du bois pour construire les maisons des colons et les huttes des esclaves, il y a plus de 400 ans, avant que le calvaire de ces êtres ne prenne fin en 1835, après 215 ans de souffrance. Plus de huit générations prises au piège insulaire, loin des contrées africaines qui ont fini par s'effacer de leur mémoire, tout comme leurs langues, leurs croyances et leurs cultures.

Ces ancêtres méritent que nous leur rendions hommage en préservant leur mémoire.



Tree of Knowledge

Madisyn Taylor

Being fully present in each moment of your life facilitates kindness, as it increases your awareness of the people around you.

In the quest to create a gentler, more loving world, kindness is the easiest tool we can use. Though it is easy to overlook opportunities to be kind, our lives are replete with situations in which we can be helpful, considerate, thoughtful, and friendly to loved ones and associates, as well as strangers. The touching, selfless acts of kindness that have the most profoundly uplifting effects are often the simplest: a word of praise, a gentle touch, a helping hand, a gesture of courtesy, or a smile. Such small kindnesses represent

Spreading Love Effortlessly

an unconditional, unrestricted form of love that we are free to give or withhold at will. When you give the gift of kindness, whether in the form of assistance, concern, or friendliness, your actions create a beacon of happiness and hope that warms people's hearts.

The components of kindness are compassion, respect, and generosity. Put simply, kindness is the conscious act of engaging others in a positive way without asking whether those individuals deserve to be treated kindly. All living beings thrive on kindness. A single, sincere compliment can turn a person's entire world around. Holding a door or thanking someone who has held a door

for you can inspire others to practice politeness and make already kind individuals feel good about their efforts. Smiling at people you meet -- even those who make you feel like frowning -- can turn a dreary encounter into a delightful one, for both of you. Every kind act has a positive influence on the individual who has performed said act as well as on the recipient, regardless of whether the act is acknowledged. Kindness brings about more kindness and slowly but surely takes a positive toll on humanity.

Weaving the thread of kindness into



your everyday life can be as easy as choosing to offer a hearty "Good morning" and "Good night" to your co-workers or neighbours, a stranger on the street, or the grocery store clerk. When you commit a kind act, you are momentarily disconnected from

your ego and bonded with the individual who has benefited from your kindness. Being fully present in each moment of your life facilitates kindness as it increases your awareness of the people around you. You'll discover that each act of kindness you engage in makes the world, in some small way, a better place.