

MAURITIUS TIMES

• Democracy is not merely a form of Government...It is essentially an attitude of respect and reverence towards fellowmen. — B.R. Ambedkar

Interview: Nita Deerpalsing

“2024: A resounding ‘Vote de Sanction,’ not ‘Vote d’Adhésion”

• ‘The people proved that money does not make an election when there are larger issues in consideration’

• **‘No arrogance. No discrimination. No injustice. No nepotism. No corruption...**

This is the dream that most decent Mauritians have’



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Election 2024

The Rise of Alliance du Changement and Mauritius' Democratic Future

On Sunday, November 10th, Mauritius witnessed a seismic shift in its political landscape with the victory of the 'Alliance du Changement'. The alliance secured 62.5% of the vote, achieving an absolute parliamentary majority with a 60-0 sweep. While this may be reminiscent of the landslides in 1982 and 1995, the earlier electoral triumphs, however, were not followed by enduring satisfaction; instead, they left the electorate disillusioned. This latest victory of Alliance du Changement, which ousted the MSM-led government, raises critical questions about the motivations behind the voters' choices and the implications for the future of Mauritian democracy.

The 60-0 majority is a significant outcome, echoing past instances where a single political alliance dominated the political scene, consolidating power with such force that no room was left for the opposition. In the past, these overwhelming victories often resulted in complacency and arrogance, which, over time, led to disillusionment among the electorate. While many in the political sphere were caught off guard by the dramatic ousting of the MSM-led government, the undeniable power of the 'Alliance du Changement' speaks to a broader rejection of the status quo. However, the history of such absolute majorities in Mauritius has shown that they can be a double-edged sword. The question that arises is whether this victory will repeat the past mistakes of the previous regimes or pave the way for meaningful reforms and a brighter future for the country.

Breaking the Rural-Urban Divide

The election results have shattered the traditional rural-urban divide, with a dramatic breakdown of the electoral system that was once thought to favour rural constituencies. The impact of this shift is felt strongly in the rural constituencies like the 4-14 (traditional strongholds for the MSM), where the opposition now enjoys stronger support. In urban areas, deprived of municipal elections through three successive postponements, it was easy to assess the mood of the electorate. The 2024 electoral outcome highlights a new level of political maturity among voters across both rural and urban areas. Electorate choices are now increasingly driven by considerations of governance, public concerns, and actual performance, rather than by longstanding political affiliations. Voters have made it clear that abuses of power, autocratic tendencies, and blatant corruption will no longer be tolerated. Mauritius' electorate seems to be sending a clear message that values of ethics, morality and good governance matter more than mere financial handouts and are demanding accountability and transparency from those in power. The fact that many of these measures, such as lowering of fuel costs at the pump, were being belatedly offered by an outgoing team was felt like adding insult to years of injury.

However, it is crucial to acknowledge that 27.8% of the electorate still voted for the MSM and its affiliates, which may reflect the loyalty of its core support, now estimated at around 25% of the voting population — a sharp decline from their 2019 level of 37%. This voter base cannot however be disregarded, as it represents a significant portion of the electorate that continues to believe in the party's vision or leadership. Although there are no indications as yet how many will keep that loyalty alive during what promises to be a strenuous desert march, the MSM remains a force to be reckoned with, despite its loss of power, and will likely



remain a key player in Mauritian politics. This loyal base may fluctuate over time, as it depends on how effectively the party addresses its internal challenges and evolves with the changing political landscape.

One cannot therefore dismiss the possibility of a political resurgence for the MSM, especially if the new government fails to meet the expectations of its electorate. The MSM's ability to rebuild its image and regain public trust will determine its future trajectory. For now, however, the party must reflect on its failures and respond to the increasing demands for political change, transparency, and anti-corruption measures that were key to the election's outcome.

The Representativeness of the FPTP system

The dramatic outcome of this election also brings into sharp focus the limitations of the First-Past-The-Post (FPTP) electoral system. Despite the fact that nearly 72% of the electorate rejected the MSM-led government in 2024, with the FPTP system delivering another 60-0 outcome, pertinent questions are being raised anew about the representativeness of the system, especially in a diverse society like Mauritius, where political preferences are not always uniformly distributed.

While the current system may have granted the opposition a resounding victory, it also underscored the flaws in an electoral framework that can yield a parliament where minority voices remain unrepresented—an outcome seen repeatedly in the past, with opposition parties receiving insufficient parliamentary representation despite securing a significant share of the overall vote. This points to a broader conversation about electoral reform. While some may argue that the 2024 election outcome puts discussions of PR on hold, it is essential to consider the long-term implications of a system that may, in some cases, fail to accurately represent the diverse political will of the electorate. It is noted that the new government manifesto does call for a review of our electoral system.

The "Missié Moustass" audio recordings

One of the most controversial elements of this election was the release of the "Missié Moustass" audio recordings, which were strategically leaked in the days leading up to the vote. These recordings, which implicated key figures of the outgoing government, played a significant role in shifting public sentiment and galvanized the opposition's supporters. While the legality and ethics of the release are certainly open to question, it cannot be denied that these revela-

tions, illustrating an unelected powerful parallel government from the insides of Sun Trust, had a profound impact on the outcome.

The figure of "Missié Moustass," a character who has dominated social media discussions following the election, raises further questions about how politics will evolve in the coming months. Speculation is rife about his motivations and whether he will shift from being a thorn in the side of the outgoing MSM establishment and its "Lakwizin" — the unofficial, all-powerful Kitchen Cabinet of the previous government — to becoming a participant in the governing coalition. Social media buzz suggests he might alternatively take on a new role, one that could potentially challenge wayward political figures, whether in the ruling party, the opposition, or among public officials. The incoming government has assured the public that costly mass surveillance devices, monitoring installations, and sniffing software will not be tolerated and are likely to be dismantled after thorough inquiries into their misuse, with data sources being shut down. Consequently, "Missié Moustass" may well be kept at a safe distance.

Urgent Priorities for the New Government

What are the people's expectations of the new government? First and foremost, they demand swift action on urgent issues that have been long neglected. This includes assessing the true state of our finances and economy, tackling the escalating concerns over corruption, improving the efficiency of the police and judicial systems, and restoring the credibility of key institutions such as anti-corruption and anti-money laundering agencies. Institutional reform must be at the top of the new government's agenda to ensure equal application of the law and the upholding of constitutional principles.

The need for institutional reform cannot be overstated. A comprehensive overhaul of the police, judiciary, and other state institutions is crucial to restore public trust and ensure the effective functioning of democratic processes. The electoral outcome reflects a widespread desire for change, and the new government must seize this moment to eradicate corruption and inefficiency at every level of governance.

For Navin Ramgoolam and Paul Bérenger, the stakes have never been higher. Their alliance, which played a critical role in ousting Pravind Jugnauth and the MSM, now faces the challenge of translating their promises into tangible, effective governance. Their ability to overcome personal and ideological differences will be key to their success in leading the country toward a brighter future.

The results of the 2024 election are a reflection of Mauritius' evolving political landscape. While the return of a 60-0 majority signals a victory for the united opposition forces, it also raises important questions about the nature of our democracy, the representativeness of our electoral system, and the challenges that lie ahead for the new government. In the wake of this victory, the leaders of the Alliance du Changement must tread carefully. The motivations of today's electorate are uncompromising, and although the political landscape may shift again in the coming years, it is clear that voters are demanding transparency, integrity, and accountability. The Alliance du Changement government must address these concerns directly and work diligently to fulfill the promises made during the campaign.

Elections générales



Prakash Neerohoo

La victoire sans appel (60 sièges sur 60) de l'Alliance du Changement (PTr-MMM-ND-ReA) aux élections générales du 10 novembre 2024 est historique, rééditant le score de 1982 (MMM-PSM) et de 1995 (PTr-MMM). Une liesse populaire a accueilli le changement politique à travers le pays avec un dévouement

irrésistible venant des foules qui étaient auparavant en proie à la peur sous un gouvernement autoritaire.

« Les deux leaders de l'Alliance ont acquis de l'expérience et de la sagesse et ils sont conscients que le temps n'est pas suffisant (5 ans) pour faire les réformes nécessaires et laisser un héritage précieux à la postérité. Essentiellement, ils président à un gouvernement de transition qui devrait jeter les bases des réformes structurelles (politiques, constitutionnelles, économiques, sociales) qui puissent permettre l'émergence d'une Ile Maurice plus juste, égalitaire et démocratique. Ensuite, ils ont la responsabilité de préparer la relève dans leurs partis respectifs à partir du présent mandat. Donc le temps ne se prête pas aux querelles de clocher... »

Avant le scrutin, un vent de changement soufflait sur le pays. Le 11 novembre a apporté un souffle de libération à un peuple qui en avait assez d'un règne autocratique de 10 ans.

Si l'on prédisait une victoire certaine de l'Alliance du Changement, personne ne pouvait prévoir son ampleur. Certains prévoyaient un tsunami ou un raz de marée électoral sans se hasarder à prédire un score de 60-0. Même les sondages les plus scientifiques n'auraient pu prédire la lame de fond qui allait balayer l'Alliance Lepep.

Enseignements pertinents

Les résultats des élections comportent des enseignements pertinents et utiles à tirer pour l'avenir.

Première leçon : Il ne faut pas rayer à jamais un leader politique qui a une certaine assise populaire. Le scrutin marque le « comeback » d'un leader (Navin Ramgoolam) que l'on croyait mort politiquement après deux défaites successives en 2014 et 2019. Il revient en force après une traversée du désert marquée par de multiples déboires personnels et légaux. Il a fait preuve d'une résilience extraordinaire pour combattre ses adversaires et regagner le pouvoir, un peu à la manière du président Lula au Brésil.

Il est vrai que les conditions objectives comme les problèmes socio-économiques (inflation, trafic de drogue, institutions dysfonctionnelles, situation d'insécurité publique, mauvaise gouvernance généralisée, etc.) ont créé un désir de changement chez l'électorat. Mais ce qui a permis à l'Alliance du Changement de capitaliser sur ce désir de changement, c'est la capacité de ses deux principaux dirigeants (Navin et Paul) de rassembler leurs troupes autour des objectifs communs en faisant des compromis de part et d'autre. On a noté cette fois-ci une synergie des partisans du MMM et du PTr sur le terrain dans les villes comme dans les villages, laquelle a fait éclater le mythe que les circonscriptions 4 à 14 étaient acquises au MSM.

En s'adjoignant le parti de gauche ReA et les Nouveaux Démocrates dans une plus grande alliance,



Le changement apporte un souffle de libération

les deux partis ont montré un esprit d'ouverture qui est de bon augure pour l'avenir. Pour sa part, le MMM a prouvé qu'il demeure l'élément incontournable dans tout scénario conduisant à un score de 60-0. Il est le seul parti qui est partie prenante de trois victoires électorales parfaites (1982, 1995 et 2024).

Deuxième leçon : Le scrutin majoritaire au premier tour (First Past The Post) favorise une lutte bipolaire entre deux grandes alliances opposées qui ne laisse pas de place aux candidats indépendants ou une troisième force (Linion Reform). L'Alliance du Changement a obtenu 63% des votes contre 28% à l'Alliance Lepep, 5% à Linion Reform et 4% à divers groupuscules.

En 2019, le MSM et ses alliés avaient obtenu 37% des votes pour rafler une majorité de sièges de député contre une opposition désunie (MMM et PTr-PMMSD) qui se partagea 63% des votes. En 2024, le MSM et ses alliés obtiennent 28% des votes, soit un recul de 9% par rapport à 2019.

Le caractère bipolaire de la lutte électorale s'affirme davantage lorsque l'enjeu des élections est hautement stratégique (le changement contre le statu quo), ce qui favorise le vote utile. Une troisième alternative à Maurice n'est pas viable dans l'avenir pour deux raisons:

- le système électoral inique, et
- le financement politique.

Sans une réforme des deux systèmes, seuls deux blocs opposés continueront à dominer l'échiquier politique.

Absence d'opposition

Vu l'absence d'une opposition confortable au Parlement, la question qui hante les esprits est de savoir si l'Alliance du Changement ne contient pas les germes de la division qui provoqueront une cassure à terme, comme on l'a vu en 1982 et 1995, à la suite des divergences profondes entre les partenaires. Certains prophètes de malheur prévoient déjà un éclatement de

l'Alliance compte tenu des précédents historiques. Jamais deux sans trois, disent-ils. Or, cette fois-ci une cassure est peu probable pour plusieurs raisons.

- D'abord, les deux leaders de l'Alliance ont acquis de l'expérience et de la sagesse et ils sont conscients que le temps n'est pas suffisant (5 ans) pour faire les réformes nécessaires et laisser un héritage précieux à la postérité. Essentiellement, ils présideront un gouvernement de transition qui devrait jeter les bases des réformes structurelles (politiques, constitutionnelles, économiques, sociales) qui puissent permettre l'émergence d'une Ile Maurice plus juste, égalitaire et démocratique.
- Ensuite, ils ont la responsabilité de préparer la relève dans leur parti respectif à partir du présent mandat. Donc, le temps ne se prête pas aux querelles de clocher! Ils doivent se focaliser sur l'essentiel et non pas l'accessoire.

Défis majeurs

A court et moyen termes, le nouveau gouvernement aura des défis majeurs à relever sur tous les plans (économique, social, institutionnel). En attendant des réformes profondes au système, il devra s'occuper durant la première année des problèmes les plus pressants tels que le combat contre l'inflation, le trafic de drogue, l'insécurité publique, la relativité salariale, l'accès à l'éducation et au logement, l'emploi, les taxes indirectes régressives et les prix des carburants.

D'abord, il faudra une remise en ordre général dans les institutions qui sont minées par l'incompétence, la corruption et le népotisme. Cela exige le départ de tous ceux qui ont consciemment et volontairement contribué au pourrissement du système.

Il ne s'agit pas de mener une politique de vengeance, mais plutôt de situer les responsabilités pour toutes les gabegies et malversations dans les institutions.

● Suite en page 6



Dr R Neerunjun Gopee

Massive Victory for Alliance du Changement

The electorate cares more about the winning party, because henceforth they look forward to the latter to meet their pledges and bring about the promised improvements in the lives of the people

We do not rejoice in victories. We rejoice when a new kind of cotton is grown and when strawberries bloom in Israel.

— Former Prime Minister Golda Meir

As I wrote in my article of last week, 'Of 60-0 & appeasement politics', it is part of our electoral folklore that the street agents from the adversarial, contending parties are often to be found managing their 'stalls' in proximity to each other, indulging in banter and generally having an enjoyable time. Likewise, I opined that 'our hope is that as in the past once the elections are over and the results declared, the transition to the elected government will take place smoothly.'

This has happened already. The outgoing Prime Minister promptly conceded defeat and acknowledged the landslide victory of the 'Alliance du Changement'. A communiqué from the Office of the President dated November 12, 2024, confirms that he has 'received and accepted the resignation of Honourable Pravind Jugnauth, as Prime Minister and that of his government with immediate effect.'

It's the end of another political cycle for the MSM and its leader as they go into hibernation, giving time for the latter to, perhaps, cogitate on 'kote mone foter' – where did I do wrong? – and prepare himself, perhaps, for a future cycle. For, like Tennyson's brook, 'men may come and men may go, but I go on forever.' Political cycles will keep succeeding each other.

As the losers pack up their bags with their tails tucked in – given the landslide defeat – the winning Alliance, indeed the whole of Mauritius had reason enough to bask in their hard-fought glory and savour their victory that resonated loudly across the country till the early hours of Monday night. In fact, it was well past midnight when



“The electorate care less about the losing party than about the winning one, because henceforth they look forward to the latter to meet their pledges and bring about the promised improvements in the lives of the people. Any euphoria, therefore, can only be short-lived under the circumstances, because of the avowedly catastrophic left-over of the previous regime, which the incoming government is expected to reverse in record time. An obvious impossibility, but since they have built up hype and hope, the responsibility is that much heavier...”

the final results in the No. 5 constituency were declared, confirming that the designated future PM, leader of LP and the 'Alliance du Changement' Navin Ramgoolam had won hands-down along with his two fellow candidates.

As political parties gear up to contest an election, quite commonly this is referred to as an electoral battle. Like in any battle, there are winners and losers. In our current predicament, therefore, it is quite appropriate for both of them to remember the advice of Lord Krishna to Arjuna as the latter prepared to engage in battle, namely that he should perform his duty and accept the result, be it success or failure with equanimity of mind, this being known as *karma yoga* (Bhagavad Gita, Ch 2, V 48).

In other words, one must maintain calmness and composure of the mind: not become euphoric in victory or sink into depression in failure. The electorate care less about the losing party than about the winning one, because henceforth they look forward to the latter to meet their pledges and bring about the promised improvements in the lives of the people. Any euphoria, therefore, can only be short-lived under the circumstances, because of the avowedly catastrophic left-over of the previous regime, which the incoming government is expected to reverse in record time. An obvious impossibility, but since they have built up hype and hope, the responsibility is that much heavier.

And they will be similarly watched. It seems some have anticipated this already, if we go by the statement made by Roshan Jhummun, a successful candidate in No 13 constituency. In as many words he said that we had better deliver, for if we don't, we should expect to be similarly booted out after five years.

Let's hope this realism, and reality, sinks in and instigates or motivates the new regime to begin righting the accumulated wrongs on a fast-track basis, and to remain

accountable and transparent in their doings and dealings. That's the kind of 'victory' the electorate will look forward to before it actually begins to rejoice after the justifiable high of celebration immediately after the results were out – the equivalent of Golda Meir's cotton and strawberries so to speak!

In my previous article alluded to I had also indicated that, despite the overwhelming frustration and anger that arose after the 'Missié Moustass' leaks, there was also a feeling that in line with democratic principles a credible opposition should emerge. That this did not happen is testimony to the rage with which people voted to boot out the incumbent regime, mobilizing as 'one people, one country' at the booths, and afterwards manifesting this sentiment as they sang the national anthem and waved the Mauritian flag. All the faultlines were put aside and may this continue to underpin all future decisions and movements. Decisions should not only be premised on equal rights for all, but also result in outcomes that ensure equity – that is, fairness and justice, for all.

This election has also revealed that there is a law of diminishing returns as regards freebies: people went so far and no further, as the additional carrots that were dangled clearly didn't have the impact wished for by the Alliance Lepep. This confirmed the assertion of US President Lincoln that 'you can fool some of the people all the time, you can fool all the people some of the time, but you cannot fool all the people all the time.' Let these words be constantly remembered.

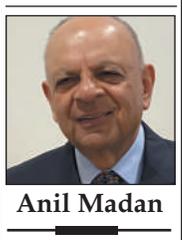
On the other hand, this overwhelming result has also shown that the 'third force' that has often been wished for will be a long time coming on our local scene. Despite many cogent arguments put forth by Linion Reform, which came third after the two Alliances but still trailing well behind with just over 116,000 votes, it clearly failed to emerge significantly. Nevertheless, it is instructive to pay some attention to the reaction posted by a young novice of the Reform Party after the results were out:

'Dear All, thank you all who have supported me both throughout this political journey. I have done what I could in my capacity and within my conscience. It is a pity to see that people are still idiots when it comes to voting in the sense that they do not vote for their country by having checks and balances and by only hearing gossips. Today we have given full ownership of the Parliament to only one alliance and our only hope is that now with that power they can act responsibly and within their limits. Otherwise, we as a nation will have to bear the consequences. With great power comes great responsibility! Let's now hope that this government sets its foot down for better meritocracy and less nepotism. Thank you all.'

The job awaiting is both urgent and huge. Let us turn the page and begin in earnest and with fresh hope to usher in a cleaner phase in our national life.

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Of Innocence, Naivete, Delusion and Denial



Anil Madan

The victors, as always, write the narratives of history, the losers write apologia. But as with most false histories written by the rampaging victors, this too will be rewritten in due course

The US presidential election is over. Donald Trump is once again President-elect. The Republicans will claim that he won a mandate. The Democrats are hardly able to dispute this as false as the claim is. They are too busy licking their wounds. The victors, as always, write the narratives of history, the losers write apologia. Trump's victory was more a ratification than a mandate as I'll explain. But as with most false histories written by the rampaging victors, this too will be rewritten in due course. But "due course" could be decades, or even longer. What will the America of decades or even longer look like?

Why do I write that Trump's win is not a mandate. I have little interest in dissecting the alleged causes of the Democratic nominee's failure to win the popular vote or the swing states. There has been much written on that subject, pretty much all of it useless and of no redeeming value. It neither captures the truth of what happened, nor offers a path forward for the Democrats. What it does tell us is that the Democrats are not the party that can rein in the excesses of the Republicans and their MAGA enthusiasts. And it certainly does not tell us what the consequences will be for a more insular, isolationist America, if that is what Trump wants to make it.

For me, two numbers stand out among those that tell the tale of the election just concluded, as we compare the 2024 vote totals to the 2020 vote:

There was no surge of voters for Trump. He got a little over 75 million votes this time, just 910,408 more than in 2020.

But Kamala Harris got 71,875,053 votes, and that is **9,407,579 fewer than Biden in 2020.**



“There was no surge of voters for Trump. He got a little over 75 million votes this time, just 910,408 more than in 2020. But Kamala Harris got 71,875,053 votes, and that is 9,407,579 fewer than Biden in 2020. The simple fact is that almost 9-1/2 million Americans didn't think this election was important enough to come out and vote...”

The simple fact is that almost **9-1/2 million** Americans didn't think this election was important enough to come out and vote. Or, perhaps despite realizing the importance of the election, they were simply not inspired by Kamala Harris or willing to accept her as the standard bearer who would take America in a new direction.

The shame of it is that despite what happened on January 6, 2020, almost **one million** more Americans thought it was okay to vote for Trump.

Those two numbers, 9-1/2 million no-show Americans and 910,408 more who voted for Trump say everything that needs to be said.

We should keep in mind, however, that the 910,408 additional votes Trump got, if strategically placed in the swing states, would have been enough to win him the electoral college. And, at the same time, the same number of votes strategically placed for Harris would have been sufficient for her to have won. The tragedy for the Democrats then is that they could not manage strategically moving people to vote in the swing states when the numbers showed that as few as 10,000-100,000 votes can make a massive difference in a swing state. So, Kamala Harris lost badly.

Loss of innocence

In this process, the Democrats and America lost their innocence. Again. This time, innocence lost was about the old saw that every vote matters. In this case nine and one-half million chose not to matter. This is not the first loss of innocence in America. For our nation, it has been an oft-repeated tale.

So too, did the Democrats lose their innocence of immigration. While it is true that this nation is a melting pot, the Democrats simply never came to grips with the fact that Americans already here, regardless of their race or ethnicity, want an immigration system based on invitation, not invasion.

The Democrats never explained why they were not solely responsible for inflation, or that Trump's promises of lower prices are a delusion. But perhaps this was not a battle that an incumbent president can win. The Trump campaign successfully portrayed Kamala Harris as the incarnation of incumbency. So, she lost.

When I first came to America as a college student back in the last century, I used to jokingly tell people that I flew over on a TWA Boeing jet christened "Mayflower." I laughed as I suggested that I would apply to join the Mayflower Society. But the innocence about the original Pilgrims came a cropper in due course. Over the years, the tendency to glorify those refugees and asylum seekers, euphemistically referred to as the Pilgrims, who came

over on the Mayflower has come down a notch or two. Perhaps this is because as the victors in the American saga, they wrote a false history of their achievements. As the lessons of what they did have become painfully clear, the story of the Pilgrims and, by extension America itself, sheds the myth of their supposed innocence and benevolence. And perhaps the sub-silentio realization that they were, after all, undocumented refugees and asylum seekers, fleeing religious persecution in England, puts them on a par with latter day adventurers seeking a better life for their children and their children's children.

I started writing these words on November 11, the 404th anniversary of the Pilgrims' landing at what became Plymouth Colony. Abraham Lincoln, if he were here, would count that passage of time as twenty score and four years. We often hear complaints about immigrants of different faiths and cultures coming to America and, alas, insisting on recreating their cultural ways and religious practices here. But this is precisely what those first refugees and settlers did. They sought to establish "Christian values". And, as we heard during the presidential campaign just ended, there is a movement afoot to reestablish those "Christian values."

“America's continued excellence is more and more dependent on immigrants who sustain the kind of work ethic and dedication that has made this nation a proud leader of the world. As this nation benefits from the technical prowess of these new immigrants, how will the new focus on immigration find a way to separate those who contribute useful labor to this nation without characterizing all immigrants as undesirables or worse, criminals? We have not seen that part of history written yet...”

In the first part of that four-hundred-year phase of American history, the "Christian values" of those early immigrants and the caravans of their countrymen who followed them, were no impediment to their wreaking devastation on the indigenous population, stealing their lands, eviscerating their culture, committing a near genocide, and dotting much of the American landscape with reservations that were glorified concentration camps. America took a long time to lose its innocence over this phenomenon as historians, the Hollywood film industry, essayists and novelists, and the comic book industry exalted their conquest of the American Indian.

Arguably, the nation has still not come to grips with this part of its history and the injustice that it screams out. Of course, some of the sense of injustice is tempered by the justification that America would never have grown, prospered, and become the most powerful nation in the history of the world were it not for the early settlement of the country, its expansion, and development. The American Indian was a dispensable victim of this new order.

A new conquest of America

Today, a new conquest of America is underway. In an ironic twist, it is a conquest by Indians. These are the Indians whom Columbus came west to find in America and now, they have found America from the east. The new Indians do not sport feathers but wear dots. This development of the Indian diaspora in America will soon come to be viewed in the context of a loss of innocence about another subject, that being the notion of American excellence. Today, American-born children are processed through education grist mills that are sorry excuses for schools, and they leave less well educated than their elder predecessors, less well able to read, write, and unable to comprehend and compute at a semi-literate level. The new president to be threatens to dissolve the Department of Education.

● Cont. on page 6

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Large numbers of our fellow denizens are ever more dependent on the opioids of modern life — whether they be chemicals such as marijuana, cocaine, fentanyl and the like, or sugary drinks, watered down beer sold with the marketing prefix “Light”, unhealthy fast food, oversized servings at restaurants exacerbating the crisis of obesity, or vapid television programming exacerbating the crisis of mindlessness. We celebrate mass sporting events and wince at mass shootings with seeming equal frequency. Our citizens are charmed repeatedly by politicians promising prosperity and a return to moral rectitude in the name of religion. They seek control, by stoking age-old hatreds and xenophobia, promising assorted levels of vengeance. The new president to be offers more promises of his own and places those who promise to dismantle government at the helm of little destroyers captained by new commanders.



“Today, a new conquest of America is underway. In an ironic twist, it is a conquest by Indians. These are the Indians whom Columbus came west to find in America and now, they have found America from the east. The new Indians do not sport feathers but wear dots. This development of the Indian diaspora in America will soon come to be viewed in the context of a loss of innocence about another subject, that being the notion of American excellence...”

The oxymoronic contradiction is that America's continued excellence is more and more dependent on immigrants who sustain the kind of work ethic and dedication that has made this nation a proud leader of the world. As this nation benefits from the technical prowess of these new immigrants, how will the new focus on immigration find a way to separate those who contribute useful labor to this nation without characterizing all immigrants as undesirables or worse, criminals? We have not seen that part of history written yet. Let's leave it at that for now.

Will the new immigrants act more benevolently toward the denizens of this nation, or do we naively ignore the potential for conflict?

From 1620 to 1775 over those seven score and fifteen years after the first Pilgrim refugees and asylum seekers arrived, America lost its innocence over the notion that a distant King motivated by the interests of his subjects would be a benevolent ruler. The notion that men could live, with the right to think, act, and speak freely under monarchy was discarded and relegated to the debris of history. Or so we thought. Now, we test anew, as Lincoln suggested at Gettysburg that the nation was testing its very survival, the notion that governments are instituted among men to secure the rights of Life, Liberty and the Pursuit of Happiness. The

new President to be threatens to dismantle government. Ironically and naively, he exalts the richest man in the world who has benefited from government largesse, to strip away the functions of government and eviscerate its employees, departments, agencies.

The nation lost its innocence again as the southern states rebelled and sought to secede from the union. The truths that “all men are created equal” did not mean “all” men, but only the privileged white men and not even their women were exposed. A denial of brotherhood led to the Civil War, or as the southerners called it, the northern war of aggression. As we look at Putin's war of aggression, we wonder if the new President to be, will save Ukraine or yield to the delusion that we can embrace a tyrant and killer of hundreds of thousands of his neighbours.

An American Hitler

The Second World War saw America rise to defend itself after the Japanese attack on Pearl Harbour and join with Britain and the Allied Forces to save the world from Hitler and his axis of evil. Today, nine and one-half million Americans did not rise to block a man his own running mate called an American Hitler. Is this an innocent error? Or is it delusion, naivete, and denial?

Despite the chilling demonstrations at Hiroshima and Nagasaki, the world's powers have not learned that their ongoing bluster and posturing about nuclear capabilities and strategic power are more a powerful incentive to the have-nots to join the club than a deterrent. So it is that from five nuclear powers, we now have at least nine and possibly ten. China threatens to and is actively engaged in increasing its nuclear weapons and missile capabilities by a multiple of 10 or 15. Kim Jong Nuke threatens South Korea, Japan and the US with regularity. Iran threatens to get and use nuclear weapons against Israel. And we naively expect that a new President to be can bring all this under control when

experience tells us that all he succeeded in doing was exchanging what he called “love letters” to Kim Jong Nuke.

America's technological superiority is being challenged like never before. American inventions are stolen and copied in the blink of an eye. Most recently, Taiwan Semiconductor reported that one of its chips was found in a Huawei AI processor. America is getting over the naive delusion that technology invented by Americans cannot be replicated in a heartbeat by equally smart people around the world. Or by people willing to steal that technology.

The Democratic Party is in disarray. The nation is in disarray. The Republican Party is ascendant. The new President to be unearths new hatreds, new destruction of government, new vengeance. But then, in his victory remarks, he did talk about unifying the nation and making it greater, more prosperous than ever. Is this naivete, delusion and denial, all wrapped together. Has America lost its innocence yet again?

We are embarked on a new journey in a sea of denial, on a ship helmed by a delusional captain, with seemingly innocent passengers naively believing that they are headed to a destination they want to reach.

Cheerz...
Bwana

Politique

Elections générales

Le changement apporte un souffle de libération

● Suite de la page 3

Il y avait une convention dans la politique selon laquelle un nouveau gouvernement ne s'engage pas dans une vendetta contre son prédécesseur. Or, en 2014, le MSM a rompu cette convention en arrêtant Navin Ramgoolam sous des charges provisoires, dont 10 sur 11 ont été rejetées par les cours de justice (la onzième étant toujours en suspens). Si l'on veut donner quelque sens à la notion d'imputabilité («accountability») dans l'administration publique, des actions s'imposent en termes d'enquêtes et de poursuites dans les cas où la loi a été violée et l'Etat de droit a été contourné.



« Vu l'absence d'une opposition confortable au Parlement, la question qui hante les esprits est de savoir si l'Alliance du Changement ne contient pas les germes de la division qui provoqueront une cassure à terme, comme on l'a vu en 1982 et 1995, à la suite des divergences profondes entre les partenaires. Certains prophètes de malheur prévoient déjà un éclatement de l'Alliance compte tenu des précédents historiques. Jamais deux sans trois, disent-ils. Or, cette fois-ci une cassure est peu probable... »

Audit des finances

Les chefs qui ont permis des pratiques de mauvaise gouvernance dans la police, la MBC, la FCC (ex-ICAC), la BOM, la MIC, la FSC, l'IBA, l'ICTA, Airport Holdings Ltd, SBM et d'autres organisations publiques (CWA, STC, CEB) devraient être appelés à répondre de leurs actes après une enquête judiciaire. L'Etat de droit devrait pouvoir fonctionner dans la séparation des pouvoirs avec un DPP indépendant et un judiciaire plus efficace.

Certains conservateurs reprocheront au nouveau gouvernement de vouloir trouver des squelettes dans les placards afin de justifier une éventuelle velléité d'austérité. Or, il est important d'introduire une certaine rigueur dans la gestion des finances publiques. A cette fin, un audit des finances nationales, effectué par une autorité indépendante comme le directeur de l'Audit, est nécessaire afin d'établir le montant réel du déficit budgétaire 2024-25 et le niveau de la dette nationale.

Celle-ci est sous-estimée par la pratique du «financement hors bilan», qui consiste à créer des entités adhoc (SpecialPurposeVehicles) pour enlever de la dette publique des prêts contractés pour financer des projets spécifiques (par exemple, le prêt indien pour financer le Metro Express). Or, l'Etat est responsable du remboursement de ces prêts. De même, la Banque de Maurice et Statistics Mauritius devraient évaluer la croissance économique et le déficit de la balance des paiements en toute indépendance, sans aucune tentative de faire de la comptabilité créative.

Prakash Neerhoo



David Snoxell

Addressing Misconceptions on the UK/Mauritius Chagos Agreement

The landslide Opposition elections in both the US and Mauritius should not delay implementation of the agreement

There has been considerable controversy over the agreement struck after nearly two years of negotiation between the UK and Mauritius on 3 October concerning the future of the Chagos islands and its former inhabitants. The landslide Opposition elections in both the US and Mauritius should not delay implementation of the agreement.

The agreement provides for the UK to return the islands to Mauritius, while allowing the UK to exercise sovereignty on behalf of Mauritius on Diego Garcia for an initial 99 years. This arrangement provides the US with greater certainty and security, but it will not be a sovereign base such as the UK has in Cyprus since Mauritius retains sovereignty. There will be an indexed annual payment to Mauritius, a Chagossian Trust Fund and separately other support for Chagossians in the UK.

Those who do not support the agreement raise the following objections:

- The islands never belonged to Mauritius.
- Chagossians were excluded from the negotiations.
- Mauritius would allow China to establish a base and thereby threaten the Diego Garcia base.

There is little evidence to support any of these objections.

In 1810 the British took Ile de France and its dependencies, renaming it Mauritius, after its earlier Dutch name. This was formalised in the 1814 Treaty of Paris ending the Napoleonic Wars. Since the 1780s, the Chagos islands have been administered first by the French and then by the UK from the capital Port Louis. In 1965 the UK excised the Chagos Archipelago from Mauritius in violation of international law concerning decolonisation and renamed it the British Indian Ocean Territory. It included three islands belonging to Seychelles which were returned at its independence in 1976, a precedent for restoring the rest of the Archipelago to Mauritius. Furthermore the 1965 Lancaster House Agreement between the UK and Mauritius contained a legally binding undertaking to return the Archipelago when no longer required for



British Chagossians demonstrate in London, after the UK announced a deal to return the Chagos Islands to Mauritius. Dan Kitwood/Getty Images

“As this was a negotiation between sovereign states Chagossians could not participate in the negotiations but there were five simultaneous consultation sessions mainly on-line. Since 1982 the Chagossian Refugees Group (CRG) in Mauritius has campaigned to return and began litigation against the UK. In November 2000 the High Court ruled that they must be allowed to return to the Outer Islands. In 2002 Parliament passed an act allowing Chagossians to become British citizens. Those who settled in the UK formed smaller groups. Their objective is to keep BIOT British. They claim the right to self-determination. As decided by the ICJ, in international law the question of self-determination belongs to the people of Mauritius including Chagossians most of whom are Mauritian...”

defence purposes. The outer islands have never been so required.

The second criticism, not consulting Chagossians is debatable. As this was a negotiation between sovereign states Chagossians could not participate in the negotiations but there were five simultaneous consultation sessions mainly on-line. Since 1982 the Chagossian Refugees Group (CRG) in Mauritius has campaigned to return and began litigation against the UK. In November 2000 the High Court ruled that they must be allowed to return to the Outer Islands. In 2002 Parliament passed an act allowing Chagossians to become British citizens. Those who settled in the UK formed smaller groups. Their objective is to keep BIOT British. They claim the right to self-determination. As decided by the ICJ, in international law the question of self-determination belongs to the people of Mauritius including Chagossians most of whom are Mauritian.

The UK/Mauritius deal is good for Chagossians in that it provides for Mauritius to undertake resettlement on the islands, except for Diego Garcia where visits will be facilitated, and funds for those who choose to return. The CRG fully support the UK/Mauritius agreement. The

shameful treatment of the Chagossians has since 2004 been recognised by HMG.

Under the new agreement the joint base is there for at least 99 years, though under the 1966 UK/US agreement the islands were made available for the defence needs of both countries until the end of 2036. This new agreement provides legal and political certainty for the base to remain and protect western interests.

As for the China trope, the Foreign Secretary stated in his oral statement to Parliament that, “We have full Mauritian backing for robust security arrangements including preventing foreign armed forces from accessing or establishing themselves on the outer islands”. Mauritius is a member of Francophonie and the Commonwealth and as such it would not prioritise China over its alliances with the West. Its closest allies are India, France, UK, US and Australia. It is noticeable that Mauritius is the only African country not to have joined China’s Belt and Road Initiative.

It has taken nearly 60 years to get a deal on the table, a finely balanced compromise, providing all parties with much of what they want though not all. It is in the Mauritian national interest and in the

defence and security interests of the West. It enables the Chagossians to return and retrieves Britain’s damaged reputation for respect for international law and human rights, restoring the UK’s standing on the international stage.

Those who have been trying to derail the negotiations and now the agreement before it becomes a treaty should be aware that this is probably the last chance for Chagossians to return to their islands. Delay will allow opposition to the agreement to increase. To get through the process of signature by both parties, the drafting of a treaty to enshrine the agreement, laying it before the House of Commons for 21 sitting days and debate will take time. To complete all this before President Trump takes office on 20 January is a tall order, given the Christmas recess from 19 December - 6 January. Fortunately, on the Mauritian side there is no parliamentary assent procedure. Treaties are subject to Cabinet approval followed by a statement to the National Assembly.

I would expect the new Mauritian government to stand firmly behind the agreement which has taken two years to negotiate. After all, it was Prime Minister Ramgoolam in April 2010 who instructed Philippe Sands to find a way of bringing the issue of sovereignty to the ICJ and agreed with his recommendation to start a case under the Law of the Sea arbitration. Dr Ramgoolam is bound to feel much satisfaction as to what finally concluded with the ICJ decision, overwhelmingly endorsed by the UNGA in 2019, that Chagos must be returned to Mauritius.

Hopefully the future Trump Administration, egged on by a few politicians, journalists and academics with other agendas, does not try to stop the deal going forward. If that were the outcome the losers will be the US, UK, Mauritius, the Chagossians, the UN General Assembly, the Commonwealth, African Union and international law.

David Snoxell has been Coordinator of the Chagos Islands (BIOT) APPG since 2008. He was British High Commissioner to Mauritius, 2000-04, and Deputy Commissioner of the BIOT, 1995-7

Nita Deerpalsing



With an unprecedented 60-0 win by the Alliance du Changement, Mauritius has once again witnessed a landslide reminiscent of 1982 and 1995. However, history has shown that such sweeping victories have often let down the electorate as initial hopes gave way to political disenchantment. This year, the political shift comes against a backdrop of growing dissatisfaction with the MSM-led government. In this interview, Nita Deerpalsing examines the factors behind this striking electoral outcome, the electorate's rejection of "poisoned freebies," and her hopes for a more inclusive, accountable political future in Mauritius.

Mauritius Times: Mauritius has once again returned to a 60-0 absolute parliamentary majority, reminiscent of past landslides in 1982 and 1995 — instances that ultimately left the electorate disillusioned. What are your thoughts in the wake of the dramatic ousting of the MSM-led government and the equally striking victory of Alliance du Changement?

Nita Deerpalsing: When you look at the previous 60-0 scores in 1982 and 1995, we see a pattern. There was a clear 'ras le bol' that the electorate expressed against the then incumbent governments. A majority of the people united without any divide along rural or urban constituencies or any communal, caste divide to express the feeling of an

"2024: A resounding 'Vote de Sanction,' not 'Vote d'Adhésion'"

overflowing outrage, distrust and anger against the regime.

It is therefore, once again in 2024, a clear 'vote de sanction' rather than a 'vote d'adhésion'. Particularly so in 1995 and 2024 because I think in 1982, the electorate who voted in the first 60-0 still truly believed that the then ideology presented was genuine and would be upheld once in government.

So, I think what we can say about this 60-0 is that it is testimony to many drops that have continuously kept filling in a vase with a sentiment of disgust. And I dare say that the account of this disgust goes back to 2015, not 2019 only per se.

There are so many accumulated cases of intimidation, 'dominer' that one by one, has added to the vase of disgust as time went by.

For example, for myself only on the account of what Parliament had become for the last 5 years, I had decided that the former PM had to take responsibility and be given a red card, for having forced upon the people of this country a vulgar creature as goalkeeper in Parliament. In this past electoral campaign, we often heard members of the MSM say: "Oh well they had closed Parliament for 9 months" supposedly as an excuse for what they did to Parliament.

But is that a reason to copy and do even worse? With a goalkeeper obstructing any notion of accountability, which is the primary function of a Parliament, it means that effec-

tively our Parliament was for all intents and purposes, closed for business for 5 long years. And there is even worse! When you hear "Mr Merveille" confessing that some PNQs went through him, it is mind blowing to even imagine the kind of nonchalance with which a fundamental institution like the Parliament was viewed in those quarters.

I think the vase was already full, but the opposition was still unable to crystallize the sentiment of disgust into a clear indication of a massive vote against the previous regime. It took the 'Missié Moustass' whistleblower to turn a latent sentiment of disgust into a decision to concretely vote fervently against.

What is ironic is this: in 2015 when the then regime deployed all institutions to show the bills found at Riverwalk, everyone knew that it would not be different for any other party leader who receives funds for elections. Had anyone gone to search at Angus Road no doubt there would have been many millions, if not more, to be found there too.

Today in 2024, what 'Missié Moustass' has uncovered and shown to the people are things (undoubtedly in much much less proportions) that have been happening since eon years. Except that this time, it is this MSM regime which is being caught engaging in practices that have likely existed for years and years.

“The 60-0s have the beauty of bringing unity of purpose across the majority of the people. It is to the credit of the majority of the people that the sentiment of disgust was so high that the 'poisoned freebies' did not even stand a chance. People have held to their dignity and have refused to be bought. I think we should be proud of this. There was so much talk of money politics... the people proved that money does not make an election when there are larger issues in consideration...”

*** The election results, which few even pollsters and political observers saw coming, have again broken down the traditional rural-urban divide (the 4-14 versus other predominantly urban constituencies). What does this outcome reveal about the Mauritian electorate and their true motivations, despite unprecedented financial incentives from the outgoing government?**

Indeed, as I was saying above, the 60-0s have the beauty of bringing unity of purpose

Let me hasten to say that I do believe that there is a huge difference in degree and vulgarity in what we have seen in the 'Missié Moustass' leaks. But let's not fool ourselves. Interference for nepotism, etc., was not born yesterday. It's just that it had escalated to an extent never even imagined and seen and heard before.

So going back to your question, of course it is a striking victory for 'Sanzman', but it is important we take stock of the fact that it is much much more a defeat of the previous regime which led naturally to the victory of the Opposition.

“I think many in PTR (Labour Party) sighed a huge sigh of relief that every single PTR candidate got elected. It means that the PTR will not be held hostage of any allies. Now this in itself can be good and less good, depending on the actual policies that the PTR will bring. Will the PTR (Labour Party) lead a genuinely progressive policy agenda? Or will it join hands to allow for broad daylight policy capture from the economic elite – historical or new?”

across the majority of the people. It is to the credit of the majority of the people that the sentiment of disgust was so high that the 'poisoned freebies' did not even stand a chance. People have held to their dignity and have refused to be bought. I think we should be proud of this.

There was so much talk of money politics but in these columns itself, I had said that in 1967, the opposition side was clearly endowed with a treasure chest. But the people proved that money does not make an election when there are larger issues in consideration.

It would be wise for all to remember this. You know, when Mr Jugnauth made his announcement on pensions at the publicly paid-for partisan gathering for senior citizens at SVICC, I noticed that he did not get the ovation that one would have expected... and that he himself would have expected. In fact, he was so taken aback by the lukewarm (not to say cold) reaction, that he immediately said: "Kinn arrive, mo pa p tann zot; zot pa finn manze gramatin?". I must say I was also intrigued, and, on that day, I had posted that clip on my Facebook page. On that same day, I realized that things were probably not as rosy for him as we had all thought. Even though, at that time, I would still say he had the edge – electorally speaking – over the Opposition.

● Cont. on page 9

'No arrogance. No discrimination. No injustice.

No nepotism. No corruption... This is the dream that most decent Mauritians have'

● Cont. from page 8

As I mentioned earlier, it's not just one thing that turns an election around. It may be a single event that crystallizes a pent-up sentiment, but the vase of disgust fills gradually, drop by drop, over the course of five years. Then one thing happens, and it crystallizes everything. For example, if elections had been held two weeks after the Belall cyclone when people died in Port Louis, when cemetery walls cracked under flash floods, surely the Opposition would have won then too.

*** However, we also have to contend with the fact that 27.8% of the electorate voted for the MSM, indicating a loyal core of supporters. This base may fluctuate over the years, depending on the party's ongoing political fortunes or otherwise. It's therefore clear that the MSM remains a significant force and cannot yet be dismissed entirely, wouldn't you agree?**

Yes, you are right in reminding us that some 27% of the electorate voted for the outgoing regime. But don't forget that this included the MSM and its 2019 allies PLUS now the PMSD. Whereas in 2019, the MSM and its then allies minus PMSD had garnered 37% of the electorate.

Still, you are right to point out that some 27% of the people did not vote for the 'Changement' government. And this is why I hope that the new government will not ostracise this 27% of the people of Mauritius, but on the contrary, reach out to them to include them into the reconstruction of our country's institutions. The reconstruction of our country period.

As an electoral force, one would be very politically naïve to completely dismiss the MSM indeed. Just as when some people said they had thrown the Labour Party into the 'poubelle de l'Histoire'. Such arrogance has no place for anyone who has some political maturity.

*** Regardless of the MSM's future fortunes, the fact remains that democracy and the FPTP system can — and indeed did in the 2019 election — produce an elected majority, namely the MSM-led government, that five years later nearly 72% of the electorate could not support and firmly rejected. Does this outcome raise questions about the representativeness of our electoral system?**

Yes and no. In this ongoing debate about the 'representativeness' of our electoral system, we have always had to weigh the pros and cons of having political stability vs strict electoral representation. Here, when we talk about 'representation,' we are referring to political parties. However, representative democracy in a plural society means that the par-

“What will a 60-0 win be worth if historical parties, born from a progressive agenda, fail to use their absolute majority to implement substantive reforms, such as a true deep *réforme agraire* (not just sound bites of *sécurité alimentaire*, etc) which goes well beyond rhetorical motherhood statements? When will this country be able to say “Ni Chaînes ni Maîtres” to the stranglehold of a deeply structurally flawed economic system?”

liament should reflect, to a large extent, the diversity of the people. One aspect of diversity that is often overlooked is the gender factor.

If we are able to slice a 60 candidates list almost to perfection when it comes to the 'representativeness' on the basis of community and caste, it is very revealing that we still cannot — in 2024 — take into account that half of this population is made up of women. It reveals that a progressive agenda on the lips of everyone is exactly that: lip service. And that is very regrettable.

But with this 60-0 no one will have any excuses to come up next time with any *'pincement au coeur'*, 'regret' or *'appel à la compréhension des femmes'*. It is expected that with 60-0 there is now no excuse whatsoever not to bring the required amendment to the Constitution for the Electoral Commission to disallow any party which does not have 50% of women on their list of candidates.

Yes, you heard right. I am not shyly, almost whispering 30% - which was what was on the international agenda more than 20 years ago now. Yes, I am boldly saying 50%. Nothing less will do.

The international progressive agenda is all about parity. And parity means half. Meaning 50%. This is going to be one of the litmus test of the real progressive agenda of this government. It now has no excuses with an absolute majority. In fact, they should bring this amendment soon - before the municipal and district council elections. The Constitution was amended for regional elections so that each party would mandatorily have 1 out of 3 women. That is now *dépassé*. Now we need this amendment to be updated to ensure parity.

Time will tell whether the new government truly has a progressive agenda, at least on this score of gender representation. And I am not talking of parliament, municipal councils and district councils only. I am also talking about Boards of Directors both in the public and private sector. Let us see just how much will change on that score with a 60-0. That will be a real litmus test.

*** Despite expectations of a close race, 62.579% of voters backed the Opposition alliance, leading to a 60-0 outcome under our First Past The Post system. This could delay discussions on introducing proportional representation. What are your thoughts?**

These 60-0s come with their plus and minuses obviously. On the plus side, given that this is an alliance government, I think many in PTr (Labour Party) sighed a huge sigh of relief that every single PTr candidate got elected. It means that the PTr will not be held hostage of any allies. Now this in itself can be good and less good, depending on the actual policies that the PTr will bring. Will the PTr (Labour Party) lead a genuinely progressive policy agenda? Or will it join hands to allow for broad daylight policy capture from the economic elite — historical or new?

What will be the role of ReA in defining and ensuring that a progressive policy agenda has pride of place? I think ReA brought a lot of credibility on that score and I can only wish that they pull the PTr to its original historical ideological space. And I am not talking of just academic dogma or lip service mumbo jumbo. I am talking about the evidence of the bankruptcy of the ideology that “the rising tide lifts all boats”



“Are the new ministers and MPs going to place their orders for flashy gas-guzzling cars while they swear in on a government programme which extols the virtues of environmental sustainability? Are we going to have these ego trips of personalized plates like “One and Only” or “TD18” paid for by public funds? These were the visual signals of the mentality and oversized ego of the previous regime right at the beginning of their mandates...”

translated into the now debunked narrative of “you must cook the cake before it can be shared”.

As an ideology, as a practice, this has been proven over and over again to be wrong. It has been discredited by no less than IMF economists like Jayati Ghosh and Angus Deaton. As recently as in March this year, Angus Deaton had this to say in a blog published on the IMF website:

“Like many others, I have recently found myself changing my mind, a discomfiting process for someone who has been a practicing economist for more than half a century. ...Without an analysis of power, it is hard to understand inequality.”

Jayati Ghosh went further: *“Much of what is presented as received economic wisdom about how economies work, and the implications of policies is at best misleading and at worst simply wrong. For decades now, a significant and powerful lobby within the discipline has peddled half-truths and even falsehoods on many critical issues.”*

I dare think that the ReA MPs would have no problem to intellectually grapple with the above statements. My concern is how many of the other MPs will actually advance a progressive agenda and unabashedly demand implementation thereof?

What will a 60-0 win be worth if historical parties, born from a progressive agenda, fail to use their absolute majority to implement substantive reforms, such as a true deep *réforme agraire* (not just sound bites of *sécurité alimentaire*, etc) which goes well beyond rhetorical motherhood statements?

● Cont. on page 10

'The people proved that money does not make an election when there are larger issues in consideration'



“There cannot be a country where citizens live decently if an ordinary citizen is left wondering whether the rule of law applies to some but not to others. This kind of environment fosters sentiments of discrimination and injustice. If we are to build unity and have solid nation building, the rule of law must apply and be seen to apply to every single citizen regardless of his or her “réseautage” – whether that is the networks of freemasons, socio-cultural groups, communal/caste based groups, or the group of those who queue up to leave fat envelopes at political leaders’ doorsteps...”

● Cont. from page 9

When will this country be able to say “Ni Chaînes ni Maîtres” to the stranglehold of a deeply structurally flawed economic system?

We hear a lot about institutional reforms, which of course are necessary and urgent. But without touching the premises of a the deeply flawed economic architecture, the institutional reforms will end up being necessary but not sufficient.

Let us see how things unfold. Time will tell.

* **Do you see the ReA remaining steadfast in its ideological proposals? How do you think the power dynamics will unfold?**

Personally, I am really hoping that ReA will remain steadfast in what has been their ideological stance so far. How much that will be possible to reconcile with the systemic octopus that tries to grab everyone and squeeze their breaths out will depend on the strength of character of the individuals. It will also be a test for them in terms of constancy of language and purpose.

But we must give them the space and time they need. It is early days yet and there should be no a priori *procès d'intention*. Let us see how things unfold with time.

* **What lessons should the leaders of Alliance du Changement take from this election regarding the motivations of today's uncompromising electorate, and how can they best address this sentiment in the years ahead?**

We were just talking about institutional reforms. There are indeed a huge number of reforms that should be on the menu. But the signalling from the newly formed government will be crucial. Are we going to continue with a *train de vie*

“I know that a lot of people want blood from a relentless witch hunt. While I may understand that sentiment and while I agree that people should face the law for any misdeeds, I tend more to think that we have so little resources – police and judiciary – that we should focus on building for the future. I would be in favour of an amnesty for the past on the strict condition that going forward, everyone is going to be holier than thou in their behaviour and actions...”

de l'Etat' at the expense of public funds as before? Are we going to abolish the post of Vice President as was previously committed?

Are the new ministers and MPs going to place their orders for flashy gas-guzzling cars while they swear in on a government programme which extols the virtues of environmental sustainability? Are we going to have these ego trips of personalized plates like “One and Only” or “TD18” paid for by public funds?

These were the visual signals of the mentality and oversized ego of the previous regime right at the beginning of their mandates. The people who voted out with much fervour the previous regime will be watching.

* **What about 'Missié Moustass' himself? Social media is abuzz with speculation about his shift toward becoming a 'MissiéKarapat' and 'Missié Chantage.' What are his true motivations, and how much of a threat could he pose to those in power in the future?**

Clearly this was a *règlement de compte*' of a war within the previous kitchen cabinet. I don't know what the motivations may be beyond a *règlement de compte*'. I think we will have to wait and see whether there is anything else.

* **In your view, what should be the top priorities or urgent matters for the next government to address?**

After the deep dives in terms of the quality of our institutions at the hands of the previous regime, there are many! Almost an endless list.

And we can talk about real content perhaps another time because we could talk till the cows come home.

For starters, I would say the rule of law. There cannot be a country where citizens live decently if an ordinary citizen is left wondering whether the rule of law applies to some but not to others. This kind of environment fosters sentiments of discrimination and injustice.

If we are to build unity and have solid nation building, the rule of law must apply and be seen to apply to every single citizen regardless of his or her “réseautage” – whether that is the networks of freemasons, socio-cultural groups, communal/caste based groups, or the group of those who queue up to leave fat envelopes at political leaders' doorsteps for financing of political events.

Basically, we must move from being a “réseaucratie” to a real democracy. It's a tall order because “réseaucratie” has been putting its roots deep into our soil for decades now. But that is what real systemic change means. That is what “rupture” must mean. Sanzman **must** mean change from ‘rezokrasi’ to ‘demokrasi’. Otherwise, once again we would have fluttered around the surface of things without disturbing the malefic roots that are actually the root cause – no pun intended – of injustice, discrimination, nepotism and corrup-

tion.

There a lot, lot more. But if we were to address only this “réseaucratie” malady, we will already have made huge steps in the right direction.

Then, as I had mentioned before, we need to tackle the ‘train de vie de l'Etat’. Do we really need 25 ministers, 10 PPS, hundreds of advisors for the 25 ministers plus some 100 plus councillors to manage our country?

What about the functioning of the Executive and the Parliament? Will our Executive function according to a Cabinet-based system or a quasi presidential one? The Westminster Cabinet system has much more checks and balances than the French based presidential governance mechanism for sure.

What about the Parliament? Will it again – true to a Westminsterian model – have many Parliamentary Committees on issues like the Economy, Inequity, Ecology, Diplomacy, Education etc., which will work, come up with reports which will then be debated fully in Parliament? Will the working hours of Parliament be considerably extended?

And beyond such institutional reforms, there are actual content that has to be tackled. One of the first thing that comes to mind is the battle against drug barons who are grinding our youths to their graves. This is probably one of the thorniest problems to be tackled and solved. Amongst so many others.

* **Without resorting to any form of witch hunt, a tho-**

“We must move from being a “réseaucratie” to a real democracy. It's a tall order because “réseaucratie” has been putting its roots deep into our soil for decades now. But that is what real systemic change means. That is what “rupture” must mean. Sanzman must mean change from ‘rezokrasi’ to ‘demokrasi’. Otherwise, once again we would have fluttered around the surface of things without disturbing the malefic roots that are actually the root cause – no pun intended – of injustice, discrimination, nepotism and corruption...”



rough clean-up is nonetheless essential to restore the proper functioning of institutions like the police, judiciary, and anti-corruption and anti-money laundering agencies. This would ensure that law and order, as well as constitutional principles, are firmly upheld. What's your perspective on this need for institutional reform?

I know that a lot of people want blood from a relentless witch hunt. While I may understand that sentiment and while I agree that people should face the law for any misdeeds, I tend more to think that we have so little resources – police and judiciary - that we should focus on building for the future.

I would be in favour of an amnesty for the past on the strict condition that going forward, everyone is going to be holier than thou in their behaviour and actions. No arrogance. No discrimination. No injustice. No nepotism. No corruption.

This is the dream that most decent Mauritians have, regardless of their political affiliation. Is that a dream that the announced ‘dream team’ will be able to deliver upon? Time will tell.

“No viable pathways” to limit global warming to 1.5°C, warns a new UN report



People walk near the venue of the United Nations Climate Change Conference (COP29), in Baku, Azerbaijan. Pic - Reuters

Without urgent action on rising nitrous oxide (N₂O) emissions, there are “no viable pathways” to limit global warming to 1.5°C, warns a new report launched at the UN Conference of Parties in Baku.

The United Nations Global Nitrous Oxide Assessment highlights that emissions of this potent greenhouse gas are rising faster than expected, necessitating immediate action to curb its environmental and health impacts.

“This assessment sounds the alarm on a relatively forgotten super pollutant that contributes greatly to climate change and air pollution,” said Martina Otto, head of the Climate and Clean Air Coalition, convened by UNEP, as reported by *Hindustan Times*.

Nitrous oxide, with a lifetime of

120 years, is approximately 270 times more powerful than carbon dioxide in warming the Earth. Its emissions, primarily from agriculture, account for roughly 10% (about 0.1°C) of net global warming since the industrial revolution and have a significant impact on the ozone layer.

According to the report, atmospheric N₂O has increased by over 20% since the pre-industrial era. The mean annual growth rate in the last five years (2017–2021) was nearly double that of the early 2000s, largely driven by agricultural practices. Agriculture is responsible for 75% of these emissions, 90% of which comes from synthetic fertilizers and manure on soils. Industrial sources contribute 5%, with the remaining 20% stemming from fossil fuels, wastewater, aquaculture, and

other activities.

“Reducing N₂O emissions could prevent up to 235 billion tonnes of CO₂-equivalent emissions by 2100,” noted David Kanter, Associate Professor at NYU and Co-Chair of the Assessment, equating to six years of current fossil fuel CO₂ emissions.

The assessment suggests strategies to cut N₂O emissions by more than 40%, including enhanced food production methods, controlled-release fertilizers, improved manure management, and dietary shifts in some regions. It also recommends that industries adopt existing, relatively low-cost measures, ranging from \$1,600 to \$6,000 per tonne of N₂O.

“Nitrous oxide is the most significant ozone-depleting substance currently emitted. Abatement could prevent a 0.2-0.8% increase in cataract cases and a 2-10% rise in skin cancers by 2080-2090,” the report added.

Megumi Seki, Executive Secretary of the Montreal Protocol Ozone Secretariat, emphasized the urgency of protecting the ozone layer: “This assessment underscores the need for continued vigilance and action to ensure the ozone layer recovers to pre-1980 levels as soon as possible.”

Donald Trump has Prince Harry's US visa 'on his mind,' expert suggests

A royal expert has claimed that Prince Harry's US visa is “on Donald Trump's mind” ahead of the president-elect entering the White House again. Before the election, Trump told host and ally Nigel Farage that he would make sure “appropriate action” is taken if it is found that the Duke of Sussex lied about using illegal drugs on his visa documentation, reports *Hindustan Times*.

‘I imagine there have been some sleepless nights in Montecito’

Royal commentator Lee Cohen has now said on GB News that the investigation is “not a priority right now” for Trump, but it is definitely “on his mind.” “It sure seems like divine justice or karma that the fortunes of the Sussexes have taken such a turn over the past year. Bad behaviour and bad judgment have been catching up with them,” Cohen told host Nana Akua.

He added, “With Donald Trump's historic landmark landslide win, I



Donald Trump has Prince Harry's US visa 'on his mind,' expert suggests. Pic - GB News

imagine there have been some sleepless nights in Montecito.”

Cohen added that Trump being re-elected will surely “cause some anxiety” for the Sussexes. “Whether it's Portugal, Canada, Montecito or Frogmore, wherever the Sussexes drop anchor, they seem to wear out their welcome,” Cohen claimed. “I don't know if this will be Donald Trump's priority, the first thing he concentrates on being Harry's visa, but certainly it should give cause for some anxiety over in Montecito.”

When Akua asked Cohen if he

thinks Trump would take action against Harry and Meghan Markle, the royal expert replied, “It's unclear.” Cohen added, “He's certainly got a lot to contend with, what with, Iran, China and certainly Ukraine to deal with. So Meghan and Harry might not be Trump's priority, but, the fact that the president's son has even commented on this shows that it's on his mind.”

Eric Trump previously said “no one cares” about Harry and Meghan as they are “unpopular” in America.

Toronto area towns pass motions to prohibit protests near places of worship

In the Greater Toronto Area (GTA), two municipalities, Mississauga and Brampton, passed motions on Wednesday to prohibit protests in the vicinity of places of worship. This move comes in response to recent tensions and incidents of violence targeting religious sites.

The Mississauga City Council led the way, with a motion introduced by city councillor Dipika Damerla. The motion passed unanimously, with all ten council members voting in favor. Following the vote, Damerla posted on social media, stating that the council would be “directing staff to look at implementing a bylaw that bans all protests in front of all places of worship. This is leadership.”

The motion mandates that city staff explore implementing a bylaw to prohibit protests within 100 meters, or a “reasonable distance,” from places of worship. A similar motion was passed later in the day by Brampton City Council, as reported by *Hindustan Times*.

The actions by both councils follow a recent violent attack on November 3, when pro-Khalistan activists targeted the Hindu Sabha Mandir in Brampton during a demonstration against an Indian consular camp held on the temple premises. Following this attack, counter-protests occurred at the Sri Guru Gobind Singh Sabha gurdwara in Malton that evening, and the Hindu Sabha Mandir held a rally condemning the violence the following day.

The Mississauga motion cited that protests, even if peaceful, could create an “intimidating barrier” for worshippers accessing places of worship. The motion received support from local community leaders, including Kushagr Sharma, president of the Canadian Hindu Chamber of Commerce, who praised the measure as essential for maintaining sanctuaries for worship and reflection. He stated, “Following the attack on devotees at the Hindu Sabha Temple last week, it's clear that such spaces should remain sanctuaries for worship and reflection, free from any violence and intimidation.”

Meanwhile, due to safety concerns, the Brampton Triveni Mandir and Toronto Kali Bari temple in Mississauga announced they would be canceling scheduled consular camps this weekend.

On Tuesday, Peel Regional Police (PRP) clarified that they had not received any “direct threats” to places of worship in the GTA. However, given the recent incidents, Indian consular camps have been postponed to help “ease tensions.” In a statement issued on Wednesday, PRP confirmed they were working closely with the Consul General of India and community leaders to address safety concerns, with increased police presence around religious sites to reassure the public and maintain peace.

PRP also reiterated their commitment to ongoing engagement with community leaders and local stakeholders to mitigate risks and promote a secure environment for all faith communities.

* Contd on page 12

Tulsi Gabbard appointed by Donald Trump as US Intelligence Director

US President-elect Donald Trump announced on Wednesday the appointment of former Democrat Tulsi Gabbard as Director of National Intelligence (DNI). Trump described Gabbard as a “proud Republican” who would bring her “fearless spirit” to the intelligence community.

“As a former candidate for the Democratic Presidential Nomination, she has broad support in both parties. She is now a proud Republican!” Trump said in a statement.

“I know Tulsi will bring the fearless spirit that has defined her illustrious career to our intelligence community, championing our constitutional rights and securing peace through strength. Tulsi will make us all proud,” the president-elect added.

Who is Tulsi Gabbard?

Though Gabbard lacks specific experience in intelligence, she is a military veteran with over two decades of service in the Army National Guard, including deployments to Iraq and Kuwait. She served as a Democratic Congresswoman for Hawaii’s second district from 2013 to 2021, as well as two years on the House



Tulsi Gabbard. Pic – Kalinga TV

Homeland Security Committee.

Often mistaken as Indian due to her name, Gabbard is of American Samoan descent. Her mother converted to Hinduism and named her children accordingly. Identifying as Hindu herself, Gabbard became the first Hindu US Congresswoman and took her oath of office on the Bhagavad Gita.

In 2020, Gabbard launched a presidential bid in the Democratic primary, criticizing her party for not opposing military interventions. She left the party in 2022, describing it as an “elitist cabal of warmongers” and later joined the

Republican Party, endorsing Trump and supporting him in his debate preparations.

Gabbard is married to cinematographer Abraham Williams. Her father, Mike Gabbard, is a state senator who began his career as a Republican before switching to the Democratic Party.

* * *

Gabbard’s record on regional terrorism and religious violence

Gabbard has consistently spoken out against religious violence, particularly in Pakistan and Bangladesh, condemning abuses against minorities. In 2021, she introduced a resolution in Congress to

protect minorities in Bangladesh and criticized the Pakistani military’s 1971 atrocities against Bengali Hindus, noting the estimated 2-3 million people who were killed during this systematic targeting of minorities.

As co-chair of the India Caucus in 2017, Gabbard criticized Pakistan for harboring terrorists who operate in India, Afghanistan, and other nations, calling for a reduction in US military aid to Pakistan. She also introduced the Stop Arming Terrorists Act, aimed at ending US funding for countries supporting terrorism, with specific emphasis on Pakistan.

Addressing violence against Indian minorities, she stated, “The recent rise in violence against Indians, Hindus, Sikhs, and other religious and ethnic minorities is deeply concerning. In the 115th Congress, we will continue our work to raise awareness and urge the Department of Justice to investigate and address hate crimes.”

Trump’s campaign has highlighted similar concerns, focusing on violence against Hindus and other minorities in Bangladesh and advocating for a resolution following the political unrest after student protests.

Psychic warns Pentagon and CIA heads ‘will sacrifice a stooge to assassinate’ Donald Trump in Kennedy-style

Israeli-British illusionist and self-proclaimed clairvoyant Uri Geller has voiced concerns about President-elect Donald Trump’s safety, claiming a “deep state” plot may be targeting him.

Known for his spoon-bending acts and psychic predictions, Geller recently took to X (formerly Twitter) to warn Trump’s life could be at risk from a clandestine group with political motives. He believes a “Democrat hit squad” could be aiming to assassinate Trump exactly like President John F. Kennedy in 1963, reports *Hindustan Times*.

Geller specifically urged Elon Musk to build a “ring of steel” around Trump for his protection. “My dear friends, I’m really concerned about Donald Trump’s life... I have a BAD FEELING that something is being planned by the #deepstate! They have the TOOLS, the MOTIVE, and the WILLINGNESS,” Geller wrote on X.

“Their only means of comeback is to remove #Trump or they are finished! @realDonaldTrump listen to me: do NOT trust the #Pentagon, the #CIA or the #SecretService – their bosses are picked by #Biden and #Obama and they will sacrifice a stooge to assassinate you.”

Geller also implored Trump to use only people he “REALLY trusts” for protection and tagged Musk, asking him to help secure Trump’s safety.

Geller’s warnings come as new information emerged about threats against Trump, with the US Justice Department disclosing on Friday an alleged assassination plot involving Iranian operatives.

The plan targeted Trump and was reportedly directed by Iran’s Revolutionary Guard Corps (IRGC). Federal charges have been filed against Farhad Shakeri, an Afghan national living in Tehran, who allegedly received instructions in September from Iranian officials to monitor and eventually assassinate Trump. Shakeri remains at large in Iran, but prosecutors revealed he held recorded conversations with law enforcement detailing the plot.

The IRGC allegedly urged Shakeri to prioritize this plan, initially tasked with other missions involving U.S. and Israeli citizens. Shakeri was reportedly told on October 7 that he had seven days to devise an assassination strategy targeting Trump, though IRGC members suggested they might delay further action until after the election.

Sri Lanka's parliamentary election crucial for new Marxist-leaning President Anura Dissanayake

Sri Lankans began voting on Thursday in a snap parliamentary election, widely viewed as an attempt by newly elected Leftist President Anura Kumara Dissanayake to secure a clear mandate to advance his pro-poor welfare policies.

The main opposition to Dissanayake’s National People’s Power (NPP) coalition is Sajith Premadasa’s Samagi Jana Balawegaya (SJB) party, which advocates a blend of state intervention and free-market economic policies.

The island nation of 22 million is recovering from a severe financial crisis in 2022, which led to a 7.3% economic contraction that year and a further 2.3% decline in 2023. The COVID-19 pandemic triggered the crisis, compounded by a foreign currency shortfall due to reduced exports and remittances, *Hindustan Times* reports.

Sri Lanka’s recovery has been aided by a \$2.9 billion IMF bailout, but high living costs remain a significant issue, especially for the poor.

Dissanayake, 55, was elected president in the September elections, with his NPP coalition securing nearly 43% of the popular vote, while his nearest rival, Sajith Premadasa, garnered 32.76%.

Sri Lanka’s 225-member parliament follows a proportional representation system to ensure balanced political representation. However, Dissanayake’s inability to secure more than 50% of the vote left him short of a parliamentary majority, which is essential for advancing his reform agenda.

As a Marxist leader, Dissanayake seeks to expand anti-poverty policies, boost welfare

programs for the poor, and combat corruption as an “outsider” in Colombo’s power circles, traditionally dominated by political families.

Dissanayake also aims to adjust the IMF bailout program by reducing high-income taxes and investing more in welfare. However, his government is under pressure to achieve a primary surplus of 2.3% of GDP in the new budget, an IMF target. Analysts worry that a strong mandate for Dissanayake could empower him to renegotiate the bailout, potentially delaying future funds.

“In past elections, people didn’t have confidence in us, but in September, the people gave us victory, proving we are a winning party capable of forming a government. Now, we need to unite people across the country to build a powerful people’s movement,” Dissanayake said during a campaign event on Sunday.

Umeshi Perera, a 32-year-old voter from Biyagama, Colombo, told Reuters, “I think we are seeing the first signs of positive political change in Sri Lanka since the president’s election, and we should give him a chance to continue that change.”

Dissanayake’s NPP, founded in 2019, fields many political newcomers.

Of the 225 seats in parliament, 196 are contested in Thursday’s election, while the remaining 29 national list seats are allocated to parties and independent groups based on their share of the total national vote.

A total of 8,821 candidates are vying for seats in this election. Votes will be counted shortly after polling, and results are expected on Friday.

From the Pages of History - MT 70 Years Ago

7th Year No 288

MAURITIUS TIMES

Friday 26 February, 1960

• Gouverner c'est choisir. -- Pierre Mendès France

One of the most important solutions to our population problems is planned parenthood. Other remedies that must go hand in hand with it are (a) economic reforms (b) emigration. While many people admit that in the end a programme of population control will do good, they do not agree with the means to be adopted.

The arguments for and against contraceptives have been advanced *ad nauseam*, great minds have debated the question threadbare long ago and have given a verdict in its favour; there has been a scientific verdict as well. And yet we find people and newspapers debating this question today as if something new had just been discovered. The ignorance and heat the contestants display and generate on this question are almost unbelievable.

The argument against contraceptives is that it is "unnatural". The term "unnatural" in this traditional objection means interference with a natural process by an outside human agency. But then in this sense, the whole life of man from the cradle to the grave is unnatural. What is civilisation after all? All civilisations can be summed up as a bold interference with nature. Our morning shave, clipping of fingernails, cropping of hair, bridges, boats and aeroplanes, dams and reservoirs, rockets and satellites not to mention clothes and cooking are all interferences with nature.

A Caesarian section to remove a baby, application of forceps during childbirth, a tooth extraction, etc., are all interferences with nature. More than that, we take pride in having conquered the blind forces of nature and having harnessed them in the service of man. Should we allow nature to take her own course, we should go naked, let our hair grow without cropping them, eat raw food, refrain from taking medicine, in short revert to the most primitive level of existence. *Man has progressed beyond the animal level precisely by his "interference" with nature.* Why should human reproduction be left without interference, when it is known what harm uncontrolled fertility is doing?

On the contrary, this interference with nature should be welcome as it is based on planning, foresight and control. It is a victory for human intelligence, given by God, over nature.

Birth control will not promote self-indulgence and licentiousness. We have proofs that in countries encouraging family planning, the amount of licentiousness is actually less than in others, and this for many reasons. Today in most civilized countries a certain number of young men and women often refrain from marriage for economic reasons (This reminds me of our *ségas*: *jeunes gens Zoredi pas lé marier, jeunes gens Zordi pa éna travail*, etc.) They feel their financial position not strong enough to warrant the arrival of children which a married life normally entails. Such young

Morality and Reality



men are sometimes forced to seek other channels as outlets for their normal cravings. In these circumstances, birth-control will be a positive help, because young people can get married, lead normal and happy lives and regulate the arrival of children in accordance with their economic resources.

In fact, the wide adoption of birth control will increase legal, normal marriages and reduce vice.

It is contended however that continence, complete or partial is not immoral. The method known as *Ogino* is considered moral by some people as it is a natural method as opposed to "artificial" methods. It is not considered immoral either to have coitus with one's wife even if it is known that she is pregnant, nor even after menopause although one of the main arguments against birth-control is that the primary aim of the sexual act is the begetting of children.

As regards the so-called natural method of *ogino*, it must be pointed out that "to regulate the sexual life of marriage by the calendar is to introduce a strictly extraneous factor which involves *interference with nature*" of another kind. To disallow a method of contraception because it prevents semen from entering the womb and to sanction a method where semen can get inside the body when there is no ovum (egg cell female) to be fertilised, and where desire is least, in a conception of nature in purely physical terms.

Mahatma Gandhi's attitude towards birth control is well-known. To him "there can be no two opinions about the necessity of birth-control." However, the only method he would advise was "moral restraint". Gandhiji said: "If I can drive home to women's minds that they are free, we will have no birth control in India. If only they will learn to say "NO" to their husbands." It is clear that Gandhiji believed in the need of controlling births but did not approve of contraceptives. He granted the ends as desirable but objected to the scientific means. Gandhiji advised the wives in India to say "NO" when husbands in India

as husbands all over the world are even eager to assert their so-called rights. Gandhiji seemed to forget that women have the feelings as fine, deep and amorous as men and that there are times when wives desire union as much as their husbands.

The Mahatma himself took thirty years, on his own admission, to sublimate his passions into nobler causes and successfully practised continence, In 1936, Mrs Margaret

Sanger asked Gandhiji if it was not surprising that he could ask the millions of India who are so humble and weak, to follow this advise of moral restraint when the so much wiser and stronger Gandhi himself took years to bring that self-control into his own life. It is well-nigh impossible for a healthy married couple living together and who cannot afford to have another child, to abstain from intimacy for any long period. Lord Dawson in that connection writes: "I maintain that a demand is being made which for the mass of people, is impossible to meet, that at the endeavours to meet it would impose a strain hostile to health and happiness and carry with them grave dangers to morals. The whole thing is preposterous. *You might as well put water by the side of a man suffering from thirst and tell him not to drink it. No, birth-control by abstention is either ineffective or if effective, pernicious.*"

There is also the medical opinion which contends that continuous abstinence on the part of married people leads to undesirable results - both physical and psychological.

It is significant that the spiritual heir of Gandhi, Mr Nehru has come out strongly in favour of family planning. He must have realised that it is better to be realistic than to be idealistic.

We Are Moving!

We would like to inform all our patrons and well-wishers that starting Monday, November 4th, 2024, Mauritius Times will be relocating to our new office at 28 Jawaharlal Street (formerly Wellington Street), Port Louis.

You are welcome to visit us on Mondays, Tuesdays, and Wednesdays at our new office. Please note that we work from home on Thursdays and Fridays.

We kindly advise visitors to contact us at the following mobile numbers **BEFORE** making the trip to Port Louis: 5 2929 301, 5 817 4037, or 5 782 9861.

You may also reach us via email at mtimes@intnet.mu.

Thank you!





GRNO / Port-Louis Ouest

Nombre d'électeurs: 33 839
Hommes: 16 594 Femmes: 17245
Nombre de centres de vote: 14
Centre de dépouillement: Pointe aux Sables Community Centre
Returning Officer: ADEEN Hemant Varma

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates and their respective party and vote counts for GRNO / Port-Louis Ouest.



P-Louis Nord / Montagne Longue

Nombre d'électeurs: 59 584
Hommes: 29 303 Femmes: 30 281
Nombre de centres de vote: 15
Centre de dépouillement: Terre Rouge Multi-Purpose Complex
Returning Officer: RAMDAHEN Akhil Anand

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates and their respective party and vote counts for P-Louis Nord / Montagne Longue.



Piton / Rivière du Rempart

Nombre d'électeurs: 46 516
Hommes: 22 646 Femmes: 23 870
Nombre de centres de vote: 17
Centre de dépouillement: Piton Social Welfare Centre
Returning Officer: RAMESSUR Kamni Devi

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates and their respective party and vote counts for Piton / Rivière du Rempart.



Port-Louis Sud / Central

Nombre d'électeurs: 30 950
Hommes: 15 053 Femmes: 15 897
Nombre de centres de vote: 14
Centre de dépouillement: Camp Chapelon Community Centre
Returning Officer: Ms ESSOP Zaynah Bibi

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates and their respective party and vote counts for Port-Louis Sud / Central.



Pamplemousses / Triolet

Nombre d'électeurs: 59 580
Hommes: 29 078 Femmes: 30 502
Nombre de centres de vote: 17
Centre de dépouillement: Calebasses Village Hall
Returning Officer: ARMOOGUM Medaven

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates and their respective party and vote counts for Pamplemousses / Triolet.



Quartier-Militaire / Moka

Nombre d'électeurs: 49 313
Hommes: 23 838 Femmes: 25 475
Nombre de centres de vote: 21
Centre de dépouillement: Quartier Militaire Social Welfare Centre
Returning Officer: MANIKARAN Doorgesh Kumar

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates and their respective party and vote counts for Quartier-Militaire / Moka.



Port-Louis Maritime / Est

Nombre d'électeurs: 31 325
Hommes: 5 277 Femmes: 16 048
Nombre de centres de vote: 13
Centre de dépouillement: Abercrombie Training Centre
Returning Officer : BHOYROO Mohamad

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates and their respective party and vote counts for Port-Louis Maritime / Est.



Grand Baie / Poudre-d'Or

Nombre d'électeurs: 59 103
Hommes: 29 005 Femmes: 30 098
Nombre de centres de vote: 17
Centre de dépouillement: Petit Raffray Social Welfare Centre
Returning Officer : SOOCHIT Kesri

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates and their respective party and vote counts for Grand Baie / Poudre-d'Or.



Flacq / Bon-Accueil

Nombre d'électeurs: 60 301
Hommes: 29 610 Femmes: 30 691
Nombre de centres de vote : 19
Centre de dépouillement : Hibiscus Multi-Purpose Hall
Returning Officer : DOOKY-RAMBARUN Ida

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates and their respective party and vote counts for Flacq / Bon-Accueil.



Montagne Blanche / GRSE

Nombre d'électeurs: 56 663
Hommes: 29 942 Femmes: 28 721
Nombre de centres de vote: 18
Centre de dépouillement: Bel Air Social Welfare Centre
Returning Officer : MOORGHEN Kevin

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates and their vote counts for Montagne Blanche / GRSE.



Riviere des Anguilles / Souillac

Nombre d'électeurs: 37 412
Hommes: 18 156 Femmes: 18 986
Nombre de centres de vote : 13
Centre de dépouillement: Riv. des Anguilles Community Centre
Returning Officer : PEM Nisha

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates and their vote counts for Riviere des Anguilles / Souillac.



Vacoas / Floréal

Nombre d'électeurs: 46 651
Hommes: 22 432 Femmes: 24 219
Nombre de centres de vote: 16
Centre de dépouillement: Floreal Social Welfare Centre
Returning Officer: JAUNKY Angray Kailash Roy

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates and their vote counts for Vacoas / Floréal.



Vieux Grand-Port / Rose-Belle

Nombre d'électeurs: 46 167
Hommes: 22 775 Femmes: 23 392
Nombre de centres de vote : 21
Centre de dépouillement : Rose Belle Social Welfare Centre
Returning Officer : MOOLOO Doorgushnee

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates and their vote counts for Vieux Grand-Port / Rose-Belle.



Curepipe / Midlands

Nombre d'électeurs: 47 428
Hommes: 22 921 Femmes: 24 507
Nombre de centres de vote : 14
Centre de dépouillement : Camp Caval Community Centre
Returning Officer: COOLEN Gavin

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates and their vote counts for Curepipe / Midlands.



Savanne / Rivière-Noire

Nombre d'électeurs: 51 997
Hommes: 25 676 Femmes: 26 321
Nombre de centres de vote : 19
Centre de dépouillement: Bambous Social Welfare Centre
Returning Officer : MOORGHEN Dushuina

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates and their vote counts for Savanne / Rivière-Noire.



Mahébourg / P. Magnien

Nombre d'électeurs: 31 325
Hommes: 20 633 Femmes: 21 099
Nombre de centres de vote: 13
Centre de dépouillement: Plaine Magnien Social Welfare Centre
Returning Officer : PUTCHAY Kristyven Andy

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates and their vote counts for Mahébourg / P. Magnien.



La-Caverne / Phoenix

Nombre d'électeurs: 61 231
Hommes: 29 285 Femmes: 31 946
Nombre de centres de vote: 21
Centre de dépouillement: National Women Development Centre
Returning Officer: BISSESSUR Damodarsingh

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates and their vote counts for La-Caverne / Phoenix.



Belle-Rose / Quatre Bornes

Nombre d'électeurs: 60 975
Hommes: 28 892 Femmes: 31 903
Nombre de centres de vote: 15
Centre de dépouillement: Marie Marot Activity Centre
Returning Officer: BISNATHSING Nithiraj

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates and their vote counts for Belle-Rose / Quatre Bornes.



Stanley / Rose-Hill

Nombre d'électeurs: 41 956
Hommes: 20 203 Femmes: 21 753
Nombre de centres de vote: 13
Centre de dépouillement: Université des Mascareignes
Returning Officer:HAJEE A-MAMODE ALLY Sanaa



Beau Bassin / Petite-Rivière

Nombre d'électeurs: 47 598 -
Hommes: 22 836 Femmes: 24 762
Nombre de centres de vote: 12
Centre de dépouillement: Colonel Maingard Community Centre
Returning Officer : GIGABHOY SAUHOBOA Sulakshna



Rodrigues

Nombre d'électeurs: 32 986
Hommes: 16 110 Femmes: 16 876
Nombre de centres de vote: 22
Centre de dépouillement: English Bay Youth and Family Centre
Returning Officer : THOMASOO Noel Antoine

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates like Bérenger Paul Raymond and Nagalingum Damarajen Deven.

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates like BHAGWAN Rajesh Anand and FOO KUNE-BACHA Eileen Karen Lee Chin.

Table with 3 columns: CANDIDATS, PARTIS, VOTES. Lists candidates like COLLET Marie Roxana and FRANÇOIS Jean Francisco.

Funny Proverbs

Bee Stings and Beehives
When a man is stung by a bee, he does not destroy all the beehives. - Kenyan Proverb
The Beautiful Abattoir
It is only a stupid cow that rejoices at the prospect of being taken to a beautiful abattoir. - Zambian Proverb

it cannot cook yams. - Nigerian Proverb
Killing the Fly
It requires a lot of carefulness to kill the fly that perches on the scrotum. - Ghanaian Proverb

Beauty and Agriculture
The man who marries a beautiful woman and the farmer who grows corn by the roadside have the same problem. - Ethiopian Proverb
Life's Lesson
The Courage to Be True
It takes courage to live within that place of our deepest truth.

There's life without Facebook and Internet? Really? Send me the link. Cool Funny Quotes.com

Mauritius Times
Founder/Editor: Beekrumsing Ramlallah Aug 1954-Sept 2000
Editor-in-chief: M. Ramlallah
Senior Editor: Dr RN Gopee

SAGITTARIUS: NOV 22 - DEC 21
Your energy is infectious, Sagittarius! Work projects move forward as you inspire others with your vision.
Lucky Numbers: 6, 12, 17, 23, 30, 35
CAPRICORN: DEC 22 - JAN 19
Rest and reflection are key, Capricorn. You may feel the need to recharge away from the usual hustle.

YOUR STARS
pays off as your efforts are recognized, possibly bringing a promotion or new project. Stay grounded, especially in romantic matters, as misunderstandings could arise.
Lucky Numbers: 4, 9, 16, 22, 28, 39
ARIES: MARCH 21 - APRIL 19
Energy and excitement fill your week, Aries! A new opportunity at work demands quick action.

VIRGO: AUG 23 - SEPT 22
Home and family take center stage, Virgo. A renovation or family event could require your attention. Work matters may feel overwhelming; remember to pace yourself.
Lucky Numbers: 5, 13, 20, 26, 32, 37
LIBRA: SEPT 23 - OCT 22
Expressing yourself feels easy this week, Libra. Communication in personal and professional life flows, bringing clarity to complex situations.

'Weekend Warrior' physical activity may help protect against more than 200 diseases

A study reveals that engaging in concentrated physical activity, or a "weekend warrior" exercise pattern, is linked to lower risks of developing 264 diseases across 16 categories, including heart, digestive, and mental health conditions. This pattern is as effective for disease prevention as a more evenly distributed exercise routine.

Many people juggle busy schedules, often fitting their moderate-to-vigorous exercise into just one or two days a week. A new study from Massachusetts General Hospital shows that this "weekend warrior" approach significantly lowers the risk of developing a wide range of diseases, matching the protective benefits of regular, evenly distributed physical activity. The findings are published in *Circulation*.

"Physical activity is known to affect the risk of many diseases," said co-senior author Shaan Khurshid, MD, MPH, from the Demoulas Center for Cardiac Arrhythmias at Massachusetts General Hospital. "Our research highlights the benefits of weekend warrior activity for not just cardiovascular diseases, but also a broad spectrum of conditions, from chronic kidney disease to mood disorders."

Current guidelines recommend at least 150 minutes of moderate-to-vigorous physical activity per week. The study sought to determine if individuals who exercise consistently throughout the week experience greater health benefits than those who consolidate their workouts



into fewer days.

Khurshid, alongside co-senior author Patrick Ellinor, MD, PhD, and their team analyzed data from 89,573 participants in the UK Biobank study, who wore wrist accelerometers to track their physical activity levels and intensities over one week. Participants were categorized based on their activity patterns: weekend warrior, regular, or inactive.

The researchers examined the incidence of 678 conditions across 16 disease categories, including mental health and digestive disorders. They found that both

weekend warrior and regular exercise patterns were associated with significantly lower risks of over 200 diseases compared to inactivity.

The strongest associations were seen in cardiometabolic conditions. For instance, weekend warriors had a 23% lower risk of hypertension and a 43% lower risk of diabetes compared to inactive individuals, with regular exercisers experiencing even greater reductions.

"Our findings were consistent across various definitions of weekend warrior activity and different thresholds for categorizing individuals as active," Khurshid noted.

The study suggests that overall physical activity volume may be more important than the pattern of activity when it comes to reducing disease risk. "Given the similar benefits observed for both weekend warrior and regular activity, future interventions should focus on promoting any type of activity that fits individual lifestyles," Khurshid added. "Encouraging patients to engage in guideline-adherent physical activity in a way that works best for them is crucial for improving public health."



Why can't it always be summer? It's all about the Earth's tilt

The tilt of the Earth and your distance from the equator are just 2 reasons why summer's not year-round.

With its long days just itching to be spent by water doing nothing, summer really can be an enchanting season. As Jenny Han wrote in the young adult novel "The Summer I Turned Pretty": "Everything good, everything magical happens between the months of June and August."

But all good things must come to an end, and summer cannot last forever. There's both a simple reason and a more complicated one. The simple reason is that it can't always be summer because the Earth is tilted. The more complicated answer requires some geometry.

I'm a professor of geography and the environment who has studied seasonal changes on the landscape. Here's what seasons have to do with our planet's position as it moves through the solar system.

Closeness to the Sun doesn't explain seasons

First, you need to know that the Earth is a sphere – technically, an oblate spheroid. That means Earth has a round shape a little wider than it is tall.

Every year, Earth travels in its orbit to make one revolution around the Sun. The Earth's orbit is an ellipse, which is more like an oval than a circle. So there are times when Earth is closer to the Sun and times when it's farther away.

A lot of people assume this distance is why we have seasons. But these people would be wrong. In the United States, the Earth is 3 million miles closer to the Sun during winter than in the summer.

Spinning like a top

Now picture an imaginary line across Earth, right in the middle, at 0° latitude. This line is called the equator. If you drew it on a globe, the equator would pass through countries including Brazil, Kenya, Indonesia and Ecuador.

Everything north of the equator, including the United States, is considered the Northern Hemisphere, and everything south of the equator is the Southern Hemisphere.

Now think of the Earth's axis as another imaginary line that runs vertically through the middle of the Earth, going from the North Pole to the South Pole.

As it orbits, or revolves, around the Sun, the Earth also rotates. That means it spins on its axis, like a top. The Earth takes one full year to revolve around the Sun and takes 24 hours, or one day, to do one full rotation on its axis.

This axis is why we have day and night; during the day, we're facing the Sun, and at night, we're facing away.

But the Earth's axis does not go directly up and down. Instead, its axis is always tilted at 23.5 degrees in the exact same direction, toward the North Star.

The Earth's axis is tilted due to a giant object – perhaps an ancient planet – smashing into it billions of years ago. And it's this tilt that causes seasons.



One hemisphere has summer, while the opposite has winter. Prasad photo/Moment via Getty Images

It's all about the tilt

So that means in June, the Northern Hemisphere is tilted toward the Sun. That tilt means more sunlight, more solar energy, longer days – all the things that make summer, well, summer.

At the same time, the Southern Hemisphere is tilted away from the Sun. So countries such as Australia, Chile and Argentina are experiencing winter then.

To say it another way: As the Earth moves around the Sun throughout the year, the parts of the Earth getting the most sunlight are always changing.

Fast-forward to December, and Earth is on the exact opposite side of its orbit as where it was in June. It's the Southern Hemisphere's turn to be tilted toward the Sun, which means its summer happens in December, January and February.

If Earth were not tilted at all, there would be no seasons. If it were tilted more

than it is, there would be even more extreme seasons and drastic swings in temperature. Summers would be hotter and winters would be colder.

Defining summer

Talk to a meteorologist, climate scientist or author Jenny Han, and they'll tell you that for those of us in the Northern Hemisphere, summer is June, July and August, the warmest months of the year.

But there's another way to define summer. Talk to astronomers, and they'll tell you the first day of summer is the summer solstice – the day of the year with the longest amount of daylight and shortest amount of darkness.

The summer solstice occurs every year sometime between June 20 and June 22. And every day after, until the winter solstice in December, the Northern Hemisphere receives a little less daylight.

Summer officially ends on the autumnal equinox, the fall day when everywhere on Earth has an equal amount of daylight and night. The autumnal equinox happens every year on either September 22 or 23.

But whether you view summer like Jenny Han or like an astronomer, one thing is certain: Either way, summer must come to an end. But the season and the magic it brings with it will be back before you know it.

Stephanie Spera

Assistant Professor of Geography and the Environment, University of Richmond



The Stingy Lawyer's Plan

A stingy old lawyer, who had been warned by his doctor that he had little time left, finally figured out how to take at least part of his fortune with him when he died.

He instructed his wife to go to the bank and withdraw enough money to fill two pillowcases. He then told her to take the bags of money to the attic and leave them directly above his bed. His plan was to reach out and grab the bags on his way to heaven.

Several weeks after the funeral, his wife was up in the attic cleaning when she came across the two pillowcases stuffed with cash.

"Oh, that old fool," she exclaimed. "I knew I should have put the money in the basement!"

REMEMBER ME? I CAME IN SIX MONTHS AGO TO HAVE A CAVITY FILLED!



The Lemon Challenge

A local pub was so sure that its landlord was the strongest guy around that they offered a \$1,000 bet to anyone who could prove his might. The landlord would squeeze a lemon until all the juice ran into a glass and hand the lemon to the patron. Anyone who could squeeze one more drop out would win the bet.

Many people tried their luck, but nobody could do it. One evening, a scrawny little man popped in, wearing thick glasses and a blue suit. He said in a squeaky voice, "I'd like to try the bet."

After the laughter died down, the landlord grabbed a lemon and squeezed it. Then he handed the squeezed lemon to the little guy. But the crowd's laughter turned to total silence as the man clenched his fist around the lemon, and a few drops fell into the glass. As the crowd cheered, the landlord paid the guy a thousand dollars and asked, "What do you do for a living? Are you a



lumberjack or a weightlifter or what?"

The man replied, "I work for the income tax department."

The Visa Dilemma

A businessman inquired with his travel agent about the documents he needed to fly to China. After a lengthy discussion about passports, the agent reminded him that he needed a visa.

"Oh, no! I've been to China before and never had to have one of these," the businessman said.

The agent double-checked and informed him again that he required a visa.

The businessman insisted, "Look, I've gone to China before, and they accepted my MasterCard!"

The Tight-Fisted Scot

A Scot arrived at the pearly gates and asked if he could get in. St. Peter replied, "No, actually you have been too tight-fisted while you were alive."

"No, I haven't! Last week, I gave ten pounds to an old age home, and two weeks back, I handed twenty pounds to Oxfam," replied the Scot.

St. Peter looked thoughtful for a moment, then said,



"Hang on a minute," and went away.

A few minutes later, he returned and said, "Right, God has agreed with me. Here's your thirty pounds -- now get lost!"

The Unexpected Phone Call

Some guys are in a changing room when a mobile phone rings on the bench. One of them picks it up.

"Hello, darling! I'm at the shops and I've found a lovely top for fifty dollars. Can I buy it?" asks the woman on the other end of the line.

"Go ahead."

"In that case, there's also a fantastic coat for \$300 -- can I get that too?"

"Okay."

Feeling lucky, she tries for a big one: "The car showroom next door has just what I'm looking for, and it's only \$50,000. Can I have that too?"

"Put it on the card."

The guy hangs up and looks around. "Anyone know whose mobile this is?"



The Price of Barbie

A father on his way home from the office remembers that it's his daughter's birthday. He pulls over at a toy shop and asks the salesgirl, "How much is the Barbie in the display window?"

The salesgirl replies, "Which one? We have Workout Barbie for \$29.99, Disco Barbie for the same price, and Divorced Barbie for \$310.99."

The amazed man asks, "What? Why is Divorced Barbie so expensive while the others are only \$29.99?"

"Sir, Divorced Barbie comes with: Ken's car, Ken's house, Ken's boat, Ken's furniture, and Ken's tablet."

The Inheritance Twist

When Michael learns he is going to inherit a fortune when his sickly father passes away, he decides he needs a woman to enjoy it with. One evening, he goes to a singles bar and spots the most beautiful woman he has ever seen.

"I may look like just an ordinary guy, but in a month or two, my father will leave me \$25 million," he says as he walks up to her.

The woman accompanies Michael home that evening, and a week later, she becomes his stepmother.

The Meaning of True Love for a Man

By Diana

I hate to say it, but many women spend their whole lives talking about love and will never truly understand its meaning. It's heartbreaking to think that most people will never grasp how powerful this concept really is.

A gentleman exemplifies how men should treat their partners daily. Unfortunately, we live in an era where many men lack an understanding of what it means to be a real gentleman. Let me give you two real examples:

A real man asks about your day and genuinely cares about your answer.

A real man respects your boundaries and never pressures you into doing anything you're not ready for. He takes time for you and invests in helping you understand



and appreciate your individuality.

A real man strives to love you continuously with each passing day. He values your spontaneity and is attentive

to your mental well-being.

A real man is dedicated to caring for you and finding new ways to love you every day. He prioritizes protecting your heart.

A real man never makes permanent decisions based on temporary emotions and is clear about where you stand in his life.

A real man apologizes when he is wrong and stays true to his character. He never confuses you about your place in his life. A real man offers love without expecting anything in return.

A real man refuses to entertain any woman who isn't you. From the start, he has genuine intentions and shows you what it means to be a priority rather than an option. A real man will protect you from the trauma others have caused you.

A real man values you and will never risk losing you. Take my advice and wait for the man who will never make you question your worth at night.

Unspoken Rules for Men

In every culture, there are unspoken codes of conduct that guide behaviour, and for men, there are certain rules -- often subtle, yet significant -- that shape how they face the world around them. These unspoken rules, grounded in respect, integrity, and honour, not only help build strong personal relationships but also foster trust and credibility in professional settings. Whether you're meeting someone for the first time or strengthening existing bonds, these principles can help you build lasting connections and make a positive, lasting impression.

Never shake a hand sitting down: Standing up shows respect and engagement, indicating that you value the person you are meeting and are fully present in the interaction.

Protect who is behind you, and respect who is beside you: This emphasizes loyalty and honor. Protecting those behind you means safeguarding family and friends, while respecting those beside you signifies recognizing the equality and value of your peers.

Never insult the cooking when you are the guest: Showing gratitude and respect for hospitality is essential. Criticizing the cooking is disrespectful, especially when someone has gone out of their way to host you.

Never eat the last piece of something you didn't buy: This rule underscores courtesy and consideration for others, demonstrating respect for shared resources.

Never make the first offer in a negotiation: Allowing the other party to make the first offer can provide strategic advantages and insight into their expectations, helping you

negotiate better terms.

Don't take credit for work you didn't do: Integrity in acknowledging others' efforts is crucial. Taking undue credit undermines trust and damages your credibility.

Take the blame and give credit when due: Owning up to mistakes and recognizing others' contributions



builds respect and trust, showing maturity and leadership.

If you are not invited, don't ask to go: Respecting boundaries and invitations avoids awkward situations and honors the host's intentions.

Always aim for the head: This metaphorical rule suggests striving for excellence and precision in your efforts.

Don't beg for a relationship: Self-respect and dignity are important. Desperation can lead to unhealthy dynamics and undervalues your worth.

Dress well no matter the occasion: Good grooming and dressing appropriately show respect for yourself and others, boosting confidence and making a positive impression.

Always carry cash: Being prepared for various situations, including emergencies, reflects foresight and responsibility.

Listen, nod, and make eye contact: Active listening and non-verbal engagement are crucial for effective

communication, showing that you value and are attentive to the speaker.

Show restraint in expressing anger: Managing anger is vital for maintaining composure and making rational decisions, preventing regrettable actions and fostering a positive environment.

Avoid placing your phone on the dinner table: Prioritizing face-to-face interactions over digital distractions shows respect and attentiveness.

Never pose with alcohol: Maintaining a responsible image is important; posing with alcohol can convey unprofessionalism or recklessness.

Proper grammar will get you far in life: Good communication skills, including proper grammar, enhance your credibility and professionalism. Avoiding foul language shows respect and maturity.

You can tell a great deal about a person by their handshake: A firm handshake conveys confidence and sincerity, making a positive first impression.

Speak honestly: Honesty builds trust and integrity. It involves being truthful and consistent, fostering deeper connections and mutual respect while balancing truth with empathy and tact.

Life's Lesson

Embrace Every Moment

“Every minute, someone leaves this world behind.

We are all in ‘the line’ without knowing it. We never know how many people are before us. We cannot move to the back of the line, step out of it, or avoid it. So while we wait in line:

- Make moments count.
- Make priorities.
- Make the time.
- Make your gifts known.
- Make a nobody feel like a somebody.
- Make your voice heard.
- Make the small things big.
- Make someone smile.
- Make the change.

Peace. Make sure to tell your people they are loved. Make sure to have no regrets. Make sure you are ready.”

The Transience of Power

When the bird is alive, it eats the ants. When the bird dies, the ants eat the bird.

Time and circumstances can change at any moment. Never devalue or hurt anyone in life. You may be strong today, but remember that time is stronger than you!

One tree makes a million matchsticks, and one matchstick can burn a million trees. Therefore, don't let one negative thing affect the millions of positive things in your life. Be good and do good.

"A strong woman is one who feels deeply and loves fiercely. Her tears flow as abundantly as her laughter.

A strong woman is both soft and powerful, she is both practical and spiritual. A strong woman in her essence is a gift to the world."

Ritu Ghatourey

Healthy Living

Ways to Fight the Aging Process

There are natural changes that occur as you age, but it's not a losing battle. Here's how to fight body aches, muscle loss, and other common issues, as medically reviewed by Carol DerSarkissian, MD.

Little Aches and Pains

As you age, you might experience more frequent aches, whether from old injuries or the onset of arthritis. Regular movement can help alleviate pain and increase joint flexibility. Try low-impact exercises like swimming, yoga, and tai chi. Heating pads or ice packs can also provide relief. If these methods are not enough, consult your doctor about over-the-counter or prescription medications, such as nonsteroidal anti-inflammatory drugs (NSAIDs).

Wrinkles

Wrinkles appear as your skin becomes thinner, drier, and less elastic. Smoking and UV exposure from the sun or tanning beds can worsen wrinkles. To reduce their appearance, protect your skin from the sun and quit smoking. Some skin products, like moisturizers or prescription retinoids, might help, but they generally take 6 weeks to 3 months to show results. A dermatologist can recommend the best treatments for your skin.

Dry Skin

Protecting your skin from the sun and quitting smoking can help with dryness. Additionally, limit alcohol intake as it can dehydrate you. Keep showers or baths short (less than 10 minutes) and use warm, not hot, water. Apply a heavy, oil-based moisturizer immediately after bathing.

Loss of Muscle

Many people experience a loss of strength and



endurance with age, often due to reduced physical activity rather than aging itself. To combat this, incorporate weight training and regular exercise like walking, gardening, or swimming into your routine. Aim for at least 30 minutes of exercise daily, which can be divided into two 15-minute sessions if necessary.

Sleep Changes

Although your need for sleep remains the same as you age, falling asleep and maintaining deep sleep can become more difficult. Reducing caffeine and alcohol intake can help. Managing health conditions like high blood pressure or GERD is also important. Consult your doctor if you frequently struggle with sleep.

Memory Glitches

Memory issues are a normal part of aging as your brain undergoes changes. To manage this, use memory aids like lists and routines. Staying socially active, exercising regularly, and eating a balanced diet can help maintain cognitive function.

Weight Gain

Metabolism slows with age, which can lead to weight gain. Counteract this by staying active and being mindful of your diet. Focus on consuming fruits, vegetables, and

lean proteins while limiting sugar and saturated fats. Monitor portion sizes to help manage your weight.

Changes in Your Sex Life

Aging can bring changes like erectile dysfunction or vaginal dryness. Communicate openly with your partner about these issues and consider using over-the-counter products such as vaginal lubricants. Medications are also available; consult your doctor. Overall health improvements, including regular exercise, can enhance your sex life.

Peeing More Often

Weaker bladder and pelvic muscles can lead to more frequent urination. Strengthen these muscles with Kegel exercises (squeeze as if holding in urine) 10 to 15 times, three times a day. A high-fiber diet and limiting sugary, carbonated drinks and caffeine can also help. If you experience difficulties like leakage or pain, see your doctor.

Being in a Rut

A monotonous routine can lead to boredom. To keep your mind engaged, break out of your usual schedule. Try new activities or hobbies, consider part-time work if retired, or volunteer. This can enhance your mental health and provide a sense of purpose.

Feeling Lonely

Aging may result in spending more time alone, especially if children move out or retirement occurs. To combat loneliness, stay connected with friends, family, and neighbors. Volunteering or adopting a pet can provide companionship and social interaction.

Stay on Top of Your Health

Most older adults manage at least one health condition, such as heart disease or diabetes. Regular checkups, adhering to prescribed treatments, and following your doctor's advice are crucial. Regular health screenings help detect issues early and provide guidance for maintaining well-being.

Weight Loss: Foods to Control Your Cravings

Controlling cravings for junk food and unhealthy snacks is one of the biggest challenges when trying to lose weight. You may try to eat healthily all day, but when hunger strikes, resisting those tempting treats can be difficult. This can quickly sabotage your weight loss efforts. However, there is one simple food that can help control your cravings and keep you on track.

The secret to curbing your cravings: Eat one raisin very slowly. Surprised?

It may sound odd, but this is a proven method to combat cravings for junk and processed food. Eating a raisin mindfully triggers your brain to release chemicals that can help ward off those intense cravings.

How raisins help control cravings

Low in calories and rich in nutrients, raisins make an excellent midday snack. They contain natural sugars and leptin, a hormone known for its appetite-suppressing properties. Eating raisins helps you feel full and satisfied for longer periods. Leptin also plays a role in fat loss by boosting thermogenesis (the process of burning fat).

Additionally, raisins contain Gamma-



aminobutyric acid (GABA), a powerful neurotransmitter that can curb hunger, slow digestion, and reduce stress — three major factors that can increase cravings.

How to eat raisins mindfully

To reap the full benefits, take one raisin and examine it carefully. Sniff it, paying attention to how your body reacts — whether your mouth waters or your stomach rumbles. Then, place the raisin on your tongue and move it around your mouth, savoring its texture and taste. Slowly begin chewing, paying attention to its flavor. Once you swallow it, imagine it moving from your throat to your stomach.

In other words, you must be fully present while eating the raisin, using all your senses to savor it. After about five minutes, you'll

notice that the hunger has subsided, and the temptation to reach for junk food will be gone. This technique increases awareness in your body and trains it to say no to binge eating.

Other foods that can decrease cravings

Scents and smells have a powerful effect on our brain and appetite, so smelling certain foods can also help curb cravings and support weight loss.

- **Apple and Banana:** Studies suggest that when obese individuals smelled green apples or bananas while feeling hungry, they lost more weight compared to those who did not. The scent of these fruits has been shown to suppress appetite.

- **Garlic:** The strong aroma of garlic can make you take smaller bites, reducing overall calorie intake. The same effect applies to chili peppers.

- **Dark Chocolate:** The scent of dark chocolate can help control ghrelin, the hormone that regulates appetite. By lowering ghrelin levels, the smell of dark chocolate helps you feel fuller and more satisfied.

Bollywood actresses who married younger men: Celebrating love beyond age

Discover the marriages of Bollywood women who found Love with younger men



married to Parmeet Sethi, who is seven years her junior, for over three decades. Their enduring bond proves that love can grow stronger over time, regardless of age gaps.

Katrina Kaif and Vicky Kaushal

Katrina Kaif and Vicky Kaushal's romance captivated fans from the start. Married in December 2021, Katrina is five years older than Vicky, and their love story feels straight out of a fairy tale.



Bipasha Basu and Karan Singh Grover

Bipasha Basu and Karan Singh Grover, known for their glamorous public appearances, have been married since 2016. Bipasha is three years older than Karan, and their chemistry continues to inspire fans.

Nargis and Sunil Dutt

The classic Bollywood couple Nargis and Sunil Dutt shared a one-year age difference, with Nargis being the elder. Their marriage was a testament to true love, enduring until her death in 1981.



Priyanka Chopra and Nick Jonas

International star Priyanka Chopra and singer Nick Jonas share a ten-year age gap. Priyanka's openness about their relationship has made them a power couple, proving that age is a trivial detail in the face of genuine love.

Amrita Singh and Saif Ali Khan

Amrita Singh and Saif Ali Khan's love story in the early '90s was groundbreaking, with a thirteen-year age gap. Although they eventually separated, their marriage remains memorable for challenging conventions.



Soha Ali Khan and Kunal Khemu

Soha Ali Khan and Kunal Khemu met on set and fell in love, despite Soha being four years older. Married since 2015, they continue to charm Bollywood fans with their mutual respect and affection.

Neha Dhupia and Angad Bedi

Neha Dhupia and Angad Bedi are another Bollywood couple who embraced an age gap, with Neha being two years older. Their bond remains strong as they navigate marriage and parenthood together.

These inspiring Bollywood couples challenge societal norms and remind us that love transcends age. For them, what matters is connection, understanding, and shared values. Bollywood's love stories remind us that age is simply a number when it comes to matters of the heart.

In Bollywood, love stories often go beyond the screen to defy societal norms, with several prominent actresses finding love with younger partners. From Aishwarya Rai to Katrina Kaif, these love stories showcase that when it comes to love, age truly is just a number.

Aishwarya Rai Bachchan and Abhishek Bachchan

Aishwarya Rai and Abhishek Bachchan's iconic romance faced its share of scrutiny, mainly due to their two-year age difference, with Aishwarya being the elder. The couple married in 2007, and their relationship has become one of Bollywood's most beloved partnerships.

Archana Puran Singh and Parmeet Sethi

Archana Puran Singh, the beloved comedian and actress, has been happily

BollyBytes

Shalini Passi walks out of interview after Riddhima Sahni calls her an 'easy girl'

Shalini Passi, who rose to fame in the latest season of *Fabulous Lives of Bollywood Wives*, recently made headlines when she walked out of a promotional interview after an emotional exchange with co-star Riddhima Sahni. Shalini's unexpected exit left her fellow cast members, including Neelam Kothari, Bhavana Pandey, Seema Sajdeh, Maheep Kapoor, and Kalyani Chawla, visibly stunned.

During a segment of the interview with *Galatta India*, Riddhima complimented Shalini, saying, "Behind this diva and everything, she is a total vibe... a very easy girl." While the intent seemed positive, Shalini appeared to become emotional and abruptly declared, "I need a break," before exiting the interview. Moments later, she returned, visibly upset, suggesting that the remarks had struck a nerve.

Shalini Passi has been a standout on the show, captivating audiences with her vibrant personality and eclectic interests, from singing and dancing to art collecting. Viewers got a glimpse of her impressive, museum-like home



in Delhi, which served as a backdrop for some of the season's most entertaining moments. Her Cleopatra-inspired entrance at a ball and a surprise musical welcome for her co-stars showcased her flair for drama and performance.

The dynamics within the group have shifted since the show premiered, with Shalini receiving significant attention that has led to mixed reactions among her peers. While the Mumbai group embraced her for her entertaining antics, her own Delhi group seemed to resent her newfound spotlight.

Known for her philanthropy and love of the arts, Shalini is married to businessman Sanjay Passi. Her journey on *Fabulous Lives of Bollywood Wives* has made her a prominent figure in the social scene, leaving fans eager to learn more about her life beyond the show. The emotional moment during the interview underscores the complexities of friendships and fame within the glamorous world she inhabits.

Kareena Kapoor: Reinventing yourself in a male-dominated industry is scary -- 'sustaining is tougher'

Kareena Kapoor recently opened up about the challenges of reinventing herself in the male-dominated film industry as she celebrates 25 years in Bollywood. In an interview with *Times of India*, she discussed the difficulties faced by female actors in sustaining their careers and the fears associated with constant reinvention.

Reflecting on her journey, Kareena said, "At 17-18, it was all about wanting to be in every film. After a decade, it's about reinvention, which is scary in an industry dominated by men. Over the years, I've seen brave actresses take significant strides, but every five years, I ask myself, 'What new can I do now?' It's not just about being part of successful films; it's about leaving behind a legacy."

She acknowledged her family's legacy, saying, "I come from the Kapoor family, where I've been challenged by amazing actors. I want to leave my mark. Every decade, new talent emerges, making it tougher to



sustain oneself. That's why I choose varied projects, whether it's *Buckingham Murders*, *Singham Again*, *Crew*, or *Jaane Jaan*. I believe *Jaane Jaan* would have performed well on the big screen too."

Kareena made her Bollywood debut with JP Dutta's *Refugee* in 2000 and has since starred in iconic films like *Kabhi Khushi Kabhie Gham*, *Jab We Met*, *3 Idiots*, and *Laal Singh Chaddha*.

Her next project, *Singham Again*, directed by Rohit Shetty, features a star-studded cast, including Ajay Devgn, Deepika Padukone, Tiger Shroff, Ranveer Singh, Jackie Shroff, Arjun Kapoor, and Akshay Kumar. The film is set to release on November 1, 2024.



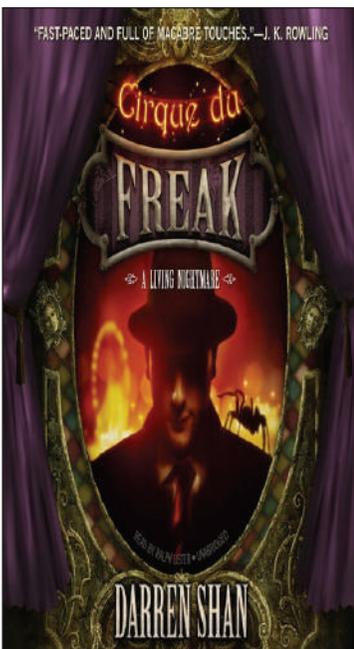
Vendredi 15 novembre - 21.05



Samedi 16 novembre - 21.05



Dimanche 17 novembre - 15.20



Programme TV



SERIAL



vendredi 15 novembre

MBC 1

- 07.35 Serial: Under Pressure
- 08.41 Les Riches Pleurent Aussi
- 09.35 Film: Life Gets In The Way
- 11.30 Your Love Is My Fortune
- 12.00 Le Journal
- 12.35 Tele: Terre Nostra
- 13.30 Tele: Le Chemin Du Destin
- 14.00 Tele: Pasion Y Poder
- 15.00 Live: Samachar
- 15.30 Film: Ordinary Love
- 16.55 Mag: Meet The Costume...
- 17.30 Your Love Is My Fortune
- 18.30 Serial: Shiv Shakti
- 19.00 Serial: Doree
- 19.30 Le Journal
- 20.30 Serial: Briarpatch
- 22.05 Tele: Terra Nostra
- 22.55 Your Love Is My Fortune
- 23.30 Le Journal
- 00.15 Serial: The Bionic Woman
- 01.04 Serial: Le Chemin Du Destin

MBC 2

- 06.14 Les Grandes Lignes
- 06.43 Local: En Forme
- 08.36 Local: Metie
- 10.40 Rodrig: J'ai Faim
- 12.00 Rodrig: Decouvertes
- 13.10 Rodrig: Sa Lavi La
- 14.40 Local: J'ai Faim
- 15.57 Rodrig: Klip Seleksion
- 16.47 La Journee Sous Le Regard
- 16.52 Local: En Forme
- 18.00 Seiral: Passion And Power
- 18.30 Les Riches Pleurent
- 19.20 Le Magazine De L'emploi...
- 19.30 Enn Semenn Dan Lafrik
- 20.05 Local: Animalia Nos Amis...
- 20.30 Local: Lir - Ekrire Kreol
- 21.44 Local: La Sosiete
- 23.20 Local: Meshiagare...
- 23.33 Rodrig Otantik
- 00.02 Local: Itinerer Rodrig
- 00.27 Rodrig: Zenn Aktif

MBC 3

- 07.00 Mag: Sadhguru Speaks
- 08.01 Local: Amrit Vani
- 10.00 Serial: Agniphera
- 11.30 Serial: Radha Krishna
- 12.00 Film: Har Har Gange
- Starring: Neera, Ashish Kumar, Anjana Mumtaz
- 15.00 Live: Samachar
- 15.30 Serial: Jai Jai Shiv Shankar
- 16.00 Serial: Ishaaron Ishaaron
- 16.46 Serial: Bhakharwadi
- 17.30 Serial: Radha Krishna
- 18.30 Local: Mati Ke Mol
- 20.00 Local: Khel Khiladi
- 20.30 Serial: Vidrohi
- 21.00 Film: Main Sehra Bandh Ke Aonga
- Starring: Kesarilal Yadav, Amra Pall Dobby
- 23.01 Serial: Mere Sai

Cine 12

- 07.52 D.Anime: Go Astro Boy Go!
- 08.16 D.Anime: Li'l Santa
- 08.32 D.Anime: Zoonicorn
- 10.28 Mag: Recipes For Kids
- 10.54 Serial: Lost & Found Music...
- 11.25 Mag: Eco India
- 11.51 Mag: Shift
- 12.50 Mag: Eye On Sacc
- 13.16 Doc: The Science Of Good...
- 13.59 A Mediterranean Journey
- 14.30 D.Anime: Apple Tree House
- 14.58 D.Anime: Hiccup And Sneezee
- 15.26 D.Anime: Li'l Santa
- 15.38 D.Anime: Robin Des Bois
- 15.50 D.Anime: Semi In The Magic...
- 16.00 D.Anime: Li'l Santa
- 16.15 D.Anime: Hunter X Hunter
- 16.38 D.Anime: The Deep
- 18.00 Doc: The Memory Illusion
- 19.28 Mag: Vous Et Nous
- 21.05 Film: Alien Vs Predator

Bollywood TV

- 14.25 Serial: Radha Mohan
- 14.55 Serial: Doree
- 15.30 Film: Door Ke Darshan
- Starring Manu Rishi, Mahie Gill, Dolly Ahluwalia
- 18.00 Live: Samachar
- 18.31 Kundali Bhagya
- 19.01 Udaariyaan
- 19.32 Dharam Patni
- 20.01 Mithai
- 20.31 Serial: Yashomati Maiyya Ke Nandlala
- 21.01 Anupamaa
- 21.31 Mere Sai
- 22.01 Kismat Ki Lakiron Se
- 22.30 Mere Dad Ki Dulhan
- 22.59 Serial: Rajaa Betaa
- 23.30 Film: Door Ke Darshan
- Starring Manu Rishi, Mahie Gill, Dolly Ahluwalia
- 02.00 Kundali Bhagya

samedi 16 novembre

- 03.22 Serial: Under Pressure
- 04.49 The Gardener's Daughter
- 06.30 Tele: Le Temps D'aimer
- 07.00 Serial: Heartland
- 08.30 Serial: Ultimate Countdown
- 09.15 Serial: Under Pressure
- 10.00 Serial: Treadstone
- 10.49 Serial: NCIS: New Orleans
- 11.30 Tele: Le Temps D'aimer
- 12.00 Le Journal
- 12.25 Serial: Hooten & The Lady
- 13.25 Tele: Barbarita...
- 15.00 Live: Samachar
- 15.25 Film: Florence Foster Jenkins
- 17.15 Tele: L'Empire Du Mensonge
- 18.31 Enter: Sa Re Ga Ma Pa...
- 19.30 Le Journal
- 20.30 Serial: Briarpatch
- 21.15 Serial: Treadstone
- 22.00 Serial: Sublime Mensonge
- 23.43 Le Journal Televisé

- 06.00 Local: 13 Minit Natir Rodrig
- 07.05 Local: Itinerer Rodrig
- 07.45 Local: Lir - Ekrire Kreol
- 09.20 Local: La Sosiete
- 10.57 Local: Come On Let's Dance
- 12.00 Rodrig: 13 Minit Natir
- 13.00 La Journee Sous Le Regard...
- 13.17 Local: Couleur Marine
- 14.55 Local: La Sosiete
- 15.40 Local: Son Ladan Mem
- 16.35 La Journee Sous Le Regard
- 17.02 Local: Come On Let's Dance
- 18.05 Serial: Heartland
- 19.00 Journal Kreol
- 19.45 Rodrig: Kot Nou
- 20.06 Local: Les Petits Genies
- 20.33 Local: Groove'in
- 21.25 Local: Gllwar Dantan
- 21.51 Rodrig: Klip Seleksion
- 23.20 Local: Lavi Zoli An XXL
- 23.51 Local: Saver Kiltirel
- 01.05 Rodrig: Kot Nou

- 06.59 Mag: Guftgoo
- 07.47 Aaj Aur Kal Bollywood
- 08.00 Local: Hamar Fitness
- 09.00 Local: Mati Ke Mol
- 12.00 Serial: Dikri Vahalno Dariyo
- 12.30 Local: Mati Ke Mol
- 14.00 Serial: Mere Dad Ki Dulhan
- 15.00 Samachar
- 15.30 Film: Super Singh
- 18.00 Live: Samachar
- 18.30 Saying Radha Krishna
- 19.15 Local: Virasat Powder Mill
- 20.00 Local: Bollywood Express
- 21.00 Film: Bhediya
- Cast: Varun Dhawan, Kriti Sanon
- 23.35 Local: Puranya Pakwan
- 00.01 Duniya Mein Iss Saptah
- 00.16 Local: Virasat Powder Mill
- 00.31 Local: Finals National Sketch Competition 2024

- 06.00 D.Anime: Miraculous...
- 07.24 D.Anime: Go Astro Boy Go!
- 09.35 D.Anime: Sam Le Pompier
- 09.50 D.Anime: Early Learning
- 10.43 Mag: Recipes For Kids
- 10.46 Film Pirates
- 13.16 Doc: The Memory Illusion
- 15.00 Serial: Hiccup And Sneezee
- 15.38 D.Anime: Robin Des Bois
- 15.50 D.Anime: Semi In The Magic
- 16.03 D.Anime: Li'l Santa
- 16.16 D.Anime: Hunter & Hunter
- 17.01 Serial: The Avatars
- 17.30 A Mediterranean Journey
- 18.05 Mag: In Good Shape
- 18.40 Serial: The Equalizer
- 20.01 Tele: Le Temps D'aimer
- 20.50 Mag: Check In
- 21.05 Film: Resident Evil: Welcome To Raccoon City
- 22.56 Doc: Hotel Metalurg
- 23.48 Doc: Diet For your Body Type

- 08.00 Swaran Ghar
- 09.58 Mithai
- 12.00 Udaariyaan
- 14.10 Anupamaa
- 16.10 Fanaa
- 18.30 Film: Singh Is Kinning
- With: Akshay Kumar, Katrina Kaif



- 20.35 Gadget Guru Ganesha
- 21.00 Keh Doon Tumhein
- 21.12 Porus
- 21.50 Swaran Ghar

dimanche 17 novembre

- 04.43 The Gardener's Daughter
- 05.04 Serial: Gout De L'Amour
- 06.00 Tele: Le Temps D'aimer
- 06.25 Film: Mes Autres Vies De...
- 08.10 Serial: Wanted
- 08.55 Film: Florence Foster Jenkins
- 10.45 Serial: NCIS: New Orleans
- 11.30 Tele: Le Temps D'aimer
- 12.00 Le Journal
- 12.35 Film: Au Mepri Des Lois
- 14.00 Japan Video Topics
- 15.00 Samachar
- 15.20 Film: Cirque Du Freak
- 18.00 Live: Samachar
- 19.30 Le Journal Televisé
- 20.30 Serial: Briarpatch
- 21.23 Serial: Wanted
- 22.07 Tele: Sublime Mensonge
- 23.51 Le Journal
- 00.36 Serial: NCIS: New Orleans
- 01.18 Mag: Red Carpet

- 07.33 Local: Gllwar Dantan
- 08.51 Local: Les Petits Genies
- 09.17 Rodrig Prog: Promnad
- 10.00 Live From Royal College, Curepipe
- 11.00 Local: Nu Rasinn
- 14.05 Local: Elle
- 15.00 Mon Jardin Ma Maison
- 15.23 Les Grandes Lignes
- 17.07 Local: Tous Egaux
- 17.28 Local: Gllwar Dantan
- 18.03 Serial: Heartland
- 19.00 Journal Kreol
- 19.24 Local: Info En Langue...
- 20.00 Local: Tiba Tiba Nou Avance
- 21.18 Local: Les Klips
- 22.55 La Journee Sous Le Regard
- 23.00 Journal Rediffusion
- 23.20 Local: MBC Production
- 00.38 Local: Nu Rasinn
- 01.30 Local: Elle

- 06.59 Mag: Changemakers
- 07.29 Popular Hindi Songs
- 08.00 Local: Hamar Fitness
- 09.00 Duniya Mein Iss Saptah
- 09.39 Bollywood Express
- 12.00 Film: Kundan
- 15.00 Samachar
- 16.00 Local: Ambedkar Diwas
- Excerpts From 133rd Birth Anniversary
- 18.00 Live: Samachar
- 18.30 Saying Radha Krishna
- 19.00 Local: Tohar Rashi
- 20.00 Local: Yaadein
- 21.00 Serial: Keh Doon Tumhein
- 21.30 Serial: Naagin
- 22.12 Serial: Bahubali
- 22.59 Dulhin Uhe Jo Nanad Man Bhave
- 00.31 Local: Planet Bollywood
- 00.59 Local: Tohar Rashi

- 08.09 D.Anime: Akedo: Ultimate Arcade Warriors
- 08.45 D.Anime: Patamuse
- 09.43 D.Anime: Sam Le Pompier
- 10.08 D.Anime: Early Learning
- 10.10 Teen Serial: The Wish
- 10.56 Film: The Magic Kids
- 13.28 Doc: By Train Along The East
- 15.00 Serial: Hiccup And Sneezee
- 15.38 D.Anime: Robin Des Bois
- 15.50 D.Anime: Semi In The Magic...
- 16.04 D.Anime: Les Schtroumpfs
- 16.16 D.Anime: Hunter X Hunter
- 16.38 D.Anime: Li'l Santa
- 16.40 D.Anime: The Deep
- 18.40 Serial: The Equalizer
- 19.30 Mag: Arts Unveiled
- 20.00 Tele: Le Temps D'aimer
- 20.30 Live: News
- 20.50 Others: 73rd Miss Universe...
- 23.24 Doc: Spain - Water Scarcity...

- 00.00 Mithai
- 01.45 Udaariyaan
- 03.45 Anupamaa
- 05.55 Fanaa
- 07.48 Tenali Rama
- 08.00 Patiala Babes
- 10.00 Kundali Bhagya
- 12.00 Rajaa Betaa
- 14.00 Kismat Ki Lakiron Se
- 16.00 Wagle Ki Duniya
- 18.38 Film: Tanu Weds Manu
- Starring: R. Madhavan, Kangana Ranaut, Jimmy Sheirgill, Deepak Dobriyal, Eijaz Khan, Swara Bhaskar
- 20.24 Tenali Rama
- 21.00 Mahabharat
- 21.47 Dance India Dance Super Moms
- 22.35 Rajaa Betaa
- 00.25 Patiala Babes

lundi 18 Octobre

- 03.05 Tele: Terra Nostra
- 04.24 Tele: Le Temps D'aimer
- 05.16 Tele: Gout De L'Amour
- 06.01 Serial: The Queen Of Flow
- 07.30 Serial: The Equalizer
- 08.41 Tele: Les Riches Pleurent
- 09.30 Film: The Boat
- 11.30 Tele: Your Love Is My Fortune
- 12.00 Le Journal
- 12.25 Tele: Terra Nostra
- 13.20 Tele: Le Chemin Du Destin
- 14.15 Serial: The Equalizer
- 15.00 Samachar
- 15.25 Film: The Great Northfield Minnesota Raid
- 17.00 Mag: Meet The Costume Designers
- 18.46 Serial: Shiv Shakti
- 19.07 Serial: Doree
- 20.30 Film: An Actor Prepares
- 22.04 Serial: Heartland
- 22.47 Tele: Terra Nostra

- 07.34 Local: Sa Lavi-La
- 09.59 Rodrig: Komanter
- 10.52 Local: Les Klips
- 11.44 Local: Nu Rasinn
- 12.39 La Journee Sous Le Regard
- 14.13 Arsvi MBC - Fer Roule
- 15.08 Local: Tiba Tiba Nu Avance
- 15.35 Local: En Forme
- 15.49 Local: Les Klips
- 17.07 Festival Bouze Ocean Indien
- 17.01 Morisien Konn Ou La Sante
- 18.00 Tele: Pasion Y Poder
- 18.30 Tele: Les Riches Pleurent...
- 19.30 Le Magazine De L'emploi
- 20.00 Local: Nos Aines
- 20.23 Local: Tous Egaux
- 21.33 Morisien Konn Ou La Sante
- 22.30 Local: Lir - Ekrire Kreol...
- 22.54 La Journee Sous Le regard
- 23.00 Local: Nournal Rediffusion

- 07.00 Mag: Fit India Healthy India
- 08.00 Local: Planet Bollywood
- 08.27 Tohar Rashi
- 09.07 Local: Yaadein
- 09.40 Bahubali
- 10.37 Dulhin Uhe Jo Nanad Man...
- 11.42 Radha Krishna
- 12.00 Film: Apne Rang Hazaar
- 15.30 Jai Jai Shiv Shankar
- 15.56 Kundali Bhagya
- 17.30 Serial: Radha Krishna
- 18.30 Radha Krishna
- 18.57 MBC Production
- 20.30 Serial: Ramayan
- 20.55 Film Shrimanji
- With: Kishore Kumar, I.S. Johar, Jeevan Dhar
- 23.16 Serial: Mere Sai
- 00.08 Serial: Wagle Ki Duniya
- 00.30 MBC Production

- 06.25 Doc: Japan Video Topics
- 07.21 D.Anime: Anna Et Ses Amis
- 07.35 D.Anime: Yo Yo
- 08.46 D.Anime: Dee Dee The Little Sorceress
- 10.34 Doc: Recipes For Kids
- 11.25 Changing Supply Chains
- 11.51 Doc: Bomb Shelters And...
- 12.37 Doc: Spain
- 13.18 Doc: Fed Up With Machismo
- 15.22 D.Anime: Tut! Tut!
- 15.21 D.Anime: Li'l Santa
- 15.26 D.Anime: Zoonicorn
- 16.10 D.Anime: Les Schtroumpfs
- 16.22 D.Anime: Hunter & Hunter
- 16.36 D.Anime: The Deep
- 17.35 Changing Supply Chains
- 18.30 Mag: The 77 Percent
- 19.30 Mag: In Good Shape
- 20.01 Tele: Le Temps D'aimer
- 20.50 The Secrets Of Wetlands

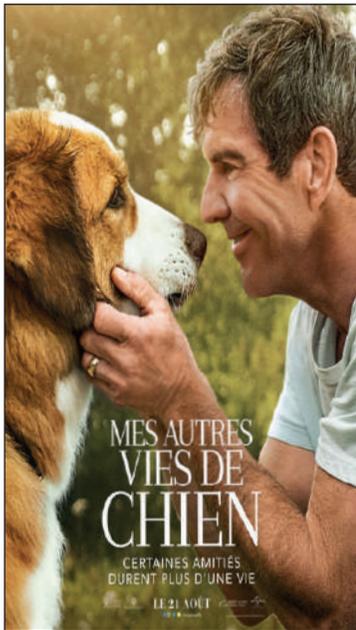
- 14.25 Radha Mohan
- 14.51 Doree
- 15.25 Film: Life Mein Time
- Nahin Hai Kisi Ko
- Starring: Rajneesh Duggal, Krushna Abhishek, Yuvika Chaudhary



- 18.00 Samachar
- 18.31 Kundali Bhagya
- 19.00 Udaariyaan
- 19.30 Dharam Patni
- 20.05 Mithai
- 20.33 Yashomati Maiyya Ke
- 21.09 Anupamaa
- 21.32 Mere Sai



Mardi 19 Novembre - 20.30



Mercredi 20 Novembre - 20.30



Jeudi 21 Novembre - 21.00



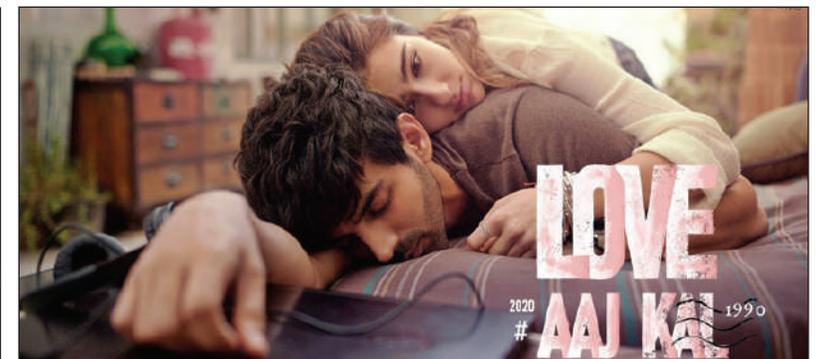
Programme TV



	MBC 1	MBC 2	MBC 3	MBC 5	Bollywood TV
mardi 19 novembre	05.16 Tele: Gout De L'Amour 06.01 Serial: The Queen Of Flow 08.14 Tele: Le Temps D'Aimer 09.30 Film: Street Fighter 11.31 Tele: Your Love Is My Fortune 12.00 Le Journal 12.25 Tele: Terra Nostra 13.20 Tele: Le Chemin Du Destin 15.30 Film: Natural Selection 17.00 Mag: Close Up 17.30 Tele: Your Love Is My Fortune 18.00 Samachar 18.31 Serial: Shiv Shakti 18.55 Serial: Doree 19.30 Le Journal 20.30 Film: Mes Autres Vies De Chien 22.14 Tele: Terra Nostra 23.07 Tele: Your Love Is My Fortune 23.33 Le Journal 00.15 Serial: Treadstone	07.12 Local: Tous Egaux 10.44 Local: Lir - Ekriir Kreol... 11.09 Rodrig Mo Pei 12.00 Rodrig Prog: Feminin Pluriel 12.23 Local: Nos Aines 13.00 La Journee Sous Le Regard 13.10 Local: Metie 15.16 Rodrig: Zenn Aktif 15.51 Rodrig Mo Pei 17.07 Local: Le Mag 18.00 Tele: Pasion Y Poder 18.30 Tele: Les Riches Pleurent... 19.20 Le Magazine De L'Emploi 20.27 Local: Priorite Sante 20.57 Local: Paroles Agricole 21.27 Local: Le Mag 22.10 Local: Mots & Ecrits 22.44 La Journee Sous Le Regard 23.00 Zournal Rediffusion 23.20 Local: Music Tour 00.35 Local: Profil	07.31 Popular Hindi Songs 08.00 MBC Production 09.59 Kundali Bhagya 11.40 Serial: Radha Krishna 12.01 Film: Ek Phool Char Kante 15.21 Other Serial: Radha Krishna 15.30 Serial: Sajanwa Aur Anokhi Ki Kahani 17.30 Serial: Radha Krishna 18.00 Live: Samachar 18.31 MBC Production 20.30 Serial: Ramayan 21.00 Film: Teen Deviyun Cast: Dev Anand, Nanda Karnataki, Simi Garewal 22.58 Serial: Mere Sai 23.55 Serial: Wagle Ki Duniya 00.23 MBC Production 02.28 Sajanwa Bairi Ho Gaile Hamar 03.00 MBC Production	07.21 D.Anime: Anna Et Ses Amis 07.36 D.Anime: Yo Yo 07.51 D.Anime: Go Astro Boy Go! 08.16 D.Anime: Li'l Santa 10.06 D.Anime: Early Learning 12.45 Mag: In Good Shape 13.41 Doc: Kenya - The Elephant... 14.30 D.Anime: Apple Tree House 15.00 Serial: Hiccup And Sneezee 15.23 D.Anime: Zoonicorn 15.37 D.Anime: Robin Des Bois 16.03 D.Anime: Li'l Santa 16.16 D.Anime: Hunter & Hunter 16.39 D.Anime: Li'l Santa 17.03 Serial: The Avatars 18.00 Mag: REV 18.30 Mag: Healthy Living 19.00 Mag: Made In Germany 20.01 Tele: Le Temps D'Aimer 21.05 Film: Backtrack With: Adrien Brody, Jenni Baird...	14.25 Radha Mohan 14.55 Doree 15.30 Film: Socha Na Tha 18.00 Live: Samachar 18.30 Kundali Bhagya 19.03 Udaariyaan 19.33 Dharam Patni 20.06 Mithai 20.29 Yashomati Maiyya Ke Nandlala 21.07 Anupama 21.29 Mere Sai 22.04 Kismat Ki Lakiron Se 22.34 Serial: Mere Dad Ki Dulhan 23.04 Serial: Rajaa Betaa 23.30 Film: Socha Na Tha 02.00 Kundali Bhagya 02.30 Udaariyaan 03.00 Dharam Patni 03.30 Mithai
mercredi 20 novembre	06.00 Serial: The Queen Of Flow 07.33 Serial: The Equalizer 08.38 Les Riches Pleurent Aussi 09.35 Film: Backtrack 11.33 Tele: Your Love Is My Fortune 12.00 Le Journal 12.25 Tele: Terra Nostra 13.20 Tele: Le Chemin Du Destin 13.46 Tele: Pasion Y Poder 14.11 Serial: The Equalizer 15.00 Live: Samachar 15.25 Film: Albion: The Enchanted Stallion Cast: Avery Arendes, Jennifer Morrison, Debra Messing 17.30 Tele: Your Love Is My Fortune 18.00 Live: Samachar 18.31 Serial: Shiv Shakti 18.55 Serial: Doree 19.30 Journal & La Meteo 20.30 Film: Breaking In 22.00 Tele: Terra Nostra	07.10 Local: Priorite Sante 08.00 Local: Mots & Ecrits 09.07 Local: Le Mag 10.25 Local: Music Tour 11.45 Rodrig: Plat Du Chef 11.58 Local: Son Ladan Mem 12.46 Local: Priorite Sante 13.08 Local: Paroles Agricole 14.28 Local: Nu Rasinn 16.20 La Journee Sous Le Regard 16.25 Local: En Forme 18.07 Tele: Passion And Power 18.30 Tele: Les Riches Pleurent... 19.20 Le Mag De L'emploi... 19.30 Rodrig Spor 20.00 Saver Kiltirel 20.30 Local: Toc Toc Doc 21.00 Local: Agir Ensemble 22.23 Local: Proze Dime 23.00 Zournal Rediffusion 23.18 Local: Come On Let's Dance	07.33 Aaj Aur Kal Bollywood 08.00 MBC Production 10.00 Shaurya Aur Anokhi Ki Kahani 11.30 Serial: Radha Krishna 12.00 Film: Payal Ki Jhankaar Cast: Sudha Shivpuri, Alankar Joshi, Komal Mahuvakar, Surinder Kaur 15.00 Samachar 15.33 Jai Jai Shiv Shankar 15.53 Radha Mohan 17.30 Radha Krishna 18.00 Live: Samachar 18.30 Local: MBC Production 20.30 Mag: Talaash 21.00 Film: Nirahua Mail With: Dinesh Lal Yadav, Pakhi Hegde 23.30 Serial: Mere Sai 00.22 Serial: Wagle Ki Duniya	07.00 D.Anime: Miraculous... 09.39 D.Anime: Robin Des Bois 11.04 Mag: REV 11.51 Mag: Healthy Living 12.51 Mag: Global US 13.35 Doc: Rodeo Girl 14.30 D.Anime: Apple Tree House 14.58 Serial: Hiccup And Sneezee 15.26 D.Anime: Li'l Santa 15.39 D.Anime: Robin Des Bois 15.51 D.Anime: Semi In The Magic... 16.17 D.Anime: Hunter & Hunter 16.38 D.Anime: The Deep 16.57 Serial: The Avatars 17.30 Mag: REV 18.00 Mag: Afrimaxx 18.30 Mag: Travel 18.45 Mag: Planet A 19.00 Arts Unveiled 20.01 Tele: Le Temps D'Aimer 21.05 Film: Resident Evil: Welcome To Raccoon City	14.25 Radha Mohan 14.50 Doree 15.30 Film: Firangi Starring: Kapil Sharma, Ishita Dutta 18.00 Live: Samachar 18.31 Kundali Bhagya 19.02 Udaariyaan 19.33 Dharam Patni 20.00 Mithai 20.31 Yashomati Maiyya Ke Nandlala 21.00 Anupama 21.28 Mere Sai 22.05 Kismat Ki Lakiron Se 22.20 Mere Dad Ki Dulhan 22.51 Serial: Rajaa Betaa 23.30 Film: Firangi Starring: Kapil Sharma, Ishita Dutta
jeudi 21 novembre	06.03 Tele: The Queen Of Flow 07.29 Serial: Le Temps D'Aimer 07.55 Tele: Les Riches Pleurent 08.50 Film: Out Of Africa 11.33 Tele: Your Love Is My Fortune 12.00 Le Journal 12.25 Tele: Terra Nostra 13.20 Tele: Le Chemin Du Destin 13.45 Tele: Pasion Y Poder 14.10 Serial: Heartland 15.25 Film: Life Gets In The Way 17.15 Tele: Your Love Is My Fortune 18.00 Live: Samachar 18.31 Serial: Shiv Shakti 18.56 Serial: Doree 19.30 Le Journal 20.15 Film: Love Aaj Kal Stars: Rishi Kapoor,, Saif Ali Khan, D. Padukone, Giselli Monteiro 22.22 Tele: Terra Nostra 23.15 Tele: Your Love Is My Fortune	06.54 Local: Aktiv 07.19 Local: Toc Toc Doc 11.37 Local: Rodrig Spor 12.00 Local: Saver Kiltirel 12.32 La Journee Sous Le Regard 13.10 Local: Agir Ensemble 13.36 Rodrig Prog: Klip Seleksion 14.32 Local: Proze Dime 14.49 Rodrig: Kot Nou 15.15 Rodrig: A Nou Kwi 16.52 La Journee Sous Le Regard 18.00 Tele: Pasion Y Poder 18.31 Tele: Les Riches Pleurent... 19.00 Zournal Kreol 19.15 Le Magazine De L'Emploi 20.00 Local: Les Grandes Lignes 20.30 Local: Mots & Ecrits 21.52 Rodrig: Klip Seleksion 22.48 La Journee Sous Le Regard... 23.00 Zournal Rediffusion 23.20 Rodrig: Lavi Fam	07.00 Mag: Sadgati 08.00 Local: MBC Production 10.00 Serial: Radha Mohan 12.00 Film: Chhaila Babu Cast: Rajesh Khanna, Zeenat Aman 15.00 Samachar 15.30 Sajanwa Bairi Ho Gaile... 15.56 Agniphera 17.30 Radha Krishna 18.00 Samachar 18.30 Sayings Radha Krishna 18.46 Local: MBC Production 20.30 Serial: Ramayan 21.01 Serial: Shiv Shakti 21.30 Yashomati Maiyya Ke Nandlala 22.00 Mag: Dharam Yatra 22.26 Mere Sai 23.18 Wagle Ki Duniya 23.55 Local: MBC Production	07.00 D.Anime: Miraculous... 07.58 D.Anime: Go Astro Boy Go! 08.57 D.Anime: Dee Dee The Little... 10.30 Serial: Lost & Found Music... 11.20 Mag: Afrimaxx 12.13 Mag: Arts Unveiled 13.12 Doc: Kenya 13.54 A Mediterranean Journey 14.20 Doc: Japan Video Topics 14.30 D.Anime: Apple Tree House 15.05 Serial: Hiccup And Sneezee 15.39 D.Anime: Robin Des Bois 15.51 D.Anime: Semi In The Magic... 16.16 D.Anime: Hunter & Hunter 16.38 D.Anime: Li'l Santa 17.04 Serial: The Avatars 18.00 Mag: Eco India 18.42 Mag: Carnet De Sante 19.00 Mag: Border Crossing 20.01 Tele: Le Temps D'Aimer 21.00 Film: Hell Bent For Leather	14.25 Radha Mohan 15.00 Doree 15.13 Film: Golmaal Kids Stars: Kiran Janjani, Preeti Puri, Rahki Tondon 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.30 Dharam Patni 20.00 Mithai 20.24 Yashomati Maiyya Ke Nandlala 21.02 Anupama 21.34 Mere Sai 22.01 Kismat Ki Lakiron Se 22.29 Mere Dad Ki Dulhan 23.05 Rajaa Betaa 23.31 Film: Golmaal Kids Stars: Kiran Janjani, Preeti Puri, Rahki Tondon

BTV Jeudi 21 Novembre - 15.30 Stars: Kiran Janjani, Preeti Puri, Rahki Tondon

MBC 1 Jeudi 21 Novembre - 20.15 Stars: Rishi Kapoor,, Saif Ali Khan, D. Padukone, Giselli Monteiro





Nita Chicooree-Mercier

Political Circus

The gap between grandstanding public statements at meetings and backstage plotting through illicit means has never been so glaring. This is what a premeditated and well-organized plan by a network of media stakeholders and politicians reveals in the wiretapping scandal that rocks Mauritius. Only a one-sided view of the phone-tapping saga, blaming the outgoing government, makes headlines in foreign press. It's clear that foreign journalists — from France 24 to WION and Al Jazeera — get their information from their counterparts in the local press.

This time, it didn't sit well with the U.S. public. Trillions have gone to support Ukraine, with the arms industry pocketing huge profits. Leftist media ran short of arguments, resorting to portraying Trump as a misogynist and racist. To their surprise, the public shrugged off his womanizing habits. Blacks, Hispanics, Indians, and Asians voted for him. The Marxist card of rich-versus-poor? It failed. He created jobs for the lower-income bracket during his first term, boosting the local automobile industry and large-scale farming for export.

What is the state of the international press today? If we mean Western press, it often translates into European outlets rehashing whatever *The New York Times* puts out. After NATO's intervention in former Yugoslavia in the 1990s, the nonstop bombings of Serbia, and Bill Clinton's foundation receiving huge Gulf funds after Kosovo's creation, we've learned to take Western media's position on key international issues with a pinch of salt.

* * *

The Local Press

Locally, most media are politically motivated, in perpetual campaign mode, and change sides every five years to suit sectarian and other lobbies. The public feeds on rumours, gossip, and half-truths circulating on social media, with little depth on crucial issues. A series of unqualified vloggers expressing themselves in coarse Kreol, attacking others with crude insults, does nothing to enhance the quality of public discourse. Something urgent must be done to stop the damage caused by a chaotic, monolingual hotchpotch approach that fails to intellectually uplift the public.

What do political parties stand for if not divided by clear ideologies? This is a question the local press would rather drop. However hard media and parties try to present a rational narrative by focusing on the economy, it is ultimately undermined by ethnic power struggles. It's a taboo question, silenced in the name of "social harmony" until cracks inevitably appear.

Meanwhile, happier will be those who beg for intervention to save them from court rulings, secure juicy contracts, or cover up illicit dealings. The rest of the public will be promised a lower cost of living, dreams of better jobs, fewer taxes, and visions of harmony in a rainbow society.



“Do you expect stakeholders who benefitted from phone tapping to bring the culprits to court? As of now, hacking computers and phones is illegal and punishable by law. Yet the public reacts impulsively and emotionally to sensational leaks of political interference in the public sector, as if it were something new. Politicians rub their hands in glee, now that the job is done, but claim to be outraged and shocked in public discourse. The whole circus is laughable...”

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* * *

Media Credibility

Another comic scene we witnessed recently was the hysteria and distress of mainstream international media following Trump's landslide victory. What went wrong for the press? For *The New York Times*, *CNN*, *BBC*, *Le Monde*, *The Guardian*, *France 24*, *LCI*, and others, the 2016 anti-Trump campaign stooped to personal attacks, questioning his mental health, and indulging in cheap character assassination. He was portrayed as an unpredictable person who could press the "A" button anytime and blow up the planet. His successor backstaged a war in Ukraine, with devastating effects on food prices and consumer products worldwide.

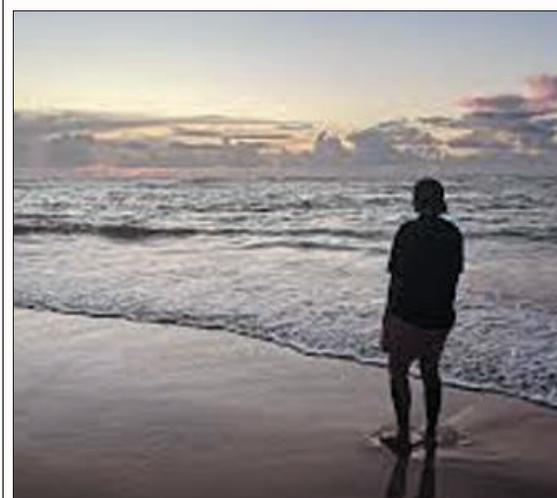
Tree of Knowledge

Open Heart



Approaching life with an open-heart means that we have opened the door to a greater consciousness

Spiritual teachers have always pointed to the heart as the seat of consciousness, and recently Western science has found evidence to support this realization. It turns out that the heart has its own central nervous system and is not simply under the rule of the brain as formerly believed. Anyone who has taken the time to explore the heart knows this and, more importantly, has realized that the heart is the source of our connection to a consciousness greater than the ego. Approaching life with an open-heart means that we have opened the door to this greater consciousness, taking up residence alongside it in the seat of our soul. Fortunately, at this time there is a lot of support for this shift energetically as well as practically. To some degree, approaching life with an open heart is as simple as shifting your attention onto your heart.



Eventually you will be able to do this any time, any place, but at first, it may help to try it in a quiet place where you won't be disturbed. Simply sit with your eyes closed and draw your breath into your heart. As your breath expands your chest cavity, your heart expands and opens. You may feel tenderness or sadness in your heart, and you also may feel relief. Any emotions that arise can be effectively witnessed and healed through the meditation process, which benefits both your physical heart and your energetic heart. The more you practice, the more you will find your heart opening to your own presence and to all the situations your life brings.

When we open our hearts, they may feel tender and vulnerable, which simply means that they need our loving attention as we cleanse and heal them of past hurts and blockages. This process asks us to practice some of the heart's greatest lessons — patience, compassion, and unconditional love. On the other hand, we may take up residence as effortlessly as a bird returns to its nest. Either way, approaching life with an open heart simply means returning to our true home.

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