

MAURITIUS TIMES

• Labour is the superior of capital, and deserves much the higher consideration. -- Abraham Lincoln

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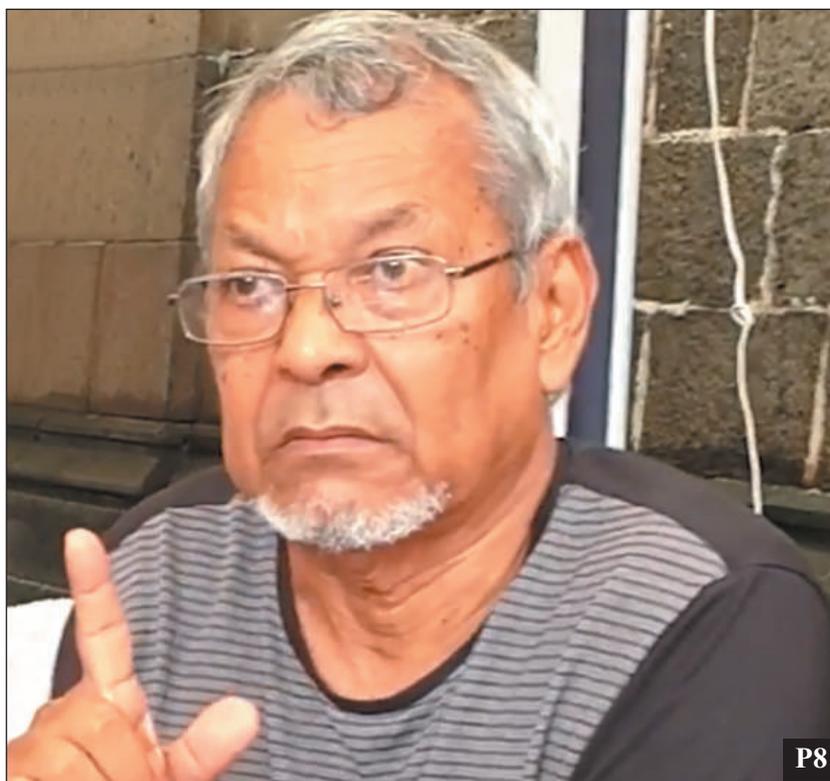
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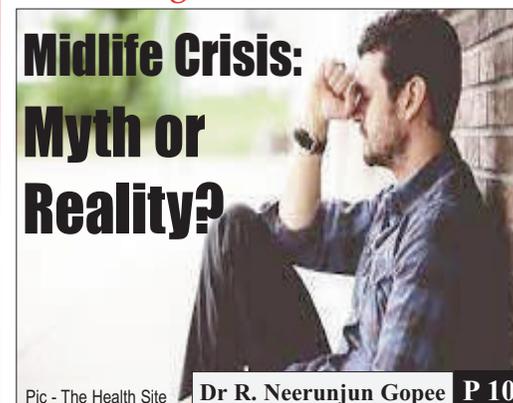


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The Looming Shadow of Austerity

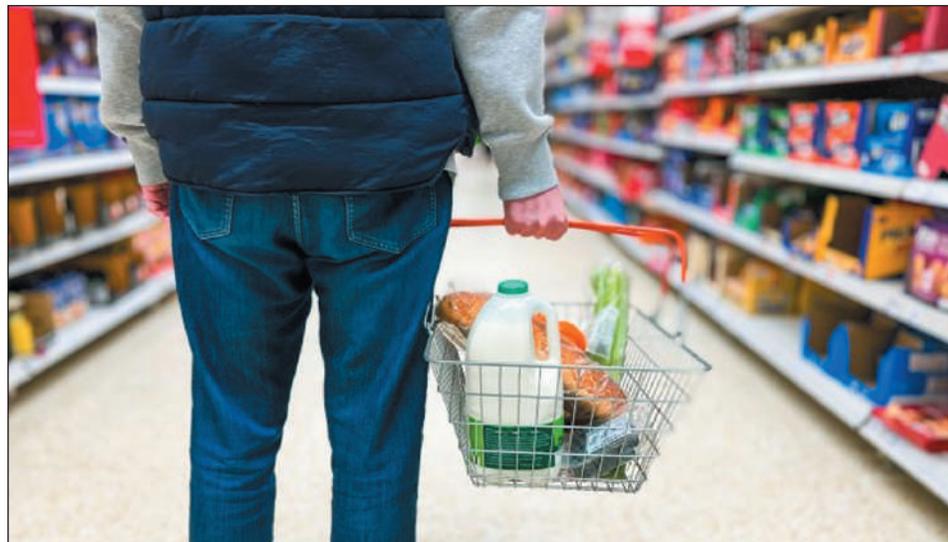
The time for mere rhetoric is over; the moment for decisive action and tangible change has arrived

The political landscape in Mauritius is charged, with the echoes of May Day rallies still resonating. Prime Minister Navin Ramgoolam, alongside Deputy Prime Minister Paul Bérenger, has delivered a stark message to the nation: brace for a difficult budget. The pronouncements paint a picture of an economy teetering on the edge, burdened by unsustainable debt and the lingering consequences of what they term a “decade of mismanagement”.

The Prime Minister’s blunt assessment of the nation’s finances — a debt exceeding 90% of GDP, translating to a staggering Rs 530,000 per capita — leaves little room for optimism. The commitment to fiscal responsibility, while commendable, signals a period of austerity that will undoubtedly test the resilience of the Mauritian people. Echoing the Prime Minister’s sombre assessment, DPM Paul Bérenger paints an even grimmer picture, describing an economy “finished” by the previous administration. The emphasis on a painstaking “cleaning up” process and the urgent need to “redress” damaged institutions underscores the magnitude of the task ahead. The government’s focus on a five-year horizon suggests a recognition that the path to recovery will be long and arduous, but the immediate implementation of a “difficult budget” will serve as the first, and perhaps most painful, step on this journey.

The timing of these pronouncements, coinciding with the lead-up to the municipal elections, adds a layer of political complexity to the economic discourse. The government’s fervent plea against abstention and its promise to “clean up” local councils suggest a strategic move to consolidate its political mandate and pave the way for the implementation of its reform agenda at all levels of governance. The electorate’s response to this call will be a critical gauge of public trust in the government’s ability to steer the nation through these challenging economic waters.

The unfolding global economic landscape, particularly the escalating trade war initiated by the United States, casts a menacing shadow over Mauritius’s already fragile economic prospects. The spectre of a global recession, coupled with the potential for rising inflation, presents a significant external threat to a small, open, and trade-dependent island economy. The interconnectedness of the global economy means that Mauritius, despite its size, cannot remain immune to these powerful interna-



tional currents.

Economists’ analysis, and the earlier sobering perspective by Vinaye Ancharaz published in this paper, highlight the potential ramifications of US trade policies on Mauritius. While the direct impact on trade volumes with the US might be initially moderate, the indirect consequences stemming from a broader global economic slowdown could be far more damaging. Key sectors that form the backbone of the Mauritian economy, including tourism, textiles, and financial services, are particularly vulnerable to fluctuations in global demand and investor sentiment. A significant downturn in the global economy could lead to reduced tourist arrivals, decreased demand for Mauritian textile exports, and a contraction in the financial services sector.

The government’s capacity to effectively cushion the economy from these external shocks is severely constrained by the nation’s high levels of public debt. The debt-to-GDP ratio, already alarmingly high, limits the fiscal space available for implementing robust stimulus packages or providing substantial support to struggling industries and households. The urgent calls from economists for the establishment of an emergency fund underscore the precariousness of the situation and the lack of readily available resources to address unforeseen economic crises.

In this context of global uncertainty, the need for economic diversification and structural reforms becomes not just desirable but absolutely essential for Mauritius’s long-term sustainability. The historical reliance on a few key export markets and sectors has left the economy vulnerable to external shocks. The imperative to reduce dependence on traditional partners and

actively cultivate new economic relationships, particularly within the burgeoning markets of Africa, cannot be overstated. The African Continental Free Trade Area (AfCFTA) holds immense potential as a catalyst for this diversification, but its full operationalisation requires a concerted and sustained effort from the Mauritian government.

The critical challenge now facing the newly elected government is to effectively translate long-standing rhetoric about economic diversification and structural reform into concrete and impactful action. The nation has heard similar pronouncements in the past, often with little tangible follow-through. Breaking free from this cycle of inaction and demonstrating a genuine commitment to implementing the necessary economic changes is paramount. This will require bold policy decisions, effective implementation strategies, and a willingness to overcome vested interests that may resist change.

The government’s stated commitment to fiscal sustainability, while essential for long-term economic stability, must be carefully balanced with the immediate need to provide targeted support to vulnerable sectors and households who will bear the brunt of the impending austerity measures. Managing this delicate balance will be a key test of the government’s leadership and its ability to foster social cohesion during a period of economic adjustment.

The call for well-calibrated fiscal and monetary strategies to mitigate the adverse effects of the global trade war and maintain overall fiscal stability is crucial. In a climate of potential recessionary pressures, the traditional approach of fiscal austerity might inadvertently exacerbate the downturn. Instead, a more nuanced

approach that combines targeted fiscal support for key sectors with accommodative monetary policies, such as lowering interest rates, may be more effective in stimulating economic activity and preventing a sharp contraction.

Attracting foreign direct investment in an environment characterized by heightened global trade uncertainty will be a significant challenge. Investors tend to become more risk-averse during periods of economic instability. To counteract this, the Mauritian government must redouble its efforts to create a stable, transparent, and business-friendly investment climate, characterized by efficient regulatory frameworks and a commitment to the rule of law. Avoiding protectionist measures or retaliatory tariffs that could escalate trade tensions is also crucial for maintaining investor confidence.

Looking beyond the immediate challenges, the government must prioritize the implementation of long-term strategies aimed at building robust economic resilience against future global disruptions. This includes fostering a culture of innovation and entrepreneurship, diversifying the industrial base to include higher-value-added sectors and modern services, enhancing the competitiveness of Mauritian exports, and strengthening national food security. Reducing dependence on volatile global supply chains for essential goods is also a critical element of building long-term resilience.

The path ahead for Mauritius will undoubtedly be fraught with challenges. The “difficult budget” that looms on the horizon signifies a period of economic adjustment that will require resilience, adaptability, and a shared commitment to managing these turbulent times. The government bears the responsibility of providing clear direction, implementing effective policies, and fostering a sense of national unity as Mauritius confronts these significant economic headwinds. The time for mere rhetoric is over; the moment for decisive action and tangible change has arrived.

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Governing Mauritius: Municipal Elections, Democratic Reforms, and Workforce Challenges

Jan Arden

The political calendar these coming days sees the preparations and meetings for the upcoming budget unfold but townfolk of some 400,000+ electors will have the opportunity to sway to the tunes of Municipal elections scheduled for the 4th of May 2025. Meantime government would be working on a comprehensive redesign of our democratic landscape with the progressive irrelevance of our traditional rural-urban divide. This may mean several things, each worthy of its own consideration.

For instance, the extent to which the role and responsibilities of women in the political arena can be helped through quotas even on a transition basis. Or the relationship and equilibrium between a necessary but light central government oversight and the administrative freedoms of regional councils. In that context, the freebie granted by the previous regime of abolishing municipal rates has to be swept aside while the ability of those regional bodies to find innovative ways to harness better input from economic operators in their regions, without risking hoodwink schemes, has to receive attention from lawmakers.

Internal and external auditing capacities have to be strengthened to prevent laws being circumvented and public monies flowing to party apparatchiks and their boys. Their responsibilities in public infrastructure of roads and by-passes, drains clean-up and flooding mitigation, in dozens of minutiae like street lighting, market fair operations or public health dispensaries can be broadened.

* * *

Municipalisation of Mauritius

What has also been termed the municipalisation of all Mauritius, placing similar levels of responsibilities and standards of transparency or good governance on all is another step that needs greater reflection in the context of our small island state. With the PPS being replaced by Junior Ministers, the task of following up on

demand for projects across the country, rural in particular, has to be sized up. These are no doubt only some avenues for planning and implementing reform of our collective governance cadres.

It must be recalled that the last batch of our town councillors and mayors were elected on 14th June 2015 and have looked increasingly frayed as the previous Jugnauth regime repeatedly postponed the democratic exercise due in 2020. The MSM and its allies, recognising that what they themselves knew was a difficult terrain since 2020, after the dramatic 60-0 drubbing in last November and with the cascading series of revelations about scandals and financial scams that have marked their tenure, has mercifully spared the population the ignominy of handing them another 120-0 electoral wash-out at the forthcoming municipal elections. While this may leave the door ajar for erstwhile new faces and extra-parliamentary parties keen to make a mark at regional level, there is no doubt that the traditional 1st of May rallies, only organised by the Alliance du Changement in Rose-Hill this year-round, will lack its flavourful and folkloric mediated political test of crowd rallies, where sound bytes predominate.

In the US, Labor Day has been held on the first Monday in September since the 1880s after the Haymarket

“Many initial LP stalwarts, including the likes of Hurryparsad Ramnarain, Maurice Curé, Pandit Sahadeo, to name but a few, were closely associated with militant or union causes which led to societal progress. So did the MMM, with its union offshoot, the General Workers Federation (GWF) in its early days. Both have contributed massively to the advancement of the downtrodden, of the destitute, of the economically vulnerable in sectors like public transport, port and docks and agriculture, and it is entirely fitting that history’s invisible hand has conjoined their forces to oust a regime that was certainly not born with that pedigree...”

Massacre in Chicago of US workers demanding an 8-hour workday. Repression of the labour movement swiftly followed, but the event would later be recognized as a critical moment in the US labour movement’s struggle for an eight-hour workday. In most of Europe and elsewhere, it was the Marxist International Socialist Congress which preferred May 1, an ancient festival halfway between the spring equinox and summer solstice, as the CGT-led day of action in Paris on 1 May 1890 and had it declared a public holiday since 1968.

Trades unions have often complained, here perhaps more than elsewhere, that what should be a moment of rejoicing, gathering of the fraternity of workers and sober reflection on wider issues of common import, have been “hijacked” by political parties and their formidable machineries. It must be remembered that much like in France, while trades unions have an important role to play in the livelihoods and conditions of work of workers, often lobbying or pressing for changes and reforms, political parties offer the means by which political voices of workers are translated into legal reality.

Many initial LP stalwarts, including the likes of Hurryparsad Ramnarain, Maurice Curé, Pandit Sahadeo, to name but a few, were closely associated with militant or union causes which led to societal progress. So did the MMM, with its union offshoot, the General Workers Federation (GWF) in its early days. Both have contributed massively to the advancement of the downtrodden, of the destitute, of the economically vulnerable in sectors like public transport, port and docks and agriculture, and it is entirely fitting that history’s invisible hand has conjoined their forces to oust a regime that was certainly not born with that pedigree. Therefore, though in a non-electoral year the wishes of trades unions deserve attention, obviously the two major parties in power and their associates, will certainly feel the need to communicate a few days before the scheduled municipal elections.

Increasing dependence on imported manpower



One of the many complex and sensitive issues that surfaces as we celebrate worker rights and responsibilities, is our increasing dependence on imported

manpower in several key sectors of our economy, with the confederation of business operatives pressing last year for simultaneous increase in numbers and the fast-tracking of applicants. It is a matter of some concern that economic operators required some 45,000 of immigrant labour, or 12-15% of the economically active population, in a variety of sectors going from local bakeries, supermarkets, retail trades, transport, construction and textile.

Many of us would not have any morning bread without pliant and hard-working labour willing to give it a go at 4 or 5am in the bakeries and ‘boulangeries’. Construction and textile industries have constituted the traditional demand poles of immigrant labour, but many private clinics also rely on their contribution, while last year even the tourism and hospitality sectors were willing to forego our Mauritian hospitality for waiters and servers with a limited exposure to French.

Although, through the efforts of many unions and

NGOs, much has been done to improve their lives and working conditions in “paradise island”, more needs to be done on that front. Systemic abuses of the processes and their monitoring requires the careful attention of the authorities: the permit system and the reported kick-backs to get files moving, the reporting of defaulters, employers or workers, who escape the regulated sector (some 10% of the immigrant workforce, as per Minister Reza Utteem’s recent answer in Parliament) or the number of fake marriages to prolong the stay of undesirables, those who undertake menial jobs without any permits, are all matters which require the attention of the authorities.

Foreign students need a mandatory repatriation insurance which can be effective to curtail those few that indulge in illegal activities whilst on our soil. In these sensitive matters, government can benefit from the assistance of the respective consulates or embassies to ensure that, as in the case of clear instructions to would-be migrants on the Malagasy website, the latter and their prospective local employers are fully informed.

At this juncture of our economic development, we also have to engage some deeper reflection on the root causes of some disaffection of our youths or working age population, for jobs that should normally be attractive, particularly in such economically vibrant sectors like hospitality.

Jan Arden



Sada Reddi

A Legacy of Influence

The Historical Intertwining of Religion and Politics in Mauritius

Bringing about a separation between state and religion is likely to be wishful thinking, as this connection is deeply embedded in our society

A significant number of Mauritian are often outraged at the pernicious connection between politicians and religious organisations. The profound historical roots of this connection, and its enduring impact on the country's political structure, are often overlooked. Bringing about a separation between state and religion is likely to be wishful thinking, as this connection is deeply embedded in our society, particularly in a world experiencing a decline in traditional ideologies and a resurgence of ethno-religious nationalism.

We often hear about religious organisations lobbying government both openly and discreetly. Some organisations are described as religious organisations, while others are contemptuously regarded as "socio-religious organisations", to give more legitimacy and a higher status and ranking to a few bodies over others when all these organisations are simply religious ones, including NGOs which mask their religious orientation under secular names. Admittedly, religious entities vary in their structure according to their respective religious traditions but fulfill almost the same functions.

It is well to remember that religious pluralism dates from the French colonial period. Despite Catholicism being the official religion of the French East India Company and later the French government, Indians are known to have retained their religions despite many limitations in their religious practices. Tamils had their religious organisation suppressed by the colonial state and replaced by a Syndic de Malabar with a Catholic as head on the ground that the Tamil organisation was functioning as a state within a state. Later, Tamils and Muslims were given a plot of land for setting up places of worship, while Muslims were allocated a land on which a mosque already existed. The Indian Catholics too had a chapel which later became the St. Francois Church in the Camp de Malabar.

With the British takeover in 1810, the inhabitants were guaranteed their laws, religion, and customs, and a thousand Indians signed the capitulation treaty which safeguarded the religious pluralism of the colony. British conquest also meant control of the Catholic Church. The government continued to pay for the upkeep of the Church and paid the priests' salaries and recruited priests from Ireland for the Church. The Anglican Church was also established to become the established Church.

The close connection between the State and the established Churches was strengthened when the British decided to disseminate education in Mauritius. In the absence of state provision of education in England, Governor Farquhar encouraged the Presbyterian Reverend Lebrun to set up schools for the coloured population and slaves and later for ex-apprentices. The Governor's sponsorship of non-conformist churches, followed by a grant for the education of apprentices,



Sir Seewoosagur Ramgoolam and Hon Sunassee participating in the Maha Shivratri procession in Port Louis alongside socio-religious leaders in 1976

provoked a response from the established churches against Lebrun and intensified the conflict between the Catholic and Anglican churches over control of education, as both established their own schools with financial support from the government.

Education, language, and the medium of instruction as well as religious education became the battleground for control of the masses. When Governor Higginson proposed providing education in the vernacular for Indians, he faced significant opposition, and eventually, the few vernacular schools were closed. Government schools continued to offer education in English and French, and in some schools, Hindustani and Tamil. However, for a hundred years, Indians shied away from these schools, which they considered as engines for proselytisation and stuck to their own schools in their villages and estates where they could afford it. Only a minority of Indians attended government

“In the 1920s and earlier anyone interested in standing as a candidate would contact important persons who were also members of religious organisations in the district. My own grandfather, a labourer turned landowner and job contractor, was visited regularly by the Raffrays and Dunputh Lallah during the elections in the 1930s. Both white and coloured candidates mobilised Indians for elections and important members of local religious organisations. Even Dr S. Ramgoolam, who was contemplating standing as a candidate in the elections in the late 1930s, had already established contact with Arya Samaj of Triolet...”

schools, mostly children of sirdars, job contractors, and merchants. Indian merchants set up their own schools to preserve their language and religions.

Towards the end of the nineteenth century, Indians began to develop an interest in politics, and this interest was amplified with the coming of Mohandas Gandhi and Manilal Doctor and the Indian centenary celebration of 1935 but also with the proliferation of hundreds of Indian religious organisations. For example, in the 1930s there were about 270 Arya Samaj branches and in Triolet alone there were 9 branches. It is not surprising that the mobilisation of the masses by the Mauritius Labour Party in the 51 meetings between 1936 and 1937 benefitted from the support of Pandit Sahadeo, an ardent Samajist who translated Curé's speeches for rural audiences.

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Lallah during the elections in the 1930s. Both white and coloured candidates mobilised Indians for elections and important members of local religious organisations. Even Dr S. Ramgoolam, who was contemplating standing as a candidate in the elections in the late 1930s, had already established contact with Arya Samaj of Triolet. A picture in an Arya Samaj magazine shows Dr Ramgoolam and Bartholomee Ohsan at an Arya Samaj event, but elections were postponed because of the outbreak of war in 1939.

While the colonial government subsidized the Anglican and Catholic Churches, Sookdeo Bissoondyal raised the issue in the Council of Government, and as a result, a committee was set up under Jules Koenig. The committee recommended the extension of subsidies to all other denominations in the colony. It was to facilitate the disbursement of subsidies by the government that Indian religious organisations were encouraged to form central bodies. Several of these bodies were set up such as the Tamil Federation, Sanatan Dharma Federation, and others.

The centralization of religious organizations, including Christian churches, enabled the government and politicians to utilize them as intermediaries with the population. The relationships established between the state and these centralized religious organizations provided vital communication channels. Religious leaders, government officials, and politicians engaged in both official and unofficial meetings at significant religious and state events, fostering opportunities to share concerns and discuss various issues.

In the 1970s, the MMM looked for alternative methods of mass mobilization, and instead of relying on religious organisations, set up its own regional branches and made use of trade union organisations.

Cannabis, Methadone, and Mauritius's Drug Fight Is Mauritius's New Drug Bill the Right Solution?

In this week's Q&A, Lex analyzes Mauritius's National Agency for Drug Control Bill, approved on March 28th, 2025, to determine if it's the appropriate response to the country's drug crisis, considering trafficking networks and the increasing use of synthetic drugs. Lex's examination also covers the Bill's proposed institutions, the efficacy of repressive measures, and the complexities of cannabis legalisation or decriminalization, drawing on international experiences. Lastly, Lex explores the connection between cannabis policy and existing harm reduction programs like methadone, highlighting the critical need for effective management.

LEX

* At its meeting on 28 March 2025, the Cabinet approved the introduction of the National Agency for Drug Control Bill into the National Assembly. This bill, once enacted, will establish the National Agency for Drug Control, designated as the primary body responsible for drug use prevention, rehabilitation, and drug control issues. In light of the country's pressing drug situation, does this approach represent the most appropriate and proportionate solution?

The drug scourge presents distinct challenges. Over the past decade, drug traffickers have developed a comprehensive island-wide network for the sale and distribution of prohibited substances. Consequently, a single, perfect solution to combat this scourge is unlikely. Nevertheless, the new legislation represents a positive initial step, demonstrating the government's commitment to aggressively address the drug problem.

* The Bill's provision for the Prime Minister's chairmanship of the National Drug Control Commission signals the government's commitment at the highest political level to tackle the drug scourge head-on. However, what about institutional support to combat drug trafficking? While the ADSU received criticism from the Lam Shan Leen drug commission – whether justified or not – men on the field will still be essential in this fight, won't they?

This Bill proposes the establishment of two key bodies to address drug control: the National Drug Control Commission and the National Agency for Drug Control.

The National Drug Control Commission, to be headed by the Prime Minister and comprising the Deputy Prime



Pic - Manchester and Associates

“Legalising the use of cannabis cannot be done lightly. Many countries that have legalised cannabis are addressing the effects of its use. To what extent can the use or abuse of legalised cannabis be controlled?

Legalising the use of cannabis in Mauritius may lead to abuse. Who will be allowed to sell cannabis? Pharmacies? Would-be purchasers would require a medical prescription if they need it for medicinal purposes. This aspect means that doctors who prescribe it should be strictly monitored and be required to submit returns on the number and frequency of prescriptions they issue.

Pharmacies, too, must furnish returns...”

Minister and relevant ministers, will be responsible for setting national objectives and goals, determining policies and priorities related to drug control, overseeing the coordination of all drug control activities in Mauritius, evaluating drug use information, and formulating relevant policies, as outlined in section 4 of the Bill.

Secondly, the Bill establishes the National Agency for Drug Control, which will encompass multiple divisions and pri-

marily focus on tackling drug use and consumption.

It is important to note that the establishment of these Commission and Agency will not affect the existing functions of the police in tracking drug possessors and traffickers. While the Bill aims to reduce drug consumption and promote rehabilitation, it does not eliminate the punishment aspect of drug offenses. The focus on rehabilitation is intended to ultimately impact drug trafficking by reducing the number of users

some of which are apparently being manufactured locally in hide-away labs. Considering these systemic issues, is it time for a fundamental shift away from purely repressive approaches towards drug trafficking?

No. Repressive measures should coexist with the need to reduce drug consumption through rehabilitation.

The government's policy is twofold. First, consumers should not be sent to jail but should be sent to a specialized institution for rehabilitation. Experience has shown that consumers who are sent to jail are easily influenced by drug traffickers serving time and become hardened criminals. Repression is not the solution for consumers.

Second, hardened drug traffickers should continue to be tracked and brought to justice, and their ill-gotten assets seized.

* **Given the sensitive and potentially controversial nature of legalising or depenalising (decriminalising) cannabis, any responsible government would thoroughly examine the current state of research on the effects of cannabis use, and the experiences of countries with varying cannabis policies. Considering this multifaceted analysis, what would be the most critical factor in a government's decision-making process regarding cannabis policy?**

Legalising cannabis involves removing all legal prohibitions, making it available to adults for purchase and use similar to tobacco or alcohol. Legalisation may offer benefits like reducing cannabis-related crimes and potentially decreasing the stigma associated with use. However, concerns about potential increased consumption, adverse health effects, and the impact on adolescents also need consideration.

Legalising the use of cannabis cannot be done lightly. Many countries that have legalised cannabis are addressing the effects of its use. To what extent can the use or abuse of legalised cannabis be controlled? Legalising the use of cannabis in Mauritius may lead to abuse. Who will be allowed to sell cannabis? Pharmacies? Would-be purchasers would require a medical prescription if they need it for medicinal purposes. This aspect means that doctors who prescribe it should be strictly monitored and be required to submit returns on the number and frequency of prescriptions they issue. Pharmacies, too, must furnish returns. Already, pharmacies are required to keep a register for all dangerous drugs they dispense.

The situation for users who require it for recreational purposes is more complex. How will they justify the purchase, and from whom? What amount would recreational users need?

and consumers.

* **However, the increasing evidence of repressive methods failing to curb drug trafficking across the world is alarming. Traffickers consistently outmanoeuvre the police, and the suspected presence of protection money and corruption within investigative bodies and allegedly even the judicial sector raises serious questions. There is also the emergence of cheaper options in the form of synthetic drugs,**

☞ Cont. on page 6

Cannabis, Methadone, and Mauritius's Drug Fight

Is Mauritius's New Drug Bill the Right Solution?

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This raises complex health and societal issues. So, it is not easy to come to a definite conclusion. The public outcry by a minority is not yet sufficient justification to legalise cannabis.

*** Which institution/s should be tasked with examining all the different issues in relation to the legalisation or depenalisation of cannabis? The National Drug Control Commission itself?**

A more effective approach would be for the Commission and the National Agency for Drug Control to start functioning and thereafter proactively establish a special working force, comprising stakeholders from diverse backgrounds, to study the issues surrounding cannabis legalisation or decriminalisation. This allows for a comprehensive examination of the potential impacts and the gathering of information necessary for an informed decision.

While the continued functioning of the Commission and any relevant agency is important, initiating this dedicated study concurrently would provide valuable insights and data to guide future policy decisions.

*** We understand that decriminalisation of cannabis would mean that the possession of small amounts of cannabis for personal use would no longer be a criminal**



“The stated aim of legalising cannabis is often to steer users away from synthetic drugs. However, the effectiveness of this strategy is not obvious. Given that the psychoactive effects of synthetic drugs are typically more intense than those of cannabis, it's questionable whether users accustomed to the stronger high will be satisfied with cannabis. This transition needs thorough study. Ideally, efforts to eradicate synthetic drugs completely should be prioritized before legalising cannabis can be seriously considered...”

offence. Instead, it might be treated as a minor infraction, similar to a traffic violation. As an interim measure, shouldn't this be considered a matter of urgency while the government undertakes a full examination of the cannabis question and also with a view to shift drug users away from the synthetic drugs, some of which have proved to be fatal?

The stated aim of legalising cannabis is often to steer users away from synthetic drugs. However, the effectiveness of this strategy is not obvious. Given that the psychoactive effects of synthetic drugs are typically more intense than those of cannabis, it's questionable whether users accustomed to the stronger high will be satisfied with cannabis. This transition needs thorough study. Ideally, efforts to eradicate synthetic drugs completely should be prioritized before legalising cannabis can be seriously considered.

*** One question that could arise though: why shift to the decriminalisation of cannabis when there is an existing harm reduction option: methadone, which is already being made available to drug users?**

The current management of methadone appears to lack adequate oversight. Reportedly, individuals requiring methadone are simply provided with the substance, with little to no verification of actual consumption. There are concerning reports suggesting that some recipients may be diverting their medication for sale.

To address this, the government should implement stricter controls on methadone administration. Furthermore, those entrusted with its distribution must uphold the highest standards of integrity.

Addressing the potential for dishonesty among those distributing methadone is equally crucial. Robust hiring practices, clear codes of conduct, regular training on ethical behavior, and strict oversight mechanisms can help mitigate this risk. Any allegations of misconduct should be thoroughly investigated and dealt with appropriately.

LEX

Opinion

A Legacy of Influence

The Historical Intertwining of Religion and Politics in Mauritius

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In the 1976 general elections, the MMM took into consideration the ethnic and *jati* profile of its candidates. However, most of these candidates were largely disconnected

from religious organizations at both central and grassroots levels, which at that time maintained close ties with Labour politicians. By the 1980s, all mainstream parties had developed close

relationships with all religious organisations, both during and after elections. These organisations continue to be powerful lobbies in promoting their interests.

“In the 1970s, the MMM looked for alternative methods of mass mobilization, and instead of relying on religious organisations, set up its own regional branches and made use of trade union organisations. In the 1976 general elections, the MMM took into consideration the ethnic and *jati* profile of its candidates. However, most of these candidates were largely disconnected from religious organisations at both central and grassroots levels, which at that time maintained close ties with Labour politicians. By the 1980s, all mainstream parties had developed close relationships with all religious organisations, both during and after elections. These organisations continue to be powerful lobbies in promoting their interests...”

To conclude, religious organisations and political parties are interdependent as Mauritian society is both a society of individuals and communities. There are at present more than 1000 religious organizations covering the whole of Mauritius and the majority of the electorate are members of these organisations and their NGOs, even if some use secular names to benefit from financial aid from government and corporate bodies. Politicians find it difficult to ignore them at election times and during their

mandates. A recent example is the movement claiming back land for a Tamil cultural centre. Other negotiations take place discreetly and one can sympathize with those who argue on the basis of abstract reason for a separation of religion and politics in Mauritius.

In conclusion, religious organisations and political parties exhibit interdependence in Mauritius, a society comprised both individuals and communities. Currently, over 1,000 religious organisations span the entirety of Mauritius, and a majority of the electorate are members of these organisations and their affiliated NGOs, even if some adopt secular names to access financial aid from the government and corporate entities.

Consequently, politicians find it challenging to disregard these organisations during election periods and throughout their terms in office. A recent illustration of this dynamic is the movement advocating for the return of land for setting up a Tamil cultural centre. While other negotiations proceed discreetly, one can understand the perspective of those who argue for a separation of religion and politics in Mauritius based on abstract reasoning.

Sada Reddi



Anil Madan

The Birthright Citizenship Kerfuffle before the US Supreme Court

The fourteenth amendment to the United States Constitution states: “All persons born or naturalized in the United States, **and subject to the jurisdiction thereof**, are citizens of the United States and of the State wherein they reside.” The bolded words have been the subject of controversy.

It had been generally accepted in the United States that all persons born in this country, except for children of foreign diplomats, are automatically citizens of the US. Historically, the exceptions did not extend citizenship to children of enemies in hostile occupation of any part of the territory of the United States, or to Indians (native Americans) not subject to taxation.

At the outset of his second term, President Trump issued an Executive Order purporting to limit the scope of the constitutional amendment. The Order titled, “Protecting the Meaning and Value of American Citizenship” stated in argumentative terms: “But the Fourteenth Amendment has never been interpreted to extend citizenship universally to everyone born within the United States. The Fourteenth Amendment has always excluded from birthright citizenship persons who were born in the United States **but not ‘subject to the jurisdiction thereof.’**” Consistent with this argument, President Trump’s EO declared a new policy of the United States not to recognize American citizenship, to persons: (1) when that person’s mother was unlawfully present in the United States and the person’s father was not a United States citizen or lawful permanent resident at the time of said person’s birth, or (2) when that person’s mother’s presence in the United States was lawful but temporary, and the person’s father was not a United States citizen or lawful permanent resident at the time of said person’s birth.

These two categories exclude children of illegal immigrant mothers fathered by non-citizens or lawful permanent residents, and children of mothers who are lawful, but temporary visitors to the US. The latter category includes pregnant women who come to the US to have their babies to confer automatic US citizenship on them.

President Trump’s Executive Order has been widely viewed as directed at unlawful immigrants and at the practice known as birth tourism, the practice by pregnant women, of travelling to the US (or another country) to ensure that their children born in the US will have automatic birthright citizenship. Such children are called “anchor” babies since their citizenship can sometimes be used to obtain permanent residency in the US for their parents. Other benefits may also be in the offing.

In 1898, the US Supreme Court considered the meaning of the citizenship clause of the 14th amendment in the case *United States v. Wong Kim Ark*. Mr Wong was born in the US to parents who were both Chinese citizens. When he was 21, he went on a trip to China to visit his parent. On his return, he was denied entry to the US on the ground that he was not a US citizen. In a 6-2 decision, the Supreme Court ruled that because he was born in the US and his parents were not “employed in any diplomatic or official capacity under the Emperor of China,” the fourteenth amendment automatically made him a US citizen.

Justice Horace Gray writing for the majority: The real object of the Fourteenth Amendment of the Constitution, in qualifying the words, “All persons born in the United States” by the addition “and subject to the jurisdiction thereof,” would appear to have been to exclude, by the fewest and fittest words (besides children of members of the Indian tribes, standing in a peculiar relation to the National

Government, unknown to the common law), the two classes of cases – children born of alien enemies in hostile occupation and children of diplomatic representatives of a foreign State – both of which, as has already been shown, by the law of England and by our own law from the time of the first settlement of the English colonies in America, had been recognized exceptions to the fundamental rule of citizenship by birth within the country.

A dissenting opinion stated: The evident meaning of these last words is not merely subject in some respect or degree to the jurisdiction of the United States, *but completely subject to their political jurisdiction, and owing them direct and immediate allegiance.*

The dissenting Justice posted: “Now I take it that the children of aliens, whose parents have not only not renounced their allegiance to their native country, but are forbidden by its system of government, as well as by its positive laws, from doing so, and are not permitted to acquire another citizenship by the laws of the country into which they come, must necessarily remain themselves subject to the same sovereignty as their parents, and cannot, in the nature of things, be, any more than their parents, completely subject to the jurisdiction of such other country. Tested by this standard, the dissenting justice concluded that Mr. Wong had never been completely subject to the jurisdiction of the US and was therefore not a citizen.

Of course, the majority opinion is the controlling precedent in the US.

The posture in which the issue of birthright citizenship comes before the US Supreme Court is interesting. Three federal courts have issued injunctions against President Trump’s Executive Order preventing its enforcement throughout the US. The Trump administration asked the Supreme Court to limit the application of the injunctions to the discrete areas of jurisdiction of the federal district courts that issued the injunctions. This would allow the administration to plan on implementation of the Executive Order in the rest of the US. Perhaps fearing that the precedent of the Wong Kim Ark case is firmly against the administration, the Trump administration asked the Supreme Court to review the question whether it should stay the preliminary injunctions except as they relate to the individual plaintiffs and identified members of the organizational plaintiffs or the territory of the federal districts (in some cases an entire state) where the injunctions were issued. For now, the court has accepted review on that limited basis, but it is not clear that the substantive issue can be avoided.

Each of the three judges who issued injunctions did consider the substance of the 14th Amendment. A judge in Washington state wrote: “Citizenship by birth is an unequivocal constitutional right. It is one of the precious principals that makes the United States the great nation at it is. The president cannot change, limit or qualify this constitutional right via an executive order.”

A judge in Maryland wrote: “The Executive Order interprets the Citizenship Clause of the Fourteenth Amendment in a manner that the Supreme Court has resoundingly rejected and no court in the country has ever endorsed.” A judge in Massachusetts said the administration’s arguments are flawed and wrote: “The way all branches of go-



Pic - Pic - PBS News

“President Trump’s Executive Order has been widely viewed as directed at unlawful immigrants and at the practice known as birth tourism, the practice by pregnant women, of travelling to the US (or another country) to ensure that their children born in the US will have automatic birthright citizenship. Such children are called “anchor” babies since their citizenship can sometimes be used to obtain permanent residency in the US for their parents. Other benefits may also be in the offing...”

vernment have understood the decision for 125 years — *Wong Kim Ark* leaves no room for the defendants’ proposed reading of the Citizenship Clause. Of course, the defendants can seek to revisit this long-settled rule of law, but that is a matter for the Supreme Court, not a district judge.”

The lawyer acting as Solicitor General of the US repeated an argument made previously by the administration that some immigrants are not under the “jurisdiction of the United States” because of their allegiance to other countries, and birthright citizenship does not extend to the children of undocumented or temporarily present aliens. This is the same argument as the dissenting judge made in the Wong Kim Ark case.

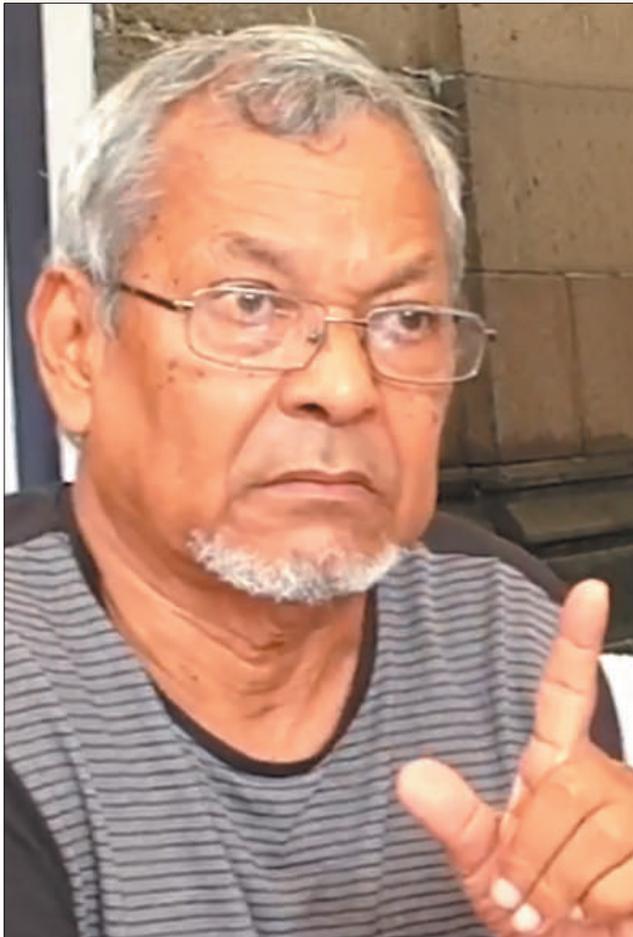
The administration’s position is: “The executive order reflects that the Citizenship Clause does not extend citizenship universally to everyone born in the United States. Rather, the Clause expressly excludes from birthright citizenship persons who are born in the United States but who are not ‘subject to the jurisdiction thereof.’” The administration argues that: “The original public meaning of the term ‘jurisdiction’ refers [to] ‘political jurisdiction’ (which turns on whether a person owes allegiance to, and is entitled to protection from, the United States), not regulatory jurisdiction (which turns on whether a person must follow US law).”

The issue of whether federal district court judges can lawfully issue injunctions applicable over the length and breadth of the United States or are limited to issuing injunctions applicable only to the territory that their courts cover, has been a long simmering one. The Supreme Court may well resolve that issue in these cases by limiting the scope of injunctions, but it will be hard pressed to avoid the constitutional interpretation at the heart of the cases. After all, the 14th Amendment applies to all of America.

Cheerz...
Bwana

A *kerfuffle* is a commotion or disturbance, typically a minor one caused by conflicting views or opinions. It often implies a bit of fuss, excitement, or mild scandal.

Interview: Jack Bizlall



Mauritius Times: Au lendemain de la Fête du Travail hier, quelles ont été vos observations et réflexions sur cette journée?

Jack Bizlall : J'ai animé deux événements au Plaza hier. La matinée était consacrée à l'assemblée des délégués. Il y a également eu une manifestation ciblant le département du personnel, ainsi que l'approbation d'une pétition adressée au ministre du Travail. L'après-midi a été dédié à la commémoration des dates, des figures et des syndicats qui ont œuvré pour la cause des travailleurs, et dont certains ont maintenu une ligne d'engagement politique constante.

Il y a donc eu une association significative entre le passé, à travers la commémoration des personnes et des dates; le présent, avec la manifestation; et le futur, représenté par la pétition pour des changements.

Il est crucial de ne pas oublier le passé. La stèle érigée dans la cour du Plaza commémore les organisations syndicales, les dates marquantes et les syndicalistes qui ont joué un rôle essentiel dans le progrès de notre société et de notre culture.

Je vais d'ailleurs réitérer ma demande auprès de la municipalité pour obtenir l'autorisation d'installer une stèle dans un jardin public. Cette stèle commémorerait les personnes, les dates et les organisations qui ont marqué le champ politique et syndical. Une troisième publication sur l'histoire syndicale est en préparation, ainsi qu'un livre dédié

« En réalité, c'est la stratégie des partis de gauche pouvoiristes qui ont affaibli la lutte politique des travailleurs et c'est l'apolitisme qui maintient cet affaiblissement jusqu'à la transformation en agences syndicales. A Maurice, la lutte politique objective des travailleurs va connaître un recul dramatique dans le futur. Vers quoi se dirige-t-on? La soumission? L'aliénation? Il y a une absence de relève surtout avec le départ de certains pour la voie parlementaire... »

“Il est impératif de démasquer les fraudeurs

et, au préalable, d'adopter une nouvelle législation pour interdire de tels actes à l'avenir”

Dans les pays célébrant la Fête du Travail, dont la République de Maurice, ce jour férié est traditionnellement marqué par des événements syndicaux honorant les luttes passées pour les droits des travailleurs. Notre invité, Jack Bizlall, syndicaliste de longue date, souligne l'importance de ces commémorations pour sensibiliser les jeunes générations aux défis persistants du monde du travail. Il dénonce les pratiques contraires à l'éthique et propose des solutions visant à améliorer les conditions des travailleurs, ainsi que l'intégrité des institutions et de la classe politique.

à Renganaden Seeneevassen.

Il y a des souvenirs à ne pas oublier. Or, c'est malheureusement le drame de la société mauricienne: une amnésie collective. Cet oubli constant frôle presque une pathologie sociale. Nous avons pourtant publié de nombreux ouvrages sur l'histoire de la lutte syndicale à Maurice, dont « Histoire de l'Île Maurice – et une des classes comme moteur de l'histoire » et une autre publication intitulée « Notre Histoire à Nous ».

Ces textes retracent les événements marquants et rendent hommage à des figures telles que Pandit Sahadeo, le Dr Maurice Curé, Sookdeo Bissoondoyal, Guy Rozemont et Beekrumsing Ramallah.

*** On observe un affaiblissement progressif du mouvement syndical au cours des dernières décennies, notamment dans des domaines qui représentaient autrefois des bastions de contestation pour les autorités gouvernementales, à savoir le transport public, l'agriculture (en particulier dans l'industrie sucrière) et le secteur portuaire. Quels facteurs ont contribué à cette situation et à la redéfinition du rapport de forces entre le pouvoir politique, le patronat et la classe syndicale?**

Il faut comprendre deux choses.

D'abord, il y a eu beaucoup de progrès sur le plan de la législation pour renforcer les droits et les libertés des travailleurs jusqu'à la réintégration après licenciement. Par ailleurs, les négociations collectives ont fait avancer la démocratie en matière des intérêts pourtant hautement conflictuels. La conciliation et la médiation permettent de régler tant de litiges.

Ensuite, il y a seulement quelques employeurs qui résistent et ainsi l'agitation syndicale est grandement réduite sur le plan des masses, mais combien vivante sur le plan des entreprises. Il y a des secteurs qui sont affaiblis. Politiquement, l'ensemble des travailleurs ne peuvent développer un rapport de forces, car il y a trop de corporatisme syndical.

*** Il est vrai que l'histoire des mouvements syndicaux est souvent intimement liée à celle des figures politiques. D'un côté, des hommes politiques ont indéniablement joué un rôle de catalyseur dans l'émergence et la reconnaissance des syndicats. D'un autre**

côté, il est tout aussi vrai que des décisions ou des orientations politiques ont pu fragiliser, voire affaiblir considérablement les syndicats/fédérations syndicales. Qu'est-ce que votre engagement dans le monde syndical vous a appris de cette relation complexe entre la classe politique et le mouvement syndical?

J'ai toujours défendu l'indépendance syndicale face aux manœuvres politiques opportunistes et, surtout, contraires à la lutte des classes.

Par ailleurs, depuis 1989 et la chute du Mur de Berlin, la gauche internationale a connu un recul, se retrouvant sans repères à la suite de l'effondrement catastrophique du communisme bureaucraté et oligarchisé.

Un syndicat est un front de lutte qui rassemble des travailleurs, qu'ils soient membres ou sympathisants de presque tous les partis politiques.

En réalité, c'est la stratégie des partis de gauche pouvoiristes qui ont affaibli la lutte politique des travailleurs et c'est l'apolitisme qui maintient cet affaiblissement jusqu'à la transformation en agences syndicales.

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« La création de la MIC était nécessaire pour préserver l'emploi à Air Mauritius et dans d'autres secteurs. La MIC a été un outil financier vital - pour sauvegarder notre économie durant la crise de la Covid-19. Observez ce qu'ils ont fait de l'important volume de fonds de cette compagnie, pourtant sous la supervision de la Banque centrale, en ce qui concerne les paiements effectués. Il est impératif de démasquer les fraudeurs et, au préalable, d'adopter une nouvelle législation pour interdire de tels actes à l'avenir... »

*** L'adoption du “Voluntary Retirement Scheme” (VRS) et le remplacement des négociations collectives par des discussions individuelles au sein de l'industrie sucrière, avec le soutien discret des autorités, ont contribué à un recul du pouvoir syndical. La mécanisation dans le secteur portuaire a eu un effet comparable. Avec, de surcroît, un nombre significatif de travailleurs étrangers dans le pays (environ 45 000, et potentiellement plus), quels sont les enjeux et les combats futurs pour les travailleurs mauriciens?**

Il y a une explication économique à ce constat: la désocialisation du travail. On a et on aura de moins en moins besoin de la force de travail. Dans plusieurs secteurs, les syndicats ont commis l'erreur de laisser les choses se détériorer et certains ont même provoqué cette chute par des menaces de grèves bidons.

☞ Suite en page 9

'Nous allons assister à une mutation profonde de notre économie, qui risque de provoquer le départ des Mauriciens et un retour insidieux à une forme d'engagisme'

☞ Suite de la page 8

L'industrie sucrière s'apprête à connaître un véritable "hold-up" orchestré par les propriétaires, à travers une réduction drastique de la production totale de sucre. Les profits considérables tirés de l'importation de sucre, des investissements dans le foncier et l'offshore, et surtout de la dévaluation constante de notre roupie, en sont les moteurs.

Fondamentalement, nous allons assister à une mutation profonde de notre économie, qui risque de provoquer le départ des Mauriciens et un retour insidieux à une forme d'engagisme.

*** Par ailleurs, après plusieurs reports par les deux gouvernements successifs du MSM, les élections municipales se tiendront dimanche prochain. L'abstention, probablement plus importante qu'aux dernières élections générales, témoigne d'un manque d'intérêt pour les enjeux municipaux. Comment expliquer ce désengagement et quelles seront les répercussions sur la gestion des collectivités locales?**

Ces élections avaient été reportées en raison d'une réforme constitutionnelle des pouvoirs de nos Municipalités.

J'ai une référence particulièrement intéressante pour cette évolution: la loi régissant la gouvernance de l'Assemblée Régionale de Rodrigues: une fantastique démocratisation dans un cadre décentralisé de notre République.

Ce sont des élections cruciales pour la transition constitutionnelle de notre République.

Cela va arriver. Cela doit arriver. Les Municipalités doivent constituer le socle de notre infrastructure démocratique et institutionnelle.

J'encourage vivement les citoyens à aller voter, d'autant plus qu'avec l'âge de certains élus, un renouvellement serait souhaitable. J'ai moi-même été Conseiller et Adjoint au Maire de Beau-Bassin/Rose Hill dans les années 70. Sur une autre note, j'ai appris avec tristesse le décès de Ramduth Jadoo qui a exercé les fonctions de Maire... Mes sincères condoléances à sa famille.

*** L'autonomie accrue des collectivités locales, synonyme de moins de tutelle ministérielle, et une municipalisation élargie de l'île sont deux dossiers qui alimentent le débat public depuis des années sans aboutissement. Quelles seraient les conditions nécessaires pour faire progresser ces idées?**

Comme je vous l'ai mentionné, nous disposons d'une référence intéressante dans la structure de l'Assemblée Régionale de Rodrigues, tant pour son administration que pour son système électoral. À Rodrigues, la politique générale émane de l'Assemblée nationale, le financement est centralisé, mais la gestion des services relève de la RRA.

Rodrigues compte une population de 40 000 citoyens. Pourquoi une ville de plusieurs milliers d'habitants serait-elle moins apte à assumer sa propre destinée? Le seul véritable enjeu réside certainement dans l'universalité des droits et, par conséquent, dans une politique qui établirait les bases d'une répartition financière équitable et d'un encadrement humain adéquat.



'A Maurice, la lutte politique objective des travailleurs va connaître un recul dramatique dans le futur. Vers quoi se dirige-t-on? La soumission? L'aliénation?'

*** Les élections villageoises et municipales des années 60 et 70 ont historiquement servi de tremplin pour l'ascension politique nationale. La centralisation du pouvoir et la prédominance des partis nationaux ont-elles modifié cette dynamique, réduisant l'ascension "par les échelons" locaux? Si oui, quelles sont les implications pour le paysage politique actuel?**

Le paysage politique est marqué par l'émergence de nombreux partis et d'individus qui se réclament du changement et de l'alternance. Leur progression politique est notable.

Le MSM doit disparaître de la scène politique. C'est l'appel que je lance à tous les autres partis. Ganoo, Collendavelloo et Obeegadoo doivent comprendre qu'ils sont des pantins du MSM. Ils doivent rompre leur alliance avec le MSM.

La population doit comprendre que le MSM n'est pas un parti politique républicain. C'est la propriété de la famille Jugnauth. J'appelle les partisans du MSM à saisir cette occasion historique pour quitter définitivement ce parti. Trouvez-vous d'autres références politiques!

*** Trop peu souvent souligné, un problème majeur de "accountability" semble exister au niveau des collectivités locales concernant la délivrance des permis pour les petits commerces et certains grands projets, notamment les projets de "propertydevelopment". Quelles pourraient être, selon vous, les raisons de ce manque d'imputabilité et quelles solutions pourraient être envisagées pour y remédier?**

Notre société serait-elle très malade? Elle semble parfois privilégier les scandales à une politique saine. Pourtant, nous disposons d'institutions conçues pour éradiquer toutes les formes d'abus, de malversations, de discriminations, de

gaspillage, de fraude, de corruption, etc. Un exemple flagrant de l'accaparement des biens de l'État est le scandale monstrueux de l'affaire de la Clinique Medpoint.

Si nous adoptons une Nouvelle Constitution, nous pourrions instaurer un système de contrôle accru par l'Assemblée nationale sur le rapport de l'Auditeur de l'État. Renouveler les dirigeants de la Police, de l'ICAC, de la FCC... et notre société en serait transformée.

*** Les affaires de criminalité financière impliquent souvent des montages complexes, des flux financiers sophistiqués et des ramifications multiples qui prennent du temps à démêler complètement. Il est tout à fait plausible que ce que nous entendons et voyons actuellement dans les enquêtes de la Financial Crimes Commission concernant la MIC et certaines institutions gouvernementales ne soit que la "pointe de l'iceberg". Qu'en pensez-vous?**

Je le dis et le répète: c'est le gaspillage d'argent et de ressources qui est à l'origine de toutes ces fraudes.

La création de la MIC était nécessaire pour préserver l'emploi à Air Mauritius et dans d'autres secteurs. La MIC a été un outil financier - vital - pour sauvegarder notre économie durant la crise de la Covid-19.

Observez ce qu'ils ont fait de l'important volume de fonds de cette compagnie, pourtant sous la supervision de la Banque centrale, en ce qui concerne les paiements effectués.

Il est impératif de démasquer les fraudeurs et, au préalable, d'adopter une nouvelle législation pour interdire de tels actes à l'avenir.

*** Que se passera-t-il en 2025 ? Qu'en pensez-vous?**

Concernant l'année 2025, je pense que les attentes sont justes, légitimes et définitivement nécessaires.

Il est impératif d'enquêter sur toutes les malversations révélées durant la campagne électorale, ainsi que celles antérieures et actuelles.

Une décision concernant le quatorzième mois de salaire devra être prise, conformément à l'engagement pris l'année dernière.

La mise en place d'une instance chargée de rédiger une nouvelle Constitution est indispensable.

Il faudra également se prononcer sur la légalisation du cannabis à des fins de liberté individuelle. Notre Constitution reconnaît implicitement cette liberté en ce qui concerne l'alcool et les autres drogues.

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Il faudrait ne pas jouer à l'imbécile en louant Diégo Garcia aux USA à des fins militaires...

La protection de l'emploi est cruciale car les répercussions de la politique économique de Trump frapperont notre secteur industriel.

Une réévaluation de nos relations politiques et économiques avec la Chine, l'Inde et l'Europe est nécessaire, en tenant compte des trois blocs que constituent les BRICS, l'Europe et les États-Unis. Dans l'immédiat, il faut à tout prix nommer des personnes appropriées, donc compétentes, à la tête de nos institutions. Nous attendons des changements et s'ils ne viennent pas il faudra descendre dans la rue.



Dr R Neerunjun Gopee

Midlife Crisis: Myth or Reality?

Regularly examining our circumstances throughout life better equips us to cope with the vulnerabilities of later years, regardless of whether the midlife crisis is real or not

Is the so-called midlife crisis a disease of affluence, somewhat like the now well-known non-communicable diseases which are associated with the lifestyle of the richer countries, one of overconsumption, but which have now spread globally? That's the question I asked myself when the issue came up during a discussion among colleagues. I wondered whether people in poorer countries struggling to make ends meet almost throughout their lives could ever have the luxury of pondering an issue they would not even have heard of. As a doctor I had come across the term 'male menopause' aka andropause, something akin to but not quite the same as the menopause in females, which is a well-defined entity, but had only a vague idea about the so-called midlife crisis.

So, I looked up Google doctor for a change, and guess what! No surprise, I got an AI Overview – but with a realistic caveat at the bottom that 'This is for informational purposes only. For medical advice or diagnosis, consult a professional. Generative AI is experimental.' And thank goodness for that! Because it is not uncommon in medical practice nowadays to have patients coming in having self-diagnosed themselves and even tried out self-treatment courtesy Google Doctor.

Nevertheless, I must admit the AI Overview did give a plausible enough comparison between the midlife crisis and the andropause, starting with a reassuring introduction which read: No, midlife crisis and male menopause (also called andropause)

“The midlife crisis (is) defined as a period of emotional turmoil and uncertainty that can occur in middle age, often involving a re-evaluation of one's life choices, goals, and values. The cause was primarily psychological and related to life experiences, societal expectations, and a sense of the time passing. It led to symptoms like feelings of dissatisfaction, anxiety, depression, and a desire to make significant changes in one's life. The primary driving force behind a midlife crisis is psychological, not hormonal, namely the natural decline in the male hormone testosterone that starts in men in their 40s or 50s. On the other hand, this biological change related to the natural aging process is the main cause of the male menopause whose symptoms may include fatigue, decreased libido, erectile dysfunction, mood changes, and weight gain...”

are not the same, although they may overlap in some cases. While a midlife crisis is a psychological and emotional state of discontentment often experienced during middle age, male menopause refers to the biological and hormonal changes associated with declining testosterone levels.

The midlife crisis was defined as a period of emotional turmoil and uncertainty that can occur in middle age, often involving a re-evaluation of one's life choices, goals, and values. The cause was primarily psychological and related to life experiences, societal expectations, and a sense of the time passing. It led to symptoms like feelings of dissatisfaction, anxiety, depression, and a desire to make significant changes in one's life. The primary driving force behind a midlife crisis is psychological, not hormonal, namely the natural decline in the male hormone testosterone that starts in men in their 40s or 50s.

On the other hand, this biological change related to the natural aging process is the main cause of the male menopause whose symptoms may include fatigue, decreased libido, erectile dysfunction, mood changes, and weight gain. Midlife crises and andropause can occur at similar ages, leading to overlapping symptoms like fatigue, mood changes, and changes in sexual function.

So, while a midlife crisis and andropause can have overlapping symptoms and occur in the same age range, they are distinct phenomena with different underlying causes and mechanisms. A midlife crisis is a psychological experience, while andropause is a biological process related to declining testosterone levels.

If anyone feels that he is having a midlife crisis based on the symptoms listed above, then since the cause is primarily psychological, it follows that the remedy also must be primarily psychological and not medical. In fact, good news comes from a 'Featured Neuroscience Psychology' publication of April 27, 2025 that I came across titled 'Midlife Reflections Lead to Greater Happiness and Fulfillment.'

This was based on a study conducted at the University of Buffalo in the US, which had an optimistic summary. Namely, that 'late midlife can be a powerful period of personal growth, marked by increasing self-transcendence through life storytelling. Researchers observed that people who actively reflect on and reinterpret their life experiences experience greater self-acceptance, well-being, and optimism.

Further, 'unlike the old myth of the midlife crisis, these findings suggest that aging often promotes healthier, more adaptive views of the self. The research highlights how the way we narrate our lives may shape emotional resilience and fulfillment as we



Pic - Guy Stuff Counselling

“Even as we pursue career, cater to family needs, raise children, ensure their education and welfare, we must regularly examine whether we are doing the right things and doing things rightly. Whether, for example, we are succumbing to the pressures of alluring adverts that lead to overspending and unnecessary expenses instead of putting aside for a rainy day or weighing carefully all options available before we take key decisions. This may sound very trite but is at the core of how our lives will unfold and prepare us for the later years. When thus having primed ourselves all along, we then reach midlife, it presents itself as 'an opportunity for increased self-transcendence, especially acceptance of oneself and one's life...”

grow older.'

Self-transcendence is a term psychologists use for the experience of connection beyond the self. It can have spiritual implications, but self-transcendence also relates to personal connections. Fundamentally, the issue is one of healthy aging to start with. And since health is, according to the World Health Organisation definition, a 'state of complete physical, mental and social well-being and not merely the absence of disease' as we age, we must also give attention as much to the mental and social aspects of our lives as to keeping ourselves physically fit.

There is a well-known saying that the unexamined life is not worth living, and it is a fact that the whirlwind pace at which modern life races along the 'metro-boulo-dodo' paradigm leaves us little time for reflection on our lives in a holistic manner. We thus suddenly find ourselves at the crossroads of midlife without having adequately prepared ourselves.

Starting earlier rather than later therefore, even as we pursue career, cater to family needs, raise children, ensure their education and welfare, we must regularly examine whether we are doing the right things and doing things rightly. Whether, for example, we are succumbing to the pressures of alluring adverts that lead to overspending and unnecessary expenses instead of putting aside for a rainy day or weighing care-

fully all options available before we take key decisions. This may sound very trite but is at the core of how our lives will unfold and prepare us for the later years.

When thus having primed ourselves all along, we then reach midlife, it presents itself as 'an opportunity for increased self-transcendence, especially acceptance of oneself and one's life — and it's associated with many positive effects,' according to Reischer, an expert in narrative identity and self-transcendence.

'Self-acceptance isn't an endorsement for the bad things that have happened, nor is it "just" an attitude. It's an active understanding of how one's life experiences have contributed to an understanding of oneself in the present.'

'It's a multifaceted process, evolving over the life course, that involves greater attention to the meaning of one's own life and to the perspectives of and connections with others. High self-transcendence is associated with increased well-being, better mental health, coping skills and optimism.'

The positive takeaway is that whether the midlife crisis is or isn't a myth, by a process of regularly examining our circumstances and situation at every stage of our life course, we are in a better position to cope when we reach the more vulnerable, later years when family and financial situation, as well as social connections are likely to be undergoing impactful changes.

Kamla Persad-Bissessar led her UNC party to victory in Trinidad and Tobago

The opposition in the Caribbean twin-island nation of Trinidad and Tobago has won a decisive victory in Monday's parliamentary election.

The win by the centrist United National Congress (UNC) party means that Kamla Persad-Bissessar will be appointed as the next Prime minister, reports BBC News.

The 73-year-old already held the post once before, from 2010 to 2015, but her party was defeated in the last two elections by the centre-left People's National Movement (PNM).

Preliminary results suggest the UNC, which campaigned on a promise to raise wages and create employment, managed to win a number of parliamentary seats previously held by the PNM.

PNM leader Keith Rowley conceded defeat late on Monday, saying that it had not been a good night for his party and that it was clear that it had lost the election.

Rowley, 75, served as prime minister from 2015 to March of this year, when he announced he was stepping down and handing the reins of power to the 50-year-old energy minister, Stuart Young.

But rather than serving out the remainder of Rowley's term, Young called a snap election just hours after being sworn in as



During her campaign, Persad-Bissessar promised to raise wages for public sector workers who have been struggling to meet rising costs of living. Pic - EPA

prime minister.

The move was widely seen as an attempt by Young to secure a stronger mandate amid criticism by the opposition that his elevation to prime minister was unconstitutional.

The election came at a time when the country is grappling with a rise in homicides and an economic slump. The outgoing government declared a state of emergency in December, which stayed in force for 105 days.

During her campaign, Persad-Bissessar promised to raise wages for

public sector workers who have been struggling to meet rising costs of living. It was an issue she addressed again after the governing party had conceded defeat.

"This victory is for the senior citizens to keep their pensions. This victory is for public servants to get their rightful salary increases. This victory is to re-open the children's hospital. (...) This victory is once again to give laptops to our children and to create over 50,000 jobs," she told supporters who had gathered at the party headquarters.

She also assured those gathered that

"no-one" would be left behind, stressing that "when UNC wins, everybody wins".

* * *

Surging global military spending

Defense spending grew 9.4 percent worldwide in 2024 compared to the previous year, the Stockholm International Peace Research Institute said. The total expenditure of \$2.7 trillion is a high unseen since the end of the Cold War. European countries -- including Russia -- were the biggest drivers of the build-up: they upped spending a collective 17 percent since 2023.

* * *

South China Sea claims

China proclaimed sovereignty and displayed its flag on Sandy Cay, a sandbank in the South China Sea, state media reported late last week. The sandbank is categorized as a rock, which could give the nation controlling it claim over surrounding waters. The Philippines disputed that China had seized Sandy Cay, visiting yesterday and displaying their own flag "to uphold the country's sovereignty" and prove a lack of Chinese presence. China's move came as the United States and the Philippines prepared to start joint naval drills nearby.

'Behave like a guest or risk removal from the US': Trump Administration



TRUMP'S DEPORTATION DRIVE

Trump promises mass deportations of undocumented people. Pic - Getty

The Donald Trump administration has now announced a new warning, asking green card holders to behave like a guest or risk removal from the country. This has sparked major concerns among legal residents amid the ongoing mass deportations of illegal immigrants in the country.

The U.S. Citizenship and Immigration Services (USCIS)'s recent post on X reminds green card holders that their stay in the United States is not guaranteed. According to USCIS, green card holders' stay could be revoked if they are deemed as a threat to national security, reports Hindustan Times.

This comes along the lines of the ongoing deportations, escalating concerns among lawful permanent residents. One of the post by USCIS reads, "EVERYONE

should be on notice. If you're a guest in our country -- act like it. Our robust social media vetting program to identify national security & public safety risks never stops. USCIS is on watch to find anything online that poses a threat to our nation & our way of life."

According to a Newsweek report, this new warning follows the Trump administration's move towards immigration enforcement. This also means that it would just not stay

restricted to illegal immigrants or undocumented residents of the US, but will also extend to legal residents.

USCIS previously announced in March that it would soon need visa and green card applicants to disclose their social media handles and activity. This, according to them, is a part of a broader vetting effort that USCIS claims is essential for "national security." As per USCIS, "The information would be used for ID verification, proper vetting and national security screening."

However, with this move, questions are rising about free speech and surveillance in the country. It also brings into question the limits of due process for immigrants who have been staying in the United States legally for decades.

Trump's 100-day approval rating hits historic low

A recent CNN poll conducted by ASSRS details that Americans view U.S. President Donald Trump's performance as deeply negative in his first 100 days in office. Trump's approval rating of 41 per cent is the lowest any elected president has ever been rated -- including Trump's own first term in 2017.

The approval ratings of Trump handling the presidency have been down 4 points since March and 7 points since February. Only 22 per cent of the poll's respondents said they strongly approved of Trump's handling of the job while about 45 per cent of them said they strongly disapproved of his handling, reports Hindustan Times.

Since returning to office on January 20, Trump has let loose a war on global tariffs and quit the U.S. Agency For International Development (USAID). His plans of annexing Greenland, retaking the Panama Canal, and making Canada the 51st state of the U.S. have sparked interesting conversations among not just citizens, but also world leaders.

Trump's approval rating among women and Hispanic Americans has dropped by 7 per cent since March -- especially after he signed the executive order for anti-DEI programs. As per the poll, his approval ratings were 36 per cent among women and 28 per cent among Hispanic Americans in March.

On economic issues, Trump's approval ratings have dipped since early March as the tariff plans eventually rolled out. The decisions affected stock markets and worried citizens nationwide about price hikes. As per the poll, Trump's approval is down 9 points to 35 per cent regarding inflation, and regarding tariffs, it has come down by 4 points to 35 per cent.

Trump's moves on international affairs were approved by 39 per cent of respondents while disapproved by 60 per cent of them.

Earlier this year, Trump was found to have outperformed his first term's high by 7 points regarding immigration. As of now, 45 per cent of respondents approve of him, which is down by 6 points from March. However, 53 per cent of the respondents have expressed confidence in his ability to deal with the immigration issues, which is still a decline from the 60 per cent in last year's December.

Trump has only received positive ratings in his handling of issues regarding gender identity and trans people. As per the poll, 51 per cent of the respondents approve of his handling of the matter.

* Contd on page 12

U.S. urges Pakistan to condemn Pahalgam terror attack in call with PM Shehbaz Sharif

In the aftermath of the April 22 terror attack in Pahalgam, the United States has called on Pakistan to condemn the incident and cooperate in investigations. U.S. Secretary of State Marco Rubio conveyed the request during a phone conversation with Pakistani Prime Minister Shehbaz Sharif, according to State Department spokeswoman Tammy Bruce.

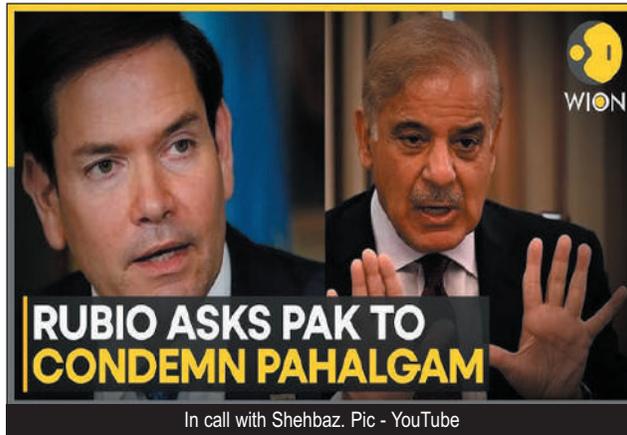
Rubio "spoke of the need to condemn the terror attack on April 22 in Pahalgam" and "urged Pakistani officials' cooperation in investigating this unconscionable attack," Bruce said in a statement on Wednesday.

The coordinated attack, which left 26 people — mostly tourists — dead and many others injured, has drawn international condemnation and heightened tensions in the already volatile region.

Rubio speaks with Jaishankar, reaffirms U.S.-India cooperation

In a separate conversation, Secretary Rubio also spoke with Indian External Affairs Minister S. Jaishankar, expressing condolences and reiterating the United States' commitment to work with India in combating terrorism.

"Discussed the Pahalgam terrorist attack with U.S. @SecRubio yesterday. Its perpetrators, backers and planners must be brought to justice," Jaishankar wrote on



X (formerly Twitter).

Rubio's outreach follows a sharp increase in ceasefire violations along the Line of Control (LoC) by Pakistani forces. The Indian Army has responded to these unprovoked attacks with effective countermeasures, according to defense sources.

Rising tensions along the LoC

The Pahalgam attack has exacerbated tensions between India and Pakistan. In addition to ceasefire violations, both countries have blocked each other's

airlines from accessing their airspace — a symbolic but significant move that reflects deteriorating diplomatic ties.

In response to the attack, Indian Prime Minister Narendra Modi chaired a high-level security meeting on April 29 with key defense and intelligence officials, including Defence Minister Rajnath Singh, National Security Advisor Ajit Doval, Chief of Defence Staff General Anil Chauhan, and the service chiefs. The meeting followed an emergency Cabinet Committee on Security session convened a day after the attack.

Government sources said that PM Modi reaffirmed India's "national resolve to deal a crushing blow to terrorism."

The road ahead

The U.S. intervention signals Washington's desire to prevent a further escalation in South Asia while pressing Pakistan to take a stronger stance against terrorist activity within and beyond its borders. While Islamabad has yet to issue a formal statement in response to Rubio's request, pressure is mounting internationally for accountability and cross-border cooperation.

As India intensifies its counterterrorism efforts and strategic posturing, all eyes remain on how Pakistan responds — and whether regional stability can be preserved amid rising tensions.

Ukraine's Critical Minerals: Strategic Resources and the New U.S. Deal

The United States and Ukraine have signed a landmark agreement that will give the U.S. preferential access to Ukraine's critical mineral resources and channel investment into Ukraine's reconstruction. Heavily promoted by former President Donald Trump, the deal highlights the strategic significance of Ukraine's mineral wealth, particularly in the context of global supply chains for high-tech, defence, and green energy sectors.

Critical minerals, including rare earth elements, are essential for manufacturing electric vehicles, renewable energy systems, consumer electronics, and defence technologies. The U.S. Geological Survey lists 50 such minerals, and there are few, if any, viable substitutes for many of them.

Rare earths — such as neodymium, lanthanum, and cerium — are particularly important due to their magnetic and conductive properties. They are used in wind turbines, EV batteries, missile guidance

systems, and smartphones. Currently, China dominates global production, making diversification of supply a priority for the U.S. and its allies.

Ukraine's Mineral Wealth

Ukraine is home to 22 of the 34 minerals identified by the European Union as critical, making it a key potential supplier for Europe and the West. Resources include:

- **Rare Earths:** Neodymium, lanthanum, cerium, erbium, yttrium, and scandium.
- **Lithium:** Estimated reserves of 500,000 metric tons, vital for batteries.
- **Titanium:** Located mainly in the northwest and central regions.
- **Graphite:** 20% of the world's known resources, crucial for EV batteries and nuclear applications.
- **Other Minerals:** Manganese, gallium, zirconium, beryllium, nickel, fluorite, and apatite.



While Ukraine lacks commercially operational rare earth mines, its geological potential is significant, and the war has only sharpened global interest in developing alternative sources to China.

The ongoing war with Russia has severely disrupted Ukraine's mining sector. Russia controls roughly 20% of Ukrainian territory, including around 40% of its metal resources and much of its coal deposits. At least two known lithium deposits are under Russian occupation, though others in the central Kyrovohrad region remain under Kyiv's control.

These losses highlight the urgency of securing and developing the remaining resources within government-held territory.

The U.S.-Ukraine Deal: What's at stake?

The new deal grants the U.S. preferential rights to participate in Ukraine's mineral projects and supports investment in reconstruction efforts. According to Ukraine's Deputy Economy Minister Oleksiy Sobolev, discussions are underway with the U.S., UK, France, and Italy to jointly develop mineral sites. The Ukrainian government estimates up to \$15 billion in investment potential by 2033.

Ukraine is currently preparing around 100 sites for joint licensing, although details remain sparse. Investors are attracted by the country's skilled workforce and existing infrastructure but remain cautious due to bureaucratic hurdles, land access issues, and limited transparency around geological data.

World's highest-paid athlete hasn't played in 22 years, still outearned Ronaldo and Messi

Michael Jordan retired more than 20 years ago but has earned more than current stars like Cristiano Ronaldo (\$260 million), Lionel Messi (\$135 million), and Stephen Curry (\$154 million) in 2024. Jordan earned an estimated \$300 million last year, according to Sportico's list of 50 Highest-Paid Athletes of All-Time.

With his overall career earnings at \$3 billion since

1984, Jordan is at the top of the rankings of the highest-paid athletes of all time — with Tiger Woods in the second position with \$2.79 billion, Ronaldo in the third with \$2.23 billion, and LeBron James in the fourth, with \$1.88 billion, reports Hindustan Times.

How did Michael Jordan do it?

Nike signed a deal with Jordan after the Chicago Bulls chose him third overall at the National Basketball Association (NBA) Draft in 1984. The agreement made by David Falk was initially for five years and was \$500,000 per year, including a cut of the sales of sneakers that hit the market the next year. Last year, Nike reported Jordan sales of \$7 billion, which was 6% more than the 2023 sales, Sportico reported. The brand's revenue doubled since 2020 as it delved into women's gear as well as non-basketball items and more international sales.

Other than Nike, Jordan also maintains his endorsement relationships with brands like Gatorade, Five Star, Upper Deck, and 2K. He is also the team owner of the 23XI Racing NASCAR team, with more investments in Axiomatic, Cincoro tequila, DraftKings, and Sportsradar. In 2024, he invested in Courtside Ventures, a venture capital fund that's focused on sports, lifestyle, and gaming.

Who else is on the top-paid list?

Jordan, Woods, Ronaldo, and NFL's Tom Brady are the top earners in their respective sports, according to Sportico, but others include Roger Federer (at \$1.9 billion), Floyd Mayweather (at \$1.52 billion), Michael Schumacher (at \$1.39 billion), and Alex Rodriguez (at \$795 million). American athletes represent 32 of the top 50 names in the list, with Serena Williams on the list as the only woman athlete.

From the Pages of History - MT 70 Years Ago

5th Year No 303

MAURITIUS TIMES

Friday 17 June, 1960

• "All men that are ruined, are ruined on the side of their natural propensities." — Edmund Burke

The percentage of sugar from the total yield is produced after milling the canes of planters, going by right to these planters has been a matter of long-standing dispute. Until recently the law was mute in that connection. The share of sugar accruing to the planter was a matter of personal agreement between the planter and the miller. It varied between 65 and 70 kilos per ton of cane. Large planters received a few kilos more. The planters, for economic reasons, were forced to accept whatever terms were dictated to them. Some planters who had no financial connections with the millers were freer than the planters of today. There was no factory area at that time and being given that there was quite a sharp competition among millers to buy canes of planters, planters were free to sell their canes to the miller who offered the best terms.

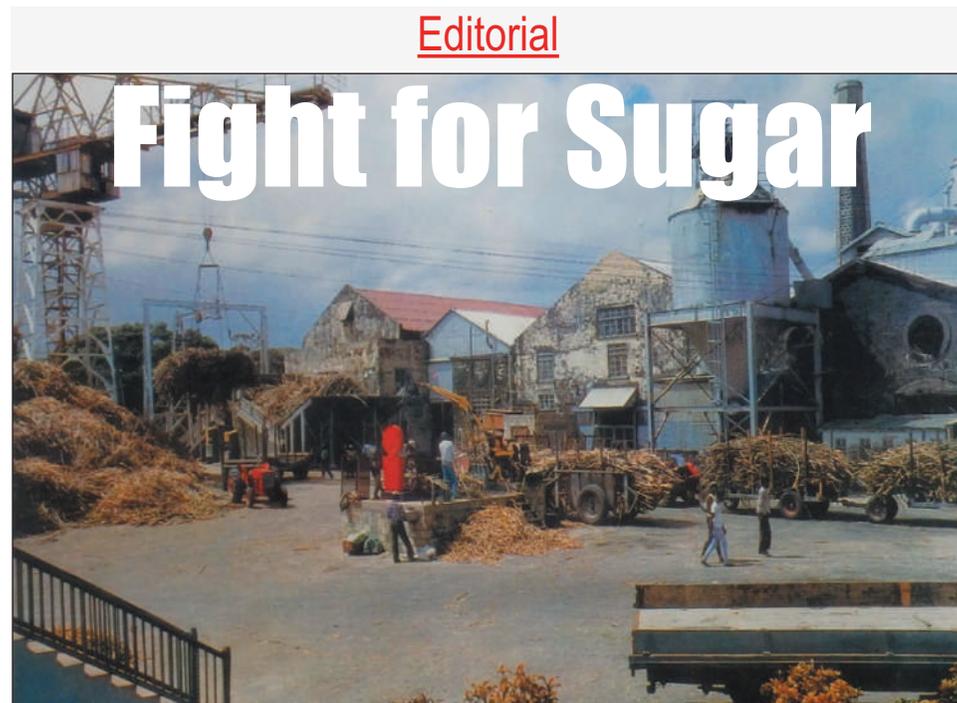
At that time the quality of the canes of any particular planter was not taken into consideration. No consideration was given to fibre, water and sucrose content.

Following the report on the unrest among sugar workers and small planters which occurred in 1937, the Central Board was set up in 1939 so as to mediate between millers and planters in connection with the sale and purchase of canes for milling and of the share of sugar and residues which accrue to planters, etc.

The Central Board makes it a compulsion for planters of a certain locality to sell their canes to a certain "factory area". This has put an end to competition. Millers can now fully rely on a definite tonnage of canes, which is an incentive offered to them to fully equip their factories. This measure has been to the disadvantage of the planters who have lost their bargaining power and also have to suffer for the faulty equipment of the factory or inefficient technique.

On the whole the Central Board has succeeded to a large extent to bring about a better method of assessment and a better understanding between planters and millers. Its guiding principle in connection with the payment of canes is "that the average amount of sugar which planters might expect to receive for their canes would be not less than two-thirds of the amount of sugar which a ton of such canes delivered at the factory may normally be expected to yield."

But it is not so much the amount of sugar accruing to planters which is the bone of contention but the method of assessment which is defective. In theory planters are receiving two thirds of their extraction; in fact they are not and this is all due to the fact that the method of analysis is unsatisfactory. Also, planters hold the view that those employed should be more qualified and, consequently, better remunerated. Mr Jomadard was therefore correct to make it clear while moving his amendment to Mr Dabee's



Editorial

motion that an inquiry into the matter was necessary. Unless the planters are well posted with all the facts and figures, their protests and petitions will be mere cries in the wilderness. The millers are fully equipped to meet any challenge from any quarter. The recent unsuccessful attempts of planters are worth considering.

It took the small planters more than half a century to know more or less exactly where they stand in their dispute with millers. The Mauritius Co-operative Federation of Planters had the genial idea of securing the services of Mr Mathur, a highly skilled chemist from India. There is no doubt that Mr Mathur has not brought about dramatic changes which the over-optimist expected of him but he has definitely spotlighted some grave defects in the methods of analysis on which of course the whole dispute hinges.

In the report he wrote before he left, he pointed out that over here payment was made on actual recovery basis, that is on the amount of canes delivered and manipulated at the factory while in many other countries payment is made on a theoretical recovery basis. On the actual recovery basis the cane supplier is affected by the efficiency of the factory and the technical ability of the personnel — if the factory and the technique are efficient then the planter gets a high percentage of sugar otherwise the reverse is the result.

When payment is made on a theoretical recovery basis imaginary standards of high efficiency are fixed. Even if the yield of a certain factory is low or the technique is not as efficient as in other factories, that factory is compelled to effect payment as per standard laid down by the authorities.

In Queensland the sugar value of the cane is assessed on the formula which is "such portion of the sucrose content of a certain quantity of cane as would be obtained...

If milling and refining recovery could be raised to a prescribed imaginary standard of very high efficiency."

In Reunion the following standard has been laid down since 1954:

- (1) **Mill Extraction:** 95%. at 12.5 fibre;
- (2) **Boiling House Efficiency:** 100;

(3) **Purity Final Molasses:** 30.

In Mauritius the standard laid down dates 1941 and is below the standard of Reunion or Queensland. For example: The **Boiling House Efficiency** is 99 and the **Purity Final Molasses** 40. When that standard was fixed in 1941 it was computed on the basis of previous five years which was considered ideal efficiencies of Mauritius. But since that time there have been major improvements in technique and factory equipment. The efficiency of most factories has gone up and yet planters continue to be treated by an obsolete standard laid down 19 years ago.

We agree with the conclusions reached by Mr Mathur that if some factories do not possess essential equipment which others have and if their operation is defective and so record a lower extraction figure, planters should not suffer on account of something beyond their control.

Hon. Dabee should be congratulated for having tabled his motion. He has given the members of the Council an opportunity to know a lot about the problems of cane planters. No doubt some good will come out of it. But the planters should not just delegate their responsibility to the Government. They should unite in order to defend their interests.

Mauritius Times

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Thank you so much.
Mauritius Times



Sergi Basco
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IMF World Economic Outlook

Economic uncertainty is now higher than it ever was during Covid

Uncertainty is far worse for the economy than a fixed, high tariff

The International Monetary Fund (IMF) has just published its World Economic Outlook, and it does not take an expert to deduce that, even among some of the world's top economic minds, confident predictions are currently hard to come by.

Every spring the IMF and World Bank hold their Spring Meetings in Washington DC: a week of seminars, briefings and press conferences focusing on the global economy, international development and world financial markets. At both the Spring Meetings and the Annual Meeting, held each autumn, the IMF publishes its global economic growth forecasts.

For its 2025 Spring Meeting the IMF has published a baseline forecast, as well as an addendum analysing the tariff events that took place between 9 and 14 April. According to the Fund's report, world GDP will grow by 2.8% in 2025 and 3.0% in 2026. For the euro area, growth will be 0.8% and 1.2% for 2025 and 2026 respectively.

These forecasts represent a substantial downward revision from IMF figures published just three months ago. Globally, growth in 2025 is down by 0.5% compared to the Fund's January update, with a reduction of 0.2% for the euro area.

One major shift is key to understanding the most recent IMF report and its pessimistic predictions: we live in a much more uncertain world than we did three months ago.

Trump, tariffs and uncertainty

If one had to sum up the new US tariff policy in a word, "unpredictable" would suffice, as the so-called "Liberation Day" of 2 April 2025 represented the largest tariff increase in modern history.

Just one week later, the US president then made two further announcements. First, a 90-day freeze on tariff hikes, apparently in search of bilateral agreements with the countries to which he had applied tariffs above 10%. Second, that China would be excluded from this exception, with tariffs on its products being raised to 145%.

This freeze means that until July EU goods being sold to the US will have a 10% tariff instead of the 20% that was announced on 2 April. However, the 10% applied by the new US administration is still



Pic - Economic Times

much higher than the average tariff of 1.34% that was in force before 5 April.

But what will the tariff be after these 90 days? What about in December? What about in 2 years' time? What goods will be exempted? How far will the trade war between China and the US go? The answer to all of these questions is: nobody knows. This uncertainty is evident in of the IMF's spring forecast.

Uncertainty is off the charts

The IMF's world trade uncertainty index is currently 7 times higher than it was in October 2024, much higher than in the pandemic.

As far as the economy is concerned, this uncertainty is far worse than a high but definitive tariff. With a tariff, companies can at least reorganise their production chain, and consumers can look for alternative products. There is a cost, but at least businesses and consumers can plan for it.

However, nobody can calculate these costs today because nobody knows how tariffs will evolve. An American company may decide today to buy a particular product from the EU thinking that the tariff will be 10%, but upon the product's arrival in the US it turns out the tariff has risen to 100% because a presidential advisor said it would be good for the US economy to raise tariffs on that product.

Unbelievable though it may sound, this appears to be how the tariffs are being decided and enacted. According to one account, the US Treasury and Commerce

Secretaries were only able to persuade Trump to freeze recent tariff hikes because Peter Navarro – the president's economic advisor and tariff ideologue – was in another room at the time.

The end result of this unpredictability is that the best course of action, for consumers and businesses alike, is inaction.

Fear and volatility

It is no surprise that these constant changes of plans are causing great instability in financial markets. Although Trump may have triumphantly celebrated rising

stock prices immediately after the tariff freeze was announced, financial markets are now subject to levels of uncertainty and fear similar to those seen during Covid-19.

Five years ago, volatility was associated with increased demand for US government debt due to the "flight to safety" effect: investors selling higher risk investments and buying safer assets, such as gold and government bonds, in times of uncertainty.

Now we are seeing the exact opposite. The price of US bonds has fallen since "Liberation Day", and this means that investors are selling them. In other words, markets no longer believe that US government debt is a safe asset. Given the role of the dollar and US debt in international markets, this paradigm shift may generate even more financial instability down the line.

Supply chains are breaking (again)

Covid-19, the last major global economic crisis, has one thing in common with the current situation: disruption of global supply chains. During the pandemic it was confinement that forced production to stop. Today, it is the imposition of tariffs.

However, there is another major difference. During Covid people knew it was a matter of time before vaccines became available and normality returned. Today, instability in financial markets comes not from any virus, but from President Trump's own advisors selling him all manner of plans to protect US economic interests.

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Raquel Peel
Lecturer, University of
Southern Queensland

3 ways we sabotage relationships (and 3 ways to kick the habit)

Popular culture has plenty of examples of people sabotaging their romantic relationships.

In the movie *'10 Things I Hate About You'*, Kat says she has no interest in romantic engagements. Then Patrick asks about her dating style:

You disappoint them from the start and then you're covered, right?

But as the plot develops, we learn this is Kat's way of protecting herself, to cope with the trauma of a previous relationship.

Other people move through relationships searching for "the one", making quick assessments of their romantic partners.

In the TV series *'The Mindy Project'*, Mindy is a successful obstetrician and gynaecologist with poor relationship skills. She has a trail of relationship failures, and partners who did not measure up. She is looking for the "perfect" love story with unrealistic expectations.

Jacob moves through sexual partners night after night to avoid a serious commitment, in the movie *'Crazy, Stupid, Love'*.

Another example is Jacob in the movie *'Crazy, Stupid, Love'*. He quickly moves through sexual partners night after night to avoid a serious commitment.

In the same movie, we meet Cal and Emily, who stayed in a marriage long term but had become complacent. This caused them to split, but once they started to work on themselves, they found a way to reconnect.

What is relationship sabotage?

My team and I define relationship sabotage as self-defeating attitudes and behaviours in (and out of) relationships. These stop relationships succeeding, or lead people to give up on them, justifying why these relationships fail.

Most importantly, relationship sabotage is a self-protection strategy for a win-win outcome.

For example, you might feel you win if the relationship survives despite your defensive strategies. Alternatively, if the relationship fails, your beliefs and choice to protect yourself are validated.

Why do we do this?

Why do we sabotage love? We found people sabotage their relationships mainly because of fear. This is despite wanting an intimate relationship.

As Sam Smith says in their song *Too Good at Goodbyes*:

*I'm never gonna let you close to me
Even though you mean the most to me
Cause every time I open up, it hurts.*

However, fear responses are not always visible or easy to identify. This is because our emotions are layered to protect us. Fear is a vulnerable (and core) emotion, which is commonly hidden beneath surface (or secondary) emotions, such as defensiveness.

Recognise any of these patterns?

Relationship sabotage is not a "one off" moment in a relationship. It happens when fear triggers patterns of responses from one relationship to the next.

My research highlights three main patterns of attitudes and behaviours to look out for.

Defensiveness: Defensiveness, such as being angry or aggressive, is a counter-attack to a perceived threat. People who are defensive are motivated by wanting to va-



Pic - Marriage.com

lidate themselves; they are looking to prove themselves right and protect their self-esteem.

Threats that trigger defensiveness are a previous relationship trauma, difficulty with self-esteem, loss of hope, the possibility of getting hurt again, and fear of failure, rejection, abandonment and commitment. However, defensiveness is an instinctive response that sometimes makes sense.

People can believe relationships often end up in "heart break". One research participant was tired of being criticised and having their feelings misunderstood:

I protect myself from getting hurt in a romantic relationship by putting up all of my walls and not letting go of my guard.

Trust difficulty: Having difficulty trusting others involves struggling to believe romantic partners and perhaps feeling jealous of their attention to others. People who feel this way might not feel safe and avoid feeling vulnerable in relationships.

This is often a result of past experiences of having trust betrayed, or expecting to be betrayed. Betrayals could be as a result of small deceptions (a white lie) or bigger deceptions (infidelity).

People explained choosing not to trust, or being unable to trust, was a way of avoiding being hurt again. One research participant said:

I no longer trust my romantic partners 100%. I will always be thinking about what I would do if they left or cheated, so I never get fully invested.

Lack of relationship skills: This is when someone has limited insight or awareness into destructive tendencies in relationships. This may be a result of poor relationship role models, or negative interactions and outcomes from previous relationships.

One research participant said: 'What used to hold me back was lack of experience, poor relationship examples (from my parents), and my own immaturity.'

But relationship skills can be learned. Healthy relationships can help foster relationship skills and in turn lessen the effects of defensiveness and trust difficulty.

The cost of relationship sabotage

Relationship sabotage does not necessarily end relationships. This depends on whether these patterns are long term.

For singles, relationship sabotage might prevent you from starting a relationship in the first place. For people in relationships, a long-term effect of repeatedly using self-defensive strategies might be to see your fears turn into

reality, like a self-fulfilling prophecy.

Difficulties in intimate relationships are among the top main reasons for seeking counselling. Such difficulties are also significant contributors to anxiety, depression and suicidal thoughts.

So, what can you do about it?

I have seen countless testimonials from people who sabotaged their relationships and felt helpless and hopeless. But here are three ways to do something about it:

- insight: we need to know who we are first, and the "baggage" we bring to relationships. Be honest with yourself and your partner about your fears and what you might be struggling with
- expectations: we need to manage our expectations of romantic engagements. Understand what you can realistically expect of yourself and your partners
- collaboration: you need to collaborate with your partner to implement strategies to maintain a healthy relationship. This means learning how to communicate better (across all topics, while being honest) and showing flexibility and understanding, especially when dealing with conflict.

Above all, believe you can have healthy relationships and deserve to be loved.

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Dr Randhir
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Hormones and Oral Health

Hormones are our body's chemical messengers and the unsung heroes of our body. Our hormone network is like an orchestra, with each gland playing a vital role in maintaining harmony. Hormones travel in our bloodstream to tissues or organs. They work slowly, over time, and affect many processes, including:

- Growth and development
- Metabolism — how our body gets energy from the food we eat
- Sexual reproduction
- Mood

Endocrine glands (special groups of cells) produce hormones. The major endocrine glands are the hypothalamus, pituitary, pineal, thymus, thyroid, adrenal glands, and pancreas. The liver produces hormones critical for growth and blood production, and the kidney maintains optimal blood pressure and red cell production through specific hormones as well. In addition, men produce hormones in their testes and women in their ovaries.

Hormones are powerful. It takes only a tiny amount to cause big changes in cells or even the whole body. Too little or too much can be detrimental to our health. Laboratory tests can measure hormone levels in our blood, urine, or saliva. A common example is a home pregnancy test, which looks for pregnancy hormones in the urine.

Type 1 diabetes, caused by a lack of insulin (hormone) production by the pancreas, can lead to numerous oral symptoms:

- Dry mouth
- Dental caries, including root decay
- Gum and bone diseases
- Oral candidiasis
- Burning mouth (especially the tongue)
- Altered taste

Hormones and... Oral Health

How your hormone balance influences your smile.

Pic - Pic - Dr Lisa Watson

- Geographic, coated, or fissured tongue
- Oral lichen planus

The latter is a chronic mucosal condition that can turn malignant (cancer) especially in heavy smokers, regular drinkers of alcohol, and drug users.

Women may be more susceptible to oral health problems because of the unique hormonal changes they experience. Hormones affect not only the blood supply to the gum tissue but also the body's response to the toxins resulting from plaque buildup. They are thus exposed to risks of periodontal diseases. Red, swollen, and bleeding gums can lead to mobile teeth if left untreated. This can also be accompanied by bad breath and tartar buildup, which need professional cleaning.

Women experience hormone fluctuations during puberty, the menstrual cycle, while using birth control pills, during pregnancy, and at menopause.

Adolescence may affect a girl's self-esteem and body image, and maintaining good oral hygiene and dietary habits is essential. Orthodontic treatment may be needed during adolescence, and oral hygiene becomes more challenging with orthodontic appliances. Puberty puts oral

health to the test for a nice smile with healthy teeth and gums, contributing to overall future well-being in adult life.

Seventy-five percent of pregnant women suffer from gum inflammation due to hormonal fluctuations. Regular tooth brushing with a small and soft toothbrush and interdental cleaning will minimize the symptoms. Neglecting oral health at this stage can lead to serious gum infections with tooth loss. Ninety-five percent of gum diseases are due to bacterial plaque accumulation and are thus preventable.

Neglecting oral health during pregnancy can lead to premature birth, low birth weight, and the onset of preeclampsia (a

problem with blood circulation in the placenta).

Finally, menopause, with a lower level of estrogen in the blood circulation, increases the risks of osteoporosis. The bone density of the jaw weakens and can be an obstacle to teeth implants. Risks of peri-implantitis (gum inflammation around dental implants) increase, especially with reduced salivary flow. The defense mechanisms of the gums weaken as saliva has antibacterial properties.

It is worth noting that a defect in growth hormone (GH) can affect craniofacial structures. Growth hormone injections in affected children accelerate craniofacial development, improving jaw relationships, dental occlusion, and facial profile.

An interesting development is the Lumoral method, developed by Finnish researchers, which cleans teeth even more effectively than traditional brushing. The light-activated Lumoral treatment kills the *Streptococcus mutans* bacteria, responsible for tooth decay and gum diseases caused by plaque accumulation.

Tooth decay remains the most common disease in the world, and dental abscess infection is the sixth most common disease worldwide — both are easily preventable.

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SAGITTARIUS: NOV 22 - DEC 21

Busy but productive. You'll juggle tasks effortlessly if you avoid burnout. Colleagues appreciate your leadership. A health tweak—diet or exercise—pays off fast. Avoid overspending on tech or gadgets this week.

Lucky Numbers: 3, 8, 17, 21, 27, 36

CAPRICORN: DEC 22 - JAN 19

A creative breakthrough leads to financial potential. Romance or children may take center stage—show your soft side. A delayed message brings clarity. Be cautious with investments or speculation.

Lucky Numbers: 1, 12, 16, 24, 30, 38

AQUARIUS: JAN 20 - FEB 18

Home and roots take priority. Renovation, relocation, or reconnecting with family brings emotional grounding. A parent figure offers wise advice. Your intuition is sharp—trust it. Limit caffeine to avoid jitters.

Lucky Numbers: 4, 10, 15, 24, 31, 39

PISCES: FEB 19 - MAR 20

This week flows in your favour. Communication, learn-

YOUR STARS

ing, and networking all bring tangible results. A neighbour or sibling may need support. Artistic or musical outlets soothe the soul. Double-check travel plans.

Lucky Numbers: 7, 11, 18, 20, 26, 33

ARIES: MARCH 21 - APRIL 19

A high-energy week sparks bold moves in your career. Trust your instincts but avoid impulsiveness in money matters. A surprise from a sibling or friend brings joy midweek. Health improves with outdoor activities.

Lucky Numbers: 5, 12, 16, 24, 30, 38

TAURUS: APR 20 - MAY 20

You're in your element—steady, grounded, and attracting admiration. Financial news could lift your spirits. Use this time to plan, not splurge. Romance deepens through simple gestures. Watch your sugar intake.

Lucky Numbers: 3, 11, 19, 22, 27, 36

GEMINI: MAY 21 - JUNE 20

Your words carry power—speak thoughtfully. Communication breakthroughs at work or in a close partnership open new doors. Financial caution is needed midweek. A short trip or walk clears mental fog.

Lucky Numbers: 2, 8, 17, 21, 29, 34

CANCER: JUNE 21 - JULY 22

Emotional waves settle by Tuesday. Expect warmth from your social circle and healing in family bonds. A new collaboration has long-term potential. Budget wisely, especially over the weekend. Sleep matters.

Lucky Numbers: 6, 13, 18, 25, 31, 39

LEO: JULY 23 - AUG 22

A golden glow surrounds your public image. Recognition comes with responsibility—stay humble. A romantic interest intensifies but needs honesty. Keep an eye on a minor health issue. Water intake is key.

Lucky Numbers: 1, 10, 15, 20, 28, 33

VRGO: AUG 23 - SEPT 22

Planning mode is on. Long-term goals align with daily discipline. Midweek clarity helps resolve a domestic issue. A book, podcast, or class shifts your mindset. Avoid overthinking decisions—follow through instead.

Lucky Numbers: 4, 9, 14, 23, 26, 35

LIBRA: SEPT 23 - OCT 22

Focus on finances and emotional boundaries. Loans, inheritances, or shared resources may need review. A heart-to-heart clears the air in love. Creativity blooms in unexpected places. Keep tech backups updated.

Lucky Numbers: 7, 12, 19, 22, 32, 37

SCORPION: 23 OCT - 21 NOV

Relationships dominate. Expect deep conversations, old wounds resurfacing, and a chance to rewrite the script. Contracts or agreements benefit from expert review. Detox routines (physical or digital) are powerful now.

Lucky Numbers: 2, 11, 16, 24, 30, 35

Hidden Killer: Plastic chemical linked to heart disease deaths globally

A groundbreaking new analysis has revealed a disturbing link between daily exposure to a common chemical used in the manufacturing of everyday plastic items and a staggering number of heart disease deaths worldwide. The study, conducted by researchers at NYU Langone Health and NYU Grossman School of Medicine, estimates that in 2018 alone, exposure to certain phthalates may have contributed to over 356,000 deaths globally from heart disease.

The chemical in question, di-2-ethylhexyl phthalate (DEHP), is widely used to make plastics softer and more flexible, finding its way into food containers, medical equipment, and numerous other household products. While phthalates as a class of chemicals have long been suspected of contributing to various health issues, including obesity, diabetes, fertility problems, and cancer, this new research specifically focused on DEHP's connection to cardiovascular mortality.

The study, published in the journal *Lancet eBiomedicine*, paints a concerning picture of global disparity. While phthalates are prevalent worldwide, the burden of heart disease deaths linked to DEHP exposure disproportionately affects regions like the Middle East, South Asia, East Asia, and the Pacific. Shockingly, these areas accounted for approximately three-quarters of the total estimated deaths.



Researchers believe that DEHP exposure triggers an overactive immune response, leading to inflammation in the heart's arteries. Over time, this chronic inflammation significantly elevates the risk of heart attack and stroke. Their analysis of population surveys across 200 countries and territories estimated that DEHP exposure contributed to over 13% of all global heart disease deaths in 2018 among individuals aged 55 to 64.

Lead author Sara Hyman, an associate research scientist at NYU Grossman School of Medicine, emphasized the significance of these findings. "By highlighting the connection between phthalates and a leading cause of death across the world, our findings add to the vast body of evidence that these chemicals present a

tremendous danger to human health," she stated.

To conduct their research, the team integrated health and environmental data from numerous population surveys, including urine samples that contained breakdown products of DEHP. Mortality data was sourced from the Institute for Health Metrics and Evaluation, a global health research group.

Senior author Dr Leonardo Trasande stressed the urgent need for global action. "There is a clear disparity in which parts of the world bear the brunt of heightened heart risks from phthalates," he said. "Our results underscore the urgent need for global regulations to reduce exposure to these toxins, especially in areas most affected by rapid industrialization and plastic consumption."

Dr Trasande cautioned that this analysis does not definitively prove that DEHP directly causes heart disease and did not account for other types of phthalates or mortality in other age groups. Therefore, the overall death toll linked to these chemicals is likely significantly higher.

Looking ahead, the researchers plan to investigate how reductions in phthalate exposure might impact global mortality rates over time and to broaden their research to other health concerns associated with these chemicals, such as preterm birth.



If heat rises, why does it get colder in the mountains?

Warm air rises, but it also expands because air pressure decreases with height. The latter effect wins out and air becomes colder in the mountains.

That is an excellent and thoughtful question Ollie – why indeed?

You're right, when air is warmed, it rises. This is what gives us the "thermals" gliders can use to soar upwards and large birds of prey like the South American condors use to help them stay aloft for hours at a time.

But there are lots of other things influencing air temperature. When air rises, it expands because air pressure decreases with height. The energy in the air gets spread out over greater volumes and its temperature goes down.

This effect wins out over warm air rising. The warm air in a thermal will cool as it rises, until it reaches the temperature of the air around it and is no longer buoyant.

But why do we have rising air at all?

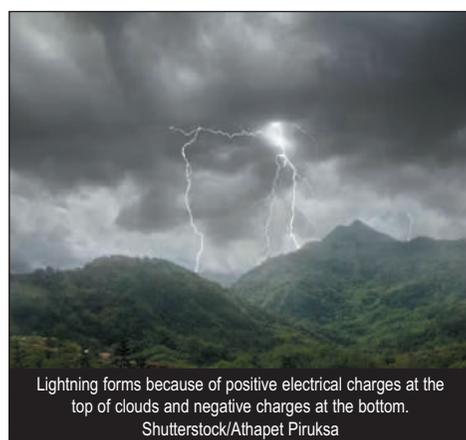
That's because the air around us is heated from below, from Earth's surface.

When the Sun is shining, it doesn't heat the air in the lowest few kilometres of the atmosphere (the troposphere) as there are very few gases in that air to absorb sunlight.

The Sun's rays heat Earth, not the air. The air is then warmed from below, from the ground, just as water in a pot on a stove is warmed from the bottom of the pot.

Earth's greenhouse

Earth mostly sends energy back to space in the form of heat or infrared radiation (with wavelengths longer than visible light but shorter than microwaves),



Lightning forms because of positive electrical charges at the top of clouds and negative charges at the bottom.
Shutterstock/Athapet Piruksa

and there are plenty of gases in the air that are good at absorbing this kind of radiation, even if they don't feel the sun's energy.

These are what we call greenhouse gases – water vapour, carbon dioxide, methane and so on. Because we have these in the air, the absorption of infrared energy is the main way the air is warmed.

Again, air near the ground is warmed the most by this absorption of energy. The warm air near Earth is buoyant so it often "bubbles up" into the atmosphere, just like the water in a pot on a stove.

But in the atmosphere, the decrease of pressure with height dictates that temperatures decrease as you go up. This is what's known in weather jargon as the "lapse rate" – how fast temperatures decrease with height. In dry air (no water vapour), that rate is just under 10°C per kilometre, or a little under 1°C cooler per 100 metres upwards.

When we have water vapour in the air, it's a different story. As the air rises and cools, it can't hold so much water vapour, so some of the vapour has to condense back into liquid water. As it does that, it releases the energy it took to evaporate it in the first place.

That heat warms the air and reduces the "lapse rate". How big this effect is depends on how much moisture was in the air to start with. On average, the temperature decrease of about 10°C per kilometre goes down to around 6.5°C per kilometre.

And what happens to that liquid water in the air? It forms tiny droplets that make clouds. If enough of those drops stick together and become heavy enough, they'll fall back to Earth as rain.

Clouds, rain and lightning

We have clouds and rain because temperatures decrease with height. The clouds that form this way, through buoyant air rising in thermals, are known as cumulus clouds.

Cumulus always have lumpy tops, looking a bit like a cauliflower. That's because different parts of the rising air have different amounts of water vapour in them. So different amounts of energy are released, giving the air different buoyancy in different places. The moistest, most buoyant air rises the highest, while drier less buoyant air doesn't make it so far up.

If there is lots of moisture available, we can get a thunderstorm cloud, with thunder and lightning as well as plenty of

rain. Not just rain either, but often hail (frozen rain).

That happens because the temperature in the upper parts of such deep clouds is well below freezing, so it is made up of ice crystals rather than water drops. Those ice crystals can stick together to form hail, or snow.

Curiously, it's the collisions between ice crystals and water drops as they go up and down in a deep cumulus cloud that gives rise to lightning, with a build-up of positive electrical charges at the top of the cloud and negative charges at the bottom.

Getting back to your original question, why is it colder in the mountains? That's because as we climb a mountain, we are moving into cooler layers of the atmosphere. We are getting above the surface layers of the atmosphere, going to lower pressures, and that causes the temperature to drop.

Warm air can still rise from a mountaintop, but it'll be cooler to start with than air down at sea level, just because it's at a lower pressure. Climbers who tackle really high mountains, like Mount Everest, usually take oxygen cylinders with them as the air is so thin near the top of such high peaks.

That's also why snow and ice linger on mountain tops, as that's where it is cold enough year-round to keep the ice frozen.

James Renwick

Professor, Physical Geography (Climate Science),
Te Herenga Waka — Victoria
University of Wellington



The Generous Tip

A first-year university student was delivering pizza to a regular customer's home. The guy who opened the door asked him, "What's the usual tip?"

"Well, this is my first trip here, but the other students say if I get a pound it will be great," replied the youth.

"Is that so? Well, just to show them how wrong they are, here, take this five-pound note," snorted the man.

"Thanks, I'll put this in my university fund," replied the young fellow.

"What are you studying?" asked the man.

"Applied psychology," replied the lad.

* * *

Back to Class

While visiting a school in a remote area, the chairman of the board of education was disturbed by the noise the unruly students were making in the next room.

Angrily, he opened the door and grabbed one of the taller boys, who seemed to be doing most of the talking. He dragged the guy to the next room and asked him to stand in a corner.

A short while later, a small boy stuck his head in the room and pleaded, "Please, sir, may we have our teacher back?"

* * *

The Maths Pill

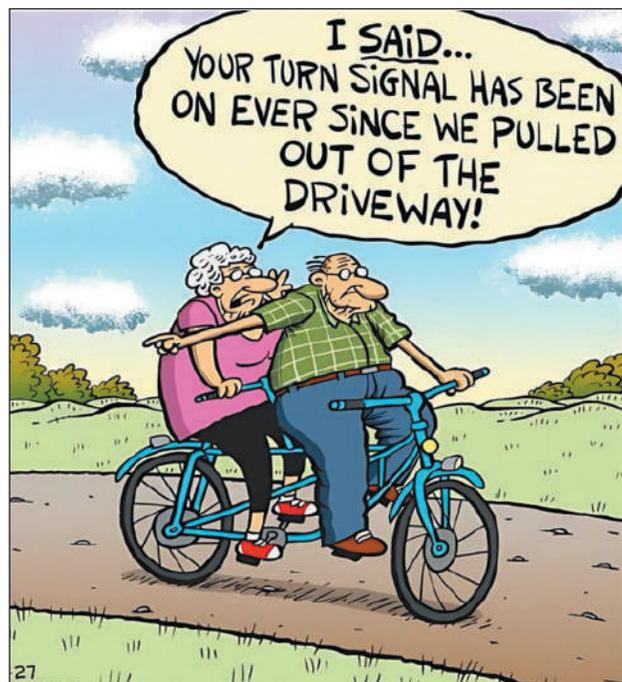
A chemist claims he has some pills that bestow learning on students who take them. A student badly needing some learning approaches the chemist to ask him about the pills that are available.

The chemist says, "Here's a pill for English literature." The student swallows the pill and he has new knowledge about literature.

"What other pills do you have?" the student asks.

"Well, I have pills for history, geography, Latin," replies the pharmacist. He purchases all of them, swallows all of them, so he has new knowledge about these subjects.

Then the student asks, "Do you have a pill for



mathematics?"

The chemist asks him to wait for a while. He goes back to his storeroom, brings a huge pill, and places it on the counter.

"I have to swallow this huge pill for maths?" inquires the student.

The chemist replies, "Well, you know maths always was a little harder to swallow."

* * *

Lucky Bus Ride

Two old guys were standing in front of a car. A traffic warden approached them, pointed at the car, and said, "It's parked in the wrong space." The old men denied it, but the warden wrote a ticket and placed it on the windscreen.

The old fellows protested in a colourful volley of swearwords, but the traffic warden was adamant.

One of the guys then shrugged and turned to his companion, "Lucky for us we came by bus."

* * *

Paperwork

As the coffin was being lowered at an old guy's funeral, a voice screamed from inside, "I'm not dead! I'm not dead!"

To which the vicar shouted back, "Sorry, the paperwork has already been done."

* * *

Fine Parking

I was parking my car up the other day when a rather angry traffic warden banged on the window and shouted, "You can't park your car there!"

"I can, fine for parking, the sign says," I replied.

* * *

Cave Safety

A frightened guy at the back of a group of tourists raised his hand. "Are there any bats in this cave?"

"There were, but don't worry, the snakes ate them all," replied the guide.

* * *

Unthinkable

The chief engineer of the Titanic made a comment: "That's unthinkable."

* * *

A mugger stops a guy on the street at gunpoint.

"Give me all your money," he demands.

The man responds indignantly, "You can't do this! I'm an IRS (US tax collection office) agent!"

The mugger pauses, then says, "In that case, give

me all my money."

* * *

An accountant and a lawyer were relaxing on a beach in Hawaii, sipping mai tais.

The lawyer started telling the accountant how he came to be there.

"I had a downtown property in Memphis that caught fire, and after the insurance paid out, I ended up here."

The accountant smiled and said, "I had a downtown property too, in Miami. It got flooded, so here I am with the insurance proceeds."

The lawyer took another sip of his mai tai and asked, "How exactly do you cause a flood?"

* * *

My 90-year-old neighbour has Alzheimer's, and every morning, he knocks on my door in a panic, asking if I've seen his wife. Every day, I have to remind him that she passed away over ten years ago.

Honestly, I could move -- the house isn't that great, and I've had plenty of chances to live somewhere better.

But the look of pure joy on his face every time I tell him she's dead just makes my day and keeps me from leaving.

* * *



My friend's mother had Alzheimer's. One day, while talking with her, I asked how she was doing. She laughed and said,

"Well, between my husband's hearing loss and my memory loss, he can't hear what I said, and I can't remember what he said. So it actually works out pretty well for us!"

* * *

A salesman was flying to a sales conference. It was his first time on an airplane, so he was a little nervous, but he tried not to show it. He was really impressed by the stewardess and was particularly flattered when she invited him to sit at the back with her.

He asked, "Do many passengers get airsick?"

"A few. We usually spot them in advance and give them some pills to swallow."

"What if it doesn't work?"

"Oh, maybe we put a blanket over them or even give them some oxygen."

"What if it still doesn't work?"

"Oh, then we bring them back to sit with me."

Life

The Drama of the Gifted Child

What happens when a child's emotional needs go unmet — even in a seemingly loving environment? In her book *The Drama of the Gifted Child*, Alice Miller explores the deep and lasting effects of emotional neglect, especially in highly sensitive and intelligent individuals. How do early emotional wounds shape our self-perception, relationships, and ability to express authentic emotions? Are we unknowingly living out patterns formed in childhood?

Through Miller's profound insights, we begin to unravel the emotional burdens we carry — and take the first steps toward true self-awareness and healing.

1. The 'gifted child' adapts by suppressing their true self

Highly sensitive children often mold themselves to meet their caregivers' expectations, disconnecting from their authentic emotions to gain love and approval. This survival mechanism can persist into adulthood, creating a "false self" that seeks validation over genuine self-expression.

2. Repressed childhood pain manifests in adulthood

Emotions like anger, sadness, and fear don't vanish when dismissed — they go underground. Unprocessed pain often resurfaces as depression, anxiety, perfectionism, or struggles with intimacy and



The Drama of the Gifted Child: The Search for the True Self. Pic - The Good Men Project

self-worth.

3. Parental expectations shape our emotional landscape

When parents project their unfulfilled desires onto their children, it creates emotional tension. The child may feel unworthy if they fall short — or terrified of failure if they succeed.

4. A child's emotional needs are often invisible

Even loving parents can overlook a child's emotional world, especially if they themselves were emotionally neglected. These blind spots can perpetuate cycles of emotional suppression across generations.

5. True healing begins with self-awareness

To break free from old conditioning, we must first see how we've emotionally adapted to survive. Awareness helps us separate real needs from patterns of approval-seeking or conflict-avoidance.

6. The search for parental love continues into adulthood

Many adults seek in relationships what they lacked in childhood — whether it's love, validation, or security. Without awareness, this cycle often repeats early emotional wounds.

7. Childhood trauma may lead to emotional numbness or narcissism

Some disconnect from their feelings entirely; others crave external validation. Both are rooted in the pain of feeling unseen and unloved.

8. Compassion for our inner child is essential for healing

Rather than judge ourselves, we must nurture the wounded child within. Self-compassion is key to moving beyond self-criticism and emotional repression.

9. Grieving unmet childhood needs is necessary

True healing involves mourning the love, safety, or validation we didn't receive. Through this grief, we release the past and stop reenacting it.

10. We can rewrite our emotional story

Though early wounds shape us, they don't have to define us. With awareness and effort, we can reclaim our true selves, build healthier relationships, and break generational cycles of neglect.

The Drama of the Gifted Child dares us to look inward, question the identities we've constructed, and embrace the difficult but liberating journey of emotional healing. Only by facing our past can we step into an authentic and emotionally free future.

Life Talk

When Marilyn Monroe met Einstein...

Marilyn once told Einstein, with charming frankness: "You and I could have a child -- imagine it with my beauty and your intelligence."

To which the father of relativity and the atomic bomb replied:

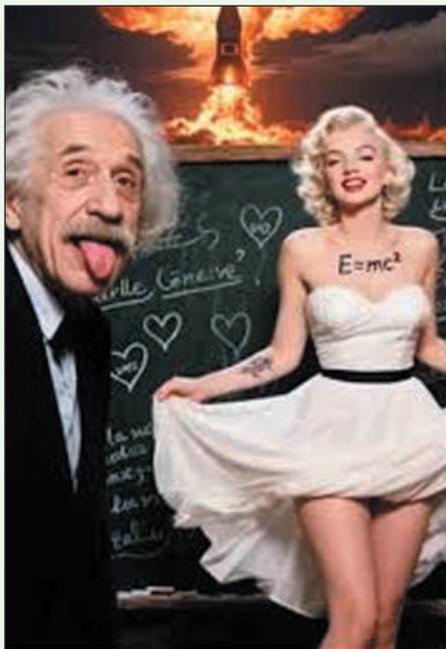
"Yes, but what if it comes out with my beauty and your intelligence?"

At the time, it wasn't yet known (the tests came later) that Marilyn Monroe's IQ was 165 -- five points higher than the man often hailed as the greatest genius of all time.

Marilyn Monroe (born Norma Jeane Baker, 1926 - 1962) was more than just a pretty face. She was a passionate reader, with a personal library of about a thousand books. She spent hours immersed in literature, poetry, theatre, and philosophy. Her spirit, marked by a deep desire to live, was also driven by insatiable curiosity and a hunger for knowledge.

Here are some of her most powerful and memorable quotes:

1. One of the best things that ever happened to me is that I am a woman. That's how all women should feel.
2. People started saying I was a lesbian. I smiled.



There's no wrong sex if there's love in it.

3. Dogs don't bite. Only human beings.
4. Doesn't feel like spring. I feel like a red-hot autumn.
5. Laugh when you're sad. Crying is too easy.
6. I want to grow old without a facelift. I want to have the courage to be true to the face I've made.
7. Nobody said I was pretty when I was a kid. All kids should be told they're handsome, even if they're not.
8. A sex symbol becomes a thing. I hate to be a thing.
9. Being a sex symbol is a heavy burden to carry, especially when one is tired, hurt, and bewildered.
10. It's better to be alone than unhappy with someone.
11. Imperfection is beauty, madness is genius. It's better to be ridiculous than boring.
12. Disappointments open your eyes and close your heart.
13. I'm a small girl in a big world, trying to find someone to love.
14. Sex is part of nature. And I'm having a wonderful time with nature.

15. I've never left anyone I believed in.
16. I've never cheated anyone. Sometimes I let men deceive themselves.
17. If I had followed all the rules, I would have never gotten anywhere.
18. It's easier to love a man than to live with him.
19. Keep your head up, your chin up, and keep smiling -- because life's a beautiful thing, and there's so much to smile about.

Stray Thoughts

Charity Wrapped in Dignity



She approached the old man and asked, "How much are you selling the eggs for?"

He replied, "25 cents an egg, madam."

She said, "I'll take six for \$1.25 -- or I'm leaving."

The old man paused, then gently said, "Take them at the price you

wish. Maybe this will be a good start for my day. I haven't sold a single egg yet."

She took the eggs and walked away, feeling triumphant over a small bargain.

Later, she got into her sleek car and met a friend at an upscale restaurant. They ordered freely, barely ate half, and left most of it untouched.

When the bill came -- \$45 -- she handed over \$50 and told the waiter to keep the change.

To the restaurant, it was routine.

To the egg seller, it would've meant survival.

Why do we show our power when buying from the poor -- but show generosity where it isn't needed?

My father used to buy simple things from struggling vendors, and often paying more than asked.

I once asked him why.

He smiled and said, "My child, that's charity... wrapped in dignity."

Life can be better...

Struggling with Self-Discipline? Try These Habits to Build It

Self-discipline doesn't happen overnight, but by cultivating habits like accountability, honesty, leading by example, improving daily, thinking on paper, and taking action, you can steadily build the discipline that will propel you to success. Life will always present challenges, but with these habits, you'll be better equipped to handle them and stay on track. Discipline is not about perfection — it's about consistently doing your best and moving forward, no matter what life throws your way.

But how do you develop self-discipline? It's not an overnight process. Rather than focusing directly on discipline, I've found that developing habits that promote discipline is a more effective approach. Here are the habits that helped me build more self-discipline.

1. Hold Yourself Accountable

The foundation of self-discipline is accountability. If you say you're going to do something, do it — and if you can't, have a good reason. I hold myself accountable by writing down my goals each day and reviewing them at night. This simple practice ensures my actions align with my words.

2. Be Honest in Your Communication

Honesty is vital, both with yourself and others. Most people fear being truthful because they believe it makes them look weak, but it's the opposite. When you're honest, you gain respect. I've had days where I've skipped workouts or eaten junk food, but I'm always honest about it. This helps me stay on track and correct my course.

3. Set the Right Example

If you expect others to follow certain behaviors, ensure you're practicing them first. Lead by example and



don't expect others to match your discipline. By acting in accordance with your values, you inspire others — without demanding anything from them. Let your actions speak for themselves.

4. Improve Every Day

Discipline is a long-term commitment to self-improvement. Not everyone has the patience or desire to grow, and that's why discipline can be challenging. It's difficult to improve, but that's what makes it rewarding. If you want to get in better shape or improve a skill, ask yourself why you want to improve. This will fuel your discipline.

5. Think on Paper

Writing down your thoughts helps you clarify them. Whenever I have an idea, I put it on paper. Often, after scribbling down my thoughts, I realize whether they're useful or not. This helps me decide if I really want to pursue something or if I'm avoiding it for a reason. Writing helps me think clearly and avoid making impulsive decisions.

6. Do What You Can

Life is rarely perfect. The key to discipline is doing what you can with what you have. You may be tired, facing financial stress, or dealing with other challenges, but each situation calls for doing your best, no matter the circumstances. The ability to push forward, even when things aren't ideal, is crucial.

7. Look Ahead, But Live Now

While it's important to prepare for the future — whether that's through physical training, saving money, or building resilience — it's equally important to live in the present. Life happens right now, not in some distant future. Focus on being present in whatever you're doing, whether that's working, reading, or spending time with family. Practicing mindfulness and staying aware of the moment helps keep you disciplined and grounded.

8. Be Prepared for the Future

Life moves in cycles. Sometimes things go well, and other times life throws unexpected challenges your way. Preparing for tough times — whether it's economic instability, health issues, or personal loss — by training your body, building a financial buffer, and simplifying your life can make it easier to stay disciplined when the going gets tough.

9. Take Action Now

Living in the present doesn't mean ignoring the future, but it does mean staying focused on what's happening right in front of you. The discipline to remain focused on your immediate tasks rather than constantly worrying about what's coming next helps you stay productive and motivated. Being present is a skill that can be developed with practice.

21 Superfoods for Men

Fuel your body with these nutrient-rich foods

Eating better doesn't have to mean deprivation. Instead of cutting out foods you enjoy, focus on adding healthy options to your diet. Over time, these nutritious choices will naturally replace less healthy ones. Here are 21 superfoods, as advised by WebMD, that can boost your health, energy, and performance.

1. Tart Cherries

Tart cherry juice helps reduce muscle soreness due to its anti-inflammatory properties. It's a natural way to soothe muscles after a workout.

2. Dark Chocolate

Dark chocolate, rich in flavanols, can improve blood flow, lower bad cholesterol, and even support heart health. Enjoy in moderation (1 ounce a day) for the best benefits.

3. Shellfish

Packed with zinc, shellfish supports heart, muscle, and reproductive health. Zinc also plays a key role in sperm quality and male fertility.

4. Avocados

Rich in healthy monounsaturated fats, avocados help reduce bad cholesterol and support heart health. They're a perfect replacement for unhealthy fats in your diet.

5. Fatty Fish

Salmon, sardines, and herring are high in omega-3 fatty acids, which protect against heart disease. Two servings a week can significantly lower your risk of heart problems.

6. Ginger

Known for its anti-inflammatory properties, ginger can help reduce muscle pain and soreness, especially after intense physical activity.

7. Milk and Yogurt

These dairy products provide muscle-building protein, potassium, and probiotics. Greek yogurt is a great choice for a nutrient-packed snack.

8. Bananas

Full of potassium, bananas help regulate muscle function and blood pressure, making them a great choice for post-workout recovery.

9. Pistachios

High in fiber and plant sterols, pistachios can improve cholesterol levels while providing a satisfying, crunchy snack.

10. Tomato Sauce

Tomatoes contain lycopene, an antioxidant that may reduce the risk of prostate cancer. Adding tomato sauce to meals is an easy way to boost your health.

11. Soy Foods

Tofu, miso soup, and soy milk are excellent sources of plant-based protein and may lower the risk of prostate cancer.

12. Mixed Vegetables

Colorful veggies are rich in phytochemicals that support cell health and protect against cancer. Aim for variety and color in every meal.

13. Orange Vegetables

Carrots, sweet potatoes, and red bell peppers are high in beta-carotene and vitamin C, which support prostate and eye health.

14. Leafy Greens

Spinach, kale, and collard greens are rich in lutein and zeaxanthin, nutrients that protect against cataracts and age-related vision problems.

15. Eggs

Eggs provide protein, iron, and lutein, supporting muscle health and eye function. One egg a day fits into a healthy diet for most people.

16. High-Fiber Cereal

High-fiber cereal keeps you full longer, aids digestion, and promotes heart health. Look for whole-grain options to

maximize fiber intake.

17. Brown Rice

Brown rice is a great source of fiber and essential nutrients that support weight management, heart health, and stable blood sugar levels.

18. Berries

Blueberries and other berries are rich in antioxidants, which help fight cancer and may improve cognitive function.

19. Coffee

Coffee boosts alertness and energy, and it's a much healthier option than sugary energy drinks, as it contains little to no calories.

20. Lean Red Meat

Lean cuts of red meat provide protein, iron, and zinc, supporting muscle growth and immune function without excess fat.

21. Whole Grains

Quinoa, oats, and barley are full of fiber and nutrients, helping regulate blood sugar, improve digestion, and reduce the risk of heart disease.

Conclusion

Incorporating these 21 superfoods into your diet can help you feel better, perform at your best, and lower your risk of chronic diseases. Remember, it's about adding nutrient-dense foods that fuel your body and promote long-term health.

Pooja Hegde: The Game-Changer Bollywood Didn't See Coming

Pooja Hegde is redefining what it means to be a leading lady in Indian cinema. In an industry often driven by larger-than-life heroes and formulaic storytelling, Hegde has quietly but firmly shifted the narrative. She isn't just the glam quotient in a star-studded cast — she's become the unexpected game-changer Bollywood didn't see coming, reports *The Statesman*.

With big-banner hits like *Ala Vaikunthapuramuloo*, *Housefull 4*, and *Beast* under her belt, Pooja has shared the screen with some of the industry's most bankable stars — Allu Arjun, Hrithik Roshan, Salman Khan, Prabhas, and Thalapathy Vijay. Yet, what distinguishes her isn't just her enviable filmography; it's the choices she makes within it.

In a cinematic landscape that often reduces heroines to arm candy or comic relief, Pooja has made a conscious effort to do more. She's mastered the fine balance between being part of commercial entertainers and delivering performances that resonate on a deeper emotional level. Her characters — though often wrapped in glitz and



grandeur — are never one-note. Whether it's through a moment of vulnerability or a fierce stand for what's right, she brings a grounded authenticity to every role.

What truly sets her apart is her willingness to take risks. Unlike many of her peers who stick to tried-and-tested genres, Pooja has ventured into experimental and offbeat territory without hesitation. This boldness isn't just refreshing — it's revolutionary in a mainstream setup.

Audiences have taken notice, and they're responding. No longer is Pooja Hegde just admired for her beauty or dance skills; she's being celebrated for her craft. Social media is abuzz not only with her glamorous looks but also with appreciation for the emotional heft she brings to her roles. It's clear that the audience wants more than spectacle — they want sincerity, and Pooja delivers.

The industry is waking up too. Directors and producers are seeing her potential beyond the standard heroine mold, offering her meatier roles that challenge her and, in turn, delight the audience.

And there's no slowing down for her.

Up next is *Retro*, a Tamil romantic adventure film with Suriya, directed by the genre-blending maestro Karthik Subbaraj. Slated to release on May 1, the film promises a nostalgic yet contemporary cinematic experience, perfectly aligned with Pooja's ability to blend tradition with modernity.

On the Bollywood front, she's gearing up for *Hai Jawani Toh Ishq Hona Hai*, a classic David Dhawan-style rom-com with Varun Dhawan. It's a lighter project, but knowing Pooja, she'll find a way to bring depth even to a punchline.

before finally taking a break. Such an extreme schedule was not sustainable, and it began taking a toll on his health and well-being.

Dilip Kumar's Intervention

Amid this chaotic lifestyle, Govinda found an unexpected mentor in the legendary Dilip Kumar. The veteran actor, concerned for Govinda's well-being, advised him to slow down and prioritize his health.

Dilip Kumar insisted that Govinda walk away from several projects to regain control over his life. "He made me refuse like 25 films," Govinda recalled. When he hesitated, concerned about returning the money he had already taken for those projects, Dilip Kumar reassured him, saying, "I will lend it to you but quit these films."

The Cost of Success

Govinda also recounted how his financiers were baffled by his decision to let go of work. "Are you going mad? Just now you overcame poverty," one financier told him. But Govinda, realizing that Dilip Kumar was the first person to truly care for his well-being, followed the legend's advice.

At his peak, the actor was so overworked that he sometimes slept for one and a half days straight just to recover from exhaustion. While his dedication to his craft was undeniable, the price he paid for success was steep.

Govinda's revelation sheds light on the dark side of Bollywood's relentless work culture, where actors are often pushed beyond their limits.



Bolly Bytes

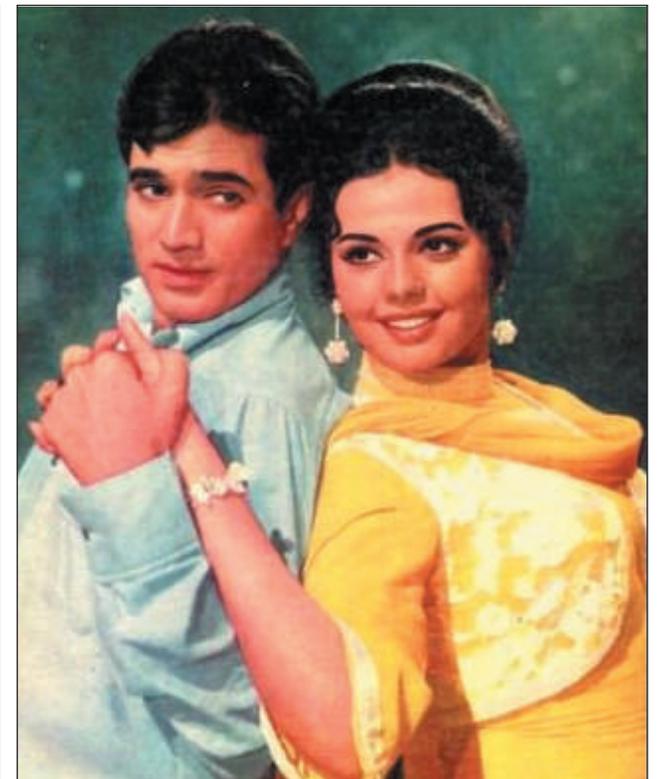
Govinda opens up about how Dilip Kumar saved him from burnout

Bollywood superstar Govinda has long been known for his flamboyant dance moves, impeccable comic timing, and infectious screen presence. However, one of the lesser-known aspects of his career has been his notorious habit of arriving late on set. While filmmakers and co-stars have often spoken about his tardiness, Govinda himself recently shed light on the real reasons behind it.

The Struggles of a Busy Star

In a candid conversation with Mukesh Khanna on his YouTube channel, Govinda revealed that his lateness was not a result of indiscipline but rather a deeply ingrained method of getting into character. "I never used to arrive on time on set. I was a follower of Dilip Kumar sahab. I didn't believe in late and all. I used to first set my rhythms right. Till the time my rhythms wouldn't be set, I would not go to the set," he explained.

The actor also shared that at one point in his career, he had 49 films in production simultaneously. This staggering workload forced him into an exhausting cycle where he would work non-stop for 16 days at a stretch



Mumtaz breaks silence on Rajesh Khanna's sudden wedding: "I missed the boat"

Legendary actress Mumtaz has finally addressed long-standing rumors about her alleged relationship with Rajesh Khanna, bringing clarity — and a touch of wistfulness — to one of Bollywood's most speculated stories. In a recent conversation with journalist Vickey Lalwani, Mumtaz put to rest the whispers that she had once dated India's original superstar.

"I wish I was involved with him, but I wasn't. I missed the boat, I'd say," Mumtaz said candidly. Despite repeated denials over the years, speculation persisted about a romance between the two. Now, with this heartfelt admission, Mumtaz has both denied the relationship and acknowledged a deep regret: that a love story never happened.

She revealed that Rajesh Khanna's heart belonged to someone else — her friend and fellow actress Anju Mahendru. "Anju was a very good host. When I got married, my husband and I would go to their house... they loved each other very much," she recalled.

The conversation took a somber turn as Mumtaz reflected on Khanna's abrupt decision to marry 16-year-old Dimple Kapadia in 1973, shortly after ending his seven-year relationship with Anju. "In fact, I was surprised when I learnt that he'd left her and gotten married. I didn't expect it at all," she said.

In a poignant moment, Mumtaz shared her belief that Rajesh Khanna's life might have turned out differently — perhaps even lasted longer — had he stayed with Anju Mahendru. "Kaka might have still been alive had he stayed with Anju. She looked after him like he was a flower... even when he was ill."

Adding to the emotional weight of the story, Mumtaz revealed what Anju Mahendru told her about the sudden wedding. "She said, 'I don't know. I was at a party, and the next thing I know is that he had decided to get married.' She must've been hurt, of course, but she didn't want to mope over him."

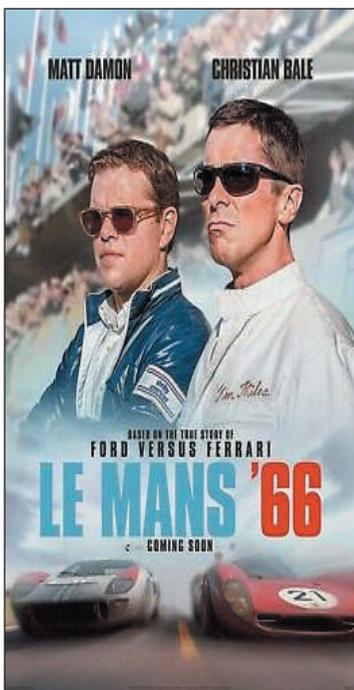
Rajesh Khanna and Dimple Kapadia's marriage — celebrated in headlines at the time — lasted until 1984, when the couple separated. They had two daughters, Twinkle and Rinke Khanna.



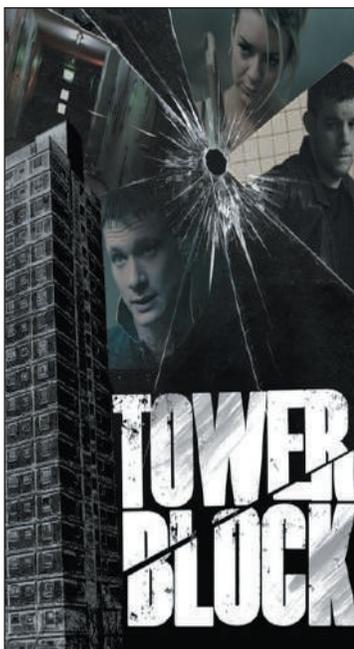
Vendredi 2 Mai - 20.30



Samedi 3 Mai - 20.10



Dimanche 4 Mai - 21.40



Programme TV



SERIAL



vendredi 2 mai

samedi 3 mai

dimanche 4 mai

lundi 5 mai

MBC 1

06.02 Serial: Amour Secret
 08.47 Tele: Séparé Par L'Amour
 09.09 Tele: L'Amour A Mort
 09.38 Film: What Dreams May Come
 11.30 Your Love Is My Fortune
 12.00 Le Journal
 12.35 Tele: Le Roman De La Vie
 13.30 Tele: Le Chemin Du Destin
 14.00 Tele: La Desalmada
 15.00 Live: Samachar
 15.21 Tele: Living To Love
 16.49 Mag: Close Up
 17.30 Your Love Is My Fortune
 18.30 Serial: Shiv Shakti
 19.00 Serial: Doree
 19.30 Le Journal
 20.30 Film: Titanic
 23.36 Tele: Le Roman De La Vie
 23.30 Le Journal
 00.56 Tele: Your Love Is My Fortune

MBC 2

06.00 Local: Nou Later Nou Lamer
 06.24 Local: En Forme
 07.48 Rodrig: Decouverts
 10.39 Rodrig: Saver Lokal
 11.12 Local: Glwar Dantan
 12.00 Rodrig: Klip Seleksion
 13.29 Rodrig: Feminin Pluriel
 15.00 Local: Sur Prise
 15.32 Rodrig: Saver Lokal
 16.01 Rodrig: Nou La Ter
 16.59 Local: La Sosiete
 18.00 Tele: La Desalmada
 19.19 Local: Mag De L'emploi...
 19.51 Rodrig: 13 Minit Natir Rodrig
 20.00 Enn Semenn Dan Lafrik
 20.30 Dance Fever Masters
 21.51 Lir- Ekrrir Kreol Morisien
 22.20 Local: Ecriture Mauricienne
 22.55 La Journee Sous Le Regard
 23.00 Journal Kreol
 23.35 Local: En Forme

MBC 3

07.00 Mag: Wellness Watch
 08.00 Local: Amrit Vani
 10.00 Local: Ramayan
 11.30 Serial: Radha Krishna
 12.00 Film: Boxer
 Starring: Mithun Chakraborty, Rati Agnihotri, Sharat Saxena
 15.00 Live: Samachar
 15.30 Serial: Jai Jai Shiv Shankar
 16.00 Serial: Ishaaron Ishaaron
 17.30 Serial: Radha Krishna
 18.00 Samachar
 18.32 Local: Mati Ke Mol
 19.00 A Tribute To Bollywood...
 20.30 Serial: Vidrohi
 21.00 Film: Insaaf
 Cast: Manoj Tiwari, Pawan Singh, Sangeeta Tiwari, Krishna Khandelwa
 23.35 Serial: Mere Sai

Cine 12

06.25 Mag: Carnet De Sante
 07.49 Doc: Legendary Hotels
 09.18 The Secrets Of Wetlands
 10.43 Doc: Punk Mum
 11.54 Mag: Unseen
 12.37 Mag: Tomorrow Today
 14.32 Mag: Healthy Living
 14.47 Doc: Japan Video Topics
 15.00 D.Anime: The Jungle Book
 15.22 D.Anime: Word Party
 15.35 D.Anime: Grands Mots...
 15.45 D.Anime: Madagascar
 16.07 Momolu Et Ses Amis
 17.11 Serial: Perfect
 17.22 Doc: Japan Video Topics
 18.00 Doc: Flavours
 18.52 Doc: Japan Video Topics
 19.28 Mag: Vous Et Vous
 20.01 Tele: All The Flowers
 20.50 Doc: Panoramas
 21.42 Doc: Animal Instincts

Bollywood TV

14.25 Serial: Radha Mohan
 14.55 Serial: Doree
 15.30 Film: Linga
 Cast: Rajinikanth, Anushka Shetty, Sonakshi Sinha
 18.00 Live: Samachar
 18.31 Kundali Bhagya
 19.01 Udaariyaan
 19.32 Dharam Patni
 20.01 Na Umr Ki Seema Ho
 20.31 Shrimad Ramayan
 21.01 Anupamaa
 21.31 Mere Sai
 22.01 Keh Doon Tumhein
 22.30 Mere Dad Ki Dulhan
 22.59 Serial: Mahabharat
 23.30 Film: Linga
 Cast: Rajinikanth, Anushka Shetty, Sonakshi Sinha

03.55 Serial: Nelle Tue Mani
 05.01 Tele: Terra Nostra
 06.01 Tele: All The Flowers
 06.28 Serial: Nautilus
 08.08 Serial: A Spy Among Friends
 09.02 Serial: Heartland
 09.46 Serial: Doc - Nelle Tue Mani
 10.45 Serial: Seal Team
 11.30 Tele: All The Flowers
 12.00 Le Journal
 12.25 Tele: Barbarita
 15.00 Live: Samachar
 15.21 Film: Ordinary Love
 16.50 Tele: L'Empire Du Mensonge
 18.00 Live: Samachar
 19.30 Le Journal
 20.30 Film: Le Mans 66
 22.56 Serial: Doc - Nelle Tue Mani
 23.55 Le Journal
 00.30 Entre Justice Et Vengeance
 01.56 Serial: Heartland

06.00 Local: Couleur Marine
 06.29 Local: Tous Egaux
 08.11 Rodrig: 13 Minit Natir Rodrig
 09.36 Local: La Sosiete
 10.36 Local: J'ai Faim
 11.07 Local: Dance Fever Masters
 12.00 Local: Prodikision Alimanter
 14.00 Local: Animalia
 14.59 Local: Retrouvizer
 15.28 Local: J'ai Faim
 16.00 Local: Tous Egaux
 16.14 Local: Son Ladan Mem
 18.00 Entre Justice Et Vengeance
 19.19 Local: Mag De L'emploi...
 19.41 Rodrig - Kot Nou
 20.00 Local: Les Petits Genies
 20.30 Local: Music Tour 2025
 21.30 Local: En Toute Intimite
 22.00 Rodrig: D'Jam
 22.27 Local: Proze Dime
 22.55 La Journee Sous Le Regard
 23.00 Journal Kreol

05.00 Mag: Aastha TV
 08.00 Local: Hamar Fitness
 08.30 Local: Abhyas Yog
 10.30 Bade Acche Lagte Hai 2
 12.00 Serial: Dikri Vahalno Dariyo
 12.30 Local: Mati Ke Mol
 13.00 A Tribute To Bollywood...
 14.00 Serial: Mere Dad Ki Dulhan
 14.30 Mag: Shanti Ka Anubhav
 15.00 Samachar
 15.30 Film: Phir Bhi Jaane Do Mitro
 Cast: Anupam Kher, Vijay Raaz, Dilip Joshi
 18.00 Live: Samachar
 18.31 Local: Puranya Pakwan
 19.00 Duniya Mein Iss Saptah
 21.00 Film: Setters
 Cast: Aftab Shivdasani, Ishita Dutta
 22.56 Local: Puranya Pakwan
 23.23 Duniya Mein Iss Saptah

06.00 D.Anime: Rainbow Rangers
 07.56 D.Anime: Wonder Grove
 08.20 D.Anime: Polly Pocket
 09.15 D.Anime: Meteo Heroes
 10.39 Serial: Penny Sur M.A.R.S.
 11.37 Mag: Shift
 12.46 Doc: Animal Instincts
 13.38 Doc: Diet For Your Body...
 14.51 Doc: Japan Video Topics
 15.00 Film: Rio
 16.34 D.Anime: Miraculous
 16.56 Serial: Perfect
 17.15 Doc: The Baobab
 18.00 Mag: In Good Shape
 18.30 Doc: Top Dive Sites
 19.00 Mag: Eco Africa
 20.01 Tele: All The Flowers
 20.50 Tele: Living To Love
 22.23 Doc: Marilyn Monroe
 23.17 Doc: Butterfily Blue Prints
 23.58 Doc: A World Heritage

08.00 Dharam Patni
 10.17 Mithai
 12.00 Udaariyaan
 13.50 Anupamaa
 16.00 Shaurya Aur Anokhi Ki Kahani
 17.36 Vidrohi
 18.30 Film: Aadmi
 With: Mithun Chakraborty; Gautami; Harish Kumar; Ajit
 20.55 Keh Doon Tumhein
 21.30 Crime Patrol
 22.14 Porus

02.57 Mag: Red Carpet
 03.12 Tele: Living To Love
 04.40 Tele: Terra Nostra
 06.01 Film: Le Mans 66
 08.30 Serial: Airwolf
 09.16 Film: Ordinary Love
 11.00 ÉLECTIONS municipales 2025

06.00 Local: Saver Kiltirel
 06.38 Emotion En Avant Plan
 07.00 La Journee Sous Le Regard...
 08.52 Local: Artizan
 08.56 Local: Les Petits Genies
 10.26 Rodrigues: Nu Lakwizin
 12.05 Local: Proze Dime
 13.05 Local: Music Tour 2025
 14.00 Local: Exceptionnelles
 15.00 Mon Jardin Ma Maison
 15.25 Local: Nos Aines
 16.45 Local: Tous Egaux
 17.03 Local: Les Petits Genies
 18.05 Entre Justice Et Vengeance
 19.00 Journal Kreol
 20.00 Local: Le Challenge
 20.30 Local: Les Klips
 21.23 Local: Mama Pik Nik
 22.15 Local: Exceptionnelles
 22.41 Local: Clin D'Oeil
 22.55 La Journee Sous Le Regard

05.00 Mag: Aastha TV
 08.00 Local: Hamar Fitness
 08.52 Duniya Mein Iss Saptah
 09.22 Local: Desi Beats
 10.30 Mahabharat
 12.00 Film: Brahmastra Part One- Shiva
 15.00 Samachar
 15.20 Radha Krishna
 15.22 Local: Puranya Pakwan
 16.59 Local: Desi Beats
 18.00 Live: Samachar
 18.30 Local: Humni Ke Sitaare
 19.02 Local: Tohar Rashi
 20.31 Serial: Porus
 21.00 Keh Doon Tumhein
 21.20 Serial: Crime Patrol
 22.06 Serial: Naagin
 22.57 Sajjanwa Bairi Ho Gaile...
 23.44 Dulhin Uhe Jo Nanad Man...
 01.10 Local: Humni Ke Sitaare

06.21 D.Anime: Rainow Rangers
 09.03 D.Anime: The Psammy Show
 09.52 Serial: Penny Sur M.A.R.S
 11.11 Doc: Top Dive Sites
 11.37 Mag: Afrimaxx
 12.07 Doc: Europe's Oak Trees
 12.50 Doc: Butterfily Blue Prints
 14.19 Doc: An Adventure In Trans...
 15.00 Film: Ghoster, Le Fantôme...
 16.27 D.Anime: Miraculous
 16.49 Serial: Perfect
 17.00 Doc: Japan Video Topics
 17.15 Doc: Europe's Oak Trees
 18.00 Doc: Top Flight Medical
 18.30 Doc: Submerged Universe
 19.00 Mag: REV
 19.30 Mag: Arts Unveiled
 20.00 Tele: All The Flowers
 21.40 Film: Tower Block
 23.16 Doc: Treasures In The Sand
 23.58 Doc: Armenia

00.00 Mithai
 01.59 Udaariyaan
 04.11 Anupamaa
 06.26 Shaurya Aur Anokhi Ki Kahani
 07.41 Tenali Rama
 08.00 Kabhi Kabhie Ittefaq Sey
 10.05 Kundali Bhagya
 12.03 Rajaa Betaa
 14.00 Doree
 16.00 Wagle Ki Duniya
 18.38 Film: Khiladi
 Cast: Akshay Kumar, Asin, Mithun Chakraborty
 20.41 Tenali Rama
 21.00 Mahabharat
 21.44 Sa Re Ga Ma Pa L'il Champs
 22.57 Rajaa Betaa
 00.30 Kabhi Kabhie Ittefaq Sey

03.44 Tele: Séparé Par L'Amour
 04.11 Tele: All The Flowers
 04.37 Tele: La Desalmada
 05.06 Tele: Terra Nostra
 06.01 Serial: Amour Secret
 08.27 Tele: All The Flowers
 08.51 Tele: Séparé Par L'Amour
 09.45 Serial: Columbo
 11.30 Tele: Your Love Is My Fortune
 12.00 Le Journal
 12.25 Tele: Le Roman De La Vie
 13.15 Tele: Le Chemin Du Destin
 13.45 Tele: La Desalmada
 15.00 Samachar
 15.20 Film: Speed
 17.30 Tele: Your Love Is My Fortune
 18.00 Samachar
 18.46 Serial: Shiv Shakti
 19.07 Serial: Doree
 20.15 Serial: Hawaii
 21.00 Serial: A Spy Among Friends
 21.55 Tele: Le Roman De La Vie

07.18 Entrepreneuriat Au Feminin
 08.48 Local: Metie
 10.30 Local: Plat Du Chef
 11.00 Rodrig: Les Klips
 13.00 La Journee Sous Le Regard
 14.50 Local: Exceptionnelles
 15.46 Local: Les Klips
 15.30 Rodrig: Plat Du Chef
 16.40 Local: Le Challenge
 16.38 La Journee Sous Le Regard
 17.07 Morisien Konn Ou La Sante
 18.00 Tele: La Desalmada
 18.30 Tele: Séparé Par L'Amour
 19.20 Le Magazine De L'emploi
 19.30 Rodrig: Feminin Pluriel
 20.00 Local: Tous Egaux
 21.10 Morisien Konn Ou La Sante
 21.35 Local: Mamajaz Mon
 22.55 La Journee Sous Le Regard
 23.43 Rodrig: Kot Nou
 23.56 Local: Memwar Dan Ros

05.00 Mag: Aastha TV
 06.59 Mag: Zarkash
 08.00 Humni Ke Sitare
 08.30 Varun Jain In Concert
 09.40 Sajjanwa Bairi Ho Gaile Hamar
 10.22 Dulhin Uhe Jo Nanad Man...
 11.30 Radha Krishna
 12.00 Film: Aadat Se Majboor
 15.00 Samachar
 15.21 Serial: Radha Krishna
 15.30 Jai Jai Shiv Shankar
 15.50 Kundali Bhagya
 17.30 Radha Krishna
 18.00 Live: Samachar
 18.31 MBC Production
 20.36 Serial: Ramayan
 21.00 Film: Yaaron Ka Yaar
 Cast: Shatrughan Sinha, Leena Chandravakar
 23.00 Serial: Mere Sai

06.00 Mag: Eye on SADC
 06.25 Doc: Submerged Universe
 07.00 Animation: The Smurfs / Les Schtroumpfs
 07.49 Film: Kung Fu Panda (2008) Jack Black, Manu Payet
 09.25 Magazine: REV S2025
 09.55 Doc: Treasures in the Sand
 14.10 Film: L'Odyssée d'Albert / Adventures of Jurassic Pet (2019)
 15.31 Film: Rio 2 (2014) - Dir: Carlos Saldanha
 17.05 Teen Series: Prefects
 17.34 Doc: Pandemic
 18.00 Mag: Eco Africa
 18.30 Mag: The 77 Percent
 19.30 Mag: In Good Shape
 20.01 Tele: All The Flowers
 20.30 Live: News
 21.05 Film: Violence à Jericho / Rough Night at Jericho (1967)
 22.39 Mag: Tomorrow Today

14.25 Radha Mohan
 14.51 Doree
 15.25 Film: Rocketery
 Starring: Madhavan / Simran / Rajit Kapoor

 18.00 Samachar
 18.31 Kundali Bhagya
 19.00 Udaariyaan
 19.30 Dharam Patni
 20.05 Mithai
 20.33 Shrimad Ramayan
 21.09 Anupamaa
 21.30 Mere Sai



Mardi 6 Mai - 20.10



Mercredi 7 Mai - 21.05



Jeudi 8 Mai - 22.05



Programme TV



mardi 6 mai

MBC 1

- 06.00 Tele: Amour Secret
- 07.31 Serial: Hawaii
- 08.39 Tele: Séparé Par L'Amour
- 09.35 Film: Violence A Jericho
- 11.31 Tele: Your Love Is My Fortune
- 12.00 Le Journal
- 12.25 Tele: Le Roman De La Vie
- 13.15 Tele: Le Chemin Du Destin
- 13.45 Tele: La Desalmada
- 15.25 Film: Viceroy's House
- 18.00 Samachar
- 18.31 Serial: Shiv Shakti
- 18.58 Serial: Doree
- 19.30 Le Journal
- 20.10 Film: Retour Vers Le Futur
- 22.01 Tele: Le Roman De La Vie
- 22.46 Tele: Your Love Is My Fortune
- 23.30 Le Journal
- 00.05 Serial: Nelle Tue Mani
- 00.58 Serial: F.B.I
- 01.38 Tele: Le Chemin Du Destin

MBC 2

- 07.05 Local: Memwar Dan Ros
- 10.30 Local: Mangeons Veg
- 11.08 Local: Konn Ou Drwa
- 12.00 Entrepreneuriat Au Feminin
- 13.00 La Journee Sous Le Regard
- 14.05 Local: Saver Kiltirel
- 14.27 Rodrig Prog: Feminin Pluriel
- 15.01 Local: Tous Egaux
- 15.30 Local: Mangeons Veg
- 16.25 La Journee Sous Le Regard
- 16.35 Local: Le Mag
- 18.00 Tele: La Desalmada
- 18.29 Tele: Séparé Par L'Amour
- 19.04 Zournal Kreol
- 19.20 Le Magazin De L'Emloi
- 20.00 Local: Metie
- 20.30 Local: Priorite Sante
- 21.00 Local: Paroles Agricoles
- 21.35 Local: Le Mag
- 22.40 Local: Profil
- 22.55 La Journee Sous Le Regard

MBC 3

- 08.00 MBC Production
- 10.07 Kundali Bhagya
- 11.30 Serial: Radha Krishna
- 12.01 Film: Chhaila Babu
Cast: Rajesh Khanna, Zeenat Aman
- 15.21 Other Serial: Radha Krishna
- 15.30 Serial: Sajanja Bairi Ho Gaile Hamar
- 16.00 Shaurya Aur Anokhi Ki Kahani
- 17.30 Serial: Radha Krishna
- 18.00 Live: Samachar
- 18.30 Local: MBC Production
- 20.30 Serial: Ramayan
- 21.00 Film: Chori Chori
Cast: Raj Kapoor, Nargis
- 22.53 Serial: Mere Sai
- 23.41 Serial: Wagle Ki Duniya
- 00.41 MBC Production

MBC 5

- 06.00 Mag: Eco Africa
- 07.49 Planet A - S2025
- 08.01 Mag: Tomorrow Today
- 08.27 Mag: Washington Forum
- 08.56 Doc: Spain - Water Scarcity
- 09.42 Taiwan's Fight For Identity
- 10.34 The Power Of Peatlands
- 11.00 Rev Special - S2025
- 11.26 The Jungle Book
- 11.48 D. Anime - Word Party
- 12.41 Riley Rocket
- 12.01 Slugterra: Ascension
- 13.26 Prefects
- 15.32 All The Flowers / Les Arômes
- 16.01 News 16.21 Seref Meselesi
- 17.39 Initiative Africa
- 18.05 Panoramas
- 18.57 The True Story Of Pirates
- 19.49 A World Heritage Site In Danger?
- 20.31 Made In Germany
- 20.57 Mag: Unseen

Bollywood TV

- 14.25 Radha Mohan
- 14.55 Doree
- 15.30 Film: Raju Bajrangi
Cast: Hemant Pandey
- 18.00 Live: Samachar
- 18.30 Kundali Bhagya
- 19.03 Udaariyaan
- 19.33 Dharam Patni
- 20.00 Na Umra Ki Seema Ho
- 20.29 Shrimad Ramayan
- 21.07 Anupama
- 21.29 Mere Sai
- 22.04 Keh Doon Tumhein
- 22.30 Mere Dad Ki Dulhan
- 23.04 Mahabharat
- 23.31 Film: Raju Bajrangi
Cast: Hemant Pandey
- 02.00 Kundali Bhagya
- 02.30 Udaariyaan
- 03.00 Dharam Patni
- 03.30 Na Umra Ki Seema Ho

mercredi 7 mai

- 05.258 Serial: Amour Secret
- 07.06 Serial: Columbo
- 08.16 Tele: All The Flowers
- 09.45 Film: Retour Vers Le Futur
- 11.30 Tele: Your Love Is My Fortune
- 12.25 Tele: Le Roman De La Vie
- 13.15 Tele: Le Chemin Du Destin
- 13.45 Tele: La Desalmada
- 14.15 Serial: Seref Meselesi
- 15.00 Live: Samachar
- 15.25 Tele: Seref Meselesi
- 16.10 Serial: Columbo
- 17.30 Tele: Your Love Is My Fortune
- 18.00 Live: Samachar
- 18.31 Serial: Shiv Shakti
- 18.55 Serial: Doree
- 19.20 Sayings Radha Krishna
- 19.30 Journal & La Meteo
- 21.01 Serial: Nelle Tue Mani
- 21.56 Tele: Le Roman De La Vie
- 22.45 Tele: Your Love Is My Fortune

- 07.08 Entrepreneuriat Au Feminin
- 08.40 Local: Priorite Sante
- 09.30 Local: Le Mag
- 10.27 Rodrig: Plat Du Chef
- 11.01 Local: Profil
- 11.16 Local: Fee Main
- 11.29 Local: Le Petits Genies
- 13.25 Local: Priorite Sante
- 14.02 Local: Paroles Agricoles
- 15.13 Local: Nu Rasinn
- 16.29 La Journee Sous Le Regard
- 17.30 MRIC: Regional Innovation..
- 18.00 Tele: La Desalmada
- 18.30 Tele: Séparé Par L'Amour
- 19.00 Journal Kreol
- 19.20 Local: Le Mag De L'Emploi
- 20.00 Mon Jardin Ma Maison
- 20.30 Local: Toc Toc Doc
- 21.00 Local: Agir Ensemble
- 21.35 Local: Les Klips
- 22.31 Local: Mots & Ecrits
- 22.55 La Journee Sous Le Regard

- 06.59 Mag: Eco India
- 08.00 MBC Production
- 10.00 Shaurya Aur Anokhi Ki Kahani
- 11.30 Radha Krishna
- 12.00 Film: Charanon Ki Saugandh
Cast: Mithun, Amrita Singh
- 15.30 Serial: Jai Jai Shiv Shankar
- 16.00 Serial: Radha Mohan
- 17.30 Serial: Radha Krishna
- 18.00 Live: Samachar
- 18.31 MBC Production
- 20.30 Shanti Ka Anubhav
- 21.00 Film: Maine Unko Sajjan Chun Liya
Cast: Pawan Singh, Kajal Raghwani, Aamrapali Dubey, Anjana Singh, Priti Biswas, Ayaaj Khan, Vipin Singh
- 23.32 Serial: Mere Sai
- 00.24 Wagle Ki Duniya

- 06.00 Mag: Rev
- 06.25 Mag: Shift S2025
- 07.46 Mag: Initiative Africa
- 08.12 Doc: Panoramas
- 09.08 The True Story Of Pirates
- 10.00 World Heritage Site
- 10.43 The Power Of Peatlands
- 11.13 Rev S2025
- 13.00 Mag: Initiative Africa
- 15.00 D.Anime: The Jungle Book
- 15.22 D.Anime: Word Party
- 17.05 Serial: Perfect
- 17.30 Serial: REV
- 18.00 Mag: Afrimaxx
- 18.30 Mag: Transforming Business
- 18.43 Mag: Planet A
- 19.30 Doc: The Power Of Peatlands
- 20.01 Tele: All The Flowers
- 21.05 Film: Bent English Film - 18
- 22.41 Mag: Close Up
- 23.07 Mag: Focus On Europe
- 23.33 Doc: Rodeo Girls

- 14.25 Radha Mohan
- 14.50 Doree
- 15.30 Film: Shaadi Ke Side Effects
Cast: Farhan Akhtar, Vidya Balan, Vir Das
- 18.00 Live: Samachar
- 18.31 Kundali Bhagya
- 19.02 Udaariyaan
- 19.33 Dharam Patni
- 20.00 Na Umra Ki Seema Ho
- 20.31 Shrimad Ramayan
- 21.00 Anupama
- 21.28 Mere Sai
- 22.05 Keh Doon Tumhein
- 22.20 Mere Dad Ki Dulhan
- 22.51 Serial: Mahabharat
- 23.30 Film: Shaadi Ke Side Effects
Cast: Farhan Akhtar, Vidya Balan, Vir Das

jeudi 8 mai

- 06.01 Tele: Amour Secret
- 08.13 Serial: All The Flowers
- 08.39 Tele: Séparé Par L'Amour
- 09.37 Film: Jurassic World
- 11.30 Tele: Your Love Is My Fortune
- 12.00 Le Journal
- 12.25 Tele: Le Roman De La Vie
- 13.15 Tele: Le Chemin Du Destin
- 13.45 Tele: La Desalmada
- 14.15 Serial: Entre Justice Et Vengeance
- 15.25 Film: The Boat
- 17.18 Tele: Your Love Is My Fortune
- 18.00 Live: Samachar
- 18.31 Serial: Shiv Shakti
- 18.56 Serial: Doree
- 19.30 Le Journal
- 20.10 Film: Sirk Ek Banda Kaafi Hai
Stars: Manoj Bajpayee, Adrija Sinha, Surya Mohan Kulshreshtha
- 23.04 Tele: Le Roman De La Vie

- 07.08 Local: Glwar Dantan
- 08.02 Mon Jardin Ma Maison
- 09.00 Local: Agir Ensemble
- 10.32 Local: Saveurs Plus
- 11.02 Local: Les Klips
- 12.00 Local: Mots & Ecrits
- 12.27 Local: Glwar Dantan
- 13.00 La Journee Sous Le Regard
- 13.31 Mon Jardin Ma Maison
- 14.10 Local: Toc Toc Doc
- 15.30 Local: Saveurs Plus
- 17.03 La Journee Sous Le Regard
- 18.00 Tele: La Desalmada
- 18.30 Tele: Séparé Par L'Amour
- 19.00 Journal Kreol
- 19.20 Local: Le Mag De L'Emploi
- 20.30 Local: Les Grandes Lignes
- 21.00 Local: Le Mag
- 22.00 The Dodo And The Pirate...
- 22.40 Local: Metie
- 22.55 La Journee Sous Le Regard

- 07.00 Mag: Changemakers
- 08.00 MBC Production
- 10.00 Serial: Radha Mohan
- 12.00 Film: Chingari
Cast: Leena Chandavarkar, Sanjay Khan, Pran
- 15.00 Samachar
- 15.30 Sajanja Bairi Ho Gaile...
- 16.00 Ramayan
- 17.30 Radha Krishna
- 18.31 Local: Amrit Vani
- 18.31 MBC Production
- 20.35 Serial: Ramayan
- 21.00 Serial: Shiv Shakti
- 21.30 Yashomati Maiyya Ke Nanjala
- 21.52 Mag: Sadhguru Speaks
- 23.10 Serial: Wagle Ki Duniya
- 23.33 Mag: Sadhguru Speaks
- 00.10 MBC Production

- 06.00 Mag: Afrimaxx
- 06.50 Arts Unveiled S2025
- 08.01 Mag: Close Up
- 09.40 Focus On Europe S2025
- 11.09 Mag: Afrimaxx S2025
- 12.00 Arts Unveiled S2025
- 13.11 Mag: Close Up
- 14.07 Rodeo Girls
- 15.00 The Jungle Book S01
- 16.01 Momolu Et Ses Amis
- 17.05 Prefects S01
- 17.30 Afrimaxx S2025
- 18.30 Mag: Carnet De Sante
- 19.30 Mag: Tomorrow Today
- 20.01 Tele: All The Flowers
- 20.50 Serial: Columbo
- 22.05 Film: Alien, Le Huitième Passager / Alien
- 00.00 Doc: Marilyn Monroe
- 02.59 Mag: Eco India S2025
- 03.25 Carnet De Sante S2025

- 14.25 Radha Mohan
- 15.00 Doree
- 15.30 Film: Luv Phir Kabhie
Cast: Saurabh Roy, Arijita Roy, Meghna Patel & Narendra Bedi
- 18.00 Live: Samachar
- 18.30 Kundali Bhagya
- 19.00 Udaariyaan
- 19.30 Dharam Patni
- 20.00 Na Umra Ki Seema Ho
- 20.24 Shrimad Ramayan
- 21.02 Anupama
- 21.34 Mere Sai
- 22.01 Keh Doon Tumhein
- 22.29 Mere Dad Ki Dulhan
- 23.05 Mahabharat
- 23.31 Film: Luv Phir Kabhie
Cast: Saurabh Roy, Arijita Roy, Meghna Patel & Narendra Bedi
- 02.00 Kundali Bhagya



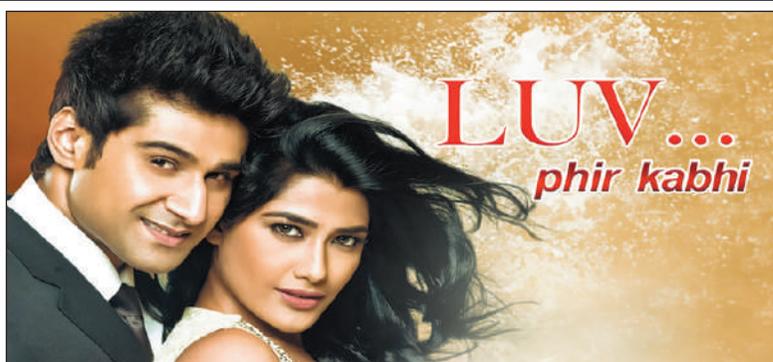
Jeudi 8 Mai - 15.30

Stars: Saurabh Roy, Arijita Roy, Meghna Patel & Narendra Bedi



Jeudi 8 Mai - 20.10

Stars: Manoj Bajpayee, Adrija Sinha, Surya Mohan Kulshreshtha





Kishore Teelanah

A New Life Across the Seas

Pratima Bhinda's Experience in the UK

The Mauritian diaspora in the United Kingdom comprises British people of Mauritian descent. Drawn by the prospect of a better life and educational opportunities, many individuals emigrated from Mauritius to the UK primarily between the 1960s and 1970s, with a smaller number arriving as early as the 1950s. Nursing was a significant draw during this period, as job oppor-

talent seem commonplace. Her late father was a profound influence, affectionately known as the "Tenor of Mauritius" ("Tenor del Lile") for his beautiful tenor voice as he sang songs popularized by Mohammed Rafi in the 1960s. Pratima has continued to share her sweet voice at religious ceremonies and various venues across London.

Her father encouraged her to learn Hindi to enhance the fluency and pronunciation in her renditions of Hindi songs. Immensely proud of his gifted daughter, he wholeheartedly supported her musical talents. He also advised her to avoid chilli in her food and sweet cakes containing *sindoor* (vermilion), believing these precautions would protect her unique vocal quality. Furthermore, he encouraged her to explore classical music. A vegetable seller with a knack for mathematics, he also assisted other vendors with their calculations and transactions.

Pratima attended Eden College while simultaneously studying Hindi, reaching the Form V level. Her proficiency in Hindi was such that she attained Part Two at the Utama level, leading to regular *mehfil* performances. Her father introduced her to the Mauritius Broadcasting Corporation (MBC) through children's programs. During her teenage years, she also participated in several special Christmas broadcasts.

Her vocal versatility allows her to perform across various genres. She frequently received invitations to sing at weddings and *haldi* ceremonies. Pratima also began studying the Ramayana at the age of eight. She recited the Ramayana twice a week on MBC and at Ram Navami festivals. She undertook additional tuition on Saturdays at Presidency College with her brother, who played the tabla. Her dedication to both physical and mental discipline resulted in her achieving top marks at the age of sixteen.

Upon arriving in London as Mrs Bhinda, her husband, Satish, became a significant source of support and encouragement for Pratima's talents. She excelled as a natural karaoke singer, captivating her audiences. Her talent led her to

Sunrise Radio, where she co-presented 'Geetmala' after being selected by Asif Rozali. Pratima continued her Saturday presentations until the birth of her first child. In 2022, she was invited back to Sunrise Radio as a guest speaker.

Professionally, Pratima became a Registered Mental Health Nurse (RMN) at a Day Centre after completing a Level 5 City & Guilds qualification in Health and Social Care. She specialized in supporting young adults aged 16–25 with learning needs, focusing on promoting healthy living. Drawing on her extensive experience, she trained junior staff and conducted induction programs for new employees.

Pratima is the mother of three daughters: Varsa, 39; Parineeta, 30; and Taruna, in her 20s. Sadly, her husband passed away at the age of 59, a loss that deeply affected Pratima and led to a period of shock and depression. It was challenging for her to resume her singing career, as Satish had always been her steadfast companion and supporter. However, with considerable effort, Pratima has gradually returned to performing. Now semi-retired from nursing, she continues to apply her skills and experience in her current endeavours.

Kishore is a semi-retired teaching and learning expert in science. He worked in the NHS in the 1970s, followed by a teaching career in Further and Higher Education until recently. He now writes blogs and science articles, advises on teaching and learning, and promotes the Mauritian diaspora in the UK.



Pratima's sweet voice resonates through London's religious ceremonies and diverse venues, filling the air with melody

tunities and prospects for advancement in Mauritius were limited. The 1980s saw another wave of Mauritians arriving for academic pursuits, particularly in fields like accountancy and law.

As the Mauritian population in the UK grew and established itself, intermarriage became common, with individuals forming unions with Mauritian partners, British Caucasians, and other Europeans. A notable characteristic of this community is its remarkable ability to adapt to and embrace British society, achieving integration in areas where other groups have sometimes faced challenges. This article highlights the story of Pratima Bhinda, a Mauritian woman whose achievements have brought pride to her family both in the UK and in Mauritius.

Pratima Bhinda

Pratima Bhinda (née Joosery) moved to Britain in 1982 following her marriage to Satish. Even before her arrival, she had already achieved considerable success in Mauritius. Her singing career began at the young age of five, a feat that would make an appearance on a show like Britain's Got

Tree of Knowledge

Reclaiming Our Roots



As we begin to see more clearly the people we come from, we can begin to alter our perception of who we are now

Some cultures are more rooted to the Earth and connected to their inherent spirituality. But every one of us, even those of us who have been disconnected from our roots for hundreds of years, comes from a place that was once inhabited by people who worshiped and honoured the Earth on which they lived. In other words, we can all claim this wisdom as an essential part of who we are.

One way we can begin to rediscover our roots is to explore the early Earth-based religions practiced in the parts of the world that birthed our ancestors. If we explore the ancient spiritual practices of our ancestors, we will find that their practices and beliefs share many elements with Native American, African, and aboriginal religious traditions. People who are connected to the Earth and honour her share a fundamental philosophy that is part of our legacy because we, too, are of the Earth. Many of us have become so disconnected from the Earth that it feels foreign and awkward to imagine communing with her or performing a ritual for her. If we are honest, though, we will find within ourselves yearning to feel more connected, more grounded, and more at home in this world. This yearning can lead us back to our forgotten roots, which leads us right into the heart of the Earth.

As we begin to see more clearly the people we come from, we can begin to alter our perception of who we are now, laying claim to our inherent connection to the Earth. We might celebrate this by observing the ancient calendar of solstices and equinoxes, honouring the cycle of the seasons as our ancestors did or exploring any one of the many Earth-based practices through reading or participating in a ritual. When we do these things, we tap back into our roots and can often find nourishment through our earthly origins — something we share with all of humanity.



Central Electricity Board (CEB)

COMMUNIQUÉ

NON PAIEMENT DES FACTURES D'ÉLECTRICITÉ

Le Central Electricity Board (CEB) tient à rappeler à ses abonnés qu'une facture non réglée dans le délai de la date limite de paiement peut entraîner une interruption de la fourniture d'électricité à tout moment.

Après l'interruption, les abonnés concernés devront régler toutes les factures impayées, ainsi que les frais de reconnexion, avant que le service ne soit rétabli.

Le CEB se voit contraint de procéder régulièrement à des débranchements en cas de non-paiement des factures. Les abonnés sont priés de respecter les délais de paiement afin d'éviter ces désagréments.

La Direction