

MAURITIUS TIMES

• *The most difficult thing is the decision to act, the rest is merely tenacity. — Amelia Earhart*

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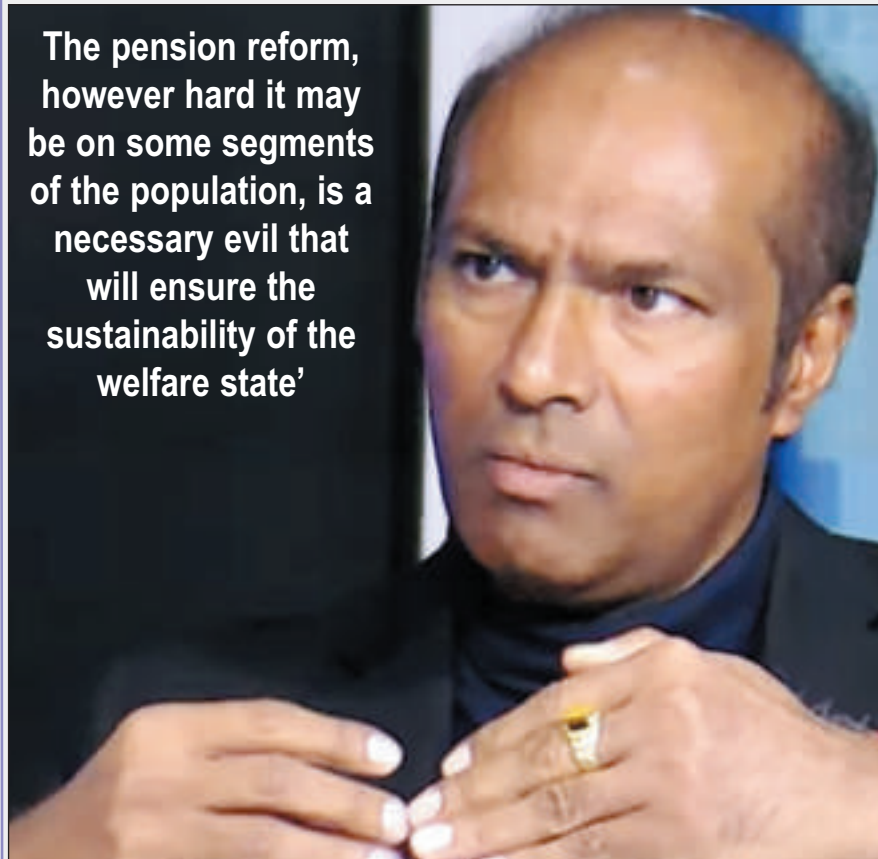


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The Bank of Mauritius Saga: Power, Politics, and the Limits of Authority



The recent developments at the Bank of Mauritius (BoM) highlight both institutional challenges and the delicate balance of political authority within the current government. At the centre of the storm are Prime Minister Navin Ramgoolam, his deputy Paul Bérenger, the Governor of the central bank Rama Sithanen, and the now-departed Second Deputy Governor Gérard Sanspeur. What might at first appear to be a purely internal dispute within the BoM has, in fact, revealed much more: the enduring tension between political authority and institutional autonomy, and the subtle chess game between the two heavyweights who lead the governing Alliance du Changement.

The proximate cause of the crisis was Sanspeur's dismissal, confirmed today, Friday 29 August after he announced that the Prime Minister had asked him to resign. Sanspeur, never one to leave quietly, revealed at his press conference that he held a "compromising audio recording" of Governor Sithanen, suggesting that if released, it would leave Sithanen with no choice but to resign. The allegation was explosive enough, but Sanspeur went further, accusing the Governor of lying and of tampering with minutes of meetings at the central bank.

This was no mere bureaucratic spat. For weeks, speculation had mounted about an open rift between Sithanen and Sanspeur. The Prime Minister, visibly disturbed by the breakdown, publicly described the situation as "unacceptable." Yet his ultimate decision was not to remove the Governor — who is himself a former Finance Minister — but instead to cut loose Sanspeur. In doing so, Ramgoolam signalled clearly that he would not be pressured into sacrificing a figure he might regard as too valuable, especially not on the public urging of his deputy.

The Bérenger Factor

Paul Bérenger, never shy of confronting allies in public, had urged Ramgoolam to dismiss Sithanen. That choice of strategy proved decisive. Ramgoolam has long abhorred attempts at public pressure, particularly when they come from within his own camp. Those close to him were not surprised that he resisted. By asking Sanspeur to step down instead, the Prime Minister reminded both his Cabinet and the wider political establishment that he remains captain of the ship.

This move, however, does not resolve the deeper question: how will Bérenger react? The Deputy Prime Minister has invested political capital in criticising Sithanen and calling for change at the BoM. His authority within the Alliance du Changement risks being undermined if he is seen to have been overruled. For now, he faces a choice between escalation, which could destabilise the alliance, and

restraint, which might project weakness.

The Unresolved Controversies

Even with Sanspeur's departure, the central bank remains beset by multiple unresolved controversies:

- The Menlo Park affair, tied to Pulse Analytics and its director Stéphane Adam, has raised allegations of political collusion, financial mismanagement, and dubious loans from the Mauritius Investment Corporation (MIC).
- MIC's broader portfolio of loans to distressed firms continues to cast a shadow, with accusations of bad loans and politically motivated decisions.
- The suspension of the BoM trade union president has been denounced as illegal by the Labour Minister Reza Uteem, further eroding trust in the institution's handling of internal dissent.
- Sithanen's dual chairmanship of both the BoM and the Financial Services Commission raises questions about concentration of power and conflict of interest.
- The blocking of Manou Bheenick's nomination as chairman of the State Bank of Mauritius on "fit and proper" grounds reflects an unresolved institutional tug-of-war.

These issues are not technical details but core concerns about governance, transparency, and accountability. Leaving them unresolved for too long risks undermining public confidence not only in the central bank but also in the government's economic stewardship.

The governor himself has been under scrutiny. He has denied any wrongdoing in relation to Pulse Analytics, dismissing allegations of collusion with Stéphane Adam as "harassment." He admits to having met Adam but maintains that those encounters were innocuous and unrelated to his appointment. Moreover, Sithanen's attempts at rebuttal have not silenced critics. Stéphane Adam, in turn, has confirmed at least one meeting with him, contradicting Sithanen's efforts to minimize their ties. The public is left with a classic case of conflicting accounts, which deepens uncertainty rather than resolves it. Against this backdrop, Sanspeur's claim of holding an incriminating audio recording is all the more destabilizing.

Ramgoolam's Calculus

The Prime Minister's calculus appears clear: in his eyes, Sithanen's expertise and political experience may outweigh the risks, despite the controversies. Sanspeur, though combative and occasionally useful as a counterweight, was ultimately expendable. Ramgoolam's decision to protect the Governor while cutting off the deputy is thus less about the

central bank's integrity and more about maintaining political equilibrium on his own terms.

The message to Bérenger could not be clearer: the Prime Minister will not be dictated to, not in public, and certainly not on a matter as sensitive as the leadership of the BoM. But this stance comes with costs. By allowing controversies to fester, Ramgoolam risks a slow drip of scandal that could erode both institutional credibility and his own government's standing.

At its heart, this saga raises fundamental questions about institutional independence. The central bank of any country is expected to stand above partisan struggles, safeguarding monetary stability and the financial system. When its top officials are embroiled in personal feuds, political intrigue, and allegations of manipulation, the credibility of the institution suffers.

The fact that the Prime Minister could so directly intervene to secure Sanspeur's dismissal underlines how blurred the lines have become between political authority and institutional independence. While political oversight is inevitable in a small country like Mauritius, the danger lies in the perception that decisions are being driven by political expediency rather than by the best interests of the economy.

Bérenger's Next Move

Attention now turns to Bérenger. Will he choose to bide his time, perhaps extracting concessions elsewhere in government policy, or will he push harder, risking open confrontation? His long political career suggests a keen instinct for timing. He may decide that provoking a crisis now, so soon into the life of the Alliance du Changement, is unwise. But he will not simply retreat quietly. How he recalibrates his position in the weeks ahead may well determine the future stability of the governing alliance.

The dismissal of Gérard Sanspeur may have brought temporary calm, but it has not solved the deeper problems. The Bank of Mauritius remains mired in controversy, its leadership questioned, and its independence compromised. Prime Minister Ramgoolam has asserted his authority, but at the cost of postponing hard decisions on unresolved issues.

For Mauritius, the stakes are high. At a time when global economic headwinds threaten growth, and when investor confidence depends on credible institutions, the last thing the country can afford is prolonged uncertainty at the very heart of its financial system. Political manoeuvring may settle scores in the short term, but unless the underlying issues at the BoM are addressed decisively and transparently, the credibility of both the institution and the government itself will continue to erode.

The Prime Minister may believe he has time on his side, but time has a way of magnifying, rather than diminishing, institutional crises. How Navin Ramgoolam and Paul Bérenger manage this crisis will not only determine the fate of Rama Sithanen and the central bank, but also the stability of the Alliance du Changement and the broader trust of the Mauritian public in its institutions.

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Prakash Neerohoo

Reward Money Saga

Is there an absolute failure of internal control?

The reward money saga highlights the need for strong internal controls over public funds in government departments, including the police

Of all the financial scandals the country has known in the last 10 years, the reward money saga, which is playing out thanks to the investigation initiated by the Financial Crimes Commission (FCC), will stand out as a major case of embezzlement of public funds. Public money reserved for civil informers who provide tips to the police leading to drug seizures landed in third party bank accounts with no accountability for its use. In every business entity, government department or public organisation, there should be a mechanism in place to ensure that money dedicated to a particular project or purpose is spent in the most cost-effective way. This mechanism is called Internal Control, which is subject to ex post audits by professional auditors to uncover any deficiency in the system.

The way the reward money, involving Rs 250 million over three years, has been managed so far raises questions on the reliability and operability of management processes in the police department. Is there a lack of Internal Control over expenditure in general? Or is there a complete failure of Internal Control over that specific component of expenditure (reward money) in the police department? Since the police are the guardians of law and order and the public authority invested with the right to arrest and prosecute wrongdoers, we would have expected a rigorous control over how it rewards informers and manages money reserved for them. Given its intrinsic role of law enforcer, the police had a higher responsibility to be very prudent with the use of public money and show results for actions undertaken.

Over the years, the National Audit Office (NAO) has published reports about the mismanagement of public funds in many ministries and government departments. Year in year out, the NAO reveals cases of over-expenditure, flaws in financial procedures and unauthorised cost overruns in project implementation. All those financial irregularities could have been minimized (at worst) or avoided (at best) if there were proper Internal Control systems in the public sector in general, which are supervised by an Internal Audit Unit in each department accountable to a higher-level Audit Committee at ministry or organizational level.

Context

To better understand the importance of internal control in any organization (public or private), we must refer to prescribed rules in the accounting profession.

Internal Control is defined in section 5200 of the Canadian Institute of Chartered Accountants (CICA) Handbook on Assurance, as follows:

"Internal control consists of the policies and

procedures established and maintained by management to assist in achieving its objective of ensuring, as far as practical, the orderly and efficient conduct of the entity's business. The responsibility for ensuring internal control is part of management's overall responsibility for the ongoing activities of the entity. [...] Management discharges its internal control responsibilities through actions such as those directed to optimizing the use of resources, preventing and detecting **error and fraud**, safeguarding assets and maintaining reliable control systems."

An Internal Control system is composed of three elements:

(a) Control Environment: with sub-elements as:

- (i) Management philosophy
- (ii) Audit committee
- (iii) Methods of assigning authority and responsibility
- (iv) Management control methods



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“According to information revealed so far, the payments to informers were made not from a corporate police account but from the personal bank accounts of some officers who were entrusted with adequate funds. Since the reward money was paid directly by those officers from their bank accounts to informers, the ICU would not have a payee list. This is a major deficiency in the internal control system because all recipients of public money should be known to government...”

- (v) Internal Audit
- (b) **Accounting System:** to record transactions according to the criteria of existence, completeness, accuracy, timing, and posting.
- (c) **Control Procedures:**
 - (i) Adequate separation of duties
 - (ii) Proper authorization of transactions and activities
 - (iii) Adequate documents and records
 - (iv) Physical control over assets and records
 - (v) Independent checks on performance

Existing system

Let us examine whether the above control processes exist in the police department with regards to reward money. According to the former Commissioner of Police, there was an Internal Control Unit (ICU) that prepared the paperwork for supporting the payments of reward money and he only authorized the requests for payment submitted to him after due validation. We understand that the FCC is now looking into how the ICU handled the authorization, approval and disbursement processes for reward money. This enquiry will be quite complex as there are so many actors involved and multiple levels of responsibility.

In theory, the ICU was expected to take actions to:

- (a) optimize the use of resources by approving disbursements of reward money only when they are justified,
- (b) prevent and detect error and fraud by making sure that reward money goes directly to informers and does not land in third-party bank accounts that have nothing to with informers,
- (c) safeguard assets by ensuring that the budget for reward money is managed in a cost-effective way, i.e., making payouts in proportion to the volume of drugs seized and the level of risks incurred by informers, and
- (d) maintain a reliable control system by keeping a detailed and up-to-date accounting system for payment transactions.

Control Environment

The Control Environment in any organization is of paramount importance. The essence of an effectively controlled organization lies in the attitude of its top management. If top management believes control is important, others in the organization will sense that and respond by observing the policies and procedures established. If it is clear to subordinate staff that control is not an important concern to management, it is certain that control objectives will not be effectively achieved.

The management philosophy guiding the Control Environment should be highly ethical with a concern for using public money in the most cost-effective way.

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Appointments of Senior Officials and Political Nominees

“It is a fundamental principle of political patronage that the victorious party rewards its own supporters, not those who opposed it”

Political appointments to key public offices, such as those for State-Owned Enterprises (SOEs) and parastatal bodies, are a contentious issue in many democratic governments. While such appointments can be a useful tool for a newly elected government to implement its agenda, they can also raise serious concerns about cronyism, meritocracy, and the independence of state institutions. The debate often centres on whether political trust or professional competence should be the primary criterion for selecting these officials. Lex examines the issues at stake in this matter.

LEX

* The new Alliance du Changement government has not yet established the Senior Officials Appointment Committee it promised in its 2025-2029 programme. This committee was intended to recommend heads for major public institutions, but appointments have continued to be made without it. It is not known whether the Government has revised its policy regarding this Committee, but one wonders whether the pros and cons of having such a Committee were properly assessed. How do you see it?

According to a recent radio commentary by Harish Chundunsing, the government has become ensnared in a “trap of its own making,” a direct result of promises made during its election campaign. Any administration, regardless of whether it operates under a Westminster or federal system, is expected to appoint its own trusted advisers following an election victory. No government in its right mind would ever appoint individuals who supported the very regime it just removed from power. This brings a critical question to the forefront: could an independent Appointments Committee be relied upon to select candidates who would command the full trust of the new government?

* Could it be said that the current government’s reform agenda on appointments faces a number of legal and political constraints, primarily stemming from constitutional provisions and established practices? Or is it rather a case of an absence of political will to enact fundamental change?

It is not a big deal to set up an appointments committee. The real challenge is deciding who would appoint its members and which individuals would be chosen. This is a sore issue, as it raises questions about how independent the committee would be from the government and to what extent it would be guided solely by meritocracy and competence.

* Successive governments, of what-

ever political persuasion, usually appoint their own people to head or sit on the boards of State-Owned Companies, parastatal bodies, cultural centres, or speaking unions — typically as rewards for political or financial backers, or as investments for future support. That has been a constant for decades, and it is unlikely to change, however many people may disapprove of such nominations. Would you agree?

It is an undeniable reality that in the aftermath of a general election, many who have dedicated themselves to a winning party’s campaign expect to be rewarded with a position within a public institution. It is a fundamental principle of political patronage that the victorious party rewards its own supporters, not those who opposed it. To be realistic, people can disapprove of this system, but it is highly unlikely to change, regardless of which party is in power. Those who criticize this practice should be prepared to explain how they would act differently in the same situation.

* There is a strong case for making appointments strictly on merit for positions like CEOs and board members of State-Owned Enterprises (SOEs) that operate commercially, such as Air Mauritius and Mauritius Telecom. This also applies to parastatal bodies like the CWA, CEB, and ICTA, which require competent individuals who can add value to these organizations. A Senior Officials Appointment Committee would certainly help in these cases, wouldn’t it?

What, after all, is merit? And what do we truly mean when we speak of meritocracy? These terms are often invoked, but rarely with a clear grasp of their practical implications.

Can genuine merit be measured in the span of a brief interview before an appointments committee? At best, one might imagine a written examination for applicants — but even then, who decides the format, who conducts it, and who guarantees its fairness? Whatever the system, questions and



“Even when a President makes appointments on the Prime Minister’s recommendation after consulting with the Leader of the Opposition, the ultimate power of appointment rests with the Prime Minister. The consultation process is often a formality, is designed to give the impression of an independent appointment. This is a common political artifice that the public shouldn’t mistake for true independence...”

criticisms are bound to follow.

* While the Alliance du Changement has pledged to reduce political appointments, the appointment of boards of directors and CEOs of SOEs and parastatal bodies remains a powerful tool of political control. It would take strong political will from all alliance partners to resist this entrenched practice. Do you share that view?

It’s not just about maintaining political control; it’s also about appointing people who can be trusted and who will not betray the government. It should be remembered that most parastatal bodies are funded by public funds, so it is normal for the government to have some measure of political control over them.

* While ministers in the UK often appoint individuals to the boards of State-Owned Enterprises (SOEs) and other public bodies, a practice that has raised concerns about cronyism, the system in the US is different. There, the President has the power to nominate thousands of high-level officials, including cabinet members and judges. However, these appointments require confirmation by the Senate, a system designed to be a check on presidential power. This process, while a safeguard, often becomes highly politicized. What’s your take on that?

Both the Westminster and US systems of government have distinct ways of appointing key officials, reflecting their differing structures and philosophies.

In the Westminster system, ministers appoint political advisers to provide partisan support and manage the government’s agenda. These advisers are temporary, politically appointed staff, separate from the impartial civil service, and are typically supporters of the winning party.

In the United States, the Appointments Clause of the Constitution empowers the President to nominate public officials. While the Senate must confirm certain principal officers (such as ambassadors and Cabinet secretaries), Congress can, by law, allow the appointment of “inferior” officers to be made by the President alone, or by courts of law or heads of departments.

* Singapore’s system for public appointments emphasizes meritocracy. Independent commissions oversee civil service and public body appointments to ensure they remain professional and apolitical. This approach is said to reduce reliance on political patronage. Would implementing such a system in Mauritius be a tall order?

One cannot compare the situation of Singapore with that of Mauritius.

☞ Cont. on page 5

Appointments of Senior Officials and Political Nominees

"It is a fundamental principle of political patronage that the victorious party rewards its own supporters, not those who opposed it"

☞ Cont. from page 4

The appointment of advisers or individuals to chair parastatal bodies involves different considerations.

Mauritius is a complex, multicultural society where any government or prime minister must grapple with issues of race, caste, minorities and majorities, religion, social and cultural bodies, and other lobbyists. All these considerations, which are part of an election campaign, do not disappear after the election. They permeate the whole structure of government and influence the way people are appointed.

In this environment, appointments are not solely based on a person's merit or professional qualifications; they are also a tool for maintaining political and social stability and balancing the interests of different groups within the country.

*** By contrast, the Constitution of Mauritius does not grant the Prime Minister sole authority to appoint individuals to government posts. All appointments are made either by the President or the Public Service Commission, based on the Prime Minister's advice or recommendations. This means our Constitution ensures that no single individual, including the Prime Minister, has absolute power over government appointments; the PM's role is that of a key advisor to the President, not the sole decision-maker. Would that be a fair reading?**

Even when a President makes appointments on the Prime Minister's recommendation after consulting with the Leader of the Opposition, the ultimate power of appointment rests with the Prime Minister. The consultation process is often a formality, is designed to give the impression of an independent appointment. This is a common political artifice that the public shouldn't mistake for true independence.

*** The preceding point outlines what the Constitution provides, but in practice the Prime Minister usually has his way — whatever the President's opinion — when it comes to appointments such as the Commissioner of Police. It is unlikely that any Prime Minister would relinquish the right or authority to "advise" the President on his candidate for such posts - especially since this system has not served the country badly most of the time,**



“What, after all, is merit? And what do we truly mean when we speak of meritocracy? These terms are often invoked, but rarely with a clear grasp of their practical implications. Can genuine merit be measured in the span of a brief interview before an appointments committee? At best, one might imagine a written examination for applicants — but even then, who decides the format, who conducts it, and who guarantees its fairness? Whatever the system, questions and criticisms are bound to follow...”

though there may have been reservations about the previous appointment. Do you agree with that assessment?

Certain appointments made by independent commissions or other authorities still require the approval or consultation of the Prime Minister.

Under Section 91 of the Constitution, the power to appoint individuals to offices in the disciplined forces, including the Commissioner of Police, is vested in the Disciplined Forces Service Commission. However, appointments to the

office of Commissioner of Police must be made after consultation with the Prime Minister.

Similarly, Section 77 of the Constitution stipulates that the Chief Justice shall be appointed by the President after consultation with the Prime Minister.

The same goes for the appointment of our representatives abroad by virtue of section 87 of the Constitution "The power to appoint persons to hold the offices of Ambassador, High Commissioner or other principal representative of Mauritius in any other country or accredited to any international organisation and to remove such persons from office shall vest in the President, acting in accordance with the advice of the Prime Minister."

By virtue of section of the Constitution, "Before any appointment is made to the office of Secretary to the Cabinet, of Financial Secretary, of a Permanent Secretary or of any other supervising officer within the meaning of section 68, the Public Service Commission shall consult the Prime Minister and no appointment to the office of Secretary to the Cabinet, of Financial Secretary or of a Permanent Secretary shall be made unless the Prime Minister concurs in it."

These provisions demonstrate that the Prime Minister's influence extends to many key and sensitive appointments. This is considered normal, as the process is not solely about merit but also about appointing individuals whom the Prime Minister can trust.

*** Appointments made by the PSC, LGSC, or even by the boards of parastatal bodies are rarely contested in court. This could suggest that recruitment exercises have been conducted with due process. Would you concur?**

Many people question the true independence of the Public Service Commission (PSC) and the Local Government Service Commission (LGSC). For instance, the mass recruitment of local government workers before the last general election led many to doubt the LGSC's impartiality.

Furthermore, there have been few cases where decisions made by the PSC have been overturned by either the Public Bodies Appeal Tribunal or the Supreme Court.

LEX

Reward Money Saga

Is there an absolute failure of internal control?

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There are doubts now about the ethics of top management in the police. The methods of assigning responsibility and authority for payments are not clear-cut. We don't know whether there has been an internal audit on reward money conducted by the Internal Audit Division of the Ministry of Finance. Nor do we know whether the police ICU's work was ever scrutinised by an Audit Committee at a higher level. When was the last time the police department was audited by an external auditor, i.e., the National Audit Office?

Accounting System

Since we know that Rs 250 million has been disbursed as reward money in three years, there should be an accounting system that recorded the payouts. Whether all criteria for recording disbursement transac-

tions (existence, completeness, accuracy, timing and posting) were met is another question. If the accounting system is computerized, examining it closely by looking at the chart of accounts would not be difficult. If the system was paper-based, there would be a lot of documentation to review from source documents (initial requests for payment, authorizations and approvals) to final output (payments by cheques).

Control Procedures

The success of any internal control system lies in the Control Procedures. The first line of control is to ensure adequate separation of duties between (a) the person making the request for payment of reward money, (b) the person examining the request according to set criteria (reasonableness of amount, frequency of requests from one

source), (c) the person approving the request, and (d) the person authorizing the payment. The fourth person would only act if the first three persons had done their duty diligently. He would have some executive control over the decision to pay to the extent that he can ask questions about the informer's identity and measure of collaboration with the police.

According to information revealed so far, the payments to informers were made not from a corporate police account but from the personal bank accounts of some officers who were entrusted with adequate funds. Since the reward money was paid directly by those officers from their bank accounts to informers, the ICU would not have a payee list. This is a major deficiency in the internal control system because all recipients of pub-

lic money should be known to government (e.g., beneficiaries of social allowances are known to the Ministry of Social Security).

Without a payee list, the ICU would not be able to do any ex-post verification of payment with any payee (informer). As payers refuse to disclose a payee's name under the Official Secrets Act, it would be hard to trace a payment to anybody outside the police, unless the FCC gets an exemption from the Act through a Court order compelling the payors to reveal the names of payees (informers) in all confidentiality to a government body, in this case the FCC.

The reward money saga has brought a new focus on the need for a strong internal control over payments from public funds, whether in the police department or any other government department. The Internal Audit Division of every department should review their control systems to ensure that public money is spent as originally intended under the law.

Prakash Neerohoo

Controverse des nominations: Le barreau mauricien en quête de transparence

Par A. Bartleby

La récente annonce des nouveaux 'Senior Counsels' et 'Senior Attorneys', après une attente de près de neuf ans, a secoué le barreau mauricien. Loin d'apporter un dénouement, cette liste a ravivé des interrogations persistantes quant à la transparence et aux critères de sélection. Cette controverse met en lumière le délicat équilibre entre tradition, discrétion et la nécessité d'un processus juste et ouvert dans une profession qui repose sur la confiance.

Parmi les voix les plus sonores, celles de Me Raouf Gulbul et de l'ancien Speaker de l'Assemblée nationale, Me Ajay Daby, résonnent avec une question commune: «Pourquoi pas nous?» Tous deux comptent plus de 40 ans de carrière. Me Gulbul, un spécialiste du droit pénal, s'est illustré dans des affaires médiatisées, défendant des figures comme Cehl Meeah et l'ancien ministre Yogida Sawmynaden, tout en contribuant à des jurisprudences importantes, notamment en remettant en cause le système de peines uniformes. Me Daby, quant à lui, a une carrière remarquable. En tant que «Drug Commissioner», il aurait, selon la presse, bravé des menaces personnelles pour lutter contre le trafic de drogue.

Leur déception est palpable. Me Gulbul s'insurge contre "l'opacité du processus": «Quels critères ont été pris en compte pour décider de ne pas me nommer?», s'interroge-t-il. Son nom, selon des sources, aurait même figuré sur la liste jusqu'à la veille de l'annonce. Ces omissions, regrettées par leurs confrères, illustrent un sentiment de manque de valorisation au sein de la profession légale.

Opacité du processus de nomination

Selon la loi, la Cheffe Juge a le pouvoir de recommander des candidats au Président de la République, mais les critères précis restent flous. Les avocats se demandent ce qui justifie l'exclusion de certains noms, et la rumeur d'une liste initiale modifiée avant validation, sans explication officielle, alimente les spéculations.



Le rôle du gouvernement dans la nomination des "Senior Counsel" est un sujet de débat, et la tendance dans les démocraties modernes est de limiter le rôle de l'exécutif à une simple ratification. P - freepik.com

Me Rama Valayden, un avocat nommé 'Senior Counsel', a publiquement exprimé sa tristesse pour l'absence de nomination de Me Raouf Gulbul. Bien que satisfait de sa propre nomination, il a souligné les interrogations qui persistent, se demandant si des considérations politiques ont pu influencer la décision finale. Me Daby a, de son côté, réagi sur les réseaux sociaux avec une pointe d'ironie, affirmant qu'il était sur une «hit list» plutôt que la liste des élus. Cette perception, qu'une carrière et un honneur puissent être compromis par des positions ou des affiliations, affaiblit la confiance en un système qui se veut basé sur le mérite.

Légalité des nominations contestée en justice

L'affaire a pris une tournure juridique le 27 août 2025 lorsque trois avocats, Jacques Tsang Mang Kin, Joyadeep Beeharry et Avinash Renga Sunassee, ont déposé une action en justice devant la Cour suprême. Dans leur affidavit, ils demandent une injonction pour bloquer l'officialisation des nominations, affirmant que le processus est illégal et inconstitutionnel.

Leur argumentaire repose sur trois points essentiels: **- Absence d'une recommandation valide:** Les avocats affirment que la liste de recommandations de la

Cheffe Juge aurait été rappelée le 5 août 2025. Si cette information est exacte, il n'y avait pas de recommandation légale sur laquelle le Président pouvait s'appuyer pour nommer les 'Senior Counsels' et 'Senior Attorneys' le 14 août 2025. En vertu de la section 9A de la 'Law Practitioners Act', une recommandation est une condition préalable et obligatoire. Sans elle, les nominations seraient considérées comme ultra vires et donc nulles. **- Atteinte aux droits constitutionnels:** Les demandeurs soutiennent que le processus de nomination, en l'absence de critères clairs et publiés, viole leurs droits civils, en particulier en vertu de la section 10(8) de la Constitution. Le titre de 'Senior Counsel' a un impact direct sur la carrière et les revenus d'un avocat. Un système opaque, affirment-ils, rend le processus arbitraire et vulnérable aux pressions politiques, ce qui est contraire aux principes de justice et d'équité. **- Irrégularité des nominations de 'Law Officers':** Les avocats contestent également la nomination de juristes du Bureau de l'Attorney General, y compris de membres juniors, en tant que 'Senior Counsel'. Ils affirment que cette pratique rompt avec les traditions et les normes de promotion dans la fonction publique, pouvant ainsi perturber le fonctionnement du Bureau de l'Attorney General.

Bref, les demandeurs cherchent à obtenir

nir une injonction pour empêcher que les nominations ne soient finalisées, arguant que le processus était illégal, injuste et peut-être politiquement motivé. Ils estiment que la dignité de la profession et l'intégrité de la justice seraient irréversiblement compromises si les nominations étaient maintenues.

Cette affaire met en lumière une crise constitutionnelle potentielle et soulève des questions fondamentales sur le rôle du pouvoir exécutif et de la magistrature dans un État de droit.

Rôle des 'Senior Counsels' dans les démocraties

Le titre de 'Senior Counsel' (SC) est une désignation prestigieuse qui, dans les démocraties du Commonwealth, honore l'excellence, l'intégrité et l'expérience d'un avocat. Il ne s'agit pas d'une simple distinction honorifique, mais d'une reconnaissance formelle des compétences, de la connaissance approfondie du droit et de la contribution significative à la profession. Les SC sont généralement sollicités pour des affaires complexes et de haut niveau, et leur rôle s'accompagne d'une responsabilité accrue: ils doivent maintenir les plus hauts standards éthiques, agir comme mentors pour les jeunes avocats et contribuer au développement de la jurisprudence.

Critères de nomination rigoureux

Le processus de nomination dans les juridictions démocratiques est conçu pour être rigoureux et fondé sur le mérite. Bien que les procédures varient, elles se basent sur des critères précis comme l'éminence professionnelle, des compétences exceptionnelles en plaidoyer, une connaissance approfondie du droit, une intégrité irréprochable et un engagement envers l'indépendance de la profession.

Les candidatures sont souvent évaluées par des comités de sélection indépendants, composés de juges de haut rang et de membres du Barreau. Cette approche vise à garantir que les nominations sont basées sur le mérite et non sur l'affiliation politique, un principe essentiel pour préserver la confiance du public dans le système judiciaire.

BoM-FSC : coordination ou confusion des pouvoirs ?

La nomination du Gouverneur de la Banque de Maurice (BoM) à la présidence de la Financial Services Commission (FSC) a, comme par le passé sous différents gouvernements, suscité un débat sur la gouvernance du secteur financier mauricien. Cette situation soulève une question centrale : est-il préférable de centraliser le pouvoir de régulation pour améliorer la coordination, ou de maintenir une séparation stricte des fonctions pour garantir l'indépendance et l'efficacité des institu-

tions? Cette controverse met en lumière le défi de trouver un équilibre entre efficacité, crédibilité et stabilité financière. L'article ci-après s'appuie sur une analyse percutante de R. K. Dhar, publiée sur Facebook, et portant sur cette question.

Origine d'une architecture à deux piliers

Lorsque la FSC a été créée en 2001, Maurice a opté pour une structure à double régulation. La BoM devait

continuer à se concentrer sur le secteur bancaire, avec pour mandat principal la lutte contre l'inflation, la stabilité monétaire et le soutien au développement économique. La FSC, quant à elle, était chargée du secteur non bancaire: assurance, valeurs mobilières, marchés de capitaux et surtout les activités «offshore», qui connaissaient alors une croissance rapide.

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La gouvernance du secteur financier repose sur un équilibre délicat entre coordination et indépendance. En réactivant le double mandat BoM-FSC, Maurice prend le risque de brouiller les lignes de responsabilité.

BoM-FSC: coordination ou confusion des pouvoirs ?

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Deux raisons principales expliquaient cette séparation. D'abord, il fallait éviter que la BoM ne soit «distraite» par des activités non bancaires, au moment où les banques centrales à travers le monde adoptaient des cadres d'inflation ciblée nécessitant une indépendance forte vis-à-vis des autorités politiques. Ensuite, la régulation du secteur non bancaire était en retard: la création d'un régulateur distinct devait permettre à la fois un encadrement prudentiel solide et un développement dynamique de l'offshore.

Il est donc inexact d'assimiler cette séparation à un modèle de type "twin peaks", qui distingue en réalité deux fonctions transversales — régulation prudentielle et protection des consommateurs — appliquées à toutes les institutions financières. Maurice, elle, avait opté pour une répartition institutionnelle claire: la BoM pour les banques et la FSC pour le reste.

Évolution du rôle de la présidence de la FSC

Au départ, la loi prévoyait que le directeur général de la BoM (poste ensuite transformé en First Deputy Governor) assure la présidence de la FSC. L'objectif était d'assurer la crédibilité d'un organisme naissant et encore peu connu, tout en renforçant la cohérence du système financier. Mais ce choix était volontairement limité: il ne s'agissait pas du Gouverneur lui-même, dont la réputation devait rester protégée des controverses réglementaires.

La révision législative de 2004 a changé la donne:

désormais, le Premier ministre pouvait nommer un président de la FSC parmi des personnalités qualifiées en finance, droit ou affaires. Cette évolution marquait une volonté d'affirmer l'autonomie de la FSC.

Aujourd'hui, en confiant au Gouverneur de la BoM la présidence de la FSC, le Gouvernement rompt avec cette logique de protection de l'indépendance et de la réputation de la Banque centrale. Certains rappellent à juste titre que des scandales passés, comme celui de Sobrinho, illustrent les risques de réputation pour le Gouverneur si celui-ci s'implique trop directement dans des dossiers de régulation non bancaire.

Enjeux de gouvernance et conflits d'intérêts

Cette double fonction pose au moins trois problèmes majeurs.

1. Indépendance de la BoM: Son rôle d'arbitre monétaire impose une distance claire avec toute autre institution de régulation. Une implication trop étroite dans le non-bancaire risque de brouiller ses priorités.

2. Conflits d'objectifs: La BoM vise principalement la stabilité monétaire et la maîtrise de l'inflation, tandis que la FSC doit encourager le développement du secteur non bancaire, parfois au prix de prises de risque accrues. Ces objectifs peuvent entrer en contradiction.

3. Gouvernance et normes internationales: Dans les bonnes pratiques, une «cooling-off period» est prévue

lorsqu'une personnalité passe d'un rôle exécutif au sein d'une institution à un poste de régulation, afin d'éviter tout soupçon de connivence. Or, cette précaution n'a pas été respectée.

Faux miroir du modèle singapourien

Certains évoquent l'exemple de Singapour, où la «Monetary Authority of Singapore» (MAS) cumule les fonctions de banque centrale et de régulateur intégré. Mais la comparaison est trompeuse.

La MAS n'est pas indépendante du gouvernement: celle-ci relève directement du bureau du Premier ministre et son conseil d'administration est largement composé de ministres et de hauts fonctionnaires. Si ce modèle fonctionne, c'est parce que Singapour dispose d'une discipline budgétaire exceptionnelle, avec des excédents réguliers, une dette publique nette nulle et une politique monétaire alignée sur cette rigueur fiscale.

À Maurice, au contraire, l'histoire est marquée par une expansion budgétaire récurrente et un besoin crucial d'une banque centrale indépendante pour freiner les excès de la dépense publique. Transposer le modèle singapourien sans discipline fiscale préalable serait nécessairement dangereux et inefficace.

Même le Conseil de stabilité financière (FSB) de la Banque des règlements internationaux a recommandé en 2018 que Singapour renforce l'indépendance opérationnelle du MAS afin d'éviter que sa mission prudentielle ne soit compromise par ses objectifs de développement.

Défis déjà considérables de la BoM

Il faut rappeler que la BoM a déjà sur les bras des dossiers lourds, tels que le Mauritius Investment Corporation (MIC) et Silver Bank, deux affaires qui comptent parmi les plus grands scandales financiers que le pays ait connus. La MIC attend toujours un audit judiciaire et une restructuration, tandis que Silver Bank reste sous tutelle depuis février 2024.

Dans ce contexte, est-il pertinent que le Gouverneur de la BoM cherche à cumuler ses fonctions avec la présidence de la FSC? Ne devrait-il pas, au contraire, concentrer toutes ses ressources sur la restauration de la crédibilité et de la stabilité monétaire?

En fin de compte, il faut se rappeler que la gouvernance du secteur financier repose sur un équilibre délicat entre coordination et indépendance. En réactivant le double mandat BoM-FSC, Maurice prend le risque de brouiller les lignes de responsabilité, d'affaiblir la crédibilité de la Banque centrale et de fragiliser la régulation non bancaire.

Si l'objectif est réellement d'améliorer la cohérence du système, cela passe d'abord par une clarification des rôles, une discipline budgétaire accrue et une gouvernance respectueuse des meilleures pratiques internationales. Sans ces garde-fous, le double mandat risque de saper plus qu'il n'apporte à la stabilité et à la réputation financière du pays.

Quand l'amour rencontre l'intelligence artificielle



L'intelligence artificielle est en train de révolutionner les relations amoureuses. Des millions de personnes vivent désormais des relations passionnées avec des avatars. P - Intelligence-Artificielle.com

Dans l'univers des applications de rencontre, l'illusion est monnaie courante: photos embellies, profils enjolivés, promesses amplifiées. Alors que nous passons des heures à balayer des profils et à rédiger des messages d'accroche, l'arrivée de l'intelligence artificielle (IA) semble, pour certains, une promesse salvatrice.

Une enquête menée par Cosmopolitan et Bumble révèle que 69 % des membres de la Génération Z et des milléniaux se montrent enthousiastes à l'idée d'intégrer l'IA à leur quête amoureuse.

Les applications ne tardent pas à suivre: Bumble, Grindr et le groupe Match (Tinder, Hinge, OK Cupid) investissent massivement dans l'IA générative. Leur ambition: proposer des "concierges IA" capables d'analyser les profils, de rédiger les messages, voire d'interagir entre eux pour déterminer les meilleures compatibilités. L'objectif affiché est de rendre les rencontres plus fluides, plus authentiques, et moins fatigantes.

A. Bartleby
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Interview: Vinaye Ancharaz, Economist and Executive Director, NPCC

'I don't believe that the welfare state is under threat'

The pension reform, however hard it may be on some segments of the population, is a necessary evil that will ensure the sustainability of the welfare state'

In an increasingly competitive global landscape, productivity is not just an economic term - it's the very engine of national progress. For Mauritius, a small island economy aiming to achieve high-income status, understanding and boosting productivity is a matter of strategic importance. In this interview with Mauritius Times, Dr Vinaye Ancharaz, a leading economist and Executive Director of the National Productivity and Competitiveness Council (NPCC), sheds light on a topic that is often misunderstood by the public and overlooked in national discourse. He addresses common misconceptions, delves into key productivity metrics, and explains why a significant boost is essential for Mauritius's economic future.

Mauritius Times: It is likely that a significant segment of the population, along with other stakeholders, is not fully aware of the concept of productivity, its critical importance for national development, or the specific role and mandate of the National Productivity and Competitiveness Council (NPCC). Could you explain why productivity matters, and shed light on how the Mauritian economy is performing in terms of productivity metrics compared to countries with similar economic histories and characteristics?

Dr Vinaye Ancharaz: Let me begin with a definition of productivity – for, I believe, many people tend to equate it with hard work. For example, I have often heard people say that employers prefer foreign workers because they are willing to work longer, or odd, hours. In other words, foreign workers are perceived to be 'more productive' than their local counterparts. This notion of productivity is erroneous. Productivity is defined as the amount of output per unit of input. Labour productivity, therefore, is value added per worker, or output per hour of work. Suppose worker A paints a surface of 100 m² in 4 hours while worker B paints 120 m² in 6 hours. The area painted per hour is 25 m² for worker A and 20 m² for worker B. Worker B has produced a bigger output, but he put in proportionately more effort than worker A. In this example, worker A is more productive.

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Higher labour productivity can be achieved through increased efficiency (that is, using less inputs per output, or 'doing more with less') or greater effectiveness (that is, producing more with existing resources).

There are two other concepts of productivity: capital productivity measures output per unit of capital (plant, equipment and machinery), or value added per rupee of fixed investment. Total (or multi-) factor productivity is a measure



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of output efficiency that represents the portion of output not explained by traditional inputs like labour and capital. TFP reflects the combined effects on output, or GDP, of technological progress, organizational efficiency and innovation.

* Why does productivity matter?

Productivity matters because it is a major contributor to economic growth. Think of an aggregate production function in the form $Y = A \cdot f(L, K)$, where Y is output, L and K are labour and capital inputs, respectively, and A is the technology parameter. This simple equation suggests that there are three major sources of output (or GDP) growth: an increase in labour, or higher labour productivity; an increase in capital,

While productivity growth in Mauritius compares favourably with the African average, the country lags behind peers such as Singapore and selected African and Latin American countries. For example, the ILO estimates GDP per hour worked in 2025 at US\$32.8 for Mauritius, above the world average. Compare that with US\$96.9 for Singapore, US\$43.0 for the UAE and US\$23.8 for Botswana...

or improved capital productivity; and technological change (that is, an increase in A).

Productivity growth in Mauritius is in decline since the 1990s. Aggregate (or economy-wide) labour productivity increased at 4.2% per annum during the decade 1991-2000. It slowed down to 2.5% during the period 2011-2019 (before the Covid pandemic struck) and further to 1.3% in 2023-2024. The same overall trend characterises productivity growth in the manufacturing and export sectors (the sectors for which published data is available). Labour productivity actually declined by 1.3% among export-oriented enterprises during 2023-2024.

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With GDP growth expected to plateau out at 3.4% after this year according to the IMF, it is clear that a major productivity boost is needed to push the long-term growth rate closer to the desirable target of 4%.

*** The NPCC faces the challenge of not only promoting productivity but also demonstrating the tangible impact of its work on the public. What metrics would you use to measure its overall effectiveness?**

Indeed, it is difficult for the NPCC to demonstrate the impact of its work – for it operates at a micro level whereas the impact is expected to occur at the macro level and measured by changes in aggregate productivity.

The NPCC works with organizations of all sizes and in diverse sectors to boost operational efficiency through customized staff training and business process re-engineering. As a centre of excellence in Kaizen (the Japanese concept of small, incremental improvements, sustained through time), the NPCC is trying to vulgarize Kaizen practices in Mauritius.

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'Globally, the most likely economic scenario is one of a continued period of sluggish, below-potential growth'

As a centre of excellence in Kaizen (the Japanese concept of small, incremental improvements, sustained through time), the NPCC is trying to vulgarize Kaizen practices in Mauritius. Its Enterprise Go Digital (EGD) platform provides fourteen ready-to-use business applications to manage sales, production, inventory, accounts, etc., at affordable cost. The NPCC offers training to onboarded enterprises according to their level of digital maturity and monitors progress through scheduled onsite visits...

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However, our work isn't limited to enterprises. We build youth leadership through our ProSparks program. The InnovEd program works with students in schools to foster a culture of productivity and innovation. And we teach business English to stay-at-home women with little formal education. These programs have produced a pipeline of innovative projects, and some of our 'graduates' have gone on to win national innovation awards. We are also working with the public service to foster smarter processes and lean management in line with the government's reform agenda.

We are currently finalizing our Strategic Plan 2025-2029, with a focus on programs that prepare enterprises and citizens for a digital Mauritius. We will be launching two new innovative programs – on AI for new generation start-ups, and Internet of Things (IoT) for productive enterprises. We are taking Kaizen into the digital age and are broadening the scope and uptake of the EGD. We will also be launching a leadership program for SME managers and a host of online professional development programs in collaboration with the University of Mauritius.

At the core of the Strategic Plan is a vision of the NPCC as a think tank that generates economic ideas and insights and drives policy innovation. A National Productivity Policy will be a key part of this vision.

The NPCC as an institution has remained in the shadow for many years and has struggled to show its impact. But we are determined to change this. The institution has the potential to grow into a major player in the economy and a respected agent of change.

*** We can presume that improving national productivity requires a high degree of collaboration across different sectors. The private sector must invest in new technologies and training, the public sector must put in place supportive policies and streamline bureaucratic processes, while the education system must ensure the development of a skilled workforce. But can all of this be achieved without top-down leadership and support from the highest level of government?**

True, productivity at the national level is a complex function of many factors. It requires an ecosystem that is conducive to productivity growth and innovation, and support from the government. I believe that this government is laying

the foundation for sustained productivity growth.

The Government Program 2025-2026, which charts out the vision of the newly elected government for the next five years, emphasizes productivity-based growth as it signals a shift from the consumption-based growth model of the past ten years. Following on the Government Program, the 2025-2026 Budget Speech announced R&D and innovation as one of the six drivers of a new economic model. The government has earmarked an initial envelope of Rs 200 million for applied research leading to policy innovation. An Innovative Mauritius Scheme has been launched and a range of measures to accelerate digital transformation and promote AI have been announced. As regards labor productivity, the Budget provides Rs 550 million for training, reskilling and upskilling.

Concurrently, the Budget has provided strong support to public sector reform and to digital transformation. The Ministry of Public Service is overseeing the setting up of Reform and Innovation cells in every ministry while the Ministry of ITC is set to implement its Digitalization blueprint. These measures are expected to have a tangible impact on productivity and innovation in the years ahead.

*** What is your assessment of the country's current economic situation, and in your view, what should be the main areas of focus for enhancing the country's productivity at this stage of our economic development?**

The government has inherited an economy weakened by economic lethargy, fiscal mismanagement, and a debt overhang. Key economic sectors have lagged and, this year, tourism and construction are expected to register zero growth. The manufacturing sector, once dubbed the maker of the Mauritian economic miracle, is waning under the weight of rising wages, growing labour shortages and now, shrinking export markets as the spectre of the expiry of AGOA preferences looms. No new economic pillar has emerged in the past ten years. The much touted pharmaceutical and biotechnology hub remains elusive, and the potential of the blue economy and the green economy

Strictly speaking, the contractionary effect of the fiscal consolidation should have been offset by an accommodating monetary policy, that is, by lower interest rates. However, the Monetary Policy Committee of the Bank of Mauritius chose to raise the key rate from 4% to 4.5% in its very first seating in February this year and has kept it unchanged at that level since. Arguably, this decision was dictated by the urgency to ward off pressures on the rupee to depreciate. But it is debatable whether the central bank's monetary policy has been effective...



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remains to be harnessed.

Measures to boost productivity must be directed at all three indicators of productivity. While the training levy scheme has supported capacity building in the private sector, its impact has been limited. Training must be continuous and must extend to the public service. The NPCC's future work will focus on nurturing a productivity mindset in Mauritian society by encouraging better habits. The National Productivity Policy, expected to be ready early next year, will provide practical recommendations for boosting productivity across sectors, and monitoring will ensure that the recommendations are, to a large degree, implemented.

Capital productivity has declined steadily since 1988, with only a timid uptick noted after the pandemic. Conscious of this situation, the 2025-26 Budget has provided for the setting up of an Industrial Policy Coordination Committee that will provide recommendations for boosting capital productivity in the manufacturing sector.

As for total factor productivity, the plethora of measures aimed at increasing investment in R&D and in innovation is expected to yield dividends in the future.

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'A major productivity boost is needed to push the long-term growth rate closer to the desirable 4% target'

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As usual, the challenge is to ensure that the measures are effectively implemented.

*** Would you say that the country's fiscal and monetary policies are sufficiently well aligned to ensure the country's economy to support economic expansion and achieve the objective of raising the population's standard of living?**

The government has embarked on a fiscal consolidation plan. Expenditure is being tightened across the board, and concerted efforts are being directed at revenue mobilization with a view to reducing the government borrowing requirement and, ultimately, the public sector debt, which stood at a staggering Rs 620 billion, representing 86.4% of GDP.

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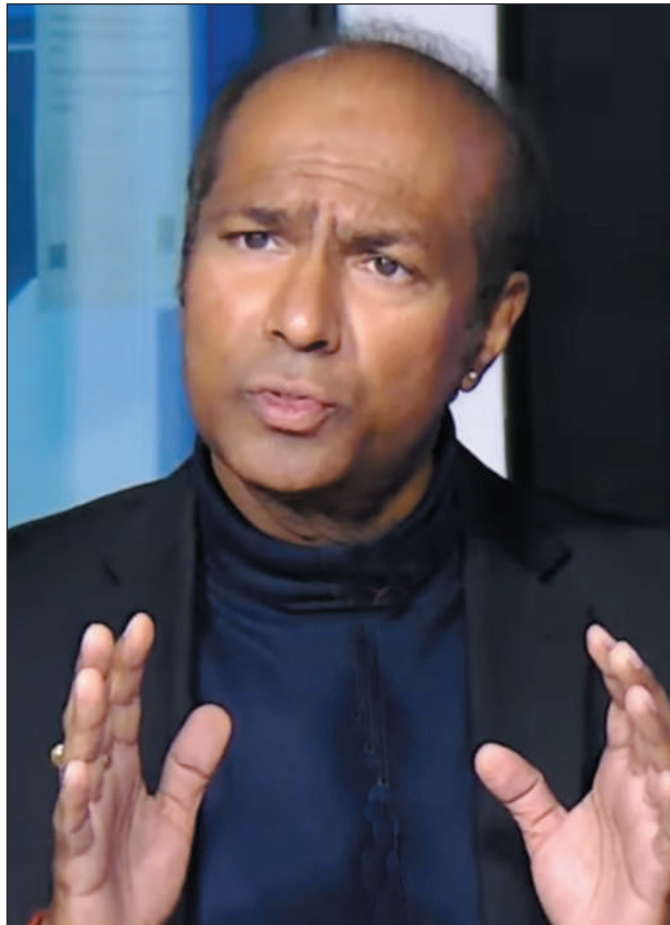
“The IMF and the World Bank have warned of “downside risks” and “vulnerability”, suggesting that 2025 will be a critical stress test. The uncertainty around Trump's tariffs, the high-interest-rate environment, geopolitical risks, and China's protracted slowdown continue to weigh down on growth. For Mauritius, the IMF has forecasted a growth rate of 3% this year (compared to 3.3% by Statistics Mauritius), rising to 3.4% in 2026 and staying at that level for the next four years until 2030...”

Moody's, in its latest report, maintained the credit rating for Mauritius at Baa3, with negative outlook, citing risks of an economic slowdown induced by the contractionary fiscal stance. This further justifies the need for an offsetting expansionary monetary policy, that is, a cut in the key rate.

*** It's obvious that the combination of local and global conditions, including the unpredictable nature of Trump's tariff policies and the legacy of previous governments, creates a challenging environment for economic forecasting. Nevertheless, do you think a rebound is possible in the near future, and if so, will its strength be sufficient to ensure sustained growth for the country?**

Globally, the most likely economic scenario is one of a continued period of sluggish, below-potential growth. The IMF and the World Bank have warned of “downside risks” and “vulnerability”, suggesting that 2025 will be a critical stress test. The uncertainty around Trump's tariffs, the high-interest-rate environment, geopolitical risks, and China's protracted slowdown continue to weigh down on growth.

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Mauritius' exports to the US and by the impending expiry of the AGOA trade preference regime in September.

It is unlikely that AGOA will be renewed in its current form. A bilateral trade agreement with the US could be the saviour, but it will take time to negotiate. A regional trade pact involving eligible African countries will take even longer to conclude. In the absence of a trade agreement, Mauritius could be hit by an additional tariff (in the vicinity of 19%), which could deal a fatal blow to the country's clothing exports to the US. Under these circumstances, the projected growth of 3.3% should be interpreted as a best-case scenario.

*** Like in many other countries, pension reform has met with strong resistance from a large cross-section of the population, and the discontent is still present. It's not known at this stage whether other government social welfare programmes will be reduced or rolled back, but do you think that the Welfare State itself is under threat due to current and future economic circumstances?**

As an economist, I don't believe that the welfare state is under threat. In fact, I am convinced that the pension reform, however hard it may be on some segments of the population, is a necessary evil that will ensure the sustainability of the welfare state into the future.

In the final analysis, what made the pension system unsustainable is the repeated hikes in the basic retirement pension (BRP) given by the preceding government in an attempt to woo the elderly voters. If the BRP was Rs 9,000, do you think the current government would have raised the pension-eligibility age?

*** There are other challenges facing the country: climate change, rising sea levels, and ecological degradation pose a threat to Mauritius's economic model, particularly the tourism and agricultural sectors. What is your assessment of the country's preparedness to**

tackle these challenges?

Mauritius has been a poor student on climate action. The Sustainable Development Report 2025 shows that “major challenges” remain on SDGs 14 (‘Life below water’) and 15 (‘Life on land’) while “significant challenges” persist on SDG 11 (‘Sustainable cities and communities’). More importantly, Mauritius has often slipped on progress on these SDGs. It seems that climate action took a back seat under the previous regime.

But the Budget Speech 2025-26 has announced several promising measures in the area of environmental protection and stewardship. The setting up of a Climate Finance Unit can help mobilize critically needed funding for climate adaptation, which remains a priority for Mauritius. Requiring smart cities to incorporate sustainability features, implementing a deposit refund scheme on plastic bottles and higher environmental protection fees, among others, augur well for the green economy ambition of the country.

*** The debate about the role of the public sector in the economy is ongoing. From a strategic point of view, should the public sector be limited to providing essential services and creating a favourable business environment, or should it play a more active role in driving economic growth and innovation?**

This is a fundamental question that has pitted economists from different schools of thought, not to mention social scientists from other disciplines. Laissez-faire economists believe that freely functioning markets generally deliver optimal economic outcomes. This represents a solid case against interventionism. Indeed, when markets work efficiently, government intervention distorts the market.

“As an economist, I don't believe that the welfare state is under threat. In fact, I am convinced that the pension reform, however hard it may be on some segments of the population, is a necessary evil that will ensure the sustainability of the welfare state into the future. In the final analysis, what made the pension system unsustainable is the repeated hikes in the basic retirement pension (BRP) given by the preceding government in an attempt to woo the elderly voters. If the BRP was Rs 9,000, do you think the current government would have raised the pension-eligibility age?”

For example, the introduction of the minimum wage led to job losses as firms shut down or relocated. This (classical) view argues for a minimal role of the government as a provider of public goods, law and order, and as an enabler of economic activity.

But markets do fail. For example, dominant firms can exploit consumers by charging excessive prices and workers by paying very low wages. Firms can pollute if not held accountable.

In practice, efficient markets are an ideal concept that doesn't exist in the real world. To the extent that markets fail, there is a case for government intervention through welfare-improving policies. These may include policies to support the economy and boost growth and innovation as well as redistributive policies to achieve a measure of social equity. But such intervention should be limited – for governments can fail too.

The Peril of a Soul Without Shame

'If a man without shame is no longer a man, then a society without shame is no longer a society. It is a collection of monsters, each devouring the other...'

Plutonix

Setting: An Athenian street corner. The sun is high, and a small crowd has gathered around Socrates, who is in animated discussion with his old friend, Cephalus, a wealthy businessman. A mischievous glint is in Socrates' eye as he gestures with a fig.

Socrates: Cephalus, my dear friend! You, who have sailed the seas of commerce and built a fortune, tell me, what is the most valuable commodity? Is it gold? Is it fine olive oil? Or is it something far more slippery, something that a man might lose and not even know it is gone? I ask this, because I have been pondering the peculiar nature of a certain breed of dog, a tiny creature from a far-off land. Though barely larger than my sandals, this chihuahua barks with the fury of a hound from Hades, protecting its master's honour as if it were a bone. This small, fearless dog seems to have a stronger sense of loyalty than some men I know. What, I wonder, has become of the human equivalent of this magnificent beast?

Cephalus: (Wiping sweat from his brow) Socrates, your riddles are as persistent as the summer heat. A man's honour, perhaps? His good name? These, surely, are more valuable than gold, for what is wealth without a reputation to enjoy it?

Socrates: A fine answer! And a man's reputation, does it not depend upon the respect of his fellow citizens?

Cephalus: Naturally. A man who wishes to prosper, to be welcomed in the agora, to have his contracts honoured, must be seen as trustworthy.

Socrates: So, a reputation is built on trust, and trust is built on... what, exactly?

Cephalus: On a man's deeds, Socrates! His honesty, his fairness in business, his courage in battle.

Socrates: And what of a man's feelings? A man, for instance, who is honest, but not out of a love for honesty, but out of a fear of being caught? What of the man who does not cheat, not because he is a good man, but because he would be overcome with a dreadful feeling if he were to be exposed? This feeling, my



friend, is what some call **shame**.

Cephalus: (Chuckles) Ah, shame! The great controller of men! A useful emotion, I grant you. Like a good watchdog, it keeps us from raiding the neighbour's chicken coop.

Socrates: A watchdog, you say? A beast that lives within a man, and yet barks only when the neighbours are watching? Tell me, Cephalus, if a man could silence his inner watchdog, what would happen?

Cephalus: He would raid the chicken coop, of course! And then the whole neighbourhood's chickens, if he thought he could get away with it.

Socrates: (Nodding thoughtfully) And what if the most powerful men in the city — those who lead our armies, who sit in our parliament, who govern the very lives of our citizens — what if they were to silence their watchdogs? What if they felt no shame at all?

Cephalus: (Frowning) That, Socrates, would be a disaster. The city would fall into chaos. Laws would be meaningless, promises would be broken, and the people would lose all faith in their leaders.

Socrates: Indeed! And yet, I have heard whispers from a far-off land, a place called Mauritius, where such a thing has been happening for some years now. Where men in high office, entrusted with the public good, are said to be acting without shame. Have you heard of such a place?

Cephalus: I confess, my travels have not taken me there. But tell me of these allegations. I am intrigued.

Socrates: I am told that in this land, there are those who are supposed to protect the public coffers, yet they are

accused of enriching themselves. They are said to be awarding lucrative contracts to their friends, building grand projects that cost a fortune, and yet do not seem to serve the people at all. And when confronted, they show no shame.

Cephalus: (Eyes wide) No shame at all? How is this possible? Is there no law? No court?

Socrates: Oh, there are laws, and there are courts. But shame, my dear Cephalus, is a different kind of law. It is the law of the heart, the unwritten code that holds a society together. In this far-off land, it is said that those who break the law of the heart are not just stealing from the public purse; they are also stealing the very fabric of society.

Cephalus: But what about the people? Do they not feel shame for their leaders? Do they not rise up in protest?

Socrates: Ah, a most excellent question! It seems that in this place, the powerful have become so shameless that they have learned to use shame as a weapon against others. They shame their opponents, they shame the press, they shame those who dare to question them. It is a powerful weapon, indeed. For shame, as you know, can be a great oppressor. It can silence the brave, exclude the righteous, and make a man question his own virtue.

Cephalus: (Stroking his beard, deep in thought) So, the very emotion that should control the powerful is being used by the powerful to control the weak? This is a most terrible perversion of nature.

Socrates: It is! It is as if the watchdog has not only been silenced but has been trained to bite the innocent. Tell me, Cephalus, if a man's honour is his most

valuable commodity, and if he can be stripped of that honour by a shameless man, what hope is there for the city?

Cephalus: I... I do not know, Socrates. This is a problem far greater than any I have faced in my business dealings. A dishonest merchant can be avoided, a corrupt official can be exposed, but a shameless leader who uses shame as a weapon? That is a truly formidable foe.

Socrates: And what of you, my friend? You, who have lived a life of honour and integrity. Have you not, in your moments of weakness, been held in check by that inner watchdog of shame? Have you not, when tempted by a little unfairness, felt the hot blush of shame and turned away from the temptation?

Cephalus: (Sighs) Of course. Many times. It is a difficult feeling, to be sure. But it is a necessary one. It reminds us of our place in the world, of our duty to our fellow man.

Socrates: And when a man loses that feeling, what then?

Cephalus: He loses his soul, Socrates. He becomes a monster, a creature of pure appetite and greed. He is no longer a man.

Socrates: (Pats Cephalus on the back) A most excellent answer, my friend! And it is here, at this very point, that the debate must end. For if a man without shame is no longer a man, then a society without shame is no longer a society. It is a collection of monsters, each devouring the other in a desperate attempt to satisfy an insatiable hunger for power and gold.

The crowd around them is silent, mesmerized by the conversation. Socrates, with a twinkle in his eye, takes a bite of his fig and smiles.

Socrates: Let us hope, my dear Cephalus, that the people of this far-off land find a way to reawaken their sense of shame, before it is too late. For without it, the good man is at the mercy of the shameless, and the city itself is in peril. When I think of it, perhaps what we need is not more law, but more chihuahuas.

Cephalus: Not more law, but more Chihuahuas? Why would you say that?

Socrates: A man who would lie, cheat, and steal for a few coins might reconsider his actions upon seeing the fearless, tiny guard dog of a good conscience — unafraid to bark at a giant and expose his shame for all to see.

Cephalus nods slowly, a new look of concern on his face. The riddle of the fig has been solved, but a far greater riddle has just been posed.

Princess Diana's Time Capsule: A Glimpse into the Past

After more than three decades, a time capsule buried by Princess Diana has been opened at London's Great Ormond Street Hospital (GOSH), revealing a fascinating collection of artifacts from the early 1990s. The contents, which had been sealed since 1991, offer a unique snapshot of both the era and the late Princess's personal touch.

The wooden, lead-lined box was unearthed to make way for a new children's cancer center at the hospital. Its opening on Wednesday unveiled an eclectic mix of items, including a 1990 Kylie Minogue album, a Casio pocket-sized TV, a passport, and a copy of the *Sunday Times* from the day the capsule was buried. Among these souvenirs was a photograph of Princess Diana herself, adding a personal and poignant element to the collection. Despite some minor water damage, most of the items were well-preserved, a testament to the capsule's design.

The time capsule was originally buried during the construction of the hospital's Variety Club Building, which opened in 1994. At the time, Diana had been serving as the president of GOSH since 1989. For the project, she collaborated with two children from the popular TV show *Blue Peter* to select the items that would be included. The capsule was initially intended to remain sealed for centuries, but the hospital's need for new facilities led to its early retrieval.



Diana's capsule discovery echoes history. Pic - AOL

This act of burying a time capsule echoed a tradition within the royal family. In 1872, Alexandra of Denmark, who also held the title of Princess of Wales before becoming Queen Consort, buried a similar capsule as part of the hospital's original foundation. Unlike Diana's capsule, Alexandra's has never been opened.

The opening of the capsule serves as a reminder of Princess Diana's enduring legacy and her commitment to charitable causes. Known as the "People's Princess," she championed issues that were once avoided by the royal family, including AIDS awareness, homelessness, and the global campaign against land mines. Her brother, Charles Spencer, recently shared a glimpse into their childhood with an Instagram post featuring a photo of them as children, proudly displaying their swimming badges. The image and his caption recalled the dedication and spirit that defined Diana from a young age. The unveiling of the time capsule's contents not only offers a nostalgic look at the 1990s but also reinforces the lasting impact of Princess Diana's work and life.

U.S. distances itself from alleged 'American Spying' in Greenland amid diplomatic row



US stepping up spying on Greenland, report says, prompting concern in Denmark. Pic - South China Morning Post

The United States has distanced itself from a report alleging that at least three Americans with ties to Donald Trump were conducting covert influence operations in Greenland to encourage its secession from Denmark. The US State Department said that the US government doesn't control or direct the actions of private citizens and reaffirmed its respect for Greenland's right to determine its own future.

Danish Reaction and Context

Denmark's Foreign Minister Lars Løkke Rasmussen summoned the acting US

Ambassador, Mark Stroh, following a report from Danish public broadcaster DR. The report claimed the Americans were seeking to weaken ties between Greenland and Denmark by compiling lists of locals who supported a US takeover and seeking to recruit them for a secession movement. Both Danish and Greenlandic officials expressed their dismay, with Rasmussen stating that "any attempt to interfere in the internal affairs of the Kingdom will of course be unacceptable." The incident is the latest point of tension between Copenhagen and Washington, stemming from Trump's repeated expressions of interest in acquiring Greenland, which he has previously said is needed for "national security."

Denmark summons US envoy over claims of influence ops in Greenland | DW News. This video is relevant as it provides a news report and analysis on the alleged US influence operations in Greenland and the resulting diplomatic tensions with Denmark.

Across The Globe

Century-Old Global Taboo Wanes

A hundred-year taboo against changing sovereign borders via the use of force is eroding worldwide, a leading historian of 20th century conflict argued, with worrying parallels to a past conflict. By and large, military invasions of prior decades were either repelled or were never recognized by the international community, but negotiations to end the Ukraine war that could see Kyiv give up land to Russia cement a deeper shift underway, Margaret Macmillan told the Foreign Affairs podcast. As a result, "we are seeing the emboldening of those who want to use military force to get what they want," she said. That, Macmillan warned, mirrors a breakdown in the global order in the years prior to the First World War.

South China Sea Tensions Rise

Vietnam accelerated island-building efforts in contested waters of the South China Sea, drawing a rebuke from Beijing and concentrating attention on a growing maritime dispute. China said it would take "necessary measures" to combat the Vietnamese effort, outlined in a recent U.S. think tank report, insisting that the region was its "inherent territory."

Several Southeast Asian countries contest that interpretation, however, and have accused Beijing of using aggressive tactics to force them into giving up their maritime waters: This month, a Chinese naval destroyer came close to ramming a Philippine coast guard vessel, an incident that "underscores how a single miscalculation could spark a wider conflict," a Bloomberg columnist warned.



Australia Department of Defence/Reuters

OpenAI Faces Wrongful Death Suit

A U.S. couple who blamed ChatGPT for their son's suicide is suing OpenAI, in the first known wrongful death case brought against the artificial intelligence company. The 16-year-old's parents said he began using ChatGPT for schoolwork but came to see it as a confidante, asking it for dangerous advice. OpenAI responded that ChatGPT's safeguards become "less reliable in long interactions."

Experts are raising the alarm over the number of young Americans using AI chatbots as therapists: A recent survey found that of the 72% of teens who use AI chatbots as companions, 12% seek emotional or mental health support from them. Blocking teens from using chatbots won't help, a health economist argued, but "ensuring rigorous scientific evaluation and regulatory guardrails" will.



France Roiled by Confidence Pledge

French stocks and bonds sold off after the country's prime minister called a confidence motion to push through an austerity budget, a vote he is expected to lose. François Bayrou insists his country must restore its public finances, with the Sep. 8 vote designed to force wayward parties to choose between his path or a new government: "Yes it's a risk," he told reporters, "but the

supreme risk is doing nothing."

Bayrou is short of a majority in the National Assembly, however, and a defeat would leave President Emmanuel Macron with the choice of appointing a new prime minister or calling snap elections. "Either path would inject fresh uncertainty into an already fragile political landscape," an ING economist warned.

Across The Globe

South Korea Bans Phones in Classrooms

South Korea passed a bill banning cell phones in schools nationwide, following similar moves by countries like Italy and France as governments hope to combat smartphone addiction among young people. Some studies have shown that eliminating phones from classrooms has helped students learn better and reduced their anxiety, but other experts have questioned whether bans are the answer. One scholar postured that such punitive measures sidestep opportunities to encourage "technoskeptical thinking; that is, questioning our relationship with technology." Korean teachers are divided over the new law; some said the country's ultra-competitive college entrance exam is the real source of students' mental health struggles.

* * *



Euronews.com

U.S. Fighter Jets Test AI Systems

U.S. fighter pilots took directions from an AI system for the first time in a test that could drastically change combat tactics. Top guns typically communicate with ground support staff who monitor radar and tell pilots where to fly. During the Air Force and Navy's test this month, pilots instead consulted with an "air battle manager" technology to receive reports of nearby enemy aircraft, Fox News reported. Defense tech companies are increasingly building software that can change how wars are fought and won, changing the pace at which critical decisions are made. While the tech can help pilots intercept threats faster, experts say it also risks removing strategic, human judgment from the loop.

Skull of Malagasy King Returns After Nearly 130 Years in France

The skull of a Malagasy king, King Toera, and those of two members of his court, who were killed and decapitated by French troops in 1897 during colonial rule, have been formally returned to Madagascar.

The handover took place at a ceremony at France's culture ministry in Paris, marking the first restitution under a new law designed to fast-track the return of human remains from collections in France.

The skulls, which were stored for nearly 130 years at the Museum of Natural History, were taken to France in the context of colonial violence. Although DNA tests conducted years ago were inconclusive, a Sakalava spirit medium confirmed the skull as that of the monarch.

Madagascar's Culture Minister, Volamiranty Donna Mara, welcomed the return, calling it a "significant gesture."



IDEA TV

* * *

More Chinese Students in Russia

More Chinese students are getting degrees in Russia as the two countries deepen their economic ties. Kremlin figures show the number of Chinese pupils rose by 25% in 2024 compared to 2022, when Russia invaded Ukraine; some 36% of master's students in Russia came from China in the last year. "This represents the human infrastructure of a multipolar world order," a China-based consultant told Nikkei.

Diplomatic and business relations between Moscow and Beijing have strengthened after the West isolated Russia over the Ukraine war. At Moscow car dealerships, for example, German cars have been replaced by Chinese brands. Those close ties will be on display this weekend as China hosts leaders from countries including Russia and India for a security forum.

AI Tools Help Decode Human Genome

New artificial intelligence tools are hoping to be AlphaFold for DNA. Google DeepMind's AlphaFold transformed the study of proteins by allowing researchers to determine their 3D shape — and thus, to a large degree, their role — from the sequence of the amino acids that create them.

While genes — the parts of DNA containing the code for making proteins — are relatively well understood, there are huge "non-coding" sections of the genome that regulate when and where genes switch on and off; their function is more opaque. The new tools are designed to understand how those non-coding sections work, and perhaps lead to a greater understanding of genetic disease and even to AI-led precision DNA engineering, Nature reported.

Heatwaves Might Be Aging You



PorporLing/ Shutterstock

Prolonged heatwave exposure could accelerate aging as much as smoking or drinking alcohol does, a new study said. Researchers found that heatwaves increased the average biological age of nearly 25,000 people studied in Taiwan, with older people and manual workers particularly affected. "The message is that heat makes you age a bit faster than you normally would," an epidemiologist told Nature.

The impact of heatwaves decreased over the study's timeframe, possibly due to better access to air conditioning.

Studies in Germany and the U.S. showed similar effects. Aging populations are facing record temperatures across the U.S., Europe, and Asia, meaning heat is no longer "a personal risk factor, but a global concern," the study's lead author said.

New U.S. Tariffs on India in Effect

Hefty new U.S. tariffs came into effect against India, part of efforts to drive New Delhi from Moscow, which have thus far had the opposite effect. The 25% levy is intended as punishment for India's purchases of Russian oil and sits atop an existing 25% duty.

Indian experts have noted that the

tariffs are significantly higher than those against U.S. rivals like Beijing, and rather than pulling New Delhi from Moscow, have instead driven efforts to improve ties with both China and Russia. Domestically, meanwhile, the levies have spurred an economic reform drive and pushed Indian firms to seek new markets. "The Trump regime is, willy-nilly, helping India," The Economic Times, a major Indian business outlet, argued in an editorial.

Russia Makes Ukraine Gains

Russian forces made symbolic territorial gains against Ukraine, lending Moscow new bargaining chips in fitful peace talks. U.S. President Donald Trump has pushed for an end to the war, but his calls for a summit involving Russia's and Ukraine's leaders have largely stalled. Trump has threatened "economic war" against Moscow if it does not make progress on the talks, and Washington has reportedly said it will provide aerial and intelligence support to a postwar Western force in Ukraine.



Maksym Kishka/File Photo/Reuters

However, the Pentagon has in effect blocked Kyiv from carrying out long-range missile strikes against targets inside Russia, and Trump's "performative diplomacy" is going nowhere, an analyst warned in Foreign Affairs: "In the Kremlin's assessment, time is on Russia's side."

Complied By K. Ramlallah

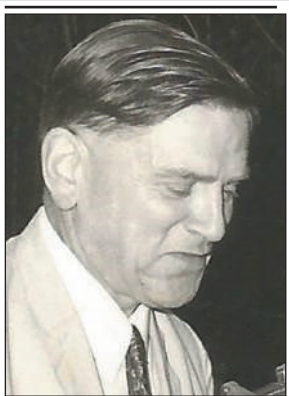
From the Pages of History - MT 71 Years Ago

7th Year No 315

MAURITIUS TIMES

Friday 9 September, 1960

• If a man makes himself a worm, he must not complain when trodden on. — Immanuel Kant



Peter Ibbotson

Random Notes

The 1810 Capitulation and the French Language in Mauritius

In a short history of Mauritius, Barnwell and Toussaint say on page 122 that "...before the British actually began their double attack on Port Louis, he (i.e. Decaen) offered to capitulate. His terms were

that all his land and sea forces should be sent back to France, and that the inhabitants should retain their religion, language, laws, and customs..." On page 126, we read that after the Treaty of Paris, the British governors "would have been legally justified in at once setting aside the terms agreed upon by Decaen and Abercrombie in the 1810 capitulation; that is, they might have tried to compel the inhabitants to give up their former religion, language, laws and customs." Michael Malim, in his *Island of the Swan*, also says that the 1810 capitulation guaranteed their language to the inhabitants of Ile de France, and the capitulation is relied upon by those who defend the place of French in the primary schools as the Magna Carta of French in Mauritius. The capitulation, they say, guaranteed us our language; the capitulation must be respected. However, I have been looking at the terms of the 1810 capitulation, and what do I find? There is nothing in the capitulation about the language of the islanders. Nothing; absolutely nothing. Article VIII of the capitulation says "Que les habitants conserveront leur religion, leurs lois et coutumes. — Accordé"; but of "leur langue — their language" there is no mention. I hope that in any new edition of Barnwell and Toussaint, this will be dealt with so that the fallacy is no longer perpetuated in school that the capitulation did in fact guarantee the settlers' language.

* * *

Christianity, Family Planning, and Population Control

Mr Kenneth Greet is secretary of the Department of Christian Citizenship of the Methodist Church. In the July

issue of *Family Planning*, he reviewed an important book dealing with population and parenthood: *The Population Explosion and Christian Responsibility* (Oxford University Press) by Richard Fagley, executive secretary of the Commission of Churches on International Affairs set up by the World Council of Churches and the International Missionary Council. Mr Fagley deals with the Hindu, Buddhist, Islamic, and Communist attitudes towards parenthood, then discusses at length the Jewish and Christian teaching on the subject. He compares the Roman Catholic and Protestant teachings. Says Mr Greet of Mr Fagley's reference to Roman Catholic teaching, "Mr Fagley is more than kind to an attitude which, in view of the urgency of the demographic problem confronting the world, seems stubbornly doctrinaire." Mr Greet also quotes a reference by Reinhold Niebuhr to the Roman Catholic attitude: "the prohibition of birth control assumes that the sexual function in human life must be limited to its function in nature, that of procreation. But it is the very character of human life that all animal functions are touched by freedom and released into more complex relationships." Mr Greet ends his review with this paragraph:

“Mr Fagley quotes many other Protestant writers and indicates the emergence of a consensus of opinion which sees the creative power of sex at work in the cementing and deepening of the man-woman relationship as well as in the begetting of children and which recognizes the importance of the former function for the health of the whole family, including the children born into it. A new external factor is the quickening awareness of the population explosion. The movement of thought resulting in a positive approach to planned parenthood needs to be deepened and carried forward with an



Mauritius Campaign 1809-11 - Pic - Wikipedia

increasing sense of urgency. The problem of a rapidly increasing world population must be tackled in every possible way, but in a balanced and comprehensive program, population policy must take its rightful place if there is to be any chance of success. The rapid advance in the ecumenical fellowship within the Protestant churches offers the best hope of securing the educational drive which is necessary if planned parenthood is to be widely accepted and practiced.”

* * *

Language Policy in Ghana

Ghana is a multilingual country. The Bureau of Ghana Languages publishes a number of weekly newspapers in various of the country's vernaculars: Akuapem Twi, Nzema, Ga, Ewe, Fanti, Twi, Kasem, and Dagbani. A commercial firm also publishes a weekly in Fanti. With all these vernaculars, there is a clear need for one common tongue as the language of instruction in schools. Since 1959, English has been introduced into the primary schools of Ghana as the medium of instruction.

In The Civil Service Promotions

Mr C. Ulcoq, Malaria Inspector Grade I, Health Department, promoted Zone Supervisor.
Mr A. Rouge, Executive Officer, promoted Senior Executive Officer.
Mrs G. Latour and D. Cerdor, Stenographers, promoted Confidential Assistants. Mrs M. Fortuno, G. Assirapen, E Thomas, G. Serendat, A. Victor, H. K. Naudeer, J. G. Curé, D. Antoinette, A. Fabre, P. Pauline, L. Gellé, Y. Adolphe, W. Ettia, L. A. Nadeau, A. C. Grizzel, S. Appave; Misses A. R. Chavrimoutou, R. E. Bussooa, D. L. O. Laurent, O. Chellembrun, M. F. Groeme, M. R. G Hope, L. Sangaraille, F. Gregoire; Messrs Y. Dulloo, M. A. Virginie, D. Ramtahal, A. Khodabaccus, E. Mallet, F. M. Tourneur, J. K. O. Tanner, D. E. Rayeroux, J. E. Ramnac, C. M. Nubboo, L. Kodye, N. Joomun, V. Kowlessur, J. G. Cangy, L. Daurat, M. H. Daurat,

J. S. Babajee, A. Constance, A. S. Dasan, S. Lauljee, E. Rosette, D. Gopaul, M. Brigemohane, R. Bhurtun, S. Soobrayen, S. Banymandhub, G. Munglah, R. Descombes. R. Letimier, Nursing Officers Grade II, Health Department, promoted Nursing Officers Grade 1.

Miss M. A. Moutou, Midwife, Health Department, promoted Rural Health Nurse.

Appointments

Mr A. H. M. A. Hassam, appointed Clerical Officer,
Mr J. Aukhojee appointed Clinical and Clerical Assistant, Health Department,
Messrs K. Ramsorrun and S. Apollon. appointed Messengers,
Mr G. R. Meurier appointed Temporary Prisons Officer,
Miss E. L. Latour appointed Temporary Typist.



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

Asset Valuation Failures Undermine Public Trust



I read online last week's article by Prakash Neerohoo, "Public sector management - Why is Valuation of Assets always Problematic?" The author rightly highlights a deeply troubling pattern in public sector management: the consistent misvaluation of assets. This issue is far more than a technical accounting problem; it represents a fundamental failure in public stewardship and a disregard for tax-payers' money.

The case of the undervalued Porsche sold to a retired public servant is a clear-cut example of the principle of getting the "best possible prices for assets acquired or sold" being blatantly ignored. The substantial discrepancy between the calculated Net Book Value (Rs 2.3 million) and the selling price (Rs 415,000) strongly suggests either professional incompetence or, more worryingly, a politically motivated decision to grant an undeserved capital gain to an individual. This loss of nearly Rs 1.85 million is a concrete "manque à gagner" for the Treasury.

The author's analysis of the Mauritius Investment Corporation (MIC) investments and the Air Mauritius aircraft sale paints a similar picture of questionable judgement, leading to massive impairment losses and foregone revenue. Whether assets are undervalued on sale (the car, the aircraft) or overvalued on purchase (MIC land/shares, MedPoint Clinic), the net result is the same: private parties benefit significantly while the public purse bears the loss.

The relevant authorities, such as the Financial Crimes Commission (FCC), must launch thorough, independent investigations into these transactions to hold decision-makers accountable and restore public trust.

J. Maha Deva
Sheffield, UK

Open Letter to the Minister of Tourism Proposal for a Dedicated Tourist Police Force to Enhance Visitor Safety

Mauritius is renowned for its breathtaking landscapes, vibrant culture, and warm hospitality. Tourism is more than an economic pillar — it's a reflection of our national identity and pride. As such, the safety and well-being of our visitors must be our top priority.

I therefore respectfully propose the establishment of a dedicated 24-hour Tourist Police Force to patrol our beaches and highways. This initiative would serve as a proactive measure to assist tourists in distress, whether they are lost, involved in an accident, facing vehicle trouble, or feeling unsafe in unfamiliar surroundings.

A dedicated Tourist Police Force would provide several key benefits to visitors. First, it would ensure a rapid emergency response, as officers could assist with accidents, and medical emergencies, etc. Second, a visible presence through beach patrols would deter theft and harassment, ensuring swift intervention when needed. Furthermore, a specialized force would offer multilingual support, as trained officers could guide lost

tourists and provide reassurance in their native languages. Finally, regular patrols would serve as a form of crisis prevention, helping to stop incidents from escalating.

To ensure sustainability, I propose that hotels, resorts, and other tourism operators contribute to a Tourist Safety Fund, acknowledging their direct stake in visitor satisfaction and safety. This shared responsibility would strengthen public-private collaboration and reinforce our commitment to excellence.

Recent public sentiment, including viral social media posts demanding prompt police action on beaches, reflects a growing concern among citizens and visitors alike. We must act decisively to preserve our reputation as a safe and welcoming destination.

Honourable Minister, this initiative aligns perfectly with Mauritius's vision of becoming a world-class tourism hub. I urge your office to consider this proposal and initiate a dialogue with relevant stakeholders to bring it to life.

Poonoosamy Runghen
1-519-496-3572
krunghen@yahoo.ca

Change Slogans, Same Old Politics

Last week's editorial, "A Call for Change," perfectly captures the sense of disillusionment many feel these days. While the public voted for a fresh approach, they are seeing the same old ways of doing things. The government's failure to consult citizens on key issues like pension reform and its reliance on political appointments over meritocracy are major missteps. It's clear that winning an election is not the same as winning the trust of the people. Your editorial rightly points out that the government is missing opportunities to build trust through simple, symbolic acts. The proposed solution is spot on — it's not about grand, expensive projects, but a shift in mindset. If the government

doesn't listen to its people and prove that "change" was more than just a slogan, it risks losing public trust.

P. Lim Yan
Roches Brunes

* * *

The Case for Patience

While well-written, this paper's editorial, published last week, appears overly pessimistic about the current government's performance. You seem to forget that meaningful change takes time and can't be delivered in just a few months.

The criticism of the pension reform is a case in point. The government is right to tackle this difficult and unpopular issue. While the communication could have been better, it shows political

courage to address a looming fiscal problem instead of "kicking the can down the road" - as others have said-like previous administrations. The public's negative reaction is expected, as no one likes a change that affects their future benefits, regardless of how necessary it is.

The editorial also overlooks the realpolitik of forming a new government. It's natural and necessary for a new leader to appoint trusted allies to key positions. Loyalty and a pre-existing working relationship are often more important in the initial months than finding an entirely new face. The government can't be expected to completely abandon political realities just to satisfy a desire for "new faces."

Joydeep K. Beekarmma
Quatre Bornes

Forum

READ ONLINE



Dr Hans Seesaghur

In an increasingly interconnected world, Free Trade Agreements (FTAs) are often heralded as instruments of prosperity, designed to break down barriers and create new opportunities. Yet for small island nations like Mauritius, these agreements may not be the golden ticket they appear to be. While the country has embarked on an ambitious journey, signing a series of stand-alone FTAs with some of

the world's largest manufacturing and exporting powerhouses, this strategy may carry more risks than rewards. This analysis by Dr Hans Seesaghur argues

Gambling with Giants: Mauritius' Risky Segue with Trade Powerhouses

that for a nation with a limited industrial base and a narrow export portfolio, this approach, far from being a gateway to global trade, risks becoming a path to deindustrialization and increased dependence.

Hans Seesaghur, an international affairs specialist and sinologist, who formerly served as the China Chief Representative of the EDB Office in Shanghai and also held the position of Economic and Commercial Counsellor at the Embassy of Mauritius to Beijing, delves into the issues involved in this discussion.



Find the full article and more at the official Mauritius Times website:
<https://www.mauritiustimes.com>

Quand l'amour rencontre l'intelligence artificielle

Suite de la page 7

Le confort technologique... au détriment de l'humain?

Cette automatisation séduit. Pour beaucoup, elle pourrait soulager la “fatigue des applications de rencontre”, ce sentiment d'épuisement face à la superficialité, aux conversations sans suite et aux rendez-vous décevants. 86 % des répondants estiment que l'IA pourrait résoudre ce malaise, et une majorité est prête à partager ses historiques de discussions pour en améliorer les résultats.

Mais cette promesse de simplicité cache de nombreuses zones d'ombre, comme le rappellent les chercheurs Natasha McKeever et Luke Brunning, membres du réseau Ethical Dating Online Network. Le risque principal est la délégation progressive de nos compétences sociales: plus nous confions à l'IA nos échanges initiaux, moins nous apprenons à développer une communication authentique. Or, aucun assistant numérique ne pourra nous guider lors d'un rendez-vous réel, avec ses silences, ses hésitations, et ses maladresses sincères.

Une culture de la rencontre biaisée par l'IA?

En reproduisant les normes dominantes issues des échanges en ligne — flirt codifié, recherche de perfection physique, compétitivité affective — l'IA risque d'accentuer les travers d'une culture des rencontres déjà critiquée. Plutôt que d'encourager la vulnérabilité et la sincérité, ces outils risquent de renforcer la pression à être séduisant à



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tout prix.

Le modèle économique des applications y contribue: il privilégie l'engagement continu, le “swipe” infini, au détriment d'un espace apaisé. L'IA pourrait être un levier pour repenser cette logique, en misant sur des interfaces plus lentes, plus humaines, valorisant l'honnêteté plutôt que la mise en scène.

L'authenticité en péril?

Une autre menace est celle de la fausse déclaration

facilitée: IA qui génère photos, biographies, messages... Comment distinguer le réel du fabriqué? Et comment construire une relation de confiance sur des fondations aussi incertaines? Le risque est double : d'un côté, des personnes vulnérables peuvent être manipulées ou escroquées; de l'autre, même les utilisateurs bien intentionnés pourraient être noyés dans une masse de faux-semblants.

Les femmes sont particulièrement exposées: elles font déjà face à des environnements numériques souvent hostiles (harcèlement, sexualisation, perte de temps). Si l'IA permet à certains d'accroître artificiellement leur visibilité et leur pouvoir d'attraction, elle risque d'intensifier un déséquilibre déjà problématique.

Faut-il réinventer les règles du jeu amoureux?

L'IA n'est pas en soi l'ennemie des relations sincères. Bien utilisée, elle peut aider à formuler ses idées, surmonter l'anxiété sociale, ou briser la glace. Mais cela suppose des garde-fous éthiques, de la transparence sur les usages, et une volonté réelle des entreprises de renforcer la qualité des interactions plutôt que la quantité.

En définitive, l'amour n'est pas un algorithme. Le charme d'une rencontre tient souvent à l'imprévu, à l'imperfection, à l'émotion brute. Si l'IA peut aider à créer un cadre plus sain pour ces rencontres, tant mieux! Mais si elle nous pousse à nous cacher derrière des filtres numériques, alors ce serait malsain.

A. Bartleby

YOUR STARS

SAGITTARIUS NOV 22 – DEC 21

Exciting opportunities arise — embrace them but stay mindful of responsibilities. Fresh ideas or learning experiences spark creativity. In relationships, flexibility and compromise strengthen bonds.

Lucky Numbers: 4, 12, 24, 26, 33, 39

CAPRICORN DEC 22 – JAN 19

Financial strategies or debts may surface. Honesty strengthens partnerships. Health improves with discipline. Weekend reflection allows release of burdens, bringing fresh energy for new beginnings.

Lucky Numbers: 3, 11, 17, 21, 28, 35

AQUARIUS JAN 20 – FEB 18

Partnerships are highlighted — teamwork strengthens results. Finances improve with cooperative efforts. Weekend gatherings or shared celebrations boost your mood and connections.

Lucky Numbers: 4, 10, 16, 23, 29, 36

PISCES FEB 19 – MAR 20

Work and health routines take priority. Stay organized for smoother progress. Colleagues value your support. Love feels steady and caring. Midweek may feel stressful — avoid overcommitment. Weekend creativity, art, or meditation lifts your spirit.

Lucky Numbers: 5, 12, 18, 24, 30, 40

ARIES MAR 21 – APR 19

Career moves progress if you stay focused. A friend may offer valuable advice midweek. Financial decisions require patience — avoid rushing. Romance feels exciting by weekend. Stay adaptable to changing plans.

Lucky Numbers: 3, 7, 12, 18, 26, 35

TAURUS APR 20 – MAY 20

A family matter may need thoughtful resolution. Financial caution is advised midweek. Romance deepens through honest communication. The weekend favors grounding activities like cooking or spending time in nature.

Lucky Numbers: 4, 9, 15, 20, 28, 36

GEMINI MAY 21 – JUN 20

Your communication skills attract opportunities. Expect busy schedules and shifting priorities. A sibling or colleague may need support. Finances call for careful review. Love is playful midweek.

Lucky Numbers: 2, 8, 13, 19, 27, 31

CANCER JUN 21 – JUL 22

Finances and self-worth come into focus. Investments or budgeting need reassessment. A partner's viewpoint brings balance. Recognition at work is possible if you hold to your values.

Weekend time with loved ones.

Lucky Numbers: 5, 11, 14, 21, 29, 33

LEO JUL 23 – AUG 22

Avoid clashing with authority figures. Relationships bring surprises, asking flexibility. Health goals progress with steady effort. The weekend favours celebrations or social gatherings, boosting joy and inspiration.

Lucky Numbers: 1, 10, 17, 23, 30, 37

VIRGO AUG 23 – SEP 22

Reflection is needed — take time to recharge. A past issue may resurface, allowing closure. Work behind the scenes brings quiet success. Midweek intuition guides your choices. Weekend spirituality restore balance and energy.

Lucky Numbers: 6, 12, 16, 22, 31, 38

LIBRA SEP 23 – OCT 22

Connections thrive — teamwork and networking bring gains. Financial collaborations require clarity. Love strengthens through shared goals. Balance work with rest midweek. A fun weekend with friends uplifts your spirit.

Lucky Numbers: 7, 13, 18, 24, 32, 39

Scorpio Oct 23 – Nov 21

Career focus intensifies—leadership and persistence are rewarded. Avoid conflicts with authority. Money matters stabilize with careful planning. Emotional connections deepen over the weekend — passion runs high. Maintain health routines to avoid fatigue.

Lucky Numbers: 2, 9, 15, 20, 25, 34

Mauritius Times

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Thank you so much.
Mauritius Times

Not All Exercise is Equal

The 'why' behind your workout matters most for mental health

While exercise is widely championed for its mental health benefits, new research from the University of Georgia suggests that simply moving your body isn't always enough. The true impact on your mood may hinge more on how, where, and why you exercise rather than just the amount of physical activity you get.

Historically, exercise research has focused heavily on "dose" — how long someone exercises or how many calories they burn. However, Patrick O'Connor, co-author of the study and a professor at the Mary Frances Early College of Education's Department of Kinesiology, emphasizes that this approach often overlooks crucial contextual factors. "Whether those minutes were spent exercising with a friend or as part of a game," can significantly alter the mental health outcomes, he notes.

The power of context: Leisure, fun, and purpose

The researchers reviewed various studies, including large epidemiological analyses and randomized controlled trials. They found that leisure-time physical activity—like running for enjoyment, attending a yoga class, or biking for fun — consistently correlates with better mental health. However, the benefits derived from these activities can vary greatly depending on the



surrounding circumstances.

For instance, the mental boost from kicking a game-winning goal in soccer is vastly different from performing the exact same physical movement only to miss and face blame. This illustrates how the context of an activity can overshadow the physical exertion itself in determining its psychological effect.

Beyond the clock and calories

While many studies confirm that regular exercise routines can improve mental health, particularly for those

with existing disorders, O'Connor points out that the "average effects on mental health are small across all the randomized controlled studies of exercise." This is partly because many studies focused on individuals without pre-existing depression or anxiety. He advocates for larger, longer-term controlled studies that consider broader populations to fully understand exercise's mental health impact.

The most critical, yet least explored, area of research lies in these contextual factors. The same physical activity can feel entirely different based on:

- Who you're with: Exercising with friends or in a positive group setting.
- Where you are: Being outdoors in pleasant weather versus an unappealing environment.
- When and how: The time of day or the style of an instructor in a class.
- Purpose: Engaging in activity for enjoyment and personal fulfillment versus a chore or obligation.

"If we're trying to help people's mental health with exercise," O'Connor stresses, "then not only do we need to think about the dose and the mode, we also need to ask: What is the context?"

The clear takeaway is that physical movement alone isn't the sole driver of mental well-being. It's the meaning, the setting, and the overall experience surrounding your activity that truly determines how much your exercise routine will boost your mental health.



Why is the object of golf to play as little golf as possible?

Golf is one of a handful of sports that reward low scores, not high ones. That means getting around the course efficiently and not wasting strokes.

In most sports, the team or player with the highest score wins, and fans celebrate super-high-scoring games. In golf, it's the opposite — the lowest score is the champion. And since golf scores are the number of strokes each player needs to get around the course, the object is to do it with as few strokes as possible.

I study sport management, which includes training people to manage golf courses, help run associations that set the rules, and create scoring for golf. When I play golf, I find that it's a great mental test. If I score poorly on one hole, how do I play the next hole? Will I let frustration cause me to play poorly and score high again, or can I recover?

Skilled players are able to manage each shot, finding the best place to hit the ball so that they leverage the strengths of their game and work with conditions (weather, wind) at the hole they are playing. This allows them to limit the score they get on the hole.

In golf every shot is a stroke, and you play each hole only once. There are no do-overs or second chances, so each move is extremely important for scoring. That's different from a game like basketball, where you may get a rebound or a second chance to make a particular shot.

Par for the course

Each hole on a golf course is assigned a par score, which is the number of shots the designer believes it will take to play that hole. Almost all golf courses are made up of par 3, par 4 and par 5 shots.



Brooke M. Henderson hits a bunker shot during a tournament in Grand Rapids, Mich., on June 12, 2025. Michael Miller/ISI Photos via Getty Images

On a par 3, a person is expected to take three shots to put the ball in the hole. That usually begins with a tee shot from the starting point of the hole and then two shots around or on the green area where the hole is cut. Par 4s expect two shots, covering more ground, before they get to the green area; par 5s expect three shots.

Par is designed for each hole and then added up for the course. Most golf courses have 18 holes and a par between 70 and 72.

There also are par 3 courses, where every hole is a par 3, so they can be spaced more closely and players don't have to hit long drives. And there are short

courses with fewer than 18 holes and total pars as low as 27, usually set on smaller properties.

Golfers want their score to be at par, or even lower, for each course. A decent golfer would probably shoot around 90 on an 18-hole, par 72 course. Coming in close to par lets people play together and compete against each other. Imagine that they were all trying to use as many shots as possible: They would never finish a hole, let alone a full round of the course.

Each score is given a name in comparison to par for a given hole. A score two strokes under par is called an eagle, and a score of one under par is called a birdie.

When players go over par, it's a bogey for one stroke over, a double bogey for two strokes over, and so on. There also are less-known terms, such as a snowman, which is shooting an 8 on a hole.

Every shot matters

Other sports that reward the lowest scores or the fewest attempts include darts and pool. For example, in 8-ball or 9-ball pool, the winner is the first person who sinks all of their colors and either the 8 or 9 ball into pockets with the fewest shots. Similarly, both swimming and track and field are won with low scores, although these are based on competitors' times, not strokes or shots.

Golf requires great concentration and a good understanding of how your shot may move in the air. Players also need strategies for getting around objects in front of them on the course, such as trees, ponds and sand traps, which are also known as bunkers.

Good golfers are able to control relatively closely where their ball lands. But one of my favorite statistics is that the very best professional golfers land their ball within 10 feet of the hole just 1 in 4 times when they hit from 100 yards away.

A sense of humor helps. Baseball great Hank Aaron once said, "It took me 17 years to get 3,000 hits in baseball. It took one afternoon on the golf course."

Patrick Tutka

Clinical Associate Professor of Health and Kinesiology, Purdue University



A Tetanus Shot

An old man in his eighties got up and was putting on his coat. His wife said, "Where are you going?" He said, "I'm going to the doctor." She said, "Why, are you sick?" "No," he said, "I'm going to get me some of those new Viagra pills."

So his wife got up out of her rocker and was putting on her sweater, and he said, "Where are you going?" She said, "I'm going to the doctor, too." He said, "Why?" She said, "If you're going to start using that rusty old thing again, I'm going to get a tetanus shot!"

Dinner Surprise

A man and woman are having dinner at a restaurant.

Suddenly, the man starts sliding down his chair until he completely disappears under the table. The woman, however, looks totally unfazed.

Worried, the waitress leans over and whispers, "Excuse me, ma'am, but I think your husband just slid under the table!"

The woman replies calmly, "No... my husband just walked in the front door."

Freeloading Cousins Expect Free Accommodation

I live in London, and some of my family, especially my cousins — expect free accommodation whenever they visit.

Before my fiancé moved in, I'd sometimes let them stay at my apartment for a couple of days. It wasn't too inconvenient, and we enjoyed our weekends together. But my fiancé told me I needed to be firmer with them.

The last time they visited, it was my cousin and her 15-year-old son. I ordered takeout for dinner the night they arrived — no thanks. The next day, half the leftovers had been eaten, and when I ate the rest, my cousin gave me an evil look: "I was planning to have that for lunch!"

On their last night, we went out to dinner. I pushed the bill toward her, hoping she might cover it as a good sport. Instead, she pulled out her iPhone calculator, added up only what she and her son ate, and paid exactly that — leaving me to cover the rest plus the service charge.

I'd also bought some supplies in advance, thinking I could use leftovers the following week. Nope. They took



everything home: half-eaten crisps, bruised bananas, half a bottle of milk, open cookie packets, muffins, pastries, and half-empty boxes of cereal.

After my fiancé moved in, my cousin asked to stay again. As it's a one-bedroom apartment, I said it wasn't possible. She suggested sleeping on the sofa and moving furniture for an airbed for her son. My fiancé replied with a list of nearby hotels.

Earlier this summer, my sister's Airbnb fell through, so I offered her the sofa for the weekend. She was a delight—bought breakfast, left flowers in a vase, and a thank-you card.

A few days later, my cousin asked again if she and her kid could stay. My fiancé replied with the same hotel list. She then asked if she could stay on the sofa without her kid—fiancé sent the same hotel list. I wish I could be as firm as him sometimes!

Doctor's Jokes

Doctor, doctor, I have swallowed a roll of film.
"Sit in a darkened room and see what develops."

Doctor, doctor, I can't control my anger.
"How long have you had this problem?"
"Who wants to know?"



Doctor, doctor, my small boy has swallowed a bullet.
"Don't point him at me."

A man walks into the doctor's.
"We haven't seen you here lately," the doctor remarks.
"Well," says the guy, "I've been ill..."

"Mr Smith, I have some good news and some bad news.
Which one would you like to hear first?"

"The bad one."

"Your legs will have to come off."

"The good one?"

"The man in the next bed wants to buy your shoes."

Why do surgeons wear masks in the operating theatre?
So no one will know if they make a mistake.

Doctor: "I have some good news and bad news."

Patient: "What's the bad news?"

Doctor: "We cut off the wrong leg."

Patient: "What's the good news?"

Doctor: "The bad leg can be saved."

A police officer stops a motorist and is startled to find



he has a couple of penguins in the back seat.

"You should not be driving around with penguins like that. Take them to the zoo."

The man promises he will, and the officer lets him drive off.

The next day, however, the officer finds the same motorist carrying the penguins again.

"I thought I told you to take them to the zoo."

The man nods, "I did, and today I'm taking them to the beach."

The Bus Story

A woman tried getting on a bus, but her skirt was too tight. As the bus stopped, she realized she couldn't lift her leg to the first step. Slightly embarrassed, she smiled at the driver and reached behind to unzip her skirt a little, hoping it would help. She tried again — still no luck.

With another quick smile, she unzipped a bit more, then again, but each time she failed.

Frustrated, she attempted once more — only to find herself suddenly lifted by a large Texan standing behind her, who gently placed her on the step.

Outraged, she spun around and shouted, "How dare you touch my body! I don't even know who you are!"

The Texan tipped his hat and drawled, "Well ma'am, normally I'd agree with you — but after you unzipped my fly three times, I figured we were friends."

A man joins a Trappist order and is informed that he is permitted to say just two words every five years.

After five years, he speaks his two words to his superiors:

"Bed hard."

He is promised the problem will be looked into.

Another five years pass. This time his two words are: "Food cold."

Again, his superiors promise to take care of the matter.

Five years later, his two words are:

"I quit."

His superiors look at one another wearily.

"We are not surprised at all. You've done nothing but complain for the last fifteen years."

A drunk loitering on a street corner is stopped by a police officer.

"What are you hanging about here for?"

The drunk replies:

"I heard the world goes round every twenty-four hours, so I'm waiting for my home."

The 7 Rules of Power: A Guide to Strategic Influence

In a world that often praises humility and playing by the rules, Jeffrey Pfeffer's book, 7 Rules of Power, offers a different perspective. This isn't a guide to being ruthless, but a practical, bold, and sometimes surprising look at what it truly takes to build influence and command respect. Pfeffer argues that power is a tool, and like any tool, its value is determined by how you use it. Mastering the art of influence isn't about being inherently better; it's about being strategic. Here are the seven key lessons from his guide to getting ahead.

Rule 1: Get Out of Your Own Way

The first step to gaining power is to shed the habits that hold you back. While humility is often seen as a virtue, in a professional setting, it can be a liability. Own your achievements and speak confidently about your successes. True power comes from self-awareness. You must know your strengths, weaknesses, and blind spots to make smart, deliberate moves. By letting go of unnecessary modesty, you open doors that might otherwise remain closed.

Rule 2: Break the Rules

Success rarely comes from following the crowd. Pfeffer's second rule is to challenge conformity and question the status quo. Don't be afraid to be different. This doesn't mean acting recklessly but taking calculated risks. Bold, thoughtful action can propel you forward far faster than a safe, predictable path. The greatest innovators and leaders are the ones who dare to do things differently.

Rule 3: Appear Powerful



In the world of influence, perception often becomes reality. Appearance and presence matter. Dress, speak, and carry yourself with intention. Your posture, tone of voice, and eye contact are strong nonverbal cues that signal leadership before you even say a word. By projecting an aura of authority, you command respect and build a foundation for people to see you as a powerful figure.

Rule 4: Build a Power Network

Relationships are your greatest leverage. Building a power network isn't just about making friends; it's about connecting strategically with people who can amplify your impact. A strong network is built on genuine reciprocity and consistency. Nurture these connections, as they are the pathways through which influence and opportunities flow. The more valuable relationships you have, the more powerful your position becomes.

Rule 5: Make People Dependent on You

To be indispensable, you must offer unique skills and solutions that others cannot easily replace. Become a

resource that people rely on. While it's important to share knowledge and help others, do so in ways that maintain your strategic value. By creating a situation where others need your expertise, you solidify your position and influence.

Rule 6: Make People Want to Follow You

True power isn't about forcing people to follow; it's about inspiring them to. You can do this by communicating a clear and compelling vision that excites others. Leading with emotional intelligence is also crucial. By tuning in to your own emotions and those of others, you build the trust and connection that foster genuine loyalty and influence. People follow those they believe in and feel a connection with.

Rule 7: Make Your Own Rules

The final rule is about taking control of your own destiny. Be autonomous and take the initiative to create your own opportunities instead of waiting for permission. In a constantly changing world, adaptability is a superpower. Don't be constrained by rigid systems or expectations. Create your own path and stay flexible, allowing yourself to pivot and evolve as circumstances change.

Final Takeaways

Power is not an inherently good or evil force; it is a tool. The real secret to success lies in mastering the soft skills of self-awareness, emotional intelligence, and strategic networking. In a fast-paced world, courage and adaptability are non-negotiable. Be bold, be smart, and be agile, and you will find yourself in a position to get ahead and stay there.

How Your Childhood Shapes the Way You Connect

Have you ever wondered how your upbringing influences the way you connect with others? In The Book You Wish Your Parents Had Read, psychotherapist Philippa Perry explores how early experiences affect parenting, relationships, and emotional well-being. Her message: parenting isn't about perfection, it's about presence, reflection, and growth. 10 takeaways:

1. Parenting is about you, too

Your childhood shapes your reactions. Becoming aware of past wounds helps break harmful cycles.

2. Connection beats perfection

Kids don't need flawless parents -- they need ones who are emotionally available.

3. Emotional intelligence begins with you

Model calm, honest emotional res-



ponses. Your child learns by watching you.

4. Listening > Fixing

Children need to feel heard more than they need quick solutions. Validation builds trust.

5. Your reactions = Their self-worth

Respond with empathy. Criticism can leave lasting emotional scars.

6. Apologizing builds trust

Owning your mistakes shows strength, not weakness. It teaches repair over shame.

7. Behavior speaks volumes

Behind every tantrum is a message. Look for unmet needs, not just "bad behavior."

8. Your words become their inner voice

Speak with care. Encouraging language nurtures resilience and self-esteem.

9. Punishment isn't the answer

Lasting change comes from understanding and guidance -- not fear or shame.

10. Parenting is lifelong learning

There's no perfect formula. Stay curious, reflect, and grow alongside your child.

Final Thought: This book isn't just about parenting -- it's about emotional awareness, healing, and connection. By understanding ourselves, we can raise children who feel seen, safe, and deeply loved.

Stray Thoughts

Embracing Change and Growth

Time is like flowing water

We cannot touch the same water twice, because flowing water will always flow and will never return.

We cannot go back to the past.

But we still have the opportunity to move on to the next chapter.

Every passing second carries a message:

that life is not about repeating itself, but about understanding and moving forward more wisely.

And with each step forward, new hope can grow, even if it's slow, even if it's not always easy, but it's always possible.

And most importantly, we have the courage to get up, continue, and continue to grow -- even if slowly -- and to always strive to be the best version of ourselves.

NOTICE FOR BUILDING AND LAND USE PERMIT APPLICATION
NOTICE FOR PERMISSION FOR LAND USE

Take notice that Mr Sathien Tanaven will apply to the District Council of Pamplemousses for a Land-use Permit for a proposed garage for Bodywork Repair(Panel Beating) at Khoyratty

Any person feeling aggrieved by the proposal may lodge an objection in writing to the above-named council within 5-15 days as from the date of this publication.

Date: 29.08.2025

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Date: 29.08.2025

Relationships

The Shift to Conscious Love: Moving Beyond the 3D Paradigm

In a world obsessed with fairytale endings and picture-perfect romance, many people are trapped in a low-vibrational cycle of seeking happiness in the next thing — a new relationship, a marriage, or a child. This "3D paradigm" conditions us to believe our worth is tied to external validation, leading to relationships built on a foundation of fear, ego, and control rather than genuine connection, writes Mike Harrigan.

This pursuit of a "perfect" relationship often leads to emotional blackmail, a destructive pattern where one person uses manipulation to control the other.

The Red Flags of a 3D Relationship

Emotional blackmail is a telltale sign of a 3D relationship. It's a series of actions designed to provoke a specific reaction from a partner, from subtle gestures to overt manipulation. This can include:

- **Non-verbal cues:** Heavy sighs, unhappy facial expressions, or walking away without explanation.
- **Withholding affection:** Giving the silent treatment or pulling back on communication to make the partner feel anxious.
- **Creating drama:** Disappearing from



a social setting to force the partner to chase and ask, "What's wrong?"

This behavior is rooted in a need for control, not love. The person using emotional blackmail operates from an ego-driven script, believing their partner must behave, speak, and feel a certain way to prove the relationship is "perfect" to others. When their partner doesn't follow this script, the blackmailer often escalates their tactics to regain control.

Control can begin subtly, with comments like, "Why do you dress like that?" or "Don't say that in front of my parents," and then escalate into more invasive

patterns. Even small signs, like a partner constantly interrupting your personal time with trivial questions, are red flags. These are not signs of care but of a need to dominate the other person's space and energy.

A crucial truth to remember is that you cannot fix or change a person who operates this way. The only solution is to leave.

True Love vs. The Need for Control

True love doesn't control or invade. It doesn't judge how you dress; it cares that you feel good in your clothes. It doesn't criticize how you speak; it listens to understand your heart. A person who is grounded in true love gives you the space to grow. They don't pressure you into commitments built on illusion.

Manipulation is born from fear, and where fear exists, love cannot truly thrive. People who are stuck in the 3D paradigm have a long journey ahead — they have to unlearn old patterns and heal deep-seated wounds. It's important to bless them and release them, letting go of the toxic offer of such a relationship.

The Path to a 5D Relationship

As the world undergoes a global trans-

formation, the illusion that happiness is dependent on a partner, marriage, or children is beginning to crumble. Those still clinging to this belief will likely face a "dark night of the soul," a period of deep introspection and challenge that can ultimately lead them to a higher-vibrational love.

A person who uses emotional blackmail will block your own spiritual ascension. This is why being alone is always a better option than being with someone who isn't grounded in love, truth, and wisdom. Only those who have done the inner work and embraced their shadows are ready for a conscious, heart-centered connection.

Love waits patiently, gives with truth, heals, and is secure. Lust, on the other hand, wants immediately, takes with greed, wounds, and is needy. True love is a sacred, evolved union of higher consciousness. When a person is focused on relationship goals in some illusory future, they are still operating in the 3D world and are not ready for a higher, more evolved connection. The key to a 5D relationship is to release the need for control and embrace a love that is unconditional, conscious, and rooted in the present.

Men's Health

Foods to Eat and Avoid Preventing an Enlarged Prostate

As men age, the risk of developing an enlarged prostate, a condition also known as benign prostatic hyperplasia (BPH), increases significantly. BPH can lead to uncomfortable symptoms like frequent urination, a weak stream, and the feeling that your bladder isn't completely empty. While this condition is common, certain dietary choices may help manage symptoms and support prostate health.

Understanding the Symptoms and Causes

BPH occurs when prostate cells begin to multiply, causing the gland to enlarge and put pressure on the urethra. This narrowing of the urethra makes it harder for urine to flow from the bladder, which in turn causes the bladder muscles to thicken and become more sensitive.

Common symptoms of an enlarged prostate include:

- Frequent urination, especially at night
- A weak or slow urinary stream
- Straining to urinate
- A urinary stream that starts and stops
- Continuous dripping or dribbling of urine

Leaving BPH untreated can lead to more serious issues like urinary tract infections, bladder stones, or blood in the urine. If you are unable to urinate at all, this is considered a medical emergency, and you should seek immediate medical attention.

Top foods to help prevent an enlarged prostate

A diet rich in specific vitamins and minerals can play a



role in maintaining prostate health. Here are some foods that may help:

- **Salmon:** Rich in omega-3 fatty acids, salmon and other fatty fish can help fight prostate problems. Other sources of omega-3s include ground flax seeds, walnuts, and kidney beans.
- **Tofu:** Studies have shown that soy isoflavones, found in soy products like tofu and soymilk, may be linked to a lower risk of developing an enlarged prostate.
- **Bell Peppers:** These vegetables are packed with vitamin C, which some studies suggest can help fight BPH. Other vitamin C-rich vegetables include cauliflower and broccoli.
- **Sesame Seeds:** High in zinc, sesame seeds are great for maintaining a healthy prostate. Men with BPH often have low levels of zinc. You can also get zinc from pumpkin seeds and almonds.
- **Avocados:** These are a great source of beta sitosterol, a plant sterol that has been shown to reduce BPH symptoms and support the immune

system. Soybeans and pecans are also good sources.

- **Tomatoes:** Tomatoes contain lycopene, a powerful carotenoid that can help lower a protein linked to prostate inflammation. Pink grapefruit and papaya are also good sources of lycopene.

Foods to avoid or limit

To reduce the risk of aggravating BPH symptoms, it's best to limit or avoid certain foods:

- **Dairy:** Some dairy products, particularly aged cheeses, may act as symptom triggers. If you consume dairy, it's best to do so in moderation and stick to options like yogurt or cottage cheese.
- **Certain Vegetables:** Avoid foods like squash, white corn, and broad beans, which may worsen symptoms for some individuals.
- **Fermented Foods:** Foods like pickled herring and sauerkraut have been identified as potential BPH stimulants.
- **Select Fruits:** To reduce the risk of BPH symptoms, it may be beneficial to avoid pineapple, red plums, orange juice, and yellow cherries. Some fruits, like mangos and grapes, can be consumed in small amounts but not daily.
- **Processed Meats:** While meat is generally acceptable in a diet for prostate health, it's a good idea to avoid aged beef and processed meats like sausage, salami, and bologna.

Remember, certain over-the-counter medications for allergies and colds that contain decongestants or antihistamines may also worsen BPH symptoms. Always consult with your doctor before taking any new medication or if you are concerned about your prostate health.

Dr M. Kessler

** Always consult with your doctor or another qualified health provider before making any decisions about your health or treatment.*

BollyBytes

From Bollywood Star to Google Executive: The Story of Mayoori Kango



Mayoori Kango, a well-known actress from the 1990s, has had a remarkable career journey, transitioning from the world of Indian cinema to a top leadership position at Google.

Kango, who was born into a family with artistic and political roots, was a brilliant student. Despite earning a spot at the prestigious Indian Institute of Technology (IIT) in Kanpur, she decided to pursue a career in acting instead. She made her debut in the 1995 film *Naseem*, followed by her most famous

role in *Papa Kehte Hain*. She also starred in several other films and popular television shows.

After her marriage in 2003, Kango made the bold decision to leave acting and move to the U.S. There, she earned an MBA in marketing and finance from Baruch College in New York. She began her corporate career in 2007, working for several digital marketing agencies and rising to

senior leadership positions.

In 2012, she returned to India and continued her rise in the corporate world. Her career peaked in 2019 when she joined Google India. She now heads the AI, Martech, and Media Solutions teams, showcasing her ability to achieve success in two very different fields.

Mayoori Kango's story is a powerful example of how a successful career can take many different forms and that it's always possible to reinvent yourself.

Vidya Balan reflects on two decades of *Parineeta*

With the 20th-anniversary re-release of *Parineeta*, Vidya Balan is taking a nostalgic trip down memory lane. She recently recalled a moment from before the film was even made when director Pradeep Sarkar gave her a CD in Kolkata. "Go to the car, we just recorded a song," he told her. The track was "Raat Hamari Toh," and it left her in tears. She described the song as "so beautiful, haunting, and powerful" that she "burst out crying right there."

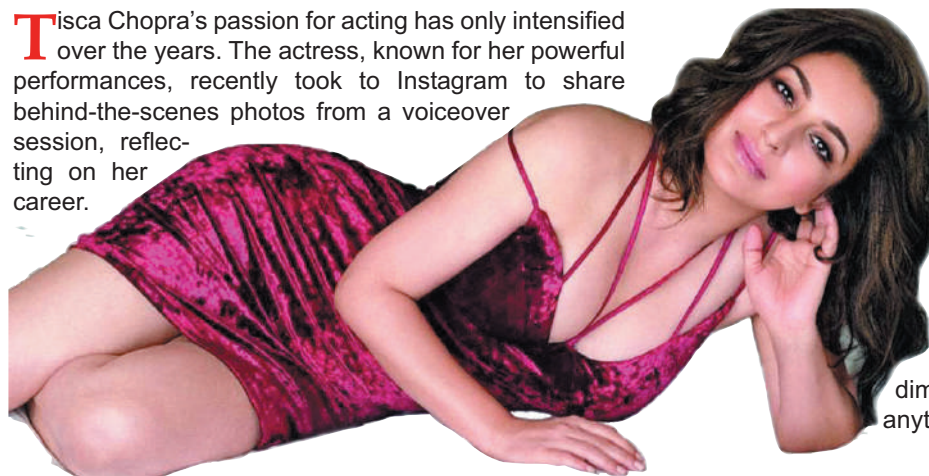
While "Raat Hamari Toh" was her first taste of the soundtrack, Vidya admits that "Piyu Bole" will always hold a special place in her heart. She loves its romantic, old-world charm, and its timeless appeal, noting that "even kids today love it."

The film's creative team also reflected on its enduring magic. Composer Shantanu Moitra called *Parineeta* a "piece of my heart," praising the depth added by singers like Sonu Nigam and Shreya Ghoshal. Lyricist Swanand Kirkire described the music as "poetry and melody dancing in perfect harmony."

The special re-release marks not only Vidya's two decades in Bollywood but also 50 years of Vinod Chopra Films. The film has been fully restored in 8K with a remastered 5.1 surround sound, a project that took four years to complete. Fans can relive the magic when *Parineeta* returns to theaters on August 29, 2025.



Tisca Chopra's passion for acting has only intensified over the years. The actress, known for her powerful performances, recently took to Instagram to share behind-the-scenes photos from a voiceover session, reflecting on her career.



Tisca Chopra: The fire to perform is stronger than ever

"Since I was two, I've wanted to be on stage, to act, to entertain... and that fire hasn't dimmed one bit," she wrote. "If anything, it's grown fiercer, making

me hungry for bigger, bolder challenges as an actor." She ended the post by asking her followers what they would like to see her in next.

Earlier this month, Tisca shared a more relaxed moment, taking a friend on a sight-seeing trip around Mumbai. A highlight of their tour was a stop at the iconic Cafe Mondegar in Colaba, a legendary spot known for its vintage jukebox and famous Mario Miranda murals.

With an impressive filmography that includes standout roles in *Taare Zameen Par*, *Firaaq*, and *Dahan*, Tisca was last seen in Homi Adajania's star-studded mystery thriller, *Murder Mubarak*.

Mouni Roy calls 'Salakaar' her most emotionally demanding role yet

The newly released trailer of *Salakaar*, a spy thriller spanning 1978 to 2025, has Mouni Roy in a powerful lead role.

"She's resilient, but emotionally torn," Roy said of her character. "The trailer barely scratches the surface."

Directed by Faruk Kabir and inspired by real-life covert operations, *Salakaar* explores loyalty, espionage, and national identity. The show premieres August 8 on JioHotstar and features a strong ensemble, including Naveen Kasturia and Mukesh Rishi.



Rashmika Mandanna launches fragrance line tied to memory

Actress Rashmika Mandanna has unveiled Dear Diary, a fragrance brand inspired by the emotional power of scent.

"Scents transport me. My mom's lotion, coffee and monsoon soil — these are my time machines," she said.

The entrepreneurial venture grew from her digital diary series and taps into her belief that scent preserves memories better than photos.

Rashmika was last seen in *Kuberaa* and will next appear in *Thama*, a supernatural romance with Ayushmann Khurrana.

Soha Ali Khan's chocolate craving leads to kitchen comeback

Soha Ali Khan recently swapped scripts for spatulas — for only the second time in 2025 — driven by an intense chocolate craving. The actress, currently on a strict three-week cleanse with zero sugar, gluten, or dairy, decided to whip up homemade "healthy" chocolates.

In a candid Instagram video, Soha

confessed, "Today's day 10, and I'm seriously craving chocolate... so I'm going to attempt to make homemade chocolate." While the finished treats looked "super professional," the actress admitted that something had gone wrong.

After sharing her coconut oil-based recipe, Soha tagged the post with #bittertruth and #not-sosweetsuccess — proof that not every kitchen experiment hits the sweet spot. On the big screen, Soha was last seen in *Chhorii 2*, playing the chilling Daasi Maa alongside Nushratt Bharuccha.

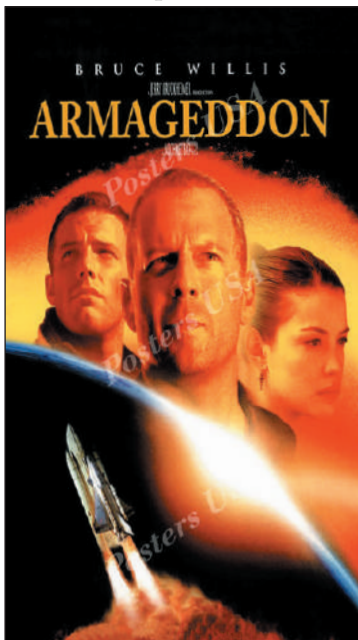


Programme TV



	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
vendredi 29 août	05.07 Serial: L'Amour A Mort 08.34 Tele: Séparé Par L'Amour 09.00 Tele: Le Temps D'Aimer 09.30 Film: Triumph 11.30 Tele: Lying Heart 12.00 Le Journal 12.35 Tele: Le Roman De La Vie 13.19 Tele: Les Riches Pleurent 13.42 Tele: La Desalmada 15.00 Live: Samachar 16.12 Tele: Living To Love 17.21 Doc: Not About Music 17.30 Tele: Lying Heart 18.30 Serial: Shiv Shakti 19.00 Serial: 19 Minutes 19.30 Le Journal 20.20 Film: The Aviator 23.10 Tele: Le Roman De La Vie 23.55 Le Journal 00.30 Tele: Lying Heart 00.52 Doc: BRGRS	09.35 Serial: Metie 09.50 Serial: Le Mag 10.42 Rodrig: Saver Lokal 11.30 Local: Generations J 13.00 Le Journee Sous Le Regard 13.38 Rodrig: Feminin Pluriel 14.14 Moments Forts De L'Histoire 14.31 Local: Les Grandes Lignes 14.55 Local: Le Challenge 15.10 Local: En Forme 15.25 Rodrig: Saver Lokal 18.30 Local: Séparé Par L'Amour 19.00 Journal Kreol 19.40 Glider Competition Organise 19.57 Local: Animalia 20.30 Local: Ucmass Little Champs 21.00 Local: La Sosiete 21.30 Local: Production 22.29 Ecriture Mauricienne 23.00 Journal Kreol 23.20 Local: En Forme	08.00 Local: Amrit Vani 08.11 Local: Bhajan Sandhya 10.05 Local: Ramayan 11.41 Serial: Shiv Shakti 12.00 Film: Mai To Bandhi Bhav Ni Preet Starring: Raja Chauhan, Hiten Kumar 15.00 Live: Samachar 16.00 Serial: Mithai 17.30 Serial: Shiv Shakti 18.00 Samachar 18.32 Local: Mati Ke Mol 18.57 MBC Prod 20.30 Serial: Vidrohi 21.00 Film: Ram Balram Cast: Ravi Kishan, Rambha 23.22 Serial: Mere Sai 00.14 Wagle Ki Duniya 00.37 Mati Ke Mol 02.03 Local: Khel Khiladi	06.25 Doc: Let's Make It Tasty 07.49 Doc: Wild Isles 08.29 Doc: Holding Up The Sky 09.18 Doc: Europe Revealed... 11.03 Mag: Eco India 11.30 Doc: Let's Make It Tasty 12.57 Doc: Wild Isles 13.40 Doc: Holding Up The Sky 14.22 Doc: Japan Video Topics 14.30 D.Anime: Giant 15.06 D.Anime: Will, La Série 15.09 D.Anime: Piper's Pony Tales 15.27 D.Anime: Mush Mush And... 15.50 D.Anime: Le Petit Nicolas 16.37 D.Anime: Dragons 16.59 Mag: Recipes For Kids 17.03 Serial: Just Add Water 17.29 Serial: Sept Nains Et Moi 19.30 Mag: Euromaxx 20.01 Tele: L'Heritiere 20.50 Tele: Wildflower	14.25 Radha Mohan 14.55 Jijaji Chhat Par Hain 15.30 Film: Shubh Mangal Saavdhan Cast: Ayushmann Khurrana, Bhumi Pednekar 18.00 Live: Samachar 18.31 Kundali Bhagya 19.01 Udaariyaan 19.32 Dil Ko Tumse Pyaar Hua 20.01 Na Umra Ki Seema Ho 20.25 Shrimad Ramayan 20.55 Anupamaa 21.25 Mere Sai 21.57 Serial: Dhruv Tara 22.30 Wagle Ki Duniya 23.00 Serial: Mahabharat 23.23 Film: Shubh Mangal Saavdhan Cast: Ayushmann Khurrana, Bhumi Pednekar
samedi 30 août	03.46 Serial: Heartland 05.21 Tele: L'Amour A Mort 06.30 Tele: L'Heritiere 07.00 Mag: Video Killed The Radio 07.43 Serial: Nautilus 08.32 Serial: Elementary 09.15 Serial: Heartland 10.00 Serial: Hawaii 10.41 Your Love Is My Fortune 11.32 Tele: L'Heritiere 12.00 Le Journal 12.30 Tele: All The Flowers 15.00 Live: Samachar 15.30 Film: La Prophetie De L'Horloge 18.00 Live: Samachar 18.31 Serial: Radha Krishna 19.30 Le Journal 20.15 Film: Jurassic World: Fallen... 22.12 Serial: Nautilus 23.01 Serial: Terra Nostra 23.00 Le Journal Televisé	06.00 Local: Mon Jardin Ma Maison 06.25 Local: Tous Egaux 06.38 Rodrig: 13 Minit Natir Rodrig 08.00 Local: Sur Prise 09.31 Local: La Sosiete 10.30 Local: J'ai Faim 11.00 Local: UCMAS Little Champs 12.00 Local: Palette 13.58 Local: Animalia 14.28 Local: Inspirasion 18.00 Entre Justice Et Vengeance 19.00 Journal Kreol 19.25 Local Production 20.00 Local: Les Petits Genies 20.30 Local: Music Tour 2025 21.30 Local: En Toute Intimite 22.59 La Journee Sous Le Regard 23.03 Journal Kreol 23.23 Local: Tous Egaux 23.32 Local: Saver Kiltirel 23.53 Local: Bricolo Ecolo 00.42 Local: J'ai Faim	05.00 Film: Ram Balram 08.00 Local: Hamar Fitness 08.30 Local: Abhyas Yog 09.00 Local: Mati Ke Mol 10.37 Bade Acche Lagte Hai 2 12.00 Serial: Dikri Vahalno Dariyo 12.22 Local: Mati Ke Mol 14.14 Serial: Mere Dad Ki Dulhan 15.00 Samachar 15.30 Film: Balidaan 18.10 Live: Samachar 18.31 Local: Puranya Pakwan 19.00 Duniya Mein Iss Saptah 20.14 Local: Desi Beats 21.00 Film: Refugee Cast: Abhishek Bachchan, Kareena Kapoor 00.18 Local: Puranya Pakwan 00.44 Duniya Mein Iss Saptah 01.27 Local: Hunarbaaz 01.59 Local: Desi Beats	06.00 D.Anime: Giant 08.05 D.Anime: Miraculous... 08.30 D.Anime: Dino Ranch 08.54 D.Anime: Spacepop 09.03 D.Anime: Zig's Space Ranger 10.13 Serial: Penny Sur M.A.R.S. 11.30 Mag: Eco Africa 13.57 Doc: Preserving Peatlands 14.25 D.Anime: Giant 14.57 D.Anime: Will, La Série 16.09 D.Anime: Agent 16.28 D.Anime: Dragons 17.41 D.I.Y. Discover Your Inner 18.00 Mag: In Good Shape 18.30 Doc: Country Dreams 18.56 Doc: Ammunition From The... 19.30 Mag: Afrimaxx 20.01 Tele: L'Heritiere 20.53 Tele: Living To Love 22.26 Film: La Favorite 00.24 Doc: Albania's Lat Trains	08.00 Dharam Patni 10.02 Na Umra Ki Seema Ho 12.08 Udaariyaan 14.02 Anupamaa 16.00 Shaurya Aur Anokhi Ki Kahani 17.30 Vidrohi 18.30 Film: Pyar Kiya To Darna Kya With: Kajol, Arbaaz Khan, Salman Khan 21.07 Keh Doon Tumhein 21.30 Crime Patrol
dimanche 31 août	03.46 Tele: Living To Love 05.15 Tele: L'Amour A Mort 06.03 Tele: L'Heritiere 06.25 Film: Jurassic World: Fallen... 08.28 Serial: Hawaii 09.07 Film: La Prophetie De L'Horloge 10.48 Your Love Is My Fortune 11.33 Serial: L'Heritiere 12.34 Film: The Cimarron Kid 14.05 Serial: L'Homme Qui Valait Trois Millions 15.00 Live: Samachar 15.30 Film: Jurassic World: Fallen... 17.29 Doc: Ageless Gardens 18.00 Samachar 18.30 Serial: Radha Krishna 19.30 Le Journal 20.15 Serial: Ce Soir Avec Vince 20.45 Film: Titanic 23.46 Le Journal Televisé	09.09 Local: Les Petits Genies 09.30 Rodrig: 25e Edition Festival Kreol 11.00 Local: Nu Rasinn 12.00 Local: Agalega, A L'écoute... 13.00 La Journee Sous Le Regard 14.30 Local: Festival Gospel 16.45 Local: Tous Egaux 17.36 Local: En Toute Intimite 18.05 Entre Justice Et Vengeance 19.00 Journal Kreol 19.34 Local: Les Klips 20.30 Miss Planet International 23.00 Journal Kreol Rediffusion 23.36 Local: Coin Jardin 23.50 Local: Arsiv MBC 00.13 Rodrig - Zenn Aktif 00.31 Local: Son Ladan Mem 00.43 Rodrigues: Nu Lakwizin 01.08 Anou Kombatt Ladrog 01.21 Local: Nu Rasinn	08.00 Local: Hamar Fitness 08.26 Local: Puranya Pakwan 10.30 Serial: Mahabharat 12.00 Film: De Dana Dan Cast: Akshay Kumar, Katrina Kaif and Suniel Shetty 15.00 Live: Samachar 15.30 Local: Puranya Pakwan 18.00 Live: Samachar 18.30 Local: Humni Ke Sitare 19.00 Local: Tohar Rashi 19.30 MBC Prod Sunday 20.30 Serial: Porus 21.00 Keh Doon Tumhein 22.00 Serial: Crime Patrol 22.15 Serial: Naagin 23.00 Sajjanwa Bairi Ho Gaile... 23.57 Humni Ke Sitare 00.26 Serial: Tohar Rashi 04.56 Film: De Dana Dan Cast: Akshay Kumar, Katrina Kaif and Suniel Shetty	06.00 D.Anime: Giant 06.48 D.Anime: Les Schtroumpfs 08.41 D.Anime: Dino Ranch 09.04 D.Anime: Zig's Space Ranger 10.35 Mag: In Good Shape 11.01 Doc: Country Dreams 11.30 Doc: Afrimaxx 13.32 Doc: Flying Hands 14.30 D.Anime: Giant 15.01 D.Anime: Wonder Grove 15.04 D.Anime: Samsam 15.16 D.Anime: Mush Mush And... 15.27 D.Anime: La Famille Blaireau Renard 16.26 D.Anime: Dragons 18.00 Doc: Let's Make It Tasty 18.30 Doc: Les Merveilles De La... 19.30 Mag: Arts Unveiled 20.00 Tele: L'Heritiere 21.45 Film: Jackie Brown Cast: Pam Grier, Samuel L. Jackson	00.25 Na Umra Ki Seema Ho 02.38 Udaariyaan 04.43 Anupamaa 06.57 Shaurya Aur Anokhi Ki Kahani 08.00 Kabhi Kabhie Ittefaq Sey 10.00 Kundali Bhagya 12.10 Sa Re Ga Ma Pa 14.00 Doree 16.00 Wagle Ki Duniya 18.30 Film: Houseful 3 Cast: Akshay Kumar, Jacqueline Fernandez, Abhishek Bachan 21.00 Mahabharat 21.49 Sa Re Ga Ma Pa L'il Champs 23.02 Kabhi Kabhie Ittefaq Sey 00.08 Dhruv Tara
lundi 1 septembre	04.42 Tele: La Desalmada 05.08 Tele: L'Amour A Mort 06.01 Tele: The Queen Of Flow 07.31 Doc: Nelle Tue Mani 08.22 Serial: L'Heritiere 08.44 Tele: Séparé Par L'Amour 09.36 Film: Backtrack 11.30 Tele: Lying Heart 12.00 Le Journal 12.25 Tele: Le Roman De La Vie 13.15 Tele: Les Riches Pleurent 13.40 Tele: La Desalmada 15.00 Samachar 15.30 Serial: Les Têtes Brûlées 17.30 Tele: Lying Heart 18.00 Samachar 18.31 Serial: Shiv Shakti 19.00 Live: Grand Titre 20.10 Serial: Quantico 21.00 Serial: Elementary 21.50 Tele: Le Roman De La Vie	09.09 Local: En Toute Intimite 09.54 Local: Clin D'Oeil 10.31 Rodrig Prog: Plat Du Chef 11.00 Local: Les Klips 12.00 Local: Nu Rasinn 13.05 La Journee Sous Le Regard 15.45 Local: Les Klips 17.03 Local: Morisien Konn Ou La Sante 18.05 Tele: La Desalmada 18.30 Tele: Séparé par L'Amour 19.00 Journal Kreol 19.23 Rodrig: Feminin Pluriel 20.30 Local: Tous Egaux 20.45 Morisien Konn Ou La Sante 21.15 Local: 19 Minutes 22.55 La Journee Sous Le Regard 23.00 Journal Kreol Rediffusion 23.20 Local: Itinerer Moris 23.34 Rodrig Mo Pei 00.08 Local: En Toute Intimite	05.00 Mag: Aastha 07.00 Mag: Guftgoo 08.29 Local: Tohar Rashi 10.00 Local: Sajjanwa Bairi Ho Gaile Hamar 12.00 Film: Bandhe Haath Cast: Amitabh Bachchan, Mumtaz, Ajit 15.00 Samachar 16.00 Kundali Bhagya 17.30 Shiv Shakti 18.00 Live: Samachar 18.31 Local: Ved Ki Shikshahein 18.57 Local: Ayush 20.06 Local: Charcha 20.30 Serial: Ramayan 21.00 Film: Nikaah Cast: Raj Babbar, Salma Agha, Deepak Parashar 23.24 Mere Sai 00.13 Wagle Ki Duniya	06.25 Doc: Les Merveilles De La... 07.48 Doc: Neanderthal 08.40 Doc: Stop Filming Us 10.10 Doc: Cobalt Rush 10.52 Doc: Rwanda and The Price... 12.56 Mag: Arts Unveiled 14.14 Mag: Shift 14.30 D.Anime: Giant 14.55 D.Anime: Will, La Série 14.58 D.Anime: Wonder Grove 15.06 D.Anime: Samsam 15.40 D.Anime: Le Petit Nicolas 15.51 D.Anime: Ready Jet Go! 16.03 D.Anime: Agent 16.25 D.Anime: Dragons 17.17 Serial: Sept Nains Et Moi 18.00 Mag: Eco Africa 18.30 Mag: The 77 Percent 19.00 Others: Student Support... 20.51 Tele: Wildflower 21.36 Film: The Aviator	14.25 Radha Mohan 14.51 Jijaji Chhat Par Hain 15.25 Film: Khoobsurat 18.00 Samachar 18.31 Kundali Bhagya 19.00 Udaariyaan 19.30 Dil Ko Tumse Pyaar Hua 20.05 Na Umra Ki Seema Ho 20.30 Shrimad Ramayan

mbc 1
Mardi 2 Septembre - 21.10



CINE 12
Mercredi 3 Septembre - 21.35



B TV
Mercredi 3 Septembre - 15.30



Programme TV



mardi 2 septembre

MBC 1

04.13 Tele: La Desalmada
04.39 Tele: L'Amour A Mort
05.28 Tele: The Queen Of Flow
06.44 Doc: Quantico
07.26 Tele: L'Heritiere
07.49 Tele: Séparé Par L'Amour
08.41 Film: Meet Joe Black
11.30 Tele: Lying Heart
12.00 Le Journal
12.25 Tele: Le Roman De La Vie
13.10 Tele: Les Riches Pleurent
13.45 Tele: La Desalmada
15.00 Samachar
15.30 Film: Les Affameurs
17.24 Doc: Pasteca
17.30 Tele: Lying Heart
18.00 Samachar
18.31 Serial: Shiv Shakti
19.07 Serial: Doree
21.10 Film: Armageddon
23.34 Tele: Le Roman De La Vie

MBC 2

09.10 Local: Tous Egaux
09.30 Morisien Konn Ou La Sante
11.00 Local: 19 Minutes
11.19 Local: Toc Toc Doc
11.32 Local: Grand Titre
12.00 Entrepreneuriat Au Feminin
12.25 Rodrig Mo Pei
14.25 Local: Coin Jardin
15.02 Viens Decouvrir Blue Penny
15.30 Local: Mangeons Veg
16.00 Local: Inter-University Moot
18.01 Tele: La Desalmada
18.29 Tele: Séparé Par L'Amour
19.00 Journal Kreol
19.20 Local: Itinerer Rodrig
19.44 Local: Son Ladan Mem
20.00 Local: Konn Ou Drwa
20.30 Local: Priorite Sante
21.30 Local: Le Mag
22.22 Rodrig: 13 Minit Natir
22.55 Local: Profil

MBC 3

07.00 Mag: Sadhguru Speaks
08.00 Ved Ki Shikshahein
09.22 Local: Charcha
10.00 Serial: Kundali Bhagya
12.00 Film: Rajkumar
15.00 Live: Samachar
15.30 Sajjanwa Bairi Ho Gaile Hamar
16.00 Dharam Patni
17.28 Shiv Shakti
18.00 Live: Samachar
18.36 Local: Tark Vitark
18.59 Local: Humni Ke Sitare
19.21 Local: Abhyas Yog
20.00 Local: Darshan What Is Yog?
20.28 Serial: Ramayan
21.00 Film: Anaari
Cast: Raj Kapoor, Nutan
23.46 Serial: Mere Sai
00.34 Serial: Wagle Ki Duniya
00.57 Local: Tark Vitark

MBC 5

07.48 Mag: Tomorrow Today
08.14 Doc: Pandemic?
09.26 Doc: GYM Boys-Why Young...
11.09 Doc: Apart-Mothers In Us...
12.14 Mag: In Good Shape
12.59 Doc: Pandemic?
13.25 Doc: Deep Sea Greed
15.00 D.Anime: Will, La Série
15.04 D.Anime: Wonder Grove
15.21 D.Anime: Mush Mush And...
15.32 D.Anime: La Famille Blaireau
16.07 D.Anime: Agent
16.28 D.Anime: Dragons
17.21 Serial: Sept Nains Et Moi
18.00 Mag: REV
19.00 Student Support Prog...
19.31 Mag: Global Us
20.02 Tele: L'Heritiere
20.50 Tele: Seref Meselesi
22.18 Mag: Business Africa
22.44 Mag: Euromaxx

Bollywood TV

14.25 Serial: Radha Mohan
15.00 Jijaji Chhat Par Hain
15.30 Film: Bhediya
Starring: Varun Dhawan, Kriti Sanon
18.00 Live: Samachar
18.30 Kundali Bhagya
19.03 Udaariyaan
19.33 Dil Ko Tumse Pyaar Hua
20.00 Na Umra Ki Seema Ho
20.30 Shrimad Ramayan
21.08 Anupama
21.30 Mere Sai
22.00 Dhruv Tara
22.29 Wagle Ki Duniya
22.55 Mahabharat
23.30 Film: Bhediya
Starring: Varun Dhawan, Kriti Sanon

mercredi 3 septembre

05.08 Tele: L'Amour A Mort
06.01 Tele: The Queen Of Flow
08.16 Serial: Séparé Par L'Amour
08.42 Tele: Le Temps D'Aimer
09.09 Film: Armageddon
11.33 Tele: Lying Heart
12.00 Le Journal
12.25 Tele: Le Roman De La Vie
13.15 Tele: Les Riches Pleurent
13.39 Tele: La Desalmada
14.11 Serial: Wildflower
15.00 Live: Samachar
15.30 Tele: Seref Meselesi
17.30 Tele: Lying Heart
18.31 Serial: Radha Krishna
18.30 Serial: Shiv Shakti
19.30 Journal & La Meteo
20.10 Serial: New Amsterdam
21.00 Serial: Chucky
21.50 Tele: Le Roman De La Vie
22.35 Tele: Lying Heart

09.35 Local: Le Mag
10.30 Rodrig: Plat Du Chef
10.47 Local: Saver Lokal
11.02 Local: Profil
12.00 Local: Couleur Marine
12.26 Local: Itinerer Rodrig
13.05 Local: Konn Ou Drwa
13.33 Local: Priorite Sante
15.45 Local: Saver Lokal
16.56 La Journee Sous Le Regard
17.01 Local: Music Tour 2022
18.01 Tele: La Desalmada
18.29 Tele: Séparé Par L'Amour
19.00 Journal Kreol
19.25 Rodrig Spor
20.32 Local: Toc Toc Doc
20.47 Local: En Forme
21.11 Local: Agir Ensemble
21.37 Local: Les Klips
22.54 La Journee Sous Le Regard
23.00 Journal Kreol Rediffusion
23.20 Local: Clin D'Oeil

07.00 Mag: Eco India
08.30 Local: Humni Ke Sitare
09.20 Darshan What Is Yog?
10.00 Serial: Dharam Patni
11.30 Serial: Shiv Shakti
12.00 Film: Hum Dono
15.00 Live: Samachar
15.20 Serial: Radha Krishna
16.00 Radha Mohan
17.30 Shiv Shakti
18.00 Live: Samachar
18.31 Local: Yatra
19.00 Local: Ek Mulakaat
19.15 50th Anniversary Brahma...
20.02 Local: Virasat
21.03 Film: Saiyaan Superstar
Starring: Pawan Singh, Akshara
23.21 Serial: Mere Sai
00.07 Serial: Wagle Ki Duniya
00.30 Local: Yatra
00.57 Local: Ek Mulakaat

06.26 Mag: Shift
07.20 Mag: Global Us
09.25 Doc: Shades Of Shame
10.16 Doc: Protecting The Climate
12.50 Mag: Business Africa
13.19 Mag: Euromaxx
14.37 Mag: Unseen
15.00 D.Anime: Will, La Série
15.21 D.Anime: Mush Mush And...
15.33 D.Anime: La Famille Blaireau
16.15 D.Anime: Dragons
16.43 Serial: H2O: Just Add Water
18.00 Mag: Afrimaxx
19.00 Student Support Programme
19.30 Doc: Submerged Universe
20.00 Tele: L'Heritiere
20.30 Live: News
20.50 Serial: Wildflower
21.35 Film: Jackie Brown
00.12 Mag: Close Up
00.38 Mag: Focus On Europe
01.04 Doc: The Language Of Whale

14.25 Radha Mohan
14.58 Bade Acche Lagte Hai 2
15.27 Film: Happy Phirr Bhag
Starring: Sonakshi Sinha, Diana Penty, Jimmy Shergill
18.00 Live: Samachar
18.30 Kundali Bhagya
19.00 Udaariyaan
19.30 Dil To Tumse Pyaar Hua
20.00 Na Umra Ki Seema Ho
20.30 Shrimad Ramayan
21.06 Anupama
21.36 Mere Sai
22.05 Dhruv Tara
22.27 Wagle Ki Duniya
23.00 Mahabharat
23.26 Film: Happy Phirr Bhag
Starring: Sonakshi Sinha, Diana Penty, Jimmy Shergill
02.05 Serial: Kundali Bhagya

jeudi 4 septembre

04.39 Tele: La Desalmada
07.30 Serial: For Life
08.08 Mag: L'Heritiere
08.34 Serial: Séparé Par L'Amour
09.30 Film: A Godwink Christmas
11.31 Tele: Lying Heart
11.54 Doc: Pasteca
12.00 Le Journal
12.25 Tele: Le Roman De La Vie
13.15 Tele: Les Riches Pleurent...
13.40 Tele: La Desalmada
14.10 Tele: Wildflower
15.25 Film: Winchester 73 Western
17.15 Tele: Lying Heart
17.59 Live: Samachar
18.31 Serial: Shiv Shakti
18.55 Serial: Doree
19.30 Le Journal
20.45 Film: Dastak
Starring: Sushmita Sen, Mukul Dev, Sharad S. Kapoor

09.10 Local: Toc Toc Doc
09.22 Local: Agir Ensemble
10.19 Local: Virasat
10.42 Local: Les Klips
11.34 Local: Grand Titre
12.00 Local: Exceptionnelles
13.05 Rodrig Spor
13.31 Mon Jardin Ma Maison
14.00 Local: Toc Toc Doc
14.29 Local: Agir Ensemble
15.00 Local: Metie
15.30 Local: Saveurs Plus
17.00 Local: Le Mag
18.00 Tele: La Desalmada
18.30 Tele: Séparé Par L'Amour
19.00 Journal Kreol
19.20 Rodrig: Komanter
20.00 Les Grandes Lignes
20.30 Local: Metie
21.15 Local: Ce Soir Avec Vince
21.47 Local: Le Mag

08.00 Mag: Yatra
08.26 Serial: Ek Mulakaat
08.53 Local: Virasat
09.11 Local: Kaam Daam
10.00 Serial: Radha Mohan
11.30 Serial: Shiv Shakti
12.00 Film: Rivaaj
Starring: Farida Jalal, Sanjeev Kumar, Mehmood Jr., Mala Sinha
15.00 Samachar
15.30 Serial: Sajjanwa Bairi Ho Gaile Hamar
15.55 Serial: Ramayan
17.31 Shiv Shakti
18.00 Samachar
18.30 Local: Amrit Vaani
20.00 Local: Hunarbaaz
20.37 Serial: Ramayan
21.00 Serial: Shiv Shakti
21.30 Serial: Yashomati Maiyya...
21.51 Magazine Serial

06.50 Mag: Arts Unveiled
08.39 Doc: The Language Of Whale
10.08 Doc: Germany's Volcanic
11.41 Mag: Arts Unveiled
12.07 Doc: Submerged Universe
13.06 Mag: Focus On Europe
13.30 Doc: The Language Of whale
15.00 D.Anime: Will, La Série
15.00 D.Anime: Wonder Grove
15.08 D.Anime: Samsam
15.20 D.Anime: Mush Mush And...
15.32 D.Anime: La Famille Blaireau
15.57 D.Anime: Ready Jet Go!
16.09 D.Anime: Agent
18.00 Mag: Eco India
18.30 Doc: Let's Make It Tasty
18.45 Mag: Rev Special
19.00 Student Support Programme
19.30 Mag: Tomorrow Today
20.00 Tele: L'Heritiere
20.49 Tele: Wildflower

14.25 Radha Mohan
15.00 Jijaji Chhat Par Hain
15.30 Film: Dhuntaaraa
Stars: Zaidan Khan, Mradul Ojha, Muskaan Ojha
18.00 Live: Samachar
18.30 Kundali Bhagya
19.00 Udaariyaan
19.30 Dil Ko Tumse Pyaar Hua
20.00 Na Umra Ki Seema Ho
20.30 Shrimad Ramayan
21.02 Anupama
21.30 Mere Sai
22.01 Dhruv Tara
22.31 Wagle Ki Duniya
22.59 Mahabharat
23.30 Film: Dhuntaaraa
Stars: Zaidan Khan, Mradul Ojha, Muskaan Ojha



Jeudi 4 Septembre -
15.28

Stars: Zaidan Khan, Mradul Ojha, Muskaan Ojha



Jeudi 4 Septembre -
20.45

Stars: Sushmita Sen, Mukul Dev, Sharad S. Kapoor





Nita Chicooree-Mercier

Produits agricoles, un vaste chantier

Le besoin primaire des humains, depuis la nuit des temps, est resté le même: se donner les moyens afin de se nourrir au mieux. Sur un fond obscur qu'offre la scène mondiale, qui se démène

contre la perturbation du fret maritime, chaque pays navigue tant bien que mal sur les eaux troubles du commerce international pour mener à bon port les cargaisons destinées à alimenter le peuple.

L'insularité nous oblige à un consensus sur le plan alimentaire local, au-delà du discours victimaire qui met le voile sur une idéologie mortifère, source de conflits. Fort heureusement ! Pris en otage par notre configuration géographique qui nous éloigne de tous les centres de production, nous payons le prix fort de nos importations, mais les tunnels d'un approvisionnement constant ne risquent pas de nous réduire en otages squelettiques et affamés. Donc, nous disposons d'une marge de manœuvre restreinte mais exploitable.

Une légère embellie s'annonce sur le marché de l'offre et de la demande des légumes locaux. Verrons-nous un effet sur le moins cher des fast-foods? Au dernier passage à la rue Bourbon, le *dhol puri* était servi avec une garniture réduite au minimum: un filet de sauce de gros pois et une noix de pomme de terre épicée, réduite en purée à peine visible ; aucune trace rouge de pomme d'amour ou de brède songe. Le tout servi avec un tour de main ultra-rapide en moins de dix secondes, ce qui est du hyper fast parmi les fast. Le tout pour vingt roupies. Le prix des légumes est un véritable casse-tête pour les marchands et les ménagères.

Qu'il s'agisse de fruits ou de légumes, les enjeux sont la quantité, la variété et la disponibilité des terres agricoles. Une production de masse sacrifie la qualité des produits jusqu'au jour où elle sera accessible à un plus grand nombre. L'abondance des pommes d'amour et des carottes ravit de nouveau les consommateurs en faisant oublier la question des pesticides. Est-ce que leur utilisation est soumise à un contrôle par les autorités? Et quid des brèdes? Ils absorbent la totalité des pesticides dont ils sont arrosés.

D'ailleurs, le critère d'être «beau» est superficiel quand il s'agit des légumes et des fruits. On ne demande pas aux carottes importées et génétiquement modifiées ainsi qu'aux pommes d'amour d'être «belles»; ce sont des produits des semences OGM et du diktat d'un monopole détenu par le Monsanto américain à travers le monde et relayé par un monopole local. On leur demande d'être «saines» pour ne pas s'ajouter aux métaux lourds et au microplastique qui ont déjà infiltré nos organes et notre sang.

Pour l'anecdote, si un jour il vous arrive de vous demander d'où peut bien venir une forte odeur de pesticide embaumant votre cuisine et votre salon, ouvrez donc le four où sont en train de mijoter les tomates farcies et vous aurez la ré-



Pic - linkedin.com

“De Maurice, nous suivons les nouvelles provenant du monde entier. Celles-ci sont relayées sélectivement sur la scène locale, à un rythme hebdomadaire, exposant les malheurs de ceux qui vivent des heures sombres. Il y a pire ailleurs. Le mot d'ordre chez nous pourrait être: balayons, cultivons et produisons. Inutile de rappeler qu'une redistribution des terres est souhaitable dans le contexte actuel, où la terre nourricière disparaît sous le béton, plus profitable mais si polluant. C'est incontournable si l'on veut permettre aux petites et moyennes exploitations agricoles d'atteindre un degré d'autosuffisance dans ce domaine...”

ponse! Il faudra alors tout jeter. Vous rencontrez des agriculteurs qui subissent cette imposition des semences importées pour cultiver les pommes d'amour. «On ne peut rien faire contre», vous disent-ils, sur un ton résigné. Y aurait-il une solution à ce problème?

La variété? La quantité? On vous répondra que les étals des marchés sont bien garnis. Toujours est-il que certains légumes manquent à l'appel et que nous ferons bien de les convoquer davantage sur le marché. Exemple: le brocoli très peu présent, la betterave rare et trop chère, même remarque pour les poireaux et la courge tandis que le céleri en branche est inexistant, pour ne citer que quelques légumes. La valeur nutritionnelle de ces produits est largement reconnue. La salade se limite à la laitue; la roquette et la mâche sont quasiment méconnues. Les épinards se font rares, et il faut les purger de leur produit chimique avant de les consommer.

On présume que les citadins se débrouillent pour trouver le brède mouroungue et ses bâtons, autre légume bienfaisant pour la santé. Ce légume devrait être gratuit par un système de partage. L'arbre est si prolifique qu'il suffit pour tout un quartier et au-delà, car on n'en consomme pas tous les jours. Ne serait-il pas temps d'y penser? Des arbres énormes se trouvent près de la gare du Nord à Port-Louis sans que personne n'y touche. Tout comme le caripoulé, le mouroungue n'est quasiment pas acheté dans les villages, on en distribue.

Dans toute cette panoplie de légumes, les fines herbes posent un véritable problème. Le cotomili, le thym et la menthe sont vendus en petits paquets maigrelets à un coût

onéreux. Il conviendrait dans la mesure du possible de les cultiver soi-même en pots sur le balcon pour ceux qui ne disposent pas de jardin. Le basilic s'invite davantage en ce temps de cuisine moderne et variée, mais il est introuvable. Mais c'est facile d'en cultiver chez soi aussi bien que les poivrons.

Les fruits: autres aliments indispensables. Il y a tout un chantier à revoir. Une tranche de papaye vaut une orange en vitamine C, ce qui devrait diminuer la consommation des oranges importées. C'est étonnant que les citrons ne soient pas davantage disponibles sur le marché compte tenu de leur importance dans les plats cuisinés et les boissons. L'avocat est devenu incontournable pour le maintien d'une bonne santé. Or, on n'en trouve pas tous les jours. Un avocatier met des années à rapporter, ce handicap peut être contourné par une technique innovante qui fait rapporter une jeune plante d'avocatier au bout de six mois.

L'ananas en saison naturelle est mieux consommé entre novembre et mars; ensuite, les ananas aux hormones prennent le relais. Anecdote: en pleine période de confinement de Covid en 2019, un van s'était garé non loin d'un supermarché. Le producteur voulut se débarrasser d'une centaine d'ananas. À quelques mètres du van et tout autour, il se dégageait l'odeur de produit chimique dérangeant tout le monde aux alentours.

Les fruits disparus: cœur de bœuf, corossol, la zatte rare, les goyaves parfumées, les fruits de la passion (grenadelle) peu présents, pomme zako et patate chinoise en voie de disparition. Le tamarin est heureusement sollicité en compote, boisson et plats de légume et poisson. Le melon orange si bon est si absent. Les diverses graines, courge, tournesol, etc., restent peu abordables pour la moyenne des gens. Les noix et amandes sont importées. Comment pallier ces manques?

Dans le registre du gaspillage, songeons à ces milliers de graines que l'on jette contre notre gré par terre ou à la poubelle tous les jours, graines de giraumon, margoze, papaye, citron et noyau d'avocat. C'est effrayant!

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Tree of Knowledge



Pic - www.potomacpsychiatry.com

Many of us don't really understand what personal power means. We've been given the false notion that power is bad — that it's something we use to exert our will upon others. In fact,

Nurture Your Seat of Power

when our personal power is intact, we are neither overbearing nor meek. We have a clear sense of our strength and the impact we can have on others. This actually enables us to be more sensitive.

Personal power is what permits us to work on behalf of our dreams and desires. It allows us to realize that we are worthy and deserve to be heard. In addition, our personal power lets us extend the respect we know that we deserve to the people around us. There is no reason to be afraid or

ashamed of fully owning your power.

In the chakra system, the solar plexus is the seat of personal power. One way to evaluate your sense of power is to breathe into this part of the body. If it feels tight or nervous, it is an indication that you may not be fully expressing your power. You can heal this imbalance by expanding the area of the solar plexus with your breath. You can also visualize a bright yellow sun in this part of your body. Allow its heat to melt any tension, and let its light dissolve any darkness or

heaviness. Repeating this exercise on a regular basis can restore and rejuvenate your sense of power.

Another way to nurture your personal power is to honour your dreams and desires by making concrete plans to manifest them in the world. Start by making a list of things you want, and let yourself think big. Choose one goal from the list and commit to bringing it to fruition. In addition, break the goal into tasks that you can work on each day.

Know that you deserve to have your dreams come true and that you have the power to bring them into being.