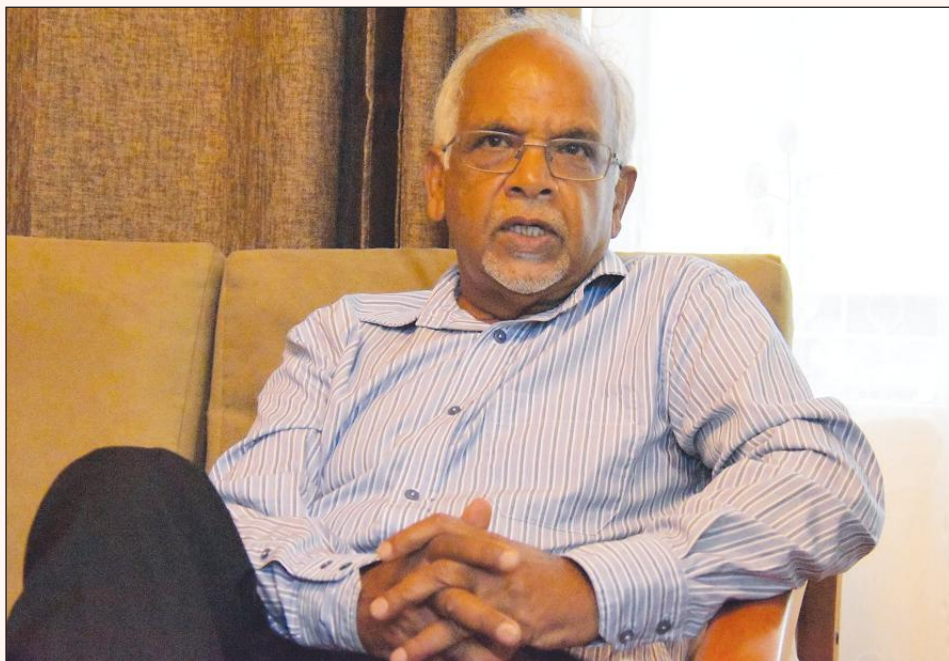


MAURITIUS TIMES

• "Whenever you find yourself on the side of the majority, it is time to pause and reflect." -- Mark Twain

Interview: Dharam Gokhool

«To storm the MSM citadel may be difficult but not impossible»



*** 'The silence of the common people must not be confused with consent**

The youth is the hardest hit and forms part of the lost generation of this regime'

☞ See Page 10

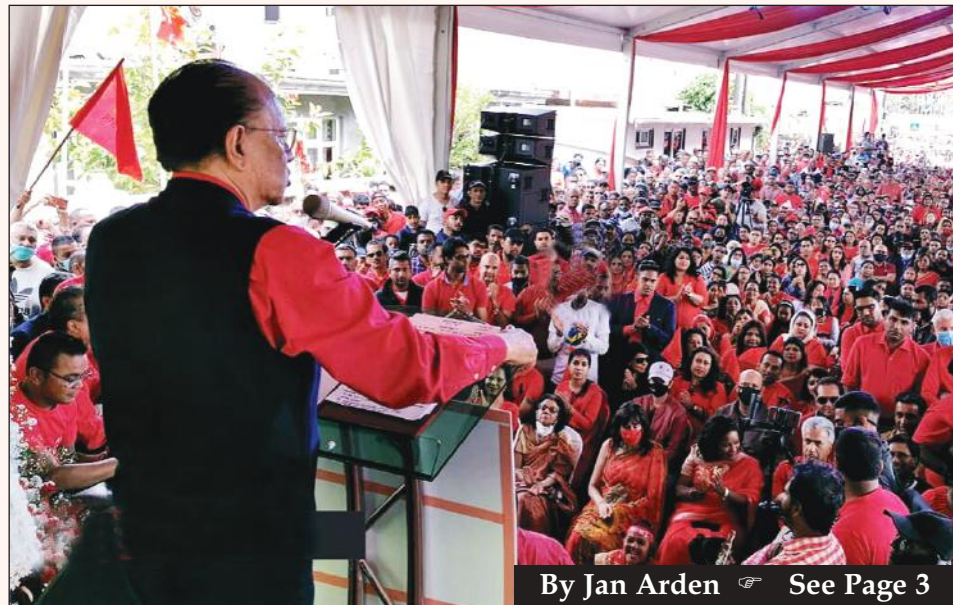
Leadership on The Planet of The Idiots?



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Provisional Charges, Detention of Suspects & Presumption of Innocence

«Abuses, in any and wherever they exist, ultimately get resolved»



'There is nothing wrong with the system. The wrong lies in the mindset of those who are responsible to make the system work in compliance with the rule of law'

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An Alternative Platform

Former South African president Thabo Mbeki who served two terms as ANC president, from 1997 to 2007, and national president from 1999 to 2008, painted two months back a rather gloomy picture of the country and its prospects. The official national unemployment rate is 34.5%, and the country is also the most unequal in the world with about 55.5% (30.3 million people) of the population living in poverty. Its high crime rate poses a threat to society, and according to Chris Jones, Chief researcher, Department of Systematic Theology and Ecclesiology at Stellenbosch University, the country is ripe for its own Arab Spring.

This state of affairs would be attributable to ANC politicians, who did not serve the people of South Africa, but who were rather focused on self-enrichment, and the absence of a 'social compact' – the collaboration between government, civil society organisations, communities, business and labour', says Jones, adding that what the country needs are "transformational leaders", who can inspire positive change in individuals and social systems to fix its problems. Such leaders must be concerned about the country's problems and be involved in helping to fix them.

'The best form of transformational leadership was displayed by Nelson Mandela, who envisioned the country as a "rainbow nation" and rallied almost the entire nation behind the realisation of his vision. But it faded over the years.' On his part, the futurist Philip Spies describes the new South Africa as 'a ship that started sailing in 1994 with very good hope and direction, but froze in a pack of ice 28 years later, bringing the country's development to a standstill. This is the product of, among other things, class, race and ethnic polarisation, alienation of communities and greed, elitist governance and corruption by privileged and favoured public servants and politicians. Sadly, too many politicians are self-serving and interested in self-enrichment. They are often far removed – literally and metaphorically – from the citizens.'

It would certainly be simplistic to draw a parallel with the socio-political conditions operating in our island. A government elected on 37% of voters has been focusing on what it perceives as its core electorate and even on the key constituency of the PM (No.8) trusting that enough regional figureheads will help carry the day elsewhere (say Nos 12, 13 & 14). Its recipe

remains that of a buoyant pre-electoral budget and goodies, marketed by the national broadcaster and pro-government press, that would absorb the current pains and induce some fence-sitters to take its side, despite the long list of scandals and affairs that has characterised its impervious rule.

The fact that those goodies and most of the current and announced infrastructure projects would be funded by a massive level of public sector debts is not expected to challenge that electorate. Nor, in high-level calculations, would any individual poor performances from a variety of Ministers be insurmountable if the election turns more presidential than ever and the Opposition remains fragmented and unable to present a unified credible force. However, there may be an underground swell of public opinion frustrated by the numerous failings that want a clear change from economic and social management principles that run contrary to good governance. Neither is government's haste in signing more debt-led public contracts that may leave us very exposed to any worldwide financial or recession shock in the aftermath of the Ukraine crisis, a matter to be taken lightly.

If there is broad consensus on the harm that has been wrought to the polity by the misgovernance of the current dispensation and the need therefore for a credible opposition front to emerge and that would work to set the country on a new path, that is unfortunately lacking for the time being. A vibrant democracy requires a credible opposition, which is currently not there. And yet the opportunity exists, and the circumstances demand that this lacuna be filled promptly. The focus of the opposition parties should consequently be on rebuilding and reinventing themselves through internal reordering and democratization, and not sterile conflicts with regard to leadership issues.

There is no saying how the 63% who did not vote for a new face assumed to bring better livelihoods and greater concern for the fate of lower rungs of society, has evolved or what proportion of the initial 37% have weathered the successive storms that have plagued the regime. As we are still some way off general elections nominally scheduled for end 2024, there may be a certain degree of fence-sitting while the Opposition works out its dynamics and comes up with their alternative platform, people and program. Only if they are prepared to take such a call will they be ensured of their future relevance on the political landscape.

The Conversation

What do we owe future generations?

And what can we do to make their world a better place?

Your great grandchildren are powerless in today's society, but the things we do now influence them, for better or worse. What happens when we consider them while we make decisions today?



Pic - Markus Spiske via Unsplash, FAL

Your great grandchildren are powerless in today's society. As Oxford philosopher William MacAskill says:

They cannot vote or lobby or run for public office, so politicians have scant incentive to think about them. They can't bargain or trade with us, so they have little representation in the market, and they can't make their views heard directly: they can't tweet, or write articles in newspapers, or march in the streets. They are utterly disenfranchised.

But the things we do now influence them: for better or worse. We make laws that govern them, build infrastructure for them and take out loans for them to pay back. So, what happens when we consider future generations while we make decisions today?

This is the key question in What We Owe the Future. It argues for what MacAskill calls longtermism: "the idea that positively influencing the long-term future is a key moral priority of our time." He describes it as an extension of civil rights and women's suffrage; as humanity marches on, we strive to consider a wider circle of people when making decisions about how to structure our societies.

MacAskill makes a compelling case that we should consider how to ensure a good future not only for our children's children, but also the children of their children. In short, MacAskill argues that "future people count, there could be a lot of them, and we can make their lives go better."

Future people count

It's hard to feel for future people.

We are bad enough at feeling for our future selves. As The Simpsons puts it: "That's a problem for future Homer. Man, I don't envy that guy."

We all know we should protect our health for our own future. In a similar vein, MacAskill argues that we all "know" future people count.

There could be a lot of future people

Future people count, and MacAskill counts those people. The sheer number of future people might make their wellbeing a key moral priority. According to MacAskill and others, humanity's future could be vast: much, much more than the 8 billion alive today.

While it's hard to feel the gravitas, our actions may affect a dizzying number of people. Even if we last just 1 million years, as long as the average mammal – and even if the global population fell to 1 billion people – then there would be 9.1 trillion people in the future.

We might struggle to care, because these numbers can be hard to feel. Our emotions don't track well against large numbers. If I said a nuclear war would kill 500 million people, you might see that as a "huge problem". If I instead said that the number is actually closer to 5 billion, it still feels like a "huge problem". It does not emotionally feel 10 times worse. If we risk the trillions of people who could live in the future, that could be 1,000 times worse – but it doesn't feel 1,000 times worse.

Michael Noetel

Senior Lecturer in Psychology, Australian Catholic University

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Mauritius Times

Founder/Editor: Beekrumsing Ramlallah - Aug 1954-Sept 2000

Editor-in-chief: M. Ramlallah / Senior Editor: Dr RN Gopee

This epaper has been produced with the assistance of

Doojesh Ramlallah, Sultana Kurmally and Kersley Ramsamy

Pearl House 4th Floor Room 406 - Sir Virgil Naz Street, Port Louis
Tel: 5-29 29301 Tel/Fax: 212 1313

mtimes@intnet.mu

www.mauritiustimes.com

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Managing Political Ambitions: the dilemmas

Jan Arden

For those who are not aware of events in India, there were two recent storylines around the Indian National Congress (INC). The first, a nationwide march termed Bharat Jodo Yatra led by Rahul Gandhi and the second an announced election of a party president who would not be a Gandhi.

While Rahul Gandhi pursues his brisk walk-about starting in the Indian south, he might have hoped for reminiscences of the Mahatma in colonial times who was determined to find the soul of the real India before laying out the platform and strategy to oust the powerful British empire, its monarch and its military. Much to Rahul's chagrin, the parallel events around the announced historic election of a new non-Gandhi INC President have conspired to throw such a laudable, laughable say his critics, spin exercise as his nationwide march Bharat Jodo Yatra horribly out of step. They threatened to run rapidly out of control unless immediate steps were taken to halt the gaping



Some observers have wondered whether the grand old party, increasingly a family affair, has the credibility and wherewithal to manage its own dynamics of raw ambitions, aspirations and impatience of younger faces, prodded by Rahul Gandhi himself... Pic - static.india.com

cracks in Rajasthan, one of the remaining two states under INC control, as Chief Minister Ashok Gehlot, a long-time first-family loyalist was announced as candidate with the seeming blessing of Sonia Gandhi, front-runner and even as winner of the internal election scheduled for October 17th.

The hic was that Rahul Gandhi insist-

ed that Ashok Gehlot would have to resign his Rajasthan CM post, a thing he was most unwilling to do: when push comes to shove, Gehlot knew that a CM post enjoys far greater power locally than any party presidency in Delhi, where real power would lay with the Gandhis. Public media, the press and astute observers will have been hot on the raging contro-

versies over the brewing storm which neither Rahul, nor current party President Sonia Gandhi, nor top-level INC leaders knew how to manage.

As of yesterday, after several days of confusion, Gehlot has backed out of the party presidency race, leaving the scene to Shashi Tharoor, Digvijaya Singh and possible others. Observers brought up memories of the ghastly Gandhi-managed disaster in Punjab with the unceremonious ouster of Capt Amarinder Singh or the recent exit of disappointed J&K representative Gulab Nabi Azam, both long-standing servants of the INC. Matters were now compounded by the repercussions from the unresolved presidency confusion hitting the headlines since last week.

Some observers have wondered whether the grand old party, increasingly a family affair, has the credibility and wherewithal to manage its own dynamics of raw ambitions, aspirations and impatience of younger faces, prodded by Rahul himself to challenge the loyalist old guard faces like Ashok Gehlot, Capt. Amarindar and Digvijaya Singh.

Labour Party's delicate test

Any political party operating in a democratic context would be gratified to have ambitious and competent loyalists in its ranks and upper echelons provided it has adequate mechanisms or processes and the political savviness to manage legitimate aspirations and ambitions in the internal dynamics of its house. Locally, the Labour Party has been facing such a delicate test of the internal strengths of wise leadership and their collective ability to manage diverse ambitions in a manner that neither derails the party nor detracts from the larger objective of getting back to power on a revisited platform of change.

The constitution of the new Executive and election of the new enlarged Politburo, have opened doors to a rejuvenation of cadres and activists, a popular demand from many quarters, while doing its best compromise to cater for loyalists with clearly recognised past contributions to the party and the country. While few of us have a crystal ball, if Arvin Boolell has recognised that Navin Ramgoolam remains best placed to lead the party or any Opposition alliance to the next battle and that the latter is also fully cognizant of the necessity to prepare the transition to new tomorrows for the country's oldest party, outsiders and sympathisers may feel there is enough leeway for the way forward to be agreed upon, while legitimate ambitions and responsibilities of several loyal and competent cadres are catered for.

With the MMM, the pre-2019 departure of several party loyalists to the perceived greener shores as



adjuncts to the ruling MSM, has to some extent simplified the leadership succession question - there is none on the cards - without really resolving Paul Berenger's future role in the future general elections as he looks embroiled in various scenarios and alternative plans. Bargaining hard for the best party deal has been his trademark, but when trapped in a downward slide that no longer makes the MMM a force "incontournable", he faces an uphill task despite the company of Nando Bodha, a long-time servant of the MSM and the Sun Trust.

If the conjunction fails to arouse or enthuse the public, there are grounds to assume that option may be ditched or at best, integrated within the party negotiations towards an Alliance. At the end of the day, Mr Berenger's eye for history and his optics for safeguarding the future of the MMM will determine whether a full-fledged working alliance of all Opposition parties and voices will be resurrected. In short, he has his own

best enemy to manage, himself.

* * *

Huawei Smart!

Following the widely mediated Sherry Singh departure from Mauritius Telecom (MT) on allegations of some optic cable sniffing at our internet landing station, there was much sound and fury from the Prime Minister and several of his top ministers from soap-boxes and in public statements.

In its Tuesday issue (27 September) *Le Defi* recapped the bombastic declarations of one such senior (?) Minister, Bobby Hurreeram, so apt at putting his foot in it. "The ex-CEO of MT had surrendered our country hand and feet tied" to Huawei and authorities were very concerned about this state of affairs. Police and ICAC inquiries were announced against the defaulting close ally to Pravind Jugnauth, although many observers were of the view that the matter would not proceed beyond some superficial digging in view of the implications of China's annoyance.

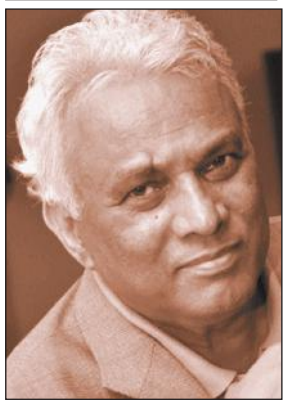
That came soon enough and has been firmly reiterated on 23rd September by the Chinese ambassador that "the allegations [of corruption] against Huawei were ridiculous and without basis". This may be the standard answer of the Chinese government to any Huawei allegations, but it had the merit to firmly close all Huawei-related inquiries as hard-swallowed and acknowledged by the same Hurreeram. Gaffes at such levels should quarantine him to his ministry rather than venturing in waters too deep for his swimming skills.

If there are further twists to the MT inquiries by the newly appointed Board, these are unlikely to cross the red-lines sternly drawn by China and may only concern other allegations of impropriety under Sherry Singh's stewardship and MT's former Board.

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Reforming the UN

The UN Security Council cannot remain trapped in an antediluvian time warp. Its profoundly iniquitous and dated structure must be promptly reformed



Mrinal Roy

The United Nations Organization (UNO) is an intergovernmental organization created in 1945, in the aftermath of World War II, to protect future generations from the horrors of war and prevent conflict, destruction and suffering of people. The main objectives of the United Nations are therefore the maintenance of international peace and security, the promotion of the well-being of the peoples of the world and international cooperation to achieve these aims.

The 77th session of the annual United Nations General Assembly (UNGA) was held from 13 to 23 September in New York at a time when the world faces multiple and unprecedented crises. After two years of restricted in-person attendance owing to the Covid-19 pandemic, some 150 world leaders flocked to New York to attend the UN General Assembly meetings in person for the first time in three years. The UNGA met at a grim and sombre moment in a context when the world confronts the compounded health challenges of Covid-19 and the new threat of monkey pox, the imminence of a climate change catastrophe and the throes of economic turmoil caused by rising inflation, escalating prices of food and energy and the erosion of purchasing power of people across the world fuelled by the protracted war in Ukraine.

The secretary-general of the UN, António Guterres summarizing the bleak situation ahead of the meeting stated: 'Our world is blighted by war, battered by climate chaos, scarred by hate and shamed by poverty, hunger, and inequality.' There are also potent indications of a global recession. This dismal situation therefore called for focussed deliberations and bold, concerted and decisive actions by world leaders present to robustly tackle and defuse the multiple crises faced by the world and hardships endured by people. It was certainly not the time for vacuous speeches or to stoke Cold War acrimony and rancour through the irresponsible pursuit of narrow geopolitical interests.

Instead, the US, Germany, France, the EU, UK and the West basically used the UNGA forum to canvass support and focus world attention on the war in Ukraine, pillory Russia and pledge new advanced weapons and other support to Ukraine. Instead of multiplying efforts to end the war forthwith, Ukraine is being armed with advanced weaponry and provided with military intelligence to counter Russia in an unending proxy war causing enormous collateral damage and deaths in the country and dire socio-economic difficulties endured by people across the world.

Call for peace talks

In contrast, Qatar, Senegal and Turkey called for immediate peace talks to end the war in Ukraine. Senegalese President Macky Sall, who currently chairs the African Union, pointedly said that Africa 'does not want to be the breeding ground of a new Cold War.' Why

did the plethora of leaders of developing countries attending the UNGA not add their voices to Senegal's to demand urgent talks for an immediate end to the war? Why is there such culpable reluctance to rock the boat by the multitude of countries feeling the dire impact of the war on rising food and energy prices and the hardships caused by a rapidly eroding purchasing power? Despite being sovereign nations, are past hangovers still haunting and dictating the present?

Commenting the protracted war in Ukraine recently, the Pope aptly pronounced that 'weapons can be acceptable for self-defence, but not to make more war. Selling weapons can be immoral if done with intentions of making more war or to profit from it in some way.' It is evident that arms manufacturers are having a field day with the tens of billions of dollars of arms support pledged to Ukraine which is also a live testing ground for unused stockpile of missiles and other advanced weaponry.

Nothing concrete

After 10 days of speeches, summits, high-level meetings, debate and dialogue at the UNGA, nothing concrete was achieved to address and defuse the climate change threat endangering our homeland, planet Earth and humankind or to end the war in Ukraine and the dire socio-economic hardships endured by people across the world or to protect and treat so many people and countries across the world still adversely affected by Covid-19 and other health risks.

The upshot is that the war in Ukraine rages on. Extreme weather events such as devastating hurricanes and typhoons are becoming more frequent and causing significantly more damage and have recently wreaked havoc in Philippines, Cuba, Puerto Rico, Florida and Canada. Last month, deadly flooding of an unprecedented scale in Pakistan has affected 33 million people and left one-third of the country underwater.

Despite these glaring signs of an imminent climate-driven Armageddon, there was no sense of urgency in the light of the subpar commitments made at COP26 to limit global warming within the threshold of 1.5°C by 2030, to fast track drastic carbon emissions cuts by the major polluting countries of the world. On the contrary, the energy crisis caused by the ongoing war in Ukraine is pushing more and more countries to irresponsibly revert back to highly polluting coal. Thus, France, Italy, Austria and the Netherlands are reactivating old coal power plants, whereas Germany is allowing 21 coal plants to restart or work past planned closing dates, despite the alarm bells of an imminent climate change disaster.

Flawed system

Is the UN system incapable of rallying the caucus of nations to efficiently resolve the major crises and current challenges faced by the world? Does the UN have the

independence, authority and the clout to counter and foil partisan agendas detrimental to the interests of the larger caucus of world nations? Is the UN a member-driven intergovernmental organization or is it systematically hobbled by the crippling divide opposing the five permanent Security Council members – the US, UK, France, China, and Russia — and their veto power?

The efficacy of the UN Security Council has long been questioned. The chorus of calls for urgent reform and a broader and more inclusive membership of the permanent Security Council to reflect today's instead of



“Senegalese President Macky Sall, who currently chairs the African Union, pointedly said that Africa ‘does not want to be the breeding ground of a new Cold War.’ Why did the plethora of leaders of developing countries attending the UNGA not add their voices to Senegal's to demand urgent talks for an immediate end to the war? Why is there such culpable reluctance to rock the boat by the multitude of countries feeling the dire impact of the war on rising food and energy prices and the hardships caused by a rapidly eroding purchasing power?”

the post WWII reality is growing louder day by day. The flagrant anachronism of the five permanent Security Council members in today's context is widely decried. The veto power held by each of the five permanent Security Council members which enables them to block decisions which threaten their parochial interests has been a major bone of contention. This has been the root cause of the UNSC inability to competently honour its mandate and maintain global peace. Unable to defend a fundamentally flawed system, US President Joe Biden called for an expansion of the Security Council's membership and proposed that permanent seats should be increased.

Reform

It is therefore vital that there are urgent open discussions on this key matter to arrive at a sensible solution which ensures that the UNSC is a truly inclusive body which fairly represents the wider UN membership and today's economic and political reality instead of being an outdated closed club of a bygone era. The other key issue is the veto power of the permanent members of the Security Council. This power is a crippling impediment to efficient decision-making, protects parochial interests against the democratic will of the majority to promote the common good.

In a context where the world is confronted with so many daunting challenges which demand decisive actions, the UNSC cannot remain trapped in an antediluvian time warp. Its profoundly iniquitous and dated structure must be promptly reformed. This means making the UN a more fairly representative and efficient forum to resolve international crises and tackle diverse challenges faced by the world through democratic consensus instead of a palavering Tower of Babel.

Provisional Charges, Detention of Suspects & Presumption of Innocence

“Abuses, in any and wherever they exist, ultimately get resolved”

‘There is nothing wrong with the system. The wrong lies in the mindset of those who are responsible to make the system work in compliance with the rule of law’

LEX

Numerous cases of what are perceived to be arbitrary or politically motivated arrests followed by provisional charges and inquiries dragging on unreasonably have been on record since 2015. The recent case of Akil Bissessur, publicly announced by the PM to be on his “radar” for some time, and his treatment have again highlighted the questions of provisional charges and applications for bail. Lex comments on those issues and on the more general need for the authorities to balance carefully public interest with the necessity to safeguard an individual’s personal freedom.



“If a police officer does not turn up at a bail hearing, the magistrate should immediately summon his Superintendent or the Commissioner of Police to attend court to explain the absence or proceed to release the suspect on strict conditions. Concerning the delay in forensic analysis, many might have been surprised with the lightning speed with which the drugs allegedly found at the place of Akil Bissessur were analysed. It took one day whereas other analyses take much longer. Why you may ask?”

* The issues of provisional charges and detention of suspects without first seeking DPP’s advice, as well as that of presumption of innocence have come up in recent weeks with press reports highlighting what are considered to be arbitrary detention of suspects, in some cases for an unreasonable period of time, on questionable grounds. What’s wrong with the system if that is indeed the case?

There is nothing wrong with the system. The wrong lies in the mindset of those who are responsible to make the system work in compliance with the rule of law. The situation started to go down a deep slope since the elections of 2014 when people were being arrested without an iota of evidence and detained for purely political reasons. We know the fate of those arrests.

The police are empowered to arrest people on reasonable suspicion of having committed or are about to commit an offence. The important consideration is reasonable suspicion. The perception today is that the police arrest people, detain them and remand them to jail and then start to gather evidence. This is totally wrong. The element of reasonable suspicion that an offence has been committed must exist at the time of the arrest, not after the arrest.

* Then comes the issue of bail: the layman might question bail decisions in cases of grave offences, especially with respect to alleged drug trafficking, sexual assaults, etc., and would rightly ask: why are criminals released on bail? This raises a number of questions, namely what’s the importance of bail, who gets and who may be refused bail?

There is nothing complicated with the bail system. Those who are arrested may be released on bail pending their trial. There are a number of factors that the court must consider when dealing with bail applications. All these appear in the Bail Act and as interpreted by the Supreme Court. But what is happening these days is that the police systematically oppose bail applications and more often than not the magistrates go along with the police’s objections and remand the individuals to jail.

* Would it be correct to say that aside from other considerations like, for instance, failure to turn up in court, influencing witnesses or the risks of repeat offence by the suspect, presumption of innocence and non-deprivation of a person’s freedom should be the overriding factors in the decision to grant bail?

A Judge or a Magistrate may refuse to

release a defendant or a detainee on bail where there is a risk of absconding - that is the accused will not surrender himself to custody; risk of commission of another offence; risk of interfering with witnesses; risk of tampering with evidence; risk of obstructing justice. The accused would also be kept in detention for his own protection. This what the Bail Act provides.

Once the court has considered these grounds for objection, it must consider other factors like the delay within which the person on remand will be brought to trial; the nature of the evidence against the suspect; the presumption of innocence.

* Former Chief Justice Eddy Balancy has in recent press statements argued that magistrates sitting on bail applications should take guidance from the judgements in the Maloupe case (Maloupe v District Magistrate of Grand Port 2000SCJ 223) and those in Noordally v AG and DPP as well as in the Hurnam case (2005 2 UKPC 49), all of which would recognize the constitutional right to bail. Do you share that view?

I am not here to comment on what the former chief justice said. The best answer to this question resides in what a British Law Lord, Lord Bingham said in the case of Hurnam against the State in 2005 in a

bail case. The British Judge summarized the balance that should be kept between the rights of suspects and the rights of the community at large. This is what he said:

“In Mauritius, as elsewhere, the courts are routinely called upon to consider whether an unconvicted suspect or defendant should be released on bail, subject to conditions, pending his trial. Such decisions very often raise questions of importance both to the individual suspect or defendant and to the community as a whole. The interest of the individual is of course to remain at liberty, unless or until he is convicted of a crime sufficiently serious to justify depriving him of his liberty. Any loss of liberty before that time, particularly if he is acquitted or never tried, will inevitably prejudice him and, in many cases, his livelihood and family. But the community has a countervailing interest, in seeking to ensure that the course of justice is not thwarted by the flight of the suspect or defendant or perverted by his interference with witnesses or evidence, and that he does not take advantage of the inevitable delay before trial to commit further offences.”

* What happens in practice as regards the procedural rights of suspects? Would you say that suspects receive a fair deal from the judicial system and the police?

One cannot generalize. A distinction must be made between what we may call political arrests and normal arrests. In the case of normal arrests, we may say that a suspect will receive a fair deal from the police; the situation is totally different where the arrest is motivated by political considerations or is ordered by politicians in power. If evidence is needed, we may go back to the arrests that took place after the 2014 elections. And recently Ms Rachna Seenauth was arrested because of a humorous post about the Prime Minister and spent one night in jail.

As for a fair deal from magistrates, the perception these days, unfortunately, is that most magistrates tend to side with the police when it comes to motions for release on bail. Nonetheless we must not lose faith in the judicial system. Abuses, in any and wherever they exist, ultimately get resolved.

* One argument that comes up quite often in the police’s objections to bail applications relate to the status of investigations - usually ongoing. Should magistrates be more vigilant on such ongoing inquiries and require progress reports to avoid abuse?

Let’s take the case of Akil Bissessur. Allegedly 56 gms of prohibited drugs were found at his partner’s place.

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Leadership on The Planet of The Idiots?



Anil Madan

How and why do leaders choose war and destruction when they have the capacity for humanitarian gestures and cooperation? Why is it that more leaders don't step forward and try to solve problems and make peace?

UN Secretary-General António Guterres in his address to the General Assembly declared: "The United Nations Charter and the ideals it represents are in jeopardy." Declarations to this effect by Guterres and his predecessors have had a timbre of their own conveying the idea of the ills menacing the world. Guterres' elaboration was no less lacking than his predecessors' exhortations in conveying the notion of a hopeless, dystopian world gnawing at itself:

- We have a duty to act.
- And yet we are gridlocked in colossal global dysfunction.
- The international community is not ready or willing to tackle the big dramatic challenges of our age.
- These crises threaten the very future of humanity and the fate of our planet.
- Our world is in peril – and paralyzed.

None of these words moved any of the world's leaders to action. Instead, Russia's President Putin announced a partial mobilization of citizens, seeking to recruit 300,000 soldiers to participate in his war of choice against Ukraine. At the United Nations, US President Biden condemned Putin's actions: his initial attack on Ukraine, his ongoing effort to extinguish Ukraine as a nation, his imperial ambition.

For his part, Putin cast himself in the role of victim, suggesting that his "special military operation" is part of a larger existential struggle of the Russian nation against the nations of the West that seeks to "weaken, divide and ultimately destroy our country." That his ambitions are imperial is not in doubt as the Kremlin's planned referenda in the regions of Ukraine that Russia occupies are a prelude to their annexation into the Russian Federation. These sham referenda will be used to justify further attacks on Ukraine if it seeks to liberate these annexed areas because they will then support the manufactured claim that Ukraine is attacking Russian territory.

Ukrainian President Zelensky's vow to liberate all Ukrainian territory seized by Russia and his call for the UN to expel Russia and deem it a terrorist state suggest that no negotiated end to the Ukraine war is in the offing.

In a welcome note, but one that is at utter discord with the tenor of these pronouncements from Putin, Zelensky, and Biden, during the same week just after Putin announced his partial mobilization, we learned of a prisoner exchange between Ukraine and Russia in which Ukraine released Viktor Medvedchuk, a pro-Kremlin Ukrainian opposition politician, and 55 Russian fighters, and Russia released 215 Ukrainians and ten

other foreign nationals (including two Americans).

The big surprise here was that this prisoner exchange was brokered by the combined efforts of Turkish President Erdogan and Saudi Crown Prince Mohammed bin Salman (MBS).

The aunt of one of the released Americans said: "I never dreamed it was a possibility that the Saudi government would be able to do something like this," and US Secretary of State Antony Blinken also thanked "our Saudi partners for helping to spearhead this humanitarian initiative."

These developments should make us reflect and wonder how and why leaders choose war and destruction when they have the capacity for humanitarian gestures and cooperation. Why is it that more leaders don't step forward and try to solve problems and make peace?

As I thought about all of this, my mind turned back to the first meeting that Blinken and National Security Advisor Jake Sullivan had with Chinese foreign affairs chief Yang Jiechi and State Councilor Wang Yi, in Anchorage, Alaska, at the outset of the Biden Administration. One can see that the meeting was doomed to fail, not only from the pre-meeting spin put forth by Blinken and other American officials, but also from the public dressing down that Blinken attempted to deliver to Yang Jiechi for which he was rebuked in a lengthy rebuttal by Yang.

It is not that Blinken was wrong in stating: "Our administration is committed to leading with diplomacy to advance the interests of the United States and to strengthen the rules-based international order. That system is not an abstraction. It helps countries resolve dif-

"One can see that the Biden administration's approach to China was built on mistrust bordering on antagonism. American foreign policy leaders staked out their territory, lifted their legs and marked it as dogs do. And the Chinese replied in kind. The result is a dog-eat-dog world. Or one can look back at President Biden's approach to President Putin before the invasion of Ukraine. As I have previously written, a huge opportunity to engage with Russia in a constructive way was lost in 1991 when the Soviet Union imploded. NATO could have been transformed into a trading alliance over time with Russia as an active and contributing member..."



Why do leaders choose war and destruction when they have the capacity for humanitarian gestures? - Pic - Quora

ferences peacefully, coordinate multilateral efforts effectively and participate in global commerce with the assurance that everyone is following the same rules. The alternative to a rules-based order is a world in which might makes right and winners take all. And that would be a far more violent and unstable world for all of us."

But note the absence of any mutuality in that statement. There was no recognition of China's interests, nor an attempt to align China's interest in having a rules-based order with that of every other nation.

Media reports quoted a senior White House official: "One of the things for us to also demonstrate here is a sense of coordination (between the United States and its allies) and sort of a unified approach, that it was not potentially the case in the last administration."

And another statement by a senior official (it is not clear if this is the same official): "This is a very deliberate and visual demonstration of that from the get-go that we think is really important for helping to inform and shape how China seeks to engage with us," one senior official told reporters this week, adding that "the games that China has played in the past to divide us or attempt to divide us are simply not going to work here."

Whatever the merits of the American position -- and I admit to being sympathetic to it -- one can see that the Biden administration's approach to China was built on mistrust bordering on antagonism. American foreign policy leaders staked out their territory, lifted their legs and marked it as dogs do. And the Chinese replied in kind. The result is a dog-eat-dog world.

Or one can look back at President Biden's approach to President Putin before the invasion of Ukraine. I am not so naïve as to suggest that Biden could have dissuaded Putin with gentler talk. In fact, I have previously written a piece stating my view that Biden blinked. But one must wonder if there was not a chance to eliminate the paranoid and delusional thinking that Putin displayed when he accused the West of ill will toward Russia: "They are already saying directly that they were able to split the Soviet Union in 1991 and now the time has come for Russia to break up into a multitude of regions and areas which are fatally hostile to each other."

● Cont. on page 7

"Abuses, in any and wherever they exist, ultimately get resolved"

● Cont. from page 5

No large sums of money or any paraphernalia used in drug preparation were found. A charge of drug trafficking was levelled against him. Why you may ask?

The reason is simple. Since he was on the "radar" of the Prime Minister as the latter himself stated, it would seem that the most serious offence had to be slapped against him. It is quite difficult, if not impossible, to get a release on bail for drug trafficking. It is clear that the police would use their own tactic or strategy depending with whom they are dealing with. There seems to be no objective or rational approach on how the principle of reasonable suspicion should be used and applied.

*** Different cases of what is perceived to be the unjust detention of suspects for different reasons have been reported lately - repeated absence of police at bail hearings, long delay in the submission of forensic analysis results of seized substance during police raids, both resulting in extended detention. If true, how could this be happening repeatedly, it would seem, without corrective measures taken?**

Who will take the corrective measures? Is it the Chief Justice? Is it the magistrates? Is it the DPP? Is it the police?

If a police officer does not turn up at a bail hearing, the magistrate should immediately summon his Superintendent or the Commissioner of Police to attend court to explain the absence or proceed to release the suspect on strict conditions.

Concerning the delay in forensic analysis, many might have been surprised with the lightning speed with which the drugs allegedly found at the place of Akil Bissessur were analysed. It took one day whereas other



analyses take much longer. Why you may ask?

*** Have some sections of the police come to regard advocates and lawyers appearing for suspects as obstacles rather than necessary adversarial partners in the quest for truth?**

Maybe the answer is to be found in what former Judge Vinod Boolell wrote in *l'express* recently. This is what he wrote:

"The relationship between the police, barristers and the public has deteriorated in recent times. That relationship has not always been rosy and has already been surrounded with suspicion on the powers of the police and the rights of barristers and members of the public.

"Of late the police have arrogated to themselves many powers and have been making an obvious abuse of their powers. The most blatant one was the violent way in which a judge's order was ignored, a barrister maltreated, with the police displaying a power in defiance of the rule of law. That the police have an important role to play in a society regulated by the rule of law cannot be denied. But this role must coexist with all the sacrosanct principles that are comprised in the rule of

law. The police cannot run their force, use their powers and act as if they are a State within a State."

*** We understand that those who have the power of decision over the release or otherwise of suspects at the level of lower courts, the magistrates, might also be influenced, on the one hand, by "uninformed public opinion" depending on the severity of the offence that would have been committed and, on the other hand, by the view that would be taken by the higher-ups in the judiciary regarding pre-trial bail. What's your take on that?**

"Let's take the case of Akil Bissessur. Allegedly 56 gms of prohibited drugs were found at his partner's place. No large sums of money or any paraphernalia used in drug preparation were found. A charge of drug trafficking was levelled against him. Why you may ask? The reason is simple. Since he was on the "radar" of the Prime Minister as the latter himself stated, it would seem that the most serious offence had to be slapped against him..."

Of course, the severity of the offence would be a factor that a magistrate would consider when deciding whether a suspect must be released on bail. As Lord Bingham explained, there must be a balance kept between the rights of the community and the rights of the suspect.

At the same time, we cannot blame magistrates when they reject a bail application especially in a drug case because they may be taken to task by the higher-ups.

The Judicial and Legal Service Commission is composed of the Judges of the Supreme Court, the very same Judges who would sit on appeal over the decisions of magistrates. The latter might be inspired not to earn their wrath. It is a vexatious situation.

LEX

Leadership on The Planet of The Idiots?

● Cont. from page 6

As I have previously written, a huge opportunity to engage with Russia in a constructive way was lost in 1991 when the Soviet Union imploded. NATO could have been transformed into a trading alliance over time with Russia as an active and contributing member. Russia has vast energy resources and talented people skilled in the sciences, technology, medicine, and arts.

What was it that prevented successive American presidents from failing to see that there was an alternative to addressing every other nation with different interests from the standpoint of confrontation and conflict rather than cooperation and cohesion? Or, for that matter, successive Soviet or Russian leaders or Chinese leaders?

And while we think about that, consider that the deal to allow exports of Ukrainian wheat from Black Sea ports was brokered by the UN and, yes, President Erdogan who described the negotiations as intense and arduous.

It is a fair bet that not many people in the US or in western nations would have placed any money on Erdogan or MBS to be leaders in negotiations leading to deals between nations otherwise having very little, if

any, goodwill toward each other.

What the world lacks is leaders with vision, the ability to see their role as problem solvers and facilitators of solutions.

Consider these two excerpts from Carl Sagan's speech on the Pale Blue Dot that is the Earth:

The Earth is a very small stage in a vast cosmic arena. Think of the rivers of blood spilled by all those generals and emperors so that, in glory and triumph, they could become the momentary masters of a fraction of a dot. Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner, how frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds.

The Earth is the only world known so far to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment the Earth is where we make our stand.

And Carl Sagan has recently twice been mentioned by a friend who referenced this observation: "You might

imagine an uncharitable extraterrestrial observer looking down on our species... - with us excitedly chattering, "The Universe is created for us! We're at the centre! Everything pays homage to us!" - and concluding that our pretensions are amusing, our aspirations pathetic, that this must be the planet of the idiots."

Kudos to Erdogan and MBS for trying. As for the rest of the world's so-called leaders, they seem to believe that the way to run the countries on this planet of the idiots is to behave like idiots and keep repeating the mistakes that human beings have made for centuries.

China is a major supplier of manufactured goods to the US, Europe, and indeed the world. Russia, until the invasion of Ukraine was a major supplier of oil and gas to Europe which remains desperate for secure energy supplies. And those sales generated hundreds of billions of dollars for Russia. Yet, we have so-called leaders willing to forgo the goodwill that mutual trade and co-operation can bring and only see the others as untrustworthy or worse, as enemies.

And to what end?

Cheerz...

Bwana



Britain's Prime Minister Liz Truss walks out of Number 10 Downing Street. Pic - express.co.uk

Defiant UK's Liz Truss on economic plan that sent pound tumbling: 'We had to...'

British Prime Minister Liz Truss on Thursday defended her economic plan and shrugged off the negative reaction from financial markets, saying she's willing to make "difficult decisions" to get the economy growing.

In her first public comments since the British government's announcement of billions in uncapped tax cuts roiled markets and drove the pound to record lows, Truss said Britain was facing "very, very difficult economic times." But she said the problems were global and spurred by Russia's invasion of Ukraine.

She spoke after the Bank of England took emergency action Wednesday to stabilize U.K. financial markets and head off a crisis in the broader economy after the government spooked investors with a program of unfunded tax cuts, sending the pound tumbling and the cost of government debt soaring, reports AP.

Truss told BBC local radio that "we had to take urgent action to get our economy growing, get Britain moving and also deal with inflation."

In a series of interviews, Truss said her government's decision to cap energy bills for households and businesses would help tame inflation and help millions of people facing a cost of living crisis.

But it was not that decision that alarmed the markets. It was the government's announcement on Friday of an economic stimulus program that included 45 billion pounds (\$48 billion) of tax cuts and no spending reductions — without an independent economic assessment of the cost and impact.

The Bank of England warned that crumbling confidence in the economy posed a "material risk to U.K. financial stability," and said it would buy long-term government bonds over the next two weeks to combat a recent slide in British financial assets.

The bank's former governor, Mark Carney said that the government and the central bank appeared to be pulling in different directions.

'Let's talk, open dialogues and...': US to China after Nancy Pelosi Taiwan visit

The US's top envoy to China called on the nation to reopen dialogues it halted after House Speaker Nancy Pelosi's visit to Taiwan almost two months ago, as Washington tries to get ties back on track.

"Our message to the Chinese is let's talk, open these dialogues and let's move forward," Ambassador Nicholas Burns said via video on Thursday to the Milken Institute Asia Summit in Singapore.

The US needed to work with China on issues like climate change and health, Burns said, even as they competed on technology. He did warn that Washington viewed Beijing as trying to change the status quo on Taiwan, adding: "We've warned them that we won't agree to that we don't accept it."

The comments mark an effort by Washington to soothe tensions with Beijing that spiked when Pelosi became the first sitting speaker in a quarter century to visit Taiwan, a democracy that China views as its territory to be retaken by force if necessary, reports Bloomberg.

China warned Pelosi not to visit, and when she did, it responded with unprecedented military drills and by



Nancy Pelosi became the first sitting speaker in a quarter century to visit Taiwan in August. Pic - Bloomberg

firing ballistic missiles over the island. It also cut off talks with the US on defense and climate change — one area where the nations had found common ground in recent years.

At the time, National Security Council spokesman John Kirby called China's cutting of military talks with the US "an irresponsible act," but added that "not all channels of communication between our military leaders are shut down." Kirby also said China's ending of climate change talks amounted to "punishing the whole world."

Last week, US climate envoy John Kerry said there was still room

for progress on climate talks with China even though they'd been suspended. "I really hope China will decide sometime in the next days it is worth coming back to this because we owe it to humankind," he said.

Burns said the US was monitoring China's ties with Russia very closely, though it hasn't seen any sign Beijing has supported Moscow militarily or with help evading sanctions imposed after it invaded Ukraine. China has refrained from endorsing the invasion, though earlier this month President Xi Jinping called Russian President Vladimir Putin "an old friend" and said his nation is ready to work with Moscow.

Why Charles III may not replace Queen Elizabeth on Australia's 5-dollar notes

Just weeks after Queen Elizabeth II's death, Australia is already hinting it might not replace her with King Charles III on its five-dollar banknotes when they're eventually reprinted.

Royalists were rattled on Wednesday when Treasurer Jim Chalmers said he'd mull the best way of redesigning the widely-used currency following the Queen's passing, using language that left the door open for someone besides her 73-year-old son to be depicted.

Chalmers said he'd work with Reserve Bank of Australia Governor



Philip Lowe on tackling the best way to make any changes. He didn't give a time frame for when a decision might be reached, reports Bloomberg.

Along with Canada, New Zealand and other former colonies of the British Empire, Australia still counts the monarch as its head of state. A referendum in 1999 to become a republic was narrowly defeated, yet the debate has simmered as Australia's stature as a regional

power and globally significant economy has grown. Previous polls suggest the population is roughly split about breaking from Britain.

The government has already announced the King's profile will appear on Australian coins at some point in 2023, however multiple ministers have suggested a different design may be chosen for the five-dollar note. When asked about a change prior to the funeral for the monarch, Prime Minister Anthony Albanese said he believed it was disrespectful to consider the issue at that time.

Albanese has previously suggested he would like to see a national referendum on Australia becoming a republic during his time in office, making an Australian the head of state.

China says no let-up in aggressive 'wolf-warrior' diplomacy: 'Won't capitulate'

As relations with the West have soured over issues from trade and human rights to Covid-19, Chinese diplomats have often been confrontational on the public stage, including on social media, a stridency that some critics see as intended for a domestic audience that nonetheless hurts its foreign ties, reports Reuters.

"We Chinese will not capitulate. We will not sit and do nothing while our country's interests are being harmed," Vice Foreign Minister Ma Zhouxu said in response to a

Reuters question at a Thursday news conference to discuss Chinese diplomacy in the decade since Xi assumed power.

Xi is poised to break with precedent and secure a third leadership term at next month's once-in-five-years congress of the ruling Communist Party.

Xi has urged Chinese diplomats to have more "fighting spirit", an instruction that has seen many Chinese officials take to social media platforms including

Twitter, which is blocked in China, with an aggression that has come to be known as "Wolf Warrior" diplomacy, after a patriotic movie franchise.

A global survey released this week by the Washington-based Pew Research Center found that public opinion towards China in the United States and other advanced economies had turned "precipitously more negative" under Xi.

Russian annexation of Ukraine territory expected within days



Service members of the self-proclaimed Luhansk People's Republic vote during a referendum in Luhansk. Pic- Reuters

President Vladimir Putin could proclaim the annexation in a speech within days, just over a week since he endorsed the referendums, ordered a military mobilisation at home and threatened to defend Russia with nuclear weapons if necessary.

The Russian-installed administrations of the four Ukrainian provinces on Wednesday formally asked Putin to incorporate them into Russia, which Russian officials have suggested is a formality, reports Reuters.

"The results are clear. Welcome home, to Russia!," Dmitry Medvedev, a former president who serves as deputy chairman of Russia's Security Council, said on Telegram.

Russian-backed authorities claim to have carried out the referendums over five days in parts of eastern and southern Ukraine that makes up around 15% of the country's territory.

Residents who escaped to Ukrainian-held areas in recent days have told of people being forced to

mark ballots in the street by roving officials at gunpoint. Footage filmed during the exercise showed Russian-installed officials taking ballot boxes from house to house with armed men in tow.

Russia says voting was voluntary, in line with international law, and that turnout was high. The referendums and notion of annexations has been rejected globally, as was Russia's 2014 takeover of Crimea from Ukraine.

Ukrainian President Volodymyr Zelenskiy sought to rally international support against possible Russian annexations in a series of calls with foreign leaders, including those of Britain, Canada, Germany and Turkey.

The United States said it would in coming days impose economic costs on Moscow for the referendums, adding to several tranches of sanctions since Russia's invasion of Ukraine in February that has destroyed cities and killed thou-

sands.

The European Union's executive also proposed more sanctions against Russia, but the bloc's 27 member countries will need to overcome their own differences to implement them.

Denis Pushilin, the Russian-installed leader in Donetsk province, said he was on his way to Moscow to complete the legal process of joining Russia.

"Now we are moving to a new stage of military action," he said, amid speculation that Putin is set to change the status of what he has so far called a "special military operation" to a counter-terrorism operation.

Russian officials have said any attack on annexed territory would be an attack on Russia itself.

Putin altered his strategy following a stunning setback for Russian forces in the northeastern region of Kharkiv earlier in September, when Ukrainian troops recaptured dozens of towns and villages. He also announced the swift call-up of hundreds of thousands of Russian men to fight, and issued a new warning about the possible use of nuclear weapons.

Kremlin spokesman Dmitry Peskov said Russia would need to keep fighting until it had taken control of all of Donetsk. Around 40% is still under Ukrainian control and the scene of some of the war's heaviest fighting.

The general staff of the Ukrainian armed forces said 11 Russian attacks had been repelled on Wednesday, most of them north of Donetsk. Russian forces had shelled dozens of towns along the length of the front line, it said in a Facebook post.



Meghan Markle during an interview. Pic - knews.com

Meghan Markle wanted a castle but Queen

Meghan Markle had her heart set on the lavish 'Windsor Castle' after she got married to Prince Harry but the couple was instead given Frogmore Cottage by Queen Elizabeth II, a new book claimed.

"When Harry and Meghan announced their wish to move out of Kensington Palace, the Queen offered them Frogmore Cottage as their new home," Katie Nicholl wrote in her forthcoming bombshell book, reports Hindustan Times.

"This was not the suite of apartments at Windsor Castle they had hoped for. It was a generous gesture nonetheless," the book added.

"The cottage was a big deal. The Queen's entrance into the gardens is right next to their cottage. She was giving up [her privacy] in gifting Harry and Meghan Frogmore cottage. She said 'I hope they'll respect it'," the book said.

The book also claimed that Meghan Markle was overheard by "several members" of her staff complaining that she was not being paid to attend royal engagements alongside Prince Harry.

"According to several members of staff, she was heard to say on at least one occasion, 'I can't believe I'm not getting paid for this'," the book said.



US visa wait time in India crosses 800 days (file photo). Pic - PTI

For US visas, Indians have to wait over 800 days. But China citizens get it in...

Applicants in New Delhi for the B-1 business visa and B-2 tourism visa face an estimated wait time of 833 days, or more than two years, to receive an interview appointment, according to the US state department's website. This means that a person applying for a visitor visa is expected to get an appointment in January 2025.

The time at the consulate in Kolkata for these visas is 767 days, and the figure for the consulate in Mumbai is 848 days, reports Hindustan Times.

In contrast, the wait times for visa applicants living in Beijing, Shanghai and Guangzhou are significantly shorter compared to Indian cities. The wait time at the US embassy in the Chinese capital of Beijing is two days.

The US Embassy in India on Tuesday announced it has opened the appointments for all categories of visas adding that the wait time remains high owing to high demand for the visas, reduced staffing and pandemic-related disruptions in operations since March 2020.

Foreign Minister S Jaishankar said this week that he flagged visa related challenges for Indians to US Secretary of State Antony Blinken in their meeting. Blinken reassured Jaishankar that the United States was aiming to address those concerns.

Compiled by Doojesh Ramlallah

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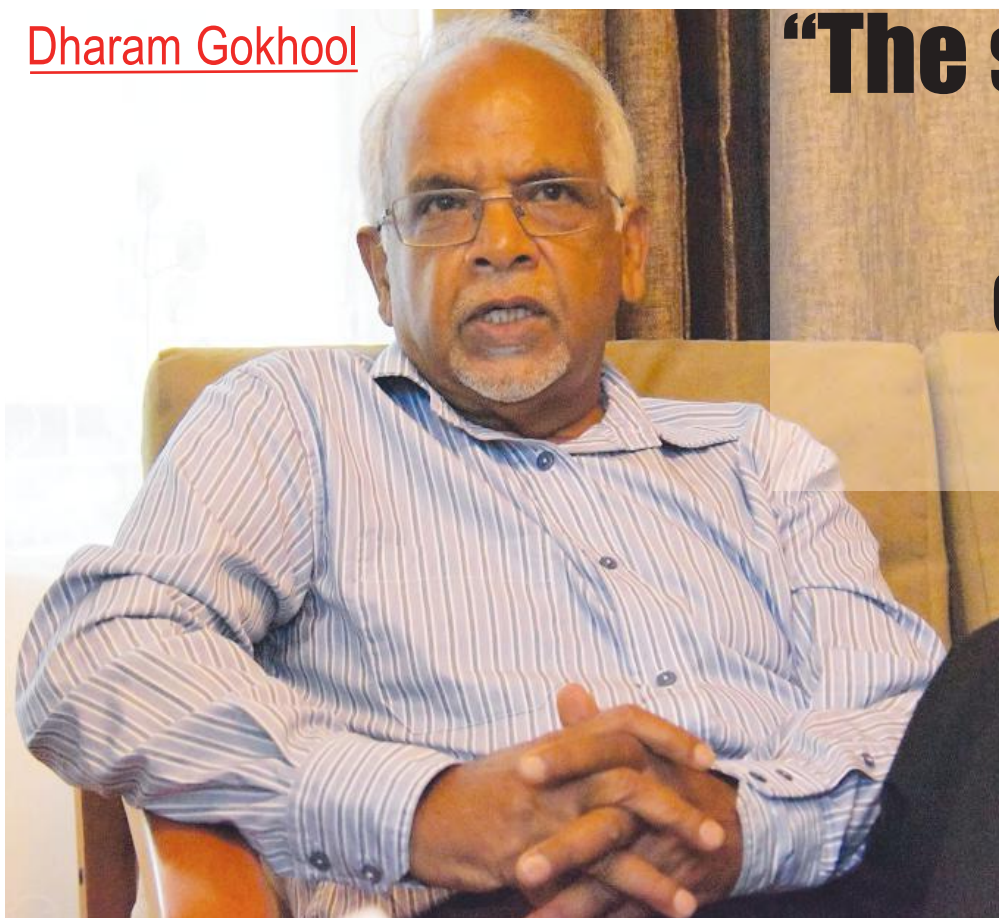
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Dharam Gokhool



"The silence of the common people must not be confused with consent"

The youth is the hardest hit and forms part of the lost generation of this regime"

Dharam Gokhool, former Secretary General of the Labour Party and Minister of Education, although taking a backseat observer status, does not hesitate to speak his mind on several critical issues facing the country. From the reckless state of the economy to the long list of scandals that have marked the MSM's governance, he believes the 37% of the voting electorate may have eroded but without as yet crystallizing around a unified platform for change with a clear leadership. Significant sections of the population and its youth have aspirations that need to be heard. He also comments on the roles and responsibilities within the LP after the recent Executive/Politburo renewal exercise.

Mauritius Times: Are there, according to your reading of the politico-economic situation, objective indications that the MSM governing alliance might opt for early elections during the course of next year, or do you think it will go the whole hog till the end of its mandate in light of the Opposition's inability to date to build a unified front capable of representing a strong and credible alternative?

Dharam Gokhool: Overall, the politico-economic situation is quite worrying in the absence of a well calibrated short-, medium- and long-term economic strategy to deal with the multiples crises on all fronts. Government is under constant public pressure. The popularity curve of the government has taken a downward trend. The opposition forces are very critical of the government performance but beyond that, they have not, so far, been able to come up with a credible alternative programme, a capable team and an inspirational political leadership.

On the other hand, a significant chunk of the electorate is sitting on the fence and is quite indifferent to all the sabre-rattling and hurly-burly happening on the political front. Recent sociological surveys have revealed that the majority of Mauritians love their country but the same cannot be said of their equation towards the present government... or even towards the fragmented opposition forces.

Indeed, we are confronted with a paradoxical political situation. The government is unpopular but there is no immediate threat to its comfortable parliamentary majority, and, with a fragmented opposition, a multi-cornered fight in an electoral system based on the First Past the Post formula would serve its interests.

I do not see any urgency on the part of the government to call the country for an early poll. To come out of the comfort zone requires conviction and courage. I may be wrong, but I do not see Pravind Jugnauth shortening his mandate and giving up the pleasures of the ultimate aphrodisiac that is political power, as stated by Henry Kissinger.

Unless some unforeseen circumstances like the Suren Dayal or the Navin Ramgoolam Safe Deposit case appeals to the Privy Council are fast-tracked and rock the political boat.

* One crucial question in the current political context is to determine whether the MSM still has, despite the embarrassment of its many 'casseroles', the support of the bulk of electors that voted it to power in 2019 and whether that would constitute a valid majority next time round. What do your contacts with the grassroots tell you?

The MSM won the 2019 elections by 37% of the votes cast. In fact, it mobilised only 28% of the registered voters. Due to our present electoral system, it secured a comfortable majority of 42 MPs.

"Navin Ramgoolam has given only a glimpse of his 'rupture' rhetoric. It is for him now to prove, with the support and contributions of the re-invigorated Executive and Politburo that the prophets of 'ageism' are barking at the wrong tree! Leadership is not just a matter of age..."

Apart from the absence of a coherent, clearly articulated and well calibrated economic trajectory which is taking its toll on the purchasing power and quality of life of most Mauritians, the numerous "casseroles", in terms of alleged cases of fraud and corruption, like Pack & Blister and Molnupiravir, flagrant nepotism and politicisation of all our institutions, combined with repressive legislation targeting critics and opponents of the regime, especially the youth, the onslaught against meritocracy and victimisation (the most reprehensible cases are those of Vishal Jaunky-MIE; Rashida Nahnuck-MSB and Manisha Jooty-MBCTV), the muzzling of opposition voices in Parliament with the often tacit but also overt complicity of the Speaker, the yet unresolved Kistnen murder case, the inability to tackle the drug scourge, the exacerbation of communal and divisive feelings through an abuse of socio-cultural platforms and the use of the MBCTV as a propaganda machine are some of the examples of a dismal and disappointing *bilan* of the government ...and the list is not exhaustive.

In a small island economy where electronic and face-to-face communication and personal contacts are quite

fluid, it would be a mistake to underrate the degree of political awareness among the common people. In fact, they are quite sharp in political analysis. Their silence must not be confused with consent. The youth, in particular, is the hardest hit and forms part of the lost generation of this regime, either victims of drugs or of blocked career prospects. With the MSM regime, many of our best brains are migrating for good.

Even the pensioners who benefitted from the generosity of the regime are coming to realise the illusion of money handouts. More money in their pockets does not translate into more food, medicine and other essential items in their shopping bags.

Against this background of governance of the MSM, it is quite reasonable to assume some degree of erosion in the support of the bulk of electors that voted it to power in 2019.

* **The MSM has control over the timing of elections and the means for the distribution of freebies to the electorate. It also seems to have absolute control over most of the institutions that are crucial in the organisation and holding of elections. More importantly it is probable that it will go to any lengths to remain in power. How do you storm that citadel in these circumstances?**

Indeed, the MSM holds many of the cards that can facilitate its aim to remain in power. To storm the MSM citadel may be difficult but not impossible.

In normal circumstances, in view of the declining popularity of the MSM government, and in view of the numerous "casseroles" I mentioned earlier, it should not have been so difficult for the electorate to choose an alternative government.

But the opposition forces have their own houses to put in order before they can pose a real challenge to the present government. They should not bank on a victory by default by riding on the waves of discontent.

There is a huge credibility gap between politicians and the people. They must rebuild the confidence in the people.

☞ Cont. on page 11

'To storm the MSM citadel may be difficult but not impossible'

☞ Cont. from page 10

They have to reconnect with the people and listen to their agonies and aspirations at the grassroots levels. They must articulate their programmes in line with the legitimate expectations of the people.

Their proposed programmes must impact positively on the quality of life of people. There is a lot that can be achieved in improving the quality of services be it in the Health, Education, Public utilities, Sports, Culture and Leisure and other sectors. Priorities should be chalked out in such vital sectors like the Blue and Green economy, Food security, Energy crisis, Climate emergency, Demographics, Advanced technologies, Innovation and Research. The scourges of drug, corruption and wastages of scarce resources must be addressed head on. There is so much that can be done better and smarter to put the country on a new trajectory of modernisation and progress.

The crux of the matter is how far the opposition forces are able to convince the population that they are not out there to replace the present government for power and privileges but to serve the people and find solutions to their problems and aspirations.

I am yet to be convinced that in the boardrooms of the opposition parties, these issues are high on the agenda and that a preparedness plan is being elaborated for a new approach to governance and a determination to avoid all forms of political drifts and slippages.

After 53 years of independence, there is a golden opportunity to rebuild a new political culture and chart a new road map for Mauritius of the 3rd millennium.

*** The only party that can challenge the MSM in the current circumstances is the Labour Party, and it would seem the LP's leader is of the view that the two main parties that constitute the L'Entente de l'Espoir do not cut much ice with the electorate anymore, and Nando Bodha's Rassemblement mauricien has yet to show its mettle. What other option is available to the LP in that case?**

With 30- 33% of the electorate backing the Labour Party whether in 1982, 2000 or 2019 when it lost the general elections, it remains the single most important challenger for the MSM. Until sometime in the recent past, even the MSM used to reckon that Labour is its main challenger. Being reminded that they are inadvertently bolstering Labour's public image as the main MSM challenger, the MSM has now stopped using that argument. But its heavy artillery against Labour is doing more good than harm to Labour; it is proving the point that the MSM's *bilan* is not impressive enough to convince the population.

But because of our electoral system, the option of going alone can be risky. Also, in view of the formidable

“Roshi Bhadain cannot shirk his responsibility in some of the high-profile decisions taken by the MSM government for example the dismantling of the Double Taxation Avoidance Agreement (DTAA), the BAI saga and his overzealous vendetta initiatives...That being said, it has to be reckoned that Roshi Bhadain has demonstrated a certain degree of political grit and stamina...”

challenges confronting the country, a broader, more inclusive platform can provide greater stability.

In view of the MSM control of the government machinery and its propensity to indulge in money politics, Labour should explore all viable options before embarking on a solo risky adventure.

“Because of our electoral system, the option of going alone can be risky... In view of the MSM control of the government machinery and its propensity to indulge in money politics, Labour should explore all viable options before embarking on a solo risky adventure...”

*** Paul Berenger seems to have lately taken the view that Nando Bodha is "perfectly and fully qualified" for prime ministerial responsibilities. He did not indicate to Habib Mosaheb on Top FM last week whether he thought he was wrong in May 2017 (when he castigated Bodha, who was then holding the Public Infrastructure portfolio, for a fatal accident on the Terre Rouge-Verdun link road), and right today, but he seems to have found his man for the job. Do you think that's a winnable option?**

Anerood Jugnauth, Prem Nababsing, Navin Ramgoolam, Pravind Jugnauth and now Nando Bodha... Since the 1970s, Paul Berenger is writing and rewriting the same old script about the King and the Kingmaker... with a certain nuance this time.

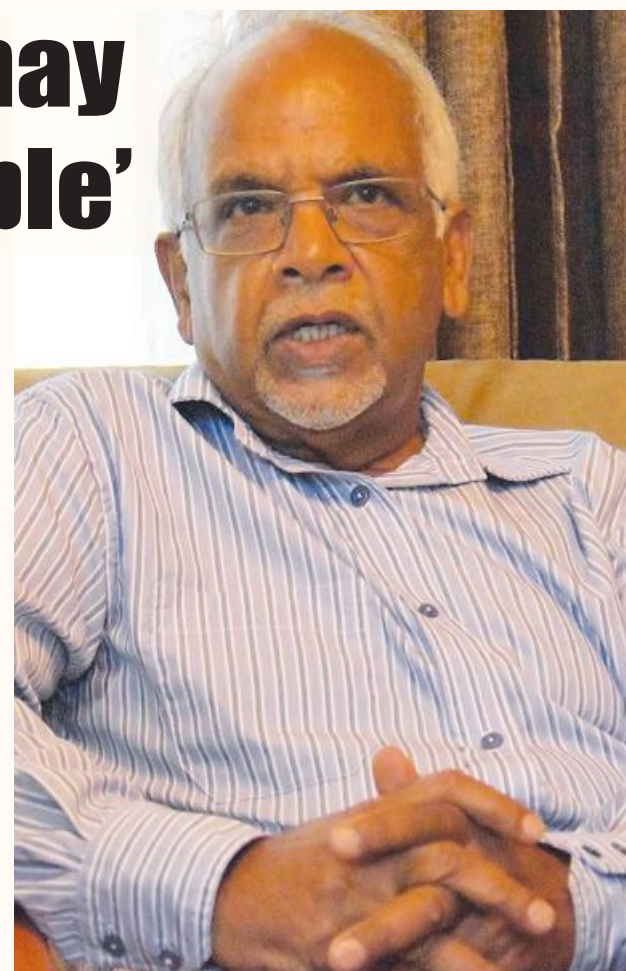
It's true that he has said that Nando Bodha is qualified to bid for the post of Prime Minister but he has not gone so far, as yet, as to propose Bodha as the MMM prime ministerial candidate. But it is quite legitimate for the leader of the RM to aspire to the prime ministerial position.

However, Nando Bodha should be careful not to count his chickens before they are hatched! Nor should he be in too much of a hurry to end up as a potential lame duck or an accidental PM.

PM Wilson is known to have stated: "One week is a long time in politics". In an electronic era, decisions can be made and unmade in matters of seconds. Between now and the next general elections, a lot of water can flow under the bridge.

*** One under-reported happening on the political front is the success of Roshi Bhadain's party in drawing some 4000 people, comprising mostly the younger generation at its congress last August in Mahebourg. It remains to be seen whether that can be replicated nationally, but that should be encouraging for a relatively newly-formed party. Does that success tell us something about the disenchantment of the youth with the traditional parties and a potential political 'market' to tap?**

Every politician has qualities and weaknesses that are revealed over time. As an ex-Minister of the MSM, Roshi Bhadain cannot shirk his responsibility in some of the high-profile decisions taken by the MSM government for example the dismantling of the Double Taxation Avoidance Agreement (DTAA), the BAI saga and his overzealous vendetta initiatives against the ex-Prime Minister Navin Ramgoolam. Nor can his "arrogance du



pouvoir" attitude towards his adversaries be put under the carpet.

That being said, it has to be reckoned that Roshi Bhadain, as a new party leader in the Mauritian political landscape, has demonstrated a certain degree of political grit and stamina which is rare these days. He targets the educated, mostly urban, upcoming, tech savvy, elite voters. The August Mahebourg gathering was a clear indication of this strategy.

“The crux of the matter is how far the opposition forces are able to convince the population that they are not out there to replace the present government for power and privileges but to serve the people and find solutions to their problems and aspirations. I am yet to be convinced that these issues are high on their agenda...”

If we factor in the findings of the latest Afrobarometer and the Blast ICW/IBL surveys, there is a blurring of the urban-rural divide among the youth, and if Roshi Bhadain correctly decodes the potential of youth votebank and works out the right strategic moves, he will definitely achieve a competitive advantage in that segment over the traditional parties... if the traditional parties do not take seriously the wake-up call sounded by Roshi Bhadain, inadvertently.

*** What do you think of Navin Ramgoolam's personal efforts to reinvigorate the Labour Party with the induction of new blood in the party and at the level of its executive cadres? Though inevitable, some murmurs of disappointment may point to more serious issues that remain unaddressed. What do you think?**

Well intentioned and commendable but still room for considerable improvements.

☞ Cont. on page 12

'The opposition forces should not bank on a victory by default

They have their own houses to put in order before they can pose a real challenge to the present government'

☞ Cont. from page 11

The perfect formula in the domain of politics, especially in the Mauritian context, is utopic. There will always be some degree of dissatisfaction and the multiple political, social and sociological variables need to be handled with caution.

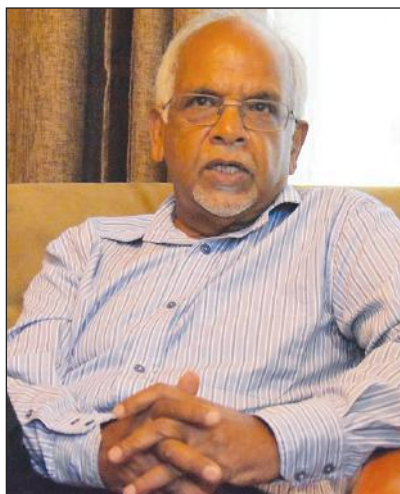
The party must put in place a decentralisation and delegation process. Concentration of power at the top is contradictory with the prevailing democratic spirit, especially among the younger generation, who want more space to participate in the decision-making processes.

Responsibilities have been assigned, but these should not be mere titles; they must be accompanied by clearly defined duties and accountabilities. There must be a close monitoring of deliverables. Lame ducks must be weeded out and promising elements must be encouraged.

The disgruntled elements must not be side-lined. They must be heard and put to test for their real motivations: titles or tangible contributions?

The central pillar on which much will revolve will be the Secretariat. It must be a no-nonsense, purpose driven political machinery.

- It must ensure the Party's regular meaningful presence both on the fields and in the media.
- It must take charge for the coordination and elaboration of the Party's electoral manifesto and be the driving force behind the various commissions.
- It must also work out a time-bound organisational blueprint to revitalise the different organs of the party, but more importantly, with the active involvement of the CLPs, focus on the operational and tactical details of the election organisation. This has been one of the weakest links for the Labour in the 2019 general elections. The Labour secretariat may find a lot of inspiration from the contributions made to the party by late Christian Rivalland, who played an instrumental role in the Labour victories of 2005 and 2010 general elections.



“In view of the numerous ‘casseroles’ of the MSM, it should not have been so difficult for the electorate to choose an alternative government. But the opposition forces have their own houses to put in order before they can pose a real challenge to the present government. They should not bank on a victory by default...”

“I do not see Pravind Jugnauth shortening his mandate and giving up the pleasures of the ultimate aphrodisiac that is political power, as stated by Henry Kissinger. Unless some unforeseen circumstances like the Suren Dayal or the Navin Ramgoolam Safe Deposit case appeals to the Privy Council are fast-tracked and rock the political boat...”

“The popularity curve of the government has taken a downward trend. The opposition forces are very critical of the government performance but beyond that, they have not, so far, been able to come up with a credible alternative programme, a capable team and an inspirational political leadership...”

* There is also the issue of ageing leadership at the level of both the LP and the MMM, which is tolerated when you are in power, but not for long if you fail to make it in two or worse three successive elections. What are your thoughts on this issue?

The vitality of democracies and political parties depend on their political philosophies and practices. Monopolistic practices do not resonate with democratic principles. Unfortunately, we have a political culture which we have inherited where leadership of political parties be it Labour, MMM, MSM, PMSD, RM, RP and to a lesser extent, ReA, the Linion Pep Morisien, are all centered around certain personalities.

Labour and MMM have a more urgent problem to resolve as they contend to form the next government. The present situation is not a fatality, but the leadership of both these parties should be bold and daring enough to propose credible leadership succession plans to the electorate and prevent the ageing leadership issue from becoming an electoral liability.

Navin Ramgoolam has given only a glimpse of his ‘rupture’ rhetoric. It is for him now to prove, with the support and contributions of the re-invigorated Executive and Politburo that the prophets of ‘ageism’ are barking at the wrong tree! Leadership is not just a matter of age; it is above all a matter of wisdom, commitment and sustained efforts.

The fixed term mandate for the post of Prime Minister could be a starting point and could be included in the respective electoral mandate. The right to recall MPs whose conduct is reprehensible to the country and the party must be envisaged.

But more importantly, political leadership should be viewed more than a title; it is a duty and responsibility for grooming and mentoring other leaders. They must not leave a legacy of ‘après moi le déluge’. On this point, Navin Ramgoolam cannot take any chances. Nelson Mandela was a remarkable political leader imbued with a profound sense of abnegation. Let Mandela’s example be a source of inspiration and timely action.

Monarchy and Moral Atonement

• Cont. from page 3

Now that the genuine grief of many Britons at the demise of Queen Elizabeth II and the ceremonies that have been re-transmitted round the world are over, we may be entitled to reminisce about what countries and the ‘third world’ in general owe to those monarchical remnants of an Empire ‘over which the sun never sets’ as their lords used to boast. To which historian John Newsinger replied fittingly by titling his book ‘The blood never dried’ (2013 2nd ed) over the vastness of that Empire. We need not go over all the tragic atrocities and looting that accompanied the expansion of the British empire, the provoked famine and starvation of peasants or the massacres in India, long proclaimed as jewel in the British crown.



The darker part of the queen's legacy: Effects of British colonialism

Pic - The Washington Post

We need not remind ourselves of the Opium Wars conducted to coerce China to accept opium produced on British large farms and peddled by now famous British trading houses in Hong-Kong, Canton and elsewhere. We need not reminders that in Africa, violence, bloodshed and looting partnered British monarchical rule. Among the worst atrocities occurred in Kenya during the Mau Mau uprising, which started in 1952 – the year Queen Elizabeth took the throne. ‘The colonial administration at the time carried out extreme acts of torture, including castration and sexual assault, in detainment camps where as many as 150,000 Kenyans were held’ reads a report. Or that Boers in South Africa faced similar fates and that Cecil Rhodes was a marauding land grabber under the Empire’s protection.

The campaigners of the Advocates Network in Jamaica and others in the Caribbean have taken strong issue with the Queen’s failure to ‘redress and atone for the suffering of our ancestors’ during her 70 years on the throne. The direct involvement of British successive monarchs in the slave trade as far back as the 16th Century have been documented in the 23rd March 2022 issue of *The Guardian*. When slavery and its vicious trade were finally abolished, a twelve-year forced ‘apprenticeship’ was imposed on slaves while, as here, it was the slave owners who received generous financial compensation from the Crown. There is an understandable growing clamour for accountability over Britain’s past crimes and looting of treasures.

Although financial reparations are not envisaged, there is a need for the new head of the Commonwealth, King Charles III, to make moral atonement for the abuses and atrocities over centuries and return much of the more symbolic stolen treasures to their respective homelands.

Jan Arden

From the Pages of History - MT 60 Years Ago

5th Year No 206

MAURITIUS TIMES

Friday 18 July, 1958

● 'No man can produce great things who is not thoroughly sincere in dealing with himself.' — Lowell

Darwin's Visit to Mauritius

By D. Napal

Our island can boast of the visit of some of the world's celebrities — writers, artists, statesmen and scientists. One such man, Charles Darwin — no mean name — came to our shores on the 29th of April 1836 and stayed here till the 9th of May of the same year.

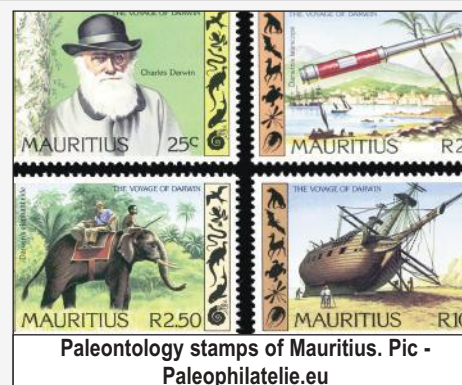
He accompanied Captain Robert-Fity-Roy on a voyage of surveying in *HMS Beagle*. Fity-Roy wanted to have on board a naturalist who would collect useful information. Darwin was the man fated for this task. He did it, keeping the collection of his materials in what was later published as Darwin's diary of *HMS Beagle*. But he also wanted to gather knowledge which "would ultimately confute the geological sceptics who impugned the strict and literal truth of every statement contained in the Bible". At the time Darwin undertook the voyage, his ambition was to become a parson and lead a quiet life. Little he knew then that he would lead the strongest attack against dogmas and orthodoxy by advocating his theory of evolution.

Let us, however, return to Darwin's stay in our island. He was a great observer. He

noted the beauty of the sceneries, and described in his diary the wooded mountains in the centre of the island whose summits were "jagged by the sharpest points". He added almost as a poet: "Masses of white clouds were collected around these pinnacles, as if merely for the sake of pleasing the stranger's eye."

Darwin, as other visitors before him, noted the French character of the Island in spite of its being under British rule. He went in company of Captain Lloyd to Rivière Noire to examine "some rocks of elevated coral". Captain Lloyd possessed an elephant and Darwin enjoyed a ride "in true Indian fashion". "The circumstances which surprised me most," he said, "was the perfect noiseless step the whole ride on so wonderful an animal was extremely interesting. This elephant is the only one at present on the island; but it is said that others will be sent for."

On May 1st Darwin ascended the Pouce Mountain and from its summit had "an excellent view over this great mass of volcanic matter". He observed that almost half of the island was still in an uncultivated state, that the island when thickly peopled would assume great importance. He gathered that the island's export of sugar had



Paleontology stamps of Mauritius. Pic - Paleophilatelie.eu

increased after the British conquest. He added: "One great cause of this prosperity is due to the excellent roads and means of communication throughout the island. At the present day in the neighbouring island of Bourbon under the French government, the roads are in the same miserable order as they were only a few years past in this place."

Here is a glowing tribute to those Indian convicts who built or repaired the roads of the island. Darwin had the occasion to observe some of these convicts and what he writes on them should serve as a useful piece of documentation on the history of Indians in Mauritius. He wrote:

"Convicts from India are banished here for life; of them at present there are about 800 who are employed in various public works. Before seeing these people, I had no idea that the inhabitants of India were such

noble looking men; their skin is extremely dark and many of the older men had large mustachios and beards of a snow white colour; this, together with the fire of their expressions, gave to them an aspect quite imposing. The greater number have been banished for murder and the worst crimes; others for causes which can scarcely be considered as moral faults, such as for not obeying, from superstitious motives, the English Government. I saw one man of high caste, who had been banished because he would not bear witness against his neighbour who had committed some offence."

Darwin came to the island at a time when slavery had just been abolished and the planters were turning their eyes towards India for labour. Darwin noted this and wrote:

"Besides such prisoners, large numbers of free people are yearly imported from India; for the planters feared that the negroes, when emancipated, would not work: from these causes the Indian population is very considerable."

He had the opportunity of talking to some planters about the problems raised by the abolition of slavery. He was surprised how little they cared about the subject. "They were feeling confident, he said, "in a resource in the countless population of India, the result of the emancipation was here much less regarded than in the West Indies."

Memorial Lecture at UOM

JC de l'Estrac pays tribute to late Chit Dukhira

To mark the first anniversary of the demise of late Chitturmun (Chit) Dukhira, the University of Mauritius paid tribute to him last Wednesday with a memorial lecture delivered by Jean Claude de l'Estrac, journalist, author, former mayor, minister and diplomat. The event was coordinated by the Department of History and Political Science.

In his memorial speech, Jean Claude de l'Estrac recalled his association with Chit Dukhira, then Deputy Town Clerk of the Municipality of Beau Bassin Rose Hill, in 1977 following his election as mayor. That association, and JC de l'Estrac's personal drive and initiatives were to pave the way to the BB-RH municipality becoming in the following years one of the best run in the country, capable of raising 55% of its budgetary needs from tax and fees collections, the first public institution to get its administrative services computerised. It also went on to modernise garbage collection, launch pre-primary schools of "international standard", set up sports complexes as well as promote environment protection and cultural activities.



Chit Dukhira, he added, always believed that local government should be a major component of a democratic society - 'It is not, and cannot be the agent of the Central government'. To which JC de l'Estrac remarked that "today, I am afraid, mayors, municipal councillors, the administrative staff of local authorities have willingly submitted themselves to the political whims of an authoritarian central government." He deplored the unfortunate weakening of democratic institutions in Mauritius lately, which has brought about a 'fading of local government... devoid

of any real substance'.

On a personal note, he said that the mutual respect they had for each other went beyond their professional association such that Chit Dukhira turned to him for the introductory note for his first book 'Mauritius and Local Government Management' published in 1992, and to launch in 1994 his first book in French 'La Décentralisation à l'île Maurice'.

Chit Dukhira worked for over 35 years in senior managerial positions in local government management - at the level of village, rural district, and urban councils. He carried out extensive research, both in Mauritius and overseas, on the subject matter, comparing the systems in place in various countries. He concurrently developed an affinity for history and undertook research on diverse subjects such as the Indian Diaspora and the history of private secondary schools in Mauritius. His various publications comprise: Mauritius and Local Government Management (1992); Grassroot Democracy for National Development (1994); La Décentralisation à l'île Maurice (1994); Local Governance in the Global Village (1998);

History of Mauritius: Experiments in Democracy (2003); Indians - in India, Mauritius, and South Africa (2012); Pioneers of Private Secondary Schools in Mauritius and 'Nation Mauricienne Souveraine: Un Survol Historique'.

He was a founder-member of Senior Local Government Officers' Association (1987), which he chaired from 1992 to 2000, and during which time he authored a 24-point Code of Conduct for Local Government Officers and organized a national debate on the future of local government in Mauritius. He was also the founder-chairman of SELEX, a senior citizens association, and of ODI (Organisation for Diaspora Initiatives) Mauritius, inspired by the inclusive character of Indian culture and aimed at intra-cultural harmonious cohabitation. In 2000, he was conferred an Honorary Fellowship in Public Policy & Administration by the University of Mauritius and also a Honorary Fellowship by the Mauritius Institute of Management.

The memorial lecture was attended by Vice President Eddy Boissezon, former President Cassam Uteem, former Vice President Raouf Bundhun, former Ministers and MPs, a representative of the Indian High Commissioner and other dignitaries. A mini exhibition was also held to apprise attendees on the life and works of Chit Dukhira.

Individual Success

Do we know what success means to us?

Do we know what we want to achieve in life?



Arvind Saxena

While it may not be easy to change the false narratives overnight, each one of us can create small islands of scientific inquiry, respect for nature and moral excellence, wherever we are... The goodness and wholesomeness will surely radiate from these moral havens

So, what is success in today's world and who are the successful people according to you? Sounds so arcane and philosophical, even a waste of time. Yet, how we define this single word has, more than any other dimension, impacted the course of our develop-

ment as a society.

Let us start by looking at ourselves. Do we know what success means to us? Do we know what we want to achieve in life? What is it that will give us contentment and satisfaction?

Money – that's a fair goal. But then we must know how much? There has to be a count. Saying 'lots' is a poor choice – it leads to a sick mind and endless craving for more, ensuring a life of dissatisfaction and perpetual discontent. Let's also remember that when we keep craving for more as an objective of life, we start making compromises and, without exception, we start angling for what actually should belong to someone else. Soon it turns in to stealing someone else's due. So, wanting to earn money is not bad, but we must try and decide on a limit. This limit cannot be in terms of millions or crores only, it has to be in terms of – am I getting fair compensation for my labour and contribution and is it enough to meet a fair and appropriate standard of living.

Talking of intelligent and hard-working people, who earn more than subsistence wages, most if not all can come to some idea of what all they would like to have to feel comfortable – a house, a car – maybe two, money for education of their children, some medical cover and a retirement plan. How big should the house be, or which make of car? Which school or college the kids will attend and what kind of retired life you look forward to will vary from person to person. It doesn't matter, as long as you can take a decision. And take the decision yourself without comparing with the aspirations of others – their goals do not have to be your goals.

Talking of how high, or how low if you like, one could aspire for, how about a 1955 Mercedes-Benz auctioned recently for a whopping \$143 million, making it the most expensive car ever sold. Or partaking water from a 750ml bottle of *Acqua di Cristallo Tributoa Modigliani* water selling for \$55,000. You could even crave for houses costing upwards of \$2 billion. Perhaps you are not drooling, but what if some of our brethren are? Why is it wrong to earn wealth if you can, they would ask.

True, it is important to have a desire to move ahead, to reach the top of the pyramid, but why in terms of money alone. Remember Maslow's Theory of Motivation or Herzberg's Hygiene Factors? It was postulated that after achieving a certain standard of living, success would be defined by self-actualisation, i.e., a drive to improve yourself, to be of use to others, to build institutions and the so-

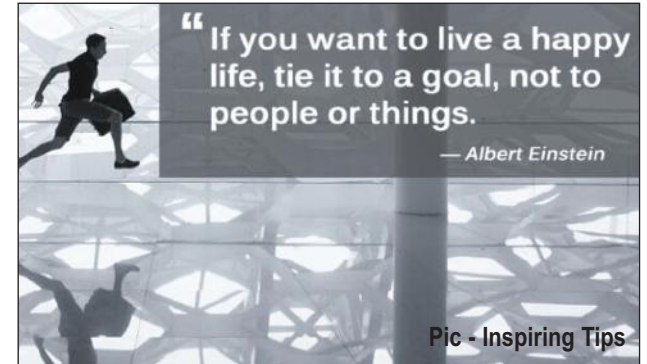
cieties we are a part of. What happens when the fire in the belly, for materialistic goods, is insatiable? Well, people lose their way. Ethics and morality take a back seat when the sole objective is to succeed in monetary terms. People then start looking for justifications for their immoral conduct by cooking up false narratives of superior minds and hard work for philanthropic objectives.

Have you ever wondered why expatriate technocrats are increasingly picked up for heading multinational corporations and IT giants in the West? That they are technically outstanding could well be true, but does that mean that there are no other equally competent American or European nationals? Think about it. Could it have something to do with a thirst to prove their worth, in a milieu where many of them might have experienced some form of discrimination in their adopted countries?

At the highest levels of corporate positions, one must presume that the thirst for money, even if it is a factor, cannot be the only mover. Most emerging technology, especially in the realm of IT and AI, is toxic – it works against human rights, privacy and egalitarianism – and is socially disruptive. Most business models in these sectors are based on stealing data, the new gold for commercial and militaristic exploitation. There have been many instances of employees of major IT companies protesting against development of technologies for military use and senior executives refusing to be part of such undeclared and nefarious objectives. Does the quest to succeed numb the moral compass of those who stay back?

How often have you heard corporate leaders extolling young managers to embrace the "animal spirit". Is the choice of this phrase a classic Freudian slip? Are we celebrating the predatory habits of animals or justifying annihilation of competition, à la Darwin's survival of the fittest? Do we really want that? Whatever happened to the fair market, perfect competition and so on, which were supposed to be the bedrock of a capitalist system? Significantly, an animal kills only to feed itself or its brood and kills no further. Certainly not for its future progeny. Does that in any way look like how corporates behave? Or how the very rich behave? Certainly not. Remember animals don't steal or keep their kill in offshore havens. They don't buy luxury goods, nor do they go on expensive foreign holidays. So let us stop crediting our predatory businessmen for their animal spirit – it is a sacrilege to nature.

Meritocracy – Howsoever good we might be, disproportionate privileges become available only when someone else is denied their fair wages and rightful dues. The man who clears the sewer line is probably doing a more critical job than your 'meritocrat'. If this wizard doesn't go to work for a couple of days, things don't fall apart. Imagine if the sewer man does not clear a choked sewer for even half a day. Not only will we find filth all around us, but the community will be visited by all manner of disease. So where is meritocracy and indispensability? Even if both jobs are important in their own right, why is there such a huge dis-



parity in the compensation we give to people at the two ends of this spectrum?

Perfect Market – Those who swear by it are the ones who pull out all the stops to control the markets. You will see them running around politicians and bureaucrats to formulate policies which will give them monopolistic advantages, at least till they themselves are in position to dictate public policy to the elected leaders. The financial institutions, chartered accountancy firms, rating agencies, etc., are all part of this racket. They create illusions, hiding reality under opaque veils of audit and fiscal accountability.

So, do these mighty and rich people lead a happy life? This is not an irrelevant question. If you can access it, listen to what Apple founder, Steve Jobs had to say about his wealth before he died at the young age of fifty-six, of a rare form of pancreatic cancer. Apart from the philosophical message in his last words, the fact remains that when you take more than you deserve and refuse to share the country's wealth in a fair manner, you invariably feel threatened. You slowly start mistrusting people and start hiring security to protect yourself and your families. The reality, however, does not go away. A gated community is useless if it is surrounded by disgruntled people all around it. So, we now have mounting numbers of high-net-worth individuals fleeing their countries after carting off their ill-earned wealth to tax havens. This situation is a ticking bomb – a fool's paradise waiting to be blown away. Jeff Bezos can offer to colonise space as the ultimate form of escapism, but till then they must live in fear of dismounting the tiger.

So, what is the way out? We must redefine success. Can we decide that henceforth only those who are educated, hardworking, respect nature, seek truth and create social harmony are to be regarded as successful in life? Call it a new universal faith if you like. It can provide the vision and direction to steer back our countries to a more egalitarian and functional social system, which will draw tremendous strength by learning to survive within the laws of nature. While it may not be easy to change the false narratives overnight, each one of us can create small islands of scientific inquiry, respect for nature and moral excellence, wherever we are – at home or at the workplace. The goodness and wholesomeness will surely radiate from these moral havens, and as the value system and scientific temper permeates our education, we can look forward to a new kind of human existence; a 'civilizational' change. We cannot leave it to today's successful people to guide our destiny. We must redefine 'Success'.

Arvind Saxena
is a former Chairman of the
Union Public Service Commission, India

What do we owe future generations?

● Cont. from page 2

MacAskill does not argue we should give those people 1,000 times more concern than people alive today.

Instead, he shows if we care about future people at all, even those 100 years hence, we should simply be doing more. Fortunately, there are concrete things humanity can do.

We can make the lives of future people better

Another reason we struggle to be motivated by big problems is that they feel insurmountable. This is a particular concern with future generations. Does anything I do make a difference, or is it a drop in the bucket? How do we know what to do when the long-run effects are so uncertain?

Even present-day problems can feel hard to tackle. At least for those problems we can get fast, reliable feedback on progress. Even with that advantage, we struggle. For the second year in a row, we did not make progress toward our sustainable development goals, like reducing war, poverty, and increasing growth. Globally, 4.3% of children still die before the age of five. COVID-19 has killed about 23 million people. Can we – and should we – justify focusing on future generations when we face these problems now?

MacAskill argues we can. Because the number of people is so large, he also argues we should. He identifies some areas where we could do things that protect the future while also helping people who are alive now. Many solutions are win-win.

For example, the current pandemic has shown that unforeseen events can have a devastating effect. Yet, despite the recent pandemic, many governments have done little to set up more robust systems that could prevent the next pandemic. MacAskill outlines ways in which those future pandemics could be worse.

Most worrying are the threats from engineered pathogens, which

[...] could be much more destructive than

natural pathogens because they can be modified to have dangerous new properties. Could someone design a pathogen with maximum destructive power—something with the lethality of Ebola and the contagiousness of measles?

He gives examples, like militaries and terrorist groups, that have tried to engineer pathogens in the past.

The risk of an engineered pandemic wiping us all out in the next 100 years is between 0.1% and 3%, according to estimates laid out in the book.

That might sound low, but MacAskill argues we would not step on a plane if you were told “it ‘only’ had a one-in-a-thousand chance of crashing and killing everyone on board”. These threaten not only future generations, but people reading this – and everyone they know.

MacAskill outlines ways in which we might be able to prevent engineered pandemics, like researching better personal protective equipment, cheaper and faster diagnostics, better infrastructure, or better governance of synthetic biology. Doing so would help save the lives of people alive today, reduce the risk of technological stagnation and protect humanity's future.

The same win-wins might apply to decarbonisation, safe development of artificial intelligence, reducing risks from nuclear war, and other threats to humanity.

Things you can do to protect future generations

Some “longtermist” issues, like climate change, are already firmly in the public consciousness. As a result, some may find MacAskill's book “common sense”. Others may find the speculation about the far future pretty wild (like all possible views of the longterm future).

MacAskill strikes an accessible balance between anchoring the arguments to concrete examples, while making modest extrapolations into the future. He helps us see how “common sense” principles can lead to novel or neglected conclusions.



Pic - muhaise.com

For example, if there is any moral weight on future people, then many common societal goals (like faster economic growth) are vastly less important than reducing risks of extinction (like nuclear non-proliferation). It makes humanity look like an “imprudent teenager”, with many years ahead, but more power than wisdom:

Even if you think [the risk of extinction] is only a one-in-a-thousand, the risk to humanity this century is still ten times higher than the risk of your dying this year in a car crash. If humanity is like a teenager, then she is one who speeds around blind corners, drunk, without wearing a seat belt.

Our biases toward present, local problems are strong, so connecting emotionally with the ideas can be hard. But MacAskill makes a compelling case for longtermism through clear stories and good metaphors. He answers many questions I had about safeguarding the future. Will the future be

good or bad? Would it really matter if humanity ended? And, importantly, is there anything I can actually do?

The short answer is yes, there is. Things you might already do help, like minimising your carbon footprint – but MacAskill argues “other things you can do are radically more impactful”. For example, reducing your meat consumption would address climate change, but donating money to the world's most effective climate charities might be far more effective.

Beyond donations, three other personal decisions seem particularly high impact to me: political activism, spreading good ideas, and having children [...] But by far the most important decision you will make, in terms of your lifetime impact, is your choice of career.

MacAskill points to a range of resources – many of which he founded – that guide people in these areas. For those who might have flexibility in their career, MacAskill founded 80,000 Hours, which helps people find impactful, satisfying careers. For those trying to donate more impactfully, he founded Giving What We Can. And, for spreading good ideas, he started a social movement called Effective Altruism.

Longtermism is one of those good ideas. It helps us better place our present in humanity's bigger story. It's humbling and inspiring to see the role we can play in protecting the future. We can enjoy life now and safeguard the future for our great grandchildren. MacAskill clearly shows that we owe it to them.

Michael Noetel - Senior Lecturer in Psychology, Australian Catholic University

To Our Readers

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Our production circumstances have changed since last year with the onset of the Covid-19 pandemic, and we have had to move to the digital platform. We have since March 2020 freely circulated the paper via WhatsApp and by email, besides making it available on our website.

Readers will no doubt appreciate that it takes a lot of time, hard work, money and the continued support of our contributors to produce the *Mauritius Times* - as we have done without interruption in these last 67 years.

We are so grateful that our voice and readership extend far beyond our actual subscription base of loyal well-wishers. But we now need to expand that base of readers who value our independence and commitment to continue improving the paper and reach new audiences.

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Want to change your personality? It may not be easy to do alone

Contrary to the once-popular idea that people's personalities are more or less set in stone, research has proven that personalities do change throughout the lifespan, often in line with major life events. For example, there is evidence that people tend to be more agreeable and conscientious in college, less extroverted after they get married and more agreeable in their retirement years.

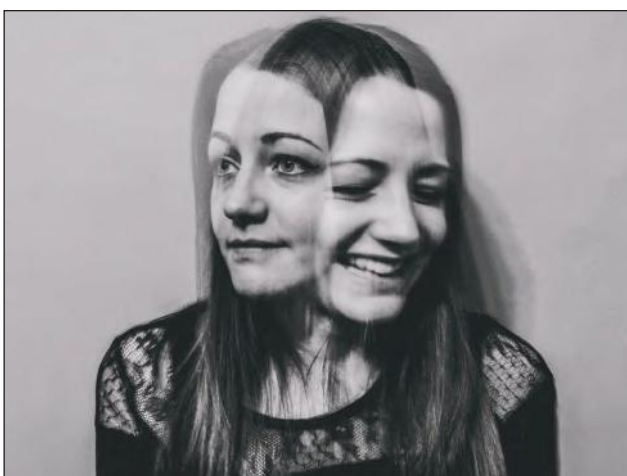
While it's well-established that personalities can change in response to life circumstances, researcher Erica Baranski of the University of Arizona wondered if people can actively and intentionally change aspects of their personalities at any given point simply because they desire to do so.

She and her colleagues studied two groups of people: approximately 500 members of the general population who ranged in age from 19 to 82 and participated in the research online; and approximately 360 college students.

Both groups completed the 44-item "Big Five Inventory," which measures five key personality traits: extroversion, conscientiousness, agreeableness, openness to experience and neuroticism, also referred to as emotional stability. The participants were then asked whether they desired to change any aspect of their personality. If they answered yes, they were asked to write an open-ended description of what they wanted to change.

Across both groups, most people said they desired to increase extroversion, conscientiousness and emotional stability.

The college students were surveyed again six months later, and the general population group was surveyed again a year later. Neither group had achieved the personality goals they set for themselves at the beginning of the study, and, in fact, some saw change in the opposite



direction.

"In both samples, the desire to change at 'time one' did not predict actual change in the desired direction at all at 'time two,'" said Baranski. "In the general population sample, we didn't find that personality change goals predicted any change in any direction."

College Students Saw More Change

While the general population group exhibited no change in personality traits between the first and second rounds of data collection, the college student group did show some changes; however, they were either in the opposite direction than desired or were for different personality traits than the one the person intended to change.

Specifically, college students who expressed the strongest desires to be more conscientious actually exhibited less conscientiousness six months later. That could be because those individuals exhibited low levels of conscientiousness to begin with, putting them at a disadvantage from the outset, Baranski said.

In addition, students who said they wanted to be more extroverted showed increases in agreeableness and emotional stability rather than extroversion in the follow-up. Baranski said that perhaps as part of their effort to become more social and extroverted, they actually focused on being friendlier and less socially anxious —

behaviours more directly related to agreeability and emotional stability, respectively.

Baranski said college students may have exhibited more change than the general population because they are in such a transformational period in their lives. Still, the changes they experienced didn't align with the goals they set for themselves.

"College students are thrown into this new environment, and they may be unhappy and may look within selves to become happier and change some aspect of their personality," Baranski said. "But, meanwhile, there is a bombardment of other things that they're told they need to achieve, like doing well in a class or choosing a major or getting an internship, and those goals might take precedence. Even though they know more sustained and introspective change might be better, the short-term effort is more attractive and more necessary in the moment."

Overall, Baranski's findings illustrate how difficult it can be for people to change aspects of their personality based on desire alone. That doesn't mean people can't make the changes they want. They just might need outside help doing so -- from a professional, a friend or maybe even a mobile app reminding them of their goals, Baranski said.

Baranski intentionally did not interact with study participants between the first and second rounds of data collection. That approach differs from that of another researcher, Southern Methodist University's Nathan Hudson, who in several other separate studies assessed personality change goals over a 16-week period but followed up with participants along the way. In that research, which Baranski cites, experimenters assessed participants' personality traits and progress toward their goals every few weeks. With that kind of interaction, participants were more successful in making changes.

"There is evidence in clinical psychology that therapeutic coaching leads to change in personality and behaviour, and there is recent evidence that suggests that when there's a lot of regular interaction with an experimenter, personality change is possible," Baranski said. "But when individuals are left to their own devices, change may not be as likely."



Why does money exist?

Paying for the stuff you want with currency is way easier than relying on chairs you made or chickens you raised.

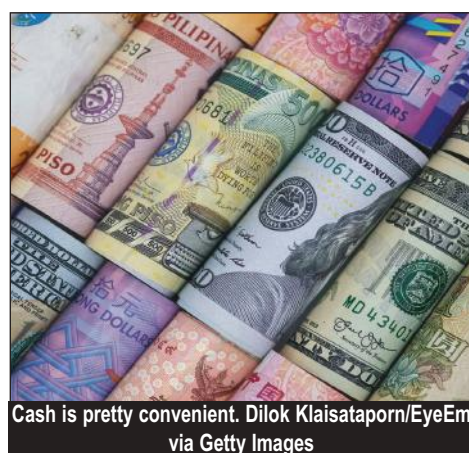
Imagine a world without money. With no way to buy stuff, you might need to produce everything you wear, eat or use unless you could figure out how to swap some of the things you made for other items.

Just making a chicken sandwich would require spending months raising hens and growing your own lettuce and tomatoes. You'd need to collect your own seawater to make salt.

You wouldn't just have to bake the bread for your sandwich. You'd need to grow the wheat, mill it into flour and figure out how to make the dough rise without store-bought yeast or baking powder.

And you might have to build your own oven, perhaps fueled by wood you chopped yourself after felling some trees. If that oven broke, you'd probably need to fix it or build another one yourself.

Even if you share the burden of getting all this done with members of your family, it would be impossible for a single family to internally produce all the goods and pro-



Cash is pretty convenient. Dilok Klaisatoporn/EyeEm via Getty Images

vide all the services everyone is used to enjoying.

To maintain anything like today's standard of living, your family would need to include a farmer, a doctor and a teacher. And that's just a start.

Specializing and bartering

Economists like me believe that using money makes it a lot easier for everyone to specialize, focusing their work on a

specific activity.

A farmer is better at farming than you are, and a baker is probably better at baking. When they earn money, they can pay others for the things they don't produce or do.

As economists have known since David Ricardo's work in the 19th century, there are gains for everyone from exchanging goods and services — even when you end up paying someone who is less skilled than you. By making these exchanges easy to do, money makes it possible to consume more.

People have traded goods and services with one kind of money or another, whether it was trinkets, shells, coins and paper cash, for tens of thousands of years.

People have always obtained things without money too, usually through barter. It involves swapping something, such as a cookie or a massage, for something else — like a pencil or a haircut.

Bartering sounds convenient. It can be fun if you enjoy haggling. But it's hard to pull off.

Let's say you're a carpenter who makes chairs and you want an apple. You would probably find it impossible to buy one because a chair would be so much

more valuable than that single piece of fruit. And just imagine what a hassle it would be to haul several of the chairs you've made to the shopping mall in the hopes of cutting great deals through barter with the vendors you'd find there.

Paper money is far easier to carry. You might be able sell a chair for, say, \$50. You could take that \$50 bill to a supermarket, buy two pounds of apples for \$5 and keep the \$45 in change to spend on other stuff later. Another advantage money has over bartering is that you can use it more easily to store your wealth and spend it later. Stashing six \$50 bills takes up less room than storing six unsold chairs.

Nowadays, of course, many people pay for things without cash or coins. Instead, they use credit cards or make online purchases. Others simply wave a smartwatch at a designated device. Others use bitcoins and other cryptocurrencies. But all of these are just different forms of money that don't require paper.

No matter what form it takes, money ultimately helps make the trading of goods and services go more smoothly for everyone involved.

M. Saif Mehkari

Associate Professor of Economics,
University of Richmond



A Lawyer named Strange died...

... and his wife asked the grave builder to inscribe on his grave:

"Here lies Strange, an honest man, and a lawyer"

The grave builder insisted that such an inscription would be confusing, for passersby would tend to think that three men were buried under the grave.

However, he suggested an alternative.

He would inscribe,

"Here lies a man who was both honest and a lawyer"

That way, whenever anyone walked by the grave and read it, they would be certain to remark,

"That's Strange!"

Divorce

After being granted a divorce on the grounds of her husband's infidelity, a woman was forced to leave the house she had lovingly looked after for twenty years. She spent two whole days packing her belongings into boxes, crates and suitcases, and then on the third day the removal men came to collect her belongings. That evening, she sat alone in the house for the last time, preparing herself a final farewell meal of lobster and caviar, which she enjoyed by candle light at their beautiful dining table. She was sad but bitter too, at the end of her meal she went into every room and placed a few lobster shells dipped in caviar into the hollows of the curtain rods, she then tidied up the kitchen and left.

When the husband moved in with his new girlfriend all was bliss for the first few days. Then slowly the house began to acquire a strange smell. They tried everything to get rid of the smell-cleaning, mopping and airing the place out. Vents were checked for dead rodents and carpets were steamed cleaned. Air fresheners were placed everywhere pest exterminators were called to set off gas canisters, which made such a mess the couple had to move out for a few days and replace all their expensive wool carpets. But still nothing worked.

After a while, friends stopped visiting them, repairmen refused to work in the house and the maid left fearing for her health.

Eventually they could bear the stench no longer and decided to put the house up for sale. But prospective buyers were immediately put off by the terrible smell and, despite the price being greatly reduced, several months later they had still not managed to dispose of it. Things were so bad that they had to borrow a huge amount of money from their bank to buy a new house.

Word of their misfortune reached the ears of his ex-wife who called to ask him how he was doing. When he relayed the saga of the rotting house, she listened politely and said that she missed her old home terribly, she suggested that she was even willing to reduce her divorce settlement in exchange of her beloved house.

The husband almost bit her hand off and the paperwork for the transaction went through quickly. He and his girlfriend congratulated themselves on finally finding a mug, happy to take the horrible stinking house off their hands and smiled as they watched the removal van pack up everything to take to the new home.

And just to spite his ex-wife, they even took the curtain rods.

Following her divorce, a woman went to the local department of motor vehicles, and asked to have her maiden name reinstated on her driver's licence.

'Will there be any change of address?' asked the clerk.

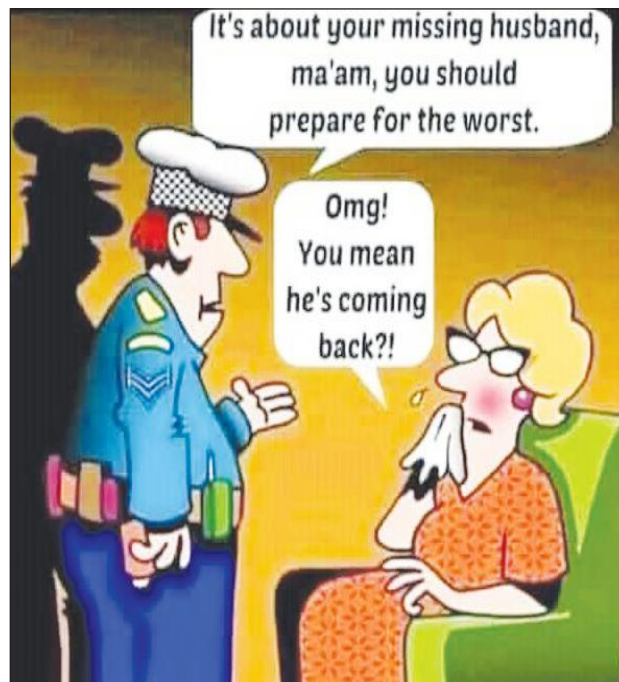
'No.'

'Oh, good, you must have got the house,' said the clerk.

20th anniversary

A woman awakes during the night to find that her husband is not in bed. She puts on her robe and goes downstairs to look for him. She finds him sitting at the kitchen table with a hot cup of coffee in front of him. He appears to be in deep thought, just staring at the wall. She watches as he wipes a tear from his eye and takes a sip of his coffee.

'What's the matter, dear,' she whispers as she steps into the room, 'Why are you down here at this time of night?'



The husband looks up from his coffee, 'It's the 20th anniversary of the day we met.'

She can't believe he has remembered and starts to tear up.

The husband continues, 'Do you remember 20 years ago when we started dating, I was 18 and you were only 16,' he says solemnly.

Once again, the wife is touched to tears. 'Yes, I do,' she replies.

The husband pauses... the words were not coming easily. 'Do you remember when your father caught us in the back seat of my car?'

'Yes, I remember,' said the wife, lowering herself into the chair beside him.

The husband continued. 'Do you remember when he shoved the shotgun in my face and said, "Either you marry my daughter or I will send you to prison for 20



years!'

'I remember that, too,' she replied softly.

He wiped another tear from his cheek, and said 'I would have gotten out today.'

Examen de Français

Examen de français en primaire (véridique) !

Q. Dans la phrase 'Le voleur a volé les pommes', où est le sujet ?

Réponse: 'En prison.'

Q. Le futur du verbe 'je baille' est ?

Réponse: 'Je dors.'

Q. Que veut dire l'eau potable ?

Réponse: 'C'est celle que l'on peut mettre dans un pot.'

Q. Qu'est-ce qu'un oiseau migrateur ?

Réponse: 'C'est celui qui ne peut que se gratter la moitié du dos.'

Q. Quoi faire la nuit pour éviter les moustiques?

Réponse: 'Il faut dormir avec un mousquetaire.'

Q. À quoi sert la peau de la vache?

Réponse: 'Elle sert à garder la vache ensemble.'

Q. Pourquoi le chat a-t-il quatre pattes?

Réponse: 'Les 2 de devant sont pour courir, les 2 de derrière pour freiner.'

Q. Quand dit-on 'chevaux'?

Réponse: 'Quand il y a plusieurs chevaux.'

Q. Qui a été le premier colon en Amérique?

Réponse: 'Christophe.'

Q. Complétez les phrases suivantes : A la fin les soldats en ont assez...

Réponse: 'd'être tués.'

-- Je me réveille et à ma grande surprise...

Réponse: 'Je suis encore vivant.'

La nuit tombée...

Réponse: 'Le renard s'approcha à pas de loup.'

Q. Pourquoi les requins vivent-ils dans l'eau salée?

Réponse: 'Parce que dans l'eau poivrée, ils tousseraient tout le temps.'

Q. L'institutrice demande : Quand je dis 'je suis belle', quel temps est-ce ?

Réponse : 'Le passé, madame.'

Children Stories

The Stolen Smell

A long time ago, there lived a baker whose bread was very popular in the town. But, although his bread, cookies and pastries were the best in the town, he was greedy and stingy. He was so stingy that he wouldn't even give the leftover breadcrumbs to the birds.

A young man lived on the street next to the bakery of the stingy baker. The man used to work hard during the day and used to sleep in the little hut near the bakery at night. The man did not have much, but he was very kind and liked sharing whatever he had. He always smiled and greeted people with pleasantries. His kind and jolly nature had made him well-liked in the town.

The baker was jealous of his always cheerful neighbour. "How can the man have so little and yet be always cheerful?" he complained.

Every morning the delicious smell of freshly baked bread, sweet cinnamon buns and flavourful pastries meandered on the street outside the bakery.

One morning the baker saw the poor man enjoying his stale bread as he smelled the fantastic aroma from the bakery. "The aromatic smell from the bakery is making his plain stale bread taste better. This is not fair. The man should be paying for the pleasure of the smell from my shop."

After observing the man enjoy his plain stale bread while smelling the flavourful, fresh aroma from the bakery several times, the greedy man went and knocked on the kind neighbour's door and handed him a bill. The man was perplexed as he had never eaten at the bakery. "What is this bill for? I have never eaten at your bakery," said the kind man.

"Exactly! You don't pay anything, but still, you take pleasure in the smell of my baked goods every day. That is theft," yelled the Baker.

"You want me to pay ten gold coins for smelling?" asked the baffled neighbour. "Yes! I will not be cheated



any longer. If you don't pay for my smell, I'll take you to court," replied the agitated baker. The word of the baker's demand to charge for the smell from the bakery spread around the city; everyone laughed at the absurdity of the demand.

The poor neighbour consistently refused to pay for the smell from the bakery. So finally, the baker took the case to a respected town judge. To everyone's surprise, the judge said, 'I must listen to what both the party has to say,' and ordered both the baker and his neighbour to be present in the court. The judge also asked the poor neighbour to bring five gold coins.

The greedy baker was thrilled when he heard about the judge's order. But, at the same time, the poor man was worried that he had to hand over the little money he had to the baker.

The judge carefully listened to baker's complaint about the stolen smell from the bakery. Then, addressing the next-door neighbour, he inquired, "Is it true that you enjoyed the scent of this man's baked products every day?"

"Yes, your honour! That is true. Eating stale bread was a lot less

difficult with the enticing aroma of the bakery," The neighbour admitted to the judge. The judge considered it for a while.

The judge declared, "Since the man has admitted to enjoying the smell without paying a dime. I declare that smell has been stolen. So, the man has to pay the baker five gold coins for all the stolen smell for years." The judge's ruling shook the kind man. "But your honour..." he tried to protest but was shut down by the judge. "Order in the court," belatedly the judge.

The baker was ecstatic that he would be getting paid for his smell. The kind man begrudgingly took out coins from his pocket. The judge asked the man to count the

coin in front of the court. The neighbour carefully counted five gold coins and placed them in a pouch. "Now toss the coin bag from one hand to another," asked the judge. The man passed the gold coins back and forth between his hands as he was ordered.

The baker was excited about all those coins going into his pocket.

"Did you see the coin?" inquired the judge. "Yes, Your Honour," said the baker. "Did you hear the coin jingle?" asked the judge. "It's a wonderful sound—the coins I fully deserve!" declared the baker. So the baker went over to his neighbour to get his money.

But the judge stopped him. "Wait! You have received your fair payment. The man was guilty of stealing the smell from your bakery. You have been paid by viewing and hearing the sound of the coins.

"This case is dismissed," said the judge. The courtroom applauded and marvelled at the judge's clever and just decision. The kind man was happily relieved about the verdict. The baker was embarrassed as he saw how ridiculously foolish and greedy, he had been.

Life's Lessons

The greatest life habit in the world

I could say...

...rising at 5AM to build a stronger you.
...pushing magic into your market via work.
...treating people with respect and love.
...working out regularly and vigorously.
...eating clean and hydrating.
...getting 20 minutes of daily sunshine.
...walking in the woods on weekends.
...using words that push your performance.
...writing in a journal every morning.
...keeping the company of exceptionalists.
...turning tiny troubles into micro wins.
...getting great rest and deep recovery.

Yet, maybe just maybe, the finest of all of the habits of a top human is this one:

...reading.

When I enter the homes of the best producers on the planet for a day of advisory, my eyes always note that though they might have big TVs in their abodes they inevitably have massive libraries. Books upon books upon books.

Buffett keeps his calendar clear each day so he can read most of the day.

Thomas Edison said: "When I want to discover something I begin by reading."

Nicola Tesla observed: "Of all things, I like books best."

American statesman Barack Obama noted: "Reading is the gateway skill that makes all other Learning possible."

Legendary author Stephen King mused: "Books are a uniquely portable magic."

Poet Emily Dickinson stated: "There is no frigate like a book to take us lands away."

For all of my adult life, I have been blessed by books. As I walk the streets of Rome and London and Paris and New York, I search for bookstores. Old and new. Rugged and pristine. Seeking that one book that will open up my mind, heart and soul to new oceans of possibility, mastery and serenity.

Stand strong. Push hard then rest. And celebrate your gifts.

Robin Sharma

Humanitarian & Leadership Missionary

As Long As You Remember Me

-- Raffaella d'Ambrosio

As long as you remember me, my memory will live on. My spirit will be there with you at every breaking dawn. I'll sing to you through birds in spring and whisper through the trees, I'll bring you gentle comfort with a warm caressing breeze.

As long as you remember me, my love will fill your heart and help to ease the sorrow that you feel while we're apart. With thoughts of me, perhaps you'll see the wonder of each day, the joy of sunlit afternoons, and nature's grand display.

As long as you remember me, I always will be near to lend you sweet tranquillity as night-time stars appear. The bond that we have shared will be a link from me to you to give you hope for brighter days and strength to see you through.

That's Life

My Friend and his pen

I had known a friend of mine who used to say that he misplaces and loses his pen very often. He will use only very cheap pens so that he need not worry about losing them. He was worried about his carelessness habit.

I suggested to him to buy the costliest pen he could afford and see what happens. He did that and purchased a 22 carat Cross pen. After nearly six months I met him and asked him if he continues to misplace his pen. He said that he is very careful about his costly pen and he is surprised how he has changed!

I explained to him that the value of the pen made the

difference and there was nothing wrong with him as a person!

This is what happens in our life. We are careful with things which we value most.

If we value our health, we will be careful about what and how we eat.

If we value our friends, we will treat them with respect.

If we value money, we will be careful while spending.

If we value our time, we will not waste it.

If we value relationship, we will not break it.

If we value our parents' love/care we will not break it.

Carefulness is a basic trait all of us have, we know when to be careful!

Carelessness only shows what we don't value...

What's Waking You Up at Night?

If you get shortchanged on shut-eye, you might get moody, cranky, anxious, or depressed. You also might find it harder to think straight or to remember things. In the long run, lack of sleep can lead to conditions like obesity, high blood pressure, diabetes, and heart disease. So it's well worth your while to figure out how to get some good quality, uninterrupted ZZZs.

Major Life Events: It's normal for something unusually stressful, like a recent car accident or losing your job, to wake you up during the night. These effects should fade as you come to terms with the situation.

Everyday Woes: Workaday worries can bust up your sleep, too. Did I pay the power bill? Are my property taxes due this week? Is it my turn to do carpool tomorrow? A to-do list can keep you on track and cut down the stress. And that could mean a better night's sleep.

Your Bedroom: Is it hot and stuffy? Does your bed have sinkholes the size of basketballs? Does your partner snore like a hippopotamus with a stuffy nose? Any of these things can interrupt your sleep. A doctor might help with snoring. After that, look for a place to sleep that's dark, quiet, safe, comfortable, and cool -- 60 to 67 F is just about right.

Alcohol: It might make you sleepy at first, but drinking alcohol can wake you up soon afterward, sometimes repeatedly. It disrupts the important REM stage of sleep, and it could interfere with your breathing. It also makes you pee more, which typically means you have to get up to go to the bathroom more often. For a better night's sleep, avoid drinking alcohol in the late afternoon and evening before bed.

Caffeine: It's in tea, coffee, chocolate, and many energy drinks, too. Even in normal doses, it can wake you up and lessen the quality of your sleep, especially as you get older. Up to 8 hours before bedtime could still have an effect. Avoid it in the afternoon and evening to see if you wake less often after going to sleep.



Late-Night Eating: For a more restful night, try a light dinner with less fat and salt and fewer calories -- like grilled chicken and vegetables. Eat it earlier in the evening so it has time to digest. If you're hungry later, snack lightly on easy-to-digest foods like toast or yogurt.

Medication: Stimulants like the pseudoephedrine found in many over-the-counter decongestants can interrupt your sleep. There are other culprits, too, like drugs for allergies, heart disease, hypertension, ADHD, and Parkinson's disease. Talk to your doctor about adjusting or changing your medicine if you think it affects your shut-eye.

Menopause: If you're a woman, your period stops naturally around middle age, and your body slowly stops making the hormones progesterone and estrogen. This often causes hot flashes, where a surge of adrenaline raises your body temperature and makes you sweat. This can wake you up, sometimes many times each night. Your doctor may be able to prescribe hormones or other medications to stop these flashes and help you sleep.

Medical Problems: Arthritis and back pain can wake you up. Allergies and asthma might interfere with your

breathing at night. Parkinson's disease can cause body movements that disrupt your shut-eye. Alzheimer's agitates some people during normal sleeping hours. When you treat your illness, you might improve your sleep problems as well.

Sleep Apnea: If you have this condition, your breathing starts and stops frequently when you sleep. This can wake you up, sometimes many times a night. Though you may not remember it, you could be groggy and grouchy the next day from lack of sleep. Excess body weight sometimes leads to sleep apnea, but there are other causes. A doctor can test to see if you have it and help you manage and treat it.

Exercise Before Going to Sleep: In general, physical activity makes you sleep better. But if you work out too close to bedtime, your body makes more cortisol, a hormone that helps you stay more alert. This could wake you up when you're trying to stay asleep. It doesn't affect everyone this way, but if you notice sleep problems after exercise, try to get it done in the morning, or at least finish up 3 hours or more before you go to bed.

Digital Devices: Too much of any artificial light after the sun goes down can mess up your sleep. But the blue light from your smartphone, laptop, and other electronics is especially bad because it can lower your melatonin levels. Specialized glasses or screens filter out the light, and some devices have "night shift" settings that help remove it. The best solution is to put the electronics down as early in the evening as possible.

Napping: A 20-minute nap in the middle of the day can help sharpen your attention and motor skills, especially if you're feeling tired. But naps in the late afternoon or evening can make it harder to stay asleep at night. That can lead to an unhealthy cycle that disrupts your normal sleep routine and leaves you craving another nap the next day.

Medically Reviewed by Jennifer Robinson, MD - WebMD

Know red flags and solutions to overcome possessiveness

People exercising control over their partner's spending is a sign of possessiveness in a relationship. People exercising control over their partner's spending is a sign of possessiveness in a relationship.

Everyone needs to remember that a relationship is just a part of your life.

There is always some degree of possessiveness in every relationship. Still, there is a huge difference between desiring someone and wishing to own them. When it comes to coping with feelings of jealousy, couples sometimes fail.

Possessiveness can ruin a romantic relationship and make partners feel suffocated. According to the stylecraze portal, these are signs of possessiveness in relationships. This article also curates solutions for overcoming possessiveness in relationships.

Signs of being possessive

No communication with other people- An early sign of possessiveness in a relationship can be failing to communicate with other loved ones. You are devoting all your time to your loved one.

Why should you appreciate your partner?

Controlling money spent — People exercising control over their partner's spending is a sign of possessiveness in a relationship.

Hidden Insecurities - Your partner can have a lot of jealous outbursts if they have some hidden insecurities. For example- they may want you to have minimum communication with friends and relatives. They wish all your time for themselves only. It is a red flag of possessiveness in a relationship.

Stop making a fuss about past events

Your ex may have cheated on you in the past but it's time to move on from that incident. Remembering unfortunate incidents all the time could prove a hindrance to a good relationship.

Know each other's friends

This is one of the effective ways to stop possessiveness in relationships. When you know each other's friends, no unnecessary jealousy and possessive-



He & She

ness should arise. Another good thing is that you will love hanging out with your friends as well.

Engage in hobbies

Everyone needs to remember that a relationship is just a part of your life. There

are many interesting things beyond that. Find a hobby. It can be anything — reading, dancing, writing etc. You will find a lot of interesting things to talk about with your partner. This will make the relationship more productive.

BollyBytes



The story behind Ayushmann's pics with headless people in airplane

Ayushmann Khurrana has been creating a buzz of late about his upcoming movie 'Doctor G', which will mark the directorial debut of Anurag Kashyap's sister, Anubhuti.

A few days back the actor shared photos on his social media where he could be seen seated inside an airplane.

What caught viewers' attention was the appearance

of headless people around him on the flight. The mystery has finally been solved. The photos were not from a real airplane but a set that was specially constructed for promotional purposes.

'Doctor G', which also has Rakul Preet Singh in a lead role, is slated for an October 14 release.

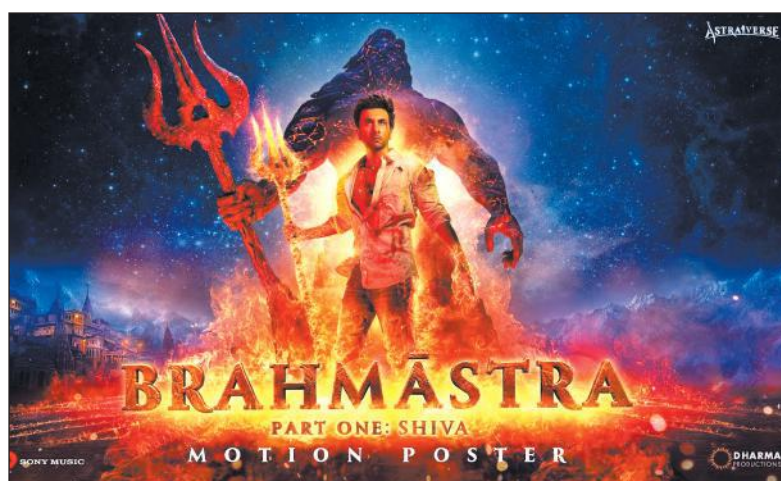
We need to relook Indian mythology, folklore, says Hrithik

Hrithik Roshan, who is currently awaiting the release of his upcoming film 'Vikram Vedha', feels that India as a country is culturally very rich and has a treasure of folk tales and mythology that can act as a fodder to tell stories on the celluloid.

The basic idea of 'Vikram Vedha' is based on the Indian mythological story of Vikram and Betaal.

Elaborating on the same, Hrithik said in an answer to IANS, "We have so many of such stories in our mythology and folklore. I think we need to re-look at this treasure, there's so much fodder in there from a story-telling point of view."

Director Pushkar of the film's director duo, Pushkar-Gayatri, added, "What intrigues us as directors is that our mythology or folklore majorly have no demarcation about who is wrong or right. As creators, it's refreshing to install the stories that are in the grey zone."



Brahmastra becomes highest grossing Bollywood film, crosses Rs 2.5 bn

Brahmastra, which has been on a record-smashing spree since the day of its release, has emerged as the highest-grossing Bollywood film of 2022. The Ranbir Kapoor and Alia Bhatt headlined film went past the Rs 2.5bn mark in its third weekend.

After a stupendous boost on Friday, Brahmastra held its ground over the weekend, it remained consistent on Saturday and Sunday. The excellent box office trending of the Astraverse film in its third weekend has propelled it to cross Rs 2.5 bn.

becoming the highest-grossing Bollywood film of 2022.

For the unversed, the Karan Johar-backed film had also taken the biggest opening and scored the biggest opening weekend for a Hindi film this year. The Ranbir and Alia-fronted film is indeed on a record-smashing spree!

Speaking about the worldwide collection of the first instalment in the Astraverse cinematic universe, it has crossed the coveted Rs 4 bn in gross figures. Brahmastra is the first Bollywood film in three years to

achieve the feat, reports Times Now.

KJo shares his embarrassment at being left out of weddings

Filmmaker Karan Johar on his popular talk show 'Koffee With Karan' Season 7 shared about not being invited to celebrity weddings.

Having repeatedly expressed that he hates being left out of weddings, Karan finally opens up about the peer pressure of missing one.

"When Vicky and Katrina were getting married, it became very embarrassing for me. It got to a point where people were like you did not tell us about them, you are at the wedding and still not telling us, etc! It got very embarrassing to admit that I had not been invited."

"Then after the wedding came the sympathies and doubts. People were like why weren't you invited? Is everything ok between you guys?" said the host.

As guest lists in Bollywood weddings become increasingly short, for those left out, solace can be found in finding out others who did not make it to the list.

"When I got to know that Anurag Kashyap had also not been invited to Vicky-Kat's wedding, I did find a little peace."

Aishwarya Rai thanks her 'guru' Mani Ratnam for 'Ponniyin Selvan: I'

Aishwarya Rai has said that she owes a debt of gratitude to the ace director Mani Ratnam and praised him for making an ambitious historical epic dram such as 'Ponniyin Selvan: I'.

The actress, who has been previously cast by Mani Ratnam in 'Iruvar', 'Guru' and 'Raavan', was in the

Capital with the multi-lingual film's leading stars Chiyaan Vikram, Jayam Ravi, Karthi and Trisha. She emphasised that "the entire cast is fortunate to be part of this film".

Aishwarya continued: "I have always been fortunate to be part of larger-than-life projects, but what makes this special is that it is Mani sir's film. This movie is a labour of love and the guru is Mani Sir. It is such an enticing, intriguing and exciting film. How fortunate we are that we are a part of this magnum opus."

She added: "Magic happens when we are in it together. What a great team. From the cast to the camera persons, to everyone else — all have contributed to the making of this film."



Aishwarya also spoke about how pan-India films are taking cinema in different languages to larger sections of the population.

"I feel it is a great time as cinema is accessible through different platforms and people are embracing it with open arms in all parts of the country," she said.

In the movie, Aishwarya plays the queen Nandini of Pazhuvoor. The film's promotions sum up the thought behind the character with the words: "Vengeance has a beautiful face."

'Ponniyin Selvan: I' is a period drama based on popular Tamil writer Kalki Krishnamurthy's 1955 novel of the same name.

Shweta Tiwari says she advises daughter Palak Tiwari to not marry

'I don't believe in the institution of marriage'

Shweta Tiwari has said that she no longer believes in the institution of marriage, and even advises her daughter Palak Tiwari to not marry. Shweta shares Palak with her ex-husband Raja Chaudhary, whom she married in 1998. Shweta filed for divorce from Raja in 2007, and accused him of domestic violence.

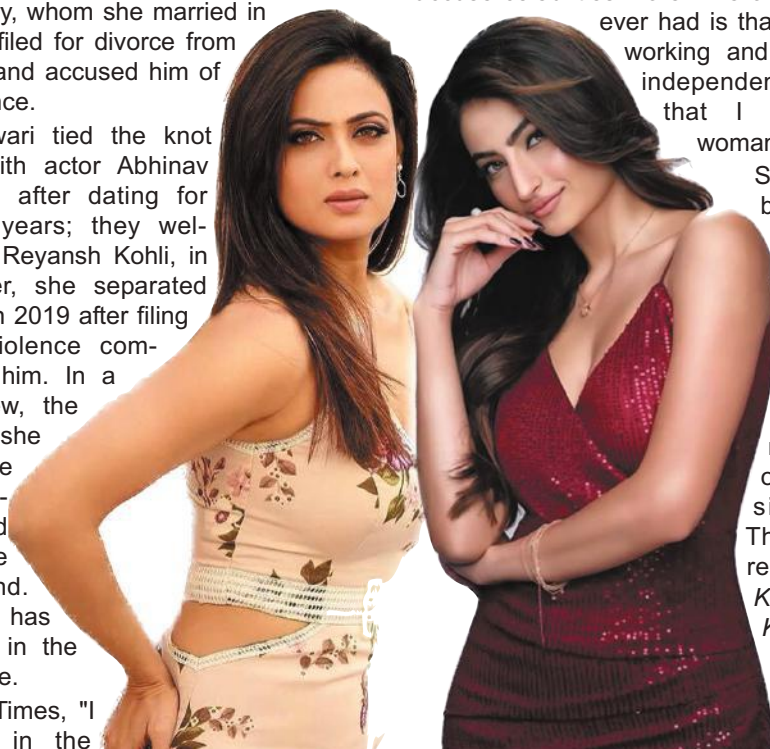
Shweta Tiwari tied the knot once again with actor Abhinav Kohli in 2013 after dating for almost three years; they welcomed a son, Reyansh Kohli, in 2016. However, she separated from Abhinav in 2019 after filing a domestic violence complaint against him. In a recent interview, the actor said that she did try to save her first marriage, but did not waste time on the second. She said she has now lost faith in the idea of marriage.

She told ETimes, "I don't believe in the

institution of marriage. In fact, I even tell my daughter not to get married. It's her life and I don't dictate to her how to lead it, but I want her to think well before taking the plunge. Just because you are in a relationship, it doesn't have to culminate into marriage." She noted that she doesn't think every marriage is bad, but wants to tell her daughter to do what makes her happy without worrying about societal pressure.

Shweta also spoke about her journey of being a single parent and the criticism she faced for her failed marriages. She said, "A confident woman is often mistaken for being aggressive and arrogant... A lot of people criticise me for two failed marriages. There are many, who are three or four-time divorced, but no one talks about them because they are not in the limelight. People accuse celebrities more. The only support I have ever had is that I never stopped working and I am financially independent...I thank God that I am a working woman."

Shweta will soon be seen portraying a single mother on screen in *Main Hoon Aparajita*. The show follows Shweta's titular character as she raises her family of three daughters single-handedly. The actor will reunite with her *Kasautii Zindagii Kay* co-star Manav Gohil in the show.



Post 15-year leap Ankit Gupta, Priyanka Choudhary and Isha Malviya to quit after 'Udaariyaan'

TV show *Udaariyaan* is taking a 15-year leap and lead actors Ankit Gupta, Priyanka Choudhary and Isha Malviya will no longer be part of the show. The leap should take place in another two weeks. Bombay Times has exclusively learnt that the three actors have decided to quit the show.

Udaariyaan revolves around two sisters and their love for one guy. The show has been on air for almost a year-and-a-half and is now gearing up for a change with a fresh new cast.

A source close to the production house, said, "Ankit, Priyanka and Isha have quit the show because they do not want to play parents to grown-ups. Also, the actors' characters have done their bit in the last one- and-a-half years and since the lead actors did not want to play parents, now it is time for

the story to progress with a fresh new cast."

Udaariyaan started in March 2021 and is produced by actors Ravi Dubey and Sargun Mehta. The show is based in Punjab and it had recently also taken a short leap, where child actors Kevina Tak and Kishtu K were introduced in the show.

In an earlier interview to BT, Sargun Mehta had shared how *Udaariyaan* is an interesting story and that's why it connects with masses. She had said, "Udaariyaan revolves around two women and their love for a man and triangle love story always connects with masses. Also, I have made it a point to not make the show over dramatic and drag for no reason."



YOUR STARS

Sagittarius: Nov 22 - Dec 21

There will be some issues at work and it will not be difficult for you to deal with them. Your health will improve as you try to keep yourself stress-free. Your compatibility with your partner will increase. Love birds will get approval from family members in terms of marriage.

Lucky Numbers: 8, 11, 14, 17, 21, 36

Capricorn: Dec 22 - Jan 19

Your hard work will get appreciation from your colleagues and boss. It will fill you with enthusiasm to take up the next venture. The understanding between you and your partner is very poor. You will try your best to convince your beloved of your true love but things will be difficult.

Lucky Numbers: 2, 3, 7, 8, 9, 20

Aquarius: Jan 20 - Feb 18

The inflow of money will be sufficient to manage your expenses. Right investments in the past will give you decent profits and you will enjoy this state of stability. Your romantic life will bloom to the fullest. There will be excitement throughout the week.

Lucky Numbers: 12, 24, 26, 30, 31, 36

Pisces: Feb 19 - Mar 20

You will not be able to complete your projects on time and things will get delayed. Your colleagues will not cooperate with you. Don't bother Pisces as such situations do happen in life. Things will get better soon.

Lucky Numbers: 3, 12, 14, 19, 20, 30

Aries: Mar 21 - Apr 19

Devoting extra hours to work will not be beneficial to your health. You will feel tired and lethargic. Your partner will also dislike your idea of working till odd hours. It will take some time to get everything resolved, till that moment you will need to be patient.

Lucky Numbers: 9, 10, 18, 20, 21, 30

Taurus: Apr 20 - May 20

Your financial expertise will give you the knowledge to invest wisely. You will have the courage and wisdom to take risks in financial deals. Luck will be favourable in love relationships as you will align with your partner very well.

Lucky Numbers: 5, 9, 16, 23, 24, 30

Gemini: May 21 - June 20

Your relationships with all family members will improve and they will become stronger. You need not let any conflict spoil your relationship with your boss as it will lead to financial loss. Your bonding with your boss will actually be potentially a great partnership and it will benefit you in future.

Lucky Numbers: 1, 20, 21, 27, 39, 40

Cancer: June 21 - July 22

An ancestral property matter will get resolved in your favour. You will feel relaxed to have a stable financial balance. At home, you will follow the advice of elders. You will also plan to visit a pilgrimage place along with your parents. Romance will blossom and will fill your day with love and laughter.

Lucky Numbers: 4, 9, 12, 16, 28, 30

Leo: July 23 - Aug 22

At work, you will have a good time with your colleagues and seniors. You will put into practice some quality practices and it will give you good results. You will spend a pleasant day with your life partner. There will be peace and solidarity between you and your beloved.

Lucky Numbers: 7, 9, 17, 20, 24, 30

Virgo: Aug 23 - Sept 22

On the work front, you will meet responsible people who will value your expertise and hard work. You will manage to have your way and satisfy your inner self. You will enjoy some lovely moments with your partner and will decide upon some important future matters.

Lucky Numbers: 9, 11, 16, 17, 23, 27

Libra: Sept 23 - Oct 22

You will plan to investment money in a commercial property. Your family will be of a wonderful support to you. You will have some unrealistic demand from your partner. You will have to see what you can do best to keep things under control. Your partner will also complain of your indifference.

Lucky Numbers: 1, 7, 10, 19, 23, 25

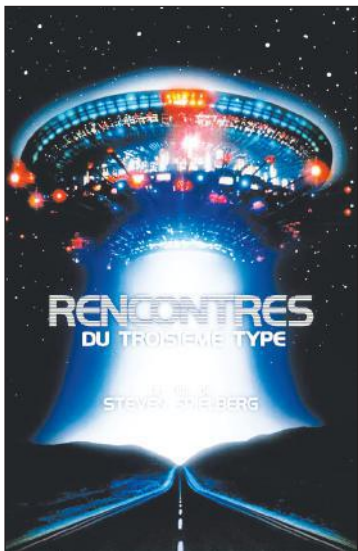
Scorpion: 23 Oct - 21 Nov

Your family will feel happy with this current inflow of money. You will plan a great celebration along with your near and dear ones. Your partner will be happy because of your considerate nature. You will be lucky today to find somebody suitable.

Lucky Numbers: 1, 9, 18, 26, 27, 36



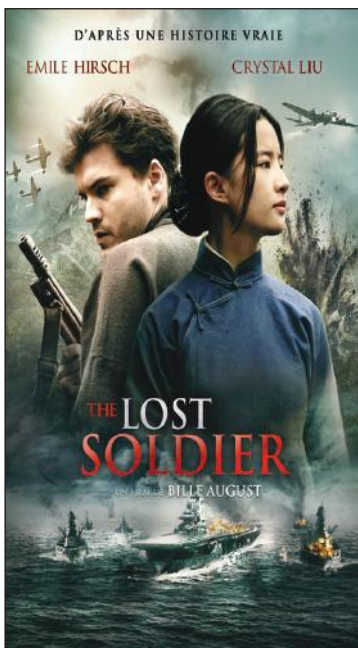
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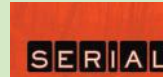
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Dimanche 2 octobre - 21.52



Programme TV



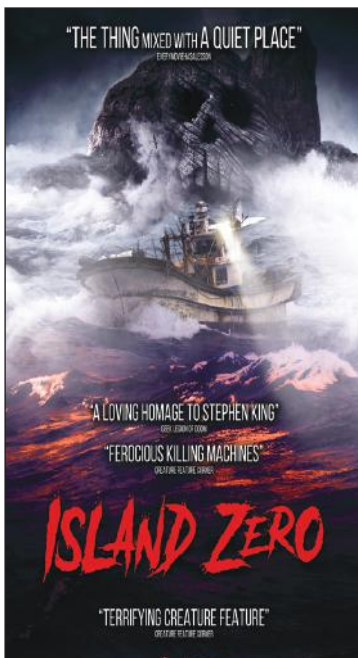
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vendredi 30 septembre	07.00 Local: Les Grandes Lignes 08.00 Local: Profil 09.00 Doc: Southern Japan By Rail 11.00 Doc: Books 11.15 Tele: Muneca Brava 12.00 Le Journal 12.40 Tele: Muneca Brava 14.05 MBC Production 14.59 Local: Sayings Of Gandhi 15.20 D.Anime: Garfield Originals 15.36 D.Anime: La Petite Ecole... 16.42 D.Anime: The Treasure... 17.15 Serial: Monster Hunt 17.35 Mag: Sand Tales 18.00 Live: Samachar 18.31 Serial: Surya Puran 18.55 Serial: Jag Jaanani Maa... 19.30 Journal & La Meteo 20.25 Local: Les Grands Noms... 21.25 Serial: Billions 23.00 Le Journal	07.00 DDI Live 10.00 Serial: Aatish 11.16 Serial: Tu Ishq Hai 12.02 Film: The Lady Dabang 14.47 Filler: Radha Krishna 15.00 Live: Samachar 15.22 Serial: Saare Tujhyachsathi 15.45 Serial: Bommarillu 16.04 Serial: Sondha Bandham 16.31 Serial: Meer Abru 16.49 Serial: Bhaag Na Banche... 17.11 Serial: Bhakharwadi 17.30 Serial: Chhanchhan 18.01 Serial: Meteor Butterfly... 19.00 Live: Zournal Kreol 19.30 Serial: Radha Krishna 20.00 Serial: Mushk 20.44 Local: Anjuman 21.15 Local: Shaan-E-Mustapha 22.25 DDI Live	07.00 Mag: Border Crossing 07.51 Doc: Running Wild 08.47 Doc: In Quest Of Carribous 09.40 Doc: The Heart Of Brazil 11.09 Mag: Eco India 13.57 Doc: Fine Arts Sculptures 15.38 Doc: Our Drinking 16.19 Mag: Eco India 16.59 Mag: Border Crossing 19.00 Student Support Prog... 20.30 Live: News 20.45 Doc: World Heritage 21.55 Doc: Planet Home 23.04 Doc: Hard Landing 23.41 Doc: Marvel 00.29 Mag: World Stories 00.46 Mag: Our Voices 01.12 Mag: Euromaxx 01.38 Doc: Good To Paradise 02.28 Doc: World Heritage	01.32 Film: Signed, Sealed, Delive.. 03.37 Film: Extortion 05.21 Tele: Rubi 05.59 Serial: Burden Of Turth 06.51 Film: Signed, Sealed, Delive... 09.00 Serial: Dynasty 2 09.45 Tele: La Beaute Du Diable 10.35 Tele: Fierce Angel 11.00 Serial: 19-2 11.45 Film: Extortion 13.30 Tele: Rubi 14.48 Film: Signed, Sealed, Delive... 16.41 Serial: Dynasty 2 17.21 Serial: Burden Of Truth 18.05 Tele: La Beaute Du Diable 19.00 Tele: Fierce Angel 19.34 Serial: Backstage 20.05 Tele: Missing Bride 20.30 Serial: S.W.A.T 21.20 Rencontres Du 3eme Type 23.26 Tele: Rubi	06.42 Film: Mohabbat Starring: Madhuri Dixit, Akshay Khanna, Sanjay Kapoor 11.12 / 20.30 - Radha Krishna 11.42 / 21.00 - Anupamaa 12.02 / 21.30 - Mere Sai 12.26 / 22.00 - Agnihera 12.50 / 22.03 - Yeh Teri Galiyan 13.22 / 22.30 - Patiala Babes 14.25 / 23.00 - Main Maikhe Chali Jaungi Tum Dekhte Rahiyo 15.00 / 21.46 - Yeh Hai Mohabbatein 15.13 Film: Kya Kool Hain Hum Starring: Tusshar Kapoor, Ritesh Deshmukh, Anupam kher, Isha Koppikar 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.28 Kuch Rang Pyar Ke...
samedi 1 octobre	06.00 D.Anime: Ubongo Kids 06.56 D.Anime: L'Heure Du Conte 09.06 D.Anime: Magic Kaito 1412 09.35 D.Anime: Kids' Planet 10.00 Local: Zafan Nou Zil 10.35 Mag: Sand Tales 12.00 Le Journal 12.25 Local: Les Grands Noms... 12.30 Tele: Muneca Brava 13.50 Tele: La Femme De Lorenzo 15.00 Live: Samachar 15.21 D.Anime: Oum Le Dauphin... 15.56 D.Anime: Akili And Me 16.27 D.Anime: Rev & Roll, Amis... 17.06 Mag: National Anthem 17.35 Local: Les Grands Noms.... 18.00 Samachar 18.30 Enter: Taare Zameen Par 19.30 Journal & La Meteo 20.25 Local: Autour Des Valeurs... 21.25 Film: Heaven's Fall 23.10 Local: Le Journal	07.00 Film: Inteha Pyar Ki Starring Vikas Anand, Aparajita, Asrani, Rishi Kapoor 09.55 Bade Acche Lagte Hai 11.10 Serial: Dikri Vahalno Dariyo 11.58 Serial: Nanda Saukhyia Bhare 12.21 Serial: Mooga Manasulu 12.43 Serial: High School 15.00 Live: Samachar 15.25 Film: Jurrat Stars: Shatrughan Sinha, Kumar Gaurav, Anita Raj 17.44 Mag: DDI Mag 19.00 Live: Zournal Kreol 19.30 Serial: Radha Krishna 20.00 Serial: Vikram Betaal Ki Rahasya Gatha 20.30 Serial: Porus 21.00 Film: Mera Naam Joker Starring Raj Kapoor, Simi Garewal, Manoj Kumar, Rishi Kapoor, Dharmendra....	06.00 Doc: Marvel 06.42 Mag: World Stories 06.54 Mag: Our Vocies 07.28 Mag: Euromaxx 07.54 Doc: Goods To Paradise 09.51 Doc: Planet Home 10.59 Doc: Hard Landing 12.25 Mag: World Stories 13.41 Doc: Goods To Paradise 17.30 Doc: Super Chicken, Super... 18.08 Prod Independent 18.30 Doc: Smoothie Mania 19.33 Doc: Heritages 20.30 Local: News (English) 20.50 Doc: World Heritage 20.55 Doc: The Great Berlin... 21.50 Doc: Luana's Kitchen 22.37 Doc: The Miracle Of Hearing 23.57 Doc: Thirst: When The Wells 23.39 Doc: Snapshots 00.05 Doc: Smoothie Mania	00.59 Film: Island Zero 02.40 Serial: Pure Genius 03.21 Serial: Madam Secretary 04.02 Serial: Rich Man, Poor Man 04.50 Tele: Les Trois Visages D'ana 06.03 Serial: S.W.A.T 06.45 Serial: Absentia 08.10 Serial: Burden Of Truth 08.55 Serial: Madam Secretary 10.40 Film: Rencontres Du 3eme... 12.43 Serial: Pure Genius 13.30 Serial: Suits 15.00 Tele: Marimar 16.24 Serial: S.W.A.T 17.06 Film: The Book Of Henry 18.41 Serial: Knight Rider 19.35 Serial: Backstage 20.05 Tele: Missing Bride 20.30 Series: S.W.A.T 21.15 Film: Gandhi 00.15 Tele: I Forgot I Love You	04.33 Anupamaa 05.03 Mere Sai 05.28 Agnihera 05.52 Yeh Teri Galiyan 06.24 Patiala Babes 08.00 Yeh Teri Galiyan 10.00 Motu Patlu 10.41 Sasural Simar Ka 2 12.33 Serial: Udaariyaan 14.19 Serial: Anupamaa 16.05 Kuch Rang Pyar Ke Aise... 18.00 Samachar 18.30 Film: Hum Kisi Se Kum Nahin Starring: A.Bachchan, Sanjay Dutt, Aishwarya Rai Bachchan 21.07 Serial: Namah 21.29 Serial: Naagin Season 3 22.11 Serial: Yeh Teri Galiyan
dimanche 2 octobre	06.00 D.Anime: Ubongo Kids 07.02 D.Anime: Boule Et Bill 07.24 D.Anime: The Twisted... 07.47 D.Anime: Garfield Originals 10.00 Local: Zafan Nou Zil 11.00 Local: Nu Rasinn 11.55 Local: Autour Des Valeurs... 12.00 Le Journal 12.36 Tele: Muneca Brava 13.12 Tele: La Femme De Lorenzo 15.22 D.Anime: Oum Le Dauphin... 15.35 D.Anime: La Petite Ecole... 16.39 D.Anime: All Hail King Julien 17.10 Planet Home 17.40 Local: Rodrig 18.00 Live: Samachar 18.30 Local: Yeh Shaam Mastani 19.30 Le Journal 20.30 Local Production: Les Klips 21.25 Film: The Lost Soldier 23.00 Le Journal	07.00 Film: Ek Chitthi Pyar Bhari 11.03 Serial: Azhagu 11.20 Jag Jaanani Maa Vaishnodevi 11.39 Serial: Surya Puran 12.06 Film: Yeh Vada Raha 15.00 Samachar 15.20 Mooga Manasulu 15.42 Serial: He Mann Baware 16.04 Serial: Sondha Bandham Starring: Bharathi, Badekilla, Pradeep, Naresh Eswar 16.30 Local: Yaadein 17.13 Serial: Siya Ke Ram 19.00 Live: Zournal Kreol 19.30 Serial: Radha Krishna 20.05 Serial: Porus 20.30 Mag: 100 Years Of Cinema 20.56 Serial: Naagin Season 3 Starring: Mouni Roy, Arjun Bijlani, Adaa Khan, Karanvir Bohra	06.00 Doc: Snapshot 07.06 Mag: The 77 Percent 07.32 Mag: Check In 09.45 Mag: Luana's Kitchen 10.53 Doc: Thirst: When The Wells 12.12 Doc: Smoothie Mania 12.38 Mag: Saladeria 12.40 Mag: The 77 Percent 13.07 Mag: Check In 14.28 Doc: World Heritage 15.25 Mag: Luana's Kitchen 15.50 Doc: Plague Island 17.41 Mag: Shift - Living In The... 18.05 Doc: Tresors Oublie De La... 19.06 Mag: The Inside Story 19.37 Doc: Les Mysteres Du Nil 20.30 Live: News (English) 20.50 Doc: World Heritage 21.49 Mag: Sky Eye 22.15 Doc: The Marble Quarries... 22.41 Doc: Super Chicken, Super...	01.45 Film: Eaten By Lions 03.16 Film: Off Piste 04.46 Tele: Les Trois Visages D'ana 05.55 Serial: S.W.A.T 06.37 Film: Juste Un Peu D'Alchimie 08.30 Serial: Burden Of Truth 09.11 Film: Off Piste 11.00 Film: The Book Of Henry 12.30 Serial: Absentia 13.30 Serial: 19-2 15.35 Tele: Marimar 17.00 Serial: S.W.A.T 17.45 Serial: Absentia 18.30 Serial: Galactica 19.36 Serial: Backstage 20.05 Tele: Missing Bride 20.30 Serial: The Good Doctor 21.15 Serial: Under Pressure 22.00 Film: The Baker 23.25 Tele: I Forgot I Loved You	00.00 Serial: Sasural Simar Ka 2 01.50 Udaariyaan 04.07 Anupamaa 06.24 Kuch Rang Pyar Ke Aise... 08.12 Ishaaron Ishaaron Mein 10.29 Kundali Bhagya 12.31 Yeh Hai Mohabbatein 14.00 Agnihera 16.08 Jijaji Chhat Par Hain 16.45 Punar Vivaah 18.00 Live: Samachar 18.30 Film: Roop Ki Rani Choron Ka Raja Starring: Anil Kapoor, Sridevi, Anupam Kher, Paresh Rawal... 21.30 Naagin Season 3 22.14 Yeh Hai Mohabbatein 00.00 Ishaaron Ishaaron Mein 01.49 Kundali Bhagya 03.39 Agnihera
lundi 3 octobre	06.00 Local: Zafan Nou Zil 07.00 Local: Nu Rasinn 07.55 Local: Music Tour 2022 09.00 Doc: Globesity 11.00 Doc: Books 11.10 Tele: Muneca Brava 12.00 Le Journal 12.30 Tele: Muneca Brava 13.55 Local: Nu Rasinn 15.20 Other: Radha Krishna 15.21 D.Anime: Garfield Originals 17.15 Serial: OH Yuck! 18.00 Live: Samachar 18.30 Serial: Mere Sai 18.55 Serial: Jag Jaanani Maa Vaishnodevi 19.30 Le Journal 20.25 Local Production 21.15 Local: Agir Ensemble 21.40 Serial: Rich Man, Poor Man Avec: Nick Nolte, Peter Strauss	07.00 DDI Live 10.00 Kundali Bhagya 12.06 Film: Himalay Ki Godmein Starring Mala Sinha, Manoj Kumar, Shashikala 15.00 Samachar 15.20 Serial: Saare Tujhyachsathi 15.47 Serial: Bommarillu 16.02 Serial: Sondha Bandham 16.35 Serial: Meer Abru 16.53 Serial: Bhaag Na Bachhe... 17.17 Serial: Bhakharwadi 17.39 Serial: Vandhal Sridevi 17.57 Serial: Meteor Butterflu... 18.30 Mag: DDI Mag 19.00 Live: Zournal Kreol 19.30 Serial: Radha Krishna 20.00 Programme In Telugu 20.30 Film: Konda Polam Starring: Panja Vaishnav Tej, Rakul Preet Singh	07.00 Mag: Salad Area 07.55 Doc: Les Mysteres Du Nil 08.55 Doc: Au Royaume De Meroe 09.47 Doc: Sky Eye 12.34 Mag: The Inside Story 14.19 Doc: World Heritage 15.19 Doc: Sky Eye 16.37 Doc: Super Chicken... 18.00 Mag: EcoAfrica 19.00 Doc: Persons 19.33 Mag: In Good Shape 20.50 Doc: Fine Arts Sculptures 20.53 Doc: Gloabl Food 22.15 Mag: Global 3000 22.41 Mag: Washington Forum 23.00 Doc: Drought In Europe 23.50 Mag: EcoAfrica 00.16 Mag: The 77 Percent 00.45 Mag: Africa 54 00.13 Mag: In Good Shape 01.39 Doc: Fine Arts Sculptures	01.39 Film: The Baker 03.50 Film: The Lost Soldier 05.14 Tele: Rubi 06.09 Serial: The Good Doctor 07.40 Film: The Baker 09.45 Tele: La Beaute Du Diable 10.12 Tele: A Que No Me Dejas 10.35 Tele: Fierce Angel 11.00 Serial: 19-2 12.00 Film: The Lost Soldier 13.31 Tele: Rubi 14.45 Film: The Baker 16.40 Serial: The Good Doctor 18.05 Tele: La Beaute Du Diable 18.31 Tele: A Que No Me Dejas 19.00 Tele: Fierce Angel 19.39 Serial: Backstage 20.05 Tele: Missing Bride 20.30 Serial: Absentia 21.15 Film: An Emma Fielding Mystery	08.00 Taare Zameen Par 11.30 / 20.30 - Radha Krishna 11.59 / 21.00 - Anupamaa 12.31 / 21.30 - Mere Sai 13.00 / 22.00 - Agnihera 13.31 / 22.03 - Yeh Teri Galiyan 14.00 / 22.30 - Patiala Babes 14.30 / 23.00 - Main Maikhe Chali Jaungi Tum Dekhte Rahiyo 15.00 / 21.46 - Yeh Hai Mohabbatein 15.15 Film: Benaam Badshah Starring: Anil Kapoor, Juhi Chawla, Shilpa Shirodkar 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Kuch Rang Pyar Ke Aise... 20.01 Sasural Simar Ka 2 20.30 Radha Krishna 21.06 Anupamaa 21.30 Mere Sai



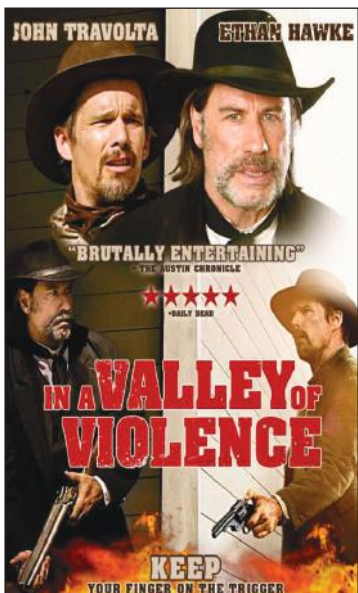
Mardi 4 octobre - 21.10




Mercredi 5 octobre - 21.15




Mercredi 5 octobre - 21.15



Programme TV





MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
mardi 4 octobre 06.30 Local: Artizan 07.30 Local: Rodrig Prog 09.40 Local: Lavi Kontinye 10.00 Morisien Konn Ou La Sante 11.10 Tele: Muneca Brava 12.00 Le Journal 12.25 Local: Les Grands Noms... 12.30 Tele: Muneca Brava 13.50 Local Production 14.45 D.Anime: Spongo, Fuzz And... 15.00 Live: Samachar 15.20 D.Anime: Garfield Originals 15.35 D.Anime: La Petite Ecole... 17.15 Serial: Oh Yuck! 18.00 Live: Samachar 18.30 Serial: Jijaji Chhat Par Hain 19.30 Journal & La Meteo 20.20 Local: Autour Des Valeurs... 22.20 Film: Off Piste With: Nathan Bevan, Stewart Lily Caines	mardi 4 octobre 07.00 DDI Live 10.00 Serial: CID 10.44 Serial: Jijaji Chhat Par Hain 12.00 Film: Bhagwan Samaye Sansar Main Starring: Ashish Kumar, Abhi Bhattacharya 15.00 Live: Samachar 15.20 Saare Tujhyachsathi 15.43 Bommarillu 16.04 Sondha Bandham 16.33 Serial: Meer Abru 16.56 Bhaag Na Bachhe Koi 17.15 Bhakharwadi 17.31 Serial: Premabhishekam 18.00 Serial: Meteor Butterfly... 18.30 Local: DDI Magazine 19.00 Zournal Kreol 19.30 Serial: Radha Krishna 20.06 Local: Tamil Programme 20.30 Film: Solah Shukrawar	mardi 4 octobre 06.00 Mag: Eco@Africa 07.24 Mag: In Good Shape 07.53 Doc: Fine Arts Sculptures 09.41 Mag: Washington Forum 11.22 Mag: Eco@Africa 14.14 Doc: Volcano Stories 15.05 Mag: Washington Forum 16.44 Mag: Eco@Africa 18.00 Mag: Rev: The Global Auto... 18.41 Mag: Red Carpet 19.03 Doc: Persons 19.34 Doc: Guardians Of Nature 20.30 Live: News 20.50 Doc: Fine Arts Sculptures 21.45 Mag: Euromaxx 22.11 Mag: Close Up 22.37 Local: Rodrig-Klip Seleksion 23.19 Mag: The Global Auto... 00.31 Mag: Healthy Living 00.46 Mag: Red Carpet 01.04 Mag: Check In	mardi 4 octobre 01.34 Film: An Emma Fielding... 02.59 Serial: 19-2 04.02 Film: Signed, Sealed, Delive... 05.26 Tele: Rubi 06.06 Serial: Absentia 06.54 Film: 119 Jours 09.45 Tele: La Beaute Du Diable 10.37 Tele: Fierce Angel 11.00 Serial: 19-2 12.00 Film: Signed, Sealed, Delive... 13.30 Tele: Rubi 14.22 Mag: Close Up 14.50 Film: 119 Jours 16.40 Serial: Dynasty 2 17.20 Serial: Absentia 18.05 Tele: La Beaute Du Diable 19.00 Tele: Fierce Angel 19.37 Serial: Backstage 20.05 Tele: Missing Bride 20.30 Seiral: Absentia 21.15 Film: Rencontres Du 3eme...	mardi 4 octobre 06.50 Film: Benaam Badshah Stars: Anil Kapoor, Juhi Chawla, Shilpa Shirodkar 11.29 / 19.27 - Radha Krishna 12.03 / 20.57 - Anupamaa 12.32 / 21.27 - Mere Sai 13.03 / 22.07 - Agniphera 13.30 / 22.37 - Yeh Teri Galiyan 14.01 / 23.07 - Patiala Babes 14.25 / 21.59 - Main Maikhe Chali Jaungi Tum Dekhte Rahiyo 15.00 / 22.25 - Yeh Hai Mohabbatein 15.16 Film: Suhaag Star: Amitabh Bachchan, Shashi Kapoor, Rekha, P. Babi 18.00 Live: Samachar 18.30 Serial: Kundali Bhagya 19.04 Udaariyaan 19.34 Kuch Rang Pyar Ke Aise.. 20.00 Serial: Sasural Simar Ka 2
mercredi 5 octobre 07.00 D.Anime: Ubongo Kids 07.40 D.Anime: Boule Et Bill 08.09 D.Anime: The Twisted... 09.00 Film: Georges Le Petit Curieux 10.00 Local: Saving Our Rarest... 11.10 Tele: Muneca Brava 12.00 Le Journal 12.30 Tele: Muneca Brava 13.55 Local Production: Les Klips 14.45 D.Anime: Spongo, Fuzz and... 15.21 D.Anime: Garfield Originals 15.24 D.Anime: Oum Le Dauphin... 15.36 Film: Ulysses 17.15 Serial: Oh Yuck! 17.40 Mag: Sand Tales 18.00 Live: Samachar 18.30 Magazine 19.00 Local: Planet Bollywood 19.30 Journal & La Meteo 20.30 MBC Production 22.20 Film: Island Zero	mercredi 5 octobre 07.00 DDI Live 10.00 Suhani Si Ek Ladki 12.00 Film: 108 - Teerth Yatra Starring: Kanan Kaushal 15.00 Live: Samachar 15.23 Saare Tujhyachsathi 15.49 Bommarillu 16.15 Sondha Bandham 16.26 Serial: Meer Abru 16.53 Bhaag Na Bachhe Koi 17.18 Bhakharwadi 17.31 Serial: Kulvadhu 18.00 Meteor Butterfly Sword 18.30 Local: DDI Magazine 19.00 Zournal Kreol 19.30 Serial: Radha Krishna 20.06 Programme In Marathi 21.00 Film: The Boy From The Dark Street 22.26 DDI Live	mercredi 5 octobre 06.00 Mag: Rev: Global Auto... 06.56 Mag: Check In 07.28 Mag: Made In Germany 08.45 Doc: Fine Arts Sculptures 09.44 Mag: Euromaxx 14.11 Doc: Fine Arts Sculptures 17.14 Mag: Healthy Living 18.07 Mag: Motorweek 18.26 Mag: Vous Et Nous 19.00 Student Support Prog... 19.35 Mag: The Inside Story 20.30 Local: News (English) 20.45 Doc: Fine Arts Sculptures 20.53 Les Montagnes Du Monde 21.35 Doc: Does The Lynx Have... 22.20 Mag: Business Africa 22.46 Mag: Focus On Europe 23.55 Mag: Motorweek 00.21 Mag: Vous Et Nous 00.49 Mag: Arts.21 01.15 Mag: The Inside Story 01.41 Doc: Skuld	mercredi 5 octobre 01.32 Film: Off Piste 03.53 Film: Warning: Do Not Play 05.16 Serial: Rubi 06.55 Film: Off Piste 09.00 Serial: Galactica 09.45 Tele: La Beaute Du Diable 10.25 Tele: Fierce Angel 10.45 Serial: 19-2 11.28 Film: Rencontres Du 3eme... 13.40 Tele: Rubi 14.45 Film: Off Piste 16.36 Serial: Galactica 17.22 Serial: Absentia 18.09 Tele: La Beaute Du Diable 18.31 Tele: A Que No Me Dejas 19.00 Tele: Fierce Angel 19.37 Serial: Backstage 20.05 Tele: L'envers Du Paradis 20.30 Serial: Burden Of Truth 21.15 Film: In A Valley Of Violence 22.59 Tele: Rubi	mercredi 5 octobre 07.08 Film: Suhaag 11.30 / 20.06 - Radha Krishna 12.00 / 20.26 - Anupamaa 12.29 / 20.02 - Mere Sai 13.00 / 20.46 - Agniphera 13.30 / 21.09 - Yeh Teri Galiyan 14.00 / 21.50 - Patiala Babes 14.35 / 22.15 - Main Maikhe Chali Jaungi Tum Dekhte Rahiyo 15.00 / 21.46 - Yeh Hai Mohabbatein 15.27 Film: Avtaar Starring: Rakesh Khanna, Shabana Azim, Sujit Kumar 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.30 Kuch Rang Pyar Ke Aise.. 20.00 Sasural Simar Ka 2 20.30 Radha Krishna 20.59 Anupamaa
jeudi 6 octobre 06.00 Local: Klip Seleksion 07.00 Local: Rodrig Prog 07.40 Local: Ero Deryer Rido 08.10 Local: Elle 09.10 Doc: Coding Art 11.10 Doc: Books 12.00 Le Journal 12.30 Tele: Muneca Brava 13.44 Local: Music Tour 2022 15.21 D.Anime: Garfield Originals 15.25 D.Anime: Oum Le Dauphin... 15.40 D.Anime: La Petite Ecole... 16.49 D.Anime: The Treasure Island 17.22 Serial: Oh Yuck! 18.00 Live: Samachar 18.30 Serial: Jijaji Chhat Par Hain 19.30 Le Journal 20.25 Local: Autour Des Valeurs... 20.30 Film: Lootera Starring: Ranveer Singh, Sonakshi Sinha	jeudi 6 octobre 07.00 DDI Live 09.58 Serial: Vikram Betaal Ki... 11.11 Serial: Mann Mein Vishwas... 12.00 Film: Aa Gale Lag Ja 15.00 Live: Samachar 15.22 Serial: Saare Tujhyachsathi 15.45 Serial: Bommarillu 16.12 Serial: Sondha Bandham 16.32 Serial: Meer Abru 16.56 Bhaag Na Bachhe Koi 17.15 Bhakharwadi 17.47 Local: Bhajan Sandhya 18.00 Serial: Meteor Butterfly... 18.30 Mag: DDI Mag 19.30 Serial: Radha Krishna 20.04 Local: Les Grandes Lignes 20.30 Local: Evasion - Port Louis 21.31 Film: Heaven's Fall With: Timothy Hutton, David Strathairn, Leelee Sobieski	jeudi 6 octobre 06.00 Mag: Motorweek 06.24 Mag: Vous Et Nous 06.57 Mag: Arts.21 08.15 Doc: Fine Arts Sculptures 10.24 Doc: Stolen Blood 11.34 Local: Vous Et Nous 12.35 Mag: The Inside Story 13.22 Doc: Fine Arts Sculptures 15.35 Doc: Stolen Blood 16.21 Mag: Motorweek 18.00 Mag: Eco India 18.30 Mag: Shift 19.00 Student Support Prog... 19.29 Doc: DIY Kings 20.30 Local: News (English) 20.50 Doc: Fine Arts Sculptures 21.50 Doc: The Heart Of Brazil 22.32 Doc: Soils At Their Limit 23.21 Mag: Eco India 23.47 Mag: Shift 23.59 Mag: Carnet De Sante	jeudi 6 octobre 01.32 Film: Christmas Jars 02.59 Serial: 19-2 03.41 Film: In A Valley Of Violence 05.23 Tele: Rubi 06.11 Serial: Burden Of Truth 07.09 Film: Christmas Jars 09.00 Serial: Killjoys 09.45 Tele: La Beaute Du Diable 10.37 Tele: Fierce Angel 11.00 Serial: 19-2 12.01 Film: In A Valley Of Violence 13.30 Tele: Rubi 14.52 Film: Christmas Jars 16.40 Serial: Killjoys 17.21 Serial: Burden Of Truth 18.05 Tele: La Beaute Du Diable 19.00 Tele: Fierce Angel 19.34 Serial: Backstage 20.05 Tele: L'envers Du Paradis 20.30 Serial: Burden Of Truth 21.15 Serial: Knight Rider	jeudi 6 octobre 07.00 Film: Avtaar 11.30 / 20.26 - Radha Krishna 12.00 / 21.01 - Anupamaa 12.31 / 21.31 - Mere Sai 13.02 / 21.56 - Agniphera 13.30 / 22.20 - Yeh Teri Galiyan 14.00 / 22.52 - Patiala Babes 14.30 - Mag 100 Year Of Indian Cinema 15.00 / 21.46 - Yeh Hai Mohabbatein 15.23 Film: Justice Chaudhury Starring: Jeetendra, Hema Malini, Sridevi 18.00 Samachar 18.30 Kundali Bhagya 18.59 Udaariyaan 19.22 Kuch Rang Pyar Ke Aise.. 20.01 Sasural Simar Ka 2 20.26 Radha Krishna 21.01 Anupamaa



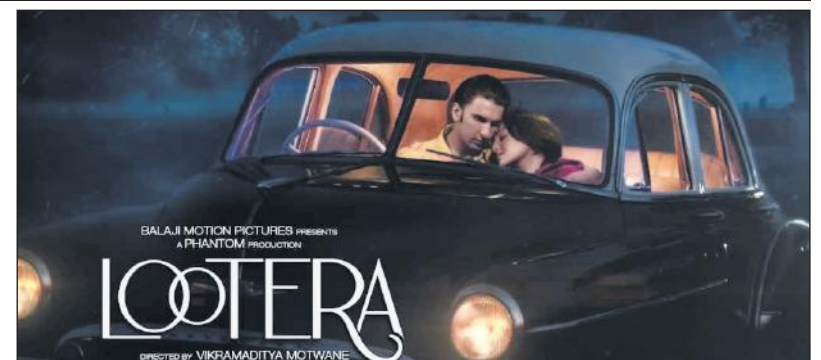
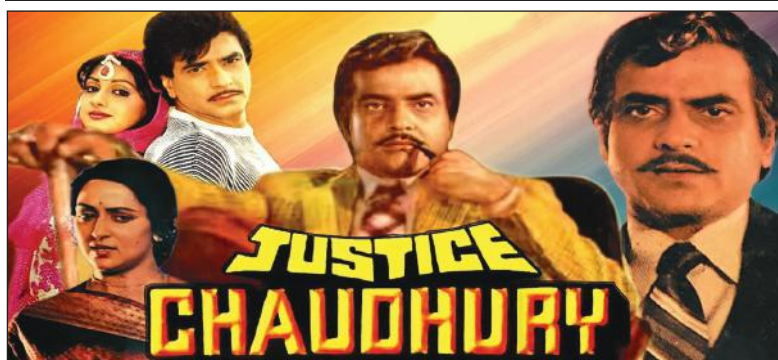
Jeudi 6 octobre - 15.30

Stars: Jeetendra, Hema Malini, Sridevi



Jeudi 6 octobre - 20.20

Star: Ranveer Singh, Sonakshi Sinha





Jack McNamara
University of East
London

Getting fit after Covid?

Why you should be strength training – and how to do it

After recovering from Covid, you might be eager to get out and do some exercise, particularly if you'd previously enjoyed keeping fit. While a bit of light cardiovascular training can be a good option, strength training has some particular advantages when it comes to getting over Covid.

When our immune system mobilises to fight a Covid infection, this response, called inflammation, can take a toll on various parts of the body, including the muscles. So regaining muscle strength is one benefit of strength training after Covid.

We also know Covid can affect our energy levels and capacity to perform aerobic exercise. Research suggests that during rehabilitation for respiratory problems, strength training – performed either alone or alongside cardio – improves our ability to carry out activities of daily living requiring sustained breathing (functional capacity).

Similarly, a recent review of exercise programmes specifically for Covid patients after hospital discharge showed that strength training alongside a small amount of moderate-intensity cardio was linked to improvements in functional capacity and quality of life, such as through reduced stress.

If you've only just recovered from Covid, it's important to take things slowly. Knowing exactly when to return to exercise depends on several factors, including the type and severity of your symptoms.

People who had heart or lung-related symptoms such as myocarditis (inflammation of the heart muscle), an irregular heartbeat or severe difficulty breathing, during or after COVID, should talk with a doctor before exercising again.

Those still experiencing severe body aches, sore throat, shortness of breath, chest pain, general fatigue, cough or fever should avoid exercises for two to three weeks after these symptoms have resolved.

Guidance for athletes with minimal or no symptoms has ranged from continuing to exercise during the infection to waiting 14 days after any symptoms subside. However, as most of us aren't professional athletes, it may be wiser to err on the side of caution.

Due to the stress Covid places on multiple systems of our body, particularly our cardio-respiratory system, controlling the demand on our heart and lungs is crucial when deciding how to exercise after infection.

One advantage of strength training over cardio is that it doesn't require the same level of oxygen consumption. This means we're not forced to breathe increasingly harder and faster when doing it.

We can also change multiple aspects of a strength training programme to reduce our body's need for oxygen. Increased duration



It's important to take exercise slowly after recovering from Covid. Hryshchyshen Serhii/Shutterstock

of exercise, shorter rest periods between sets, faster repetitions and higher numbers of repetitions all increase our need for oxygen. So training with fewer repetitions and more rest between sets may be a good idea to start off with.

Exercises to try

Many strength-training programmes involve dedicated training days for specific muscles such as the back, chest or legs. Over a week this approach may result in too much overall work when recovering from Covid.

The good news is that compound exercises can work multiple muscles simultaneously – and some research suggests there's no additional benefit in including single-joint exercises in a workout.

Examples of compound exercises include push-ups, squats, rows, pull-ups, deadlifts, shoulder press, bench press and dips.

The authors of a study I mentioned earlier suggest that training for post-Covid patients could comprise one to two sets of eight to ten repetitions at 30%–80% of the 1RM (the maximum weight you can usually perform one repetition of the exercise with), alongside five to 30 minutes of moderate cardio.

When you're ready to increase the intensity of your strength training, if using weights,

increase the weight first rather than the number of sets or repetitions. If you're doing bodyweight exercises, try adding an extra set rather than more repetitions (to still allow yourself regular rest periods), or consider using equipment like resistance bands to increase the challenge.

Listen to your body

Although you may be tempted to start where you left off, evidence suggests a gradual return to pre-infection activity levels may be best.

While people recovering from a serious infection should consult with their doctor, those returning from a mild to moderate infection are advised to start at about 50% of the intensity of their pre-Covid training regime.

When you do return to training, or if you don't normally do strength training but are trying it as part of your Covid recovery, watch out for if you start to feel very tired. It's essential to listen to your body and adjust your workouts based on how well your body copes with them.

If your workouts feel manageable, you could try the 50/30/20/10 approach which strength and conditioning coaches use to help athletes return to training after an extended period of inactivity.

So start by reducing your overall training volume (the combined total of sets, repetitions and weight) by 50% compared to what you did before catching Covid. The week after, progress to 30% less, then 20%, then 10%. If your body tolerates the training well, at the end of these four weeks, you'll be back to completing the same routine you were doing pre-infection.

However, it's important to remember that progress isn't linear. You may be able to increase the volume each week, but you may also need time to build up more gradually.



Tree of Knowledge

Madisyn Taylor

Breaking family ties that bind parental fears

So often, we come into this world carrying the fear of our parents as it's passed down and lived through us.

When we really examine our fears about something, we sometimes notice that the fear we have is not based on our own experience. Often, if we trace our fear back to its source, we find that one of our parents may have handed it down to us. For example, your mother or father may have had an intense fear of lack of money, stemming from their own life experiences. If that fear was not resolved by the time you came into the picture, chances are you inherited it. Meanwhile, you may have no actual experience of lacking money, so being fearful doesn't make sense, and it may even block you from doing certain things you want to do.

Keeping in mind that your parents were only trying to protect you, and that most of the errors in judgment they made were made with the best intentions, it might be time to release this fear symbolically. You cannot resolve someone else's fear for them, but you can decide to let go of it on your own behalf. Whether your parents are still alive or not, it is best to do this in a symbolic way, using visualization and, if you like, ritual. One simple visualization involves inviting your parent to sit across from you in your heart space and sharing your desire to move on from this fear, letting them know that you will not carry it anymore. You may be surprised at the response you get, because it's possible they will be proud of you, grateful, and proud of your courage.

The more we do this deep inner work with our fears, the better we will be able to parent our own children without burdening them with fears that don't belong to them. Some of us will do as much of this work as we can before we become parents, while others will be working on this even as our children become adults. Either way, the effects will be felt, because once we break our ties to the fears of the past, our children's ties to those fears are greatly weakened, so it's important to remember that it's never too late.

1956 - 2022

LIC Centre, 1st Floor,
John Kennedy Street,
Port Louis

208 1458, Ext 24 (Port Louis)
467 4960 (Quatre Bornes)

marketing@licmauritius.intnet.mu

licmauritius.mu

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