

MAURITIUS **TIMES**

• Great leaders are not defined by the absence of weakness, but rather by the presence of clear strengths. —John Peter Zenger

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The Fault Lines of Power

The confirmation that ministers of the Labour Party (PTr), the Mouvement Militant Mauricien (MMM), and their allies will attend today's Cabinet meeting has prompted a collective sigh of relief across the political landscape. Yet, this fragile truce, hammered out in tense exchanges between Prime Minister Navin Ramgoolam and Deputy PM Paul Bérenger, may not be a resolution but a postponement. The year-old Alliance du Changement (ADC) government's crisis, which nearly caused a fracture, exposed deep fault lines: a power struggle over the Prime Minister's authority, institutional reform, and todate unmet promises.

The immediate trigger for the confrontation was a list of demands put forth by Paul Bérenger, targeting key appointments in national institutions: the Chairman of the parliamentary FCC committee, the Police Commissioner, the Commissioner of Prisons, the Chairman of Air Mauritius, and the Acting Director of the FCC. This audacious challenge — especially so coming from an ally who doesn't command a majority in the House — demanding the removal and replacement of a cadre of senior officials, constitutes a direct challenge to the Prime Minister's constitutional prerogative and authority. No self-respecting Prime Minister could accept such an encroachment on the powers vested solely in his office. Ramgoolam's reported hardening of the line — that he has already made too many concessions with the earlier removal of Rama Sithanen and Kishore Beegoo — underscores the personal, zero-sum nature of this specific power play.

However, reducing the standoff to a mere tussle over appointments risks missing the fundamental, systemic issue that may well be the main reason for Bérenger's displeasure: the "slow pace" of electoral and constitutional reform. The core of Bérenger's political identity and the enduring relevance of the MMM lies in the promise of correcting what is perceived in some quarters as the deep democratic deficit in the Mauritian electoral system. A deficit created by the First Past The Post (FPTP) model, which fails to translate the popular will — the percentage of votes a party receives nationally — into a proportional share of seats in the National Assembly. Past election sweeps, where one alliance gains an almost total monopoly of legislative power (e.g., 60-0), demonstrate a systemic dysfunction that marginalizes thousands of votes and leaves a significant portion of the electorate of "small parties" unrepresented.

For a veteran leader like Bérenger, who is acutely aware of his political legacy and age, accelerating reform is not just a policy goal; it is an imperative for the continuing weight and relevance of the MMM in Mauritian politics. A move towards a mixed system — retaining the constituency basis for stability but incorporating a Proportional Representation (PR) element for fairer seat allocation — is the mechanism needed to guarantee the MMM's future voice and influence, even as its constituency performance may fluctuate. The so-called tension over appointments, therefore, may be merely the visible froth on a deeper structural conflict over the redistribution of political power itself.



Pic - Defimedia

The internal dynamics of the MMM, detailed in today's morning papers, further underline the fragility of the peace. Bérenger's dramatic threat of resignation was neutralized not by the Prime Minister, but by a mass internal revolt among his own ministers and cadres who prioritized governmental stability over a solitary, opposition-bound adventure. The ministers, having apparently opened direct channels with the PTr, effectively forced their leader's hand. Bérenger's retreat, masked by the declaration that "Demain, on sera au Conseil des ministres. Et la vie continue," is a clear signal that his power within the alliance is constrained not only by the Prime Minister's constitutional authority but also by the pragmatism of his own parliamentary group.

The alliance may continue to govern, but the deep fissure of trust will define its tenure. This internal discord is particularly damaging as the ADC approaches its one-year anniversary, a time when public confidence hinges on the government's ability to deliver on its mandate for change, transparency, and relief from the rising cost of living.

The government's track record is mixed. While decisiveness has been shown in advancing anti-corruption legislation, the government has appeared timid, or even protective, when dealing with established economic power. The structural reform of the pension system, while arguably fiscally necessary for long-term sustainability, may have created a massive trust deficit, primarily due to poor communication and a lack of prior public consultation. The perception remains that the government chose to burden the poorer sections of the population while avoiding the politically harder path of "going where the money is," namely, high-income segments, large corporations, and highly profitable sectors.

This perception is reinforced when one links the

government's action on the Smart City Scheme (SCS) tax rollback to other controversies like the unresolved Independent Power Producer (IPP) contracts. A pattern emerges: a willingness to revisit or roll back measures that might pinch the wealthy and powerful. This is the opposite of the change voters demanded.

Furthermore, the government's slow pace on crucial institutional reforms — specifically the Freedom of Information Act — risks damaging its credibility. These reforms are the necessary scaffolding for a "freer society" and greater accountability. The survival of the Alliance du Changement hinges on its ability to govern cohesively and deliver. Yet, the crisis of the past days reveals an alliance burdened by a power struggle between its two leaders and a deep internal schism within the MMM. While the immediate threat of collapse has been averted, the *ver est déjà dans le fruit*. The core of the conflict — the irreconcilable tension between the Prime Minister's constitutional authority, Bérenger's push for electoral reform, and the public's demand for genuine, systemic change — remains.

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Prakash Neerohoo

Défense des suspects de crimes financiers

Le droit et la moralité: sont-ils antinomiques?

Les rebondissements surprenants de l'enquête de la Financial Crimes Commission (FCC) sur les placements bancaires de Rs 6,7 milliards du magnat malgache Mamy Ravatomanga à Maurice révèlent une grosse affaire financière aux dimensions insoupçonnées. Les implications politiques, juridiques et internationales des flux financiers transfrontaliers entre Maurice et Madagascar sont vastes et profondes. Ce qui a retenu l'attention dans cette saga aux épisodes palpitants depuis l'arrestation de Mamy Ravatomanga, c'est la stratégie légale adoptée par le magnat malgache pour se défendre contre toute accusation de blanchiment d'argent et pour retarder, voire éviter, tout interrogatoire par la FCC. Néanmoins, il a dû se présenter au siège de la FCC mercredi dernier pour un interrogatoire concernant ses sociétés à Maurice, sa rencontre avec l'ex-commissaire Junaid Fakim et le volet relatif au blanchiment d'argent.

L'homme d'affaires s'est entouré d'une armada d'avocats, dont un ancien chef juge et un avocat français, pour présenter sa défense dans la foulée de son affidavit logé en Cour suprême contre la décision de la FCC de geler ses avoirs à Maurice. Cette équipe juridique a lancé une offensive médiatique la semaine dernière, par voie de conférence de presse, pour contester la crédibilité et l'autorité de la FCC.

Il paraît qu'il y a une campagne de déstabilisation de la FCC dont la première manifestation a été la démission d'un commissaire à temps partiel (Junaid Fakim), suivie de son arrestation sous une charge d'entorse à la confidentialité

“Nos institutions régulatrices sous l'ancien régime n'ont pas été à la hauteur de leurs responsabilités de régulation, de supervision et d'investigation, qu'il s'agisse de la Banque centrale, de la Financial Services Commission (FSC) ou de l'Independent Commission Against Corruption (ICAC). Il convient donc d'aborder avec prudence toute affirmation selon laquelle certaines banques locales seraient des modèles irréprochables en éthique des affaires...”



La défense de Mamy Ravatomanga conteste l'autorité du directeur intérimaire de la FCC. P - Sunday Times

des renseignements (*breach of confidentiality*) à la suite d'une rencontre (fortuite ou organisée) avec le magnat malgache et ses proches.

Autorité légale

Ce qui est plus frappant dans cette affaire, c'est la manière dont l'équipe juridique a contesté l'autorité légale de la FCC d'ouvrir une enquête en se fondant sur l'argument que le directeur général par intérim de cette institution (Sanjay Dawoodarry) n'a pas de légitimité en vertu de sa non-titularisation à ce poste. La loi régissant la FCC (*Financial Crimes Commission Act 2023*) prévoit à l'article 10 (3) la nomination d'un directeur-général pour une durée de trois à cinq ans, et sous d'autres conditions que le Premier ministre peut déterminer (*Note 1*).

Selon l'Attorney General, le directeur général par intérim a été nommé une première fois le 12 décembre 2024 pour neuf mois (jusqu'au 11 septembre 2025) et a été reconduit aux mêmes fonctions le 12 septembre 2025 pour neuf mois encore. Est-ce que la loi ne permet-elle pas la nomination d'un directeur général par intérim en attendant la nomination d'un titulaire officiel? C'est aux juristes indépendants de statuer là-dessus.

Un autre argument de la défense est que le magnat malgache a suivi toutes les procédures légales depuis 1995 pour déposer de l'argent sur des comptes bancaires dans des banques locales, dont la State Bank of Mauritius

Laundering Act (FIAMLA). En effet, une cliente étrangère avait déposé le 20 octobre 2008 une somme en espèces de 20 000 euros (Rs 810 000) dans son compte à une succursale de la SBM sans que celle-ci n'ait vérifié l'origine des fonds.

Nous savons que dans le cas de la monnaie de récompense (*reward money*) payée aux informateurs de la police, la SBM avait accepté des dépôts et des

“Ce qu'on voit dans le comportement contradictoire du député-avocat, c'est ce qu'on appelle la «contradiction des valeurs» en sociologie (Note 3). Il s'agit de valeurs qui sont en conflit ou sont mutuellement exclusives. Ainsi la réalisation d'une valeur (défense d'un suspect) rend difficile, sinon impossible, la réalisation d'une autre valeur (combat contre les crimes financiers). Est-ce que le droit et la moralité sont des valeurs contradictoires? Le droit est fondé sur des règles prescrites pour punir des crimes spécifiques. La moralité fait appel à la conscience individuelle pour faire une distinction entre le bien et le mal...”

(SBM) et la Mauritius Commercial Bank (MCB), lesquelles ont apparemment fait les vérifications nécessaires (par exemple, le test «Know Your Client»). Par coïncidence, le journal *Le Mauricien* du 1er novembre 2025 rapporte un jugement de la Cour intermédiaire contre la SBM qui a été reconnue coupable du délit de «*Limitation of Payment in Cash*», en infraction aux sections 5 et 8 de la *Financial Intelligence and Anti-Money*

retraits dépassant le montant règlementaire de Rs 500 000 en cash à partir des comptes bancaires de certains officiers de police. Faut-il aussi rappeler que la MCB a été condamnée par la Cour intermédiaire en 2017 pour le manque de contrôle interne sur la fraude alléguée de Rs 800 millions commise par un cadre supérieur sur un compte du Fonds National de Pension en 2003. Le 20 août 2025, la Cour suprême a confirmé la condamnation de la MCB pour manquements à la FIAMLA, mais a réduit l'amende initiale de Rs 1,8 million à Rs 1,2 million, en tenant compte du temps écoulé depuis les faits. Cependant, la MCB a annoncé, dans un communiqué publié le 5 septembre 2025, qu'elle a déposé une demande d'autorisation conditionnelle pour faire appel du jugement de la Cour suprême devant le *Judicial Committee du Privy Council*, tant sur le fond que sur la procédure.

Nos institutions régulatrices sous l'ancien régime n'ont pas été à la hauteur de leurs responsabilités de régulation, de supervision et d'investigation, qu'il s'agisse de la Banque centrale, de la *Financial Services Commission* (FSC) ou de l'*Independent Commission Against Corruption* (ICAC). Il convient donc d'aborder avec prudence toute affirmation selon laquelle certaines banques locales seraient des modèles irréprochables en éthique des affaires.

Défense des suspects de crimes financiers

Le droit et la moralité: sont-ils antinomiques?

● Suite de la page 3 Conflit des rôles

Ce qui est encore plus extraordinaire dans l'équipe juridique du magnat malgache, c'est la présence d'un député-avocat (Kushal Lobine) en son sein. Celui-ci s'est défendu contre tout soupçon de conflit d'intérêts en arguant qu'il agissait comme un avocat privé. Kushal Lobine est le chef d'un parti partenaire du gouvernement (Nouveaux Démocrates), et on s'attend à ce qu'il soutienne les institutions du pays engagées dans la lutte contre les crimes financiers. Or, il semble tirer une ligne de démarcation entre sa profession d'avocat et son rôle de député.

Il n'est sans doute pas le seul politicien-avocat qui défend des criminels à col blanc suspects. Dans l'opposition extraparlamentaire, on trouve des avocats qui défendent devant les cours de justice des suspects arrêtés sous des charges de corruption, de blanchiment d'argent ou de trafic de drogue. Et comme politiciens, ils disent toujours vouloir combattre la corruption et le trafic de drogue.

Que Kushal Lobine veuille respecter le «Cab Rank Rule», qui veut qu'une personne ne soit pas privée du droit de représentation juridique et qu'un avocat accepte de la défendre contre une compensation acceptable, c'est son droit comme avocat. Mais comme député d'une majorité parlementaire qui a fait du combat contre les crimes financiers sa devise, il est en porte-à-faux. En s'associant à la démarche de contester l'autorité légale de la FCC, il cautionne l'attaque contre une institution importante de l'État. Il se met dans un conflit des rôles qui donne lieu à un dilemme d'ordre éthique (Note 2). Une forme de conflit des rôles qui cause un



comportement non-éthique se produit lorsque le rôle officiel d'une personne (par exemple, un député) est à l'opposé de son rôle de membre d'une profession (par exemple, le droit) dans une situation donnée.

Ce qu'on voit dans le comportement contradictoire du député-avocat, c'est ce qu'on appelle la «contradiction des valeurs» en sociologie (Note 3). Il s'agit de valeurs qui sont en conflit ou sont mutuellement exclusives. Ainsi la réalisation d'une valeur (défense d'un suspect) rend difficile, sinon impossible, la réalisation d'une autre valeur (combat contre les crimes financiers). Est-ce que le droit et la moralité sont des valeurs contradictoires?

- Le droit est fondé sur des règles prescrites pour punir des crimes spécifiques.
- La moralité fait appel à la conscience individuelle pour faire une distinction entre le bien et le mal. C'est un ensemble de principes qui peuvent être subjectifs ou culturellement motivés.

Quand la politique se mêle au rapport entre le droit et la moralité, le dilemme d'ordre éthique devient plus grave.

Il convient ici de citer feu Martin Luther King, un héros des droits civils aux États-Unis: "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

Excès de légalisme

L'adage qui veut que «tout ce qui est légal n'est pas nécessairement moral» trouve toute sa pertinence dans le contexte mauricien où les avocats exploitent toutes les lacunes de la loi, utilisent toutes les procédures possibles et soulèvent des points de droit byzantins pour retarder un procès ou obtenir gain de cause pour leurs clients. Il y a un excès de légalisme dans le système mauricien qui fait que des procès prennent cinq ou dix ans pour être

conclus. Nous avons vu des cas où le judiciaire n'a pas trouvé de conflit d'intérêt chez un suspect ou accusé dans des affaires de corruption, strictement du point de vue légal, alors que moralement le public avait une autre opinion, sinon un autre verdict.

Ces affaires sont notamment l'affaire MedPoint (la vente d'une clinique à l'État par le beau-frère d'un ministre à un prix surévalué de Rs 144 millions), l'affaire Sun Trust (la location du bâtiment d'un parti au pouvoir au ministère de l'Éducation pour Rs 55 millions) et l'affaire d'emploi fictif dans un «Citizens Advice Bureau» pour lequel l'État paya un salaire.

Ces affaires démontrent la faible inter-sectionnalité entre le droit et la moralité à Maurice. Nos cours de justice sont partisans d'un conservatisme juridique qui se fonde sur l'interprétation littérale des textes de loi. Rarement font-elles une interprétation judicieuse qui tient compte de la lettre et de l'esprit de la loi, de l'intention du législateur et du contexte global d'un problème avec ses implications juridiques, sociales ou économiques.

Il est temps pour les partis politiques soucieux de l'intérêt public d'imposer sur leurs députés un code de conduite qui évite tout conflit d'intérêts apparent ou réel. Une règle du code devrait être d'éviter de défendre un trafiquant de drogue ou un suspect de crime financier devant une cour de justice, peu importe l'impératif du «Cab Rank Rule» du point de vue professionnel ou l'attrait financier. D'ailleurs, la loi contre le blanchiment d'argent interdit tout paiement pour services rendus (par exemple, les frais légaux) à partir de fonds illicites.

Prakash Neerhoo

Références:

1. **FCC Act, Section 10 (3) Director General**
The Director-General shall –
(a) be appointed for a term of not less than 3 years but not exceeding 5 years and on such other terms and conditions as the Prime Minister may determine; and
(b) be eligible for reappointment.
2. **Organizational Behaviour, by Gary Jones, 4th edition, page 437 on "Role Conflict"**
3. **Sociology in Our Times, by Kendall, Murray and Linden, 3rd edition, page 79 on "Value Contradictions"**



MAURITIUS CANE INDUSTRY AUTHORITY

Control and Arbitration Department
Réduit 80835
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NOTICE TO CANE PLANTERS SECOND PROVISIONAL ASSESSMENT OF SUGAR AND MOLASSES – CROP 2025

In accordance with Section 39(4) of the Mauritius Cane Industry Authority Act 2011, the Control and Arbitration Committee has on 6 October 2025 determined a Second Provisional Assessment of Sugar and Molasses for Crop 2025.

The assessment has been sent to factories for the information of planters and may be consulted at the Head Office of the Control and Arbitration Department, Réduit.

The assessment can also be accessed at the following website: mcia.mu

7 October 2025 Officer-in-Charge

“Il est temps pour les partis politiques soucieux de l'intérêt public d'imposer sur leurs députés un code de conduite qui évite tout conflit d'intérêts apparent ou réel. Une règle du code devrait être d'éviter de défendre un trafiquant de drogue ou un suspect de crime financier devant une cour de justice, peu importe l'impératif du « Cab Rank Rule » du point de vue professionnel ou l'attrait financier. D'ailleurs, la loi contre le blanchiment d'argent interdit tout paiement pour services rendus (par exemple, les frais légaux) à partir de fonds illicites...”

“The Mamy Ravatomanga case will not be a litmus test for the FCC at this stage”

‘The true test will occur when the case reaches the court, if indeed it does’

Set against the backdrop of high-profile challenges — including the ongoing investigation into Malagasy businessman Mamy Ravatomanga and the controversy involving a former Commissioner — the Financial Crimes Commission’s (FCC) pledge to operate “without fear or favour” is currently being tested by deep-seated public scepticism inherited from past agencies. The following analysis explores the crucial questions facing the FCC: Do the benefits of centralized power truly outweigh the risks to the separation of powers? How can the agency secure genuine political autonomy?

LEX

* The FCC was created as the apex agency, unifying the functions of the ICAC, the Asset Recovery Investigation Division, and the Integrity Reporting Services Agency. Critics have raised concerns about the concentration of investigation, asset recovery, and prosecution functions in a single body — all the more so in a climate where the separation of powers and institutional independence are already under scrutiny. Are these concerns valid?

“To date, Mr Fakim is presumed innocent. Whether he acted unethically or criminally remains to be seen. It is to his credit that he chose to step down in order not to bring opprobrium upon the FCC. The inappropriate conduct of one FCC officer cannot undermine the entire edifice of the Commission...”

The FCC, established under the *Financial Crimes Commission Act 2023* (FCC Act), stands as Mauritius’s key agency, dedicated to the detection, investigation, and prosecution of a spectrum of financial crimes, including corruption, money laundering, fraud, and drug financing.

While it appears, the FCC has very wide-ranging powers, placing all financial crimes under one institution is generally welcomed. Prior to the current FCC, there were instances of jurisdictional conflict between the various institutions that shared power over financial crime matters.

Mauritius is a small country, and we must be cautious about imposing oversight on independent institutions. The FCC is in a different category as an investigation body, and a parliamentary committee provides oversight, except for its spe-

cific investigations and operational decisions.

Political Influence and Integrity

* Another core criticism often levied against anti-corruption agencies (like the former ICAC) and now the FCC is their perceived lack of genuine independence from political influence, particularly when their heads are political nominees. This fear of political interference is a major source of concern over their integrity and ability to act “without fear or favour.” How can such bodies ensure real autonomy and public trust in their operations under such conditions?

The Acting Director General has repeatedly stated that nothing and no one will stop the FCC from fulfilling its mission of combating financial crimes. The proof of this determination is to be found in the volume of cases and arrests made since the new government came to power. This is often presented as an indication that the FCC is allowed to work independently and that there is no political interference, or risk thereof.

The FCC’s position is clear when it states: “At the heart of our mission lies a commitment to safeguarding Mauritius’ financial integrity and fostering a culture of good governance. With the FCC leading the charge, we are poised to confront and combat financial crimes head-on, ensuring a fair and just society for all. In the discharge of its functions and exercise of its powers, the FCC is not under the direction or control of any person or authority”

* The public debate has also highlighted the need for greater transparency, such as through a Freedom of Information Act, to help mitigate the risk of political targeting by such powerful bodies and to monitor any attempt to suppress investigations into high-profile political figures — a perception fuelled by past controversies surrounding the FCC’s predecessor institutions. How do



you respond to that?

Detailed information about those arrested is already often seen in the media, sometimes with significant segments of the ongoing investigation being revealed. Whether or not a Freedom of Information Act is enacted, the FCC’s work appears to be reasonably transparent. Of course, the FCC cannot be expected to divulge its entire investigation strategy, as doing so might compromise the investigation.

However, the FCC should periodically inform the public of the status of ongoing investigations and the number of cases that have been referred to the DPP.

* The FCC Act makes private sector corruption an offence and penalizes

“It would appear that the funds frozen at the behest of the Financial Crimes Commission (FCC) originated from Madagascar, which the individual subsequently invested in Mauritius. Upon the entry of any foreign investment into Mauritius, a stringent due diligence obligation is statutorily imposed upon the local institutional gatekeepers responsible for the necessary authorizations and financial clearances. The FCC will need to establish whether that due diligence was properly conducted by the Mauritian financial institutions or licensing authorities. ...”

companies that fail to have “adequate procedures” in place. What exactly does the term ‘adequate procedures’ mean in Mauritius, and what is the minimum compliance framework to meet this standard and establish a defence?

Under the FCCA, there is an obligation on legal entities to ensure they have adequate procedures in place to prevent the commission of corruption, money laundering, fraud, and other ancillary offences. Legal entities will be expected to implement appropriate procedures and controls to ensure their internal processes and systems are robust enough to flag any potential situation of non-compliance with the FCCA.

Scope of Unexplained Wealth Powers

* What are the scope and limits of the FCC’s powers regarding Unexplained Wealth investigations, and what standard of proof is required from individuals or companies to justify the source of their assets?

Under the FCCA, the FCC has broad powers to investigate financial crimes and related predicate offences. The FCC has the power to address a wide range of offences, including corruption, drug trafficking and financing, terrorism financing, fraud, and other illicit activities that threaten the nation’s financial security and stability. The FCC is equipped with advanced technical proficiency in various fields such as forensic accounting, financial analysis, money trail investigations, asset tracing and recovery, and dismantling sophisticated financial schemes.

'Whether or not a Freedom of Information Act is enacted, the FCC's work appears to be reasonably transparent'

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The Ravatomanga Case as a Litmus Test

* The FCC's handling of the Mamy Ravatomanga case has been publicly denounced by his lawyers for alleged procedural and legal irregularities. They have maintained their client's innocence and questioned the legality of the entire inquiry. Could the Ravatomanga case become a litmus test for the FCC?

The Mamy Ravatomanga case will not be a litmus test for the FCC at this stage. The true test will occur when the case reaches the court, if indeed it does.

Everything will depend on the charges and the evidence available, either here or in Madagascar, to establish money laundering or other financial crimes.

* One major controversy raised by this case involves former FCC Commissioner Junaid Fakim, who was subsequently arrested. The FCC issued a public statement reaffirming its commitment to remain "unshakeable" amid alleged attempts at destabilization and disinformation. How might this episode affect public confidence in the FCC's ability to act "with integrity, without fear or favour"?

To date, Mr Fakim is presumed innocent. Whether he acted unethically or criminally remains to be seen. It is to his credit that he chose to step down in order not to bring opprobrium upon the FCC. The inappropriate conduct of one FCC officer cannot undermine the entire edifice of the Commission.

Legal Challenge to the Acting DG's Mandate

* Mr. Ravatomanga's lawyers argue that Acting Director Tritudeo Dawoodarry's authority lapsed when his initial contract expired on Sep 10, 2025, rendering all subsequent actions in this case invalid. Attorney General Gavin Glover refuted this, noting that Mr Dawoodarry was reappointed two days later, maintaining that his position and chain of command remain legally sound. What is the likelihood that the legal challenge to M. Dawoodarry's mandate will succeed in court? If the challenge succeeds, what is the legal fallout for all FCC actions taken during that disputed period?

Section 28 of the *Interpretation and General Clauses Act* stipulates that (1) Where an enactment confers a power or imposes a duty to make an appointment or to constitute or establish any board, tribunal, commission, committee or similar body, the person having the power or duty may also - (a) remove, suspend, dismiss or revoke the appointment of, and reappoint or reinstate, any person appointed in exercise of the power of duty.

Section 10 of the FCC Act provides for the appointment of the Director General. Once his tenure/mandate lapsed, he was reappointed, and this power is contained in Section 28 of the *Interpretation and General Clauses Act*. The court's

“A lawyer who is also a Member of Parliament is free to accept a retainer subject to certain conditions and so long as it does not negatively impact their position or function as an MP and does not breach the *Code of Ethics for Barristers*. Mr Khushal Lobine is a backbencher of the parliamentary majority. He is neither a Minister nor a Parliamentary Private Secretary (Junior Minister). His retainer, therefore, does not inherently conflict with his status as a majority MP...”



Pic - stockcake.com

“Detailed information about those arrested is already often seen in the media, sometimes with significant segments of the ongoing investigation being revealed. Whether or not a Freedom of Information Act is enacted, the FCC's work appears to be reasonably transparent. Of course, the FCC cannot be expected to divulge its entire investigation strategy, as doing so might compromise the investigation...”

decision on the grounds of challenge remains to be seen.

French Investigation Duplication Argument

* Mr Ravatomanga's lawyers contend that the FCC's investigation relies on allegations already examined and closed by the French authorities in July 2023, arguing that pursuing the same facts amounts to an abuse of the judicial process by forcing him to defend against charges previously dismissed by a competent international body. How do you respond to that?

Mr Ravatomanga's lawyers may have a valid point in so far as the facts investigated by the French authorities are identical to those currently under investigation by the FCC. However, if the FCC possesses new evidence, it is its professional duty to probe the matter further.

Dual Role of the MP-Lawyer

* One of Mr Ravatomanga's lawyers is a sitting Member of Parliament (MP) who belongs to the Government bench. Does this dual role as a government MP and legal counsel for a client facing a major money laundering investigation raise questions regarding potential ethical concerns and conflicts of interest within the public and legal spheres, which are subject to public and professional scrutiny?

No. A lawyer who is also a Member of Parliament is free to accept a retainer subject to certain conditions and so long as it does not negatively impact their position or function as an MP and does not breach the *Code of Ethics for Barristers*.

Mr Khushal Lobine is a backbencher of the parliamentary majority. He is neither a Minister nor a Parliamentary Private Secretary (Junior Minister). His retainer, therefore, does not inherently conflict with his status as a majority MP.

Jurisdiction and Illicit Funds Source

* The FCC is investigating suspected money laun-

dering and illicit fund transfers involving Mr Ravatomanga's bank accounts, reportedly amounting to around Rs 7.3 billion or more. It also appears the Malagasy businessman may have invested in properties in Mauritius—presumably after the relevant authorities, Global Business Companies, and banks conducted due diligence on both the fund transfers and the property acquisitions. This, however, begs the question: does he have a case to answer within the Mauritian jurisdiction?

It would appear that the funds frozen at the behest of the Financial Crimes Commission (FCC) originated from Madagascar, which the individual subsequently invested in Mauritius. Upon the entry of any foreign investment into Mauritius, a stringent due diligence obligation is statutorily imposed upon the local institutional gatekeepers responsible for the necessary authorizations and financial clearances.

The FCC will need to establish whether that due diligence was properly conducted by the Mauritian financial institutions or licensing authorities. This should be the FCC's initial point of investigation. If it is determined that due diligence was not properly executed, the next investigative step is to ascertain the source of funds in Madagascar, thereby tracing the origin of the money invested in Mauritius.

Suspect Rights During Interrogation

* It often happens that suspects under investigation by the Police or FCC experience health issues during interrogations. What are a suspect's specific legal rights regarding interrogation, and how should the authorities or a legal team handle the issue of a client's hospitalisation or alleged unfitness for interrogation?

When a suspect is being interrogated, he must be cautioned and informed of his right to remain silent. He cannot be compelled to speak.

Furthermore, if the suspect has a health problem, the authorities have a constitutional and statutory duty to ensure the suspect receives necessary and appropriate medical attention. This obligation stems from the constitutional right to life.

LEX



Central Electricity Board (CEB)

COMMUNIQUÉ

NON PAIEMENT DES FACTURES D'ÉLECTRICITÉ

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

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

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

La Direction



Anil Madan

The Xi-Trump Meeting: The more things change, the more they stay the same

'For all the fuss, there does not seem to be much of a change in the US-China relationship'

The well telegraphed mini "summit" between President Xi Jinping and President Donald Trump in Busan, South Korea, on Thursday 30 October 2025, ended with Trump saying that it had been a very good meeting, a 12 on a scale of zero to 10 with ten being the best. He announced that President Xi had agreed to curb the flow of precursor chemicals used to make fentanyl which eventually finds its way into the US, to lift restraints on export to the US of critical rare earth minerals of which China controls most of the world's production, and to resume China's purchase of American soybeans, sorghum and other agricultural products in meaningful quantities. In return, the US will not implement the additional tariffs that Trump threatened just before the APEC meeting in South Korea and will lower the tariffs on fentanyl-related products from 20% to 10%. A Chinese spokesperson said this would bring the 57% extant tariff rate on Chinese exports to 47%.

After the meeting, President Xi said the two countries should work together and complete outstanding tasks from the summit for the "peace of mind" of China, the US, and the rest of the world. Xi, according to a Chinese state media report, said: "Both sides should take the long-term perspective into account, focusing on the benefits of co-operation rather than falling into a vicious cycle of mutual retaliation."

Official comments from the Chinese side were restrained stating that the US and China had reached consensus on issues, but they did not announce any trade deals. The outlines remain fuzzy with the two sides agreeing to try to reach more agreements in future discussions.

Details on the discussions between Trump and Xi and the basic agreements made have been reported widely, so other than the basic summary above, I'll leave readers to look at the hundreds of articles on the subject in press reports.

For now, let us focus on the general significance of the

"Since Trump himself said Taiwan never came up at the Korea summit, if such an assurance were given, it must have come at some other time. The last in-person meeting between Trump and Xi was six years ago. The implication that Xi would consider invading Taiwan if Trump were not President, does not square with events during Biden's tenure. In any event, to underscore the point, China's ambassador to the US Xie Feng said earlier this week, that Taiwan, democracy and human rights, political path and system, and right to development are 'China's four red lines,' and: 'We hope the US side will avoid crossing them and causing trouble'..."



'After the meeting, President Xi said the two countries should work together and complete outstanding tasks from the summit for the "peace of mind" of China, the US, and the rest of the world.' Pic - New York Post

meeting and a bit on what was not agreed and some clues as to what President Xi and President Trump might be thinking. This is not to detract from the agreements reached. For example, fentanyl precursors lead to the deaths of tens of thousands of Americans every year. And whereas China produces about 20 million metric tons of soybeans domestically, it imports more than 100 million metric tons a year. That is a huge market. And the delay of one year on export of rare earth minerals and magnets from China to the US relieves pressure on the US to find alternate suppliers around the world.

But quite frankly, the subject of fentanyl should never have been an issue. The International Narcotics Control Board (INCB) announced that effective December 3, 2024, international control of 18 additional drug precursors became fully effective. Essentially, the scheduling decision listed several closely related chemicals which could potentially be used by drug traffickers to circumvent existing controls. As the INCB noted, there is limited known legitimate use of the two fentanyl precursors and no known legitimate manufacture of and trade in the 16 precursors of amphetamine, methamphetamine and MDMA. The scheduling of these 18 synthetic drug precursors reflects the rapid expansion in illicit manufacture of synthetic drugs and the increasing sophistication of illicit drug manufacturing operations. So, one might well ask, why had China not already cracked down on these chemicals?

Russian oil and Taiwan

Two important issues on which there was either no discussion or no agreement, are the future of Taiwan and China's purchase of Russian oil. Regarding Taiwan, Trump said it "never even came up as a subject." This means that Trump did not raise the issue and neither did Xi. And it is by no means clear that China has agreed to stop buying Russian oil.

While it is not clear that American oil is intended to substitute for Russian oil, President Trump posted on his Truth Social account: "China also agreed that they will

begin the process of purchasing American Energy. In fact, a very large-scale transaction may take place concerning the purchase of Oil and Gas from the Great State of Alaska. Chris Wright, Doug Burgum, and our respective Energy teams will be meeting to see if such an Energy Deal can be worked out." It appears that what we have is an agreement to agree, which is how I interpret "begin the process of purchasing" which means talking about a potential deal.

This announcement does not remotely suggest that the China-Russia partnership or bond that has been announced by President Xi and President Putin has been so easily ruptured by Trump. One can speculate that Xi is stringing Trump along, or alternatively, that Xi is setting up the threat of using an alternate energy supply source as leverage against Putin. A third take on this is that China's energy needs are immense, and Russia alone cannot meet China's needs.

As for Taiwan, the lack of discussion is not surprising. China has long maintained that Taiwan is a breakaway province that is

part of China and must be treated as such by all and sundry, including the US. With the US President not bringing the issue up, Xi can hardly have been expected to discuss a subject that he believes is a Chinese internal matter with him. One need not read this as ominous, but it does show that China really does not care much what the US thinks when it comes to Taiwan. China is playing the long game here. To me, the most sensible take on this issue is that President Xi is not in any hurry to invade Taiwan, nor should he be. There is, of course, the rumble that he has apparently set a timetable for wresting control of Taiwan by 2027, but that rumble comes mostly from tea-leaf readers.

Reuters reports that Trump appealed to Xi to release Jimmy Lai - Hong Kong news tycoon - from jail. The Chinese government considers, as with Taiwan, all matters relating to its administration of Hong Kong to be an internal affair and not open for discussion. Trump declared during the presidential campaign, that he would "100%" get Jimmy Lai out of jail and out of China.

Trump did not reveal how Xi responded, but a Chinese foreign ministry spokesperson told a press briefing in Beijing that Lai was the "main planner and participant" in the "anti-China riots" in Hong Kong. He added: "The Chinese central government firmly supports the Hong Kong judiciary in performing its duties in accordance with the law." We do not know how Xi responded to Trump in Korea, but the spokesperson put an end to any thoughts of accommodation by the Xi regime: "Hong Kong affairs are China's internal affairs and brook no interference from external forces." This is a straightforward rebuff of Trump's plea.

China's four red lines

Trump claims that Xi has assured him that Beijing will not attempt to unify Taiwan with mainland China while he (Trump) is in office. Trump said: "He has openly said, and his people have openly said at meetings, 'We would never do anything while President Trump is president', because they know the consequences."

☞ Cont. on page 13

Kugan Parapen, Rezistans ek Alternativ

“Ramgoolam and Berenger each have their own respective personalities and own respective style of politics”

‘What some may see as conflicting, others could see as complementary’



Just under a year ago, the Alliance du Changement swept into power following a landslide victory in the November 2024 elections, fuelling high expectations among voters who craved a shift toward greater transparency, tangible support against the rising cost of living, and a freer, more open society. In this week’s interview, Kugan Parapen of Rezistans ek Alternativ provides an insider’s view on the progress — from the “impressive” democratic improvements that have brought “freedom back to our shores” to the difficult, slow-moving work of steering the national economy, which he describes as an “ocean liner”. We also delve into the major controversies of the year, including the politically charged pension reform, the debates over the government’s fiscal choices, and the persistent challenges of maintaining unity within a broad and diverse coalition.

implementation has been triggered further down the line. And this could somewhat explain why some of the citizens of our Republic are growing impatient and want to see more from the government.

From a democratic perspective, the improvement has been impressive. And how could it be different? We were on the brink of dictatorship under Pravind Jugnauth’s regime. And only the most overzealous MSM supporters would argue otherwise. Freedom, however we care to define it, has sailed back to our shores. Our press is able to openly criticise the government and the one mishap which happened with the arrest of journalist Jasodanand was openly

criticised by various quarters of the ADC, including Rezistans ek Alternativ.

Those who wish to publicly oppose the policies adopted by the government can do so - as highlighted by the intervention of the Prime Minister to authorise the march organised by trade unions at the Champs de Mars in Port

“The timing of the general elections and the presentation of the first budget of the Alliance du Changement (ADC) has effectively resulted in the new incumbent government starting to implement its programme nearly seven months after its sweeping victory from last November. So, while the ADC has assumed office for nearly a year, effective policy implementation has been triggered further down the line. And this could somewhat explain why some of the citizens of our Republic are growing impatient and want to see more from the government...”

Louis. Supporters of a more progressive approach towards cannabis are allowed to organise marches without any fear of repression. As for the national broadcasting corporation, the MBC, the winds of change can be read and heard in the independent way in which they approach news items these days.

On the economic side, it is less clear-cut. The state of an economy does not rely solely on good intentions unfortunately. Fundamentals matter. And while a new management team at the head of a news corporation can deliver almost instant results, such is unfortunately not the case for an economy. An economy is not a speedboat to be swerved around abruptly but rather an ocean liner to be steered expertly. Bringing about structural reforms to our economy will take some time and one mandate is hardly enough.

But the ADC has the obligation to initiate the transition to a new economic model which will bring about more sustainability, less inequality and greater prosperity.

*** One of the government’s early actions - the reform of the pension system - has so far not been well received by a large segment of the population. There appears to be no turning back on that decision, yet there is a widespread perception that the government has not sought to raise funds from high-income segments, large corporations, or highly profitable sectors. Shouldn’t it have gone to go get the money where it actually is?**

Given the dire need for a comprehensive restructuring of government finances in light of the catastrophic legacy of the previous regime and the possible sovereign downgrade of the country, the budget exercise has left most with a bitter taste in their mouth - including the private sector. However, it is debatable as to who had to swallow the most bitter pill.

Before coming to this debate, it might be worthwhile to first assess the merits of a pension reform on its own.

☞ Cont. on page 9

Mauritius Times: It has been just under a year since the Alliance du Changement (ADC) government assumed office after its landslide victory in the Nov. 2024 elections. How would you assess its track record so far particularly in terms of meeting the expectations of voters who were expecting such things like transparency in the running of the state, better support for the rising cost of living, a freer society? Do you think the government has lived up to those expectations?

Kugan Parapen: In early February, in this column, we said that the first 100 days in power of this government were probably the easiest of the mandate, and I believe that this assertion has proven to be absolutely correct. As we now close in on the first year of the mandate, it is worthwhile reflecting on what has been achieved and what has not. The timing of the general elections and the presentation of the first budget of the Alliance du Changement (ADC) has effectively resulted in the new incumbent government starting to implement its programme nearly seven months after its sweeping victory from last November. So, while the ADC has assumed office for nearly a year, effective policy

'As long as everyone works in the interest of the people and the people ONLY, the Alliance du Changement can deliver sanzman'

Freedom, however, we care to define it, has sailed back to our shores. Our press is able to openly criticise the government and the one mishap which happened with the arrest of journalist Jasodanand was openly criticised by various quarters of the ADC, including Rezistans ek Alternativ. Those who wish to publicly oppose the policies adopted by the government can do so...

Cont. from page 8

The necessity of a pension reform has been on the cards for nearly 20 years. It was common knowledge that some government would need to come forward with the dreaded reform at some point or the other. With the ageing population phenomenon, countries around the world have progressively raised the pension age eligibility over the last 10 years while Mauritius has stayed put. Concurrently, the quantum of the pension has been raised significantly, so much so that it is currently nearly as high as the minimum wage. There is unfortunately no free lunch when it comes to economic matters.

Over time, with the upward adjustment in the quantum and the inexorable increase in the number of senior citizens, the cost of the basic non-contributory pension (BRP) has snowballed into an incredible 25% of the recurrent expenditure of the government. This actually means that for every 100 rupees that the government spends, 25 rupees go towards the funding of the BRP. Which means that the 25 ministries operating under the aegis of the State of Mauritius only have to share the remaining 75 rupees among them. What happens when the contribution to the BRP rises to 30 rupees out of every 100 rupees? What are the implications for the quality of service that the State of Mauritius offers to its citizens with the remaining 70 rupees?

That said, I hear the main argument of those who oppose the pension reform - arguing that an increase in fiscal receipts would grow the budget and hence reduce the proportionality of the BRP with respect to the budget. That is a valid argument indeed. The present budget has partially addressed the fiscal imbalance that has existed in our economy for too many years - whereby the population has been asked to shoulder a disproportionate fiscal burden. The government has taken some bold measures to address

The necessity of a pension reform has been on the cards for nearly 20 years. It was common knowledge that some government would need to come forward with the dreaded reform at some point or the other. With the ageing population phenomenon, countries around the world have progressively raised the pension age eligibility over the last 10 years while Mauritius has stayed put. Concurrently, the quantum of the pension has been raised significantly, so much so that it is currently nearly as high as the minimum wage. There is unfortunately no free lunch when it comes to economic matters...

this issue - by imposing more direct taxes on corporates, wealthy individuals and the real estate sector.

As highlighted in my budgetary speech in Parliament, based on budget estimates, the ratio between indirect taxes and direct taxes will rebalance over the course of the next few years. And that is something that Rezistans ek Alternativ has been campaigning for over the years. Moreover, in my speech, I also advocated against the temporary nature of the increase in direct taxes. This should absolutely not happen as it would recreate a situation whereby the population would have to shoulder the brunt of the fiscal effort again.

That said, we have to bear in mind that we are in a broad coalition government - the sort of which has never been witnessed in our Republic. Every party has their own economic philosophy and we have to respect that to some extent. We openly said that a Rezistans ek Alternativ government would have taxed even more those who are at the upper end of the social ladder. For example, we would find it totally justifiable to increase the marginal income tax rate on those earning more than 150,000 rupees monthly and remove some of the abusive taxes on the price structure of petroleum products. This would be a shrewd policy move.

*** Do you personally think the government's structural reform of the pension system constitutes a major political misstep, primarily due to poor communication and a lack of prior public consultation — all the more so since this move, though defended as fiscally necessary for long-term sustainability, created the largest trust deficit and political controversy of its first year?**

No, I do not think the reform of the pension system was a major political misstep. We want responsible leadership as opposed to populism. This government is suffering from a crisis of expectations - expectations it itself created during the last electoral campaign. However, we also need to look at the context in which the stakes were raised. It was a context where the previous despotic regime was ready to promise anything to cling to power. Had the ADC not neutralised the promises of the Jugnauth gang, where would we be today? You must surely have heard of Sun Tzu's famous quote: "An evil man will burn his own nation to the ground to rule over the ashes".

Given the efforts being asked of the population, we had advocated, along with several other MPs, for some restraint with respect to the "train de vie de l'État". We had proposed to review the perks for MPs and Ministers, and we could also include senior civil servants in this equation. This has unfortunately not materialised yet, but we remain hopeful



The state of an economy does not rely solely on good intentions unfortunately. Fundamentals matter. And while a new management team at the head of a news corporation can deliver almost instant results, such is unfortunately not the case for an economy. An economy is not a speedboat to be swerved around abruptly but rather an ocean liner to be steered expertly. Bringing about structural reforms to our economy will take some time and one mandate is hardly enough...

that it will sooner rather than later.

*** It could be argued, however, that the government did not collect the money where it actually is. If we were to link the government's action on the Smart City Scheme (SCS) tax rollback to the unresolved issue of Independent Power Producer (IPP) contracts, we may see a pattern there — that of reviewing or rolling back measures that could affect the rich and powerful. That's not what the people voted for, isn't it?**

The Smart City Scheme and the IPPs are two distinct issues, but we can understand why they are mentioned in the same sentence as they have more or less the same underlying beneficiaries.

Cont. on page 10

'As much as citizens voted to oust the previous regime, they also voted for an overhaul of our democratic model'

For every 100 rupees that the government spends, 25 rupees go towards the funding of the Basic Retirement Pension. Which means that the 25 ministries operating under the aegis of the State of Mauritius only have to share the remaining 75 rupees among them. What happens when the contribution to the BRP rises to 30 rupees out of every 100 rupees? What are the implications for the quality of service that the State of Mauritius offers to its citizens with the remaining 70 rupees?...



Cont. from page 9

Coming to the Smart City Scheme, it was rolled out under the MSM regime with an array of fiscal exonerations Donald Trump would have been jealous of. Rezistans ek Alternativ has relentlessly called them out as we see these smart cities as the foundation for a gentrification process in Mauritius. The budget measures were laudable in that they were meant to reverse the scandalous tax benefits currently being enjoyed by these smart cities. We were made to understand that reversing course on these tax benefits could be legally not in order given the certificates already issued. Hence the grandfathering set-up whereby only existing SCS would retain their fiscal benefits while any new SCS would be subject to the new budgetary measures.

With respect to the issue of energy production, the status-quo approach of the current Leader of the Opposition, Hon Joe Lesjongard, in his previous role as the Minister of Energy means that any change to the energy production set-up cannot materialise in the present. Can the government terminate the contracts of the IPPs without any backup production? Given current consumption patterns, the production of the whole grid is hardly sufficient to meet demand.

Rezistans ek Alternativ would advocate for a phase-out of IPPs and the installation of replacement nationalised production plants. This is very unlikely to materialise in the short term. That said, smart cities have a contractual obligation to produce their own energy as far as possible. That is an avenue that must be explored and enforced more thoroughly as these smart cities do ask a lot of electricity grid in terms of consumption.

* This brings us to the points of disagreement expressed by the Deputy Prime Minister (and Minister without Portfolio) during his solo press conferences regarding the Ravatomanga affair and, earlier, the situation prevailing at Air Mauritius under the chairmanship of Kishore Beegoo. Paul Bérenger's recent public comments have prompted political observers to question how long the ADC government can last — or, more precisely, how long Navin Ramgoolam will bear with Bérenger's stance. What's your reading of the situation

within the governing alliance?

Ramgoolam and Bérenger each have their own respective personalities and own respective style of politics. What some may see as conflicting, others could see as complementary.

As previously mentioned, there is a grand coalition at the head of the country and diverging opinions are inevitable. We personally believe that there is a need for dialogue within the different members of the coalition for it to thrive.

Rezistans ek Alternativ has always believed in collective intelligence. We view the numerous inter-ministerial committees as a positive initiative to use the collective intelligence of the Cabinet to find solutions to pressing matters. Our society is in a reconstructive phase and it is primordial that stability prevails.

* There is also a perception that while the ADC government has shown decisiveness in advancing anti-corruption legislation, it has lagged behind on key institutional reforms — notably the Freedom of Information Act and electoral reform — which are essential to ensuring fairer representation, transparency, and alignment with voters' choices, as well as greater accountability in political financing. Do you think this slower pace on institutional reform risks undermining the government's credibility on good governance and Transparency?

We cannot talk of transition without addressing the structural flaws of our society and as you rightly said, the Freedom of Information Act and especially electoral reform are two pillars of the reform agenda.

The electoral agreement signed by Rezistans ek Alternativ with the members of the ADC clearly stipulated that the amendment to do away with the compulsory declaration of ethnic belonging for standing as candidate at general elections was to become a reality within the first six

Every party has their own economic philosophy and we have to respect that to some extent. We openly said that a Rezistans ek Alternativ government would have taxed even more those who are at the upper end of the social ladder. For example, we would find it totally justifiable to increase the marginal income tax rate on those earning more than 150,000 rupees monthly and remove some of the abusive taxes on the price structure of petroleum products...

months. This has not been the case. We do understand that the priority of this government during its first year has mainly been an economic one, especially coming up with credible plans to avert a sovereign downgrade.

As we now embark on the second year of the mandate, it is imperative that the constitutional reform agenda



The Smart City Scheme was rolled out under the MSM regime with an array of fiscal exonerations Donald Trump would have been jealous of. Rezistans ek Alternativ has relentlessly called them out as we see these smart cities as the foundation for a gentrification process in Mauritius. The budget measures were laudable in that they were meant to reverse the scandalous tax benefits currently being enjoyed by these smart cities...

spearheads government action. As much as citizens voted to oust the previous regime, they also voted for an overhaul of our democratic model.

* How does your Rezistans ek Alternativ, which has often highlighted the need for participatory democracy, balance its grassroots activism and anti-establishment stance with the responsibilities of being part of a ruling alliance?

This is definitely a new chapter in the party's journey. And as anything novel, it comes with its dose of excitement, apprenticeship, discovery and recalibration. Compared to the likes of the Labour Party and the MMM, Rezistans ek Alternativ is a relatively young party. The biggest challenge for members of the party has been to transition from being an extra-parliamentary force to being a partner in a government coalition which won a landslide at the elections. With new responsibilities come new challenges.

As we come to terms with this new reality, there has been a need to reimagine how the party operates and how it reconciles its roots with its current position. The recent forum-debat organised by Rezistans ek Alternativ on the future of drug policies in Mauritius is perhaps an example of how the party is reconciling its values and grassroots activism with its responsibilities of being part of a ruling alliance. This event was a reflection of our vision of participatory democracy. One whereby inclusive high quality debates are held and where each and every one can express themselves freely in a mutually respectful environment.

* A major challenge for the government will be maintaining the unity of its alliance partners, especially the two main ones, which have a history of both collaboration and rivalry. The effective implementation of their key promises, particularly in addressing the cost of living and institutional integrity, will be critical in demonstrating their ability to govern cohesively and deliver on the expectations of the electorate. Are you optimistic about the ADC's chances of success?

I believe that the ADC has the capacity to launch the necessary transition the country badly needs to bring about a new era for our society. As long as everyone works in the interest of the people and the people ONLY, the Alliance du Changement can deliver "sanzman".



Putin orders proposals for possible nuclear weapons tests after Trump's nuke remarks

A week after Donald Trump directed Pentagon to begin testing the US's nuclear weapons, Russian President Vladimir Putin on Wednesday ordered his top officials to draft proposals for a possible test of nuclear weapons.

The move also assumes significance as Moscow has not tested nuclear weapons since the 1991 collapse of the Soviet Union.

According to AFP, Putin ordered Russia's defence and foreign ministries, as well as security services, to "gather information on this topic" and make "proposals on the possible start of preparation works for nuclear weapons tests".

"I am instructing the Foreign Ministry, the Defence Ministry... the special services and relevant civilian agencies to do everything possible to collect additional information on the issue, analyse it at the Security Council and make agreed proposals on the possible start of work on the preparation of nuclear weapons tests," Putin said.

Putin was responding to Russian Defence Minister Andrei Belousov, who suggested to "begin immediate preparations" for nuclear testing in the Arctic archipelago of Novaya



Russian President Vladimir Putin chairs a meeting with members of the Security Council in Moscow, Russia. Pic - Times News

Zemlya, reports HT.

Belousov told Putin that recent remarks and actions by the United States meant that it was "advisable to prepare for full-scale nuclear tests" immediately.

Last week, US President Donald Trump, in a surprise announcement, said that he had directed the Department of War to start testing our Nuclear Weapons. He said he did so because other nations were also doing it.

"Because of other countries testing programs, I have instructed the Department of War to start testing our Nuclear Weapons on an equal basis. That process will begin immediately," Trump had said.

Aside from North Korea, no country has carried out an atomic weapon test involving a nuclear explosion in the 21st century, according to AFP. The United States last tested in 1992, China and France in 1996.

Behind the Victory: How Maya Handa Propelled Zohran Mamdani's Historic NYC Win

Zohran Mamdani, previously a little-known assemblyman, achieved a historic victory in the New York City mayoral elections on November 4th, defeating formidable opponents like former governor Andrew Cuomo and Republican Curtis Sliwa. Mamdani's success made him the first Muslim, first South Asian, and youngest mayor elected in over a century (since John Purroy Mitchel in 1913). This landmark achievement is now shining a global spotlight on his campaign manager, Maya Handa.

Handa, a young progressive operative, took the helm as Mamdani's campaign manager, following her work on other significant progressive bids, including State Senator Zellnor Myrie's mayoral campaign. Known for her strong record in managing progressive efforts and her collaboration with the influential Working Families Party, Handa's strategic efforts were pivotal in turning Mamdani into a globally recognized figure.

Mamdani's campaign was deliberately all-inclusive and highly visible. Understanding the city's diversity, his team utilized social media platforms like Instagram, X, and TikTok to distribute campaign videos in multiple languages, including Bengali, Arabic, and Spanish.

Crucially, Mamdani actively engaged with the youth and Gen-Z culture, participating in viral street interviews, parades, and even

Halloween raves. This constant presence across New York City paid off dramatically: the election saw more than two million New Yorkers cast their ballots, nearly double the participation rate of the previous mayoral contest. Voter turnout in Brooklyn, Queens, and Manhattan reached levels typically seen only during presidential elections. The campaign successfully mobilized support, particularly overcoming previous weaknesses in working-class Black and Latino neighborhoods.

Throughout this extensive outreach, Mamdani maintained a sharp focus on his core progressive objectives: rent freezes, free childcare, and affordable living. This unwavering messaging solidified his connection with middle and working-class families across NYC.

The team's relentless planning culminated in a historic victory. In his speech, Mamdani warmly thanked his team, including Handa, stating, "To my campaign team, who believed when no one else did... I will never be able to express the depth of my gratitude. You can sleep now."

Zohran Mamdani will assume office as Mayor of New York City on January 1, 2026, replacing the incumbent, Eric Adams. His win signals a significant shift in the city's political landscape, driven by a hyper-local, yet globally resonant, progressive campaign spearheaded by Handa's strategic vision.

Across the Globe

SCOTUS sceptical of Trump tariffs

US Supreme Court justices appeared sceptical that President Donald Trump's sweeping tariff regime is legal, as the nation's highest court heard arguments on the duties Wednesday.

The case, which centres around whether Trump infringed on the power of Congress when he used an emergency law to impose the tariffs, marks "the first major test of whether the court will embrace or limit Trump's assertions of broad executive power," *The Washington Post* wrote.

The hearing also underscored a tension in Trump's economic policy: While the White House for months has trumpeted the funds brought in by the tariffs, the government argued Wednesday that the duties are not meant to be "revenue-raising," but merely "regulatory."

Japanese automakers turn to India

Top Japanese automakers are investing billions in India, marking a pivot away from China. Toyota, Honda, and Suzuki plan to increase manufacturing in India, leveraging the country's low costs and massive labour pool; heightening US-China trade tensions have also made India "a strategic hedge" for global companies, *The Economic Times* wrote.



Toyota's India Announcement Belies a Greater Shift for Japanese Automakers. Pic - NYT

India's high-profit market, coupled with New Delhi's restrictions on Chinese investment, also appeal to Japanese carmakers facing diminishing margins in China amid a bruising price war. But the arrival of EVs in India could shake up the world's third-largest auto market: Adoption is low, around 5%, and local players are fighting with foreign firms, including Tesla and Vietnam's VinFast, for market share.

World reacts to NYC mayor's race

Zohran Mamdani's victory in the New York City mayor's race on Tuesday made ripples globally. Left-leaning officials in many countries, from Colombia to the UK to Hungary, hailed the democratic socialist's win, seeing it as a triumph for progressivism worldwide. Leaders in Israel, whose government Mamdani has lambasted, decried the outcome; one minister encouraged New York Jews to move to Israel.

In India, the reaction was more mixed: Mamdani is of Muslim Indian heritage and has criticized Prime Minister Narendra Modi over his nationalist politics. Indians approach Mamdani with "more curiosity than pride," *The Print* wrote. "He is a mirror many Indians, with their shrinking political space, don't want to look into."

Approval for Alzheimer's blood test

The US and Europe approved a blood test to help diagnose Alzheimer's disease. The test measures the blood concentration of tau protein; one of two proteins found in the brains of Alzheimer's patients. The tests are good at ruling Alzheimer's out but give a lot of false positives — tau protein can be found in healthy brains too — so will be of limited use for detecting the disease in patients with no symptoms.



First Alzheimer's Blood Test Approved in the US. Pic - Bethesda Medical Associates

Tests for Alzheimer's were, until recently, essentially pointless, *WIRED* noted, because no meaningful treatments existed: That has changed, somewhat, with the arrival of monoclonal antibody drugs, which work best when used early in disease progression. But even the new drugs only have a moderate effect on the condition.

Across the Globe

Democrats sweep US elections

The US Democratic Party beat Republican opponents in every key election held in the US on Wednesday, a major turnaround for a hitherto demoralized party. Decisive victories in the two gubernatorial elections in Virginia and New Jersey, along with Zohran Mamdani's win in the New York City mayoral race, were the headline results, although a California redistricting ballot measure that could create up to five new Democratic House seats may have the bigger national impact.

Mamdani's win, meanwhile, will mean some rethinking for Wall Street, which spent heavily to stop him winning: Now it will have to work with him, *The Wall Street Journal* reported, despite investors' fears about his policies of raising taxes and boosting spending.

* * *

Europe's economic reversal

Southern European economies are doing better than their northern counterparts, a reversal driven in part by austerity programs in formerly troubled markets. Spain's economy has grown 3.5% this year, and Greece 2.3%, compared to France's 0.7% and Germany's 0.2%. The north's deficits are growing, albeit from a lower base, while the south's are shrinking. That success is driven partly by tourism — Greece and Cyprus are seeing construction booms — and efforts to attract investment and impose austerity, while the north is finding it politically difficult to reduce spending, *The Wall Street Journal* reported. The UK government shelved plans to lower soaring disability benefits, while France has seen three governments fall in a year over unpopular budget cuts.

* * *

Indian women's cricket triumph

The Indian women's cricket team beat South Africa to win their first-ever World Cup, a victory likely to further propel their popularity in a country where the sport has long been dominated by men. The 52-run triumph is believed to have been the most-watched women's match ever. But India was slow to embrace the tournament: Cricket is seen as a men's game. One hero of the final, Shafali Verma, had to pretend to be a boy as a child so her father could enrol her in a cricket academy, the BBC reported. "Women's cricket has been gaining in popularity," *The Hindu* said, "but this magnificent triumph will provide another impetus."

* * *

America's academic 'brain drain'

The European Union has received a record number of academic grant applications in 2025, including a tripling of US bids following President Donald Trump's attack on higher education. Trump has unleashed a series of measures, including funding cuts and restrictions on research, against US universities partly over the so-called incursion of "woke" culture on campus. In response, other countries have sought to lure researchers from American universities: Norway launched a \$10 million fund to finance their studies, and China boosted spending to attract top scientists. Experts fear the "scientific brain drain" risks the US falling behind, with 75% of researchers considering leaving the country, according to a poll by Nature.

* * *

Space debris delays taikonauts' return

A suspected space debris impact delayed the return of three taikonauts from the Chinese space station. Chen Dong, Chen Zhongrui, and Wang Jie handed over the keys of the Tiangong station to new arrivals after their six-month stint ended, but the Chinese space agency said their spacecraft "is suspected of being hit by a tiny piece of space debris," and their voyage is being postponed for a safety assessment.

Space junk is a growing problem. The European Space Agency estimates that there are roughly 1.2 million objects larger than 1cm in orbit, and many smaller ones; there have been several confirmed collisions, and the International Space Station has to perform avoidance maneuvers about once a year.

Major Canadian municipality passes anti-Hindu hate motion

One of Canada's largest municipalities has formally passed a motion recognising anti-Hindu hate.

The motion was passed unanimously on Wednesday by the City Council of Mississauga, the seventh largest municipality in the country and part of the Greater Toronto Area (GTA), reports HT.

The motion referred to reports of incidents of anti-Hindu hate across Canada and in the city and noted these included but were not limited to "vandalism of temples in Mississauga, targeted misinformation and online harassment about local Hindu events and harassment of Hindu students in local schools" thus "creating anxiety and fear among Hindu residents".

The motion stated that the city had "consistently taken a stand against racism, anti-semitism, Islamophobia, and all forms of hate and discrimination" and "it is equally important to recognize and denounce anti-Hindu hate".

The resolution said the city "formally condemns anti-Hindu hate in all its forms, including verbal, physical, digital, or institutional acts of discrimination directed at Hindu individuals, organizations, or places of worship".

The motion was moved by councillor Dipika Damerla and seconded by her colleague Joe Horneck. Damerla told the council the city had already recognised anti-semitism and Islamophobia. "This isn't about setting a new precedent — it's about apply-



A massive crowd gathered outside Hindu Sabha Mandir in solidarity with the temple and the community after the Khalistani attack in Brampton, Canada. Pic - ANI

ing the same principle of fairness. There is real, systemic anti-Hindu hate that too often goes unnamed and unchallenged. When we name something, we shame it — and that's how change begins."

"Mississauga is home to one of Canada's largest Hindu communities, and it's our duty as a city to make sure every resident feels safe and respected," Mayor Carolyn Parrish said.

Among those making submissions in this regard was the Canadian chapter of Coalition of Hindus of North America (CoHNA). Its president Rishabh Sarswat said, "This is a powerful message from one of Canada's largest cities — that Hinduphobia has no place in our country."

"With their action, the Mississauga City Council has offered a public assurance to its residents and we deeply appreciate their leadership in reaffirming our community's right to safety, dignity, and equal protection," he added. CoHNA Canada had earlier worked with the municipality of Wainwright in Alberta,

which last month became the first Canadian government at any level to formally recognise Hinduphobia.

A submission was also made by Canadian Hindus For Harmony. Its director Vijay Jain said such recognition of anti-Hindu hate was "the first step towards addressing" the issue. "We hope now the city will spend resources in educating communities to address systemic anti-Hindu hate, and shame those who indulge in anti-Hindu activities," he added.

The advocacy group Canadian Organization For Hindu Heritage Education (COHHE) described the development as a "victory for the whole community". It called upon local police to "take acts of hate against Hindus more seriously and begin to collect better data on such hate incidents".

In a statement, the Hindu Canadian Foundation said, "This marks a significant step forward in acknowledging the lived experiences of Hindu Canadians and affirming our right to safety, dignity, and cultural respect."

Syria's diplomatic turnaround

The White House is seeking to repeal sanctions on Syria ahead of a meeting between US President Donald Trump and Syrian leader Ahmed al-Sharaa, in an astonishing turnaround for a man Washington considered a wanted terrorist a year ago. Damascus was cut off from the global financial system during the 13-year civil war, as dictator Bashar al-Assad brutally cracked down on dissent.

After Assad's fall last December, Trump signed an executive order pausing sanctions — in a bid to reset relations

— but they could be reimposed by Congress, discouraging investment to rebuild the country, *The Wall Street Journal* reported. "Removal is key to allow US business and regional states to operate in Syria," an administration official said.



The meeting of al-Sharaa and Trump has shifted the balance of power in the Middle East. Pic - Chatham House

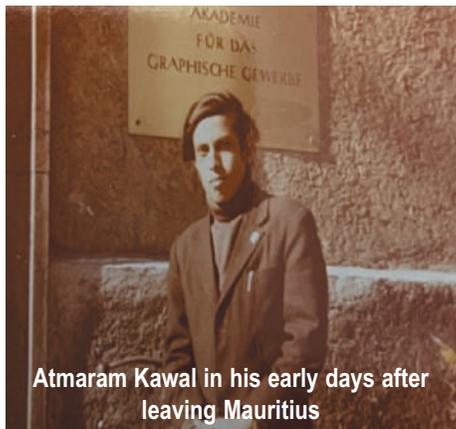


Kishore Teelanah

Atmaram (Jagdish) Kawal

From Trainee Printer to National Gallery Control Room Officer, London

The Mauritian diaspora in the United Kingdom consists of British people of Mauritian descent. Many came seeking better lives, while others initially arrived as students. The majority emigrated from Mauritius to the UK between the 1960s and 1970s, with a few having arrived as early as the 1950s. The vacancies in the healthcare sector were a significant draw. Other immigrants came in the 1980s for a range of subject areas or to take up various important jobs. As more Mauritians settled in the UK, many married Mauritian brides and grooms, British nationals, and other Europeans.



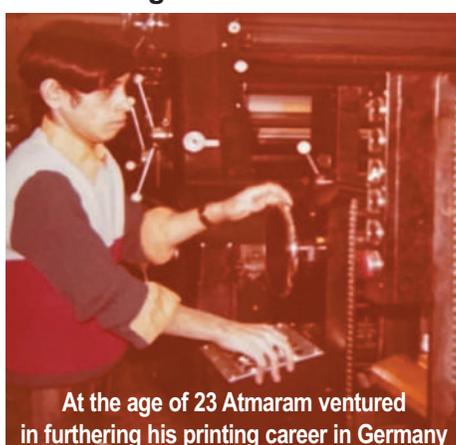
Atmaram Kawal in his early days after leaving Mauritius

This article recounts the inspiring journey of Atmaram Kawal, who came from humble beginnings and, through sheer hard work and dedication, achieved success abroad that might not have been possible in Mauritius. Atmaram was born and raised at Camp Thorel. Back then, the security of a lifelong job was never guaranteed. As author McDonald noted in 2019, "The land of eternal sunshine was sadly not a land of boundless opportunity."

Early Life and Career

At the age of 17, Atmaram secured a job as a trainee printer for the *Advance* newspaper in Port Louis, where he worked for six years. His interest blossomed, focusing on learning typography and monotype printing — the art of styling and arranging text for the reader. Atmaram was the eldest of his two siblings.

Seeking Greener Pastures



At the age of 23 Atmaram ventured in furthering his printing career in Germany



Jagdish Kawal at the National Gallery with the Director of National Gallery and Mauritius High Commissioner and other work colleagues in 1992. Front row: (L to R) Mr Soogun, Mr MacGregor, Mr Mahadoo, Mr Kawal and Mr Hossenally

Like many who sought greater opportunities, Atmaram successfully applied for an Advanced Printing course in Germany. In 1972, he left Mauritius for Munich, where he successfully completed his advanced studies at the Academy for Graphics.

Full of hope and excitement, he started planning his journey to the UK to begin a new life. He left Munich, expecting his work permit and relevant arrangements from his prospective UK employer to be ready upon his arrival at the Port of Dover. Unfortunately, when he reached Dover, the work permit was not yet issued. He was given a choice: return to Munich and wait, or go to another country. Atmaram chose the latter, travelling to Ostend, Belgium, to await his papers.

A Turn of Fortune in Belgium

With meagre funds and an uncertain future, Atmaram vividly remembers sitting on a dark park bench, pondering his predicament and praying for a miracle. He even considered sleeping rough. A stranger approached him, asking if he was alright. Atmaram explained his situation and asked for advice on finding a place to rest. The stranger turned out to be a vicar at the local church. The vicar kindly invited Atmaram to stay the night and promised to figure out a suitable plan the next day. Thanks to the support of the noble priest, Atmaram stayed with him until he found a job in a café and secured his own accommodation.

Settling in the UK

After three months, Atmaram's papers arrived from his employer, and he was finally able to travel to the UK. He started work as a typographer at a printing company in Slough. However, after only a few months, he found the terms and conditions unsatisfactory. In 1973, he moved to London and worked as a library attendant at Westminster Library for six years.

During a visit to Mauritius in 1978, he

met and married his wife. Soon after, he secured a job as a Security Officer at the National Gallery. This world-renowned art museum houses masterpieces by artists such as Van Gogh, Da Vinci, and Monet. His primary responsibility was securing all the paintings from the public. He thoroughly enjoyed his role, often applying his knowledge of painting and printing artwork while engaging with the gallery's visitors. After four years of dedication, he was promoted to Security Control Room Officer.



Atmaram on duty at National Gallery

Twenty-five years into his service, he was awarded a medal. He retired in 2020 at the age of seventy, having dedicated forty years of service to the National Gallery.

Atmaram is happily married with three children — two boys and a girl. He now enjoys his retirement with his family, especially his adorable grandchildren. His other passions include gardening and travel.

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

Breakfast with Bwana

The Xi-Trump Meeting: The more things change, the more they stay the same

☞ Cont. from page 7

Since Trump himself said Taiwan never came up at the Korea summit, if such an assurance were given, it must have come at some other time. The last in-person meeting between Trump and Xi was six years ago. The implication that Xi would consider invading Taiwan if Trump were not President, does not square with events during Biden's tenure.

In any event, to underscore the point, China's ambassador to the US Xie Feng said earlier this week, that Taiwan, democracy and human rights, political path and system, and right to development are "China's four red lines," and: "We hope the US side will avoid crossing them and causing trouble."



President Trump told reporters aboard Air Force One that he considered the talks with President Xi in South Korea a massive success and rated the meeting a "12 out of 10". Pic - South China Morning Post

Trump is facing competing pressures because companies like Nvidia want to sell their advanced chips to China. But there's the issue of national security - US officials say they fear that Beijing could use high-end chips for military applications. *The Wall Street Journal* reports that shortly before the meeting in South Korea, advisers including Secretary of State Marco Rubio told Trump that the sales would threaten national security, boost China's AI data-center capabilities and backfire on the US. The WSJ describes this as a torpedoing of Trump's intent to be more flexible about sales of Nvidia chips to China. Perhaps in a state of pique, Nvidia CEO Jensen Huang declared: "China is going to win the AI race." He said Western countries are burdened by their mindset and trapped in "cynicism."

So, for all the fuss, there does not seem to be much of a change in the US-China relationship except perhaps that China is now exerting leverage by withholding rare-earth minerals and refusing to engage on Taiwan and Hong Kong. President Trump mentioned that President Xi would help end the war in Ukraine, a war that he promised he could end on day one. But why would Putin listen to Xi?

Cheerz...
Bwana

From the Pages of History - MT 71 Years Ago

7th Year No 320

MAURITIUS TIMES

Friday 14 October 1960

• *The strongest arm is impotent to impart momentum to a feather. — Arthur Schopenhauer*

Mauritius - A Time of Decision

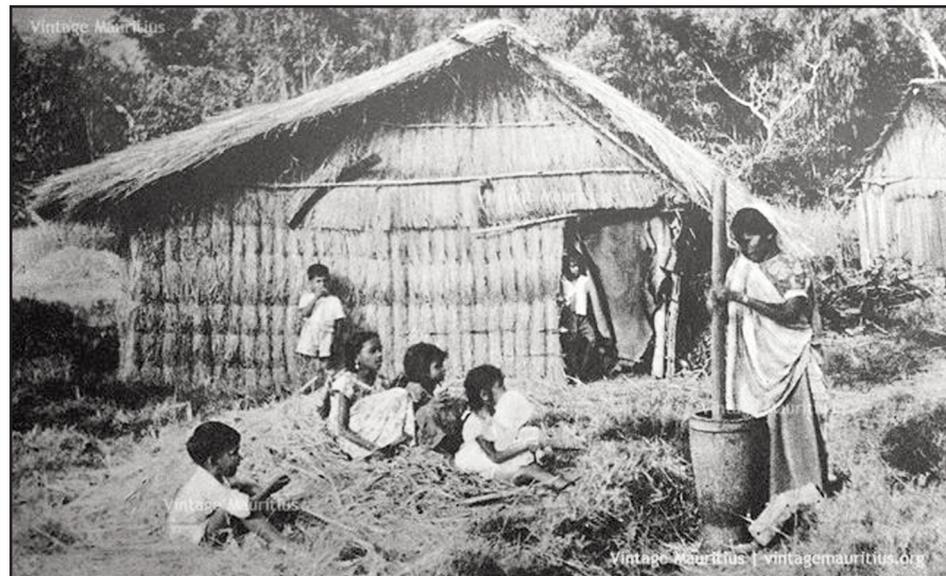
By Nina McKenzie

In April 1953, the then Governor of Mauritius appointed an investigating Committee to consider the problem of increase of population in relation to the economic resources and potential productivity of the island. This committee reported in 1955 and included in its recommendations that provision of family planning facilities should be undertaken within the framework of the social services. As a first step they suggested that the government should forthwith appoint a working party of medical and social experts to study the problem in relation to its local setting. Furthermore, it was also suggested that advice should be sought from the International Planned Parenthood Federation or the United Nations Educational, Scientific and Cultural Organisation. This was a majority report with only a few members of the committee dissenting.

Although this report caused much discussion in the local press the government took no action and it was not until 1958 that the population pressure on the island was again surveyed. Mr R. W. Luce, C.B., M.B.E., had recently investigated employment, unemployment and underemployment in relation to the proposed five-year plan and the facts set out by the Luce report were sensational. To quote only a few: 1. The population had increased by 20% over a period of 6 years; 2. The birth rate was higher than in any other part of the world; and 3. Much more than half the population was by age alone incapable of making a small contribution to the maintenance and development of adequate living standards!

A New Minister of Health

This report caused the Government of Mauritius to make a statement in Sessional Paper No. 8 of 1958, stressing the importance of slowing down and if possible, arresting the increase of population. They proposed the creation of a Government Information Department capable of reaching every member of the population charged with the responsibility for impressing on them the fact of overpopulation and the need for family limitations. At last, a small move had been made and the island looked forward to the elections which were held in early 1959. A Labour majority was returned, and the Hon. Guy Forget became Minister of Health in the Legislative Councils. Mr Forget had been one of the signatories of the 1955 investigating Committee and the Family Planning Association of Mauritius,



which had been formed in October, 1957, with D. L. Teeluck, also a member of the Legislature, as President, had great hopes that the Government, with so much liberal opinion in the Council, would implement some of the findings in these reports. Great disappointment ensued when no mention was made in the Speech from the Throne on population pressure in relation to the proposed five-year Development Plan. The Hon. L. Teeluck made a courageous speech drawing attention to this omission. He praised the five-year Development Plan which was in front of the Council for discussion and asked in what way would this programme help Mauritius in 10 or 15 years' time. He said that since the appointment of the investigating Committee in 1953 82,000 children had been born, and that in the very lifetime of the present generation the population of the island would have doubled itself. He thought that the prospect of the five-year plan being of any help would be largely mitigated by this appalling rate of population pressure. After marshalling all the facts and the pros and cons for birth control and the different religious attitudes to it. Dr Teeluck asked that the government should make use of hospitals, dispensaries and social centres to give advice on family limitations.

The Hon. Guy Forget, Minister of Health, stated in reply that the Government was at present studying this matter.

Barrage of Opposition

It again seemed as if the Government was not prepared for any positive action although individual ministers expressed their approval of some help being given to the Family Planning Association who were trying very nobly to bring the knowledge of

family planning to the towns and villages on the island. With no recognition or help from the government and a continuous barrage of opposition from certain religious groups, it is understandable that the Family Planning Association can make little headway with this vast demographic problem until the government is prepared to legislate on the matter.

This was the position when I visited the island in 1959. I was given every opportunity to meet Ministers and officials of the government. All expressed their grave concern about the population pressure and the need for family limitation but as far as I could see little had been done with the one positive step that they had taken, namely the Government Information Department. The Minister of Health was just preparing to visit England to attend the International Churches Conference at Oxford, and during his stay here he visited the Family Planning Association and the IPPF and he was entertained by them. He showed great interest in all our work, and one felt that he would return to Mauritius imbued with the idea of positive action towards family planning work. In an interview which he gave to the *Times* he said that the greatest trouble in Mauritius was the familiar one of over-population, aggravated by the eradication of malaria and the rise in the general prosperity of the island during the years of better sugar prices. Mr Forget, himself a father of six, said that the average family was about seven children and although several family planning centres have been established, he felt that a much stronger remedy was needed. Emigration had been suggested but there was little or no room for unskilled workers or coloured immigrants in most parts of the world.

It must be said here that family planning cannot be the answer to the vast demographic problem in Mauritius but given the goodwill of the Government and its Ministers a great deal of educational work could have been done over the past six years through hospitals, dispensaries and social centres had the fear of religious opposition not tied their hands.

The Government Acts

With the arrival of a new Governor in October 1959 and the opening of the new session of the Legislative Council in April 1960 much was hoped for. Under the leadership of Professor R. M. Titmuss, of the London School of Economics, inquiry into social security and welfare had been carried out in late 1959 and early in 1960 Professor James Meade led an economic survey mission.

The reports of these missions had not been published when the legislature met on April 8th, 1960, but it is conceivable that the government had some idea of the most important findings in these reports especially as regards the social security measures which could be afforded. The island had suffered two devastating cyclones early in the new year and much rehabilitation work had to be done. It seemed that now was the time to face up to their overpopulation problem but again the Speech from the Throne made no mention of it and again Dr Teelock spoke at length and showed his great disappointment that the legislature was not prepared to debate the overpopulation problem which was so grave an issue for the island.

The Budget speech followed and after reviewing financial prospects and fiscal changes Mr Wilson, the then financial Secretary, put forward proposals for population control. He said that the government faced with the appalling rate of increase of population could not shirk its responsibility and therefore it had decided to provide an ante natal and post-natal family planning service all over the island". He explained that this service would provide free advice on family planning, fit contraceptive appliances and provide appropriate materials for the voluntary adoption of different methods.

Import duties were to be removed on all preparations and appliances and if necessary, price control would be applied to keep them cheap. At the same time a massive educational programme would be instituted to popularise a three-child family since if this could be adopted the population of the island could be stabilised.

* More Next Week



Andreana Drencheva
Senior Lecturer in
Entrepreneurship, King's
College London

Doing a job you find meaningful is great – until it consumes your life

You might end up sacrificing sleep, hobbies and relationships

Securing a job that you find meaningful – work that you think is significant and value positively – may be one of your most important career goals.

But there can be a negative side to doing work that you're passionate about. It can lead to placing too much of your sense of self in your work – and strain on your mental health and relationships.

People who derive a strong sense of meaningfulness from their work may overidentify with their professional roles. This means that their work becomes their primary, and sometimes only, source of self-definition and self-worth: they see their identity only as someone who does that job, and that their value comes only from work.

This can result in high work commitment and dedication with porous boundaries between personal and work domains. If this is the case for you, you may find that work consumes a significant portion of your time, attention and energy. You may find yourself working long or erratic hours, and perhaps struggling to mentally disconnect from work even when not working.

You might end up sacrificing sleep, hobbies and relationships. And this can have compounding effects over time. Prioritising your work over yourself and going without time for recovery can result in exhaustion, chronic stress and burnout.

Meaningful work can also lead to people neglecting their relationships. Doing work you consider meaningful that becomes a high priority can leave little room for nurturing connections with family, friends and communities outside employment. This can lead to missed social gatherings and forgotten relationship milestones. It may also mean giving lower priority to the everyday interactions with loved ones that make up the core of your relationships with them.

Prioritising work over people can also undermine the trust essential for close personal relationships. The loved ones of people who attach such high value to their work may feel they cannot rely on their presence or emotional availability.

Organisations may knowingly or unknowingly exploit the dedication of people who experience their work as meaningful. Your employer might take advantage of your commitment by expecting you to work long hours, take on additional responsibilities or accept lower pay compared to market standards. Meaningful work can be used as an excuse for strategic decisions from companies to invest inadequately in people and working conditions.

Employees themselves may be willing to make sacrifices. If you work in a career you find deeply meaningful, you may find yourself tolerating poor working conditions or unreasonable demands. You might voluntarily take on extra work.

For example, a passionate teacher might voluntarily take on extra unpaid duties, such as organising after-school programmes or mentoring struggling students, to compensate for systemic issues at the expense of their personal life. While these sacrifices may initially seem worthwhile, they are a recipe for burnout, resentment and a sense of being taken for granted.

It might also make changing jobs difficult. You might put off leaving a role or organisation, or find the very prospect of changing jobs emotionally daunting. If you get a strong sense of purpose and identity from your work, it can be challenging to envisage yourself in a different context. But this **Sense of self**

Doing meaningful work is an opportunity to be authentic to your values and beliefs. Over time, though, it can lead to an erosion of your sense of authentic self.

For instance, the pursuit of meaningful work can lead to moral dilemmas when workplace expectations or practices conflict with ethical principles, particularly in commercial settings.

For example, a sustainability consultant may find that the

only measures a client is willing to work with them on are greenwashing campaigns to make the company look better. Accepting this contract pits the consultant's dedication to sustainability against the realities of working in a commercial setting.

In situations like this, people may feel torn between their dedication and working conditions. Suppressing your

values can lead to feelings of guilt, shame and disillusionment, eroding the very sense of meaning and authenticity that your work brings you.

And if work is your primary source of validation and identification, setbacks and failures can trigger questioning – not only of your professional capabilities but also of your very purpose and self-worth.

Meaningful work can be a double-edged sword. It requires careful management of its all-consuming nature. But maintaining this delicate balance between the power and pitfalls of meaningful work is not just a task for individuals. Organisations need to develop a foundation of working conditions that centre respect, care and fairness to avoid exploiting people and harming their wellbeing.

Communiqué de Mauritius Telecom

Rehaussement majeur sur la plateforme mobile et mobile data de my.t



Afin d'améliorer l'expérience de ses clients et de leur offrir un service optimisé, Mauritius Telecom procédera à des travaux de rehaussement sur sa plateforme mobile et mobile data.

Les travaux seront effectués **du samedi 8 novembre à 22h au dimanche 9 novembre 2025 à 6h.**

Pendant la durée de ces travaux,

- aucune recharge des comptes mobiles prépayés ne sera possible sur les différentes plateformes : cartes à gratter, E-voucher, my.t money ou Bank TopUp.
- l'achat de 'mobile data packs' ne pourra pas être effectué.

Les services voix, data et SMS pourraient également être affectés.

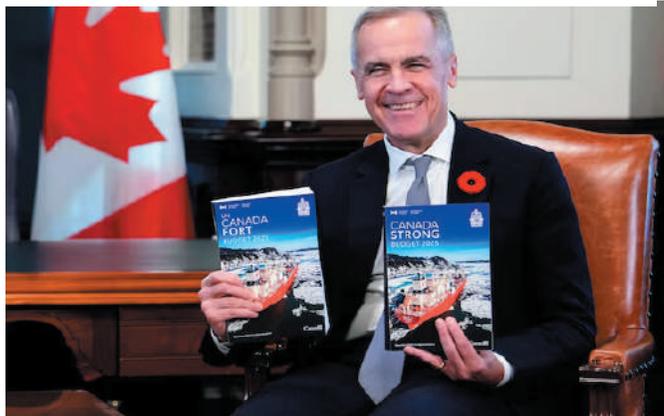
Mauritius Telecom s'excuse pour tout inconvéient et remercie son aimable clientèle de sa compréhension.

Port Louis
Ce 7 novembre 2025



mauritius
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Canada's Carney to boost spending



The Carney government's words aim at the right targets, and so do at least some of the budget's dollars. Justin Tang/The Canadian Press

Canadian Prime Minister Mark Carney said he would run wider budget deficits to finance spending and jolt an economy that has come under threat from US tariffs. To offset the spending boost, Carney said around 5% of federal public sector jobs would be axed. The moves mark a radical departure for an economy that grew "too comfortable and too reliant on tariff-free trade with the US," The Wall Street Journal reported.

Canada — which is part of a North American free-trade zone — sends more than 70% of its exports and receives around 50% of its imports from the US, which last week suspended ongoing trade talks and threatened additional tariffs over a Canadian ad criticizing US President Donald Trump's protectionist policies.



Hurricane Lee, which formed in the Atlantic early this month, became a test bed for the idea of using machine learning to predict weather. Pic - NOAA/Getty Images

AI's 'gobsmacking' hurricane forecasts

Google's weather-forecast AI did "breathtakingly" well at predicting this year's hurricane season, a development that could help officials better prepare for incoming storms. Google's DeepMind was the best-performing among 11 models; The US National Weather Service's supercomputer-powered model did worst. Google's version outperformed even the official expert forecast using an aggregation of several forecasts.

The results are "gobsmacking," a science writer said in *Ars Technica*; Google's model can run on a single computer and provide a forecast in minutes, while traditional models need supercomputers with tens of

thousands of processors, and take hours. What's more, the AI models can learn from mistakes, meaning they are likely to continue improving.

* * *

Venezuela's divided opposition

Venezuelan opposition leaders are increasingly divided over a potential US intervention in their country even as Caracas continues to crack down on dissent. The group led by recent Nobel Peace Prize winner María Corina Machado has sided closely with Washington, which has deployed vast military assets, including the world's biggest aircraft carrier, to the southern Caribbean to combat what it calls Venezuela's state-sponsored narco-terrorism.

But experts speculate the White



Zulia was one of five states in Venezuela where opposition candidates won. Pic - Reuters

House really wants to encourage a military-led mutiny to overthrow the regime of Nicolás Maduro. Some, including Venezuela's two-time presidential candidate Henrique Capriles, warn that a US intervention could create a vacuum filled by even worse leadership. "There is no happy ending," one analyst said.

The problem with modern headlights

A UK government study found 97% of drivers said modern headlights are too bright and that they are dazzled by oncoming vehicles, a finding that could lead to new regulations. Modern LED bulbs are more energy-efficient than traditional filament lamps, but their light is brighter, more concentrated, and bluer, which human eyes struggle with at night. The Department for Transport study found 33% of drivers have reduced night driving as a result.

The problem is global: A 2022 study found 88% of US drivers had similar complaints, and governments in Japan and Europe have moved to combat too-bright lights. Adaptive driving beam headlights exist which can help avoid the problem, but uptake has been slow, partly due to regulatory hurdles.

YOUR STARS

Sagittarius (22 November – 21 December)

A lively week ahead brings new opportunities for travel or expansion. Financial gains could come from a bold move or a well-timed decision. Stay grounded in relationships—honesty will keep things smooth.

Lucky numbers: 5, 9, 17, 23, 31, 36

Capricorn (22 December – 19 January)

Hard work brings visible rewards. A project reaches a milestone, earning respect. Stay flexible as plans may shift midweek. Relationships improve through honest talks.

Lucky numbers: 2, 7, 11, 24, 29, 35

Aquarius (20 January – 18 February)

Innovation drives your success. A fresh idea gains support from unexpected quarters. Guard your energy and avoid overcommitment. A friend may need emotional support.

Lucky numbers: 1, 5, 13, 20, 28, 33

Pisces (19 February – 20 March)

Creativity and intuition peak. A personal dream feels within reach—take practical steps. Financial caution is advised; double-check details before signing anything.

Lucky numbers: 3, 7, 12, 18, 26, 40

Aries (21 March – 19 April)

Momentum builds this week as confidence surges. You're ready to take charge and initiate long-postponed plans. Avoid impulsive spending and focus on long-term gains. A message from afar could open new doors.

Lucky numbers: 3, 8, 14, 19, 27, 35

Taurus (20 April – 20 May)

A calm yet productive week. Financial progress is steady if you stay patient and avoid risky ventures. Love matters need gentle communication. Health improves with better rest and routine.

Lucky numbers: 2, 6, 13, 21, 25, 34

Gemini (21 May – 20 June)

Expect lively exchanges and social opportunities. Work projects demand focus—clarity prevents confusion. Someone's unexpected gesture may brighten your week. Stay adaptable and open-minded.

Lucky numbers: 4, 10, 18, 20, 29, 38

Cancer (21 June – 22 July)

Emotional balance is key. Family issues may surface but resolution is near if you stay patient. Finances benefit from practical decisions. Take time to recharge midweek.

Lucky numbers: 1, 5, 9, 16, 28, 33

Leo (23 July – 22 August)

Ambition runs high. Recognition for past efforts may finally arrive. A colleague or friend offers valuable advice—listen carefully. Romance warms up over the weekend.

Lucky numbers: 7, 11, 15, 22, 30, 39

Virgo (23 August – 22 September)

Your analytical side sharpens. Career discussions or negotiations favour you if you stay calm and precise. Watch your words in close relationships.

A creative idea proves profitable.

Lucky numbers: 3, 8, 14, 19, 24, 32

Libra (23 September – 22 October)

Balance and fairness guide you this week. Joint ventures and teamwork thrive under your diplomacy. Financial stability returns gradually. A chance meeting rekindles old feelings.

Lucky numbers: 6, 9, 12, 18, 27, 37

Scorpio (23 October – 21 November)

Determination pays off. Hidden opportunities emerge through persistence. Trust instincts but avoid secrecy in relationships. A small change in routine boosts energy and mood.

Lucky numbers: 4, 8, 17, 20, 26, 31

Mauritius Times

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Mauritius Times

Gen X Can't Stop Eating Ultra-Processed Foods

A significant public health alarm is sounding, particularly for women, as new research reveals strikingly high rates of ultra-processed food (UPF) addiction. A study from Michigan Medicine – University of Michigan found that adults now in their 50s and early 60s, largely Generation X and late Baby Boomers, show far higher rates of addiction than older generations, with 21% of women and 10% of men meeting the clinical criteria.

Why the surge in this age group? Researchers suggest a pivotal factor was their exposure during a key developmental window. Gen X was the first generation to grow up surrounded by a proliferation of ultra-processed products -- foods engineered with extra fat, sugar, salt, and flavourings to maximize their appeal.

Crucially, the study points to the aggressive marketing of "diet" ultra-processed foods to women in the 1980s. Products like low-fat cookies and microwavable meals, promoted as weight-control solutions, may have inadvertently

reinforced addictive eating patterns due to their engineered nutrient profiles. The use of the modified Yale Food Addiction Scale (mYFAS 2.0) highlights the clinical severity, measuring symptoms like strong cravings, withdrawal, and social isolation -- criteria adapted from substance use disorders.

The Health and Social Fallout

The consequences of this addiction are not just physical. The research found a clear association with poor mental and physical health status and social isolation. Individuals who reported fair or poor health and those who felt isolated were several times more likely to meet the addiction criteria.

Women who perceived themselves as overweight were more than 11 times as likely to be addicted, and men 19 times as likely. This suggests a vulnerability to "health-washed" UPFs -- those marketed as "low-fat" or "high-fibre" but still designed to maximize craving and consumption, a particularly insidious problem given societal pressures on women's weight.

Looking ahead, experts warn the problem could worsen. Children and adolescents today consume even



Consumers believe ultra-processed foods are damaging to their health and the environment. GettyImages/bymuratdeniz (Getty Images)

higher proportions of calories from ultra-processed foods than today's middle-aged adults did in their youth. Without intervention, future generations may face even higher rates of UPF addiction later in life, making early action essential to reducing long-term health risks across the lifespan.



Why are elements like radium dangerous? A chemist explains radioactivity and its health effects

Unstable atoms emit fast-moving particles that can damage cells in the human body. Some atoms are far more unstable than others.

The element radium can be found in extremely tiny amounts in the Earth's crust and oceans, and in its pure form it is a soft silvery metal. To an untrained eye, a small piece of radium may look like a chip off a regular gray rock. But radium can invisibly emit radiation – energy and small fragments of itself – that you can't feel, see or smell. And that invisible radiation can hurt you, without you even noticing right away.

What's going on with this silent threat that can stealthily damage your body in ways that can take years to reveal themselves?

As a chemist, I'm interested in what makes different elements safe to handle or hazardous. This dangerous release of radiation is called radioactivity, and even though its source may look unassuming, it can burn you or even give you diseases that don't manifest for years.

Atoms and isotopes

Everything you see around you – your skin, rocks, the pages of books – is all made up of different combinations of extremely small particles called atoms.

An atom has a small, dense center called the nucleus. Negatively charged particles called electrons move around the nucleus. Inside the nucleus, there are two types of particles: positively charged protons and neutral neutrons.

All atoms with the same number of protons in their nuclei are the same element. Besides radium, some elements you may have heard of are carbon and oxygen. All carbon atoms have six protons and all oxygen atoms have eight protons. Radium atoms are much heavier – all radium atoms have 88 protons.

Interestingly, it is possible for atoms of the same element to have different



Marie and Pierre Curie experimented with radium, which ended up causing health complications for them. André Castaigne

numbers of neutrons. Atoms of the same element with different numbers of neutrons are called isotopes. For instance, two carbon atoms would each have six protons, but one might have six neutrons while another could have seven or eight.

The number of protons and neutrons packed together in the nucleus determines whether the nucleus of an isotope is stable or not. If the nucleus is not stable, problems can arise.

Radioactive decay

The nucleus of each atom wants to be stable, but only certain arrangements of protons and neutrons make that possible. The number of protons and neutrons do not have to be equal, but some combinations make for a happy, or stable, coexistence in the nucleus while others don't.

A nucleus with an unhappy mix of protons and neutrons might break down or deteriorate in some way. That process is called radioactivity or radioactive decay.

That radioactive decay process releases some form of radiation from the nucleus. This radiation can take the form of tiny particles moving rapidly or high-

energy electromagnetic waves emerging from the nucleus. It is that radiation – the high-energy particles and waves shooting out from the nucleus of unstable atomic nuclei – that can make you sick.

There are different types of radioactive decay. In one case, an atom decays by kicking out a small fragment of itself that is made up of two protons and two neutrons. Since the number of protons determines what element we have, decay that changes the number of protons in an atom turns it into a different element.

Radioactive decay can be quite slow, though. It can take thousands of years for one element to decay into a different one.

The case of radium

All radium atoms are unstable and radioactive. Many of these isotopes decay very quickly, but Ra-226, which has 138 neutrons and 88 protons and is the most common, decays the slowest. It takes 1,600 years for half a sample of Ra-226 to decay.

As Ra-226 decays, it loses two protons and two neutrons, which turns it into an isotope of radon. Then the radon decays, and the atom eventually reaches a stable form as the element lead. Each step in that decay series releases more nuclear radiation.

Some other elements in nature with no stable isotope are technetium, polonium, actinium and uranium.

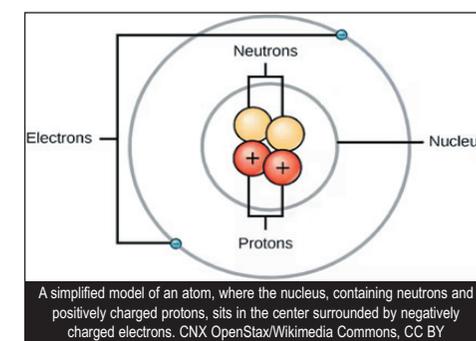
Effects on the human body

The nuclear radiation emitted when radium and other elements decay can damage the cells in the human body. It can lead to cancers or other health problems.

Whether you're exposed to a lot of radiation quickly, like making the mistake of walking around for a few hours with

radioactive material in your pocket, or you're exposed to just a little over a long time, the high-energy particles and electromagnetic waves from nuclear radiation can lead to serious health problems, including burns and cancers.

Remarkably, even though radioactivity is a threat to life, scientists can control and use it to diagnose and treat diseases – including cancers. If the radiation is delivered precisely to where cancer cells are, the radiation can destroy those rogue cells wreaking havoc in the body.



A simplified model of an atom, where the nucleus, containing neutrons and positively charged protons, sits in the center surrounded by negatively charged electrons. CNX OpenStax/Wikimedia Commons, CC BY

People who work professionally with radioactive materials need to follow strict guidelines and procedures to protect themselves. They use special shields and radiation detectors, and they minimize the amount of time they're exposed to any radioactivity.

Pierre and Marie Curie, who discovered radium in 1898, suffered some of the negative effects of radioactivity. Pierre experienced radioactive burns, and Marie died from a blood disease likely caused by chronic radiation exposure. Over 100 years later, her notebooks are still radioactive.

Kelling Donald

Professor of Chemistry, University of Richmond

*Laughter is the
Best Medicine*



The Morning After the Disaster

“Oh no!” he gasped as he saw the disaster before him. Never in his 45 years of life had he witnessed anything like this. How anyone could have survived, he did not know. He could only hope that somewhere amid the horrible destruction, he might find his 15-year-old son. The slim hope of finding him kept him from fleeing the scene.

He took a deep breath and moved forward. Walking was nearly impossible with so many objects strewn across the path. He proceeded slowly. “Son... son...” he called out softly to himself.

He tripped and almost fell several times. He thought he heard a voice or movement -- perhaps just wishful thinking. Shaking his head, he felt his gut tighten. He couldn't understand how this could have happened.

There was some light, but not enough to distinguish anything clearly. Something cold and wet brushed against his hand -- he jerked it away. In desperation, he took another step, then cried out, “Son! Son!”

From a pile of debris, he heard a faint voice.

“Yes, Dad,” came the weak reply -- barely audible.

“It's time to get up and get ready for school,” the man sighed. “And for heaven's sake, clean up this room!”

The Farmer's Trick

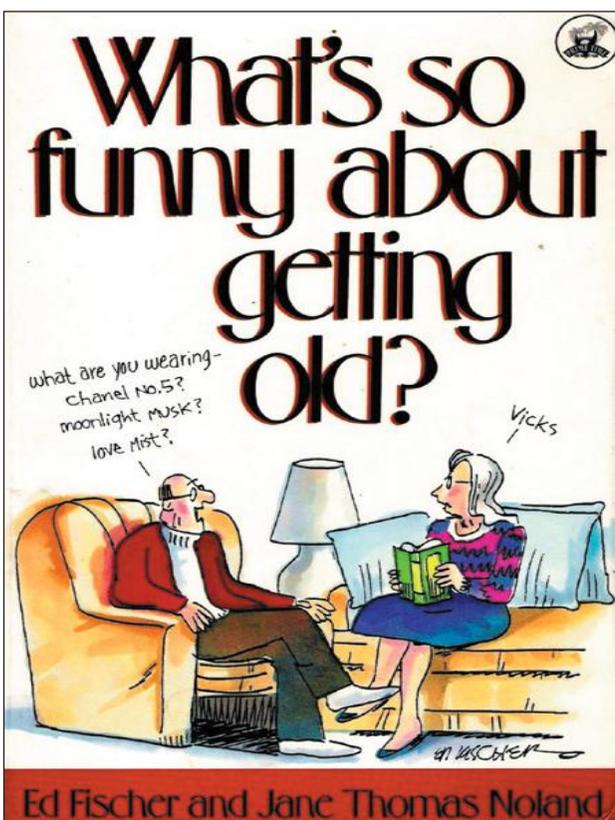
A farmer in the countryside had a watermelon field. While inspecting it one morning, he discovered that some local kids had been helping themselves to a feast. The farmer thought of a way to stop this profit-eating mischief.

He placed a sign that read: “Warning -- One of these melons contains cyanide.”

Satisfied, he smiled, knowing the kids would stay away. Indeed, they didn't visit his field that night.

A week later, the farmer returned to find none of the melons had been touched. But to his surprise, he noticed another sign next to his own. It read:

“Now there are two.”



The Retired Schoolmaster and the Dussehra Dilemma

A respected schoolmaster had just retired. He and his wife lived in a flat in Bhopal.

For Dussehra, they decided to visit their hometown. Before leaving, the master thought:

“While we're away, what if a thief breaks in? He might smash cupboards and make a mess everywhere - even though there's no money in the house!”

To save his home from being wrecked, he placed Rs 1,000 on the table along with a note:

A Letter for the Crafty Intruder

“Dear Unknown Thief,

Heartfelt congratulations on your effort to break into my house!

Unfortunately, I'm a middle-class man, living only on my pension, so there's nothing valuable here.

I feel bad that your hard work and precious time might go to waste. So, as a token of respect for your effort, please accept this small amount.

Also, to help you become more successful in your profession, here are some tips:

Guruji's Tips for Aspiring Thieves

- On the 8th floor -- a corrupt minister
- On the 7th floor -- a crooked property dealer
- On the 6th floor -- a co-operative bank chairman
- On the 5th floor -- a big industrialist
- On the 4th floor -- a famous lawyer
- On the 3rd floor -- a corrupt politician

“They have mountains of gold and cash. Your ‘business success’ won't trouble them at all -- because they won't even complain to the police!”

The Thief's Gratitude

After Dussehra, when the master returned home, he found a large bag on the table. Inside were Rs 1 million in cash and a letter.

“Respected Guruji

Heartfelt thanks for your guidance! I followed your advice, and my mission succeeded!

I'm leaving this small amount as a token of gratitude.

May I continue to receive your blessings and wisdom in the future too.

Your disciple - The Thief”

The Master's Unexpected Lesson

The Master read it and laughed:

“Ayyo! I thought I had retired, but it seems my teaching career still continues!”

Senior Savings

A couple, both 78, went to see a therapist.

The doctor asked, “What can I do for you?”

The man said, “We'd like you to watch us... and tell us if we're doing it right.”

The doctor agreed. After several sessions, he finally asked, “Exactly what are you two trying to find out?”

The man replied, “Oh, nothing really. She's married, I'm married, hotels are expensive... but here it's \$50 -- and I get \$43 back from Medicare!”

Forgetful Brothers

Three brothers, ages 92, 94, and 96, live together.

One night, the 96-year-old fills the bath, puts his foot in, and pauses.

“Was I getting in or out?” he yells down the stairs.

The 94-year-old replies, “I don't know, I'll come up and see.” Halfway up, he yells, “Was I going up the stairs or coming down?”

Meanwhile, the 92-year-old sits at the kitchen table drinking coffee. He shakes his head and says, “I sure hope I never get that forgetful.” He knocks on the floor for good luck and then yells,

“I'll come up and help both of you as soon as I see who's at the door!”



One Hole Behind

A man was out on the golf course one sunny day when he realized he was completely lost.

He spotted a woman ahead and asked, “Excuse me, could you help me? I'm not sure what hole I'm on.”

She smiled and said, “You're one hole behind me. I'm on the 7th, so you're on the 6th.”

Relieved, he thanked her and went back to his game. A while later, he got lost again and asked her, “I'm lost again. What hole am I on?”

She chuckled, “You're still one behind me. I'm on the 14th; you're on the 13th.”

After finishing his round, he found her in the clubhouse and offered, “Can I buy you a drink to thank you?”

She agreed. Over drinks, he asked, “So, what do you do for a living?”

“I'm in sales,” she said shyly.

“No way! Me too! What do you sell?”

She hesitated, then said, “Sanitary napkins.”

He held a straight face -- then burst out laughing.

“You promised not to laugh!” she exclaimed.

Still laughing, he said, “I'm sorry... but I sell toilet paper... and I'm still one hole behind you!”

Life's Lessons**I Started Living at 58**

Until then, I never thought life could be any different - without the fixed routine of housework, shopping, laundry, meals to prepare, and silences to endure.

Since childhood, I had been taught that the most important thing for a woman was to settle down, marry, have children, and stay with the family.

Do not contradict. Do not argue. Do not complain. And if you dream -- do it quietly, because dreaming is useless.

I married young and had two children.

I was a mother, a wife, a housewife. I washed, ironed, cooked, and ran all day.

My husband worked. He came home tired, ate in silence, and sat in front of the TV. Then he began to criticize: that I was boring, that he had left me alone too long, that I had nothing left to say.

He told me that with women like me, you don't live -- you survive.

And what did I do? I kept quiet.

Because "family is sacred."

Because "you have to be patient."

Because my mother always said, "Be patient. You're a wife, you're a mother."

So, I waited for the day my children would grow, become independent, and maybe -- my life could begin.

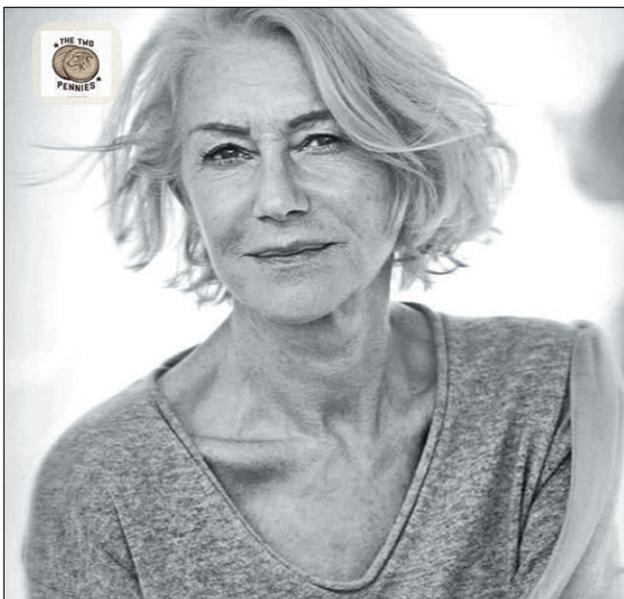
Then one day, he left.

No scenes, no explanations.

He packed a suitcase and never came back.

I was alone.

And strangely, the first thing I felt wasn't pain. It was



At fifty-eight, she tasted freedom for the first time, proving it is never too late to stop surviving and begin to live.

silence. A true silence, deep and unfamiliarity in that silence, for the first time, I heard myself.

At first, I was lost.

I no longer knew who I was. I couldn't remember what I liked or what I wanted.

I walked around my own house like a guest.

I asked myself when I had last laughed freely or woken up without rushing to make coffee for everyone.

One morning, I woke up -- and didn't make the bed.

I brewed coffee just for myself and sat on the balcony.

I noticed the sunlight slipping between the curtains.

A tiny, simple thing... yet I watched in amazement.

Because it was mine.

Something shifted in me that day.

I enrolled in an English course -- simply because I wanted to.

I learned to use my smartphone to buy a train ticket.

I took a trip. Alone. For the first time in my life.

Then I went even further.

I saw the sea in winter -- the real sea, not the one in photos.

It smelled of salt, sharp and alive.

That day, I understood freedom.

I took off my shoes, sat on the wet sand, and thought:

"Why did I wait so long?"

A neighbour asked me: "Are you out of your mind? Traveling alone at almost sixty?"

I smiled.

Because maybe, at last, I wasn't lost anymore. I had found myself.

Now, I live alone.

Not because no one loves me --

But because, for the first time, I love myself.

I have no schedules, only choices.

I don't spend my days in the kitchen anymore.

Instead, I spend hours in museums, on regional trains, in bookstores, or curled beneath a blanket with a novel I left untouched for years because "I never had time."

Sometimes I look in the mirror. The wrinkles are still there.

But my eyes are different. There is a new light in them.

Because at 58, I stopped surviving.

And I started to live.

Vivian Gornick

Stray Thoughts**Embracing Change and Growth**

Time is like flowing water

We cannot touch the same water twice,

because flowing water will always flow and will never return.

We cannot go back to the past.

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

Every passing second carries a message:

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

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

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

Wisdom from Africa

The sheep that follows the goat to the market will return home broke. Meaning: Blind imitation leads to loss.

No one drinks medicine on behalf of a sick person. Meaning: Everyone must face their own problems.

You can't climb the palm tree with one hand. Meaning: You need support to succeed.

If the roots do not stretch, the tree cannot stand tall. Meaning: Foundation determines strength.

Even the crocodile gets sunburned



when it stays too long on land. Meaning: Everyone has their limits.

The chicken that sleeps early will find food in the morning. Meaning: Discipline leads to reward.

Even the snake knows not to bite the king. Meaning: Respect and caution must be shown to authority.

The fish that escapes the hook was not meant for the pot. Meaning: What's not yours will not stay with you.

Be yourself no matter what. Some will adore you and some will hate everything about you. But who cares? It's your life. Make the most out of it.



A relationship can only work between two people who are totally present and dedicated to one another, despite any outward distractions or internal problems. You're either in it together, or you are not in it at all.

101QuotesAbout.Blogspot.Com

Life's Lesson**The Brown and the Blue**

An old, wise man once told his friend:

"Look around this room and remember everything that's brown."

The friend quickly did so. Then the wise man said:

"Now close your eyes and tell me everything that's blue."

The friend was stumped. He hadn't

noticed anything blue.

The wise man smiled:

"Open your eyes. Look again. There are plenty of blue things too."

And it was true.

The lesson: if you only look for the brown things -- only the bad -- you'll always find them. But in doing so, you'll miss all the blue things -- the good that was there all along.

What you choose to focus on shapes the life you see.

To achieve the meaningful, principle-driven success advocated by authors like Stephen R. Covey, Napoleon Hill, James Clear, Jack Canfield, and Gary Keller, you must eliminate the habits that keep you stuck in mediocrity or undermine your long-term goals.

1. Giving Up Shortsighted, Reactive Living

This habit is the antithesis of Christensen's resource allocation and Covey's Sharpen the Saw.

- **Allowing the Urgent to Crowd Out the Important:** This means perpetually reacting to immediate crises, emails, and demands (the *urgent*), while neglecting foundational, non-urgent investments in your future (the *important*).

- **Why It Fails:** It leads to burnout and stagnation. You spend all your time, energy, and attention resources on tasks that offer short-term relief (like binge-watching endless scrolling), sacrificing the long-term compounding benefits of health, relationships, and skill development. True effectiveness comes from proactive design, not reactive crisis management.

2. Giving Up Vague Intentions & Wishful Thinking

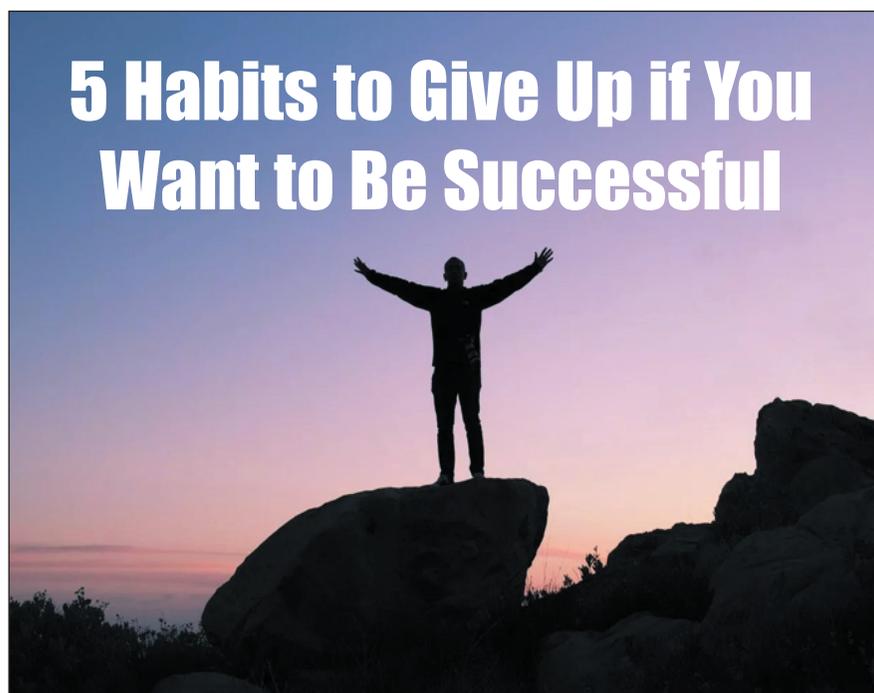
This is the opposite of Hill's definiteness of purpose and Canfield's *clarifying your vision*.

- **Substituting Desire for Defined Action:** This means saying you want success, wealth, or health, but lacking a specific goal and an organized plan to achieve it.

- **Why It Fails:** A vague wish has no power. As Hill notes, a burning desire must be combined with a definiteness of purpose. If you don't know the exact domino (Keller's ONE Thing) you need to push today, you'll simply waste energy on low-impact activities. Success is a persistent application of proven principles, not a lucky accident.

3. Giving Up The "All-or-Nothing" Mentality

This habit directly contradicts Clear's *Atomic Habits*



and the focus on small, consistent change.

- **The Habit to Give Up:** Relying on Motivation, Not Systems. This means waiting for a massive burst of inspiration or trying to implement a huge, disruptive change all at once. When the initial motivation fades, you quit entirely.

- **Why It Fails:** Grand gestures are unsustainable. Atomic Habits proves that it is the compound effect of small changes that yields remarkable results. By trying to skip steps, you ignore the laws of behavior change: Make it easy. Successful people focus on identity-based habits — making tiny, frictionless actions so consistent they become who they are.

4. Giving Up Blaming External Circumstances

5. Giving Up The Pursuit of Constant Multi-tasking

This habit directly violates the wisdom of Keller's *The ONE Thing*.

- **Treating Everything as Equally Important:** This is the illusion that dividing your attention across multiple tasks simultaneously makes you productive.

- **Why It Fails:** Multitasking is a myth; it's simply rapid context-switching, which degrades attention and energy. Keller's philosophy requires ruthless prioritization by asking: "What single action makes everything else easier or unnecessary?" Giving up multitasking means embracing purposeful imbalance to focus your discipline on the most crucial habit when your energy is highest, building momentum through concentrated effort.

This is the direct opposite of Canfield's central tenet: *taking full responsibility for your life*.

- **Assuming You Are a Victim of Your Environment:** This habit involves blaming your lack of progress on your boss, your finances, your past, or your genetics, thus forfeiting your power to change.

- **Why It Fails:** External focus prevents corrective action. Canfield insists you must first take full responsibility to realize that your results are determined by your choices and responses. This includes identifying and transforming limiting beliefs into empowering ones. If you don't own your results, you can't strategize (Keller) or adjust your course (Christensen).

5. Giving Up The Pursuit of Constant Multi-tasking

The Truth About Belly Fat: Why the Scale Isn't Moving

Belly fat is more than just a cosmetic concern; it's a critical health issue. The fat that truly matters is visceral fat — the deep-seated type that surrounds your internal organs and arteries. This is distinct from the subcutaneous fat just under your skin and is strongly linked to serious health risks, including Type 2 diabetes, heart disease, high cholesterol, and fatty liver.

If you're exercising and cutting calories but seeing no reduction in your waistline, one or more common pitfalls may be sabotaging your efforts.

The Missteps Hindering Fat Loss

Your diet might be the biggest culprit. Too many starchy carbohydrates and bad fats expand your waistline. To counter this, cut down on refined grains, pasta, and sugars while prioritizing lean proteins, vegetables, and healthy fats (like those found in nuts, fish, and avocados). Furthermore, overeating creates the excess calories that specifically build up as dangerous visceral fat. Controlling your portions is key to mitigating this risk.

Beyond diet, lifestyle factors actively encourage the body to store fat around



Weight loss tips: Natural ways to get rid of belly fat - 5 safe and healthy methods (Image: GETTY)

the abdomen:

- **Stress and Sleep:** Chronic stress elevates the hormone cortisol, which directs fat storage straight to the belly. Similarly, poor sleep raises stress hormones and encourages fat retention. Prioritize 7-9 hours of quality sleep and practice stress

management techniques like yoga or meditation.

- **Toxic Habits:** Smoking and excessive alcohol consumption both contribute significantly to abdominal fat. Alcohol adds empty calories, especially when paired with sugary mixers. Replace high-

calorie soda, sports, and energy drinks with water or green tea, as these sugary beverages are major calorie traps.

- **Ineffective Exercise:** Doing only sit-ups is a wasted effort. To burn visceral fat, you must combine aerobic activity (like brisk walking or running) with strength training — aiming for 150 minutes of moderate cardio weekly, plus two strength sessions. Remember that visceral fat is usually the first fat to respond to exercise. Even small movements and fidgeting throughout the day count!

The Reality of Measurements

Finally, don't be obsessed with the bathroom scale. Muscle gain can mask fat loss. Instead, focus on your waist measurement and how your clothes fit. A waist size of over 35 inches for women and over 40 inches for men indicates a significantly higher health risk. While genetics affect where your body stores fat, a balanced diet, consistent exercise, and smart lifestyle choices can effectively counteract these tendencies.

How Bollywood Charm Propelled Zohran Mamdani to Become NYC's First South Asian Mayor

New York City has crowned a new leader, and his victory was anything but conventional. Zohran Mamdani, a 34-year-old Democratic Socialist, not only made history as the city's first Muslim and first South Asian mayor but also as its youngest mayor in over a century. His decisive win — securing over 50% of the vote against former Governor Andrew Cuomo (who finished with just over 40%) and Republican Curtis Sliwa (with over 7%) — was cemented by a victory lap set to the iconic Bollywood track, *Dhoom Machale*, reports Hindustan Times.

This "filmy" flourish was no accident; it was the culmination of a campaign that masterfully leveraged the soft power of Indian cinema to connect with a diverse, energized electorate.

The Cultural Inheritance: From Screen to Statehouse

Mamdani's ties to the arts run deep through his lineage. His mother is acclaimed director Mira Nair, whose globally celebrated films like *Salaam Bombay!* and *Monsoon Wedding* often explore Indian life, utilizing the talents of Bollywood veterans like Naseeruddin Shah and



Tabu. His father, Mahmood Mamdani, is a respected academic focused on colonialism and identity.

This creative backdrop wasn't just familial; it was instrumental in shaping his mother's career:

- **The Namesake Choice:** Zohran convinced his mother to cast Kal Penn in the lead role of *The Namesake*, over-

riding her initial instinct to chase established movie stars.

- **On-Set Contributions:** He served as a third assistant director and music supervisor on Nair's film *Queen of Katwe* and even contributed a rap track, "#1 Spice," under his stage name, Young Cardamom.

Bollywood as a Campaign Weapon

In a city saturated with political advertising, Mamdani turned to the vibrant, expressive language of Bollywood to engage voters, particularly within the large South Asian diaspora.

This strategic cultural resonance was highly effective. By leaning into his roots, Mamdani energized younger voters and first-time voters — including a significant number from the South Asian and Muslim communities — who had previously felt unrepresented. His campaign reportedly mobilized over 100,000 volunteers and resonated strongly enough to draw significant support from many within the South Asian diaspora, including many within the taxi driver community he had previously championed.

The Divas and Their Glow Secrets

Behind the flawless, airbrushed complexions of Bollywood's leading ladies lies a surprisingly simple secret: traditional Indian beauty wisdom. Far from relying solely on high-end clinics, stars like Priyanka Chopra and Kareena Kapoor keep their radiance alive using age-old, kitchen-based face packs that exfoliate, nourish, and deliver that coveted "lit-from-within" glow. From the potent cleansing power of ubtan to the soothing calm of sandalwood, here is a peek into the homemade concoctions Bollywood divas swear by:

Priyanka Chopra: The Classic Ubtan

Priyanka adheres to a time-honored family tradition: the ubtan. This potent blend is her staple for deep cleansing, tan removal, and achieving a luminous finish.

- **Key Ingredients:** Gram flour (besan), turmeric, milk, sandalwood powder, and yoghurt.

- **Why it Works:** Besan cleanses, turmeric brightens, and yoghurt deeply nourishes the skin.

Deepika Padukone: Minimalist Hydration

Deepika keeps her routine minimal, focusing on hydration and calm for that natural radiance.

- **Key Ingredients:** Gram flour (besan), turmeric, and rich malai (milk cream).

- **Why it Works:** This creamy formula locks in moisture, hydrating the skin and soothing any signs of dullness.

Sonam Kapoor: A Touch of Royalty

Sonam trusts an age-old remedy that complements her elegant style,



focusing on toning and a dewy finish.

- **Key Ingredients:** Besan, sandalwood powder, rose water, milk, turmeric, and a drizzle of honey.

- **Why it Works:** The combination brightens and tones, while rose water provides a signature refined freshness.

Kareena Kapoor: Luminous, Poreless Skin

Known for her naturally luminous complexion, Kareena shared her lockdown favorite—a mix designed for suppleness and a golden hue.

- **Ingredients:** 2 tablespoons sandalwood powder, 2 drops vitamin E oil, a pinch of turmeric, and enough milk to form a smooth paste.

- **Application:** Apply for 20 minutes and rinse to achieve supple, golden skin.

Malaika Arora: Calming & Brightening

Malaika opts for gentle yet fast-acting home remedies, especially for managing occasional blemishes.

- **Ingredients:** A pinch of cinnamon powder, 1 tablespoon organic honey, and a few drops of lime juice.

- **Application:** Leave on for 8–10 minutes and rinse with cold water to calm acne and brighten dull areas.

Ananya Panday: The Mother's Magic Trio

Ananya's secret comes from her mother, Bhavana Pandey, focusing on gentle exfoliation and hydration.

- **Ingredients:** 1 tablespoon yoghurt, 1 teaspoon turmeric, and a drizzle of honey.

- **Why it Works:** Lactic acid in the yoghurt gently exfoliates, turmeric combats inflammation, and honey locks in moisture.

Anushka Sharma: The Dual-Action Approach

Anushka alternates between two packs to address both clarity and glow, reflecting her earthy aesthetic.

- **For Clarity (Acne/Detox):** Mix neem powder (or crushed leaves) with curd, rosewater, and a few drops of milk.

- **For Glow (Hydration/Softness):** Blend mashed banana, honey, and lemon juice.

The Real Secret: Consistency and Tradition

What unites these routines, from Priyanka's traditional ubtan to Kareena's sandalwood blend, is their simplicity and reliance on trusted, natural Indian ingredients. These timeless recipes serve as a powerful reminder that authentic, healthy radiance often begins not in a clinic, but right in your own kitchen.

Would you like me to find the exact measurements for one of these specific face packs so you can try it yourself?

The Second Innings: Bobby Deol's Unvarnished Journey from Stagnation to Stardom

Veteran actor Bobby Deol is currently enjoying a glorious second innings in Bollywood, having successfully transitioned from a one-time heartthrob to a mainstream force, capped by his recent villainous turn in the blockbuster *Animal* and his role in *The Ba*ds of Bollywood*. However, this resurgence follows a brutally honest period of struggle and professional stagnation.

In the 2010s, Deol's career faced a severe low phase marked by few roles and fewer hits, leaving him sitting at home for extended periods. The actor recently revealed on a podcast the pivotal moment that jolted him out of his "stupor": a comment from his son spurred him to actively seek work.

What followed was a humbling, yet empowering, admission of vulnerability. Deol recalls personally visiting the offices of directors and producers, not waiting for the phone to ring, but rather saying directly, "I am Bobby Deol. Please give me work." He emphasized that this direct approach, while difficult, was necessary. "There is nothing wrong with that," he stated. "At least they will remember that Bobby Deol came to meet me."

Deol admitted he had "given up" at one point, but an internal voice reminded him of his successful start with hits like *Barsaat* (1995), *Soldier*, and *Ajnabee*. That voice insisted he still "had it."

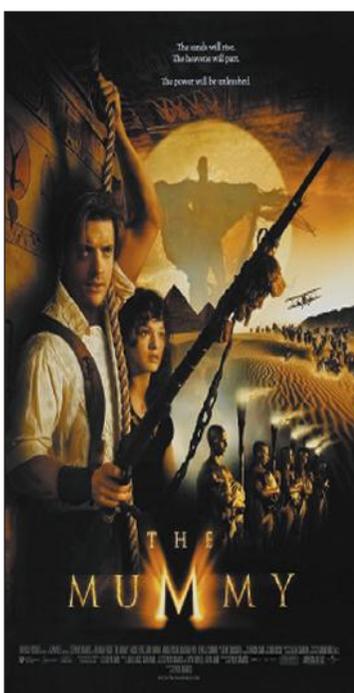
The comeback trail was slow but steady, beginning with his widely acclaimed performance in Prakash Jha's streaming series, *Aashram*. This led directly to his casting as the chilling antagonist in Sandeep Reddy Vanga's 2023 phenomenon, *Animal*, which officially cemented his return to top-tier cinema. Bobby Deol's story is a powerful testament to the necessity of perseverance — and humility — in the face of the industry's most unforgiving lows.



Vendredi 7 Novembre - 20.15



Samedi 8 Novembre - 20.15



Dimanche 9 Novembre - 20.35

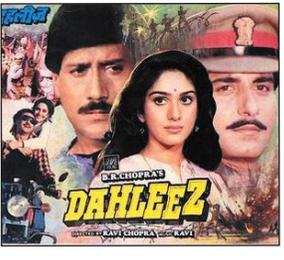


Programme TV



SERIAL



	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
vendredi 7 novembre	05.17 Serial: Seref Meselesi 08.20 Tele: L'Heritiere 09.00 Tele: Le Temps D'Aimer 09.35 Film: Lonely Are The Brave 11.30 Tele: Lying Heart 12.00 Le Journal 12.35 Tele: Le Roman De La Vie 13.19 Tele: Les Riches Pleurent 13.45 Tele: La Desalmada 15.00 Live: Samachar 15.30 Film: Monolith 17.21 Doc: Not About Music 17.30 Tele: Lying Heart 18.30 Serial: Shiv Shakti 19.00 Serial: 19 Minutes 19.30 Le Journal 20.15 Film: First Man: Le Premier Homme Sur La Lune 22.24 Tele: Le Roman De La Vie 23.09 Tele: Lying Heart 23.30 Le Journal	09.35 Serial: Le Mag 10.32 Rodrig: A Nou Kwi 11.30 Local: Couleur Marine 12.00 Rodrig - Klip Seleksion 13.00 Le Journee Sous Le Regard 13.35 Rodrig: Feminin Pluriel 14.20 Moments Forts De L'Histoire 14.31 Local: Les Grandes Lignes 14.55 Local: Le Challenge 15.15 Local: En Forme 15.23 Rodrig Prog: A Nou Kwi 18.30 Local: Sérapré Par L'Amour 19.00 Zournal Kreol 19.20 Local: Sur Prise 19.57 Local: Animalia 20.30 Local: Fashion FX & Lifestyle 21.30 Local: La Sosiete 22.00 Local: Glwar Dantan 23.00 Zournal Kreol 23.30 Local: En Forme 32.34 Mon Jardin Ma Maison	06.59 Mag: Eco India 09.00 Aaj Ki Charcha 10.05 Local: Ramayan 11.30 Serial: Shiv Shakti 12.00 Film: Do Kaliyan Starring: Mala Sinha, Biswajeet, Mehmood, Neetu Singh 15.00 Live: Samachar 15.21 Serial: Mithai 17.30 Serial: Shiv Shakti 18.00 Samachar 19.54 Serial: Khel Khiladi 20.30 Serial: Porus 21.22 Serial: Crime Patrol 22.07 Serial: Mere Sai 22.56 Wagle Ki Duniya 23.18 Local: Mati Ke Mol 00.50 Khel Khiladi 01.16 Local: Mati Ke Mol	06.31 Doc: Let's Make It Tasty 07.55 Doc: Legacy Of Ancestors 08.43 An Open Ear To Refugees 10.12 A World Heritage Sie In Danger? 11.40 Mag: Eco India 12.40 Little Britain In The Dordogne 14.49 Doc: Japan Video Topics 15.00 D.Anime: Early Learning 15.05 D.Anime: Fireman Sam 15.35 D.Anime: Meteo Heroes 15.50 D.Anime: Miraculous 16.34 D.Anime: Dragonero 16.56 D.Anime: The Avatars 17.21 Serial: Penny Sur M.A.R.S. 17.44 Mag: Choices 18.26 Doc: Vegetarian Delights 19.00 Student Support Programme 19.30 Mag: Euromaxx 20.01 Tele: L'Heritiere	14.25 Radha Mohan 14.55 Jijaji Chhat Par Hain 15.30 Film: Dharam Sankat Cast: Birju, Amrita Singh, Madhu Sahila Chaddha, Sohn Kanwar 18.00 Live: Samachar 18.31 Kundali Bhagya 19.01 Udaariyaan 19.32 Dil Ko Tumse Pyaar Hua 20.01 Na Umra Ki Seema Ho 20.25 Shrimad Ramayan 20.55 Anupamaa 21.25 Mere Sai 21.57 Serial: Dhruv Tara 22.30 Wagle Ki Duniya 23.00 Serial: Mahabharat 23.23 Film: Dharam Sankat Cast: Birju, Amrita Singh, Madhu Sahila Chaddha, Sohn Kanwar
samedi 8 novembre	03.49 Serial: Heartland 05.12 Tele: Seref Meselesi 06.00 Tele: L'Heritiere 06.03 Serial: Colombo 07.40 Serial: Nelle Tue Mani 08.34 Serial: Elementary 09.17 Serial: Heartland 09.57 Serial: Hawaii 10.40 Your Love Is My Fortune 11.32 Tele: L'Heritiere 12.00 Le Journal 12.30 Tele: All The Flowers 15.00 Live: Samachar 15.21 Film: First Man: Le Premier... 17.32 Doc: Not About Music 18.00 Live: Samachar 18.30 Serial: Radha Krishna 19.30 Le Journal 20.15 Film: The Mummy 22.09 Doc: Nelle Tue Mani 23.04 Serial: Terra Nostra	06.00 Local: Mon Jardin Ma Maison 06.25 Local: Tous Egaux 06.41 Rodrig: 13 Minit Natir Rodrig 08.00 Local: Sur Prise 09.00 Local: Mots Et Ecrits 09.30 Local: La Sosiete 11.04 Local: Fashion FX & Lifestyle 12.00 Local: Memwar Dan Ros 13.32 Local: Sur Prise 14.30 Local: Mots Et Ecrits 18.00 Entre Justice Et Vengeance 19.00 Zournal Kreol 19.33 Local: Les Petits Genies 20.30 Local: Music Tour 2025 21.30 Local: Glwar Dantan 22.25 Local: Lavi Zoli An XXL 23.03 Zournal Kreol 23.23 Local: Tous Egaux 23.32 Local: Saver Kiltirel 23.57 Local: Arsiv MBC 00.24 Local: Metie	05.00 Mag: Aastha TV 08.00 Local: Hamar Fitness 08.30 Local: Abhyas Yog 09.00 Aaj Ki Charcha 10.30 Bade Acche Lagte Hai 2 12.00 Dikri Vahalno Dariyo 12.26 Mati Ke Mol 13.49 Local: Khel Khiladi 14.15 Mere Dad Ki Dulhan 15.00 Samachar 15.30 Film: Zamana Cast: Rajesh Khanna, Rishi Kapoor, Poonam Dhillon 18.10 Live: Samachar 18.37 Puranya Pakwan 20.00 Live From Trianon Convention Centre Miss India Worldwide 22.30 Puranya Pakwan 22.56 Duniya Mein Iss Saptah 23.11 Geet Nritya Aur Parampara 23.54 Puranya Pakwan	06.00 D.Anime: Rockabye Island 08.13 D.Anime Tut! Tut! Cory... 08.28 D.Anime: Robin Des Bois 08.57 D.Anime: Spacepop 09.03 D.Anime: Tut! Tut! Cory... 09.55 D.Anime: The Avatars 13.42 Doc: Legacy Of Ancestors 15.00 D.Anime: Early Learning 15.03 D.Anime: Kids Songs 15.25 D.Anime: Spacepop 15.53 D.Anime: Meteo Heroes 16.12 D.Anime: Dragonero 17.24 Serial: Penny Sur M.A.R.S. 18.00 Mag: In Good Shape 18.30 Doc: Country Dreams 19.00 Mag: Initiative Africa 19.30 Mag: Afrimaxx 20.01 Tele: L'Heritiere 20.53 Doc: Legacy Of Ancestors 21.40 Tele: Laura Una Vida Extraordinaria 22.27 Film: Alien, Le Huitieme...	08.00 Dil Ko Tumse Pyaar Hua 10.02 Na Umra Ki Seema Ho 12.10 Udaariyaan 14.02 Anupamaa 16.10 Shaurya Aur Anokhi Ki Kahani 17.30 Vidrohi 18.30 Film: Housefull 2 With: Rishi Kapoor, Randhir Kapoor, Mithun Chakraborty, Akshay Kumar... 21.00 Keh Doon Tumhein 21.22 Crime Patrol 22.13 Porus
dimanche 9 novembre	02.28 Film: Alien, Le Huitieme... 04.22 Tele: The Lazarus Project 05.09 Tele: Seref Meselesi 06.30 Film: The Mummy 08.30 Serial: Hawaii 09.10 Film: 47 Metres Down 10.38 Your Love Is My Fortune 11.30 Serial: L'Heritiere 12.34 Film: Alien, Le Huitieme... 14.30 Doc: Top Dive Sites 15.00 Live: Samachar 15.30 Film: Le Mans 66 18.00 Samachar 18.30 Sayings Radha Krishna 18.36 Dance Deewane 19.30 Le Journal 20.35 Film: Lady Of The Manor 22.07 Serial: Chucky 22.58 Tele: Terra Nostra 23.30 Le Journal	08.28 Moments Forts De L'Histoire 08.39 Local: Les Petits Genies 11.29 Local: Nu Rasinn 12.21 Local: Lavi Zoli An XXL 13.21 La Journee Sous Le Regard 14.42 Local: Exceptionnelles 16.24 Local: Coin Jardin 16.35 Rodrigues: Nu Lakwizin 17.21 Local: Les Petits Genies 17.47 Local: Glwar Dantan 18.13 Entre Justice Et Vengeance 19.00 Zournal Kreol 19.40 Local: En Toute Intimite 20.00 Local: Les Klips 21.00 Local: Piano Recital 22.40 Local: Clin D'Oeil 23.00 Zournal Kreol Rediffusion 23.23 Local: Coin Jardin 23.33 Local: Inspiration 23.58 Rodrig: Zenn Aktif	06.59 Mag: Aastha TV 08.00 Local: Hamar Fitness 08.26 Puranya Pakwan 09.10 Geet Nritya Aur Parampara 09.30 Mahabharat 12.00 Film: Dishoom 15.00 Live: Samachar 15.21 Puranya Pakwan 16.03 Geet Nritya Aur Parampara 18.30 Sayings Radha Krishna 18.57 Tohar Rashi 20.30 Serial: Porus 21.00 Keh Doon Tumhein 21.22 Serial: Crime Patrol 22.04 Sajjanwa Bairi Ho Gaile Hamar 23.08 Hunarbaaz Theme 23.35 Tohar Rashi 23.49 Udhaan Ki Kahani 00.39 Ek Mulakaat 04.58 Film: Dishoom	06.00 D.Anime: Rockabye Island 07.29 D.Anime: The Jungle Book 08.31 D.Anime: Robin Des Bois 09.42 D.Anime: Story Time With... 10.00 Mag: Recipes For Kids 11.01 Doc: Country Dreams 12.44 Confronting Climate Change 14.09 Doc: Notre Dame De Paris 15.05 D.Anime: Early Learning 15.04 D.Anime: Fireman Sam 15.36 D.Anime: Spacepop 15.46 D.Anime: Meteo Heroes 16.01 Serial: The Avatars 16.22 Penny Sur M.A.R.S. 16.50 Doc: Let's Make It Tasty 19.03 Mag: Travel 19.30 Mag: Arts Unveiled 20.00 Tele: L'Heritiere 20.50 Doc: Legacy Of Ancestors 21.43 Film: Terminator	00.28 Na Umra Ki Seema Ho 02.37 Udaariyaan 04.32 Anupamaa 06.52 Shaurya Aur Anokhi Ki Kahani 08.00 Dhruv Tara 10.00 Kundali Bhagya 12.10 Sa Re Ga Ma Pa 14.00 Doree 16.00 Wagle Ki Duniya 18.30 Film: Singh Saab The Great Cast: Sunny Deol, Urvashi Rautela, Prakash Raj 21.00 Mahabharat 21.50 Sa Re Ga Ma Pa L'il Champs 22.40 Dhruv Tara
lundi 10 novembre	04.32 Tele: L'Heritiere 05.20 Tele: Seref Meselesi 06.06 Tele: Passion And Power 07.38 Serial: The Lazarus Project 08.21 Serial: L'Heritiere 08.43 Tele: Séparé Par L'Amour 09.35 Film: Lady Of The Manor 11.30 Tele: Lying Heart 12.00 Le Journal 12.25 Tele: Le Roman De La Vie 13.15 Tele: Les Riches Pleurent 13.44 Tele: La Desalmada 15.00 Samachar 15.35 Serial: Colombo 17.30 Tele: Lying Heart 18.00 Samachar 18.31 Serial: Shiv Shakti 19.00 Live: Grand Titre 20.10 Serial: Quantico 21.00 Serial: Elementary 21.47 Tele: Le Roman De La Vie	09.09 Local: En Toute Intimite 09.51 Local: Clin D'Oeil 10.32 Rodrig Prog: Plat Du Chef 11.00 Local: Les Klips 11.52 Local: Nu Rasinn 12.44 La Journee Sous Le Regard 15.26 Rodrig: Plat Du Chef 17.03 Local: Morisien Konn Ou La Sante 17.34 Local: Couleur Marine 18.05 Tele: La Desalmada 18.30 Tele: Séparé Par L'Amour 19.00 Zournal Kreol 19.36 Rodrig: Feminin Pluriel 20.45 Local: Tous Egaux 21.00 Morisien Konn Ou La Sante 21.29 Local: 19 Minutes 22.55 La Journee Sous Le Regard 23.00 Zournal Kreol 23.20 Local: Metie 23.33 Rodrig: Rodrig Mo Pei 00.04 Local: En Toute Intimite	05.00 Mag: Aastha 07.00 Mag: Hunarbaaz Theme 07.27 Local: Tohar Rashi 09.00 Aaj Ki Charcha 10.00 Local: Sajjanwa Bairi Ho Gaile Hamar 12.00 Film: Amar Prem 15.00 Samachar 15.21 Kundali Bhagya 17.30 Shiv Shakti 18.00 Live: Samachar 18.30 Saying Radha Krishna 19.30 Excerpts From Shiv Abhishek 20.06 Local: Hamara Swasthya 21.00 Film: Manzil Cast: Amitabh Bacchan, Moushami Chatterjee 22.57 Mere Sai 23.46 Wagle Ki Duniya 00.08 Local Ved Ki Shikshahein	06.25 Doc: Preserving Peatlands 07.26 D.Anime: The Jungle Book 07.49 D.Anime: Sonic Boom 08.53 D.Anime: Luna, Chip & Inkie 10.15 D.Anime: The Avatars 11.13 Doc: Vegetarian Delights 12.26 Doc: Legacy Of Ancestors 14.10 Doc: It's In The Air 15.00 D.Anime: Early Learning 15.03 D.Anime: Fireman Sam 15.14 D.Anime: Word Party 15.36 D.Anime: Magic Wonderland 15.58 D.Anime: Spacepop 16.32 D.Anime: Dragonero 16.56 Serial: The Avatars 17.18 Serial: Penny Sur M.A.R.S. 18.00 Mag: Eye On SADC 18.30 Mag: The 77 Percent 19.00 Doc: Top Dive Sites 20.51 Doc: Legacy Of Ancestors 21.00 Film: The Birth Of A Nation	14.25 Radha Mohan 14.51 Jijaji Chhat Par Hain 15.30 Film: Dahleez  18.00 Samachar 18.31 Kundali Bhagya 19.00 Udaariyaan 19.30 Dil Ko Tumse Pyaar Hua 20.05 Na Umra Ki Seema Ho 20.30 Shrimad Ramayan



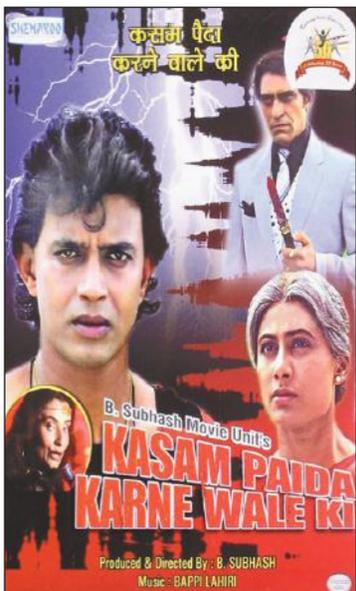
Mardi 11 Novembre - 20.10



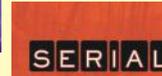
Mercredi 12 Novembre - 21.40



Mercredi 12 Novembre - 15.00



Programme TV



MBC 1	MBC 2	MBC 3	MBC 5	Bollywood TV
mardi 11 novembre 04.26 Tele: L'Heritiere 06.01 Serial: Passion And Power 08.42 Tele: Séparé Par L'Amour 09.35 Film: The Quake 11.30 Tele: Lying Heart 12.00 Le Journal 12.25 Tele: Le Roman De La Vie 13.15 Tele: Les Riches Pleurent 13.40 Tele: La Desalmada 14.10 Tele: Quantico 15.30 Film: Rooster Cogburn 17.30 Tele: Lying Heart 18.00 Samachar 18.31 Serial: Shiv Shakti 18.55 Kyunki Saas Bhi Kabhi Bahu Thi 19.30 Le Journal 20.10 Film: The Monuments Men 22.15 Tele: Le Roman De La Vie 22.59 Tele: Lying Heart 23.30 Le Journal	09.10 Local: Tous Egaux 09.50 Morisien Konn Ou La Sante 10.48 Local: Mangeons Veg 11.22 Local: 19 Minutes 12.02 Entrepreneuriat Au Feminin 12.55 La Journee Sous Le Regard 13.32 Local: Encounter 15.04 Local: Sur Prise 16.49 La Journee Sous Le Regard 17.10 Local: Le Mag 18.00 Tele: La Desalmada 18.30 Tele: Séparé Par L'Amour 19.25 Local: Itinerer Rodrig 19.45 Local: Son Ladan Mem 20.00 Local: Anou Kombat Ladrög 20.30 Local: Priorite Sante 21.31 Local: Le Mag 22.14 Rodrig: 13 Minit Natir... 23.00 Local: Zournal Rediffusion 23.19 Local: Point Culture 23.34 Local: Music Tour 2025	06.59 Local: Ved Ki Shikshahein 08.00 D.Anime: Guru Aur Bhole 08.26 D.Anime: Paap O Meter 09.00 Aaj Ki Charcha 10.00 Serial: Kundali Bhagya 11.31 Serial: Shiv Shakti 12.01 Film: Nikaah Cast: Raj Babbar, Salma Agha, Deepak Parashar 15.00 Live: Samachar 15.30 Sajjanwa Bairi Ho Gaile... 16.00 Serial: Dharam Patni 16.30 Aaj Ki Charcha 17.10 Dharam Patni 17.30 Serial: Shiv Shakti 18.00 Live: Samachar 18.31 Sayings Radha Krishna 19.28 Local: Abhyas Yog 21.00 Film: Bhoot Bangla Cast: Mehmoöd, Tanuja and Nasir Hussain	07.00 D.Anime: Nuzo And Zamia 08.47 D.Anime: Luna, Chip & Inkie 09.11 Momolu Et Ses Amix 11.34 Mag: In Good Shape 12.12 Doc: Elementary Particles 12.52 Mag: Tomorrow Today 13.25 Doc: Red Shadow Over... 14.04 Doc: The Baobad 14.49 D.Anime: Early Learning 15.04 D.Anime: Fireman Sam 15.34 D.Anime: Magic Wonderland 15.56 D.Anime: Spacepop 16.07 D.Anime: Madagascar 16.32 D.Anime: Dragonero 16.55 Serial: The Avatars 17.18 Serial: Penny Sur M.A.R.S. 18.00 Mag: REV 18.45 Mag: Transforming Business 19.00 Mag: Made In Germany 20.01 Tele: L'Heritiere 20.50 Doc: Legacy Of Ancestors	14.25 Radha Mohan 14.55 Jijaji Chhat Par Hain 15.25 Film: Swarg Starring: Rajesh Khanna, Govinda, Juhi Chawla, Madhavi, Neena Gupta, Paresh Rawal 18.00 Live: Samachar 18.30 Kundali Bhagya 19.03 Udaariyaan 19.33 Dil Ko Tumse Pyaar Hua 20.06 Na Umra Ki Seema Ho 20.29 Shrimad Ramayan 21.07 Anupama 21.29 Mere Sai 22.04 Dhruv Tara 22.34 Wagle Ki Duniya 23.04 Mahabharat 23.30 Film: Swarg Starring: Rajesh Khanna, Govinda, Juhi Chawla, Madhavi, Neena Gupta, Paresh Rawal
mercredi 12 novembre 06.36 Serial: Columbo 08.09 Tele: L'Heritiere 08.39 Tele: Séparé Par L'Amour 09.30 Film: The Monuments Men 11.30 Tele: Lying Heart 12.00 Le Journal 12.25 Tele: Le Roman De La Vie 13.09 Tele: Les Riches Pleurent... 13.35 Tele: La Desalmada 14.01 Serial: Nelle Tue Mani 15.00 Live: Samachar 15.25 Film: Night School 17.30 Tele: Lying Heart 18.00 Live: Samachar 18.31 Serial: Shiv Shakti 18.55 Live: Grand Titre 19.30 Journal & La Meteo 20.30 Serial: Nelle Tue Mani 21.00 Serial: Chucky 21.45 Tele: Le Roman De La Vie 22.35 Tele: Lying Heart	09.35 Local: Le Mag 10.27 Rodrig Prog: Plat Du Chef 10.40 Rodrig Prog: Saver Lokal 12.01 Local: Couleur Marine 12.26 Local: Itinerer Rodrig 13.05 La Journee Sous Le Regard 14.26 Local: Nu Rasinn 16.05 Local: Glwar Dantan 16.54 La Journee Sous Le Regard 17.03 Local: Music Tour 2025 18.00 Tele: La Desalmada 18.30 Tele: Séparé Par L'Amour 19.30 Rodrig Spor 20.00 Local: Saver Kiltirel 20.27 Local: Toc Toc Doc 21.00 Local: Agir Ensemble 21.21 Local: Les Klips 22.40 Local: Grand Titre 23.20 La Journee Sous Le Regard Du Seigneur 23.26 Local: Clin D'Oeil 23.39 Fashion FX & Lifestyle	06.59 Geet Nriya Aur Parampara 08.23 D.Anime: Paap O Meter 09.00 Aaj Ki Charcha 10.00 Serial: Dharam Patni 11.31 Serial: Shiv Shakti 12.00 Film: Kudrat 15.00 Live: Samachar 15.21 Sayings Radha Krishna 15.21 Radha Mohan 16.04 Local: Aaj Ki Charcha 16.35 Radha Mohan 17.30 Serial: Shiv Shakti 18.00 Live: Samachar 18.30 Local: Yatra 21.00 Film: Aaj Ki Beti Cast: Mona Lisa, Raj Sahni 22.35 Serial: Mere Sai 23.30 Wagle Ki Duniya 23.52 Local: Yatra 00.19 Local: Kala	08.48 D.Anime: Luna, Chip & Inkie 09.45 Mag: Recipes For Kids 10.40 Mag: REV 11.41 Mag: Made In Germany 12.07 Mag: Global US 13.33 Mag: Business Africa 14.52 Japan Video Topics 15.00 D.Anime: Early Learning 15.03 D.Anime: Fireman Sam 15.26 Charlotte Aux Fraises 15.58 D.Anime: Spacepop 16.53 Serial: The Avatars 17.16 Serial: Penny Sur M.A.R.S. 17.41 Mag: Choices 18.00 Mag: Afrimaxx 18.30 Mag: Choices 18.45 Mag: Planet A 19.00 Mag: Arts Unveiled 19.30 Doc: Ageless Gardens 20.01 Tele: L'Heritiere 21.00 Film: Lady Of The Manor Cast: Melanie Lynskey, Judy Greer...	14.25 Radha Mohan 14.50 Jijaji Chhat Par Hain 15.30 Film: Kasam Paida Karne Wale Ki Starring: Mithun Chakraborty 18.00 Live: Samachar 18.31 Kundali Bhagya 19.02 Udaariyaan 19.33 Dil Ko Tumse Pyaar Hua 20.00 Na umra Ki Seema Ho 20.31 Shrimad Ramayan 21.00 Anupama 21.28 Mere Sai 22.05 Dhruv Tara 22.30 Mahabharat 22.51 Serial: Rajjaa Betaa 23.58 Film: Kasam Paida Karne Wale Ki Starring: Mithun Chakraborty
jeudi 13 novembre 06.01 Tele: Passion And Power 08.14 Serial: L'Heritiere 08.36 Tele: Séparé Par L'Amour 09.28 Film: Oblivion 11.33 Tele: Lying Heart 12.00 Le Journal 12.25 Tele: Le Roman De La Vie 13.11 Tele: Les Riches Pleurent... 13.39 Tele: La Desalmada 14.10 Serial: Les Têtes Brülées 15.30 Film: Lady Of The Manor 17.12 Tele: Lyng Heart 18.00 Live: Samachar 18.31 Serial: Shiv Shakti 19.00 Kyunki Saas Bhi Kabhi Bahu 19.30 Le Journal 20.10 Film: Bhagam Bhag Stars: Akshay Kumar, Govinda, Paresh Rawal 22.47 Tele: Le Roman De La Vie 23.31 Tele: Lying Heart	09.10 Local: Metie 09.25 Fashion FX & Lifestyle 10.54 Local: Les Klips 11.52 Local: Grand Titre 12.12 Local: Passerelles 13.06 La Journee Sous Le Regard 14.00 Local: Toc Toc Toc 15.29 Local: Saveurs Plus 16.01 Fashion FX & Lifestyle 17.02 Local: Le Mag 18.00 Tele: La Desalmada 18.30 Tele: Séparé Par L'Amour 19.30 Rodrig: Komanter 20.00 Local: Les Grandes Lignes 20.30 Local: Paroles Agricoles 21.00 Local: Le Mag 23.20 La Journee Sous Le Regard 23.00 Zournal Kreol Rediffusion 23.25 Local: Son Ladan Mem 23.38 Local: Nou Later Nou Lamer Nou Rises	07.00 Local: Yatra 08.00 D.Anime: Guru Aur Bhole 09.00 Aaj Ki Charcha 10.00 Serial: Radha Mohan 12.00 Film: Ajnabee Cast: Rajesh Khanna, Zeenat Aman, Prem Chopra 15.30 Sajjanwa Bairi Ho Gaile... 16.30 Aaj Ki Charcha 17.30 Serial: Shiv Shakti 18.00 Samachar 18.30 Local: Amrit Vani 18.43 Local: Bhajan Sandhya 21.21 Yashomati Maiyya Ke Nandlala 21.52 Serial: Mere Sai 22.40 Wagle Ki Duniya 23.02 Local: Amrit Vani 23.14 Bhajan Sandhya 00.00 Local: Puranya Pakwan	07.00 D.Anime: Nuzo And Zamia 08.35 D.Anime: Jungle Book 09.33 Story Time With MS. Booksy 10.35 Mag: Afrimaxx 11.34 Mag: Arts Unveiled 12.04 Doc: Ageless Gardens 12.26 Doc: Legacy Of Ancestors 13.14 Mag: Close Up 13.42 Mag: Focus On Europe 15.00 D.Anime: Early Learning 15.05 D.Anime: Fireman Sam 15.24 Charlotte Aux Fraises 15.56 D.Anime: Spacepop 16.30 D.Anime: Dragonero 16.53 Serial: The Avatars 17.17 Serial: Penny Sur M.A.R.S. 18.00 Mag: Eco India 18.45 Mag: Rev Special 19.00 Top Flight Medical Care... 20.01 Tele: L'Heritiere 20.55 Serial: Columbo	14.25 Radha Mohan 15.00 Jijaji Chhat Par Hain 15.31 Film: Khal-Naaikaa Stars: Jeetendra, Ravi Kapoor, Jaya Prada 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.30 Dil Ko Tumse Pyaar Hua 20.00 Na Umra Ki Seema Ho 20.30 Shrimad Ramayan 21.02 Anupama 21.34 Mere Sai 22.01 Dhruv Tara 22.29 Wagle Ki Duniya 23.05 Serial: Mahabharat 23.31 Film: Khal-Naaikaa Stars: Jeetendra, Ravi Kapoor, Jaya Prada



Jeudi 13 Novembre - 15.30 Stars: Jeetendra, Ravi Kapoor, Jaya Prada



Jeudi 13 Novembre - 20.10 Stars: Akshay Kumar, Govinda, Paresh Rawal





Nita Chicooree-Mercier

Le temps d'une attente...

Annouçant un problème technique, la compagnie aérienne nationale informe tous les passagers réunis dans la salle d'attente à Gillot (depuis 10h30) que le départ prévu à midi aura un certain retard. Or, la salle est bondée et tous les sièges sont pris. Il est interdit de dormir debout, même si vous avez passé une mauvaise nuit la veille. Les passagers, nourrissons et enfants, s'assoient par terre, et la salle ressemble assez vite à un hall de gare ferroviaire des grandes villes. La voix des annonces au micro peine à s'élever au-dessus du bourdonnement incessant des conversations et de l'attroupement vers le café.

Bien entendu, Air Mauritius prie tout ce beau monde de l'excuser pour tout inconvénient, invite les passagers à prendre leur mal en patience et leur offre un bon de 3 euros 90 pour un rafraîchissement. On se demande qui empêche la différence si l'on prend une boisson pour 3 euros 20, par exemple: le café ou la compagnie nationale? De repas chaud, il n'y en aura point cette fois-ci, et ce, pour une attente qui va durer jusqu'à 16h30. En d'autres temps, on était mieux servi. L'urgence de l'austérité pointe son nez dès qu'il s'agit de faire des économies...

Nous vivons aujourd'hui à un rythme où le fast-food a remplacé le restaurant traditionnel car manger vite sans s'éterniser sur une chaise et partir aussitôt pour occuper son temps à sa guise est un choix dont on ne se prive plus. Par conséquent, en guise de repas, quelques graines protéinées feraient bien l'affaire pour remplir l'estomac des passagers soumis à une attente forcée dans un aéroport! Cette pratique chez les astronautes en séjour dans l'espace sera peut-être vulgarisée un de ces jours...

Retard du vol et raisons évoquées: Passagers dubitatifs

Quant au problème technique d'un Airbus flambant neuf, certains passagers se laissent bernier par l'argument technique. Une élégante dame malgache en partance pour Nairobi tient ces propos:

«Vous savez, de nos jours, tout ce qui se fabrique est conçu pour durer un certain nombre d'années, 3 ou 5 ans, et la garantie s'arrête là. Regardez les appareils électroménagers: ils ne durent plus longtemps. Nous sommes ainsi obligés d'en racheter d'autres.»

Toutefois, pour beaucoup d'autres passagers, c'est une couleuvre difficile à avaler car l'avion n'est pas fabriqué en plastique. Et l'avion en papier n'existe que dans le jeu d'enfants, lorsque nous arrachons avec regret une feuille d'un cahier bien entretenu pour fabriquer un avion, et ensuite, le lancer en l'air sachant qu'il va piquer du nez dans la seconde qui suit...

Dans la plupart des cas, la compagnie vise la rentabilité en regroupant deux vols sur un seul en provenance de Maurice. Et tant



Pic -- Deposit Photos

pis pour les clients, prisonniers dans une salle qui interdit désormais toute sortie. En somme, ils sont coincés et pris en otage car la prise de décision ne leur appartient pas. C'est comme pour le report de l'âge de la pension que permet un 60/0 sans discussions préalables au Parlement: les mécontents n'ont qu'à ravalier leurs critiques et rentrer à leur case. Et là, il n'y a aucune échappatoire. La faible intensité de la climatisation du superbe appareil Airbus pendant le vol est aussi un autre moyen de faire des économies en ce temps de vaches maigres.

Utilisation permanente et exagérée du téléphone portable

Le personnel au sol d'Air Mauritius relaie le message de la compagnie en racontant la même rengaine du problème technique à ceux qui viennent vers eux pour des nouvelles de temps à autre. Donc, les passagers s'y accommodent, le regard plongé sur leur téléphone portable. Ce gadget sans fil relie chacun à ses proches (famille et amis) à tout moment, où qu'ils soient. Merveilleuse invention d'Israël que les plus féroces détracteurs de cette nation start-up par excellence ne sont pas prêts à boycotter.

Le téléphone classique est aussi l'invention d'un ingénieur anglais du même clan. Cette merveille apporte le monde entre vos mains, démocratise la prise de parole par des millions de sites qui ont leur mot à dire sur tous les sujets imaginables et donne la voix à une pléthore de médias en ligne qui ont relégué les médias *mainstream* à un rôle insignifiant, tant ils sont subjugués par l'idéologie et le politiquement correct qui vise à plaire plus qu'à informer.

Ce petit appareil libère l'accès à la connaissance pour tous et la parole étouffée et confisquée par une clique. C'est un acte presque subversif car il bouleverse les normes, un héritage qui remonte à deux mille ans et perçu comme une hérésie à l'époque... et encore de nos jours. Donc, sauf pour les plus jeunes qui ont grandi avec cet objet, cette scène où tant de gens ont le regard fixé sur un gadget technologique entre les mains paraît surréaliste.

Pardi! C'est une scène universelle qui se reproduit à travers le monde: aux arrêts d'autobus, dans les autobus, sur la place publique, dans toutes les salles d'attente (chez les médecins ou les notaires, dans les bureaux de la fonction publique, par exemple), et aussi dans les jardins et sur les campus universitaires.

Anecdotes sur les langues en usage

Les paroles de bienvenue du steward-en-chef dans un anglais malmené et châtié à outrance dépassent les bornes. Ce Crenglish étonne car il n'a que faire de l'accent tonique et de l'intonation spécifiques à l'anglais. En vérité. C'était du plus mauvais effet! Il est temps que la compagnie aérienne prenne la dégénérescence linguistique de certains de ses employés au sérieux.

Les rires nerveux d'un groupe de passagers réunionnais, plutôt jeunes, fusent. Puis, ils se défoulent et font des commentaires à haute voix sur les tergiversations du pilote lors du décollage. D'ailleurs, l'atterrissage est aussi hésitant (peut-être dû aux nuages), ce qui provoque les éclats de rires et les applaudissements bruyants des mêmes jeunes passagers. Cette effusion désinhibée, héritage d'un comportement de ghetto, est d'une vulgarité qui, en règle générale, horripile le Mauricien moyen.

Mais, comme pour les «*bonjour, bonne journée, bon couraz*» importés des radios de l'île sœur par les «frères et sœurs», animateurs à deux balles des radios privées mauriciennes, la propension aux singeries et au mimétisme des Mauriciens n'est plus à prouver.

Fait plus rare, le policier derrière le guichet de l'Immigration accueille certains passagers en bhojpuri.

«*Passport bah? Acha bah kinai?*» interroge l'officier en attendant que je le sorte.

«*Han, bah ke.*»

On dirait que le message concernant l'usage de la langue et de la culture parentales est passé. C'est une bonne nouvelle!

Tree of Knowledge



Sacred Time of Menopause

Caring for our physical, emotional, and spiritual health during menopause ensures a smoother transition into this new life chapter

A woman's life is a journey marked by many sacred rites of passage. Across different cultures around the globe, both the beginning of the menstrual cycle in adolescence and the cessation of it in later years are celebrated as profound gateways. These transitions are recognized as spiritual evolutions that connect a woman more deeply to herself — and invites her to pay closer attention to her total well-being.

Caring for our physical, emotional, and spiritual health during menopause ensures a smoother transition into this new life chapter. The power of nutrition, physical activity, self-reflection, and meditation becomes even more crucial, as we require extra support to navigate through the shifts we undergo. Incorporating wholesome foods into your diet fortifies the body, while regular exercise and personal care keeps the spirit uplifted.

By honouring this sacred time of menopause, we not only affirm our own strength — we also inspire others to embrace this season of life with resilience and gratitude. This journey is not one we walk alone; it connects us with the millions of women who go through the same experience, forming a community of shared stories and strength. This community empowers us to embrace our entire being — past, present, and future — instilling a profound sense of grace, awareness, and courage.

Daily Om