

MAURITIUS TIMES

• Success is not the key to happiness. Happiness is the key to success. – Albert Schweitzer

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The Pension Reform Paradox

Lessons from the Mauritian Experience

The reform of a nation's pension system is perhaps the most delicate surgery a government can perform on its social contract. When the Ramgoolam government initiated its pension overhaul in June 2025, it triggered a protracted struggle that serves as a profound case study in the political economy of governance. As Mauritius grapples with the sobering reality of "demographic headwinds" — a term highlighted by the International Monetary Fund (IMF) to describe the accelerating impact of ageing, low fertility, and a shrinking workforce — the journey of this reform offers critical lessons for both the drivers of public policy and the citizens they serve.

The Fiscal Imperative vs. The Social Compact

In the June 2025 Budget, the rationale for reform appeared, on its face, to be rooted in indisputable economic logic. Prime Minister Navin Ramgoolam framed the Basic Retirement Pension (BRP) — a universal, non-contributory entitlement long viewed as a cornerstone of Mauritian society — as "fiscally unsustainable." The government's proposal to transition the eligibility age from 60 to 65 mirrored the warnings of international bodies like the IMF, which pointed to a "historical shift" occurring around 2017 when demographic factors stopped supporting growth and began to act as a drag on the economy.

Yet, the subsequent public backlash demonstrated that fiscal necessity does not automatically translate into political acceptability. For the average citizen, a pension is not a budget line item; it is a deferred social right. When the government moved to adjust this right, it collided with the life-planning expectations of thousands of Mauritians. The intensity of the opposition from trade unions, civil society, and political parties underscored a recurring truth: economic arguments, however technically sound, rarely triumph when they clash with established social and moral expectations.

The Evolution of a Contested Policy

The trajectory of the reform — from the initial 2025 announcement to the broader, more complex proposal in the June 2026 Budget — highlights the risks of "policy-led consultation." The government initially faced criticism for announcing sweeping changes without prior dialogue. In an attempt to rectify this, it established a Technical Committee of Experts. While the committee's mandate to consult broadly was a step toward transparency, the subsequent inclusion of "means-testing" in the 2026 Budget sparked renewed controversy.

Opponents argued that means-testing would undermine the principle of universality, create an intrusive bureaucracy, and penalize those who had saved diligently. The government's decision to freeze the means-testing component after the release of the committee's report was a significant, if pragmatic, retreat. It served as a reminder that even when a policy is designed to be "efficient," its failure to resonate with the values of social



cohesion can make it politically extremely risky to implement.

Lessons in Governance and Process

The Mauritian experience yields several governance lessons that transcend the specific domain of pensions:

1. **Process is as Vital as Substance** - The most glaring lesson is that consultation must precede decision-making. Reforms affecting the social contract require citizens to be partners in the process. When consultation is used to justify a decision already taken, it invites cynicism. Transparency, through the early publication of technical data, demographic projections and, as suggested in these columns, a White Paper, is essential if governments are to bridge the gap between abstract fiscal realities and public understanding of the need for reform.

2. **The Limits of Electoral Mandates** - Winning an election confers authority, but it does not grant a blank cheque to unilaterally alter foundational social benefits. The opposition's success in framing the debate around "lost years of pension" shows that governments must continuously build legitimacy through explanation and persuasion, rather than relying on the cold comfort of an electoral mandate to push through unpopular measures.

3. **The Necessity of Holistic Reform** - As the IMF suggests in its 'Demographic headwinds: the growth impacts of population ageing in Mauritius' analysis, pension reform cannot stand alone. The "demographic headwinds" are too powerful to be addressed by age adjustments alone. The IMF's recommendations for a "cushion" emphasize labour force participation (especially for women and youth), productivity boosts, and structural improvements to the business climate. Policymakers must realize that delaying retirement age is a bitter pill to swallow if there are no complementary policies to combat age discrimination in hiring or to provide retraining for older workers.

The IMF's Path Forward

In light of its "demographic headwinds" analysis, the IMF offers a clear, if demanding, roadmap. It identifies the increase of the retirement age to 65 as the primary lever for fiscal savings, estimating a potential reduction in

expenditure of 1.7% of GDP. Furthermore, it advocates for moderating pension increases to match inflation rather than political whim, and for transforming the Contribution Sociale Généralisée (CSG) into a truly contributory, transparent scheme.

Crucially, the IMF balances these hard-nosed fiscal recommendations with a call to protect the vulnerable. The message is one of necessary, yet calibrated, structural adjustment. The IMF argues that without such reforms, the "demographic drag" could result in a GDP 50% lower by 2070 than it otherwise would have been, placing a catastrophic tax burden on future generations.

Intergenerational Equity: The Forgotten Stakeholder

Perhaps the most compelling argument for reform, often lost in the heat of immediate political debates, is intergenerational equity. The current pension struggle is essentially a negotiation between the present and the future. If the system remains unchanged, the fiscal burden will inevitably fall on a shrinking pool of younger workers. A government's responsibility is to balance the needs of those currently in retirement with those who have yet to enter the workforce, ensuring that the former is supported without bankrupting the future of the latter.

The Mauritian pension reform episode is a reminder that democratic governance is an exercise in balancing fiscal reality with social solidarity. The government's pivot — freezing means-testing while maintaining the age increase — reflects a recognition that flexibility is not a sign of weakness, but a requirement of democracy.

As of July 2026, the path remains complex. Demographic trends are unyielding, and the need for reform will not dissipate. The ultimate success of the Ramgoolam government's efforts — and indeed any future government's attempts — will depend not just on the technical design of the pension architecture, but on a renewed commitment to transparent, phased, and inclusive policymaking. The challenge for Mauritius is to forge a new social contract that preserves the dignity of the elderly without compromising the economic security of the young. In the face of undeniable demographic headwinds, this is not merely a policy goal; it is a national imperative.

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The Power of Prosecution: Does Mauritius Need Stronger Checks and Balances?

What the Lagesse case reveals about prosecutorial power after twelve years of litigation

The powers and independence of the Director of Public Prosecutions (DPP) have come under renewed public scrutiny following a series of high-profile legal battles, including the Thierry Lagesse case before the Privy Council and constitutional arguments raised in the Baboolall appeal. These cases have reopened a fundamental question: how can Mauritius preserve a strong and independent prosecutorial authority while ensuring that such extensive powers remain subject to appropriate checks and balances? Lex provides his perspective on this issue. Read on.

LEX

*** Several recent cases — including the Thierry Lagesse matter before the Privy Council and the constitutional challenge in the Baboolall appeal — have brought renewed focus to the issue of the powers of the DPP. Do these cases expose weaknesses in our constitutional framework, or are they simply examples of the judicial process functioning as intended?**

In the *Lagesse* case, following the DPP's application for special leave to appeal against a second acquittal, the Privy Council ruled: "*Permission to appeal is refused on the ground that it is not arguable that there has been a serious miscarriage of justice.*"

There is no weakness in the system. Rather, this case illustrates that where significant powers are entrusted to a high public official, particularly in matters of prosecution, they should be exercised with due care and sound judgment, bearing in mind the potential implications for the administration of justice and the use of public resources.

*** The Constitution grants the DPP extensive independence in deciding whether to institute, continue or discontinue criminal proceedings. Does it provide sufficient constitutional checks and balances to ensure accountability in the exercise of the DPP's powers, or has the office become one of the few institutions wielding a level of constitutional authority that is difficult to scrutinise?**

The Office of the Director of Public Prosecutions (DPP) in Mauritius balances extensive prosecutorial independence with meaningful, if carefully constrained, constitutional and judicial checks. While the DPP is free from executive control, the office remains accountable to the Supreme Court, the Judicial Committee of the Privy Council, and the requirements of the rule of law.

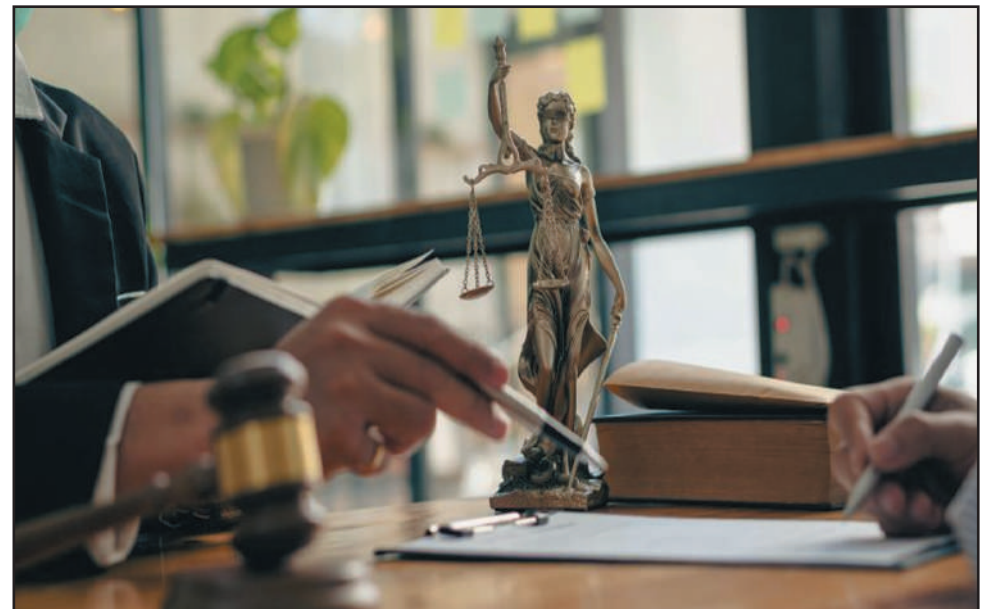
The debate is not whether such checks exist, but whether they are sufficient, or whether the office enjoys a degree of insulation that limits public accountability. This discussion centres on the nature and scope of the safeguards built into the Mauritian constitutional and legal framework.

Unlike certain other constitutional offices that submit comprehensive annual reports for scrutiny by the National Assembly, the DPP is generally not required to publicly explain the reasons for initiating, discontinuing or declining prosecutions. Those decisions are largely protected by prosecutorial independence and legal privilege, a framework that safeguards impartial decision-making but can also give rise to perceptions of limited transparency.

*** Independence is often regarded as essential to protect prosecutors from interference — political or otherwise. In the United Kingdom, although prosecutorial decisions are operationally independent, the Attorney General remains politically accountable to Parliament. Could Mauritius draw inspiration from that model without compromising prosecutorial independence?**

Integrating a political figure, such as the Mauritian Attorney General, into the prosecutorial chain could expose the justice system to executive and legislative pressures. As the UK Attorney General is a political appointee who is answerable to the government of the day, transplanting this model to Mauritius could undermine public confidence, particularly if prosecutorial decisions in high-profile corruption or politically sensitive cases were perceived as being influenced by political considerations.

*** Would it be constitutionally desirable for the DPP to appear periodically before a parliamentary committee — not to justify individual prosecutorial decisions, but to explain policies, priorities, statistics and the adminis-**



“The law must remain predictable. When a case is repeatedly appealed, retried, and challenged at different levels of the judicial system — including the Financial Crimes Division, the Supreme Court of Mauritius, and the Judicial Committee of the Privy Council — it may undermine public confidence in the justice system’s ability to resolve disputes conclusively and efficiently. Repeated appeals by prosecuting authorities on the same set of facts, resulting in multiple acquittals and retrials, risk turning a legitimate prosecution into an abuse of process. They may also impose significant financial and psychological burdens on the accused...” Pic - custodycasecrew.com

tration of the Office? Or would parliamentary scrutiny risk undermining prosecutorial independence?

Under the Constitution of Mauritius, the DPP operates entirely independently of executive and legislative control. Whether it is constitutionally desirable for the DPP to appear before a parliamentary committee involves balancing democratic accountability with the preservation of prosecutorial independence.

Requiring the DPP to appear before a parliamentary committee, such as the Public Accounts Committee or a sectoral committee, could help demystify the functioning of the Office of the DPP.

Periodic reviews of broader policies, systemic backlogs, conviction statistics, and budgetary administration could strengthen public trust. They would reassure the public that state resources are being used efficiently without interfering with individual criminal cases.

Proponents argue that no public office in a democracy should be entirely exempt from accountability. Explaining the criteria or guidelines governing prosecutorial decisions could make the justice system more responsive to national concerns

without undermining its core independence.

*** One of the current debates concerns whether the Constitution actually confers a general right upon the DPP to appeal against acquittals. Should such an important power be expressly stated in the Constitution rather than inferred from legislation or judicial interpretation?**

The question of whether the DPP's right to appeal acquittals should be expressly enshrined in the Constitution, rather than derived from legislation, remains a central issue in Mauritian jurisprudence. The debate turns on the principles of constitutional supremacy, the separation of powers, and the rule of law.

Expressly defining the scope of the DPP's appellate powers in the Constitution could provide a clearer framework for the Supreme Court and the Judicial Committee of the Privy Council to review the exercise of those powers and ensure that they are exercised in accordance with constitutional principles, not arbitrarily.

The Power of Prosecution: Does Mauritius Need Stronger Checks and Balances?

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*** From the standpoint of constitutional principle, should appeals against acquittals be exceptional rather than routine? How should the legal system balance the need to correct judicial errors with the protection of citizens from repeated prosecutions and prolonged uncertainty?**

The tension between correcting judicial errors and protecting individuals from state overreach lies at the heart of Mauritian criminal jurisprudence and is anchored in the Constitution of Mauritius. Under Section 10 of the Constitution, every person is guaranteed the presumption of innocence and the right to a fair trial. Subjecting an acquitted person to an appeal may expose that individual to renewed uncertainty and prolonged legal proceedings.

Conceptually, an acquittal represents the final determination of a criminal charge. Allowing the State to routinely appeal acquittals could weaken the principle of finality in criminal proceedings and, in turn, affect public confidence in the administration of justice.

*** The Lagesse case lasted approximately twelve years before the acquittal became final. Does such prolonged litigation raise concerns about legal certainty, fairness, and an accused person's right to bring proceedings to an end?**

Prolonged litigation extending over twelve years raises serious concerns about legal certainty, fairness, and the rights of the accused. Delays of such magnitude challenge fundamental principles of justice, including the right to a fair hearing within a reasonable time and protection against oppressive state action.

Under international human rights law, including the International Covenant on Civil and Political Rights, as well as under national constitutional frameworks such as that of Mauritius, individuals are entitled to have criminal proceedings determined without undue delay. Prolonged litigation can create a state of continuing uncertainty, leaving the accused's personal life, reputation, and livelihood in limbo.

Protracted legal proceedings can also affect the fairness of a trial. Over a period of twelve years, memories may fade, witnesses may become unavailable or less reliable, and crucial evidence may deteriorate or be lost, potentially placing the defence at a disadvantage.

The law must remain predictable. When a case is repeatedly appealed, retried, and challenged at different levels of the judicial system — including the Financial Crimes Division, the Supreme Court of Mauritius, and the Judicial Committee of the Privy Council — it may undermine public confidence in the justice system's ability to resolve disputes conclusively and efficiently.

Repeated appeals by prosecuting authorities on the same set of facts, resulting in multiple acquittals and retrials, risk turning a legitimate prosecution into an abuse of process. They may also impose significant financial and psychological burdens on the accused.

*** Some argue that the State's ability to pursue appeals may create an imbalance between the resources available to the prosecution and those available to ordinary defendants. Should there be statutory or constitutional limits on appeals following an acquittal, or should prior judicial permission be required before such an appeal is pursued?**



“The DPP has independent powers to institute and undertake criminal proceedings, including the right to appeal under the Criminal Appeal Act. Introducing limits or requiring prior judicial permission could help prevent potential state overreach and protect an accused person's right to finality, while still allowing appeals in cases involving serious legal errors. An acquittal should generally be regarded as final in order to protect individuals from the significant emotional, financial, and reputational burden of defending themselves against the State on multiple occasions...” Pic - vecteezy.com

Under the Constitution of Mauritius, the DPP has independent powers to institute and undertake criminal proceedings, including the right to appeal under the Criminal Appeal Act. Introducing limits or requiring prior judicial permission could help prevent potential state overreach and protect an accused person's right to finality, while still allowing appeals in cases involving serious legal errors.

An acquittal should generally be regarded as final in order to protect individuals from the significant emotional, financial, and reputational burden of defending themselves against the State on multiple occasions.

The State possesses considerable resources. Without a leave-to-appeal requirement, prosecutorial appeals could potentially place ordinary defendants under prolonged legal and financial pressure through extended appellate proceedings.

*** Constitutions are designed not only for responsible officeholders but also to guard against potential abuses of power. Does the Mauritian Constitution provide sufficient safeguards to prevent such risks, particularly if the office of DPP were, in the future, occupied by a less independent or politically motivated holder?**

The Mauritian Constitution provides robust legal protection for the independence of the DPP, effectively insulating the office from direct political interference. However, as with all Westminster-model systems, the effectiveness of these safeguards ultimately depends on the integrity of the appointment process and the strength of judicial oversight.

While prosecutorial discretion is an essential feature of an independent prosecution service, an absence of transparency can raise concerns. The DPP is not generally required to publicly disclose the reasons behind decisions to initiate prosecutions or discontinue charges, which may contribute to perceptions of bias or inconsistency, particularly if the office were occupied by a less independent figure.

*** Ultimately, what constitutional reforms, if any, would you recommend to preserve both the independence of the DPP and the democratic principle that no**

public institution should exercise significant constitutional power without appropriate checks and balances?

The DPP derives its broad authority from Section 72 of the Constitution, which insulates prosecutorial decisions from political interference. Striking the right balance requires ensuring that this independence remains uncompromised while also preventing the potential exercise of arbitrary power. To preserve the independence of the DPP while addressing the need for institutional accountability, a balanced approach would involve strengthening judicial oversight, reviewing appointment mechanisms, and ensuring that the office remains strictly insulated from partisan political influence.

*** Looking ahead, do you believe Mauritius should maintain the current constitutional architecture surrounding the Office of the DPP, or is the time ripe for a broader national debate on prosecutorial powers, judicial oversight, parliamentary accountability and constitutional reform?**

Mauritius is actively pursuing a broader national debate and structural reassessment of its constitutional framework, including the powers of the DPP. The Constitutional Review Commission Act establishes an independent framework to examine issues relating to the separation of powers, institutional accountability, and prosecutorial oversight.

The debate surrounding the Office of the DPP focuses on several key areas. Critics and proponents of reform argue that the extensive discretion exercised by the DPP requires appropriate checks and balances to enhance accountability in decisions relating to the institution or discontinuation of criminal proceedings. There have also been longstanding calls to clarify the respective roles and boundaries between the police, investigative bodies, and the DPP.

The evolution of legislation, such as the Bail Act, has further prompted discussions on the appropriate balance between the DPP's role and judicial oversight, particularly regarding detention and objections to bail.

*** One should, however, keep in mind that an independent judiciary and an independent DPP, acting in the spirit of the Constitution, can serve as effective bulwarks against an autocratic regime — as was evident during the previous government's mandate. We must therefore be careful not to go too far in curtailing the powers of the DPP, don't you think?**

Advocates argue that, because the DPP is constitutionally independent and not subject to the direction or control of any other person or authority, the office serves as an important check and balance against autocratic rule and politically motivated prosecutions. Proponents maintain that entrusting prosecutorial decisions to an independent legal officer helps ensure that criminal justice is administered objectively rather than being influenced by executive considerations.

At the same time, some legal experts and political groups have argued that all public offices, including the DPP, should be subject to appropriate oversight and accountability mechanisms to guard against potential abuse or arbitrary decision-making. The Judicial Committee of the Privy Council has previously held that decisions of the DPP are, in principle, amenable to judicial review, thereby confirming that prosecutorial independence does not amount to absolute legal immunity.

Titans de la Coupe du monde: les leçons de leadership des plus grands champions

Par A. Bartleby

Tous les quatre ans, la Coupe du monde de football ne consacre pas seulement une nation championne. Elle révèle aussi des hommes d'exception qui transcendent leur sport pour devenir des symboles de leur époque. Leurs exploits dépassent largement le rectangle vert: ils inspirent des millions de personnes et offrent de précieuses leçons sur le leadership, la résilience, la discipline et l'excellence.

L'édition 2026 n'échappe pas à la règle. Si le tournoi n'est pas encore achevé, deux noms se détachent déjà: Lionel Messi, qui continue d'émerveiller le monde à 39 ans par son intelligence de jeu et son influence déterminante, et le jeune prodige espagnol Lamine Yamal, dont le talent précoce laisse présager une carrière exceptionnelle. Quel que soit le vainqueur final, ces deux joueurs incarnent deux générations d'excellence: l'une au sommet d'une carrière hors du commun, l'autre à l'aube d'un destin prometteur.

L'histoire de la Coupe du monde est jalonnée de ces figures devenues légendaires. Pelé, à seulement 17 ans en 1958, émerveille la planète et révolutionne le football par son génie. Johan Cruyff, en 1974, ne remporte pas le trophée, mais impose une nouvelle philosophie du jeu qui influencera durablement le football mondial. Diego Maradona, en 1986, réalise sans doute la plus grande performance individuelle de l'histoire de la compétition en conduisant presque à lui seul l'Argentine au sacre.

D'autres ont marqué leur époque de manière différente:



Le football rappelle qu'un véritable leader ne se distingue pas seulement par son talent, mais par sa capacité à transformer celui-ci en réussite collective. P - YouTube

- Paolo Rossi ressuscite l'Italie en 1982 après un retour inattendu;
- Zinedine Zidane offre à la France sa première Coupe du monde en 1998 avant d'illuminer une nouvelle fois le tournoi en 2006;
- Ronaldo Nazário revient d'une série de graves blessures pour mener le Brésil au titre en 2002;
- Luka Modrić porte une modeste Croatie en finale en 2018;
- enfin, Lionel Messi complète son extraordinaire parcours en remportant enfin la Coupe du monde en 2022, consacrant ainsi une carrière déjà exceptionnelle.

Qu'ont donc en commun ces champions qui dépassent le simple statut de grands joueurs?

Le talent, bien sûr. Mais le talent n'est jamais suffisant. Tous possédaient également une discipline de fer, une capa-

cité de travail remarquable et une aptitude exceptionnelle à rester performants sous une pression immense. Plus encore, chacun savait élever le niveau de ses coéquipiers. Car un grand joueur ne gagne jamais seul une Coupe du monde; il inspire une équipe entière à se dépasser.

Leur parcours rappelle également que les plus grandes réussites naissent souvent de l'adversité. Ronaldo Nazário aurait pu mettre un terme à sa carrière après ses blessures successives. Messi a longtemps dû supporter les comparaisons avec Maradona et les critiques de ceux qui lui reprochaient de ne pas avoir remporté de Coupe du monde. Aucun n'a cédé au découragement. Leur persévérance est devenue aussi admirable que leur talent.

Une autre caractéristique distingue ces géants: leur capacité d'adaptation. Pelé a su faire évoluer son jeu au fil des années. Zidane est devenu un maître du tempo plutôt qu'un simple virtuose. Quant à Messi, il

a progressivement abandonné les accélérations fulgurantes de sa jeunesse pour privilégier la vision, la précision des passes et l'intelligence tactique. Les plus grands leaders savent, eux aussi, évoluer avec leur temps plutôt que de s'accrocher à leurs succès passés.

Ces exemples dépassent largement le monde du sport. En politique comme dans l'entreprise, les meilleurs dirigeants partagent souvent les mêmes qualités. Ils savent où ils veulent conduire leur équipe. Ils gardent leur sang-froid dans les moments difficiles. Ils prennent des décisions courageuses sans perdre de vue l'objectif collectif. Surtout, ils comprennent que le véritable leadership ne consiste pas à attirer toute la lumière sur soi, mais à permettre aux autres de donner le meilleur d'eux-mêmes.

Le football rappelle également une vérité essentielle: les plus grandes victoires sont toujours collectives. Derrière chaque champion se trouvent des entraîneurs, des préparateurs, des coéquipiers et des milliers d'heures de travail invisible. De même, les succès d'une entreprise ou d'un pays reposent rarement sur un seul homme, aussi brillant soit-il. Ils sont le fruit d'une vision partagée, d'une organisation solide et d'une confiance mutuelle.

En définitive, les grandes figures de la Coupe du monde ne fascinent pas uniquement par leurs trophées ou leurs exploits techniques. Elles incarnent des valeurs universelles: la persévérance face à l'échec, la discipline dans l'effort, l'humilité dans la victoire et la capacité d'inspirer les autres. Voilà pourquoi leur influence dépasse les générations et les frontières.

Les champions passent, mais les leçons demeurent. Dans un monde où les défis deviennent chaque jour plus complexes, le football continue de nous rappeler qu'un véritable leader ne se définit pas seulement par son talent, mais par sa capacité à transformer ce talent en une force collective au service d'un objectif qui le dépasse.



La lutte contre la haine raciale ne doit pas restreindre la liberté d'expression, pas plus que celle-ci ne doit protéger les appels à la haine ou à la violence.
P — media-animation.be

Discours de haine et liberté d'expression:

l'équilibre périlleux de la cohésion nationale

A l'Assemblée nationale, mardi dernier, une question parlementaire de la Dr Ms Daureeawo portant sur la surveillance et la prévention des discours de haine raciale, notamment sur les réseaux sociaux, a remis sur le devant de la scène un défi auquel sont confrontées toutes les démocraties contemporaines: comment combattre efficacement les discours qui attisent la haine tout en préservant la liberté d'expression, pilier fondamental de l'État de droit?

Dans sa réponse, le Premier ministre a rappelé que Maurice est une société pluraliste, multiculturelle et démocratique, dont la cohésion repose sur le respect mutuel entre les différentes composantes de la nation.

Cette diversité, a-t-il souligné, constitue une richesse qu'il convient de préserver.

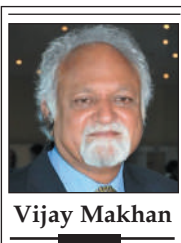
Le chef du gouvernement a rappelé que le cadre juridique mauricien comporte déjà plusieurs dispositions destinées à lutter contre l'incitation à la haine raciale. L'article 282 du Code pénal criminalise les propos incitant à la haine raciale, y compris lorsqu'ils sont diffusés par les médias traditionnels, les plateformes numériques ou les réseaux sociaux. Les articles 16 et 17 de la Constitution offrent un recours devant la Cour suprême en cas de discrimination raciale, tandis que l'*Equal Opportunities Commission* et le Tribunal des chances égales peuvent être saisis par les victimes de discrimination.

Selon le Premier ministre, il appartient

ensuite aux autorités compétentes — la police, les enquêteurs, le Directeur des poursuites publiques et les tribunaux — de déterminer si certains propos dépassent les limites de la liberté d'expression pour constituer une véritable incitation à la haine. Il a insisté sur le fait que l'objectif n'est pas de "policer les opinions", mais de protéger le tissu social de la "nation arc-en-ciel" tout en laissant le plus large espace possible au débat démocratique.

Le gouvernement a également réaffirmé son opposition à toute forme de censure généralisée, évoquant les restrictions imposées aux réseaux sociaux sous le précédent gouvernement.

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Chagos: The Next Seventy Years

The recovery of the Chagos Archipelago was never about replacing one authority with another, but about assuming responsibility. The next chapter must be one of stewardship, not exploitation

The publication of a recent scientific study - carried out by Dirk Zeller and Roshni Mangar for 'Sea Around Us-Indian Ocean' - on historical fisheries in the Chagos Archipelago comes at a particularly significant moment. As the long struggle over sovereignty gradually gives way to the equally demanding challenge of governance, Mauritius must ensure that the international narrative surrounding Chagos reflects not only sound science but also an accurate understanding of its declared policies and its long-term vision for the archipelago.

There are moments in the life of nations when the nature of a debate changes fundamentally. The Chagos question has now reached such a moment.

For more than half a century, Mauritius quite rightly concentrated its energies upon recovering sovereignty over the Chagos Archipelago. Successive governments, supported by our diplomacy, our legal teams and our many international partners, pursued with remarkable consistency what history, justice and international law demanded.

That chapter is now drawing to a close. Another is about to begin.

The question confronting Mauritius is no longer simply whether it possesses sovereignty over the Chagos Archipelago. Increasingly, it is how that sovereignty will be exercised.

Or, more appropriately, how Mauritius will demonstrate effective stewardship over one of the world's most strategically and environmentally significant maritime domains.

These are themes which I explore at greater length in a forthcoming monograph (under print) on the changing geopolitics of the Indian Ocean. They have been brought into sharper focus by the publication of a recent scientific study reconstructing historical fishing activity in the Chagos Archipelago.

As one who is not a fisheries scientist, I have neither the competence nor the inclination to pronounce upon the scientific methodology employed by the researchers. Their work, however, deserves careful examination by those better qualified to do so. Serious scientific inquiry should always be welcomed. It broadens knowledge and contributes to better public policy.

My concern lies elsewhere.

It is not so much the study itself that invites reflection, but part of the narrative that has accompanied its publication.

Readers are left with the impression that Mauritius may be contemplating reopening the protected waters of the Chagos Archipelago to domestic and foreign com-

mercial fishing in order to generate additional revenue.

That is a serious proposition, short of saying allegation. For, it is one that sits uneasily with the policy that Mauritius has publicly and unequivocally placed on record.

Government has made clear that **no commercial fishing will be permitted anywhere within the Chagos Archipelago Marine Protected Area (CAMPA)**. The only envisaged exception relates to carefully regulated artisanal, subsistence and recreational fishing in designated areas associated with any eventual resettlement, while preserving the integrity of one of the world's largest marine protected areas.

That is the declared policy.

Against that background, the suggestion by certain news outlets, including the *Oceanographic* magazine, that Mauritius may reopen the protected waters to domestic and foreign commercial fishing in exchange for revenue is difficult to reconcile with the position publicly articulated by Government.

If that suggestion is based upon an official proposal, the source should be identified. If, on the other hand, it reflects an interpretation, an assumption or an extrapolation, that too should be made equally clear.

The distinction is important.

Public commentary accompanying a scientific study should not inadvertently create an international perception that is inconsistent with the sovereign state's declared policy. This is not an inconsequential matter.

At a time when international attention is progressively shifting from the legal contest over sovereignty towards the practical realities of governing the archipelago, narratives



“Government has made clear that no commercial fishing will be permitted anywhere within the Chagos Archipelago Marine Protected Area. The only envisaged exception relates to carefully regulated artisanal, subsistence and recreational fishing in designated areas associated with any eventual resettlement, while preserving the integrity of one of the world's largest marine protected areas. That is the declared policy. Against that background, the suggestion by certain news outlets, including the *Oceanographic* magazine, that Mauritius may reopen the protected waters to domestic and foreign commercial fishing in exchange for revenue is difficult to reconcile with the position publicly articulated by Government...”

Pic - Galapagos Conservation Trust

matter. They influence perceptions. They shape expectations. Left unchallenged, they can gradually acquire the status of accepted fact.

Accuracy therefore becomes a responsibility shared by all who contribute to the debate. There is another distinction which, to my mind, is even more significant.

The recent study seeks to reconstruct what happened in the waters of the Chagos Archipelago during the past seventy years.

Mauritius, by contrast, must determine what should happen there during the next seventy. The first exercise is historical. The second is strategic. The first helps us understand yesterday. The second requires us to shape tomorrow.

That tomorrow extends far beyond fisheries. It encompasses the future of CAMPA; the conservation of one of the world's richest marine ecosystems; marine scientific research; maritime surveillance; the fight against illegal, unreported and unregulated (IUU) fishing; search and rescue; climate resilience; regional cooperation; and the careful reconciliation of environmental stewardship with the legitimate aspirations of those of our citizens wishing to return to parts of their homeland.

This is the conversation that should increasingly occupy us.

It is perhaps inevitable that, as the Chagos question moves from sovereignty to stewardship, scientific research, environmental advocacy, policy analysis and geopolitical interests will increasingly intersect. This is but normal. Indeed, informed

debate should be encouraged.

Equally, however, it places an even greater premium on ensuring that scientific findings are not inadvertently accompanied by policy assumptions which Mauritius itself has neither adopted nor announced.

Science should be seen to inform policy, not define it. Nor should commentary surrounding scientific work create impressions that are inconsistent with a country's publicly declared position.

Mauritius should therefore welcome this study. It should encourage further research. But it should also invite scientific scrutiny. It should continue to strengthen partnerships with the international scientific community. But it is equally its legitimate and absolute right to expect that its declared policies are represented accurately and fairly.

Mauritius did not pursue the recovery of the Chagos Archipelago for more than half a century merely to replace one administrator with another or to exchange one form of resource management for another. It pursued that objective because sovereignty carries responsibilities as well as rights.

Stewardship — not exploitation — must therefore define the next chapter in the history of the archipelago.

The study tells us something about the past. Mauritius must now concern itself with the future. If the long years since independence were devoted to recovering sovereignty, let the next seventy years be devoted to demonstrating exemplary stewardship.

That will require scientific knowledge. It will require capable institutions. It will require vigilance, vision and sustained political commitment. Above all, it will require Mauritius to think and act as the ocean state that geography, history and international law have now entrusted it to become.

That, ultimately, will be the true measure of our success.

“Mauritius did not pursue the recovery of the Chagos Archipelago for more than half a century merely to replace one administrator with another or to exchange one form of resource management for another. It pursued that objective because sovereignty carries responsibilities as well as rights. Stewardship — not exploitation — must therefore define the next chapter in the history of the archipelago...”

Jean Claude de l'Estrac

Réforme du système de pension

“Il faut reconnaître au Premier ministre le courage de s'attaquer à ce problème...

... mais sa méthode n'est clairement pas la bonne”

La controverse autour de la réforme des pensions agit comme un révélateur de questions plus profondes: soutenabilité des finances publiques, avenir de l'État providence, gouvernance, méritocratie et capacité du pays à renouer avec une croissance durable. Dans cet entretien, Jean-Claude de l'Estrac analyse les enjeux économiques et politiques du moment, tout en esquissant les conditions d'un redressement fondé sur une vision à long terme et des réformes assumées.

Mauritius Times: Quel regard portez-vous sur la manifestation organisée samedi dernier par la Platform Komun Sindikal contre la réforme du système de pension? Son ampleur et la mobilisation qu'elle a suscitée révèlent-elles un malaise plus profond au sein de la population face à ses conditions de vie et aux difficultés de la vie quotidienne?

Jean Claude de l'Estrac: Sans doute, il y avait là une expression large des mécontentements populaires. Mais pour l'essentiel la manifestation a été un succès pour une raison évidente : rarement a-t-on vu une même cause mobiliser tous les syndicats et tous les partis politiques de l'opposition. A partir de ce consensus, les conditions étaient réunies pour une manifestation de grande ampleur.

* **Beaucoup estiment que les dirigeants semblent avoir sous-estimé la portée politique de la question des pensions, alors qu'elle a souvent constitué un facteur déterminant dans l'issue des élections générales à Maurice. Pour réaliser une économie d'environ Rs 10 milliards, le gouvernement aurait-il dû privilégier**

Par définition, un «plan» de pension engage le pays sur plusieurs années, parfois même des décennies. Le problème relève de la planification économique et non de la comptabilité budgétaire même s'il est vrai, qu'en fin de compte, il dépend des dotations budgétaires car la «pension» est au fait une allocation sociale qui a fini par prendre la forme d'un salaire supplémentaire. Les syndicats n'aiment pas se l'entendre dire, mais on parle généralement de «pension» lorsqu'elle résulte de contributions. Ce n'est pas le cas de la pension de vieillesse.

Sur le plan politique, l'affaire du «means test» a été mal gérée, le gouvernement n'a pas su capitaliser sur la contradiction flagrante des syndicats qui déclarent se battre pour les plus vul-



'Inadapté au contexte actuel, le système nécessite des réformes urgentes, dont un ciblage indispensable'

d'autres sources d'économies ou de recettes, là où se trouvent réellement les marges financières, plutôt que de toucher à une mesure aussi sensible? Quel regard portez-vous sur cet arbitrage, tant sur le plan économique que politique?

Voyons d'abord le plan économique. Que je sache, même les démagogues ne contestent pas la nécessité de réformer un système devenu ruineux pour le pays, compte tenu de la nouvelle réalité marquée par le vieillissement de notre population et l'allongement de l'espérance de vie, ce qui constitue par ailleurs une conquête sociale. Il faut reconnaître au Premier ministre le courage de vouloir s'attaquer à ce problème. Mais sa méthode n'est clairement pas la bonne.

Une réforme de cette envergure et d'une telle complexité n'aurait pas dû être proposée dans le cadre du budget annuel parmi les 150 autres mesures annoncées.

néables mais qui insistent pour que les maigres ressources de l'État soient distribuées à tous, y compris à ceux qui n'en ont aucun besoin.

Je ne connais pas de mesure plus juste que le ciblage pour distinguer entre les nécessiteux et les nantis. Et, sur le plan strictement économique, le Fonds monétaire international (FMI) vient de nous rappeler la justesse de cette approche.

* **Le débat ne se résume-t-il pas, au fond, à un gouvernement qui pensait pouvoir faire accepter une réforme jugée indispensable, face à une population habituée aux largesses de l'ère Jugnauth et qui considère désormais certaines allocations sociales comme des droits acquis, malgré la non-viabilité du système actuel et l'état préoccupant des finances publiques? Quel regard portez-vous sur cette situation?**

Vous avez raison, car tout est affaire de contexte. Les

années de dépenses dispendieuses sous les gouvernements Jugnauth ont donné aux contribuables le sentiment que l'argent public est sans limite. Le discours sur la dette nationale, les déficits accumulés sonnent creux. Le contribuable ne se pose pas la question de la soutenabilité. Il entend profiter de l'argent public ici et maintenant, il estime en effet que c'est son droit.

Mais il suffit d'ouvrir les yeux et s'informer, l'on constatera que pour les mêmes raisons, tous les gouvernements sont mis en demeure de réformer leurs systèmes.

☞ Suite en page 8

“Les années de dépenses dispendieuses sous les gouvernements Jugnauth ont donné aux contribuables le sentiment que l'argent public est sans limite. Le discours sur la dette nationale, les déficits accumulés sonnent creux. Le contribuable ne se pose pas la question de la soutenabilité. Il entend profiter de l'argent public ici et maintenant, il estime en effet que c'est son droit...”

'Même les démagogues ne contestent pas la nécessité de réformer un système devenu ruineux pour le pays'



“L'affaire du «means test» a été mal gérée, le gouvernement n'a pas su capitaliser sur la contradiction flagrante des syndicats qui déclarent se battre pour les plus vulnérables mais qui insistent pour que les maigres ressources de l'État soient distribuées à tous, y compris à ceux qui n'en ont aucun besoin. Je ne connais pas de mesure plus juste que le ciblage pour distinguer entre les nécessiteux et les nantis...”

☞ Suite de la page 7

Par plus tard que cette semaine, la question est posée en Angleterre et en Allemagne, des pays infiniment plus riches que nous. Mais le contribuable mauricien semble prêt à sacrifier l'intérêt de ses enfants pour des gains immédiats. Il ne va pas être simple de changer de paradigme d'autant plus que la communication gouvernementale est désastreuse.

*** Au regard de la fragilité de la situation économique et des finances publiques, de nombreux économistes estiment qu'il sera difficile de préserver, dans le long terme, l'Etat providence, dans sa forme actuelle et avec le même niveau de prestations. Vous le pensez aussi?**

Les économistes ont parfaitement raison, mais les experts n'ont pas la côte dans ce pays. On a vu comment actuaire et économistes ont été vilipendés. J'enrage d'écouter autant d'ignares et d'observateurs à moitié cuits, proférer avec aplomb des contre-vérités.

A l'évidence, le système mis en place dans un tout autre contexte économique et démographique ne peut pas perdurer sans ajustements. Voilà pourquoi, entre autres mesures, un ciblage devient impératif. En ce qui me concerne, un tel ciblage ne devrait pas se limiter à la question de la pension. Il y a tous les services gratuits pour tous, toutes les subventions pour tous. Nous ne pouvons maintenir un tel niveau de générosité universelle de l'Etat dans un pays confronté à une croissance aussi faible.

Cette question de croissance devrait être la priorité absolue du gouvernement. Seule une croissance vigoureuse pourrait aider l'État à mieux protéger les citoyens. Mais j'avoue, cette fois, que j'ai une grande interrogation car j'ai du mal à identifier ce qui pourrait, dans le court et le moyen termes, produire cette nécessaire croissance.

*** A bien voir, toutefois, les responsables politiques, presque tous bords confondus, semblent s'être piégés dans leur propre logique de promesses sociales: hausses successives de la pension de vieillesse à l'approche ou à l'issue des élections générales, multiplication des allocations sociales, notamment depuis la pandémie de la Covid-19. Comment concilier ces engagements avec les impératifs de discipline budgétaire, sans risquer une éventuelle dégradation de la notation souveraine par Moody's?**

Tout cela est, hélas, une des perversions de la démocratie et du système électoral. Pour se faire élire, il est indispensable maintenant de «briber» en quelque sorte l'électeur.

Les temps ont vraiment changé. J'ai fait de la politique à un temps où l'électeur voulait savoir du candidat ce qu'il propose de faire pour le pays; aujourd'hui il demande au candidat ce qu'il va faire pour lui...

En fin de compte, c'est l'électeur qui pousse le politicien vers la surenchère et en ce qui concerne Moody's, l'électeur s'en contrebalance. Il faudra un leadership vraiment fort et vertueux, capable de dire ses vérités à l'électeur.

*** Vingt mois après les élections générales, le bilan vous paraît-il à la hauteur des attentes suscitées par le changement politique?**

Absolument pas, et ce n'est pas qu'une question d'économie.

Ce qui m'avait séduit, moi, dans le programme de l'Alliance du Changement, c'était la proposition de la nomination d'un *Appointments Committee* censé superviser toutes les nominations dans les organismes publics pour promouvoir la culture de la Méritocratie. Je m'étais dit: voilà ce qui pourrait nous rapprocher d'une gestion éclairée à la manière de Singapour. Énorme déception!

A quelques rares exceptions, les nominations, y compris dans des postes clés, obéissent plus que jamais aux critères préférés des gouvernements: clientélisme politique doublé de communalisme et de castéisme.

*** Un commentaire souvent entendu est que le gouvernement tarde à mettre en place de nouveaux piliers de croissance, alors que cette nécessité est évoquée depuis de nombreuses années. En dehors de l'immobilier destiné aux investisseurs étrangers fortunés, pourquoi le pays peine-t-il à développer de véritables moteurs de croissance? Maurice ne dispose-t-elle pas de compétences et de talents nécessaires pour relever ce défi?**

“Ce qui m'avait séduit, moi, dans le programme de l'Alliance du Changement, c'était la proposition de la nomination d'un *Appointments Committee* censé superviser toutes les nominations dans les organismes publics pour promouvoir la culture de la Méritocratie. Je m'étais dit: voilà ce qui pourrait nous rapprocher d'une gestion éclairée à la manière de Singapour. Énorme déception!”

C'est que le problème est effectivement d'une grande complexité. Nous abordons une fin de cycle économique. Les conditions qui avaient présidé au décollage du pays n'existent plus: elles étaient l'existence d'une main-d'œuvre abondante et pas chère. Il n'y a plus de main-d'œuvre, et quand elle existe, elle est chère et peu productive.

Le prochain cycle devra être de forte intensité technologique. Nous n'avons ni les capitaux ni l'expertise pour ce faire. Il faudra aller les chercher ailleurs. Et ce n'est pas en organisant des séminaires entre nous que nous y arriverons.

Je me souviens d'un temps où le ministre de l'Industrie que j'étais faisais littéralement du porte à porte dans les pays étrangers pour convaincre des investisseurs à s'intéresser à Maurice. Encore faudra-t-il au préalable définir ce qui constitue véritablement aujourd'hui nos atouts concurrentiels. C'est de cela qu'il s'agit. Et je constate que certains de ces atouts s'érodent.

*** Au bout du compte, une question demeure: jusqu'où un gouvernement peut-il aller dans la mise en œuvre de réformes difficiles sans compromettre rapidement son capital politique, sachant que gouverner implique souvent le fait de prendre des décisions impopulaires?**

Ce capital politique s'est déjà beaucoup érodé. Mais ce gouvernement a encore du temps avant de faire face aux électeurs. Sur un grand nombre de sujets, il peut encore redresser la barre.

Je suis curieux de voir ce que sera le prochain remaniement ministériel et le message qui sera ainsi envoyé à la population. Et puis, quand un gouvernement fait face à ce type de défiance, c'est seulement par une gestion rigoureuse, transparente et exemplaire qu'il peut espérer retrouver la confiance publique.

Nous avons tous tendance à nous focaliser sur la question économique, elle est cruciale bien sûr, mais le programme de l'Alliance du Changement contient un grand nombre de propositions dont l'exécution n'est pas tributaire de la situation économique et celles-ci sont susceptibles d'améliorer le climat social. C'est une boussole, mais on dirait que le gouvernement l'a perdue...

“A l'évidence, le système mis en place dans un tout autre contexte économique et démographique ne peut pas perdurer sans ajustements. Voilà pourquoi, entre autres mesures, un ciblage devient impératif. En ce qui me concerne, un tel ciblage ne devrait pas se limiter à la question de la pension. Il y a tous les services gratuits pour tous, toutes les subventions pour tous. Nous ne pouvons maintenir un tel niveau de générosité universelle de l'Etat dans un pays confronté à une croissance aussi faible...”



Prakash Neerohoo

Réforme de la Pension de Vieillesse: La difficile quête d'un consensus

La troisième formule est-elle finale?

Le gouvernement a présenté, vendredi dernier, la troisième formule de son projet de réforme de la pension de vieillesse. Une équipe - composée de trois ministres (Ashok Subron, Ritesh Ramful et Reza Uteem) et deux ministres adjoints (Kugan Parapen et Dhaneshwar Damry) - fut déployée pour expliquer la nouvelle formule à la veille de la manifestation tenue par une confédération syndicale opposée à toute réforme. Il est donc possible de prévoir que la troisième formule, qui sera déposée au Parlement pour être débattue et votée, fera partie du projet de loi des finances (*Finance Bill*) pour 2026-27 à moins qu'il n'y ait d'autres changements d'ici-là.

En deux ans, le gouvernement en est à sa troisième formule de réforme. Celle-ci sera-t-elle finalement acceptée socialement et politiquement? Ou fera-t-elle l'objet de litige avec les syndicats?

Rappelons que la première formule, présentée dans le budget 2025-26, proposait le relèvement de l'âge d'éligibilité à la pension de 60 à 65 ans sur une période de transition de cinq ans (2025-2029). A compter de 2029, la pension de Rs15,555 par mois devrait être payée à partir de l'âge de 65 ans.

Age	Year	SAP amount	Adjustment	Rate
60	2026	14,490	0	0.0%
61	2027	14,997	507	3.5%
62	2028	15,522	525	3.5%
63	2029	16,065	543	3.5%
64	2030	16,628	563	3.5%
65	2031	18,210	1,582	9.5%

La deuxième formule (proposée dans le Budget 2026-2027) consistait à cibler la pension de vieillesse en fonction du revenu du bénéficiaire, avec la suppression de la pension au-delà d'un seuil de «revenu net» fixé à Rs 50 000 par mois. Cette formule devrait apporter des économies de Rs 6,2 milliards par an dans le budget consacré à la pension de vieillesse (Rs 55 milliards en 2025-26), mais elle a été abandonnée faute d'adhésion populaire.

Pension réduite

La troisième formule rétablit la pension de vieillesse universelle à partir de 60 ans mais avec certains ajustements. Les pensionnés actuels de 60-65 ans continueront à toucher une pension mensuelle de Rs15,555.



“Le rétablissement de l'universalité de la pension de vieillesse visait à désamorcer une crise sociale face à l'opposition des syndicats et d'autres forces vives de la société. Cependant, l'universalité est contre le principe de l'équité économique dans la politique de redistribution sociale car elle bénéficie aux riches ainsi qu'aux pauvres...”

Toutefois, les nouveaux bénéficiaires qui auront 60 ans en septembre 2026 ou après toucheront une pension réduite dans un premier temps et le montant sera ajusté chaque année par un facteur d'inflation de 3,5% pour atteindre éventuellement Rs15,555 ou plus à 65 ans. En sus de cet ajustement, le bénéficiaire aura une allocation de Rs 1,000 intégrée à la pension à 65 ans. L'indexation de la pension sur l'inflation est une innovation.

Évolution de la pension: Un exemple pour septembre 2026

Le tableau 1 montre l'évolution de la pension pour une personne qui aura 60 ans en septembre 2026 pendant une période de six ans jusqu'à l'âge de 65 ans.

Simplification administrative et projections à moyen terme

La troisième formule est un progrès par rapport aux formules précédentes car il rétablit le caractère universel de la pension de vieillesse. Personne n'aura à se soucier de déclarer toutes ses sources de revenu (émoluments, revenu d'entreprise ou professionnel, revenu de location) à la MRA pour avoir droit à la pension.

Le gouvernement a circulé un tableau (*Pension Projections*) sur la pension à payer à ceux qui auront 60 ans en septembre 2026, en janvier 2027, en janvier 2028 et en janvier 2029, et ce, pendant la période de 60 à 65 ans.

Person turns 60 in	Eligibility date for Pension of Rs 15,555	Pension increases as the person ages					
		60 yrs	61 yrs	62 yrs	63 yrs	64 yrs	65 yrs
Sep-26	Sep-28	14,490	14,997	15,522	16,065	16,628	18,210
Jan-27	Jan-29	14,167	14,663	15,176	15,707	16,257	17,826
Jan-28	Jan-31	13,663	14,142	14,637	15,149	15,679	17,228
Jan-29	Jan-33	13,107	13,566	13,041	14,532	15,041	16,567

Dans tous les cas, les pensionnés n'auront pas la pension intégrale de Rs 15, 555 avant trois ou cinq ans. Il demeure une zone d'ombre importante. Qu'advient-il des retraités qui auront 60 ans en janvier 2030 ou après? Est-ce que les mêmes dispositions s'appliqueront à eux? Le gouvernement ne le dit pas. Il appartiendra sans doute au gouvernement issu des élections de 2029 d'en décider.

Pour une approche holistique de la réforme

Décidément, la réforme de la pension de vieillesse est un chantier complexe qui exige une approche holistique, tenant compte de l'ensemble des facteurs pertinents ci-dessous.

- (a) **Contraintes budgétaires:** L'Etat se retrouve coincé entre des dépenses croissantes et des revenus insuffisants.
- (b) **Pouvoir d'achat:** La cherté de la vie frappe de plein fouet une population du troisième âge vulnérable à l'inflation.
- (c) **Démographie changeante:** Le vieillissement de la population entraîne inévitablement une hausse du ratio de dépendance.

- (d) **Justice sociale:** L'impératif de l'équité économique entre les classes sociales et la justice intergénérationnelle.
- (e) **Pénibilité du travail:** L'âge de la retraite, en particulier pour les travailleurs manuels, doit être considéré.
- (f) **Besoins de financement de l'Etat providence:** Un de ses trois piliers est la Sécurité sociale (avec la Santé et l'Education).
- (g) **Rôle de filet de sécurité:** Il est nécessaire de garantir une pension intégrale — s'apparentant à une forme de revenu de base universel — aux personnes qui ne bénéficient ni d'une pension contributive nationale (de type NPF) ni d'une pension contributive liée à l'emploi, notamment les femmes au foyer et les travailleurs du secteur informel.

- (h) **Diversification du système:** Il est impératif de développer trois piliers solides de pension (la pension de vieillesse, la pension contributive au travail et la pension contributive nationale du type NPF) afin de diminuer la dépendance des gens économiquement faibles sur la pension de vieillesse pour la survie économique.

Dans un système de retraite idéal, la pension de vieillesse est un supplément de revenu plutôt qu'une source de revenu essentielle pour les retraités.

Crise sociale

Le rétablissement de l'universalité de la pension de vieillesse visait à désamorcer une crise sociale face à l'opposition des syndicats et d'autres forces vives de la société. Cependant, l'universalité est contre le principe de l'équité économique dans la politique de redistribution sociale car elle bénéficie aux riches ainsi qu'aux pauvres.

● Suite en page 10



“Malgré son déficit budgétaire, le gouvernement refuse systématiquement d’explorer de nouvelles sources de revenu telles que: la taxe immobilière dans les villes et villages, la taxe sur les dividendes, - la taxe sur les plus-values (biens mobiliers et immobiliers), la taxe sur la spéculation foncière, etc. Sans des revenus suffisants, le budget de pension sera insoutenable financièrement dans les années à venir...”

● Suite de la page 9

Aucune rationalité économique ne justifie le paiement de la pension de vieillesse à des millionnaires qui cumulent plusieurs sources de revenu : revenu d’entreprise ou professionnel, revenu de location, dividendes et intérêts. L’universalité ne tient surtout pas compte de l’économie informelle dont les gros opérateurs ont des signes de richesse extérieurs visibles (propriétés et véhicules) alors qu’ils ne sont pas assujettis au prélèvement obligatoire de l’impôt sur le revenu qui frappe les salariés.

Depuis 2003, le ciblage a été un sujet politiquement sensible avec la surenchère électorale des partis politiques qui ont promis des augmentations aux personnes du troisième âge pour gagner leurs votes. Socialement, il est perçu comme ennuyeux par tous ceux qui auraient eu l’obligation de déposer une déclaration de revenu auprès du fisc.

Puisque l’universalité est coûteuse, l’Etat devrait trouver les moyens de financer le budget de pension. Dans l’équation économique de la pension de vieillesse, il se soucie du paramètre des dépenses mais donne peu d’attention à l’autre paramètre, celui des revenus nécessaires au financement.

Malgré son déficit budgétaire, le gouvernement refuse systématiquement d’explorer de nouvelles sources de revenu telles que :

- la taxe immobilière dans les villes et villages,
- la taxe sur les dividendes, - la taxe sur les plus-values (biens mobiliers et immobiliers),
- la taxe sur la spéculation foncière, etc.

Sans des revenus suffisants, le budget de pension sera insoutenable financièrement dans les années à venir. Déjà l’abandon du « means test » pour le ciblage va provoquer un trou budgétaire de Rs 6,2 milliards car les économies espérées du ciblage de la pension ont été réduites avec la troisième formule.

Récupération fiscale

Pour mitiger l’impact de l’universalité sur le budget, le gouvernement a l’option de récupérer la pension de vieillesse auprès des riches à travers l’impôt sur le revenu. La pension de vieillesse devrait être taxable au-delà de l’exemption de Rs 500,000 qui s’applique au revenu imposable (le revenu brut moins les déductions permises).

Ainsi si un pensionné a un revenu annuel de Rs1 million (incluant la pension de vieillesse) et des déductions de Rs 300,000, son revenu imposable sera comme suit: Rs 1 000 000 - 300,000- 500,000 = 200,000).

Donc, au taux applicable de 10 %, il paiera l’impôt sur le revenu taxable de Rs 200 000

La majorité des ménages ont un revenu annuel inférieur à Rs 1 million et seront donc exemptés de tout impôt. Selon le présent barème d’impôt (10%, 20% et 35%), l’Etat peut récupérer 35% de la pension au maximum auprès des contribuables riches.

Réforme de la Pension de Vieillesse: La difficile quête d’un consensus

La troisième formule est-t-elle finale?

Proposition de tranches d’imposition spécifiques

Pour maximiser la récupération fiscale de la pension universelle, le gouvernement peut introduire des taux d’imposition spécifiques sur cette pension comme suit:

- Tranche de revenu de Rs 500 0000 à Rs 1 million (taux de 10 %) : Soit un impôt de Rs 1 556 sur Rs 15 555 de

pension mensuelle.

- Tranche de revenu de Rs 1 à Rs 2 millions (taux de 50 %): Soit un impôt de Rs 7 778 sur Rs 15 555 de pension.
- Tranche de revenu supérieure à Rs 2 millions (taux de 100 %) : Soit un impôt de Rs 15 555 sur Rs 15 555 de pension.

Prakash Neerohoo



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Candidates, unless already in Service, should not have reached their 45th birthday by the closing date for the submission of applications. Selected candidates will be placed on permanent and pensionable basis after completion of a satisfactory probationary period of one (1) year.

Envelope clearly marked “Tradesman” on top left-hand corner and addressed to the General Manager should reach the STC through registered post or deposited at the STC’s Reception Desk at latest **31 July 2026 by 15:00 hrs.**

Late application and application not made on the Prescribed Form (STC Form 2) will not be considered. Incomplete, inadequate or inaccurate filling of the Application Form may cause the applicant’s elimination from consideration.

Candidates should submit along with their applications, copies of relevant educational qualifications, testimonials of any experience claimed and equivalence of qualification (if any). The onus for the submission of the equivalence of qualification (if applicable) from the relevant authorities (Higher Education Commission or Mauritius Qualifications Authority) rests on the applicants.

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Samad Ramoly

How Mauritius's Offshore Model Splits the Economy in Two

Mauritius's Global Business Company (GBC) sector sits on a staggering US\$741 billion in assets, a capital pool roughly 50 times the size of the nation's entire domestic GDP. Yet, this astronomical wealth exists largely on paper. The offshore sector contributes just 8.4% to local GDP (financial services overall sit around 13-14% — a fraction of what its asset base would suggest), a discrepancy so acute that the International Monetary Fund had to recommend the country impute an estimated value for GBC output just to make it register in national export statistics. **By design, the money merely transits through the island; it never actually lands.**

The Currency Outlier

This decoupling has left Mauritius as an outlier among the world's financial hubs. Most offshore centres eliminate currency risk entirely to maintain economic stability. The British Virgin Islands uses the US\$ outright; Belize, the Cayman Islands, Hong Kong, and the UAE peg their currencies securely to the greenback (precisely through a currency board in Hong Kong's case). Even Singapore, the lone major floating-currency hub, tightly manages its float specifically to maintain a strong and stable exchange rate.

Mauritius, by contrast, lets the rupee float freely. Despite hosting an offshore book worth 50 times its economy, the rupee has depreciated persistently — losing roughly 64% of its value against the US\$ since 1994.

When the US Federal Reserve and other global central banks aggressively raised interest rates, the Bank of Mauritius delayed corresponding rate hikes for years. This policy lag triggered an internal capital flight, as domestic investors shifted rupee assets into higher-yielding foreign accounts. Today, foreign exchange earnings are reportedly hoarded in foreign-currency accounts rather than being converted to rupees. The local currency is left to be propped up by tourism, remittances, and foreign direct investment — not the massive offshore book sitting on top of it.

Wall Street vs. Main Street: A Structural Divide

The disconnect highlights a fundamental structural difference between Mauritius and traditional financial capitals. While the divide between "Wall Street" and "Main Street" represents an uneven distribution of wealth within the United States, **Wall Street still has deep skin in the American game.** It operates within



Pic - World Offshore Banks

an integrated economy: its institutions are heavily taxed locally, they employ hundreds of thousands of domestic workers at scale, and they ultimately bear the systemic risks of their home market.

Mauritius's offshore sector is legally structured to sit outside the domestic economy entirely. To understand the scale of this isolation, one only needs to look at the domestic Information and Communication Technology (ICT) sector. The ICT industry generates 5.7% of GDP through 15,390 real, tangible local jobs — output that appears organically in economic data and is taxed normally. The GBC book, despite being dozens of times larger, produces a comparable GDP share using a headcount of roughly two directors per entity.

Protected Wealth, Domestic Strain

The fiscal consequences of this setup are heavily lopsided. GBCs enjoy an effective tax rate of around 3% and were explicitly carved out of the 2025 Alternative Minimum Tax and Fair Share Contribution reforms. Meanwhile, the country faces a fiscal deficit of 9.8% of GDP and public debt at 88.6%. **The burden of funding the state has landed squarely on resident banks, hotels, insurers, and everyday citizens.**

This environment has given rise to a protected, hard-currency-adjacent professional and political class. Various professionals and directors of management companies servicing GBCs often earn fees denominated in, or linked to, foreign currencies. Consequently, when the rupee depreciates, they may be less affected by the loss of purchasing power than those whose incomes are entirely in rupees, and in some cases their earnings may even increase in rupee terms.

In addition, the movement of individuals between public office and boards or

organisations associated with the GBC sector may create perceptions of close alignment between regulators and the

industry. Such overlaps can raise questions about whether sufficient institutional distance exists when considering policies affecting the sector.

For the majority of Mauritians who earn and spend strictly in rupees, wages do not reprice to match global trends. Instead, everyday citizens absorb the full brunt of imported inflation every time the currency slides. In Mauritius's two-tiered economy, the decline of the rupee has effectively become a tax by another name for the majority, while functioning as a wealth generator for the few insulated at the top.

Who is surprised when 2024 data from the Human Flight and Brain Drain Index reveals that **"Mauritius ranks fifth worldwide and first in Africa for brain drain, an alarming indicator of lost talent..."**?

Mauritius Times

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Mauritius Times

Argentina-UK Falklands Islands dispute escalates after World Cup clash

Argentina's dramatic World Cup semi-final victory over England was meant to be remembered for football. Instead, the celebrations that followed have triggered a fresh diplomatic row, with the United Kingdom urging FIFA to investigate Argentina after its players displayed a banner asserting the country's claim over the disputed Falkland Islands.

The controversy erupted moments after Argentina's 2-1 comeback win over England in Atlanta on Wednesday. As players celebrated reaching the World Cup final, they posed with a banner handed to them by fans that read, "Las Malvinas son Argentinas" (The Malvinas are Argentine).

The tensions escalated further, when Argentina accused a British Royal Navy warship of making an "illegal journey" into its waters, reports HT.

According to the publication, foreign minister Pablo Quirno alleged that HMS Medway had entered Argentine waters earlier this month without formally notifying the government, describing it as a "military incursion". He said Argentina had lodged a formal note of protest with the British embassy, expressing its "strongest objection" to the alleged breach.

The slogan "Las Malvinas son Argentinas" refers to the Falkland Islands, a British Overseas Territory that Argentina calls the Islas Malvinas. The islands have been at the centre of a



UK urges FIFA to investigate Argentina over Falklands banner at World Cup. Pic - Fox 59

sovereignty dispute between the two countries for decades, making the banner far more than a celebratory message.

Why the banner sparked a row

On Thursday, the British government called on FIFA to investigate the incident. UK Business Secretary Peter Kyle criticised the display, saying 'politics needs to be separate from football' and urging FIFA to investigate.

Under FIFA's disciplinary code, political, ideological or offensive messages displayed during official matches or celebrations can attract sanctions. Previous cases have resulted in fines and even player suspensions for displaying banners linked to territorial disputes.

The display came despite restrictions on Falklands-related flags and banners at the stadium. According to the news agency Associated Press, Argentine fans had been barred from bringing such material into the venue.

Canada pauses taking fresh applications that allowed immigrants to sponsor parents for permanent residency



No new sponsorship for parents and grandparents as Canada pauses permanent residence applications. Pic - The Economic Times

Canada has indefinitely paused taking fresh applications for a programme that provided parents and grandparents of immigrants a pathway to permanent resident (PR) status.

In a statement, Immigration, Refugees and Citizenship Canada (IRCC) said that the government of Canada "is taking steps to maintain a well-managed, sustainable immigration system that works for newcomers and Canadians alike" and as "part of these efforts" it was "pausing

the intake of new applications" under the programme.

Citing the 2025-27 immigration levels plan presented before parliament last year, IRCC said it will continue to process existing applications and plans to approve up to 15,000 people for permanent residence through the PGP Program this year.

It said that family reunification remains an "important pillar" of the country's immigration system and as such parents and grandparents of immigrants could avail of the Super Visa which allows them to visit their children or grandchildren for 5 years at a time and provides

multiple entries to Canada for up to 10 years.

The programme was launched in 2020 and 60,500 applications already in progress, with processing times exceeding two-and-a-half years, the agency Canadian Press reported.

According to the figures given in the levels plan submitted last year, the number of persons admitted under the programme in 2024 was 27,330, a decline of 3.5% from 2023.

Across the Globe

Hopes fade for US-Iran ceasefire

The US and Iran exchanged a new wave of attacks, quashing hopes of a rapid end to the conflict. Washington struck a tanker and targets in northern Iran, while Tehran fired on US military facilities in Bahrain, Kuwait, and Jordan. US President Donald Trump claimed that the Strait of Hormuz was open, but the renewed exchanges have largely shut the waterway.

Analysts told The Wall Street Journal that maintaining control would require either risky naval escorts or a major land invasion of Iran. Trump risks a "forever war" comparable to those in Afghanistan, Iraq, and Vietnam, a security expert wrote in The New York Times, because he overestimated his ability to turn military might into "political and diplomatic success."

DRC minerals deal in danger

Discussions about a critical minerals deal between the US and the Democratic Republic of Congo are being disrupted by the African country's Ebola outbreak, threatening a potential economic opportunity in one of the world's poorest countries. Washington has accelerated its push for access to the DRC's critical minerals — including nearly all the world's reserves of coltan, a key component in electronics — as regional competition with China intensifies. However, the recent Ebola outbreak, which threatens to become the worst ever, has delayed progress, with the US recently imposing a 21-day quarantine on all Americans returning from the DRC. The outbreak also threatens to paralyse parts of the DRC's economy, dealing a further blow to the war-torn country.

US slaps 25% tariffs on Brazil

The US imposed 25% tariffs on some Brazilian imports over alleged "unfair" practices, a decision that could disrupt the South American country's economy and politics. President Donald Trump has repeatedly threatened to impose tariffs on Brazil — even though it is one of the few Latin American countries with which the US has a trade surplus — in response to what he described as the unfair prosecution of former Brazilian president and close ally Jair Bolsonaro. However, the tariffs could weaken the position of Bolsonaro's son, who is running in October's presidential election. The last time Trump imposed levies on South America's largest economy, support for leftist incumbent Luiz Inácio Lula da Silva increased.

Mexico rejects US cartel claims

Mexico's president rejected allegations from the head of the US Drug Enforcement Administration that there is a "deadly connection" between her government and cartels, marking the latest escalation in bilateral tensions. Washington has in recent months pressured Claudia Sheinbaum to extradite senior Mexican officials it says have links to organised crime.



Washington's Sharpening Stance on Mexico. Pic - Americas Quarterly

The Department of Justice accused a governor from her Morena party of protecting the notorious Sinaloa Cartel in exchange for political support. However, Sheinbaum has resisted those demands — despite bilateral agreements requiring extradition — drawing threats of tariffs and military intervention from US President Donald Trump. Although both actions could cause lasting damage to relations between the neighbours, "Trump just doesn't care," a prominent expert told ProPublica.

Oil prices surge for fourth day as attacks escalate in Strait of Hormuz

Global benchmark Brent traded around \$85 a barrel after gaining 12% in the previous three sessions, while West Texas Intermediate was near \$80. The US launched more airstrikes on Iran on Wednesday, and said it disabled an unladen oil tanker headed for a port in the OPEC member.



Crude has soared to its highest in about a month as the escalation in the conflict revives concerns over flows from the energy-rich region, erasing part of a roughly 30% slump in the second quarter. Meanwhile, near-daily Ukrainian strikes on Russian fuel-producing plants and tankers further threaten global supply, reports HT.

"So not only have we now lost all of the Straits of Hormuz again, but we have also lost the crude oil

and the refineries in Russia," Jeff Currie, a senior adviser at Carlyle Group Inc., said in an interview on Bloomberg TV. "The situation in energy, I would argue, is pretty dire."

US President Donald Trump pledged to intensify the bombardment of Iran until Tehran stops attacking ships in the strait and agrees to open the energy chokepoint. *The Wall Street Journal* reported that Trump is leaning toward expanding military operations and discussed the seizure of Kharg Island, home to the Islamic Republic's main oil export terminal.

Tehran shows little sign of backing down. The Islamic Revolutionary Guard Corps said on Wednesday the strait will remain closed until the US ends its strikes and the blockade of Iranian ports.

The global economy faces a renewed challenge if shipping through the strait isn't resolved in a matter of weeks, International Energy Agency Executive Director Fatih Birol said in an interview with Bloomberg TV.

Can a living US president appear on a US coin? Trump's new gold \$1 coin, explained

The US Treasury Department has unveiled a new gold-coloured \$1 coin featuring President Donald Trump to commemorate America's 250th anniversary, raising questions over whether a living US president can legally appear on US currency.

Treasury Secretary Scott Bessent announced on Wednesday that the US Mint would begin striking the commemorative coin, describing it as a tribute to the country's founding, reports HT.

"As America commemorates 250 years of independence, the @usmint will begin striking this new \$1 gold coin to honour the enduring legacy of liberty and a lasting symbol of patriotism," Bessent wrote on X.

The front of the coin features Trump's profile alongside the inscriptions "In God We Trust," "Liberty," and the years "1776" and "2026." The reverse side carries the presidential seal with "250" inscribed on the shield.

Can a living US president appear on a US coin?

The answer is more nuanced than it may seem.

Federal law has long been understood to prohibit living people from appearing on most US currency. The 1866 law bars the likeness of any living person from appearing on paper currency, while legislation establishing the Presidential \$1 Coin Program in 2007 also excluded living presidents from being featured on those coins.

However, *Politico* reported that the newly



unveiled commemorative coin appears to rely on a separate law signed by Trump in 2020. That bipartisan legislation authorized the Treasury Secretary to issue special dollar coins during 2026.

The law specifies that no person, living or dead, may appear on the reverse side of the commemorative coin. Some legal observers have argued that this wording leaves room for a portrait on the obverse, or front, of the coin.

Treasury officials said legal researchers at both the US Mint and the Treasury Department concluded that the proposed design does not violate existing law. The department also clarified that the coin is made from non-precious metals with a gold-like finish and will be sold in rolls and bags beginning this fall, rather than entering general circulation as standard currency.

Across the Globe

Smoke engulfs Canada and US

Massive wildfires have covered much of Canada and the northern US in smoke. Nearly 3,500 fires have burned more than 4.8 million acres of southeastern Canada this summer. Although the fires have not reached the levels seen in 2023 — the worst wildfire season on record — a heat dome has trapped polluted air in place, leading to poor air quality warnings for around 100 million people.



The US, UK, and continental Europe have all recently experienced repeated heatwaves and record-breaking temperatures caused by an unusual number of heat domes: areas of high pressure that block clouds and rainfall. The heat has triggered dangerous wildfires in France and Spain, with a high risk of further spread across Western Europe.

AI leaders face attacks

The backlash against AI has resulted in a series of threats and attacks targeting technology leaders. San Francisco police have responded to several threats against employees of Anthropic and OpenAI, *The Wall*

Street Journal reported, and a man attempted to firebomb CEO Sam Altman's house in April. Some executives have begun travelling with armed guards.

AI's potential impact on jobs is one reason for the backlash — Palantir's CEO recently said that if "your job is going to disappear... people go for the pitchfork." The rapid expansion of data centres is also fuelling concerns about its impact on electricity prices and, in some cases, overstated fears about water consumption. New York recently banned new construction, and 71% of US citizens surveyed oppose data centres in their communities.



US grapples with rise of Chinese AI

The rise of Chinese open-source AI represents an economic challenge for the US, according to Palantir's chief technology officer, adding to growing concerns among American executives about Beijing's

expanding AI influence.

Chinese AI companies have been accused of copying leading American models through a process known as distillation, while US officials "have limited tools to prevent the practice," Semafor's technology editor wrote.

Although the US could try to prevent American companies from using inexpensive Chinese open-source models by citing national security concerns, Washington should instead focus on developing domestic alternatives, a Bloomberg columnist argued.

Such a strategy could also help counter China's efforts to portray its technology "as a gift to the world," *The Economist* wrote.

UK loves 'Temu Range Rover'

A Chinese-made vehicle known as the "Temu Range Rover" has become Britain's best-selling car. The Jaecoo J7 — which is neither Temu nor a Range Rover — sold 10,064 units in March. Range Rovers are "as British as the king, crumpets and cricket," *Bloomberg* noted. A workhorse for the army since 1948, Range Rovers are expensive, starting at £45,000 (\$60,000), compared with the J7's £30,000 price tag.

Britain's adoption of Chinese brands has been rapid: they accounted for about 1.3% of sales in 2021 and around 15% in the first quarter of this year. While the US has effectively banned Chinese cars, Britain has kept barriers relatively low. The J7 itself "is fine" if unremarkable, *Top Gear* said in a slightly dismissive review.

From Our Archives -- A Glimpse into 1961

8th Year No 340

MAURITIUS TIMES

Friday 10 March, 1961

• "Scandal breeds hatred; hatred begets division; division breeds faction; and faction brings ruin." — Francis Quarles



Peter Ibbotson

The Meade and Titmuss Reports

At last, the long-awaited Meade and Titmuss reports have appeared. The serious daily papers in London — *Times*, *Guardian* and *Daily Telegraph* — all give prominence to the two reports, but their columns dealt with the Titmuss Report at much greater length than the Meade Report. All emphasised the family planning

recommendations and spoke of the overwhelming need to restrict births to stave off economic disaster. That, too, is something which I shall be emphasising when I come to write about the reports for *Asia* and *African Review* and *News of Population*.

In the past Mauritius has not wanted for expert advice based on comprehensive enquiries into this or that aspect of the economy. "There has been no lack of pertinent enquiries" says the Titmuss Report; "We trust that our Report will not suffer the fate of many of its predecessors". That is, of course, the fate of being pigeonholed; of being gently shelved because the action recommended would cut across someone's racial or communal preserve. Professor Meade and his colleagues have a forthright comment on the same subject: "Mauritius has for many years not lacked advice but only the will to accept it and act on it". Forthright criticism, but nonetheless well deserved; to give but three examples, little has been done to implement the many important proposals of the Ward and Nichols Reports on education, while the Population Report still remains a dead letter.

Racial Non-Co-Operation

In the Meade Report there are other very valid points on an unfortunate aspect of Mauritian life, especially of racism, communalism, and inter-racial non-co-operation. "The wounds inflicted upon education in Mauritius by recent quarrels and disagreements in the service are very grave, but they are no graver than is the less obvious but more lasting damage caused by the prejudices and animosities arising from the racial and political loyalties which mock the idea of community and nationhood in Mauritius". Harsh and forthright words, but nonetheless well deserved. The example is given of the failure of the three Chambers of Commerce to combine and produce a periodical devoted to commercial intelligence; the three Chambers represent three racial groups. Or again, on a matter which touches deeply and intimately the whole economic future of Mauritius: "It would be difficult with present attitudes in Mauritius to conceive of a man with business acumen (who happened to be Chinese) managing a firm for which a wealthy person (who happened to be Indian) had provided the capital to exploit an imaginative idea of an engineer (who happened to be of European extraction). And yet it is from combinations of diverse contributions of this kind that much economic growth might spring".

There are two lessons to be learned from these criticisms by the Meade and Titmuss commissions of enquiry.

The first is that having been given good advice, Mauritius must act on it in order to profit from it. The second is, that inter-racial co-operation must replace the present inter-racial strife which is, unfortunately to the country's detriment, being fostered for nefarious political reasons by certain irresponsible demagogic elements. Anyone who reads the Meade Report carefully will realise that when over the past two years



Professor Meade: "Family planning is a pre-requisite of economic advance"

I have levelled charges of economy against those whom I have, been fully justified. Those political and economic and social anarchists who I have called "The Destroyers" are the people who by their myopic communalism have hindered and inhibited the emergence of a true spirit of non-communal consciousness, have stunted the growth of *l'entité mauricienne*, and have endangered (by their activities of which they surely cannot feel proud) the very future of their country.

Family Planning

Frankness is the keynote of the Meade Report, its criticisms and recommendations. Its language is unequivocal, now more so than when referring to the absolute necessity of family planning. What does Professor Meade say? "Indeed, the population situation is so serious that, in order to solve the economic problems of the island, Mauritius needs not family planning or emigration, but family planning and whatever emigration is possible. Mauritians are thus faced with a choice on this issue which only they can make; but they should be in no doubt that by refusing to encourage effective family planning they will be choosing economic disaster". Family planning, says Professor Meade, is a pre-requisite of economic advance; this blunt statement in his report is sure to be attacked by certain sections of the population and in such periodicals as *Le Mauricien*, *Le Cereen*, *La Vie Catholique*, *Tribune Ouvriere* and *La Voix De l'Islam*. But before the vehement contributors to these periodicals vent their spleen on the absent heads of Professors Meade and Titmuss and their colleagues, let them ponder at length and carefully on this extract from the Titmuss Report.

"We are very conscious of the fact that in urging the need for a policy of family limitation we are challenging the attitudes and beliefs of a considerable section of the population. Nevertheless, we do so on the grounds that every man and woman should have the dignity of freedom to make decisions for themselves in obedience to conscience; a doctrine of society in which men and nations are bound to care for one another, and to help one another to ease the present suffering, and avert the threatened cataclysm, of over-population. While this knowledge and these services should be available to everyone in the island, it would be illiberal to compel anyone to take advantage of them. We could not subscribe to any policy which entailed compulsion. Similarly, we would think it wrong if medical officers and others with religious scruples were not permitted to abstain from taking part in the provision of family planning facilities. The right of any

individual on religious or any other ground to refuse to use these services or any particular method of family limitation must be safeguarded. The right of those who wish to know and who wish to use the services must equally be upheld. The tolerances and courtesies of a liberal society must be practiced by all. The illiberalities of some must not thrive on the courtesies of others".

In April last year, the Government put forward — in the aftermath of the disastrous cyclones of January and February — its proposals for a social security scheme and family planning, based on the first draft of the Titmuss Report. Bitter opposition ensued, led in the Legislative Council by Roman Catholic Members (and it is pertinent to keep in mind that 40 per cent of the island's population is Roman Catholic) which caused the Government to adjourn the debates on these proposals pending the publication of the Meade and Titmuss Reports in full. (In the light of Professor Titmuss' comments about illiberality and courtesy, it is wry to recall that the Roman Catholic-dominated local press compared George Wilson — then Financial Secretary — to Hitler).

With the publication of the reports, therefore, family planning debates and struggles will be resumed. But the recommendations of the Titmuss Report, in the words of their authors, "should be accepted or rejected as a whole. They stand or fall together"; and the Meade Report statement must not be forgotten: by refusing to encourage effective family planning they (i.e., the people of Mauritius-P.I.) will be choosing economic disaster...we regard family planning as a prerequisite for any long-run economic advance".

In view of the foregoing, therefore, the Government (some of whose MLC's and many of whose supporters are Roman Catholics) faces a stern challenge to its courage and integrity. With particular interest will be watched the reactions of the Roman Catholic Church and the periodicals associated with it and its various organisations for the case for family planning can never have been stronger than in Mauritius today. The pamphlet *The Titmuss Report In Outline* which is being distributed in three languages to the general public says categorically on the subject of family planning, "No compulsion... The simplest way is by moral restraint. And this conflicts with no one's religious beliefs... Only on certain days in the month can a mother start to produce a child. The advice service would tell her how to recognise those days... Family Planning Could Save Mauritius."

* Next Week: The Second and Concluding Part of this Article

l'équilibre périlleux de la cohésion nationale

👉 **Suite en page 17**

Face-à-face avec Téhéran

Trump prisonnier de ses propres contradictions?

Suite de la page 16

1. La menace d'une récession mondiale

Le détroit d'Ormuz n'est pas un simple passage maritime; c'est le "robinet" de 20 % de l'offre mondiale de pétrole et de gaz naturel liquéfié. Chaque escalade dans cette zone agit comme un choc d'offre négatif immédiat. En provoquant de nouvelles pénuries et en maintenant l'incertitude sur les prix de l'énergie et des fertilisants, les décisions de l'administration Trump alimentent une inflation mondiale qui pourrait rapidement étouffer la croissance économique et mener à une récession généralisée.

2. L'érosion de la confiance dans le libre-échange

La volonté de Washington et de Téhéran d'imposer des

péages et des conditions de transit unilatérales marque un recul dangereux de l'ordre économique international. Lorsque le droit de passage — pilier de la mondialisation — devient un levier de chantage, les chaînes d'approvisionnement mondiales se fragilisent. Les entreprises, confrontées à des coûts de transport imprévisibles et à des risques sécuritaires accrus, devront réévaluer leurs coûts opérationnels, ce qui pèsera inévitablement sur les prix à la consommation finale.

3. La stratégie d'usure de l'Iran

L'Iran, habitué à une économie de résistance depuis la guerre Iran-Irak (1980-1988), semble prêt à accepter des coûts humains et économiques abyssaux pour maintenir sa position. Contrairement aux États-Unis, dont la politique est

soumise aux cycles électoraux et à la volatilité des marchés boursiers, l'Iran joue une partie de long terme. Cette asymétrie de patience signifie que les pressions économiques de Trump risquent d'être moins efficaces que prévu, tout en causant des dommages collatéraux durables à l'économie mondiale, laquelle n'a pas la résilience nécessaire pour absorber un conflit prolongé.

En conclusion, Donald Trump s'est placé dans une situation où chaque option disponible aggrave le coût économique global sans garantir un avantage stratégique durable. Le monde risque de payer le prix fort de cette volonté de forcer le destin par la confrontation plutôt que par une architecture diplomatique stable.

Drogue: les saisies record traduisent-elles une victoire... ou un problème plus profond?

La question parlementaire du député Babajee au Premier ministre sur les infractions liées à la drogue a permis au gouvernement de dresser un état des lieux de la lutte engagée contre ce fléau. Les chiffres communiqués par le Commissaire de police sont impressionnants: entre janvier et le 8 juillet 2026, 1 560 affaires de drogue ont été enregistrées et les saisies sont évaluées à environ Rs 1,3 milliard.

À cela s'ajoutent un renforcement des patrouilles policières, davantage de moyens accordés à l'ADSU, une coopération accrue avec la Financial Crimes Commission, l'installation prochaine d'un système radar côtier financé par le Japon, de nouveaux scanners au port et à l'aéroport, ainsi qu'une intensification de la coopération internationale avec plusieurs agences spécialisées.

À première vue, ces résultats témoignent d'une mobilisation sans précédent des autorités. Ils démontrent que l'État ne reste pas passif face à un trafic qui s'est profondément mondialisé et professionnalisé. Maurice, située au cœur des routes maritimes de l'océan Indien, constitue une cible de choix pour les réseaux criminels internationaux, dont les moyens financiers rivalisent parfois avec ceux de certains États.

Mais une interrogation fondamentale demeure: ces chiffres traduisent-ils réellement un recul du trafic de drogue ou, au contraire, révèlent-ils l'ampleur croissante d'un phénomène qui continue de prospérer malgré les succès policiers?

Les importantes saisies peuvent être interprétées de deux manières. Elles peuvent effectivement refléter une amélioration des capacités de détection et d'intervention des forces de l'ordre. Mais elles peuvent aussi laisser supposer que des quantités encore plus importantes continuent d'alimenter le marché local. Dans la lutte contre les stupéfiants, une augmentation des arrestations et des saisies n'est pas nécessairement synonyme d'une diminution de la consommation.

L'expérience internationale montre que la seule répression atteint rapidement ses limites. Depuis plusieurs décennies, de nombreux pays ont consacré des ressources considérables à la "guerre contre la drogue", sans parvenir



La "guerre contre la drogue": le véritable défi dépasse donc largement la sphère policière. Il est social, économique, éducatif et sanitaire. P - theaustralian.com.au

à éradiquer les réseaux criminels. Ceux-ci s'adaptent rapidement, diversifient leurs itinéraires, exploitent les nouvelles technologies et recrutent sans cesse de nouveaux intermédiaires.

Le véritable défi dépasse donc largement la sphère policière. Il est social, économique, éducatif et sanitaire.

L'une des conséquences les plus préoccupantes est sans doute l'impact de la drogue sur notre capital humain. Maurice est aujourd'hui confrontée à une pénurie aiguë de main-d'œuvre dans plusieurs secteurs essentiels de l'économie. L'hôtellerie, la restauration, les supermarchés, les commerces de proximité, le bâtiment et d'autres activités dépendent de plus en plus de travailleurs venus d'Inde, du Bangladesh, de Madagascar ou d'autres pays africains pour combler les besoins du marché du travail.

Cette situation s'explique par plusieurs facteurs: le vieillissement démographique, l'évolution des aspirations professionnelles, l'émigration des jeunes qualifiés, mais aussi, selon de nombreux observateurs, les ravages que la toxicomanie provoque chez une partie de la jeunesse. Chaque jeune qui sombre dans la dépendance représente non seulement un drame humain pour sa famille, mais également une perte de compétences et de productivité pour l'économie nationale.

Dès lors, la lutte contre la drogue ne peut être envisagée

uniquement sous l'angle sécuritaire. Elle doit devenir une priorité nationale mobilisant l'ensemble de la société.

Le Plan directeur national de contrôle des drogues 2026-2030 va dans cette direction en mettant l'accent sur la prévention, la réhabilitation, la réinsertion sociale et l'éducation. Ces volets sont tout aussi importants que les opérations policières.

Car si l'on réduit l'offre sans diminuer la demande, les trafiquants trouveront toujours de nouveaux débouchés.

L'école, la famille, les associations, les entreprises, les collectivités locales et les communautés religieuses ont également un rôle essentiel à jouer. Les jeunes doivent retrouver des perspectives d'avenir, des activités sportives et culturelles, des formations adaptées et de véritables opportunités d'emploi. La prévention commence bien avant le premier contact avec les stupéfiants.

Parallèlement, il convient de s'attaquer plus vigoureusement aux profits financiers du trafic. Les organisations criminelles prospèrent grâce au blanchiment d'argent, à la corruption et aux circuits financiers clandestins. C'est la raison pour laquelle la coopération entre l'ADSU, la Financial Crimes Commission, la MRA et les partenaires internationaux revêt une importance capitale.

Enfin, une évaluation régulière des politiques publiques s'impose. Au-delà du nombre d'arrestations ou de la valeur des saisies, les véritables indicateurs de réussite devraient être la baisse de la consommation, la diminution des overdoses, le recul de la récidive, la réinsertion durable des personnes dépendantes et, plus largement, l'amélioration de la santé publique.

La fermeté est indispensable. Personne ne conteste la nécessité de démanteler les réseaux criminels et de sécuriser nos frontières. Mais elle ne saurait constituer, à elle seule, une stratégie durable.

Si les causes profondes de la dépendance — décrochage scolaire, précarité, exclusion sociale, détresse psychologique, désœuvrement et perte de repères — ne sont pas traitées avec la même détermination, Maurice risque de remporter des victoires tactiques tout en perdant la bataille stratégique.

Le véritable succès ne se mesurera pas seulement au montant des drogues saisies ou au nombre de trafiquants arrêtés. Cela se mesurera surtout à notre capacité à préserver notre jeunesse, à reconstruire notre capital humain et à garantir à la prochaine génération un avenir où les entreprises n'auront plus à chercher ailleurs les travailleurs que notre propre société n'aura pas su retenir et protéger.

A. Bartleby

Falling and Figuring It Out: Why Risky Play Builds Resilient Children

Denmark consistently ranks among the world's happiest countries and is often considered one of the best places to raise children. While generous parental leave, strong education systems and universal healthcare contribute to this success, another cultural factor plays an important role in childhood development: the encouragement of independent, even risky, play, writes Marie Helweg-Larsen, Professor of Psychology at Dickinson College.

Unlike the highly supervised parenting style common in many countries, Danish parents are generally more comfortable allowing children to explore, make mistakes and experience manageable risks. This approach reflects a deep cultural belief that independence and problem-solving skills are essential parts of growing up.

The Value of Free Play



Danish culture distinguishes between two types of play. *Spille* refers to structured activities with clear rules, such as chess or football, while *leg* refers to free, imaginative and unstructured play.

Research shows that *leg* offers unique developmental benefits because children must create their own rules, negotiate with others, resolve disagreements and adapt to changing situations without adult intervention.

When free play includes elements of excitement and a small possibility of injury, it becomes what researchers call "risky play." This can include climbing high structures, rough-and-tumble play, cycling, swimming, building fires, or using real tools such as hammers, saws and knives.

Norwegian researcher Ellen Beate Hansen Sandseter has argued that risky play has an important evolutionary purpose. It helps children manage fear, regulate emotions and develop resilience, potentially protecting against anxiety and depression later in life.

Positive Risks and Negative Risks

Danish educators distinguish between *positive risks* and *negative risks*.

Positive risks involve challenges where children can recognise the danger and choose whether to test their abilities. Climbing a tall structure or using a zip-line are examples. Such experiences teach children emotional control, judgement and self-confidence when they overcome challenges.

Negative risks, by contrast, involve hidden dangers that children cannot reasonably understand, such as unsafe equipment or unpredictable environments. These situations provide no learning benefit and only increase the chance of serious injury.

This philosophy inspired Denmark's famous "junk playgrounds" (*skrammellegepladser*), first developed during World War II. Instead of fixed plastic structures, these spaces use loose materials such as wood, ropes and discarded objects, allowing children to build, experiment and transform their surroundings. Some Danish kindergartens even teach young children to use knives safely, with some earning a "knife diploma."

Trusting the Competent Child

Studies comparing American and Danish mothers reveal

contrasting views of childhood. In cultures where children are seen as vulnerable and in need of constant protection, parents may limit opportunities for independence. Ironically, excessive supervision can contribute to anxiety by preventing children from developing confidence in handling difficulties.

Danish parents tend to follow a "naturally competent child" model. Adults provide a safe environment but trust children to develop judgement through experience. The emphasis is on guidance rather than control.

However, this philosophy has limits. Denmark also faces

challenges linked to permissive attitudes, including high levels of youth alcohol consumption and widespread smartphone use among children, which is associated with sleep problems and anxiety.

The lesson is not that children should be left entirely unsupervised. Rather, physical challenges, small failures and moments of uncertainty are essential parts of development. Learning to fall, recover and figure things out helps children become more capable, confident and resilient adults.



CAREER OPPORTUNITIES

Mauri-Facilities Management Co Ltd, operating under the aegis of the **Ministry of Environment, Solid Waste Management and Climate Change**, is a leading provider of professional facility management and cleaning services across Mauritius. Managing a dynamic, large-scale workforce dedicated to maintaining public and institutional environments, we are seeking to strengthen our team.

Applications are invited from highly motivated, qualified, and result-oriented candidates to fill the following positions:

- Manager, Corporate Services
- Manager, Operations and Maintenance
- Procurement and Supply Executive
- Administrative Officer
- Personal Assistant
- Finance Officer
- Human Resource Officer
- Senior Supervisor
- Supervisor
- Heavy Vehicles Driver
- Operator
- Cleaning Technician

How to Apply

1. **Access Details:** Full details regarding qualifications, experience, and job profiles for each post, along with the official **Application Form**, are available:
 - Online on our website: www.maurifacilities.com under the 'Careers' tab.
 - At the reception desk of **CAB Offices** in each respective region across the island.
2. **Submission Method:** Applications must be submitted **strictly by registered post**. Applications sent via email or delivered in person will **NOT** be considered.
3. **Mailing Address:** General Manager, Mauri-Facilities Management Co Ltd 3rd Floor, Nex Sky Building Hotel Avenue, Ebène.
4. **Envelope Labeling:** The post applied for must be clearly marked on the **top left corner** of the envelope.
5. **Multiple Applications:** Applicants wishing to apply for more than one position must submit a **separate application form** for each post, with a complete set of relevant documents attached to each.

Closing Date: All applications must reach the company by latest **Friday 14th August 2026 at 15:00 hrs**. Applications received after the closing date and time will **NOT** be considered.

Important Instructions to Applicants

- ☒ **Completeness of Application:** Incomplete applications will be automatically disqualified. An application is deemed incomplete if:
 - The prescribed application form is not completely filled out and duly signed by the applicant.
 - Copies of the required educational and professional certificates/documents are not attached.
- ☒ **Certificate of Character:**
 - Candidates selected for an interview must present a recent **Certificate of Character issued in 2026**, or an official receipt showing proof that a recent application has been made.
 - Successful candidates will be strictly required to provide a valid and clear Certificate of Character before assuming duties.
- ☒ **Management Rights:** Management reserves the right not to make any appointment following this advertisement, or to call only the best-qualified candidates for an interview.
- ☒ Applicants should **NOT** have reached their **55th birthday** by the closing date for the submission of applications.

Date: 08th July 2026

Mauri-Facilities Management Co Ltd

Why Antarctica Froze Millions of Years Before the Arctic

Why did Antarctica become an icy wilderness millions of years before the Arctic? A new study has provided a compelling answer, revealing that the key was not simply climate but also the continent's geological evolution.

Scientists have long known that Antarctica was once a warm, green landscape teeming with forests and rivers. Around 34 million years ago, however, it underwent a dramatic transformation, becoming covered by a vast ice sheet that today reaches up to five kilometres in thickness. By comparison, the Arctic did not develop a permanent ice cap until about 25 million years later.

Researchers now believe that ancient geological forces were responsible for this striking difference.

Using computer simulations and

reconstructions of Antarctica's ancient landscape, scientists found that a mountain range in eastern Antarctica was gradually lifted by deep geological processes known as mantle waves. These slow-moving disturbances beneath the Earth's crust made the continent lighter, causing parts of it to rise over millions of years.

As the Gamburtsev Mountains, now buried beneath Antarctica's massive ice sheet, rose above an altitude of roughly 1.5 to 2 kilometres, temperatures at these elevations became cold enough for snow and glaciers to persist throughout the year. This allowed permanent ice to accumulate and eventually expand across the continent.

Remarkably, this occurred even though global temperatures at the time were about 5°C warmer than they are today.



The Arctic, on the other hand, lacked the necessary conditions. Unlike Antarctica, the North Pole sits in the middle of the Arctic Ocean rather than on a large landmass with high mountains. Although glaciers periodically formed and melted, there was no elevated terrain capable of sustaining permanent ice until the Earth's climate cooled significantly millions of years later as atmospheric carbon dioxide levels declined.

The findings highlight that Earth's climate history has been shaped not only by changing temperatures but also by the slow movement of continents and the rise of mountain ranges. Together, geology and climate determined when and where the planet's great ice sheets could form, fundamentally reshaping Earth's environment and setting the stage for the world we know today.



Why is Venus hotter than Mercury, when Mercury is closer to the Sun?

Venus and Earth share some atmospheric quirks – but how did Venus get so unbearably hot, while Earth is mild and temperate?

When the solar system had just formed, 4.5 billion years ago, Venus was probably a tropical paradise. Oceans of water likely covered its surface, and puffy clouds dotted its skies. At that time, Mercury, the planet closest to the Sun, was undoubtedly the hottest planet in the solar system.

But then the Sun grew brighter, and a series of events known as a runaway greenhouse effect caused Venus's surface temperature to soar well past Mercury's. To be sure, as the closest planet to the Sun, parts of Mercury are still extremely hot. Its surface temperature on its sunlit side is around 800 degrees Fahrenheit (430 degrees Celsius), hot enough to melt lead.

I'm a space scientist with a passion for teaching physics and astronomy. I've seen Venus shine brightly in the western sky just after sunset, and, on rare occasions, seen Mercury briefly appear as an "evening star."

What is the greenhouse effect?

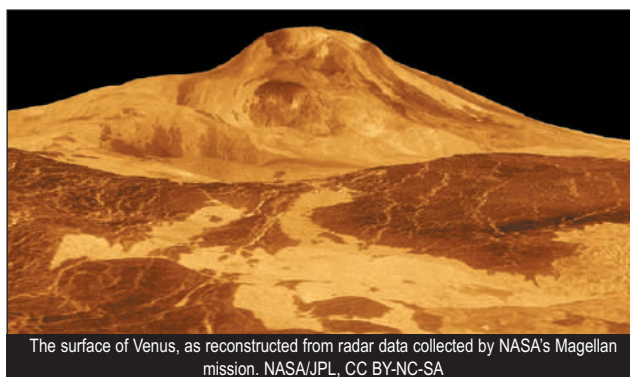
Venus isn't the only planet that has experienced a greenhouse effect. Today, the same phenomenon keeps Earth's surface habitable.

Warm objects emit electromagnetic radiation, or light, because their atoms and molecules are constantly vibrating. Earth's surface is warmed by the Sun and gives off infrared light, which is invisible to your eyes. Humans and animals also glow in infrared, and most of the energy released by a campfire is infrared radiation. The hotter an object is, the more infrared radiation it emits.

On a planet without an atmosphere, such as Mercury, this energy escapes directly into space. As a result, there is an enormous difference in temperature between Mercury's blistering hot sunlit side and its night side, where temperatures can drop to minus 290 degrees F (minus 180 degrees C).

On Earth, greenhouse gases in the atmosphere, including molecules of carbon dioxide, methane and water vapor, absorb and trap some of this infrared radiation, acting like a blanket around the planet and keeping the surface warm.

Earth's average surface temperature is about 59 F (15 C). Without greenhouse gases, the temperature would be closer to 0 F (minus 18 C), and Earth would resemble a giant snowball. We definitely need a moderate greenhouse effect to make our planet habitable.



Diverging fates

But how could Venus, a planet that is nearly the same size as Earth and that was once made up of the same things, end up so different from our home world? There are several clues to why Venus is such a hot, unpleasant planet today.

Scientists agree that because of their similar sizes and proximity to the Sun, Earth and Venus likely started out with comparable amounts of water and carbon dioxide. On Earth, most of the carbon dioxide is dissolved in the oceans or locked away in rocks, such as limestone. Venus may once have stored carbon dioxide in a similar way.

Scientific models of stars indicate that the Sun has grown about 40% brighter since the early history of the solar system. Four billion years ago, it emitted only about 70% of the energy it does today.

Scientists disagree about whether Venus ever had long-lived oceans. But evidence suggests the planet possessed lots of water early in its history. As the Sun's brightness increased, more and more water would have evaporated into the atmosphere. Without surface water to absorb and store carbon dioxide, nearly all of this greenhouse gas accumulated in the atmosphere.

This process, in turn, would have caused even more evaporation and even more warming, a feedback loop known as a runaway greenhouse effect. Today, carbon dioxide makes up about 96% of Venus' atmosphere, and its surface temperature is a nearly constant 867 F (464 C) day or night. Venus is now stuck in this state, and its atmosphere and surface temperature will remain like this

for a very long time.

Imagine how thick Earth's atmosphere would be if all the oceans evaporated and all the carbon dioxide dissolved in them were released into the air. Something very much like this happened on Venus.

As a result, the atmospheric pressure at Venus' surface is more than 90 times greater than Earth's atmospheric pressure at sea level. To experience such a high pressure on Earth, you would have to dive to a depth of about 3,000 feet (940 meters). That much pressure is like having five elephants standing on your shoulders!

A runaway greenhouse effect on Earth?

You may have heard scientists warn that Earth could experience some of the same processes affecting Venus if human-caused climate change continues unchecked. Global temperatures are rising as people burn coal, oil and natural gas for industrial activities and transportation, releasing large amounts of carbon dioxide into the atmosphere. Carbon dioxide stays in the atmosphere for a long time. As more and more accumulates there, it traps more heat, raising the temperature on the planet's surface.

Another major greenhouse gas is methane. As Earth warms, an important source of methane is thawing permafrost, the permanently frozen ground found mostly in the Arctic. When the icy ground thaws, it exposes organic matter that had been frozen for thousands of years, including ancient plants, mosses, and even the remains of woolly mammoths and other large animals.

Bacteria can then decompose that matter, and as they do, they release methane into the atmosphere.

As Earth warms, more permafrost melts, releasing even more methane and creating a vicious cycle. Earth may never reach the extreme temperatures found on Venus today. However, our planet could become a much less comfortable place as temperatures rise.

However, Earth's surface temperature will never reach anywhere near that of Venus in our lifetime, and Venus will remain the hottest planet in the solar system – despite being farther from the Sun than Mercury.

Vahe Perroomian

Professor of Physics and Astronomy, USC Dornsife
College of Letters, Arts and Sciences



*Laughter is the
Best Medicine*

Mozambique Roulette

The President of Mozambique was honoured to receive a special invitation from his Russian counterpart to visit Moscow. For three days, the President of Mozambique was treated to the best vodka, caviar, and the full extent of Russian hospitality.

On the final day of his visit, the Russian president said: "As your stay is coming to an end, it is time for you to play our traditional game -- Russian roulette. One of the six chambers of this gun is loaded. You spin the cylinder, point the gun at your head, and pull the trigger. You have a five-to-one chance of surviving."

The Mozambique president was a little startled by the proposal but realized that his country's pride was at stake. So he took the gun, spun the cylinder, and pulled the trigger. To his great relief, the chamber was empty.

Nevertheless, he was very impressed by the game and thought of how to match it when the Russian president would visit his country the following year.

Fourteen months later, the Russian president paid his visit to Mozambique. Surpassing even Russian hospitality, the hosts plied him and his entourage with exotic seafood and generous amounts of alcohol for four days.

On the last day, the Mozambique president led his counterpart to a private room in his palace and announced:

"Now, at the end of your visit, the time has come for you to try our traditional game -- Mozambique roulette."

He then took the Russian president into a room occupied by six beautiful, naked women.

"These women are representatives of our country's tribes. You can choose to have sex with any one of them -- make your choice."

The Russian president's eyes lit up at the prospect, but he couldn't make out the connection with Russian roulette.



"It sounds like a fantastic game," he said. "I am looking forward to playing it, but where is the roulette part?"

The Mozambique president smiled and said: "One of them is a cannibal."

Legion Camel

A new lieutenant in the French Foreign Legion arrives at an isolated base in Algeria. As a corporal shows him his quarters, he asks, "The base is rather isolated. What do the men do for female companionship?"

The corporal replies, "On Fridays, they let us use the camels."

The lieutenant is disgusted but says nothing. After a few weeks, however, he becomes very lonely and decides that if everyone else is doing it, why shouldn't he.

The next Friday, the young lieutenant slinks over to the camel pens. After looking around, he drops his pants and starts trying to mount a female camel. The camel becomes agitated and makes a huge uproar.

The same corporal comes in to investigating. "Lieutenant! What are you doing?"

"Come on, man," replies the embarrassed officer, "you yourself told me we could use the camels on Fridays."

"Yes, sir," replies the corporal. "But most of us just ride them into town."

Did I read these signs right?

In an office:

Toilet out of order... please use floor below.

In a laundromat:

Automatic washing machines: please remove all your clothes when the light goes out.

In a London department store:

Bargain basement upstairs.

In an office:

Would the person who took the step ladder yesterday please bring it back or further steps will be taken.

In an office:

After tea break, staff should empty the teapot and stand upside down on the draining board.

Outside a second-hand shop:
We exchange anything -- bicycles, washing machines, etc. Why not bring your wife along and get a wonderful bargain?

Notice in a health food shop window:

Closed due to illness.

Spotted in a safari park:

Elephants please stay in your car.

Seen during a conference:

For anyone who has children and doesn't know about it, there is a day care on the 1st floor.

Notice in a farmer's field:

The farmer allows walkers to cross the field for free, but the bull charges.

On a repair shop door:

We can repair anything. (Please knock hard on the door -- the bell doesn't work).

Taking the Scenic Route

Two pigeons living in different parts of Paris arrange to meet in a park one afternoon.

One pigeon arrives early at the pond and waits... and waits.

The meeting time passes. Twenty minutes go by. Then an hour.

Finally, the other pigeon arrives.

"What happened?" asks the first pigeon. "I was worried!"

"I'm sorry I'm late," replies the second. "It was such a lovely day, I decided to walk."



The Missed Message

A man tells his psychiatrist:

"It was terrible. I was abroad on business and sent my wife a WhatsApp message saying I was on my way home from the airport. When I arrived, I found her in bed with my best friend. I'm stunned! How could she do this to me?"

The psychiatrist thinks for a moment.

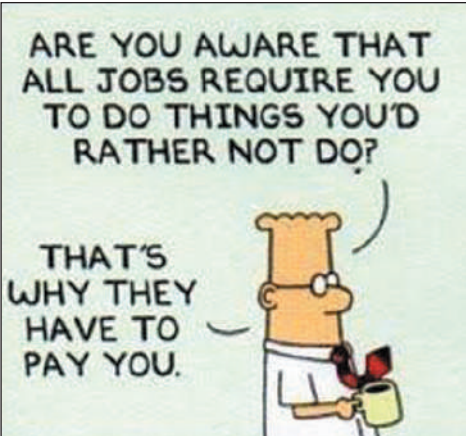
"Well," he says, "perhaps she didn't see your message."

That's Life

Dilbert One-Liners: A Satirical Look at Work, Life and the Modern Condition

Dilbert is the fictional protagonist of the long-running *Dilbert* comic strip, created by Scott Adams in 1989. A socially awkward yet highly intelligent engineer employed by a large, bureaucratic corporation, Dilbert has become the quintessential office worker. Through his experiences, the strip brilliantly satirises corporate culture, incompetent management, endless meetings, pointless procedures and the often irrational realities of the modern workplace. Unsurprisingly, generations of professionals have recognised a little of themselves in Dilbert's daily frustrations.

For more than three decades, *Dilbert* has held up a mirror to the absurdities of office life and modern society — where logic often takes a coffee break and bureaucracy shows up early. In that spirit, these one-liners capture the peculiar blend of humour, frustration and truth that defines the working world.



Work itself remains one of life's great paradoxes. It is generally considered manageable — provided it does not consume too much of one's time. Unfortunately, time management is rarely the workplace's greatest strength. As one wag observes, *"The road to success is always under construction,"* neatly explaining why so many corporate ambitions seem permanently delayed.

Financial reality offers its own comedy. Expenses are remarkably democratic — they are everywhere. Accessing money, however, often requires proving that you do not actually need it. Under such conditions, it is hardly surprising that many resign themselves to the conclusion:

"Born free, taxed to death."

Human behaviour remains an endless source of amusement. Marriage, for instance, has been described — perhaps unfairly — as one of the leading causes of divorce. And optimism survives in unexpected places: *"Life is uncertain — eat your dessert first,"* advice that seems increasingly appropriate in today's fast-paced and stressful world.

Communication, meanwhile, often generates more confusion than clarity. *"If you can't convince them, confuse them,"* appears to be an unofficial management philosophy in more organisations than anyone would care to admit. And when words fail, silence often proves surprisingly effective — especially when it leaves others wondering what you are thinking.

Technology has its own sense of humour. A printer, it has been said, consists of only three essential parts: the casing, the perpetually jammed paper tray and the blinking red warning light. Technical repairs can be equally imaginative: *"I couldn't fix your brakes, so I made your horn louder."*

The workplace also thrives on paradox. Success remains elusive because *"whenever I find the key, someone changes the lock."* Punctuality is

admirable, although few people seem to notice it. And integrity, while frequently celebrated in mission statements, often encounters a practical limitation: "To err is human; to forgive is not company policy."

Everyday life supplies its own ironies. Free speech exists in principle, but telephone bills sometimes suggest otherwise. Smiling is recommended, particularly if you wish to keep people guessing. And the word "someday" deserves suspicion — it is not, after all, a day of the week.

Even the laws of physics occasionally conspire with common sense. Hot glass looks exactly like cold glass — a lesson usually learned only once. And while inventing the wheel was undoubtedly an act of genius, producing the next three may have been an unnecessary excess.

Ultimately, Dilbert-style humour rests on a simple but enduring truth: modern life is a carefully engineered contradiction. We pursue efficiency through inefficient systems, seek clarity in environments that reward confusion, and navigate organisations where common sense is often the rarest resource of all.

Perhaps the workplace sums it up best: keep your feet firmly on the ground — but don't be surprised if you still can't get your pants on properly.

20 Ways to Respect Yourself

1. **Stop chasing people who aren't looking for you.**
2. **Don't beg for attention, affection, or acceptance.**
3. **Say only what is necessary.** Speak with purpose, not excess.
4. **Address disrespect immediately.** Set healthy boundaries with confidence and respect.
5. **Value mutual generosity.** Don't always be the one receiving — or the one always giving.
6. **Reduce visits to people who never make the effort to visit you.** Healthy relationships are reciprocal.
7. **Invest in yourself.** Prioritise your growth, well-being, and happiness.
8. **Stay away from gossip.** Speak about ideas, not other people's lives.
9. **Think before you speak.** Your words often shape how others perceive and respect you.
10. **Present yourself well.** Dress neatly and carry yourself with confidence and self-respect.
11. **Focus on your goals.** Let your achievements speak louder than your excuses.
12. **Respect your time.** It's one of your most valuable assets.
13. **Don't remain in relationships where you feel unappreciated or disrespected.** Know when it's time to walk away.
14. **Spend money on yourself wisely.** Investing in your health, education, and personal development is never wasted.
15. **Don't always be available.** Protect your time and energy.
16. **Be generous, but don't allow yourself to be taken for granted.**
17. **Don't go where you're not invited.** And when you are invited, be gracious and don't overstay your welcome.
18. **Treat people with kindness and fairness, while maintaining healthy boundaries.**
19. **Don't chase people who repeatedly ignore you.** If someone values you, they'll make an effort to respond.
20. **Strive to be excellent at what you do.** Continuous improvement builds confidence, credibility, and self-respect.

True self-respect isn't about seeking approval from others — it's about knowing your worth, setting healthy boundaries, and living with purpose and integrity.

Lessons from the Wild

The Lion and the Mouse

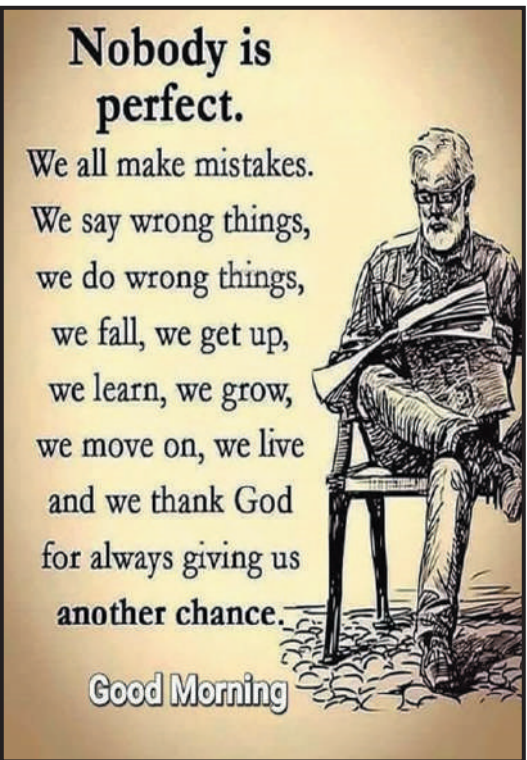
A lion lay asleep in the forest, his great head resting on his paws. A timid little mouse came upon him unexpectedly, and in her fright and haste to get away, ran across the lion's nose. Roused from his nap, the lion laid his huge paw angrily on the tiny creature to kill her.

"Spare me!" begged the poor mouse. "Please let me go and some day I will surely repay you."

The lion was much amused to think that a mouse could ever help him. But he was generous and finally let the mouse go.

Some days later, while stalking his prey in the forest, the lion was caught in the toils of a hunter's net. Unable to free himself, he filled the forest with his angry roaring. The mouse knew the voice and quickly found him struggling in the net. Running to one of the great ropes that bound him, she gnawed it until it parted, and soon the lion was free.

"You laughed when I said I would repay you," said the mouse. "now you see that even a mouse can help a lion."



A Thought from a Japanese Bus Stop

"Only buses stop here -- not your time. So keep walking towards your goal."

* * *

African Proverb

If you want to walk fast, walk alone.
If you want to walk far, walk together.

* * *

Reflections on Life

The entire sea cannot sink a ship unless the water gets inside it.

Likewise, the pressures of life cannot hurt you unless we allow them to enter our minds.

We are excellent lawyers when defending our own mistakes, but very good judges when judging the mistakes of others.

Longevity rules: A steady, healthy lifestyle is built on simple, repeatable behaviours

Scientists are steadily uncovering what it takes to live a long, healthy life. While genetics certainly play a role, research increasingly shows that everyday habits may matter just as much — if not more. According to Julia Ries, studies of nonagenarians and centenarians consistently point to one shared factor: a steady, healthy lifestyle built on simple, repeatable behaviours.

For Gen X doctors — physicians now in midlife with decades of clinical experience — these lessons are not theoretical. They come from years of observing what keeps patients well and what accelerates decline. As Dr. Jeff Stanley, an internal medicine physician and medical director at Virta Health, notes, “how you treat your body now directly affects how well it will function in the future.”

Here are five practical rules many clinicians quietly swear by.

1. Walk every day, even if it's little

Walking may be one of the most underrated longevity tools. Even modest daily movement — around 2,500 to 4,000 steps — has been linked to improved cardiovascular and mental health. Higher step counts, particularly above 7,000 daily, are associated with lower rates of cardiovascular disease and mortality.

Beyond physical health, walking also supports mood regulation. Exercise physiologist Milica McDowell explains that walking can improve dopamine release, sleep quality, and overall hormone balance. The key is consistency, not intensity — taking the stairs, parking further away, or breaking up long sitting periods can all add up.

2. Protect your sleep like medicine

Sleep is not optional recovery; it is biological maintenance. Experts, including Dr. Neal Walia of UCLA Health, warn that chronic sleep deprivation is linked to oxidative stress, cognitive decline, and increased risk of conditions such as diabetes and heart disease.

Most adults need at least seven hours per night. During sleep, the body repairs tissues, clears metabolic waste, and consolidates memory. Over time, insufficient sleep quietly erodes resilience and accelerates aging.

3. Eat more real food, fewer processed products

Diet remains one of the strongest predictors of long-term health. Gen X physicians often advise patients to reduce ultra-processed foods, particularly those high in added sugars.



Research suggests high sugar intake is associated with increased risk of cardiovascular disease and accelerated cellular aging. This does not require strict restriction, but rather a shift toward whole foods — vegetables, fruits, lean proteins, and minimally processed grains — while limiting packaged snacks and sugary drinks.

4. Learn to manage stress effectively

Chronic stress keeps the body in a prolonged “fight or flight” state, contributing to inflammation, high blood pressure, and weakened immunity. According to Dr. Casey Kelley, activating the parasympathetic nervous system — the “rest and digest” mode — is essential for recovery and long-term health.

Practices such as deep breathing, meditation, yoga, or tai chi can help regulate stress responses. Over time, this balance supports cardiovascular health, digestion, and overall resilience.

5. Stop multitasking so much

Despite being seen as a modern necessity, multitasking may be quietly harmful. Research suggests it increases stress, elevates heart rate and blood pressure, and reduces cognitive efficiency.

Doctors like Dr. Stanley and psychologist Sarah Bullard warn that constantly switching between tasks creates mental strain that accumulates over time. Focusing on one task at a time not only improves productivity but may also protect long-term brain health.

Ultimately, longevity is not built on dramatic interventions, but on small, consistent choices. For many experienced physicians, the formula is surprisingly simple: move more, sleep well, eat real food, manage stress, and slow down.

Health & Life Hacks

Reading Books May Be One of the Best Habits for Your Health

In today's fast-paced world, where stress, anxiety and mental fatigue have become increasingly common, reading a book may be one of the simplest and most effective ways to improve both mental and physical well-being. Research suggests that even a few minutes of daily reading can have lasting health benefits.

One of the most immediate advantages of reading is its ability to reduce stress. A study by researchers at the University of Sussex found that reading for just six minutes can lower stress levels by as much as 68 per cent—making it even more effective than listening to music or taking a walk. By focusing attention on a story, the mind shifts away from daily worries while stimulating imagination and creativity.

Reading also appears to play an important role in preserving brain health. Numerous studies have shown that people who regularly engage in mentally stimulating activities, such as reading, writing and solving puzzles, are less likely to develop dementia. Lifelong readers tend to experience slower cognitive decline, even when

age-related changes occur in the brain.

Beyond cognitive health, reading can also support emotional well-being. Some mental health professionals use “bibliotherapy”—the guided use of books as part of psychological treatment—to help patients better understand their emotions, develop empathy, improve self-awareness and strengthen problem-solving skills. Reading can complement traditional therapy for conditions such as anxiety and depression by offering comfort, perspective and emotional resilience.

While there is no universally recommended amount of daily reading, experts suggest that even short sessions can be beneficial. Some studies indicate that an hour of reading each day may offer the greatest protection against cognitive decline, but consistency is more important than duration. Reading during a lunch break, before bedtime or while commuting can easily become a healthy daily habit.

Whether it is fiction or non-fiction, reading exercises the brain, reduces stress and encourages lifelong learning. In an age dominated by digital distractions, setting aside time for a good book may be one of the most rewarding investments people can make in their long-term mental and physical health.

Risk Factors at 60 May Offer Early Warning of Dementia

A major new study has identified several factors at age 60 that may significantly predict the likelihood of developing dementia later in life, reinforcing the importance of maintaining a healthy and active lifestyle as people grow older.

The research, conducted by the non-profit RAND Corporation, analysed data from the long-running Health and Retirement Study, which has tracked around 20,000 participants over several years. Researchers examined 181 potential predictors of dementia using data collected between 2000 and 2016.

The study confirmed a number of well-known risk factors, including poor physical health, a history of stroke, low cognitive test scores, functional limitations and certain genetic traits. However, it also revealed several less obvious indicators. People born in the southern United States, those without a high school diploma, individuals lacking private health insurance and those with little or no employment history faced a higher risk of developing dementia.

Health conditions such as diabetes, severe obesity and physical inactivity were also linked to an increased risk. Lifestyle factors mattered as well: people with few hobbies, limited intellectual activities and lower levels of conscientiousness were



more likely to experience cognitive decline.

Researchers also found that Black and Latino participants initially appeared to face a higher risk of dementia. However, these differences disappeared after accounting for education and income, suggesting that socioeconomic inequalities rather than ethnicity itself play a decisive role.

Although the study identified statistical associations rather than direct causes, experts say the findings strengthen the case for preventive action. Regular exercise, a balanced diet, quality sleep, effective management of chronic illnesses and avoiding smoking all contribute to better brain health.

Equally important are social and mental stimulation. Specialists recommend maintaining regular social interactions and engaging in activities that challenge the brain, such as learning a new language, playing strategy games, taking classes or developing new hobbies. Such habits may help preserve cognitive function and reduce the risk of dementia in later life.

BollyBytes



Deepika Padukone Tops Bollywood's Box Office Queens

Deepika Padukone has emerged as Bollywood's highest-grossing actress at the Indian box office, reaffirming her status as one of the industry's biggest stars. According to industry data, her films have earned an impressive Rs 17.98 billion (Mauritius Rupees), excluding dubbed releases.

Deepika's remarkable post-pandemic success has been driven by blockbusters such as *Pathaan* and *Jawan*, placing her comfortably ahead of Katrina Kaif, whose films have collected about Rs 15.88 billion. Kareena Kapoor Khan occupies third place with around Rs 14.41 billion.

Rounding out the top ten are Anushka Sharma (about Rs 9.90 billion), Shraddha Kapoor (around Rs 9.06 billion), Alia Bhatt (approximately Rs 8.55 billion), Priyanka Chopra Jonas (about Rs 8.25 billion), Sonakshi Sinha (around Rs 7.80 billion), Jacqueline Fernandez (approximately Rs 7.62 billion) and Rashmika Mandanna (about Rs 6.89 billion) — all figures in Mauritian rupees.

Deepika, Katrina and Kareena have all benefited from starring opposite Bollywood's leading male actors in major commercial productions. Their consistent success has translated into exceptional box office collections unmatched by most of their contemporaries.

The rankings could, however, change in the coming years. Alia Bhatt is preparing for the female-led action thriller *Alpha*, while Shraddha Kapoor has another major project in the pipeline. Their future performances may reshape Bollywood's box office hierarchy, but for now, Deepika Padukone remains the undisputed queen of the Indian box office.

Neetu Kapoor: A Remarkable Return After Nearly Four Decades

Veteran actress Neetu Kapoor's career remains one of Bollywood's most inspiring stories of sacrifice and reinvention.

Having entered films as a child artiste, Neetu appeared in nearly 80 films before the age of 21, quickly establishing herself among Hindi cinema's leading actresses. Her memorable on-screen partnership with Rishi Kapoor produced several enduring classics, including *Khel Khel Mein*, *Rafoo Chakkar*, *Kabhi Kabhie Amar Akbar Anthony*.

After marrying Rishi Kapoor in 1980, Neetu chose to leave the film industry to focus on raising her family. Her final film before stepping away was *Ganga Meri*

Maa, released in 1983.

The actress later explained that balancing an active acting career with family responsibilities had become increasingly difficult, prompting her decision to prioritise her home life.

Although she occasionally appeared in films such as *Do Dooni Chaar*, *Jab Tak Hai Jaan* and *Besharam*, she remained largely absent from mainstream cinema for almost four decades.

Her full-fledged return came in 2022 with *JugJuggJeeyo*, released two years after the death of Rishi Kapoor. Neetu later described accepting the role as an emotional turning point that helped her rebuild confidence during one of the most difficult periods of her life.

Most recently, she appeared in *Daadi Ki Shaadi*, which also marked the acting debut of her daughter, Riddhima Kapoor Sahni.



Hema Malini Reflects on Stardom, Money and Family



Veteran actress Hema Malini has dismissed the long-held belief that she was Bollywood's highest-paid actress during the 1970s and early 1980s.

Speaking in a recent interview,

the legendary "Dream Girl" said actors of her era earned only modest sums compared with today's stars. She explained that she never demanded large fees from producers and was content to accept whatever they could reasonably afford.

According to Hema Malini, the recognition and affection she received from audiences were ultimately more valuable than financial rewards. She credited her mother, who managed her career, for maintaining cordial relationships with producers without insisting on higher payments.

The actress, whose celebrated films include *Sholay*, *Seeta Aur Geeta*, *Dream Girl*, *Satte Pe Satta* and *Baghban*, remains one of Indian

cinema's most respected personalities.

In another emotional interview, Hema recalled accepting the Padma Vibhushan awarded posthumously to her late husband, Dharmendra. She said she felt his presence as she walked towards President Droupadi Murmu to receive the honour on his behalf.

Reflecting on Dharmendra's final wishes, she said he always encouraged the family to remain united. She also dismissed speculation of divisions within the extended Deol family, describing Sunny Deol and Bobby Deol as "wonderful boys" and insisting that the family remains close despite keeping its relationships away from public scrutiny.

Vivek Oberoi Credits Akshay Kumar for Helping Revive His Career

Actor Vivek Oberoi has revealed how Akshay Kumar helped him regain confidence during one of the most difficult periods of his career.

Following his acclaimed debut in *Company* (2002), Vivek's career reportedly suffered after a highly publicised dispute with Salman Khan. Despite receiving praise for performances in films such as *Omkara* and *Shootout at Lokhandwala*, he said many producers were reluctant to cast him.

In a recent interview, Vivek recalled that Akshay Kumar personally visited his home after learning he was struggling emotionally. Rather than making empty promises, Akshay offered practical assistance by passing on stage shows and live performances that he himself could not attend because of his busy filming schedule.

The opportunity allowed Vivek to reconnect with audiences, rebuild his confidence and earn an income during a period when film offers had largely dried up.



Vivek described Akshay's gesture as an extraordinary act of generosity, saying very few established stars would willingly transfer their own work to another actor.

The actor also reflected on the frustration of receiving awards and critical acclaim while continuing to face professional isolation. He acknowledged that certain circumstances in the film industry remain beyond an individual's control.

Vivek will next appear as Vibhishana in Nitesh Tiwari's highly anticipated epic *Ramayana: Part 1*, scheduled for release during Diwali 2026.



Vendredi 17 Juillet - 20.30



Samedi 18 Juillet - 20.15



Dimanche 19 Juillet - 21.14



Programme TV



SERIAL



vendredi 17 juillet

MBC 1

06.16 Serial: Living To Love
08.10 Tele: Un Amour Sauvage
09.00 Tele: La Desalmada
09.30 Film: Marry Me
11.30 Tele: Happily Ever After
12.00 Le Journal
12.35 Tele: Rosalinda
13.20 Tele: Your Love Is My Fortune
13.45 Une Famille Pas Si Parfaite
14.10 Tele: Valentina
15.00 Live: Samachar
15.30 Tele: Love Of My Life
17.00 Doc: China Farm
18.00 Samachar
18.30 Serial: Shiv Shakti
19.30 Le Journal
20.14 Zero Stress Avek Miselaine
20.30 Film: Le Gendarme De Saint-Tropez
22.13 Tele: Rosalinda
23.00 Tele: Happily Ever After

MBC 2

09.10 Local: Encounter
12.00 Local: Klip Seleksion
13.04 La Journee Sous Le Regard
14.03 Local: Itinerer Moris
14.18 Nou Later Nou Lamer Nou...
15.01 Local: Mangeons Veg
17.01 Local: La Sosiete
19.30 Local: Sur Prise
19.41 Local: Evasion
20.00 Local: Sekirite Lor Larout
21.15 Local: La Sosiete
21.45 Local: Dossier
23.32 La Journee Sous Le Regard
23.37 Entrepreneuriat Au Feminin
23.33 Mon Jardin Ma Maison
23.59 Sciences, Technologies, Ingenierie Et Mathematiques
00.24 Local: Metie
00.38 Local: Mangeons Veg
01.04 Local: Les Grandes Lignes
01.39 Local: Evasion

MBC 3

06.00 Mag: Aastha TV
09.00 Aaj Ki Charcha
10.00 Na Umra Ki Seema Ho
11.32 Serial: Shiv Shakti
12.00 Film: Kala Sona
15.00 Live: Samachar
15.20 Sayings Radha Krishna
15.48 Dil Ko Tumse Pyaar Hua
16.33 Aaj Ki Charcha
17.30 Serial: Shiv Shakti
18.00 Samachar
18.31 Local: Mati Ke Mol
18.57 Geet Gawai Ki Naya Peheloo
19.53 Local: Khel Khiladi
20.30 Serial: Tenali Rama
21.12 Serial: Beyhadh 2
21.45 Serial: Shrimad Ramayan
22.09 Serial: Wagle Ki Duniya
22.31 Mag: Sitaron Ke Jahaan Se
22.57 Aaj Aur Kal Bollywood Hits
23.59 Local: Mati Ke Mol

Cine 12

06.00 Mag: Eye On SADC
06.38 Mag: Business Beyond
07.22 Mag: Tomorrow Today
08.30 Doc: Iran From Above In The...
11.30 Mag: Eco India
11.56 Mag: Mapped Out
12.53 Mag: Tomorrow Today
13.19 Doc: San Michele
15.00 D.Anime: Patamuse
15.08 Charlotte Aux Fraises
17.00 Doc: All The Answers
17.37 Mag: Planet A
18.40 Mag: The Dip
19.00 Student Support Prog...
19.28 Mag: Euromaxx
20.01 Tele: Un Amour Sauvage
20.30 News
20.50 Tele: Valentina
21.35 Descendants Of The Sun
22.38 Doc: Legendary Giants
23.20 Doc: The Logic Of The Many

Bollywood TV

14.25 Serial: Radha Mohan
14.55 Serial: Tenali Rama
15.30 Film: Kya Yehi Pyaar Hai
Cast: Jackie Shroff, Aftaab Shivasani
18.30 Udhne Ki Aasha
19.00 Do Chutki Sindoor
19.32 Pandya Store
20.01 Mannat - Har Khushi Paane Ki
20.30 Saavi Ki Savaari
20.55 Anupamaa
21.30 Pyaar Ka Pehla Adhyaya
21.57 Serial: Dhruv Tara
22.30 Wagle Ki Duniya
23.00 Serial: Aladdin
23.30 Film: Kya Yehi Pyaar Hai
Cast: Jackie Shroff, Aftaab Shivasani

samedi 18 juillet

06.16 Tele: Un Amour Sauvage
06.45 Serial: Belgravia
07.35 Serial: L'Incroyable Hulk
08.20 Serial: New Amsterdam
09.10 Serial: Quantico
09.55 Serial: Elementary
10.40 Serial: Les Têtes Brûlées
11.32 Tele: Un Amour Sauvage
12.00 Le Journal
12.30 Film: Seref Meselesi
15.00 Live: Samachar
15.30 Film: Highlander II
18.00 Live: Samachar
18.31 Dance Deewane Juniors
19.30 Le Journal
20.15 Film: Uncharted
21.58 Serial: L'Incroyable Hulk
22.44 Serial: Chucky
23.30 Local: Le Journal Televisé
00.17 Serial: Quotes By Famous...
00.24 Serial: Les Têtes Brûlées

06.00 Local: Mon Jardin Ma Maison
06.30 Local: Tous Egaux
06.45 Local: Point Culture
07.36 Local: Les Grandes Lignes
08.00 Local: Sur Prise
09.30 Local: La Sosiete
12.30 Mon Jardin Ma Maison
13.04 Local: Les Grandes Lignes
13.45 Local: Evasion
14.00 Local: Sekirite Lor Larout
15.35 Local: J'ai Faim
15.20 Local: Tous Egaux
18.05 Tele: Wildflower
19.00 Journal Kreol
19.22 Zero Stress Avek Miselaine
19.24 Rodrig Prog: Kot Nou
20.00 Local: Les Petits Genies
21.30 Local: Glwar Dantan
22.59 La Journee Sous Le Regard
23.05 Journal Kreol
23.25 Local: Tous Egaux
23.38 Local: Saver Kiltirel

05.00 Mag: Aastha TV
08.30 Local: Abhyas Yog
09.00 Aaj Ki Charcha
10.30 Bade Acche Lagte Hai 2
12.00 Dikri Vahalno Dariyo
13.17 Mere Dad Ki Dulhan
14.00 Local: Aaj Ki Charcha
15.30 Film: Jurmana
Cast: Mithun Chakraborty, Ashwini Bhawe, Rambha, Shakti Kapoor, Ronit Roy
18.00 Live: Samachar
18.32 Local: Puranya Pakwan
18.57 Local: Sangeet Sarita
19.24 Local: Gyan Vigyan
21.00 Film: Madhoshi
Cast: John Abraham, Bipasha Basu
23.27 Local: Puranya Pakwan
23.53 Local: Sangeet Sarita
00.19 Local: Gyan Vigyan
00.39 Duniya Mein Iss Saptah

06.00 D.Anime: Caillou
06.44 D.Anime: Carmen Sandiego
07.05 Charlotte Aux Fraises
08.43 D.Anime: Word Party
09.25 D.Anime: Edmond Et Lucy
10.07 Serial: Action Kidz
13.00 Doc: Words Of Peace
14.04 Doc: The Stone Age Diet
15.00 D.Anime: Patamuse
15.08 Charlotte Aux Fraises
15.40 D.Anime: Aquateam
16.03 D.Anime: Piper's Pony Tales
16.20 D.Anime: Madagascar
18.00 Mag: In Good Shape
18.30 Doc: New Perspectives...
19.00 Doc: Initiative Africa
19.28 Mag: Afrimaxx
20.01 Tele: Un Amour Sauvage
20.53 Tele: Love Of My Life
22.20 Serial: Judge Dee's Mystery
23.42 Doc: America's Journey...
00.27 Doc: Children In Elite Sports

08.00 Dil Ko Tumse Pyaar Hua
10.02 Na Umra Ki Seema Ho
12.08 Udaariyaan
14.02 Anupamaa
16.00 Shrimad Ramayan
17.30 Vidrohi
18.00 Samachar
18.30 Film: 8 x 10 Tasveer
With: Akshay Kumar, Ayesha Takia, Sheila Patel, Jaaved Jaferi



21.30 Beyhadh 2
22.00 Crime Patrol

dimanche 19 juillet

06.15 Tele: Un Amour Sauvage
06.45 Film: Uncharted
08.40 Serial: Elementary
09.25 Serial: Columbo
10.40 Serial: Les Têtes Brûlées
11.30 Tele: Un Amour Sauvage
12.35 Film: Marry Me
14.22 Doc: China Farm
15.00 Live: Samachar
15.30 Film: Le Gendarme De Saint-Tropez
17.51 Doc: Vegetarian Delights
18.00 Samachar
18.30 Serial: Laughter Chefs
19.30 Le Journal
21.14 Film: Kill Bill: Vol. 1
23.01 Serial: La Brea
23.42 Le Journal
01.03 Serial: Les Têtes Brûlées
01.49 Serial: Columbo

08.40 Nou Later Nou Lamer Nou...
08.55 Local: Les Petits Genies
09.25 Le Rendez Vous Avec Sabrina Dubois
11.00 Local: Nu Rasinn
12.00 Local: Mots & Ecrits
12.40 Entrepreneuriat Au Feminin
12.55 La Journee Sous Le Regard
13.05 Local: Music Tour 2026
14.00 Quitter La Vie Dignement
16.52 Local: Tous Egaux
17.11 Local: Les Petits Genies
17.37 Local: Glwar Dantan
18.05 Tele: Wildflower
19.20 Zero Stress Avek Miselaine
20.00 Local: Les Klips
21.01 Local Production
21.55 Nathaniel Letandrie En concert
22.55 La Journee Sous Le Regard
23.00 Journal Kreol

05.00 Mag: Aastha TV
08.00 Local: Puranya Pakwan
08.26 Local: Sangeet Sarita
08.52 Local: Gyan Vigyan
10.30 Mahabharat
12.00 Film: Luck
Cast: Mithun Chakraborty, Sanjay Dutt, Imran Khan,
15.00 Samachar
15.21 Radha Krishna
15.30 Sathya Sai Baba
18.00 Samachar
18.31 MBC Prod
19.23 Local: Prakriti
20.30 Tenali Rama
20.51 Serial: Sa Re Ga Ma Pa L'il...
21.37 Sajanwa Bairi Ho Gaile Hamar
00.55 Local: Prakriti
01.37 Film: Luck
03.51 Mag: Eco India

06.00 D.Anime: Dragons
08.11 D.Anime: Les Petits Carnets...
08.33 D.Anime: Word Party
08.59 D.Anime: Piper's Pony Tales
09.41 Serial: The Athena
10.36 Doc: New Perspectives...
11.28 Mag: Afrimaxx
13.26 Doc: Of Whales And Turtles
14.09 Doc: Legendary Hotels
15.00 D.Anime: Patamuse
15.08 Charlotte Aux Fraises
15.40 D.Anime: Piper's Pony Tales
15.55 Film: Polly Pocket
16.59 Doc: All The Answers
17.33 The Plant Wonders Of Iceland
18.00 Mag: REV Special
18.12 Mag: Travel
18.30 Heureux Comme Un Chat
19.30 Doc: Arts Unveiled
20.00 Tele: Un Amour Sauvage
21.45 Film: Permis De Tuer

08.00 Dhruv Tara
10.05 Kundali Bhagya
12.10 Dance Deewane
14.00 Pyaar Ka Pehla Adhyaya
16.00 Wagle Ki Duniya
18.30 Film: Dostana
Cast: John Abraham, Abhishek Bachchan



21.30 Beyhadh 2
21.51 Mahabharat

lundi 20 juillet

05.36 Tele: Living To Love
07.04 Tele: Hawaii
08.15 Tele: Un Amour Sauvage
08.40 Tele: Le Secret Des Roldan
09.00 Tele: La Desalmada
09.35 Film: Permis De Tuer
12.00 Le Journal
12.25 Tele: Rosalinda
13.15 Tele: Your Love Is My Fortune
13.45 Une Famille Pas Si Parfaite
14.10 Tele: Valentina
15.00 Samachar
15.30 Serial: Judge Dee's Mystery
17.29 Tele: Happily Ever After
18.00 Samachar
18.31 Serial: Shiv Shakti
19.07 Live: Grand Titre
19.30 Le Journal
20.14 Zero Stress Avek Miselaine
20.20 Tele: Eclats De Vie
21.50 Serial: Rosalinda

09.15 Local: Face Cachee
09.30 Quitter La Vie Dignement
11.00 Local: Les Klips
12.00 Local: Nu Rasinn
13.00 La Journee Sous Le Regard
13.00 Elle Est Si Belle La Vie
15.05 Rodrig: Komantier
15.20 Local: Metie
15.35 Rodrig: Plat DU Chef
16.52 La Journee Sous Le Regard
17.00 Morisien Konn Ou La Sante
18.00 Une Famille Pas Si Parfaite
18.30 Tele: Le Secret Des Roldan
19.00 Journal Kreol
19.30 Rodrig: Feminin Pluriel
20.00 Local: Tous Egaux
21.15 Morisien Konn Ou La Sante
21.43 Local: 19 Minutes
22.10 Local: Les Grandes Lignes
22.54 La Journee Sous Le Regard du Seigneur

05.00 Mag: Aastha TV
09.00 Aaj Ki Charcha
10.00 Local: Sajanwa Bairi Ho Gaile Hamar
12.00 Film: Dharam Karam
Cast: Raj Kapoor, Randhir Kapoor, Rekha
15.00 Samachar
15.48 Kundali Bhagya
16.30 Local: Aaj Ke Charcha
17.30 Shiv Shakti
18.00 Live: Samachar
18.31 Local: Ved Ki Shikshahein
18.57 Local: Ayush
19.24 Excerpts From Shiv Abhishek
20.09 Local: Charcha
20.30 Dharm Yoddha Garud
21.00 Film: Saath Saath
Cast: Deepti Naval, Farooq Shaikh, Satish Shah
22.59 Shrimad Ramayan
23.23 Wagle Ki Duniya

07.00 D.Anime: Les Quiquoi
07.37 D.Anime: Magic Wonderland
08.30 D.Anime: The Treflik Family
09.00 D.Anime: Harrison & Me
09.35 Film: Georges, le Petit Curieux
11.52 Mag: Travel
12.58 Doc: Madam Chutney...
13.30 Film: Vivo
15.00 Serial: Bo Bear
15.15 D.Anime: Les Carnets Nature De Lulu Vroumette
15.35 D.Anime: Trolls
15.58 D.Anime: Team Zenko Go
16.21 D.Anime: Audrey's Shelter
16.35 D.Anime: Dragons
18.00 Doc: Eye On SADC
18.30 Mag: Choices
19.30 Mag: In Good Shape
20.01 Tele: Un Amour Sauvage
20.30 Live: News
21.40 Film: Highlander II

14.25 Radha Mohan
14.58 Dharm Yoddha Garud



15.30 Film: Jajantaram Mamantaram
18.00 Samachar
18.31 Udhne Ki Aasha
19.00 Do Chutki Sindoor
19.30 Pandya Store
20.05 Mannat
20.30 Saavi Ki Savaari
21.00 Anupamaa
21.30 Pyaar Ka Pehla Adhyaya



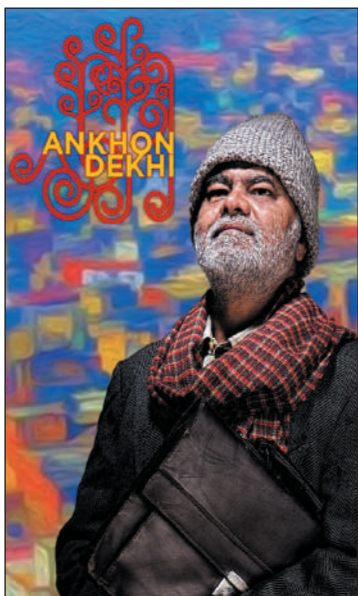
Mardi 21 Juillet - 20.30



Mercredi 22 Juillet - 20.20



Mercredi 22 Juillet - 15.00



Programme TV



mardi 21 juillet

MBC 1

05.30 Tele: Living To Love
06.16 Serial: Eclats De Vie
08.11 Tele: Un Amour Sauvage
08.35 Tele: Le Secret Des Roldan
09.00 Tele: La Desalmada
09.30 Film: Highlander II
11.30 Tele: Happily ever After
12.00 Le Journal
12.25 Tele: Rosalinda
13.20 Tele: Your Love Is My Fortune
13.45 Tele: Une Famille Pas Si Parfaite
14.10 Tele: Valentina
15.30 Film: The Shamer's Daughter
17.30 Tele: Happily Ever After
18.00 Samachar
18.31 Serial: Shiv Shakti
18.55 Kyunki Saas Bhi Kabhi Bahu Thi
19.30 Le Journal
21.00 Film: Soudain Seuls
22.40 Tele: Rosalinda

MBC 2

09.30 Morisien Konn Ou La Sante
11.35 Local: Grand Titre
12.15 Local: Toc Toc Doc
12.30 Rodrig: Kot Nou
14.27 Local: Coin Jardin
14.43 Local: Tous Egaux
15.30 Local: Mangeons Veg
16.15 Local: Générations J
18.00 Une Famille Pas Si Parfaite
18.30 Tele: Le Secret Des Roldan
19.00 Journal Kreol
19.30 Local: Itinerer Rodrig
20.00 Local: Anou Kombat Ladrög
20.30 Local: Priorite Sante
21.30 Local: Parliamentary
22.30 Local: Arsiv 240
22.56 La Journee Sous Le Regard
23.00 Journal Kreol Rediffusion
23.20 Local: Ti Zistwar Zanfan
23.39 Music Tour 2026
00.31 Parlons Sante Senior

MBC 3

08.00 Local: Ved Ki Shikshahein
08.28 Local: Ayush
09.00 Aaj Ki Charcha 2025
10.00 Serial: Kundali Bhagya
11.31 Serial: Shiv Shakti
12.01 Film: Rakhwala
Cast: Dharmendra, Leena Chandavarkar
15.00 Live: Samachar
15.21 Sajjanwa Bairi Ho Gaile Hamar
15.47 Pyaar Ka Pehla Adhyaya
16.30 Aaj Ki Charcha
17.30 Serial: Shiv Shakti
18.00 Live: Samachar
18.31 Local: Darshan Guest
18.57 Local: Natya Kala
19.53 Local: Prakriti
20.30 Serial Dharm Yoddha Garud
21.00 Film: Dostana
23.32 Serial: Shrimad Ramayan

MBC 5

06.00 Mag: Eco Africa
06.38 Mag: Her: Women In Asia
06.52 Doc: Japan Video Topics
07.07 Charlotte Aux Fraises
09.25 Film: L'Impermeable Magique
10.50 Serial: Dance Academy
12.54 Mag: In Good Shape
13.30 Film: Super Wings
15.00 Serial: Bo Bear
15.10 Les Carnets Nature De Lulu
15.53 D.Anime: Team Zenko Go
16.16 D.Anime: Audrey's Shelter
17.30 Mag: Eco Africa
18.00 Mag: REV: The Global Auto...
18.30 Mag: Shift
19.00 Mag: Made In Germany
20.01 Tele: Un Amour Sauvage
20.53 Tele: Valentina
21.38 Mag: Business Africa
22.06 Heureux Comme Un Chat
22.58 Mag: Euromaxx

Bollywood TV

14.25 Radha Mohan
14.55 Dharm Yoddha Garud
15.30 Film: Main Tera Hero
Starring: Varun Dhawan, Ileana D'Cruz
18.00 Live: Samachar
18.30 Udne Ki Aasha
19.03 Do Chutki Sindoor
19.33 Pandya Store
20.06 Na Umra Ki Seema Ho
20.29 Saavi Ki Savaari
21.07 Anupama
21.29 Pyaar Ka Pehla Adhyaya
22.04 Dhruv Tara
22.34 Wagle Ki Duniya
23.04 Serial: Aladdin
23.30 Film: Main Tera Hero
Starring: Varun Dhawan, Ileana D'Cruz

mercredi 22 juillet

05.35 Serial: Living To Love
08.21 Tele: Un Amour Sauvage
09.11 Tele: La Desalmada
09.30 Film: Uncharted
11.30 Tele: Happily Ever After
12.00 Le Journal
12.25 Tele: Rosalinda
13.10 Tele: Your Love Is My Fortune
13.45 Une Famille Pas Si Parfaite
14.10 Tele: Valentina
15.00 Live: Samachar
15.30 Film: Soudain Seuls
17.30 Tele: Happily Ever After
18.00 Live: Samachar
18.31 Serial: Shiv Shakti
18.55 Live: Grand Titre
19.30 Journal & La Meteo
20.15 Zero Stress Avek Miselaine
20.20 Film: La Passion Du Christ
22.21 Tele: Rosalinda
23.02 Tele: Happily Ever After
23.30 Le Journal Televisé

09.35 La Barre De Recherche
10.30 Local: Saveurs Plus
11.30 Local: Les Petits Genies
12.01 Local: Nos Aines
12.30 Rodrig: Itinerer Rodrig
13.00 La Journee Sous Le Regard
13.05 Local: Anou Kombat Ladrög
14.35 Local: Nu Rasinn
15.30 Local: Saveurs Plus
16.00 Local: Glwar Dantan
16.59 La Journee Sous Le Regard
18.00 Une Famille Pas Si Parfaite
18.30 Tele: Le Secret des Roldan
19.30 Rodrig Spor
20.00 Local: Saver Kiltirel
20.30 Drogue Une Urgence...
21.00 Local: Parlons Sante Senior
21.15 Local: Agir Ensemble
21.45 Local: Les Klips
22.37 Local: Grand Titre
23.20 La Journee Sous Le Regard
23.22 Local: Evasion

08.00 Local: Natya Kala Guest...
09.00 Aaj Ki Charcha 2025
10.00 Pyaar Ka Pehla Abhyaya
11.31 Serial: Shiv Shakti
12.01 Film: Anaari
Cast: Raj Kapoor Nutan
15.00 Live: Samachar
15.47 Radha Mohan
16.30 Aaj Ki Charcha
17.10 Radha Mohan
17.30 Serial: Shiv Shakti
18.00 Live: Samachar
18.30 Local: Yatra
18.58 Local: Udhaan Ki Kahani
19.48 Local: Virasat
20.02 Local: Kaam Daam
20.30 Dharm Yoddha Garud
21.01 Film: Mata Rani Kar De Beda Par
23.24 Shrimad Ramayan
23.48 Wagle Ki Duniya
00.09 Mag: Hunar e Hind

06.29 Mag: Shift
07.00 D.Anime: Les Quiquois
11.09 Serial: Dance Academy
13.30 Film: Le Cygne Et La Princesse
14.50 D.Anime: Patamuse
14.54 Charlotte Aux Fraises
14.59 Serial: Bo Bear
15.14 D.Anime: Baby Dino Tales
16.26 D.Anime: Dragons
16.50 D.Anime: Suny Girl
17.30 Mag: REV: The Global Auto
18.00 Mag: Afrimaxx
18.31 Mag: Planet A
19.00 Doc: Top Flight Medical...
19.30 Mag: Arts Unveiled
20.01 Tele: Un Amour Sauvage
20.50 Tele: Eclats De Vie
21.40 Film: Kill Bill: VOL.1
23.34 Mag: Close Up
00.02 Mag: Focus On Europe
00.28 Mag: Afrimaxx

14.25 Radha Mohan
14.50 Dharm Yoddha Garud
15.30 Film: Ankhon Dekhi
Starring: Sanjay Mishra, Seema Pahwa
18.00 Live: Samachar
18.31 Udne Ki Aasha
19.02 Do Chutki Sindoor
19.33 Pandya Store
20.00 Na Umra Ki Seema Ho
20.31 Saavi Ki Savaari
21.00 Anupama
21.28 Pyaar Ka Pehla Abhyaya
22.00 Dhruv Tara
22.24 Wagle Ki Duniya
22.54 Aladdin
23.30 Film: Ankhon Dekhi
Starring: Sanjay Mishra, Seema Pahwa

jeudi 23 juillet

04.48 Tele: Mademoiselle
05.27 Tele: Living To Love
07.54 Tele: All The Flowers
09.06 Tele: La Desalmada
09.35 Serial: Columbo
10.49 Doc: China Farm
11.30 Tele: Happily Ever After
12.00 Le Journal
12.25 Tele: Rosalinda
13.15 Tele: Your Love Is My Fortune
13.42 Une Famille Pas Si Parfaite
14.10 Tele: Eclats De Vie
15.20 Film: Permis De Tuer
17.15 Tele: Happily Ever After
18.31 Serial: Shiv Shakti
19.00 Kyunki Saas Bhi Kabhi Bahu
19.30 Le Journal
20.20 Film: Yeh Jawaani Hai Deewani
Cast: Deepika Padukone And Ranbir Kapoor

10.25 Rodrig: Plat Du Chef
10.33 Local: Saver Lokal
11.35 Local: Grand Titre
13.00 La Journee Sous Le Regard
13.31 Local: Saver Kiltirel
14.30 Local: Parlons Sante Senior
15.35 Rodrig: Plat Du Chef
15.40 Rodrig: Saver Lokal
18.30 Tele: Le Secret Des Roldan
19.00 Journal Kreol
19.30 Local: Itinerer Moris
20.00 Local: Les Grandes Lignes
20.30 Local: Paroles Agricoles
21.05 Quand Le Virtuel Derae
21.30 Local: Music Tour 2025
22.55 La Journee Sous Le Regard
23.00 Journal Kreol Rediffusion
23.20 Local: Son Ladan Mem
23.33 Local: Bricolo Ecolo
23.56 Rodrig: Feminin Pluriel
00.17 Local: Tous Egaux

08.00 Local: Udhaan Ki Kahani
09.00 Aaj Ki Charcha 2025
10.00 Serial: Radha Mohan
11.31 Serial: Shiv Shakti
12.01 Film: Main Inteqam Loonga
Cast: Dharmendra, Reena Roy
15.00 Live: Samachar
15.29 Sajjanwa Bairi Ho Gaile Hamar
15.42 Na Umra Ki Seema Ho
16.30 Aaj Ki Charcha
17.07 Na Umra Ki Seema Ho
17.30 Serial: Shiv Shakti
18.00 Live: Samachar
18.31 Local: Amrit Vani
19.01 Local: Sanskriti Ki Baatein
19.55 Local: Hunarbaaz
20.30 Serial Tenali Rama
21.00 Serial: Shakti
21.37 Serial: Ramayan

06.25 Mag: Planet A
08.24 D.Anime: The Treflik Family
11.04 Serial: Dance Academy
11.40 Mag: Afrimaxx
12.37 Mag: Arts Unveiled
13.30 Film: Les Chiens A L'Opera
14.45 D.Anime: Patamuse
14.53 Charlotte Aux Fraises
15.02 Serial: Do Bear
15.55 D.Anime: Team Zenko Go
16.18 D.Anime: Audrey's Shelter
17.05 Serial: I Woke Up A Vampire
18.00 Mag: Eco India
18.30 Mag: Unseen
19.00 A Wild River In The Brink...
19.30 Mag: Tomorrow Today
20.01 Tele: Un Amour Sauvage
20.30 Live: New
20.50 Tele: Eclat De Vie
21.40 When Night Falls In Toronto
22.18 Iran From Above The Deserts

14.25 Radha Mohan
15.00 Tenali Rama
15.21 Film: Maine Dil Tujhko Diya
Stars: Sohail Khan, Sameera Reddy, Sanjay Dutt,
18.00 Live: Samachar
18.30 Udne Ki Aasha
19.00 Udaariyaan
19.30 Pandya Store
20.00 Na Umra Ki Seema Ho
20.30 Saavi Ki Savaari
21.02 Anupama
21.34 Pyaar Ka Phela Adhyaya
22.01 Dhruv Tara
22.29 Wagle Ki Duniya
23.05 Aladdin
23.31 Film: Maine Dil Tujhko Diya
Stars: Sohail Khan, Sameera Reddy, Sanjay Dutt,



Jeudi 23 Juillet - 15.30

Stars: Sohail Khan, Sameera Reddy, Sanjay Dutt,

Maine Dil Tujhko diya



Jeudi 23 Juillet - 20.20

Stars: Deepika Padukone And Ranbir Kapoor





Dr Rajagopal
Soondron

Old Age, Thy Name Is Frailty

As the global population ages, medical authorities are increasingly recognizing the emerging challenges, necessitating a shift in how we approach the pathologies undermining the health of senior citizens. They are now viewing frailty through a new lens.

In 2020, research at Dalhousie University, Canada, proposed the concept that frailty is a state of being rather than a specific disease: it is a "combined accumulation of different physiological deficits ranging from functional limitations to diseases". It is characterized by reduced resilience and diminished physiological and anatomical reserves; consequently, individuals discover that their ability to bounce back after stress is impaired. They fail to respond adequately to adverse physical or psychological events, whether illness, surgery, or the loss of a loved one. By their 50s, some 10% of people may be affected, and by their 80s the figure rises to 50% — all characterized by muscle loss, bone resorption, and the emergence of dementia. Consequently, with advancing age, more senior citizens may experience falls and become more prone to hospital-acquired infections.

Prefrailty

Nowadays, doctors are readily identifying the prodromal signs and symptoms that may predict an impending full-fledged stage of frailty; hence the concepts of prefrailty and the stages of frailty. In a study involving 500,000 people, around 35% of prefrail individuals aged between 37 and 45 years exhibited bodily functions operating under strain while still capable of adaptation, yet already showing some deficits, such as tiredness, subtle loss of strength, reduced physical activity, and slower movement.

Furthermore, according to Linda Fried of the Johns Hopkins Medical Institution, frailty can be predicted by five warning signs: 1. Unintentional weight loss. 2. Recurrent exhaustion. 3. Low physical activity. 4. Reduced walking speed. 5. Weak grip strength. One or two of these signs indicate a prefrail stage, whereas the presence of three signifies that one is already frail.

The study points out that a progressive decrease in walking speed is a major indicator that frailty is imminent because it reflects loss of muscle mass and strength, accompanied by deterioration in balance, while spatial awareness and cognition have already begun to decline.

Our Gut's Role

Yet again, our gastrointestinal system — with its billions of microbes — is the prime suspect in the frailty process. With a predominance of beneficial bacteria, we can walk into our 80s and 90s with minimal frailty. However, if harmful microbes predominate, the inflammation triggered in our gut will eventually impair our immune system. This, in turn, leads to the accumulation of more ageing cells in our body that refuse either to grow or die, instead surviving indefinitely. These senescent cells, as they are called, continue producing harmful metabolites that spread throughout our body, organs, and muscles, leading to inflammation, disease, and a wide range of symptoms.

At that point, some of us, being better informed, may decide to exercise and increase our protein intake, but the persistent low-grade inflammation originating in the gut puts a brake on muscle regeneration. This failure of the body to mount an effective response is known as anabolic resistance.

During illness, if our body cells are kept functioning optimally by suppressing and controlling inflammation, they will be capable of metabolizing the body's fat stores to produce



Pic - elderfit.co.uk

sufficient energy for us to recover from that adverse event. Those who cannot do so may progress from a prefrail state to frailty. Likewise, individuals with a negative attitude towards ageing, who have become socially withdrawn and lead lonely lives, are more likely to deteriorate rapidly.

Prevention

In some countries, research is underway to screen people over the age of 40 in order to identify those who may become frail. Walking speed, grip strength, and psychological parameters are among the factors being assessed. Furthermore, particular attention is being paid to those experiencing low energy levels and muscle weakness.

French medical professionals are keen to identify pre-frailty and frailty within the population in order to prevent falls and fractures, while also assessing nutritional status and the condition of sensory faculties, such as vision and hearing, which may contribute to medical emergencies. Even individuals who are already frail are encouraged to consume more prebiotics such as inulin and fructooligosaccharides. In major centres, patients with declining health and an excess of harmful gut microbes are being offered Faecal Microbiome Transplantation using processed stool from younger, healthy relatives. The transplanted microbiota are introduced directly into the intestines, and patients have shown measurable improvements in health.

For many years, people have been encouraged to adopt a Mediterranean diet rich in vegetables, nuts, fibre, and adequate protein as they age, while also maintaining healthy blood levels of calcium, zinc, magnesium, and selenium.

At the same time, alcohol consumption should be reduced, vaccinations against as many diseases as possible should be encouraged to minimize the chronic inflammation associated with these illnesses, and people should begin or continue resistance exercise.

As the powerhouses of our cells — whether in the lining of the gut or within the immune system — the mitochondria are increasingly being recognized as among the first structures to fail during inflammation and disease. Every possible strategy should therefore be adopted to protect them, with vitamin B3 potentially playing a beneficial role. Eating fruits such as blueberries, strawberries, citrus fruits, peas, mushrooms, soybeans, and fermented foods may all help support mitochondrial function and optimize energy production.

In this way, prefrailty and frailty may be kept at bay for as long as possible.



AGRICULTURAL MARKETING BOARD

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COMMUNIQUÉ

SUBSIDISED SELLING PRICES FOR SEEDS AT AMB CAMPAIGN 2026

The Agricultural Marketing Board (AMB) wishes to inform all growers that, with effect from **26 June 2026**, the Government has increased the subsidy on eligible planting materials from **50% to 75%**.

Accordingly, the following subsidised selling prices are applicable for **Campaign 2026**:

Produce	Normal Selling Price (Rs/kg)	Subsidised Selling Price (Rs/kg)
Local and Imported Seed Potatoes for Ware Production	80	20
Local Bean Seeds (<i>Varieties: Jaguar and Ferrina</i>)	520	130
Local Grade 1 Onion Seeds (<i>Varieties: Francia/Bellarose</i>)	10,000	2,500
Local Garlic Seeds	250	65

Growers who purchased eligible seeds prior to 26 June 2026 under the previous 50% subsidy scheme are invited to submit their original purchase invoices at the Registry, Agricultural Marketing Board, Moka, on or before Monday, 31 August 2026, to enable the processing of the additional 25% subsidy.

Eligible growers may opt to receive the refund:

- in cash or
- in kind, as a credit towards the purchase of planting materials, according to their preference.

For any additional information, growers may contact the Seeds Unit at Agricultural Marketing Board, Moka, during normal office hours.

**Agricultural Marketing Board
Moka**

14 July /2026