

MAURITIUS TIMES

• "Learn before you earn, take risks, and run for what you want most." -- Adam Messina

Qs & As



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The Pension Lesson: Why Reform Needs Consensus, Not Arithmetic

Few public policies have shaped the Mauritian social contract as profoundly as the Basic Retirement Pension (BRP). More than a monthly allowance, the BRP has become a symbol of citizenship, dignity, and national solidarity. It reflects the collective belief that after a lifetime of contributing to society — whether through paid employment, unpaid care, entrepreneurship or public service — every Mauritian deserves a measure of financial security in old age.

The controversy surrounding the government's 2026 attempt to reform the pension system has therefore revealed a truth that policymakers cannot afford to ignore: while fiscal sustainability is essential, any reform that undermines the universal nature of the BRP strikes at the heart of a social consensus that has existed for nearly seven decades. The challenge before Mauritius is not whether to preserve universality. The public has already answered that question. The challenge is how to finance it responsibly for generations to come.

The origins of the BRP explain why the issue provokes such powerful emotions. Mauritius first introduced a non-contributory old-age pension in 1950, but eligibility was subject to a means test. Only the poorest elderly qualified for assistance. Although fiscally defensible, the system quickly became politically and socially unpopular. Many viewed it as degrading, forcing elderly citizens to prove poverty before receiving support. Rather than recognising old age as deserving of respect, the means test effectively treated retirement as a form of charity.

Sustained political pressure, spearheaded by the **Mauritius Labour Party**, culminated in the abolition of the means test in 1958. The principle it established — that retirement security should be a universal right rather than conditional assistance — became deeply embedded in Mauritius' social contract. The decision transformed the Basic Retirement Pension from a welfare programme into a fundamental pillar of citizenship. For almost seven decades, successive governments of different political persuasions upheld that principle, even as economic circumstances evolved. One can therefore readily understand why the Budget 2026–2027 proposals generated such widespread unease, particularly as they emanated from a government led by the very political movement that had historically fought to replace means-testing with universal entitlement.

Faced with rising life expectancy, demographic ageing and increasing pressure on public finances, the current government sought to replace the universal BRP with a new State Age Pension. The proposal introduced income-based eligibility, allowing pension amounts to vary according to taxable monthly income while potentially excluding higher-income retirees altogether. It also proposed greater flexibility in retirement age through bonuses for delayed retirement and penalties for earlier claims.

From a purely actuarial perspective, such measures may have appeared rational. Around the world, governments are grappling with ageing populations and mounting pension obligations. Mauritius is no exception. However, public policy cannot be reduced to arithmetic alone.

The proposed reforms failed because they overlooked the symbolic and constitutional significance that Mauritians attach to the BRP. Citizens interpreted the return of means testing not merely as a budgetary adjustment but as a reversal of a historic social achievement won in 1958. Equally problematic was the complexity of the proposed model.



Income thresholds, eligibility calculations, retirement age options, bonuses and penalties created uncertainty where retirees expect stability. Pension systems succeed when they are predictable, transparent and trusted. The proposed reforms offered none of those qualities.

Prime Minister Dr Navin Ramgoolam's announcement on 22 June 2026 that the government would freeze the means-testing proposal reflected an important recognition of democratic reality. Listening to public opinion is not a sign of weakness; it is an acknowledgement that durable social reforms require public legitimacy.

Yet the government's retreat should not be interpreted as the end of the conversation. The underlying fiscal pressures remain very real.

Mauritius is ageing. Life expectancy continues to increase, while the proportion of working-age citizens supporting retirees gradually declines. Without structural reforms to government revenue and expenditure, financing an expanding universal pension will become increasingly difficult. The solution, however, lies not in dismantling universality but in modernising the financing model.

First, Mauritius should broaden the contributory base across the wider pension ecosystem. While the BRP itself should remain non-contributory, occupational and private pension schemes deserve greater encouragement. Employers and employees alike should be incentivised to strengthen supplementary retirement savings, thereby reducing future dependence on state support beyond the universal pension.

The informal economy also presents an important opportunity. Simplified contribution mechanisms for self-employed workers, freelancers and gig-economy participants would expand social security revenues while strengthening long-term retirement protection.

Second, government should seriously consider dedicated or earmarked revenue streams for pension financing. At present, the BRP competes annually with education, healthcare, infrastructure and other priorities through the Consolidated Fund. Establishing a National Pension Fund supported by clearly identified solidarity levies could enhance both transparency and public confidence.

Many countries successfully earmark portions of tobacco taxes, alcohol duties or environmental levies for social protection programmes. Mauritius could adapt similar models while ensuring that any new taxation remains equitable, targeted and economically sustainable.

Third, policymakers must stop viewing older citizens solely as dependants. The so-called "silver economy" offers considerable untapped potential. Additionally, businesses should receive incentives to retain experienced employees beyond the traditional retirement age on a voluntary basis. Older workers contribute valuable institutional knowledge while continuing to generate tax revenue and economic

activity.

Similarly, investment in elderly healthcare, assisted living services, age-friendly infrastructure and specialised industries should be viewed as productive economic investments rather than welfare expenditure. An ageing population can become an engine of innovation and employment if supported by appropriate policies.

Fourth, government must intensify efforts to improve fiscal efficiency. Every rupee lost through waste, corruption, tax evasion or illicit financial flows is a rupee unavailable for essential social programmes.

Strengthening the Mauritius Revenue Authority's capacity to combat tax leakage, expanding digital government services, automating benefit administration and eliminating unnecessary public expenditure can collectively create significant fiscal space without reducing pension entitlements.

Ultimately, sustaining the BRP requires rebuilding trust between government and citizens.

The events of 2026 demonstrated that pension reform cannot be imposed through a Budget Speech alone. Changes affecting hundreds of thousands of Mauritians demand extensive consultation, transparent actuarial evidence and genuine public engagement.

The most appropriate vehicle for such a process would be the publication of a comprehensive **White Paper on Pension Reform**. Unlike annual budget measures, a White Paper provides a structured framework for national debate. It outlines challenges, presents evidence, evaluates policy alternatives and invites meaningful input before legislation is drafted. A White Paper would allow trade unions, employers, civil society organisations, pension experts, economists and ordinary citizens to participate in shaping reforms that command broad public support rather than political controversy.

This consultative approach could be reinforced through the establishment of a permanent, non-partisan National Pension Commission comprising representatives from government, opposition, labour, business, academia and civil society. Its role would be to provide independent actuarial projections, monitor demographic trends and recommend long-term financing strategies that transcend electoral cycles.

However, one **constitutional principle** must remain beyond dispute.

Expert commissions, however distinguished, cannot replace democratic government. As Lex correctly observes in this issue's Questions and Answers, Section 61 of the Constitution vests executive authority in the Cabinet through the principle of collective ministerial responsibility. Expert bodies provide valuable technical advice, actuarial modelling and policy analysis, but they possess neither executive authority nor democratic accountability.

Decisions with profound social and economic consequences — whether concerning pension eligibility, retirement age or financing mechanisms — must remain the exclusive responsibility of the Cabinet, which alone bears constitutional responsibility for advising the President and governing the country.

Mauritius therefore stands at an important crossroads. Preserving the universal Basic Retirement Pension honours a social compact forged nearly seventy years ago, protects the dignity of older citizens and reinforces national cohesion. Ensuring its sustainability demands courage of a different kind: the courage to diversify revenue, improve fiscal discipline, encourage productive ageing and build political consensus through transparency rather than surprise.

If government approaches the challenge with openness, evidence and genuine consultation, Mauritius can preserve one of its greatest social achievements while ensuring that future generations inherit not only a sustainable pension system, but also the enduring values of solidarity and shared responsibility that gave birth to it.

Pension Reform: Expert Advice, Cabinet Authority, and the Mauritian Welfare State

“Expert commissions play a purely advisory and technical role, and they cannot override the Cabinet’s constitutional mandate”

The debate surrounding pension reform in Mauritius represents a critical intersection of constitutional law, fiscal responsibility, and the modern social contract. At its core, the issue pits the state’s sovereign duty to manage public finances against the deep-seated expectations of citizens who view the universal Basic Retirement Pension as an earned right. While the government maintains that statutory, non-contributory benefits are subject to legislative amendment for fiscal sustainability, critics and legal challengers argue that rushed implementations and a lack of public consultation violate principles of legitimate expectation and good governance. The following analysis explores the fine line between executive authority and judicial intervention, examining whether a state can alter its foundational social safety net without eroding democratic accountability.

necessary. Isn’t that a fair argument?

The government’s argument that pension benefits are not guaranteed property rights is based on legal precedents that classify universal pensions as non-contributory social welfare benefits rather than vested property rights. As a matter of law, such benefits remain subject to legislative amendment in pursuit of objectives such as fiscal sustainability and intergenerational equity.

Under Mauritian law and broader Commonwealth jurisprudence, non-contributory social security benefits, including the BRP, are generally not regarded as constitutionally protected property rights. Instead, they are consid-

LEX

* The main issue in the pension reform is the balance between the government’s duty to manage public finances and people’s expectations about their pension benefits. The key question is: Are pensions a guaranteed right that people have already earned?

In Mauritius, old-age pensions are not considered an immutable acquired right but rather a statutory social welfare benefit provided by the State.

The universal, non-contributory Basic Retirement Pension (BRP) is financed entirely through government tax revenues. As it is established by legislation rather than guaranteed as a constitutional right, the government retains the authority to amend the eligibility age and the conditions governing its payment.

* As regards the debate over the supposedly “non-contributory” nature of pensions, proponents of universal pensions argue that the Basic Retirement Pension (BRP) is funded through the Consolidated Fund, which is itself financed by taxpayers. In that context, can the BRP truly be described as non-contributory?

In the technical sense, the Basic Retirement Pension (BRP) in Mauritius is classified as a non-contributory pension. Eligibility is not based on direct contributions from a person’s salary or employment record but primarily on attaining the prescribed retirement age and satisfying the applicable residence requirements.

The BRP is financed directly by the State through the Consolidated Fund, which is funded by general tax revenues, such as income tax and VAT. In this sense, it may be argued that citizens collectively contribute to the financing of the BRP through taxation. However, because the BRP is a budgetary commitment rather than an individual savings scheme, the term “non-contributory” refers to its eligibility criteria, even though its funding is closely linked to the country’s broader tax base.

* Those who have challenged the pension reform before the Supreme Court, however, contend that its “rushed” implementation and the absence of meaningful public consultation have violated the spirit of the social contract. What are your views on the concept of the “social contract” in this context?



“For decades, Mauritians have regarded the universal BRP at age 60 as a fundamental element of the social contract. Critics contend that increasing the eligibility age disrupts the long-term financial planning of citizens nearing retirement, many of whom have structured their retirement plans on the assumption that they would become eligible for the state pension at age 60...”

Pension reforms and the legal challenges they generate are of considerable legal and constitutional significance, extending beyond mere moral or political debate. Because retirement systems form a key part of the social contract between the State and its citizens, proposed reforms often engage fundamental constitutional principles and statutory rights.

In many jurisdictions, courts have recognised earned pension benefits as a form of deferred compensation and, therefore, as a property right. As a result, governments cannot arbitrarily reduce, confiscate, or retroactively alter accrued benefits without potentially infringing constitutional protections.

* The government’s argument however is that pension benefits are not guaranteed property rights — that is, they are absolute, fixed, and shielded from being taken away by the government — but benefits created by law that Parliament can change when it considers it

ered statutory entitlements that may be modified by the State in response to changing economic and social circumstances.

* Can citizens who were nearing retirement age when the initial 2025 reforms were announced argue they had a “legitimate expectation” of receiving a pension at 60, and does this doctrine provide a valid ground for legal challenge?

Citizens approaching retirement age when the 2025 reforms were announced may argue that they had a legitimate expectation of receiving a pension at age 60. Indeed, this argument has already been raised by those affected by the reforms. Whether such a claim can provide a valid basis for a successful legal challenge remains a matter for determination by the Supreme Court, as the application of the doctrine of legitimate expectation to statutory social welfare benefits is legally complex and highly fact-dependent.

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Pension Reform: Expert Advice, Cabinet Authority, and the Mauritian Welfare State

“Expert commissions play a purely advisory and technical role, and they cannot override the Cabinet’s constitutional mandate”

☞ Cont. from page 3

* On the other hand, the issue may also be analysed through the lens of the principle of proportionality. In other words, does raising the pension eligibility age from 60 to 65 amount to such a sudden and significant change that it constitutes a disproportionate interference with the legitimate expectations of citizens approaching retirement?

Whether the increase in the pension eligibility age amounts to a disproportionate interference with legitimate expectations is the subject of significant constitutional debate and legal challenge. Ultimately, it is for the Supreme Court of Mauritius to determine whether the reform satisfies the constitutional test of proportionality.

For decades, Mauritians have regarded the universal BRP at age 60 as a fundamental element of the social contract. Critics contend that increasing the eligibility age disrupts the long-term financial planning of citizens nearing retirement, many of whom have structured their retirement plans on the assumption that they would become eligible for the state pension at age 60.

* The establishment of the Commission of Experts on Pension Reform appears to reflect an effort to depoliticise the reform process through independent technical expertise. However, incorporating its recommendations directly into the 2026–2027 Budget without prior Cabinet approval has been criticised as a constitutional and institutional misstep. This raises a fundamental question: can a commission of experts, regardless of its members’ stature or expertise, legitimately substitute for the Cabinet in shaping government policy on an issue of such national importance?

No, a commission of experts cannot legitimately substitute for the Cabinet. Under the Constitution of Mauritius, particularly Section 61, the Cabinet holds the exclusive constitutional authority to advise the President. The executive authority is exercised through collective Cabinet responsibility, with Ministers accountable to the National Assembly for government policy and decisions.

Expert commissions play a purely advisory and technical role, and their recommendations cannot override the Cabinet’s constitutional mandate. While experts provide essential data, projections, and actuarial analysis, they are not politically accountable to the electorate. Decisions with significant socio-economic consequences — such as changes to eligibility criteria or means-testing for the Basic Retirement Pension — require political accountability, which rests solely with the Cabinet.

* By softening its pension reforms in the 2026–2027

“The BRP is financed directly by the State through the Consolidated Fund, which is funded by general tax revenues, such as income tax and VAT. In this sense, it may be argued that citizens collectively contribute to the financing of the BRP through taxation. However, because the BRP is a budgetary commitment rather than an individual savings scheme, the term “non-contributory” refers to its eligibility criteria, even though its funding is closely linked to the country’s broader tax base...”



“The Mauritius government’s decision to freeze the means-testing for the State Age Pension reflects a practical recognition that major changes to the social safety net require broad consensus, not merely formal parliamentary authority. It is also an acknowledgement that good governance principles call for meaningful stakeholder engagement before implementing major social policy changes...”

Budget, has the government implicitly acknowledged that, while the National Assembly possesses the constitutional authority to legislate, the principles of good governance require that major changes to the social safety net be preceded by meaningful consultation with stakeholders?

The Mauritius government’s decision to freeze the means-testing for the State Age Pension reflects a practical recognition that major changes to the social safety net require broad consensus, not merely formal parliamentary authority. It is also an acknowledgement that good governance principles call for meaningful stakeholder engagement before implementing major social policy changes.

While the government retains its constitutional authority to legislate, the decision to pause this measure in order to consider public feedback underscores the view that effective democratic governance of the welfare system depends on prior consultation with citizens and social partners.

* On the other hand, to what extent can the Judiciary intervene in what the Executive and Legislature characterise as “fiscal necessity”? Is the sustainability of the Consolidated Fund a matter on which a court can rule, or is it primarily one of political judgment?

The sustainability of the Consolidated Fund and the definition of “fiscal necessity” are primarily matters of political judgment. The judiciary will not substitute its own economic policy assessment for that of the Legislature or Executive, provided that government fiscal operations are authorised by law and remain within constitutional limits.

The Mauritian Constitution reflects a strong separation of powers. Courts have consistently recognised that budgeting, taxation, and economic policy fall within the domain of the elected branches of government. Judges do not have the institutional mandate or democratic legitimacy to second-guess executive decisions on public spending or fiscal deficits.

Accordingly, judicial intervention is limited to questions of

legality rather than the political or economic wisdom of fiscal choices. Courts can and will intervene where government action contravenes express constitutional provisions, exceeds legal authority, or infringes fundamental rights.

* If the Supreme Court rules on the constitutionality of the 2025 Act, what is the likelihood that this decision will permanently limit the government’s future ability to reform social welfare, or will it simply confirm its broad power to legislate?

If the Supreme Court of Mauritius rules on the constitutionality of pension reform, it is highly likely that the decision will confirm the government’s broad authority to legislate rather than permanently restrict its future ability to manage social welfare.

Under the Mauritian constitutional framework, the likelihood of a ruling that permanently freezes the State’s capacity to adjust social welfare policy is low. Courts generally uphold the principle that democratically elected governments have the sovereign authority to legislate on matters of public policy, including the national budget and fiscal sustainability. Social welfare legislation, such as the National Pensions Act and amendments introduced through the Finance Act, is typically regarded as a policy instrument intended to adapt to changing economic conditions rather than as conferring immutable constitutional rights.

In Mauritius, social welfare benefits and non-contributory pensions, such as the Basic Retirement Pension (BRP), are statutory entitlements created by Parliament. As such, the State generally retains the power to amend, recalibrate, or redefine these benefits, particularly where such changes are justified on grounds of fiscal necessity or economic sustainability.

* The pension debate highlights two key lessons for constitutional governance. First, because the BRP is a statutory entitlement rather than a constitutional guarantee, future governments retain significant discretion to adjust social spending through ordinary legislation. Second, the Supreme Court’s ruling will likely be a defining moment: upholding the reforms would reinforce executive and legislative authority over social policy, while criticising the process could strengthen procedural safeguards such as transparency, consultation, and rational decision-making. What do you think?

The Mauritian pension debate underscores the fragility of statutory entitlements and the legal limits of executive action. The manner in which the Supreme Court of Mauritius rules on constitutional challenges to the pension reforms will be significant. Statutory law affirms that non-contributory welfare, such as the BRP and the proposed State Age Pension, remains a matter of ordinary legislative discretion.

The judiciary could potentially establish that long-standing statutory entitlements create legally binding expectations for citizens. This would place limits on how arbitrarily the executive branch can alter social contracts. If the judiciary decides to enforce the unwritten constitutional principle of good governance, this could make public consultation and transparent technical assessments strict prerequisites for enacting major policy shifts, thereby curtailing the executive’s capacity to bypass public discourse through emergency budget measures.



Vijay Makhan

When Downing Street Becomes an Ejector Seat

For much of modern British history, entry into 10 Downing Street was associated with authority, continuity and longevity. Prime Ministers expected to govern for years, sometimes for a decade or more. Governments rose and fell, but the office itself conveyed a sense of permanence and stability that reflected the strength of Britain's political institutions.

Today, however, the famous No. 10-embedded door appears increasingly attached to an ejector seat.

Keir Starmer's departure marks yet another chapter in a remarkable period of political instability. Within a single decade, Britain has been served by seven Prime Ministers since 2010. David Cameron resigned following the Brexit referendum, and Theresa May fell victim to the divisions it unleashed. Boris Johnson was brought down by scandal and internal revolt, while Liz Truss lasted barely six weeks before financial markets effectively rendered their verdict. Rishi Sunak was swept away by electoral defeat. Keir Starmer has now joined a growing list of leaders who have discovered that political survival in contemporary Britain has become an increasingly difficult undertaking.

The question is not simply why Starmer fell. It is whether Britain itself has entered a new political era in which governing has become inherently more difficult and political longevity increasingly elusive. To attribute Starmer's downfall solely to his own decisions would be too simplistic. To portray him as merely a victim of circumstance would be equally misleading.

To be fair, Starmer brought a measure of seriousness and discipline back to government. His administration sought to restore stability after years of turbulence. It at-



“Andy Burnham occupies a unique position within British politics. As Mayor of Greater Manchester, he built an independent electoral base and a political identity distinct from Westminster. He embodies a broader trend that has been quietly reshaping British politics — the growing influence of regional leaders whose legitimacy derives directly from voters rather than from party hierarchies...” - Pic - The Mirror

tempted to rebuild relations with European partners without reopening the divisive Brexit debate. It sought to tackle NHS waiting lists, tighten aspects of immigration policy and restore confidence in Britain's institutions. On foreign policy, he often projected a steadier and more predictable image of Britain than had been evident during much of the preceding decade.

And he wasn't entirely devoid of political courage. At a time when many leaders preferred accommodation, Starmer occasionally demonstrated a willingness to differ publicly from President Trump. Under his leadership, Britain tried to re-establish constructive engagement with key partners.

But, politics is an examination of outcomes, not of effort.

Many of the challenges confronting Britain predated Starmer's arrival in office. Weak economic growth, stagnant living standards, housing shortages, pressures on public services, regional disparities and the lingering consequences of Brexit had accumulated over many years. And expectations had become high.

Starmer entered office carrying the hopes of voters who expected relief after fourteen years of Conservative rule. Many anticipated rapid and visible change. Incremental improvements that might once have been considered respectable achievements were judged against expectations of transformation. The gap between aspiration and perception became increasingly difficult to bridge.

There was also the question of political management. It is said that Starmer's refusal to facilitate Andy Burnham's return to the Commons in the January by-election directly contributed to his downfall. This is debatable. But one has to admit there is a symbolism attached to it.

Andy Burnham occupies a unique position within British politics. As Mayor of Greater Manchester, he built an independent electoral base and a political identity distinct from Westminster. He embodies a broader trend that has been quietly reshaping British politics — the growing influence of regional leaders whose legitimacy derives directly from voters rather than from party hierarchies.

Starmer would not have been the first Prime Minister to seek to contain an ambi-



“Starmer's downfall is less an isolated event than part of a wider pattern. His departure reflects the growing difficulty of governing a society that is more fragmented, more impatient and more polarised than at any time in recent decades. It reflects the weakening of traditional party loyalties, the rise of regional political identities, the consequences of Brexit, the acceleration of political life through technology and the increasing tendency to personalise political success and failure...” Pic - The New Yorker

tious colleague. What may have appeared prudent to some was interpreted by others as evidence of excessive caution or insecurity.

My own take is that if the Burnham episode proved significant, it was not because it caused Starmer's downfall. Rather, it exposed underlying tensions within the Labour rank and file about leadership, and party direction. That said, focusing exclusively on Labour risks missing the larger story.

The deeper reality is that Britain is still living through the aftershocks of Brexit.

The 2016 referendum was not merely a vote on membership of the European Union. It represented a profound rupture in British politics. It exposed divisions between regions, generations, educational backgrounds and social classes. It challenged assumptions about Britain's place in the world. It fractured traditional party loyalties and accelerated the decline of political identities that had endured for decades.

Brexit was Britain's equivalent of a political earthquake. While the immediate shock has passed, the aftershocks continue to reverberate through the political system.

The traditional two-party model has become less stable. Electoral loyalties are more fluid. Voters are more willing to switch allegiances from one election to another. Political parties themselves have become less cohesive entities, with factions that often disagree on fundamental questions.

The result? A more fragmented volatile political landscape. Also, British politics seems to have undergone a process of “presidentialisation” of parliamentary government.

Prime Ministers increasingly dominate election campaigns. Political contests are framed around personalities rather than pro-

grammes. Expectations are concentrated on a single individual. Successes are personalised. Failures are personalised even more quickly.

The paradox is striking. Prime Ministers exercise near-presidential authority but possess none of the constitutional security enjoyed by presidents. Their tenure depends on the electorate but also on the confidence of parliamentary colleagues who can turn against them with remarkable speed. The experiences of Theresa May, Boris Johnson, Liz Truss and now Starmer illustrate this contradiction.

The transformation of the media environment is also a factor. Up to recently, governments sailed through relatively predictable news cycles. Today, political leaders operate within a relentless twenty-four-hour information ecosystem dominated by social media, instantaneous commentary and permanent scrutiny. Every policy announcement is subjected to immediate judgement. Every error is amplified. Every setback becomes a potential crisis.

Political time itself has accelerated. Governments once had years to show results. They are now often expected to deliver within months. Time was when Clement Attlee had six years to construct the foundations of the modern welfare state. Margaret Thatcher governed for over a decade, fundamentally reshaping the British economy. Tony Blair enjoyed ten years in office and transformed public services while redefining Labour's political identity. Even David Cameron governed for six years before Brexit brought his premiership to an abrupt conclusion.

Is political longevity becoming exceptional? Hence the question: is Britain experiencing a crisis of governability rather than a crisis of leadership?

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When Downing Street Becomes an Ejector Seat

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This is not the first time Britain has faced political turbulence. The nineteenth century witnessed frequent changes of government. The inter-war years brought economic hardship and political uncertainty. But a broad confidence in institutions prevailed and a belief that governments possessed the time and authority necessary to address national challenges.

That confidence appears increasingly fragile. The consequence is a political culture that often resembles permanent campaigning rather than sustained governance. Leaders are elevated rapidly, arising out of promises made but burdened by high expectations and discarded when those expectations inevitably collide with reality.

From this perspective, Starmer's downfall is less an isolated event than part of a wider pattern. His departure reflects the growing difficulty of governing a society that is more fragmented, more impatient and more polarised than at any time in recent decades. It reflects the weakening of traditional party loyalties, the rise of regional political identities, the consequences of Brexit, the acceleration of political life through technology and the increasing tendency to personalise political success and failure.

The revolving door at Downing Street is therefore not simply a succession of individual failures. It may be evidence of a deeper structural malaise within British politics itself.

Is the challenge confronting Britain merely one to find another Prime Minister? Or is it to rediscover the political conditions that allow governments to govern, leaders to lead and institutions to command confidence?

Until that happens, the black door of Number 10 may continue to open as frequently for departures as it does for arrivals. And the office that once symbolised stability may increasingly resemble what many now fear it has become—an ejector seat at the centre of British politics.

Back to Mauritius... follow my gaze.

Vijay Makhan



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The Great Pension U-Turn: A Missed Opportunity for Sustainable Reform

The pension reform proposed in the 2026-2027 Budget has become one of the most contentious political episodes in recent Mauritian history. Within days of its announcement, the government was forced into a humiliating backpedal, freezing the means test that was to be the centrepiece of the new State Age Pension (SAP). While the retreat may have defused immediate tensions, it has exposed the deep fault lines in our social contract and left unresolved the fundamental question: how does Mauritius make its non-contributory state pension sustainable without betraying the most vulnerable?

K.Tilak

The reform that was (briefly) proposed

The Budget, presented on June 19, 2026, proposed a radical departure from the universal Basic Retirement Pension (BRP) that has been a cornerstone of Mauritian social policy. From January 2027, the BRP was to be replaced by the State Age Pension (SAP), introducing two transformative changes.

First, the government restored flexibility to choose retirement between 60 and 70 years, reversing last year's decision to gradually raise the pension-eligibility age to 65. However, this flexibility came at a cost: choosing to retire at 60 would mean a permanent reduction in the SAP to approximately Rs 11,589 per month, while waiting until 70 would increase the pension to Rs 24,005. The reference point was set at 65 years, with a pension of Rs 16,555 before means testing.

Second, and far more controversially, the government introduced a means test. For the first time, access to the state pension would depend on income. Those with monthly taxable income below Rs 14,000 would receive the full pension. Above this threshold, the pension would be reduced by 50 cents for every additional rupee earned. Those with income exceeding Rs 50,000 would receive nothing.

The government justified the reform on fiscal grounds. The BRP, it argued, had become "fiscally unsustainable and financially unbearable". The numbers are stark: spending on the BRP grew from Rs 5.97 billion in 2010 to Rs 55.4 billion in 2024-2025, representing 24.5% of recurrent expenditure and 30.6% of recurrent revenue. Without reform, the government projected expenditure would reach Rs 100 billion by 2035. The demographic pressures are equally alarming: the population aged 60 and over grew from 186,400 in 2015 to 257,600 in 2024 and is

projected to reach 315,000 by 2038, while the ratio of workers to pensioners has declined from 3.9 to 2.7 and is expected to fall to 2 by 2035.

The firestorm of Opposition

The reaction was immediate and fierce. Trade unions, political opponents, and ordinary citizens denounced the reform as an attack on the universal social contract that has defined Mauritian identity for decades.

The Mauritius Labour Congress called the measure "unjust and anti-social," arguing it penalised those who had contributed their entire working lives to the country's development. A broad coalition of trade unions threatened national demonstrations, warning that workers in physically demanding sectors such as construction, manufacturing, and agriculture could not reasonably be expected to extend their careers until 65.

Critics seized on the means test's perverse incentives. Actuary Nita Deerpalsing pointedly observed that the system "favours asset holders while tightening the squeeze on the middle class and the working population". Dividends and interest income were excluded from the means test calculation, while salaries, rental income, and contributory pensions were included. This created a situation where a retiree with substantial investment income could receive a full pension, while a working professional earning Rs 45,000 would see their pension reduced to a symbolic Rs 1,000.

Perhaps most damaging was the perception of retroactive injustice. People already receiving their BRP were informed that their benefits would be withdrawn or reduced from January 2027. As one commentator asked, "Can one retroactively touch a pension already in payment?" The question struck at the heart of public trust in the state's commitments.

Within days, the government capitulated. On June 22, the Prime Minister announced the freezing of the means



“The government should implement a gradual adjustment to the pension age, but with far more generous transitional provisions than those proposed. The previous government’s increase to 65 years over a decade was too rapid and insufficiently supported. A phased approach could maintain the flexibility to retire at 60 with a reduced pension, as proposed in the 2026 Budget, but with less severe reductions and with income support for those who genuinely cannot work beyond 60...”

test, acknowledging the public outcry.

The Deeper dilemma

The government's retreat does not make the underlying problem disappear. The fundamental challenge remains: Mauritius has an ageing population, a shrinking workforce, and a non-contributory pension system that is becoming increasingly expensive. As the Prime Minister's own 2025 statement noted, Mauritius is an "extremely rare" case in providing a universal, non-contributory pension from age 60 without any means testing.

The reform attempted to address this through blunt instruments. The means test, while well-intentioned, was poorly designed and, worse, badly communicated. It failed to distinguish between different types of income and gave no consideration to household composition beyond a crude couples test. It was introduced without adequate consultation with social partners, as trade union leaders repeatedly emphasised.

But the critics must also answer a difficult question: what is the alternative? The government's argument that "There Is No Alternative" has been challenged, but credible counter-proposals remain scarce in public debate. As economist Riad Sultan noted, the state has two levers to reduce its deficit: increase re-

venue or reduce expenditure. The BRP is one of the largest expenditure items, and its growth trajectory is unsustainable.

A Way Forward: Phased, gradual reform

A sustainable solution must balance fiscal responsibility with social justice. It must be implemented over a longer period to avoid penalising those nearing retirement, and it must protect the most vulnerable, including the thousands of women who have never had formal employment and depend entirely on the state pension.

First, the government should abandon the means test as proposed and instead explore alternative approaches. It appears that even simple adjustments could significantly reduce the pension bill without the draconian effects of the means test. Removing the 13th month payment and recalibrating the pension for different age bands could reduce the payout from 7.8% to 5.4% of GDP. These adjustments would affect all pensioners moderately rather than eliminating pensions entirely for a minority.

Second, the government should implement a gradual adjustment to the pension age, but with far more generous transitional provisions than those proposed.

☞ Cont. on page 14

Beyond Paradise: Cultural Tourism as a Strategic Resource, Not a Decoration

U. Dasin

For centuries, south sea islands like Mauritius have occupied a peculiar place in the Western imagination. They were first imagined as distant Edens, tropical paradises existing beyond the ordinary world. Later, they became sites of colonial enterprise, experimentation and exploitation — places where labour systems were tested, populations displaced and societies reshaped according to imperial priorities. Even after independence, much of the global narrative surrounding such islands continued to be framed from the outside.

Tourism inherited many of these assumptions. Visitors came to admire landscapes, beaches and lagoons, often encountering the island primarily as a destination rather than as a society. The focus remained on scenery rather than history, on leisure rather than culture, and on consumption rather than understanding. The people of the island frequently appeared in this narrative as providers of hospitality rather than as bearers of knowledge, memory and cultural creativity.

“Our society has become more complex than can be grasped in a few imported stereotypes. Here, cultural tourism assumes a higher significance. Properly conceived, it transcends the definition of a mere commodity; it serves as a platform through which Mauritius can present itself to the world on its own terms. It allows the island to move beyond being viewed exclusively through the lens of paradise – which is the line that most luxury hotels take — to be recognised as a place of history, ideas, creativity and cultural achievement...”

Yet Mauritius today is no longer merely a destination. It is a mature society with its own intellectual traditions, artistic expressions, historical consciousness and cultural ambitions. The citizens of today are descendants of those who arrived through slavery, indenture, migration and settlement. In the process, through the vagaries of history, willpower and hard work, something remarkable has been built: a unique civilisational mix where East and West actively interact and synergetically reinforce each other.

Increasingly, the aspiration of the local terrain is to seek not only economic partici-



“Our society has become more complex than can be grasped in a few imported stereotypes. Here, cultural tourism assumes a higher significance. Properly conceived, it transcends the definition of a mere commodity; it serves as a platform through which Mauritius can present itself to the world on its own terms. It allows the island to move beyond being viewed exclusively through the lens of paradise – which is the line that most luxury hotels take — to be recognised as a place of history, ideas, creativity and cultural achievement...”

Pic - marketresearchintellect.com

pation in tourism but also a greater role in shaping how the island is understood and represented. This can no more be limited to the stereotype of the social outcast or vagrant which aligns with Western liberalist understanding of difference only. Our society has become more complex than can be grasped in a few imported stereotypes. Here, cultural tourism assumes a higher significance. Properly conceived, it transcends the definition of a mere commodity; it serves as a platform through which Mauritius can present itself to the world on its own terms. It allows the island to move beyond being viewed exclusively through the lens of paradise – which is the line that most luxury hotels take - to be recognised as a place of history, ideas, creativity and cultural achievement.

Such a transformation, however, requires more than marketing campaigns. It demands a strengthening of the cultural sector itself. Museums, archives, heritage institutions, artists, writers, musicians, performers, researchers and cultural entrepreneurs must be given the means and structural support to create, preserve and interpret the stories that define the nation. Cultural tourism can only flourish where there is a vibrant cultural ecosystem capable of producing meaningful experiences and narratives. As things stand, although our cultural landscape is rich, cultural actors paradoxically function *à rebours* against the economic system rather than within it.

We would need a shift in perspective.

While it may risk sounding like a cliché, we must move beyond treating culture as mere entertainment or a decorative appendage to the tourism industry. It is time to recognize culture for what it is: a strategic national resource. Just as natural landscapes attract visitors, so too do stories, traditions, memories, festivals, cuisines, artistic expressions and intellectual achievements. In a world where travellers increasingly seek authenticity and connection, culture becomes a source of both economic value and international influence. The danger in a multicultural island would be in privileging some cultures over others because other destinations have acknowledged them more. We seriously need to scrutinise our specificity even if it

does not align with narratives at work elsewhere.

The challenge before us is therefore two-fold. We must diversify our tourism offering while simultaneously investing in the institutions and communities that sustain cultural life. One objective cannot succeed without the other. A strong cultural sector creates the content that cultural tourism requires; cultural tourism, in turn, provides visibility and economic opportunities that help sustain culture.

If our decision-makers are genuinely committed to redefining our tourism industry, they must realize that the future of Mauritian tourism does not lie in offering “more of the same.” Instead, it must lie in presenting a more authentic and complete picture of who we are. The island’s greatest asset is not simply its coastline. It is the society that has emerged from centuries of encounter, struggle, adaptation and creativity. If Mauritius can learn to tell that story confidently and authentically, it will not merely attract visitors — it will command attention as one of the most distinctive cultural spaces of the Indian Ocean.

Ministry of Local Government and Disaster Risk Management Welfare Association

[Reg. No. 15327]

Field Services Unit (FSU)

Mgr Leen Street, La Butte - Port-Louis

Members are invited to attend the **Annual General Meeting (AGM)** for the year **2026/27**, which will be held on **Tuesday 7th July 2026 at 11hrs00 at the Office of the Field Services Unit, Mgr. Leen Street, La Butte, Port-Louis.**

In case of lack of quorum, the meeting will be held on **Tuesday 21st July 2026**, at the same venue and time.

AGENDA:

- Welcome address of the President (in the absence of the President).
- President's Report.
- Reading and approval of the last minutes of proceedings.
- Treasurer's report and approval of the final accounts for the year 2025-2026.
- Dissolution of the Managing Committee and election of office bearers to sit in the Managing Committee for the year 2026/2027.
- Appointment of Auditors for the year 2026/2027.
- A.O.B.
- Closing remarks.

Members wishing to sit/serve on the Board of the Committee for the year 2026/2027 are kindly requested to send their candidature in writing to the Secretary by **26th June 2026** at the above address.

M. Z. RUHOMAU

15.06.2026

Secretary

Publish Your Notices
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- Annual General Meeting (AGM)
- General Assembly
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Shyam Bhatia

The Pothole and the Runway

The pothole isn't the story; it's a symptom of two nations moving in opposite directions

A few days ago, driving through North London, I hit a pothole so deep that I instinctively checked whether I had damaged a tyre.

Nothing unusual there.

Yet as I drove on, I found myself thinking about a recent journey in India along one of the country's new expressways.

Having spent much of the past half-century explaining Britain to Indians, I never imagined that I would one day compare a London pothole unfavourably with an Indian highway.

But that is where we are.

The pothole itself is not the story. The story is what it says about two countries whose trajectories seem increasingly to be moving in opposite directions.

Britain's road experts are worried. Very worried.

"The condition of our local roads has become a national disgrace," says David Giles, Chair of the Asphalt Industry Alliance. His organisation's latest survey estimates that local authorities face a road repair backlog of £18.62 billion — roughly ₹ 2.15 lakh crore, or about Rs1,182.33 billion.

The survey concluded there is: "No quick fix for local roads."

Pause for a moment and consider that figure.

Britain needs the equivalent of more than ₹2 lakh crore not to build new roads, not to build new expressways, but simply to repair what it already has.

Meanwhile, India is building.

Nothing illustrates the contrast better than airports.

For decades Heathrow symbolised Britain's place at the centre of the world. Travellers arriving from India saw a country that appeared efficient, prosperous and confident.

Today Heathrow is still one of the world's great airports. Yet Britain has spent decades arguing about a third runway.

The proposal has become trapped in consultations, environmental objections, planning inquiries, court challenges and political reversals. Governments have come and gone while the debate continues.

At almost exactly the same moment, India has built an entirely new international airport.

Noida International Airport, serving the National Capital Region, opened with plans to become one of India's largest aviation hubs.

Its chief executive, Christoph Schnellmann, describes the project as: "Bringing the world to western UP and bringing western UP to the world."

The contrast in language is striking.

Britain's infrastructure experts speak of a "national disgrace."

India's infrastructure builders speak of bringing the world to Uttar Pradesh.



“Today Heathrow is still one of the world's great airports. Yet Britain has spent decades arguing about a third runway. The proposal has become trapped in consultations, environmental objections, planning inquiries, court challenges and political reversals. Governments have come and gone while the debate continues. At almost exactly the same moment, India has built an entirely new international airport. Noida International Airport, serving the National Capital Region, opened with plans to become one of India's largest aviation hubs...” Pic - AP

One country talks about repair. The other talks about possibility.

Of course, the comparison is not entirely fair.

India is still building a modern economy. Britain built much of its infrastructure generations ago.

Noida rose on largely undeveloped land. Heathrow sits amid one of the most densely populated urban areas on earth.

Yet those explanations do not tell the whole story. The deeper difference is confidence.

India increasingly behaves like a country convinced that tomorrow can be better than today.

Britain increasingly behaves like a country trying to negotiate every consequence of tomorrow before tomorrow arrives.

The contrast is visible not only in infrastructure but in attitudes towards regulation and everyday life. Recently, a Nottinghamshire woman volunteering to distribute food to vulnerable families was issued with a £150 fine after a kale leaf became lodged in a supermarket trolley before the penalty was withdrawn.

Elsewhere, a Hertfordshire couple who criticised their daughter's school in emails and a parents' WhatsApp group were later awarded £20,000 (around ₹23 lakh/Rs 1.27 million) compensation after police admitted their arrests had been unlawful.

Individually, such incidents may be isolated. Collectively, they contribute to a sense that Britain is becoming more comfortable managing risks, regulating behaviour and avoiding mistakes than embracing opportunities and taking bold decisions.

The same contrast is visible in healthcare.

For generations Indians looked westward for advanced medical treatment. British medicine enjoyed a reputation that was second to none.

Today the reality is more complicated.

Many Indians who have experience of both systems increasingly find that access to specialists, diagnostic scans and elective procedures can be faster in India's leading private hospitals than through Britain's overstretched NHS.

This is not because British doctors are less capable. Far from it. Britain continues to produce outstanding medical professionals.

Nor does it mean India's healthcare system has solved its many challenges. Millions of Indians still struggle to access quality healthcare. But for the expanding Indian middle class, a remarkable shift has occurred.

The world's best medical treatment is no longer something available only in London, New York or Boston. Increasingly, it is available in India itself.

I am not alone in noticing this shift.

Earlier this year, BBC presenter Amol Rajan — one of the most successful journalists of Indian origin in Britain — described India as: "Extraordinarily exciting and energetic in a way that Britain doesn't always feel."

He also spoke of India as a place: "Where history is being made."

For generations, the direction of aspiration was obvious. Ambitious Indians looked west. Today, at least some successful British Indians appear to be looking east.

That does not mean Britain has failed.

Nor does it mean India has solved its problems.

But it does suggest that something profound is changing in the balance of confidence between the two countries.

The same is true of daily life.

A retired professional living in London may spend enormous sums on housing, transport, utilities and routine services.

In India, the same individual can often afford a larger home, domestic help, private healthcare, restaurant meals and a richer social life at a fraction of the cost.

None of this means Britain is in decline.

Its universities remain among the world's best. Its legal institutions are respected globally. Its financial markets continue to attract international capital.

Nor does it mean India has arrived.

Pollution, overcrowding, bureaucracy and inequality remain formidable obstacles.

But something important has changed.

For much of the twentieth century Indians looked at Britain and asked a simple question: "When will we catch up?"

Increasingly, another question is emerging: "In which areas have we already done so?"

For generations ambitious Indians boarded aircraft for Britain believing they were travelling towards a better future.

Many still are. Britain remains a country of immense opportunity and enduring strengths.

Yet for the first time in decades, the calculation is no longer entirely one-sided.

The young engineer leaving Delhi for London today may still believe his future lies in Britain.

The more intriguing question is what his children will think twenty years from now. Will they continue looking westward?

Or will they discover that some of the most exciting opportunities, the newest infrastructure, the fastest-growing industries and perhaps even a better quality of life are increasingly found in the land their grandparents once left behind?

History has a habit of surprising us.

For two centuries the traffic of ambition flowed largely in one direction.

The next great migration story between Britain and India may not be outward.

It may be homeward.

Shyam Bhatia is a London-based Indian-born British journalist, writer, and war reporter. He has covered conflicts in the Middle East, Afghanistan, and Sudan, and is a former diplomatic editor for 'The Observer'.

NIC

I want more planned out
with my Prosperity
Insurance Plan



NIC PROSPERITY PLAN

From fear to resilience: how nations learn to live with earthquakes



Venezuela earthquakes: Rescue ops enter 'dangerous' phase & why Caracas got caught in crosshairs. Pic - HT

Earthquakes are an unpredictable fact of nature, but a disaster doesn't have to mean living in constant fear. The vulnerabilities of our planet were starkly highlighted when back-to-back earthquakes — measuring magnitudes of 7.2 and 7.5 — struck central Venezuela on Wednesday. At least 32 people have been killed, and hundreds injured. Extensive damage was reported in the capital, Caracas, and the nearby state of La Guaira. Strong earthquakes are unusual in Venezuela, even though it sits near multiple fault lines along the South American and Caribbean tectonic plates, reports DW.

Across the globe, nations resting on the highly active "Ring of Fire" — a tectonic belt responsible for about 90% of the world's earthquakes — have transformed past tragedies into lifelines. Their shared experiences prove that true resilience is built long before the ground begins to shake.

Japan: Engineering Harmony with the Earth

As one of the world's most seismically vulnerable nations, Japan shifted its focus from resisting seismic movement to moving in harmony with it. A critical element of its defence is the Earthquake Early Warning system, launched in 2007. Over a thousand sensors pick up fast-moving, weaker P-waves (primary waves) to blast instant alerts to phones, televisions, and radios, granting citizens precious seconds to seek shelter before the destructive S-waves arrive.

On the architectural front, Japan's strict 1981 Shin-Taishin building codes mandated that structures absorb rather than stubbornly resist seismic energy. Essential buildings like hospitals utilize advanced seismic isolation

systems, moving smoothly over flexible foundations while the earth shifts beneath them. Coupled with universal, early-childhood drills and over 240 designated Tokyo evacuation sites, safety has been effectively woven into the fabric of daily Japanese life.

Chile and Mexico: Tectonic Turnarounds

Chile's approach to risk was fundamentally altered by the historic 9.5-magnitude Valdivia earthquake in 1960. Instead of yielding to despair, the country enacted strict building regulations that bore fruit decades later; when an 8.8-magnitude quake struck Maule in 2010, the vast majority of modern structures stood strong. Beyond concrete, Chile established centralized systems like the National Disaster Prevention and Response Service (SENAPRED) to create hyper-localized safety blueprints tailored to individual municipalities and schools.

Similarly, Mexico used the tragedy of its 1985 8.0-magnitude earthquake in Mexico City to spark a national awakening. In 1991, the country pioneered the Mexican Seismic Alert System (SASMEX). Coastal sensors can now offer inland urban centers up to a full minute of warning. Today, Mexico marks the anniversary of the 1985 disaster by holding massive, synchronized national drills, ensuring that collective readiness remains sharp.

Canada: Activating Community Lifelines

Resilience isn't just a matter of engineering; it is also about human connection. Along Canada's west coast, cities like Vancouver and Victoria face rare but serious threats from the Cascadia Subduction Zone. Anticipating future growth, urban planning experts emphasize the value of open, community spaces.

Vancouver has pioneered a network of easily identifiable, yellow-signed disaster support hubs. By designating local parks, community centers, and libraries to pivot instantly into emergency shelter and medical stations, the city ensures that the physical spaces citizens enjoy every day will serve as literal lifelines if a disaster occurs.

Bahrain's Shiite Crackdown

Bahrain has imposed sweeping restrictions on its Shiite community ahead of a major religious commemoration, the latest in a series of curbs on minorities across the Gulf since the US-Iran war.

The crackdown reinforces a point recently made by Semafor's Gulf editor: the conflict's most enduring legacy in the region -- whose ruling monarchies are Sunni Arab -- may be renewed tensions with Shiite populations because of perceived links to Shiite-majority Iran. Any dissent now risks being recast as treason.

Manama recently stripped 69 Shiites and their relatives of citizenship, attempting to deport most of them to Iran, and has banned public mourning for Tehran's late supreme leader. Authorities in Kuwait, Qatar, and the UAE have also cracked down on alleged Iran-linked militants and sympathizers.

Across the Globe

Record millionaire migration

A record 140,000 millionaires relocated last year, according to new research, as wealthy individuals sought to escape higher taxes or political instability.

For the first time, France, Germany, and Spain lost more wealthy residents than they gained, amid growing concerns over wealth taxes. High-income Britons have been leaving the UK for several years, while increasing numbers of Americans are also considering moving abroad, partly because of the country's political direction, according to a consultant quoted by The Economist.

Another factor may be rising economic anxiety among the affluent. The Wall Street Journal reported that only 40% of self-described upper-middle-class or upper-class Americans consider themselves financially secure. Many worry they have not saved enough for retirement, while others feel pressured by persistent high living costs, including fuel prices.

Confidence Grows Over Hormuz

Oil prices fell to their lowest level since the US-Israel war with Iran, as growing signs of a tentative return to normality through the Strait of Hormuz soothed markets. Buyers are "suddenly awash with supply," Bloomberg said. Growing numbers of ships -- many of which had gone dark in order to quietly traverse the strait -- are now navigating the waterway with their transponders on, and maritime insurers are slashing their rates as confidence builds following last week's interim truce between Washington and Tehran.

Still, weeks of disruption are likely to leave their mark, Goldman Sachs economists warned. Stocks of refined products are lower than their recent average, with gasoline in particularly short supply.

Gulf states sceptical of Iran deal

Gulf states remain sceptical about the US-Iran agreement despite Washington's assurances that it will restrain Tehran and preserve regional security.

The UAE, Kuwait, and Bahrain reportedly fear that the agreement leaves Iran's military capabilities intact while unlocking funds that could strengthen its armed forces. The US Secretary of State is seeking to reassure Gulf allies of Washington's security commitments, but CNN noted that what matters most is whether the agreement leaves them better or worse off than before the war.

While Gulf states have supported the ceasefire because "a bad deal is still preferable to war," according to one analyst, their unease reflects deeper frustration with Donald Trump's decision-making. As The Washington Post reported, one Dubai businessman remarked: "We got played."

Saudi Arabia and Qatar woo Iran



In this photo released by Iranian Foreign Ministry, Iranian Foreign Minister Abbas Araghchi, left, shakes hands with his Saudi counterpart Prince Faisal bin Farhan during their meeting in Jeddah, Saudi Arabia, Saturday, May 10, 2025. (Iranian Foreign Ministry via AP)

The geopolitical split among Gulf powers is increasingly evident in their response to the aftermath of the US-Iran war. Saudi Arabia and Qatar are moving toward reconciliation: Riyadh is reportedly arranging a peace summit, while Doha wants to initiate talks on resuming shipping through the Strait of Hormuz.

The UAE, however -- which suffered the vast majority of Iranian attacks, undermining its reputation as a business hub -- is not in a hurry to move on. A diplomatic adviser to the Emirati president warned against "imposing a fait accompli born of aggression."

It falls to US Secretary of State Marco Rubio to keep everyone aligned. He is scheduled to be in Bahrain this week to shore up support for the interim truce.

Why JD Vance can't replace Donald Trump? Former White House aide reveals the 'missing' factor

Former Trump communications director Anthony Scaramucci says JD Vance lacks Donald Trump's "rizz" and questions whether the vice president can unite the MAGA movement after Trump.

Can US Vice President JD Vance become the political heir to President Donald Trump and lead the Make America Great Again (MAGA) movement after him? Former White House communications director Anthony Scaramucci doesn't think so.

Speaking in an interview with British broadcaster LBC, Scaramucci argued that while Vance is one of the Republican Party's most prominent figures, he lacks a crucial quality that has helped Trump dominate American politics for years, reports HT.

'Doesn't have Trump's rizz'

According to *The Mirror US*, Scaramucci said he does not believe any current Republican leader, including Vance, can keep Trump's political coalition together once Trump's political career comes to an end.

"I don't think there's any political leader in that area of politics that can galvanize and coalesce that [MAGA] coalition... including JD Vance," Scaramucci said.

Explaining why, he pointed to what he described as Trump's unique charisma.

"He doesn't have Trump's rizz. You can like Trump or dislike Trump, but he's got it going on, he can capture



US Vice President JD Vance attends a meeting between President Donald Trump and NATO Secretary General Mark Rutte at the White House. Pic - Yahoo

your imagination," Scaramucci said.

The term "rizz," popular among Gen Z, generally refers to a person's charisma or ability to attract and engage others. In Trump's case, Scaramucci used it to describe the president's ability to energize supporters and rally them behind the MAGA movement.

Scaramucci, who served briefly as Trump's communications director during his first term before becoming one of his most outspoken critics, also took aim at the president's motivations.

"Trump's about making money and getting attention. He's not there to serve the American public, he's there to serve himself and enrich his family, that's what it's

about," he said.

What did Scaramucci say about Trump's future?

Scaramucci also dismissed speculation that Trump could seek a third term in office, despite repeated public comments from the president that have fuelled debate. The US Constitution's 22nd Amendment bars a president from being elected more than twice.

According to *The Mirror US*, Scaramucci believes Trump's age would be the biggest hurdle.

"I don't think so. I think the tip of the spear on that is his age. I don't think the 82-year-old Donald Trump is going to be able to stand for election again," he said.

He further suggested that Republicans themselves would push back if Trump attempted to pursue another term.

Why does Scaramucci think Trump could lose influence?

Scaramucci also argued that a new generation of ambitious Republicans is waiting for an opportunity to emerge.

"There's a lot of young people in that party that are quite ambitious. And I think he'll be weakened after the midterms," he said.

His remarks come as discussions continue over who could eventually lead the Republican Party after Trump.

Across the Globe

World Cup Goals Soar 25%

The men's World Cup has produced nearly 25% more goals than the previous tournament over the same number of matches, with the new soccer ball used this year likely playing a significant role.

Although increased stoppage time resulting from controversial hydration breaks has created more scoring opportunities, analysts have noted how frequently goalkeepers are being caught off guard by the speed of Adidas's Trionda ball, which players have had limited time to adjust to.

"This ball is as fast as a cannonball," Austria's coach told the Associated Press.

The debate surrounding the Trionda recalls earlier equipment controversies, most notably the beach ball-like Jabulani used during the 2010 FIFA World Cup in South Africa.

"No football exists in greater infamy," *The Independent* wrote.

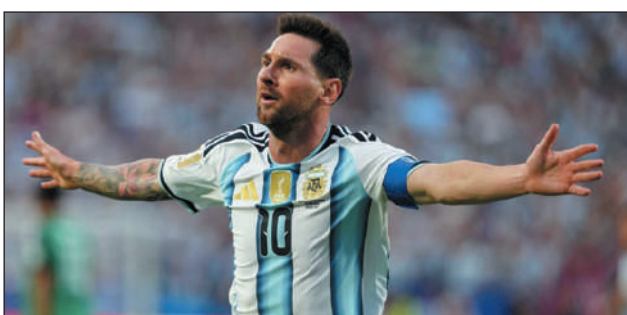
Messi breaks World Cup goal record

Soccer superstar Lionel Messi became the all-time leading scorer in FIFA men's World Cup history on Monday after scoring twice against Austria.

"God has truly spoiled me," the Argentine said after beating Algeria last week, illustrating what a *Financial Times* columnist described as "the most overtly religious World Cup in memory."

Majority-Catholic nations have won 18 of the previous 22 tournaments, but evangelical Christianity and Islam are becoming increasingly visible in the sport.

Muslim players, such as Egypt's Mohamed Salah, have celebrated goals with the sujood, kneeling toward



Argentina's Lionel Messi (10) celebrates after scoring the opening goal during the World Cup Group J soccer match between Argentina and Algeria in Kansas City, Mo., Tuesday, June 16, 2026. Ed Zurga/AP Photo/Ed Zurga

Mecca, while evangelical players often lead pre- and post-match prayers.

Advocates of religious pluralism also highlighted the increasingly diverse rosters of Western European teams. Amid rising anti-immigrant sentiment, one advocate described the trend as "symbolic, yet substantive."

Tech Price Rises Drive Inflation

The AI data-centre boom is contributing to a new wave of inflation, according to recent data.

As oil prices fall amid the easing of tensions following the Iran war, US consumers might hope inflationary pressures would subside. However, demand for chips and energy is driving up costs for everything from smartphones to electricity.

The inflationary effect is expected to be smaller than that caused by US tariffs, Covid-19, or the Iran war, since technology and energy account for a relatively small share of household spending. Nevertheless, it could "keep inflation broadly elevated," according to *The Wall Street Journal*.

The data-centre boom also shows little sign of slowing. Meta and Microsoft alone have committed tens

of billions of dollars, while Amazon and Google are leading the race to secure new sources of power.

Ancient Mayan City Revealed

A Mayan city has been discovered in the Mexican jungle after remaining hidden for more than 1,000 years.

Airborne LiDAR mapping enabled researchers to see through the dense forest canopy and identify the 37-acre settlement on the Yucatán Peninsula. The team then cut a three-mile path through the jungle with machetes to reach the site, which features a 43-foot-high pyramid temple.

The Late Classic period, from approximately AD 250 to AD 900, marked the height of Mayan civilisation. Vast and intricately designed structures reveal advanced knowledge of astronomy and mathematics.



The ancient Maya city of Tikal may have been home to foreigners from central Mexico long before archaeologists expected. traumlichtfabrik/Getty Images

The Mayan population, spread across much of what is now Mexico and Central America, may have reached 16 million people. However, the civilisation mysteriously collapsed within a century, possibly as a result of changing climatic conditions.

Compiled by K. Ramlallah

From Our Archives -- A Glimpse into 1961

7th Year No 339

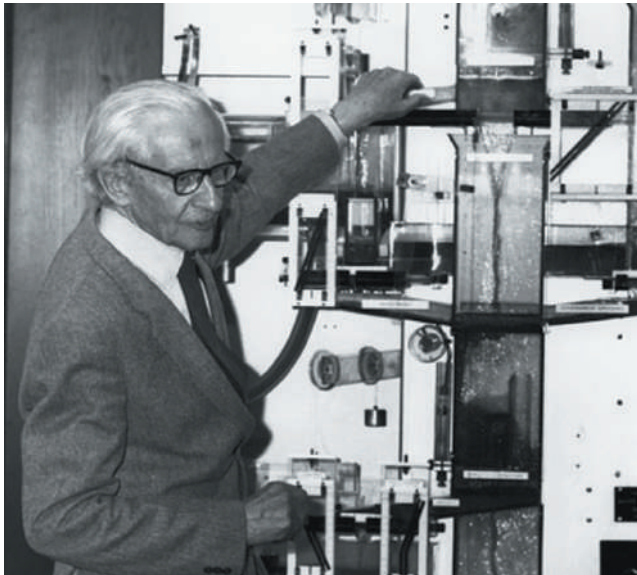
MAURITIUS TIMES

Friday 3rd March, 1961

• On the soft bed of luxury most kingdoms have expired. — Edward Young

Editorial

Two Great Documents



Professor James Meade, 1993. IMAGELIBRARY/282. LSE



Richard Titmuss - P - theguardian.com

Along last the Reports of Prof Meade and Prof Titmuss which the public of Mauritius has been eagerly awaiting for over a year now have been published. It must be observed at the very outset that the two reports have been admirably well-done and that they are going to influence the life of this country considerably.

If all their recommendations are not implemented — for whatever reasons — these two reports will have to be con-

sulted by any individual or any Government of Mauritius, if it at all wishes to help this country's progress.

We think that it is the first time in the history of Mauritius that two teams of such eminent experts have come over here and it is the first time that all our problems have been studied in such a scientific and objective way. Meade and Titmuss have provided us with a mirror which does reflect all our problems.

It is difficult to comment or to opine about all the recommendations of these two reports. What we can say at this stage is that the main recommendations fall into three categories: (a) recommendations which are easily implementable and which might be soon implemented, (b) recommendations which are sound but whose implementation may have to be delayed because they are either too controversial or too costly, and (c) recommendations which rest upon incorrect or inaccurate premises.

Considering the third category of recommendations, we are of opinion that the Government has completely mishandled the publication of these reports. No one in the Government can ignore the importance of these two documents and the far-reaching consequences they are bound to have and the controversial recommendations — family planning for example — have now become propaganda material for the Opposition. Every recommendation of these Reports is being identified with the Government i.e., the Labour Party. All this could have been avoided if only a press conference were held and the public told that the documents are being released and that the Government was not in any way bound to accept every recommendation of these commissions. For, the support of the people and their proper understanding of these recommendations are essential to the progress of the country as a whole.

We shall analyse these two reports as from next week in our subsequent issues and we do invite all our readers to send us their views and comments. It is imperative that everyone who can should study these documents and find out for themselves what is the exact position. But we do say at this stage that the Meade Report is a bit conservative. It has not gone deep enough into the economics of the sugar industry. We cannot talk of freezing of wages if we are not very clear about the margin of profits. This is an important factor which must exercise our minds.

Who are the Murderers?

When on the 13th of January we asked in these columns, 'Has Mauritianisation been murdered?' we had a feeling that the stage was meticulously and carefully prepared for the murder of Mauritian rights. But we are in two minds about who the murderers could be. Even now we do not know who the murderers are: Mauritian ministers sitting on the Executive Council or the officials?

The public has the right to know, but will Mr Vickers set our minds at rest? Be that as it may, the fact of the matter is that Mauritianisation has been murdered under our eyes — and apparently, we can only sit back and look on.

Mr Hollingworth has been appointed, and the announcement was made on Saturday last. We hasten to observe that the announcement has been tactfully made and it has been made with an eye to the political situation of Mauritius.

One of the main arguments we used against the appointment of Mr Hollingworth was that by acquiescing in such a decision we were directly playing into the hands of the Parti Mauricien. But the Government, which believes and proclaims that politics has nothing to do with administration, has

deliberately arranged to release together the promotion of Mr Viader to the post of Chief Education Officer and the promotion of Messrs D. Hollingworth and D. Burrenchobay to the two posts of Senior Education Officer.

Feelings must not be hurt, and every palliative must be used to appease and to placate. At least the impression must be created that everything is fine. We have now moved from the era of prayers and petitions: we are now apparently in the era of appeasement. But there will be no appeasement.

With the appointment of Mr Hollingworth, another Englishman has secured, "on the recommendation of H.E. the Governor with the advice of the Public Service Commission", the opportunity of acquiring the responsibility, experience and proficiency which we Mauritians supposedly need, and which, during the 150 years of British rule, we have been told again and again and again we lack.

The British Government has declared its intention of leading its colonies towards self-government and independence. A condition to healthy self-government is acknowledged to be the availability of local techni-

cal, professional and administrative cadres. There can be no honesty of purpose in these avowed intentions unless a vigorous policy of increasing Mauritian proficiency is adopted. We know that such a policy would upset the security of a few of the 21,000 gentlemen belonging to Her Majesty's Overseas Civil Service, but this is not our headache. If their security is to prevail over our just aspirations, then the whole show is a hypocritical farce.

The elected representatives of the people and their Minister of Education were against the appointment of Mr Hollingworth. Colonialism, in its last-ditch blindness got him through, illustrating in glaring fashion, one of the numerous scabs of the present phase of transition with its unholy system of responsibility for Mauritian ministers without authority. Perhaps the civil service and Mauritians at large will now open their eyes.

The whole incident points to the necessity of policy decisions to govern such problems. Policy decisions taken well beforehand, because when particular cases arise, we are told that we are mixing up administration with politics. Of course this is not politics. It is policy. And we will know our friends by their recognition of it. The time is ripe, almost belated, for a policy decision and a clear enunciation of its principles, so that the Public Service Commission at cru-

cial times (represented by Englishmen only) may best serve the national interest.

A Policy of Mauritianisation and Mauritian advancement should rest on the following principles: (a) no non-Mauritian should be taken into government service otherwise than on contract, (b) contracts should be renewable only by the Governor in Council, (c) whenever it is found or has been found necessary to secure the service of a non-Mauritian on contract for a permanent post due to unavailability of a qualified Mauritian, scholarships should be granted immediately to Mauritians so that the required knowledge be acquired and made available as soon as possible, (d) no contract should be agreed upon, no scholarship created, no candidate selected without full and proper advertisement, (e) the qualification for each post in Government Service, whether supernumerary or permanent, should be published and made readily available to all Mauritians, and (f) no contract should be entered into with the non-Mauritians unless the candidate-elect's qualifications have been published.

Meanwhile the Establishment Division can take it from us: the appointment of Mr Hollingworth is not the best jewel in the crown of colonialism. The sooner the present constitution is jettisoned the better for this country.

The Great Pension U-Turn

A Missed Opportunity for Sustainable Reform



“Critics seized on the means test’s perverse incentives. Actuary Nita Deeparsing pointedly observed that the system “favours asset holders while tightening the squeeze on the middle class and the working population”. Dividends and interest income were excluded from the means test calculation, while salaries, rental income, and contributory pensions were included. This created a situation where a retiree with substantial investment income could receive a full pension, while a working professional earning Rs 45,000 would see their pension reduced to a symbolic Rs 1,000...”

Cont. from page 7

The previous government’s increase to 65 years over a decade was too rapid and insufficiently supported. A phased approach could maintain the flexibility to retire at 60 with a reduced pension, as proposed in the 2026 Budget, but with less severe reductions and with income support for those who genuinely cannot work beyond 60.

Third, the contributory pension system must be strengthened. The restructuring of the National Pensions Fund into a defined contribution system from July 2027 is a step in the right direction. However, the government must ensure that this does not become a substitute for the non-contributory pension but rather a complement that provides greater security for those who have contributed throughout their working lives.

Fourth, the fiscal alternatives must be explored more seriously. As Clensy Appavoo of HLB Mauritius suggested, the government could consider broadening the tax base, including through a modest VAT increase or more effective taxation of capital gains and property wealth, rather than targeting pensioners. These options are politically sensitive, but they are more equitable than withdrawing pensions from the middle class.

Conclusion

The pension reform debacle reveals a deeper crisis in Mauritian governance:

the inability to have honest, evidence-based conversations about difficult trade-offs. The government rushed a poorly designed reform without adequate consultation. The opposition reacted with understandable outrage but offered few concrete alternatives. The public was left confused and fearful.

The freezing of the means test is not a solution; it is a deferral. The fundamental challenge of an ageing population and an expensive pension system remains. The government must now initiate a genuine, transparent consultation process with all stakeholders. It must present clear, long-term projections and invite alternative proposals. It must be willing to consider a range of options, from modest adjustments to the pension age to more progressive taxation.

Most importantly, any reform must be gradual, predictable, and protective of the most vulnerable. The state pension is not just a line in the budget; it is the embodiment of the social solidarity that has made Mauritius a beacon of stability in the region. Reform is necessary, but it must not destroy the trust that makes society work. The challenge is to preserve the essence of universality while ensuring long-term sustainability. That requires patience, honesty, and the courage to build consensus rather than impose solutions from above.

K.Tilak

Snippets

French firm breeds sterile mosquitoes

A French firm is breeding millions of sterile mosquitoes to combat disease. Climate change has expanded the range of the tiger mosquito across Europe, where it can carry dengue and other viruses. The start-up produces 1.5 million irradiated males per week, scaling to 40 million within two years; these males mate with females, producing no offspring.

Similar approaches using bacteria that block virus transmission have shown success in countries such as Brazil. While pest eradication is difficult, it is achievable: Alberta, Canada, has remained essentially rat-free for 70 years through poison and public awareness campaigns, though constant vigilance is required.

World-First Human Gene Therapy

For the first time, a human has been given gene therapy to rejuvenate aged cells. The landmark trial used cellular reprogramming to treat age-related eye conditions with the aim of regenerating neurons in the optic nerve. The treatment builds on the work of Japanese Nobel Laureate Shinya Yamanaka, who in 2006 discovered that turning on specific genes can revert cells to juvenile, stem-cell-like states.

The latest trial is focusing on a contained, low-stakes issue – a form of glaucoma that can lead to blindness – because of the risk of side effects. One researcher told Nature they were focusing on “one age-related disease at a time” rather than shooting straight for whole-body rejuvenation, although “we hope to get there someday.”

China’s ‘silver economy’ booms

China’s “silver economy” is soaring as its population ages and its birth rate plummets.

A trade show in Shanghai showcased exoskeleton walking aids and other goods tailored to the 400 million people in China who will be 65 or older by the middle of the next decade.

Rising living costs and the legacy of Beijing’s one-child policy have brought China’s fertility rate down to one birth per woman, below the 2.1 replacement rate.

Beijing’s efforts to boost birth rates have largely been unsuccessful. The demographic crisis, however, has bolstered the elder-care market.

“We are a big brand in the infant formula category ... but with newborn babies declining sharply, we stepped into the senior category,” one executive told the Financial Times.

Mauritius Times

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Thank you so much.
Mauritius Times



Kishore Teelanah

Promoting Mauritian Culture and Heritage on the UK Stage

The Mauritian diaspora in the United Kingdom consists of British citizens of Mauritian descent. Those who have settled in the UK—whether married to fellow Mauritians, white British, Asians, or other Europeans — all share a common goal: to build a better life and create new opportunities.

This is a story of pure determination, led by Priamvada (Pria) Jugdhar, who founded the Segatastic Dance Company alongside three other talented sega dancers. This year, they staged a landmark production called *A Journey Through Mauritius* at a London theatre. As their first UK-Mauritian dance theatre production, it served as a vibrant showcase of Mauritian culture for an audience of both British and Mauritian spectators. Attendees were treated to an spectacular performance featuring vibrant sega dances, cultural storytelling, and traditional Bhojpuri songs. The audience was so thrilled by the high-energy rhythms that many got out of their seats to dance.

Meet the Dancers

Pria Jugdhar - Pria was deeply involved in dance, theatre, drama, and singing from a young age. At just nine years old, she performed the Bollywood song "Saat Samundar Paar" outside the Plaza Theatre in Mauritius. She later progressed to stage dramas performed in Bhojpuri, Creole, French, and English, and developed a strong passion for singing through her participation in bhajans and kirtans.

She moved to the UK at the age of 18 and soon trained in Bollywood dance at the Shiamak Davar Dance Academy under Karan Pangali. Alongside her work as an Activities Coordinator, Pria worked as a freelance performer and volunteered in residential and nursing homes, entertaining residents with various dances, including sega. She later met belly dancer Shakira Jacobs, who inspired her to create unique fusion styles blending sega, Bollywood, belly dance, and Bhojpuri.

As the Segatastic family grew, Soulma Hoseny and Saji Hussain joined the group, strengthening its cultural mission. Today, the group performs at weddings, birthdays, and major UK events. Together with her business partner Soulma, Pria runs Bollywood classes, sega workshops, and a wellbeing class called BollySoul, which combines psychology, energy healing, and dance. Segatastic is widely recognised for its signature entrance, which proudly features the Mauritian flag and the ravanne — a traditional sega percussion instrument.



The Segatastic Group performing a spectacular show in London. Front to back: Soulma Spyridonos, Shakira Jacobs, Pria Jugdhar and Shakira Hussain

Soulma Spyridonos (Hoseny) - Born in the UK to Greek and Mauritian parents, Soulma grew up immersed in Mauritian traditions. She is a mother of two daughters, aged 21 and 22. In her 30s, she pursued a passion for dance and trained professionally in Bollywood dance, becoming both a performer and teacher. This path led her to major UK stages, including the closing ceremony of the 2012 Summer Olympics, where she performed alongside 250 dancers before a live audience of 80,000 and millions watching worldwide. After joining sega groups in her 40s, she rediscovered a deep connection to her Mauritian roots.

Soulma also holds a Master's Degree in Psychology and applies her expertise to coaching psychology. She volunteers at a menopause café and supports others through coaching and creative tools, blending these wellbeing practices with Mauritian culture to make them more accessible within the community. Currently, she serves as an Operational Hub Lead for a local council, managing staff and projects that support schools and colleges across nine local authorities, with a focus on helping young people with health and

wellbeing.

Recently, Soulma was appointed Cultural Lead Ambassador for Mauritius in Cultural Fashion and Arts. In addition to her busy lifestyle, she has taken up sewing her own sega costumes as a beautiful way of honouring her heritage.

Saji Hussain - Saji is an accomplished Brazilian samba dancer and teacher, who is also trained in belly dance and burlesque. Her connection to sega emerged through the tight-knit bond of friendship and sisterhood within Segatastic. She recognizes deep cultural parallels between samba and sega, noting that both art forms are rooted in the resilience of historically enslaved communities.

For years, Saji balanced a demanding career in retail while spending her evenings and weekends in dance studios rehearsing and assisting with Brazilian samba classes. In 2017, she launched her own dance classes. Professionally, her career involves community outreach projects, ranging from visiting schools to teach vital interview skills, to working with job centres and retailers. Her projects also include supporting young offenders and aiding their integration back into society.

Saji's outreach extends to working with Disability Support Services and local schools, using dance as a universal language. In her classes, the focus goes beyond steps and rhythm; she utilizes movement to foster body confidence, self-expression, and the resilience needed to navigate life's challenges.

Shakira Jacobs - Shakira is a talented belly dancer, yoga practitioner, and martial artist. Although she is of Caribbean heritage, her ancestral roots trace back to Africa, where sega originates. Shakira felt an instant, instinctive connection to sega's grounded movements, vibrant costumes, and joyful rhythms, and it has since become an integral part of her artistic journey.

She first discovered sega through a belly dance teacher who invited her to audition for a group. Drawn in by the energy, sega resonated with her deeply. Its rolling hip movements and vibrant costumes connected Shakira to the wider world of island cultures that celebrate life through dance. Taking up sega has been a joyful expansion of her artistic repertoire, allowing her to celebrate and share an aspect of Mauritian culture with new audiences while seamlessly blending it with her other performance styles.



The Segatastic Group delivering an exemplary performance alongside guest artists at a London theatre

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

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The Digital Detox

Can unplugging actually make you healthier?



From ordering food to answering work emails, modern life relies heavily on screens. However, this constant connection can leave us physically and mentally drained, leading to information overload and social media fatigue.

To combat this, many people are turning to a “digital detox”—the practice of stepping away from smartphones, computers, and social media for a set period to focus on offline life. But does completely unplugging actually improve your health, or is it just another passing wellness trend?

Does a digital detox actually work?

Emerging psychological research suggests that taking a break from technology offers measurable health benefits, depending on the approach. As Joanne Orlando, a digital wellbeing researcher at Western Sydney University notes, the specific method used dictates the overall impact.

- **Boosts Self-Esteem and Reduces Anxiety:** A 2025 meta-analysis of 20 randomized controlled trials revealed that short breaks from social media led to small but positive improvements in life satisfaction and self-esteem, while reducing feelings of loneliness and anxiety.
- **Outperforming Antidepressants:** In another notable 2025 study, researchers restricted participants’ smartphones to only calls and texts for two weeks. The intervention had a greater positive impact on mental health than traditional antidepressants. Crucially, the benefit did not come from the restriction alone, but because participants replaced screen time with healthy activities like exercising, spending time in nature, and socializing in person.

Who benefits the most?

A digital detox does not impact everyone equally. Research highlights that benefits often depend on gender and cultural context.

Women, who frequently use social media to maintain relationships and are more prone to appearance-based comparisons, experience a higher benefit from unplugging; for instance, a study showed that a one-week break from Instagram significantly increased life satisfaction for women, an effect not observed in men.

Similarly, individuals from collectivist cultures, such as Turkey, experience greater relief and mental health improvements because a detox frees them from the intense social pressure to maintain vast online networks and reply instantly.

The best approach: Don’t go cold turkey

Stepping away from technology entirely can cause a rebound effect, making the change unsustainable. A 2023 study found that individuals who simply reduced their smartphone usage by one hour a day experienced

stronger, more lasting mental health benefits than those who tried to quit completely.

Ultimately, the goal of a digital detox is not to eliminate technology from your life, but to re-establish a conscious, deliberate relationship with your devices.

Your action plan for a sustainable detox

1. Identify Unhelpful Habits: Self-Reflection.

Recognize your personal tech triggers, such as mindlessly scrolling in bed or bringing your phone into every room.

2. Set Boundaries and Goals: Actionable Targets.

Establish concrete, specific goals. Instead of a vague resolution, commit to a clear target, like taking a one-

week break from a specific app.

3. Enforce Structural Limits: Friction-Maxxing.

Create physical or digital boundaries to make over-using tech harder, such as utilizing app timers or scheduling dedicated windows to check messages.

4. Inform Your Network: Accountability.

Share your goals with family and friends so they can support your boundaries and understand why you might not reply immediately.

5. Monitor and Reflect: Progress Check.

Track how you feel. Evaluate whether your sleep quality has improved or if your daily anxiety levels have dropped.



VACANCY NOTICE

IT MANAGER

The State Trading Corporation (STC) wishes to recruit an experienced and dynamic candidate willing to take an active role in the position of IT Manager.

For this post, salary may be negotiable and appointment will be on a one-year contractual basis, renewable, subject to satisfactory performance.

Relevant information on mode of application and other details regarding the vacancy are available on STC’s website at <https://www.stcmu.com> or from STC’s Reception Desk, 55 Business Zone, Ebene Cybercity 72201, Ebene.

Envelope clearly marked “IT Manager” 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 **09 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.

STC reserves the right:

(i) to call only the best qualified candidates for an interview; and

(ii) not to make any appointment following this advertisement nor to assign any reason whatsoever for accepting or rejecting any candidates.

Date: 19 June 2026

Could lifelong learning be the key to preventing Alzheimer's?

The pursuit of knowledge is often viewed as a key to professional success or personal growth, but emerging evidence suggests that a lifetime of curiosity acts as a vital guardian for the brain. According to recent research published in *Neurology*, the medical journal of the American Academy of Neurology, consistent mental stimulation — ranging from reading and writing to learning new languages — is strongly linked to a significantly lower risk of Alzheimer's disease and a slower rate of cognitive decline as we age.

The study, which tracked nearly 2,000 adults over an average of eight years, examined how "cognitive enrichment" across different life stages affects long-term brain health. Researchers evaluated factors such as childhood access to books, midlife engagement with libraries and museums, and later-life participation in mentally stimulating hobbies. The results were compelling: those who maintained the highest levels of intellectual engagement throughout their lives were 38% less likely to develop Alzheimer's disease compared to those with the lowest engagement levels.



Beyond lowering the overall risk, the impact on disease onset was substantial. Participants with the highest enrichment scores experienced a five-year delay in the onset of Alzheimer's symptoms and a seven-year delay in the development of mild cognitive impairment. Notably, these protective benefits persisted even when

researchers accounted for underlying biological changes, such as the accumulation of amyloid and tau proteins in the brain. This suggests that while intellectual activity might not be a "cure," it can bolster the brain's resilience, allowing individuals to maintain sharper memory and cognitive function for longer.

While the study highlights an association rather than direct proof of causation, the implications for public health are profound. Experts emphasize that consistent mental exercise is a protective habit that can be nurtured at any age. Whether through adult education, community reading programs, or simply remaining curious and engaged with new ideas, these activities create an environment that supports long-term neurological health.

As our population ages, the findings underscore the importance of expanding access to enriching environments, such as libraries and educational initiatives. By prioritizing opportunities for lifelong learning today, we can better equip our brains to face the challenges of tomorrow, potentially securing years of cognitive vitality that might otherwise be lost.



How are languages formed?

A young reader asks: How are languages formed?

Easily! In fact, you can create a new language right now.

Simply choose some sounds, like "f," "m," and "e," and invent words with them: *fme* could mean "shrimp," *em* could mean "eat," *e* "it," and *ef* "is." Next, organize these words into sentences — and feel free to use a wonky word order (like Yoda):

1. *e fme ef* "it's a shrimp" (literally: it shrimp is)
2. *e em fme ef* "it is eating shrimp" (literally: it eat shrimp is)
3. *e fme em* "it ate shrimp" (literally: it shrimp eat)
4. *fme em e* "shrimp ate it" (literally: shrimp ate it)

By the way, shrimp really do eat shrimp sometimes!

This is the genius of human language. We can create and learn thousands of words by pairing meanings with arbitrary strings of meaningless sounds (or signs). We can also generate and understand an infinity of sentences according to the language's grammar — the rules for ordering words.

Over 7,000 languages

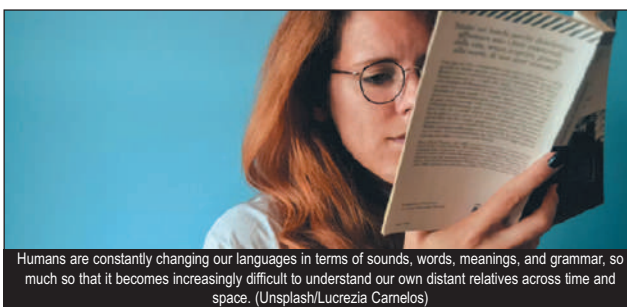
Today, our world has over 7,000 languages, each with its own words and particular grammar. These languages are so mindbogglingly different that you might think, "anything goes!" But in reality, there are countless possibilities in sound patterns and grammars that never occur.

For example, our invented sentences above involve a grammar that has not been found in any human languages, including past ones!

- In Old English, which was spoken a thousand years ago, the meaning of *e em fme ef* could be expressed with the equivalent of "it shrimp eat is," or "it is shrimp eat," or "it shrimp is eat."

- Similarly, the meaning of *e fme em* could be expressed with the equivalent of "it shrimp ate" in Old English, and the meaning of *fme em e* could be expressed with "shrimp it ate," but apparently no speakers of Old English — or any other language — would insist on saying both "it shrimp ate" and "shrimp ate it," as in *e fme em* and *fme em e*.

So, if we taught our newly invented language to



Humans are constantly changing our languages in terms of sounds, words, meanings, and grammar, so much so that it becomes increasingly difficult to understand our own distant relatives across time and space. (Unsplash/Lucrezia Carnelos)

children, chances are they would change its grammar to make it more like other human languages. What's possible in a human language may be shaped by the way children acquire language and by the way language works in our human brains. This is why the famous linguist Noam Chomsky claims that all humans uniquely share a "language acquisition device" and a "universal grammar."

Universal Grammar

As a very general example of universal grammar, we humans do not simply string words together in sentences, but rather we organize words into "chunks" called phrases. This chunking allows us to create and make sense of complex sentences like "shrimp shrimp eat eat shrimp," meaning "the shrimp that other shrimp eat also eat shrimp."

More generally, humans are constantly changing our languages in terms of sounds, words, meanings and grammar, so much so that it becomes increasingly difficult to understand our own distant relatives across time and space. In effect, we come to speak different languages!

So that's how new languages are formed, but to be honest, linguists aren't sure why languages change in the first place. We don't know why speakers of Old English shifted their grammar to "it is eating shrimp" from earlier "it shrimp eating is" or "it is shrimp eating."

The older word order survives to this day in forming nouns: "shrimp-eating."

Darin Flynn

Associate Professor of Linguistics, University of Calgary

More than a jolt: How coffee reshapes the gut-brain axis

While coffee is global shorthand for a morning energy boost, new research from University College Cork suggests its true power lies in its ability to rewire the communication between our digestive system and our mind. The study, led by Professor John Cryan and published in *Nature Communications*, reveals that coffee acts as a complex dietary intervention that reshapes the gut microbiome to improve mood and cognitive function.

By comparing regular coffee drinkers with non-drinkers and utilizing a "blind" reintroduction phase, the team at APC Microbiome Ireland discovered that coffee's benefits are not exclusive to caffeine. Participants drinking both regular and decaffeinated coffee showed significant improvements in mood, including reduced levels of stress, depression, and impulsivity.

The Microbial Shift

The research identified specific "coffee-loving" bacteria that flourish in the guts of regular drinkers. Populations of *Eggertellasp* and *Cryptobacteriumcurtum* — microbes involved in bile acid synthesis and protection against harmful pathogens — were notably higher. Additionally, an increase in *Firmicutes* was observed, a bacterial group previously associated with positive emotional states.

Caffeinated vs. Decaf: Distinct Pathways

The study highlighted that different components of coffee target different aspects of brain health:

- **Decaffeinated Coffee:** Surprisingly, improvements in learning and memory were exclusive to the decaf group. Researchers suspect that polyphenols — antioxidants found in the coffee bean — may be the drivers behind these cognitive gains.

- **Caffeinated Coffee:** Regular coffee reigned supreme in boosting focus and alertness while simultaneously reducing anxiety and lowering markers of inflammation.

As Professor Cryan concludes, coffee is far more than a simple stimulant; it is a complex driver of the microbiota-gut-brain axis. Whether leaded or unleaded, your daily cup appears to modify what our microbes do collectively, offering a potential dietary tool to balance both digestive health and emotional well-being.



Laughter is the Best Medicine



The Donkey and the Road Map

A large foreign construction company received a contract to build roads in the mountainous regions of a country. They began preparing maps and conducting surveys.

During the survey, a local contractor observed their work and found it strange. He asked the foreign team: "Why do you need to make maps to build roads in the hills?"

The local contractor then explained: "We simply load a sack of lime onto a donkey and make a small hole in it. Then we let the donkey roam up the mountain. As it walks, the lime falls and leaves a trail. We follow the lime marks and understand that this is the best route. Then we start building the road along that path."

The foreign team was shocked and asked: "Don't civil engineers design road maps in your country?"

The local contractor laughed and replied: "In places where donkeys aren't available, engineers do the job."

Human Beans

A teacher asked her class to make sentences using the word beans.

"My dad grows beans," said one student.

"My mother cooks beans," said another.

Then a boy sitting at the back of the class shouted, "We are all human beans!"

An Engineer and a Programmer

A programmer and an engineer were sitting next to each other on a long flight from Los Angeles to New York.

The programmer leaned over and asked the engineer if he would like to play a fun game.

The engineer just wanted to take a nap, so he politely declined and turned toward the window to catch a few winks.

The programmer persisted and explained that the game was really easy and a lot of fun.

"I'll ask you a question, and if you don't know the answer, you pay me \$5. Then you ask me a question, and if I don't know the answer, I'll pay you \$5."

Again, the engineer politely declined and tried to get some sleep.

The programmer, now somewhat agitated, said, "Okay, if you don't know the answer, you pay me \$5, and if I don't know the answer, I'll pay you \$100!"

This caught the engineer's attention. Seeing no end to the torment unless he played, he agreed.

The programmer asked the first question:

"What's the distance from the Earth to the Moon?"

Without saying a word, the engineer reached into his wallet, pulled out a \$5 bill, and handed it to the programmer.

Now it was the engineer's turn.

He asked, "What goes up a hill with three legs and comes down on four?"

The programmer looked puzzled. He took out his laptop and searched through all his references. He connected to the internet and searched every source he could think of. He even emailed his co-workers for help—but to no avail.

After about an hour of fruitless searching, he woke the engineer and handed him \$100.

The engineer politely took the money and turned away, ready to resume his nap.

The programmer, more than a little annoyed, shook the engineer and asked: "Well, what's the answer?"

Without a word, the engineer reached into his wallet, handed the programmer \$5, and went back to sleep.

What Was the Problem?

Taxiing down the tarmac, the jetliner abruptly stopped, turned around, and returned to the gate.

After an hour-long delay, it finally took off.

A concerned passenger asked the flight attendant, "What was the problem?"

"The pilot was bothered by a noise he heard in the engine," she explained. "It took us a while to find a new pilot."



Plane Crash in Poland

A small two-seater Cessna 152 plane crashed into a cemetery early this afternoon in central Poland.

Polish search and rescue workers have recovered 300 bodies so far and expect the number to rise as digging continues into the evening.

Trouble with Plane Engines

While cruising at 36,000 feet, the airplane suddenly shuddered.

A passenger looked out of the window. "Oh no!" he screamed. "One of the engines just blew up!"

Other passengers left their seats and rushed over. Suddenly, the aircraft was rocked by a second blast as another engine exploded on the opposite side.

The passengers were now in panic, and even the flight attendants could not maintain order.

Just then, the pilot strode calmly from the cockpit, standing tall and smiling confidently. He assured everyone that there was nothing to worry about.

His words and demeanour helped calm most of the passengers, and they returned to their seats.

The pilot then walked calmly to the door of the aircraft, where he grabbed several packages from



under the seats and began handing them to the flight attendants. Each crew member strapped a package onto their backs.

"Say," asked an alert passenger, "aren't those parachutes?"

The pilot confirmed that they were.

"But I thought you said there was nothing to worry about," the passenger said.

"There isn't," replied the pilot as a third engine exploded. "We're going to get help."

Father O'Malley and the Meaning of "Nookie"

Father O'Malley was on his way back to the convent after buying the week's groceries. He was about to mount his bicycle when a young lady approached him.

"Father, would you like a nookie for \$10?"

The reverend just shrugged his shoulders. But before he was able to leave the car park, another seductively dressed lady asked again: "Father, would you like a nookie for \$10?"

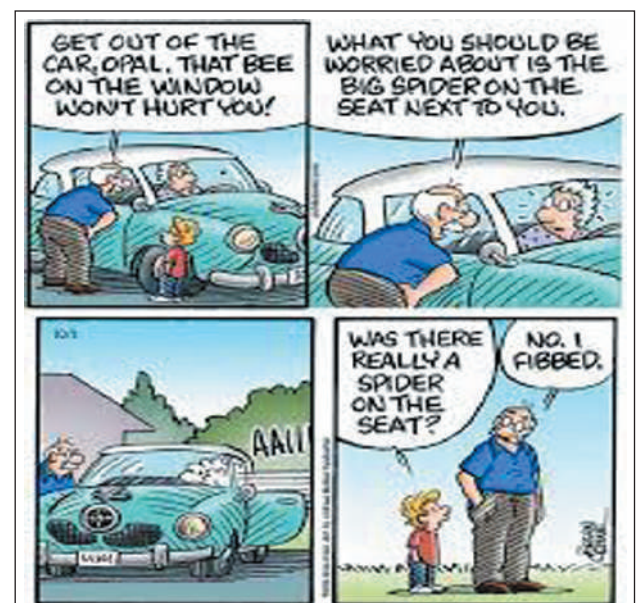
Father O'Malley pedalled as fast as he could back to the convent library. He grabbed the Oxford dictionary to search for the word "nookie"... but found nothing.

He wandered down the hallway where Sister Mary was mopping the floors.

"Tell me, Sister, what's a nookie?"

Mary leaned on her mop and said: "\$10, Father... same as in town."

(Nookie refers to an informal, often humorous slang term for sex).



Life's Stories

Germaine Greer: The Courage to Be Unapologetic

Germaine Greer's journey from a reserved childhood in Melbourne to becoming a global intellectual force is a testament to the power of refusing to conform. The daughter of a newspaperman and a mother who kept her emotions tightly guarded, Greer found little warmth at home, but she did find questions -- questions that would eventually dismantle the societal structures of her time.

After earning her doctorate in English literature at Cambridge, Greer's formidable intellect and refusal to be silenced set her on a collision course with the status quo. While lecturing at the University of Warwick in the late 1960s, she began work on a manuscript that would define her career: *The Female Eunuch*.

Published in 1970, the book was a visceral, sharp-witted provocation. Greer argued that women's perceived nature -- their softness, compliance, and tendency to take up as little space as possible -- was not bio-



logical, but a cage of conditioning so carefully constructed that it had become indistinguishable from the self. She asserted that women had been taught to accept their own diminishment, living their lives without ever recognizing the bars of their confinement.

The impact was immediate and explosive. *The Female Eunuch* became a global sensation, transforming Greer into one of the most recognizable voices in the

English-speaking world. She became a lightning rod for controversy, regularly appearing on television and in public forums where she was labelled "dangerous" and "irresponsible" by critics. Yet, she remained unflappable. When male commentators attempted to use condescension to silence her, they failed; she never apologized for her stance, her tone, or her visibility.

Her resistance was the core of her message: she refused to perform the "careful softening" expected of women. She rejected the social pressure to make oneself smaller to ensure the comfort of others. By refusing to apologize for her views, she embodied the very freedom she advocated for.

More than fifty years later, *The Female Eunuch* remains in print, and its core arguments still resonate with the force of an unvarnished truth. Greer's life and work serve as a reminder that intellectual courage is not just about writing a book -- it is about the lifelong refusal to shrink.

She came from Melbourne. She earned her doctorate at Cambridge. She wrote a book without apology. And then she spent the rest of her life refusing to apologize for it. That's the kind of courage that changes things.

True Stories

The High-Wire Escape: How Trauma and Discipline Forged a Legend

Nearly 1,700 feet above the desert floor, Tom Cruise pressed his gloved hands against the searing glass of the Burj Khalifa. Violent winds shoved his body sideways, yet the man clinging to the exterior of the world's tallest building remained eerily calm. There was no stunt double, no green screen, and no digital safety net. One mechanical failure meant certain death, yet for Cruise, this perilous ledge was the only place that truly made sense.

This legendary calmness in the face of gravity became a central pillar of his mythology. Audiences have watched him cling to ascending airplanes and fly helicopters through jagged mountain passes as if he were physically incapable of slowing down. However, this obsession with extreme control did not begin on a movie set; it was forged in the instability of a fractured childhood.

Growing up in a household characterized by financial strain and constant relocation, Cruise learned to navigate the whims of an unpredictable, physically abusive father. He became an expert at reading a room, a survival skill that later translated into his intense study of human behaviour. This childhood anxiety was compounded by severe dyslexia. In an era when teachers poorly understood the condition, Cruise faced the humiliation of blurred words and the mockery of classmates. To survive, he adapted through aggressive memorization and a relentless

focus on detail.

After a brief stint considering the priesthood, Cruise arrived in New York at eighteen with a singular promise to himself: he would make it. His rise was meteoric -- *Risky Business* created a star, and *Top Gun* birthed a phenomenon. Yet, as his fame reached a fever pitch, it began to mutate. By 2005, a series of highly publicized incidents, including a chaotic appearance on *Oprah* and a confrontational interview with Matt Lauer, shifted the public narrative. Suddenly, the world wasn't laughing with him; they were laughing at him.



Cruise responded to this reputational crisis not by retreating, but by diving deeper into the most dangerous work imaginable. The stunts grew more extreme, from hanging off military aircraft to sprinting on a broken ankle. He discovered that danger provided a rare form of clarity.

By the time he scaled the Burj Khalifa, the spectacle had become deeply personal. The boy who once felt powerless in classrooms and unstable homes had spent decades constructing a world where discipline and physical risk could outrun fear. As he once noted, "No one asked Gene Kelly, 'Why do you dance?'" High above Dubai, battling the desert wind, Cruise looked less like a celebrity chasing a box-office record and more like a man who never quite learned how to feel safe standing still.

Personal Growth

The Disciplined Pursuit of Productivity

There is a real difference between being busy and being productive. Most people are extraordinarily busy; very few are extraordinarily productive. The distinction lies not in how many hours you put in, but in the quality of your devotion to the work -- and the rituals that protect that devotion. Here are four lessons that have changed everything for me.

First is strategic darkness. Go ghost. When a meaningful project calls for your full attention, remove everything that competes for it. History's greatest creative minds spent enormous amounts of time alone, in silence, away from the noise of the world. You will never hear your inner intelligence over the noise of notifications and other people's urgencies. To do your finest work, you must become unavailable to everything that isn't the work.

Second, invest in top-grade creative tools. Whether it's your laptop, your notebooks, the paper beneath your pen,

or the chair where you do your best thinking, these things matter. You send yourself a psychological signal when you invest in excellence: you are saying that your work is worth it.

Third, your ecosystem shapes your mindset. Be deliberate about what you let in. Use the news strategically, not reflexively. Seek out places that elevate you -- art galleries, forests, great architecture. Your environment is not a passive backdrop; it is an active ingredient in your creativity.

Finally, go to your limits so that your limits expand. Push your thinking further than feels comfortable. Take on the project that intimidates you. What lies just beyond your edge of endurance and craft is where the breakthrough lives. Comfort is the enemy of mastery; discomfort, approached with courage, is where you grow. The world has enough rushed work. It needs your most devoted, disciplined, and courageous output.

Why Strategic Worrying Leads to Winning

It may sound strange, but I believe that those who worry are those who win. Thousands of years ago, it was the worrier on the savannah -- hypervigilant about tigers and starvation -- who survived. It was the one who exploited the negativity bias of the human brain to invent and progress who moved society forward.

In our modern era, "worrying" gets a bad rap. People tell you to "chill" or "don't sweat the small stuff." While I advocate for inner peace, the famous CEOs, bil-

lionaires, and sports heroes I mentor are all "strategic worriers." They meditate and pray to find serenity, but they never lose their fire. They use worry as a tool.

They worry about a competitor disrupting the market; they worry about losing their best employees; they worry about wasting their genius on triviality rather than focusing on heroic productivity. Because they worry wisely, they create safeguards to prevent those threats from becoming real. Awareness precedes transformation. Use worry to fuel your pivots, protections, and progress. I hope this helps you arrive at your highest ethical ambitions as a leader.

Robin Sharma

Humanitarian & Leadership Missionary

Living Better**The Silent Money Drains: Everyday Expenses You Can Stop Paying For**

Building savings does not always require a higher income or major sacrifices. Often, the easiest way to improve your finances is to identify the small, recurring expenses that quietly drain your budget. Individually, these costs may seem insignificant, but over a year they can amount to thousands of rupees.

Here are some common money traps worth eliminating.

Late Fees - Few expenses -- utility bills, etc., -- are more frustrating than late fees because they provide no value in return. Beyond the penalty itself, repeated late payments can damage your credit profile and make borrowing more difficult in the future.

Setting up automatic payments or calendar reminders can help ensure bills are paid on time and prevent this entirely avoidable expense.

Unused Subscriptions - Streaming services, software subscriptions, online memberships and magazine subscriptions often continue long after we stop using them.

Take a close look at your bank or credit card statements and cancel any recurring payments for services you no longer need. Even a few cancelled subscriptions can generate meaningful annual savings.

Buying Lunch and Coffee Every Day - Convenience comes at a cost. Purchasing lunch and a premium coffee every working day can quietly consume a significant portion of your monthly budget.

Preparing meals at home and brewing your own coffee can dramatically reduce spending without requiring major lifestyle changes. Treating yourself occasionally is fine; making it a daily habit is what becomes expensive.

Bottled Water - Many people buy bottled water simply for convenience. Carrying a reusable bottle can eliminate this expense almost entirely while also reducing plastic waste.

The savings may appear modest at first, but they add up surprisingly quickly over time.

Unused Gym Memberships - A gym membership can be excellent value if you use it regularly. If not, it becomes another

recurring expense that drains your finances.

Walking, jogging, cycling, home workouts and free online fitness programmes offer affordable alternatives for staying active.

Excessive Television and Equipment Costs - Many households pay for television packages that include channels they rarely watch. Others continue renting cable boxes or internet modems for years.

Review whether your current package still meets your needs. In many cases, streaming services or purchasing your own equipment can significantly reduce monthly costs.

Mobile Data Overage Charges - Exceeding your mobile data allowance can lead to costly charges. Monitoring data usage, connecting to Wi-Fi whenever possible and identifying data-hungry applications can help avoid unnecessary fees.

A little awareness can prevent unpleasant surprises on your monthly bill.

Food Waste - Every item thrown away from the refrigerator represents money wasted. Many households buy more groceries than they actually consume.

Planning meals in advance and shopping with a list can help reduce waste and lower grocery bills at the same time.

Brand Names and Impulse Purchases - Brand-name products often cost considerably more than generic alternatives, even when the quality difference is minimal. Likewise, impulse purchases at checkout counters or during online shopping sessions can quickly accumulate.

Before buying, ask yourself whether the item is truly necessary or simply an emotional purchase.

Small Changes, Big Results - Financial security is often built through small decisions rather than dramatic changes. By eliminating expenses that provide little value — late fees, unused subscriptions, bottled water, food waste and impulse purchases — you can redirect money towards savings, investments or future goals.

The money you stop wasting today may become the financial cushion you depend on tomorrow.

Health Matters**The Heart-Healthy Benefits of Taking a Vacation**

Beyond diet and exercise, travel serves as a powerful tool for maintaining cardiovascular health. Research, including a 2019 study published in *Psychology & Health*, suggests that frequent vacations are linked to fewer metabolic symptoms and a reduced risk of cardiovascular disease. Experts emphasize that when approached with a focus on relaxation, travel offers distinct physiological benefits.

Stress Reduction Chronic stress is a major contributor to heart disease, as it elevates cortisol, which subsequently raises blood pressure, increases inflammation, and promotes atherosclerosis. Travel provides a vital mental break, activating the parasympathetic nervous system — the body's "rest and digest" mode. This shift improves heart rate variability and helps manage blood pressure, cholesterol, and blood sugar levels. To maximize these benefits, experts advise keeping itineraries flexible and prioritizing mindfulness over a hectic schedule.

Increased Physical Activity Travel naturally encourages movement, whether through sightseeing, hiking, or exploring local markets on foot. Aerobic activity strengthens the heart muscle, enhances blood vessel function, and aids in regulating blood pressure.

Spices and Herbs That Can Help You Stay Healthy

Your spice rack is more than just a collection of flavours; it is a compact pharmacy of health-boosting compounds.

Dietitians emphasize that herbs and spices are rich in phytochemicals that fight inflammation and protect your cells from damage. By using them liberally, you can also reduce your reliance on less healthy additives like salt and sugar.

Key Standouts for Wellness:

- **Turmeric and Ginger:** Turmeric contains curcumin, a powerful anti-inflammatory that may protect heart and brain health. Ginger is a well-known remedy for soothing the digestive system and easing nausea.

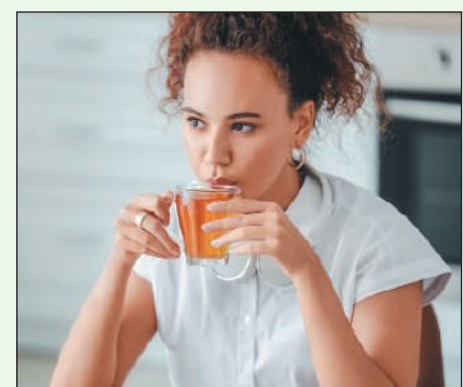
- **Cinnamon and Garlic:** Cinnamon can help lower blood sugar and fight bacteria. Garlic, when crushed to



Integrating active pursuits — such as biking through trails or walking through historic districts — into your trip can turn a vacation into a comprehensive heart-health booster.

Exposure to Nature Vacations often provide access to natural settings, which can have a profound impact on cardiac wellness. Spending time in nature, particularly in coastal or mountain regions, can lower heart rates and blood pressure. Furthermore, these environments often feature higher air quality. Reduced exposure to pollutants lowers systemic inflammation and oxidative stress, both of which are significant markers for cardiovascular risk. By calming the body's "alarm system," or sympathetic nervous system, natural landscapes help restore internal balance.

Travel does much more than provide a change of scenery; it acts as a restorative practice for the cardiovascular system. By lowering stress, increasing physical activity, and immersing yourself in cleaner, natural environments, you can actively support your heart health. Incorporating vacation planning into your wellness routine is not just a luxury — it is a proactive investment in a healthier future.



release allicin, supports healthy blood pressure and cholesterol levels.

- **Cardamom and Cocoa:** Cardamom is high in essential minerals like magnesium, while pure cocoa is packed with flavonoids that boost arterial health.

Experts recommend opting for the real herb or spice rather than supplements to ensure purity and benefit from the "food as an army" effect, where compounds work together. Start by adding a pinch of rosemary for memory or cumin for iron to your next meal -- your body will thank you.

BollyBytes

Ravi Dubey urges patience as anticipation builds for Ramayana

Few upcoming Indian films have generated as much excitement as director Nitesh Tiwari's ambitious adaptation of the Ramayana. With an all-star cast, cutting-edge visual effects and one of the largest budgets in Indian cinema history, the project has become one of the most closely watched productions in recent years.

Actor Ravi Dubey, who plays Lakshman in the two-part epic, recently appealed to audiences to trust the filmmakers' vision and remain patient as work continues on the film.

Speaking about the project, Dubey described the Ramayana as an inseparable part of India's cultural identity and heritage. He emphasised the responsibility felt by the cast and crew to honour the timeless epic and do justice to its profound significance.

The film stars Ranbir Kapoor as Lord Rama, Sai Pallavi as Sita and Kannada superstar Yash as Ravana. Sunny Deol has been cast as Hanuman, while Dubey takes on the pivotal role of Lakshman.

Interest in the project intensified after the release of an early teaser, which showcased the film's scale and visual ambition. While many viewers praised the imagery



and performances, some criticised aspects of the visual effects. Since then, fans have eagerly awaited further footage and updates.

Dubey's message to audiences was simple: "Wait with faith."

The production represents an unprecedented collaboration in Indian cinema. Adding to its global appeal, the film's music is being composed by legendary Indian composer A. R. Rahman and Academy Award-winning composer Hans Zimmer.

The first instalment is scheduled for release during Diwali 2026, with the second part expected to follow in 2027. If successful, Ramayana could redefine the scale and ambition of mythological filmmaking in India.

Farzi 2 Set for Return as Shahid Kapoor Promises More High-Stakes Crime Drama

Fans of the hit crime thriller *Farzi* have reason to celebrate. Actor Shahid Kapoor has confirmed that the highly anticipated second season of the series is nearing completion and is expected to premiere next year.

During a recent social media interaction, Kapoor revealed that work on the new season is progressing smoothly and that production is almost complete. The update has generated excitement among viewers who have been eagerly awaiting the return of one of India's most successful streaming originals.

Created by the acclaimed filmmaker duo Raj Nidimoru and Krishna D.K., popularly known as Raj & DK, *Farzi* debuted in 2023 and quickly became a fan favourite. The series followed Sunny, a talented but struggling artist who becomes entangled in the dangerous world of counterfeit currency. Shahid Kapoor's portrayal of the morally conflicted protagonist earned widespread praise and marked a successful



transition into the streaming space.

The first season also featured a strong ensemble cast, including Vijay Sethupathi, Raashii Khanna,

Kay Kay Menon, Bhuvan Arora and Regina Cassandra. Its combination of suspense, humour and social commentary helped distinguish it from conventional crime dramas.

Meanwhile, actress Mona Singh has also been making headlines while reflecting on her successful career journey. Known for her versatility across television, films and digital platforms, Singh attributes her achievements to discipline, passion and perseverance. Having recently appeared in several high-profile projects, she continues to expand her repertoire with the upcoming comedy-drama series *Pritam* and *Pedro*.

As India's streaming industry continues to grow, the return of *Farzi* highlights the increasing appetite for sophisticated, character-driven storytelling. With Shahid Kapoor back in the lead role and expectations running high, viewers can look forward to another thrilling chapter in the battle between crime and law enforcement.

Bollywood stars lead International Yoga Day celebrations

International Yoga Day once again brought together millions of people across the world in celebration of physical health, mental well-being and spiritual balance. This year's observances saw several Bollywood celebrities actively promoting yoga and healthy living.

Actor Akshay Kumar participated in a major event at New Delhi's Jawaharlal Nehru Stadium, joining thousands of participants for a mass yoga session. Sharing images from the event, Kumar highlighted the values of stability, balance and strength that yoga promotes.



Fitness enthusiast Shilpa Shetty also took part in celebrations, leading a yoga session in Gurugram. Known for her long-standing advocacy of wellness and healthy lifestyles, Shetty demonstrated various poses and encouraged participants to make yoga a regular part of their daily routine.

Actress Bhagyashree used the occasion to emphasise the importance of staying active regardless of age. Through social media, she demonstrated several exercises and yoga poses while encouraging followers to focus on flexibility, balance and resilience as they grow older.

Rakul Preet Singh marked the day by sharing images of her yoga practice and reflecting on the connection between physical movement and inner peace. Shahid Kapoor participated in a large public session in Mumbai, while Esha Deol joined celebrations at the iconic Gateway of India.

Since its establishment by the United Nations in 2014 following a proposal by Indian Prime Minister Narendra Modi, International Yoga Day has become a global event promoting the many benefits of yoga.

The participation of celebrities continues to play an important role in encouraging younger generations to adopt healthier lifestyles. By using their influence to promote fitness and mindfulness, Bollywood stars are helping keep the ancient practice relevant in a fast-paced modern world.

Bollywood stars challenge societal norms by embracing motherhood after 40

A growing number of high-profile Bollywood actresses are dismantling age-old societal timelines regarding family planning by proudly embracing motherhood in their 40s. Utilizing diverse paths such as natural conception, IVF, and surrogacy, these women are proving that starting a family is a deeply personal choice free from rigid age restrictions.

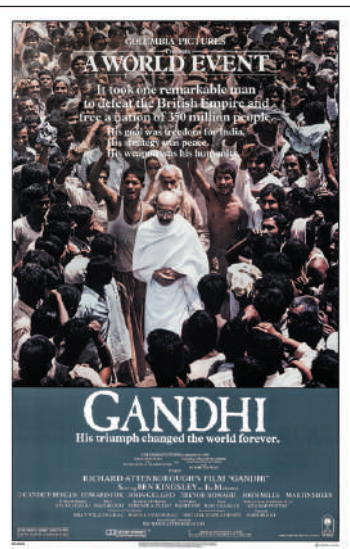
Katrina Kaif recently stepped into this new chapter at

the age of 42, welcoming her first child, Vihaan, with husband Vicky Kaushal, and inspiring widespread public conversations about maternal choices later in life. Similarly, Kareena Kapoor Khan redefined the working-mother narrative by confidently filming and staying active through her pregnancy before giving birth to her second son at age 40. Other prominent figures include Bipasha Basu, who openly shared her message of

patience and gratitude after welcoming her daughter at 43, and Neha Dhupia, who had her second child at 41. Additionally, Shilpa Shetty and Preity Zinta successfully expanded their families in their mid-40s via surrogacy, collectively sending a powerful message that life and motherhood do not have to follow a singular societal script.



Vendredi 26 Juin - 21.30



Samedi 27 Juin - 21.30



Dimanche 28 Juin -20.14



Programme TV



SERIAL



vendredi 26 juin

MBC 1

- 05.27 Serial: Living To Love
- 08.10 Tele: Un Amour Sauvage
- 09.00 Tele: La Desalmada
- 09.30 Film: The Mummy
- 11.35 Tele: Happily Ever After
- 12.00 Le Journal
- 12.35 Tele: Roselinda
- 13.20 Tele: Your Love Is My Fortune
- 13.45 Tele: L'Amour Invincible
- 14.15 Tele: Valentina
- 15.00 Live: Samachar
- 15.30 Tele: Love Of My Life
- 17.00 Doc: China Farm
- 17.30 Tele: Happily Ever After
- 19.00 Samachar
- 19.30 Le Journal
- 20.30 Film: Gandhi
- 23.23 Tele: Helena
- Cast: Ben Kingsley, Edward Fox, Martin Sheen
- 23.38 Tele: Rosalinda

MBC 2

- 09.10 Les Grandes Lignes
- 12.00 Local: Klip Seleksion
- 13.04 La Journee Sous Le Regard
- 14.17 Nou Later Nou Lamer Nou...
- 14.30 Les Grandes Lignes
- 15.01 Entrepreneuriat Au Feminin
- 17.01 Local: La Societe
- 18.00 Tele: L'Amour Invincible
- 18.30 Tele: Le Secret Des Roldan
- 19.26 Local: Sur Prise
- 19.41 Local: Evasion
- 20.00 Local: Sekirite Lor Larout
- 21.25 Local: La Societe
- 21.51 Music Around The World
- 22.50 La Journee Sous Le Regard
- 23.26 Entrepreneuriat Au Feminin
- 23.33 Mon Jardin Ma Maison
- 23.59 Sentamizh Pannisai...
- 00.24 Local: Metie
- 00.36 Local: Savers Plus
- 01.02 Les Grands Lignes

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: Jo Baka Taklif Of Rehvani
- 15.00 Live: Samachar
- 15.20 Sayings Radha Krishna
- 15.56 Dil Ko Tumse Pyaar Hua
- 16.30 Aaj Ki Charcha
- 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
- 21.11 Serial: Crime Patrol
- 21.56 Serial: Shrimad Ramayan
- 22.18 Serial: Wagle Ki Duniya
- 23.35 Geet Gawai Ki Naya Peheloo
- 00.31 Local: Khel Khiladi
- 01.33 Local: Mati Ke Mol

Cine 12

- 06.00 Mag: Eye On SADC
- 06.38 Mag: Business Beyond
- 07.23 Mag: Tomorrow Today
- 08.32 Forgotten By The Crown
- 11.32 Doc: Eco India
- 11.57 Mag: Mapped Out
- 12.56 Mag: Tomorrow Today
- 13.22 Doc: Born In Bethlehem
- 15.00 La Famille Blaireau Renard
- 15.35 D.Anime: Will, La Série
- 17.00 Doc: All The Answers
- 17.30 Mag: Eco India
- 17.55 Doc: Eye On SADC
- 18.30 Doc: Greatest Love Stories
- 18.41 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
- 21.33 Descendants Of The Sun

Bollywood TV

- 14.25 Serial: Radha Mohan
- 14.55 Serial: Tenali Rama
- 15.30 Film: Dil Ka Doctor
- Cast: Anupam Kher, Mahmud Babai, Nimai Bali
- 18.00 Samachar
- 18.30 Udn Ki Aasha
- 19.01 Do Chutki Sindoor
- 19.32 Pandya Store
- 20.01 Na Umra Ki Seema Ho
- 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: Dil Ka Doctor
- Cast: Anupam Kher, Mahmud Babai, Nimai Bali

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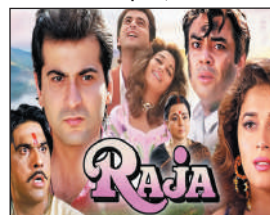
- 06.16 Tele: Un Amour Sauvage
- 06.55 Serial: Belgravia
- 07.40 Serial: L'Incroyable Hulk
- 08.30 Serial: New Amsterdam
- 09.15 Serial: Quantico
- 09.55 Serial: Elementary
- 10.45 Serial: Les Têtes Brûlées
- 11.32 Tele: Un Amour Sauvage
- 12.00 Le Journal
- 12.30 Film: Seref Meselesi
- 15.00 Live: Samachar
- 15.30 Film: The Mountain Between...
- 18.00 Live: Samachar
- 18.31 Dance Deewane Juniors
- 19.30 Le Journal
- 20.30 Local: Deba Klima
- 21.30 Film: Resident Evil
- 23.01 Serial: L'Incroyable Hulk
- 23.59 Local: Le Journal Televisé
- 00.22 Serial Chucky
- 00.57 Quotes By Famous People

- 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: Evasion
- 09.33 Local: La Societe
- 12.30 Mon Jardin Ma Maison
- 13.04 Local: Les Grandes Lignes
- 13.31 Local: Sur Prise
- 14.00 Local: Sekirite Lor Larout
- 15.30 Local: Tous Egaux
- 16.10 Local: Retrovizor
- 18.13 Tele: Wildflower
- 19.00 Zournal Kreol
- 19.22 Zero Stress Avek Miselaine
- 19.30 Local: Son Ladan Mem
- 19.45 Local: Les Petits Genies
- 22.00 Local: Festival Internasional
- 22.54 La Journee Sous Le Regard
- 23.20 Local: Tous Egaux
- 23.34 Local: Saver Kiltirel

- 05.00 Mag: Aastha TV
- 08.34 Local: Abhyas Yog
- 09.00 Aaj Ki Charcha
- 10.00 Bade Acche Lagte Hai 2
- 12.00 Dikri Vahalno Dariyo
- 12.22 Local: Mati Ke Mol
- 15.00 Samachar
- 15.20 Film: Deewane Huye Pagal
- Cast: Shahid Kapoor, Akshay Kumar, Suneil Shetty
- 18.00 Live: Samachar
- 18.32 Local: Puranya Pakwan
- 18.57 Local: Sangeet Sarita
- 19.24 Local: Gyan Vigyan
- 21.00 Film: Halla Bol
- Cast: Ajay Devgn, Vidya Balan
- 23.47 Local: Puranya Pakwan
- 00.13 Local: Sangeet Sarita
- 00.39 Local: Gyan Vigyan
- 00.57 Duniya Mein Iss Saptah
- 02.08 Film: Halla Bol

- 06.00 D.Anime: Caillou
- 06.44 D.Anime: Carmen Sandiego
- 07.25 D.Anime: Berry And Dolly
- 08.43 D.Anime: Word Party
- 09.04 Film: Caillou
- 10.18 Serial: The Athena
- 13.00 Doc: Words Of Peace
- 14.43 Mag: Unseen
- 15.00 D.Anime: Patamuse
- 15.13 She-Ra Et Les Princesses...
- 15.38 D.Anime: Will, La Série
- 15.40 D.Anime: Les Croods
- 16.57 Doc: All The Answers
- 18.00 Mag: In Good Shape
- 18.30 Doc: Wild Rugen
- 19.00 Mag: Initiative Africa
- 19.28 Mag: Afrimaxx
- 20.01 Tele: Un Amour Sauvage
- 20.53 Tele: Love Of My Life
- 22.24 Serial: Judge Dee's Mystery
- 23.52 Doc: Breaking Point
- 00.33 Doc: Albania's Last Trains

- 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: Raja
- With: Madhuri Dixit; Sanjay Kapoor; Paresh Rawal



- 21.30 Beyhadh 2
- 22.00 Crime Patrol

dimanche 28 juin

- 06.15 Tele: Un Amour Sauvage
- 06.45 Film: Gifted
- 08.35 Serial: Elementary
- 09.05 Serial: Columbo
- 10.35 Serial: Les Têtes Brûlées
- 11.30 Tele: Un Amour Sauvage
- 12.35 Film: Arachnophobia
- 14.20 Doc: China Farm
- 15.00 Live: Samachar
- 15.30 Film: La Voix Du Succès
- 17.51 Doc: Vegetarian Delights
- 18.00 Samachar
- 18.30 Serial: Laughter Chefs
- 19.30 Le Journal
- 20.14 Film: The Blind
- 22.05 Serial: La Brea
- 22.47 Serial: Chucky
- 23.30 Le Journal
- 00.05 Serial: Les Têtes Brûlées
- 00.53 Serial: Columbo

- 08.45 Rodrig - Coin Zen
- 09.29 Local: Les Petits Genies
- 09.55 Le Rendez Vous Avec Sabrina Dubois
- 11.13 Local: Nu Rasinn
- 12.00 Festival International Kreol
- 13.10 Entrepreneuriat Au Feminin
- 15.00 Local: Encounter
- 15.14 Local: Coin Jardin
- 17.01 Local: Deba Klima
- 18.10 Tele: Wildflower
- 19.00 Zournal Kreol
- 19.20 Zero Stress Avek Miselaine
- 19.47 Local: Tous Egaux
- 20.00 Local: Les Klips
- 21.01 Upclose And Personal
- 21.41 Around The World Concert...
- 22.58 La Journee Sous Le Regard
- 23.02 Zournal Kreol Rediffusion
- 23.20 Local: Coin Jardin
- 23.33 Ecriture Mauricienne

- 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: I, Me Aur Main
- Cast: John Abraham, Chitragda Singh, Prachi Desai
- 15.00 Samachar
- 15.21 Local: Puranya Pakwan
- 15.47 Local: Sangeet Sarita
- 16.29 Duniya Mein ISS Saptah
- 18.00 Samachar
- 18.32 Bhajans Presented By Satyanaam Sadguru
- 20.30 Tenali Rama
- 20.55 Crime Patrol
- 21.36 Sajanja Bairi Ho Gaile Hamar
- 23.07 Bhajans

- 06.00 D.Anime: Caillou
- 08.21 D.Anime: Les Petits Carnets...
- 08.43 D.Anime: Word Party
- 09.23 D.Anime: Sullivan Sails
- 09.48 Serial: Action Kidz
- 09.55 Serial: The Athena
- 11.42 Mag: Afrimaxx
- 13.37 Doc: Superpower Laughter
- 14.50 Doc: Japan Video Topics
- 15.00 Film: Caillou
- 15.42 She-Ra Et Les Princesses
- 16.05 D.Anime: Will, La Série
- 16.32 D.Anime: Le Petit Nicolas
- 16.55 D.Anime: C'est Mon Metier
- 17.30 Doc: Wild Rugen
- 18.00 Mag: REV Special
- 19.22 Doc: Japan Video Topics
- 19.30 Doc: Arts Unveiled
- 20.00 Tele: Un Amour Sauvage
- 20.50 Vienna Philharmonic
- 23.23 Doc: Wild Isles

- 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: Kuku Mathur Ki Jhand Ho Gayi
- Cast: Madhuri Dixit; Sanjay Kapoor; Paresh Rawal
- 21.30 Beyhadh 2
- 21.51 Mahabharat

lundi 29 juin

- 05.25 Tele: Living To Love
- 07.04 Tele: Hawaii
- 08.10 Tele: Un Amour Sauvage
- 08.35 Tele: Le Secret Des Roldan
- 09.00 Tele: La Desalmada
- 09.30 Film: The Blind
- 12.00 Le Journal
- 12.25 Tele: Rosalinda
- 13.15 Tele: Your Love Is My Fortune
- 13.45 Tele: L'Amour Invincible
- 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
- 20.17 Nou Travay Nou Lavenir
- 20.20 Serial: Eclats De Vie
- 21.45 Tele: Rosalinda

- 09.15 Local: Encounter
- 09.30 Local: Tous Egaux
- 11.00 Local: Les Klips
- 12.00 Local: Nu Rasinn
- 13.00 La Journee Sous Le Regard
- 13.59 Mon Jardin Ma Maison
- 15.21 Local: Metie
- 16.01 Local: Les Klips
- 16.24 La Journee Sous Le Regard
- 17.00 Morisien Konn Ou La Sante
- 18.05 Tele: L'Amour Invincible
- 18.30 Tele: Le Secret Des Roldan
- 19.00 Zournal Kreol
- 19.30 Rodrig: Feminin Pluriel
- 20.00 Local: Zistwar Fam Artis
- 21.15 Morisien Konn Ou La Sante
- 21.43 Local: 19 Minutes
- 22.31 Local: Grand Titre
- 22.54 La Journee Sous Le Regard du Seigneur

- 05.00 Mag: Aastha TV
- 09.00 Aaj Ki Charcha
- 10.00 Local: Sajanja Bairi Ho Gaile Hamar
- 12.00 Film: Aasmaan
- Cast: Rajiv Kapoor, Tina Munim
- 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: Aakhri Raasta
- Cast: Amitabh Bachchan, Jaya Prada, Sridevi, Anupam Kher
- 23.19 Shrimad Ramayan
- 23.55 Wagle Ki Duniya

- 07.21 Mag: Arts Unveiled
- 07.47 Doc: Wild Isles
- 08.30 Doc: A Heart On Demand?
- 10.42 Doc: Inside The Exotic...
- 11.38 Mag: REV Speical
- 12.45 Doc: Arts Unveiled
- 13.58 Doc: A Heart On Demand?
- 15.00 D.Anime: Patamuse
- 15.08 Charlotte Aux Friases
- 15.38 D.Anime: Les Croods
- 16.00 D.Anime: Le Petit Nicolas
- 16.26 D.Anime: Piper's Pony Tales
- 16.32 D.Anime: Madagascar
- 16.57 Doc: All The Answers
- 18.00 Mag: Eco Africa
- 18.30 Mag: Entr
- 19.30 Mag: In Good Shape
- 20.01 Tele: Un Amour Sauvage
- 20.30 Live: News
- 20.53 Tele: Valentina
- 21.40 Film: Gandhi

- 14.25 Radha Mohan
- 14.58 Dharm Yoddha Garud



- 15.30 Film: Kasam Paida Karna Wale Ki
- 18.00 Samachar
- 18.31 Udn Ki Aasha
- 19.00 Do Chutki Sindoor
- 19.30 Pandya Store
- 20.05 Na Umra Ki Seema Ho
- 20.30 Saavi Ki Savaari
- 21.00 Anupamaa



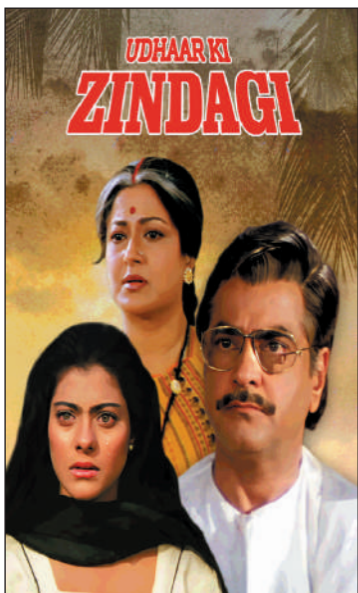
Mardi 30 Juin - 21.32



Mercredi 1 Juillet - 21.40



Mercredi 1 Juillet - 15.00



Programme TV



	MBC 1	MBC 2	MBC 3	MBC 5	Bollywood TV
mardi 30 juin	05.25 Tele: Living To Love 06.156 Serial: Eclats De Vie 08.10 Tele: Un Amour Sauvage 09.00 Tele: La Desalmada 09.30 Film: Gifted Cast: Chris Evans, Mckenna Grace, Lindsay Duncan 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: L'Amour Invincible 14.10 Tele: Valentina 15.30 Film: Chemins Croises 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 20.26 Film: Once Upon A Train 20.51 Film: Jungle	09.25 Morisien Konn Ou La Sante 11.35 Local: Grand Titre 12.00 Local: Toc Toc Doc 12.15 Rodrig Mo Pei 14.27 Local: Tous Egaux 14.55 Local: Fee Main 15.12 Local: Mangeons Veg 15.50 Local: Générations J 18.00 Tele: L'Amour Invincible 18.30 Tele: Le Secret Des Roldan 19.00 Journal Kreol 19.30 Local: Itinerer Rodrig 20.00 Local: Zistwar Fam Artis 21.00 Local: Eclairage 22.22 Local: Point Culture 22.35 Rodrig: 13 Minit Natir Rodrig 22.54 La Journee Sous Le Regard 23.00 Journal Kreol Rediffusion 23.20 Local: Fee Main 23.32 Music Tour 2026 00.25 Local: Parlons Sante Senior	08.28 Local: Ayush 09.00 Aaj Ki Charcha 2025 10.00 Serial: Kundali Bhagya 11.31 Serial: Shiv Shakti 12.01 Film: Apne Apne Cast: Jeetendra, Rekha 15.00 Live: Samachar 15.29 Sajjanwa Bairi Ho Gaile Hamar 15.48 Serial: Dharam Patni 16.30 Aaj Ki Charcha 17.10 Dharam Patni 17.30 Serial: Shiv Shakti 18.00 Live: Samachar 18.31 Local: Darshan The Sacred... 19.01 Local: Natya Kala 19.42 Local: Prakriti 20.30 Dharm Yoddha Garud 21.00 Film: Yeh Vaad Raha Cast: Rishi Kapoor, Shammi Kapoor	06.00 Mag: Eco Africa 06.38 Mag: Her: Women In Asia 06.52 Mag: The 77 Percent 07.22 Mag: In Good Shape 10.24 Doc: Barbie-The Perfect... 11.10 Mag: Eco Africa 12.31 Mag: In Good Shape 13.39 Mag: Tomorrow Today 15.00 D.Anime: Patamuse 15.08 Charlotte Aux Fraises 16.03 D.Anime: Le Petit Nicolas 16.54 Doc: All The Answers 17.30 Mag: Eco Africa 18.00 Mag: REV: The Global Auto... 18.30 Mag: Shift 19.00 Student Support Programme 20.01 Tele: Un Amour Sauvage 20.53 Tele: Valentina 21.38 Mag: Business Africa 22.06 Doc: La Mediterranee... 22.56 Mag: Euromaxx	14.25 Radha Mohan 14.55 Dharm Yoddha Garud 15.30 Film: Singh Saab The Great Starring: Sunny Deol, Urvashi Rautela, Prakash Raj 18.00 Live: Samachar 18.30 Udné 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: Singh Saab The Great Starring: Sunny Deol, Urvashi Rautela, Prakash Raj
mercredi 1 juillet	05.12 Serial: Living To Love 07.58 Tele: Un Amour Sauvage 08.46 Tele: La Desalmada 09.10 Film: Warrior 11.30 Tele: Happily Ever After 12.00 Le Journal 12.25 Tele: Helena 13.15 Tele: Your Love Is My Fortune 13.45 Tele: L'Amour Invincible 14.10 Tele: Valentina 15.00 Live: Samachar 15.25 Film: Jungle 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 Nou Travay Nou Lavenir 20.20 Serial: New Amsterdam 21.05 Serial: La Brea 21.50 Tele: Rosalinda	09.10 Local: Eclairage 10.35 Local: Saveurs Plus 11.28 Local: Les Petits Genies 12.01 Ecriture Mauricienne 12.25 Rodrig: Itinerer Rodrig 13.00 La Journee Sous Le Regard 13.25 Local: Anou Kombat Ladrog 14.00 Local: Eclairage 15.30 Local: Saveurs Plus 15.28 Local: Glwar Dantan 16.20 La Journee Sous Le Regard 18.00 Tele: L'Amour Invincible 18.30 Tele: Le Secret des Roldan 19.30 Rodrig Spor 20.00 Local: Zistwar Fam Artis 21.10 Local: Parlons Sante Senior 21.23 Local: Agir Ensemble 21.49 Local: Les Klips 22.41 Local: Grand Titre 23.00 La Journee Sous Le Regard 23.31 Local: Clin D'Oeil	08.00 Local: Natya Kala Stage... 09.00 Aaj Ki Charcha 2025 10.00 Dharam Patni 11.31 Serial: Shiv Shakti 12.01 Film: Kabeela Cast: Feroz Khan, Rekha 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 Secondary School Hindi Story Telling Competition 20.00 Local: Virasat 20.30 Dharm Yoddha Garud 21.01 Film: Tu 16 Baras Ki Main 17 Baras Ka 23.15 Shrimad Ramayan 23.37 Wagle Ki Duniya 00.00 Kuch Lamhe Fursat Ke	06.50 Mag: Made In Germany 09.36 Doc: Disabled On The Island 11.14 Mag: REV: The Global Auto 13.28 La Mediterranee Revelee 14.25 Mag: Euromaxx 15.00 D.Anime: Patamuse 15.12 Charlotte Aux Fraises 15.40 D.Anime: Les Croods 16.03 D.Anime: Le Petit Nicolas 16.27 D.Anime: Piper's Pony Tales 16.55 Doc: All The Answers 17.30 Mag: REV: The Global Auto 18.00 Mag: Afrimaxx 18.31 Mag: Planet A 19.00 Student Support Programme 19.34 Doc: On Tram Tracks... 20.01 Tele: Un Amour Sauvage 20.50 Tele: Valentina 21.40 Film: Resident Evil: Death Island 23.15 Mag: Close Up 23.43 Mag: Focus On Europe	14.25 Radha Mohan 14.50 Dharm Yoddha Garud 15.30 Film: Udhaar Ki Zindagi Starring: Jeetendra, Moushumi Chatterjee, Kajol 18.00 Live: Samachar 18.31 Udné 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 Adhyaya 22.00 Dhruv Tara 22.24 Wagle Ki Duniya 22.54 Aladdin 23.30 Film: Udhaar Ki Zindagi Starring: Jeetendra, Moushumi Chatterjee, Kajol
jeudi 2 juillet	04.07 Tele: L'Amour Invincible 05.27 Tele: Living To Love 07.55 Tele: All The Flowers 09.12 Tele: La Desalmada 09.40 Serial: Colombo 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 Tele: L'Amour Invincible 14.10 Tele: Valentina, My Special... 15.30 Film: The Blind 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: Kal Ho Naa Ho Cast: Preity G Zinta, Shah Rukh Khan, Saif Ali Khan	10.14 Rodrig: Plat Du Chef 10.31 Local: Saver Lokal 11.35 Local: Grand Titre 13.00 La Journee Sous Le Regard 13.31 Mon Jardin Ma Maison 14.15 Local: Zistwar Fam Artis 15.30 Rodrig: Plat Du Chef 15.45 Rodrig: Saver Lokal 18.30 Tele: Le Secret Des Roldan 19.00 Journal Kreol 19.30 Local: Itinerer Moris 20.00 Les Grandes Lignes 20.30 Local: Paroles Agricoles 21.05 Local: Encounter 21.30 Local: Music Tour 2025 22.31 Local: Retrovizor 22.59 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	08.00 Mag: Aastha TV 10.00 Serial: Radha Mohan 11.30 Serial: Shiv Shakti 12.00 Film: Alag Alag Cast: Rajesh Khanna, Tina Munim 15.00 Live: Samachar 15.48 Na Umra Ki Seema Ho 16.30 Aaj Ki Charcha 16.10 Na Umra Ki Seema Ho 17.30 Serial: Shiv Shakti 18.00 Samachar 18.30 Local: Amrit Vani 18.43 Local: Bhajan Sandhya 20.00 Local: Hunarbaaz 20.30 Tenali Rama 21.00 Shiv Shakti 21.15 Shrimad Ramayan 21.59 Wagle Ki Duniya 22.19 Mag: Sitaron Ke Jahaan Se 22.49 Aaj Aur Kal	06.25 Mag: Planet A 08.17 Mag: Focus On Europe 11.02 Mag: Afrimaxx 11.28 Mag: Planet A 12.54 Mag: Close Up 13.22 Doc: Peru 14.11 Doc: Operation Barbarossa 15.00 La Famille Blaireau Renard 15.12 D.Anime: Patamuse 16.03 D.Anime: Le Petit Nicolas 16.32 D.Anime: Madagascar 16.55 Doc: All The Answers 18.00 Mag: Eco India 18.30 Mag: Mapped Out 19.00 Student Support Programme 19.30 Mag: Tomorrow Today 20.01 Tele: Un Amour Sauvage 20.30 Live: New 20.50 Tele: Valentina 21.32 Doc: Une Femme A La Tete... 22.29 Doc: Born Is Bethlehem	14.25 Radha Mohan 15.00 Tenali Rama 15.30 Film: Jahaan Chaar Yaar Stars: Swara Bhasker, Meher Vij, Shikha Talsania 18.00 Live: Samachar 18.30 Udné 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: Jahaan Chaar Yaar Stars: Swara Bhasker, Meher Vij, Shikha Talsania



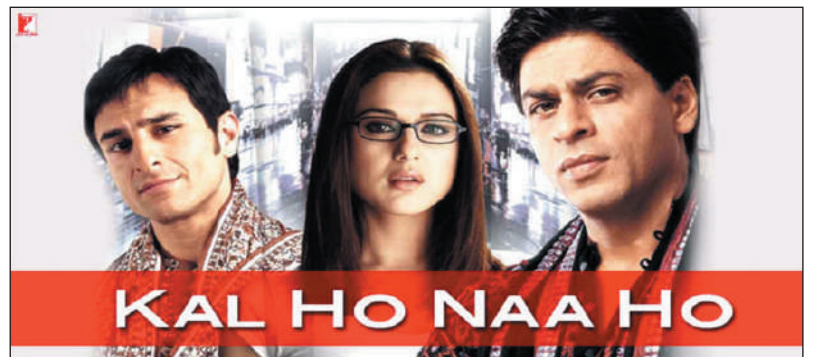
Jeudi 2 Juillet - 15.30

Stars: Swara Bhasker, Meher Vij, Shikha Talsania



Jeudi 2 Juillet - 20.20

Stars: Preity G Zinta, Shah Rukh Khan, Saif Ali Khan





Kaajal Luckraz

The Chemistry of Expectations: How the Mind Can Influence Medicine

Friday! Fri-nally!

Grandma has not been feeling so well recently. She has been on a cruise and had a wonderful time with her group of retired friends. But since she has come back, she has been feeling dizzy. She visited the doctor for a check-up and her reports were unremarkable. She was, however, prescribed some medication to help alleviate the symptoms. And ever since, she has been on social media and all the websites recommended to her by her friends, and now thinks the doctor has prescribed something that will cause her more harm...

* * *

Have you ever read the list of side effects on a medicine leaflet and suddenly felt a headache, nausea, or dizziness? If so, you may have experienced one of the most fascinating phenomena in healthcare: the nocebo effect.

Most people have heard of the placebo effect, where positive expectations can improve symptoms. The nocebo effect is its lesser-known counterpart. It occurs when negative expectations lead to the experience of real symptoms, even when there is no direct biological cause. In other words, what we anticipate can sometimes influence what we feel.

As a pharmacist, I witness daily how powerful the connection between mind and body can be. While medicines exert their effects through chemistry and pharmacology, our expectations can also trigger measurable biological changes within the body.

The Science Behind Expectations

The brain is not simply a passive observer of illness; it actively interprets and responds to information. When we expect something unpleasant to happen, the brain can activate pathways associated with stress, anxiety, and pain perception.

Research has shown that negative expectations can stimulate the release of stress hormones such as cortisol and adrenaline. These chemicals prepare the

body for perceived threats, increasing heart rate, muscle tension, and alertness. Over time, this heightened state can contribute to symptoms such as headaches, digestive disturbances, fatigue, insomnia, and increased sensitivity to pain.

Brain imaging studies have demonstrated that expecting pain or side effects can activate many of the same neurological pathways involved when those symptoms are genuinely present. The symptoms are not imagined; they are real experiences generated through the brain's complex interaction with the body. The human brain is hardwired to focus on the negative more than the positive — what psychologists call the negativity bias. This evolutionary trait made sense for our ancestors, who needed to stay highly alert to danger in order to survive threats such as predators. Negative experiences often indicate immediate danger, so our brains prioritise them.

* * *

But today, we are not facing life-threatening predators — we are dealing with a difficult boss, nasty comments, or the pressures of social media. The problem is, our brains struggle to differentiate between genuine threats and everyday stressors. This tendency can lead us to treat criticism or negative feedback as though it were a matter of survival.

As a result, we are more likely to remember and internalise setbacks rather

than celebrate our achievements. The negativity bias that once protected us now traps us in cycles of self-doubt, amplifying fears and insecurities.

Why Medicine Leaflets Matter

One of the most striking examples of the nocebo effect occurs when patients read long lists of potential side effects. While it is essential that patients are fully informed, awareness of possible adverse effects can sometimes increase the likelihood that those symptoms are noticed or experienced. I encounter this more regularly now in my practice — information is everywhere.

This does not mean that side effects are “all in the mind.” Medicines can and do cause genuine adverse reactions. However, expectations can influence how symptoms are perceived, interpreted, and experienced.

The Role of Social Media

In today's digital world, health information is available at our fingertips — through our smartphones. While access to information empowers patients, it also presents challenges.

Stories shared online often focus on dramatic or negative experiences. Repeated exposure to accounts of severe side effects can create anxiety and anticipation, potentially increasing the likelihood of experiencing symptoms. This effect is further amplified by vivid imagery and emotionally charged content, such as striking photographs and heart-wrenching videos.

The Pharmacist's Role

As a healthcare professional and a pharmacist, I see a unique opportunity to help patients navigate the balance between awareness and anxiety.

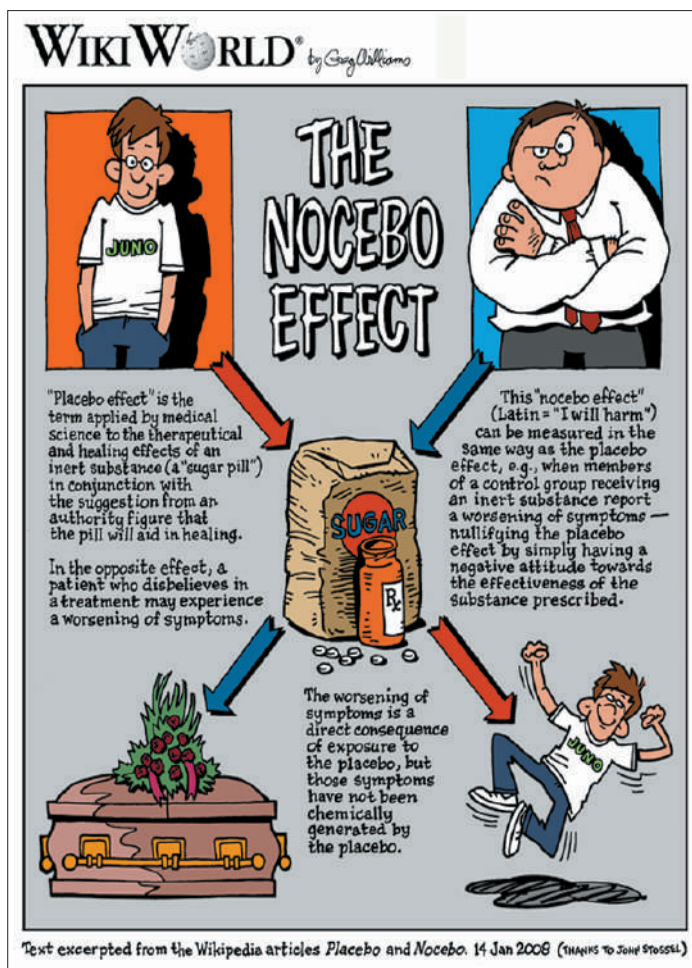
Our approach goes beyond simply listing risks. Our counselling means providing information in a balanced, reassuring, and evidence-based manner. The goal is not to ignore risks or pretend side effects do not exist. Rather, it is to recognise that expectations are themselves a powerful component of healthcare.

Final Thoughts

The nocebo effect reminds us that health is not merely a matter of biology. Our thoughts, beliefs, and expectations can influence how we experience illness and treatment. No wonder in the opening verses of the Dhammapada, Buddha says, “You are what you think.”

What I am trying to say is — the most powerful ingredient in medicine is not found in the tablet itself — but in the mind of the person taking it!

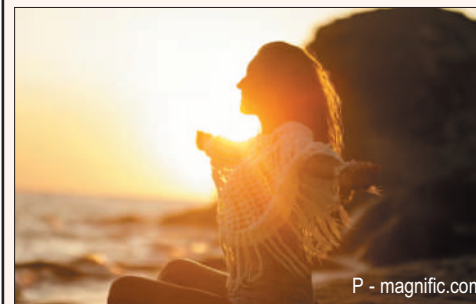
Kaajal Luckraz attained her MPharm degree and qualified as a pharmacist at King's College London.



Tree of Knowledge



Soul Seeing



P - magnific.com

The soul is the purest expression of an individual and is not bound by physical forms or fleeting emotions.

When we want to see deeply into the heart and mind of another person, soul seeing, also called soul gazing, allows us to see their soul. The soul is the purest expression of an individual and is not bound by physical forms or fleeting emotions. Through a simple art that involves looking deeply into a partner's eyes, soul seeing can show you a person's inner beauty that you might otherwise miss. It is possible for someone who appears cold to have a warm, giving, nurturing soul or someone of average appearance to have a beautiful soul. Soul seeing is a way of looking past shapes, sizes, attitudes, and behavior to see the real individual that lies beneath the surface. It allows you to see the true essence of another person, the radiance of their being, and their spirit within.

Soul seeing is accomplished by sitting face to face with another person. It is helpful to first state your intention before you begin. As you stare softly into each other's eyes without stopping to look away, each of your souls is revealed to the other. Try not to look for anything in particular or seek traits you're hoping to find. Simply let the other person's soul reveal itself to you. After 20 minutes have passed, stay where you are and share a period of silent reflection with your partner for two minutes. You may have suddenly seen your partner's inner nature as clearly as a bright day, or you may need to meditate on your experience before you feel comfortable with your impressions. Either way, soul seeing can be a wonderfully intimate and shared experience.

So little of who each of us is can be captured by our appearance or personality. The thoughts, fears, desires, and longings that are part of what makes us whole are not always written across our faces. Often, the most surprising thing you may learn while soul seeing is that while you and the other person may appear on the surface to be quite different, you actually share many of the same inner qualities. And then there is the unique beauty that resides within that is longing to be revealed to another who is willing to see. Soul seeing can help you experience the people in your life as they truly are, beyond any mental barriers or physical limitations.