

MAURITIUS TIMES

● "Peace cannot be achieved through violence, it can only be attained through understanding." —Ralph Waldo Emerson

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Social Disturbances and Drug Barons

On October 9, 2026, the police shooting of 27-year-old Elodie Thomas in Camp-Leveux triggered a major national crisis in an already strained society. In the hours and days that followed, grief turned to revolt. Riots erupted across several localities, leading to police stations being attacked with Molotov cocktails, barricaded roads, looted businesses, and injuries to law enforcement personnel. To restore order, the Cabinet instituted a curfew across selected towns and villages.

Yet, as curfews lift and quiet returns to the streets, Mauritius faces two interconnected threats: an urgent need to reform a flawed police culture and, as the Prime Minister warns, a dangerous confrontation with drug syndicates seeking to exploit civil instability.

The public outcry following the shooting was neither random nor unprecedented. It echoes the unrest of 1999 following the death of seggae legend Kaya in police custody. Today, as then, police brutality acts as a flashpoint for deeper, simmering societal frustrations — rising living costs, contentious pension reforms, severe water shortages, and a perception of economic paralysis.

When an individual entrusted with enforcing the law instead turns a weapon on an innocent citizen, the fault lies not merely with a single “bad apple,” but with the system that armed him. Serious questions must be answered regarding the psychological profiling, background checks, and vetting processes employed by the Police Service Commission. How can officers with allegedly questionable backgrounds remain on active duty? Are Police Standing Orders and the fundamental principle of proportionality being rigorously enforced, or have they become mere recommendations?

For a police force to maintain authority, it must command respect, not fear. When accountability fails, the state forfeits its moral authority, leaving a vacuum easily filled by chaos and public outrage.

The Spectre of Organised Crime and Political Instability

However, a far more sinister element has emerged in the wake of the Camp-Leveux disturbances. Prime Minister Navin Ramgoolam and his government have asserted that intelligence points to the involvement of drug barons who financed rabble-rousers and orchestrators of violence to engineer havoc. The alleged objective: to destabilise the government and paralyse a police force that has intensified its crackdown on illicit narcotics networks. If these allegations prove true, Mauritius is standing at a dangerous crossroads. It signals that drug syndicates no longer operate merely in the shadows of the underground economy — they are actively attempting to challenge, subvert, and nullify the democratic process.

Global history serves as a stern warning of what happens when organised crime sets its sights on state power:

- Colombia in the 1980s demonstrated how cartels can wage an all-out war against the state, assassinating judges, journalists, and presidential candidates to preserve their impunity.
- Mexico has shown how deep-seated cartel corruption can lead to parallel governance, where criminal networks tax businesses and control entire municipalities.
- Guinea-Bissau became Africa's first recognised “narco-state” when drug money overwhelmed fragile institutions, triggering endless military coups.
- Ecuador, once an oasis of peace, was rapidly transformed into a global shipping hub, culminating in the daylight assassination of a presidential candidate in 2023.



- Even in Western Europe, high-profile assassinations in the Netherlands and threats against ministers in Belgium highlight how billions in drug money can strain the most established democracies.

When illicit syndicates achieve the financial power to orchestrate urban violence and challenge state authority, a democracy risks slipping toward the status of a narco-state. Mauritius must never allow itself to take that fateful step.

Rhetoric vs. Reality in the Anti-Drug Campaign

The government under the Alliance du Changement has framed its anti-narcotics strategy as an uncompromising war on organised crime, declaring that “there is nowhere for drug barons to hide.” Proponents point to structural overhauls — such as replacing the Anti-Drug & Smuggling Unit with a new, specialised Drug Enforcement Agency — and joint operations with the Financial Crimes Commission targeting money laundering pipelines.

Furthermore, official statistics reflect unprecedented operational activity. Between early 2026 and mid-year, police logged over 1,560 drug offences, seizing substances valued at Rs 1.3 billion, alongside massive seizures targeting synthetic cannabinoids and the destruction of tens of thousands of cannabis plants annually.

Yet, critics and observers point out a persistent gap between enforcement statistics and high-level accountability:

- Where are the kingpins?** Despite rising arrest numbers and street-value evaluations, major drug barons are rarely publicly named, indicted, or successfully prosecuted. The bulk of charges continues to fall on street-level dealers and mid-tier couriers.
- Institutional infiltration:** The integrity of the fight is repeatedly compromised from within. The high-profile arrest of a serving police sergeant linked to a Rs 94 million airport drug seizure highlights the degree to which organised crime has penetrated the very agencies tasked with eliminating it.
- Judicial bottlenecks:** High arrest volumes contrast sharply with stagnating conviction rates, revealing systemic delays in handling complex, high-level narcotics cases in court.

Restructuring administrative units is a welcome first step, but administrative shifts do not automatically translate to

operational victory against deeply entrenched criminal networks.

A Imperative for Accountability and Truth

Mauritius cannot afford to treat either problem in isolation. Police excesses and drug trafficking are two sides of the same institutional decay: both thrive when accountability is absent, oversight is lax, and corruption is tolerated.

If the government's claim that drug barons engineered public violence to weaken the state is valid, the public must be shown concrete, undeniable evidence. Investigatory bodies must lay their findings bare before the judiciary, bringing those who fund chaos — and those who supply illegal drugs — to justice through transparent legal channels.

Simultaneously, the state must undertake an unsparing reform of the Mauritius Police Force. This means establishing rigorous, independent oversight mechanisms, instituting mandatory psychological evaluations, enforcing strict adherence to Police Standing Orders, and demonstrating zero tolerance for police misconduct and internal corruption.

The recovery of Elodie Thomas and the restoration of public order are the immediate priorities. But the long-term survival of Mauritian democracy depends on a double imperative: building a police force that protects its citizens rather than fearing them, and dismantling the criminal empires that seek to kidnap the Republic. The time for rhetoric has passed; the rule of law must be defended with transparency, integrity, and unyielding resolve.

Mauritius Times

Founder/Editor: Beekrumsing Ramlallah
Aug 1954-Sept 2000

Editor: M. Ramlallah

*This epaper has been produced with
the assistance of*

**K.Ramlallah, Sultana Kurmally
& Kersley Ramsamy**

28 Jawaharlal Street (formerly Wellington Street),
Port Louis - Tel: 5-29 29301 / Tel/Fax: 212 1313

mtimes@intnet.mu; www.mauritiustimes.com;

facebook.com/mauritius.times

A Legal Analysis of the Camp-Levieux Incident and Its Aftermath

“Business owners can legally sue rioters, but identifying culprits with recoverable assets is nearly impossible”

* The police must be guided by the principle of proportionality when maintaining law and order. How do Mauritian courts assess whether the use of force or firearms is proportionate in encounters with suspects or members of the public, including during routine checks, traffic stops, and police pursuits?

In Mauritius, courts evaluate the proportionality of police force or firearm usage by weighing the degree of force deployed against the level of immediate danger faced by individuals or the officers themselves.

Section 4 of the Constitution of Mauritius protects the right to life:

4(1) No person shall be deprived of his life intentionally save in execution of the sentence of a court in respect of a criminal offence of which he has been convicted.

4(2) A person shall not be regarded as having been deprived of his life in contravention of this section if he dies as the result of the use, to such extent and in such circumstances as are permitted by law, of such force as is reasonably justifiable —

- (a) for the defence of any person from violence or for the defence of property;
- (b) in order to effect a lawful arrest or to prevent the escape of a person lawfully detained;
- (c) for the purpose of suppressing a riot, insurrection or mutiny; or
- (d) in order to prevent the commission by that person of a criminal offence, or if he dies as the result of a lawful act of war.

In summary, lethal weapons and undue force are strictly prohibited unless absolutely necessary.

* **What legal distinctions are made between an official act committed in the line of duty and an act that constitutes an unlawful or unauthorized use of force?**

In the case of *Samrandine M. B. G. & Anor v. State of Mauritius* (2024 Supreme Court Judgment No. 30), a civil claim was brought against the State regarding police officers who intentionally inflicted severe pain and committed acts of torture. The Supreme Court held that when a public official wilfully breaks the law to commit an intentional crime (such as torture under Section 78 of the Criminal Code), they act entirely outside the scope of their duties (*en dehors des fonctions auxquelles ils sont employés*).

Because such an act constitutes a personal fault (*faute personnelle*) rather than a service fault (*faute de service*), the court established that the State cannot be held vicariously liable for acts committed outside official scope.

* **What legal duties or criminal charges apply to police officers who stand by and fail to intervene when a colleague uses unlawful or excessive force?**

Under Section 9 of the Police Act, the primary duties of the Police Force are to preserve the peace, prevent offences, and protect public safety.

The tragic shooting of 27-year-old Élodie Thomas on the night of Friday, October 9, 2026, in Camp-Levieux has sent shockwaves across Mauritius. As a young woman returning home from work lies critically injured, a single tragic event has swiftly expanded into a major national debate over police conduct, institutional oversight, and the fragile state of public trust.

Beyond the immediate crisis on the streets, the incident raises deep legal, constitutional, and ethical questions that strike at the heart of democratic governance. How does an officer come to discharge a weapon against an unarmed citizen? What legal safeguards guarantee an independent and impartial investigation when the police force investigates its own? Where does the boundary lie between an official duty and a criminal act, and who bears financial and legal liability when state authority is abused?

Understanding the full scope of this tragedy requires a rigorous examination of the laws governing firearms use, the constitutional protections surrounding the right to life, the mechanics of police recruitment and psychological vetting, and the legal recourse available both to victims of excessive force and to business owners affected by civil disturbances. The following Q&A outlines the legal and administrative framework that governs law enforcement conduct, state liability, and public accountability in Mauritius.

LEX

* On the night of Friday, October 9, 2026, Élodie Thomas, a 27-year-old woman, was shot and critically injured by a police officer while returning home from work in Camp-Levieux. Given the high public interest and sensitivity surrounding cases of alleged police misconduct, what legal safeguards ensure that an investigation involving a police officer remains impartial, thorough, and free from internal bias?

This is a tragedy. The first question that needs to be asked is why and how the police officer came into possession of the firearm. To dispel any suggestion or rumours that the investigation might not be impartial, the Commissioner of Police, the Director of Public Prosecutions, and the Independent Police Complaints Commission must remain vigilant and closely monitor the investigation. That combination of independent oversight is essential to restoring public trust in the investigative process.

* **Does the Disciplined Forces Service Commission (DFSC) have adequate procedures and institutional expertise to conduct thorough background checks on potential recruits, particularly those with a history of disciplinary issues?**

The DFSC is the constitutional authority that regulates the police force. It possesses both the power and the duty to vet potential recruits and exercise disciplinary control over officers. However, the manner in which

it exercises these powers remains subject to significant debate and criticism.

* **Police work regularly exposes some officers to trauma, chronic stress, and intense pressure. Beyond initial recruitment screening, should active-duty officers — particularly those deployed in high-risk or armed operational roles — be subject to mandatory periodic mental health evaluations throughout their careers?**



“Law enforcement officers work under constant pressure and in difficult conditions, which undoubtedly causes significant stress. In addition, they frequently face public criticism and violent behaviour. After all, police officers are human beings, not robots — there is a limit to what they can endure or are expected to endure. Implementing regular mental health checks would help detect stress, depression, or burnout at an early stage...”

Guerre des visas: Quand JD Vance réveille les fantômes du colonialisme

Par A. Bartleby

Les récentes déclarations du vice-président américain, James David (JD) Vance, au sujet des travailleurs étrangers, et plus particulièrement des ressortissants indiens titulaires de visas H-1B, continuent de susciter de vives réactions à travers le monde. Le ministère indien des Affaires étrangères a vivement dénoncé ces propos, les qualifiant d'«injustifiés» et de «profondément offensants».

La controverse a éclaté lorsque JD Vance a annoncé la suspension de Microsoft et de plusieurs grands géants indiens des services technologiques du programme d'accès aux cartes vertes (*Green Cards*). Le vice-président américain a accusé ces entreprises d'abuser du système migratoire, qualifiant sans ambages les travailleurs étrangers de «serveurs sous contrat» (*indentured servants*). Cette comparaison a immédiatement ravivé le spectre des abus de l'époque coloniale, un passé particulièrement douloureux pour l'Inde.

Comme le souligne le communiqué du gouvernement indien, l'histoire des États-Unis s'est construite grâce aux contributions de générations d'immigrants. Le ministère a fermement rappelé que l'utilisation d'une terminologie rappelant un lourd héritage historique et colonial est inacceptable, ignorant au passage que près de 70 % des visas H-1B approuvés en 2025 ont été attribués à des ressortissants indiens. Durant la période coloniale britannique, française et néerlandaise, plus de 1,6 million d'Indiens avaient été déplacés de force ou trompés pour travailler dans des conditions d'exploitation sévères, un traumatisme historique que l'emploi de ce vocabulaire par un haut dirigeant américain a ravivé.

S'exprimant depuis le département du Travail, JD Vance



Les récentes déclarations du vice-président américain, James David (JD) Vance, au sujet des travailleurs étrangers, et plus particulièrement des ressortissants indiens titulaires de visas H-1B, interviennent dans un contexte de durcissement général de la politique migratoire sous l'administration Trump, marqué notamment par la révocation de plus de 250 000 visas

a défendu sa position en expliquant qu'un travailleur sous visa H-1B se trouve dans une situation de subordination totale envers son entreprise employeuse, dans la mesure où la perte de son emploi l'oblige à quitter le territoire américain. Il a dénoncé un «système pernicieux» qui permettrait aux entreprises de comprimer les salaires et d'écarter les citoyens américains du marché de l'emploi. De son côté, Microsoft a rejeté ces allégations, affirmant par la voix de ses représentants verser à ses salariés sous visa des rémunérations comparables à celles des autres employés, tout en soulignant que la vaste majorité de ses effectifs aux États-Unis restent de nationalité américaine.

Ces tensions politiques surviennent dans un contexte de durcissement général de la politique migratoire sous

l'administration Trump, marquée par la révocation de plus de 250 000 visas. JD Vance a également ciblé neuf universités de premier plan, dont Harvard, Yale et Stanford, les accusant de détourner les visas J-1 pour abaisser les salaires des chercheurs et des étudiants diplômés américains.

Face à cette polémique, la question du traitement et de la dignité des professionnels indiens a également fait l'objet de réflexions critiques de la part d'observateurs de la diaspora. Dans une tribune d'opinion publiée par *The Hill* et signée par le Dr Sreedhar Potarazu, l'auteur soutient que si la protection de la main-d'œuvre locale et la lutte contre les abus du programme H-1B constituent des objectifs légitimes, le choix des mots de JD Vance franchit une ligne critique.

Le Dr Sreedhar Potarazu rappelle que le programme H-1B n'est en rien un système de servitude, mais un dispositif d'emploi temporaire conçu pour pourvoir des postes hautement spécialisés. L'éditorialiste, qui emploie lui-même des professionnels indiens depuis plus de deux décennies, souligne le rôle indispensable joué par ces experts dans l'avancement technologique, médical et entrepreneurial des États-Unis. Bien qu'il reconnaisse l'existence de failles et de fraudes documentées au sein des processus de recrutement nécessitant des contrôles renforcés, il insiste sur le fait que la solution réside dans l'amélioration de la régulation et non dans la stigmatisation d'une communauté entière.

S'adressant directement à la seconde dame des États-Unis, Usha Vance, issue de l'immigration indienne, l'auteur de la tribune l'invite à rappeler que le respect des travailleurs américains ne doit pas se faire au détriment de la dignité des professionnels étrangers. Les Indiens aux États-Unis sont des médecins, des ingénieurs, des entrepreneurs et des citoyens dont la valeur ne saurait être réduite à l'unique statut précaire d'un visa.

En définitive, alors que Washington cherche à redéfinir ses priorités en matière d'immigration et d'emploi domestique, l'incident met en lumière la nécessité d'un équilibre délicat. Réformer les programmes de visas pour garantir l'intégrité du marché du travail national est possible sans recourir à une rhétorique qui dévalorise les contributions de ceux qui participent activement à la prospérité économique et scientifique du pays.

Navi Pillay: Une vie dédiée à la justice internationale et au triomphe des droits humains

L'attribution du prix Nobel de la paix à Navanethem «Navi» Pillay salue le parcours d'une juriste d'exception, dont l'existence entière s'est confondue avec la lutte implacable pour la justice, l'égalité et la primauté du droit. Fille d'un chauffeur de bus sud-africain, née à Durban en 1941, Navi Pillay a grandi sous le joug brutal du régime ségrégationniste de l'apartheid. C'est cette première confrontation directe avec l'injustice systémique qui a forgé sa vocation inébranlable: veiller à ce que la loi serve de bouclier aux plus vulnérables et d'épée contre l'arbitraire des puissants.

Dès le début de sa carrière, elle brise les barrières en devenant, en 1967, la première femme à ouvrir un cabinet d'avocats dans la province du Natal. Dans une Afrique du Sud au bord de l'asphyxie, elle n'hésite pas à se dresser contre le pouvoir en place en représentant et en défendant des militants anti-apartheid, des syndicalistes ainsi que des détenus politiques torturés. Son engagement juridique ne relevait pas seulement de la pratique professionnelle, mais d'un acte de résistance face à l'oppression institutionnalisée.

Après la chute de l'apartheid, son immense rigueur morale et juridique l'amène à jouer un rôle de premier plan sur la scène internationale. Nommée juge au Tribunal pénal international pour le Rwanda (TPIR), elle participe activement à la rédaction de décisions juridiques historiques.

Parmi elles, le retentissant jugement de l'affaire *Akayesu* a fait jurisprudence en établissant, de manière irréfutable, que le viol et les violences sexuelles pouvaient être qualifiés d'actes de génocide et de crimes contre l'humanité. En présidant par la suite ce même tribunal, elle a contribué à ancrer l'idée que les atrocités de masse ne sauraient rester impunies, posant les bases de la justice pénale internationale moderne.

Son rayonnement mondial s'amplifie lorsqu'elle accède, entre 2008 et 2014, au poste de Haute-Commissaire des Nations unies aux droits de l'homme. Durant son mandat, Navi Pillay s'est distinguée par son refus absolu de céder aux pressions politiques des superpuissances. Qu'il s'agisse de dénoncer les crimes de guerre, de plaider pour les droits des minorités, des femmes ou des communautés marginalisées, ou de fustiger l'impunité des régimes autoritaires, elle n'a jamais dévié d'une ligne directrice stricte: les droits humains sont universels et non négociables. Fidèle à son engagement féministe, elle a également cofondé *Equality Now*, une organisation internationale de premier plan consacrée à la défense des droits des femmes.

Plus récemment, en présidant la Commission d'enquête internationale indépendante sur les Territoires palestiniens occupés, elle a continué d'incarner cette exigence de vérité, soulignant l'urgence de faire respecter le droit international humanitaire dans l'un des conflits les plus déchirants de



L'attribution du prix Nobel de la paix à Navanethem «Navi» Pillay salue le parcours d'une juriste d'exception, entièrement dévouée à la justice, à l'égalité et à la primauté du droit. P - AFP

notre époque. Ses prises de position courageuses lui ont parfois valu de vives critiques de la part de gouvernements mis en cause, mais celles-ci ont invariablement rappelé une vérité fondamentale: la paix durable ne peut se construire sur les décombres de l'impunité et du déni de justice.

En couronnant Navi Pillay, le Comité norvégien Nobel adresse un message puissant à une époque où le multilatéralisme vacille et où le droit international est fréquemment bafoué par la force brute. Ce prix Nobel célèbre le triomphe d'une femme d'une intégrité rare, qui a consacré sa vie à rappeler aux puissants de ce monde que la véritable paix est indissociable de la justice.

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Allowing a colleague to commit a violent crime directly breaches the statutory oath taken upon assuming office.

Furthermore, under the Police Manual and Standing Orders, police ethics explicitly require officers to actively oppose and report any malpractice or unlawful acts committed by colleagues.

*** While a suspect is presumed innocent until proven guilty in criminal court, what civil rights or legal options do victims and their families have to claim compensation from the State for unlawful police actions?**

The *Code Civil Mauricien* sets out the legal framework for civil liability. Articles 1382 and 1384 form the foundation of tort liability (*responsabilité délictuelle*). To succeed, a victim must prove that a fault (*faute*) occurred, that damage (*préjudice*) was suffered, and that a direct causal link exists between the fault and the damage.

Under the State Proceedings Act, the State of Mauritius is vicariously liable for tortious acts committed by its agents (*préposés*), including police officers acting in the execution of their duties.

However, a crucial legal distinction exists between a service fault (*faute de service*) and a personal fault (*faute personnelle*):



- **Faute de service:** If an officer makes an error or uses excessive measure while attempting to carry out official duties, the State remains liable.

- **Faute personnelle:** If the officer acts with gross negligence, malicious intent, or entirely outside the scope of their duties, the officer is held personally liable.

*** The unfortunate shooting of Élodie Thomas has led to riots, as well as incidents of looting at supermarkets and commercial premises. What legal action can be taken against those involved in the riots, looting, and destruction of property, and what penalties do they face under Mauritian law?**

Under the Criminal Code, individuals engaging in civil unrest, looting, or property destruction face severe criminal prosecution. The DPP and police can initiate charges for multiple offences, including:

- Taking part in a riot or unlawful assembly
- Looting and larceny
- Destruction and damaging of property
- Possession of offensive weapons
- Assaulting police officers on duty

What legal remedies are available to business owners who suffer losses or property damage as a result of looting?

Business owners can seek compensation through their commercial insurance coverage, provided that damage arising from civil commotion, riots, or looting is not explicitly excluded under their policies.

While business owners technically retain the right to institute civil proceedings for damages against perpetrators, it should be noted that identifying the perpetrators poses a significant challenge. Furthermore, their lack of identifiable assets makes financial recovery nearly impossible.

LEX

Éclairages

Bilan de l'autonomie rodriguaise: Entre représentation et gouvernabilité, le débat électoral relancé

Alors que Rodrigues célèbre son quart de siècle d'autonomie institutionnelle, l'évaluation des vingt-cinq dernières années de vie démocratique met en lumière des interrogations fondamentales sur le fonctionnement de son système électoral. À travers les analyses de Rama Sithanen publiées dans *l'express* récemment, un constat s'impose: le modèle hybride adopté en 2002, combinant le scrutin uninominal majoritaire à un tour (*First Past the Post* ou FPTP) et un mécanisme de correction proportionnelle, fait l'objet d'un examen approfondi quant à son impact sur la stabilité politique de l'île.

Depuis le premier scrutin de 2002, l'architecture électorale rodriguaise a été conçue pour atteindre un double objectif: garantir l'efficacité et la stabilité d'un gouvernement capable d'agir, tout en assurant une représentation équitable des forces politiques proportionnellement aux suffrages exprimés. Toutefois, l'analyse des cinq scrutins organisés au cours de ces vingt-cinq années indique que le mécanisme correctif proportionnel a progressivement pris le pas sur le résultat brut des circonscriptions.

Les partisans d'une forte proportionnalité soulignent que ce système a rempli sa mission première en alignant de près la composition de l'Assemblée Régionale de Rodrigues (RRA) sur le vote populaire, évi-



Depuis 2002, le système électoral rodriguais vise à concilier stabilité gouvernementale et représentation proportionnelle des forces politiques. Toutefois, l'analyse des cinq scrutins tenus en vingt-cinq ans révèle une prédominance croissante du mécanisme correctif proportionnel sur les résultats des circonscriptions. P - Defi Media

tant ainsi de larges distorsions entre les voix et les sièges obtenus par les partis. Selon cette perspective, la légitimité démocratique d'une institution repose avant tout sur sa capacité à refléter fidèlement l'ensemble de la diversité des sensibilités politiques de l'électorat.

À l'inverse, d'autres observations et analyses de terrain mettent en garde contre les risques d'une proportionnalité excessive, en particulier au sein d'une assemblée de moins de vingt membres. Selon cette approche, la neutralisation répétée des

majorités issues des urnes par le mécanisme correctif engendre une fragilité institutionnelle. Des majorités trop étroites exposent l'exécutif à des crises de gouvernabilité (la capacité d'un État, d'un gouvernement ou d'une organisation à être gouverné efficacement) en cas de défection ou de désaccord politique, rendant l'action publique plus vulnérable.

Pour répondre à ces défis, plusieurs options de réforme ont ainsi été avancées pour redéfinir l'équilibre institutionnel à Rodrigues :

Le maintien du scrutin uninominal (FPTP): Conserver les douze sièges de circonscription afin de préserver le lien direct entre les élus et les administrés, et de garantir la formation d'un gouvernement issu directement du choix des électeurs.

La révision du mécanisme correctif: Remplacer la formule de compensation intégrale actuelle par un système correctif mesuré, visant à corriger les déséquilibres majeurs sans reproduire une proportionnalité mathématique stricte qui fragiliserait l'exécutif.

L'instauration d'une prime de majorité: Introduire un mécanisme, tel qu'un bonus de sièges, permettant d'éviter les blocages institutionnels et d'assurer une majorité de travail claire au parti obtenant le plus grand nombre de suffrages en cas de résultats serrés.

L'encadrement par des seuils et garanties: Maintenir le seuil d'éligibilité de 10 % tout en garantissant une représentation significative de l'opposition (par exemple un tiers des sièges pour les minorités substantielles) afin d'allier justice politique et stabilité de gestion.

Au-delà du cas spécifique de Rodrigues, ces débats offrent un miroir précieux pour la République de Maurice, où la quête d'une réforme électorale cherche également à concilier la stabilité gouvernementale traditionnellement offerte par le système majoritaire et les aspirations à une plus grande équité représentative. L'enjeu reste ainsi de concevoir des institutions durables où l'efficacité administrative et la justice démocratique se renforcent mutuellement.

A. Bartleby

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Anil Madan

Electoral Integrity

How Misinformation, Disinformation, and Electoral Fraud Threaten Democracy

Democracy depends upon an informed electorate capable of making decisions based on accurate information, reasoned debate, and trust in public institutions. Misinformation, disinformation, propaganda and electoral fraud each threaten these foundations in different ways, but together they can seriously weaken democratic governance.

Misinformation refers to false or inaccurate information that is shared without an intent to deceive. Individuals often spread misinformation because they believe it to be true.

Disinformation, by contrast, is deliberately false information created and disseminated to manipulate public opinion, influence political outcomes, or undermine confidence in institutions.

Propaganda uses the spread of biased, misleading or false information, and ideas, to enhance the prospects of a candidate or cause.

Electoral fraud involves intentional efforts to interfere with the electoral process itself, whether through tampering, coercion, vote manipulation, or other actions designed to alter election outcomes. In the US, gerrymandering or the drawing of election precincts or districts to favour one party over another, is common. The courts do not interfere unless a racial, or other constitutionally prohibited motive is clearly demonstrated.

The damage caused by misinformation and disinformation extends far beyond individual falsehoods. Repeated exposure to inaccurate information can distort public understanding of important issues, intensify political polarisation, and erode trust in government, the media, courts, election officials, and democratic institutions. When citizens no longer agree on basic facts, meaningful democratic deliberation becomes increasingly difficult. In extreme cases, false narratives about election integrity can cause citizens to reject legitimate election outcomes, reducing public confidence in the democratic process itself.

When candidates, including for the highest office in a country, reject election outcomes and resort to challenges outside legally established processes, the danger of political upheaval and even insurrection looms. In some countries, opposition leaders are disqualified from contesting elections and even jailed or killed.

Disinformation campaigns are particularly dangerous because they are often designed to exploit existing social divisions. By appealing to fear, anger, resentment, or partisan and tribal loyalties, these campaigns can mobilize citizens around emotionally compelling falsehoods rather than evidence and reason. The result is a degradation of civic discourse and a weakening of the mutual trust necessary for democratic societies to function.

Electoral fraud presents a different but equally serious challenge. Unlike misinformation, which targets



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public perception, electoral fraud targets the mechanisms of democracy directly. Even isolated instances can undermine public confidence, while persistent allegations of fraud, whether true or false, can create widespread skepticism about election legitimacy. Democracy cannot function effectively if citizens lose confidence that votes are counted fairly or that election outcomes reflect the will of the people.

The Role of Artificial Intelligence and Chatbots

AI is already being used extensively and having a major impact on elections around the world.

The methods or trends are manifold. They include use of Generative AI and Deepfakes to produce edited fragments from actual videos or entirely fabricated videos. A person's voice or likeness may be simulated so effectively that it is difficult to tell a fake from a genuine audio or video clip.

Social media campaigns directed at target audiences or against targeted candidates involve the use of repeated mini ads and bots generating hate speech, misleading and divisive content, and can be aimed at driving voters away from participation in elections.

Foreign countries have engaged armies of hackers to interfere in the elections of other countries, from their own neighbours to nations far away.

As increased attention is paid to social media outlets, the audience for print and broadcast journalism dwindles. The result is that more people get their information from limited outlets with biased views and public trust in journalism dissipates.

The International Institute for Democracy and Electoral Assistance reported that election integrity around the world faced challenges from violence, misin-

formation and disinformation, malfunctions in election management, cybersecurity attacks, social media fed disruptions, and even natural hazards. Floods, heat waves, tropical storms affected 12 national elections. In the year 2025 all countries, large or small, faced challenges in ensuring that elections truly empower people.

Challenges ranging from the outsize role of money in elections, disinformation, misinformation, and voter polarization are faced by many countries. Growing pressure on media integrity and campaign finance, declining press freedom, and difficulties in keeping track of digital money transfers add challenges for election campaigns and the election process writ large.

The report found misinformation and disinformation in 62% of 39 national elections it monitored. In several countries, there were allegations of electoral fraud, misleading claims aimed at candidates, AI-generated deepfakes, cyber-enabled disinformation and misleading social media content.

tent.

In at least 22 countries, gender-based violence was reported. Digital technologies and social media outlets were used to amplify these. Female candidates in some countries faced misogynistic, racist, sexual harassment, threats, and sexualized AI-generated content.

Regarding campaign finance, there were persistent irregularities involving campaign spending, weak oversight and enforcement of existing laws, and interference by corporate and foreign interests.

The Brennan Center for Justice reports that election deniers are working to undermine confidence in our elections and suppress turnout, particularly among voters of colour and other historically marginalised communities. The misinformation they propagate — including lies about the voting process and election workers — can have significant consequences for people's ability to vote and trust in our elections.

These threats are especially perilous today. Since 2020, prominent politicians and candidates for election administration positions have amplified the Big Lie of a “stolen” presidential election. These falsehoods spread rapidly on social media, with platforms unwilling or unable to intervene, fueling threats to election systems.

Election misinformation is a danger to American democracy. It menaces election officials, with 64 percent reporting in 2022 that the spread of false information has made their jobs more dangerous. It interferes with voters' ability to understand and participate in political processes. And it has been weaponized by lawmakers to justify new voter suppression legislation.



Vijay Makhani

The Return of Somali Piracy: A Warning for Mauritius

The renewed hijackings off Somalia are not yet a return to the piracy crisis of the past. But they offer a warning to every island state whose prosperity depends on secure sea lanes.

For a time, Somali piracy seemed to belong to another chapter of Indian Ocean history. Naval patrols, regional cooperation, better protection aboard ships and improved operating practices made hijackings far more difficult. Attacks fell sharply. The networks ashore, however, were never wholly dismantled.

In recent months, a succession of hijackings off Somalia and in the Gulf of Aden has brought the threat back into view. The International Maritime Bureau reported that global piracy incidents in the first half of 2026 were at their lowest level since 1992. But then, Somali pirates were responsible for 94 per cent of crew members taken hostage during that period. This is not a return to the scale of 2008–2011. It is a stark warning that a suppressed threat can resurge when conditions at sea and on land again favour it.

The question for Mauritius is not whether pirates are about to appear off our shores. It is what a renewed threat along the Horn of Africa could mean for a state whose security and prosperity are bound to the ocean.

Mauritius is separated from the Horn by considerable distance, but not from its consequences. Our food, fuel, manufactured goods and other essentials depend on maritime transport. A prolonged rise in insecurity around the Gulf of Aden and the approaches to the Red Sea could add to insurance premiums, freight charges and delivery uncertainty. Shipping companies may alter routes or schedules; the additional cost is ultimately borne by importers, businesses and households.

These pressures would not arise from piracy alone; conflict-related disruptions and the risk of attacks by state and non-state actors are already unsettling shipping. Somali piracy adds another layer of uncertainty. Even a limited number of hijackings can influence commercial decisions far beyond the waters where attacks occur.

For Mauritius, this is a geoeconomic concern. A small island economy has little room to absorb repeated external cost shocks. Higher freight and fuel costs can feed into prices, complicate business planning and add pressure to the cost of living. The issue is not remote simply because attacks take place far from our exclusive economic zone. In an ocean economy, distance does not insulate us from disruption; it determines how disruption reaches us.

A security vacuum is never empty

The return of piracy also carries a geopolitical warning. The Horn of Africa, the



“In recent months, a succession of hijackings off Somalia and in the Gulf of Aden has brought the threat back into view. The International Maritime Bureau reported that global piracy incidents in the first half of 2026 were at their lowest level since 1992. But then, Somali pirates were responsible for 94 per cent of crew members taken hostage during that period. This is not a return to the scale of 2008–2011. It is a stark warning that a suppressed threat can resurge when conditions at sea and on land again favour it...” — The Telegraph

Gulf of Aden and the western Indian Ocean form a connected strategic space. Naval forces must respond to simultaneous pressures, including the Iran war and Houthis attacks on shipping. Such demands can stretch patrols and complicate coordination. They do not prove that the Houthis direct or finance Somali pirate groups; claims of such links remain unconfirmed. They do underline how criminal activity can exploit a region under strategic pressure.

Nor can the problem be dealt with at sea alone. Piracy flourished in an environment of weak coastal governance, limited economic opportunity and criminal networks able to move between shore and sea. Those underlying conditions have persisted. Somalia's federal authorities and Puntland (a regional semi-autonomous state within Somalia) also face serious political distrust. Cooperation is bare. This has a direct incidence on intelligence-sharing. Enforcement therefore becomes harder. Accusations between the parties make it difficult to agree on a common response.

The earlier international effort offers a lesson, but not a formula that can simply be

repeated. UN Security Council Resolution 1816, adopted unanimously in June 2008 with Somalia's consent, authorised states cooperating with Somalia's Transitional Federal Government to enter Somali territorial waters for a period of six months and use all necessary means, consistent with international law, to repress piracy.

Further Security Council resolutions urged active naval participation and extended the framework, helping make a concerted international response possible.

Operation Atalanta remains active. The decline in piracy came through naval presence, action by Somali and regional partners, shipboard precautions and pressure on ransom networks. A renewed response must again join maritime deterrence to cooperation ashore. Patrols can disrupt attacks; they cannot restore governance or provide livelihoods on their own.

Mauritius must read the sea as a whole

For Mauritius, the first requirement is clear situational awareness - assess developments along main shipping routes, their effect on freight and insurance, and any implications for port operations and supply resilience. Maritime security information-sharing with regional and international partners should remain a priority. Our engagement through Indian Ocean and African institutions can help sustain attention to western Indian Ocean security, even when larger powers' focus shifts elsewhere.

This is not a call for alarm or for Mauritius to assume responsibilities beyond its means. It is a call to treat maritime security as part of economic security and foreign policy. A small island state is vulnerable not only because of its size, but because it depends on systems it cannot control alone. Our answer must be steady diplomacy, cooperation with partners and preparedness at home.

Piracy off Somalia remains far below the levels that once paralysed shipping and held hundreds of seafarers hostage. That perspective matters. So does the warning: when international attention is divided and coastal insecurity persists, criminal networks test deterrence again.

For Mauritius, the lesson is plain. In my latest book, *Geopolitics of the Indian Ocean*, I argue that we must think like an ocean state, not merely as an island economy. That is a strategic imperative. It calls on us to look beyond our immediate shores, anticipate threats to the sea-lanes on which our people and prosperity depend, and help shape a collective response. We should take the initiative now—through regional cooperation, information-sharing and sustained diplomacy—to contain this renewed piracy before it gathers momentum and again threatens shipping and seafarers on a much wider scale. A distant crisis can become a local cost; foresight and timely action can help prevent it.

Don't we say: forewarned is forearmed?

14 October 2026

NOTICE FOR BUILDING AND LAND USE PERMIT APPLICATION

NOTICE FOR PERMISSION FOR LAND USE

TAKE NOTICE that SOCIETE KWONG BROTHERS & CO, will apply to the District Council of Pamplemousses for a Land -- Use Permit for a proposed conversion and use of part of the ground floor of an existing building as a dormitory, at Avenue Dhalia Le Hochet, Terre Rouge.

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

Date: 16.10.2026

Jocelyn Chan Low – Historien

“Si les renseignements révèlent que des réseaux mafieux s’organisent pour profiter du trouble, les autorités doivent agir en amont pour les neutraliser”

Les violences survenues à Camp-Leveux ne sont-elles qu’un incident isolé ou le signe d’une exaspération sociale plus vaste ? L’historien Jocelyn Chan Low livre son analyse sur les parallèles historiques de cette crise, le rôle marquant de la jeunesse (Gen Z) et les réformes structurelles urgentes que l’État mauricien doit engager pour éviter que l’Histoire ne se répète.

Mauritius Times: Les événements malheureux à Camp-Leveux ont suscité de vives réactions au sein de la population. En tant qu’observateur de la société mauricienne, comment analysez-vous l’ampleur et la promptitude des réactions populaires ?

Jocelyn Chan Low : Je suis surpris par l’étendue et l’intensité de la violence depuis lundi dernier à la fois dans les régions rurales et urbaines et par la présence d’autant de mineurs, souvent des très jeunes parmi ceux qui ont été arrêtés mais pas par la soudaine poussée de fièvre dans les quartiers populaires suite aux événements à Camp-Leveux.

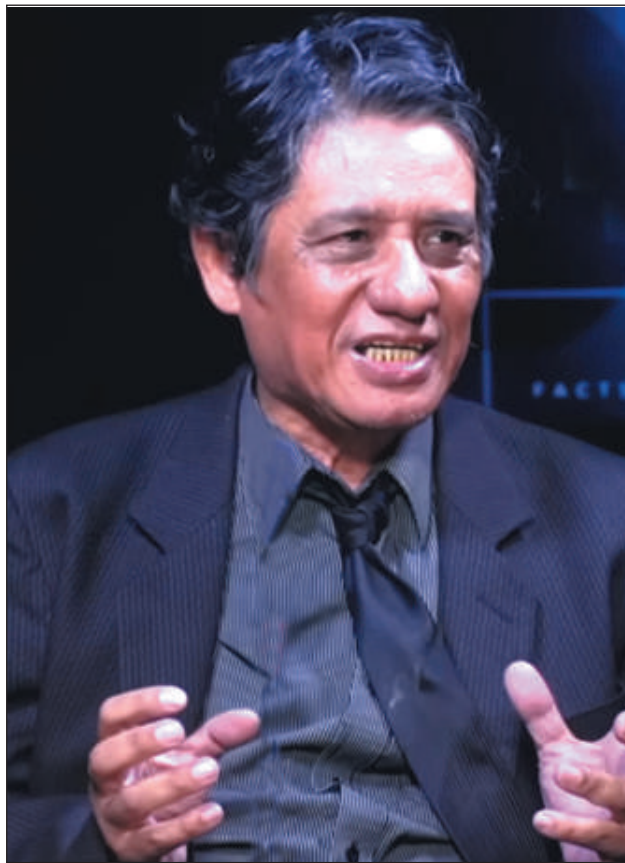
L’histoire contemporaine de Maurice est jalonnée de tels *flare-ups* qui se propagent comme une traînée de poudre et deviennent rapidement une épidémie sociale après un événement déclencheur à fort contenu émotionnel et à connotation ethnique ou religieuse. Heureusement, elles ne durent pas longtemps, bien que leurs conséquences perdurent.

Dans le cas présent, il convient de ne pas négliger les difficultés multiples auxquelles fait face le pays, alimentant un sentiment de malaise général, et le contexte de la guerre ayant des répercussions dans le monde entier.

Il y a d’abord la crise politique : les sondages révèlent régulièrement l’énorme décalage entre l’offre et la demande politique. En gros, le personnel politique a perdu l’adhésion sans faille de la population, désormais très critique face au reniement des principes qu’il prétend incarner, à sa servilité face aux grands intérêts, et à son incapacité à proposer un modèle de société plus juste et égalitaire qui ne soit pas uniquement basé sur la recherche de profit maximal.

D’une élection à l’autre, la population dénonce également son népotisme, son clientélisme et son communautarisme, qui font fi de toute notion de méritocratie, ainsi que son incompetence à trouver des solutions aux défis auxquels le pays fait face. En outre, il y a la prise de conscience croissante que les élections ne servent plus à grand-chose, si ce n’est à remplacer bonnet blanc par blanc bonnet, dont les membres sont issus le plus souvent des mêmes dynasties familiales qui ont pris la démocratie mauricienne en otage. Telle est la perception contemporaine.

À cette crise politique s’ajoute la crise économique et ses répercussions sur le coût de la vie, avec des hausses de prix en cascade — essence, produits alimentaires, etc. — ainsi que des coupures dans les prestations sociales, notamment les réformes de la pension de vieillesse, l’abolition de la CSG et des allocations pour enfants en bas âge. Ces mesures affectent non seulement une classe moyenne en voie de déclassement rapide, mais surtout les populations au bas de l’échelle. Puis, il existe une gentrification à caractère international, qui fait côtoyer des expatriés à hauts revenus et des



“ Il faudrait mener une étude sociologique sérieuse sur ce groupe de la population qui semble avoir été abandonné à lui-même — ce qui a entraîné, pour certains, le fait de devenir des proies faciles pour des trafiquants de drogue et autres mafieux. Cela étant dit, il y a une quinzaine d’années, j’ai lu un rapport des Nations unies sur les jeunes à Maurice qui tirait la sonnette d’alarme. Mais rien n’a été fait par les autorités pour leur insertion sociale...”

groupes marginalisés.

Avec la crise de l’eau découlant du manque d’efficacité des autorités en charge depuis plusieurs années et les coupures d’eau qui affectent directement les habitants dans leur vie quotidienne, il fallait s’attendre à des débordements. Et il y en a eu dans la circonscription du ministre concerné. Mais dès que ces manifestations pour l’eau ont atteint Camp-Leveux, les autorités ont agi de manière lourde, au risque de provoquer des dérapages de la part de certains policiers à la gâchette facile qui - minoritaires certes - n’ont pas leur place dans une force policière digne de ce nom. On connaît la suite. On peut craindre que les leçons de l’affaire Kaya n’aient pas été pleinement tirées. La gestion policière des quartiers difficiles ne saurait reposer uniquement sur la répression et la menace, des méthodes qui ne font qu’aggraver les tensions.

Il faut le répéter : le maintien de l’ordre dans une société multiethnique est une tâche d’une extrême délicatesse, où la médiation et la négociation sont tout aussi importantes que la répression. Et si les services de renseignement disposent

d’informations selon lesquelles des éléments mafieux s’organisent pour profiter de la situation et semer le trouble, il faut agir en amont pour les mettre hors d’état de nuire, plutôt que d’attendre qu’ils passent à l’action ? Aujourd’hui, il existe des lois qui autorisent des arrestations préventives dans des cas de subversion ou de terrorisme planifié.

*** Observez-vous des similitudes et des différences marquantes entre la crise de 1999 et la situation actuelle ?**

Les similitudes sont nombreuses et certaines ne relèvent sans doute pas du simple hasard. Pour résumer, on retrouve dans les deux cas une bavure policière perçue comme la goutte d’eau qui fait déborder le vase, s’inscrivant dans un long historique de relations tendues entre les forces de l’ordre et les habitants de quartiers qui se sentent marginalisés.

‘En politique, Maurice n’a pas encore fait un bond en avant dans le 21ème siècle’

En filigrane, la dimension communautaire demeure bien présente. Ayant dirigé le projet d’histoire orale sur les descendants d’esclaves pour la *Truth and Justice Commission*, j’ai analysé avec mon équipe des centaines de témoignages issus des quartiers populaires à travers l’île. D’une part, ces éléments témoignent du ressenti important des habitants qui avaient fait part d’expériences de mise à l’écart ou de traitements inéquitables. D’autre part, cette perception, est toujours présente, et constitue donc une réalité sociologique que l’on ne saurait ignorer.

Cependant, à la différence de 1999, il y a en 2026 une forte présence de mineurs parmi les émeutiers à tel point que le gouvernement envisage un abaissement de la majorité pénale à 12 ans, une mesure qui soulève de profondes interrogations au regard des dispositions des conventions internationales pour la protection des enfants dont Maurice est signataire. Il y avait aussi des jeunes sur la pavé en 1999, mais aujourd’hui ce sont des éléments de la Gen Z qui sont les plus actifs.

Il faudrait mener une étude sociologique sérieuse sur ce groupe de la population qui semble avoir été abandonné à lui-même — ce qui a entraîné, pour certains, le fait de devenir des proies faciles pour des trafiquants de drogue et autres mafieux. Cela étant dit, il y a une quinzaine d’années, j’ai lu un rapport des Nations unies sur les jeunes à Maurice qui tirait la sonnette d’alarme. Mais rien n’a été fait par les autorités pour leur insertion sociale.

Finalement, à la différence de 1999, il n’y a pas eu de tensions interethniques jusqu’à maintenant. Sans doute, pour une fois, les autorités ont-elles agi très vite en arrêtant le policier au gâchette facile tout de suite et ont finalement suspendu certains de ses collègues pour apparemment non-assistance à personne en danger.

'Dans une société multiethnique, le maintien de l'ordre exige autant de médiation et de négociation que de répression'

☞ Suite de la page 8

*** Comment expliquez-vous qu'un incident individuel ravive aussi rapidement les tensions dans une société multiethnique et multicommunautaire comme la nôtre?**

Selon les renseignements qui nous sont parvenus, il paraît qu'il ne s'agissait pas d'un simple acte isolé, mais d'une intervention disproportionnée s'apparentant à un usage excessif de la force, survenue dans un quartier où la tension était pourtant retombée ce soir-là

“ Si les services de renseignement disposent d'informations selon lesquelles des éléments mafieux s'organisent pour profiter de la situation et semer le trouble, il faut agir en amont pour les mettre hors d'état de nuire, plutôt que d'attendre qu'ils passent à l'action ? Aujourd'hui, il existe des lois qui autorisent des arrestations préventives dans des cas de subversion ou de terrorisme planifié...”

Je le répète : si les services de renseignement disposent d'informations probantes quant aux intentions de certains groupes mafieux d'exploiter la situation, il incombera aux autorités d'activer les leviers légaux à leur disposition pour intervenir en amont. Attendre l'escalade avant d'agir, cela revient à faire preuve d'une réactivité tardive là où une stratégie de prévention s'impose plus que jamais.

Il ne faut pas sous-estimer la vive émotion suscitée par l'affaire Élodie Thomas, où une jeune femme regagnant son domicile auprès de son enfant, a été grièvement blessée par un tir policier sans sommation. Cet événement a inévitablement ravivé des traumatismes historiques et un sentiment d'injustice ressenti par certains, dans un climat marqué par une impopularité gouvernementale et une perte de confiance envers les institutions.

*** Au-delà des attaques contre les postes de police, on a également observé des actes de vandalisme et de pillage visant des supermarchés et des commerces. S'agit-il, selon vous, d'actes opportunistes ciblés, ou du signe d'une défiance plus profonde envers l'autorité et les symboles du capitalisme mauricien?**

Les deux, car nous traversons une période de crise aux dimensions multiples. Dans l'ensemble, depuis les années 1980, notre société a favorisé le consumérisme et un modèle économique axé sur la maximisation du profit au détriment de l'humain.

La crise des finances publiques découle en grande partie de l'abandon du système de taxation progressive qui était en vigueur dans les années 1970. Le capitalisme à Maurice repose sur le postulat d'un ruissellement économique (*trickle-down*) censé garantir la paix sociale. Or, ce mécanisme s'avère illusoire sans une intervention régulatrice de l'État et finit par creuser des écarts de richesse extrêmes — visiblement accentués par la gentrification, les programmes d'aménagement intégrés (IRS) et l'arrivée d'expatriés —, ce qui alimente les frustrations sociales.

Le ciblage des centres commerciaux et le pillage de commerces, comme à Tamarin, en sont des illustrations parlantes. Enfin, il ne faut jamais oublier que, dans les

troubles sociaux à travers le monde, la présence de cas-seurs fait partie intégrante de l'équation.

*** L'incident de Camp-Levieux n'a-t-il été que l'étincelle sur un terrain déjà fortement inflammable?**

Évidemment. Au-delà des difficultés économiques et sociales, il existe un sentiment de plus en plus perceptible de décalage entre les attentes suscitées pendant la campagne électorale et les décisions prises depuis l'arrivée au pouvoir. Certains considéreraient que la victoire écrasante de 60-0 a été obtenue sur la base de promesses qui n'ont pas été respectées, ce qui alimenterait l'impression d'une rupture du contrat de confiance avec l'électorat. Les mesures d'austérité, notamment, semblent accentuer ce malaise.

À cela s'ajoute l'affaiblissement de l'Alliance du Changement, fragilisée par le retrait de Paul Bérenger. Ces éléments contribuent à nourrir les interrogations sur la capacité du gouvernement à maintenir le soutien populaire dont il bénéficiait au lendemain des élections. L'incident de Camp-Levieux aurait donc pu agir comme un déclencheur dans un contexte où des frustrations s'étaient déjà accumulées.

On ne mesure peut-être pas suffisamment les difficultés que traverse la démocratie mauricienne, marquée par une confiance ébranlée envers une partie de la classe politique, où certaines dynasties et quelques patronymes occupent encore une place importante selon les perceptions. La présence persistante de figures politiques de longue date soulève également la question du renouvellement des générations, à l'heure où la Gen Z s'impatiente. En politique, Maurice n'a pas encore fait un bond en avant dans le 21ème siècle.

*** L'instauration d'un couvre-feu ou l'intervention des forces de l'ordre répond à une nécessité immédiate: stopper la violence, protéger les personnes et les biens, et restaurer l'ordre public. Mais il faudra aussi s'attaquer aux causes profondes du problème, non?**

Désormais, il importe que les autorités apportent des éclaircissements sur leurs déclarations faisant état d'une possible implication de réseaux liés au trafic de drogue dans les événements récents. Une communication claire et étayée permettrait de dissiper les interrogations et de préserver la confiance du public. Plus généralement, la situation souligne l'importance de renforcer durablement la lutte contre le trafic de drogue et la corruption, dans le respect de l'État de droit.

“ Le capitalisme à Maurice repose sur le postulat d'un ruissellement économique (*trickle-down*) censé garantir la paix sociale. Or, ce mécanisme s'avère illusoire sans une intervention régulatrice de l'État et finit par creuser des écarts de richesse extrêmes — visiblement accentués par la gentrification, les programmes d'aménagement intégrés (IRS) et l'arrivée d'expatriés —, ce qui alimente les frustrations sociales. Le ciblage des centres commerciaux et le pillage de commerces, comme à Tamarin, en sont des illustrations parlantes...”



Parallèlement, il est essentiel que les autorités apportent des réponses concrètes aux difficultés d'approvisionnement en eau que connaît le pays. La population attend des mesures efficaces et durables, ainsi qu'une meilleure communication sur les solutions envisagées. Sans progrès tangibles sur ce front, le mécontentement risque de s'accroître.

*** L'implication de grands trafiquants de drogue cherchant à déstabiliser les forces de l'ordre et certains acteurs politiques afin de semer le trouble dans le pays, comme l'ont avancé les autorités, constitue une allégation grave. Assiste-t-on donc à une instrumentalisation de la colère populaire à des fins criminelles ou politiques?**

Si ces allégations venaient à être confirmées, elles soulèveraient de sérieuses interrogations sur l'ampleur de l'influence des réseaux de trafic de drogue à Maurice, ainsi que sur les éventuelles insuffisances des politiques menées au fil des années pour lutter contre ce fléau.

*** Quelles leçons structurelles, politiques et institutionnelles l'État mauricien doit-il impérativement tirer de cette crise pour éviter que l'Histoire ne se répète?**

Au-delà de la nécessité de promouvoir un modèle de société et de développement économique plus juste et plus égalitaire, capable de s'attaquer aux grands déséquilibres hérités de l'Histoire, il est essentiel de renforcer le fonctionnement de notre démocratie afin qu'elle soit plus inclusive et ne donne pas le sentiment d'être dominée par quelques familles. Il convient également d'engager une réflexion approfondie sur les pratiques policières et les enjeux du maintien de l'ordre dans un État pluriethnique comme Maurice.

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Samad Ramoly

Pourquoi Maurice-t-elle paie plus pour avoir moins?

Comparez un bol de nouilles dans une gare de Tokyo à celui d'un centre commercial mauricien, et vous remarquerez quelque chose d'étrange: le bol japonais est souvent moins cher et de meilleure qualité. Il est tentant de mettre cela sur le compte de l'effet d'échelle ou de la concurrence. Mais en y regardant de plus près, ces nouilles deviennent le symptôme comestible d'un problème bien plus vaste: le coût exorbitant de la gestion d'une entreprise à Maurice.

Une monnaie à laquelle les entreprises ne font plus confiance

Au-dessus du loyer et du transport, il faut ajouter le risque de change. La dépréciation chronique de la roupie oblige les entreprises à ne pas simplement réagir aux fluctuations de la monnaie, mais à les anticiper dans leurs prix. La farine importée, les emballages, les équipements, et même le carburant pour acheminer les ingrédients jusqu'à

l'espace de restauration du centre commercial incluent une marge de dépréciation intégrée avant même le début de l'année. Ce n'est pas de l'opportunisme, c'est une réponse rationnelle face à une monnaie qui a appris aux opérateurs, à maintes reprises, à ne pas se laisser surprendre.

À cela s'ajoute une politique publique imprévisible et fragmentée. Lorsque les règles, les incitations ou les réglementations changent sans préavis ni coordination entre les ministères, les entreprises ne peuvent plus planifier sereinement. La réponse est prévisible: au lieu de bâtir des structures légères à fort volume et faibles marges comme les vendeurs japonais, les entreprises mauriciennes construisent des modèles prudents, avec des marges

gonflées pour s'assurer contre un terrain qui ne cesse de bouger.

Les coûts s'empilent, les prix suivent

Voilà la véritable histoire derrière ce bol de nouilles hors de prix: un loyer cher, une logistique de transport coûteuse, une monnaie sur laquelle on ne peut pas compter et un environnement politique qui récompense la défensive plutôt que l'efficacité. Chaque coût est gérable individuellement. Mis ensemble, ils deviennent discrètement une taxe sur chaque transaction dans le pays.

La vraie solution ne réside pas dans les nouilles

Rien de tout cela ne traduit un manque de talent ou d'ambition chez les entrepreneurs mauriciens; ils ont manifestement les deux. Mais aucun savoir-faire culinaire ni dynamisme entrepreneurial ne peut rivaliser avec un environnement opérationnel où le loyer, le transport et le risque de change sont structurellement plus élevés qu'ils ne devraient l'être.

Repenser l'économie des loyers, investir dans des transports publics fiables et instaurer une gouvernance cohérente et prévisible feraient bien plus pour la compétitivité mauricienne que n'importe quel ajustement à la caisse. En attendant, ce bol de nouilles continuera de coûter plus cher qu'il ne le devrait — non pas parce que le vendeur est moins compétent que son homologue de Tokyo, mais parce qu'il évolue au sein d'une structure de coûts qui n'est plus adaptée aux besoins réels de développement des entreprises.



« Un commerçant dans un centre commercial mauricien subit les coûts économiques des grandes métropoles sans avoir le volume de clients nécessaire pour les compenser — contrairement à un stand d'une gare de Tokyo, qui voit défiler des milliers de navetteurs par jour sur la même superficie et peut répercuter son loyer sur un nombre énorme de bols vendus. À Maurice, une clientèle beaucoup plus restreinte se retrouve à absorber un coût fixe qui ne diminue pas en proportion... »

Un loyer indexé sur la rareté, pas sur le volume

L'espace commercial dans les centres mauriciens est cher par rapport à la taille du marché local. Les propriétaires fixent le prix du mètre carré comme si la fréquentation était garantie, même lorsque ce n'est pas le cas. Un commerçant dans un centre commercial mauricien subit les coûts économiques des grandes métropoles sans avoir le volume de clients nécessaire pour les compenser — contrairement à un stand d'une gare de Tokyo, qui voit défiler des milliers de navetteurs par jour sur la même superficie et peut répercuter son loyer sur un nombre énorme de bols vendus. À Maurice, une clientèle beaucoup plus restreinte se retrouve à absorber un coût fixe qui ne diminue pas en proportion.

Le transport du personnel: le coût invisible et inévitable

Ensuite, il y a un coût qui fait rarement la une des journaux mais qui s'affiche sur chaque étiquette de prix: le transport du personnel vers le lieu de travail. Maurice ne dispose pas du réseau ferroviaire public dense et fiable du Japon. Les employeurs finissent donc souvent par payer la note — navettes d'entreprise, allocations de transport ou ramassages privés — simplement pour garantir que les employés soient là pour l'ouverture et la fermeture. Au Japon, les salariés se rendent à leur travail de la gare de manière autonome et économique. À Maurice, ce fardeau logistique pèse sur l'entreprise et se répercute directement sur le prix du produit, y compris les nouilles.

Breakfast with Bwana



Electoral Integrity

How Misinformation, Disinformation, and Electoral Fraud Threaten Democracy

Cont. from page 4

In India, there is social upheaval spurred by the Cockroach Janata Party, whose members are aggrieved by what they see as persistent attempts by the government to disenfranchise millions of Indians.

The Brennan Center also reports that while AI chatbots offer challenges to conspiracy theories when queried by users, they offer users the ability to create deceitful images, audio, and video.

The Brennan Center reports that it tested how well chatbots could correct election falsehoods when questioned, including by users demonstrating mistrust of election processes or results. They assessed how easy it would be for someone to use AI tools to create disinformation campaigns. Their tests were conducted between February and August 2026, so well within the context of the impending mid-term elections in the US.

The Center reports a "surprising but encouraging bit of news": The chatbots tested consistently refused to validate the false tropes that have underpinned election disinformation claims. Even when pressed by persistent prompts, the chatbots did not yield. As might be expected, the chatbots often made mistakes and came across as sympathetic listeners to skeptical users but still refused to endorse conspiracy theories. The Center posits that this suggests that chatbots could play a constructive role in fighting election disinformation.

At the same time, the Center raises important caveats which are that the AI models when asked to generate misleading election-related images and video, did so easily. Most troubling was that their supposed safeguards for preventing this were ineffective, inconsistently applied, or functionally absent.

The Center's final caveat is troubling: "Finally, most models we tested did a poor job identifying that the content we created was generated by AI. Sometimes, they insisted that these media were real and depicted actual events. This, along with other findings from our study, suggests that in an ongoing election with little authoritative information for models to rely on, AI may not be as helpful in pushing back against unsubstantiated rumours and misinformation".

Cheerz...
Bwana

EU, Gulf leaders postpone Riyadh summit as Houthi attacks on Saudi Arabia disrupt major events

The EU and Gulf Cooperation Council postponed their flagship political summit as host Saudi Arabia comes under attack from Yemen's Houthis, the latest high-profile event to be disrupted by the violence.

The summit, initially scheduled for Oct. 24 in Riyadh, was supposed to bring together EU member states and European Commission President Ursula von der Leyen with the leaders of Saudi Arabia, Bahrain, Kuwait, Oman, Qatar and the United Arab Emirates to discuss energy, trade and security.

The two regional blocs will reschedule the event on a date to be agreed on later, reports Bloomberg.

The move is a setback for Saudi Arabia as it tries to project a sense of business as usual despite the Houthi campaign and seeks international support against the Iran-backed group.

Houthi drone and missile attacks have killed at least 18 people over the past week and injured hundreds more. On Thursday, the Riyadh-led coalition fighting the group said it intercepted a missile in Saudi Arabia's holy city of Medina.

The GCC statement on the decision cited the Houthis' "continued attempts to target the Kingdom of Saudi Arabia and its civilian infra-



structure" and "the extension of the suspension of operations at King Khalid International Airport." Bloomberg reported earlier on Thursday that the event would likely be postponed.

Other major business and entertainment events have already been disrupted by the Houthi strikes.

Some energy executives were unable to attend this week's World Petroleum Congress, and the kingdom's flagship financial gathering, the Future Investment Initiative, is looking at contingency measures including virtual attendance.

US Green Card work permit rejections surge to 44% as Immigration Services tightens rules

Foreign nationals seeking permanent residency in the United States are facing mounting hurdles, as new government data reveals a dramatic spike in work permit rejections. Between April and June 2026 -- the third quarter of fiscal year 2026 -- the United States Citizenship and Immigration Services (USCIS) denied 35,767 employment authorization applications, pushing the rejection rate for Green Card applicants to an unprecedented 44%.

This marks a sharp rise from the 25% denial rate recorded during the first two quarters of the fiscal year (October 2025 to March 2026). During Q3, USCIS received 153,039 Form I-765 applications for work permits under the adjustment-of-status category. Out of these, only 46,405 were approved, leaving 671,362 applications backlogged with an average wait time of 6.4 months.

Rising denial rates across immigration pathways

The trend extends beyond work permits. Other critical immigration petitions saw notable denial rates during the same timeframe:

- **H-1B and Temporary Workers:** Experienced a 22% denial rate with 39,560 petitions rejected compared to 143,748 approved.
- **I Naturalization:** Citizenship rejections rose to 19% (12,591 denied out of 140,179 processed), up from 13% in prior quarters. The citizenship backlog expanded to 727,371 cases, averaging a 9.5-month wait.
- **Family-Based Petitions:** Saw a 17% denial



rate (16,661 rejections).

- **Employment-Based Petitions:** Recorded a 16% denial rate (7,069 rejections).
- **Adjustment of Status:** Remained relatively stable with a low 7% denial rate.

Higher costs ahead for immigrants and students

Securing legal status is set to become increasingly costly. Effective October 16, 2026, USCIS will implement inflation-adjusted fee hikes for asylum petitions, work permits, and Temporary Protected Status. Furthermore, a proposed Department of Homeland Security policy suggests imposing a \$70,000 fee on universities recommending international students for Optional Practical Training (OPT), plus a \$30,000 fee for extensions.

Together, these escalating costs and rising denial rates mark a significantly tougher landscape for foreign workers, students, and prospective citizens aiming to build a future in the US.

Across the Globe

Immigration pressure on top unis

A shift against immigration across richer English-speaking countries has put elite universities -- which rely heavily on international students -- under severe pressure. UK higher education institutions have revoked offers to prospective students at a much higher rate than in previous years, after the government threatened some institutions with a ban on recruiting foreign students.

International students accounted for nearly a quarter of all UK university fee income in 2024-25, up from 5% in the 1990s. Australia's own crackdown has left a third of places at some institutions unfilled, while a prestigious US university suspended admissions to one of its programmes amid visa uncertainty. The pressure seems unlikely to ease: the Trump administration launched inquiries last week into student visa programmes used by nine leading universities.

Higher prices hit smartphone sales

Global smartphone shipments in the third quarter fell to their lowest level in 14 years, as a shortage of memory chips forced manufacturers to raise prices. As a result, consumers are keeping their devices for longer, and many are turning to refurbished phones, an analyst at research firm Counterpoint said.

Weak demand has hit Apple, the world's second-largest smartphone supplier after Samsung, particularly hard. October data showed that the US tech giant, which relies on phone sales for around 50% of its revenue, had reduced orders for the iPhone 18 by 15-20%. But Apple is not the only company facing difficulties. Transsion, a Chinese maker of low-cost phones sold mainly in Africa, is also under pressure, with its shares falling 7% on their Hong Kong debut.

Costa Rica opens mega-prison

Costa Rica, once one of Latin America's safest countries, has opened a mega-prison as several countries in the region promise tough crackdowns on crime amid rising murder rates.

San José has drawn inspiration from El Salvador, where a similar facility played a key role in an effective, though exceptionally harsh, campaign against gangs.

High crime rates have contributed to the removal of left-wing governments across Latin America, as voters have increasingly viewed them as weak on security, favouring right-wing leaders instead.

The same trend may now be emerging in Brazil. Conservative presidential candidate Flávio Bolsonaro, who is leading the left-wing incumbent in opinion polls, has pledged to open an El Salvador-style prison capable of holding 500,000 people if elected this month.

Major authors face AI allegations

Celebrated authors have denied using AI to write their latest books as concerns grow across the publishing industry about the technology's role.

Thélyson Orélien's publisher defended him against allegations that he had used AI to write his acclaimed novel *It Was Either That or Die*. Orélien denied the allegations but admitted to plagiarising other authors.

Zimbabwean writer Simbarashe Kundizeza also disputed claims that he had used AI to write *The Blue Fighter*, which won a prestigious literary award.

Others, however, have admitted using large language models (LLMs) in their work. Publishers are also embracing the technology. At least three major publishing houses are using AI to create cover art, among other things, a practice that has attracted considerable criticism, WIRED reported.



Penitentiary police officers attend the inauguration of the Center for High Containment of Organized Crime. Pic - Reuters

How US teen's temple attack plot was foiled

Disaster was narrowly averted in Illinois after a malfunctioning rifle and a vigilant co-worker helped law enforcement foil a 19-year-old's white supremacist plot to carry out a mass shooting at a Hindu temple.



Detectives believe Paporakis may have been planning to carry out an attack that day, potentially targeting a Hindu place of worship in Aurora. Pic - India.com

Alexandros Paporakis, of Palatine, Chicago, was arrested on Sunday, October 11, following a joint response by the Mount Prospect and Palatine Police Departments. According to court records, Paporakis drove to the largest Hindu temple in southwest suburban Aurora carrying a modified AR-style rifle, approximately 300 rounds of ammunition, body armour, and gasoline, intending to "kill a significant number of Indians."

However, the alleged attack failed when

his rifle jammed as he attempted to open fire. Paporakis fled the scene and drove home, where he searched the internet for instructions on how to unjam the weapon. He then contacted a colleague and declared his intention to carry out a mass shooting.

Co-workers alert authorities

The plot unravelled when a co-worker alerted police after receiving alarming electronic messages from Paporakis, including photos of tactical equipment and an eight-page document titled "Why I fought: A.K.A. (Aurora Shooter's Manifesto)." In the manifesto, Paporakis described himself as a "sociopathic white supremacist Neo-Nazi" and used racial slurs targeting Indian, Jewish, and African American communities, describing them as "subhumans."

Co-workers told investigators that Paporakis openly identified as a white supremacist at work and had previously expressed a desire to kill Indian people.

Law enforcement recovery and court ruling

During a search of his home, police seized an un-serialized AR-style rifle, loaded magazines, ammunition, tactical gear, a gas canister labeled with an anti-South Asian slur, and Nazi paraphernalia.

"The seriousness of this alleged threat cannot be overstated," said Palatine Police Chief William Nord, reiterating the department's commitment to protecting places of worship. A judge ordered Paporakis held in custody without bond while awaiting trial. His next court appearance is set for October 30.

Matt Damon's water initiative has reached more than 92 million people

For most people, safe drinking water requires only the turn of a handle. Yet according to a 2025 WHO/UNICEF Joint Monitoring Programme report, 2.1 billion people -- roughly one in four globally -- still lacked safely managed drinking water in 2024.

This stark reality inspired actor Matt Damon during a 2006 trip to a Zambian village, where he joined a 14-year-old girl on her long daily walk to collect water. Moved by the experience, Damon co-founded the H2O Africa Foundation that same year. In July 2009, H2O Africa merged with engineer Gary White's WaterPartners to form Water.org.

The power of microfinance

Recognizing that many low-income families were already paying high costs for water, White and Damon launched WaterCredit. Instead of traditional charity, Water.org partners with local lenders to offer micro-loans, allowing families to install home water connections or toilets and repay the debt over time. Notably, 89% of these borrowers are women.

Two decades after Damon's initial effort, Water.org reports reaching over 92 million people with safe water or sanitation, including nearly 10 million in 2025 alone, with a target of 200 million by 2030.

What research reveals about the model

While Water.org's reach is extensive, research offers a nuanced view of the loan model:

Sanitation Gains: A 2022 study in the Journal of Water, Sanitation and Hygiene for Development analysing 2,931 Indonesian households found that loan recipients had better sanitation, earned an average of 233,000 IDR (\$15.55) more monthly, and spent 28% less on health.

Access Challenges: The study found no direct link to improved water access, with 29% of borrowers still lacking water facilities on their premises -- suggesting some funds were redirected or worked better for toilets than water hookups.

Despite these complexities, what began as one actor's reaction to a young girl's walk has demonstrated how small, repayable loans can help millions gain access to basic human necessities.

Across the Globe

Kyiv feels betrayed by Trump

Ukraine's leader said he felt betrayed by US President Donald Trump, blaming Washington and Elon Musk's SpaceX for cutting off Kyiv's access to Starlink on Wednesday. "This is not the right side of history," Volodymyr Zelenskyy told Piers Morgan, as relations between the two countries deteriorated.

Kyiv and its allies fear Washington is using pressure tactics, including potentially cutting off intelligence sharing and restricting Starlink access, "to force Ukraine to capitulate to Russia," the Financial Times' Ukraine correspondent wrote. Kyiv later said SpaceX had restored access, while Musk asserted that any restrictions on access were decided by Trump.

Ukrainian officials complained that the earlier disruptions had hampered military capabilities as Russia rained down missiles, plunging 600,000 people into darkness overnight. "People will die," Zelenskyy said.

Spain defends African territory

Spain's king said his country's control of its exclaves in Africa was "non-negotiable", after the cities became flashpoints in territorial disputes with Morocco and in Europe's debate over immigration.

Ceuta rose to international prominence in July, when more than 70,000 people entered the tiny exclave within a matter of hours. Most have since returned to Morocco, which Spain's prime minister accused of entering



Migrants wait on the beach in Ceuta, Spain. Pic - Getty Images

Spanish territorial waters during the crisis.

However, European far-right parties have seized on the incident as evidence that Madrid's welcoming stance towards foreigners has backfired. Spain had previously pledged to regularise the status of hundreds of thousands of undocumented migrants.

"The future of Europe is being decided in Ceuta," the leader of France's hard-right National Rally party said during a visit to the Spanish territory.

Hiring, raises tied to AI proficiency

A quarter of US financial firms have tied pay rises, promotions and bonuses to AI proficiency, according to a new survey, as more companies seek to measure the impact of their investments in the technology.

Applicants' AI skills are nearly four times as important in hiring decisions as the universities they attended, according to a survey of 500 companies by financial

recruitment firm Selby Jennings.

While the practice is more common among fintech startups and smaller firms, companies across the economy are changing their recruitment methods to keep pace with the technology. Consulting giant McKinsey, for example, is requiring some entry-level candidates to hold a 10-minute conversation with an AI avatar trained on the personalities of various clients, The Wall Street Journal reported.

Bank of America's record fine

US authorities fined Bank of America \$1.2 billion for failing to detect money laundering and other illegal activity, imposing the largest penalty of its kind. Officials said the bank -- which reports its third-quarter earnings today -- had failed to detect \$5 billion in suspicious activity, including transactions they said posed a national security risk.

The fine sent the company's stock down in after-hours trading. Washington has recently stepped up its crackdown on financial crime, particularly targeting Chinese money-laundering groups and Latin American drug cartels operating along the southern US border.

"Financial institutions are on the front lines of protecting our economic and national security," the US Treasury secretary said.



Riad Sultan

The Illusion of Scarcity vs. the Paradox of Plenty

Deciphering the Mauritius Water Crisis through Hydrological Data and Governance Failures

The small island nation of Mauritius presents a stark hydrological paradox. Classified by the World Bank as a “water-stressed” country and projected to fall into the “water-scarce” category, Mauritius suffers from chronic domestic supply disruptions, dry-season rationing, and low water pressure. In several regions, households receive running water for a mere two to three hours per day. The recent episodes show a disruption of water for days.

However, an analysis of the country’s hydrological balance shows that nature is not to blame for this scarcity. The Mauritian water crisis is fundamentally structural — driven by institutional delays, misaligned economic incentives, and systemic governance issues. The data clearly demonstrates that Mauritius does not face an absolute rainfall deficit (Sultan, 2020).

The Numbers behind the Crisis: Water Availability vs. Utilization

The proof of Mauritius’s artificial water crisis lies in the gap between total available water and actual water consumption. Official statistics (for e.g., from 2015 through 2025) demonstrate that the island receives substantial annual precipitation yet utilizes only a tiny fraction of it for potable needs. In 2025, total rainfall recorded across Mauritius reached 3,402 million cubic meters (Mm³). This was among the lowest over many years as annual precipitation remains significant even in drier years: 4,077 Mm³ in 2024, 4,742 Mm³ in 2023, and 5,252 Mm³ in 2018.

After deducting evapotranspiration (1,021 Mm³ in 2025), net total water available to the island — comprising surface runoff and groundwater recharge — stood at 2,381 Mm³ in 2025. In peak years, net available water reached 3,676 Mm³ (2018) and 3,319 Mm³ (2023).

Hydrological Metric (Million Cubic Metres, Mm³)	2015	2018	2021	2024	2025
Total Rainfall (Precipitation)	4,433	5,252	3,776	4,077	3,402
Evapotranspiration	1,330	1,576	1,133	1,223	1,021
Total Water Available (Precipitation – Evapotranspiration)	3,103	3,676	2,643	2,854	2,381
Surface Runoff (Lost to Sea)	2,660	3,151	2,265	2,446	2,041
CWA Water Collection/Storage	255	281	295	332	332
Total Potable Water Used	98.2	108.6	107.8	115.3	114.7
Potable Water as % of Total Available Water	3.2%	3.0%	4.1%	4.0%	4.8%
CWA Water Collection as % of Total Available Water	8.2%	7.6%	11.2%	11.6%	13.9%



“Short-term priorities often take precedence over long-term asset management, resulting in a system where artificially low rates ultimately compromise service reliability. Rather than treating water as a long-term public asset requiring continuous stewardship, policymaking often balances visible short-term measures — such as water tank subsidies and free allocations — against less visible or politically sensitive structural reforms, including tariff adjustments, pipe maintenance, and systemic non-revenue water reduction...”

Yet, the volume of water collected and utilized by the Central Water Authority (CWA) is minimal. In 2025, total potable water used amounted to just 114.7 Mm³.

Calculated as a percentage of total water available (precipitation minus evapotranspiration), potable water consumption represented a mere **4.8%** in 2025. Across the 2015–2025 decade, this percentage has remained microscopic, fluctuating between 3.0% (2018) and 4.8% (2025).

Furthermore, the percentage of water collected by the CWA out of total available water was only **13.9%** in 2025 (332 Mm³ collected out of 2,381 Mm³ available) and **7.6%** in 2018. The remaining bulk — over 85% to 92% of available water — is lost as surface runoff (2,041 Mm³ in 2025) flowing unhindered into the Indian Ocean.

For the year 2025, total water consumption (domestic and non-treated agricultural) accounts for **39.8%** of CWA’s storage (domestic water consumption accounts for **35%** of this storage). The remaining **60.2%** of storage is the so-

called ‘non-accounted revenue water’, which include leakages. These figures prove that the water crisis is driven not by a natural deficit of rain, but by severe limitations in capture, storage, and network management.

Socio-Economic Inequality and Climate Amplification

These governance challenges give rise to socio-economic disparities. Larger commercial operations (including garment factories, resorts, and agriculture) often rely on rainwater harvesting or private storage infrastructure, and affluent households routinely purchase private tanks and pumps. In contrast, lower-income households are disproportionately affected by uneven water rationing.

Climate change intensifies these vulnerabilities. Shifted rainfall patterns (rains starting late January) prolong dry periods, while intense torrential downpours occur over fewer days. Outdated drainage systems cannot absorb sudden surges, triggering deadly flash floods — such as the Port Louis floods — while rainwater washes uncollected into the ocean. Meanwhile, growing demand from population growth, tourism, and real estate development further strains the fragile system. Water storage and distribution has not kept pace of these climate dynamics it seems.

☞ Cont. from page 14

What Is Wrong? A Critique of Water Governance

How can a nation afford to lose 85% of its natural water supply while continuing to suffer from severe rationing? A diagnostic review of the Mauritian water sector tells a different story.

Mauritius has a volcanic topography and naturally channels precipitation from high-altitude catchments down to lower plains. This is an important asset that should simplify feed distribution through gravity forces. However, storage infrastructure has failed to capture seasonal peaks. Over 75% of annual rainfall arrives during the summer months (November to April), while the island faces severe dry-season shortages after two to three months of dry weather. Without sufficient reservoirs, billions of cubic meters of rainwater overflow directly into the sea.

However, capturing water is ineffective if distribution networks are broken. Aging distribution pipes suffer from frequent leaks, sudden breakdowns, and low pressure that allows dirty water to enter the system. With almost as 60.2% of non-accounted revenue water, cutting network losses could effectively double the water available for use.

On the question of pipe replacement vs. dam construction economics, fixing leaking pipelines is significantly more cost-effective than building multiple mega-dams when 50% to 55% of distributed water is lost as Non-Revenue Water.

Why are leaky pipes not replaced and new reservoirs not built? Is it an issue of financing? Without adequate capital, maintenance, pipe replacements, and infrastructure expansion cannot be undertaken. Only by reforming water economics and modernizing infrastructure can Mauritius transform its natural rainfall abundance into a reliable, 24-hour supply for all citizens. According to a study I conducted, Mauritian households are willing to pay an average 27% increase in their water bills for a **reliable, 24/7 high-pressure supply**. The demand exists, and the willingness to contribute is present¹.

The right perspective: the political economy of the water sector

Short-term priorities often take precedence over long-term asset management, resulting in a system where artificially low rates ultimately compromise service reliability. Rather than treating water as a long-term public asset requiring continuous stewardship, policymaking often balances visible short-term measures — such as water tank subsidies and free allocations — against less visible or politically sensitive structural reforms, including tariff adjustments, pipe maintenance, and systemic non-revenue water reduction.

Water Tanks and Free Water as Electoral Clientelism

Let's consider the water tank scheme, which provides subsidized or free domestic water storage tanks and pumps. It has served and continue to serve as an effective tool for short-term pacification to the population. It does provide relief to the population. However, instead of fixing the Central Water Authority's leaking distribution network to ensure 24/7 tap pressure, it seems that tank subsidies are used to offset public utility failures privately. From a political perspective, distributing a physical

The Illusion of Scarcity vs. the Paradox of Plenty



“Mauritius faces a governance crisis rather than a physical water shortage. Utilizing under 5% of net available water while letting over 85% run off into the sea is systemic mismanagement. To resolve this crisis, Mauritius must replace political populism with economic logic. Relevant institutions need to come forward with time-bound plans to systematically replace decaying pipes and construct targeted reservoirs, together with their implementation and financing aspects. This also requires deploying digital technologies (flow mapping, predictive modelling) to manage ecological dynamics...”

water tank or promising the first 6 m³ of water free of charge provides an immediate, tangible solution that voters can see and feel in their homes!

Pipe Replacement as Political Reward

While replacing decaying underground pipes is the most effective way to eliminate the 50%–55% Non-Revenue Water loss, it is constrained by politics. There are technical masterplans for pipe renewal across the island; yet actual execution requires ministerial approval to release funding. Funding allocations for pipe replacements can sometimes coincide with election cycles, reflecting short-term regional prioritization over systematic, long-term asset planning.

The “Invisible Project” Problem

But let's face the blunt reality: replacing underground pipes may be politically unrewarding, especially if it is undertaken in an unprofessional manner. It disrupts road traffic, causes temporary economic inconvenience, and importantly, leads to utmost inconvenience if the authorities fail to communicate properly. There is thus the issue related to the capability to undertake such activities. One particular characteristic is that it remains completely invisible once buried underground. The population cannot “see” a new underground pipe, hence, there seems little electoral return on expensive piping overhauls compared to above-ground hand-outs.

Mega-Dams and Supply-Side Ribbon-Cutting

With capital infrastructure, dams (such as the Bagatelle or Midlands projects) serve as grand, highly visible monuments of government achievement. They provide high-profile “ribbon-cutting” photo opportunities prior to national elections. Very often, this creates an

opportunity for a supply-side Illusion: announcing a new dam creates a public narrative that the government is actively “solving water scarcity” by capturing more rain. However, this ignores the facts that the work never starts and economic reality that above 50% of the water captured by new dams will simply leak out of broken pipes before ever reaching a consumer's tap.

Political short-termism and rent seeking

At the root of this political dynamic is what economists call the Political Short-Termism under the Public Choice School. Constructing the dams or reservoirs is a long-term project which exceeds the lifespan of the political cycle of 4 to 5 years. Water storage infrastructure can survive in the short term by covering only operating costs while neglecting capital maintenance and infrastructure, to the detriment of the population. Successive governments defer pipe replacements and infrastructural upgrade, and adopt alternative solutions to win short-term political support, leaving future generations with a collapsing grid. Moreover, implement-

ing sustainable reforms requires changing the whole institutional and financing framework of water storage and distribution to full-cost recovery levels — a decision that is politically painful and risks alienating voters.

Conclusion and Policy Imperatives

Mauritius faces a governance crisis rather than a physical water shortage. Utilizing under 5% of net available water while letting over 85% run off into the sea is systemic mismanagement. To resolve this crisis, Mauritius must replace political populism with economic logic.

Relevant institutions need to come forward with time-bound plans to systematically replace decaying pipes and construct targeted reservoirs, together with their implementation and financing aspects. This also requires deploying digital technologies (flow mapping, predictive modelling) to manage ecological dynamics.

Finally, it is essential to secure a sustained revenue mechanism to fund capital investments, for example through water tariff reforms with revenues directed specifically to capital investments. When political expediency overrides economic logic — compounded by a lack of capacity and commitment — the future of the water sector remains bleak.

Riad Sultan

Reference Note:

¹Sultan, R. (2020). Accounting for the non-market benefits of water supply improvements to ensure sustainability: The case of Mauritius. *International Journal of Critical Accounting*, 11(4), 299–317.

From Our Archives -- A Glimpse into 1961

8th Year No 348

MAURITIUS TIMES

Friday 5 May, 1961

- "I tell you, Nikhil, man's history has to be built by the united effort of all the races in the world, and therefore this selling of conscience for political reasons — this making a fetish of one's country, won't do. I know that Europe does not at heart admit this, but there she has not the right to pose as our teacher. Men who die for the truth become immortal: and, if a whole people can die for the truth, it will also achieve immortality in the history of humanity." — Rabindranath Tagore, *The Home and the World*, Chapter 10.



Peter Ibbotson

I have been re-reading a series of articles from various learned journals, all by Dr H. C. Brookfield (who is now senior research fellow in geography at the Research School of Pacific Studies at the Australian National University, Canberra) and all relating to aspects of the Mauritian economy. In all he refers, at greater or lesser length, to the problems facing the sugar industry. Let me quote briefly from each:

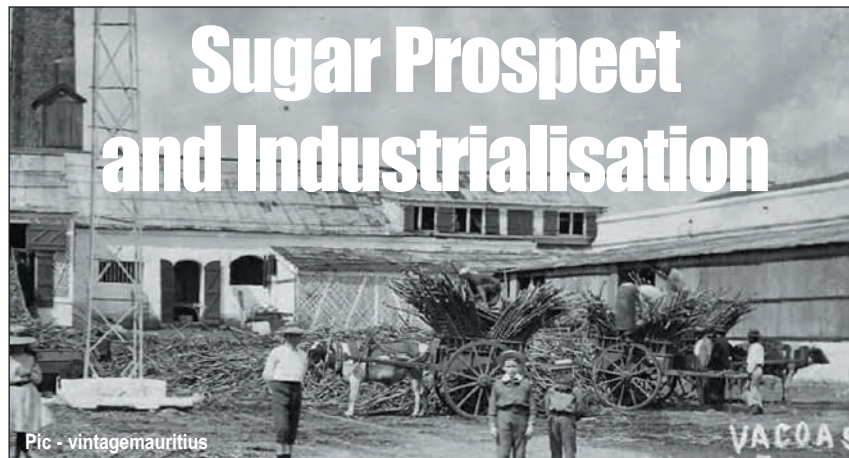
"Provided that a market can be found for sugar grown above the Commonwealth Sugar Agreement quota, and provided that the price remains remunerative, there seems no reason why sugar production in Mauritius should not surpass 700,000 tons, but it is unlikely that this would be matched by more than a small increase in employment. Benefits would accrue in total income and perhaps in the living standards of the sugar industry labour but the marginal productivity of additional labour might well even decline, if greater efficiency is pursued as an aim". (*Population Studies*, November 1957, article entitled *Mauritius: Demographic Upsurge and Prospect*). There are, by the way, additional references to this article in the Titmuss Report.

"Mauritius cannot stand alone, and the island's economic position inspires no confidence in the future... It is likely that the number seeking work will double in little more than a generation, and the limitation of resources, coupled with the fact that the recent expansion of sugar cultivation has been achieved without any substantial increase in employment, make the problem one of extreme gravity." (Article entitled *Pluralism and Geography in Mauritius*, in *Geographical Studies*, No. 1 of 1958). Elsewhere Dr Brookfield has pointed out the number employed in the sugar industry has remained fairly static since that date.

Then in *Problems of Monoculture and Diversification in a Sugar Island: Mauritius* (in *Economic Geography*, January 1959), we read that "since about 1953 the guaranteed market within the Agreement, which absorbs normally over 80 per cent of Mauritian exports at the guaranteed price, has ceased its rapid expansion. Prices have become stable and the world 'free' price recessed. Though failure of other producers to utilise fully their quotas has spared Mauritius the need to restrict output, an increasingly static market, more stable prices, and still rising costs would seem to herald a renewed period of some difficulty for the industry."

In the same paper, Dr Brookfield emphasises that continued increases in yield bring the danger of overproduction. He points out, too, that full bulk handling at all stages from factory to ship is probably essential for the future of the sugar industry, yet it would completely destroy the fibre industry. Developments in the sugar industry will, he thinks, tend to diminish the demand for labour which at present exists. (*The Meade Report*, of course, warns against the danger of adopting labour-saving devices which, although they will benefit the sugar industry will nonetheless damage the economy as a whole).

For my final quotation from Dr Brookfield's articles, I turn to *Population Distribution in Mauritius*, in *The Journal of Tropical Geography*, December 1959, in which he refers to the probable increase in the numbers of those seeking work and says: "Extension of irrigation and the breeding of new



cane varieties for marginal conditions... may yield significant new employment opportunities in parts of the leeward coastlands and on the central uplands, but it cannot be expected that population increases in the existing body of the cultivated area will be matched by new employment on a comparable scale. Already the sugar industry's labour demand is largely satisfied..."

Risks of Expansion

All Dr Brookfield's researches and prognostications add point to the recommendation in the *Meade Report* that a tax should be imposed on sugar production in an attempt to prevent unlimited expansion of the sugar industry with the concomitant of overproduction. Many Mauritians to whom I have talked in London in the last few weeks have expressed doubts as to the wisdom of trying to restrict sugar production; they think that the industry can go on expanding and still be able to find a market for the increased production. I am not so sure.

At one time the market for Mauritian sugar was in India, South Africa and Australia; but in all these countries, a domestic sugar industry was established with the result that the market had to be changed. Nowadays it is the UK and Canada which take the bulk of the exported crop; only 25,000 tons are consumed locally and in Seychelles. Other sugar-producing countries supply other importing countries; but if importing countries developed their own sugar-producing industries (either cane or beet) then the pattern of world trade in sugar would have to be substantially altered and while Mauritius would doubtless continue to supply to the UK it is possible that the UK's imports from Mauritius would be lowered and the trade with Canada might well disappear altogether.

Ghana and Nyasaland, to name only two countries, are planning domestic sugar industries to reduce (or even abolish) the need to import; the uncertainties of Cuban sugar production might well lead the United States to develop beet sugar; and increased beet sugar production in the Communist countries would leave a larger supply of cane sugar to be disposed of at 'free' prices on the world market. Inside ten years it is indeed possible that the pattern of world trade in sugar will be very different from what it is now; it may well be that quotas for sale to guaranteed markets at guaranteed prices will be lower all round, while the free market supply will be larger.

In monetary terms, this may well mean a rather lower guaranteed price for a rather lower guaranteed quota, and a much lower world price for a much larger quantity of 'free' sugar. If expansion continues in Mauritius, this possible prospect could be extremely damaging to the island's economy, particularly to small planters. Mind you, this is taking a very gloomy view, but it is only fair to paint the blackest pos-

sibility. It has been said that China could, and should, be encouraged to consume more sugar.

"Think how much the demand for sugar would go up if only every Chinese used an extra spoonful of sugar a day... " I was told. This is true; think how much the demand would go up if everyone in the world used an extra spoonful a day! But to return to the quoted example of China — if sugar consumption is to increase in China, then it is very probable that it will be through the development of home-grown cane and beet sugar, not through the import of foreign cane sugar (except perhaps under

barter agreements with cane-producing countries). No; I am unable to share the optimism that seems to prevail throughout Mauritius — that everything in the sugar garden is quite all right and will continue to be quite all right, presumably to the last syllable of recorded time.

Unemployment Problem

If we accept that Mauritius can continue to rely on her sugar exports and rely on the sugar industry expanding its production thanks to technical and technological developments in processing and to agronomic developments in growing and breeding new varieties, we are however still left with the question: "Will the expanded sugar production absorb the increased population?" Since past history tells us that the answer to the question facing the optimists is "No", both optimists and pessimists have to find an answer to the problem of jobs for the extra Mauritians — for the extra thousands of Mauritians, in fact.

Tobacco-growing is too high-cost an industry in Mauritius to be able to compete on the world market as an export crop; but consumption of home grown tobacco can be encouraged by higher duties on imported tobacco, both manufactured and unmanufactured. Bulk handling of sugar will, as Dr Brookfield says, tend to kill the fibre industry; land now under aloes could perhaps be cleared and replanted with other crops. There is land at present waste or under-cultivated which could perhaps be used for food crops, especially potatoes.

I agree that Mr Betts's discussion (in his 1948 report) of the future of the sub-marginal land is over-optimistic; but the soil survey now being undertaken should show which sub-marginal land needs the least treatment to enable it to be put to productive use. Acidity of land can be corrected by the application of fertilisers; disease can be eradicated or at least minimised by pest control; deterioration in store can be obviated by the provision of cold storage facilities — and thus the objections of the Department of Agriculture can be countered.

Tea is, of course, the current 'white hope'; it is suited to the climatic conditions of land not suited to the presently available varieties of sugar and it is a high labour crop, which is of course something very much in its favour for the probable overcrowded future of Mauritius. It is very probable that the future for the tea industry is very rosy both on the export market and at home. As the population rises, there will be greater domestic demand for tea, which will help economies of scale, which in their turn will help the price of exported tea to be more competitive on the world market.

The full text is available online. Please consult:
www.mauritiustimes.com

Au-delà de la tourmente: Les bienfaits inattendus du calme et du silence lors des couvre-feux

Les situations de crise, qu'elles soient d'ordre sanitaire, comme la pandémie de Covid-19, ou qu'elles découlent de troubles sociaux majeurs, s'accompagnent généralement de mesures exceptionnelles, perçues de prime abord comme de lourdes contraintes. C'est notamment le cas des restrictions de circulation et du couvre-feu nocturne imposés par le gouvernement à Maurice. Fixé de 20h30 à 6h00 dans un premier temps et à 5h00 du matin par la suite, ce type de dispositif perturbe inévitablement l'économie de la nuit, l'industrie touristique et ternit temporairement l'image internationale d'une nation traditionnellement réputée pour sa stabilité et sa paix sociale. Pourtant, à l'échelle individuelle et collective, ces parenthèses forcées offrent une opportunité rare de redécouvrir les vertus insoupçonnées du silence, de l'apaisement et de la reconnexion à soi.

Le premier bienfait manifeste de ces restrictions réside dans l'impact immédiat du silence urbain sur la santé mentale. Dans nos sociétés modernes, l'agitation permanente, la circulation automobile incessante, les klaxons et les bruits de fond continus soumettent le système nerveux à un stress chronique souvent sous-estimé. Les neurosciences et la psychologie environnementale l'ont démontré: la pollution sonore est une source majeure d'anxiété, de fatigue mentale et de troubles du sommeil.

Lors d'un couvre-feu, la disparition soudaine du tumulte routier et commercial transforme radicalement l'ambiance des quartiers. Le retour à un silence profond, en particulier la nuit, permet au cerveau de basculer dans un état de récupération optimale. La baisse des décibels agit comme un véritable baume psychologique, réduisant les niveaux de cortisol (l'hormone du stress) et favorisant un sommeil

plus réparateur.

De surcroît, le ralentissement imposé par le couvre-feu agit comme une rupture salutaire face au rythme frénétique de la vie quotidienne. Qu'il s'agisse des confinements sanitaires passés ou des couvre-feux de sécurité publique, ces mesures forcent paradoxalement les citoyens à s'arrêter. Dans le tourbillon de la vie contemporaine, rares sont les moments où l'individu est incité à lever le pied sans culpabilité. Cette pause nocturne obligatoire offre un espace de repli intime, propice à l'introspection, à la lecture, à la méditation ou au renforcement des liens familiaux sous le même toit. Loin des sollicitations extérieures permanentes, ce temps suspendu permet à beaucoup de réévaluer leurs priorités et de retrouver un équilibre émotionnel ébranlé par le stress de l'actualité.

Sur un plan purement environnemental, ces mesures offrent un répit spectaculaire à la nature, dont les bienfaits se répercutent indirectement sur notre bien-être. L'absence de circulation automobile entraîne une chute drastique des émissions de gaz à effet de dioxydes et de particules fines. L'air se purifie, le ciel nocturne s'éclaircit, et la faune urbaine, libérée de la pression humaine, reprend ses droits. Respirer un air plus pur et observer un environnement apaisé contribue à un sentiment général de bien-être et d'harmonie, rappelant à l'homme sa place au sein d'un écosystème plus vaste.

Bien entendu, il serait illusoire d'ignorer les répercussions économiques et sociales négatives qu'engendrent de telles restrictions. Pour les commerces de nuit, les restaurateurs et les acteurs du secteur informel, chaque heure de couvre-feu représente un manque à gagner con-



Ces heures de silence forcé révèlent la fragilité de notre ordre social, tout en nous rappelant la valeur du calme

sidérable. De même, pour un pays comme Maurice, dont la réputation internationale repose sur son hospitalité, sa sécurité et sa démocratie pacifique, des troubles civils suivis de mesures d'exception constituent un coup dur à surmonter. La levée prochaine de ce couvre-feu, attendue par la population et les opérateurs économiques, permettra de rétablir le cours normal de la vie active et de soigner l'image de marque de l'île.

Néanmoins, en dressant le bilan de ces heures de silence forcé, force est de constater que l'expérience laisse une empreinte paradoxale. Elle nous rappelle la fragilité de notre ordre social, mais elle nous offre aussi une leçon fondamentale sur la valeur du calme. Le couvre-feu, malgré sa genèse douloureuse et ses désagréments, agit comme un révélateur: il nous démontre à quel point nos esprits ont un besoin vital de silence pour guérir des agressions du monde moderne. Lorsque la vie reprendra pleinement son cours, l'enjeu pour chacun sera de savoir préserver un peu de cette quiétude retrouvée, transformant une contrainte politique en une sagesse durable pour le mieux-être de la communauté.

Visite aux Bahamas: Charles III pris au piège des dettes de l'Empire

Alors que le roi Charles III s'apprête à entamer, le 27 octobre 2026, une tournée royale de neuf jours dans les Caraïbes — comprenant des étapes aux Bahamas, à Antigua-et-Barbuda et en Guyane — le déplacement s'annonce politiquement délicat. Accompagné de la reine Camilla, le souverain britannique se rend dans une région qui conteste de plus en plus vigoureusement l'héritage de la monarchie et exige des comptes pour les atrocités de la traite négrière transatlantique. À l'approche de cette visite, la question centrale des réparations financières pour l'esclavage s'impose comme un sujet incontournable, mettant à l'épreuve la diplomatie de la Couronne britannique.

Ces derniers mois, la pression s'est considérablement intensifiée à l'encontre de Londres. Une délégation ministérielle jamaïcaine a notamment soumis une pétition juridique de haut niveau au palais de Buckingham, demandant au roi de saisir le Conseil privé pour déterminer si l'esclavage violait les lois de l'époque et si une obligation légale de compensation subsistait.

Les comités locaux de réparation, à l'instar du Bahamas National Reparations Committee, ont publiquement exhorté le monarque à ne pas arriver «les mains vides». Pour ces mouvements, la visite ne saurait se limiter à des célébrations culturelles de façade; elle doit s'accompagner d'une reconnaissance tangible et de réparations pour les préjudices historiques subis par les nations insulaires.

Pourtant, la position officielle du gouvernement britan-



Les comités locaux de réparation, à l'instar du Bahamas National Reparations Committee, ont publiquement exhorté le roi Charles III à ne pas arriver «les mains vides». P - Facebook

nique et de la Couronne demeure inflexible. Si les dirigeants successifs du Royaume-Uni et la famille royale ont exprimé par le passé de «profonds regrets» et employé le qualificatif «abominable» pour désigner l'esclavage, Downing Street maintient une ligne rouge stricte: aucun versement de réparations financières ne sera effectué, et le gouvernement britannique n'a jamais formulé d'excuses juridiques formelles. Pour Londres, l'heure est à la consolidation de partenariats économiques et diplomatiques contemporains, et non au règlement de dettes historiques.

Le palais de Buckingham a toutefois indiqué que le roi Charles III ne cherchera pas à éluder le sujet lors de son séjour aux Bahamas. Conscient des sensibilités locales, le souverain devrait aborder «les jours les plus sombres de notre passé» et reconnaître la complexité de l'histoire colo-

niale. Cependant, les services du roi ont clairement exclu toute discussion sur des compensations financières ou des excuses d'État au cours de ce périple. L'itinéraire a été soigneusement conçu pour mettre en avant la résilience, le leadership environnemental et l'avenir des nations caribéennes, évitant ainsi d'ouvrir la voie à des négociations que le Royaume-Uni refuse catégoriquement.

Ce positionnement illustre le dilemme constant auquel fait face la monarchie britannique dans les anciens territoires de l'Empire. D'un côté, le souverain cherche à incarner une figure d'unité et de modernité au sein du Commonwealth, tout en naviguant dans un climat où plusieurs pays caribéens affichent leur volonté de couper les ponts avec la Couronne pour devenir des républiques. De l'autre côté, la persistance des revendications mémorielles et économiques rappelle que les plaies de la colonisation restent vives et ne sauraient être effacées par de simples discours de sympathie.

Pour les Bahamas et l'ensemble de la région, la visite de Charles III sera donc scrutée à la loupe. Si le monarque abordera sans doute l'histoire avec la mesure qui s'impose, le fossé entre les attentes des peuples caribéens et la fermeté de la position britannique met en lumière l'urgence d'un dialogue plus profond. À l'heure où les jeunes nations des Caraïbes affirment leur pleine souveraineté sur la scène internationale, la tournée royale de 2026 rappelle que la légitimité d'une institution multiséculaire ne dépend plus seulement de son prestige, mais de sa capacité à affronter, avec équité et respect, certaines vérités inconfortables de l'histoire.

A. Bartleby

The dangers of 'pessimism fatigue'



Pic - cvmedpro.com

Seemingly endless warnings of impending calamity across a range of issues are causing people to become indifferent to genuine risks, a leading commentator argued. "Pessimism fatigue" has left citizens across the West increasingly numb to warnings about crime, AI's impact on jobs, finances or humanity, climate change, Russian militarism and much else, Janan Ganesh wrote in the Financial Times. "There was no malice behind the raising of these alarms," he noted. "But the effect, which has been to desensitize people to other warnings, is poisonous." Unrelenting pessimism, Ganesh continued, can have negative consequences by ultimately leaving people less vigilant. "Despair is dangerous because, over time, if it is falsified more often than not, it makes us less vigilant, not more."

* * *

Shoulder season travel booms

Too-hot summers, too-high prices, and too-busy destinations are pushing holidaymakers to take vacations deeper into fall.

The "shoulder season" -- the stretch between peak summer travel, now bleeding into September and October, and the holiday period -- is now among the most popular times to travel, a travel agency told The New York Times, with fall bookings up 59% year-on-year.

Popular European destinations are regularly seeing 40°C (104°F) summer days, and travellers are adjusting accordingly. As well as scheduling trips later in the year, travel to colder places like Norway and Iceland has seen rapid growth, according to National Geographic.

There's a financial incentive, too. November prices are up to 19% lower than those of the previous two months.





Ministry of Energy and Public Utilities



IMPORTANT COMMUNIQUE

Water Tank Grant Scheme:

enregistrement à partir du lundi 12 octobre 2026

Le cabinet a approuvé l'extension du **Water Tank and Water Pump Grant Scheme**, proposé par la Development Bank of Mauritius, à tous les foyers qui ne disposent pas encore de réservoirs d'eau.

Cette décision se situe dans un contexte de crise de l'eau et vise à permettre aux ménages de disposer d'une capacité de stockage suffisante.

Le programme prévoit une subvention pour l'acquisition de deux réservoirs, d'une capacité de **1000 litres** et de **500 litres** et d'une pompe à eau pour une valeur totale de **Rs 15,000.**





ENREGISTREMENT

La CWA demande à ses abonnés de venir de se faire **enregistrer à partir du lundi 12 octobre 2026 entre 9.00 am et 15:00** à son Head Office à Saint Paul ou à n'importe lequel de ses bureaux à travers le pays selon le calendrier suivant:



Lettres **A - M :**
du lundi au mercredi

Lettres **N - Z :**
du jeudi au vendredi



DOCUMENTS À PRÉSENTER

Ils doivent être munis de leurs **cartes d'identité nationale** et d'une **facture de la CWA.**





Numéros utiles: 6015000 / 170 / 55000025

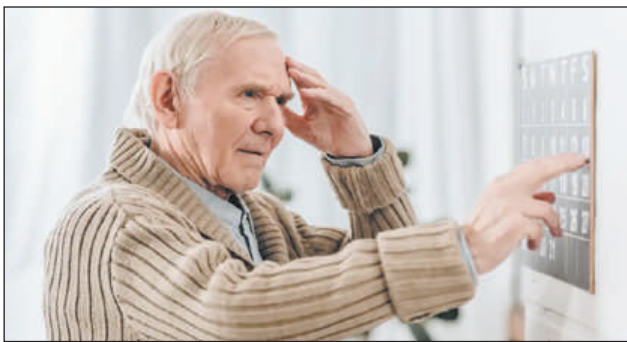
Ce 10 octobre 2026

Alzheimer's: How a brain breakthrough reveals new ways to protect your memory

A groundbreaking study led by Professor Thomas Willnow at Aarhus University in Denmark offers new insight into Alzheimer's disease and reveals how daily lifestyle choices can help mitigate the risk, even for those carrying the high-risk "Alzheimer's gene."

Published in *Nature Metabolism* and originally reported by Kristoffer Norager Moller in *Science Illustrated*, the research centers on the APOE4 gene variant. Roughly 24% of the global population carries at least one copy of APOE4, which increases the likelihood of developing Alzheimer's by two to three times, while inheriting two copies increases the risk up to 12-fold.

Historically, science taught that brain cells rely exclusively on glucose for fuel. However, Willnow's team discovered that as the brain ages and loses its ability to process glucose efficiently, healthy cells adapt by switching to fats (lipids) for energy and structural repair. The problem arises with the APOE4 variant, which effectively blocks nerve cells from making this vital fuel switch.



Comparing the brain to a hybrid car, Willnow explains that when age impairs the brain's ability to burn glucose ("petrol"), a healthy brain switches to fats ("electricity"). In a brain with APOE4, this "battery" is defective. Starved of energy, nerve cells begin to die, leading to memory loss and cognitive decline.

While pharmaceutical researchers work on therapies to bypass this genetic roadblock, Willnow emphasizes

that lifestyle habits offer immediate protection:

Dietary Signalling: Rather than simply consuming more fats, individuals should eat polyunsaturated fatty acids found in fatty fish, nuts, and seeds. These specific lipids send a crucial signal instructing brain cells to utilize fat reserves.

Plant-Based Foods: Adopting a plant-rich diet low in animal fats lowers overall risk.

Brain Training: Engaging in mentally stimulating activities — such as learning a new language or playing an instrument — builds cognitive reserve, allowing the brain to better tolerate cell loss.

Physical & Social Activity: Exercise and social engagement remain fundamental tools to "outrun" genetic predisposition.

Although APOE4 raises vulnerability, it is a risk factor, not an inevitable diagnosis. As demonstrated in *Science Illustrated*, a healthy lifestyle remains a powerful defense against cognitive decline.

Seven days of meditation may change the brain and body

Just seven days of intensive meditation and mind-body practices may produce measurable changes in the brain and body, according to research from the University of California, San Diego (UC San Diego).

The study, published in *Communications Biology*, was led by Alex Jinich-Diamant, a doctoral student in the Departments of Cognitive Science and Anesthesiology at UC San Diego. Senior author Hemal H. Patel, professor of anesthesiology at UC San Diego School of Medicine and a research career scientist at the Veterans Affairs San Diego Healthcare System, was also involved.



The researchers studied 20 healthy adults who took part in a seven-day residential retreat involving lectures, about 33 hours of guided meditation and group healing practices. Brain scans and blood samples were taken before and after the programme.

The results indicated changes in several biological systems, including brain activity, metabolism, immune signalling and the body's natural pain-control mechanisms. Laboratory experiments also found that blood plasma collected after the retreat encouraged neurons to develop longer branches and more connections — changes associated with neuroplasticity, the brain's ability to adapt and reorganise.

Blood samples showed increased levels of endogenous opioids, chemicals naturally produced by the body that help regulate pain. Changes were also detected in metabolic and immune pathways.

Participants reported stronger mystical or altered states of consciousness after the retreat. Some of the associated patterns of brain connectivity resembled those previously observed during psychedelic experiences, although the participants had not taken psychedelic drugs.

The findings are intriguing, but they do not establish that meditation can treat disease. The study was small, involved healthy adults and combined several practices. Further research will be needed to determine which elements produced the changes and how long they last.

The study nevertheless adds to growing evidence that mental practices can have measurable biological effects.



Why can't humans regrow limbs like salamanders?

Understanding how certain animals can regenerate entire organs and limbs could help heal injuries in people.

Imagine losing an arm and simply growing a new one. While this sounds like science fiction, creatures like salamanders and zebrafish do it routinely. If a salamander loses a leg, it regrows a complete replacement with bones, muscles, and nerves. Zebrafish can repair injured fins and even damaged hearts and brains.

When humans suffer a severe injury, our bodies quickly close the wound to prevent infection, but we heal with a scar rather than regrowing the missing part. Regenerating animals go a crucial step further by activating a molecular regeneration program. Injury cues specialized cells to revert to a premature state, forming a temporary construction zone called a blastema. Cells within the blastema multiply, remember their origins, mature into appropriate tissue types, and precisely know when to stop growing to prevent deformities or cancer. Nerves also play a vital role by sending signals that trigger blastema formation.



Zebrafish are one of scientists' favorite animal models. Pogrebnoj Alexandroff/Wikimedia Commons, CC BY-SA

Why can't humans do this? While we possess some regenerative powers—such as healing skin, renewing blood, and regenerating parts of the liver or children's fingertips—we lack the ability to regrow complex limbs. Interestingly, evolution involves trade-offs. For instance, adult male zebrafish have pectoral fins that regenerate



Salamanders like axolotls are champions of regeneration. Jaouad.K/iStock via Getty Images Plus

less effectively because they have developed specialized structures for reproduction. Specialization in survival or reproductive traits can sometimes come at the direct cost of regenerative capacity.

To bridge this gap, scientists at the University of Wisconsin-Madison are investigating the fundamental rules of regeneration. Researchers explore how nerves control regrowth, how genes guide tissue repair, and whether these biological instructions can eventually be unlocked in mammals. By studying nature's champions of regeneration, researchers hope to one day harness these secrets to vastly improve human healing. To bridge this gap, scientists at institutions like the University of Wisconsin-Madison are investigating the fundamental rules of regeneration. Researchers explore how nerves control regrowth, how genes guide tissue repair, and whether these biological instructions can eventually be unlocked in mammals. By studying nature's champions of regeneration, researchers hope to one day harness these secrets to vastly improve human healing.

Junsu Kang

Associate Professor of Cell and Regenerative Biology, University of Wisconsin-Madison

Laughter is the Best Medicine

Sometimes the Bull Wins

A man went to Spain on vacation and stopped by a nice local restaurant. Looking at the menu, he saw an interesting dish and asked the waiter about it.

The waiter leaned in and whispered, "Son los cojones del toro — the testicles of the bull, sir. We only serve it once a day, right after the afternoon bullfights."

Intrigued, the man ordered it for the following day.

When he returned the next evening, his dish was brought out — but as soon as it hit the table, he noticed something was off.

"Excuse me," the man said, looking down at his plate. "Why are these so much smaller than the ones I saw yesterday?"

The waiter shrugged sympathetically and replied:

"I'm sorry, sir... but sometimes the bull wins."

The Ultimate Traffic Stop

A woman gets pulled over for speeding. The officer walks up to her window and says, "Ma'am, can I see your license?"

She replies, "I don't have one. It was revoked for drunk driving."

The officer is stunned, but presses on. "Can I see the registration for the car?"

"It's not mine," she says coolly. "I stole it, and the owner's body is in the trunk."

The officer backs away nervously and immediately calls for backup. Within minutes, a swarm of squad cars arrives, led by the Chief of Police himself.

The Chief cautiously approaches the driver's side and asks, "Ma'am, my officer says you have no license, a stolen car, and a body in the trunk?"

The woman looks completely confused, reaches into her glove compartment, and hands him her completely valid driver's license and vehicle registration.

The Chief looks them over, confused, and pops the trunk. They check inside -- it's completely empty.

The woman sighs, shakes her head, and mutters, "I bet that liar told you I was speeding, too."

The Secret to a Long Marriage

A husband was walking through the shopping mall, holding his wife's hand tightly.

Suddenly, an old friend bumped into them, smiled warmly, and said, "Bro, it's been so many years since your wedding,

but seeing your love and affection for your wife even today makes my heart so happy."

The husband groaned, leaned in close, and whispered: "It's nothing like that, buddy. If I let go of her hand, she runs straight into a shop!"

A Father's Long-Term Strategy

A 65-year-old man sat across from his doctor at the hospital and said, "Doc, I'm willing to pay extra for my stay... but I have one request. During my treatment, please make sure my nurse is exceptionally beautiful."

The doctor looked surprised, raised an eyebrow, and said, "Sir, at your age, you should be focused entirely on your health and recovery!"

The old man chuckled and replied, "Doc, you completely misunderstood me."



He leaned forward with a grin. "I have two adult sons. If the nurse is gorgeous, those two idiots will actually come visit me at the hospital twice a day just to check how I'm doing!"

The Message to the Moon

A Mexican house cleaner working in a California home told the lady of the house that she was quitting.

"But why are you leaving?" the lady asked.

"I'm in the family way," replied the maid.

The lady was shocked. "Who was it?"

"Your husband and your son."

The lady was horrified and demanded an explanation. "How did it happen?"

"Well, I go to the study to clean it, and your husband says, 'You are in the way.' Then I go to the living room to clean it, and your son says, 'You are in the way.' So, I'm in the family way, and that's why I'm quitting!" said the maid.

A Message from the Moon

When NASA was planning the Apollo missions, it conducted training exercises on a Navajo Indian reservation.

One day, a Navajo elder and his son were herding sheep when they came across the space crew. The elder, who spoke only Navajo, asked a question, which his son translated: "What are these men in the big suits doing?"

One of the crew members explained that they were preparing for their upcoming journey to the Moon. The elder then asked the astronauts to deliver a message to the Moon.

Recognising a promotional opportunity, NASA's public relations team found a tape recorder and recorded the elder's message.

NASA later took the recording back to the reservation, where the rest of the tribe listened to it and burst out laughing. However, they refused to translate the elder's message.

Finally, NASA called in an official government translator. After listening to the recording, he reported that the message said:

"They have come to steal your land!"

My Dad Did It!

An army brat was boasting about his father to a navy brat.

"My dad is an engineer. He can do anything! You know the Alps? Well, it was my dad who built them!"

"That's nothing!" replied the navy brat. "You know the Dead Sea? Well, it was my dad who killed it!"

Bad Bernie

Bad Bernie had been in prison for seven years.

The day he was released, his wife and son were there to pick him up.

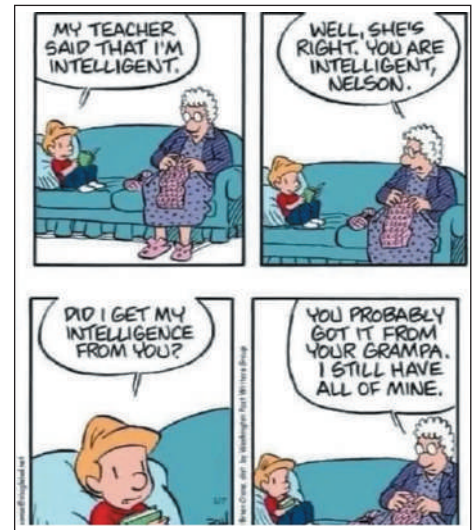
He walked through the gates, got into the car and said just two letters: "F.F."

His wife turned to him and replied, "E.F."

As they drove along the highway, he said again, "F.F."

She simply answered, "E.F."

He repeated, "F.F."



Once again, she replied, "E.F."

"Mom! Dad!" their son finally shouted. "What's going on?"

Bernie turned to him and explained, "Your mother wants to eat first!"

Hunting Flies

A woman walked into the kitchen and found her husband stalking around with a fly swatter.

Wife: "What are you doing?"

Husband: "Hunting flies."

Wife: "Oh. Killing any?"

Husband: "Yep, three males and two females," he replied.

Wife: "How can you tell them apart?"

Husband: "Three were on a beer can, and two were on the phone."

Two Chickens

Frank and Jim are walking down the street when Jim turns to Frank and asks, "Frank, if you had two top-of-the-line Mercedes-Benz cars, fully equipped with electric windows, CD players and all the extras, and they were exactly alike, would you give me one?"

Frank replies, "Jim, how long have we known each other? Thirty years? We've been best friends since school. If I had two identical, fully equipped Mercedes-Benz cars, yes, I'd give you one."

They continue walking.

A couple of minutes later, Frank turns to Jim and asks, "Jim, if you had two luxury yachts, equipped with all the modern conveniences, and they were exactly alike, would you give me one?"

Jim replies, "Frank, you and I are like brothers. You were the best man at my wedding, you attended my son's wedding, and we've been members of the same lodge for years. If I had two identical luxury yachts, with all the modern conveniences, then yes, Frank, I'd gladly give you one."

They continue walking.

A couple of minutes later, Jim turns to Frank and asks, "Frank, if you had two chickens, would you give me one?"

Frank immediately protests, "Now, hold on there, Jim! You KNOW I've got two chickens!"

Inspiration

Taking Things to Heart

When we are criticized or attacked, it is important to not take it into our heart space

One of the most difficult challenges in life is learning not to take things to heart or hold on to them. We take so much of what comes our way to heart -- especially when we're younger or very sensitive. This can be overwhelming and unproductive if it throws us off balance on a regular basis. When we are feeling criticized or attacked from all directions, it becomes very difficult for us to recover and continue to speak and act our truth. This is when we would do well to remember the old saying about letting certain things roll off us -- like water off a duck's back.

Most of the time, the attacks and criticisms of others have much more to do with them and how they are feeling than with us. If we get caught up in trying to adjust ourselves to other people's negative energy, we lose touch with our core. In fact, these slings and arrows offer us the opportunity to strengthen our core sense of self as we learn to dodge and deflect other people's misdirected negativity. The more we do this, the more we are able to discern what belongs to us and what belongs to other

TAKING THINGS TO HEART

"When we are criticized or attacked, it is important to not take it into our heart space."

Difficult challenge: Learning to not hold on.

Overwhelming & unproductive: Throws us off balance.

Hard to recover & speak truth when feeling attacked.

We absorb much when young or sensitive.



OPPORTUNITY FOR STRENGTH

- Attacks are usually about THEIR feelings.
- Strengthen our core sense of self.
- Dodge & deflect misdirected negativity.
- Practice discernment: What belongs to US vs. THE ENEMY?
- Master energetic integrity.

EMERGING STRONGER

Discerning constructive feedback

Maintaining balance

- Tend to ourselves compassionately.
- Recognize when we can't take something in.
- Hear feedback: Keep constructive, release the rest.
- Make like a duck, shaking it off and letting it roll off our back.
- Continue our way in the world.

people. With practice, we become masters of our energetic integrity, refusing to serve as targets for the disowned anger and frustration of the people around us.

Eventually, we will be able to hear the feedback that others have to offer, taking in anything that might be constructive and releasing that which has nothing to do with us. First, though, we need to tend to ourselves compassionately by recognizing when we can't take something in from the outside without hurting ourselves. This is when we make like a duck, shaking it off and letting it roll off our back as we continue our way in the world.

Daily Om

The Short Story

The Lantern in the Dark

A blind man was walking through a dark village at night, carrying a lighted lantern. Another villager laughed and asked, "Why are you carrying a lantern if you cannot see? Darkness and light are the same to you."



The blind man smiled and replied, "I am not carrying the lantern for myself. I am carrying it so that foolish people like you do not stumble over me in the dark."

The Lesson: Setting clear boundaries and protecting your peace isn't just about your own comfort -- it also teaches others how to treat you respectfully in relationships.

True Stories

Sean Connery & Micheline Roquebrune: A Love Story Beyond Fame

When French-Moroccan painter Micheline Roque-brune encountered Sean Connery at a Moroccan golf tournament in 1970, she didn't recognize him as one of the world's premier movie stars. To her, he was simply a tall, handsome stranger who captured her attention. Though they lacked a shared fluent language -- he spoke English while she spoke French and Spanish -- an instant connection bridged the gap, relying on mutual warmth and body language.

Though they returned to their respective lives after that chance encounter, neither forgot the other. Reconnecting years later, they married in a private Gibraltar ceremony in 1975, embarking on a partnership that would span over five decades.

Living as the spouse of a global



icon brought immense public scrutiny and constant attention from admirers. Yet, Micheline remained steadfast and unintimidated. Understanding the pressures surrounding a Hollywood star, she focused on trust, friendship, and quiet confidence rather than listening to public gossip. "When you marry the most desired man in the world, you have to accept everything," she once remarked. "You have to trust each other and focus on what really matters."

Their shared life flourished through mutual respect and simple pleasures like golf. Beyond their personal bond, Micheline actively touched his professional world. When Connery contemplated returning to his iconic role as James Bond after declaring he would never play 007 again, Micheline jokingly suggested the title Never Say Never Again. Connery loved the idea, and it became the title of his successful 1983 film.

In their later years, the couple retired to the Bahamas to enjoy a tranquil life away from Hollywood. Micheline remained devotedly by his side until Connery passed away in October 2020 at age 90. Beyond the movie glamour, their enduring story proves that true love thrives on trust, shared laughter, and quiet devotion.

Inspiration

Befriending Your Fear

Not every feeling of self-doubt means you're headed in the wrong direction -- sometimes it's a sign you're standing at the edge of something that matters deeply to you.

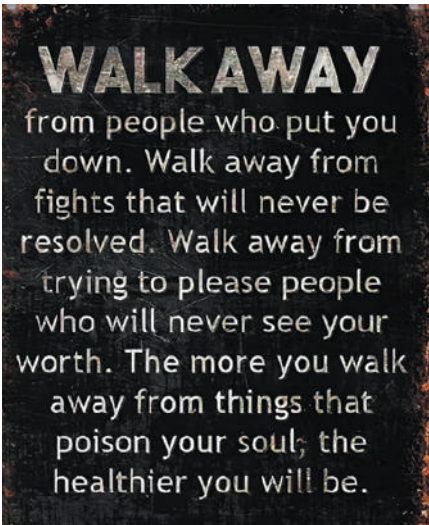
If you were to follow your fear, what specific dream, idea, or life change would it direct you toward right now? So many of us are conditioned to avoid fear, overcome it, or, in some cases, actively run away from it. Of course, some fear exists to protect us. But not every flutter in your stomach or voice of uncertainty means you're heading in the wrong direction. Sometimes fear appears because you're standing at the edge of something that matters deeply to you.

Fear and desire can live right beside each other. The oppor-

tunity you can't stop thinking about, the creative idea you keep returning to, or the change you secretly long to make may also be the very thing that brings up thoughts like What if I fail? What will people think? Am I really ready for this? Rather than treating those questions as stop signs, we might become curious about what they're pointing toward. Often, the things that ask the most courage of us are also the ones inviting us to grow.

Following that kind of fear doesn't mean you need to have the whole path figured out. It might simply mean taking one small, brave step and seeing what opens from there. New people, opportunities, and experiences can appear in ways you never could have predicted. Sometimes fear isn't standing between you and the life you want. It may be walking right beside potential, pointing toward the next beautiful thing waiting to unfold.

DailyOM



Being Mum & Dad

Rebuilding Connections: Essential Parenting Tips

Even if addiction or difficult life circumstances have separated you from your children, they are likely never far from your thoughts. In early recovery, focusing on your own healing is essential to build a solid foundation for change. Once stability is established, repairing and nurturing your relationship with your children becomes a meaningful next step.

Parenting can be challenging, especially during stressful times. Children may reflect parental stress through irritability, moodiness, clinginess, withdrawal, or changes in sleep and appetite. Fortunately, children are remarkably resilient, and effective parenting is a skill anyone can learn. The following practical tips, informed by health and clinical psychologist Amy K. Epner, PhD, can help build structure, warmth, and trust.

Managing Conflict and Choices

Neutralize toy disputes. If children are fighting over a toy and need intervention, take the toy away for the rest of the day. This encourages them to resolve minor conflicts independently.

Offer two choices. Children need a sense of autonomy, but too many options can be overwhelming. Two acceptable choices provide freedom within clear boundaries.

Pick your battles. Not every minor mistake requires confrontation. Focus discipline on important safety and behavioral issues.

Allow independence. Give children opportunities to try new things, make small mistakes, and solve problems themselves. This builds confidence and independence.

Setting Boundaries and Discipline

Establish clear limits. Children feel secure when they understand expectations. Set simple, age-appropriate rules and maintain consistent routines.

Follow through. Empty threats weaken authority. Calm and predictable consequences reinforce boundaries.



Reward effort, not just results. Praise hard work, persistence, and problem-solving rather than focusing only on grades or achievements. This encourages a growth mindset.

Replace problem behaviors. Instead of simply punishing unwanted behavior, teach and reward a constructive alternative until it becomes a habit.

Reduce yelling. Shouting increases tension and may cause children to tune out. A calm voice combined with consistent consequences is more effective.

Communication and Emotional Connection

Use “I” statements. Saying “I feel overwhelmed when...” rather than “You make me angry...” takes responsibility for your feelings and reduces defensiveness.

Empathize first. Acknowledge your child’s feelings before trying to correct a behavior or solve a problem.

Listen carefully. Avoid long lectures. Keep

explanations brief and give your child your full attention when they speak.

Avoid labels and comparisons. Calling a child “the difficult one” or “the smart one” can create limiting expectations. Comparing siblings can also breed resentment. Appreciate each child for their individual qualities and progress.

Apologize when you make mistakes. Taking responsibility teaches humility, honesty, compassion, and accountability.

Nurturing Love and Trust

Give unconditional affection. Make sure warmth, affection, and quality time are not dependent on good behavior or achievements.

Connect every day. Set aside time to talk, play, or simply be together without distractions such as phones or television.

Encourage interests. Support your children’s curiosity, passions, and individual interests, even when they differ from your own.

Create family rituals. Shared meals, weekly activities, or other predictable routines provide stability and create lasting memories.

Say “I love you” every day. Never assume your children know how you feel. Express your love openly and regularly.

Be a Positive Role Model

Children learn by watching their parents. Model healthy habits, including good nutrition, exercise, adequate sleep, patience, and healthy ways of managing stress. Use respectful language and good manners, such as “please” and “thank you.”

Remind children that perfection is impossible and that mistakes are a normal part of learning. Celebrate their successes, encourage them through challenges, and let them know you are always in their corner.

Finally, trust your instincts and give yourself a break. Every family is different, and parenting is an ongoing learning process. During recovery or major life changes, be compassionate with yourself as you develop healthier habits and rebuild your relationship with your children.

Healthy Eating Habits

Simple, Proven Strategies to Master Your Diet and Lose Weight

Achieving sustainable weight loss doesn’t require extreme restrictions or complicated meal plans. By making small, intelligent adjustments to your daily routine, you can manage your appetite, avoid extra calories, and maintain long-term success.

Hydrate and Eat Smart

Before reaching for a snack, start by drinking a glass of water. Thirst is frequently confused with hunger, leading to unnecessary calorie intake. Additionally, never skip breakfast; eating a morning meal rich in fiber and protein prevents binge eating later in the day. Protein — found in lean meats, eggs, and beans — keeps you full longer than carbohydrates. Incorporating fiber-rich foods like oatmeal, fruits, and vegetables also promotes satiety and aids digestion. To manage hunger further, consider eating 4–5 smaller mini-meals throughout the day rather than a few



large ones.

Control Portions and Environment

Managing your environment plays a massive role in calorie control. Purge your cupboards of unhealthy temptations and stock your kitchen with convenient, healthy staples like frozen vegetables, beans, and salad greens. When eating out, order children’s portions or split large meals in half. At home, use smaller plates to make your servings appear larger. Be mindful of evening

snacking — close the kitchen after dinner or limit yourself to a low-calorie treat. You don’t have to eliminate favorite foods entirely; practice moderation by buying single servings instead of bulk packages.

Mindset and Habit Tracking

Weight loss requires a holistic approach that includes lifestyle habits. Getting enough sleep is essential, as sleep deprivation triggers hunger hormones that lead to overeating. Keeping a daily food diary can double your weight loss results by increasing awareness of your eating habits. Track your progress by weighing yourself once a week under consistent conditions and set a realistic target of losing 1–2 pounds weekly. Finally, build a strong support system by sharing your goals with family and friends, and celebrate your milestones with non-food rewards like movies or new purchases.

Health & Life’s Hacks

Morning Sun & Evening Darkness: Master Your Circadian Clock

Your body’s internal 24-hour clock is governed by intrinsically photosensitive retinal ganglion cells (ipRGCs) in your eyes. Getting 10 to 15 minutes of natural sunlight within an hour of waking up stimulates these cells to release cortisol (for daytime alertness) and sets a timer for melatonin production later that night.



Conversely, exposure to artificial blue light from screens (wavelengths around 450–480 nm) within two hours of bedtime tricks your ipRGCs into thinking it is daytime, suppressing nocturnal melatonin release by up to 50%. Dimming lights and avoiding screens before sleep preserves melatonin, allowing for deeper, more restorative REM and slow-wave sleep cycles.

Rakul Preet Singh thrilled to play Surpanakha in Nitesh Tiwari's Ramayana

At the grand international trailer launch event for director Nitesh Tiwari's upcoming epic *Ramayana* in Bengaluru, actress Rakul Preet Singh expressed immense gratitude and excitement about taking on the pivotal role of Surpanakha. According to an exclusive report published by *Bollywood Hungama*, the actress spoke warmly about returning to Bengaluru — the city where her acting journey initially began — and shared her pride in contributing to such an ambitious cinematic masterpiece.

Reflecting on her early career days, Rakul said that Bengaluru holds a deeply cherished space in her life because it was where she landed her very first film role



before even knowing if she wanted to pursue acting full-time. Returning to the city as part of an epic adaptation made the moment particularly emotional and meaningful for her.

Speaking about the scale of the production, Rakul highlighted the grand vision brought to life by director Nitesh Tiwari and producer Namit Malhotra. She empha-

sized that the story of *Ramayana* holds a special place in the hearts of millions across India and around the world, making her participation both a privilege and a profound responsibility. She praised the dedicated craftsmanship of the entire cast and crew, acknowledging co-stars Ranbir Kapoor (Lord Rama), Sai Pallavi (Sita), Yash (Ravana), Sunny Deol (Hanuman), and Ravi Dubey (Lakshman) for their remarkable performances. Expressing her heartfelt hopes for the project, she stated, "I really hope you all love it and give it all the love. There's a lot of hard work that's gone behind."

Produced by Namit Malhotra's Prime Focus Studios alongside DNEG and Yash's Monster Mind Creations, *Ramayana* is designed as a grand two-part cinematic saga. *Ramayana: Part 1* is slated for a global theatrical release on November 5, 2026, with the second installment scheduled for Diwali 2027. Rakul's portrayal of Surpanakha introduces a key narrative catalyst to this star-studded mythological spectacle.

From train singer to Bollywood a-lister: How Ayushmann Khurrana rewrote his destiny



with 2015's *Dum Laga Ke Haisha*. This set off a run of daring choices addressing sensitive themes, including *Andhadhun*, *Badhaai Ho*, *Article 15* and *Bala*. Guided by script discussions with his wife Tahira Kashyap, Khurrana continues to embrace risk-taking with projects like *Thama*, *Ye Prem Mol Liya*, and *Udta Teer*.

Stardom is no longer an 'exclusive club', says Ayushmann

Speaking at the FICCI Frames event in Mumbai alongside filmmaker Sriram Raghavan and Warner Bros. executive Denzil Dias, Ayushmann highlighted how digital culture has reshaped stardom in modern Indian cinema. According to Khurrana, the traditional, unreachable "star club" has broken down due to the rise of social media influencers and content creators.

Khurrana explained that entertainment now exists across parallel universes, each with its own prominent figures that specific audiences follow. Because creator ecosystems thrive independently, theatrical success depends heavily on the strength of the story rather than individual star power alone. He noted that stardom has become relative and that the script itself is now the true star of any project.

Emphasizing a return to authentic storytelling, Khurrana discussed his upcoming spy comedy, *Udta Teer*. Directed as a tongue-in-cheek narrative, the film stars Khurrana as Bilal Ahmad, a Pakistani spy who loses his memory in an accident and mistakenly believes he is an Indian agent. Produced by Karan Johar, Guneet Monga Kapoor, and Adar Poonawalla, the ensemble film -- featuring Sara Ali Khan and the late Mukul Dev in his final screen performance -- is scheduled for release on October 9, 2026.

Ayushmann Khurrana is widely recognized today for pioneering a distinct genre of content-driven Hindi cinema. However, his route to stardom was far from traditional. Born in Chandigarh to an astrologer father and a literature scholar mother, Khurrana originally aimed to become a doctor, even securing admission to a dental college in Karnataka before shifting his focus toward arts and journalism.

During his college years, Khurrana formed theatre groups and actively performed street plays. To fund personal trips with friends, he and his peers regularly sang on Western Express trains to gather money. Despite winning *MTV Roadies* in 2004, he didn't leap directly into movies. Instead, he worked as a radio jockey and television host, even facing rejection during auditions for *Indian Idol 2*.

His big break arrived in 2012 with Shoojit Sircar's *Vicky Donor*, where he played a sperm donor and sang the hit track *Paani Da Rang*. When three subsequent releases flopped, his career revived

Celebrating Hema Malini at 78 & Her Timeless Classics of Bollywood's Dream Girl

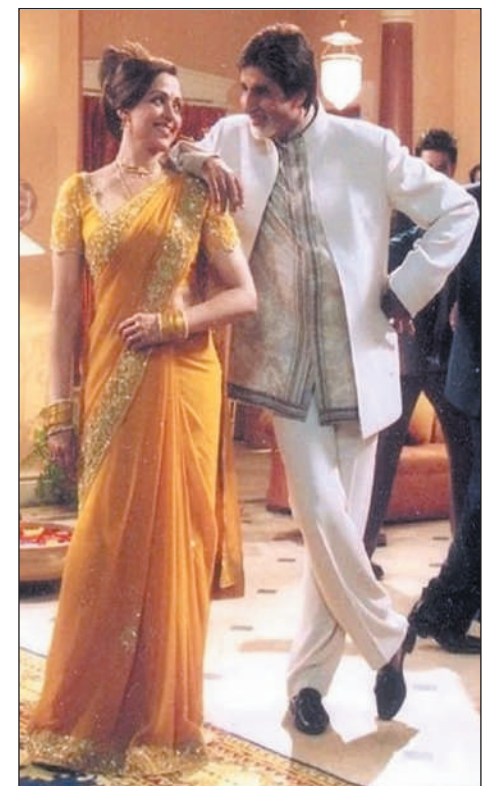


Her cinematic versatility spans numerous genres and eras. In *Baghban* (JioHotstar/Amazon Prime Video), she delivered a deeply moving portrayal of Pooja Malhotra opposite Amitabh Bachchan, depicting the poignant struggles of an aging couple neglected by their selfish children. In the 1977 title film *Dream Girl*, she effortlessly portrayed five distinct disguises to run an orphanage, permanently establishing her famous moniker. Her repertoire also includes the action thriller *Johny Mera Naam* alongside Dev Anand, the family comedy *Satte Pe Satta*, the anti-colonial historical drama *Kranti*, the romantic multi-starrer *Naseeb*, and the spiritual biopic *Meera*, where she played the 16th-century mystic poet Meerabai.

Whether embodying royal elegance in *Trishul* or commanding the stage as a classically trained dancer, Hema Malini's lasting artistic legacy continues to inspire generations of film enthusiasts and aspiring actors across Indian cinema.

As legendary actress Hema Malini turns 78 on October 16, 2026, cinema lovers around the globe celebrate a phenomenal career that shaped the landscape of Hindi cinema. In a detailed retrospective published by *The Tribune*, the spotlight shines on ten iconic performances that solidified her status as Bollywood's ultimate "Dream Girl." Across decades, her rare blend of elegance, classical grace, and dramatic range made her an unmatched screen icon.

Among her most celebrated achievements is her turn as the exuberant horse-cart driver Basanti in the 1975 blockbuster *Sholay* (available on Amazon Prime Video), alongside Amitabh Bachchan and Dharmendra. In the hit comedy-drama *Seeta Aur Geeta*, she brilliantly managed double roles, capturing the distinct traits of two separated twin sisters — one timid and oppressed, the other spirited and bold. Her commanding performance earned wide acclaim and demonstrated her exceptional comedic and dramatic flexibility.

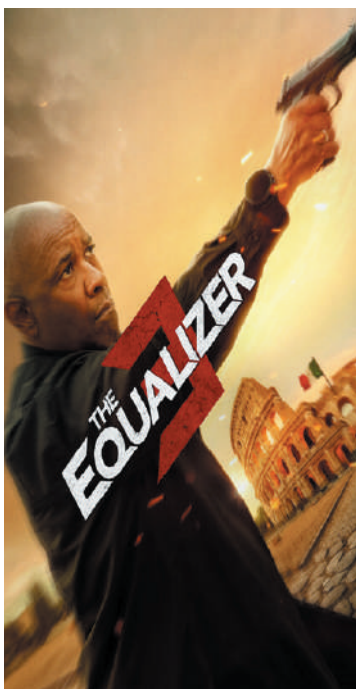




Vendredi 16 Octobre -20.30




Samedi 17 Octobre - 21.00




Dimanche 18 Octobre - 20.20



Programme TV



SERIAL



vendredi 16 octobre

MBC 1

06.15 Serial: Séparé Par L'Amour
07.53 L'homme Qui Valait Trois...
08.39 Tele: Terre D'Esperance
09.02 L'Amour N'a Pas De Recette
09.30 Film: Monster Hunter
11.35 Tele: Happily Ever After
12.00 Le Journal
12.35 Tele: Le Cercle De Feu
13.25 Tele: Lying Heart
13.45 Une Famille Pas Si Parfaite
14.10 Tele: Eclats De Vie
15.00 Live: Samachar
15.30 Tele: Love Of My Life
17.00 Doc: China Farm
17.30 Tele: Happily Ever After
18.00 Samachar
18.30 Serial: Shiv Shakti
19.30 Le Journal
20.14 Zero Stress Avek Miselaine
20.20 Film: Potins De Femmes
22.17 Tele: Le Cercle De Feu

MBC 2

11.30 Local: Glwar Dantan
12.55 La Journee Sous Le Regard
14.08 Local: Nou Later Nou Lamer
14.30 Emotion En Avant Plan
15.30 Local: Paroles Agricoles
17.01 Local: La Sosiete
18.00 Une Famille Pas Si Parfaite
19.30 Local: Parlons Sante Senior
19.45 Local: Evasion
20.15 Local: Sekirite Lor Larout
22.00 Local: La Sosiete
22.30 La Cuisine Rodriguaise
23.23 La Journee Sous Le Regard
23.03 Journal Kreol
23.28 Entrepreneuriat Au Feminin
00.19 Local: Metie
00.38 Local: Saveurs Plus
01.05 Les Grandes Lignes
01.27 Local: Parlons Sante Senior
01.40 Local: Evasion
01.50 Local: Nu Servis An Aksion

MBC 3

05.00 Mag: Aastha TV
08.00 Excerpts From Durga Pooja
09.00 Aaj Ki Charcha
10.14 Na Umra Ki Seema Ho
11.32 Serial: Shiv Shakti
12.00 Film: Amar Akhbar Anthony
15.00 Live: Samachar
15.20 Sayings Radha Krishna
15.48 Dil Ko Tumse Pyaar Hua
16.03 Aaj Ki Charcha
17.30 Serial: Shiv Shakti
18.00 Samachar
18.31 Local: Mati Ke Mol
18.57 Excerpts From Durga Pooja
19.56 Khel Khiladi
20.30 Tenali Rama
21.15 Beyhadh 2
21.33 Shrimad Ramayan
21.57 Wagle Ki Duniya
22.18 Mag: Eco India
22.46 Local: Mati Ke Mol

MBC 5

06.40 Mag: Arts Unveiled Special
07.21 Mag: Tomorrow Today
07.49 Doc: Greenland
10.18 Doc: The Hidden Homeless
11.00 Mag: Eco India
11.55 Doc: US And Them
12.24 Mag: Tomorrow Today
14.27 Doc: Will Non-Alcoholic...
15.00 Snoopy Dans L'Espace
15.13 D.Anime: Berry And Dolly
17.30 D.Anime: Eco India
17.30 Mag: Eco India
18.30 Doc: History Of Things
19.00 Student Support Programme
19.28 Mag: Euromaxx
20.01 Tele: Terre D'Esperance
20.30 News
20.50 Tele: Eclats De Vie
21.35 Doc: Food Up!
21.41 Doc: Panoramas
22.34 Doc: Life On Spectrum

MBC 4

14.25 Serial: Radha Mohan
14.55 Serial: Tenali Rama
15.27 Film: Anjaana Anjaani
Cast: Ranbir Kapoor And Priyanka Chopra
18.00 Samachar
18.30 Udne Ki Aasha
19.00 Do Chutki Sindoor
19.32 Pandya Store
20.01 Mannat - Har Khushi Paane Ki
20.30 Saavi Ki Savaari
20.55 Anupamaa
21.30 Pyaar Ka Pehla Adhyaya
21.57 Serial: Dhruv Tara
22.30 Wagle Ki Duniya
23.00 Serial: Aladdin
23.30 Film: Anjaana Anjaani
Cast: Ranbir Kapoor And Priyanka Chopra

samedi 17 octobre

06.16 Tele: Terre D'Esperance
06.40 Serial: La Brea
07.40 Serial: L'Incroyable Hulk
08.26 Serial: New Amsterdam
09.10 Serial: L'Homme Qui Valait Trois Millions
09.50 Serial: Nautilus
10.50 Serial: Heartland
11.32 Tele: Terre D'Esperance
12.00 Le Journal
12.30 Serial: Asintado
14.52 Doc: Quotes By Famous...
15.00 Live: Samachar
15.20 Doc: Japan Video Topics
15.30 Film: Potins De Femmes
18.00 Live: Samachar
18.31 Dance Deewane Juniors
19.30 Le Journal
21.00 Film: The Equalizer 3
22.48 Serial: L'Incroyable Hulk
23.35 Le Journal
00.10 Serial: Berlin Station

06.00 Local: Mon Jardin Ma Maison
06.30 Local: Tous Egaux
06.45 Local: Point Culture
07.35 Local: Les Grandes Lignes
08.00 Local: Parlons Sante Senior
09.15 Local: La Sosiete
12.30 Mon Jardin Ma Maison
13.05 Local: Les Grandes Lignes
13.30 Local: Parlons Sante Senior
13.45 Local: Evasion
14.00 Local: Sekirite Lor Larout
14.40 Local: Point Culture
15.00 Local: Tous Egaux
16.05 Local: TocToc Doc
19.00 Journal Kreol
19.20 Zero Stress Avek Miselaine
19.45 Local: Metie
20.15 Local: Les Petits Genies
20.45 Music Tour 2026
21.45 En T'oute Intimite
22.37 Local: Mots & Ecrits
23.00 Journal Kreol

05.00 Mag: Aastha TV
08.26 Local: Abhyas Yog
09.00 Aaj Ki Charcha
10.00 Bade Acche Lagte Hai 2
12.00 Dikri Vahalo Dariyo
12.30 Local: Mati Ke Mol
13.43 Mere Dad Ki Dulhan
15.20 Film: Chhote Sarkar
18.00 Live: Samachar
18.30 Radha Krishna
18.31 Local: Sangeet Sarita
19.42 Duniya Mein Iss Saptah
19.53 Bhojpuri Geet
20.59 Film: Omkara
Cast: Ajay Devgn, Kareena Kapoor
23.35 Mag: Rang Tarang
23.58 Sangeet Sarita
00.12 Excerpts From Durga Pooja
01.20 Local: Bhojpuri Geet
02.20 Film: Omkara

06.00 D.Anime: Samsam
06.54 D.Anime: Bestioles Motel
08.07 D.Anime: Jurassic World
08.51 D.Anime: Polly Pocket
09.13 D.Anime: Edmond Et Lucy
09.29 Les Nouvelles Aventures...
10.34 Doc: Going Beyond
11.38 Mag: History Of Things
13.08 Doc: Life On Spectrum
15.05 Snoopy Dans L'Espace
15.08 D.Anime: Berry And Dolly
15.35 Growing Up With Tiantian
16.05 D.Anime: Madagascar
16.51 La Famille Blaireau Renard
18.00 Mag: In Good Shape
19.28 Mag: Afrimaxx
20.01 Tele: Terre D'Esperance
20.50 Tele: Love Of My Life
22.23 Doc: Museums
23.59 Doc: Shades Of Shame
00.42 Mag: In Good Shape
01.08 Doc: The Scene

08.00 Pandya Store
10.02 Mannat - Har Khushi Panne Ki
12.08 Udaariyaan
14.02 Anupamaa
16.21 Shrimad Ramayan
17.30 Vidrohi
18.00 Samachar



18.30 Film: Humko Tumse Pyaar Hai
With: Bobby Deol; Arjun Rampal; Ameesha Patel
21.30 Beyhadh 2

dimanche 18 octobre

06.005 Tele: Terre D'esperance
06.25 Film: Madame Web
08.24 Serial: Nautilus
09.10 Serial: Columbo
10.45 Serial: Heartland
11.30 Tele: Terre D'esperance
12.35 Film: La Voix Du Succès
14.20 Doc: China Farm
15.00 Live: Samachar
15.30 Film: Madame Web
17.30 Doc: Healing Gardens
18.00 Samachar
18.30 Serial: Laughter Chefs
19.30 Le Journal
20.20 Film: St Vincent
Cast: Bill Murray, Melissa McCarthy
22.03 Tele: Laura, Una Vida Extraordinaria
22.45 Serial: Berlin Station
23.30 Le Journal Televisé

08.21 Local: Fam Model
09.10 Local: Les Petits Genies
10.30 Local: Nu Lakwizin
11.00 Local: Nu Rasinn
12.00 Local: Mots Et Ecrits
12.41 Emotion En Avant Plan
14.00 Morisien Konn Ou La Sante
14.35 Local: Nos Aines
15.00 Mon Jardin Ma Maison
16.25 Parlons Sante Senior
16.45 Local: Tous Egaux
17.10 Local: Les Petits Genies
17.40 Local: En Toute Intimite
18.05 Tele: Wildflower
19.20 Zero Stress Avek Miselaine
20.15 Local: Les Klips
23.00 Journal Kreol
23.35 Local: Nos Aines
23.53 Rodrig: Promnad
00.18 Local: Toc Toc Doc
00.32 Local: Nu Lakwizin

05.00 Mag: Aastha TV
06.59 Mag: Fitness Plus
08.00 Excerpts From Durga Pooja
08.56 Local: Bhojpuri Geet
09.55 Mahabharat
12.00 Film: Besharam
15.00 Samachar
15.22 Sangeet Sarita
15.48 Excerpts From Durga Pooja
16.43 Local: Bhojpuri Geet
16.27 Duniya Mein Iss Saptah
16.42 Bhojpuri Geet
18.00 Samachar
18.30 Sayings Radha Krishna
18.31 Local: Puranya Pakwan
18.57 Excerpts From Durga
20.53 Serial: Sa Re Ga Ma Pa L'il...
21.45 Senhur
22.52 Mag: Eco India
23.52 Local: Puranya Pakwan
00.18 Excerpts From Durga

06.00 D.Anime: Samsam
07.27 D.Anime: Zig's Space Ranger
07.41 D.Anime: Les Quiquoi
08.43 D.Anime: Polly Pocket
09.05 D.Anime: Slugterra
09.30 D.Anime: Les Nouvelles Aventures De Caillou
09.43 Serial: The Wonder Gang
10.45 Doc: The Scene
15.05 D.Anime: Berry And Dolly
15.10 D.Anime: Les Petits Carnets...
15.32 Growing Up With Tiantian
15.58 D.Anime: Madagascar
16.21 D.Anime: Abominable Et La...
16.44 La Famille Blaireaux Renard
17.08 Serial: Just Add Water
18.25 Doc: Metro World Tour
19.12 MAG: Science
20.01 Tele: Terre D'Esperance
20.50 Doc: Great Barrier Reef
21.40 Film: Uprising

08.00 Dhruv Tara
10.05 Kundali Bhagya
12.00 Serial: Laughter Chefs
12.38 Dance Deewane Juniors
14.00 Pyaar Ka Pehla Adhyaya
16.00 Wagle Ki Duniya
18.30 Film: Phir Hera Pheri
Cast: Akshay Kumar, Suniel Shetty, Paresh Rawal



21.30 Beyhadh 2
21.50 Mahabharat

lundi 19 octobre

06.40 Tele: Séparé Par L'Amour
08.35 Tele: Terre D'Esperance
09.00 L'Amour N'a Pas De Recette
09.30 Film: The Three Musketeers
11.30 Tele: Happily Ever After
12.00 Le Journal
12.25 Tele: Le Cercle De Feu
13.15 Tele: Lying Heart
13.45 Une Famille Pas Si Parfaite
14.10 Tele: Eclats De Vie
15.00 Samachar
15.30 Film: St Vincent
17.28 Tele: Happily Ever After
18.00 Samachar
18.31 Serial: Shiv Shakti
19.07 Live: Grand Titre
19.30 Le Journal
20.14 Zero Stress Avek Miselaine
20.20 Film: Marry Me
Cast: Jennifer Lopez, Owen Wilson, John Bradley

09.27 Local: Metie
09.38 Local: En Forme
10.30 Rodrig: Plat Du Chef
11.00 Local: Les Klips
12.00 Local: Nu Rasinn
13.00 La Journee Sous Le Regard
14.00 Rodrig: Promnad
15.30 Rodrig: Plat Du Chef
16.01 Local: Les Klips
16.55 La Journee Sous Le Regard
17.00 Morisien Konn Ou La Sante
18.00 Une Famille Pas Si Parfaite
18.30 L'Amour N'a Pas De Recette
19.00 Journal Kreol
19.30 Rodrig: Feminin Pluriel
20.00 Journal Rodrig
21.45 Local: Encounter
22.00 Local: 19 Minutes - Le Point
22.36 Local: Grand Titre
23.00 Journal Kreol
23.20 La Journee Sous Le Regard

05.00 Mag: Aastha TV
09.00 Aaj Ki Charcha
10.00 Senhur
12.00 Film: Amrit
Cast: Rajesh Khanna, Smita Patil, Aruna Irani, Shafi Inamdar...
15.00 Samachar
15.48 Kundali Bhagya
16.30 Local: Aaj Ke Charcha
17.10 Kundali Bhagya
17.30 Shiv Shakti
18.00 Live: Samachar
18.31 Local: Ved Ki Shikshahein
18.59 MBC Prod Monday
20.30 Dharm Yoddha Garud
21.00 Film: Chupke Chupke
Cast: Amitabh Bachchan, Sharmila Tagore
23.25 Shrimad Ramayan
23.49 Wagle Ki Duniya
00.29 Local: Ved Ki Shikshahein

07.09 Mag: Arts Unveiled
09.07 Doc: Cobalt Rush
11.45 Mag: Travel
11.57 Voyage Around A Volcano
12.40 Doc: Arts Unveiled
13.56 Doc: Superpower Laughter
14.39 Mag: Travel
15.00 D.Anime: Berry And Dolly
15.13 Les Petits Carnets Des Perles
15.32 D.Anime: Growing Up With...
15.45 D.Anime: Madagascar
16.08 D.Anime: Abominable Et La...
16.31 La Famille Blaireau Renard
17.20 Doc: Japan Video Topics
18.00 Mag: Eco Africa
19.00 Students Support Program...
19.30 Mag: In Good Shape
20.01 Tele: Terre D'Esperance
20.50 Tele: Eclats De Vie
21.37 Doc: Food Up!
23.12 Mag: Tomorrow Today
23.41 Mag: Eco Africa

14.25 Radha Mohan
14.47 Dharm Yoddha Garud
15.12 Film: Well Done Abba
Cast: Bomman Irani And Manisha Lamba



18.00 Samachar
18.30 Udne Ki Aasha
19.00 Do Chutki Sindoor
19.30 Pandya Store
20.00 Mannat
20.30 Saavi Ki Savaari



Mardi 20 Octobre - 20.25



Mercredi 21 Octobre - 21.0020



Mercredi 21 Octobre - 15.22



Programme TV



MBC 1	MBC 2	MBC 3	MBC 5	MBC 4
05.24 Tele: Séparé Par L'Amour 07.05 Serial: The Lazarus Project 08.35 Tele: Terre D'Esperance 08.43 L'Amour N'a Pas De Recette 09.30 Film: La Voix Du Succès 11.30 Tele: Happily ever After 12.00 Le Journal 12.25 Tele: Le Cercle De Feu 13.15 Tele: Lying Heart 13.45 Une Famille Pas Si Parfaite 14.10 Tele: Eclats De Vie 14.59 Samachar 15.30 Film: Marry Me 17.12 Doc: Let's Make It Tasty 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 20.14 Zero Stress Avek Miselaine 20.25 Film: Madame Web	09.38 Morisien Konn Ou La Sante 11.35 Local: Grand Titre 12.00 Local: Clin D'oeil 13.03 La Journee Sous Le Regard 14.00 Rodrig: Feminin Pluriel 14.30 Local: Coin Jardin 15.30 Local: Mangeons Veg 16.00 Local: Tous Egaux 16.15 Local: Konn Ou Drwa 18.00 Une Famille Pas Si Parfaite 18.30 L'Amour N'a Pas De Recette 19.00 Zournal Kreol 19.30 Local: Itinerer Rodrig 20.00 Zournal Rodrig 20.30 Local: Priorite Sante 21.30 Parliamentary Question.... 22.30 Local: Point Culture 23.00 Zournal Kreol 23.25 Local: Fam Model 23.38 Local: Music Tour 2026 00.30 Local: Parlons Sante Senior	05.00 Mag: Aastha TV 08.00 Local: Ved Ki Shikshahein 09.00 Aaj Ki Charcha 10.00 Serial: Kundali Bhagya 11.31 Serial: Shiv Shakti 12.01 Film: The Burning Train Cast: Dharmendra, Vinod Khanna, Jeetendra 15.00 Live: Samachar 15.20 Saying Radha Krishna 15.55 Pyaar Ka Pehla Adhyaya 17.36 Serial: Shiv Shakti 18.00 Live: Samachar 18.31 MBC Prod Tuesday 18.58 Excerpts From Durga Pooja 19.54 Local: Prakriti 20.30 Dharm Yoddha Garud 21.00 Film: All Rounder Cast: Kumar Gaurav, Rati Agnihotri 23.08 Shrimad Ramayan	06.00 Mag: Eco Africa 06.52 Mag: The 77 Percent 07.46 Doc: Life On The Spectrum 08.38 Doc: Born In Bethlehem 09.25 Mag: Tomorrow Today 11.18 Mag: Eco Africa 11.44 Mag: Choices 12.36 Mag: In Good Shape 13.20 Doc: Life On The Spectrum 14.38 Mag: Choices 15.04 Les Petits Carnets Des Perles 15.34 D.Anime: Sam Le Pompier 15.51 D.Anime: Madagascar 16.14 D.Anime: Peanuts 16.36 La Famille Blaireau Renard 17.00 Serial: H20: Just Add Water 17.30 Mag: Eco Africa 18.00 Mag: REV: The Global Auto... 18.30 Mag: Shift 19.00 Student Support Programme 20.01 Tele: Terre D'Esperance	14.25 Radha Mohan 14.55 Dharm Yoddha Garud 15.30 Film: Tum Milo Toh Sahi Starring: Suniel Shetty, Dimple Kapadia 18.00 Live: Samachar 18.30 Uadne Ki Aasha 19.03 Do Chutki Sindoor 19.33 Pandya Store 20.06 Mannat - Har Khushi... 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: Tum Milo Toh Sahi Starring: Suniel Shetty, Dimple Kapadia
05.36 Tele: Séparé Par L'Amour 08.41 Tele: Terre D'Esperance 09.04 L'Amour N'a Pas De Recette 09.30 Film: Madame Web 11.30 Tele: Happily Ever After 12.00 Le Journal 12.25 Tele: Le Cercle 13.15 Tele: Lying Heart 13.45 Une Famille Pas Si Parfaite 14.15 Tele: Eclats De Vie 15.00 Live: Samachar 15.30 Film: Potins De Femmes 17.30 Tele: Happily Ever After 18.00 Live: Samachar 18.31 Serial: Shiv Shakti 18.55 Live: Grand Titre 19.30 Journal & La Meteo 20.15 Zero Stress Avek Miselaine 21.00 Film: The Equalizer 3 22.50 Tele: Le Cercle De Feu 23.30 Le Journal 00.14 Happily Ever After	09.10 Local: Priorite Sante 10.35 Local: Saveurs Plus 11.30 Local: Les Petits Genies 12.01 Local: Nos Aines 12.30 Rodrig: Itinerer Rodrig 13.02 Local: Anou Kombat Ladrog 13.15 Local: Metie 14.30 Local: Nu Rasinn 15.35 Local: Saveurs Plus 16.00 Local: Glwar Dantan 16.26 Rodrig - Zenn Aktif 16.55 La Journee Sous Le Regard 18.00 Une Famille Pas Si Parfaite 18.30 L'Amour N'a Pas De Recette 19.30 Rodrig Spor 20.00 Zournal Rodrig 20.45 Drogue Une Urgence... 21.15 Local: Parlons Sante Senior 21.30 Local: Agir Ensemble 21.56 Local: Les Klips 22.47 Local: Grand Titre 23.08 Zournal Kreol	08.26 Local: Prakriti 09.00 Aaj Ki Charcha 2025 10.00 Pyaar Ka Pehla Abhyaya 11.31 Serial: Shiv Shakti 12.01 Film: Dahleez Cast: Jackie Shroff, Raj Babbar, Meenakshi Sheshadri 15.00 Live: Samachar 17.11 Radha Mohan 17.31 Shiv Shakti 18.00 Live: Samachar 18.30 Local: Yatra 19.01 Local: Ayush 19.48 Local: Virasat 20.13 Serial: Kaam Daam 20.30 Dharm Yoddha Garud 21.01 Film: Nandini 23.15 Shrimad Ramayan 23.46 Wagle Ki Duniya 00.15 Aaj Aur Kal Bollywood Hits 00.42 Yatra	06.00 Mag: REV: The Global Auto... 06.51 Mag: Made In Germany 11.32 Mag: Shift 11.59 Mag: Made In Germany 13.21 Doc: The World Of Amish 14.05 Mag: Euromaxx 15.00 D.Anime: Berry And Dolly 15.10 Les Petits Carnets Des... 15.35 D.Anime: Sam Le Pompier 16.14 D.Anime: Peanuts 16.37 La Famille Blaireau Renard 17.30 Mag: Rev: The Global Auto... 18.00 Mag: Afrimaxx 18.31 Mag: Planet A 19.00 Student Support Programme 19.30 Doc: Off To Scotland 20.03 Tele: Terre D'Esperance 20.50 Tele: Eclats De Vie 21.40 Doc: La Chine Du Futur 22.33 Mag: Close Up 23.07 Mag: Focus On Europe	14.25 Radha Mohan 14.50 Dharm Yoddha Garud 15.22 Film: Karobaar Starring: Juhi Chawla, Anil Kapoor 18.00 Live: Samachar 18.31 Uadne Ki Aasha 19.02 Do Chutki Sindoor 19.33 Pandya Store 20.00 Mannat - Har Khushi Paane Ki 20.31 Saavi Ki Savaari 21.00 Anupamaa 21.28 Pyaar Ka Pehla Abhyaya 22.00 Dhruv Tara 22.24 Wagle Ki Duniya 22.54 Aladdin 23.30 Film: Karobaar Starring: Juhi Chawla, Anil Kapoor
05.33 Tele: Séparé Par L'Amour 07.11 Serial: Nelle Tue Mani 08.47 Tele: Terre D'Esperance 09.13 L'Amour N'a Pas De Recette 09.35 Serial: Columbo 11.30 Tele: Happily Ever After 12.00 Le Journal 12.25 Tele: Le Cercle De Feu 13.15 Tele: Lying Heart 13.45 Une Famille Pas Si Parfaite 14.10 Tele: Eclats De Vie 15.25 Film: La Voix Du Succès 17.16 Tele: Happily Ever After 18.00 Samachar 18.31 Serial: Shiv Shakti 19.00 Kyunki Saas Bhi Kabhi Bahu 19.30 Le Journal 20.20 Film: Dedh Lakh Ka Dulha Cast: Akhilendra Mishra, Dhruv Chheda, Harshita Panwar, Abhay Pratap Singh	10.30 Rodrig: Plat Du Chef 11.35 Local: Grand Titre 12.24 Local: En Toute Intimite 12.54 La Journee Sous Le Regard 13.25 Local: Saver Kiltirel 14.25 Local: Parlons Sante Senior 14.45 Local: Agir Ensemble 18.00 Une Famille Pas Si Parfaite 18.30 L'Amour N'a Pas De Recette 19.00 Zournal Kreol 19.25 Nou Later Nou Lamer... 20.00 Zournal Rodrig 20.16 Local: Les Grandes Lignes 20.45 Local: Paroles Agricoles 21.15 Local Production MBC 2 21.41 Local: Music Tour 2025 22.54 La Journee Sous Le Regard 23.00 Zournal Kreol 23.34 Local: La Sosiete 23.58 Rodrig: Feminin Pluriel 00.28 Local: Tous Egaux	05.00 Mag: Aastha TV 06.59 Mag: Tarane Purane 08.03 Local: Yatra 08.26 Local: Ayush 09.00 Aaj Ki Charcha 2025 10.00 Serial: Radha Mohan 11.31 Serial: Shiv Shakti 12.01 Film: Bandhan Cast: Rajesh Khanna, Mumtaz Askari 15.00 Live: Samachar 15.20 Sayings Radha Krishna 15.49 Na Umra Ki Seema Ho 16.30 Aaj Ki Charcha 17.10 Na Umra Ki Seema Ho 17.30 Serial: Shiv Shakti 18.00 Live: Samachar 18.31 Local: Amrit Vani 18.42 Bhajan Sandhya 19.57 Local: Hunarbaaz 20.30 Serial Tenali Rama	06.25 Mag: Planet A 08.43 Mag: Close Up 09.15 Mag: Focus On Europe 11.17 Mag: Afrimaxx 14.01 Mag: Close Up 14.31 Doc: Focus On Europe 15.01 D.Anime: Berry And Dolly 15.33 D.Anime: Sam Le Pompier 15.52 D.Anime: Madagascar 16.37 La Famille Blaireau Renard 16.48 Serial: H20: Just Add Water 18.00 Mag: Eco India 18.30 Mag: Choices 19.00 Student Support Programme 19.30 Mag: Tomorrow Today 20.01 Tele: Terre D'Esperance 20.30 Live: New 20.50 Tele: Eclat De Vie 21.30 Doc: Food Up! 22.25 Doc: 9/11 - The Day That... 23.07 Doc: The Plant Wonders...	14.25 Radha Mohan 15.00 Tenali Rama 15.30 Film: Phas Gaye Re Obama Cast: Rajat Kapoor, Neha Dupia 18.00 Live: Samachar 18.30 Uadne Ki Aasha 19.00 Do Chutki Sindoor 19.30 Pandya Store 20.00 Mannat - Har Khushi Paane Ki 20.30 Saavi Ki Savaari 21.02 Anupamaa 21.34 Pyaar Ka Pehla Adhyaya 22.01 Dhruv Tara 22.29 Wagle Ki Duniya 23.05 Aladdin 23.31 Film: Phas Gaye Re Obama Cast: Rajat Kapoor, Neha Dupia



Jeudi 22 Octobre - 15.30

Stars: Rajat Kapoor, Neha Dupia



Jeudi 22 Octobre - 20.20

Stars: Akhilendra Mishra, Dhruv Chheda, Harshita Panwar, Abhay Pratap Singh





Dr Rajagopal
Soondron

The Comfort Zone

After the age of four, we slowly acquired the ability to step into others' shoes. By eleven, as we

entered secondary school, we began encountering entirely new challenges. Picture our mental state as we gathered in the school hall to face an assembly of peers and teachers for a talk or conference: most of us adolescents felt secure and relieved to simply be in the audience — off stage and safely out of the shoes of the rector standing high above us, addressing hundreds of people.

We students, devoid of immediate responsibility, felt an inner glow in the very centre of that crowd, away from the glare of public scrutiny. In that moment, we were in our *comfort zone* — which psychologists define as “a mental space where we engage in activities or situations that are familiar to us and do not cause discomfort or anxiety.”

Many decades later, looking back, we realize that those who remained permanently in that audience comfort zone were perhaps the more timid ones. Meanwhile, those who conquered their low confidence dared, one fine day, to take those few steps onto that very stage. Encouraged by parents and teachers to face the audience below, they recited La Fontaine's “*Le Corbeau et le Renard*” or Rudyard Kipling's “*If*” — taking a significant leap to wriggle out of that enviable comfort zone.

Over the years, our teachers and elders pulled us out of that safety net through various forms of encouragement and guidance, gradually ushering us into the less comfortable *fear zone* — a space not without its own share of minor anxieties and stress. Yet, as we slowly fortified our learning process, character, and personality, we moved into the *learning zone*, perhaps discovering an inner self markedly distinct from others. Later at university, inspired by professors, we dipped deeper into the *growth zone*, equipped with higher self-esteem and a desire to improve ourselves for a noble life goal — finally finding ourselves propelled into the real world of adulthood.

The Psychological Perspective

This is how psychologists, in their attempt to understand human performance, visualize the abstract workings of the mind as it passes through these four developmental stages.

Looking at society at large, psychologists appreciate why people from all walks of life — at different stages of development, hardship, and success — can become stuck at various points along this evolutionary path, regardless of their genetic inclinations. There are those who are content to remain in the stress-free comfort zone — refusing to face adversity and subsequently failing to progress up the social ladder. On the other hand, those who dare to venture beyond stability react proactively to challenges, building mental resilience and finding solutions to



“In his seminal work, *A Study of History*, Arnold Toynbee says that humanity needs adversity to discover new horizons. In fact, human beings have learned to thrive on it. Could this drive be an inherent part of *Homo sapiens*' evolutionary heritage? By confronting constant environmental challenges, our ancestors emerged from the jungle and eventually reached the moon. These adverse events and interactions with a hostile environment stimulated the growth of new neural pathways...”

both personal and societal problems.

Gradually, these individuals discover that the secret to reaching a higher, more fulfilling zone is not to linger in a minor comfort zone for too long. It is imperative to move forward, even while experiencing a perpetual inner struggle. We often meet such people — always on the move, seeking new ventures and avenues. To thrive and achieve greater material comfort, they think differently and make the extra effort required to shake off complacency. Conversely, those who remain stuck in the same place and routine, constantly complaining about their fate, rarely find the inspiration needed to step outside their comfort zone.

Adversity

All of this echoes historian Arnold Toynbee's concept of the value of adversity in his seminal work, *A Study of History*: humanity needs adversity to discover new horizons. In fact, human beings have learned to thrive on it. Could this drive be an inherent part of *Homo sapiens*' evolutionary heritage? By confronting constant environmental challenges, our ancestors emerged from the jungle and eventually reached the moon. These adverse events and interactions with a hostile environment stimulated the growth of new neural pathways, equipping us to solve the uncertain challenges of life.

Yet, true to biological and social evolution, nothing is ever perfectly balanced. Some individuals, refusing to be tied to their comfort zone, may ultimately overshoot the growth zone at the far end of the spectrum. These are the practitioners of unbridled positivism; in their relentless quest to learn and grow, they overstretch themselves and inad-

they can gather the strength to step out and soar once more.

Our New Challenge

Each of us can visualize our own comfort lifeline. On the far left lies our comfort zone, and on the far right sits our growth zone, with the fear and learning zones bridging the space between. Do we dare to challenge ourselves and ask: *where do I stand on this line?*

To complicate matters further, we could draw a separate line for every facet of our lives. Where do we stand financially? Professionally? Emotionally? Socially? Are we consistently courageous, positive-minded, and prepared to shift from left to right across all these areas? It is no easy task.

One day, we may awaken to the realization that many of our feelings, rationalisations, empathy, or generosity have become stagnant at an undesirable point along this line. We may lack the internal resources or psychological energy required to initiate change. Some of us might even rationalize our reluctance: claiming we are too young, too busy, too inexperienced, too old, too world-weary, or too involved in the lives of loved ones to disrupt our current sense of well-being. After all, these habits have become part of our character. Especially after a certain age, we may feel content dwelling in a comfortable routine, simply too tired to engage in yet another inner struggle.

For there comes a time when many of us will naturally wish to pause and say, *enough is enough*. We may choose to bask once more in the familiar comfort of rest — returning to the audience to contemplate life and rediscover that childhood inner glow.

Mauritius Times

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Thank you so much.
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