

MAURITIUS **TIMES**

• *"I have always felt that the true text-book for the pupil is his teacher." - Mahatma Gandhi*

World Teacher's Day



All of us have fond memories of the teachers who have marked out lives in more ways than one. Will this hold true in future as well?

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The Moral Economy of Development: Mauritius 1948-1968

The measures which brought about the welfare state - the moral economy of the people - formed the basis of our development

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Avoiding a Second Surge

It is a fact that so far we have managed the Covid-19 pandemic reasonably well, when compared to say our sister island Reunion of comparable size physically and in terms of population. The statistics are available and can be viewed on the Covid-19 worldometer. Could we have done better? Possibly, if we had not allowed a group of Chinese tourists or some from Reunion to enter the country sometime in January – but all that is past history with, however, a lesson to learn. It is that our surveillance must be even more strict and rigorous now that we are allowing foreigners and our Mauritian citizens to come in larger numbers.

That it is possible to do so is evidenced by the fact that it has been done before: after all, even during the lockdown period, private jets were allowed to fly in and hotels which took in Arab tourists. It is true that they were few in number and they booked the whole hotel and so there was no problem or distancing. Nevertheless the fact that they could come, spend their holidays and go back without adding to Covid cases in the local population means that there were protocols in place to control the situation.

As regards repatriation of our citizens that has been going on for several weeks now, there is anecdotal evidence on the part of persons who had come in about a month ago that they were on the whole satisfied with their stay at the respective hotels where they were put up. They gave a food note to the logistical arrangements at the airport on arrival, where airport personnel, staff from the Ministry of Health (MOH) and the police coordinated the performance of tests, the transport to the hotels assigned and the reception and arrangements during their stay.

In the case of one young couple with two children who had flown in from Australia, for example, on the 14th day of quarantine, tests were carried out in the morning and they were told that there 500 such tests that had been done and were to be analysed at the Central Laboratory at Victoria Hospital. They could therefore not be told when the results would be available, and thus when they would leave the hotel. To their pleasant surprise very late at night that Monday they were informed that they had tested negative and to be ready to leave by 11 the next morning. Which in fact happened and they were home at midday.

The point here is that at the start of the

speeding up of repatriation there seems to have been effective handling of the process and this has further helped in controlling spread of the virus. The risk is that with the further acceleration that is already under way, there may be lapses in the handling and protocol. A clip circulating on social media has shown some disorderly scenes at the airport as travellers were coming out, not all wore masks or kept the safe distance recommended. This and other information that is going through the grapevine is what is generating a fear of a surge as has happened in several countries that had initially well controlled the pandemic, and therefore of a potential second lockdown in the making.

This is because of a risk of accelerating towards Phase 3 of pandemic (when the health system begins to be overwhelmed, as happened in e.g. Italy, Spain) from the Phase 2 that we have been in, that is, the situation is still manageable: the health system was coping though under strain. We have had the misfortune of losing a frontliner, to the coronavirus, and as everywhere else, health personnel have been working under strain. Should we have a second surge we do not know whether they or the system will have the same resilience and capacity to cope as they have done earlier.

On the other hand, economically the country has been going backwards, with workers and employees losing a lot of what was taken as acquired to date. Needless to say, this is adding to the fear of the impact of a second lockdown.

It is clear therefore that the authorities face the heavy twin-challenge of reassuring the population and stopping the economic slide. This can only happen by a deft and efficacious management of the incoming streams of Mauritians returning and tourists, especially as regards the latter those coming from countries where the Covid incidence is high. This means being very strict about all the preventive public health measures, especially about the enforcement aspect for any breach of the measures recommended.

In other words, it means being even better at managing the incoming passengers on arrival and once they are out of quarantine than we have been in the earlier phase. This will avoid us a second surge, and consequently a second lockdown – which will sound our death knell.

The Conversation

Donald Trump has Covid-19. How might this affect his chances of re-election?

There are both positives and negatives that might flow from the president's diagnosis. Much will depend on how sick he becomes, and how he chooses to talk about it



With just a month left until the November 3 US presidential election, contracting the virus could have politically positive or negative consequences for President Donald Trump. These will, of course, be contingent on how severe the president's illness becomes. But we should not count him out and Biden in just yet.

Here are the ways the diagnosis could swing the election either way for Trump.

Negative

1. Trump's days in isolation will halt his intense campaign schedule. Trump was much better at energising crowds in airport hangars than Joe Biden has been. This advantage is now gone.
2. Trump is a sick man. Campaigning in any form requires robust health. Any physical advantage born of being the younger and fitter of the two candidates has now gone.
3. Because he has often disparaged the virulence of the disease, the president faces the public humiliation of being its victim. Trump does not deal well with humiliation – the excoriating account of his childhood, as told by his estranged niece, Mary L. Trump, is replete with examples

of the young Donald dishing out but being unable to take humiliation.

4. Trump has traded on his strong man image for decades. If he gets a bad dose, he will look every bit and more of his 74 years. If his experience is like that of Boris Johnson, Trump could well be out of action for weeks with the attendant psychological challenge of recovery weighing on him. The British PM, several intimates have observed, is still in recovery, still cognitively and emotionally impaired by his personal fight with Covid-19.

Positive

There are also potential political advantages in Trump's Covid diagnosis.

1. Because of the virus, Joe Biden was already cautious about face-to-face campaigning. His younger opponent falling ill may well keep Biden more basement-bound and less willing to crisscross the battleground states.

Timothy J. Lynch,
Associate Professor in American Politics, University of Melbourne

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Mauritius Times

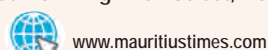
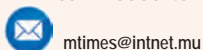
Founder/Editor: Beekrumsing Ramlallah - Aug 1954-Sept 2000

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

This paper has been produced with the assistance of

Doojesh Ramlallah, Sultana Kurmally and Kersley Ramsamy

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Dr R Neerunjun Gopee

World Teacher's Day

All of us have fond memories of the teachers who have marked out lives in more ways than one. Will this hold true in future as well?

Teaching is about the transmission of knowledge. In Hinduism or Sanatana Dharma we distinguish between two dimensions of knowledge: Higher

Knowledge and Lower Knowledge. Higher or spiritual Knowledge is concerned with questions such as: Who am I? Where do I come from? What happens after death? Why am I born? What is the meaning and purpose of life? How should I relate to everything and everybody else?

In the Hindu tradition these questions have been answered by our Gurus of yore, the rishis who in states of heightened awareness during meditative practices received the Higher Knowledge from the Supreme Almighty, Brahman, who is the source of all that is and considered therefore as the Supreme Guru. This is expressed in the following hymn which is chanted at the beginning of any spiritual teaching:

Gurur Brahma Gurur Vishnu Gurur Devo Maheshwaraha

*Guru Saakshaat Para Brahma Tasmai Sri
Gurave Namaha*

Meaning in English:

'Guru is the Creator (Brahma), Guru is the Preserver (Vishnu), Guru Deva is Destroyer (Maheshwara)

Guru is the absolute (singular) Lord himself, Salutations to that Sri Guru'

Brahman brings forth the universe that undergoes change which takes place in space and time. Thus, is initiated a cycle comprising three successive stages: creation, preservation, destruction, and this concurs with our human experience that all that is created is preserved for a certain time and is finally destroyed. For example, a tree begins as a small seed, becomes a sapling, grows bigger into a mature tree and then comes to an end, that is, it dies or is destroyed, leaving seeds which renew the cycle afresh.

One would have thought that the Ministry of Education could have used the opportunity of Teachers' Day to organize regional seminars - online if need be! - for teachers and say, older students, to share their online teaching and learning experiences during the lockdown, draw the lessons learnt and use these for improving future experiences. Especially given the possibility of a second lockdown - which has already happened in some countries. It is never too late of course to cogitate in a structured manner on the subject...~

Etymologically, Guru derives from *gu* (darkness) and *ru* (remove) - the Guru is therefore someone who removes the darkness of ignorance and replaces it with the light of the Higher Knowledge. By extension, the term guru is also used for the teacher who transmits lower or worldly knowledge, which as its name suggests is about the knowledge (add competencies, skills) that is required to transact with and live in the world. Ideally, Higher Knowledge - which can also be looked at as wisdom - should guide the application

of lower knowledge so as to lead to harmonious living.

Guru Purnima is a festival traditionally celebrated by Hindus, Jains and Buddhists, to pay their respects to their teachers and express their gratitude.

The equivalent of Guru Purnima in our contemporary world is World Teachers' Day, celebrated on 5th October with the similar objective of honouring teachers for their significant contributions in transmitting knowledge and shaping the life of students. However, Teachers' Day is celebrated on different dates in different countries, and is correlated to eminent personalities or achievements and milestones in the domain of education.

For example, in India, the birth date of the second President of India, Sarvepalli Radhakrishnan, 5th September 1888, has been celebrated as Teacher's Day since 1962. Interestingly, on this day, teachers and students report to school as usual but the usual activities and classes are replaced by activities of celebration, thanks and remembrance. These activities include dancing competitions, singing competitions, mimicry of teachers, games and recitation of poems. Some students even plan picnics, shower teachers with gifts, flowers and handmade cards. All of this is a way for students to express their love and respect for their teachers.

In some schools, senior students take the responsibility of teaching in order to show their appreciation for the teachers. Compare this with Mauritius where instead, schools are closed so teachers and students have yet another day off. I joked with my niece who teaches English about what would happen if all doctors were let off on World Doctors Day!

The humility of Dr Sarvepalli Radhakrishnan, who became President of India in 1962, was such that when his friends and former students approached him and requested him to let them celebrate his birthday, he said that it would be his honour if 5th September would rather be celebrated as Teachers' Day. This request of the second President of India showcased his affection and dedication for teachers.

It has always been maintained that the future of a country lies in the hands of its children. Teachers, as mentors, can mould students into future leaders who then shape the destiny of the nation. They also play a significant role in our lives to help us become successful in our careers and business. They gently nudge us to become good human beings, better members of our society and even ideal citizens of the country.

All of us have fond memories of the teachers who have marked our lives in

more ways than one. Will this hold true in future as well?

This question is prompted by the first ever, unexpected and dramatic change in the mode of teaching and learning that was thrust upon students and teachers this year all over the world. The reason? - it's well-known of course: the Covid-19 pandemic. When the lockdown took place, everything changed for everybody: children, families, teachers. Working parents had to seek out new arrangements for stay-at-home kids, and lucky were those who had the advantage of grandparents living together. Will this bring a rethink about the trend of nuclear families? - difficult to say, but let's keep up hope at the very least.

I understand that teachers were given a crash course in online teaching, and this must have been harder for the older ones not too familiar with smartphones and Zoom technology, and had to willy-nilly get going so as not to keep the kids too idle for too long. I do know about children who became distracted and found it difficult to concentrate, and mum teachers who had to attend to collateral family calls that disturbed their teaching.



And that is why one would have thought that the Ministry of Education could have used the opportunity of Teachers' Day to organize regional seminars - online if need be! - for teachers and say, older students, to share their online teaching and learning experiences during the lockdown, draw the lessons learnt and use these for improving future experiences. Especially given the possibility of a second lockdown - which has already happened in some countries.

It is never too late of course to cogitate in a structured manner on the subject.

Meanwhile, what shall I say but Happy World Teachers' Day to all those brave souls who face tremendous challenges in these times to practise their art. How successful they are in this endeavour depends not only on them, but also on their students and the support of parents whose are, after all, the child's first gurus.

As for my own Gurus on this day, *Om Namoh Namah...*

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Sada Reddi

The Moral Economy of Development: Mauritius 1948-1968

The measures which brought about the welfare state - the moral economy of the people - formed the basis of our development

The success of post-independent Mauritius is widely acknowledged. One of its remarkable features has been the construction and consolidation of the welfare state. Obviously, consolidation is an on-going process despite the onslaught of globalization and neo-liberalism. What is often overlooked is that the welfare state and its institutions, in fact, the overall development of the island is the result of institutional translation of the moral economy of the people, not from 1968 onwards, but right from 1947.

Why 1947? It was in this year that a new Constitution was put in place. It increased the electorate from 11,000 to 72,000, and this enabled an overwhelming majority of progressives to be elected for the first time in the new Legislative Council of 1948. A few progressives had been in the Council of Government before 1948 - Dr Seewoosagar Ramgoolam, Dr Maurice Curé, Renganaden Seeneevassen and, for a very brief spell, Jules Koenig, but they were nominees and not elected members.

Before 1947, every effort to reform the Constitution of 1885 had failed, and the conservative forces were so well entrenched in power that they could veto any reform that went against their interests. Consequently, it was the progressive members elected in 1948, and subsequently the Mauritius Labour Party, that pressed for a number of reforms and measures from which emerged the welfare state in the colonial period.

The moral economy

The measures which brought about the welfare state reflected the aspirations which people had nurtured over a long period of time, from the time their first ancestors set foot on the island. In fact it was the moral economy of the people which formed the basis of our development in that period and thereafter.

We have borrowed the concept of 'moral economy' from the English historian, E.P. Thompson, who describes the norms and values of the English crowd to oppose the market forces in pre-industrial England. It was a set of attitudes and norms of justice that was legitimated by the wider consensus of the community. This concept has since been used liberally by social scientists in other contexts.

We employ it here to express the aspirations, values and modes of thought of the people who laboured under the slave regime and plantation capitalism; in Mauritius they fought in particular against the onerous and horrific conditions prevailing in those times.

In Mauritius, a nation of migrants - whether they arrived here as slaves, settlers, free workers or migrants of any other kind - carried with them their cultural baggage from their countries of origin comprising various moral economies. Notions of the self, community solidarity, reciprocity, sense of justice, fairness, obligations and deference, attitudes to land and nature informed these moral economies. Over time, out of this admixture, and as result of living in a multi ethnic set-up, emerged a new moral economy with a set of values, representing the core aspirations of the people: mainly an assertion of their self-identity and community, a sense of rights, justice, reciprocity and fair-



The institutionalization of the moral economy was made possible thanks to the impact of the trade union movement, which exercised a lot of influence on political parties, to incorporate in their programmes the demands of workers and the people at large. Strikes, protest marches and close collaboration between the trade union movement and political parties enabled politicians to remain in contact with the people. Grievances of workers and the public were regularly discussed at the executive meetings of trade unions and political parties, and figured prominently in political manifestoes of the time...~

ness. Just to give an example, marooning and desertion in our history expressed the aspirations of the slaves and indentured labourers to free themselves from the shackles of oppression.

In colonial times, this moral economy of the people had been suppressed, driven underground and reduced to the periphery; however, it did not die away but remained latent only to re-emerge after 1948. It found expression and implementation in an array of measures which promoted the well-being of the people after the elections held in 1948, 1953, 1959 and 1963. Many of these measures, variously labelled as democratic, socialist or Fabian, constituted the moral economy of development that became entrenched before and after independence.

Such measures like universal old age pension in 1951, universal suffrage obtained in 1958, free trade unions under the Trade Union Ordinance of 1954, decent and minimum wages through a series of wages councils, security of employment in the sugar industry, and in the public sector through the famous PPS (Permanent Pensionable Service) for manual workers, low-cost housing, family allowance to combat poverty, free primary health care and access to education, and many more, constituted the welfare state in the 1960s.

Some of these measures were inspired by welfare measures in other countries, such as the British welfare state or even the European Commission of Human rights, which were themselves the institutional expression of the moral economies in their respective countries.

If the measures in the 1960s look grossly inadequate, it was because not all measures could be implemented under a colonial regime operating a open economy based on plantation capitalism. Throughout the period, the Governor's veto, budget restraint and allocations and limited resources imposed severe restrictions on government spending and limited further measures in favour of the people.

Moreover, the moral economy of the people had to con-

tend with plantation capitalism, and the people had to struggle hard to safeguard their minimum rights and their notion of reciprocity and redistributive justice. The progressives, largely represented in the Labour Party and its allies, maximized spending on social policy and public expenditure. They ensured that a duty on sugar export be used for the well-being of the population, and when unemployment reared its head the public works programme 'Work for All' provided 19,281 jobs in 1966.

Institutionalisation of the moral economy

The institutionalization of the moral economy was made possible thanks to the impact of the trade union movement, which exercised a lot of influence on political parties, to incorporate in their programmes the demands of workers and the people at large. Strikes, protest marches and close collaboration between the trade union movement and political parties enabled politicians to remain in contact with the people. Grievances of workers and the public were regularly discussed at the executive meetings of trade unions and political parties, and figured prominently in political manifestoes of the time.

Since the demands of the electorate had to be always kept in view, parties competing for political power finally reached a consensus on social policy measures. These measures, once established, became naturalized and sometimes even depoliticized so that the socio-democratic model of government became the accepted form of government as a compromise with capitalism. In this model, it was the trade union movement that played a major role to safeguard the interests of its members and that of the people in general.

When Mauritius became independent in 1968, governments inherited a powerful tool that contributed significantly to the social, economic and political stability of the country. The welfare state was further consolidated and it has explained to a great extent our success as an independent country during the last fifty years. Social and political stability minimized tensions resulting from economic development.

In modern times and in periods of economic crisis, there have been a lot of tensions when a neo-liberal model was imposed from outside by foreign institutions like the World Bank or the IMF. The moral economy was itself open to continual contestation. Conservative elements have blamed the welfare state to be a nanny state which had wrongly assumed universal responsibilities for its people and created the impression of an all-problem solving state.

On the other hand, trade unions have sustained the struggle to defend workers and ensured the protection of the population. Only when trade unions became weak did the moral economy of the people whittle away in the face of the excesses of capitalism. In the end, as a result of compromises between the economic imperatives of capitalism and the moral economy of the people, the post-independent state has survived successfully in the 21st century.



Sameer Sharma

The dark clouds are not coming, they are here

As the global economic recovery begins to plateau in the last quarter of the year, the divergence in terms of relative performance between listed bank stocks which are more digital (think operational efficiency and margin control), have more investment banking or/and wealth management sourced revenues vs. the more traditional banks continues to increase.

inject more than a third of the country's GDP in terms of liquidity into the system on top of ultra low rates and moratoriums on capital and interest payments given that borders are still quasi shut, the still nascent reopening strategy, the European Union blacklisting and the way the stimulus programs from the Mauritius Investment Corporation Ltd (MIC) and other stimulus programs have been structured and implemented so far. In fact, the Mauritian stock market is still near its March lows in Rupee terms and in Dollar terms. The local market is one of the worst performing in the world from March 2020 till today.

Before one understands the current Covid-19 induced credit conditions on the island, it is important to have a better historical understanding about the health and structure of private sector balance sheets when coming into this crisis.

When it comes to non financial corporates, an overly passive equity investor base locally, the relatively closed nature of equity ownership and the small size of the country (not many foreign companies are interested in coming and competing for such a small pie) have always created quite the bubble for local players and a skewed capital structure where debt has been overly relied upon by all too many players even when returns on capital employed have been below the cost of debt and debt to free cash flow has been below par for sustained periods. An extended period of excess liquidity in the system and the phenomena of many banks chasing the same lot of corporate clients have made it a large corporate borrower's market. Over time the low yields which excess liquidity brought about also brought along both institutional and retail investors who readily bought corporate bonds and structured notes which were issuer biased and not always well priced in terms of the credit risk the investor was actually taking on. The relatively concentrated nature of the corporate landscape also meant relatively concentrated corporate credit exposures for Mauritian banks when compared to their global peers too with limited diversification potential locally.

A simple pre Covid-19 credit analysis of all listed non-bank companies on the SEM and DEM will in fact show-case that there were many borderline Zombie companies (needing debt to stay alive) in Mauritius. Over the past decade, these strained balance sheets meant that there was limited capacity in terms of capital expenditure which translated itself into weak private sector investment.

Mauritian non financial corporates on average entered this crisis with little in terms of buffers and with

skewed capital structures, not exactly what you need to face the crisis and the new normal to come. This was why unconventional ideas such as the need to provide capital backstops to systematically important but viable corporates in a timely fashion in the form of capital that was needed in order to prevent economic stagnation was pushed forward. For smaller sized but deemed viable companies, long term debt rescheduling which is a form of soft defaults and central bank guarantees on a securitized pool of loan portfolios to be rescheduled should be considered actively given rising default risks.

To be fair, the Bank of Mauritius initially started very well in March with the moratoriums on capital and interest payments for at risk corporates and this has allowed both bank CEOs and Chief Risk Officers and policy makers to push the can of rising defaults down the road a bit further. The Bank of Mauritius has in this spirit provided regulatory support to deal with impairments. The problem is that these necessary measures cannot offset the difficult 2021 ahead.

As we look at the recent releases of annual financials for both the Mauritius Commercial Bank and the six-month release for that of the State Bank of Mauritius, the focus should then turn to impairments, whether these banks have adequate capital buffers in order to face a tough first half of 2021 for Mauritius.

Relevant Asset Quality Comparison for Mauritius' Largest Banks

	SBMH	MCBG
Capital Adequacy Ratio	22.0%	18.60%
Tier 1 Capital %	15.10%	17.20%
Impairments/RWA Ratio Quarter Annualized	2.59%	2.16%
Gross NPL %	13.60%	4.20%
Net NPL %	5.40%	2.90%

Source: Financial Releases, Author's Calculations

Comparing MCB and SBM in terms of performance and management quality is a non-starter since the former group is significantly ahead of the latter given how majority state-owned banks are run and credit risk is managed. When we look at the annualized latest quarter's impairment charges as a percentage of risk weighted assets, the figures which include expected credit losses are more likely than not to have a lot of upside to them but remain suppressed given the moratoriums and other BoM measures.

We have to understand that most of the companies which applied for such relief did so because their debt service coverage ratios, interest coverage ratios and general credit health have deteriorated significantly with little visibility as to when revenues will pick up again. Mauritius has missed the high season, the real estate sector lacks clients and has inventory overhang and while I expect moratoriums to be pushed out further, these policies will have diminishing returns to scale in H1 2021.

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The Mauritian economy continues to struggle despite the commitment of the monetary authorities to inject more than a third of the country's GDP in terms of liquidity into the system on top of ultra low rates and moratoriums on capital and interest payments given that borders are still quasi shut, the still nascent reopening strategy, the European Union blacklisting and the way the stimulus programs from the Mauritius Investment Corporation Ltd (MIC) and other stimulus programs have been structured and implemented so far...~

With interest rates low, yield curves globally flatter and default risk remaining very much in the limelight bank stocks in general have been under-performing in the wider market globally. US banks have made significant progress when it comes to their capital buffers since the last Great Financial Crisis and are in much better shape when it comes to absorbing such shocks when compared to their European counterparts.

When it comes to impairment charges, it has been publicly reported that models which relied heavily on the historical link between the US unemployment rate, associated higher frequency data and credit defaults could not account for the relative success of the America Cares Act and the associated Payroll Protection Program leading to a moderate degree of over-conservatism across the industry when it comes to making such provisions.

Others have seen the advantage of masking increased trading profits with more provisions. No one wants to show increased or stable profits when millions are suffering. Accounting for expected credit losses in uncertain times can indeed be a tricky affair requiring a combination of quantitative skills and expert judgement.

The Mauritian economy on its part continues to struggle despite the commitment of the monetary authorities to

Paris put on 'maximum alert' with more Covid-19 restrictions to come

Paris and its surrounding suburbs have been put on "maximum alert" Monday as coronavirus cases surge in the city.

Bars in the French capital will close on Tuesday as part of a new package of restrictions designed to stop the spread of the virus but restaurants will be allowed to stay open, with "reinforced precautions," according to France 24.

Specific measures are set to be outlined by Paris' Mayor Anne Hidalgo and will come into effect on Tuesday. The measures are expected to last for 15 days, the news agency reported. University halls must not be more than half full either.

Labour Minister Elisabeth Borne implored people in the areas affected to work from home, if possible.

France reported almost 17,000 new



Bars in Paris, France must close from Tuesday for two weeks under new coronavirus restrictions. Photo - Getty Images

cases on Saturday and a further 12,565 confirmed infections on Sunday, according to official public health data, bringing the total number of cases to 629,509, according to Johns Hopkins University data.

Paris has been placed on maximum

alert as the Covid-19 incidence rate has exceeded 250 infections per 100,000 among the general public. The maximum alert is also triggered when two other criteria are met - when the incidence rate among those aged over 65 is above 100

per 100,000 people, and when at least 30% of the beds in intensive care units are reserved for Covid-19 patients.

'We love to drink'

France has moved to contain a second wave of coronavirus cases that started to build in August. France's second-largest city Marseille, Aix-en-Provence and its surrounding areas, as well as the overseas territory of Guadeloupe, have also been put under the maximum alert protocol in the last two weeks.

Aurelien Rousseau, head of Paris' regional health agency who will be among the officials announcing restrictive measures Monday, said that it was futile to ignore the seriousness of the situation, tweeting on Sunday: "I see no reason for the denial. The figures are there, they weigh heavily."

Donald Trump's campaign is being pushed ahead of US elections



US President Donald Trump has tested positive for coronavirus. Photo - www.the-sun.com

With US presidential elections ahead and Donald Trump in hospital, his campaign has launched 'Operation MAGA' -- the acronym for 'Make America Great Again'.

The campaign is described as "a full marshalling of top-level surrogates, campaign coalitions and Trump supporters" to rally behind the president until he can return to the trail, reports India Today.

Under 'Operation MAGA', US Vice-President Mike Pence and members of the First Family making in-person campaign appearances in key battleground states.

Announcing the launch of the initiative, Donald Trump 2020 campaign manager Bill Stepien said in the press release on Saturday: "Operation MAGA is a full marshalling of top-level surrogates, campaign coalitions and Trump supporters to rally behind the president and carry the campaign forward until he returns to the trail."

"Vice-President Mike Pence, the First Family, our coalitions and our grassroots

supporters will be out in full force to show the real enthusiasm behind the president's re-election and to show we're working as hard as he always does," Bill Stepien, who also tested positive for the novel coronavirus on Friday, said.

Trump's election rallies in recent weeks had been attracting thousands of his supporters who came to listen to him ignoring the cautions of health care professionals like wearing masks and maintaining social distancing.

Donald Trump, 74, and First Lady Melania Trump, 50, tested positive for Covid-19 on Friday.

The development had upended the Republican leader's election campaign just weeks before the presidential polls on November 3.

All the previously announced campaign events involving Trump's participation have either been moved to virtual formats or are being temporarily postponed.

Pope Francis says coronavirus pandemic has further exposed capitalism's flaws

Belief in markets as all but infallible has been exposed as a 'magic theory,' the pontiff argues in 'Brothers All' encyclical issued on feast day of St. Francis of Assisi

Pope Francis says the coronavirus pandemic has proven that the "magic theories" of market capitalism have failed and that the world needs a new type of politics that promotes dialogue and solidarity and rejects war at all costs, reports AP.

Francis on Sunday laid out his vision for a post-Covid world by uniting the core elements of his social teachings into a new encyclical aimed at inspiring a revived sense of the human family. "Fratelli Tutti" (Brothers All) was released on the feast day of his namesake, the peace-loving St. Francis of Assisi.

The document draws its inspiration from the teachings of St. Francis and the pope's previous preaching on the injustices of the global economy and its destruction of the planet and pairs them with his call for greater human solidarity to confront the "dark clouds over a closed world."

In the encyclical, Francis rejected even the Catholic Church's own doctrine justifying war as a means of legitimate defense, saying it had been too broadly applied over the centuries and was no longer viable.

"It is very difficult nowadays to invoke the rational criteria elaborated in earlier centuries to speak of the possibility of a 'just war,' " Francis wrote in the most controversial new element of the encyclical.

Francis had started writing the encyclical, the third of his pontificate, before the

coronavirus struck and its bleak diagnosis of a human family falling apart goes far beyond the problems posed by the outbreak. He said the pandemic, however, had confirmed his belief that current political and economic institutions must be reformed to address the legitimate needs of the people most harmed by the coronavirus.

"Aside from the differing ways that various countries responded to the crisis, their inability to work together became quite evident," Francis wrote. "Anyone who thinks that the only lesson to be learned was the need to improve what we were already doing, or to refine existing systems and regulations, is denying reality."

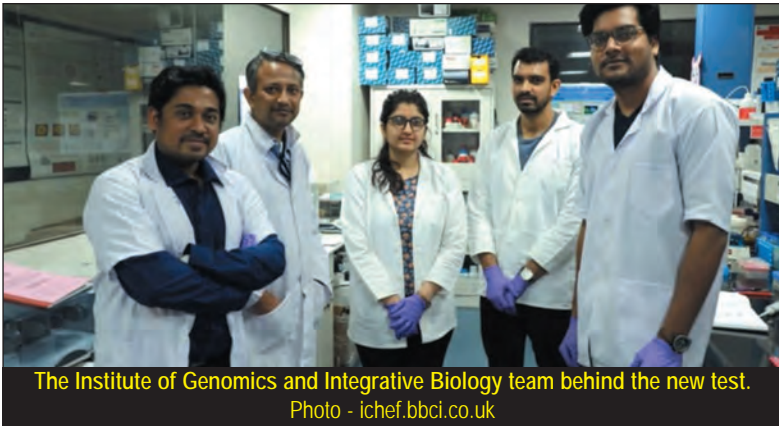
He cited the grave loss of millions of jobs as a result of the virus as evidence of the need for politicians to listen to popular movements, unions and marginalized groups and to craft more just social and economic policies.

"The fragility of world systems in the face of the pandemic has demonstrated that not everything can be resolved by market freedom," he wrote. "It is imperative to have a proactive economic policy directed at 'promoting an economy that favours productive diversity and business creativity' and makes it possible for jobs to be created, and not cut."

He denounced populist politics that seek to demonize and isolate, and called for a "culture of encounter" that promotes dialogue, solidarity and a sincere effort at working for the common good.

* More on Page 6

India's new paper Covid-19 test could be a 'game changer'



The Institute of Genomics and Integrative Biology team behind the new test.
Photo - ichef.bbc.co.uk

Genomics and Integrative Biology (IGIB), where Feluda was developed, as well as private labs, tried out the test on samples from about 2000 patients, including ones who had already tested positive for the coronavirus.

They found that the new test had 96% sensitivity and 98% specificity. The accuracy of a test is based on these two proportions. A test that's highly sensitive will detect almost everyone who has the disease; and a test that has high-specificity will correctly rule out almost everyone who doesn't have the disease.

The first ensures not too many false negative results; and the second not too many false positives. India's drug regulator has cleared the test for commercial use.

With more than six million confirmed infections, India has the world's second-highest Covid-19 caseload. More than 100,000 people in the country have died of the disease so far.

After a slow start, India is now testing a million samples a day in more than 1,200 laboratories across the country. It is using two tests.

The first is the time-tested, gold standard polymerase chain reaction, or PCR swab tests, which uses chemicals to amplify the virus's genetic material in the laboratory. The second is the speedy antigen test, which works by

detecting virus fragments in a sample.

The PCR test is generally reliable and costs up to 2,400 rupees. It has low false positive and low false negative rates. The antigen tests are cheaper and use finger-prick blood samples to find signs of previous infection. They are more precise in detecting positive infections, but generate more false negatives than the PCR test.

Scaling up testing in India hasn't meant easy availability yet, according to Dr Anant Bhan, a researcher in global health and health policy.

"There are still long wait times and unavailability of kits. And we are doing a lot of rapid antigen testing which have problems with false negatives," Dr Bhan told the BBC.

He believes the Feluda test could potentially replace the antigen tests because it could be comparatively cheaper - and more accurate.

"The new test has the reliability of the PCR test, is quicker and can be done in smaller laboratories which don't have sophisticated machines," Dr Anurag Agarwal, director of IGIB, told the BBC.

Sample collection for the Feluda test will be similar to the PCR test - a nasal swab inserted a few inches into the nose to check for coronavirus in the back of the nasal passage. India still doesn't allow Covid-19 tests from saliva samples.

A team of scientists in India has developed an inexpensive paper-based test for coronavirus that could give fast results similar to a pregnancy test.

The test, named after a famous Indian fictional detective, is based on a gene-editing technology called Crispr. Scientists estimate that the kit - called Feluda - would return results in under an hour and cost 500 rupees.

Feluda will be made by a leading Indian conglomerate, Tata, and could be the world's first paper-based Covid-19 test available in the market, reports BBC.

"This is a simple, precise, reliable, scalable and frugal test," Professor K Vijay Raghavan, principal scientific adviser to the Indian government, told the BBC.

Researchers at the Delhi-based CSIR-Institute of

Ready to take China-Bangladesh strategic partnership to new heights: Xi Jinping



Chinese President Xi Jinping said he stands ready with Bangladesh leaders to better align the two countries' strategies. Photo - chinadaily.com

Chinese President Xi Jinping said he stands ready with Bangladesh leaders to better align the two countries' strategies and jointly promote the construction of his multi-billion dollar Belt and Road Initiative (BRI) to take the strategic partnership of the two countries to new heights.

Xi made the remarks in an exchange of congratulatory messages with his Bangladesh counterpart, Mohammad Abdul Hamid, on the 45th anniversary of the establishment of the bilateral diplomatic relationship on Sunday.

In his message, Xi hailed the steady and long-term friendship saying he is ready to work with Hamid to better align development strategies with Bangladesh, step up cooperation under the framework of the BRI and push forward the China-Bangladesh

strategic, cooperative partnership to a new level, official media reported.

With over USD 26 billion Chinese investments and USD 38 billion dollars funding commitments, Bangladesh is one of the largest recipients of China's massive infrastructure project.

China has also offered zero-tariff treatment to 97 per cent of Bangladesh's exports by adding 5,161 more items to the existing list of 3,095 duty-free products.

The BRI seeks to build rail, maritime and road links from Asia to Europe and Africa in a revival of ancient Silk Road trading routes.

The issues related to BRI, earlier known as One Belt One Road (OBOR), has been a major bone of contention between India and China as one portion of the corridor passes

through Pakistan-occupied Kashmir.

Besides Pakistan, where China initiated over USD 60 billion as part of the China Pakistan Economic Corridor (CPEC), China has stepped up its huge infrastructure investments in Bangladesh, Nepal, Sri Lanka and Maldives rising concerns of its growing influence in India's immediate neighbourhood.

The BRI is President Xi's top priority initiative, which aims firm up China's global influence.

The initiative has, however, attracted allegations, especially from the US, of debt-diplomacy after Sri Lanka handed over its Hambantota Port to a state-run Chinese firm in 2017 for a 99 years' lease in a debt swap amounting to USD 1.2 billion. Malaysia has also deferred several projects under the BRI, citing cost revaluation.

Xi, in his message to Hamid, also said the two countries had worked jointly to fight against Covid-19.

Earlier, China had sent medical team to Bangladesh to share its experience of handling coronavirus, which had emerged first in Wuhan in December last year.

Bangladesh also is among over a dozen countries where the final phase of clinical trials of Chinese vaccine is being conducted.

UK: 23,000 new coronavirus cases on Sunday night

The UK set another daily record of nearly 23,000 new coronavirus cases on Sunday night - as the government claimed the figure was "artificially high" because of a computer glitch, reports The Independent.

Public Health England revealed that its official Covid-19 dashboard had failed to count more than 15,000 positive results reported between 25 September and 2 October. They have instead been added to the figures for the weekend, resulting in record rises of 12,872 on Saturday and 22,961 on Sunday.

Officials admitted that the backlog meant contact tracing for those cases had been potentially delayed for more than a week, but insisted that it had not affected "decision-making in local areas".

Donald Trump's doctors are facing calls to be honest with the American people following misleading and conflicting accounts of his health following his coronavirus diagnosis.

On Sunday, the President's medical team spoke to the press at Walter Reed National Military Medical Centre in Bethesda, Maryland, where he was admitted on Friday. The team, led by Mr Trump's physician, Dr Sean Conley, was pressed about conflicting accounts of the President's condition.

The doctors had presented a rosy view of Mr Trump's health on Saturday in contrast to remarks made by the White House chief of staff, Mark Meadows.

☞ Cont. from page 5

Non-performing loans which have remained stable so far have more upside over the next 12 months.

In this respect, despite the expected deterioration in credit conditions, MCB's move to suspend dividend payments to buffer up its capital which still remains comfortable is welcome but will not be a positive for equity holders in the medium term. Both banks seem to have adequate capital buffers to withstand the current shock in the medium term despite relatively concentrated corporate credit portfolios locally. Lower interest rates has lowered the cost of funds for both banks, which have seen increases in terms of investment securities held on their balance sheets and a more modest growth in the loan books which have allowed them to maintain net interest income at decent levels for now.

Unlike what we are seeing globally, net fee and commission income has declined for MCB given lower contributions from trade finance and MCB Capital markets. With bond yields globally near all-time lows and with the recent spurt in market volatility and given the relative stability of the Mauritian Rupee during the second half of the year, other income for both banks are not likely to repeat the performance witnessed in their latest financials.

It has to be noted here that SBM's other income was bloated by gains made on the derecogni-

The dark clouds are not coming, they are here



} Comparing MCB and SBM in terms of performance and management quality is a non-starter since the former group is significantly ahead of the latter given how majority state-owned banks are run and credit risk is managed. When we look at the annualized latest quarter's impairment charges as a percentage of risk weighted assets, the figures which include expected credit losses are more likely than not to have a lot of upside to them but remain suppressed given the moratoriums and other BoM measures...~

tion of financial assets measured at fair value though Other Comprehensive Income. Sixty two percent of MCB's profits are foreign sourced and over the years its investment grade credit rating has allowed it to maintain a profitable funding strategy in terms of raising dollars relatively cheaply. The EU blacklist and longer term perceptions on the

Mauritius jurisdiction, the potential 2021 downgrade of Mauritius by one notch given rising debt to GDP vs. The Baa1 country peer group and a weak growth outlook and/or a deterioration of its credit portfolio locally would likely be at the forefront of the Management's mind.

The MCB unlike its large peer still maintains an investment

grade credit rating. A one notch credit downgrade to non investment grade status would mean raising dollars at a higher cost. From MCB's perspective, this would likely be why it would be keen to see the MIC succeed at relieving pressure on the credit risk front and for borders to re-open gradually but surely.

In parts of Western Europe,

the United States and in Canada the increased digitalization of banks especially when it comes to the deployment of machine learning and AI models has enabled banks to bring decent controls on margins. Data architectures are quite advanced and data scientists and data engineers are moving towards scalable unified analytics platforms which allow for the optimal development, deployment and ongoing monitoring of machine learning and AI models (AI models = ensemble models, deep learning models). Mauritius is still nowhere on the map. Branchless banking also helps to control costs.

The outlook for the economy and the banking sector is certainly challenging, especially for smaller more retail focused non-credit rated banks. While deals need to be fair for the country and the private sector, the MIC needs to execute fast and do it well. The longer Mauritius stays in the blacklist rot and the longer local bank captains perceive that Mauritius has lost its competitive edge, the more they are likely to shift businesses elsewhere.

After all in the post EU blacklist world and post many an African country cancelling or reviewing its tax treaty with Mauritius, the African high-net-worth individual would not mind going to a Mauritian bank with a rep office in more accessible Dubai tomorrow than come to do business in Mauritius directly. The dark clouds are not coming, they are here... if we open our eyes to them.

Donald Trump has Covid-19. How might this affect his chances of re-election?

* Cont. from page 2

2. Trump is not the first leader to catch the virus. While Boris Johnson became very sick, Jair Bolsonaro, the Brazilian president, had a relatively mild dose. He was able to claim from personal experience how few people who catch the virus are actually killed by it. This has been Trump's basic refrain over the course of the pandemic. Catching and recovering from the virus will prove he was right all along. Lockdowns, he will insist, were one big overreaction to a contagious but not virulent disease.
3. History tells us sick presidential candidates often win the ensuing election – Ronald Reagan nearly died from an assassin's bullet in 1981 but



won big in 1984 – or that their party will. When Warren G. Harding died in office (in 1923), his Republican

party stayed in the White House for another ten years.

4. Indeed, assassinated presidents tend to guarantee their party retains the White House at the next election: Lincoln's murder in 1865 was a cause of his great general, Ulysses S. Grant, winning in 1868. William McKinley's murder in 1901 put his vice president, Theodore Roosevelt, into office for eight years. John Kennedy's assassination in 1963 led to Lyndon Johnson winning in a landslide the next year. Dying is, of course, not Trump's plan, but sickness and death need not mean the GOP lose the White House.

5. The greatest president in US history, measured by victories (1932, 1936, 1940 and 1944), Franklin Roosevelt, was also the most challenged by his health. A victim of polio, he spent his entire presidency in a wheelchair. The point is not that Covid could turn Trump into FDR. It is to observe how far illness can empower a president.
6. Trump's illness could have a positive effect on the tone of political discourse. Biden will not want to be seen to demonise a sick opponent. The presidential debates will almost certainly be cancelled – which will likely mean a more civil national debate.

Again, we can only begin to properly estimate the political ramifications of Trump's Covid-19 diagnosis when we know his prognosis. It is another element of uncertainty in this strangest and most uncertain of election years.

From the Pages of History - MT 60 Years Ago

4th Year No 149

MAURITIUS TIMES

Friday 14 June 1957

● *Nothing is more surprising than the easiness with which the many are governed by the few. - David Hume*

From Representative to Responsible Government

D. Napal

A few days more and we shall have, at the head of our public affairs, ministers vested with powers entailing in their own responsibilities. One by one other British colonies are achieving self-government; we ourselves are on the threshold of responsible government. In fact, the ministerial system is avowedly an experimentation towards that ultimate end.

Our constitutional achievement today is not attained by sudden flight. It is the culmination of a historical process dating as far back as more than a century. As early as the eighteen thirties Adrien d'Epinaï, in the name of the white colonists, was clamouring for a say in the management of the affairs of the colony. Adrien d'Epinaï was a reactionary in more than one respect but with regard to the Constitution he had ideas far in advance of his time.

But at that time Great Britain had no desire to lose her hold on the colonies. Lord Goderich, Secretary of State for the Colonies refused a colonial assembly on the ground that the majority of the population of Mauritius were slaves who relied protection on the British government which in the light of events since the conquest had misgivings about the sense of equity and justice of the white colonists. All that he consented to was to allow some of the "most enlightened and prominent inhabitants" of the colony to sit in the Council of Government. The powers of these members were restricted indeed. They were not allowed to make any motion. All that they could do was to give their opinions on the Governor's motions. Soon after the institution of this council of officials and government nominees, Adrien d'Epinaï found that he was cheated of his purpose to have a say in the government of the colony. He resigned and continued to agitate for a more representative council.

Meantime the coloured men were not represented at all. Their misfortune was that they had no leader. Soon Remy Ollier came. He began to champion the causes of the coloured people and emancipated slaves with the passionate devotion common to his nature. He condemned the Council as a mock institution where the officials could do whatever they liked. Remy Ollier brought it home to the governing class that the coloured people had no representatives and that it was the greatest injustice to keep them off from the Council table. But what is more relevant to the matter in hand is that Remy Ollier, prophet as he was, foresaw the day when England would grant autonomy to the colony.

After Adrien d'Epinaï and Remy Ollier,



On the 1st of May 1938, about 30,000 men met at the Champ de Mars and voted important resolutions which were sent to the Secretary of State. Among these resolutions were the demands for doing away with the nominees lately appointed to represent the labourers.

we had William Newton, Lois Raoul and the other reformers of the early eighteen eighties. This time the reformers had a powerful ally, of no less importance than the Governor himself. Governor Sir Johnson Pope Hennessy gave his wholehearted sympathy to the Reformers. It was he who first fired the imagination of the people of Mauritius by coining the famous phrase, "Mauritius for the Mauritians" which has so often been quoted since. It was represented to him by the Reformers that Mauritius was governed by half a dozen government officials, a few Englishmen who resided in the colony and some whites. The Governor pronounced himself against this system for he wrote to the Secretary of State, Lord Derby that "a Council entirely nominated by the Governor or by the Secretary of State was unsuited to so enlightened a population as that of Mauritius."

But the reactionaries were there to oppose progress as ever before and after. Sir Celicourt Antelme, who had been a nominated member of the Council for almost forty years led the opposition. His plea was that the Asiatics would usurp the power which had hitherto belonged to the Mauritians. By Mauritians he meant of course the whites and the conservatives among the coloured. However, in spite of all opposition, the Council of Government was reformed and the representative element was introduced. This was the first step towards autonomy.

The constitution of 1885 did not satisfy the aspirations of the people who continued to make demands for more power. The *Action Libérale*, a strong party which came into being in 1907 and for more than a decade was the terror of the conservatives, agitated for responsible government. The spokesmen of that party made it clear before the Royal Commission of 1909 that

Mauritius needed responsible government for a happy solution of many of her problems. We can say, *en passant*, that Mauritius has since produced few leaders of the calibre of Eugene Laurent, Rene Merandon and Edouard Nairac, who were the lifeblood of the *Action Libérale*.

In 1914, A. de Boucherville refuted the arguments of the reactionaries to the effect that the Indians would swamp the so-called minorities. De Boucherville struck a note of warning when he wrote: « Si nous traitons les Indiens de chez nous en concitoyens, en compatriotes et si nous nous montrons des frères aînés soucieux de leurs besoins et de leurs vœux, ils feront l'autonomie avec nous et pour tous... »

As was natural, agitation for the reform of the Constitution could not continue during World War I. But the movement started again in 1922, under the name of the Revision movement. The Indians kept aloof from the movement as deliberate efforts were made to ignore them. Nothing concrete was done in the matter of reform till 1936 when Dr Cure founded the Labour Party.

On the 1st of May 1938, about 30,000 men met at the Champ de Mars and voted important resolutions which were sent to the Secretary of State. Among these resolutions were the demands for doing away with the nominees lately appointed to represent the labourers.

The Commission of Inquiry into unrest on sugar estates in 1937 also condemned the Council of Government as it then existed as the electoral system resulted in the return of representatives of one section of the community only.

In 1943 the question of the revision of the Constitution came forward again. In the years 1945 to 1947 a consultative commit-

tee sat before which various opinions with regard to changes in the Constitution were brought forward. On the 21st April 1947 Governor Kennedy recommended to the Secretary of State the constitutional changes he envisaged. The Governor's recommendations met with the approval of the Secretary of State. Elections in 1948 were held under the new Constitution. It is after the elections of 1948 that the Labour Party began to gather strength. On the eve of the elections of 1953 it was backed by the majority of the population of the island. The Labour candidates fought the elections with the battle cry of Universal Adult Suffrage and Responsible Government.

After the election in the same year, Hon Rozemont made his famous motion asking for a delegation to the Secretary of State with a view to ring about changes in the Constitution. The delegation went to London in 1955 and Adult Universal Suffrage, which was unfortunately saddled to Proportional Representation was proposed. The Secretary of State also recommended the appointment of Ministers. There were loud outcries all over the country. The Press and the People strongly attacked P.R. As a sign of protest against the system of P.R. the Labour Members made their historic walkout from the Legislative Council. Another delegation went to London. What is brought, it is needless to comment upon. The fact is that the assumption of the office of ministers is a step forward in the future Constitution of Mauritius.

The ministers are taking over power upon the important departments, most probably on the 18th instant. The country expects much of them. High and low are aglow with hopes. How far our ministers will answer to the expectations of the people, time alone can tell.

Belly fat linked to higher risk of premature death, regardless of your weight

The type of fat tissue we store in certain parts of our body is partly behind this link

It's well known that carrying extra fat around your waist can be harmful to your health, bringing greater risk of developing illnesses such as type 2 diabetes and heart disease. But a recent study found that, regardless of weight, people who carry more fat around their abdomen had a higher risk of dying sooner – in fact, there was an 11% increase in death during follow up with every extra 10cm of waist circumference.

The researchers included 72 studies in their review, which contained data on 2.5 million people. They then analysed the combined data on body shape measures, looking at waist-to-hip ratio, waist-to-thigh ratio, and waist and thigh circumference – in other words, all the areas where a person naturally stores fat.

Beside the finding on belly fat, the researchers also found that people who tend to store more fat on the hips and thighs – instead of their abdomen – had a lower risk of dying sooner, with each extra 5cm thigh circumference associated with an 18% reduced risk of death during the follow-up period (between 3-24 years, depending on the study). But why might this be the case? The answer has to do with the type of fat tissue we tend to store in certain areas of our body.

Body fat (known as adipose tissue) plays an important role in our physiology. Its main purpose is to take glucose from the blood and safely store this energy as lipid inside our fat cells, which our body uses later for fuel. Our fat cells also produce hormone signals that influence many body processes, including appetite. Adipose tissue is therefore important for good metabolic health.

But having too little adipose tissue can affect how well blood sugar levels are regulated in the body. Insulin regulates healthy blood sugar levels, telling fat cells to take up glucose from the blood and store it for later.



Without enough adipose tissue (a condition known as lipodystrophy), this process can't work properly – resulting in insulin resistance, which can lead to diabetes.

Although fat is important for good metabolic health, where we store it (and the kind of fat tissue it is) can have different health consequences. Research shows that people with the same height and weight, but who store their fat in different places have different risks of developing certain metabolic diseases, such as type 2 diabetes and cardiovascular disease.

Visceral versus subcutaneous

Body shape is influenced by where fat is stored in our body. For example, "apple shaped" people store more fat around their waist and are likely to store more fat deeper in the body surrounding their organs as visceral fat. "Pear shaped" people have larger thighs, and store more fat more evenly around their body just under the skin as subcutaneous fat.

These different fat depots have different physiological properties and express different genes. It's thought that different visceral and subcutaneous fat depots develop from different precursor cells – cells that can become fat cells.

Visceral fat is considered more insulin resistant, and so carries a higher risk of type 2 dia-

betes. Body fat stored around the waist also releases more blood triglycerides in response to stress hormone signals compared to hip and thigh fat. High blood triglyceride levels are associated with greater risk of heart disease. This is partly why visceral fat is seen as more harmful than subcutaneous fat.

On the other hand, hip and thigh subcutaneous fat can better take up these triglycerides from the blood and store them safely, preventing the body from incorrectly storing them in the muscles or liver, which can cause liver disease. Subcutaneous fat tissue can even develop specialised "beige" fat cells that are able to burn fat. For these reasons, subcutaneous fat is thought of as safer – even

protective against metabolic disease.

It's thought that in some people subcutaneous fat stores run out of storage space (or the ability to make new fat cells) sooner than in others. This means more fat will be stored in the less safe visceral depots. Visceral fat can cause inflammation, eventually leading to metabolic and cardiovascular disease. And if fat can no longer be stored in adipose tissue, eventually lipid can accumulate elsewhere – including the heart, muscles, and liver – which again can lead to disease.

As with height, your genes play a large part in weight and body shape. Large genetic studies have identified over 400 of the tiniest genome differences that might contribute to body-fat distribution. For example, people who have a mutation in the LRP5

gene carry more fat in their abdomen and less in their lower body. However, these tiny genetic differences are common in the population, affecting most of us in one way or another – and may explain why humans have such a range of different body shapes.

Unfortunately, this means that it might be more difficult for a person who naturally stores fat around their waist to maintain good health. But research also shows that weight loss can reduce visceral fat and improve metabolic health. So, what is important to remember is that body shape is only a risk factor, and even with these differences you can still lower your risk of chronic disease if you maintain a healthy lifestyle.

Rebecca Dumbell,
Lecturer, Nottingham Trent
University

From Painful to Painfree

Alternate Medicine cure serious diseases No side effects, harmless to body & health

With Acupressure, Reflexology, Sujok, Insect, Facial, Magnet & Massage, Aroma & Colour therapies, Body Balancing, Body Polishing, Nature Cure Ayurvedic Therapies & Varicose Veins Treatment

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Raghunaathaaya Naathaaya Sitayah Pataye Namaha"

The President and Members of the Brindaban Sarvajanik Mandir have the pleasure to invite you along with your family and friends to

SUNDAR KAND PARAYAN

which will be held in the holy month of

Purushottam Adhik Mass

*** Programme ***

DATE: Saturday, 10th October 2020

GOW MATA PUJAN : 11.30 AM

RAMAYANA CHANTING : 12hr30 - 15hr30



Ramayana groups wishing to participate are kindly requested to register either by phone on 5-7396399 or by mail on 'rabinsoobarah@hotmail.com' by latest, Wednesday 7th Oct.

Managing Committee BSMS

In a light vein

Dear Tech Support,

Last year I upgraded from Boyfriend 5.0 to Husband 1.0 and noticed a distinct slowdown in overall system performance -- particularly in the flower and jewellery applications, which operated flawlessly under Boyfriend 5.0.

In addition, Husband 1.0 uninstalled many other valuable programs, such as Romance 9.5 and Personal Attention 6.5 and then installed undesirable programs such as Old Boys Club 5.0, Football League 3.0, and Golf Clubs 4.1. Conversation 8.0 no longer runs, and Housecleaning 2.6 simply crashes the system. I've tried running Nagging 5.3 to fix these problems, but to no avail. What can I do?

Signed, Desperate

Dear Desperate,

First keep in mind, Boyfriend 5.0 is an Entertainment Package, while Husband 1.0 is an Operating System.

Please enter the command "! http: |

Thought You Loved Me.html" and try to download Tears 6.2 and don't forget to install the Guilt 3.0 update. If that application works as designed, Husband 1.0 should then automatically run the applications Jewellery 2.0 and Flowers 3.5.

But remember, overuse of the above application can cause Husband 1.0 to default to Grumpy Silence 2.5, Happy Hour 7.0 or Beer 6.1. Beer 6.1 is a very bad program that will download the Snoring Loudly Beta.

Whatever you do, DO NOT install Mother-in-law 1.0 (it runs a virus in the background that will eventually seize control of all your system resources). Also, do not attempt to reinstall the Boyfriend 5.0 program.

These are unsupported applications and will crash Husband 1.0.

In summary, Husband 1.0 is a great program, but it does have limited memory and cannot learn new applications quickly. You might consider buying additional software to improve memory and performance. We recommend! Food 3.0 and Hot Lingerie 7.7.

Good Luck, Tech Support



Once upon a time, there lived a King who, despite his luxurious lifestyle, was not happy at all.

One day, the King came upon a servant who was singing happily while he worked. This fascinated the King. Why was he, the Supreme Ruler of the Land, unhappy and gloomy, while a lowly servant had so much joy?

The King asked the servant, 'Why are you so happy?'

The man replied, 'Your Majesty, I am nothing but a servant, but my family and I don't need too much - just a roof over our heads and warm food to fill our tummies.'

The King sought the advice of his most trusted advisor. After hearing the story, the advisor said, 'Your Majesty, the servant has not yet joined "The 99 Club".'

'The 99 Club? And what is that?' the King inquired.

The advisor replied, 'To truly know what The 99 Club is, just place 99 Gold coins in a bag and leave it at this servant's doorstep.'

When the servant saw the bag, he let out a great shout of joy... so many gold coins. He began to count them. After several counts, he was at last convinced that there were only 99 coins.

He wondered, 'What could've happened to that last gold coin? Surely, no one would leave 99 coins!'

He looked everywhere, but that final coin was elusive. Finally he decided that he was going to work harder than ever to earn that 100th gold coin.

From that day, the servant was a changed man. He was overworked, grumpy, and blamed his family for not helping him make that 100th gold coin.

And he had stopped singing while he worked.

Witnessing this drastic transformation, the King was puzzled. The advisor said, 'Your Majesty, the servant has now officially joined The 99 Club.'

He continued, 'The 99 Club is a name given to those people who have enough to be happy but are never content, because they're always wanting that extra 1, saying to themselves: "Let me get that one final thing and then I will be happy for life."'

That's "The 99 Club"... Zero membership fee to enter, but you pay for it with your entire peace of mind.

We can be happy with very little in our lives, but the minute we're given something bigger and better, we want more... and even more! We lose our sleep, our happiness, as the price for our growing needs and desires.

How English and Englishmen make fun of each other

Q: Can February March?

A: No. But April May!

Q: Did you hear about the painter who was hospitalised?

A: Reports say it was due to too many strokes!

Q: Have you heard the joke about the butter?

A: I better not tell you, it might spread!

Q: How do you know that carrots are good for your eyesight?

A: Have you ever seen a rabbit wearing glasses?

Q: Music Teacher: What's your favourite musical instrument?

A: Kid: The lunch bell!

Q: What did the triangle say to the circle?

A: You're pointless!

Q: What do you call a ghosts mom and dad?

A: Transparents!

Q: What do you call a group of men waiting for a haircut?

A: A barbercue!

Q: What do you call a person that chops up cereal.

A: A cereal killer!

Q: What do you call a South American girl who is always in a hurry?

A: Urgent Tina!

Q: What do you call two fat people having a chat?

A: A heavy discussion!

Q: What kind of emotions do noses feel?

A: Nostalgia!

Q: What kind of shorts do clouds wear?

A: Thunderwear!

Q: What's easy to get into but hard to get out of?

A: Trouble!

Q: Where do boats go to when they get sick?

A: The dock!

Q: Who cleans the bottom of the ocean?

A: A Mer-Maid!

Q: Why can't a leopard hide?

A: Because he's always spotted!

Q: Why can't your nose be 12 inches long?

A: Because then it would be a foot!

Q: Why did the barber win the race?

A: Because he took a short cut!

Q: Why did the boy tiptoe past the medicine cabinet?

A: He didn't want to wake the sleeping pills!

Q: Why did the tomato turn red?

A: It saw the salad dressing!

Q: Why did the tree go to the dentist?

A: To get a root canal!

Q: Why don't you see giraffes in elementary school?

A: Because they're all in High School!

Q: Why was the maths book sad?

A: Because it had too many problems!



It's called **reading**.
It's how people install new software into their brains.

Health Matters

Reasons You May Be Constipated

Here's what might be stopping you up -- and what you can do to keep things moving along

If you've had fewer than three bowel movements in a week or your stools are small, hard, lumpy, or tough to pass, you're constipated. The cause isn't always clear, but even if you don't know why it's happening, it usually passes on its own. If it doesn't, your doctor can help you get things moving again.

Foods that stop you up

High-fat meats can cause constipation. Dairy products, eggs, rich desserts, and sugary sweets can, too. If you eat them, add plenty of fibre-rich vegetables and whole grains -- kale, collards, broccoli, wild rice, quinoa -- to your meals to stay regular.

Fibre is your friend

Your body takes fats, carbs, and protein out of the food you eat and turns them into energy. Fibre can't be broken down by your body -- but that's a good thing. It creates "bulk" in your stool that takes up space and absorbs water, which keeps you regular. Eat plenty of fruits, veggies, and whole grains to make sure you get enough.

Medication

Drugs for a host of conditions -- like indigestion, muscle spasms, seizures, pain, kidney problems, and high blood pressure -- can trigger constipation. So can iron supplements. If you have a hard time going, talk to your doctor. If it's your medication, she might be able to switch you to something that doesn't cause that kind of trouble.

Anxiety

This can raise your blood pressure and heart rate and make you sweat. It also can lead to constipation because it affects the muscles that control how you go to the bathroom. Everyone feels it from time to time, but talk to your doctor if your anxiety doesn't go away or causes problems in your daily life.

Pregnancy

Moms-to-be are more likely to get constipated. Daily exercise, more fluids, and more dietary fibre can help. If that's not enough, talk to your doctor about what you can do to keep things moving while you're pregnant.

Irritable bowel syndrome

This condition can cause belly pain, gas, and cramps. It can also cause constipation, sometimes followed by diarrhoea. Most people can control it if they manage what they eat and their stress levels, but some people may need medicine or counselling to manage IBS.

Other health concerns

Conditions that affect your brain and spine -- like Parkinson's disease, spinal cord damage, or brain injuries -- can slow stools as they move through your intestines. Diabetes and problems with your thyroid gland can, too. Talk to your doctor if you think your constipation might be linked to a health issue.

Constipation and age

You're more likely to get constipated as you get older. That's partly because you may be less active, but it's also because your body slows down. Talk to your doctor about diet and lifestyle changes that can help you stay regular as you age.

Listen to nature's call

Try not to be too fussy about where you go to the bathroom. When you got to go, go! If you ignore the urge, you may get stopped up. If you're picky, try to be somewhere you feel comfortable each day at the time you usually have a bowel movement.

Stay active

Getting at least 30 minutes of exercise three times a week is good for your health, and it can keep things moving inside your body, too. Ask your doctor about drugs that can help keep you regular if you can't get out of bed because of an illness or surgery.

Drink up

Water and other sugar-free liquids can help you avoid constipation. You get a lot of the water you need at mealtime from fruits and vegetables, too. If you're not sure you're getting enough, have soup for lunch a few times a week.

Laxatives can help -- to a point

These drugs can help get things going again. Some make the muscles in your bowel move, and others soften the stool in your intestines so it'll pass more easily. But



Most constipation passes on its own or can be taken care of with diet and lifestyle changes

they're not a cure, and if you use them too often, your body can "forget" how to go on its own.

Be careful with enemas

Enemas come in pill and liquid form -- each kind is put in your system through your anus. It can help your body let go of the stool it's holding, but it also can damage your intestine. It shouldn't be done often -- and then only with a doctor's help or advice. Too many enemas may stop your body from working the way it should.

When to call your doctor

Most constipation passes on its own or can be taken care of with diet and lifestyle changes. See your doctor if you're still having trouble after a few days, or if there's blood in your stool, or you have serious stomach pain.

WebMD

In A Light Vein

Meaning of the proverbs of certain countries

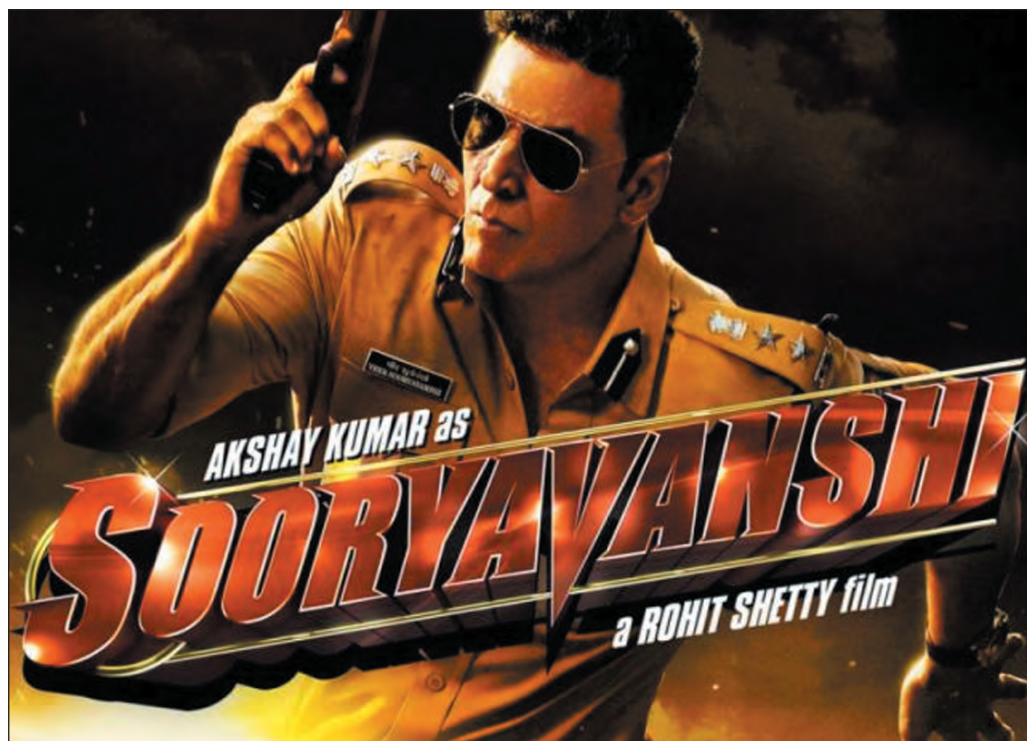
- | | | | |
|--|--|---|---|
| 1. Swedish proverb: The pillow is the best advisor.
Meaning: Sleep over a problem and see how you feel in the morning. | Meaning: Everything tastes better when you are hungry. | 6. Filipino proverb: Leave it to the batman.
Meaning: Some problems require superheroes to solve. | Meaning: You can't concentrate without food in your tum tum. |
| 2. Kenyan proverb: When elephants fight, it is the grass that gets hurt.
Meaning: Fights of the powerful hurt only the little guys. | 4. Japanese proverb: A frog in a well does not know the great sea.
Meaning: There is more going on than you know, try and see the big picture. | 7. Russian proverb: To live with the wolves, you have to howl like a wolf.
Meaning: In dangerous situations, try and blend in. | 9. Kenyan proverb: Slippery ground does not recognise a king.
Meaning: Even the most powerful people are just human deep down. |
| 3. Ancient Roman proverb: Hunger is the best sauce. | 5. Turkish proverb: If the world flooded, it would not matter to the duck.
Meaning: Things that are bad for you aren't always bad for everyone. | 8. French proverb: A hungry stomach has no ears. | 10. Gaelic proverb: A cat in mittens won't catch mice.
Meaning: Being careful and polite doesn't always get things done. |

Akshay Kumar's Sooryavanshi won't release on Diwali despite theatres opening, confirms producer Shibasish Sarkar

'It's not practical to release Sooryavanshi on Diwali because we don't know whether cinemas in major states are opening yet,' said Shibasish Sarkar.

In a statement released on Wednesday, the ministry of home affairs said that cinemas, theatres, multiplexes would be permitted to open with up to 50 percent of their seating capacity from October 15. As you might be aware, many films which were ready for release, had to wait as cinemas were closed due to the Coronavirus outbreak. Akshay Kumar's Sooryavanshi was one of them. Now with theatres being allowed to reopen, one would expect Sooryavanshi to release soon. However, that is not the case.

CEO of Reliance Entertainment, Shibasish Sarkar, who is one of the producers of the Akshay Kumar starrer, told Mid-day, "It's not practical to release Sooryavanshi on Diwali because we don't know whether cinemas in major states are opening yet. The state governments of Maharashtra, Tamil Nadu and Andhra Pradesh have announced that their cinema halls will remain shut this month. So, it will be fair to assume that most states will open up only by December 1."



He told TOI, "Some film will definitely release in December. We shall watch the proceedings. We will know how many people came to see it. And who knows where Corona stands in India in December or November? What if cases are still high?"

"We have been as excited as you are to present the film to you and your family, but due to the recent outburst of the COVID - 19 (Coronavirus), we, the makers, have decided to postpone the release of your film Sooryavanshi, keeping in mind the health and safety of our beloved audience... And therefore, Sooryavanshi will be back for you just when the time is right... After all, safety comes first... Until then, keep the excitement alive, take good care of yourself and stay strong... We shall pull through this..." one of the producers, Rohit Shetty Picturez, had shared in early March this year.



Who is Payal Ghosh?

Payal Ghosh's first brush with show business was a brief appearance in Sean Bean's TV movie Sharpe's Peril

Payal Ghosh is a model-turned-actor who was born on November 13, 1989 in Kolkata. She did Political Science Honours from Scottish Church College, Kolkata.

Payal made her Hindi film debut in 2017's *Patel Ki Punjabi Shaadi*, a romantic comedy, also starring Rishi Kapoor, Paresh Rawal, Vir Das and Prem Chopra.

Payal Ghosh's first brush with show business was a brief appearance in Sean Bean's TV movie *Sharpe's Peril*. She landed the role when she accompanied a friend to the audition. In *Sharpe's Peril*, Payal played a village girl, who is the daughter of a Bengali freedom fighter.

She then went on to feature in south Indian movies like *Prayanam*, *Varshadhaare* and *Mr Rascal*, before her Bollywood debut.

Actress Misti Mukherjee passes away after kidney failure

Actress Misti Mukherjee who made her Bollywood debut with the 2013 film *'Main Krishna Hoon'* breathed her last on Friday evening

in Bengaluru. The 27-year-old actress was reportedly suffering from Kidney related disease for the past few months and was in keto diet.

According to reports, her last rites took place on Saturday after the tragic death on Friday. She is survived by her parents and brother.

After making her debut in 2013 with the partly animated film *'Main Krishna Hoon'* in a special dance number, Misti appeared in another film *'Life Ki Toh Lag Gayi'* directed by Rakesh Mehta. She was also popular for bold music videos and item numbers. She was also quite a known face in the galm world often throwing parties and attending cine events.

Incidentally, in 2014, she was involved in a contro-versy after porn CDs were found from her rented apartment in Mumbai. Her father and brother was also arrested in that case but later released on bail.



Amyra Dastur: As daughters, we need to help other daughters in India to rise

Actor Amyra Dastur was informed that due to the pandemic situation many sponsors at the charity had backed out, and that is when she decided to step in for the girls in need.

Actor Amyra Dastur, who recently decided to sponsor the full education of three girls, calls it the best decision of her life.

"I did this through a charity known to help these girls reach a proper college education level. I just feel that as a female in India it is our duty to empower each other and this is how we do it," Dastur shares.

"It's not just about giving money and clothes to people but we need to put the money to good use. If these girls go to school this is just one year that I have sponsored, next year the fees will be different and accordingly I will sponsor their education," says the 27-year-old, adding, "At the end of the day as daughters of India, we need to help the other daughters of India to rise. Educating the girl child is one of the best ways to do just that."

Not just for their schooling, the *Rajma Chawal* (2018) actor reveals that she is in it for the long run.

"I will sponsor the education of the same three girls till they have passed out of their school. Hopefully I will even get a chance to sponsor their college education if they even choose to go there," she asserts.

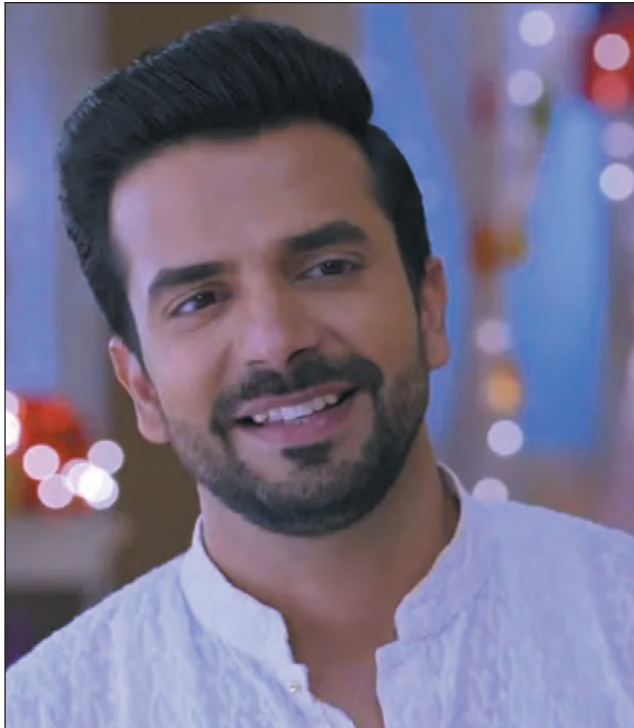
While charity work seems to be quite an in thing especially in these times, the actor firmly states that her act comes from a place of benevolence and not show off.

"I am very happy and very proud. I am not doing this for any kind of attention. I just want people to know that this is how you donate and help people and actually help people by providing them with education, which is the most powerful tool to equip our girls with," she concludes.

I am not sidelined in 'Kundali Bhagya':

Manit Joura who plays the role of Rishabh Luthra in 'Kundali Bhagya' gets into a conversation with IWMBuzz.com.

Manit Joura



Good looking hunk Manish Jaura has no qualms in not being seen much in Zee TV's popular show, *Kundali Bhagya*.

His track was missing even in the recent high drama around Preeta's (Shraddha Arya) *shaadi* as well. "Balaji's creative team, being past masters of TV fiction, know better. I don't even ask them why I am not being used

much."

"I am very grateful to them for giving me a role that has lasted over two years. I have got name and fame, courtesy Rishabh Luthra." Manish has also acted in ALT Balaji projects *Test Case* and *Baarish*. His other TV outings include *12/24 Karol Bagh* and *Ram Milaayi Jodi*.

"Recently I met a family at Delhi airport who were big fans of the show and even invited me for a family wedding. I am just overwhelmed by the love and affection of the online crowd."

"Others might regard the off period as being sidelined. But I, being a positive person, prefer to use the time to work on myself and learn newer skills."

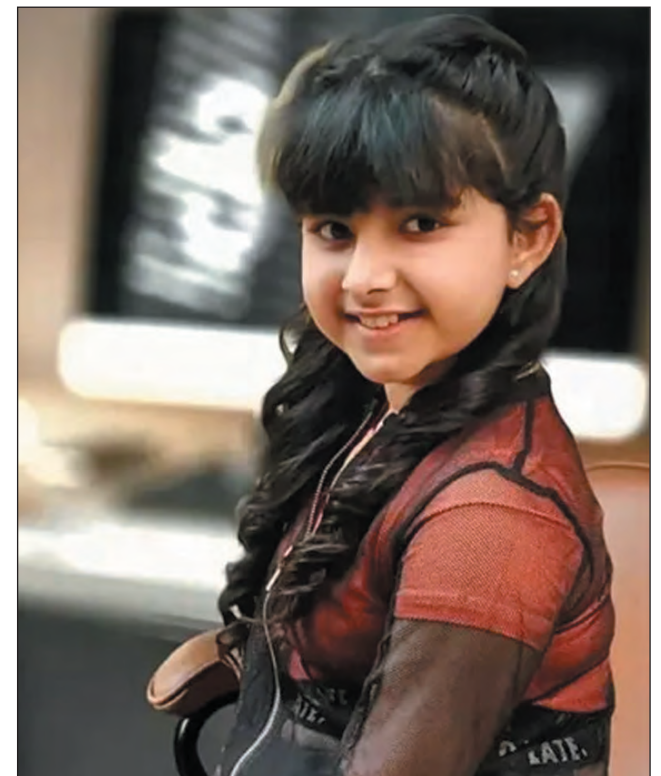
"I also have a family farm back in Punjab that requests my attention, so went back. One of our mares has just become a mother."

"As far as acting work is concerned, I am doing auditions. Unlike other actors, I have no qualms about testing for new roles as it gives me a chance to find out what other characters are there in the market. I don't want to restrict my options."

"I have also just auditioned for an international film. I had done *The Girl With The Indian Emerald* with the same German director, Michael Karen, back in 2013. And they again called me to try my luck, so fingers crossed."

In closing, Manish Jaura does not feel that his contract will stop him from doing outside work. "I really don't pay much attention to the written word, coz I am sure that mutual understanding can solve most issues."

Manish has been trying his luck in Indian films (Hindi and south) as well, but so far has not struck gold.



Myra Singh of 'Kulfi Kumar Bajewala' to enter 'Maddam Sir'

Child actor Myra Singh, who entertained viewers as Amayra in *Kulfi Kumar Bajewala*, will be seen entering *Maddam Sir*. Myra was loved for her acting skills and her on-screen bonding with her father Sikander aka Mohit Malik was quite appreciated.

In *Maddam Sir*, Myra will be seen playing the role of Radha, a 14-year old girl, passionate about singing, reports Times of India. However, her orthodox father doesn't let her pursue her passion as he believes girls shouldn't be allowed to sing. Due to this, she leaves the house and runs away.

Talking about her entry, Myra shared, "I am very excited for this role as it is about a girl who is passionate about singing and singing is my hobby in real life too. Hence, I definitely wanted to do this role as I could put my heart and soul into it. Radha runs away from her house, due to her father being against her singing, and lands up in Lucknow. I have just shot a promo and I am eagerly looking forward to begin shooting for the show."

Myra will soon begin shooting for her role.

Abhishek Malik has a secret to confide on his tattoos

Abhishek Malik answers to iwmbuzz.com a set of rapid fires. Read on:

Abhishek Malik has come a long way as an actor ever since he started with *Chhal - Sheh Aur Maat*. The handsome hunk has gone on to be part of successful ventures like *Dil Ki Nazar Se Khoobsurat*, *Punar Vivah - Ek Nayi Umeed*, *Bhagyalakshmi*, *Ek Vivaah Aisa Bhi*, *Yeh Hai Mohabbatein* and the recent *Kahaan Hum Kahaan Tum*.

The actor comes across as a guy speaking directly from his heart, and his answers to the set of rapid-fire tell us the same!!

Describe yourself as a teenager in 3 words: Young, Enthusiastic and Progressive.

Tattoo guy: Yes, I love my tattoos. I have two of them, one on my left bicep which is quite a big one. The second tattoo is very special to

me, as a gift for my mother on her birthday. It has 3 things if you see it properly - Trishul, OM and Maa (in Hindi).

If you could be from any other era what would it be: 21st century only, as we are progressing.

If you had one super-power what would it be: Well, a power that would have made the world Corona-free.

Would you date a fan: Since I am single, why not (smiles).

Do you sing in the shower? Any favourite song: Yes, *Gaddi peechey naa tu likhayi firda* (winks).

Any wild dream you have seen: Yes, that I am surrounded by snakes and they are just staring at me (horrified).

Biggest or weirdest fear: Of losing my family (heartbreaks).



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Mardi 6 oct - 21.10

30 Days Of Night

Avec: Kiele Sanchez, Rhys Coiro, Dora Baird



Mercredi 7 oct - 21.15

Brush With Danger



Jeudi 8 oct - 21.15



mardi 6 octobre

MBC 1

07.10 Local: Voyage Au Feminin
09.40 Local: Close-Up
10.05 Mag: Euromaxx
10.31 Local Prod: Rodrig Mo Pei
12.10 Le Journal
12.25 Doc: Cary Grant, De L'Autre
13.50 Local: People
14.30 D.Animes: Grenadine Et...
14.37 D.Anime: In The Night...
14.59 D.Anime: Nutri Ventures
15.21 D.Anime: The Minimighty...
16.01 D.Anime: Monster Math...
16.34 D.Anime: Lucky Fred
16.48 D.Aimes: Astrology
18.00 Live: Samachar
18.30 Serial: Jamai Raja
19.30 Journal & La Meteo
20.00 Local: Priorite Sante
20.35 Local: Generation J
21.10 Film: 30 Days Of Night
22.40 Serial: The Blacklist

MBC 2

10.00 Serial: CID
10.44 Serial: Ye Vaada Raha
12.04 Film: Naya Din Nai Raat
Starring: Sanjeev Kumar, Jaya Bhaduri, Sunder
14.12 DDI Magazine
15.00 Mag: Comedy Classes
15.21 Serial: Honaar Soon Mee...
15.43 Serial: Mooga Manasulu
16.06 Serial: Apoorva Raagangal
16.28 Serial: Bisaat-E-Dil
16.50 Mehandi Tohra Naam Ke
17.11 Kullfi Kumarr Bajewala
18.00 Serial: My Little Princess
18.30 DDI Magazine
20.00 Local: Tamil Programme
20.30 Film: Jhuk Gaya Aasman
Starring: Rajendra Kumar, Saira Banu
23.07 DDI Live

MBC 3

06.00 Mag: Eco@Africa
06.34 Mag: Sur Mesure
07.00 Mag: Voa Connect
07.32 Mag: In Good Shape
07.58 Doc: Amazing Gardens
08.58 Mag: Women Who Changed
10.47 Doc: Amazing Iran
11.32 Mag: Eco@Africa
11.58 Mag: Green Touch
12.06 Mag: Sur Mesure
12.30 Mag: Voa Connect
13.01 Doc: Garden Makeover
14.30 Mag: Women Who Changed
15.28 Mag: Global 3000
16.20 Doc: Amazing Iran
17.31 Mag: Green Touch
17.37 Mag: Sur Mesure
18.26 Mag: Green Touch
18.34 Doc: Shanghai
19.00 Student Support Prog...
19.29 Mag: Garden Makover

Cine 12

02.09 Film: Road Games
03.41 Film: The L.A. Complex
04.21 Serial: Midnight, Texas
06.30 Tele: Totalement Diva
07.19 The Bletchley Circle
08.31 Mag: Close Up
09.00 Serial: The Magicians
09.45 Tele: Soleil Levant
10.35 Serial: Midnight, Texas
11.30 Tele: Dulce Amor
12.00 Film: Pressure
13.30 Tele: Totalement Diva
14.45 Film: The Bletchley Circle
16.40 Serial: The Magicians
17.21 Serial: S.W.A.T
18.05 Tele: Soleil Levant
19.10 Tele: Dulce Amor
20.05 Tele: Le Prix Du Désir
20.30 Serial: S.W.A.T
21.15 Serial: Emerald City

Bollywood TV

08.00 Film: Mera Faisla
12.04 / 19.54 - Kahan Hum Kahan Tuam
12.26 / 20.11 - Kullfi Kumarr Bajewala
12.38 / 20.32 Radha Krishna
13.09 / 21.09 - Bin Kuch Kahe
13.09 / 21.24 - Zindagi Ki Mehek
13.56 / 21.46 - Bade Acche Lagte Hai
14.20 / 21.59 - Jai Kanhaiya Lal Ki
14.39 / 22.25 - Bitti Business Wali
15.30 Film: Pyar Mein Twist
Starring: Rishi Kapoor, Dimple Kapadia
18.00 Live: Samacher
18.30 Kumkum Bhagya
18.51 Piya Albel

mercredi 7 Octobre

06.30 Local: La Mauricienne
07.30 Local: Priorite Sante
09.00 Doc: Photo Number 6
12.00 Le Journal
12.25 Local: Groov'in
13.30 Local: Generations J
13.50 Local: Priorite Sante
14.30 D.Anime: Grenadine Et...
14.37 D.Anime: In The Night Garden
14.59 D.Anime: Nutri Ventures
15.29 D.Anime: The Minimighty Kid
16.13 D.Anime: Investion Story
16.25 D.Anime: Lucky Fred
16.52 D.Anime: The Deep
17.15 Serial: Lucas Etc
18.00 Live: Samachar
18.30 Serial: Jamai Raja
19.30 Journal & La Meteo
20.00 Prod: Lottotech
21.10 Film: Brush With Danger
22.35 Serial: The Blacklist
23.20 Local: Le Journal

10.00 Pyar Ka Dard Meetha...
11.17 Suhani Ek Ladhi
12.00 Film: Mere Huzoor
Stars: Mala Sinha, Raaj Kumar and Jeetendra
15.00 Serial: Comedy Classes
15.21 Honaar Soon Mee Hya...
15.44 Mooga Manasulu
16.10 Apoorva Raagangal
16.30 Bisaat-E-Dil
16.53 Mehandi Tohra Namam Ke
17.12 Kullfi Kumarr Bajewala
17.33 Serial: Kulvadh
18.00 Serial: My Little Princess
18.30 Serial: DDI Magazine
19.30 DDI Magazine
20.00 Programme In Marathi
20.30 Local: Dragon Boat...
20.30 Film: Secret Ninja, Roaring
Starring: Dragon Lee, Hwang Jang Lee, Seo Jung Ah

06.00 Rev: The Global Auto...
06.34 Doc: Shanghai
07.00 Mag: Check In
07.33 Mag: Made In Germany
07.58 Doc: Garden Party
08.51 Mag: Women Who Changed
10.53 Doc: Pure Love
11.39 Rev: The Global Auto...
12.03 Mag: Green Touch
12.09 Doc: Shanghai
12.39 Mag: Check In
13.39 Doc: Garden Party
14.42 Doc: Photo Number 6
15.24 Mag: Close Up
16.26 Doc: The DC 3 Story
17.37 Mag: Green Touch
18.00 Mag: Motorweek
18.26 Mag: Green Touch
18.30 Doc: Holiday In Chernobyl
19.00 Student Support Prog...
19.26 Mag: Garden Makover

01.19 Serial: S.W.A.T
02.25 Serial: Emerald City
03.44 Serial: Midnight, Texas
04.25 Film: Mike Hammer
06.01 Tele: Totalement Diva
06.51 Film: The Pirate
09.00 Serial: The Magicians
09.45 Tele: Soleil Levant
10.35 Serial: Midnight, Texas
11.30 Tele: Dulce Amor
12.00 Film: Mike Hammer
13.37 Tele: Totalement Diva
14.45 Film: The Pirate
16.40 Serial: Mission: Impossible
17.26 Serial: S.W.A.T
18.12 Tele: Soleil Levant
19.00 Tele: Dulce Amor
20.05 Tele: Le Prix Du Désir
20.30 Serial: Seal Team
21.15 Film: The Shadow Riders
22.47 Tele: Totalement Diva

08.00 Film: Pyar Mein Twist
12.04 / 20.06 - Kahan Hum Kahan Tuam
12.26 / 20.26 - Kullfi Kumarr Bajewala
12.47 / 20.46 Radha Krishna
13.09 / 21.09 - Bin Kuch Kahe
13.31 / 21.31 - Zindagi Ki Mehek
13.56 / 21.46 - Bade Acche Lagte Hai
14.20 / 21.59 - Jai Kanhaiya Lal...
14.36 / 22.25 - Bitti Business...
15.09 Film: Ishq Ka Jazbaa
Starring: Indar Kumar, Komal Rajput Ishq Ka Jazbaa
18.00 Live: Samacher
18.30 Kumkum Bhagya
18.51 Piya Albel
19.13 Mere Angne Mein
19.35 Yeh Pyaar Nahi Toh Kya Hai

jeudi 8 octobre

06.00 Klip Seleksion
07.00 Local: Fam Rakonte
09.00 Doc: Photo Number 6
09.45 Local: Prodiksion Alimanter
12.00 Le Journal
12.30 Doc: Tarzan, Aux Sources...
13.20 Mag: Urban Gardens
14.30 D.Anime: Granadine Et...
14.35 D.Anime: In The Night Garden
14.59 D.Anime: Nutri Ventures
15.23 D.Anime: The Minimighty Kid
15.40 D.Anime: Gadget And The...
16.02 D.Anime: Monster Math...
16.17 D.Anime: Invention Story
16.39 D.Anime: Lucky Fred
18.00 Live: Samachar
18.30 Jamai Raja
18.55 Local: Yatra
19.30 Le Journal
20.25 Film: Fryday

10.00 Karm Phal Data Shani
12.05 Film: Pyar Ki Jeet
Starring Shashi Kapoor, Vinod Mehra, Rekha
14.27 DDI Magazine
15.00 Serial: Comedy Classes
15.21 Honaar Soon Mee Hya Gharchi
15.43 Mooga Manasulu
16.06 Apoorva Raagangal
16.29 Bisaat-E-Dil
16.51 Mehandi Tohra Naam Ke
17.13 Kullfi Kumarr Bajewala
18.00 Serial: My Little Princess
18.30 Serial: Ghar Pahucha Da Devi Maiya
20.00 Local: Les Grandes Lignes
21.00 Film: Away And Back
Starring Jason Lee, Minka Kelly, Maggie Elizabeth Jones
22.42 DDI Live

06.00 Mag: Motorweek
06.25 Mag: Green Touch
07.26 Doc: Garden Makeover
08.58 Mag: Women Who Changed
10.49 How The Moon Conquered
11.31 Mag: Motorweek
11.57 Mag: Green Touch
12.31 Mag: Arts 21
14.31 Doc: Women Who Changed
17.31 Mag: Holiday In Charnobyl
18.00 Mag: Eco India
18.34 Mag: Sur Mesure
19.05 Open Univ: Student Support
19.29 Mag: Garden Makeover
19.34 Mag: Tomorrow Today
21.15 Doc: 360 Geo
22.02 Mag: Strictly Street
22.31 Doc: The Crude Poker Game
23.56 Mag: Eco India
00.22 Mag: Green Touch
00.30 Mag: Sur Mesure

01.35 Film: The Shadow Riders
03.47 Film: A Sunday Horse
05.28 Tele: Totalement Diva
06.21 Serial: Seal Team
07.02 Film: For The Love Of George
09.45 Tele: Soleil Levant
10.35 Serial: Midnight, Texas
11.25 Tele: Dulce Amor
12.00 Film: A Sunday Horse
13.37 Tele: Totalement Diva
14.45 Film: For The Love Of George
16.40 Serial: The Magicians
17.21 Serial: Seal Team
18.05 Tele: Soleil Levant
19.00 Tele: Tanto Amor
20.08 Tele: Le Prix Du Désir
20.30 Serial: Seal Team
21.15 Film: Anna Karenina
23.19 Tele: Totalement Diva
00.09 Serial: The Magicians

08.00 Film: Ishq Ka Jazbaa
12.05 / 19.54 - Kahan Hum Kahan Tuam
12.26 / 20.11 - Kullfi Kumarr Bajewala
12.47 / 20.32 Radha Krishna
13.09 / 21.09 - Bin Kuch Kahe
13.31 / 21.31 - Zindagi Ki Mehek
13.56 / 21.46 - Bade Acche Lagte Hai
14.20 / 21.59 - Jai Kanhaiya Lal Ke
14.36 / 22.25 - Bitti Business Wali
15.20 Film: Naya Kadam
Starring: Rajesh Khanna, Sridevi, Padmini Kolhapure
18.30 Kundali Bhagya
18.52 Piya Albel
19.14 Mere Angne Mein



Jeudi 8 oct - 15.20 Stars: Rajendra Kumar, Saira Banu

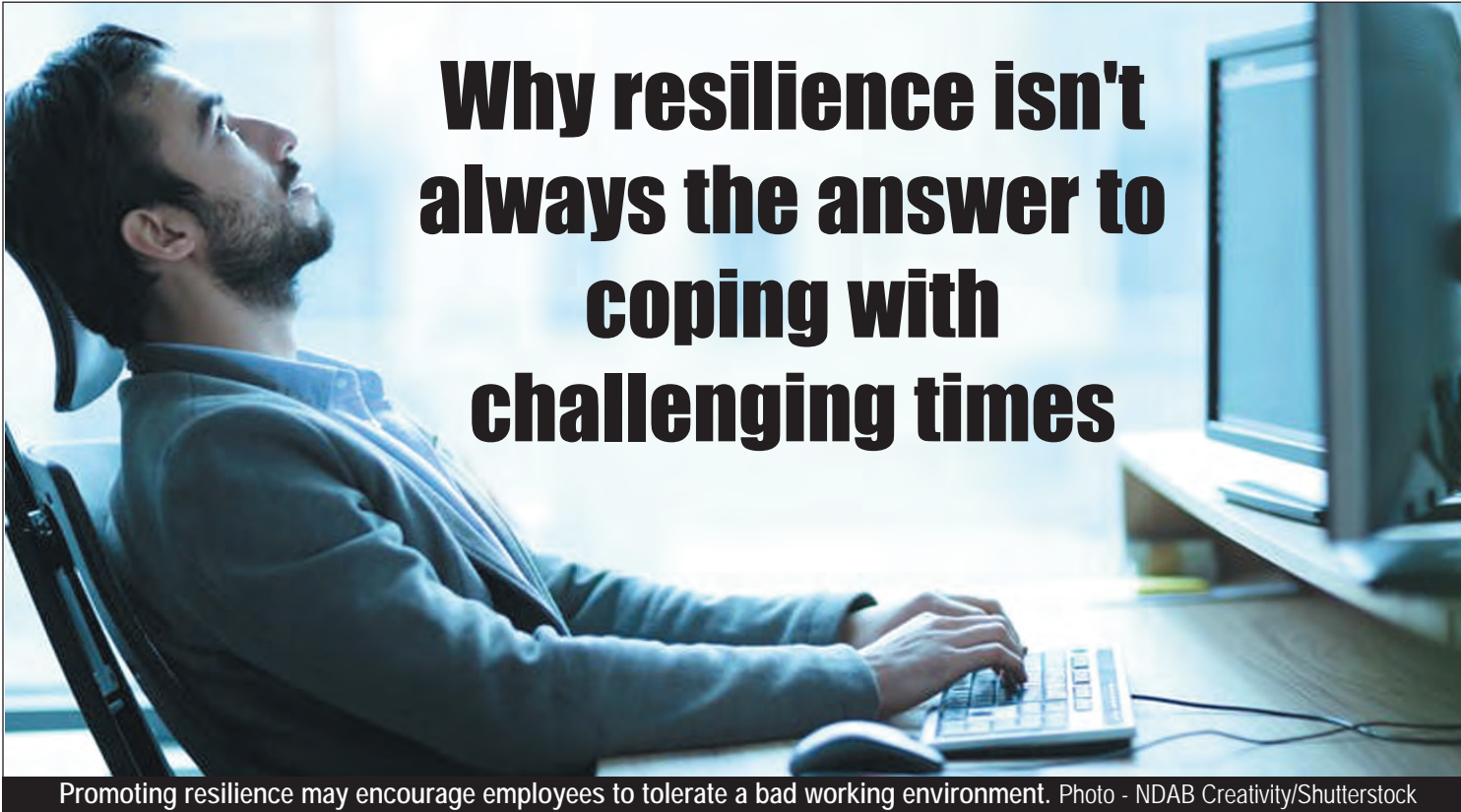


Jeudi 8 oct - 20.25

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Why resilience isn't always the answer to coping with challenging times



Promoting resilience may encourage employees to tolerate a bad working environment. Photo - NDAB Creativity/Shutterstock

The word "resilience" has been used frequently throughout the coronavirus pandemic. Medics, business leaders and teachers have all been encouraged to build resilience in order to address the needs of their communities.

However, advocating resilience in the current context may not be the best way forward. Another option is hope.

My own research in philosophy of education emphasises the valuable role hope can play. Hope can help students think of themselves as capable of setting goals and finding creative ways of achieving those goals, even in the face of their own limitations and the inescapable uncertainty that surrounds them. In the current climate, too, hope may be a more useful tool for dealing with crisis.

Bouncing back

At the heart of resilience is the claim that humans have the capability to recover or even grow in the face of adversity. In the current crisis, these ideas - resilience, grit and the ability to bounce back - are understandably seductive. As one advert commissioned by Universities UK puts it, in the face of adversity, "2020 made us stronger".

Yet, for all their power, ideas like grit and resilience can be controversial. Research shows that resilience and grit is not the only - or even the best - route to success. For academic success, other factors such as attendance and study habits are much better predictors of success than grit or resilience.

Advocates of grit claim that it is composed of two elements: perseverance of effort and consistency of interest. Of the two, consistency is the more problematic. Consistency in this context is understood as the continuous and inflexible pursuit of goals. This idea of consistency may not be the most helpful way to deal with a pandemic and deepening global mental health

crisis.

Bad habits

Resilience is often promoted in workplaces and by practitioners of organisational psychology as an ideal to which workers should aspire. However, this can be dangerous.

Promoting resilience may be asking employees to remain overly tolerant of unpleasant or counterproductive circumstances. Rather than pushing for change - either through a change of job or fighting for improved workplace conditions - these employees will consistently follow goals once set. Success then becomes the ability to endure stress, and perhaps even abuse.

The danger is that employees who show the signs of work-related stress will be seen as lacking resilience. Poor working conditions may be ignored in favour of blaming the victim of a negligent (or worse) workplace. As recent research shows, while resilience can be a rational approach, this rationality depends on the circumstances.

In our context, there is a real possibility that some of us may fail to meet the goals we set for ourselves pre-COVID. Employees, parents and children may suffer debilitating distress and anxiety. We are not rubber balls, made to bounce back on demand. A focus on resilience may encourage us to blame ourselves if we find ourselves failing to grow stronger through adversity.

Turning to hope

Hope is an alternative to resilience. Hope is the capacity to identify meaningful goals, the steps necessary to attain them and the motivation to take these steps. The difference between hope and resilience is that, where resilience is conceptualised as a return to a normal state of functioning following a stressful event or situation, hope is based on the idea of reaching a goal.

Teachers can introduce this idea of

hope into the classroom by sharing some of their hopes and vulnerabilities with their students. By doing this, a teacher can model how they identify and plan to reach goals, while also speaking honestly about fear and uncertainty in the presence of COVID-19.

These fears and vulnerabilities can have a paralysing effect and may mean temporary demotivation or even letting go of long treasured goals. Giving up specific goals should not lead to hopelessness. Instead it can provide an occasion to reflect on other goals more easily realisable during a global pandemic.



Research found that study habits were a better predictor of success than resilience. Jacob Lund/Shutterstock

At the political level, a commitment to prioritising hope over resilience may mean that governments work towards providing a realistic vision of what life might be like after the pandemic. At the community level, sustaining hope might depend on policy makers, employers and teachers recognising that goals may have to change.

Some of us may not bounce back to our pre-COVID selves and our goals may reflect this change. Yet, if we can help each other to hang onto a bit of hope in the face of this adversity, we may have all the resources we will need to find meaning in the post-COVID world.

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Tree of Knowledge

Madisyn Taylor

When a Bad Apple Spoils the Bunch

When dealing with negative people, we can choose not to respond to their behavior and allow our positive behavior be an example.

Because life requires that we interact with different personalities, it is not uncommon for us to encounter a situation where there is one person whose behavior may negatively impact the experiences of others. Someone who is loud and crass can interrupt the serenity of those who come together to practice peace. A disruptive worker can cause rules to be imposed that affect their colleagues' professional lives. A team member who is pessimistic or highly critical may destroy the morale of their fellow members. And one "bad apple" in your personal life can be a potent distraction that makes it difficult to focus on the blessings you've been given and the people who love you.

There may always be people in your life who take it upon themselves to create disruption, foster chaos, stamp out hope, and act as if they are above reproach even when, in doing so, they put a blight on their own experiences. But you don't need to allow their negativity and callousness to sour your good mood. Often, our first impulse upon coming head-to-head with a bad apple is to express our anger and frustration in no uncertain terms. However, bad apples only have the power to turn our lives sour if we let them.

If you can exercise patience and choose not to respond to their words or actions, you will significantly limit the effect they are able to have on you and your environment. You can also attempt to encourage a bad apple to change their behavior by letting your good behavior stand as an example. If your bad apple is simply hoping to attract notice, they may come to realize that receiving positive attention is much more satisfying than making a negative impression. While you may be tempted to simply disassociate yourself entirely from a bad apple, consider why they might be inclined to cause disturbances. Understanding their motivation can help you see that bad apples are not necessarily bad people. Though bad apples are a fact of life, minimizing the impact you allow them to have upon you is empowering because you are not letting anyone else affect the quality of your experiences. You may discover that buried at the very heart of a bad apple is a seed of goodness.