

# MAURITIUS TIMES

● Go forward in life with a twinkle in your eye and a smile on your face, but with great purpose in heart. — Gordon B. Hinckley

## Éclairages



Par-delà les sondages...

# Où en sommes-nous vraiment politiquement à Maurice?

### Opinion

## Divali: Finding our Inner Light

'The celebration is not just about lighting lamps outside – an Inner Light has to come. Light means clarity. Without clarity, every other quality that you possess will only become a detriment, not a gift'



### Breakfast with Bwana

## Nuclear Non-Proliferation: An Illogical Non-starter

Just as there is nothing to be gained by the US from attacking either Canada or Mexico with nukes, there is nothing to be gained by ANY country from attacking any other country with nukes. Indeed, one might extrapolate that to the folly of all wars



### Interview: Rajeev Hasnah, Economist

**“Instead of trying to resolve the NPF issue, the CSG has compounded and aggravated the situation”**



**‘Those who argue that the CSG contributes to reducing inequalities cannot do so without admitting that the CSG is an additional tax**

Many economists and observers alike will agree that there are better ways to reduce inequalities’

### The Conversation

## The Dark Psychology That Can Poison Elites

While elites can be very special, it’s not necessarily always in a good way. We should all do our best to call out their bad behaviour

Prof Geoff Beattie P2

### Language and History

## Hindi Pracharini Sabha celebrates its 100th anniversary

P12

# Of Floods and Drain Bonanza Budgets

All the blame for the recurrent distress that torrential rains bring in their wake around the island - major parts of the South of the island were under water this week - cannot be pinned down on any one institution given the multifactorial causes of such disasters, including institutional slack and/or overlapping, town and country planning deficiencies, budgetary constraints, etc. Moreover, inadequate planning in construction, alteration of the natural courses of water in order to make way for infrastructure, loss of wetland, blocking of drains with debris have made Mauritius prone to flooding. Additionally, for the past few years, Mauritius has been experiencing an increase in the frequency of high intensity rainfall events which resulted in flash floods on several occasions. The National Disaster Risk Reduction and Management Centre has identified 65 regions as flood prone areas throughout the island.

The government however cannot shirk responsibility for the mess many regions find themselves in after heavy downpours. It is the Ministry of Public Utilities which has been given the mandate to work out and implement plans to prevent floods, or at least to minimise them to the point of eliminating their catastrophic effects - not just in Port Louis as it happened in 2013 at Caudan, but also everywhere else in the island. Successive governments were expected to take appropriate and effective action on the findings and recommendations of different studies that had been commissioned to help address this issue - for instance, the Gibb report "Study of Land Drainage System of Mauritius", released in April 2003 - itself preceded by an advance report of the Consultant's findings on flood prone areas. Little is known about what has been done concretely to mitigate the problem, but in the meantime billions have been earmarked for infrastructure works, especially in the construction of drains around the island, most notably in the 2021 budget. Even if many parts of the island remain to date vulnerable to such disasters as happened this week, where drain construction works have been implemented, for instance at Trois Boutiques, the inhabitants have been spared of the distress of earlier years in the wake of heavy downpours.

There had also been earlier Justice Domah's Fact-Finding Committee, which was set up in March 2008 after floods in the north of the island, particularly at Mon Goût. The Domah report, released on 23 March 2009, highlighted the "systemic gaps" that led to such disasters and advocated an integrated strategy for the management of natural risks, to replace the approach

adopted so far which remains only "defensive and reactive". How much has been achieved in the implementation of Justice Domah's recommendations is not known.

On the other hand, there is also the responsibility of sugar estates in the occurrence of heavier flooding in recent years. In an earlier contribution to this paper, Sada Reddi put across the view espoused by villagers in flood affected areas that it's poor land management and the levelling of cane lands for easier cultivation and harvesting that have destroyed all the natural drains which in the past slowed down the flow of rain water from these fields. 'For the inhabitants, the major cause of flooding were changes in land preparation and management on the sugar estates. The use of machinery and other vehicles on cane lands for cultivation and harvesting has compacted the soil between the rows of sugar cane plants. In the past, the soil and the ridges covered with trash, slowed the flow of water and helped the water to percolate the soil. That is no more the case. The compacted soil causes massive rainfall run-off and speeds up the flow of water to the other sugarcane fields, which then goes to flood major roads where drains between the cane fields and the roads are inexistent.' The villagers, who know their territory as no one else does - usually better than the experts -, speak from experience, and the authorities should have listened to them and taken appropriate remedial action.

Twenty years after the Gibb report, many years of commissioned studies and reports later, dozens of budgetary allocations have come and gone, yet the acute problems faced by inhabitants in the south last week or in the densely constructed Ebene area inexorably point to the fact that the "systemic gaps" have not adequately been addressed. Apart from the usual factors, such as sloth and inefficiency, or the pace of "concreting" that have accompanied development, or again the conflicting and buck-passing between elected regional bodies, ministries, agencies and authorities, we may also have to factor in shoddy workmanship and poor supervision of corrective drain constructions. Lack of transparency and periodic reports on the usage made of the 2021 drain bonanza budget allocation of Rs 12 billion, a far cry above the usual Rs 1-2 billion annual budgets, leave room for considerable doubts that monies rather than rain water have been diverted to other usage. It is imperative that authorities demonstrate results and align actions with narrative or intentions.

## The Conversation

### The Dark Psychology That Can Poison Elites

While elites can be very special, it's not necessarily always in a good way. We should all do our best to call out their bad behaviour



Pic - New Statesman

Sexism, harassment, and bullying plague the Red Arrows, the UK Royal Air Force's display team. This revelation was the outcome of investigations into complaints of bad behaviour in this elite organisation. Air Chief Marshal Sir Rich Knighton said that "behaviour that would be classed as unacceptable was widespread and normalised on the squadron".

To me, the Red Arrows have always represented discipline, precision, skill, bravery, and professionalism. They are the real-life Top Guns. Now, I'll never be able to look at red, white, and blue trails in the sky in quite the same way.

As a psychologist, I should perhaps be less shocked. Many of us suffer from a particular cognitive bias that involves projecting the characteristics of a role onto the people who play that role. But just because the Red Arrows display discipline and professionalism doesn't mean all individual members of the team will have those same characteristics.

#### Lack of self-doubt

Elite groups, be they military or otherwise, present with a particular set of psychological challenges.

By Geoff Beattie, Professor of Psychology, Edge Hill University

● Cont. on page 16

## Mauritius Times

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

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

This epaper has been produced with the assistance of

Doojesh Ramlallah, Sultana Kurmally and Kersley Ramsamy

Pearl House 4th Floor Room 406 - Sir Virgil Naz Street, Port Louis  
Tel: 5-29 29301 Tel/Fax: 212 1313

mtimes@intnet.mu

www.mauritiustimes.com

facebook.com/mauritius.times



Mauritius Times



Dr R Neerunjun Gopee

# Divali: Finding our Inner Light

*'The celebration is not just about lighting lamps outside – an Inner Light has to come. Light means clarity. Without clarity, every other quality that you possess will only become a detriment, not a gift'*

Thanks to my friend Ram in Djakarta who sent me a post in which Shri Satpal Singh beautifully explains the symbolism of Divali in simple, clear language. He asks: Do we know why Divali is celebrated on the darkest night of the year? He goes on to say that the story starts with the Ramayana, one of the greatest spiritual epics of all times. It has many layers of meaning but at the core is every person's struggles to know themselves. The message of Ramayana will help you to understand how to live a better life.

It is the story of the battle between Lord Ram and Raavan, King of Lanka. It is not just one that happened thousands of years ago. It is happening right now inside each one of us. Lord Ram represents our Higher Self, our Divine soul, the infinite life force that lives inside everyone and in all places. Our soul lives in Ayodhya, the place of no conflict (Sanskrit *yuddh* means war, prefix *a* means opposite of i.e., no war): our soul therefore lives in peace. It isn't concerned with trivial things like how do I look today, what do others think of me, how much money do I have, what's my relationship status or my next career move.

In the story everything changes with the marriage of Ram and Sita, i.e., the union between the body and the soul. As soon as that happens they are banished from Ayodhya; in our own lives whenever we focus our thoughts on our body more than on our soul we too lose our peace and are banished into the jungle of the world. Even in the jungle Sita continues to meditate on Ram, but one day she sees a golden deer and gets totally enamoured by it, just like our eyes and senses are always distracted by worldly things. When she stops meditating on Ram and goes after the deer, she is trapped by a demon called Raavan, who represents our ego. He is depicted as having ten faces and twenty arms – signifying that our ego is not so easy to identify, as it often comes in disguises in many different forms.

So the battle begins between Ram



Pic - Istock

**As philosopher-President of India Dr S Radhakrishnan – the closest approximation perhaps in history to have met the philosopher-king wish of Socrates – wrote, that one little flame can light up the sky, so too let us hope that all the lights of Divali that will set skies aflame this Sunday penetrate the hearts and minds that are bent on destruction, clear the cobwebs of barbarism that populate evil minds, and grant them instead the clarity that is needed for a conversion to saner and kinder mindsets and in the process imbue them with a modicum of humanity..”**

and Raavan, and eventually Ram is victorious. He manages to defeat Raavan and bring his soulmate Sita back home. The Spiritual Master Gurū Nānak, founder of Sikhism and the first of the ten Sikh Gurus, summarises the real struggle between our ego and our Divine Light as follows: in each and every heart is the unseen and infinite Ram. When we kill our egos, only then will we unite with this invisible and infinite Truth.

So why do we really celebrate Divali on the darkest night of the year? It's so that we can remind ourselves to break free from our own dark habits, our worldly obsessions, egos, self-importance, insecurities and all our inner demons.

This year as well as lighting lamps and fireworks, let's learn and share the deeper meaning of this celebration. Let us make this Divali a challenge for us all

**All Hindu festivals, such as Durga Puja/Navratri, Ganesh Chaturthi, Cavadee, etc., are about how to overcome the ego-driven compulsions that tend to dominate our lives so as to discover our Inner Truth or Divine Light, allow ourselves to be illuminated by it so that we can live a life of purity and harmony, at peace with ourselves and with everybody else, with the world in fact. Each festival lays emphasis on one of the paths that can lead us to this discovery: *bhakti* or devotion, *karmayoga* or selfless service, *rajayoga* or meditation/mind control, and *jnanayoga* or Self-knowledge..”**

not a gift, because confidence without clarity is a disaster. And today, too much action in the world is performed without clarity.'

Further, 'Without the necessary clarity, whatever you try will be a disaster. Light brings clarity to your vision – not just in a physical sense. How clearly you see life and perceive everything around you decides how sensibly you conduct your life. Divali is the day when the dark forces were put to death and light happened. This is also the predicament of human life. Like the dark clouds which brood in the gloomy atmosphere, not realizing that they are blocking the sun, a human being does not have to bring any light from anywhere. If he just dispels the dark clouds that he has allowed to gather within himself, light will happen. The Festival of Lights is just a reminder of that.'

It is all but too obvious that since about a month now the dark clouds of religious obscurantism have burst upon the world, which is in evidently great and urgent need of light and clarity. These dark clouds have spread across and convulsed the streets of several cities in Europe and North America, purportedly triggered by a toolkit that had been prepared well in advance by similarly tenebrous minds.

Europe was supposed to have come out of the dark ages when the so-called age of enlightenment, premised on logic and reason rather than blind belief, brought about modernity and all the material goodies that we have gotten used to. However, leaders there are belatedly discovering that the dark clouds that have overwhelmed their cities may well be the prelude to a latter day version of the dark ages all over again, and are at a loss to know how to stem that tide. One prominent thinker there, Konstantin Kisin even opined that far from the barbarians being at the door, they are already inside!

As philosopher-President of India Dr S Radhakrishnan – the closest approximation perhaps in history to have met the philosopher-king wish of Socrates – wrote, that one little flame can light up the sky, so too let us hope that all the lights of Divali that will set skies aflame this Sunday penetrate the hearts and minds that are bent on destruction, clear the cobwebs of barbarism that populate evil minds, and grant them instead the clarity that is needed for a conversion to saner and kinder mindsets and in the process imbue them with a modicum of humanity.

That only can save the world from perdition and put civilisation back of course.

to let our own Divine nature shine as bright as possible so that we too can become a beacon of light and help those who are still in darkness.

## What a profound message!

Isn't this indeed a most profound message to every human being? In fact, all Hindu festivals, such as Durga Puja/Navratri, Ganesh Chaturthi, Cavadee, etc., are about how to overcome the ego-driven compulsions that tend to dominate our lives so as to discover our Inner Truth or Divine Light, allow ourselves to be illuminated by it so that we can live a life of purity and harmony, at peace with ourselves and with everybody else, with the world in fact. Each festival lays emphasis on one of the paths that can lead us to this discovery: *bhakti* or devotion, *karmayoga* or selfless service, *rajayoga* or meditation/mind control, and *jnanayoga* or Self-knowledge.

Specifically, about Divali, which glorifies light, Sadhguru of Isha Foundation has equally elegantly elaborated on it. He writes: '...the celebration is not just about lighting lamps outside – an Inner Light has to come. Light means clarity. Without clarity, every other quality that you possess will only become a detriment,

Par-delà les sondages...

# Où en sommes-nous vraiment politiquement à Maurice?

Par A. Bartleby

Un récent sondage de la situation politique a fait couler beaucoup d'encre ces dernières deux semaines. Les principales conclusions de ce sondage sont que près de 68% des sondés attendent l'émergence d'un nouveau leader politique, que le MSM caracole en tête des intentions de vote avec 19,5% d'adhésion au niveau des partis individuels, que l'alliance de l'opposition parlementaire est actuellement en tête des intentions de vote pour les prochaines élections générales avec 36% et que les nouveaux partis ont du mal à dépasser le seuil des 5% d'adhésion.

La première chose à noter est que le sondage ne déclare pas sa méthodologie, ne dévoile pas ses questions et ne dit rien de l'échantillonnage utilisé. Il parle de 1000 sondés, mais ne donne pas le profil de ces sondés, ce qui rend impossible de savoir si l'échantillon est représentatif ou non de la multitude des opinions politiques. En effet Maurice, malgré la petite taille de son territoire, est un pays d'une grande complexité politique.

La dimension identitaire du vote, sa géographie aussi, avec une division toujours active entre ruralité et urbanité, la dimension idéologique qui reste importante dans certains milieux socio-économiques et les adhésions historiques font qu'il est difficile d'avoir une lecture claire des tendances politiques actuelles. Surtout que les bases historiques des partis dits traditionnels ne cessent de s'effriter au fur et à mesure des élections générales.

Celles de novembre 2019 avaient d'ailleurs été intéressante de ce point de vue. Le MSM et ses alliés avaient dégagé une majorité avec 37% des votes, ce qui avait constitué un score faible par rapport aux précédentes majorités. En effet, à y regarder de plus près, il faut en moyenne 45% des votes afin de pouvoir constituer une majorité solide à l'Assemblée nationale.

Plusieurs facteurs avaient déterminé les résultats des élections générales de 2019, et le fait qu'une majorité avait pu être dégagée avec moins de 40% des suffrages exprimés. Le fait déjà que ces mêmes élections n'avaient pas été une lutte entre deux grands blocs d'alliance mais une lutte à trois avait forcément déjà posé les bases d'un fléchissement des scores vers le bas.



Ainsi, le MSM et ses alliés, l'alliance entre le PTr et le PMSD d'un côté, et le MMM se présentant seul, a de facto orienté l'issue du vote.

De plus, le positionnement de certains nouveaux partis ou de certains candidats indépendants a également influencé les résultats, grattant dans les bassins historiques de certains partis et permettant ainsi de resserrer les marges. Ce fut le cas des candidats comme Patrick Belcourt, Oliver Thomas et Eric Guimbeau qui ont tous les trois fait des scores dépassant les 3000 votes dans les circonscriptions 19, 20 et 17 respectivement.

Ces scores, combinés à l'éclatement des votes en trois grandes parts, ont suffi pour bouleverser la donne, et produire des écarts bien plus serrés qu'à l'accoutumée. Cela explique, par exemple, comment certains candidats se sont tenus dans un mouchoir de poche, avec des écarts de moins de 50 votes entre le troisième et le quatrième dans certains cas. Si l'on rajoute à cela le taux d'abstention record de 22,5%, nous constatons que 7 électeurs sur 10 n'ont pas voté pour la majorité gouvernementale.

Ce fait inédit est la conséquence des élections triangulaires dans notre système 'First-Past-The-Post' (FPTP), hérité de la tradition wesminstérienne britannique, qui pourrait continuer à être poussé jusqu'à ses limites. En d'autres termes, le système FPTP pourrait produire la situation ubuesque où un parti pourrait obtenir

nir une majorité solide à l'Assemblée nationale avec une infime minorité des votes. Ce scénario semble relever de la folie, mais les tendances politiques actuelles tendent vers cela, et la logique du FPTP le permet de manière intrinsèque. Ce qui est sûr, c'est que la combinaison de l'érosion des bases, l'émergence de nouveaux partis capables de gratter quelques centaines de votes et l'abstention produisent une situation qui ne fera que tendre vers les limites du système FPTP.

Sommes-nous ainsi condamnés à subir les conséquences de ce système et de ses ramifications? Pas forcément. Toutes les réflexions autour d'évolutions constitutionnelles s'inscrivent d'ailleurs dans cette volonté de faire bouger les lignes et de faire évoluer les choses. Le problème fondamental de ces propositions est qu'il faut une majorité de trois-quarts à l'Assemblée nationale pour les implémenter, ce qui est pour l'instant impossible. De plus, nous avons tous pu constater le résultat de la proposition de la Deuxième République portée par l'alliance PTr-MMM en 2014 : un rejet massif de toute évolution constitutionnelle qui découle d'une peur viscérale d'une instabilité chronique ou du moindre changement des rapports de pouvoir, et notamment des rapports de pouvoir identitaires, à Maurice.

## Bhadain, Belcourt et le plafond de verre des fameux 5%

D'où viendra donc ce changement supposé attendu par 68% des Mauriciens? Sommes-nous prêts pour l'émergence de nouvelles forces politiques ou est-ce que la voie du progrès passera par le renouvellement du personnel politique au sein des partis traditionnels? Ces questions ont du sens dans la mesure où nous nous trouvons dans une situation où certains partis émergents sont en train de se construire des bases et que les partis traditionnels recrutent des jeunes qui formeront dans quelques années des noyaux durs au sein de ces mêmes partis.

Concernant les partis émergents, il est intéressant ici d'analyser le cas de Roshni Bhadain et de Patrick Belcourt, qui sont actuellement dans une alliance. Les deux hommes ont des parcours politiques différents.

☞ Suite en page 5



Est-ce qu'un tandem Bhadain/Belcourt pourrait faire exploser le plafond de verre des fameux 5%? Rien n'est moins sûr - P - Radio One

Par-delà les sondages...

# Où en sommes-nous vraiment politiquement à Maurice?



Kavi Ramano, Steven Obeegadoo, Alan Ganoo et Ivan Collendavelloo ont un certain «branding» qui fait qu'un parti comme le MSM voudrait les avoir à ses côtés

☞ Suite de la page 4

Primo, Roshi Bhadain, élu sous la bannière du MSM en 2014 qui a occupé un poste ministériel d'envergure. Malgré les controverses qu'il a suscitées au pouvoir, cette expérience du gouvernement et l'image d'un homme politique combatif sont ce qui lui donne une certaine légitimité au regard d'une section de l'électorat qui voit en lui une alternative potentielle au poste de Premier ministre.

Secundo, Patrick Belcourt, qui a lui un parcours politique différent. Sans être passé par un parti traditionnel, il a réussi à se constituer une petite base dans la circonscription numéro 19, lui permettant de faire un score extrêmement intéressant lors des élections de 2019. Est-ce que cela signifie qu'un tandem Bhadain/Belcourt pourrait faire exploser le plafond de verre des fameux 5%? Rien n'est moins sûr.

C'est une chose d'avoir la capacité de rassembler quelques désillusionnés du système, c'est une autre chose de transformer cette alliance conjoncturelle en une force politique capable de rassembler une majorité afin de conquérir le pouvoir. Cette conquête repose forcément sur des individus capables de rassembler, mais cela ne suffit pas.

La conquête du pouvoir passe avant tout par la constitution d'un appareil politique capable d'occuper un territoire et d'organiser l'adhésion politique et idéologique requise pour avoir une force de frappe lors d'une élection. Ce dernier point est la raison pour laquelle un parti comme Resistans ek Alternativ ne parvient pas à se hisser au niveau d'une force politique majeure dans le paysage mauricien. Ils ont des figures charismatiques, des idées intéressantes et sont plutôt bien organisés, mais leur lecture idéologique du paysage mauricien est perçue comme en déphasage avec nos réalités.

Quel chemin existe-t-il donc pour les Bhadain et les Belcourt qui se positionnent actuellement dans l'espace politique? Ils n'ont en réalité d'autre choix que de faire assez de bruit afin de se donner les moyens d'intégrer une alliance avec une locomotive à l'approche des prochaines élections. Encore une fois, il faudrait différencier entre les deux puisque leurs parcours sont différents.

Dans le cas de Roshi Bhadain, il est dans la délicate situation où aucun parti traditionnel n'a démontré un

intérêt quelconque en faveur d'une alliance avec lui et son Reform Party. Le personnage est considéré comme politiquement incontrôlable, et il est probablement entré dans un piège dont il ne sortira pas.

Dans le cas de Patrick Belcourt, il a également raté le coche en réalité. C'est au lendemain des élections de 2019 qu'il aurait dû se rapprocher d'un parti traditionnel, et il aurait eu toutes les chances de négocier un positionnement avantageux pour lui. N'ayant pas fait cela, il est lui aussi condamné à une errance politique qui risque d'être longue. Dans son cas, il pourrait renverser la vapeur sur les prochaines années.

## L'émergence de figures fortes: Obeegadoo, Collendavelloo, Ganoo et Ramano

Par ailleurs, il y a un phénomène politique qui émerge depuis quelques années et qui est très peu commenté, celui de l'émergence de figures fortes. Steven Obeegadoo, Ivan Collendavelloo, Alan Ganoo et Kavi Ramano en sont des exemples. Ils ont tous longtemps opéré au MMM, apprenant les rouages de la politique, avant de se mettre à l'avant comme des individus capables de négocier des alliances en leurs propres noms. Ils ont un certain «branding» qui fait qu'un parti comme le MSM voudrait les avoir à ses côtés.

Ce «branding» repose sur plusieurs choses: l'expérience de terrain dans un vrai parti politique, l'expérience dans un gouvernement où ils ont démontré leur capacité à occuper des ministères, le fait qu'ils se soient constitués des bases qui les ont suivis lorsqu'ils ont quitté le MMM et le fait aussi qu'ils soient positionnés dans des circonscriptions urbaines (sauf pour Ganoo) où ils peuvent jouer les trouble-fêtes.

Dans le calcul électoral de 2019, il était clair que le

MSM souffrait d'un défaut d'ancrage dans les circonscriptions urbaines, et ces individus ont ramené exactement cela. Il faudrait voir comment évolueront les choses à partir de là, mais il y a quelques individus capables d'être en position des Obeegadoo/Collendavelloo/Ganoo/Ramano dans les partis de l'opposition parlementaire. Nous pensons ici notamment à Shakeel Mohamed, à Osman Mohamed, à Michael Sik Yuen, à Reza Uteem ou encore à Adil Ameer Meeah. Ces individus ont ce qui est requis pour lâcher leur parti et se mettre dans une alliance avec un bloc capable de remporter les élections générales. Et il se pourrait bien que la tendance imprimée par les anciens du MMM lors des élections de 2019 devienne une tendance réelle pour le moyen terme. Bhadain et Belcourt pourraient, par exemple, suivre cette voie si elle se précise.

## PTr et MMM: Le défi de la transition

Quant aux partis traditionnels, il est clair pour toutes les personnes qui connaissent un peu le terrain politique, et qui ne mesurent pas la température politique du pays à travers quelques postes sur les médias sociaux, dont Facebook, que les partis traditionnels sont là pour rester pendant un bon moment. Il ne faut pas sous-estimer le fait que ces partis ont une histoire politique, des idéologies acceptables à l'électorat et des expériences de gouvernement. Ceux-ci jouent un rôle extrêmement important aux yeux de l'électorat lorsqu'une élection approche.

Et à y regarder de plus près, par-delà les fils et filles à papa, ces partis recrutent activement des jeunes depuis quelques années. Certains de ces jeunes sont même déjà très bien positionnés pour occuper des responsabilités d'envergure dans le moyen terme, surtout que le leadership de ces partis sera appelé à se renouveler progressivement sur les deux prochaines décennies.

Dans le cas du PTr et du MMM, au-delà du défi des prochaines élections, la direction actuelle de ces deux partis vont devoir régler un autre défi aussi sinon plus important au niveau de la succession des deux leaders. Dans le cas du PTr, Navin Ramgoolam n'a pas de successeur désigné et nous devinons que ce parti risque d'être plongé dans des luttes intestinales lorsque l'actuel leader se retirera, d'une manière ou d'une autre. Mais ces luttes intestinales permettent au parti de se renouveler. C'est à partir de telle bataille politique que des figures fortes pourraient émerger, du moment qu'ils soient également des individus capables de proposer des solutions politiques aux problèmes actuels. Il reste à voir cependant si Navin Ramgoolam s'attellera sérieusement à préparer la transition au niveau du leadership du parti - un leadership acceptable et crédible - qui saura «keep the party together».

☞ Suite en page 7



Au-delà du challenge des prochaines élections, le leadership actuel du PTr et du MMM vont devoir régler un autre challenge aussi sinon plus important au niveau de la succession des deux leaders



Anil Madan

# Nuclear Non-Proliferation: An Illogical Non-starter

*Just as there is nothing to be gained by the US from attacking either Canada or Mexico with nukes, there is nothing to be gained by ANY country from attacking any other country with nukes. Indeed, one might extrapolate that to the folly of all wars*

**W**hen the world's five great nuclear powers, the US, USSR, Britain, France, and China, arrogated to themselves the right to be the only nuclear powers in the world, the scheme was doomed to fail. It became readily apparent that if Mainland China were to be a nuclear power, India could not stand by. And if India were to be armed with nukes, Pakistan could not stand by. Hemmed in by its Arab neighbours who had declared it their aim to destroy the Jewish state, Israel could not stand by. So it was that in due course, India and Pakistan became nuclear states and Israel as well despite the lack of an official acknowledgment of membership in the society of nations with nukes.

South Africa disassembled its nuclear arsenal before it joined the NPT or Non-Proliferation Treaty. Brazil had a program for the development of nuclear weapons but aborted it. Whether Brazil had nuclear weapons is now a moot point, but it certainly has the technology.

North Korea has already demonstrated repeatedly that it has nuclear weapons and indeed, brags about having intercontinental ballistic missiles capable of delivering them. Iran is on the precipice of possessing nuclear weapons if it doesn't already have them.

Aside from South Africa and Brazil, the only other instances of countries voluntarily giving up nuclear arsenals are the former Soviet Republics of Belarus, Kazakhstan, and Ukraine which transferred their stocks to Russia. Perhaps the Ukrainians now wish they had not done so, but it is unclear whether Ukraine would have developed the capability of using its nukes on neighbouring Russia.

Iran had agreed to give up developing nuclear weapons. The point is arguable. Certainly, many people in the US and Israel's leadership believed that the Iran Nuclear Deal was a bad idea from the get-go. Threats from Iran's Supreme Leader and his underlings to destroy Israel and wipe it from the face of the earth, give no comfort.

North Korea's Kim Jong Nuke has shown the world that possessing and testing nukes is a way to get attention. What is entirely surprising is that more countries have not developed nuclear arsenals.

That may be about to change. Leaders of countries seem to speak more freely about using nuclear weapons as President Putin and Dmitry Medvedev the Deputy Chairman of the Security Council of Russia and who formerly served as both President and Prime Minister of Russia, have done. Kim Jong Nuke routinely threatens the use of nuclear weapons against South Korea, Japan, and even the US. Pakistan's leaders have, from time to time, spoken of the inevitability of nuclear conflict with India.

Putin too has boasted of having hypersonic missiles that can defeat Western defenses.

Most recently in September, Saudi Crown Prince, Mohammed bin Salman said the kingdom will obtain a nuclear weapon if Iran does so first. And the Israeli Heritage Minister was suspended by Netanyahu after saying in reply to a question whether Israel might drop an atom bomb on Gaza, that it was one option.

## A new round of proliferation

A new round of proliferation is already underway and there are no signs that it can be contained.

In February 2023, a year after his invasion of Ukraine, Putin announced that Russia was suspending participation in the new START nuclear arms reduction treaty. That treaty allows the US and Russia, each to deploy no more



Pic - Contemporary Security Policy

**If Mainland China were to be a nuclear power, India could not stand by. And if India were to be armed with nukes, Pakistan could not stand by. Hemmed in by its Arab neighbours who had declared it their aim to destroy the Jewish state, Israel could not stand by. So it was that in due course, India and Pakistan became nuclear states and Israel as well despite the lack of an official acknowledgment of membership in the society of nations with nukes..."**

than 1,550 strategic nuclear warheads and a maximum of 700 long-range missiles and bombers. Additionally, each can conduct up to 18 inspections of strategic nuclear weapons sites every year to ensure the other is not in breach of the treaty's limits. Inspections had been put on hold in 2020 due to the Covid pandemic but talks on a resumption of inspections scheduled to take place in Egypt in November 2022 were postponed by Russia.

While maintaining that he wants to preserve the new START treaty, Putin has insisted that British and French nuclear warheads be included in the total allocated to the US. For Washington, this is a nonstarter. Mind you, neither side needs 1,550 warheads to destroy the other.

But abandoning the treaty poses risks. The Federation of American Scientists estimates that Russia has 5,977 total nuclear warheads and the US has 5,428.

The treaty limits the number of warheads that can be deployed per missile. Without the treaty in place, each side could increase the number of deployed warheads from 1,550 to 4,000. With that many warheads, the temptation to use a lot in an initial strike — whether a first strike, or a

response to an attack — increases because of the perceived risk of "use or lose."

Over the years, the lessons learned during the Cuban Missile Crisis have seen both the US and the USSR, and then its successor, the Russian Federation act with considerable restraint and good sense to limit the testing and proliferation of nuclear weapons. That bit of common sense also appears to have exhausted itself. Just last month, the Russian parliament revoked Russia's ratification of the Comprehensive Nuclear Test Ban Treaty. This does not necessarily mean that Russia will conduct nuclear tests, but it certainly opens the possibility that Russia will supply nuclear weapons technology to other countries which may conduct such tests.

The fear expressed by security experts was the follow-on effect was likely to be a nuclear arms race among China, India, and Pakistan. As predicted, and sadly so, that is coming to pass.

For years, China has refused to engage in bilateral or multilateral talks with the US and Russia, to limit nuclear warheads. Its position seems to be that because it has a very small number of warheads in comparison to the thousands possessed by Russia and the US, it would be at a disadvantage if it were to discuss reductions in its strategic warheads from such a low level compared to the holdings of potential adversaries. The illogic of China's position has led it to undertake an expansion of its warhead stockpiles and construction of new silos to hold missiles. Never mind that it could have insisted that the US and Russia make meaningful reductions so that the overall threat would be reduced.

But there is another calculus at work here and indeed, it is derived from the calculus that will spur both India and Pakistan to build additional stockpiles of nuclear warheads. Simply put, China feels vulnerable to a strike from either Russia or the US because it would then be unable to defend itself against the country that did not strike.

So also, in the trilateral grouping of China, India and Pakistan. Each country considers itself vulnerable to a follow-on strike by the third country.

## A glimmer of hope

**T**he Pentagon recently reported that China has significantly increased its nuclear stockpile over the past year to 500 operational nukes. And China's planned increases will lead to a doubling or more of its arsenal by the end of this decade, and 1,500 by 2035. China is also developing new capabilities in intercontinental ballistic missiles, as well as hypersonic missiles.

In the midst of this dismal news about nuclear proliferation, there is a glimmer of hope. When President Xi and President Biden meet in San Francisco later this month, the subject of nuclear arms control will be on the agenda.

Perhaps it is too much to ask, but surely China and the US both recognize that neither has anything to gain by attacking the other with nuclear weapons or otherwise. The economies of the two countries are heavily interdependent and by destroying the other, each would be destroying a significant chunk of its own economy.

And there is, of course, the horror of a nuclear winter that prominent scientists Carl Sagan and Richard P. Turco predicted would follow any widespread use of nuclear weapons. Although Dr Turco has backed off the theory, he maintains that although he had never believed that nuclear winter alone could wipe out humanity: "My personal opinion is that the human race wouldn't become extinct, but civilization as we know it certainly would."

The grave danger here is that China's proliferation will spur India and Pakistan on to building more nuclear warheads and missiles of their own.

● Cont. on page 7

☞ Suite de la page 5

Dans le cas du MMM, tout laisse à penser que le Bérengisme pourrait triompher avec la fille suivant le père dans une opération que beaucoup de Militants de la première heure soutiennent en privé équivaldrait à un acte de sabotage ultime du parti. C'est d'ailleurs exactement ce qu'attendent les anciens du MMM, aujourd'hui en alliance avec le MSM de Pravind Jugnauth, afin d'accueillir les Militants désillusionnés.

Mais à y regarder de plus près et selon certaines têtes penseurs au sein du parti, le MMM n'a en réalité pas d'autre choix que de passer les rênes à Joanna Bérenger, si le parti ne veut pas devenir la propriété de ses députés de Port-Louis qui obtiendront enfin ce qu'ils et leur électorat recherchent depuis 1967: le contrôle total d'un appareil politique d'envergure et surtout national. Ainsi, une Joanna Bérenger en tant que leader du MMM apparaît comme un moindre mal, même si le MMM risque dans ce cas de devenir la version bérengiste du PMSD...

### PMSD et MSM... Xavier Duval en attente d'une offre "digne et sincère"

**L**e MSM et le PMSD sont eux dans des situations différentes.

Le PMSD n'a jamais essayé de se croire plus fort qu'il ne l'est réellement, acceptant volontiers d'apporter ses fameux 5 sous afin de faire la Roupie. Cette posture est exactement ce qui a fait la force politique de parti et ce qui lui permet de faire partie de tous les gouvernements. Mais les choses évoluent pour eux également. Le leader actuel commence à penser que son parti pourrait être bien plus que simplement 5 sous, surtout au regard de la tendance démontrée par le MMM. En gros, plus le MMM coulera, plus le PMSD aura des chances d'occuper l'espace laissé vide par les mauves et devenir (ou redevenir) le parti des minorités.

Même si des rumeurs persistantes font état du désir de Xavier-Luc Duval de passer la main, il ne serait actuellement pas insensible à une proposition du MSM lui allouant presque 18 à 20 tickets. Cette offre est historique et monumentale pour le PMSD; c'est aussi un signe clair envoyé au leader des bleus, qui a là l'occasion de renverser la vapeur avec le MMM et de devenir un parti bien plus important qu'il n'a été ces dernières décennies. La décision du leader du PMSD pourrait ainsi avoir un impact profond sur les rapports de pouvoir dans l'espace politique mauricien, et il faudra rester très attentif à cela.

Nous arrivons ainsi au MSM, le parti qui est pour l'instant le détenteur des clés du pouvoir à Maurice. Les choses paraissent plus simples au niveau du MSM.

Par-delà les sondages...

# Où en sommes-nous vraiment politiquement à Maurice?



Xavier-Luc Duval ne serait actuellement pas insensible à une proposition du MSM lui allouant presque 18 à 20 tickets, ce qui lui permettrait de devenir un parti bien plus important qu'il n'a été ces dernières décennies

Pravind Jugnauth n'a que 62 ans et son leadership ne sera pas remis en question avant au moins 10 à 15 ans. Est-ce que le parti soleil préparera un leader en devenir progressivement au fur et à mesure de ces prochaines 10-15 années? Il faudra attendre pour voir la tendance car il est bien trop tôt pour pouvoir se prononcer sur cette question.

Mais ce qui est certain, c'est que l'actuel Premier ministre paraît avoir un ancrage beaucoup plus solide que le pensent certains observateurs, et notamment ceux qui ne comprennent pas la culture politique et identitaire du "Hindu Belt". Le calcul est en réalité simple de ce point de vue. Les circonscriptions 4 à 14 ont un "voting pattern" d'une simplicité déconcertante: en votant pour 3 candidats, ils votent majoritairement pour un Premier ministre qui est un homme de religion hindoue et de la caste des Vaish qui s'appelle Jugnauth ou Ramgoolam. Et les supposés changements démographiques ne changeront rien à cela pour au moins les deux prochaines décennies.

Reste à voir si l'électorat fera l'impasse sur les affaires qui ont élaboussé la gouvernance du MSM ces dernières années et l'épineux problème de la cherté de la vie qui affecte la grande majorité des Mauriciens, qu'ils soient des régions urbaines ou rurales. Le gouvernement MSM se donnera sans doute les moyens avec le prochain budget d'amadouer les électeurs, encore que le dernier discours du ministre des Finances sur les caisses vides de l'État pour alimenter l'augmentation promise en 2019 de la pension de vieillesse, a jeté l'émoi et l'incertitude dans cette partie de l'électorat. Là également, il faudra aussi voir si les mesures et autres promesses qui vont sans doute être annoncées au prochain et dernier budget de ce gouvernement, produiront l'effet escompté.

C'est d'ailleurs également pour cela que le retrait de Navin Ramgoolam, qui n'a pas d'héritier, éventuellement produira quelque chose de très intéressante sur l'arène politique. Mais tout cela se mettra en place petit à petit une fois les prochaines élections passées.

A. Bartleby

## Breakfast with Bwana

● Cont. from page 6

In May of this year, Andrew F. Krepinevich, Jr. of the Hudson Institute, discussed this issue in a review of Ashley Tellis' book *'Striking Asymmetries'*. China and Pakistan have a sort of ill-defined close relationship due to fear of their mutual rival and foe, India which feels itself sandwiched between two hostile powers. Until recently, they viewed their nuclear weapons primarily as political instruments, not as tools for actual warfighting. All three adopted a "minimum deterrent" nuclear posture, maintaining the lowest number of nuclear weapons necessary to inflict unacceptable damage to their adversaries' key cities even after suffering a nuclear attack.

## Nuclear Non-Proliferation: An Illogical Non-starter

So, given these fears, how to explain that they have not all rushed to build larger arsenals? The explanation is that consistent with this strategic view, the three countries maintained only a fraction of their arsenals on high alert. Instead, they stored their weapons deep in "safe" locations. The idea was that there was no need for an immediate response to an attack. That would come eventually, days, weeks, or even months later. There was no need to invest heavily in early warning systems or failsafe deployment.

It is not clear why China has abandoned this approach. Perhaps it is Xi Jinping's desire to join the Big Boys Club.

For India, the risk is that if China expands its nuclear strike capability to the point of disabling an Indian response, the only choice is to build more nukes to keep pace with China. And if India does that, so will Pakistan. That country's armed forces are no match for India's forces and therefore, it will feel compelled to counter any conventional threat of overwhelming Indian force with a nuclear strike. Lost in all this is a lack of comprehension that India has nothing to gain by attacking Pakistan.

Both Putin and Xi might do well to take a lesson from Canada and Mexico, the next-door neighbors of the United States. Neither has felt threatened by the

American arsenal of nukes to deploy their own nuclear weapons. Just as there is nothing to be gained by the US from attacking either Canada or Mexico with nukes, there is nothing to be gained by ANY country from attacking any other country with nukes. Indeed, one might extrapolate that to the folly of all wars, but one step at a time. Perhaps President Xi's willingness to discuss the subject with President Biden allows for some hope that common sense has not completely fled the scene.

Cheerz...

wana



## Chagos Islands All Party Parliamentary Group taken over in a coup by Tory MP

Plots and intrigue kicked into gear almost as soon as the King left Parliament yesterday (Tuesday 7 Nov) when the APPG for the Chagos Islands (Chagos Islands (BIOT) All Party Parliamentary Group) was taken over in a coup by Tory MPs. The APPG was previously controlled by supporters of the FCDO's apparent plan to give the islands away to Mauritius. The government started negotiations with Mauritius in November last year, reports order-order.com, which is owned and published by the Guido Fawkes Organisation.

30 Tory MPs flooded into the AGM last night (Tuesday 7 Nov) under direction of secret plans and voted Labour chairman Mike Kane out. The new chairman is Tory MP Henry Smith, whose Crawley constituency contains the highest number of Chagossians in the UK, some of whom have launched a legal challenge to stop the negotiations and keep the islands British. 2,000 of them were kicked out in 1968 to build an American military base...

The successful coup's organisers say giving the islands away will cut crucial access to the Indian and Pacific Oceans and give China undue influence in the region. They're warning the rest of British overseas territories could go the same way if British interests and self-determination aren't considered. Daniel Kawczynski MP tells Guido: "We will not allow them to trash self-determination, over wise it puts at risk places like Gibraltar and others as well.". New chairman Henry Smith says now "Parliament is watching" and the Foreign Office should make proper reference to MPs. The battle over the fate of the islands is heating up...

## Why was Israel attacked? Hamas says to 'change the equation'

The grave destruction caused after the surprise attack by Hamas militants on October 7 is what the senior leadership of the Islamic group of Gaza believe a necessary cost of a great achievement. The reason why the Hamas unleashed the horror on Israel, in which a number of militants rampaged through the southern borders and killed nearly 1,400 Israelis and dragged almost 240 others back to Gaza, is because they wanted to 'change the entire equation and not just have a clash'.

"We succeeded in putting the Palestinian issue back on the table, and now no one in the region is

## Taiwan finds a way to beat international scammers, fake calls drop by 70%

Taiwan's crackdown on phone scams has led to a 70% drop in incoming international calls, representing a rare victory against unsolicited callers and highlighting the scale of the problem in the island.

The total number of inbound international calls fell to 15 million in October, compared with 50.8 million in May, according to data released by the National Communications Commission on Thursday.

Taiwan's victory came after authorities ordered phone carriers to block overseas calls disguised as local numbers. As part of the campaign, receivers must also listen to a scam alert before picking up any international calls, reports Bloomberg.



Taiwan's victory came after authorities ordered phone carriers to block overseas calls disguised as local numbers. Pic - The Economic Times

Taiwan's campaign against nuisance calls also includes having online retailers start using codes when referring to people's phone numbers and the creation of a dedicated "111" number from which the government would aim to text residents all official communications.

## 'Dump Trump'; 'Ban Tiktok' and 'Finish Hamas': Key takeaways from third GOP debate

Two months before the primaries, Republican presidential hopefuls clashed in a fiery debate in Miami on Wednesday night. As the third debate unfolds, it comes against a backdrop of the Israel-Hamas conflict, rising antisemitism in the U.S., and Trump's strategic decision to hold a competing event nearby instead of attending the debate, reports Hindustan Times.

### 'Dump Trump' chorus from third GOP Debate

In a critical moment, Florida Governor Ron DeSantis and former South Carolina Governor Nikki Haley challenged the narrative, urging GOP voters to reconsider granting Trump a third consecutive presidential nomination. 'Dump Trump' was a slogan echoed by most of the candidates. DeSantis pointedly remarked, "Donald Trump is a lot different guy than he was in 2016," citing issues like the unfulfilled promise to have Mexico fund a border wall. Haley concurred, stating, "He was the right president for that time," but emphasized the need to move forward.



Ex President Donald Trump banned the apps in the country. Pic - EPA

### 'Ban Tiktok over growing antisemitism'

All candidates found common ground in advocating for a ban on the Chinese social media app TikTok, citing national security and privacy issues, as well as its purported role in fanning antisemitism. Former New Jersey Governor Chris Christie condemned the app, asserting, "TikTok is not just spyware but also a deliberate tool corrupting American youth."

### 'Finish Hamas' say Haley & DeSantis

The spectre of anti-Semitism was collectively condemned, with candidates affirming support for Israel and endorsing the response to Hamas. DeSantis went so far as to suggest to Israeli Prime Minister Netanyahu to "Finish the job with these butchers." However, the consensus frayed on the subject of continuing financial aid to Ukraine.



Palestinians evacuate an area in Gaza City on Monday after an Israeli airstrike as Israel continued to battle Hamas. Pic - AFP

experiencing calm," Khalil al-Hayya, a member of Hamas' top leadership, told The New York Times.

Another Hamas official even hoped that 'the state of war with Israel will become permanent on all the border' expecting that the Arab nations will stand with their cause, reports Hindustan Times.

Meanwhile, the US daily reported that a deal to release at least 50 hostages from Hamas' captivity was on the verge of closing which was eventually blown off with the ground offensive in Gaza carried out by the Israeli military. The report comes in the backdrop of Israel repeatedly turning down international calls for 'humanitarian pauses' and cease-fire demanding the release of hostages.

\* Contd on page 9



## Pakistan blames Kabul for Afghans' expulsion: 'Involved in terrorism'

Afghanistan's failure to stop Pakistani militants operating from its soil was to blame for Islamabad expelling hundreds of thousands of Afghan migrants, Prime Minister Anwaar-ul-Haq Kakar said Wednesday.

Afghans were also deeply involved in suicide attacks and other clashes with Pakistan forces, Kakar told a news conference, adding there had been a huge rise in security incidents since the Taliban's return to power in Kabul in 2021.

More than 250,000 people have crossed from Pakistan to Afghanistan since an October ultimatum given to the 1.7 million Afghans Islamabad said were



Afghans wait for clearance to depart for their homeland at a deportation camp. Pic – Nikkei Asia

living illegally in the country, reports AFP.

Kakar said there had been a 60 percent increase in terror incidents in Pakistan since the Taliban took power in August 2021, resulting in 2,267 deaths.

While he blamed Pakistan's home-grown Taliban movement for the majority of incidents, he said they were using bases in Afghanistan and Afghans were also involved. He said no action had been taken, despite Pakistan frequently complaining to Afghanistan's rulers.

Afghanistan's Taliban government insisted again Wednesday that the country's soil was not being used by militants to stage attacks on other countries, and said Pakistan's security problems were a domestic affair.

Millions of Afghans have poured into Pakistan in recent decades, fleeing a series of violent conflicts, including an estimated 600,000 since the Taliban ousted the US-backed government and imposed its harsh interpretation of Islamic law.



Ugandan says he has found cure for hangovers. P - The Independent Uganda

## Ugandan minister invites investors to bankroll drink that cures hangover

Speaking during the inaugural science and technology investors dinner at Kampala Serena Hotel on Friday evening, Minister for Science and Technology, Dr Monica Musenero said the drink named Pombe Guard was invented by Ronnie Kalyango and helps to prevent and cure hangover, reports NilePost.

"We have already done laboratory tests and it has passed them. This is a beverage that accompanies your bottle (beer). When you take it and take alcohol, when you wake up, you are as clean and sober as if you nothing happened. The drink is natural and has no effects," Musenero said.

"Investors who can come and invest in money and support mass production of this can benefit."

The Minister for Science and Technology said the innovation is promising to be a hot cake.

"I know many people will love Pombe Guard. I assure investors that if you invest in Pombe Guard, you will make money."

The minister said the inaugural investors' dinner preceding the forthcoming the National Science Week was meant to bring investors up to speed with the innovations by the country.

A survey conducted by the United Nations Development Programme (UNDP) indicated that Uganda advanced to the 119th rank out of 132 countries in the Global Innovation Index for the year 2022.

## Tanzania - Steinmeier's apology a welcome first step

*German President Frank-Walter Steinmeier's move to ask for forgiveness for Germany's colonial abuses has been welcomed by Tanzanians. But it can only be a beginning, they say.*

The minutes pass in silence as German President Frank-Walter Steinmeier stands, face inclined, before the graves of Chief Songea Mbano and 66 other leaders who were executed by German colonial rulers during the Maji Maji Rebellion in 1906.

It's been 117 years since they were hanged at this very place in the southern Tanzanian city of Songea for standing up to German colonial rule, reports DW Analysis.

"I join you in mourning Chief Songea and all who were executed," said Steinmeier. "I bow before the victims of German colonial rule. And, as Germany's Federal President, I want to ask for forgiveness for what Germans did to your forefathers."

The Maji-Maji Rebellion stands out as one of the most brutal chapters of German colonial rule. Experts estimate that up to 300,000 members of the Indigenous Maji Maji people died in the brutal war -- and as a consequence of the German rulers' scorched-earth policy.

Steinmeier's appearance is a historic moment. Never has a German head of state thus openly admitted the country's colonial crimes.

"It is not human to hang people and cut off their heads -- and they know it," Tanzanian historian Mohammed Said told DW. "So he came to ask for forgiveness and we accepted, for now we have forgiven."

According to Said, the story doesn't end there. He pointed to the fact that the human remains of Chief Songea and countless others -- mostly skulls -- to this day remain in German museums, brought to Germany for the benefit of researchers indulging in racist theories. "They should return them here with all honors so they can be buried according to tradition," said Said.

President Steinmeier also met behind closed doors with the descendants of Songea who is today remem-

bered as a national hero, promising to do all that is possible to identify and repatriate their forefather's skull. Only two months ago, the remains of an individual from Tanzania were identified through genetic comparison.

Steinmeier's apology left the chief's family visibly moved and relieved. "It is a healing moment for our community," said Makarius Mbano. "We do welcome the apology."

### Calls for compensation

Comments under DW's post about the apology on its Kiswahili Facebook page welcomed the move by the German president. "Apologizing for the wrong things you did is wisdom. Big up, Steinmeier," wrote Isaya Sambo



Tanzanian President Samia Suluhu Hassan, right, with German President Frank-Walter Steinmeier. Pic – Peoples Gazette

Mpenda Amani.

Likewise, Hassan Mlacha said it was a good decision to apologize. However, he suggested that "we Tanzanians should not dwell too much on the skulls. Let us negotiate with Germany so that they can help to solve our electricity problem."

DW user Jafety Mandera decried an ongoing colonization of the African continent, though "through more sophisticated ways." In reaction to President Steinmeier's passage, he demanded: "Let them pay compensation for the trillions they harvested from Tanzania. It should be them that owe us money."

Interview: Rajeev Hasnah, Economist

# “Instead of trying to resolve the NPF issue, the CSG has compounded and aggravated the situation”



**The Mauritian economy will have to be rescripted with a bold vision and a strong commitment.**

We cannot afford delaying this process anymore and any longer’

**Mauritius Times: What do you make out of the controversy raised in the wake of the Minister of Finance’s statement that the funds contributed to the Contribution Sociale Généralisée have dried up? Was that foreseeable and would you say the CSG in its present form would be more viable than the earlier NPF?**

**Rajeev Hasnah:** We should recall that the “Contribution Sociale Généralisée (CSG) has been a very controversial issue since its introduction and that actuaries, economists and other professionals in the investment field raised concerns about the viability of such a policy decision.

Back then it was already very clear that the introduction of the CSG entailed a paradigm shift in pension management for private sector employees as we moved from an accumulation of funds for future pension payments for private sector employees to an outright/disguised “tax” on employees in the private sector (small, medium and large companies alike).

In essence, the introduction of the CSG resulted in the government becoming the sole owner and decision taker of funds that would otherwise have been injected into a pension fund belonging to all those who contributed to the fund. The fund’s only mandate was to invest the collected funds for future pension distribution to its legitimate beneficiaries.

As such, the CSG transferred an otherwise “savings” (NPF contributions) that legally and legitimately belonged to employees of the private sector to an ongoing income for the government (just like any tax that it collects like the VAT, income tax or duties) for the latter to use as it deems nec-

**U**nannounced in any manifesto, the Contribution Sociale Généralisée (‘CSG’), is a taxation that was introduced to replace our contributory National Pension Fund system since September 2020 and has been the subject of much heated argument, made even more topical by the Minister of Finance’s recent announcement that some Rs 25 billion of funds received since the CSG’s introduction have been entirely used up for pensions and a variety of other government decided benefits.

We invited economist Rajeev Hasnah to explain and comment on the complex issues that may surround our pension system in a rapidly ageing population and more specifically, whether the CSG measures, which diverted private-sector funds from the NPF/NSF to government coffers to use for its own policies, were the appropriate answer to the pension conundrum. We also recall that for the private sector, both the employer and the employee contribute to the CSG whilst for the public sector, only the employer contributes.

Rajeev Hasnah has been also invited to give his personal take on the general economic situation, including the post-pandemic recovery, the rising cost of living, the public debt levels and the depreciation of the Rupee.

essary.

To illustrate this point, the value of the National Pension Fund (NPF) as at 30 September 2020, the year that the CSG was introduced, stood at Rs 139 billion. Two years later, as at 31 December 2022, the total value of the fund was Rs 138 billion since the money that was supposed to go into the NPF was taken over by the government in its Consolidated Fund.

Since the introduction of the CSG in 2020 and until 2023, the government collected around Rs 25.6 billion as additional revenues in its Consolidated Fund. If the CSG wasn’t implemented and taking into account the contribution made for the benefit of private sector employees, the value of the fund as at 31 December 2022 should have been at least Rs 159 billion. This would have been the case as the contribution made by private sector employees would have accumulated in the NPF, instead of going into the Consolidated Fund of the government as a CSG “disguised tax”.

In the NPF system, those who contributed to the funds remained the sole owners and future beneficiaries; in the CSG system, the government became the owner and decision taker of the funds collected.

**\* It has been suggested that raising the impossible rate for contributions to the NPF would have signifi-**

**The introduction of the CSG resulted in the government becoming the sole owner and decision taker of funds that would otherwise have been injected into a pension fund belonging to all those who contributed to the fund. As such, the CSG transferred an otherwise “savings” (NPF contributions) that legally and legitimately belonged to employees of the private sector to an ongoing income for the government...”**

cantly mitigated the threat posed by an ageing population. Are we now in a better position to understand why the government pressed ahead with the introduction of the CSG despite wide-ranging political and trade union protests?

I believe that today, it is rather obvious to everyone that the sole aim of the introduction of the CSG seems to have been to increase the revenues of the government such that the latter could decide how to then distribute those funds aligned to its policy decisions.

Instead of the contributions by private sector employees being saved for future pension payments, this money has been made available to the government to use as it deems necessary.

**\* There is also the issue of private sector employees contributing their share to the CSG, whilst public officers’ contributions are paid up by the government. That’s blatantly inequitable — even if it could be proved that the CSG would be contributing to reducing inequalities in our society as argued by some economists. What’s your take on that?**

Note that for public sector employees, it is the government who contributes on their behalf from the Consolidated Fund as expenses to the government’s Consolidated Fund as revenues, which the latter then uses as it deems necessary!

Those who argue that the CSG contributes to reducing inequalities cannot do so without admitting that the CSG is an additional tax paid by private sector employees only, as using taxation to resolve inequalities can only take place when we tax the haves, and we give it to the have-nots. With the CSG, we increased the “tax” burden on private sector employees only.

**Those who argue that the CSG contributes to reducing inequalities cannot do so without admitting that the CSG is an additional tax paid by private sector employees only, as using taxation to resolve inequalities can only take place when we tax the haves, and we give it to the have-nots. With the CSG, we increased the “tax” burden on private sector employees only. Many economists and observers alike will agree that there are better ways to reduce inequalities...”**

I know that many economists and observers alike will agree that there are better ways to reduce inequalities than transforming a monthly saving for pension during old age into a current income similar to taxes in the government coffers such that the government can utilise those funds as it deems necessary.

**\* There are contrasting viewpoints on the viability of both the CSG and the earlier NPF; both are predicated to become unaffordable in the long term in view of the smaller working population supporting an increasing number of old-age pensioners. What’s the solution then?**

We cannot and should not compare the CSG with the NPF; the conclusions and recommendations to be made when doing so would prove to be erroneous.

Cont. on page 11

# 'Those who argue that the CSG contributes to reducing inequalities cannot do so without admitting that the CSG is an additional tax

Many economists and observers alike will agree that there are better ways to reduce inequalities'



**With the CSG, we have worsened the pension issue as we transformed a savings for future payments into a revenue for the government to spend today, which has resulted in a complete halt of inflows of funds in the NPF. Instead of trying to resolve the NPF issue, the CSG has compounded and aggravated the situation; it would be good if actuaries could present the results of its impact on the NPF..."**

☞ **Cont. from page 10**

For instance, the introduction of the CSG as a replacement to the NPF contribution has undoubtedly resulted in a significant deterioration in the financial viability and longevity of the NPF as a guarantee for future pension payments to those who contributed to the fund in the first place.

Since there doesn't seem to have been any significant effort made to solve the pension issue at the core, just by maintaining the NPF as it was before but without the previous cap on contributions by private sector employees and employers would have at least improved the situation of the NPF. Note that prior to the introduction of the CSG there was a cap in the monthly contributions quantum by each private sector employee and employer.

With the CSG, we have worsened the pension issue as we transformed a savings for future payments into a revenue for the government to spend today, which has resulted in a complete halt of inflows of funds in the NPF. Instead of trying to resolve the NPF issue, the CSG has compounded and aggravated the situation; it would be good if actuaries could present the results of its impact on the NPF under the following three scenarios:

1. CSG is not implemented and no change to the NPF.
2. CSG is not implemented and remove the cap in the contribution rate in the NPF (as is the case with CSG).
3. The current NPF situation post the CSG implementation.

I believe that this exercise will make it very clear how the pension situation has significantly worsened in Scenario 3

post implementation of the CSG.

**\* On the other hand, what's your reading of how economic growth has fared over the past three years?**

It is good news that in 2023, the economy will finally come back to its 2019 levels in terms of real Gross Domestic Product (GDP). We have to be careful not to assess economic growth in nominal GDP terms though; as the high levels of inflation has a major impact on this key economic indicator in nominal terms.

While our traditional economic sectors have scaled their performance and contribution to the economic development, the level of productivity of our resources remains a concern, and the rather slow pace of development of new emerging sectors of economic activities that should normally be the case in a developing country like Mauritius is likely to hamper the real growth potential of the country. The lack of manpower in key sectors, if not tackled in a timely and sustainable manner, could also prove to be detrimental to our capacity to create wealth in the near future.

**\* There is also the worrying issue affecting most sections of the population: falling standard of living. What is the true reason for the significant loss of purchasing power in Mauritius?**

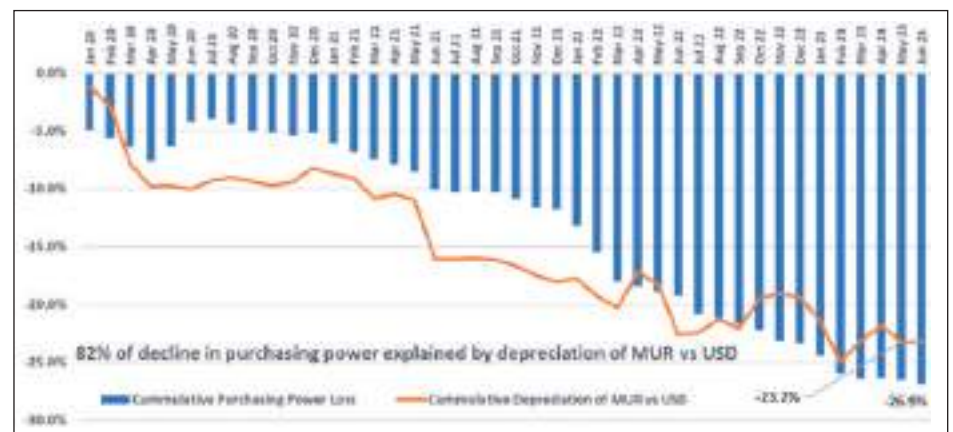
The sustained depreciation of the Mauritian Rupee versus the US Dollar as well as other foreign currencies since 2020 is the main reason for the significant loss of purchasing power in Mauritius. As we can see in this graph (see below), there is a strong positive relationship between the depreciation of the Mauritian Rupee and the loss of purchasing power as captured by the Consumer Price Index.

Since January 2020 the cumulative loss of purchasing power as 30 June 2023 is 27%. For the same period the Mauritian Rupee has depreciated by 23% versus the US Dollar. This simplified analysis demonstrates that 82% of the decline in purchasing power over the period 2020 to June 2023 can be explained by the depreciation of the Mauritian Rupee versus the USD over the same period.

The root cause for this significant depreciation of the Mauritian Rupee emanates from the money printing exercise that the government conducted when it printed Rs 140 billion. Note that the effect on the MUR is only reflecting the write-off of the transfer of Rs 60 billion made to the government! In simplified terms, everyone has contributed and paid for this Rs 60 billion transfer made to the Government from the Central Bank via the depreciation of the Mauritian

**Since January 2020 the cumulative loss of purchasing power as 30 June 2023 is 27%. For the same period the Mauritian Rupee has depreciated by 23% versus the US Dollar. This simplified analysis demonstrates that 82% of the decline in purchasing power over the period 2020 to June 2023 can be explained by the depreciation of the Mauritian Rupee versus the USD over the same period..."**

Rupee.



**The Mauritian economy will have to be rescripted with a bold vision and a strong commitment to a diligent and appropriate management of public finances as well as improving the level of confidence in the country's ability and willingness to move in a sustainable manner to a high-income economy. Unfortunately, we cannot afford delaying this process anymore and any longer..."**

**\* There are uncertainties about the future though. Covid-19 has brought home the high costs of pandemics, which can strike any time. Are you of the view that we are now better placed to sustain another major crisis?**

Unfortunately, several macroeconomic fundamentals have deteriorated. The key ones that are assessed by economists are as follows:

- The total public sector debt has ballooned from Rs 327 billion in December 2019 to Rs 497 billion in September 2023, an increase of Rs 170 billion.
- The balance sheet of the Bank of Mauritius has recorded the Rs 140 billion transfer through money printing.
- The external public sector debt (money owed to foreign bodies) increased from Rs 56 billion in December 2019 to Rs 109 billion in September 2023.
- The balance of trade deficit has worsened significantly from Rs 119 billion in 2019 to Rs 187 billion in 2022. A similar trend is expected in 2023.
- The import cover ratio based on the country's official reserves has reduced from 17 months in June 2020 to only 9.9 months in September 2023

That said, the resilience that the Mauritian economy has showcased in facing severe economic challenges and crises is laudable; we should, however, ensure that we bring a halt to our loss of competitiveness and decline in productivity.

Looking forward, the Mauritian economy will have to be rescripted with a bold vision and a strong commitment to a diligent and appropriate management of public finances as well as improving the level of confidence in the country's ability and willingness to move in a sustainable manner to a high-income economy. Unfortunately, we cannot afford delaying this process anymore and any longer.

# Hindi Pracharini Sabha celebrates its 100th anniversary

If Hindi is very much alive in Mauritius, it is largely due to the vision, hard work and sustained efforts of a group of humble inhabitants, most from Montagne Longue, who set out in the 1920s to set up the Hindi Pracharini Sabha, which as a self-financing academic and literary institution has trained over the past 100 years thousands of Hindi students many of whom went on to become teachers, academics, poets, writers, scholars among whom figures the internationally acclaimed Abhimanyu Unnuth.

Even if it's true that Hindi has acquired a certain primacy here due to the fact that the bulk of the first Indian immigrants who came to Mauritius were recruited from the United Provinces (later Bihar, Uttar Pradesh, part of Bengal) which were Hindi/Bhojpuri speaking, the ambition and sustained efforts of those early Hindi activists to give the language its rightful place in Mauritian society under adverse conditions cannot be forgotten.

The Hindi Pracharini Sabha is an educational, cultural and social friendly association. Its primary objective is the promotion of Hindi and Hindi Literature. Its motto is 'Bhasha Gayi to Sanskriti Gayi'. (If language is lost, culture too is lost). The Hindi Pracharini Sabha, which is celebrating its 100th anniversary this year, was first established on 12th June 1926. It was then called Teeluck Vidyalay - after the famous Indian educationist Bal Gangadhar Teeluck. It was Mukhtaram Boloram Chatterjee and the Mungur brothers later known as 'Bhagat' who were in the main behind its establishment. The Teeluck Vidyalay was later transformed into a national institution and renamed Hindi Pracharini Sabha.

The Sabha was proclaimed an Official Friendly Association on 26 December 1935 by the then Governor Sir Wilfrid Edward Francis Jackson. It was governed by a Charter up to October 2004, and by



an Act of Parliament as from 12 October 2004. After the setting up of the Teeluck Vidyalay, the Saraswati Pathshala was established at Creve Coeur where full-time classes in Hindi were conducted for girls under the care of Shri Surya Prasad Mungur Bhagat and thereafter by Shri Nemnarain Gupt.

The primary objective of the Hindi Pracharini Sabha is the promotion of Hindi and Hindi literature. Armed with its motto - 'Bhasha Gayi to Sanskriti Gayi' (if language is lost, culture too is lost) - it set up 175 evening and weekend schools around the island for the teaching of Hindi. The Sabha conducts and awards Certificates for Primary Courses (Stds I - VI) and Praveshika examination. It also conducts higher examinations with the collaboration of the Hindi Sahitya Sammelan (Hindi University) of Allahabad, India.

Besides the teaching of Hindi, the Sabha has a tradition of publishing its own written books as well as those written by independent writers. It has also organized several activities to promote Hindi language and literature and to celebrate special occasions. Besides the first Hindi

Sahitya Sammelan examinations conducted under the guidance of Prof B. Bissoondoyal in 1941, it organises the Birha Song Competition, Hindi Saptah and Hindi Diwas. It has also set up some 70 small libraries throughout the island in collaboration with Sasta Sahitya Mandal of New Delhi.

Elsewhere in this paper, Mrinal Roy has written about the singular contribution of Jay Narain Roy to the uplift of Hindi in Mauritius. Another pillar of Hindi and Hindi Pracharini Sabha was Soorooj Parsad Mungur, who together with his brothers Lekhman and Ramlall were pioneers of the Hindi movement. In an earlier tribute to Soorooj Parsad, Sarita Boodhoo wrote: 'Their residence at Valton was the hub of intellectuals coming from India. Soorooj Parsad learnt Hindi and Sanskrit from the acharyas, scholars and swamis visiting them. He set up the hand-written magazine 'Doorga' along with friends and edited it under the penname of 'Jwalamookhee'. It was one of the best Hindi publications outside India in style, content and language. In the late 40s, he co-edited, along with Jay Narain Roy, the 'Janata' Hindi newspaper founded by

Seewoosagur Ramgoolam.

'As a close friend of Beekrumsing Ramlallah, he helped him to raise Rs 800 to set up along with other collaborators the Nalanda Bookshop and Nalanda Press Service in 1946. In 1960, Beekrumsing Ramlallah and Soorooj co-founded the weekly Hindi newspaper 'Navjeevan' printed by the Nalanda Press Service.

'Oomashanker Geerjanan, Jay Narain Roy and Srinivas Jugdutt, young graduates back from studies in India, joined forces along with the selfless dedicated Soorooj Parsad and left no stone unturned for the promotion and propagation of Hindi. Every weekend they toured the island addressing the masses, encouraging them to send their children to the Hindi schools. From time to time they were joined by Aneerood Dwarka.'

After a century of patient, selfless dedication to its initial objectives, on this auspicious celebration day, we wish the Hindi Pracharini Sabha the resilience and fortitude to keep the flame alive and continue its dedicated educational and cultural activities with even greater success.

## First Management Committee of the Hindi Pracharini Sabha

**President:** Pt. Boloram Mukhtaram Chatterjee

**Secretary:** Shri Ramlall Mungur

Shri Rughunun Ramruttun

Shri Soorooj Prasad Mungur

Shri Mohabeer Fagoo

Shri Ramjooa Jeebossea

Shri Anirood Dwarka

Shri Shivprasad Jeewoolall

Shri Garibnawaz Seetohul

Shri Gireeraj Bhukory

Shri Jankee Prasad Lallmun

Shri Brijlall Dhunputh

Shri Ganesh Ramphul

Shri Nunkeswar Manbahal

Shri Ramsoondur Chummun

Shri Shiv Shankar Singh Ghoorun

## Present Management Committee 2021-2024

**President:** Shrimati Rohinee Ramroop

**Vice President:** Dr Jaychand Lallbeeharry

**Secretary:** Shrimati Rohinee Ramroop

**Asst. Secretary:** Shrimati Bidwantee Teeluck

**Treasurer:** Shrimati Chandrajyoti Boobun

**Asst. Treasurer:** Shri Dravindra Kumar Ajoodheea

**Members:** Shri Mohun Sreekissoon, Shri Shradhanand Ramsurrin, Shrimati Rajwantee Mautadin, Shri Dharnanand Auchaybar, Mrs Tomawtee Seeratun, Dr Hemraj Soonder, Shri Yantudev Budhu

Publish Your Notices  
in  
Mauritius Times Digital Editions

- Annual General Meeting (AGM)
- General Assembly
- Applications for Building and Land Use Permit
- Corporate - Company Notices

Send Your Notices + Proof of ID by Email or  
WhatsApp No - 5 2929301

Payment: Bank Transfer or by Juice No. 5782 9861

Contact us: Tel: 212 1313 -- 5 2929301  
Email: mtimes@intnet.mu



Mary Kate Cary  
Adjunct Professor of  
Politics and Director  
of Think Again,  
University of Virginia

# Why are US politicians so old? And why do they want to stay in office?

Many years beyond the average American retirement age, politicians vie for power and influence. Their constituents tend to prefer they step back and pass the torch to younger people.

When former President Bill Clinton showed up at the White House in early 2023, he was there to join President Joe Biden to celebrate the 30th anniversary of the Family and Medical Leave Act. It was hard to avoid the fact that it had been three decades since Clinton was in office – yet at 77, he's somehow three years younger than Biden.

Biden, now 80 years old, is the first octogenarian to occupy the Oval Office – and his main rival, former President Donald Trump, is 77. A Monmouth University poll taken in October 2023 showed that roughly three-quarters of voters think Biden is too old for office, and nearly half of voters think Trump is too old to serve.

My former boss, President George H.W. Bush, happily chose not to challenge Clinton again in the 1996 election. If he had run and won, he would have been 72 at the 1997 inauguration. Instead, he enjoyed a great second act filled with humanitarian causes, skydiving, and grandchildren. Bush's post-presidential life, and American ideals of retirement in general, raise the question of why these two men, Biden and Trump – who are more than a decade and a half beyond the average American retirement age – are stepping forward again for one of the hardest jobs in the world.

## A trend toward older people

Trump and Biden are two of the three oldest men to ever serve as president. For 140 years, William Henry Harrison held the record as the oldest person ever elected president, until Ronald Reagan came along. Harrison was a relatively spry 68 when he took office in 1841, and Reagan was 69 at his first inauguration in 1981.

Our mission is to share knowledge and inform decisions.

When Reagan left office at age 77, he was the oldest person ever to have served as president. Trump left office at age 74, making him the third oldest to hold the office, behind Reagan and Biden.

According to the Census Bureau, the median age in America is 38.9 years old. But with the average ages in the House and Senate at 58 and 64, respectively, a word often used to describe the nation's governing class is “gerontoc-



In July 2023, Sen. Mitch McConnell appeared to freeze while speaking with the media, raising questions about his age and health. Drew Angerer/Getty Images

racy.”

Teen Vogue, which recently published a story explaining the word to younger voters, defines the term as “government by the elderly.” Gerontocracies are more common among religious leadership such as the Vatican or the ayatollahs in Iran. They were also common in communist ruling committees such as the Soviet Politburo during the Cold War. In democracies, elderly leaders are less common.

## Beyond the White House

Biden and Trump aren't the only aging leaders in the US. It's a bipartisan trend: Senate Majority Leader Chuck Schumer, a Democrat, is 72, and Minority Leader Mitch McConnell, a Republican, is 81. Republican Sen. Chuck Grassley was just re-elected and has turned 90, with no plans to retire. Independent Sen. Bernie Sanders is 81 and hasn't mentioned retirement at all.

In the House, California Democrat, and former Speaker Nancy Pelosi, at age 83, just announced she's running for re-election for her 19th full term in office. Bill Pascrell Jr., a New Jersey Democrat, and Eleanor Holmes Norton, a Democrat who serves as the nonvoting delegate from Washington, DC, are both 86. Kentucky Republican Harold Rogers and California Democrat Maxine Waters are both 85. Maryland Democrat Steny Hoyer is 84. The list goes on, and none of these politicians has indicated they're retiring.

A local pharmacist on Capitol Hill made headlines a few years ago when he revealed that he was filling Alzheimer's medication prescriptions for members of Congress. Every one of the 20 oldest members of Congress is at least 80, and this is the third-oldest House and Senate since 1789.

## Delayed retirement

What's going on here?

Most baby boomers who delay retirement do so because they can't afford to stop working, due to inflation or lack of savings. But all of these political leaders have plenty of money in the bank – many are millionaires. If they retired, they would enjoy government pensions and health care benefits in addition to Medicare. So, for them, it's not likely financial.

One theory is that it's denial. No one likes to be reminded of their own mortality. I know people who equate retirement with death, often because of others they know who have passed away just after stepping down – which may explain why both Sen. Dianne Feinstein and Supreme Court Justice Ruth Bader Ginsburg stayed so long on the job, dying while still in office at age 90 and 87, respectively.

For others, it's identity-driven. Many of the senior leaders I've seen have worked so hard for so long that their entire identity is tied to their jobs. Plus, years of hard work means they don't have hobbies to enjoy in their remaining years.

Another theory is ego. Some lawmakers think they're indispensable – that they're the only ones who can possibly do the job. They're not exactly humble.



Donald Trump, left, and Joe Biden, both photographed on Nov. 2, 2023, are two of the three oldest men ever to serve as president. Trump: Brandon Bell/Getty Images; Biden: AP Photo/Evan Vucci

In the political world, their interest is often about power as well. These are the types who think: Why wouldn't I want to keep casting deciding votes in a closely divided House or Senate, or keep giving speeches and flying around on Air Force One as president, or telling myself I'm saving democracy?

It's easy to see why so few of them want to walk away.

## Age limits?

There have been calls to impose age limits for federal elected office. After all, federal law enforcement officers have mandatory retirement at 57. So do national park rangers. Yet the most stressful job in the world has no upper age limit.

For those who think mandatory retirement is ageist and arbitrary, there are other options: Republican candidate Nikki Haley has called for compulsory mental competency tests for elected leaders who are 75 and older, though she has said passing wouldn't be a required qualification for office, and failing wouldn't be cause for removal. A September 2023 poll shows huge majorities of Americans support competency testing. That way, the public would know who was sharp and who was not. Sounds like a fine idea to me.

So does having the generosity to step aside and think of others. And having the wisdom to realize that life is short and about more than just going to work. And having the grace to do what John F. Kennedy, the nation's second-youngest president, once said: to pass the torch to a new generation of Americans.

My colleague professor Larry Sabato, director of the Center for Politics at the University of Virginia, puts it well: “I'm 70, so I have great sympathy for these people: 80 is looking a lot younger than it used to, as far as I'm concerned. But no, it's ridiculous. We've got to get back to electing people in their 50s and early 60s.” And the polling shows that most Americans would say, “Amen, brother.”

## A Personal Perspective

# JNR, Promoter and Torch-bearer of Hindi

Mrinal Roy

A friend sent me a WhatsApp copy of the card announcing the celebration of the centenary of the Hindi Pracharini Sabha this week amidst a host of Ministers and MPs gracing the event. It would therefore be quite remiss not to bring to the fore the singular *yogdan* (contribution) of Jay Narain Roy, known under his nom de plume as JNR, to the promotion and momentous development of Hindi in the country. His intellect, vision and path-breaking actions provided a game changing impetus to the teaching, advanced study and creative writing in Hindi and broadened the space it occupied in the linguistic, educational, and literary ecosystem of the country.

While at university abroad, Jay Narain Roy wrote articles and poems in the local Hindi newspapers. A week after his return to Mauritius in May 1937, after completing his university studies, Jay Narain Roy was invited by Ooma Shankur Geerjanan and Srinivas Jugduth to preside over a Hindi school function. He would be called upon to preside such functions to promote Hindi and help support the activities of bona fide socio-cultural organisations almost every Sunday over the next decades. On 11 June 1937 Pandit Atmaram Vishwanath, who was delegated to Mauritius by Manilal Doctor in 1921, wrote as the new editor of the Hindi newspaper *Arya Patrika* in an article entitled 'Shri J.N. Roy and Hindi' that he saw in him 'a potent torch-bearer for the uplift of Hindi in Mauritius'.

Jay Narain Roy joined the Hindi Pracharini Sabha in 1937, became an executive member from 1940 to 1952 and was unanimously elected President of the Sabha continuously for 25 years from 1952 to 1977 when he retired from the Sabha.

## New fillip

During his tenure as President, he gave a new importance and fillip to the teaching and study of Hindi in Mauritius. He was already well known in the country for his influential and inspiring writings in Hindi and English as JNR and as an MP. He relentlessly and untiringly toured the country promoting Hindi through his powerful speeches, erudition, and oratory skills. This caused an awakening and an unparalleled enthusiasm for Hindi so much so that the initially 37 affiliated schools grew to over 450 schools in 1961. He used to say to his entourage: 'Each school is a temple, and I must have been doubly blessed to have inaugurated so many in my life.'

Jay Narain Roy set up Hindi syllabi for the teaching of Hindi at primary and secondary level, complete with their own inspectorates and examinations. In 1946 he contacted the Hindi Sahitya Sammelan of Allahabad to set the examinations conducted by the Sabha. The *Parichay* exams were instituted in 1946, and the *Prathama* examinations in 1956. For the *Parichay* examinations, he wrote a book entitled 'Mauritius mein Hindi bhasa ka Sanshitalihas' (A brief History of Hindi Language in Mauritius) which became a prescribed textbook. The totality of the proceeds went to the Hindi Pracharini Sabha.

The teachers trained by the Hindi Pracharini Sabha offered free tuition to thousands of students. As an MP, Jay Narain Roy moved the motion in the Assembly to make the teaching of oriental languages the responsibility of government. As a result of his actions, Government introduced the teaching of Hindi in primary schools as from 1950. Those who had succeeded in the examinations held by the Hindi Pracharini Sabha were called



upon to implement this policy and appointed Hindi teachers.

Higher education in Hindi as per norms established and assessed by academic institutions in India was organised by the Sabha for *Madhyama* in 1963 and *Uttama* in 1964. Degrees were awarded to successful candidates at a special Convocation Day held annually at the Hindi Bhavan in Montagne Longue.

As an intellectual he strongly believed that the mastery and comprehensive knowledge of a language provides a conduit to the rich literature, philosophy, writings and ethos of a civilization and its people. It is also a door to advanced knowledge and erudition. Hindi honed in the cradle of a several thousand years old civilisation certainly deserved the same place as English and French.

## Fighting a common cause

In August 1969 Jay Narain Roy also set up with the Mauritius Arya Sabha a Joint Hindi Council to join forces in support of the Hindi Movement in Mauritius and to formulate proposals for the teaching and other uses of Hindi in primary and secondary schools and government institutions. A press communique was issued on 15 August 1969 in the daily *Advance* which bears the signatures of the members of the Joint Hindi Council who were Messrs Mohunlall Mohit and Teeluck Callychurn, President and Vice-President of the Mauritius Arya Sabha and Messrs Jay Narain Roy and Suruj Mungur Bhagat, President and Secretary of the Hindi Pracharini Sabha.

The press release contained eight incisive resolutions made on Hindi Day demanding the post-independence 'government to inter alia declare and define its language policy so that there is no room for doubt at any time in future', and to spell out the conditions under which the official language and mother tongues should be taught and examined. They also demanded that the government should forthwith make an unequivocal declaration that all mother tongues in the country should be on the same and equal footing as regards.

(a) the time and attention devoted to their teaching and examinations,

(b) the facilities for the pupils to take them as examination and competition subjects in all stages of education in Mauritius, and

(c) the facilities of textbooks, libraries, the training of teachers and the avenues of promotion of teachers of these languages.

They also asked that the imposition of the mother tongue for one child on another child of a different mother tongue for the purpose of examinations and competitions which is educationally both unfair and unsound must be firmly resisted.

Jay Narain Roy also encouraged writing in Hindi by introducing competition in essay writing, short story writing and play writing as from 1965. Prizes were awarded to the best writers. This is the first time in the history of the Hindi language and literature in Mauritius that such encouragement was given to Hindi writers which provided the opportunity to a multitude of persons to write. The country soon had more writers in Hindi than in any other language.

His appeals for fund raising almost every Sunday where he was invited to preside over *Vashik Utsavs* with his two friends Pandit O.S. Geerjanand and Pandit S. Jugduth and other social workers over decades helped collect colossal sums over the years for the development of schools and organizations promoting the Hindi cause. People would queue up to donate money in support of Hindi. The sums collected were announced publicly.

He also expanded the facilities at the Hindi Bhavan through the acquisition of land and construction of new buildings and set up a Hindi Library.

As predicted, Jay Narain Roy became the torch-bearer and tireless promoter of Hindi in all its literary forms.

In 1976, the Sabha organized the second International Hindi Convention in Mauritius at the Mahatma Gandhi Institute, attended by eminent Indian writers and Hindi scholars from all over the world. Known to be a remarkable speaker in Hindi, he was called upon to address the Convention in the name of Mauritius.

Jay Narain Roy also mastered Sanskrit. He was thus regularly invited by the Brahman Sabha to address Sanskrit students on its Annual Prize Giving Day.

## Reality check

High benchmarks, lofty objectives, determinant actions, and popular support helped realize these singular milestones during this path breaking period. It is therefore important to take objective stock of the current situation and failures regarding Hindi in spite of the tremendous resources and facilities available today so as to urgently take the corrective actions necessary.

Learning a new language is always an exciting intellectual prospect. Despite a certain parochial jingoism, it is wonderful and a matter of pride for all Indians to see citizens from the Northeast States or Kerala and outside the so-called Hindi belt speak as one nation Hindi so fluently.

In December 1988, Pahlad Ramsurrun editor of the magazine 'Indra Dhanush' in its first issue stated with seething indignation 'Till when shall we refuse to recognize the founding role of Jay Narain Roy in Hindi Literature? Till when shall we avoid to bring light upon his life's achievements instead of blowing our own trumpets and persist in our failed efforts to hand Hindi its proper legacy?'

*Itihas ka Tarazu.*

From the Pages of History - MT 60 Years Ago

6th Year No 255

## MAURITIUS TIMES

Friday 3 July, 1959

• *The supposed difficulty of writing is entirely a difficulty of thinking. — Robert Sinclair*



Peter Ibbotson

## Educational Matters

Since 1947, the Education Authorities have been unable to open any new schools. Consequently, the number of Government Schools has risen while the number of Authorities' schools has remained static.

As the number of government schools has risen, so has the number of teachers - First, Second and Third Class - employed there. But obviously the number of teachers employed in Authorities' schools has not risen in the same way. And clearly, since the number of government schools has risen, the number of Headships has risen; but not in the Authorities' schools. There, the assistant teacher stagnates. If he wants promotion from First Class Teacher to Head Teacher, he has to wait for dead man's shoes; he can be promoted to a Headship only within the service of his employing Authority: Roman Catholic, Church of England, Hindu or Muslim.

This leads to anomalies. If a teacher leaves the training college and joins the government teaching service, he knows he has better chances of promotion than if he enters the service of one of the Authorities. If he enters the government teaching service, he can get a Headship after about 15 years. If he enters the service of an Authority, he cannot. There are ex-servicemen who, after their teacher training, joined the government service in 1947 and have by now been promoted First Class. But their colleagues who left the training college at the same time for Authorities' schools are still 2nd Class Teachers. Seniority and merit, we are told, determine a man's promotion; I would add, luck also, depending on whether he goes to a Government or Authority school after training. There are many assistant teachers in Authority schools who would by now have been promoted if they had gone to Government

schools in the first place; they have been financially penalised in many cases, for their preference to teach in a religious environment where they would be able to teach their faith, be that faith Christianity, Hinduism or Islam.

As long as the unfortunate dichotomy exists - Government and Authority Schools - this unhealthy state of affairs is likely to persist. Promotion to Headships is not necessarily going to the best, the most suitable, teachers. Mr Ward once said in the Legislative Council that he would choose the best man for a job, even if it meant choosing a man from the streets. Mr Oppen too declared that only what is best is good enough for Mauritius. The Government schools have no monopoly of good teachers, yet it is (by and large) the Government school teachers who are promoted to Headships. The Aided school teachers are denied promotion to Headships in Government schools, even if they are the best teachers available.

The answer of course lies in the present promotion procedure and regulations. Once you start your teaching career in an Aided school, if you were sponsored by an authority at the training college, then you must stay with that Authority all your career. But if you start as a Government teacher, then a Government teacher you remain; and your chances of promotion are correspondingly enhanced. And the case of Miss Gujardharsing established the fact that a teacher who was not sponsored is to be regarded as a Government teacher notwithstanding that he or she starts teaching in an Aided school.

The solution to this vexed problem, which is not unnaturally causing dissatisfaction among the teachers in Aided schools, is not a common seniority list (to which the Authorities would never agree), but a common pool for promotion. This would mean that Aided school teachers would be consi-

dered along with Government teachers for promotion to Headships, with the proviso that the Authorities should reserve the right (which they need not necessarily wish to exercise) to recall any teacher who has, on promotion, been transferred to a government school if a similar vacancy should occur under the Authority.

This common pool for promotion has been canvassed by the Union of Primary School Teachers, and the four Authorities are agreeable. The Government Teachers' Union (GTU) opposes the scheme; but judging by the brief press communiqué in the *Mauritius Times* on June 12, both the Union as a whole and its guest speaker Andre Bazerque have misunderstood the UPST's scheme. It is not a common seniority list which is sought; it is a common pool for promotion.

The establishment of such a common pool would afford justice to the Aided school teachers whose opportunity for promotion would be equated with those available to the Government teachers. The GTU and Mr Bazerque have glibly said that justice is on the side of the Government teachers — well, it just isn't. Justice, which demands that all teachers shall have equal opportunity of getting promotion on the same terms, is on the side of the UPST and its plan.

The second number of the UPST's *Bulletin* reports that "inequality of prospects is creating among the Aided school teachers a feeling of dismay which is detrimental to the well-being of the service". It is vital to the atmosphere inside the schools that the teachers are contented and not in any way disgruntled, smarting under injustice. For too long the Aided School teachers have been unjustly treated in this matter of promotion; let the Government now act to accord them belatedly but welcome justice. Already Aided school teachers enjoy parity with their Government school colleagues in the matter of salaries and entitlement to overseas leave; let them be given parity in this matter of prospects of promotion. That Aided school teachers are not Civil Servants is irrelevant.

### Analysis of results of the SC exams 1958 Ministerial Statement

In April last the Honourable Member for Poudre d'Or (Mr B. Ramlallah) asked me to consider, in consultation with the Cambridge Syndicate, the advisability of publishing the percentage of passes scored by every secondary school in Mauritius at the yearly Cambridge School Certificate examinations. I then replied that the University of Cambridge had already been consulted last year in that connection, and basing its views on experience elsewhere, had advised that the percentage results of individual schools should not be published. The matter was then taken up again with the Cambridge Syndicate and I am glad to inform the House that permission having now been received, the percentage results of individual schools will be published."

Minister of Education

#### KEY:

- A** - The schools  
**B** - Number of candidates presented by each school  
**C** - Number of passes  
**D** - Percentage of passes

	A	B	C	D (%)
Royal College, Curepipe	60	53	88.3	
Royal College, Port Louis	119	75	63.02	
Queen Elizabeth College	19	18	94.7	
Loreto, Curepipe	32	28	87.5	
College du St Esprit	37	29	78.3	
St Joseph's College	40	37	92.5	
St Andrew's School	84	50	59.5	
Loreto, Port Louis	61	39	63.9	
Loreto, Quatre Bornes	33	27	81.8	
Loreto, Vacoas	16	12	75	
Loreto St Pierre	8	7	87.5	
Loreto, Rose Hill	44	37	84.09	
St Mary's College	10	9	90	
New Eton College	97	15	15.4	
Trinity College	138	29	21.01	
College du Bon et				
Perpetuel Secours	14	12	85.7	
Bhujoharry College	424	92	21.6	
Neo College	159	45	28.3	
Tutorial College	80	9	11.2	
Hindu Girls' College	17	2	11.7	
Islamic Cultural College	35	17	48.5	
University College	57	6	10.5	
Mauritius College	52	12	23.07	
Adventist College	30	9	30	
Balliol College	24	2	8.3	
Central College	22	3	13.6	
Curepipe College	23	-	-	
Dhanjee College	39	4	10.2	
Durham College	12	1	8.3	
Eastern College	32	5	15.6	
Eden College	35	1	2.8	
Grammar School	35	4	11.4	
Lycée Leoville L'Homme	23	4	17.3	
Magdalen College	20	3	15	
Notre Dame School	15	2	13.3	
Presidency College	37	2	5.4	
Regent College	7	-	-	
St Helena College	9	-	-	
Verity College	19	2	10.5	
Victoria College	112	7	6.2	
Vivekenanda College	9	1	11.1	
Windsor College	23	4	17.3	

### In the Civil Service

The following appointments to the Public Service during the week ended 25th June, 1959, are released by the Colonial Secretary's Office:

#### Promotions

Mr F. Tranquille, Postal Officer Grade II, promoted Postal Officer Grade I. Messrs R. Ramdhanee, P. R. Poilly, G. Dardenne, G. H. Ash, Postal Officers Grade III, promoted Postal Officers Grade II. Messrs K. Bheekoo and E. Raggoo, Postal Officers Grade III, promoted Postal Officers Grade II.

Mr B. T. Rajcoomar, Prison Officer, promoted Principal Officer Grade II. Misses M. Pitchen, L. G. Maunick and C. Fok Ning Yaw Sang, Typist-Stenographers, promoted Confidential

Assistants.

Mr S. Soobrayen, Messenger, promoted Senior Messenger.

#### Appointments

Mr K.E. Abraham appointed Temporary Education Officer.

Misses F. B. Kasenally, D. Salaun, N.Nalletamby, L. Bandhan, E. Foondun, N.Noyau and Messrs H. Auliar, A. R. Joomun, L. Jugnauth, A. A.Foondun, C. A Esser, J. Y. Bellepeau, J. R. Deojee, L. Ramrekha, H. Caussy, B. Reesaul, G. P.F. Chadien, Y. Gopaul, M. A. Jawaheer, M. Baguant, J. M. Boribon, E. Lapierre, J. Ng Cheung Hin, Lan Chin Hung, K. Rassou, L. Blackburn, L. R. Travailleur, A. Kiow San, P. G. Jean-Louis, G. N. Fricot, V. Appadoo, A. Yue Chi Ming, appointed Clerical Officers.

Mr A. Banymandhub appointed Assistant

Store-Keeper, Telecommunications Department. Mr M. I. Mowlah appointed Time Keeper, Military Works, Public Works Department. Mr L. J. Chong Kwan appointed Operator-Typist, Mauritius Broadcasting Service. Mrs G. Etienne and Miss F. J. Pointu employed as Temporary Typists, Miss N. Chutel appointed Temporary Technical Assistant Grade II, Mauritius Broadcasting Service.

#### Acting Appointments

Mr R. Vassoodaven, Accounts Officer, Posts & Telegraphs, to act as Finance Officer Grade I in the same Department.

Messrs M. Mungul, R. Lutcmah, R.F. Arnel, A. H. Mungur, and Mrs S. Rochecouste, 1st Class Teachers, Government Schools, to act as Head Teachers. Mr E L. Cangy and Mrs M.J.D. Kelly, 1st Class Teachers, Aided Schools to act as Head Teachers.

# The Dark Psychology That Can Poison Elites

Cont. from page 2

One is that they often play by different social rules to everyone else. In their entrenched macho culture, women in the Red Arrows squadron were viewed as “property”.

Elites are, by definition, highly selected both in terms of skills and psychological characteristics.

In a military setting, such traits include mental toughness, which can also come with a certain emotional coldness. This helps an individual to stay calm under pressure and to focus on the task in hand rather than on other people. Other people's wellbeing may therefore not be a major priority in a highly competitive, survival-of-the-fittest situation.



Those selected have to be able to operate at the highest level. There is always jeopardy. The top, after all, can be a narrow ledge – precarious and anxiety-producing. As I've shown in a recent book, emotional displays and expressions of self-doubt are likely to be highly discouraged among elites.

Bottling up emotions can be psychologically damaging, though. It may reduce our ability to empathise with others. Several studies have also shown that people who have a good grasp of their emotions, noticing them and thinking critically about them, often make better decisions. People who ignore their feelings can, counter-intuitively, end up being more driven by them.

If we don't realise that we have feelings of fear or self-doubt, because we are discouraged from doing so, we may act out in anger when that uncomfortable sensation hits.

## Narcissism

**E**lites also know how special they are. They are told so endlessly. This will feed any inherent narcissistic tendencies.

There may be a genetic component to narcissism, but narcissism can develop within an individual over time – and within a culture. Narcissists will need to be at the centre of attention in all spheres of life – not just up there in the sky with the public gaping up at them.

They will require narcissistic attention, accolades, and validation in other aspects of life, including their relationships. Narcissists are more likely to switch partners because new partners are always better at giving attention and complimenting them than existing partners.

It seems there was a “high propensity” to engage in extramarital relations in the Red Arrows. This was no doubt partly down to opportunity and the undoubted glamour of the role, but perhaps also attributable to this narcissistic need.

As Colonel Bernd Horn, Deputy Commander of the Canadian Special Operation Forces Command points out in the Canadian Military Journal, elites also breed an in-group

mentality that can become “dangerously inwardly focused”. Elites trust only those who know the score and who have passed the same rigorous selection tests that they have.

They therefore become harder to influence from the outside, where behaviour may be perceived more objectively. Objectivity, however, is very important in life.

## Moral confusion

**B**eing in an elite group grants access to resources and opportunities others may not have. This, of course, creates a sense of entitlement and privilege, which can further stoke egos of narcissistic people and affect moral decisions.

The belief that you deserve special treatment and are exempted from certain moral obligations can lead to a skewed perspective on right and wrong. The boundaries can become blurred after a while.

Elites are also in a position to prioritise their own interests, driven by this desire, conscious or unconscious, to maintain their status and protect their privileges. Their insularity means that they are often surrounded by like-minded people who share similar values and perspectives and encourage this.

These social circles can influence their moral compass

by reinforcing certain beliefs and behaviour, without the necessary critique.

Those of us who are not part of an elite group may also play a part. Some of us may recognise the elite's position, power and privilege and be unwilling to sanction them because of their perceived importance (in the case of the Red Arrows as iconic representations of national identity). Knighton described this as “bystander culture”, though a better term here might have been “bystander apathy”.

It's important to keep in mind that these are issues that affect all elites – from politicians and people who went to top schools to social media influencers. Personalities, fed and developed by attention and accolades until they're dependent on them, may become trapped in an echo chamber of shared values. This often comes with an immunity to criticism from those outside the group who could never understand the pressures of the elite.

So, while elites can be very special, it's not necessarily always in a good way. We should all do our best to call out their bad behaviour.

By Geoff Beattie, Professor of Psychology,  
Edge Hill University

## Mauritius Times

Even if you are receiving a free copy of the paper from your contacts or WhatsApp/Email groups

## YOUR SUPPORT MATTERS

As a reader-funded newspaper, the Mauritius Times relies on the support of those who are in a position to help. We know that you are fully conscious of the important role of an independent media, so even if you are receiving a free copy of the paper from your contacts or WhatsApp/Email groups, your support in the form of a subscription or patronage will allow us to pursue our mission and protect our editorial independence. That is why we would kindly request you to consider becoming a regular subscriber by sending us your contribution.

**Our Annual Subs Rate amounts to Rs 1500.**  
**Your support, however much you can contribute will be greatly appreciated.**

### Payment Options - Any one of the following

1. By cheque drawn to the order of **The Prakash Ramlallah Foundation**. Kindly post the cheque to our postal address as above.
2. Via MCB Juice to the following Phone No **5 782 9861**.
3. Bank transfer, paid to **The Prakash Ramlallah Foundation**, to any one of the following bank accounts:

Bank	Account No	Swift Code	IBAN
MCB	000448214277	MCBLMUMU	MU71MCBL0901000448214277000MUR
SBM	50300000703075	STCBMUMU	MU17STCB1101000000703075000MUR
SBI	156000504401	INILMUMU	MU47INIL0801156000504401000MUR

Please send us your personal details - Name, Postal Address, Email and Telephone / Mobile number by email or WhatsApps for immediate processing of your subscription.

Another option is to subscribe by going to our Google Form by clicking on the link below:

**SUBSCRIBE NOW**

Please know that we are at your disposal for any clarification and assistance that you may require. You may please contact us on:

Tel - 5 2929 301 - 5 782 9861 - 212 1313 -- Email: [mtimes@intnet.mu](mailto:mtimes@intnet.mu)

Pearl House - 4th Floor - Room 406, Sir Virgil Naz St -- Port Louis

Thank you so much.  
Mauritius Times



# Why we should all try to be biologically younger

*Your biological age predicts dementia and stroke regardless of your actual age – new study*

**A**s we journey through life, the risk of developing chronic diseases, including cancer, heart disease and neurological disorders, increases significantly. However, while we all grow older chronologically at the same pace, biologically, our clocks can tick faster or slower. Relying solely on chronological age – the number of years since birth – is inadequate to measure the body's internal biological age.

This discrepancy has prompted scientists to find ways to determine a person's biological age. One way is to look at "epigenetic clocks" which consider chemical changes that occur in our DNA as we age. Another approach uses information from medical tests, such as blood pressure, cholesterol levels and other physiological measurements.

By using these "biomarkers", researchers have discovered that when a person's biological age surpasses their chronological age, it often signifies accelerated cell ageing and a higher susceptibility to age-related diseases.

Our new research suggests your biological age, more than the years you've lived, may predict your risk of dementia and stroke in the future.

Previous studies have shed light on this association, but they were often limited in scale. This has left gaps in our understanding of how biological ageing relates to various neurological disorders, including Parkinson's disease and motor neuron disease.

To bridge this gap, our study, published in the 'Journal of Neurology, Neurosurgery and Psychiatry', examined over 325,000 middle-aged and older British adults. We investigated whether advanced biological age increases the future risks of developing neurological diseases, including dementia, stroke, Parkinson's disease and motor neuron disease.

To assess biological age, we analysed 18 biomarkers collected during medical checkups conducted between 2006 and 2010. These included blood pressure, blood glucose, cholesterol levels, inflammation markers, waist circumference and lung capacity.

We then followed participants for nine years to see who developed neurological diseases. Those with older biological ages at the study's start had significantly higher risks of dementia and stroke over the next decade – even after considering differences in genetics, sex, income and lifestyle.

Imagine two 60-year-olds enrolled in our study. One had a biological age of 65, the other 60. The one with the more accelerated biological age had a 20% higher risk of dementia and a 40% higher risk of stroke.

## Strong association

It is worth noting that while advanced biological age showed a strong association with dementia and stroke, we saw a weaker link with motor neuron disease and even an opposite direction for Parkinson's disease.

Parkinson's disease often exhibits unique characteristics. For instance, although smoking typically accelerates ageing, it paradoxically exerts a protective effect against Parkinson's disease.

Our findings show that biological ageing processes probably contribute substantially to dementia and stroke



Pic - Medical Xpress

later in life. Together with our previous research showing a significant association between advanced biological age and cancer risks, these results suggest that slowing the body's internal decline may be key to preventing chronic diseases in late life.

Assessing biological age from routine blood samples could someday become standard practice. Those with accelerated ageing could be identified decades before dementia symptoms arise. While currently incurable, early detection provides opportunities for preventive lifestyle changes and close monitoring.

For example, research starts to suggest that biological age may be slowed down or even reversed by lifestyle intervention including exercise, sleep, diet and nutritional supplements.

Replicating our results in diverse groups of people is next step. We also hope to unravel connections between genetic background, biological ageing and other major diseases, such as diabetes and heart diseases.

For now, monitoring internal ageing processes could empower people to delay cognitive decline, providing hope for a healthier and more fulfilling life in later years.

**By Jonathan Ka Long Mak, PhD Candidate & Sara Hägg, Associate Professor, Molecular Epidemiology, Karolinska Institutet**

**Bombay Sweets Mart**  
Since 1967

7, Remy Ollier Street Port Louis Tel: 212 1628 / 208 2424  
Email: bombaysweets@intnet.mu | Website: www.bombaysweetsmart.com

**Vous invite à déguster ses succulents Mithai pour la fête de Divali**

## Remembrance

### Tribute to Dr Sadnah Hurranghee, an outstanding dental practitioner

**T**he whole dental profession has been saddened by the demise of Dr Sadnah Hurranghee, a well-known dentist who had a very busy surgery in Desforges Street, Port Louis.

Sadnah was qualified from Edinburgh University in Scotland.

After a brief career in the government dental services, she went fully private in her surgery in Port Louis in the 1970s. There were few dentists at that time and the surgery was always full of people, especially coming from the villages in the north of the island.

I have been influenced by her charming personality, her kindness, her bedside manners, her smile and her hard work, discipline, and passion for the profession.

Her mother was from the Seewoodharry Buguth family, and got married to Dr Jhugroo Seegobin of Bougainville Street, Curepipe, where I was born.

Dr Seegobin was our family doctor and had qualified in Montpellier. He had a great career attending to his patients with great professionalism.

At that time medical practitioners were well qualified and competent, and a general practitioner performed surgeries due to shortage of specialists.

Doctors also enjoyed great respect through their devotion to duty, integrity, and ethical conduct.

When I was at the RCPL, I used to go to Dr Hurranghee's surgery for my dental treatments and then she would drive me back to Curepipe in her yellow Renault 17.

My two aunts, Suman and Dewantee looked after Sadnah as she lost her mother when very young and she was very thankful to my two aunts.

Sadnah was involved in the Mauritius Dental association and participated in most of our activities such as annual dinners and Continuous Dental Education. She worked hard nearly for 40 years treating patients with love and compassion.

We thank you, Sadnah from the bottom of our hearts for your exceptional contribution to dentistry in Mauritius.

You will be missed forever. We will all join you one day and hopefully we will cherish all the good memories together.

I have been very proud to have you as a member of our family and as colleague.

I send my heartfelt condolences to the bereaved family and may God assist them in their loss.

**Dr Randhir C. Seewoodharry Buguth**  
Ex-President of the Mauritius Dental Association  
Senior Dental Surgeon, UK

## A history of the Crusades, as told by crusaders' DNA

**H**istory can tell us a lot about the Crusades, the series of religious wars fought between 1095 and 1291, in which Christian invaders tried to claim the Near East. But the DNA of nine 13th century Crusaders buried in a pit in Lebanon shows that there's more to learn about who the Crusaders were and their interactions with the populations they encountered. The work appears in 'The American Journal of Human Genetics'.

The remains suggest that the soldiers making up the Crusader armies were genetically diverse and intermixed with the local population in the Near East, although they didn't have a lasting effect on the genetics of Lebanese people living today. They also highlight the important role ancient DNA can play in helping us understand historical events that are less well documented.

"We know that Richard the Lionheart went to fight in the Crusades, but we don't know much about the ordinary soldiers who lived and died there, and these ancient samples give us insights into that," says senior author Chris Tyler-Smith, a genetics researcher at the Wellcome Sanger Institute.

"Our findings give us an unprecedented view of the ancestry of the people who fought in the Crusader army. And it wasn't just Europeans," says first author Marc Haber, also of the Wellcome Sanger Institute. "We see this exceptional genetic diversity in the Near East during medieval times, with Europeans, Near Easterners, and mixed individuals fighting in the Crusades and living and dying side by side."

Archaeological evidence suggested that 25



The Crusades: A series of religious wars fought between 1095 and 1291, in which Christian invaders tried to claim the Near East. Pic - History Today

individuals whose remains were found in a burial pit near a Crusader castle near Sidon, Lebanon, were warriors who died in battle in the 1200s. Based on that, Tyler-Smith, Haber, and their colleagues conducted genetic analyses of the remains and were able to sequence the DNA of nine Crusaders, revealing that three were Europeans, four were Near Easterners, and two individuals had mixed genetic ancestry.

Throughout history, other massive human migrations - like the movement of the Mongols through Asia under Genghis Khan and the arrival of colonial Iberians in South America -- have fundamentally reshaped the genetic makeup of those regions. But the authors theorize that the Crusaders' influence was likely shorter-lived because the Crusaders' genetic traces are insignificant in people living in Lebanon today. "They made big efforts to expel them, and succeeded after a couple of hundred years," says Tyler-Smith.

This ancient DNA can tell us things about history that modern DNA can't. In fact, when the researchers

sequenced the DNA of people living in Lebanon 2,000 years ago during the Roman period, they found that today's Lebanese population is actually more genetically similar to the Roman Lebanese.

"If you look at the genetics of people who lived during the Roman period and the genetics of people who are living there today, you would think that there was just this continuity. You would think that nothing happened between the Roman period and today, and you would miss that for a certain period of time the population of Lebanon included Europeans and people with mixed ancestry," says Haber.

These findings indicate that there may be other major events in human history that don't show up in the DNA of people living today. And if those events aren't as well-documented as the Crusades, we simply might not know about them. "Our findings suggest that it's worthwhile looking at ancient DNA even from periods when it seems like not that much was going on genetically. Our history may be full of these transient pulses of genetic mixing that disappear without a trace," says Tyler-Smith.

That the researchers were able to sequence and interpret the nine Crusaders' DNA at all was also surprising. DNA degrades faster in warm climates, and the remains studied here were burned and crudely buried. "There has been a lot of long-term interest in the genetics of this region, because it has this very strategic position, a lot of history, and a lot of migrations. But previous research has focused mainly on present-day populations, partly because recovering ancient DNA from warm climates is so difficult. Our success shows that studying samples in a similar condition is now possible because of advances in DNA extraction and sequencing technology," says Haber.

Next, the researchers plan to investigate what was happening genetically in the Near East during the transition from the Bronze Age to the Iron Age.



## Why does a plane look and feel like it's moving more slowly than it actually is?

*An aerospace engineer explains why it's so hard to tell just how fast an airplane is really moving.*

**A** passenger jet flies at about 575 mph once it's at cruising altitude. That's nearly nine times faster than a car might typically be cruising on the highway. So why does a plane in flight look like it's just inching across the sky?

I am an aerospace educator who relies on the laws of physics when teaching about aircraft. These same principles of physics help explain why looks can be deceiving when it comes to how fast an object is moving.

### Moving against a featureless background

If you watch a plane accelerating toward takeoff, it appears to be moving very quickly. It's not until the plane is in the air and has reached cruising altitude that it appears to be moving very slowly. That's because there is often no independent reference point when the plane is in the sky.

A reference point is a way to measure the speed of the airplane. If there are no contrails or clouds surrounding it, the plane is moving against a completely uniform blue sky. This can make it very hard



Without a point of reference, it can be hard to tell just how fast an airplane is traveling. Daniel Berehulak/Getty Images News via Getty Images

to perceive just how fast a plane is moving.

And because the plane is far away, it takes longer for it to move across your field of vision compared to an object that is close to you. This further creates the illusion that it is moving more slowly than it actually is.

These factors explain why a plane looks like it's going more slowly than it is. But why does it feel that way, too?

### A passenger's perception on the plane

A plane feels like it's traveling more slowly than it is because, just like when you look up at a plane in the sky, as a

passenger on a plane, you have no independent reference point. You and the plane are moving at the same speed, which can make it difficult to perceive your rate of motion relative to the ground beneath you. This is the same reason why it can be hard to tell that you are driving quickly on a highway that is surrounded only by empty fields with no trees.

However, there are a couple of ways you might be able to understand just how fast you are moving.

Can you see the plane's shadow on the ground? It can give you perspective on how fast the plane is moving relative to the

ground. If you are lucky enough to spot it, you will be amazed at how fast the plane's shadow passes over buildings and roads. You can get a real sense of the 575 mph average speed of a cruising passenger plane.

Another way to understand how fast you are moving is to note how fast thin, spotty cloud cover moves over the wing. This reference point gives you another way to "see" or perceive your speed. Remember though, that clouds aren't typically stationary; they're just moving very slow relative to the plane.

Although it can be difficult to discern just how fast a plane is actually moving, using reference points to gain perspective can help tremendously.

Has your interest in aviation been sparked? If so, there are a lot of great career opportunities in aeronautics.

**Sara Nelson**

Director of the NASA Iowa Space Grant Consortium, Iowa State University



## When a fly falls into a cup of coffee...

The Italian throws the cup, breaks it, and walks away in a fit of rage.

The German carefully washes the cup, sterilizes it and makes a new cup of coffee.

The Frenchman takes out the fly and drinks the coffee.

The Chinese eats the fly and throws away the coffee.

The Russian drinks the coffee with the fly, since it was extra with no charge.

The Israeli sells the coffee to the Frenchman, sells the fly to the Chinese, sells the cup to the Italian, drinks a cup of tea, and uses the extra money to invent a device that prevents flies from falling into coffee.

\*\*\*

### Man of many suits

The man with the highest number of lawsuits is Mr Jonathan Lee.

He sued 260 people and won all cases.

Among those he sued was his mother, whom he accused of not taking good care of him and he won the case with the court offering \$20,000, which his mother paid.

He sued his best friend, his neighbour, some of his relatives, his girlfriend, police, and even a judge. He also sued a company and also the former American President George Bush and won all the cases and was paid the charges by court.

His name was placed in the Guinness Book of World Records as the one with the highest number of cases he won.

When he saw his name in the Guinness Book of World Records, he sued them for making his private life public without his permission, where he was paid



\$8,000,000 as damages.

Mr Jonathan was invited on a TV show to discuss his adventures. He was asked by the anchor why he was living his life alone without friends or well-wishers. He immediately stood up and laughed and left straight to court, where he sued the TV station for harassing him in public by asking him questions about his private life. The TV station had to pay \$50,000 after losing the case.

He has also filed cases against Steve Jobs, Britney Spears and Parvez Musharraf.

Guinness Book has described him as the most "Litigious" individual in history.

Washington Post called him "Man of Many Suits".

**Caution:** The man appears to be alive, and we need to be cautious.

Life in the United States of America is like that.

\*\*\*



### Every Elderly Woman's Wish...

Cinderella was now 75 years old. After a fulfilling life with the now passed-away Prince, she happily sat upon her rocking chair, watching the world go by from her front porch, with a cat called Alan for companionship.

One sunny afternoon, out of nowhere, appeared the Fairy Godmother. Cinderella said: "Fairy Godmother, what are you doing here after all these years?"

The Fairy Godmother replied: "Well, Cinderella, as you have lived a good, wholesome life since we last met, I have decided to grant you three wishes. Is there anything for which your heart still yearns?"

Cinderella was overjoyed, and after some thoughtful consideration, almost under her breath, she uttered her first wish: "I wish I was wealthy beyond comprehension."

Instantly, her rocking chair was turned into solid gold. Cinderella was stunned. Alan, her old faithful cat, jumped off her lap and scampered to the edge of the porch, quivering with fear.

Cinderella said: "Oh thank you, Fairy Godmother!" The Fairy Godmother replied: "It's the least I can do. What does your heart desire for your second wish?"

Cinderella looked down at her frail body and said: "I wish I were young and full of the beauty of youth again."

At once, her wish became reality, and her beautiful youthful visage returned. Cinderella felt stirrings inside her that had been dormant for years. And long forgotten vigour and vitality began to course through her very soul.

Then the Fairy Godmother again spoke: "You have one more wish, what will you have?"

Cinderella looked over to the frightened cat in the corner and said: "I wish you to transform Alan my old cat into a beautiful and handsome young man."

Magically, Alan suddenly underwent a fundamental change in his biological make-up, that, when complete, he stood before her: a boy so beautiful - the likes of which neither she nor the world had ever seen - so fair indeed that birds began to fall from the sky at his feet.

The Fairy Godmother again spoke: "Congratulations, Cinderella. Enjoy your new life!" And, with a blazing shock of bright blue electricity, she was gone. For a few eerie moments, Alan and Cinderella looked into each other's eyes. Cinderella sat, breathless, gazing at the most stunningly perfect boy she had ever seen.

Then Alan walked over to Cinderella, who sat

transfixed in her rocking chair, and held her close in his strong, youthful arms. He leaned in close to her ear, whispered, blowing her golden hair with his warm breath:

"I bet you regret having me castrated now, don't you?"

\*\*\*

### The Genie, the Waterfall and Their Last Wish

An Englishman, an American and a Japanese are doing white water rafting, when all of a sudden they spot a huge drop to a waterfall they never knew was there. They are moments away from plunging over a waterfall to their doom...

Suddenly a genie appears. The genie explains that he is the spirit of the waterfall, and he is of limited power. He cannot prevent their inevitable deaths, but he can grant each man one wish before he dies.

The American steps up first. "I love my country. Before I die I want to sing my national anthem one last time. The full version. Give my friends lyrics sheets, so they can join in. I want a full backing orchestra and a gospel choir."



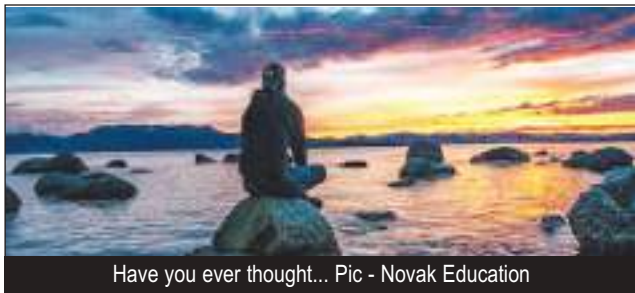
"It will be done," says the genie.

The Japanese goes next. "I love my country too. Nothing represents it better than our wonderful cuisine. Please let me taste one more time, the delicacies of my village. I want fermented sticky soy beans. Fresh sea urchin. Raw horse meat. Pickled seaweed. Sugared omelettes. And please... provide enough so I can share the meal with my friends."

"It will be done," says the genie.

The Englishman quietly approaches the genie, and whispers in his ear, 'Just send me over the waterfall before the bloody song starts and the food gets here.'





## Have you ever thought about this?

In 100 years, like in 2123, we will all be buried with our relatives and friends.

Strangers will live in our homes we fought so hard to build, and they will own everything we have today. All our possessions will be unknown and unborn, including the car we spent a fortune on, and will probably be scrap, preferably in the hands of an unknown collector.

Our descendants will hardly know who we were, nor will they remember us. How many of us know our grand-

father's father?

After we die, we will be remembered for a few more years, then we are just a portrait on someone's bookshelf, and a few years later our history, photos and deeds disappear in history's oblivion. We won't even be memories.

If we paused one day to analyze these thoughts, perhaps we would understand how ignorant and weak the dream to achieve it all really was.

If we could only think about this, surely our approaches, our thoughts would change, we would be different people.

Always having more, no time for what's really valuable in this life. I'd change all this to live and enjoy the walks I've never taken, these hugs I didn't give, these kisses for our children and our loved ones, these jokes we didn't have time for.

Those would certainly be the most beautiful moments to remember, after all they would fill our lives with joy.

And we waste it day after day with greed and intolerance.

Author Unknown



## Become Charming and Irresistible... that's how to it goes

**1. Inspire confidence:** Always encourage people to do great things and make them feel good about themselves.

**2. Storytelling:** Tell great stories. It works like magic.

**3. Empathy:** Sense how other people are feeling without trying to micromanage body language or tone of voice.

**4. Eye-contacts:** Never avoid eye-contact and look at people in the eyes when they are talking to you (please avoid this if it is against your culture).

**5. Aware listener:** Listen to people as if your life depends on what they are saying. It makes people feel important.

**6. Looks approachable:** People who are described as approachable tend to make other people feel comfortable and are good at getting others to open up.

**7. Humility:** Avoid bragging and be grateful for little things.

**8. Humour:** Do not be afraid to throw a couple of jokes in the conversation.

**9. Optimists:** Always look at the bright side of things rather than focusing on why everything sucks.

**10. Give compliments:** Make people feel good about themselves and feel good about yourself too.

Contributed by Dr Fred Freeman Okpala

## 'One Small Step Can Change Your Life'

By Robert Maurer

**The power of small actions:** The smallest actions can have a significant impact on our lives. Taking small steps consistently can lead to big changes over time.

**Take responsibility for your own life:** It's important of taking responsibility for our own lives and not rely on others to make things happen for us. We have the power to create the life we desire through our own actions.

**Overcome resistance and self-doubt:** Common resistance and self-doubt often hold us back from taking action. By acknowledging and addressing these internal barriers, we can move forward and take the necessary steps towards our goals.

**Focus on the present moment:**

By focusing on the present moment and taking small actions in the here and now, we can avoid getting overwhelmed by the big picture and increase our chances of success.

**Break down big goals into smaller tasks:** Breaking down big goals into smaller, more manageable tasks helps to reduce overwhelm and makes it easier to take action.

**Embrace imperfection:** It's important to embrace imperfection and not let the fear of failure hold us back. Taking imperfect action is better than taking no action at all.

**Build positive habits:** The importance of building positive habits that align with our goals can never be underestimated. By consistently taking small steps towards our goals, we can create lasting change in our

lives.

**Celebrate progress:** Celebrate even the smallest victories along the way. By acknowledging and celebrating our progress, we can stay motivated and inspired to continue taking action.

**Stay committed to your goals:** Stay committed to your goals, even when faced with challenges or setbacks. Consistency and perseverance are key to achieving long-term success.

**10. Trust the process:** Lastly, trust the process and have faith in yourself. By trusting that your small actions will lead to positive outcomes, you can stay motivated and continue moving forward on your journey.

## How to Get Rich

By Felix Dennis

'How to Get Rich' by Felix Dennis is a book that provides valuable insights and lessons on achieving financial success.

**Embrace the Entrepreneurial Mindset:** Dennis emphasizes the importance of adopting an entrepreneurial mindset. This involves taking calculated risks, being proactive, and constantly seeking opportunities.

**Persistence and Hard Work:** According to Dennis, success doesn't come overnight. It requires persistence, dedication, and a willingness to put in the hard work necessary to achieve your goals.

**Focus on Your Passion:** Find something you genuinely enjoy and are passionate about. By pursuing your passion, you'll be more motivated to work hard and overcome obstacles along the way.

**Learn from Failure:** Failure is a part of the journey to success. Dennis encourages readers to embrace failure as a learning opportunity and to not let setbacks discourage them. Learn from your mistakes and keep moving forward.



How to Get Rich. Pic - Listen Money Matters

**Surround Yourself with the Right People:** Building a strong network of like-minded individuals can be instrumental in your success. Surround yourself with people who inspire and challenge you, and who can offer guidance and support.

**Take Calculated Risks:** Dennis emphasizes the importance of taking risks, but not reckless ones. Evaluate the potential rewards and consequences before

making decisions and be willing to step outside your comfort zone.

**Financial Literacy:** Understanding the basics of finance and investing is crucial. Educate yourself on personal finance, budgeting, saving, and investing. Make informed decisions about your money to maximize your wealth-building potential.

**Avoid Debt:** Dennis advises against accumulating unnecessary debt. While some debt may be necessary for investments or business ventures, it's important to manage it wisely and avoid excessive borrowing.

**Continuously Learn and Adapt:**

The world is constantly evolving, and so should your knowledge and skills. Stay curious, be open to new ideas, and adapt to changes in your industry or market.

**Enjoy the Journey:** While financial success is the ultimate goal, Dennis emphasizes the importance of enjoying the process. Find fulfilment in the work you do and the progress you make along the way.

Health and Balance

## Keep Your Mind Young and Sharp

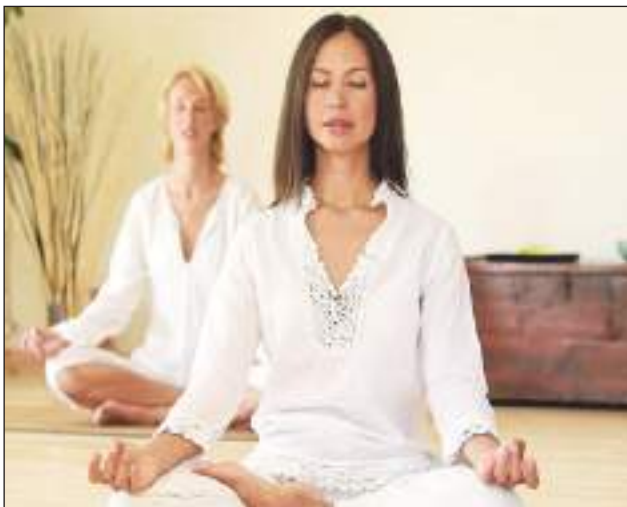
**D**id you know that meeting new people boosts your brain's "executive function" as much as doing crossword puzzles? See other ways, as medically reviewed by Zilpah Sheikh, MD, to improve your focus and mental abilities as you age

**Give your life a soundtrack:** Your brain gets a mental workout when you stream your favourite playlist. Not only can listening to music help you feel more alert, but it also can boost your memory and mood. One reason is that there's a math to music and how one note relates to the other. Your brain has to work to make sense of this structure. This is especially true for music you're hearing for the first time.

**Make time to make friends:** Getting to know new people boosts your brain's "executive function" as much as doing a crossword puzzle. This set of mental skills includes your short-term memory, power to tune out distractions, and ability to stay focused. How does a friendly 10-minute chat help? Listening to someone else's point of view and trying to put yourself in their shoes pushes your brain to think in new ways.

**Laugh it off:** Stress can make your brain release a hormone called cortisol, which makes it hard to think clearly. Over time, high levels of stress can cause trouble with your learning and memory. A fun way to protect your brain is to have a good laugh. It can lower cortisol levels and help keep your brain healthy.

**Get outside:** Nature has a calming effect and can ease stress -- even if you're just looking out a window. When you spend time outdoors, you give your brain a rest from the constant flow of data and stimulus it gets throughout the day. This lets it reboot its ability to focus, so you may feel



more creative and better able to solve problems.

**Ditch your routine:** There's nothing wrong with eating the same breakfast every day or driving the same route to work. Humans are creatures of habit. But it's good for your brain to try to mix things up. Even once a week can help. Try out a new recipe or explore a different part of your city.

**Become a student again:** When you learn a new skill or subject, your brain makes new pathways between its many cells. You might try your hand at creative writing or a new hobby that interests you, like playing the guitar or the piano. If it seems hard at first, don't give up. The tougher it is for you to get the hang of it, the better for your brain.

**Focus on one thing at a time:** Just because you can text, watch TV, and check your social media feed at the same time doesn't mean it's good for you. When your brain is hit with several streams of info at once, it has to sift through it all. This makes it harder for you to focus, manage your memory, and switch from one thing to another. Go easy on your brain and give one thing your full attention at a time.

**Meditate:** Whether you say a mantra or just focus on breathing, meditation can help with high blood pressure or high cholesterol. (Both can raise your chances of Alzheimer's.) Studies show it also can boost your focus, memory, and ability to choose words, and it can make it easier to

switch from one thought to another. The reasons for this aren't clear, but one theory is that meditation gives your brain a break from concrete words and thoughts.

**Break a sweat:** Working out is as good for your brain as it is for your body. Exercise keeps your reasoning and thinking skills sharp because it ramps up the blood flow to your brain, along with certain chemicals that help protect it. Try to get moving every other day for at least 30 minutes.

**Give it a rest:** If you don't get enough sleep, even a simple task can take more mental effort than it would otherwise. You'll also find it much harder to focus, and you may notice gaps in your short-term memory. To stay fresh, aim for 7 to 9 hours of sleep each night.

**Watch what you eat:** The more calories you take in, the higher your chances of memory loss may be. The reason isn't clear-cut, but a greater BMI (body mass index) at middle age is linked to poor brain health later in life. Small changes, like switching from whole milk to skim, will help you cut down on calories. Your doctor or a dietician can help you with a plan that's right for you.

**Feed your brain:** Certain foods work hard to protect your brain. These include fruits, veggies, legumes, fish, and "good" fats like the ones in canola and olive oils. A daily cup of tea or coffee also can help your brain wake up. But watch the processed foods, which can wreak havoc on your blood sugar.

**Stop smoking:** Many chemicals in cigarettes are toxic to your brain, so you might not be surprised to learn that smoking's linked to mental decline and dementia. And the same goes for second-hand smoke. Talk to others in your family about quitting, too. You'll all stay healthier if your house and car are smoke-free.

**Take care of your heart:** If your heart's in poor health, you're more likely to have learning and memory problems. Being overweight and not getting enough exercise can make your blood vessels narrow. This limits the amount of blood that flows to your brain, and your arteries may start to harden. High blood pressure is the biggest sign that your brain's health is at risk. If yours is high, talk with your doctor about how to control it.

Diabetes Guide

## Diet tips to help keep diabetes at bay

**D**ietary changes can help you keep prediabetes from turning into full-blown type 2. Here's what to add to your plate, as suggested by Keri Wiginton of WebMD

Plant-based fibre fills you up without raising blood sugar. Vegetables are also full of nutrients. Aim for at least 3-5 servings a day. That's ½ cup cooked or 1 cup raw. You can choose fresh, frozen, or canned. But be sure to go for the low- or no-sodium kind. Examples include carrots, bell peppers, broccoli, and leafy greens like spinach or kale.

**Snack on Fruit:** These plant-based sweets have sugar, but that doesn't mean you should avoid them. Fruit is packed with fibre, vitamins, and minerals. Aim for two to three servings a day. That could be one small apple or ½ cup of strawberries. Ask your doctor if you should opt for low-sugar choices. That includes berries, kiwi, melons, and oranges. Try pairing your fruit with healthy proteins like natural nut butter, Greek yogurt, or almonds.



**Choose Whole Grains:** You can eat them for breakfast or as a side dish for lunch or dinner. They come in lots of forms, including oatmeal, brown rice, whole-wheat bread or pasta, and quinoa. If you buy a packaged product, make sure you see the word "whole" before grain

on the label.

**Add More Nuts and Seeds:** Grab a handful of any kind you like. Just make sure they're unsalted. Nuts and seeds have healthy fats, but they're also high in calories. Good choices include walnuts, pistachios, peanuts, sunflower seeds, and cashews.

**Add Some Protein:** Try including protein with all your meals and snacks. It helps you feel full and slows how fast carbohydrates go into your bloodstream. That's important when it comes to keeping your blood sugar steady. Sources include fatty fish and seafood, plant-based protein like beans and lentils, eggs and low-fat dairy, and lean meats.

**Avoid Sugary Drinks:** These beverages spike blood sugar because they don't come with other nutrients — like fibre and protein — to slow down the digestion process. If you have prediabetes, it's a good idea to limit or skip the following 100% fruit juice, soda, and sweetened coffee drinks. Try to avoid energy or sports drinks, mixed alcohol cocktails, and lemonade or sweet tea.

**Don't Skip Breakfast:** Try to eat within 2 hours of when you wake up. That may help control your blood sugar later in the day. In general, it's a good idea to eat when you feel hungry. That's because you might overeat or grab something easy — and possibly less healthy — if you go a long time without food.

## Why Aishwarya Rai Bachchan remains relevant for the Gen Z crowd

**A**s Aishwarya Rai Bachchan celebrated her birthday on November 1, here's looking at how the actor continues to serve some very important goals to the Gen Z crowd, as reported by Indian Express.

When Aishwarya Rai Bachchan was asked in 1994 the qualities a Miss World should possess, she replied that we should be able to 'look beyond the boundaries set by man.' The then 21-year-old's answer couldn't have been more appropriate for the country she was representing as India was also experiencing social, political and economic changes in the wake of economic reforms of 1991. With the emergence of an aspirational Indian middle class, global brands forayed into the country in the 90s and roped in Indian stars like Aishwarya to endorse them. The actor's 30-year journey in the film industry has made her the ideal symbol of globalization, a key factor in her continued relevance today.

Aishwarya – a former Miss World, Bollywood actress and a fashion icon — has given multiple iconic moments throughout the years with her films, her ramp appearances and at Cannes Film Festival. Thirty years is a long time to stay relevant on the national and international stage, especially in the age of internet stardom and influencers. Aishwarya, however, has done it with aplomb.

For Gen Z, she is associated more with that unforgettable Cannes red carpet appearance in a floral peach gown from Rami Kadi Couture, or the purple lipstick



which took the centre stage during Cannes 2018. Or maybe it's the image of her looking absolutely ethereal in lehengas in movies like 'Hum Dil De Chuke Sanam' and 'Jodhaa Akbar'.

However, for this generation, more than her acting skills, it is her fashion choices that ring a bell. In simpler terms, while Aishwarya's performance in Mani Ratnam's 'Ponniyin Selvan' did grab attention, it was her recent interaction with supermodel Kendall Jenner that stole the spotlight. This incident highlighted that her status as an icon goes beyond being an actress.

Between 2012 and 2023, Aishwarya has been a part of around only 10 films. But despite that, she has stayed relevant for people of the current generation. Take for instance her performance in Karan Johar's *Ae Dil Hai Mushkil* where she played a sensual and beautiful woman in her late 30s or early 40s, or as the mysterious

Nandini in *Ponniyin Selvan*. However, this seemingly limited number of film appearances raises the question: has it affected her iconic status among the Gen Z audience?

The answer is Aishwarya's impact goes beyond just her stunning looks. What truly defines Aishwarya is her 'divaness,' a quality that has only grown stronger over the years. She's remained relevant in recent times, and it's clear that she's achieved exactly what she set out to do in her career. 'Aishwarya Rai Bachchan' is a name that resonates with the magic of timeless beauty and success.

While Aishwarya is often praised for her stunning looks by those who have worked with her, there's a lingering question about whether her acting skills get the attention they deserve. This brings up the issue of how her enduring relevance in the film industry might be connected to her beauty taking the spotlight. Julia Roberts once called her "the most beautiful woman in the world." This label has not only stuck with Aishwarya but continues to define her legacy as an actress and a global fashion icon, even to this day.

However, Aishwarya's ability to handle the spotlight and make a statement, even in the face of criticism, is a testament to her grace and confidence. Despite her detractors, she has remained relevant and an icon over the years. More importantly, she has looked beyond attempts to put her into boxes, making choices as an actor, model and woman who thinks for herself.

## Sunny Deol-Shah Rukh Khan to Kartik Aaryan-Karan Johar...

### Bollywood celebs shaking hands after cold war

**B**ollywood is witnessing a seismic shift in dynamics as long-standing feuds and cold wars seem to be finally coming to an end. Some celebrities have put their differences aside and come together, both on and off screen. From Shah Rukh Khan and Sunny Deol to Salman Khan and Arijit Singh, and several others, here is a list of 5 celeb pairs who have given fans a glimpse of their refreshed camaraderie.



**Sunny Deol & Rajkumar Santoshi**

Sunny Deol did blockbuster projects in the 1990s with filmmaker Rajkumar Santoshi, with films like *Ghayal* and *Ghatak*, and a special appearance in *Damini*. The two haven't spoken to each other since then. However, recently, the two announced a collaboration in their upcoming movie *Lahore 1947*. In a recent conversation with News 18, Santoshi opened up about the feud, "We did have a fallout. But he recognised me at a time when

the world didn't know me." Reportedly, the rumours of the duo's rift started churning in the mill after they worked on two different films on Bhagat Singh, clashing at the box office.



**Salman Khan & Arijit Singh**

Salman Khan and Arijit Singh had a tiff back in 2014, after they got into a fight during an award event, hosted by Salman. Arijit came on the stage in a casual look to receive an award, when Salman asked him, "So gaye the?" To which the singer responded, "Aap logon ne sula diya," and the actor replied that it is not their fault if songs like *Tum Hi Ho* keep on playing. After this incident, Arijit Singh's songs were removed from Salman's films, including *Sultan* and *Bajrangi Bhaijaan*. But now, it looks like their feud has ended because Singh has voiced a song in the actor's upcoming *Tiger 3*.

**Sunny Deol & Shah Rukh Khan**



Sunny Deol's infamous fight with Shah Rukh Khan on the sets of *Darr* is quite known. Sunny has open up about his arguments with the actor about the rationality of a scene in which he stabs him. "What kind of a trained and senior commando would I be if he can stab me just like that, while I watch him? He may do so when I am not looking at him, but how is this possible?" he had said in an interview. However, looks like the two have also buried the hatchet as SRK appreciated Sunny's recent film *Gadar 2* on social media, to which he reacted and said to a news channel, "Woh zamana (those days) when it happened, that was a different time. I say 'People, forget what happened in those days'. One understands such things should not have happened. It was 'bachpana' (childish), definitely. After that, Shah Rukh and I met several times and spoke to each other about many things."



**Kartik Aaryan & Karan Johar**

The infamous duo Karik Aaryan and Karan Johar have been making headlines since their alleged fallout in 2021, when Dharma Productions officially announced recasting for its upcoming film *Dostana 2*, which originally featured Kartik and Janhvi Kapoor. As per reports, Kartik's "unprofessionalism" was the reason behind his getting ousted from the Dharma film, however, neither of them acknowledged a fight ever. But now, it looks like the two have buried the hatchet as they were seen chatting on the same table and sharing the stage at an award function recently.

## Apara Mehta: 'Anyone who can do TV and work in such tight shifts can do anything'

In an exclusive chat with indianexpress.com, Apara Mehta talks about her new project and how she is appalled at the new trends in casting, especially on OTT - ("over-the-top", that is technology that delivers streamed content over the internet).

Fondly remembered as the 'sassy saas' from *KyunkiSaas* Bhi Kabhi Bahu Thi, Apara Mehta is now experimenting with comedy with Amazon MiniTV show, *Staff Room*. The series sheds light on the life of teachers and their interactions with each other in their designated space on the school premise. Given she plays the principal, Apara shared how it took her back to her school days and gave her a chance to relive her childhood. "It's probably for the first time that audiences will realise that staff rooms are also fun places, even when there are teachers around. There are flirting, gossiping and so many fun moments," she shared.

Apara Mehta opened up about being amazed at casting directors on digital medium looking at 'TV actors' with a different gaze. "A popular TV actor will get you an audience for sure. How can people say they don't want TV faces? We get eyeballs and we come with experience. I have heard this so many times, and it leaves me amazed all the time. I think anyone who can do TV and work in such tight shifts, we can do anything," she shared.

The Anupamaa actor also shared that a lot of times OTT makers look for 'fresh faces'. Questioning the same, she shared, "What if they are not good actors? How are they okay casting anyone on the basis of that? Also, I have been told that today social media followers have also become a factor in casting. If it's true, we are in for some big trouble. No offence, but people who are good with one-minute reel cannot carry a whole character and play it for long. Just dancing to someone else's songs or lip-syncing on someone's dialogue doesn't make you an actor. It takes a lot more than that to be an actor. I am just appalled at what is going on."

The actor said that she too has joined Instagram now but has already lost interest. When asked if the peer pressure and casting requirement made her sign up, Mehta laughed, "Not at all. Honestly, my daughter forbade me to join social media. She told me that you are a strong, opinionated person and I don't want you to face any kind of trolling. She said Instagram is the



easiest bet but she did warn me that I will get bored, and I have. I am not a person who can pout and click selfies. Today, I see young kinds moving around with a team, who are shooting them, while I forget about clicking, or posting on social media."

Sharing that she has been working on TV continuously from 1997-2020, she said, "I was on every channel, even the ones that have shut down. I get about seven offers of daily shows in two months, as work never stopped. Then all of a sudden, during lockdown, I was offered *Decoupled*. I didn't even understand or realise what it was, until my daughter said that it is a big thing. The director Hardik Mehta also told me how he had to fight for me to get on board."

The actor shared with joy how people still remember her for her character in *Kyunki...* She said how young actors meet her and tell her how they have watched the show. "It's been 23 years, and I sometimes wonder how they even know about it. Their parents have sometimes told them about the show, and some have watched it on social media. And while they all enjoy working with me, I am a thorough professional. I don't want to be their mummy or teacher and educate them. I am a cool co-star and I think this is why they can approach me so easily."

### YOUR STARS

#### Sagittarius: Nov 22 - Dec 21

The planet that rules your sign bestows prosperity and growth upon you, so go after your goals. It's also possible that opportunities to travel will present themselves. There is always room for exploration in love. Whether you want to invest in your education or your own personal development, now is an excellent moment to do it financially.

**Lucky Numbers:** 11, 23, 24, 29, 30, 31

#### Capricorn: Dec 22 - Jan 19

Your main goal is to maintain a level of self-discipline and concentration. Stay focused on the route you've chosen and do your best to avoid distractions. When it comes to relationships, consistency and dedication are emphasised. It is a wonderful time to make preparations for the future.

**Lucky Numbers:** 4, 19, 20, 26, 30, 34

#### Aquarius: Jan 20 - Feb 18

Accept the unknowable and move along with the current. Have an open mind to new events and ideas that may come your way. It's important to be spontaneous when you're in love. arrange a spontaneous trip. away with your significant other.

**Lucky Numbers:** 7, 9, 15, 21, 16, 30

#### Pisces: Feb 19 - Mar 20

It's important to listen to your intuition and let your creativity run free. Invest a great deal of time and energy into creative endeavours or spiritual pursuits. In love, there is always the possibility of dreamy and beautiful moments. Spend some quality time with the people you care.

**Lucky Numbers:** 10, 11, 14, 36, 39, 40

#### Aries: Mar 21 - Apr 19

The cosmos is suggesting that you reconsider some of the choices and acts you've made in the recent past. Explore your interests in depth and allow them to direct your path. You can run into some difficulties at work but try to keep in mind that behind every problem lies an opportunity waiting to be discovered.

**Lucky Numbers:** 3, 14, 15, 19, 21, 30

#### Taurus: Apr 20 - May 20

It's a great opportunity to treat yourself to some self-care and indulge in some pampering activities. When it comes to your finances, resist the need to make rash acquisitions. When it comes to love, you can find that you have an unexpected attraction to a certain person.

**Lucky Numbers:** 3, 5, 10, 18, 20, 33

#### Gemini: May 21 - June 20

On the plus side, this week is perfect for engaging in introspective activities and fostering personal development. You can connect with your inner self by spending some time writing in a notebook or meditating. When it comes to relationships, being transparent is necessary. Always tell the truth about how you feel.

**Lucky Numbers:** 2, 7, 14, 33, 35, 37

#### Cancer: June 21 - July 22

At work, cooperation will be the most important factor in determining success. You may have feelings of vulnerability while you're in love, but it's important to keep in mind that genuine connections can only be made when you express who you really are.

**Lucky Numbers:** 5, 12, 16, 29, 30, 31

#### Leo: July 23 - Aug 22

This is a fantastic time to launch brand-new endeavours and make progress toward achieving your goals. Keep your feet on the ground and don't forget the value of being humble. Passion is just around the corner in romantic relationships.

Expect some love twists and turns.

**Lucky Numbers:** 4, 12, 17, 19, 22, 25

#### Virgo: Aug 23 - Sept 22

Consider your long-term objectives and the order in which you want to accomplish them. When you are really in love, you may experience feelings of distancing from your lover. Communication is the most important factor. Be honest with yourself and disclose your feelings.

**Lucky Numbers:** 1, 6, 9, 17, 21, 30

#### Libra: Sept 23 - Oct 22

Make it a priority to restore damaged connections and build bridges between people. Your ability to negotiate peaceful solutions will be in high demand at work. Make use of your charisma and dexterity to get through difficult situations. When it comes to love, this is the ideal season for going on intimate dates.

**Lucky Numbers:** 9, 14, 15, 33, 35, 39

#### Scorpion: 23 Oct - 21 Nov

Be wary of power disputes in your place of employment. Maintain your composure, and do not get embroiled in any office politics. When two people are in love, passion fills the air. Expect some stressful moments in your life, regardless of whether you are alone or in a relationship.

**Lucky Numbers:** 5, 8, 12, 16, 23, 29

**DASAUTO CO LTD**  
Tel: 248 3693 / 5850 1922 / 5256 4837

**BMW SPECIALIST GARAGE**

Service & General Repairs  
Mechanical & Electrical Problems  
Diagnosis & Coding & Programming  
Engine Overhaul/Oil &  
Water Leakages/Suspension

**FOR RENT**

4000 Sq Ft Building  
In Excellent Condition  
within less than 5 mins  
from New Supreme  
Court Building

**Ideal for**  
Office - Mini  
Clinic - Medical  
Lab - Archives  
& Chambers

**CONTACT US**  
57109413 - 5 7829661 - 5 2929301  
email: droouet@gmail.com

Parking Space &  
Alarm System Available



Vendredi 10 novembre - 20.30



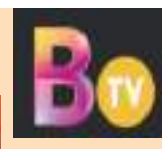
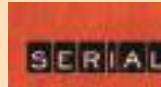
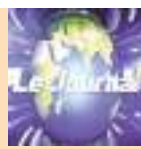
Samedi 11 novembre - 20.30



Dimanche 12 novembre - 20.30



# Programme TV



**vendredi 10 novembre**

**MBC 1**

05.32 Tele: Imperio De Mentiras  
06.01 Serial: New Amsterdam  
07.20 Film: Bull Shark  
09.30 Tele: Le Chemin Du Destin  
10.05 Tele: Amour Secret  
10.30 The Gardener's Daughter  
10.52 Tele: Marimar  
11.15 Tele: La Reina Del Flow  
12.00 Le Journal  
12.35 Tele: Barbarita  
13.25 Tele: Fierce Angel  
13.50 Tele: Imperio De Mentiras  
14.15 The Baker And The Beauty  
15.21 Film: Secrets De Guerre  
17.30 The Gardener's Daughter  
18.31 Serial: Wagle Ki Duniya  
18.55 Serial: Mere Dad Ki Dulhan  
20.35 Film: Lost And Found  
22.00 Tele: Barbartia  
22.45 Tele: The Gardener's Daugh...

**MBC 2**

06.15 Local: Les Grandes Lignes  
08.46 Local: ONG An Eta Dalert  
09.33 Local: Radio Vision  
10.50 Local: J'ai Faim  
11.16 Local: Groove'in  
12.28 Rodrig: Li Bon Ou Konnin  
12.29 Local: Les Grandes Lignes  
14.39 Local: Nou Later Nou Lamer  
15.22 Local: Generations J  
15.49 Local: Groove'in  
16.43 La Journee Sous Le Regard  
16.48 Local: Aktiv  
18.04 Tele: Imperio De Mentiras  
18.29 Tele: Amour Secret  
19.30 Local: Rodrig: 13 Minit...  
20.04 Local: Animalia Nos Amis...  
21.00 Local: Come On Let's Dance  
22.00 Local: La Sosiete  
23.00 Journal Kreol  
23.20 Local: Voyage Au Feminin  
23.48 Local: Rodrig Prog

**MBC 3**

07.00 Serial: Gadget Guru Ganesha  
08.00 Local: Amrit Vaani  
08.30 Satguru Kabir Ke Gyan  
10.00 Serial: Agniphera  
11.30 Serial: Radha Krishna  
12.00 Film: Maan Abhiman  
15.00 Live: Samachar  
15.30 Serial: Dulhin Uhe Jo Nanad Man Bhave  
16.00 Serial: Ishaaron Ishaaron...  
16.44 Serial: Bhakharwadi  
18.00 Live: Samachar  
18.30 Local: Mati Ke Mol  
19.02 Local: Khel Khiladi  
20.31 Serial: Vidrohi  
21.03 Film: Uga Ho Suraj Dev  
23.15 Serial: Jijaji Chhat Par Hain  
23.46 Serial: Yeh Teri Galiyan  
02.50 Local: Mati Ke Mol  
03.15 Local: Khel Khiladi

**Cine 12**

06.03 Doc: Eye On SADC  
06.26 Mag: Border Crossing  
07.25 D.Anime: The Story Of Book  
09.32 Mag: Recipes For Kids  
09.35 Film: Simba (D'Animation)  
11.32 Mag: Sand Tales  
12.00 Doc: Smoothie Mania  
12.03 Mag: Eco India  
12.33 Doc: Secrets Des Plantes  
13.25 Mag: Carnet De Sante  
13.44 Doc: Castles  
14.30 D.Anime: Kids' Planet  
14.52 D.Anime: Agi Bagi  
15.06 D.Anime: Petit Pingouin  
15.10 Idefix Et Les Irreductibles  
15.29 D.Anime: Go Astro Boy Go!  
15.41 D.Anime: Les Schtroumpfs  
16.14 D.Anime: Rainbow Rangers  
16.37 D.Anime: Hunter X Hunter  
16.56 Serial: Sept Nains Et Moi  
17.28 Mag: Recipes For Kids

**Bollywood TV**

14.25 Serial: Zindagi Mere Ghar Aana  
15.00 Bade Acche Lagte Hai 2  
15.30 Film: Koi Mere Dil Mein Hai  
Starring: Priyanshu Chatterjee, Dia Mirza  
18.00 Live: Samachar  
18.31 Kundali Bhagya  
19.01 Udaariyaan  
19.31 Kuch Rang Pyar Ke Aise...  
20.01 Sasural Simar Ka 2  
20.30 Radha Krishna  
21.01 Anupamaa  
21.30 Mere Sai  
22.01 Kismet Ki Lakiron Se  
22.31 Kabhi Kabhie Ittefaq Sey  
22.59 Serial: Shaurya Aur Anokhi Ki Kahani  
23.30 Film: Koi Mere Dil Mein Hai

**samedi 11 novembre**

04.32 Serial: S.W.A.T  
05.12 Tele: La Beaute Du Diable  
06.30 Tele: Le Chemin Du Destin  
07.00 Serial: Wanted  
07.45 Serial: Seal Team  
08.30 Serial: Absentia  
09.15 Serial: Riviera  
09.59 Serial: S.W.A.T  
10.45 Serial: The Inbetween  
11.30 Tele: Le Chemin Du Destin  
12.00 Le Journal  
12.25 Serial: Madam Secretary  
13.15 Tele: Sublime Mensonge  
15.21 Film: Monster Hunt  
18.00 Live: Samachar  
18.31 Dance India Dance Little Masters  
19.30 Le Journal  
20.30 Film: Grace And Goliath  
22.44 Tele: Missing Bride  
00.59 Serial: Riviera

06.22 Local: Enn Semenn Dan Lafrik  
08.24 Local: Animalia Nos Amis...  
10.47 Local: Mangeons Veg  
12.04 Rodrig: 13 Minit Natir Rodrig  
12.32 Local: Les Grands Noms...  
13.00 La Journee Sous Le Regard  
14.02 Local: Zanfan Nou Pei  
15.00 Local: La Sosiete  
17.12 Local: Come On Let's Dance  
18.00 Tele: Gout De L'Amour  
19.00 Journal Kreol  
19.20 Magazine De L'emploi  
21.40 Local: Glwar Dantan  
22.04 Rodrig - Klip Seleksion  
23.00 Journal Kreol  
23.26 Local: Lavi Zoli An XXL  
23.46 Local: Saver Kiltirel  
00.12 Local: Rodrig Prog: Rod'Art  
00.53 Local: Rodrig: D'jam  
01.15 Local: Les Petits Genies  
01.41 Local: Groove'in

07.00 Gadget Guru Ganesha  
08.00 Local: Hamar Fitness...  
10.10 Mag: DDI Mag  
10.55 Bade Acche Lagte Hai  
12.00 Serial: Dikri Vahalno Dariyo  
15.00 Live: Samachar  
15.30 Film: Hello Brother  
Starring Salman Khan, Arbaaz Khan, Rani Mukerji  
18.00 Live: Samachar  
18.30 Local: Satrangi  
19.02 Local: Duniya Mein Is Saptah  
19.17 Local Prod  
20.00 Local: Ubharte Sitare  
21.08 Film: Jug Jugg Jeeyo  
Starring Varun Dhawan, Anil Kapoor, Kiara Advani  
23.32 Local: Satrangi  
00.02 Local: Duniya Mein Is Saptah

06.24 D.Anime: Fast And Furious  
06.46 D.Anime: Sam Le Pompier  
09.34 D.Anime: Les Schtroumpfs  
10.13 Serial: Hank Zipzer  
10.37 Mag: Sand Tales  
13.00 Doc: Made To Measure  
14.30 D.Anime: Kids' Planet  
14.52 D.Anime: Zoonicorn  
15.00 D.Anime: Agi Bagi  
15.10 D.Anime: Petit Pingouin  
15.45 D.Anime: Les Schtroumpfs  
16.18 D.Anime: Rainbow Rangers  
16.45 D.Anime: Hunter X Hunter  
17.28 Mag: Recipes For Kids  
17.30 Serial: Superstore  
17.35 Doc: World Capitals  
18.00 Mag: In Good Shape  
20.01 Tele: Le Chemin Du Destin  
20.30 Live: News  
20.50 Tele: La Reina Del Flow  
21.40 Film: Les Demoiselles De Rochefort

08.00 Kabhi Kabhie Ittefaq Sey  
10.00 Gadget Guru Ganesha  
10.18 Sasural Simar Ka 2  
12.15 Udaariyaan  
14.05 Anupamaa  
16.00 Kuch Rang Pyar Ke Aise..



18.31 Film: Golmaal  
Starring: Ajay Devgn, Arshad Warsi, Sharan Joshi, Tusshar Kapoor, Rimi Sen  
20.54 Gadget Guru Ganesha  
21.05 Serial: Porus  
21.29 Serial: Crime Patrol

**dimanche 12 novembre**

02.35 Film: Upgrade  
04.35 Tele: La Beaute Du Diable  
06.40 Tele: Le Chemin Du Destin  
07.05 Film: Grace And Goliath  
08.38 Serial: The Good Doctor  
09.20 Film: Monster Hunt  
10.54 Serial: F.B.I  
11.35 Tele: Le Chemin Du Destin  
12.00 Le Journal  
12.40 Film: Fools' Parade  
14.15 Serial: Scorpion  
15.00 Live: Samachar  
15.25 Film: Flowers And Honey  
17.00 Tele: Tour De Babel  
18.00 Live: Samachar  
18.31 Enter: Sa Re Ga Ma Pa  
19.16 Sayings Radha Krishna  
19.30 Le Journal  
20.30 Film: How I Met Your Murderer  
21.57 Serial: Under Pressure  
22.41 Tele: Missing Bride

06.00 Rodrig: D'Jam  
06.40 Local: Aktiv  
07.05 Local: Saver Kiltirel  
07.39 Local: Groove'in Mama Jazz  
08.54 Local: Les Petits Genies  
09.31 Local: Zanfan Nou Zi  
11.06 Local: Nu Rasinn  
12.00 Local: Rodrig Prog  
13.11 Local: Goove'in Mama Jazz  
14.11 Local Prod: Elle  
15.03 Local: Autour Des Valeurs...  
17.21 Local: JIwar Dantan  
18.00 Tele: Gout De L'Amour  
19.00 Journal Kreol  
19.33 Local: Elle  
20.00 Local: Tipa Tipa Nu Avance  
20.45 Local: Le Challenge  
21.42 Local: Rodrig: Sa Lavi-La  
22.39 Local: Clin D'Oeil  
23.20 Local: Arsiv MBC - Fer Roule  
23.45 Rodrigues: Mangeons Veg

07.12 Film: Golmaal Hai Bhai Sab..  
07.58 Local: Hamar Fitness...  
12.02 Film: Its Entertainment  
Starring Akshay Kumar, Tamannaah Bhatia, Mithun Chakraborty, Johnny Lever  
14.59 Live: Samachar  
15.22 Local: Satrangi  
15.51 Duniya Mein Is Saptah  
17.00 Local: Ekta  
18.00 Live: Samachar  
18.29 Sayings Radha Krishna  
19.00 Local: Tohar Rashi  
19.29 Local: Tohar Farmaish  
20.28 Sayings Radha Krishna  
20.30 Serial: Porus  
21.10 Serial: Crime Patrol  
22.37 Serial: Bahubali  
23.16 Serial: Bhaag Na Bachhe Koi  
00.14 Local: Planet Bollywood  
00.40 Local: Tohar Rashi

06.46 D.Anime: Sam Le Pompier  
07.05 D.Anime: Inspecteur Gadget  
09.13 D.Anime: Miraculous  
10.09 Serial: Hank Zipzer  
11.21 Mag: Afrimaxx  
11.47 Mag: Healthy Living  
12.00 Foodland: Veggie Feaste  
13.00 Doc: A World Without Cash  
14.55 D.Anime: Agi Bagi  
15.13 D.Anime: Petit Pingouin  
15.45 D.Anime: Les Schtroumpfs  
15.57 D.Anime: Miroculous  
16.19 D.Anime: Rainbow Rangers  
16.41 D.Anime: Hunter X Hunter  
17.05 Serial: Sept Nains Et Moi  
17.28 Mag: Recipes For Kids  
18.26 Foodland: Veggie Feasts  
18.35 Serial: Airwolf  
19.30 Mag: Arts Unveiled  
20.02 Tele: Le Chemin Du Destin  
21.42 Film: Borrowed Time

00.00 Sasural Simar Ka 2  
02.05 Udaariyaan  
04.00 Anupamaa  
06.06 Kuch Rang Pyar Ka Aise...  
07.46 Tenali Rama  
07.58 Patiala Babes  
10.02 Kundali Bhagya  
11.47 Bade Acche Lagte Hai 2  
15.10 Kismet Ki Lakiron Se  
15.48 Wagle Ki Duniya  
18.25 Film: Brahmastra  
Starring Ranbir Kapoor, Alia Bhatt, Nagarjuna Akkineni  
20.32 Serial: Tenali Rama  
20.50 Enter: Dance India Dance Little Masters  
21.43 Bade Acche Lagte Hai 2  
23.35 Serial: Patiala Babes  
01.36 Serial: Kundali Bhagya

**lundi 13 novembre**

06.00 Serial: New Amsterdam  
07.15 Film: Comanche Station  
08.45 Serial: Airwolf  
09.35 Tele: Le Chemin Du Destin  
10.00 Tele: Amour Secret  
10.30 The Gardener's Daughter  
10.48 Tele: Marimar  
11.16 Serial: La Reina Del Flow  
12.00 Le Journal  
12.25 Tele: Barbarita, Les Couleurs...  
13.15 Tele: Fierce Angel  
13.40 Tele: Imperio De Mentiras  
14.15 Serial: Airwolf  
15.20 Film: Borrowed Time  
17.30 The Gardener's Daughter  
18.30 Serial: Wagle Ki Duniya  
18.55 Serial: Mere Dad Ki Dulhan  
19.30 Le Journal  
20.25 Serial: Wanted  
21.15 Serial: Seal Team  
22.00 Serial: Treadstone

07.10 Local: Tipa Tipa Nu Avance  
09.37 Local: Elle  
10.39 Local: Le Challenge  
11.02 Local Prod: Les Klips  
12.02 Local: Nu Rasinn  
13.07 La Journee Sous Legard...  
14.01 Local: Elle  
14.37 Arsiv MBC - Fer Roule  
15.07 Local: Tipa Tipa Nu Avance  
15.39 Local: En Forme  
16.15 Local: Les Klips  
17.10 Local: Radio Vision  
18.04 Tele: Imperio De Mentiras  
18.30 Tele: Amour Secret  
19.00 Journal Kreol  
19.45 MFDC Intercollege  
20.00 Local: Nos Aines  
21.19 Local: Radio Vision  
22.41 Local: Itinerer Moris  
22.50 La Journee Sous Le Regard  
23.00 Journal Kreol

07.00 Gadget Guru Ganesha  
08.04 Local: Planet Bollywood  
08.42 Local: Tohar Farmaish  
09.31 Local: MBC Prod  
10.00 Serial: Bahubali  
10.43 Bhaag Na Bachhe Koi  
11.36 Radha Krishna  
12.00 Film: Pyar Bhara Dil  
Starring: Raj Babbar, Poonam Dhillon  
15.30 Dulhin Uhe Jo Nanad Man Bhave  
16.00 Serial: Kundali Bhagya  
18.00 Live: Samachar  
18.35 Ved Ki Shikshayen  
19.04 Local: Ayush  
19.26 Local: Excerpts From Shiv Abhishek  
20.07 Local: Vaad Vivaad  
20.37 Film: Man Mandir  
Starring Sanjeev Kumar, Waheeda Rehman

06.02 Doc: Eye On SADC  
07.21 D.Anime: The Story Of Book..  
09.30 Mag: Recipes For Kids  
09.35 Film: Fireman Sam  
11.00 Doc: Planet Home  
12.00 Doc: Guardians Of Nature  
13.35 Doc: Persons  
14.30 Mag: Kid's Planet  
15.04 D.Anime: Agi Bagi  
15.11 Les Aventures Du Petit...  
15.17 Idefix Et Les Irreductibles  
15.29 D.Anime: Go Astro Boy Go!  
15.41 D.Anime: Les Schtroumpfs  
15.53 D.Anime: Miraculous  
16.14 D.Anime: Rainbow Rangers  
16.37 D.Anime: Hunter X Hunter  
17.28 Mag: Recipes For Kids  
18.30 Mag: The 77 Percent  
19.02 Mag: Africa 54  
19.32 Mag: In Good Shape  
21.41 Film: The Final Land  
23.36 Mag: Tomorrow Today

14.25 Serial: Zindagi Mere Ghar..  
15.00 Serial: Bade Acche Lagte Hai 2  
15.30 Film: Tezzab  
Starring: Anil Kapoor, Madhuri Dixit, Anupam Kher  
18.00 Live: Samachar  
18.30 Kundali Bhagya  
19.00 Udaariyaan  
19.31 Kuch Rang Pyar Ke Aise...  
20.08 Sasural Simar Ka 2  
20.28 Radha Krishna  
21.32 Mere Sai  
22.04 Kismet Ki Lakiron Se  
22.29 Kabhi Kabhie Ittefaq Sey  
23.00 Serial: Shaurya Aur Anokhi Ki Kahani  
23.30 Film: Tezzab  
Starring Anil Kapoor, Madhuri Dixit, Anupam Kher

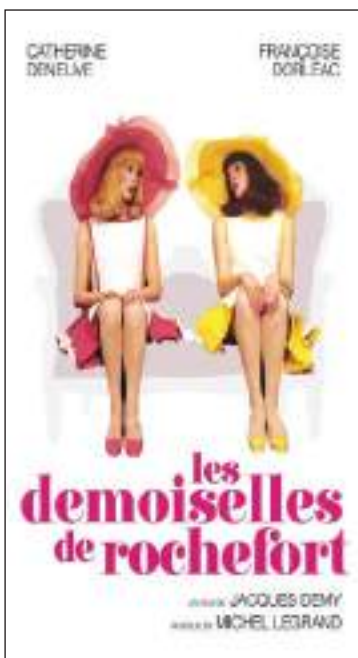




Mardi 14 novembre - 20.30



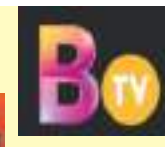
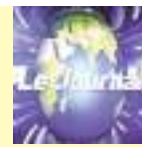
Mercredi 15 novembre - 21.15



Mercredi 15 novembre - 15.30



# Programme TV



	MBC 1	MBC 2	MBC 3	MBC 5	Bollywood TV
<b>mardi 14 novembre</b>	05.15 Tele: Amour Secret 05.40 Tele: Le Chemin Du Destin 07.15 Serial: Wanted 08.09 Serial: Seal Team 08.45 Serial: Absentia 09.30 Tele: Le Chemin Du Destin 10.05 Tele: Amour Secret 10.30 The Gardener's Daughter 10.50 Tele: Marimar 11.15 Tele: La Reina Del Flow 12.00 Le Journal 12.25 Tele: Barbarita 13.15 Tele: Fierce Angel 13.45 Tele: Imperio De Mentiras 14.10 Serial: Gout De L'Amour 15.25 Film: The Final Land 17.30 The Gardener's Daughter 17.59 Live: Samachar 18.31 Serial: Wagle Ki Duniya 18.55 Serial: Mere Dad Ki Dulhan 20.30 Film: Last Rampage	07.09 Business Connect 09.02 Local: Rodrig Prog 10.23 Local: Rodrig: Saver Lokai 11.07 Local: Le Rendez Vous 12.00 Rodrig: Feminin Pluriel 12.26 Local: Nos Aines 13.41 Local: Rodrig Mo Pei 14.31 Local: Lir - Ekri Kreol 14.58 Rodrig Prog: Zenn Aktif 15.38 Le Rendez Vous Avec... 16.49 Local: Radio Vision 18.08 Tele: Imperio De Mentiras 18.29 Tele: Amour Secret 19.00 Journal Kreol 19.20 Le Magazine De L'Emploi... 19.54 Local: Son Ladan Mem 20.03 Local: ONG An Eta Dalert 21.36 Local: Radio Vision 22.28 Local: Mots & Ecrits 22.45 La Journee Sous Le Regard 23.20 Journal Kreol	07.00 Serial: Gadget Guru Ganesha 09.29 Local: Vaad Vivaad 10.03 Serial: Kundali Bhagya 12.02 Film: Uphaar 14.59 Live: Samachar 15.30 Badki Malkaain 16.00 Jijaji Chhat Par Hain 17.28 Radha Krishna 18.00 Live: Samachar 18.36 Local: Tark Vitark 19.00 Local: Bhojpuri Dhamaka 19.30 Local: Prakriti Ki God Mein 20.00 Chikitsa Aur Swasthya 20.42 Film: Andaz 23.12 Serial: Jijai Chhat Par Hain 23.21 Serial: Yeh Teri Galiyan 00.24 Local: Tark Vitark 00.51 Local: Bhojpuri Dhamaka 01.28 Prakriti Ki God Mein 01.57 Chikitsa Aur Swasthya	06.03 Mag: Eco At Africa 08.54 D.Anime: Polly Pocket 09.18 D.Anime: Wonder Grove 09.35 Film: The Legend Of The Titanic 11.06 Mag: Sand Tales 13.32 Doc: Africa 14.00 Mag: Tomorrow Today 14.50 D.Anime: Agi Bagi 15.08 Idefix Et Les Irreductibles 15.22 D.Anime: Go Astro Boy Gok 15.33 D.Anime: Les Schtroumpfs 16.06 D.Anime: Miraculous... 16.37 D.Anime: Raindow Rangers 16.37 D.Anime: Hunter X Hunter 17.28 Mag: Recipes For Kids 17.54 Doc: World Capitals 18.05 Mag: Rev 18.31 Mag: Healthy Living 19.31 Mag: Global Us 20.02 Tele: Le Chemin Du Destin	14.25 Zindagi Mere Ghar Aana 15.30 Film: Dil Ka Kya Kasoor Starring Prithvi, Divya Bharti 18.00 Live: Samachar 18.30 Kundali Bhagya 19.03 Udaariyaan 19.33 Kuch Rang Pyar Ke Aise... 20.06 Sasural Simar Ka 2 20.38 Radha Krishna 21.08 Anupama 15.22 D.Anime: Go Astro Boy Gok 15.33 D.Anime: Les Schtroumpfs 16.06 D.Anime: Miraculous... 16.37 D.Anime: Raindow Rangers 16.37 D.Anime: Hunter X Hunter 17.28 Mag: Recipes For Kids 17.54 Doc: World Capitals 18.05 Mag: Rev 18.31 Mag: Healthy Living 19.31 Mag: Global Us 20.02 Tele: Le Chemin Du Destin
<b>mercredi 15 novembre</b>	04.40 Tele: Amour Secret 05.07 Tele: Le Chemin Du Destin 05.30 Tele: Imperio De Mentiras 08.45 Serial: Airwolf 09.35 Tele: Le Chemin Du Destin 10.05 Tele: Amour Secret 10.25 The Gardener's Daughter 10.50 Tele: Marimar 11.15 Tele: La Reina Del Flow 12.00 Le Journal 12.25 Tele: Barbarita 13.15 Tele: Fierce Angel 13.45 Tele: Imperio De Mentiras 14.15 Serial: Airwolf 15.21 Film: Last Rampage 17.30 The Gardener's Daughter 18.31 Serial: Wagle Ki Duniya 18.55 Serial: Mere Dad Ki Dulhan 19.30 Journal & La Meteo 20.30 Serial: Under Pressure 21.15 Film: Les Demoiselles De Rochefort	07.10 Local: Priorite Sante 09.00 Local: Rodrig Prog 10.22 Local: Koze Zom 10.58 Local: Music Tour 2022 12.00 Rodrig: Plat Du Chef 12.32 Local: ONG An Eta Dalert 13.53 Local: Koze Zom 15.46 Local: Glwar Dantan 16.14 Local: Mots & Ecrits 16.52 Local: Music Tour 2022 18.01 Tele: Imperio De Mentiras 18.28 Tele: Amour Secret 19.00 Journal Kreol 19.20 Le Magazine De L'Emploi... 20.00 Mon Jardin Ma Maison 20.30 Local: Toc Toc Doc 21.11 Local: Agir Ensemble 21.37 Local: Les Klips 22.50 La Journee Sous Le Regard 00.12 Local: Sa Lavi-La 01.09 Rodrig: Pran Kont Ou	07.00 Serial: Gadget Guru Ganesha 08.26 Local: Bhojpuri Dhamaka 08.56 Prakriti Ki God Mein 09.33 Chikitsa Aur Swasthya 10.00 Serial: Jijaji Chhat Par Hain 11.29 Serial: Radha Krishna 12.00 Film: Saudagar Starring: Nutan, Amitabh Bachchan, Padma Khanna 15.30 Serial: Dulhin Uhe Jo Nanad Man Bhave 16.01 Serial: Suhani Si Ek Ladki 17.30 Serial: Radha Krishna 18.00 Live: Samachar 18.39 Local: Tirth Yatra 19.00 Local: Kala 19.37 Local: Anjoria 20.02 Local: Virasat 20.32 Film: Dadagiri 22.49 Serial: Jijaji Chhat Par Hain 23.00 Serial: Yeh Teri Galiyan	06.26 Mag: Made In Germany 07.22 D.Anime: The Story Of Book... 09.32 Mag: Recipes For Kids 09.35 Film: I Heart Shakey 11.40 Doc: Smoothie Mania 13.27 Mag: Made In Germany 14.30 D.Anime: Kid's Planet 16.31 D.Anime: Hunter X Hunter 17.05 Serial: Sept Nains Et Moi 17.14 Mag: Recipes For Kids 17.30 Serial: Superstore 17.36 Doc: World Capitals 18.00 Doc: Smoothie Mania 18.08 Mag: Motorweek 18.58 Doc: Fine Arts Sculptures 19.00 Mag: Arts 21 19.30 Mag: The Inside Story 20.00 Tele: Le Chemin Du Destin 20.30 Live: News 21.40 Film: The Sorcerer's Beast 23.03 Mag: Close Up	14.25 Zindagi Mere Ghar Aana 14.51 Bade Acche Lagte Hai 2 15.30 Film: Jaan Starring: Ajay Devgn, Amrisha Puri, Twinkle Khanna 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.30 Kuch Rang Pyar Ke Aise... 20.00 Sasural Simar Ka 2 20.30 Radha Krishna 21.08 Anupama 21.36 Mere Sai 22.05 Kismet Ki Lakiron Se 22.31 Kabhi Kabhie ittefaq Sey 23.00 Serial: Shaurya Aur Anokhi Ki Kahani 23.26 Film: Jaan 02.09 Serial: Kundali Bhagya
<b>jeudi 16 novembre</b>	04.43 The Gardener's Daughter 05.05 Tele: Amour Secret 07.18 Serial: The Good Doctor 08.09 Serial: Under Pressure 08.45 Serial: Riviera 09.30 Tele: Le Chemin Du Destin 10.05 Tele: Amour Secret 10.30 The Gardener's Daughter 10.50 Tele: Marimar 12.00 Le Journal 12.25 Tele: Barbarita 13.15 Tele: Fierce Angel 13.45 Tele: Imperio De Mentiras 14.10 Tele: Gout De L'Amour 15.25 Film: Lost And Found 17.18 The Gardener's Daughter 17.59 Live: Samachar 18.31 Serial: Wagle Ki Duniya 18.55 Serial: Mere Dad Ki Dulhan 20.30 Film: Laxmii Starring : Akshay Kumar,Kiara Advani	08.04 Rodrig Prog: Kot Nou 09.32 Local: Come On Let's Dance 10.29 Rodrig Prog: Komanter 12.00 Local: Rodrig Spor 15.00 Local: Proze Dime 15.38 Local: Come On Let's Dance 16.30 Le Journee Sous Le Regard 16.35 Local: Aktiv 18.00 Tele: Imperio De Mentiras 18.33 Tele: Amour Secret 19.00 Journal Kreol 19.45 MFDC Intercollege 20.00 Local: Les Grandes Lignes 20.30 Emotion En Avant Plan 20.45 Local: Evasion 21.00 Local: Radio Vision 22.49 La Journee Sous Le Regard 23.20 Local: Groove'in 00.00 Local: ONG An Eta Dalert 00.26 Local: Generations J 00.52 Rodrig - Klip Seleksion	07.00 Gadget Guru Ganesha 07.12 Serial: Kisna 07.36 Serial: Lambu G Tingu G 09.35 Local: Gyan Vigyan 09.48 Serial: Suhani Si Ek Ladki 11.14 Serial: Radha Krishna 12.00 Film: Paheli Starring: Satyajeet, Nameeta Chandra, Durga Khote 15.30 Serial: Badki Malkaain 15.58 Serial: Agniphera 18.30 Radha Krishna 18.44 Local: Bhajan Sandhya 19.02 Local: Swami Dayanand 20.00 Local: Hunarbaaz 20.28 Mag: Dharam Yatra 21.28 Mag: Dev Bhumi 21.59 Serial: Jijaji Chhat Par Hain 22.20 Serial: Yeh Teri Galiyan 23.05 Local: Amrit Vaani 23.18 Local: Bhajan Sandhya	07.27 D.Anime: The Story Of Bookworm Gogo 09.35 Film: The Jungle Book 11.00 Mag: Sand Tales 11.25 Doc: Smoothie Mania 12.00 Doc: I Compute, Therefore... 14.07 Mag: Japan Video Topics 14.30 D.Anime: Kid's Planet 14.52 D.Anime: Agi Bagi 15.21 D.Anime: Go Astro Boy Gok 16.29 D.Anime: Hunter X Hunter 17.14 Mag: Recipes For Kids 17.16 Serial: Superstore 17.37 Doc: World Capitals 17.34 Mag: Healthy Living 18.03 Mag: Eco India 18.30 Mag: Shift 19.00 Mag: Border Crossing 19.30 Mag: Tomorrow Today 20.00 Tele: Le Chemin Du Destin 21.40 Film: Le Cavalier De La Mort	14.25 Zindagi Mere Ghar Aana 15.28 Film: Maidan-E-Jung Stars: Dharmendra, Jaya Prada, Akshay Kumar, Karisma Kapoor 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.30 Kuch Rang Pyar Ke Aise... 20.00 Sasural Simar Ka 2 20.30 Radha Krishna 21.02 Anupama 21.30 Mere Sai 22.01 Kismet Ki Lakiron Se 22.31 Kabhi Kabhie Lttefaq Sey 22.59 Shaurya Aur Anokhi Ki Kahani 23.30 Film: Maidan-E-Jung Stars: Dharmendra, Jaya Prada, Akshay Kumar, Karisma Kapoor 02.04 Kundali Bhagya



Jeudi 16 novembre - 15.28

Stars: Dharmendra, Jaya Prada, Akshay Kumar, Karisma Kapoor



Jeudi 16 novembre - 20.30

Stars: Akshay Kumar, Kiara Advani



# Exploring the Footprints of Indian Diaspora

Dr Shubhankar Mishra

**T**he Indian Diaspora, one of the largest in the world, with an estimated 30 million people of Indian origin living outside of India, has a rich and complex history deeply rooted in Indian traditions. The transport of Indian traditions, including language, religion, food, music, and dance, across the globe through the movement of people has created a vibrant and diverse global community with strong ties to India.

The Indian labour diaspora, known as Kalapani, transformed Indo-Caribbean communities' culture and defied traditional beliefs. It created space for diverse alignment and resistance, particularly for women seeking autonomy. Diaspora describes dispersed people retaining shared identity and heritage. Historical, social, political, and economic factors contribute to its emergence. Understanding diaspora's root causes and characteristics is crucial to appreciate its power in shaping the world.

Forced displacements, such as slavery, wars, and persecution, have created diasporas throughout history. The Jewish and African Diasporas are significant examples. Economic opportunities and political instability also drive voluntary migration and diaspora formation. Cultural and religious factors have played a role in diaspora emergence. Diasporas are a sign of human resilience. Our goal should be to create a world where people can thrive without leaving their homes, regardless of their race, religion, or nationality.

The diasporic imagination is a multifaceted concept that interweaves themes of mourning, travel, and trauma. It is characterized by a perpetual state of mourning rooted in absence and never genuinely arriving. Traumatic experiences are viewed as crystallized losses that memory uses to bring the past into the present, making it a "temporality of memory." The loss persists because there is no substitute for it in the new object of love, which produces a sad feeling. Travel and translation are intrinsic to the diasporic experience, involving a journey across the seas and the need to navigate between diverse cultures and languages.

Trauma creates a breach that cannot be dealt with by the usual coping mechanisms for pain and loss. The trauma of losing a homeland or the grief of plantation life always arrives late, occurring after the event as a deferred experience. The trauma is a repetition of the event, disrupting the temporal flow. These interconnected themes emphasize the importance of understanding the diasporic imagination and the experiences of those who live it. By recognizing the unique challenges faced by those living in the Diaspora, we can better comprehend their perspectives and support them in their journeys.

## Cultural heritage

Understanding the cultural heritage of the Indian Diaspora is crucial to recognizing this community's immense contributions and impact on a worldwide scale. By tracing its roots, we can appreciate the rich legacy created by this community and its important role in sha-



**The Indian diaspora transcends geographic boundaries, leaving an indelible mark across continents. Its impact reverberates throughout countries as diverse as the United States, Britain, Canada, Mauritius and other African countries, Australia...**  
Pic - New Thinking

ping the world we live in today.

In Indian folklore and mythology, stories of characters in exile have captivated readers for generations. These tales highlight the resilience and perseverance of individuals and communities who are forced to leave their homes and endure hardship and displacement. The Ramayana and Mahabharata, two ancient epics, tell powerful stories of characters like Lord Rama, Sita, Lakshmana, and the Pandava brothers, who are faced with political conflicts and personal betrayals that force them to live in the wilderness. These tales are timeless, and they explore themes of resilience, and the human will to survive adversity.

Draupadi's character, in particular, is a testament to the strength of women in exile, as she navigates the challenges of displacement and humiliation. Similarly, the story of Rukmini and the tradition of Pandavani storytelling in tribal regions of Chhattisgarh reinforce the importance of cultural heritage and faith. Prahlada's story, which emphasizes the importance of faith and devotion, is another example of the power of these stories to inspire. While the Aryan invasion theory has been a matter of debate among scholars, the stories of resilience and perseverance in Indian folklore and mythology continue to resonate with readers and inspire us to face our challenges with determination and strength.

Folk tales and history are vital to diaspora communities, preserving cultural identity, values, and traditions. These stories link the past and present, enabling diaspora communities to maintain a strong connection with their heritage. By sharing their folk tales, they celebrate their culture and pass on its rich legacy to future generations.

## A unique and captivating perspective

The world today is more connected than ever before, thanks to globalization, transportation, and communication advancements. This has made it possible for people to maintain connections with their home countries despite living abroad, leading to the growth of diasporas. Moreover, environmental factors such as natural disasters, environmental degradation, and climate change have also become signifi-

cant drivers of diasporas, forming environmental diasporas. The process of creating a diaspora is complex and multifaceted, influenced by various factors. However, diaspora communities often develop strong connections with their home countries and make significant contributions to their adopted countries, shaping cultural, economic, and political landscapes. It's inspiring to see how diasporas are bringing people closer together, promoting cross-cultural exchange, and driving progress in our interconnected world.

Contemporary Indian diaspora writers bring a unique and captivating perspective to themes of displacement, assimilation, and cultural adaptation. Through their works, they explore themes of identity, family, and multiculturalism, providing a rare and insightful understanding of the human experience. Notable writers such as Anita Desai, Bharati Mukherjee, Amitav Ghosh, and Jhumpa Lahiri have made an immense contribution in enriching our understanding of human diversity. Their universal perspective connects writers worldwide, making them a force to reckon with in the literary world.

Hindi writers in Mauritius have enriched the country's literary heritage with their remarkable contributions. Abhimanyu Unnuth, among the most prominent Hindi writers, beautifully reflects the diverse cultural fabric of Mauritius. These contributors have worked tirelessly to preserve and promote the language and culture. Through their writings, they have profoundly impacted the Mauritian society, inspiring new generations of writers to celebrate the country's rich diversity.

Moreover, the Indian Diaspora in Mauritius has maintained strong ties with India, which has resulted in a vibrant and diverse community that celebrates various cultural festivals, rituals, and practices. With the younger generations embracing their multicultural identity and placing a greater emphasis on education and career opportunities, the Indian diaspora community in Mauritius is poised to make significant contributions to the country's growth and development.

The Indian Diaspora has made an invaluable contribution to diasporic literature, enriching the cultural fabric of countries across the world. This community has a rich history of migration, which has resulted in cultural diversity and has played a significant role in shaping human history. However, they still face identity and cultural challenges, along with the need to find their place in the global community. By promoting intercultural understanding, addressing global challenges, and fostering the coexistence of diverse peoples and traditions, diaspora communities will continue to play a pivotal role in shaping the world's cultures, societies, and economies in the near future.

*Dr Shubhankar Mishra is the Deputy Secretary General at the World Hindi Secretariat in Mauritius, having previously served as a Joint Director in the Ministry of Education for the Government of India. Views expressed in the article are personal.*



Tree of Knowledge

Madisyn Taylor

## Doing Things Slowly

**Take time to slow down, rushing never gets you anywhere but onto the next activity or goal**

Life can often feel like it's zipping by in fast forward. We feel obliged to accelerate our own speed along with it, until our productivity turns into frenzied accomplishment. We find ourselves cramming as much activity as possible into the shortest periods of time. We disregard our natural rhythms because it seems we have to just to keep up. In truth, rushing never gets you anywhere but on to the next activity or goal.

Slowing down allows you to not only savour your experiences, but also it allows you to fully focus your attention and energy on the task at hand. Moving at a slower pace lets you get things done more efficiently, while rushing diminishes the quality of your work and your relationships. Slowing down also lets you be more mindful, deliberate, and fully present. When we slow down, we are giving ourselves the opportunity to reacquaint ourselves to our natural rhythms. We let go of the "fast forward" stress, and allow our bodies to remain centred and grounded.

Slowing down is inherent to fully savouring anything in life. Rushing to take a bath can feel like an uncomfortable dunk in hot water, while taking a slow hot bath can be luxuriant and relaxing. A student cramming for a test will often feel tired and unsure, whereas someone who really absorbs the information will be more confident and relaxed. Cooking, eating, reading, and writing can become pleasurable when done slowly. Slowing down lets you become more absorbed in whatever it is you are doing. The food you eat tastes better, and the stories you read become more alive.

Slowing down allows you to disconnect from the frenzied pace buzzing around you so you can begin moving at your own pace. The moments we choose to live in fast forward motion then become a conscious choice rather than an involuntary action. Learning to slow down in our fast-moving world can take practice, but if you slow down long enough to try it, you may surprise yourself with how natural and organic living at this pace can be.