

Opinion

50 YEARS

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JUSTICE AND

LLA ROT

TLAUOH



"We cannot simply sit back and watch. We must go the extra mile to save our country"

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Mauritius Times

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Stirring A Hornet's Nest Kistnen's Murder & Shibchurn's Affidavit

The case of the murder of Soopramanien Kistnen, whose charred body was discovered in a sugar cane field in October 2020, has remained unresolved despite a judicial inquiry set up by the then Director of Public Prosecutions. That widely followed public enquiry, presided over by magistrate Vidya Mungroo-Jugurnath, dismissing the suicide theory pushed by the police, concluded in October 2022 to a clear case of a criminal homicide, urging Police to renew their investigations in those directions. As we know, not much happened since and the case was turning cold despite pressing appeals from the widow and others.

This week, the case took a significant turn with an affidavit sworn by Vishal Shibchurn, an officer of the Fire and Rescue Services currently under interdiction. In his affidavit, Shibchurn claims a belated awakening "governed by my conscience to fearlessly expose the misdeeds of the higher authorities and unscrupulous persons of my country." Despite this statement, whether he had any motivations beyond remorse remain unclear, and he denies any "direct implication and/or involvement whatsoever in the murder."

Shibchurn must be aware of the serious risks of swearing a false affidavit, which could lead to charges of perjury or false declaration. Despite this, his affidavit names several individuals connected to the murder of Soopramanien Kistnen, though not all are directly implicated. Given the gravity of the allegations and Shibchurn's own legal complications, the press has taken a cautious approach. Consequently, not all the details or names mentioned in the affidavit have been widely publicized, in order to avoid potential repercussions and ensure accuracy. However, the details provided go beyond what was revealed in the judicial inquiry report, excerpts of which were leaked to the press. Shibchurn's affidavit suggests a significant political and financial motivation behind the murder and subsequent events. The individuals named are allegedly interconnected through various roles in the conspiracy and cover-up surrounding the murder.

Kistnen's tragic death in October 2020 has left his family seeking answers and justice. Despite the efforts of Me Rama Valayden and the 'Avengers' to prevent the case from being classified as a "suicide" and to keep it in the public eye, progress has been slow. The revelations from the judicial inquiry into Kistnen's murder painted a disturbing picture of police negligence and incompetence, as noted by the Magistrate of the inquiry. Serious deficiencies in the police investigation, including failure to secure the site, unavailability of CCTV footage from Quatre-Bornes to Moka, mishandling evidence and suspicious circumstances surrounding the autopsy, have raised concerns about the integrity of law enforcement. One notable concern is the apparent reluctance of investigative bodies to act despite significant pressure from both the magistrate and the DPP's Office.

Compromising the fundamental principle of conducting fair and impartial investigations poses significant risks to the integrity of our institutions and the vitality of our democracy. When similar concerns arise within other democratic pillars like the National Assembly or financial crime investigation units, efforts to target opponents will inevitably be viewed as politically driven, eroding trust in law enforcement.

It must be recalled that late Kistnen was an MSM chief constituency agent in Constituency No8 and strenuous disputes had reportedly arisen about refunding or rewarding his services during the 2019 general elections. Further there were alleged irregularities in election expenses in Constituency No. 8 which underscores the need for a thorough and transparent investigation. The so-called "Kistnen Papers" suggest a deeper web of political intrigue and potential wrongdoing in the matter of emergency public procurements during the Covid-19 pandemic. Whether this web extended to several other public officers who met untimely deaths remains undetermined, but the coincidences are troubling.

In a rule-of-law country, police authorities are expected to uphold several key duties and principles in light of the affidavit provided by Vishal Shibchurn. By fulfilling its responsibilities, the police will uphold the principles of justice, integrity, and accountability, ensuring that the rule of law is maintained and that any individuals involved in the crime are held appropriately accountable.

Failing to address cases like Kistnen's murder adequately not only denies justice to the victims and their families but also erodes public trust in the system. The police's role in protecting citizens and upholding the rule of law is paramount, and any perception of politicization or interference must be vigorously countered. The people of Mauritius rely on investigators to do their jobs fairly and the judiciary to protect their rights and hold wrongdoers accountable, even more so when the victims are a widow and relatives of modest means while those close to higher spheres of power are barely called to answer. If the system fails to deliver justice, it will erode the very foundation of society.

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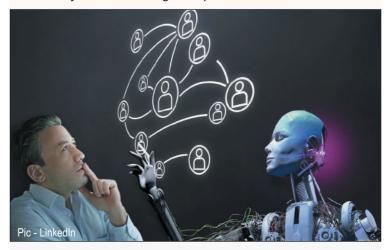


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The Conversation Philosophy is crucial in the age of Al

Progress in AI has given philosophers plenty to think about; it may even have begun to provide some answers



No doubt they will continue to. Oneida recently announced that it anticipates "superintendencies" – Al surpassing human abilities – this decade. It is accordingly building a new team and devoting 20% of its computing resources to ensuring that the behaviour of such Al systems will be aligned with human values.

It seems they don't want rogue artificial superintelligences waging war on humanity, as in James Cameron's 1984 science fiction thriller, 'The Terminator' (ominously, Arnold Schwarzenegger's terminator is sent back in time from 2029). OpenAl is calling for top machine-learning researchers and engineers to help them tackle the problem.

But might philosophers have something to contribute? More generally, what can be expected of the age-old discipline in the new technologically advanced era that is now emerging?

To begin to answer this, it is worth stressing that philosophy has been instrumental to AI since its inception. One of the first AI success stories was a 1956 computer program, dubbed the Logic Theorist, created by Allen Newell and Herbert Simon. Its job was to prove theorems using propositions from Principia Mathematica, a 1910 a three-volume work by the philosophers Alfred North Whitehead and Bertrand Russell, aiming to reconstruct all of mathematics on one logical foundation.

Indeed, the early focus on logic in AI owed a great deal to the foundational debates pursued by mathematicians and philosophers.

One significant step was the German philosopher Gottlob Frege's development of modern logic in the late 19th century. Frege introduced the use of quantifiable variables – rather than objects such as people – into logic. His approach made it possible to say not only, for example, "Joe Biden is president" but also to systematically express such general thoughts as that "there exists an X such that X is president", where "there exists" is a quantifier, and "X" is a variable.

Other important contributors in the 1930s were the Austrian-born logician Kurt Gödel, whose theorems of completeness and incompleteness are about the limits of what one can prove, and Polish logician Alfred Tarski's "proof of the indefinability of truth".

By Anthony Grayling, Prof of Philosophy & Brian Ball, Associate Prof of Philosophy AI and Information Ethics, Northeastern University London



Opinion

Litige anglo-mauricien sur la souveraineté sur les Chagos **Quelles solutions envisageables avec** le Labour Party à la barre?

ors de la rencontre entre le Premier ministre mauricien et son homologue britannique (Keir Starmer) la semaine dernière à Londres, les discussions ont vraisemblablement porté sur le litige entre la République de Maurice et la Grande Bretagne sur la souveraineté de l'archipel des Chagos, un territoire mauricien. Mais en l'absence d'un communiqué officiel sur les résultats de ces pourparlers, on ne sait pas - à ce stade - s'il y a eu un progrès vers la résolution du litige entre les deux parties. Est-ce que l'arrivée du gouvernement travailliste à la barre en Grande Bretagne offre une perspective quelconque pour apporter une solution à ce différend?

Depuis son détachement du territoire mauricien en 1965 pour être appelé «British Indian Ocean Territory» (BIOT), l'archipel est occupé illégalement par les Britanniques, en dépit de l'avis consultatif de la Cour internationale de Justice (CIJ), qui a statué le 25 février 2019 que l'archipel appar-

tient historiquement à l'État mauricien. Cette occupation illégale va à l'encontre de la résolution 73/295 de l'Assemblée générale de l'ONU, qui demandait à la Grande-Bretagne de restituer l'archipel à son propriétaire historique avant le 22 novembre 2019, afin de compléter le processus de décolonisation de Maurice.

Après le vote de l'ONU, le gouvernement conservateur dirigé par Rishi Sunak avait entamé des négociations avec le gouvernement mauricien en vue de trouver une solution au litige, mais ces négociations avaient mené nulle part, surtout après la nomination de David Cameron, ancien Premier ministre britannique, au poste de ministre des Affaires étrangères.

En effet, celui-ci avait remis en question toute velléité de restituer l'archipel à Maurice pour des raisons géopolitiques, dont la nécessité pour les Etats-Unis de continuer à exercer un contrôle sur la base militaire de Diego Garcia pour contrer une prétendue expansion de la présence chinoise dans l'océan Indien. Si l'ancien gouvernement conservateur avait été réélu aux élections du 4 juillet 2024, il n'aurait sans doute pas relancé les négociations bilatérales qui furent interrompues durant la campagne électorale.

Changement de positionnement?

Le nouveau gouvernement dirigé par le Parti travailliste (Labour Party) apportera-t-il quelque changement à la position de la Grande Bretagne sur la question de souveraineté sur les Chagos? Un certain espoir est permis même s'il ne faut pas se faire trop d'illusions sur la politique étrangère de la Grande Bretagne. Peu importe le parti politique à la barre (travailliste ou conservateur), la Grande Bretagne a été historiquement un allié fidèle des



66 Pourrait-on s'attendre à une souplesse semblable dans la politique américaine concernant les Chagos dans la mesure où les Etats-Unis accepteraient de payer un loyer pour la location de Diego Garcia, qui abrite leur base militaire, dans le cadre d'un bail de 100 ans? En tout cas, Maurice préfère l'option de location-bail en contrepartie de la restitution de la souveraineté nationale sur l'ensemble de l'archipel. L'épineuse question pour la Grande Bretagne serait de savoir si elle voudrait faire de la décolonisation des Chagos un précédent pour d'autres territoires qu'elle occupe dans le monde, notamment Gibraltar (revendiqué par l'Espagne) et les îles Malouines (revendiquées par l'Argentine)..."

Etats-Unis. Rappelons que le gouvernement travailliste de Tony Blair avait soutenu l'invasion de l'Irak par les Etats-Unis en 2003 (contre l'objection de la France et du Canada).

La solidarité anglo-américaine est particulièrement solide concernant deux questions majeures de la géopolitique internationale, notamment le conflit entre la Russie et l'Ukraine et le conflit entre Israël et l'enclave palestinienne de Gaza. Avant son arrivée au pouvoir, le Parti travailliste dirigé par Keir Starmer soutenait déjà la politique de l'OTAN contre la Russie et la politique belligérante de l'Etat sioniste contre la Palestine.

ependant, le gouvernement de Starmer a annoncé le 26 juillet 2024 qu'il n'ira pas de l'avant avec l'objection déposée par l'ancien gouvernement conservateur contre toute intention de la Cour Pénale Internationale (CPI) d'émettre un mandat d'arrêt contre le Premier ministre israélien pour crimes de guerre à Gaza. Le ministre des Affaires étrangères britannique David Lammy avait déclaré, avant les élections du 4 juillet 2024, qu'un gouvernement travailliste allait respecter toute décision de la CPI en vertu du droit international.

Soulignons que la Grande Bretagne n'a pas encore précisé sa position par rapport à l'avis consultatif de la CIJ (émis le 19 juillet 2024) à l'effet que l'occupation israélienne des territoires palestiniens dans la bande de Gaza et en Cisjordanie est illégale. Le Parti travailliste britannique ne s'est pas engagé jusqu'ici à reconnaitre un Etat palestinien (contrairement à 143 pays membres de l'ONU, dont des pays européens comme l'Espagne, l'Irlande et la Slovénie) afin de ne pas prendre les Etats-Unis à contre-pied.

Si la nouvelle position de la Grande Bretagne par rap-

port à la CPI présageait un changement significatif en matière de conformité au droit international, cela aurait des implications en ce qui concerne deux questions de décolonisation, notamment l'occupation illégale des Chagos et l'occupation coloniale de la Palestine. Le nouveau gouvernement britannique ne semble pas être pressé de préciser sa position sur la question des Chagos, sachant que les gouvernements dans deux pays qui y ont un intérêt direct (Maurice et Etats-Unis) feront face bientôt à des élections législatives qui, potentiellement, apporteront un changement politique.

n changement politique à Maurice ne changera rien à la revendication de souveraineté mauricienne sur les Chagos. En revanche, une nouvelle administration démocrate sous Kamala Harris aux Etats-Unis pourrait apporter plus de souplesse dans la politique américaine par rapport à la Palestine en favorisant la solution de deux Etats indépendants (Israël et Palestine). Pourrait-on s'attendre à une souplesse semblable dans la politique américaine concernant les Chagos dans la mesure où les Etats-Unis accepteraient de payer un loyer pour la location de Diego Garcia, qui abrite leur base militaire, dans le cadre d'un bail de

100 ans?

En tout cas, Maurice préfère l'option de location-bail en contrepartie de la restitution de la souveraineté nationale sur l'ensemble de l'archipel. L'épineuse question pour la Grande Bretagne serait de savoir si elle voudrait faire de la décolonisation des Chagos un précédent pour d'autres territoires qu'elle occupe dans le monde, notamment Gibraltar (revendiqué par l'Espagne) et les îles Malouines (revendiquées par l'Argentine).

Maurice a soutenu la cause palestinienne devant la CIJ sur la question de l'occupation illégale des territoires palestiniens. Maurice a un intérêt particulier dans cette affaire parce que la Palestine et les Chagos ont le même statut de territoire occupé par une autre puissance.

Chagos et Palestine, un même combat

Dans une perspective historique, il convient de rappeler les traits communs entre les deux territoires tels qu'ils sont perçus aujourd'hui.

- 1. L'archipel des Chagos fut détaché du territoire national de Maurice avant l'indépendance pour créer le BIOT (British Indian Ocean Territory) et son peuple indigène chagossien fut déraciné et déplacé de sa terre natale. La Palestine fut démembrée en 1948 par la Grande Bretagne (GB) pour créer l'Etat d'Israël et le peuple indigène palestinien a perdu son pays avec l'annexion de 95% de son territoire par l'Etat sioniste.
- Depuis 1968, le peuple chagossien lutte pour le droit de retour aux Chagos. Depuis 1948, le peuple palestinien lutte pour récupérer son territoire annexé.

Les Mauriciens classent l'abus de drogues comme le deuxième problème le plus important

Par A. Bartleby

Mauritius Times

Une récente enquête Afrobarometer révèle que les Mauriciens considèrent l'abus et la dépendance aux drogues comme le deuxième problème le plus important auquel le pays est confronté. Seul le coût de la vie devance ce problème parmi les priorités des citoyens pour les actions gouvernementales.

Les répondants à l'enquête indiquent que si le gouvernement décidait d'augmenter ses dépenses pour aider les jeunes, les services sociaux visant à améliorer la santé et à prévenir l'abus de drogues devraient être la deuxième priorité pour un investissement supplémentaire.

La majorité des personnes interrogées jugent les programmes de réhabilitation du gouvernement et les autres efforts pour aborder la crise des drogues comme étant inefficaces. Beaucoup estiment que la lutte contre l'abus de drogues incombe principalement au gouvernement, et dans une moindre mesure, aux parents et aux familles.

Dans une enquête précédente d'Afrobarometer menée à Maurice en 2022, les citoyens avaient indiqué que les stratégies les plus efficaces pour réduire le problème de l'abus de substances seraient l'éducation des jeunes sur les dangers des drogues, l'intensification des efforts pour réduire le trafic de drogue et l'imposition de sanctions sévères pour les utilisateurs de drogues.

Selon l'enquête nationale de 2021 sur les consommateurs de drogues, le Secrétariat national des drogues a découvert que 7,4 % de la population âgée de 18 à 59 ans avait utilisé des drogues illicites au cours du mois précédent. L'Indice de Criminalité Organisée ENACT pour l'Afrique classe Maurice au premier rang du commerce des drogues synthétiques dans la région de la Communauté de Développement de l'Afrique Australe et parmi les 10 premiers sur le continent.

Principaux Résultats

1. Les drogues se classent au deuxième rang, après le coût de la vie, parmi les problèmes les plus importants que les Mauriciens souhaitent que leur gouvernement traite, cité par 37 % des répondants comme l'une de leurs trois principales priorités.

2. Si le gouvernement pouvait augmenter ses dépenses pour les programmes destinés aux jeunes, la deuxième priorité des citoyens pour un investissement supplémentaire serait les services sociaux pour la jeunesse, par exemple pour améliorer la santé et prévenir l'abus de drogues.

3. Plus de sept Mauriciens sur dix (71

%) affirment que les efforts du gouvernement pour traiter la crise des drogues à Maurice ont été «quelque peu» ou «très» inefficaces. Deux tiers (66 %) font la même évaluation des programmes de réhabilitation du gouvernement, conçus pour aider les individus à se remettre de la dépendance aux drogues.

4. Près de deux tiers (64 %) des Mauriciens estiment que la responsabilité principale de la lutte contre la crise de l'abus de drogues incombe au gouvernement, tandis que 29 % disent que les parents ou les familles doivent prendre les devants.

5. Lors de l'enquête précédente d'Afrobarometer en 2022, les Mauriciens étaient divisés sur la stratégie la plus efficace pour réduire le problème de l'abus de drogues dans la société mauricienne : 30 % privilégieraient l'éducation des jeunes sur les dangers de l'abus de drogues, 29 % intensifieraient les efforts pour réduire le trafic de drogues, et 28 % imposeraient des sanctions sévères pour les utilisateurs de drogues.

Une menace persistante

Dans le passé, nous avons souligné que l'ampleur réelle du fléau des drogues pourrait rester cachée en raison de la nature discrète de cette activité. Les chiffres fournis par les agences et les ONGs spécialisées pourraient en réalité être sousestimés. Les rapports des commissions d'enquête dirigées par les juges Rault et Lam Shang Leen ont révélé l'implication de certains politiques et fonctionnaires dans la corruption et l'entrave aux efforts de lutte contre les drogues.

L'ampleur réelle du fléau des drogues pourrait rester cachée en raison de la nature discrète de cette activité illicite. P - UNODC

Il y a des années, quatre députés ont été arrêtés à Amsterdam dans un scandale de trafic de drogues, illustrant la corruption qui a infesté les institutions censées lutter contre ce fléau. Sir Anerood Jugnauth a dû prendre des mesures sévères après la publication du Rapport Rault pour éviter que le problème des drogues, pendant son mandat, n'entraîne la chute de son gouvernement.

Cependant, les récentes déclarations du Premier ministre sur les milliards de dollars de saisies de drogues et les milliers d'arrestations policières n'indiquent pas clairement ce qui échappe à la détection. Les revenus de l'industrie illicite pourraient représenter plusieurs pourcents du PIB, ce qui soulève des questions sur la capacité à maîtriser un problème aussi profondément enraciné. Si les partis politiques bénéficient de dons issus de cette source, pourront-ils réellement contribuer à résoudre le problème?

Le bon sens indique que, sans actions fortes, la situation pourrait se détériorer et devenir ingérable. Il est aussi préoccupant que les révélations sur la présence étendue des drogues n'émergent que maintenant. Existe-t-il des intérêts puissants qui ont toléré ce phénomène pour des gains personnels? Les services de renseignement ont-ils une liste d'individus dont le style de vie dépasse largement leurs moyens officiels? Plus important encore, des gangs de drogues semblables à des mafias menacent-ils la paix du pays?

Le baiser entre Emmanuel Macron et Amélie Oudéa-Castéra suscite une vague de réactions



Le baiser fougueux entre Emmanuel Macron et Amélie Oudéa Castera après la cérémonie d'ouverture des JO fait réagir les internautes. P - YouTube

es photos d'Emmanuel Macron, président de la République française, étreignant fortement la ministre des Sports, Amélie Oudéa-Castéra, lors de la cérémonie d'ouverture des Jeux Olympiques de Paris, ont fait le tour des réseaux sociaux. Mme Oudéa-Castéra, âgée de 46 ans, a également déposé un baiser près du cou de M. Macron, également âgé de 46 ans, selon le rapport du «Telegraph». Gabriel Attal, le Premier ministre français, lui, a détourné le regard pendant que Mme Oudéa-Castéra étreignait le président français.

Le baiser a même provoqué des réactions en France, où c'est souvent une forme courante de salutation.

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Éclairages

Mauritius Times

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Certains utilisateurs ont comparé cette démonstration affectueuse à une étreinte amoureuse. De nombreux utilisateurs de réseaux sociaux ont exprimé leur opinion, considérant que le geste dépassait les limites des baisers polis et s'approchait du domaine de l'«indécence».

«C'est mon amant que j'embrasse ainsi. C'est embarrassant», a écrit une personne, selon le New York Post.

«Je trouve cette photo indécente, elle n'est pas digne d'un président et d'une ministre», a commenté un autre utilisateur.

«Amélie Oudéa-Castéra embrasse avidement Macron. Au moins, on voit qu'elle aime son patron, c'est agréable à voir», a plaisanté un utilisateur des réseaux sociaux.

«Gabriel Attal, il fait semblant de regarder ailleurs! Il ne sait pas où se mettre», a commenté un autre. Certains ont même créé des mèmes, imaginant la manière dont la femme de Macron, Brigitte Macron, réagirait au baiser.

L'image a été d'abord mise en lumière par le magazine français «Madame Figaro», qui a qualifié le baiser d'«étrange» et a affirmé qu'Oudéa-Castéra «sait certainement comment faire parler d'elle».

Un baiser de six secondes peut-il renforcer une relation plus intime?

Le baisér intime d'Emmanuel Macron à la ministre des Sports n'a pas seulement suscité des réactions, mais a également ravivé l'intérêt pour l'art du baiser et de ses bienfaits. Albert Stumm, écrivant pour l'AP, mentionne que l'exercice d'intimité quotidienne - initié par les thérapeutes de couple et psychologues cliniciens, John et Julie Gottman-, à savoir, le baiser de six secondes, est exactement ce qu'il semble avoir comme fonction — prendre quelques instants chaque jour pour se connecter physiquement avec son partenaire.

Pourquoi six secondes sont-elles importantes? Les six secondes ne sont pas un nombre arbitraire, explique John Gottman lors d'une interview vidéo conjointe avec sa femme et collaboratrice. Le couple marié depuis 1987 a cofondé l'Institut Gottman, qui forme des thérapeutes de couple. Après avoir étudié plus de 3 000 couples pendant 30 ans, les Gottman ont découvert que six secondes d'intimité intentionnelle sont suffisantes pour déclencher la libération d'ocytocine. C'est la même hormone qui est largement considérée comme responsable du lien entre un bébé et sa mère; les Gottman affirment qu'elle renforce la confiance dans une relation en calmant le centre de peur du cerveau.

Gottman cite des recherches menées par le neuroéconomiste Paul Zak, qui suggère qu'un câlin de 20 secondes produit le même effet.

«Cela se produit chaque fois que les mammifères se câlinent», explique Gottman, auteur de l'ouvrage «Les Sept Principes pour Faire Fonctionner le Mariage», entre autres ouvrages. «Que ce soit pour un câlin de 20 secondes ou un baiser de six secondes, cela se ressent vraiment différemment. On a l'impression d'être chez soi.»

Avec quel type de couple cela fonctionne-t-il ? Julie Gottman précise qu'un baiser prolongé fonctionne mieux pour les couples qui sont engagés l'un envers l'autre et ont construit un niveau de confiance. Les couples en détresse et qui travaillent sur leurs problèmes en thérapie pourraient ne pas être prêts pour cela.

«Nous ne donnerons certainement pas cette information à un couple très en détresse avant que des changements significatifs ne se soient produits», dit-elle. «Parce que cela ne sera pas senti comme étant authentique s'il y a encore beaucoup de méfiance.»

Comment commencer: Les couples doivent décider de prendre du temps chaque jour pour donner la priorité à leur relation. Un partenaire pourrait ouvrir la discussion en disant qu'il croit que l'exercice pourrait approfondir leur lien, et donc pourquoi ne pas l'essayer?

Il est ensuite préférable de créer un rituel. Réservez le même moment chaque jour, par exemple, lorsque tout le monde s'apprête à partir pour le travail et à l'école ou juste avant de se coucher.

Créer un rituel de connexion pendant ces moments de transition protège contre «la relation gestionnaire, où la seule chose que le couple fait ensemble est de l'ajouter à leur longue liste de tâches», explique John Gottman. «Nous voulons vraiment nourrir la romance.»

Les rituels favorisent également un sentiment partagé d'objectif, dit Julie Gottman. Assurez-vous de le savourer, plutôt que de le considérer comme une obligation.

Et pour les couples qui disent ne pas trouver le temps ? Elle n'y va pas par quatre chemins.

«Vous n'avez vraiment pas six secondes?» dit-elle en riant. «Vous savez, nous ne parlons pas de six heures ici. Nous parlons de six secondes. Alors, parlez-moi de ce blocage. Y a-t-il quelque chose d'autre qui se passe?»

Panne technologique mondiale: Les services publics et entreprises plongés dans un "digital darkage"

e 19 juillet dernier, une des plus grandes pannes simultanées jamais rapportées a frappé les systèmes informatiques des entreprises utilisant les logiciels Microsoft. Microsoft avait attribué la panne à une mise à jour défectueuse du programme de cybersécurité CrowdStrike.

Le PDG de CrowdStrike avait déclaré qu'un correctif avait été déployé et que le problème n'était pas dû à une cyberattaque. La panne avait perturbé des entreprises et des services publics dans le monde entier, y compris les banques, les systèmes de santé et les compagnies aériennes, soulignant la nature intercon-



Crowdstrike accuse un bogue dans une mise à jour qui a permis à ses systèmes de cybersécurité de transmettre des données erronées à des millions d'ordinateur. P - Government Technology

nectée de l'économie mondiale et sa vulnérabilité aux perturbations.

La dépendance technologique de l'économie

«Le fait qu'une seule mise à jour d'une entreprise ait pu plonger tant d'entreprises – des comptoirs d'enregistrement des compagnies aériennes aux salles de conférence des consultants – dans un âge sombre numérique a été un avertissement sévère sur la dépendance technologique de l'économie et les dangers d'une consolidation excessive autour des mêmes outils», écrivaient Gareth Vipers et Sam Schechner du «Wall Street Journal».

> A. Bartleby Suite en page 6

Panne technologique mondiale: Les services publics et entreprises plongés dans un "digital darkage"

Suite de la page 5

Les entreprises australiennes avaient été les premières à signaler des problèmes, les opérations des détaillants tels que Woolworths et 7-Eleven étant touchées. L'aéroport de Sydney avait déclaré qu'une «panne technique mondiale» avait affecté ses opérations.

En Europe, les compagnies aériennes et les aéroports avaient averti des perturbations le jour qui devait être le plus chargé pour les départs du Royaume-Uni depuis octobre 2019.

L'administration fédérale de l'aviation des États-Unis (FAA) avait annoncé que «Delta», «United et American Airlines» avaient cloué au sol des vols qui devaient décoller. Les trois plus grandes compa-

gnies aériennes américaines avaient ensuite repris leurs vols, mais près de 8 000 vols aux États-Unis avaient été retardés ou annulés, selon le fournisseur de données aéronautiques «FlightAware».

La perturbation était survenue à l'une des périodes de voyage les plus chargées de l'année, laissant aux compagnies aériennes peu de marge de manœuvre pour rétablir rapidement les opérations, avec des avions et des équipages hors de position.

Des aéroports des États-Unis au Royaume-Uni, en Inde et en Australie avaient signalé des problèmes vendredi, la compagnie néerlandaise «KLM» ayant suspendu temporairement ses opérations après avoir trouvé «impossible de gérer les vols».

D'autres compagnies, dont «British Airways» et «Ryanair», avaient continué à fonctionner mais avaient averti les clients des retards.

Les banques mondiales, les courtiers et les entreprises de technologie financière, dont «JPMorgan Chase»,



Une panne technologique globale met en lumière des vulnérabilités en matière de cybersécurité. P - FinMag

«UBS» et «Bloomberg», avaient été touchés, laissant certains traders incapables d'accéder à leurs systèmes pour traiter les transactions.

La majorité des cabinets de médecins généralistes au Royaume-Uni avaient été affectés par un problème avec EMIS, un système de rendez-vous et de dossiers de patients, obligeant les cabinets à utiliser des méthodes non numériques pour communiquer avec les patients et fournir des services. La capacité des pharmacies britanniques à délivrer des médicaments vitaux avait été affectée.

En Allemagne, l'hôpital universitaire du Schleswig-Holstein, l'un des plus grands d'Europe, avait été contraint d'annuler toutes les opérations non urgentes et de fermer ses cliniques sans rendez-vous.

Des perturbations mondiales

Les compagnies aériennes, les banques, les hôpitaux et d'autres organisations averses au risque dans le monde entier avaient choisi l'entreprise de cybersécurité «Crowd-Strike» pour protéger leurs systèmes informatiques contre les pirates et les violations de données. Mais il avait suffi d'une seule mise à jour défectueuse du logiciel de «CrowdStrike» pour provoquer des perturbations mondiales qui avaient cloué au sol des vols, mis hors ligne des banques et des médias, et perturbé les hôpitaux, les détaillants et d'autres services.

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«C'est une conséquence de la technologie très homogène qui constitue l'épine dorsale de toute notre infrastructure informatique», avait déclaré Gregory Falco, professeur assistant en ingénierie à l'université de Cornell. «Ce

qui cause vraiment ce désordre, c'est que nous comptons sur très peu d'entreprises, et tout le monde utilise les mêmes fournisseurs, donc tout le monde tombe en panne en même temps.»

La fragilité d'un écosystème technologique mondialement connecté

a préoccupation concernant la fragilité d'un écosystème technologique mondialement connecté n'était pas nouvelle. C'est ce qui avait alimenté les craintes dans les années 1990 car un problème technique pouvait provoquer le chaos au tournant du millénaire.

«C'est essentiellement ce que nous craignions tous avec le bogue de l'an 2000, sauf que cette fois, c'est réellement arrivé», avait écrit le consultant en cybersécurité australien Troy Hunt sur la plateforme sociale X.

Fondée en 2011 et cotée en bourse depuis 2019, «CrowdStrike» se décrivait dans son rapport annuel aux régulateurs financiers comme ayant «réinventé la cybersécurité pour l'ère du cloud et transformé la manière dont la cybersécurité était fournie et vécue par les clients». Elle mettait en avant l'utilisation de l'intelligence artificielle pour aider à suivre le rythme des adversaires. Elle avait déclaré avoir 29 000 clients abonnés au début de l'année.

L'entreprise basée à Austin, au Texas, était l'une des entreprises de cybersécurité les plus visibles au monde et dépensait énormément en marketing, y compris des publicités pour le «Super Bowl». Le PDG de «CrowdStrike», George Kurtz, était parmi les personnes les plus rémunérées au monde, enregistrant plus de 230 millions de dollars de compensation totale au cours des trois dernières années. Kurtz était également pilote pour une équipe de course automobile sponsorisée par «CrowdStrike».

A. Bartleby

<u>Opinion</u>

• Suite de la page 3

 L'ONU a passé des résolutions reconnaissant le droit du peuple palestinien à un État. L'ONU a reconnu la souveraineté de Maurice sur les Chagos. La GB et les États-Unis (EU) ne respectent pas les résolutions de l'ONU dans les deux cas.



Litige anglo-mauricien sur la souveraineté sur les Chagos Quelles solutions envisageables avec le Labour Party à la barre?

- La CIJ a donné un avis légal reconnaissant la souveraineté de Maurice sur les Chagos, et elle s'est prononcée contre l'occupation illégale de la Palestine.
- 5. La GB et les EU ne veulent pas retourner les Chagos à Maurice pour perpétuer leur occupation illégale de l'archipel. Ils ne veulent pas un État palestinien indépendant à Gaza et en Cisjordanie pour permettre à Israël d'annexer ces deux territoires occupés.
- 6. Le peuple chagossien est éparpillé entre Maurice et la GB dans l'exil. Le peuple palestinien est éparpillé dans les deux territoires occupés et des pays arabes avoisinants depuis l'exode forcé de 1948.
- La GB et les EU soutiennent le droit du peuple ukrainien à l'intégrité territoriale de son pays mais refusent le même droit de souveraineté aux

peuples chagossien et palestinien. Les raisons de cette politique de deux poids deux mesures sont évidentes.

- 8. Dans les deux cas, l'Occident veut préserver ses deux derniers avant-postes du colonialisme dans le monde, l'un dans l'océan Indien et l'autre au Proche Orient, dans sa stratégie de domination du monde.
- L'archipel des Chagos a été vidé de son peuple pour faire de la place à une base militaire. Le peuple palestinien est forcé à quitter sa terre natale à cause d'une guerre impitoyable
- 10.Le combat pour la décolonisation est lent et inlassable. Maurice a choisi la voie légale. Le peuple palestinien a choisi la résistance armée en sus de la voie légale devant la CIJ.

Prakash Neerohoo

6

Dr R Neerunjun Gopee

Opinion

Clash of Cultures

Whether humanity will survive to live in peace will depend on whether a clash of cultures (barbarism) or a coexistence of cultures prevails

bout three weeks ago I was talking to a former classmate of mine at RCC who went to study and finally settled in Leeds, UK. He had sold his old house and bought another one which was being renovated. Meanwhile he was putting up in a cottage in an estate known as Harewood House, and described to me how beautiful and peaceful it was, with a Himalayan Garden and a Buddhist stupa where meditation sessions were held. We reminisced about my visits to Leeds and his place from Wakefield in the 1970s, where I was then in training at the hospital there.

About a week after our conversation, in contrast, there was rioting and arson in another locality in Leeds, Harehills where more recent immigrants have been housed. Police clashed violently with the rioters, a bus was set on fire right in the middle of the road. Some days ago, there was another violent incident at Manchester airport involving immigrants and police. The latest incident is the death of three children, all girls, at a concert in Southport, in a knife attack by a 17-year-old immigrant. Nine other people were injured including two adults, and five are in a critical condition in hospital.

Like my friend, there are thousands of Mauritians and people from Commonwealth and other countries too who have gone to the UK, France, Italy, the US, Canada, Australia and stayed on there, living peacefully and well-integrated into the society. Similarly in other colonising countries like the Netherlands, Germany, Spain, Portugal there have been movements of migrants who have made them



66We too in Mauritius, after going through some politically motivated antagonisms and hiccups that periodically still surface because of some hotheads – but are promptly quelled – have come to accept our cultural differences as an enriching diversity (vide culinary habits, language, cultural festivals elevated to national status, etc.,) and have, even if unwittingly rather than by design, settled into a mode of coexistence which well-nigh approximates the Singaporean model, the undefinable mauricianisme which we feel in our bones, and which had better remain so!..."



66 The way forward for the world can only be cultural coexistence that alone can ensure relative peace and harmony, and we cannot but concur with the concluding lines of Samuel Huntington, which sound like an admonition: 'In the greater clash, the global, "real clash" between Civilisation and barbarism, the world's great civilizations, with their rich accomplishments in religion, art, literature, philosophy, science, technology, morality, and compassion, will either hang together or hang separately. In the emerging era, clashes of civilisation are the greatest threat to world peace..."

their home where they too are well-settled.

However, the situation is dramatically different now, not only in the UK but all over Europe, and in the West ge-nerally, with more recent waves of immigrants that have now been qualified as deliberate and planned invasions, as their mindsets are deemed to be different. In his famous 'Rivers of Blood' speech in 1968, a Google search reveals that the UK Conservative Party member Enoch Powell had argued that he felt that although and "many thousands" of immigrants wanted to integrate, the majority did not, and that some had vested interests in fostering racial and religious differences "with a view to the exercise of actual domination, first over fellow-immigrants and then over the rest of the population".

This foreboding seems to have materialized, if we go by another call made in the same vein by the American author from Harvard Samuel Huntington in his 1996 book 'The Clash of Civilisations and The Remaking of World Order.'

Perhaps it would be more appropriate currently to speak of world disorder, what with two ongoing wars -Middle East and Ukraine - that threaten to spread and even globalise and acts of terrorism that have been multiplying after the 9/11 attack on the Twin Towers in New York: 46,000 to date. This is the figure cited in a speech on terrorism in the UK Parliament.

At this stage it would be useful to underline a nuance between culture and civilisation, as is done by late KM Pannikar, noted Indian scholar, statesman and diplomat in his book 'Essential Features of Indian Culture.' Defining culture as 'a complex of ideas, conceptions, developed qualities, and organized relationships and *courtesies* that exist generally in society,' (italics added), he continues with: 'The difference between a cultured and a civilized society is that, while the latter is organized under conditions ministering to the welfare of the community, the cultured society is one which emphasises the ideals, conduct, relationships, aesthetic and other values which are cherished in that society.'

Further on he writes that 'while civilizations could be and are generally materialistic, there is no culture which is not essentially spiritual,' and refers to T.S. Eliot who argued that the basis of culture is religious belief.

In my humble view, the world is witnessing both a clash of civilizations and a clash of cultures. Courtesies

have been thrown to the wind, to be replaced by clashes. It is widely acknowledged that there are attempts for global dominance by one civilisation or one culture – technological, corporate, military-industrial, or religious. Acts of terrorism and wars are the visible manifestations of this phenomenon.

Did the Iranian Revolution of 1979 trigger the slide into the current mayhem? In his book 'Faultlines in the Faith: How Events of 1979 Shaped the Islamic World', author Syed Iqbal Hasnain argues in this sense in an interview he gave to India Currents, available online.

Be that as it may, what is more than evident is that the world is urgently in need of peace and reconciliation, otherwise we are heading for very troubled times ahead, chaos that may lead to civilisational annihilation. Even the spectre of a nuclear winter in parts of Europe is looming on the horizon, if we go by the latest developments in the Ukraine-Russia conflict.

or e In the concluding pages of his book, Samuel Huntington points out: 'Instead of promoting the supposedly universal features of one civilisation, the requisites for cultural coexistence demand a search for what is common to most civilisations...The constructive course is to renounce universalism, accept diversity, and seek commonalities.'

He cites Singapore as the successful model country where this has happened by design, the Singapore Project that 'distinguished it from the West', initiated by President Wee Kim Wee in 1989.

I believe it would be fair to say that we too in Mauritius, after going through some politically motivated antagonisms and hiccups that periodically still surface because of some hotheads – but are promptly quelled – have come to accept our cultural differences as an enriching diversity (vide culinary habits, language, cultural festivals elevated to national status, etc.,) and have, even if unwittingly rather than by design, settled into a mode of coexistence which well-nigh approximates the Singaporean model, the undefinable *mauricianisme* which we feel in our bones, and which had better remain so! Alas, pity that we don't emulate Singapore in its other developmental aspects which our political leaders keep alluding to!

The way forward for the world can only be cultural coexistence that alone can ensure relative peace and harmony, and we cannot but concur with the concluding lines of Samuel Huntington, which sound like an admonition: 'In the greater clash, the global, *"real clash"* between Civilisation and barbarism, the world's great civilizations, with their rich accomplishments in religion, art, literature, philosophy, science, technology, morality, and compassion, will either hang together or hang separately. In the emerging era, clashes of civilisation are the greatest threat to world peace, and an international order based on civilizations is the greatest safeguard against world war.' Using his own terminology, I would modify that to *'commonalities* of civilisation' which are, *au fond*, a matter of *culture*.

Whether humanity will survive to live in peace will depend on whether a clash of cultures (barbarism) or a coexistence of cultures prevails.



Opinion

The new British government is set to negotiate a settlement with Mauritius

on the Chagos Islands and its former inhabitants

For the UK a negotiated settlement to this continuing dispute and human tragedy is the only way to bring an end to this relic of Britian's colonial past

y article in *Mauritius Times* on 5 July had a more tentative title. It was 'Will the new British government give priority to concluding the Chagos negotiations?' It is encouraging that after less than 3 weeks in office it has already stated that the Government's priority is to resolve this long standing and important issue. It looks as if progress will now be made.

A meeting between the two prime ministers, which included the Foreign Secretary David Lammy, took place in the Foreign Office on 23 July. Just 19 days after the Government took office. In answer to a written parliamentary question from Jeremy Corbyn MP asking the Foreign Secretary when he expected to conclude negotiations with Mauritius on sovereignty of the Chagos Archipelago the Minister of State at the FCO, Stephen Doughty replied on 24 July:

"The Prime Minister and Foreign Secretary met the Mauritian Prime Minister on 23 July and committed to continuing negotiations on the exercise of sovereignty over the British Indian Ocean Territory/Chagos Archipelago. It is too early to speculate on timelines or conclusions, but it is the Government's priority to resolve this long standing and important issue, including ensuring the long-term secure and effective operation of the joint UK/US military base on Diego Garcia and other key issues. As appropriate, we will continue to engage with all relevant parties including the Chagossian diaspora."

Labour policy

On 10 July 2023 the then shadow Foreign Secretary, David Lammy, committed Labour to a resolution of the issues in a speech at the Bingham Centre for the Rule of Law. He said:

"For years the government ignored the opinions of the ICJ, the International Tribunal for the Law of the Sea and the UN General Assembly about the Chagos Islands. Only belatedly has the government sought what we have called for: a new settlement that brings the UK into compliance with international law, redresses the historical injustices done to the Chagossians, maintains the marine protected environment, and meets strategic security concerns." David Lammy can be expected to give priority to fulfilling his commitment.

The British government will now resume the UK/ Mauritius negotiations which have dragged on since first announced by the Conservative Foreign Secretary James Cleverley on 3 November 2022. Hopefully there will be progress to report before the second anniversary of this announcement and before the US presidential election on



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before the second anniversary of this announcement and before the US presidential election on 5 November. While the Biden/Harris Administration has supported the UK/Mauritius negotiations, a Trump presidency may be less favourable..."

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November also marks four other notable anniversaries: the 24th anniversary of the High Court judgment allowing Chagossians to return to the Outer Islands and Deportation Commemoration Day in Mauritius (both on 3 November 2000); the 59th anniversary of the creation of the British Indian Ocean Territory (8 November 1965); the 5th anniversary of the UN General Assembly (UNGA) deadline for the UK to implement the ICJ Advisory Opinion by 22 November 2019.

Chagos Islands APPG

The Chagos Islands (BIOT) All-Party Parliamentary Group, established in 2008, has held 94 meetings. It will be re-established at an inaugural meeting on 4 September. Three of the recent APPG membership were former shadow foreign affairs and international development ministers, two of whom, Stephen Doughty and Catherine West, are now FCDO ministers. Andrew Mitchell, shadow Foreign Secretary, is also a member. I would expect the APPG to press the government to conclude an agreement expeditiously, providing for the return of Chagossians who wish to resettle, and restoration of at least the outer Islands to Mauritian sovereignty.

Parliament's Foreign Affairs Committee Inquiry

Following the FAC inquiry in February examining "the situation regarding BIOT/Chagos Islands", the FAC Chair wrote to the Foreign Secretary stating that the Government should immediately begin the process of preparing for a pilot resettlement programme on an outlying island in partnership with the Mauritian and US Governments, Chagossian groups, and with the input of the scientific community. The published letter concluded: "We understand that negotiations regarding sovereignty are ongoing, and we are fully supportive of a successful conclusion and outcome that ensures continued operation of the base at Diego Garcia, which plays a fundamental role in global security."

Timetable

While there are outstanding issues to resolve (eventual lease and rent for the Diego Garcia base, its status in international law, control and security; responsibility for a pilot resettlement and costs) an agreement could be finalised within months as a treaty and registered with the UN. It would be appropriate for it to be signed by the Mauritian Prime Minister and Foreign Secretary during the next session of the UN General Assembly, in compliance with several resolutions that the UNGA has adopted on Chagos since 1965.

A final settlement after 59 years would be a major foreign and defence policy achievement for the new government, providing:

- Long-term security for the UK/US base on Diego Garcia
- Strengthened future cooperation in the Indian Ocean between the UK, US, Mauritius, India, France and Australia
- A united counterforce to potential Chinese influence and activity
- Restoration of the human rights of Chagossians and an end to their long exile

It would also signal the new British government's support for international law and re-establish the UK's reputation as a country which respects human rights, self-determination, territorial integrity, the UN, and international courts.

For the UK – an architect of the ICJ, the UN Charter and UN institutions – a negotiated settlement to this continuing dispute and human tragedy is the only way to bring an end to this relic of Britian's colonial past. It may also enable the UK to regain its lost seats on the ICJ, other international courts and UN bodies.

David Snoxell has been Coordinator of the Chagos Islands (BIOT) APPG since 2008. He was British High Commissioner to Mauritius, 2000-04, and Deputy Commissioner of the BIOT, 1995-7 Interview

Mauritius Times

Sheila Bunwaree



"We cannot simply sit back and watch. We must go the extra mile to save our country"

In this in-depth interview, Sheila Bunwaree discusses her reasons for departing from the MMM, highlighting the issues she perceived within the party and her broader political motivations. She addresses the urgent need for a unified opposition, emphasizing the importance of ethical leadership and a coherent societal project to guide Mauritius forward. She also offers a critical analysis of the current political environment, calling for greater inclusivity, particularly for women, and a departure from entrenched practices of division and corruption. Her vision includes electoral reform, enhanced political literacy, and a revitalized political system that serves the common good. As the country approaches a critical election, her insights provide a comprehensive look at the challenges and opportunities that lie ahead.

Political financing: 'The 'Kistnen Papers' could have indeed lifted the lid, but there does not seem to be genuine interest in uncovering the lid'

Mauritius Times: You may have had valid reasons for leaving the MMM, but the timing of your decision, right before the upcoming elections, does not appear to benefit the opposition to the current government, especially if you still align with this opposition stance. How do you respond to this?

Sheila Bunwaree: It would have been a scar on my conscience and an insult to my political and emotional intelligence, if I were to stay on.

The forthcoming elections are a determining and defining moment for the future of our country. The opposition has the moral obligation to stand united around a common Societal Project in the interest of the common good. Positioning candidates- women (many more) and men who have the ethics, the competencies, the conviction, the drive, the passion from the broad opposition spectrum is absolutely necessary if we truly want a new direction. I recall being on one of the private radio plateaus together with Ashok Subron, Ritesh Ramphul some months back, where we spoke of the urgency of changing the system and a government of transition. Revisiting the Constitution was also on the agenda. But how do we do this if we remain divided?

66 Mainstream political parties in Mauritius have become increasingly leader-centric and authoritarian, with little room for debate. For a number of people, politics has been reduced to being constantly in a campaign mode rather than working at developing policies, programs and appropriate legislative frameworks, relevant to enhancing our institutions and the quality of life for our people..." I am afraid that the opposition – parliamentary and extra parliamentary - is taking too long to give us the right signals for a unified new direction. I have for a long time now, been in favour of a United Opposition - an opposition which has innovative ideas, around a meaningful societal project for the common good. I am determined to assist in uniting the opposition, with many more women in the equation. A new social contract, informed by human dignity, opportunity, meritocracy as well as gender lenses, is absolutely necessary.

56 years after independence, the country is craving for a new political system, for a plurality and diversity of ideas. We must move fast, we owe it to our children and grandchildren. Mauritius 2024 cannot continue with the usual 'casteist and ethnic calculation'.

Your question seems to encapsulate the idea that small, emerging parties will play into the hands of the current regime- but this thought should be deconstructed. The ball is in the court of certain politicians, who keep asking emerging parties to make sacrifices. More so, in the absence of an electoral reform which looks as if it would be stalled for a long time to come. If these very politicians are true patriots, they can start making the necessary sacrifices themselves, to allow new blood, credible people to enter the political arena. In this way, regain the trust of the population.

We **must** come as One to liberate our Republic from multiple forms of oppression and allow our institutions and people to breathe afresh. Nelson Mandela's words resonate: "It always seems impossible until it is done..."

* You should have been aware, given your earlier resignation from Ivan Collendavelloo's party, of how parties are run and the influence that leaders exert over them. Did you expect that the situation would be any different with the MMM, or for that matter even with the Labour Party or the MSM?

Ivan Collendavello's Muvman Liberater (ML) was just a splinter group driven by one man. A small party without an anchor. We all know what has become of the ML today- it could be foreseen. I choose not to comment on the MSM since it is a party without much of a history, born within the corridors of power. That said, no one can deny SAJ's immense contribution to the development of the country. The entire nation should be grateful. Today's MSM however is a different kettle of fish altogether.

66 The functioning of the party cannot be dissociated from the kind of leadership that prevails. Authoritarian leadership, coupled with verbal violence that borders on dictatorship, is what the MMM has become today. There is no true debate, no engagement - it is only the 'Master's Voice' which prevails. An obsession with power and 'realpolitik' characterizes the party. No wonder that many of the brains and stalwarts have left the party..."

You are right to point out that those heading political parties can exert a lot of influence but when such influence is tilted towards dynastic, casteist, ethnic, misogynistic and money politics in certain cases, then those aspiring for a new Mauritius, cannot stay quiet. Mainstream political parties in Mauritius have become increasingly leader-centric and authoritarian, with little room for debate. For a number of people, politics has been reduced to being constantly in a campaign mode rather than working at developing policies, programs and appropriate legislative frameworks, relevant to enhancing our institutions and the quality of life for our people.

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'We must develop a multi-pronged strategy to stop any kind of evil collusion between donors and political parties'

• Cont. from page 9

* Given your experiences with both the Muvman Liberater and the MMM, what have you learned about the factors influencing the functioning of political parties and the decisions that leaders may impose on the rank and file, often at the expense of considerations such as merit and experience?

I have commented on the ML being a small, insignificant party in my earlier response but perhaps I should simply add that within just a few weeks of being with the ML, I could read its true agenda and realized that I could not be a part of it. I left to set up my own party - Parti Justice Sociale. As we very well know, small emerging parties have little chance given the nature of our electoral system. Many people in constituency No 20 where I live, told me that they wish to see me in parliament and advised me to join a mainstream party. I joined the MMM in 2017.

Now let me come to what I have learned about the functioning of the MMM. I cannot comment about the other parties since I have not been privy to their functioning. Let me start with what someone who has been part of the MMM told me when I first joined:

"Be careful, Berenger is a dictator - he will treat you as a queen when he needs you and then will not hesitate to dump you..." But the call to serve was so strong (and still is) that I decided that I would still join, assess



Generatisation of political parties demands that decision making be done through an honest open process where consensus is truly obtained, rather than some kind of manufactured consent. Processes and structures camouflage a lot, particularly in parties where people do not have the space to express their views. Party structures have become platforms for relaying the Voice of the Leader 'ad nauseam'. Repetition of the same stuff - from Bureau Politique to Comité Central, from Comité Central to Régional..."

the situation for myself and work to make things change for the better for ALL. Some people spoke of the values of the MMM, but I can today confirm that these values have eroded and are only good on paper.

The functioning of the party cannot be dissociated from the kind of leadership that prevails. Authoritarian leadership, coupled with verbal violence that borders on dictatorship, is what the MMM has become today. There is no true debate, no engagement-it is only the 'Master's Voice' which prevails. An obsession with power and 'realpolitik' characterizes the party. No wonder that many of the brains and stalwarts have left the party.

When I joined in 2017, I worked very hard at trying to reconstruct the party, brought a number of young talented people, including a few women to the party, with the hope of reconstructing it, but this has sadly gone unrecognised. I have also worked very hard at the level of the Policy Council and more recently on the party's constitution which Berenger wanted to be reviewed.

Paul Berenger does not like to be reminded of certain **truths**. But I have right from the very start chosen to engage in a Politics of Truth. The strength of a party depends largely on its coherence and its brainpower but there are too few brains left within the party. None of its commissions are functioning except for the 'Commission Développement Durable'. I wish, en passant, salute the work of the young people in that commission they are trying very hard and hats off to them.

And every now and then the Education Commission

66 How can I not be concerned when I see a rapidly growing mafioso democracy, drugs destroying our youth and families, the alienation of our young people, the sale of our lands to foreigners, a failing education system, rising debt levels, diminishing purchasing power, an economy increasingly reliant on foreign labour, and the ongoing brain drain? The numerous scandals and alleged corruption cases, the rise in medical negligence leading to the loss of lives, the threat to the integrity of our elections, and state capture have all almost become 'normal.'..."

met, since I was part of it and somehow forced my way through. When I came up with the proposals of setting up some new commissions, directly relevant to the new direction that we wish for the country, including one on the "Constitution and Constitutionalism", there was absolutely no support.

Party members who turn into 'Berengistes' with a readiness to distort the truth, to simply please the leader and protect their vested interests, are sadly doing a lot of harm to the party.

Another factor impacting the functioning of political parties is the ideological vacuum we find ourselves in. Ideologies usually encourage political parties to work hard to push their agendas but absence of same often means political parties' functioning being reduced to organising people to acquire and exercise political power. When this takes the upper hand, it is often at the expense of merit and experience. Under these conditions, obtaining a comprehensive vision of politics oriented toward a new social contract becomes extremely difficult.

* Isn't it true, however, that ultimately it is the electorate that calls the shots, particularly in closely contested electoral battles, and consequently the consideration of 'electability' takes the upper hand in light ofwhat is referred to here as "les réalités mauriciennes"?

66 Money politics and the sources of donations and funding to parties remain problematic, raising numerous questions. A well-thought-out 'Political Financing Bill', with input from all stakeholders and civil society, is absolutely necessary. We cannot have a piece of legislation which has the potential of corporatizing our electoral system and introducing further distortions in the system..."

The electorate is not static. It evolves with time - not only in terms of demography and geography but also in terms of its engagement with politics and critical thinking. What informs and sustains this so-called "réalités mauricennes" are the diverse stakeholders who have particular interests to defend. They are often not sufficiently conscious of the multiple crises and challenges that the country is confronted with.

We need the best brains to tackle the various problems arising out of this increasingly volatile, uncertain, complex and ambiguous (VUCA) world we live in. But certain politicians thrive on dividing people and further polarizing the nation. They also fail to recognize the positive impact that a more equitable representation of women in the legislature could have on society. However, competencies alone are not enough; they must be accompanied by integrity and other relevant values.

• Cont.on page 11

Interview

11

'Mauritius 2024 cannot continue with the usual 'casteist and ethnic calculation'



66We need the best brains to tackle the various problems arising out of this increasingly volatile, uncertain, complex and ambiguous (VUCA) world we live in. But certain politicians thrive on dividing people and further polarizing the nation. They also fail to recognize the positive impact that a more equitable representation of women in the legislature could have on society. However, competencies alone are not enough..."

• Cont. from page 10

'Electability' in contemporary Mauritius demands much more than what is generally perceived as important by some. The Mauritian electorate is slowly becoming more discerning, with a potential of factoring in other considerations, when they go to the polls, particularly at this critical juncture.

* The issue of party democratization has been a topic of discussion for some time, especially in forums outside traditional party structures. Why do you think there has been almost no progress in this area within the MMM, the Labour Party, or the MSM?

I cannot speak for the Labour Party or the MSM since I do not know their internal dynamics, but I do for the MMM. Credit goes to the latter that it has been able to establish well-organised structures but what is their worth if they do not allow for "Voice' and Agency" to be exercised.

Democratisation of political parties demands that decision making be done through an honest open process where consensus is truly obtained, rather than some kind of manufactured consent. Processes and structures camouflage a lot, particularly in parties where people do not have the space to express their views. Party structures have become platforms for relaying the Voice of the Leader 'ad nauseam'. Repetition of the same stuff - from *Bureau Politique* to *Comité Central*, from *Comité Central* to *Régional*.

People, particularly the young people, are fed up with such processes. This has been reported in many instances as well as in the context of a study that a research team, led by myself, just completed for the EU and Gender Links. Large segments of Mauritian youth argued that such interventions are boring and fail to capture the imagination.

* There is also the issue of the financing of political parties and election campaigns, but little is known about the amounts collected, their sources, and their expenditure. The so-called "Kistnen Papers" could have lifted the lid on how much is spent within a specific constituency. It's unfortunate that the police investigation has not yet provided any concrete clues. isn't it?

I am not surprised that things are moving at a snail pace, if it is moving at all. The culture of opacity that we are immersed in and the persistent absence of a 'Freedom of Information Act' will unfortunately impact on the nation negatively. The 'Kistnen Papers' could have indeed lifted the lid, but there does not seem to be genuine interest in uncovering the lid... The electoral law has an upper limit of Rs 150,000 per candidate for the elections, but the 'Kistnen Papers' revealed astronomical sums that were spent. We all know that the current regime has a war chest ready for the next elections. Money politics' is rampant in our system, and it's no surprise that citizens are rapidly losing trust in the system.

There is at the same time a deep decline in people's satisfaction with the way that democracy plays itself out in Mauritius, as revealed by the most recent Afrobarometer study.

Also, the Kistnen affair, with an attempt to turn Kistnen's homicide into a suicide still gives many Mauritians the shivers today. We are now in the presence of an affidavit by V. Shibchurn. Let us see how things unfold.

* It is believed that large donations and financial contributions can result in donors exerting disproportionate control over a party's agenda and priorities, leading to policies that benefit a select few rather than the broader public. What are your thoughts on how this issue can be effectively addressed?

Money politics and the sources of donations and funding to parties remain problematic, raising numerous questions. A well-thought-out 'Political Financing Bill', with

input from all stakeholders and civil society, is absolutely necessary. We cannot have a piece of legislation which has the potential of corporatizing our electoral system andintroducing further distortions in the system.

We must engage in a relentless fight and do everything we can to prevent donors interfering in parties' agenda and programmes to benefit a few. There is a need for greater vigilance, and we must develop a multi-pronged strategy to stop any kind of evil collusion

between donors and political parties. Education, political literacy, ethics and transparency should be at the heart of this multi-pronged strategy.

* Based on your political experiences with the Muvman Liberater, your own Parti Justice Sociale thereafter, and recently with the MMM, what key lessons have you learned that you believe are crucial for aspiring politicians and party leaders?

There are several lessons to be learned, but the main one is to uphold a 'politics of truth' and remain consistent with one's principles. Mauritian politics needs role models and selfless politicians with ideas and vision. Aspiring politicians should avoid falling into the trap of becoming 'subalterns' to party leaders. Let us leave that for the mediocres and those merely interested in materialistic gains attached to politics.

I am out to rehabilitate and spiritualise Mauritian politics. Inspire hope in the younger generations, particularly women who continue to be marginalised within the political sphere. Let them know that we can turn Mauritius into a green, inclusive and more just Mauritius and make the

nation a 'Mindful'one.

It is in these very columns that I explained how the 'Politics of Truth' is central to my participation in politics and how I refuse to be a "Berengiste". This was shortly after I joined the MMM several years ago, and I have never changed my stance since.

* Looking ahead, what changes or reforms do you envision as necessary within the MMM, the Labour party or Mauritian politics in general?

Looking ahead, it is the forthcoming elections which is on the horizon. There may be no time to reform these parties and they may never be reformed if the current mindset is perpetuated. But for now, we must be motivated by nothing other than our common humanity. We must use our vision, foresight and action to save Mauritian democracy and make it a stable, thriving and peaceful nation for all. There are many women out there, who are highly competent and are able to bring their contribution, together with like-minded men. I strongly believe in the principles of complementarity and respect of the Other'. Effective change can only occur when we come together.

* One final question: Are you concerned that the MSM might return to power and what that could entail?

How can I not be concerned when I see a rapidly growing mafioso democracy, drugs destroying our youth and families, the alienation of our young people, the sale of our lands to foreigners, a failing education system, rising debt

66 We must engage in a relentless fight and do everything we can to prevent donors interfering in parties' agenda and programmes to benefit a few. There is a need for greater vigilance, and we must develop a multi-pronged strategy to stop any kind of evil collusion between donors and political parties. Education, political literacy, ethics and transparency should be at the heart of this multi-pronged strategy..."



levels, diminishing purchasing power, an economy increasingly reliant on foreign labour, and the ongoing brain drain?

The numerous scandals and alleged corruption cases, the rise in medical negligence leading to the loss of lives, the threat to the integrity of our elections, and state capture have all almost become 'normal.' This list is by no means exhaustive. We cannot simply sit back and watch. I am deeply concerned and will do everything in my power to get the country out of the rot that it has sunk in under the current regime.

If we are truly committed to ensuring the freedom and dignity of every individual as fundamental to human existence and development, we must go the extra mile to save our country. We need to regenerate our society and uplift our people. This is why the opposition must stand united with a well-defined *projet de société*. The danger of a messy denouement on the political landscape must be avoided at all costs. Our motivation should be nothing other than our common humanity.

Candice Owens reveals why Kamala Harris 'wants to be known as Black'

Conservative media personality Candice Owens has expressed outrage over former President Donald Trump's comments questioning Vice President Kamala Harris' racial identity. In an intense interview on Wednesday, Trump questioned Harris' heritage and falsely suggested she "made a turn" in her identity, claiming she "happened to turn Black" only a few years ago.

"She was always of Indian heritage and was only promoting Indian heritage. I didn't know she was Black until a number of years ago, when she happened to turn Black, and now she wants to be known as Black. So I don't know, is she Indian or is she Black?" the Republican presidential candidate said, prompting an uproar on social media, reports Hindustan Times.

Reacting to the furor, Owens posted an over 8-minute video on X discussing Harris. The video, which has garnered over 1.7 million views so far, begins with the US VP's viral "coconut tree" remarks.



Candice Owens posted an over 8-minute video on X to talk about Harris. The video, which has garnered over 1.7 million views so far, begins with the US VP' Kamala Harris viral "coconut tree" remarks. Pic - X/AP

Calling Harris "my girl," Owens jokingly declared that she would vote for Harris right now. In a veiled attack on the US VP, she went on to explain to her listeners why they should vote for her.

Owens labeled Harris a "strong Black candidate" while noting that Harris was a "very proud Indian woman" throughout her entire political career.

Harris, whose father is not fully Black and whose mother is fully Indian, grew up with her mother after her parents divorced when she was very young. According to Owens, Harris may have minimal memory of her Black father, which could explain why she did not speak about him. "So it is an absolute absurdity to suggest that Kamala Harris grew up in an environment where she was being impacted by Black culture."

Owens then shared pictures of Harris with her mother and possibly her sister, commenting that "her mother looks very Indian to me. Her mother looks like Princess Jasmine, because that looks like Princess Jasmine's hairstyle, right?"

Regarding Harris' traditional Indian upbringing, Owens said: "Kamala Harris, like I said, loved being an Indian woman because it helped her when she was running for various positions, and when she became a senator, she got to applaud

the fact that she was the first Indian-American. She was so proud of her heritage as an Indian her entire life."

Owens further showed clips of news coverage featuring Harris as the first Indian-American US Senator. When one anchor asked Harris if it was quite an accomplishment, she replied, "Not quite."

Reacting to her response, Owens said: "I don't even think she was speaking a different language; she was very excited anyways. That was Kamala Harris. Before she found out that she had to go Black, she had to go Black."

King Charles 'fears' what Prince Harry will do when money runs dry; William will never...

A soon-to-be-released biography by royal correspondent Robert Jobson, titled 'Catherine: The Princess of Wales', unveils King Charles' deep concerns regarding Prince Harry's future once his financial assets are exhausted. The book discusses the monarch's unease about what will happen when Harry runs out of his substantial earnings from his various business deals with companies like Netflix and Spotify, which he and Meghan Markle have been involved with. The worry grows further as William is 'adamant' about not helping the Sussexes in the future.

King Charles 'concerned' about Harry's future

According to a recent report by PEO-PLE, Charles and Harry are 'not on speaking terms' ever since Duke's last trip to the UK to see his ailing father. Now, Jobson alleges in an excerpt of his book that the 'Harry problem' is still messing things up for the king even though he's trying to keep his distance from his estranged son, reports Hindustan Times.

As per the NY Post Jobson thinks Harry and Meghan, are looking for ways to make money that don't involve launching scathing remarks against the Royal Family. He thinks people are getting fed up with their neverending complaints He also thinks there's a "Sussex-shaped void in the Royal Family," which has never been so noticeable referencing to the Royal Family's diminishing appeal and workforce following the departure of Harry and Meghan from their senior royal employment positions.

Despite signing new Netflix deals and



A new book has claimed that Prince Harry asked his father, King Charles, a heartbreaking question after he was asked to leave Frogmore cottage. Pic - Newsweek

launching podcasts, the Duke and Duchess of Sussex face scepticism about their projects' success. Many believe their initial documentary exhausted the potential for royalrelated controversy, leaving them to explore other income streams. During his 2021 interview with Oprah Winfrey, Harry reportedly said that these media deals were a financial safety net necessitated by his father's withdrawal of financial support.

King Charles will 'never shut the door' for Harry

Recent claims suggest that the monarch is giving his youngest son the silent treatment. "His calls go unanswered. He has tried to reach out about the King's health, but those calls go unanswered too," according to an insider. However, the Royal book author thinks that the King is still concerned about Harry and that "he'll never shut the door on his second child, though there seems little chance of a meaningful reconciliation for now."

Khalistan referendum gains momentum in Canada as Calgary hosts latest round of voting

The Khalistan referendum, a separatist initiative led by the group Sikhs for Justice (SFJ), continues to gain traction as Canada becomes the focal point for this movement. The most recent round of voting was held in Calgary, Alberta, marking another significant event in the ongoing referendum process.

This referendum, which has been ongoing for four years, has already seen rounds held in Brampton (twice), Surrey, and now Calgary. Future plans include additional rounds in Montreal, Mississauga, Edmonton, and Abbotsford, with the next anticipated event scheduled for the summer of 2025.

The latest Calgary event took place at a municipal facility, Municipal Plaza, which has drawn criticism from local officials, including Calgary's Indo-Canadian Mayor Jyoti Gondek, who noted that the city administration had limited control over the groups using the venue.

SFJ's activities have been notably emboldened by Canadian Prime Minister Justin Trudeau's statement in the House of Commons on September 18 of the previous year. Trudeau had acknowledged "credible allegations" of a potential link between Indian agents and the killing of Hardeep Singh Nijjar, which has seemingly encouraged SFJ to adopt a more provocative stance.

During the Calgary referendum, SFJ displayed controversial imagery, including a poster featuring the alleged mastermind of the 1985 Air India bombing, which resulted in the deaths of 329 people. This attack remains the deadliest terrorist incident in Canadian history. The event also included slogans advocating violence against India,



which went largely unaddressed by Canadian politicians or media.

Pannun, a prominent figure associated with SFJ, used the occasion to threaten Indian diplomats with "Khalsa justice" if the Canadian government failed to act against them. This statement reflects SFJ's increasing assertiveness in its campaign.

The Coalition of Hindus of North America (CoHNA) has expressed concern over the glorification of individuals associated with terrorism and the potential risks this poses to minority communities in Canada. They have criticized the event for promoting violent extremism and for receiving support from government officials, which they believe endangers the safety of Hindu Canadians and other minority groups.

While SFJ's referendum has also been conducted in other countries including the United Kingdom, Switzerland, Italy, and the United States, Canada remains the primary base for this divisive movement. The next referendum event is slated to take place in New Zealand later this year.

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9/11 mastermind Khalid Sheikh Mohammed and two others agree to plead guilty



during a raid in Pakistan Saturday March 1, 2003.Pic – Daily Mail

Khalid Sheikh Mohammed, identified as the mastermind behind al-Qaida's September 11, 2001 attacks, has agreed to plead guilty, the US Department of Defense announced on Wednesday. This development represents a significant step toward resolution for an attack that claimed thousands of lives and profoundly affected the United States and the Middle East.

Mohammed, along with his accomplices Walid bin Attash and Mustafa al-Hawsawi, is expected to enter their pleas at the military commission at Guantanamo Bay, Cuba, as early as next week. In exchange for their guilty pleas, defense lawyers have requested that the men receive life sentences.

Terry Strada, head of a group representing the families of the nearly 3,000 victims, expressed a mix of anger and resignation upon learning of the plea deal. She recalled the many relatives who have died while waiting for justice and condemned the defendants as "cowards," both in their actions on 9/11 and in their plea agreement.

Pentagon officials have yet to release the full terms of the plea deals. This agreement comes more than 16 years after the prosecution for al-Qaida's attack began and over 20 years since the militants hijacked four commercial airliners, crashing three into the World Trade Center and the Pentagon, and the fourth into a Pennsylvania field after passengers attempted to retake control.

The attacks led to the U.S. launching its "war on terror," resulting in military invasions of Afghanistan and Iraq, and extensive operations against extremist groups across the Middle East. The aftermath saw the overthrow of two governments, devastation across various communities, and the Arab Spring uprisings. Khalid Sheikh Mohammed, alleged to have conceived the idea of using planes as weapons and received approval from al-Qaida leader Osama bin Laden, was captured in 2003. He was subjected to waterboarding 183 times and other forms of torture during his CIA detention before being transferred to Guantanamo. The use of torture has been a major obstacle in the military commission's proceedings, contributing to the delays, along with the distant location of the courtroom.

Daphne Eviatar, a director at Amnesty International USA, welcomed the news of some accountability but called on the Biden administration to close the Guantanamo Bay detention center and ensure such torture is never repeated.

Michael Burke, a family member of one of the victims, criticized the lengthy delay in achieving justice. "It took months or a year at the Nuremberg trials," Burke said, referring to the post-World War II trials of Nazi leaders. "It's disgraceful that, 23 years later, these men have not been convicted and punished for their crimes."

Burke's brother, New York City fire captain Billy Burke, perished in the collapse of the North Tower after staying behind to assist a quadriplegic man and his friend.

This plea agreement marks a critical juncture in the long quest for justice, but for many victims' families, it has also underscored the enduring frustration and grief stemming from the drawn-out legal process.

China accuses Japan of 'smear attacks' in recent talks with the US, India and Australia

China has voiced strong discontent with Japan, accusing it of conducting "smear attacks" against China during recent high-level discussions involving the United States, India, and Australia. The accusation was made public by the Chinese Foreign Ministry on Wednesday.

Liu Jinsong, the Director General of the Asian Affairs Department, lodged formal complaints and expressed serious concerns during a meeting with Akira Yokochi, the Deputy Chief of Mission at the Japanese Embassy. The meeting took place the previous day, according to the ministry's statement.

Liu criticized Japan for what he described as contradictory behavior. He argued that Japan's disparaging comments about China conflicted with its stated intention of fostering a strategic and reciprocal relationship between the two nations. The tension follows a series of recent international meetings. On Sunday, Japan's foreign and defense ministers convened in Tokyo with their American counterparts for the "2+2" talks, during which they pledged to strengthen military cooperation. A joint statement from the talks accused China's foreign policy of attempting to "reshape the international order for its own benefit at the expense of others," labeling it as "the greatest strategic challenge" in the Indo-Pacific region and beyond.

The subsequent meeting on Monday, involving the foreign ministers from the Quad countries — the US, Japan, India, and Australia — echoed similar concerns. Although China was not explicitly named, the joint statement criticized "the militarization of disputed features and coercive and intimidating maneuvers in the South China Sea."

China has consistently criticized the US for deepening alliances with other nations as a counter balance to China's growing influence. This strategic maneuver has been a focal point of President Joe Biden's administration.

In response to Japan's actions, China's Foreign Ministry has called for Japan to cease making "irresponsible remarks" about China's internal matters, likely referring to Taiwan. China has also urged Japan to avoid collaborating with "certain countries" to form exclusive groups that could lead to confrontation. Beep has already successfully undergone trial runs since 2023 and is now ready for launch, an official said. Pic - Newsops

'Beep' messaging app:

Pakistan's homegrown response to WhatsApp amid internet blackouts

In response to frequent internet blackouts and social media restrictions, Pakistani engineers have developed a new government messaging app named Beep. Designed for secure communication among officials, Beep represents Pakistan's effort to create a domestically controlled communication platform amidst ongoing challenges related to internet access and freedom of speech.

Beep, which has been under development and testing since 2023, is now ready for launch, according to Baber Majid, CEO of the National Information Technology Board. Majid indicated that the app could eventually be available to millions of Pakistani citizens, pending government approval. "Beep is safer than other messaging apps," Majid claimed, highlighting its enhanced security features.

The timing of Beep's development aligns with the broader context of internet restrictions in Pakistan. The country has experienced significant disruptions, including the blocking of the social networking platform X ahead of parliamentary elections on February 8 earlier this year. The elections were marred by violence, a nationwide mobile phone service shutdown, and allegations of vote rigging. While the government cited security concerns for the service suspension, critics, including imprisoned former Prime Minister Imran Khan, argued that it was an attempt to suppress communication and manipulate the election process.

In addition to election-related restrictions, there have been frequent internet blackouts in Baluchistan and during annual Ashoura commemorations, impacting communication between officials and security forces. Beep aims to address these challenges by ensuring uninterrupted communication among officials even during such disruptions.

Although the app requires an internet connection, specific details about how internet access will be managed or restricted for users have not been disclosed. Despite official denials of any plans to ban WhatsApp, the promotion of Beep suggests a preference for a domestic solution.

Shaza Fatima Khwaja, the state minister for IT and telecommunication, emphasized the app's robust security features and data privacy. She presented Beep as a secure alternative to foreign platforms and mentioned that the government plans to introduce the app to all its employees within the next 45 days. "The design of the application is robust enough to offer it to the general citizens of Pakistan at later stages, if desired," Khwaja said.

Critics argue that Beep may be part of a broader strategy to control online discourse and limit access to information, raising concerns about the potential implications for freedom of speech and digital rights in Pakistan.

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History

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7th Year No 281

Peter Ibbotson

From the Pages of History - MT 60 Years Ago MAURITIUS TIMES

Friday 8 January, 1960

• Enjoy when you can, and endure when you must. — Johann Wolfgang von Goethe

Possibilities of Economic Development

igures for the external trade of Mauritius show considerable growth over the last 20 years. In the three years from 1936 to 1938, imports were valued at Rs 32,759,000 on average annually; exports averaged Rs 39,464,000 annually a total of Rs 72,223,000. In 1957, imports were valued

at Rs 263,818,000 and exports at Rs 332,798,000 — a total of Rs 596,616,000. Even allowing for the fall in the value of money, this represents a strikingly phenomenal increase. Of course, the increase in the population has contributed to the rise in imports; but the value of imports per head rose from Rs 80 (1936-38 average) to Rs 449 in 1957. The value of exports per head also increased, from Rs 95 to Rs 567. Assuming reasonably that a prewar rupee is worth only 25 cents today, the value of prewar imports and exports must be multiplied by 4 to estimate their approximate worth today; thus, Rs 80 and Rs 95 become Rs 320 and Rs 380. Even so, there is an increase in the value of trade over the last 20 years.

In the same period, the favorable balance of trade, i.e., the excess in value of exports over imports, has increased ten-fold, from a 1936-38 average of Rs 6,705,000 to a 1957 figure of Rs 68,980,000. Making the same adjustment for the fall in the value of the rupee, there has been a very substantial increase in Mauritius' favorable balance of trade.

This economic expansion is due almost entirely to the growth of the sugar industry, whose production has increased enormously with the introduction of more efficient methods of cultivation. Whereas in 1937 the sugar crop sold for only Rs 32,000,000, the 1957 crop sold for nearly ten times as much — Rs 300,000,000. As Barclays Bank **'Overseas Review'** notes about the West Indies sugar industry: "This increase must be related to the stability given to the industry by the Commonwealth Sugar Agreement dating from 1950, which provides assured marketing at a remunerative, guaranteed price. Additional quotas for export are often available through redistribution of shortfalls from other Agreement territories and from quotas available under the International Sugar Agreement."

Since sugar is such an important crop for Mauritius (exports of sugar and molasses formed 99.2% of total exports in value in 1957), the value of the Commonwealth and International Sugar Agreements to Mauritius cannot be overestimated. Another valuable factor in Mauritius' orderly economic progress over the last 15 years has been a stable political climate. The reforms following the disturbances examined in the Moody Report have helped establish a comparatively stable political climate, although there is still resentment that these reforms were so long overdue and came only after bloodshed among exploited labourers. Nonetheless, the constitutional development of the last 15 years has con-tributed to the economic progress of the period.

It would be foolish to pretend that everything in Mauritius is perfect. There are many areas where progress still needs to be made. The Government was



frank enough to enumerate several in 'Mauritius Faces The Future': unemployment and an alarmingly high incidence of anemia were two. However, the Government is committed to making the necessary progress and maintaining the stable political climate in which economic progress can flourish, and in which the sugar industry has confidence.

Although the ideology of the Labour Party is anathema to the sugar producers, known as plantocrats in the West Indies, these same producers know that the continued progress of Mauritius' economy depends on the Labour Party remaining in power and on the Labour Party being kept out of power. This does not mean that the Labour Party has to prioritize the interests of the sugar producers over those of the people. Far from it; the job of the Labour Party is to do the best for everyone.

This will be no easy task, as we have emphasized in these columns many times before. Opponents of the Labour Party in the Legislative Council suggest in their speeches that everything is easy; Mr. Bisoondoyal or Mr Koenig has only to wave a magic wand and all of Mauritius' problems will be redressed overnight. The truth is that the Labour Party in office has to clean up the Augean legacy from the recent colonial past, address the immediate needs of the population, and plan for the future to ensure that the standard of living rises rather than declines. The continual criticism of the Labour Party in the Council, as well as in the press and on the platform, is not helpful. What is needed is the cooperation of all parties in the task before Mauritius, not the continual denigration of the Labour Party's and the Government's honest attempts to address past, present, and future problems simultaneously.

The bulk of the population relies on agricultural production and must continue to do so. The UK is the principal outlet for Mauritius' agricultural produce and will remain so; therefore, the UK must bear considerable responsibility for the progress of the economy. On the other hand, the Mauritius Government is determined to develop secondary industries to reduce the country's almost total dependence on sugar. In the past, West Indian colonies were similarly dependent on agricultural produce such as sugar, bananas, citrus fruit, ginger, and nutmegs. However, thanks to the enterprise of various island governments, many light industries have been established to reduce dependence on primary production. The Labour Government of Mauritius is equally determined to develop the local economy; the success of developing secondary industries will again depend on maintaining a stable political and social climate. The erratic IFB and the splenetic PM are not the kind of political parties to inspire confidence in outside investors, should they ever attain power, either singly or in coalition. On the other hand, continued public support for the Labour Party will guarantee the orderly development of the economy.

Trends in the West Indies are outlined in the *Overseas Review*' of Barclays Bank for December 1959. Trinidad has a socialistic government headed by Eric Williams; the Industrial Development Corporation there has received over 50 applications (from Canada, the USA, Venezuela, British Guiana, Jamaica, Switzerland, as well as locally) for pioneer status as investors in the colony. Shortly, a paint factory will be established where ICI will manufacture paints. In Jamaica, where there is a Labour Government headed by Mr. Manley, 18 new industrial projects are to be established to employ 2,500 people, financed largely with North American capital. Colgate-Palmolive intends to manufacture dental cream at a new factory to be built on the industrial estate. A factory for manufacturing louvre windows has just started production; new factories soon to start include those producing textiles, printing rollers, brushes, brooms, frozen fresh coconut meat, and woven products.

In Grenada, the Legislative Council recently agreed to allow duty-free imports and a five-year depreciation write-off for new machinery in respect of dry-cleaning laundry equipment, cold storage plants, ice-making plants, and aerated water manufacturing equipment. Similar concessions will be available for equipment essential for livestock and poultry development. In both Jamaica and Trinidad, very rapid development has occurred, with flourishing cement manufacturing industries. Formerly considerable imports of cement into both countries have been reduced to insignificance.

All the territories, both small and large, are developing their tourist industries—Trinidad is spending 4½ million dollars (approximately Rs 1½ million) on a new hotel; eight new hotels, accommodating 900 persons, have just been opened in Jamaica; a hotel opened in Barbados in November; a hotel with air-conditioned rooms and a roof garden opened a few weeks ago in St. Kitts; and St. Lucia plans to invite investors from abroad to develop tourism there.

But in all these territories, as in Mauritius, the path has not been smooth, nor will it be. Economic development requires careful planning and conservation of resources. Foreign investors are not attracted by unsettled internal affairs. The present Government of Mauritius has created conditions conducive to settled internal affairs and a stable social and political climate, which is, however, finely balanced. The opponents of the present Government are busy at their destructive work, undermining confidence in the Government both abroad and at home. If they succeed in their nefarious work, the future prospects for Mauritius are bleak indeed.

However, if the people exercise patience and support their freely elected Government with cooperation, the prospects for the future are indeed bright. Above all, the destroyers must be firmly stamped out.

Philosophy is crucial in the age of Al

• Cont. from page 2

The latter showed that "truth" in any standard formal system cannot be defined within that particular system, so that arithmetical truth, for example, cannot be defined within the system of arithmetic.

Finally, the 1936 abstract notion of a computing machine by the British pioneer Alan Turing drew on such development and had a huge impact on early AI.

It might be said, however, that even if such good old fashioned symbolic AI was indebted to high-level philosophy and logic, the "second-wave" AI, based on deep learning, derives more from the concrete engineering feats associated with processing vast quantities of data.

Still, philosophy has played a role here too. Take large language models, such as the one that powers ChatGPT, which produces conversational text. They are enormous models, with billions or even trillions of parameters, trained on vast datasets (typically comprising much of the internet). But at their heart, they track - and exploit - statistical patterns of language use. Something very much like this idea was articulated by the Austrian philosopher Ludwig Wittgenstein in the middle of the 20th century: "the meaning of a word", he said, "is its use in the language".

But contemporary philosophy, and not just its history, is relevant to AI and its development. Could an LLM truly understand the language it processes? Might it achieve consciousness? These are deeply philosophical questions.

Science has so far been unable to fully explain how consciousness arises from the cells in the human brain. Some philosophers even believe that this is such a "hard problem" that is beyond the scope of science and may require a helping hand of philosophy.

In a similar vein, we can ask whether an image generating AI could be truly creative. Margaret Boden, a British cognitive scientist and philosopher of AI, argues that while AI will be able to produce new ideas, it will struggle to evaluate them as creative people do.



She also anticipates that only a hybrid (neural-symbolic) architecture - one that uses both the logical techniques and deep learning from data - will achieve artificial general intelligence.

Human values

To return to OpenAl's announcement, when prompted with our question about the role of philosophy in the age of AI, ChatGPT suggested to us that (amongst other things) it "helps ensure that the development and use of AI are aligned with human values".

In this spirit, perhaps we can be allowed to propose that, if AI alignment is the serious issue that OpenAI believes it to be, it is not just a technical problem to be solved by engineers or tech companies, but also a social one. That will require input from philosophers, but also social scientists, lawyers, policymakers, citizen users and others.

Indeed, many people are worried about the rising power and influence of tech companies and their impact on democracy. Some argue we need a whole new way of thinking about AI - taking into account the underlying systems supporting the industry. The British barrister and author Jamie Susskind, for example, has argued it is time to build a "digital repub-

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lic" - one which ultimately rejects the very political and economic system that has given tech companies so much influence.

affect philosophy? Formal logic in philos-

Mauritius Times

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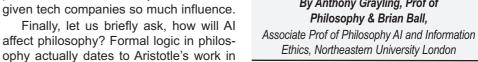
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Thank you so much Mauritius Times







that we may one day have a "calculus ratiocinator" - a calculating machine that

would help us to derive answers to philo-

sophical and scientific questions in a

realise that vision, with some authors

advocating a "computational philosophy"

that literally encodes assumptions and

derives consequences from them. This

ultimately allows factual and/or value-ori-

simulates the effects of information shar-

ing on social media. This can then be

used to computationally address ques-

tions about how we ought to form our

philosophers plenty to think about; it may

even have begun to provide some

By Anthony Grayling, Prof of

Philosophy & Brian Ball,

Ethics, Northeastern University London

Certainly, progress in AI has given

For example, the PolyGraphs project

ented assessments of the outcomes.

Perhaps we are now beginning to

quasi-oracular fashion.

opinions.

answers.

Olympics 2024

Mauritius Times

Friday, August 2, 2024 16

Five things elite athletes can teach us about staying motivated and managing stress at work



Management, King's

College London

We may never be as quick, strong or skilful as the Olympians. But we can take lessons from the approach they take to their work

ver the course of the 2024 Olympic and Paralympic Games, spectators and TV viewers can expect to be thrilled by extreme levels of strength, speed, endurance and skill dis-

played by thousands of the world's finest athletes.

But as well as being amazed by their physical prowess, we can learn valuable lessons from these super-humans about our own daily working lives – even if they don't involve a track or a field.

Routine and habits

To become elite performers, Olympians need to practise. And practise. And then practise some more. Top sprinters like the Americans Noah Lyles and Sha'Carri Richardson repeatedly perform the same precise movements, such as starts, acceleration drills, and core and strength training exercises including squats and deadlifts.

While this level of repetition might seem boring, it actually helps athletes maintain high levels of motivation and discipline. They do not waste cognitive energy (brain power) in planning their time differently.

Training the same way and eating the same things become daily habits conducive to efficiency and intensity, which is something to bear in mind when you feel like your work is dull.

Finding motivation

Goal-setting is another important motivational tool for these athletes. Long-term goals obviously include qualifying for the Olympics and then winning a medal or even breaking a record. Japanese tennis player Naomi Osaka has said that winning an Olympic medal was her lifelong dream.

There is something highly motivational about representing your country, especially so in 2024 for athletes from Ukraine. As high jumper Yaroslava Mahuchikh has said: "We all are fighting for our people, for our soldiers. We want to show every person in the world that we will continue fighting, that the war is not finished."



Motivation also comes from caring about what you do. Two-time Olympic gold medal-winner Andy Murray, who plans to retire after representing Great Britain at these Olympics, said recently that he wished he could keep playing tennis forever because he loves the sport so much. Doing work that you enjoy is a big help when it comes to maintaining high performance levels.

Stress management

It's hard for most of us to imagine how stressful it must be to have to perform at the very highest level in a single moment while the world is watching.

To cope with this intense pressure, some athletes try to adopt a "growth mindset", in which they make a point of learning from situations to reduce their nerves. Others, like former US middle-distance runner Shannon Rowbury, adopt

coping strategies which may involve things like feeling grateful for high-pressure situations because they indicate success.

Another technique, which could potentially be used by anyone ahead of giving a presentation or attending a challenging meeting, is to try and prepare psychologically in advance. As US hurdler Grant Holloway explained: "If you're able to visualise your race and see what you're going to do before it even happens, when it starts to come to fruition it's second nature."

Autonomy

Most Olympians enjoy significant autonomy in their training, and research has shown this can improve performance by boosting motivation and empowerment.

Granting employees more autonomy is likely to increase their motivation too. But it is also important that their longterm goals are clear – otherwise, too much autonomy can be counterproductive. Research suggests, for example, that some people find working from home difficult when it comes to self-motivation and having a sense of direction.

Resilience

Elite sport is filled with moments of resilience – an athlete's ability to overcome seemingly impossible setbacks. British middle-distance runner Ben Pattison, for example, has qualified for the Paris games despite undergoing heart surgery a few years ago, while US hurdler Sydney McLaughlin-Levrone missed the 2023 season due to injury but returned with a world record in 2024.

In sport, injuries and defeats are everywhere. Outside of sport, mistakes and mishaps at work may not be quite as heartbreaking, but they still need to be overcome.

As Olympic gold medal-winning basketball player Michael Jordan once said: "I've missed more than 9,000 shots in my career. I've lost almost 300 games. Twenty-six times I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

Hardly any of us will ever consider ourselves as successful as Jordan – and we may never be as quick, strong or skilful as the Olympians we watch in Paris this summer. But we can take lessons from the approach they take to their work – to feel motivated, disciplined and empowered in whatever it is we do.

SAGITTARIUS: NOV 22 - DEC 21

Adventure calls! Plan a short trip or explore new hobbies. Professional life looks promising with potential for growth. In relationships, be open to new experiences. Maintain a positive outlook, and everything will fall into place. *Lucky Numbers: 1, 9, 15, 22, 28, 37* **CAPRICORN: DEC 22 - JAN 19** Hard work pays off this week. Focus on your goals with determination. Financial gains are likely but spend wisely. Personal relationships require your attention; show appreciation to loved ones. Balance work with leisure to stay energized. *Lucky Numbers: 2, 11, 17, 23, 29, 36* AQUARIUS: JAN 20 - FEB 18

Innovation is your strength. Implement new ideas at work for success. Social life is vibrant; enjoy gatherings with friends. In love, be spontaneous and adventurous. Prioritize mental health with mindfulness practices. *Lucky Numbers: 4, 10, 18, 24, 31, 38* **PISCES: FEB 19 - MAR 20** Intuition guides you this week. Trust your instincts in

YOUR STARS

professional and personal matters. Financial stability improves; consider long-term investments. Nurture your relationships with empathy and kindness. Take time for self-reflection and artistic pursuits. *Lucky Numbers:* 6, 13, 16, 20, 26, 35 **ARIES: MARCH 21 - APRIL 19** This week brings new energy into your life. Embrace the opportunities at work, and don't shy away from taking the lead. Personal relationships might demand attention, so communicate openly to avoid misunderstandings. By the

weekend, indulge in a hobby to recharge. Lucky Numbers: 5, 12, 18, 22, 30, 37 TAURUS: APR 20 - MAY 20

Financial stability is on the horizon. Keep an eye on your expenses and avoid impulsive purchases. In love, be patient and understanding. If single, a new connection might spark interest. Prioritize self-care and relaxation to maintain your well-being.

Lucky Numbers: 3, 8, 14, 20, 27, 33

GEMINI: MAY 21 - JUNE 20

Communication is key this week. Share your ideas at work to gain recognition. Social interactions will be lively, and you might reconnect with old friends. Stay flexible to adapt to sudden changes. Balance your active mind with some quiet time.

> Lucky Numbers: 1, 9, 16, 21, 28, 35 CANCER: JUNE 21 - JULY 22

Emotions run high, and family matters take center stage. Offer support where needed, but don't neglect your own needs. Professional life demands a strategic approach; think before acting. A creative project could bring joy. *Lucky Numbers: 4*, *7*, *13*, *19*, *26*, *31*

LEO: JULY 23 - AUG 22

Your charisma is at its peak, making it a great time for networking and social events. At work, showcase your talents confidently. Romantic prospects are favorable; express your feelings openly. Take care of your health with a balanced diet and exercise.

Lucky Numbers: 2, 11, 15, 23, 29, 36 VIRGO: AUG 23 - SEPT 22

Focus on organization and planning. Streamline your tasks at work for better efficiency. Financial matters may require careful handling. In relationships, practice patience and understanding. Make time for meditation. *Lucky Numbers: 3, 10, 17, 24, 32, 38*

Libra: Sept 23 - Oct 22

Balance is your theme this week. Harmonize work and personal life to avoid burnout. Collaborative projects will be successful. In love, open communication strengthens bonds. Pursue creative endeavours that bring you joy and relaxation.

> Lucky Numbers: 5, 8, 12, 21, 27, 34 SCORPION: 23 OCT – 21 NOV

Transformation is underway. Embrace changes at work and adapt to new circumstances. Deep conversations with loved ones can lead to healing. Stay mindful of your health; avoid stress through regular exercise and a balanced diet

Lucky Numbers: 3, 7, 14, 19, 25, 30

Can you distinguish Al-generated people from real ones?

Research shows that survey participants were fooled by Al-generated images nearly 40 percent of the time

If you've recently struggled to discern whether an image of a person is real or generated by artificial intelligence (AI), you're not alone.

A new study from researchers at the University of Waterloo found that people had more difficulty than expected distinguishing between real individuals and those artificially generated.

In the Waterloo study, 260 participants were shown 20 unlabeled pictures: 10 of real people obtained from Google searches, and 10 generated by Stable Diffusion or DALL-E, two commonly used Al programs for image generation.

Participants were asked to label each image as real or AI-generated and explain their decision-making process.

Only 61 percent of participants were able to correctly identify the Al-generated images from the real ones, which was



REAL PHOTO OR

significantly below the researchers' expected threshold of 85 percent.

"People are not as skilled at making this distinction as they believe," said Andreea Pocol, a PhD candidate in Computer Science at the University of Waterloo and the study's lead author.

Participants focused on details such as fingers, teeth, and eyes as potential



indicators when trying to identify Algenerated content—but their assessments were not always accurate.

Pocol noted that the study allowed participants to scrutinize photos carefully, whereas most internet users glance at images quickly.

"People who are simply scrolling through or pressed for time may not notice

these cues," Pocol said.

She added that the rapid advancement of AI technology makes it increasingly difficult to anticipate the potential for AIgenerated images to be used maliciously or for nefarious purposes.

Academic research and legislation often struggle to keep pace: Al-generated images have become even more realistic since the study began in late 2022.

These Al-generated images pose a significant threat as tools of political and cultural manipulation, enabling users to create fake images of public figures in compromising or embarrassing situations.

"Disinformation is not a new phenomenon, but the tools for disinformation are constantly evolving and changing," Pocol said.

"It may reach a point where people, regardless of their training, struggle to differentiate between real and fake images. This underscores the need to develop tools to detect and counteract this. It's akin to a new AI arms race."





Heating a delicious ice cream cone or frozen lemonade, so cold and sweet and suddenly, bam, brain freeze! What happened?

A brain freeze is a short, intense pain behind the forehead and temples that occurs after eating something cold too fast. If you get one, don't worry – your brain isn't actually freezing. The sensation feels like it's happening inside your skull, but it really has to do with what's going on in your mouth.

Brain freeze isn't as common as you might expect. Many studies report that less than half of their participants get

them. Scientists still don't understand why. What makes a brain freeze hurt?

There's a lot we know about how a brain freeze works. There's also a lot we don't know.

Just beneath the skin on your face is a network of blood vessels that supply the face and brain with blood. Blood contains many nutrients like oxygen, which is essential for your brain to function. Tangled up in this network of vessels are tiny nerve endings connected to one another and the brain through the trigeminal nerve. This nerve makes it possible for you to feel sensations in your face, including pain. Scientists believe the blood vessels in the throat and mouth and the trigeminal nerve are central to what makes a brain freeze hurt. But they don't quite agree on which is more responsible for causing the pain.

Most agree that eating or drinking something cold, too quickly, rapidly lowers the temperature at the back of your throat and roof of your mouth. Many also agree this causes the tiny blood vessels in these areas to shrink, allowing less blood to pass through them. This reduces their ability to supply your brain with necessary oxygen in the blood. What happens next is a little blurry.

Pain in the brain means stop!

Some scientists believe the trigeminal nerve responds to these events in your throat and mouth by sending a pain signal to the front of your brain. Whether the nerve is specifically responding to the cold or a sudden reduction of blood and oxygen supply to the brain – or both – is unclear.

Other scientists believe the pain is caused by a rush of blood to the front of your head. Shortly after the vessels in your throat and mouth shrink from the cold, these same vessels immediately expand. By expanding, additional blood and oxygen flood these areas. Although this blood rush might provide your brain with desperately needed blood and oxygen, it also might increase the amount



of pressure in your head, causing pain. Is a brain freeze dangerous?

A brain freeze may seem like a bad thing at first, but the pain could actually be good. By forcing you to stop eating that delicious but cold treat, the pain from a brain freeze may protect your brain from losing its continuous supply of blood and oxygen.

If you're worried about a brain freeze, try slowing down. It may be hard with something as delicious as a Bomb Pop on a hot summer day, but at least it will last longer.

Tyler Daniel Anderson-Sieg Doctoral Student in Biomedical Sciences, University of South Carolina

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Unwind | Mauritius Times



Forbidden Love

A crab and a lobster are secretly dating. Pretty soon, the young lobster tires of making excuses and decides to tell the truth to her father, who then forbids her to meet the crab. He tells his daughter, "Crabs walk sideways while we walk straight."

"Please, just meet him once, I am sure you will like him," she begs her father.

Her father finally agrees reluctantly to a one-time meeting. Off she rushes to announce the good news to her crab.

The crab is so excited he decides to surprise his beloved. He practises and practises until he can finally walk straight. On the big day, he walks the entire way to the lobster's place as straight as he can.

Standing on the porch and observing the crab walking towards him, the lobster yells to his daughter, "I knew it, here comes that crab and he's drunk."

Questionable Mourning

A guy decides to pay a condolence visit after his friend's wife had passed away.

When he knocks on the door, he gets no answer, so he pushes the door and gets in to see if everything is fine. The man finds his friend in the living room kissing a woman.

"Tom, your wife just died yesterday," says the man. His friend looks up and says, "In this grief, do you think I know what I'm doing?"

Alzheimer's Test

to be taken regularly by all over 40

How fast can you guess these words correctly and to fill in the blanks?

1NDOM	6. BOO_S	4. PULSE
2. FK	Answers:	5. SIX
3. P_N_S	1. RANDOM	6. BOOKS
4. PU_S_	2. FORK	
5. S_X	3. PANTS	



You got all 6 wrong, didn't you? Anyway, you do not have Alzheimer's. Get back to your task!!!

Mental Aptitude Test

The following was developed as a mental age assessment by the School of Psychiatry at Harvard University. Take your time and see if you can read each line aloud without a mistake. The average person over **58 years of age** cannot do it!

This is this cat.	7.	This is old cat.
This is is cat.	8.	This is fool cat.
This is how cat.	9.	This is busy cat.
This is to cat.	10.	This is for cat.
This is keep cat.	11.	This is forty cat.
This is an cat.	12.	This is seconds cat.
	This is is cat. This is how cat. This is to cat. This is keep cat.	This is is cat.8.This is how cat.9.This is to cat.10.This is keep cat.11.

Now go back and read **the third word** in each line from the top down.

The doctor's wake-up call

A doctor fell ill. He consulted many friends in multi-specialty hospitals, but still couldn't get cured. He was sad. Then his wife advised him, "Why don't you consult a veterinary doctor?"

He was shocked and screamed at her, "Are you mad?"

She spoke softly, "Nothing's wrong with me. It's you who has a problem. You wake up early in the morning like a cock, take a half bath like a crow, eat like a monkey, then run to the hospital like a racehorse. You work like a donkey, sweet-talk your patients, and scream at your juniors like a wild bear. In the evening, you come home and bark at us like a dog, then eat like a crocodile. You go to bed and sleep like a buffalo, immediately preparing for an emergency call. That's why I suggested you see a veterinary doctor."

The doctor sat there in shock, looking at his wife. His wife then asked him, "Now why are you staring at me like an owl?"

Nelson Mandela's Encounter

When Nelson Mandela was studying law at the University, a white professor, whose last name was Peters, disliked him intensely.

One day, Mr. Peters was having lunch at the dining room when Mandela came along with his tray & sat next to the professor.

The professor said, "Mr Mandela, you do not understand, a pig and a bird do not sit together to eat."

Mandela looked at him as a parent would look at a rude child and calmly replied, "You do not worry professor. I'll fly away," and he went and sat at another table.

Mr. Peters, reddened with rage, decided to take revenge.

The next day in class he posed the following question: "Mr. Mandela, if you were walking down the street and found two packages, in one was a bag of wisdom and in another bag was plenty of money, which one would you take?"

Without hesitating, Mandela responded, "The one with the money, of course."

Mr. Peters, smiling sarcastically said, "I, in your place, would have taken the bag with wisdom."

Nelson Mandela shrugged and responded, "Each one takes what he doesn't have."

Mr. Peters, by this time was about to throw a fit, seething with fury. So great was his anger that he wrote



on Nelson Mandela's exam sheet the word "IDIOT" & gave it to Mandela, the future struggle icon of the world.

Mandela took the exam sheet & sat down at his desk trying very hard to remain calm while he contemplated his next move.

A few minutes later, Nelson Mandela got up, walked up to the professor & told him in a dignified polite tone, "Mr. Peters, you signed your name on the sheet, but you forgot to give me my grade."

A Comparison of Hells

A man dies and goes to hell. He finds that each country has its own version of hell.

Curious, he first visits the German hell and asks, "What do they do here?"

He is told, "First, they put you in an electric chair for an hour. Then, they lay you on a bed of nails for another hour. After that, the German devil comes in and beats you for the rest of the day."



Not impressed, the man continues his tour, visiting the American hell, the Russian hell, and those of other countries. He discovers that they all have a similar setup.

Finally, he arrives at the Mauritian hell and notices a long queue of people waiting to get in.

Curious, he asks, "What happens in the Mauritian hell?"

He is told, "First, they put you in an electric chair for an hour. Then, they lay you on a bed of nails for another hour. After that, the Mauritian devil comes in and beats you for the rest of the day."

Perplexed, the man wonders, "But that sounds exactly like the other hells. Why are so many people waiting to get in here?"

He is informed, "Because the maintenance here is so poor that the electric chair doesn't work, someone has stolen all the nails from the bed, and the Mauritian devil is a former government servant. He just comes, signs the attendance register, and then goes to the canteen!"

All Things Life

Mauritius Times

Reflections on Life after Death and Death

Even if we are not sure if life after death exists, nobody actually dies, in the sense that all the good actions done on Earth and all the positive things inculcated to close ones and the society will be remembered forever. (A special message to all those who have lost close ones recently)

-- Anonymous

Death is not the greatest loss in life. The greatest loss is what dies inside us while we live.

-- Norman Cousins

Death is no more than passing from one room into another. But there is a difference for me, you know. Because in that other room I shall be able to see.

-- Helen Keller

You live on Earth only for a few short years which you call an incarnation and then you leave your body as an outworn dress and go for refreshment in your true home in the spirit.

What is A.A.A.D.D.?

t is Age-Activated Attention Deficit Disorder.

This is how it manifests:

I decide to water my garden. As I turn on the hose in the driveway, I look over at my car and decide it needs washing.

As I start toward the garage, I notice mail on the porch table that I brought up from the mailbox earlier.

I decide to go through the mail before I wash the car.

I lay my car keys on the table, Put the junk mail in the garbage can under the table, And notice that the can is full.

So, I decide to put the bills back On the table and take out the garbage first. But then I think, Since I'm going to be near the mailbox When I take out the garbage anyway, I may as well pay the bills first.

I take my chequebook off the table, And see that there is only one check left.

My extra checks are in my desk in the study, So I go inside the house to my desk where I find the can of Coke I'd been drinking.

I'm going to look for my checks, But first I need to push the Coke aside So that I don't accidentally knock it over.

The Coke is getting warm, And I decide to put it in the refrigerator to keep it cold.

As I head toward the kitchen with the Coke, A vase of flowers on the counter Catches my eye — they need water.

I put the Coke on the counter and Discover my reading glasses that I've been searching for all morning.

I decide I better put them back on my desk, But first I'm going to water the flowers.



I set the glasses back down on the counter, Fill a container with water and suddenly spot the TV remote. Someone left it on the kitchen table.

I realize that tonight when we go to watch TV, I'll be looking for the remote, But I won't remember that it's on the kitchen table, So I decide to put it back in the den where it belongs, But first I'll water the flowers.

I pour some water in the flowers, But quite a bit of it spills on the floor.

So, I set the remote back on the table, Get some towels and wipe up the spill.

Then, I head down the hall trying to Remember what I was planning to do.

At the end of the day:

The car isn't washed, The bills aren't paid, There is a warm can of Coke sitting on the counter, The flowers don't have enough water, There is still only one check in my chequebook, I can't find the remote, I can't find my glasses, And I don't remember what I did with the car keys.

Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day, And I'm really tired.

I realize this is a serious problem, And I'll try to get some help for it, But first I'll check my email....

Don't laugh — if this isn't you yet, your days are coming!!

-- Chief White Eagle (Native American)

Death is not extinguishing the light; it is only putting out the lamp because the dawn has come.

-- Rabindranath Tagore

Death is nothing else but going home to God, the bond of love will be unbroken for eternity.

-- Mother Teresa

<u>That's Life</u> Nawazuddin

Siddiqui on Marriage and Love

Nawazuddin Siddiqui reveals that if one is in love, it can prosper without marriage. He says, "I want to say but people might misinterpret it... They shouldn't (get married). What is the need to get married? If you are in love, it can prosper even without marriage. After marriage, people start taking each other for granted."

He further adds, "If you are not married to each other, then you love each other more. But after marriage, that starts diminishing. Kids come into the picture, a lot of things happen. If you love someone and want to continue loving them, then don't get married."

Thought to Live by

Anthony Hopkins's Perspective on Life

66 know that I have less to live than I have lived.

I feel like a child who was given a box of chocolates. He enjoys eating it, and when he sees that there is not much left, he starts to eat them with a special taste. I have no time for endless lectures on public laws - nothing will change. And there is no desire to argue with fools who do not act according to their age. And there's no time to battle the gray. I don't attend meetings where egos are inflated and I can't stand manipulators. I am disturbed by envious people who try to vilify the most capable to grab their positions, talents and achievements.

I have too little time to discuss headlines - my soul is in a hurry. Too few candies left in the box. I'm interested in human people. People who laugh at their mistakes are those who are successful, who understand their calling and don't hide from responsibility. Who defend human dignity and want to be on the side of truth, justice, righteousness. This is what living is for.

I want to surround myself with people who know how to touch the hearts of others. Who, through the blows of fate, were able to rise and maintain the softness of the soul. Yes, I hustle, I hustle to live with the intensity that only maturity can give. I'll eat all the candy I have left they'll taste better than the ones I already ate.

My goal is to reach the end in harmony with myself, my loved ones and my conscience. I thought I had two lives, but it turned out to be only one, and it needs to be lived with dignity."

We are not human beings with a spiritual

Friday, August 2, 2024

experience; we are spiritual beings having a human experience.

-- Pierre Teilhard de Chardin

For life and death are one, like the river and the sea are one.

--- Khalil Gibran

Life and death are one thread, the same line viewed from different sides.

-- Lao Tzu

19

Death is but a change of condition. We remain in the same Universe, and are subject to the same laws as before.

-- Swami Vivekananda

Death is one of the greatest creation of humanity!!! Knowing that we will all die one day,

life acquires a significance. This triggers us to think what is really important to us and forces us to give an importance to time, who we are, what is our purpose in life.

-- Neil deGrasse Tyson (eminent astrophysicist)

Just try to imagine a world without death, where everyone is immortal !!! Do you think we'll be happier ?

-- Anonymous

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Cancer Treatment

How Chemotherapy Works

Chemotherapy is a common cancer treatment that uses drugs to kill cancer cells or stop their growth. It may be used alone or in combination with surgery or radiation therapy. Chemotherapy can be administered through pills, injections, or intravenously in a clinic or hospital.

Even after surgery to remove a tumour, residual cancer cells may remain, potentially leading to new tumours. Chemotherapy helps to destroy or shrink these cells and may alleviate symptoms caused by cancer, such as pain.

Mechanisms of Action

Chemotherapy works through several mechanisms:

- Killing both cancerous and healthy cells
- Targeting only cancer cells
- Preventing tumours from developing blood vessels
- Attacking cancer cell genes to inhibit growth

Common Chemotherapy Drugs

Chemotherapy drugs are categorized by how they function:

1. Alkylating Agents: Damage the DNA of cancer cells, preventing replication. Common examples include cyclophosphamide and cisplatin.

2. Antimetabolites: Interfere with cell



metabolism, hindering growth. Examples include methotrexate and gemcitabine.

3. Anthracyclines: Attack enzymes in cancer cell DNA that facilitate division. Drugs like doxorubicin fall into this category.

4. Mitotic Inhibitors: Stop cancer cells from replicating. Examples are paclitaxel and vinblastine.

5. Topoisomerase Inhibitors: Target enzymes aiding cell division. Drugs include etoposide and irinotecan.

6. Steroids: Mimic hormones to treat various cancers and manage side effects like nausea. Examples include prednisone and dexamethasone.

Other Cancer Treatments

In addition to chemotherapy, other treatments like targeted therapies, hormone therapy, and immunotherapy are increasingly used. These treatments generally aim to selectively target cancer cells, resulting in fewer side effects.

Monitoring Effectiveness

Oncologists monitor treatment response through physical exams, blood tests, and imaging scans. If treatment is ineffective, adjustments may be made to the dosage or treatment plan.

Health & Beauty Surprising

Uses for Tea Bags

You may have rested tea bags on your puffy eyes. But have you tried them on bug bites or used them to perk up your plants?

Tea bags are versatile beyond their traditional use in brewing a soothing cup. From skincare to gardening, these humble items can serve multiple purposes around the house. Here are some surprising ways to utilize tea bags:

1. De-Puff Your Eyes

If you wake up with puffy eyes, try placing chilled, steeped tea bags over each eye for 5 minutes. Caffeinated tea helps constrict blood vessels, reducing puffiness.

2. Help With Skin Conditions

Steeped black tea can soothe itchy rashes caused by poison ivy or dermatitis. Applying wet tea bag dressings may alleviate inflammation and promote healing.

3. Treat Minor Injuries

For minor cuts or bruises, apply cooled, steeped black tea directly to the affected area. It can help reduce pain and swelling.

4. Take the Sting Out of Bug Bites Wet tea bags can provide relief from bug bites. Simply apply a damp tea bag to the bite for 15-20 minutes to reduce itching and pain.

5. Ease Tooth Pain

For toothaches or bleeding gums, bite on a warm peppermint tea bag. The tannic acid can aid in blood clotting and provide temporary relief.

6. Ease Soreness From Breastfeeding

Mothers nursing infants can use warm, wet tea bags as compresses to alleviate sore nipples. This method can improve blood flow and aid in healing.

7. Unclog Your Pores

Green tea leaves can be used to make a scrub that cleanses oily skin and removes blackheads. Mix tea leaves with water to form a paste, gently scrub, and rinse for refreshed skin.

8. Dye Fabrics

Tea leaves can be used as a natural dye for fabrics like cotton. Boil used tea leaves in water to extract the dye, strain, and soak fabric for unique coloration.

9. Perk Up Plants

Used tea leaves are rich in nitrogen, which promotes healthy plant growth. Incorporate them into soil to boost plant vitality and chemical production.

10. Toss Into Compost

Tea bags can enrich compost with nutrients beneficial for plants. Ensure tea bags are free of plastic components to avoid environmental impact.

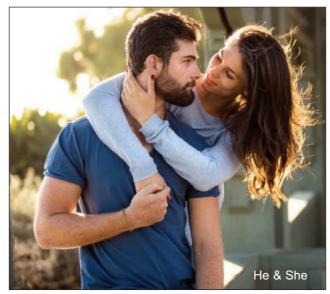
Tea bags offer more than a comforting drink—they provide practical solutions for various household needs, from skincare remedies to sustainable gardening practices. Discover the versatility of tea beyond the teacup!

The Art of Seduction: Mastering Techniques to Win any Man's Heart

When it comes to seducing a man, looks alone aren't enough. They might catch any guy's attention, but there's much more to being seductive. Even appealing lips mean nothing if a woman doesn't know how to choose the right words that will pique a man's interest. The art of seduction is more than just 'dressing to impress,' and we're here to tell you all about it.

To seduce a man, you first need to seduce yourself -learn to be yourself. Forget about all the expensive things that will make you look instantly pretty. Forget about imposed beauty standards and focus only on yourself. What do you like most about yourself? Are you curious, extroverted, caring, generous? Embrace your imperfections; confidence comes from within, not from trivial things. Fall in love with your imperfections, and you'll boost your confidence. Show the world that you're proud of who you are, and you will seduce any man you desire.

The first thing a man notices about you is your vibe -women usually don't pay that much attention to how they feel about themselves because they're only focusing on how others perceive them. Everything about your personality makes you who you are. The first thing a man notices about you is not what you're wearing but your vibe. If you're wearing what makes you feel comfortable, it will show in your attitude. If you're not, you'll rather look frustrated or annoyed.



How do you then seduce anyone if you're not feeling good about yourself in the first place? One genuine smile has the power to seduce any man out there. It will show him you don't take yourself too seriously and that you're in a good mood and fun to be around. When you pass a smile to a man, make sure you make eye contact for a few seconds. This will hold his attention. You need to learn how to flirt with your words and body language -- pay more attention to what you're going to say instead of what you're going to wear. It sure is impossible to predict the flow of the conversation, but it's very important to say the right words at the right time. Don't say the first thing that comes to your mind; create mystery and build it up in a flirty way. If a man asks you a question and you give the answer immediately, there's no seduction. But if you keep him guessing, he will be simmering for some time until you finally give him the answer.

Seduction is about maintaining mystery, playing with words, being creative, and giving him everything bit by bit. It's also about giving out hints with your body language. It's a powerful tool to use with the right words. A subtle touch, locking eyes, playing with your hair, being spontaneous -- all of it will seduce him. Avoid crossing your arms because that's a huge sign of a reserved person.

You can seduce a man with your intelligence, sense of humour, spontaneity, body language -- all of it without taking your clothes off or touching him. Men sure are visual creatures, but physical appearance will only catch their attention. It's your personality that will capture their heart and seduce their mind.

Deepika Padukone, Alia Bhatt, or Kareena Kapoor: Who is the highest paid actor in Bollywood?

Do you know how much your favourite actor charges per film? Take a look at this report from Hindustan Times to know which star is currently the highest paid in the industry.

Deepika Padukone, Kareena Kapoor, or Alia Bhatt? Which female actor in Bollywood is the highest paid currently? According to a recent report by Bollywood Hungama, several insiders from the industry joined in to take a closer look at the remuneration taken by the female actors per film. Deepika Padukone, Kareena Kapoor, and Alia Bhatt are 3 of the top stars in the industry.

Deepika Padukone: The report pointed out that Deepika Padukone is currently the highest paid actor in the industry, who charges in the range of Rs150-200 million. "Her track has been consistent since last year. Hence, her pay structure is unlikely to get reduced. In



fact, it'll grow as time passes," read the report. Deepika was last seen in *Kalki 2898 AD*, which has turned out to be a blockbuster at the box office. She had a successful 2023, with two films with Shah Rukh Khan: *Pathaan* and *Jawan*. She will be seen next in *Singham Again*.

Alia Bhatt: Alia Bhatt is at second place in the list, charging around Rs150 million per film. Alia is one of the biggest stars in Bollywood currently, having headlined female-centric films like *Gangubai Kathiawadi* and

Darlings, and leading in big mainstream films like *Brahmastra* and *Rocky Aur Rani Ki Prem Kahani*. She has *Jigra*, *Love and War*, and *Alpha* in her kitty.

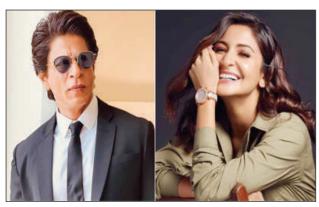
Kareena Kapoor: With Rs 80-110 million as fees for a film, Kareena Kapoor follows in the third place. Kareena delivered a huge hit at the beginning of the year with *Crew*, which was headlined around 3 female stars. She also made her OTT debut with *Jaane Jaan* last year, which was a great success for Netflix. Kareena has *The Buckingham Murders*, and *Singham Again* in her pipeline.

Katrina Kaif and Shraddha Kapoor: Katrina Kaif and Shraddha Kapoor tie for

the 4th and 5th positions respectively, with Rs 80-100 million per film as remuneration. Katrina had *Tiger 3* and *Merry Christmas* as her last releases, while Shraddha had *Tu Jhoothi Main Makkar*. All eyes are on Shraddha as she stars next in *Stree 2*.

Next on the list were Kriti Sanon, Kiara Advani, Kangana Ranaut, and Taapsee Pannu, all of whom charge in the range of Rs 50-80 million.

7 Bollywood Celebrities Who Excel as Entrepreneurs



Bollywood celebrities are not just known for their acting prowess but also for their entrepreneurial acumen. Many stars have ventured into diverse business domains, showcasing their versatility and achieving remarkable success. Here are seven Bollywood icons, as listed by Koimoi, who have made a significant impact as entrepreneurs, along with their estimated net worth:

7. Anushka Sharma: Net Worth: \$35 million

Anushka Sharma, celebrated for her acting and producing skills, has carved a niche in the film industry. Co-owner of Clean Slate Filmz, she has delivered critically acclaimed films and web series. Anushka's keen eye for content and business prowess continues to set benchmarks in entertainment.

6. Deepika Padukone: Net Worth: \$60 million

Deepika Padukone, a leading Bollywood actress, has strategically invested in various startups through her firm, Ka Enterprises. Her production company, Ka Productions, produced the acclaimed film "Chhapaak," reflecting her entrepreneurial journey alongside her acting career.

5. Priyanka Chopra: Net Worth: \$80 million

Priyanka Chopra, a global superstar, has ventured into diverse businesses including co-owning Purple Pebble Pictures and investing in the dating app Bumble. Her entrepreneurial pursuits complement her stellar acting career, making her a prominent figure in entertainment.

4. Akshay Kumar: Net Worth: \$340 million

Akshay Kumar, among Bollywood's highest-paid actors, owns Hari Om Entertainment and invests in fitness and wellness brands. His business ventures alongside his acting career have made him one of Bollywood's wealthiest stars.

3. Salman Khan: Net Worth: \$347 million

Salman Khan, renowned for his philan-thropy and acting prowess, owns Being Human, a charitable foundation and clothing brand. His business acumen also extends to film production with Salman Khan Films.

2. Hrithik Roshan: Net Worth: \$375 million

Hrithik Roshan, known for his acting and dance skills, co-owns HRX, a popular fitness brand offering apparel and workout gear. His focus on fitness resonates with his entrepreneurial ventures, enhancing his star status.

1. Shah Rukh Khan: Net Worth: \$760 million

Shah Rukh Khan, dubbed the "King Khan" of Bollywood, co-owns Red Chillies Entertainment and the Kolkata Knight Riders (KKR) IPL team. His investments across various sectors have significantly contributed to his substantial net worth.

These Bollywood icons have transcended cinema to become accomplished entre-preneurs, reflecting their diverse interests and business acumen.



Vicky Kaushal reveals he and Katrina Kaif 'can't sleep' after arguments

Vicky Kaushal recently opened up about his relationship with wife Katrina Kaif, sharing insights during an interview with Raj Shamani. Currently promoting his film Bad Newz and captivating audiences with his dance moves in "Tauba Tauaba," Vicky reflected on his first meeting with Katrina at an award show, where he humorously proposed to her on stage as part of a scripted performance.

Recalling their initial encounter, he said, "We met backstage before going on stage. That was the first time I introduced myself to her, and she introduced herself to me." Vicky noted that their relationship blossomed naturally, without any premeditated plans. "Initially, our meetings weren't planned. The first time we spoke was during an interview with cameras rolling. We just randomly bumped into each other," he explained. "Some things are just meant to happen."

Vicky addressed rumors surrounding Katrina's pregnancy, clarifying that the couple is not expecting their first child.

Discussing how they navigate conflicts, Vicky highlighted their contrasting temperaments: he is more rational, while Katrina is deeply emotional. "When I'm angry or sad, I need solitude to process my emotions. But Katrina wants to engage, which is why we balance each other out beautifully," he said. "We both can't sleep if we've had an argument. I'm the rational one, and she has incredible emotional intelligence. It's amazing and sometimes overwhelming."

Vicky emphasized the importance of their different approaches to resolving disagreements. "If we have a disagreement, I'm logical, and she's emotional. This contrast can actually strengthen our relationship," he noted. "There's no peace in winning by blaming someone. As a couple, you win when you play together."

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When anger has no outlet, it can

morph into resentment and has the

Tree of Knowledge

Resentmen



Books

<u>The Anarchy' by William Dalrymple</u> **The British East India Company: A Company That Colonized an Entire Subcontinent**

Anwar Halari Senior Lecturer in Accounting and Financial Management, The Open University

world dominated by colossal corporations. The likes

of Microsoft and Apple are bigger than most economies. Not long ago, however, a British company dwarfed these giants, yet few people know its history or the valuable lessons it can teach us today.

I am talking about the East India Company (EIC), an unrelenting force in world affairs from 1600 until as recently as the 1870s. Its history and importance are perfectly summed up by the Scottish historian William Dalrymple in his 2019 book, 'The Anarchy: The Relentless Rise of the East India Company'.

I read it last Christmas and could barely put it down. It spoke both to my south Asian roots and my accountancy specialism, since the company's first governor, Sir Thomas Smythe (1558-1625), was an auditor. Dalrymple, who has lived most of his life in India, meticulously explains how this one company became the de facto ruler of the subcontinent for more than a century.

The East India Company was set up as a "joint stock" company, meaning it was controlled by its investors. And it wasn't just elite figures like the mayor of London who held stakes, but British people from every walk of life – from sandal makers to leather workers to wine merchants.

This model meant access to essentially unlimited finance, since more investors could always be found. They were attracted by the company's official charter from Queen Elizabeth in 1600, which gave it an exclusive trading monopoly over India.

The company gradually grew in military might and was able to exploit the chaos and instability caused by the decline of the Mughal empire, which had ruled large parts of the subcontinent until the early 18th century (this is "the anarchy" Dalrymple refers to in the title).

Greed and arrogance

His book details the greed and arrogance of important company figures such as Lord Robert Clive (1725-1774), who became the first British governor of Bengal, and Warren Hastings (1732-1818), the first governor-general of India. Clive is described as a "violent, utterly ruthless and intermittently mentally unstable corporate predator", though also an "extremely capable leader of the company and its military force in India".

A pivotal moment came under his leadership in 1757, when he defeated the Bengali leader (the nawab) and his French allies at the Battle of Plassey. Dalrymple recounts how Clive personally entered the treasury of the nawab in the city of Murshidabad and ended up taking most of it for In 1773, it became the original institution deemed "too big to fail" as the British government stepped in with "one of history's first mega-bailouts"



himself. He "returned to Britain with a personal fortune then valued at £234,000" (£35 million in today's money).

From Bengal, the East India Company came to exert control over large parts of the subcontinent, with numerous battles, massacres and atrocities along the way. Yet this victory in Bengal also ironically led to one of its biggest crises: the value of the stock had doubled on news of the company's success, but then collapsed in 1769 after it had become overextended militarily and commercially and faced a famine in Bengal.

Dalrymple describes how company tax collectors were ruthless during this famine, brutally enforcing high taxes in what was euphemistically described as "shaking the pagoda tree". These would have been major human rights violations today but weren't enough to prevent a cash crunch in which the company was unable to pay creditors or taxes.

By this stage, the company was responsible for a staggering 50% of global trade. In 1773, it became the original institution deemed "too big to fail" as the British government stepped in with "one of history's first mega-bailouts".

The company paid with some restrictions in its autonomy but remained extremely powerful for years to come. Its private army peaked at around 250,000 men in the early 19th century, bigger than that of the British army (Dalrymple likens it to Walmart having its own fleet of nuclear submarines). Thus, the colonial takeover of India was achieved not by state power but corporate strategy, backed by private military force.

It must have seemed like the company would continue indefinitely – but growing criticism of its tough trading tactics and corruption led to successive efforts by the British government to limit its power. The final straw was the mutiny of 1857, which started among Indian soldiers in the EIC army and spread across the subcontinent.

After it was put down by the British, with some 100,000 Indians killed, the government assumed direct control of India. So began the era of the British Raj. The EIC military was absorbed by the Crown and within a few years, the com-

Moral lessons

pany was dissolved.

For me, the most important takeaway from 'The Anarchy' is summed up by a quote from one of its cast of characters, the 18th-century Tory politician and lord chancellor, Baron Edward Thurlow:

Corporations have neither bodies to be punished, nor souls to be condemned; they therefore do as they like.

A alrymple vividly describes how we can still see the results today in Powis castle in central Wales, of all places. It is "awash with loot from India, room after room of imperial plunder, extracted by the East India Company... there are more Mughal artefacts stacked in this private house in the Welsh countryside than are on display in any one place in India – even the National Museum in Delhi".

'The Anarchy' reminds us that the most profitable and innovative businesses can become vessels for exploitation without appropriate accountability and governance. The book is on its way to becoming a modern classic for its analysis of this decay.

Today's massive corporations lack the company's military strength, and corporate governance has thankfully improved over the last couple of centuries. Yet these entities are still incredibly powerful. Among the world's top 100 economic operators, almost 70% are corporations.

The biggest companies are set to dominate new technologies like AI, which will make them seem even more unassailable. The demise of the British East India Company at least reminds us that governments ultimately have the power to reassert themselves, if the will is there. Through all the corporate brutality and corruption on display, 'The Anarchy' does carry that message of hope.

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palette. Anger is experienced by most people — some more than others. It is when anger has no outlet and morphs into resentment that it carries with it the potential to cause us great turmoil. Allowing us to assign blame for the pain we are feeling often eases it, but it creates resentment, which tends to smoulder relentlessly below the surface of our awareness, eroding our peace of mind.

The target of our resentment grows ever more wicked in our minds, and we rue the day we first encountered them. But resentment is merely another hue on the emotional palette, and therefore, it is within the realm of our conscious control. We can choose to let go of our resentment and move on with our lives, no matter how painful the event that incited it.

Hanging onto resentment in our hearts does not serve us in any way. Successfully divesting ourselves of resentful feelings can be difficult, however, because doing so forces us to mentally and emotionally confront the original source of anger. When we cease assigning blame, we realize that our need to hold someone or something responsible for our feelings has harmed us. We thought we were coping with our hurt, when in fact, we were holding onto that hurt with a vice grip.

To release resentment, we must shift our attention from those we resent back toward ourselves by thinking of our own needs. Performing a short ceremony can help you quell resentful feelings by giving tangible form to your emotions. You may want to write down your feelings and then burn the paper and close your ceremony by wishing them well. When you can find compassion in your heart, you know you are on your way to healing.

Free of resentment, we have much more energy and attention to devote to our personal development. We can fill the spaces it left behind with unconditional acceptance and joy. And, as a result of our subsequent freedom from resentment, blessings can once again enter our lives as the walls we built to contain our anger have been demolished.

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