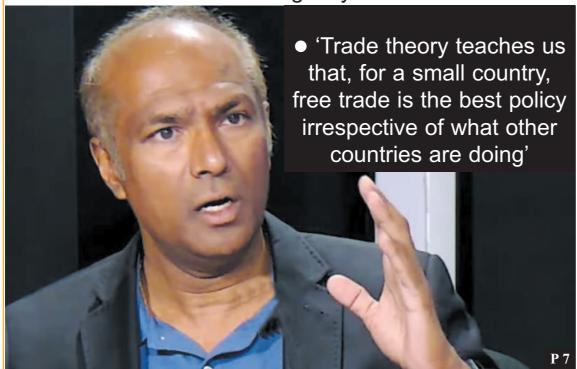
## MAURITIUS TIMES

• A budget should reflect the values and priorities of our nation and its people. -- Mary Landrieu

Interview: Dr Vinave Ancharaz, International Economic Consultant

## "The Unfolding Trade War will not become an Economic Crisis of the scale of the Covid-19 Pandemic...

... nevertheless, these crises highlight the urgent need for an emergency fund"



#### Education

## Why Teacher Training for Primary Education Matters



Opinion
A Paradigm
Shift for Our
Education
System



#### **Editorial**



The Mauritius Financial Scandal
Unravelling the Web
of Corruption at the MIC



Thoughts & Reflections

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Friday, April 11, 2025 www.mauritiustimes.com

## The Mauritius Financial Scandal

## Unravelling the Web of Corruption at the MIC

the former Minister of Finance, and Harvesh Seegolam, the former Governor of the Bank of Mauritius, has sent shockwaves through the nation. These high-profile figures, once at the top of Mauritius's financial world, are now caught in serious allegations of corruption and misconduct. If proven true, these charges of fraud and money laundering may erode trust in Mauritius's financial systems and governance, making it less attractive to investors. The investigation not only threatens key individuals but also risks exposing vulnerabilities in the country's financial sector, with potentially lasting economic consequences. The unfolding investigation has drawn attention not only due to the gravity of the charges but also because of the significant amounts of money involved and the individuals implicated.

The core of this particular scandal — further investigations are likely to bring up more instances of fraud, money laundering, and financial manipulation in this and other cases of dubious dealings involving different key figures of the previous regime — lies in the allegations that Renganaden Padayachy, Harvesh Seegolam and Jitendra Bissessur allegedly played central roles in a series of dubious financial transactions linked to the Mauritius Investment Corporation Limited (MIC). It would seem that Jitendra Bissessur, the former CEO of the MIC, as well as Havesh Seegolam have finally provided critical testimony that implicates the former Finance minister as the alleged lynchpin in the inflation of a deal known as the Apavou Deal.

## The Allegations: Inflating Deals and Abusing Power

The Apavou Deal, valued at Rs 2.4 billion, was a high-stakes financial arrangement that raised eyebrows when it was first proposed. Originally, the deal was valued at Rs 2.1 billion, but through manipulative actions, it ballooned to a payout of Rs 2.4 billion, a figure that some insiders suggest was inflated for personal gain. According to Bissessur's testimony, the former Finance minister was allegedly at the heart of this financial manipulation, using his influence to pressurize the MIC to approve the inflated amount. Seegolam, for his part, has reported to have been offered Rs 5m allegedly by the Minister to act as another key intermediary, facilitating the deal and ensuring that the inflated sum was disbursed as planned.

These revelations are deeply concerning, as they suggest, if proven, abuse of power by the country's most powerful financial figures. If true, the actions of the implicated personalities could constitute a serious breach of trust, undermining public confidence in the integrity of the nation's financial institutions. But it doesn't stop there as other disturbing aspects have been uncovered, amongst others, alleged falsification of official MIC minutes of board meeting when the transaction was approved, the attempt to purchase luxury properties from ENL private group and the role of Verde as financial advisor to the Apavou hotel deal. As of now, inquiries are being vigilantly pursued on all these fronts that could be indicative of a wider web of conspiracy to fraudulently enrich a few from public funds.

The Apavou Deal is not the only transaction under scrutiny. The investigation also delves into the controversial allocation of Rs 45 million to Pulse Analytics, a company that allegedly provided questionable survey data in favour of Prime Minister Pravind Jugnauth's political campaign during the 2024 elections. These allegations of financial

malfeasance come on top of a series of other scandals that have plagued the previous Jugnauth government. Together, these cases paint a grim picture of questionable practices at the highest levels of government.

Whether the Bissessur and Seegoolam allegations are entirely altruistic or whether they are seeking to save themselves from potential legal consequences remains to be seen. What is clear, however, is that their testimonies have sparked a series of legal actions that have shaken the political and financial landscape of Mauritius.

The arrest of Padayachy and Seegolam on charges of abuse of position under the Financial Crimes Commission Act (FCCA) marks a significant turning point in the inves-

tigation. The timing of the arrests is particularly noteworthy, as they come just months after the general election in November 2019. Prime Minister Pravind Jugnauth's government had barely secured its mandate when the scandal erupted. Critics argue that this may be part of a broader pattern of financial misconduct aimed at consolidating political power and securing favourable outcomes for the ruling party. The involvement of Pulse Analytics in the election campaign has further compounded suspicions that the government may have used public funds to influence the electoral process. This, combined with the ongoing investigation into the Apavou Deal and other financial transactions, paints a troubling picture of a government that may have used public resources for personal and political advantage.

#### The Role of the FCC and Other Investigations

The current investigation Apavou deal, which spans multiple financial offenses, is being led by the Financial Crimes Commission (FCC). The FCC's role is crucial in maintaining public trust in the integrity of Mauritius's financial system. However, given the high-profile nature of the individuals involved, the FCC's investigation will be doubly careful and make sure it passes muster with the ODPP before any trial. The Commission's ability to conduct a fair, transparent, and thorough investigation will be critical in determining whether justice is served.

In addition to the Apavou Deal and the Pulse Analytics payment, there are other facets of the investigation that remain unresolved. For example, the valuation of the Ambre Hotel in Belle-Mare, which was allegedly manipulated, is also under investigation. One official of a property/valuation company has already been interrogated by the FCC, but the full extent of the alleged manipulation remains unclear. The connections between these various financial dealings, the players involved, and the potential cover-ups are the subject of ongoing inquiry.

The scandal surrounding Renganaden Padayachy and other financial figures also raises broader questions about the health of Mauritius's democracy. Corruption scandals of this magnitude are never just about the individuals involved — they are a reflection of the broader political and governance structures that enable such practices to flourish. The investigations into the Apavou Deal and the misuse of pub-



lic funds have the potential to seriously tarnish the credibility of Mauritius's political and financial landscape.

#### Accountability, Transparency, and Politics

or Prayind Jugnauth's party, the fallout from this scandal could prove politically devastating. The arrests of two of the nation's top financial figures - both serving during the MSM's tenure - and his own arrest in the mystery of Rs 113m cash-filled suitcase, cast a long shadow over the government's record on transparency and accountability. And with more revelations likely to emerge as the financial black box is pried open, the political damage may only deepen. As the current Apavou Deal investigation continues to unfold, it remains to be seen how far and how high the corruption reaches and who else might be implicated in the scandal. What is clear, however, is that the events of the past few days have exposed significant flaws in the governance and financial oversight of Mauritius. The arrest of Padayachy and Seegolam is just the beginning of what promises to be a long and complex legal battle.

Ultimately, this scandal — along with other ongoing investigations — marks a pivotal moment for the country. It presents an opportunity for Mauritius to reaffirm its commitment to accountability, transparency, and the rule of law. The outcome, provided it is the result of credible and independent inquiries followed by a fair trial, will shape not only the fate of those implicated but also the nation's reputation and future standing as a trusted and secure financial centre on the global stage.

#### **Mauritius Times**

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Opinion Mauritius Times Friday, April 11, 2025

## Freebies vs. Fiscal Discipline

# Resetting the Economic Compass for 2025 and Beyond

Jan Arden

emos and proposals for the Pre-Budget 2025–2026 consultations, which were due by 21 March 2025 have, we assume, already been submitted to the Ministry of Finance. On the viva voce side, Junior Minister (Finance) Dhaneswar Damry, has continued the process by hearing out all stakeholders, in sessions which the PM helped kick off last Thursday. Setting the scene, Dr Navin Ramgoolam stressed the sombre situation the country and his government had inherited — "a massive public debt of Rs 644 billion, standing at more than 90% of our GDP, a budgetary deficit of 9.3%", to which we may add a lack of new pillars to the economy and practically all State Owned Enterprises (SOEs) drained of resources, if not in dire straits (Air Mauritius, Metro, CEB, CWA, WWMA, STC, etc).

To compound matters, some of these SOEs or Departments have not even finalised or submitted their accounts and the Director of Audit's Report for 2023-24, released last week, made further gloomy reading of annual *gabegies* and wastes that some of our civil servants and administrative processes seem to tolerate, as usual, without responsibility or accountability.

With a set of competencies at various poles of such an ailing crisis situation, including the likes of former Finance minister Rama Sithanen at Bank of Mauritius, Gilbert Gnany, economist Eric Ng, Dr Jyoti Jeetun at Economic Development and Planning and others, we trust the PM himself at the helm of the Finance portfolio has undisputably the resources to raise the patient out of the ICU ward into a more convalescent state. "We can no longer afford to live, play and spend lavishly with illusory printed monies or, much worse, forex debts, while shirking away from a society based on personal effort, meritocratic values, eco-

nomic efficiency and social justice," the PM pursued. We have here repeatedly condemned the "freebie" approach to political campaigning not to agree entirely.

#### **Creative Freebies**

India has unfortunately become a striking example of the "freebie" culture, with various regional and national parties offering free water, electricity, transport, lunch, stay-at-home allowances, and other such incentives. Many of these cannot be implemented anyway or rely on such heavy subsidies as to be utterly unsustainable. What was particularly irritating here in our own 2024 electoral run-up, was that the outgoing team had been in office for ten years and knew exactly what they had been busy hiding from us: a derelict economy with mismanagement at all floors, negligible resilience and mountainous debts to repay.

Of course, it is not always easy to draw a line between legitimate political policy pledges (say, free secondary education or free school transport) and what could be termed "freebies", but having pondered over it, the Privy Council has handed us a guideline, which many may find wanting. Will the promised Fiscal Responsibility Bill help clarify while bringing an era of greater accountability and transparency in public procurement?

Naturally, the population's expectations of financial freebies that were promised during the 2024 campaign have been sobered after the State of the Economy's blunt damning of the past regime's legacy (which has gone largely unchallenged) and the weekly revelations of financial scams at various institutions, including the MIC (a BoM fully owned subsidiary). Moody's ratings and the ongoing IMF consultations restrict the manoeuvring room of our finance teams, further constrained by the Trump-era tariff on our exports to the US.

#### A new way forward

Yet there may be some limited solace from some indicators that our financial



specialists will be looking at carefully as they craft a new way forward. Among them, Trump's shake-up has brought Brent crude oil trend and forecast lower (in 64-70\$ price range from the 80-90\$), meaning cheaper energy that may last some time. Secondly, the Chagos deal signature and first payment from UK Treasury, although some way off, could bring a much-needed Rs 10 billion or thereabouts to the 2025-26 budget. France's presence at the Indian Ocean states summit in Madagascar with its accent on regional food security, could offer some prospects to our entrepreneurial spirit while recalibrating our own food security. For such things to make some inroad in the mediumterm, we need a far more inventive spirit at the Food and Agricultural Research and Extension Institute (FAREI) and impress upon our universities and the Mauritius Research and Innovation Council the necessity to step out of their comfort zones.

It is possible that the "freebie" thrown out before the 2019 electoral campaign (tertiary education fully subsidised by the State) was not thought through as it may have turned our universities into glorified secondary schools, stultifying their necessity to aim for higher standards, greater consultancy, better equipment and better staffing. The measure costs the public exchequer some Rs 800m while forcing artisans, labourers and ordinary taxpayers and consumers to finance tertiary students most of whom have the means to pay. A comprehensive scholarship scheme would have better targeted families and students in real need without the downsides of an academia steeped in routine rather than breaking new grounds.

For instance, the Reduit campus could no longer be a thriving centre of excellence, attracting foreign students and visiting staff with modern labs and equipment. This potential could have been realized through a Public-Private Partnership to develop transport serving a residential campus facility at Reduit for at least 30% of its first-year intake.

The *chantier*, the tasks and the priorities are formidable but not overwhelming with political will and the right people at the right places. As of now, the new Minister of Tertiary Education, Science and Research, has not yet started his appointments to key posts nor publicly expressed his key policy orientations for "changement" but it should be forthcoming anytime.

## The US-China Conflict and the Post-Globalisation Order

he US-China conflict has been brewing for some time now as the USA's Deep State\* watched with growing disquiet the global power their own policies, ushered since the Reagan-Thatcher era of globa-lisation and trade liberalisation, had created. Once China entered the WTO, it rapidly became the world's factory, using cheap labour to manufacture and export increasingly better quality goods to the large Western markets and everywhere else for that matter. Its trade and industrial practices made for huge annual trade surpluses with Europe or the US and its reserves boomed. The US lost vast stretches of its industrial



employment heartlands, particularly damning for its car and allied industries, as US industrialists delocalised to China while some delocalised nearer to Canada and Mexico.

Many US or Western financial think-tanks may have believed that the dragon would rein in the global ambitions of its political/military leadership (CCP). But once China's economic clout was unlocked, President Xi had military and naval ambitions for supremacy and esta-blish itself as the second global superpower.

• Cont. on page 16

Qs & As Mauritius Times Friday, April 11, 2025

# Accountability Deficit: Mismanagement and Board Oversight in Mauritius' SOEs

 Having elected the 'Alliance du Changement' for better governance, the public expects a clear departure from the previous administration's mistake

he performance of numerous State-Owned Enterprises (SOEs) is deeply concerning. Despite receiving substantial government funding, amounting to billions of rupees, and being governed by boards with a blend of executive and non-executive directors from both the private and public sectors, these entities have demonstrated alarming financial underperformance and suffered significant reputational damage. The severity of this situation is underscored by the need for billions more in public funds to prevent the collapse of critical entities like Air Mauritius. This pattern of mismanagement extends to SBM, a private bank with majority government ownership, which under prior

leadership sustained considerable losses and faced severe criticism for imprudent decisions, including the write-off of substantial bad debts owed by disreputable clients, both local and international. Furthermore, the Mauritius Investment Corporation (MIC), established with approximately Rs 80 billion to rescue and support "distressed" businesses in response to the pandemic, has also drawn negative media attention for its financing of questionable enterprises, some apparently unaffected by the Covid-19 crisis. Adding to these concerns are disturbing allegations from various stakeholders regarding collusion, the falsification of board meeting records, and potential conflicts of interest.

LEX

\* What specific fiduciary duties (as outlined in Section 143 of the Company Act 2001) were expected of the executive and non-executive directors of State Owned Enterprises and private companies with majority governmentownership (Air Mauritius, SBM, etc.) and the MIC in relation to financial performance and reputation management?

Executive directors hold internal leadership roles, managing the company's operations and assuming high-level responsibility. Non-executive directors assist in oversight of business activities and offer objective perspectives for strategic decisions. Compa-nies are expected to adhere to principles of good governance and high ethical standards.

\* One would expect that the board members would have understood and interpreted their duty to act in good faith and in the best interests of the different institutions, considering the significant government funding involved and the public interest in these entities. Does it seem that that was indeed the case?

This has not been the case, as the instances of poor governance we are currently observing are a consequence of the previous government's complete *laissez-aller* approach. The former administration appointed cronies to lead critical institutions, both public and private - the latter with majority government shareholding -, without establishing any accountability mechanisms. One would hope that the present government, having secured its mandate on a platform of positive governance change, will assiduously avoid repeating the short-



comings of the previous regime.

The former regime consistently obstructed parliamentary scrutiny into the condition of certain companies by claiming confidentiality clauses or citing their private status. This lack of transparency prevented the disclosure of crucial details. The present precarious state of Air Mauritius, for instance, is largely attributable to the mismanagement and questionable practices of cronies appointed by the former government, who have faced no repercussions for their actions.

It remains unclear what concrete actions or strategic initiatives, if any, the Board of the national airline actually implemented to protect the company during its period of increasing difficulty. This uncertainty fuels speculation about potential inaction or the inadequacy of any measures taken, raising serious concerns about the Board's oversight and its ability to fulfill its fiduciary responsibilities.

\* Proper due diligence processes should have been in place for board members to assess the financial viability and reputation of clients receiving loans (in the case of SBM) or companies receiving investment (in the case of the

The former regime consistently obstructed parliamentary scrutiny into the condition of certain companies by claiming confidentiality clauses or citing their private status. This lack of transparency prevented the disclosure of crucial details. The present precarious state of Air Mauritius, for instance, is largely attributable to the mismanagement and questionable practices of cronies appointed by the former government, who have faced no repercussions for their actions. It remains unclear what concrete actions or strategic initiatives, if any, the Board of the national airline actually implemented to protect the company during its period of increasing difficulty..."

Mauritius Investment Corporation). That does not seem to have been the case - and for a long time, isn't it?

The National Code of Corporate Governance of 2016 sets out the principles

of good governance.

'Directors should be aware of their legal duties. Directors should observe and foster high ethical standards and a strong ethical culture in their organisation. Each director must be able to allocate sufficient time to discharge his or her duties effectively. Conflicts of interest should be disclosed and managed.

'The Board is responsible for the governance of the organisation's information strategy, information technology and information security. The Board, committees and individual directors should be supplied with information in a timely manner and in an appropriate form and quality in order to perform to the required standards. 'The Board, committees and individual directors should have their performance evaluated and be held accountable to appropriate stakeholders. The Board should be transparent, fair and consistent in determining the remuneration policy for directors and senior executives.

The principles of good governance demand significant accountability and diligence from board members, especially those genuinely invested in the institution's success and reputation. Yet, the apparent actions of individuals who depleted company funds through negligence or malfeasance, or their blissful unawareness of the fundamental ethical and operational Code, highlight a dangerous dereliction of duty that undermines the very foundation of good governance and erodes public trust.

\* Non-executive directors are also expected to exercise a level of care, diligence, and skill in overseeing the decisions and actions of the executive management, particularly concerning high-value transactions and potential risks. But is this truly possible in reality, or are they perhaps silenced into submission by the management and the rest of the board?

While non-executive directors are indeed expected to exercise care, diligence, and skill in overseeing executive decisions, particularly concerning high-value transactions and potential risks, the reality of their effectiveness can be complex and potentially compromised.

Cont. on page 5

Os & As **Mauritius Times** Friday, April 11, 2025

## 'Having elected the 'Alliance du Changement' for better governance, the public expects a clear departure from the previous administration's mistake'

Cont. from page 4

The ideal of an independent and impartial perspective, detached from daily operations, is crucial for their intended role.

However, the power dynamics within a board, where executive management often holds significant influence and information, can create an environment where non-executive directors might find it challenging to fully exercise their oversight responsibilities. Factors such as unequal information, pressures within the board, and the potential for being co-opted or silenced, either overtly or subtly, can hinder their ability to provide truly independent scrutiny.

\* It is also highly questionable whether truly effective and safe reporting mechanisms were in place for board members to raise concerns about potential mismanagement, unethical practices, or conflicts of interest within these State-Owned Enterprises (SOEs) and entities like SBM and the Mauritius Investment Corporation (MIC). These issues strongly suggest significant potential failures in corporate governance and oversight, don't they?

The lack of clearly effective and safe reporting mechanisms for board members to voice concerns about mismanagement, unethical practices, or conflicts of interest within SOEs like SBM and the MIC is indeed a serious concern. If such channels were inadequate or non-existent, it would sig-



The principles of good governance demand significant accountability and diligence from board members, especially those genuinely invested in the institution's success and reputation. Yet, the apparent actions of individuals who depleted company funds through negligence or malfeasance, or their blissful unawareness of the fundamental ethical and operational Code, highlight a dangerous dereliction of duty that undermines the very foundation of good governance and erodes public trust..."

nificantly hinder the board's ability to exercise proper oversight and potentially allow detrimental practices to persist unchecked. This situation strongly points towards significant potential failures in corporate governance and oversight.

\* Considering the poor financial performance and reputational damage, what potential breaches of duty under Section 143 of the Company Act 2001 might have occurred by the directors (both executive and non-executive)?

Regarding the duty to act in the best interests of the company, Executive Directors would have breached this if they took decisions that led to poor financial performance and reputational damage. Such actions could involve prioritizing personal agendas over the company's welfare, making reckless financial decisions without due regard for risk, or engaging in practices that ultimately harmed the company's longterm viability and standing within the industry.

Similarly, Non-Executive Directors could be seen as breaching their duty to act in the best interests of the company if they failed to challenge decisions or actions taken by the executive management that were clearly detrimental to the company's interests. Furthermore, allowing conflicts of interest to go unaddressed by the non-executive directors would also constitute a breach of this duty. Their role necessitates providing an independent perspective on the company's direction and ensuring that its overall well-being and sustainability are the paramount considerations in all board deliberations and decisions.

**LEX** 

#### Communiqué conjoint

## UN MOMENT HISTORIQUE POUR MAURICE

Le groupe Bhunjun reprend Engen Mauritius et ouvre une nouvelle ère

Le groupe Bhunjun vient de Maurice. Cela dans l'optique le secteur de l'énergie à travers conclure un accord avec Vivo de préserver une dynamique l'acquisition d'Engen Maurice, Energy pour l'acquisition des concurrentielle saine sur illustre notre stratégie de opérations d'Engen Mauritius. le marché local. Au terme croissance dynamique et notre Cette étape majeure marque d'un processus d'évaluation une nouvelle ère pour le rigoureux, le groupe Bhunjun groupe Bhunjun - première a été sélectionné comme société mauricienne à devenir acquéreur privilégié, fort propriétaire d'un réseau de de son expertise reconnue distribution de carburant - dans le transport maritime posant les bases pour une de pétrole à l'international. croissance solide, marquée par une ambition claire : Par cette transaction, le innover continuellement pour groupe Bhunjun - via sa Stan Mittelman, CEO de Vivo offrir un service d'excellence filiale Beta Oil Terminal Ltd Energy, a ajouté : « Nous toute mauricienne.

d'Engen Limited par Vivo activités Energy en mai 2024, la d'Engen à Maurice.

À la suite de l'acquisition service et l'ensemble des exigences

Commission de la Concurrence Veekram Bhunjun, CEO du de carburant à Maurice, tout de Maurice (CCM) a demandé groupe Bhunjun, a déclaré : en offrant de la stabilité et des la cession des actifs d'Engen « Cette récente incursion dans opportunités aux employés,

ambition de contribuer au développement économique mauricien. Notre approche qui conjugue expertise historique et vision prospective, fait du groupe Bhunjun un acteur de la transformation clé économique de l'île ».

la clientèle – entrera sur le marché de la sommes ravis d'avoir conclu cet distribution de carburant au accord avec le groupe Bhuniun. détail, reprenant 37 stations- Cette transaction répond aux réglementaires commerciales visant à maintenir le paysage concurrentiel des opérateurs

d'Engen Maurice. Nous nous réiouissons de travailler en étroite collaboration avec le groupe Bhunjun pour assurer une transition en douceur et une réussite continue ».

ENGEN

#### Détails de la transaction

- Reprise de 37 stationsservice
- Transfert des activités commerciales Maurice
- transaction La est soumise aux approbations statutaires et aux conditions préalables

illustre L'acquisition l'engagement du groupe Bhuniun à diversifier ses

activités et à contribuer au développement économique de Maurice, en s'appuyant sur son expertise dans les domaines de la construction, de l'immobilier et désormais de l'énergie.

-FIN-

À propos groupe Bhunjun : Un pionnier du développement mauricien

Fondé dans les années 1960 Soodursan Bhuniun G.O.S.K, le groupe Bhunjun s'est imposé comme un acteur incontournable développement à Maurice. L'entreprise a marqué le paysage national en réalisant des projets

l'Université de Maurice, le Waterpark Leisure Village, le Cyber Tower 1 et le New Oil Jetty

#### À propos de Vivo Energy

Energy commercialise lubrifiants de marque Shell et Engen dans 28 marchés africains, incluant les îles de l'océan Indien, avec un réseau de plus de 3 900 stations-service sous les marques Engen Breakfast with Bwana

## Self-Inflicted National Alzheimer's



# **The Great American Brain Drain**

With the loss of this brainpower, America also will suffer the loss of the accumulated knowledge and experience that have been built over decades

epublican right-wingers in the US are fond of referring to the "Deep State" a mythical Hydra and of "draining the swamp" - an allusion to cleaning out the fraud, waste, redundancy, and bureaucracy in Washington. The ongoing dismissal of federal workers and shutting down of federal agencies and functions reflects what Trump and the champions of Project 2025 believe is necessary to remake America in the mold of the 13th century. Never mind that Christopher Columbus supposedly discovered America (n.b. it was already there and known to its denizens) thinking that he was heading to India, a couple of centuries later, but I digress.

The law of unintended consequences is unfolding the stark reality that there is no imaginary swamp but an all too real draining of brains, learning, expertise, institutional memory and competence, and vast databases that have housed and sheltered accumulated history and knowledge.

The Trump administration has announced staggering cuts in federal funding of research and science. As well, there have been massive cuts in funding for federal agencies and government organizations that

collect, analyze, process, and distribute data on economics, climate and weather, pollution, energy, transportation, trade, and almost every activity that goes on in the nation.

In a stunning finding, the journal *Nature*, reported that in a poll it conducted, more than 1,200 scientists who responded — three-quarters of the total respondents — are considering leaving the United States following the disruptions prompted by Trump. Europe and Canada were among the top choices for relocation.

NPR, National Public Radio, noted in an article that the US has had a long history of being a leading nation for research and actively recruiting scientists from around the world for significant projects and studies. The Manhattan Project begun in 1941 is perhaps the most famous (or notorious) secret project that culminated in the development of the first atomic bomb. Scientists recruited from Europe played a key role in this research. Many had fled Europe in the turmoil of WWII or to escape Nazism and fascism.

GAmerica's scientists may have no choice but to move to other countries to continue their work. With the loss of this brainpower, America also will suffer the loss of the accumulated knowledge and experience that have been built over decades. The loss of all the institutional knowledge, expertise and competence is stunning. It is almost as if all the libraries in America are being stripped of their books and left as empty caverns. It is one thing to shoot yourself in the foot but quite another to take a shot at your brain and bring on a self-inflicted national Alzheimer's condition..."



66The US has had a long history of being a leading nation for research and actively recruiting scientists from around the world for significant projects and studies. The Manhattan Project begun in 1941 is perhaps the most famous (or notorious) secret project that culminated in the development of the first atomic bomb.
Scientists recruited from Europe played a key role in this research. Many had fled Europe in the turmoil of WWII or to escape Nazism and fascism..."

Consider this statement on the website of a French university: "In a context where some scientists in the United States may feel threatened or hindered in their research, our university announces the establishment of the Safe Place For Science program dedicated to welcoming scientists wishing to pursue their work in an environment conducive to innovation, excellence and academic freedom."

Even a year ago, it would have been unthinkable that a foreign university would be inviting American scientists to find refuge on its campus. But that statement by Aix-Marseille University (France) is just one example of a new reality. They have announced that a fund of €15 million to support research grants. Similarly, the prestigious Centrale Supélec has established a €3 million fund to support American scientists and finance research projects that can no longer continue in the US.

And it is not just France. Other countries are also paying heed. The Netherlands has launched a fund to recruit scientists from America and other countries.

The New York Times, among other publications, reported that last week 77 scientists were fired from the Centers for Disease Control and Prevention. Their work involved gathering samples of gonorrhea and other sexually transmitted infections nationwide, analyzing them for drug resistance and securing the samples for storage. The agency has lost all its expertise and software for such work. The sudden firing left about 1,000 samples of pathogens unprocessed and some 30 freezers full of samples that are now untended

But it is not just 77 scientists that are being let go. Trump's Secretary of Health and Human Services, Robert F. Kennedy, Jr., has announced that he intends to lay off some 10,000 workers. That department and other agencies has also announced suspensions of funding for research

being conducted at American universities. Billions of dollars of support for research in science and health are under review for elimination at American universities, including notably, Harvard, Columbia, Princeton, the University of Pennsylvania, and others.

rore than 1000 employees of NOAA, the National Oceanic and Atmospheric Administration have been let go. NOAA is the agency that leads research on oceans, the atmosphere, space and sun, and its National Weather Service (NWS) branch collects and disseminates data on US weather, water and climate, including warnings about major weather and climatic events. There have been claims that the firings of NOAA employees caused a catastrophic failure of warning systems during the recent March severe storms across the US. NOAA has denied this, but regardless of who is right, NOAA has now lost the ability to track, record and analyze data to continue its work in forecasting weather, water and climate events.

In late February and early March, the NWS announced it was suspending weather balloon launches in Alaska; New York; and Maine because of a lack of staffing. Later in March, it also announced that it was reducing

weather balloon launches and suspending others due to lack of staff. *Politifact* (fact-checking website operated by the Poynter Institute for Media Studies) reported that Rick Spinrad, who served as NOAA's administrator during the Biden administration said: "Job cuts will result in reduced reliability of systems such as the weather radars that are critical for providing tornado warnings. Those radars rely on having a full staff of technicians, as well as full sets of supplies for repair and maintenance."

It is not an exaggeration to say that research funded by the National Institutes of Health has been instrumental in the discovery and deployment of nearly every modern medical breakthrough in prevention and treatment of disease. This research has produced both prescription and over-the-counter medications and led to the development of vaccines to prevent smallpox, polio, Covid-19 and many more diseases. The Trump administration is in the process of defunding much of this research. More importantly, it is also defunding much of the infrastructure that houses the data and institutional knowledge generated by this research.

America's scientists may have no choice but to move to other countries to continue their work. With the loss of this brainpower, America also will suffer the loss of the accumulated knowledge and experience that have been built over decades.

The loss of all the institutional knowledge, expertise and competence is stunning. It is almost as if all the libraries in America are being stripped of their books and left as empty caverns. It is one thing to shoot yourself in the foot but quite another to take a shot at your brain and bring on a self-inflicted national Alzheimer's condition.

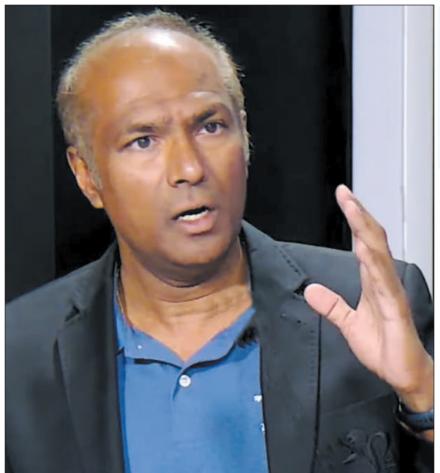
Cheerz... **Bwana** 

Interview Mauritius Times Friday, April 11, 2025

Interview: Dr Vinaye Ancharaz, International Economic Consultant

# "The Unfolding Trade War will not become an Economic Crisis of the scale of the Covid-19 Pandemic...

... nevertheless, these crises highlight the urgent need for an emergency fund"



The new government has inherited a fragile economy, the true scale of which was revealed by the 'State of the Economy' report. The report brought down the GDP growth rate for 2024 from 6.5% to 5.1%, with latest estimates from Statistics Mauritius pinning it down to 4.7%. The debt-GDP ratio is also above the 80% ceiling. Mauritius narrowly escaped a credit downgrade by Moody's, which has exhorted the government to implement a fiscal consolidation plan over the next 12-18 months, which it will be watching keenly. All this means that the government has limited resources at its disposal to face a

major economic shock...»

Mauritius Times: The world is facing today a volatile global trade environment driven by unpredictable US policy and Trump's trade wars. At the time of this interview, affected countries like the EU and China have already vowed countermeasures, making a cycle of retaliation seem likely. The long-term effects might not

he global trade landscape is currently going through a period of significant turbulence, largely driven by the unpredictable policies of the United States and the ripple effects of ongoing trade disputes. In this interview with the Mauritius Times, Dr Vinaye Ancharaz, an International Economic Consultant, offers his perspective on how these international headwinds, particularly the imposed on-off "reciprocal tariff" by the US, could impact the small, trade-dependent island economy of Mauritius in both the immediate and medium term. Readers will surely appreciate that, while there's no cause for alarmism, the interview strikes a cautious tone and thoughtfully explores policies and measures to address a worst-case scenario.

be visible yet, but how will all of this impact a small island economy like Mauritius in the immediate and midterm?

Dr Vinaye Ancharaz: Not only are the long-run effects of Trump's tariffs unclear, so also are the short-term impacts since much will depend how deep the trade war gets as major trade partners decide whether to retaliate, make tariff concessions of their own, or negotiate with the Trump administration. So, we can, at best, speculate about the near-term effects.

The US initially imposed a 40% "reciprocal tariff" on Mauritius' exports to the US, but the latest news is that the Trump administration has suspended this tariff for 90 days, which effectively means that Mauritius will now face the

baseline tariff of 10% imposed on most countries. This backand-forth tariff game creates a lot of uncertainty, which is detrimental to economic activity.

It is useful to begin by understanding the origins of the 40% tariff – for its sheer rate defies common sense. Trump's economic advisors have used a complex formula to calculate the tariffs charged by other countries on US imports, including the compounding effects of currency manipulation and non-tariff barriers. To help your readers understand the tariffs, it would be useful to reproduce the calculation formula. It essentially boils down to

Tariff charged by country j on US imports = 
$$\frac{US \, trade \, deficit \, with \, country \, j}{US \, imports \, from \, country \, j} = \frac{X_j - M_j}{M_i} = \frac{X_j}{M_i} - 1$$

where X is US exports, M is US imports and j indexes the partner country.

In 2024, US exports to Mauritius amounted to \$48 million while US imports from Mauritius reached \$234.4 million. Plugging these numbers into the formula gives a "Trump tariff" of 79.5%. The "reciprocal tariff" is simply half of this figure, rounded off.

The tariff rate thus calculated has nothing to do with the actual tariffs charged by Mauritius on US imports – the so

called applied Most-Favoured Nation (MFN) tariffs – which currently average a low 1.3%, with a maximum rate of 100% applied on refined sugar. In 2024, US' top exports to Mauritius included machinery, electrical and electronic equipment, optical apparatus, and medical instruments. Over 95% of these imports are *duty-free*, including the top 20 US exports to Mauritius. The MFN duty on these products averages a mere 0.5%. So, whichever way you look at it, the 40% reciprocal tariff is disproportionate, illogical and WTO-illegal.

Government support may be crucial in the clothing industry and in the hospitality sector, where many businesses are small and many jobs informal and precarious. Such support could take the form of wage assistance to employees and financial support to struggling enterprises. With resources running low, I believe the government will have no choice but give recourse to domestic borrowing on a temporary basis. Drawing on the central bank's reserves could also be an option – absolutely the last resort –, provided that the government commits to returning the funds once the economy is out of the woods...»

Moreover, the formula used to calculate reciprocal tariffs is inherently flawed and biased against small countries, like Mauritius, that have weak export capacities. It suggests that, for a given level of US exports to country j, the Trump tariff will be *lower*, the higher the US imports from country j (notice that  $M_j$  appears in the denominator). This is clearly counterintuitive

To be sure, the tariff will have significant, adverse impacts on the Mauritian economy, but the *direct* trade effects are likely to be moderate, especially now that it has been scaled back to 10%. Mauritius exported Rs 11 billion worth of goods to the US in 2024, representing just 10% of our global exports.

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Interview Mauritius Times Friday, April 11, 2025 8

## 'Trade theory teaches us that, for a small country,

## free trade is the best policy irrespective of what other countries are doing'



The US has now increased the tariff on Chinese imports from 34% to 125% while China has vowed to retaliate with an 84% tariff on US goods. Such high tariffs could be prohibitive, halting the bilateral trade between the two countries altogether, and pushing the world economy towards a recession, the magnitude of which is difficult to predict at this time. A global recession can squeeze our merchandise exports and, more particularly, our exports of services such as tourism and financial services, to the whole world, not just the US. These impacts will be amplified by uncertainty...»

#### • Cont. from page 7

The top 5 exports to the US in 2024 were live animals (notably primates), clothing, industrial diamonds, fish and fish preparations, and sugar. Exports of primates, which accounted for 36% of our total exports to the US, are unlikely to suffer much from the 10% tariff since the demand for primates is deemed to be inelastic by virtue of a lack of substitutes. The impact on clothing exports, on the other hand, may be diluted by the fact that most of Mauritius' closest competitors (China, Bangladesh, Cambodia, Vietnam and, sadly, Lesotho) are slapped with equal, if not higher, tariffs.

The biggest impacts may arise from the *indirect* effects of an escalating trade war between two of the world's biggest economies. US has now increased the tariff on Chinese imports from 34% to 125% while China has vowed to retaliate with an 84% tariff on US goods. Such high tariffs could be prohibitive, halting the bilateral trade between the two countries altogether, and pushing the world economy towards a recession, the magnitude of which is difficult to predict at this time. A global recession can squeeze our merchandise exports and, more particularly, our exports of services such as tourism and financial services, to the whole world, not just the US. These impacts will be amplified by uncertainty and the varied responses of affected countries.

Finally, the impact of the escalating trade war on inflation is unclear. On the one hand, fears of a global recession have sent oil prices plunging. The Brent crude has fallen by 20%

since 1<sup>St</sup> April, and this trend is likely to continue in the weeks ahead. On the other hand, tariffs will raise domestic prices of imported goods in the US while retaliatory tariffs will fuel inflation in the countries imposing them.

Whether global inflation will rise depends on how surplus production, if any, is dealt with. If affected countries cut back production in response to higher tariffs in their export markets, prices may rise globally. As a price taker, Mauritius may experience a higher degree of imported inflation. In short, the risk of stagflation — an unpleasant combination of recession and inflation — remains real.

\* While the countermeasures of other countries in response to Trump's tariffs will significantly impact the global economy, are Mauritius' current trade partnerships sufficiently diversified to shield our highly tradedependent economy from major disruptions in global trade routes or tariffs?

I believe our export markets are fairly well diversified. The US is our fourth largest market after France (including Reunion), South Africa and UK. Other European countries (such as Spain, the Netherlands and Italy), Madagascar and Kenya and, to a lesser degree, India, are also important buyers of Mauritian goods.

However, diversification, whether in terms of products or markets, can never be enough for a small country. The rise of south-south trade represents an opportunity to turn more to emerging countries and reduce our export dependence on a few developed-country markets. Mauritius should leverage on recent FTAs with Africa, China, India and the UAE to further diversify its export markets.

\* Given our mounting public debt, and in comparison to Singapore's strategic reserves and widely recognized institutional resilience, how constrained is Mauritius in its ability to both weather a potential global trade war and respond with economic support packages should external trade shocks affect local jobs and businesses?

The new government has inherited a fragile economy, the true scale of which was revealed by the 'State of the Economy' report. The report brought down the GDP growth rate for 2024 from 6.5% to 5.1%, with latest estimates from Statistics Mauritius pinning it down to 4.7%. The debt-GDP ratio is also above the 80% ceiling. Mauritius narrowly escaped a credit downgrade by Moody's, which has exhorted the government to implement a fiscal consolidation plan over the next 12-18 months, which it will be watching keenly. All this means that the government has limited resources at its disposal to face a major economic shock.

Luckily, however, the unfolding trade war will not degenerate into an economic crisis of the same scale as the Covid-19 pandemic. Nevertheless, these crises highlight the urgent need for an emergency fund that could come in handy during rainy days. I was hoping that the MIC could serve this purpose as a sovereign fund. Unfortunately, most of its capital has been squandered, and its future is uncertain. Hopefully, the government will treat any income from the Chagos deal as a windfall and set it aside in a sovereign fund.

\* Given the existing economic challenges in Mauritius, how can the newly elected government mitigate the direct impact of Trump's trade war on key sectors like tourism, textiles, and financial services?

In the short run, it will be difficult to mitigate the direct and indirect impacts on these key sectors. In the case of textiles, Trump's reciprocal tariffs have nullified the trade preferences available to African countries under AGOA. However, AGOA is slated to expire in September 2025, and will, in all likeli-

I believe our export markets are fairly well diversified... However, diversification, whether in terms of products or markets, can never be enough for a small country. The rise of south-south trade represents an opportunity to turn more to emerging countries and reduce our export dependence on a few developed-country markets. Mauritius should leverage on recent FTAs with Africa, China, India and the UAE to further diversify its export markets...»

hood, not be renewed – at least, not in its current form. Thus, the tariffs may have moved doomsday closer by a few months. But the indirect effects of the ongoing trade war on key services exports may be harsher.

Government support may be crucial in the clothing industry and in the hospitality sector, where many businesses are small and many jobs informal and precarious. Such support could take the form of wage assistance to employees and financial support to struggling enterprises. With resources running low, I believe the government will have no choice but give recourse to domestic borrowing on a temporary basis. Drawing on the central bank's reserves could also be an option – absolutely the last resort –, provided that the government commits to returning the funds once the economy is out of the woods.

Finally, policy measures such as lower interest rates, concessional credit and moratorium on loan repayment, and fiscal stimulus packages, including tax credits and investment subsidies can help distressed enterprises navigate the crisis. Targeted social spending can further support vulnerable households.

Trade theory teaches us that, for a small country, free trade is the best policy irrespective of what other countries are doing. Mauritius is an open economy with low tariffs and a stable trade policy grounded in WTO law. This should continue. Having said that, the policy measures needed to deal with the trade war and maintain fiscal policy aren't very different from the ones needed to support affected sectors, as discussed earlier. I believe economic policy should be geared towards supporting consumption, production and exports as the trade war rages on. Inflation should be a lesser concern. This means that both monetary and fiscal policies should be expansionary...»

Over the long run, the government should step up efforts to foster economic resilience through innovation and industrial diversification, including into modern services, boost export competitiveness, and enhance food security.\* Isn't it going to be tough for the newly elected government to balance the need to support the economy during a trade war with the existing challenge of rising public debt?

Yes. But let us not forget that the previous government abandoned the debt ceiling of 65% of GDP during the pandemic year of 2020. Had it not been for a medium-term cap of 80% recommended by the IMF, our debt, already dangerously high, might have spiralled out of control. Hard times call for tough measures.

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Interview Mauritius Times Friday, April 11, 2025

# 'Change was a central focus of the Alliance du Changement's political agenda

The government has a responsibility to deliver the much-promised change'

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Although the new government is committed to debt sustainability, it should resort to debt financing if the situation so demands, assuming that this is a temporary measure.

\* What fiscal and monetary strategies would you suggest the government to implement to counter the economic effects of Trump's trade wars and maintain fiscal stability?

First of all, unlike several other countries, Mauritius has not retaliated, and it should not. Our docility was 'rewarded' with a lower punitive tariff of 10%. Trade theory teaches us that, for a small country, free trade is the best policy irrespective of what other countries are doing. Mauritius is an open economy with low tariffs and a stable trade policy grounded in WTO law. This should continue.

Having said that, the policy measures needed to deal with the trade war and maintain fiscal policy aren't very different from the ones needed to support affected sectors, as discussed earlier. I believe economic policy should be geared towards supporting consumption, production and exports as the trade war rages on. Inflation should be a lesser concern. This means that both monetary and fiscal policies should be expansionary.

The central bank of New Zealand was the first to slash policy rates to deal with the unfolding crisis, and others are expected to follow. The Bank of Mauritius cannot be an exception. If the current crisis deepens, the Bank should cut back the key rate to boost consumption and investment. The Bank can also spearhead a coordinated response by commercial banks to help distressed companies through debt rescheduling, interest relief and enhanced credit facilities.

The government should start putting together an emergency fund by compiling unutilized budgets and surpluses, if any, in special funds. Falling oil prices could lead to a substantial windfall if retail prices are held constant. This should boost the government's financial capacity, albeit temporarily. The emergency fund, which could be topped up by domestic borrowing and, exceptionally, drawing on the Bank of Mauritius' reserves on the condition that this loan is paid back in the future, can help support workers and companies impacted by the tariff war. The government can also provide tax relief and fiscal incentives to boost private investment while targeting its own spending to priority sectors.

\* Given the challenges of global trade uncertainty, how can the government effectively attract foreign investment and stimulate economic growth?

Foreign investment, including FDI, is likely to fall as the trade war intensifies and uncertainty persists. There is little that the government could do to appease investors in such times other than sticking to business-friendly policies and avoiding measures, such as tit-for-tat tariffs, that could escalate the trade war.

History shows that the toughest reforms have often been undertaken at the peak of economic crises. So, as the world's biggest traders are busy fighting a tariff war, Mauritius should continue chipping away remaining regulatory barriers to make its business environment more attractive to foreign investors and ready to seize the opportunity when the tides turn.

\* What long-term strategies should the newly elected government in Mauritius implement to build economic resilience against future global trade disruptions, particularly those stemming from US trade policies?



The government should start putting together an emergency fund by compiling unutilized budgets and surpluses, if any, in special funds. Falling oil prices could lead to a substantial windfall if retail prices are held constant. This should boost the government's financial capacity, albeit temporarily. The emergency fund, which could be topped up by domestic borrowing and, exceptionally, drawing on the Bank of Mauritius' reserves on the condition that this loan is paid back in the future, can help support workers and companies

impacted by the tariff war...»

Resilient economies are those that have achieved a high degree of structural transformation, are well diversified, and can adapt to disruptive technologies and climate change. Mauritius clearly has much to do on all these fronts. The new government was propelled into power by a populace eager for change, and change was a central focus of the Alliance du Changement's political agenda. The government has a responsibility to deliver the much-promised change, and since taking office in November 2024, it is putting in place the policies, mechanisms and institutions to make it happen...»

Under President Trump, US policies are likely to remain unstable and erratic. Mauritius should reduce its dependence on the US market for both exports and imports. The good news is that such dependence is currently not so high. With AGOA preferences set to expire in September 2025 and unlikely to be renewed beyond that date, Mauritius should already be looking for alternative markets for goods that it has traditionally exported to the US – primates, garments, industrial diamonds, sugar and fish products. This should not be a major problem for most of these products, except perhaps live primates. But since the sharp increase in the quantity exported of primates recently caused a politi-

cal stir, and some animal rights and religious groups continue to protest against the practice, won't a fall in exports of primates be a welcome fallout of Trump's trade war?

Regional trade agreements like the African Continental Free Trade Area (AfCFTA) can play a crucial role in mitigating negative effects and fostering economic resilience. Have we done enough in that direction?

Mauritius is very much a regional player. In 2024, Africa took one-third of our merchandise exports and supplied 12.5% of our imports. Specifically, South Africa is Mauritius' second most important export market and the fourth source of our imports after China, India and the UAE. Crucially, South Africa is a major supplier of food products to Mauritius.

Mauritius participates in several regional blocs in Africa, notably SADC, COMESA, IOC and, most recently, the AfCFTA. The AfCFTA came into effect on 1 January 2025 but hardly made any noise. Perhaps the timing wasn't right, given that most economies were reeling from the impacts of the pandemic. However, four years on, the AfCFTA remains a mystery. Most of Mauritius' trade with South Africa, for example, continues to take place under SADC. One reason for this is that the AfCFTA rules of origin remain to be finalized while negotiations are ongoing on other issues (e.g. e-commerce and IPR).

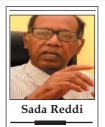
The AfCFTA could be a significant opportunity for Mauritius to diversify its export markets away from traditional partners like the EU and the US towards regional partners, such as South Africa, Madagascar, and Kenya. Mauritius should vigorously pursue the full operationalisation of the AfCFTA by concluding pending negotiations and diffusing it among exporters. In the meantime, Mauritius should seek to expand its trade with Africa through SADC and COMESA. The Covid-19 crisis highlighted the dangers of relying on remote markets for basic commodities when supply chains are disrupted. Mauritius can look to Africa as a partner in its pursuit of food security.

\* At the end of the day, what could be depressing is the fact that much that has been suggested by independent economists or announced in official speeches - like the diversification of our export markets, introduction of structural economic reforms, building of new economic pillars, etc. - has remained mere rhetoric for a long time. Is it possible for us to move beyond rhetoric and actually implement the necessary economic changes?

Indeed, that should be the challenge facing the current government. It should break away from the lethargy that characterized the previous regime, which had a reputation for making big announcements that were seldom followed through. The country has failed to develop any new economic pillars in the past ten years. Economic reforms have been put on the backburner and digital transformation is long overdue, as highlighted by the recent Audit Report.

Resilient economies are those that have achieved a high degree of structural transformation, are well diversified, and can adapt to disruptive technologies and climate change. Mauritius clearly has much to do on all these fronts. The new government was propelled into power by a populace eager for change, and change was a central focus of the Alliance du Changement's political agenda. The government has a responsibility to deliver the much-promised change, and since taking office in November 2024, it is putting in place the policies, mechanisms and institutions to make it happen. The adoption of Programme-Based Budgeting is a key example. Let us give them some extra time.

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# Why Teacher Training for Primary Education Matters

A long-standing top priority is building an efficient, just, and equitable primary education sector aiming for zero failure after 6-7 years

eforming education in the 21st century remains a major challenge for stakeholders in society, and there is no quick solution. Changing times, the emergence of new challenges, and rising expectations have all compounded the role and responsibility of educators in present-day society.

Recent interviews and articles in the press paint a chaotic and dismal picture of the education sector, and strong feelings of despondency seem to have gripped educators, especially as acute unsolved social problems have invaded school premises as never before. Short-term and immediate solutions can only plug a few gaps and are inefficiently implemented, pending the implementation of more creative and innovative strategies for an ever-changing present and uncertain future.

The various stakeholders coming together for the national conference on education organised by the Ministry of Education had pinned their hopes that some solutions could be found to meet the many challenges, and the 14 themes which will be explored indicate the ambition and determination of the minister to plan holistically to overhaul the system. While there has been some scepticism about the conference and its outcome — not necessarily unjustified given experience, but nevertheless a legitimate voice in a democratic and liberal society — one can expect at least that a few priorities can be identified which can be implemented as soon as possible.

With this view in mind, one hopes that one top priority, which has occupied the minds of many for at least half a century, is how to build a primary education sector which is efficient, just, and equitable to achieve zero failure at the end of 6 or 7 years of education. While educational reforms are expected to tackle many wide-ranging issues in an integrated manner, one major component of reform should be teacher training for the primary sector.

We may not have realized that teacher training has been a major failure for the primary sector for several decades simply because our institutions were not staffed with qualified teacher trainers for the primary sector. Even at the Teachers' Training College, one of the primary teachers who went for training as a primary teacher recalled that most of the teacher trainers were subject specialists fresh from university, with only two expatriates — one specializing in infant education and the other teaching French. There were also two headteachers with experience at the primary level who had joined the staff to provide some practical experience to trainees. There were also woodwork and gardening classes which introduced children to manual work but also equipped teachers to prepare their own pedagogi-



One can remember well that the Standard IV examination was considered the hardest and served to filter out supposedly weak students from moving up to higher classes and completing their primary education. Most of the pupils dropped out after the Standard IV examination, but nevertheless, many achieved a standard of literacy and numeracy, and with their other skills, were able to earn their living. After Independence, the filtering process persists, albeit unintentionally, and the rate of failure at the end of primary school has been ascribed to many problems -- particularly blaming children for their low achievement -- but rarely has the training of primary teachers been identified as possibly a major factor..."

cal resources for teaching.

Perhaps it is worth noting that primary education in the past was geared for a colonial agricultural economy. It was deliberately inefficient to provide for a small minority for clerical and other essential services for the colonial bureaucracy. One can remember well that the Standard IV examination was considered the hardest and served to filter out supposedly weak students from moving up to higher classes and completing their primary education. Most of the pupils dropped out after the Standard IV examination, but nevertheless, many achieved a standard of literacy and numeracy, and with their other skills, were able to earn their living.

After Independence, the filtering process persists, albeit unintentionally, and the rate of failure at the end of primary school has been ascribed to many problems — particularly

Another reason why teaching in the primary sector is flawed is revealed in the 2023 report on Primary School Achievement
Certificate (PSAC). While examination papers of PSAC are marginally less difficult than CPE examination papers in English, French, Science, and Mathematics, and comparable to similar assessments and examinations in other countries, the examination results show that pupils pass the examination by doing well in questions linked with recall, rote learning, and procedural drilling, and avoid or do badly in questions which require inference, understanding, problem-solving, and reasoning..."

blaming children for their low achievement — but rarely has the training of primary teachers been identified as possibly a major factor.

With the setting up of the Mauritius Institute of Education, primary education has hardly improved for various reasons. Like the Teachers' Training College, most lecturers at the MIE were mostly subject specialists from the secondary sector, with admittedly wide experience in secondary teaching but little knowledge and experience in primary education. Later, many were given fellowships to complete a master's degree in various fields of education but rarely in primary education and pedagogy for the primary sector.

The situation may have worsened today, as some lecturers with postgraduate degrees in education have neither taught even in a secondary school nor trained in primary education. This situation was inevitable in a country with limited resources and which had to cope as best as it could in a situation where education expansion was growing very fast with universal primary education and free secondary education. Lecturers were jack-of-all-trades and were called upon to train educators in both the primary and secondary sectors, write curriculum materials, and prepare national examinations. The resulting education deficit may have been a major factor in the lack of concrete improvement at the primary level and the failure to break generational cycles of poverty and equip children with life skills to meet present and future challenges.

Though there is no known research on the impact of teacher training on the primary sector, it is known that many teachers are reluctant to work with children from disadvantaged backgrounds and find teaching extremely difficult and depressing.

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# Why Teacher Training for Primary Education Matters

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Such attitudes may suggest that among the various causes of this aversion are inadequate training, skills, support, resources, and resourcefulness, leading teachers to struggle to give their best for their pupils' benefit.

It is not surprising that at the Ministry, primary education remains the Cinderella of the education sector. Most of the officers are also from the secondary sector. There is still only one Assistant Director for primary education — not even a Director — and efforts in the past to elevate the person to the post of Director met with a lot of bureaucratic hurdles, not to mention a bias on the part of many. So, the primary sector at the level of the Ministry has to contend with a Chief Inspector, though the primary sector is the foundation of our education system.

Given the importance of primary education, the conference must provide an opportunity to give primary educators the utmost consideration they deserve and to prioritise their professionalisation within the broader effort to professionalise all educators. Reform in primary education will entail investigating various aspects of the sector and coming up with integrated measures regarding budget allocation, resources, management, decentralisation, action research, curriculum innovation, salary structure, and teacher training. All these and other areas require attention, for they are all interlinked, but I believe that teacher training should be a crucial component of reform, and one expects that views from educators in the primary sector be given all the importance in the coming conference, and primary education should be a major theme given its specificities.

Another reason why teaching in the primary sector is flawed is revealed in the 2023 report on Primary School Achievement Certificate (PSAC). While examination papers of PSAC are marginally less difficult than CPE examination papers in English, French, Science, and Mathematics, and comparable to similar assessments and examinations in other countries, the examination results show that pupils pass the examination by doing well in questions



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linked with recall, rote learning, and procedural drilling, and avoid or do badly in questions which require inference, understanding, problem-solving, and reasoning.

There are many reasons to explain the gap between what the curriculum demands and what is achieved in practice. It is known that teachers are under societal pressure to deliver examination results and do not have time, resources, and support to apply their teaching skills to teach higher-order thinking skills which go beyond the recall of facts. The report also recommends equipping teachers with skills aligned with curricular objectives, ensuring continuous professional development, and fostering a shift in classroom practice.

Reforming the Education sector will require effective planning, resources, implementation, monitoring, evaluation, and above all, political commitment — not only

from the Minister of Education but also from the Minister of Finance and the Prime Minister. On a practical level, any reform must begin within the Ministry itself by establishing a Director of Primary Education position, specifically tasked with enhancing the quality and effectiveness of teacher training, rather than general management. This must be followed by revisiting the training of educators at the Mauritius Institute of Education

An evaluation of resources for training in the primary sector would reveal that there is hardly anyone with specialist training in primary education. Professionalisation of the teaching profession in the primary sector will necessarily require specialist teacher trainers. Very often, education modules are prepared not in response to the educational demands of learners but tailored according to the human resources available. This is no longer acceptable, and it will be necessary to get a few specialists from overseas to be posted at the Institute for a minimum of three years, while some fellowships must be made available for training in primary education.

Technical assistance could be sought from several countries and UNESCO once needs are identified and a request is made. Furthermore, scholarships and fellowships should prioritize primary education on the Ministry of Education's list. The current diploma course for educators should be replaced by a full-time, three-year B.Ed program in primary education, accessible to all, to enhance their employability in both the public and private sectors.

Previously, the distinction between primary teachers and education officers was eliminated by categorizing them all as educators. Now, it is time to go further and place all educators in primary and secondary education on the same professional scale, contingent upon primary educators completing a three-year B.Ed course. This also necessitates a review of recruitment criteria for primary school educators, incorporating profiling to identify individuals genuinely interested in educating young learners; otherwise, the sector risks attracting those who primarily value teaching as employment or for the advantages of extended holidays.

It would be naive to assume that implementing the conference recommendations across various themes through holistic planning will be easy. Administration, management, and teaching will grapple with conflicting priorities. Actual implementation will be hampered by resource misallocation. and certain expenditures will be deemed unfavourable. Furthermore, as the Minister himself noted, obstructionist tactics may arise within the Ministry itself. Any government genuinely committed to improving education must invest significantly in primary education. There is no shortcut or magic solution, only sustained hard work and dedication from all stakeholders to build for the future.

Sada Reddi

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Cinderella of the education sector. Most of the officers are also from the secondary sector. There is still only one Assistant Director for primary education -- not even a Director -- and efforts in the past to elevate the person to the post of Director met with a lot of bureaucratic hurdles, not to mention a bias on the part of many. So, the primary sector at the level of the Ministry has to contend with a Chief Inspector, though the primary sector is the foundation of our education system..."

# Dr R Neerunjun Gopee

## Nobel Prize Dialogue Tokyo 2025

**Mauritius Times** 

# The Future of Life

he Nobel Prize Dialogue is a free-ofcharge, full-day event inspired by Nobel Week Dialogue which has been taking place in Sweden in Nobel Week since 2012. The event 'aims to stimulate discussion at the highest level on a topical science-related theme by bringing together Nobel Prize laureates, the world's leading scientists, key opinion leaders, policy makers, different interest groups and the general public, online as well as on-site. By bridging science and society, it's an opportunity to stimulate thinking, excite imagination and inspire greatness."

'Nobel Prize Dialogue Tokyo 2025: The Future of Life' was produced by Nobel Prize Outreach AB in cooperation with the Japan Society for the Promotion of Science (JSPS), and Tokyo College Associate Professor EMA Arisa was one of the speakers. It was held at the Pacifico Yokohama Conference Centre on March 9.

One of the things that struck me was the number of times that the expressions 'In my humble opinion,' 'I have no answer to this...' 'I do not know' were heard during the daylong session. Nobel Prize laureates who have the humility to concede that they do not know, do not have all the answers, whereas we would expect the opposite!

Well, that actually shows their greatness. In fact, in a lively discussion on the future promise of quantum technology, which is based on quantum mechanics, the physicist actually working in that field to design quantum computers, said he doesn't understand quantum mechanics! The others said as much too, not shy of confessing their 'ignorance'.

It is said that when Einstein had come up with his Theory of General Relativity, only two other physicists along with him understood what it was all about. The situation today is still that comparatively a small number of physicists understand it. For laymen like us, it suffices to appreciate that general relativity is concerned about how large objects such as planets move about in the universe, with the force of gravity playing a major role, and that quantum mechanics is about how microscopic particles of matter such as atoms and subatomic particles move in relation to each other.

Tt is also noteworthy that, in a similar vein Lof humility, Einstein said that his theory, like all scientific theories, was not final, and could be replaced by another one if new facts came to light. On the contrary, however, his theory keeps being confirmed by experiments that are conducted by scientists to test various aspects of what the theory predicted.

Tokyo 2025 Nobel Prize Dialogue explored the ways that science and techno-



66Come to think of it, the life well lived can only be about shared joys and happiness, selfless service whenever possible, and not causing willful harm. It is love that is the driving force for these sentiments and actions. Unfortunately, it is the missing ingredient in a world soaked in hate and bent on wars and their killing fields. Biologically, the future of life is assured. It is the future of humans, their survival, that cannot be guaranteed..."

logy, combined with a better understanding of the world around us, might change our lives in the future. In the face of ever more complex challenges facing humanity, and all of life on earth, what can we do to help ensure we move towards the future we actually want?

t featured Nobel Prize laureates from diverse disciplines in conversation with a wide selection of international and regional experts. The meeting asked what it means to be human, now and in the years to come. Together the laureates investigated how new developments such as artificial intelligence, genetic technologies, quantum computing and the development of sustainable materials can most wisely be harnessed to deliver the maximal benefit to humanity, and the rest of nature with which we share this

'The essence of humanity: How did we get here?' was the subject of a podcast by Physiology & Medicine laureate Svante Pääbo, who gave an overview of how humanity has evolved and what historically has made us human. By means of genomic studies that are now widely practised he has been able to show that humans crossbred with Neanderthals, and that their genetic imprint is to be found in human

Equally lively was the discussion about

what is life, the topic that was of most interest to me. 86-year-old Professor Ada Yonath of Israel, Israeli Nobel Prize Winner for Chemistry in 2009, gave an account of how it had taken her 21 years to unravel how the structures called ribosomes present in the cells (the cell being a fundamental unit of life) make proteins from the instructions contained in the DNA. This work will have applications in medicine - understanding these processes and what and how they can go wrong in disease can lead to the development of treatments.

But when asked what is life, she replied by repeating what a colleague had said, 'I do not know.' In fact, this is an ongoing debate in biology in particular, and in science in general.

As I reflected on this issue afterwards, I could summarise for myself four categories into which one could place definitions of life:

- physico-chemical, according to Irish physicist J D Bernal as far as I can recollect: 'life is a dynamic equilibrium in a polyphasic system.'
- biological, as it is now understood: at its most fundamental, life is simply the capacity to self-replicate, that is to make multiple copies of oneself by one self. Any organism that can do that is said to be living. That is why

viruses baffle us: they are neither living nor non-living, lying at the inter section between the two realms. The advent of Covid-19 has upped the debate about whether a virus is living or non-living – because it cannot replicate by itself but needs to use another living organism to do so, by hijacking the multiplying mechanism of the latter that is found it its cells. The Covid-19 virus does that using human lung cells.

- existential: everyone, educated or non-educated, at some stage in his life journey asks: who am I? where do I come from? what happens after
- experiential perhaps the one which has the widest range of perspectives because every individual can frame a definition from his/her own experience.

n fact, for those with an interest in the ■matter, the experiential dimension is the usual starting point for any enquiry into life, from what we observe in the world around us and what we undergo within as we use these observations to organize our lives at an individual level. From that vantage point scientists delve into the biological then the physico-chemical level to bring knowledge that leads to the development of technology and practical applications which enhance material comfort.

Thinkers such as our rishis (sages), poets and philosophers surf on other planes and come up with gems that induce deep reflection. These two among myriads will suffice as examples:

'Life is what happens to you when you are busy making other plans.'

'Life is a series of moments, miracles and experiences. Enjoy every moment, Enjoy the miracle, and Learn from the ex-

Come to think of it, the life well lived can only be about shared joys and happiness, selfless service whenever possible, and not causing willful harm. It is love that is the driving force for these sentiments and actions. Unfortunately, it is the missing ingredient in a world soaked in hate and bent on wars and their killing fields.

Biologically, the future of life is assured. It is the future of humans, their survival, that cannot be guaranteed.

#### ALLIANCE FOR CHILDREN

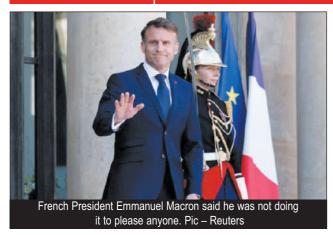
The Annual General Meeting of Alliance for Children will be held on Saturday, 26 April 2025 at 11:00 am at 9. Britannia Park Vacoas.

#### AGENDA:

- 1. Reading and Approval of Last Minutes of Proceedings
- 2. President's Report
- 3. Treasurer's Report
- 4. Approval of Audited Annual Accounts 2024
- 5. Approval of Budget Estimates and Expenditure for 2025/2026
- 6. Approval of Future Projects/Investment
- 7. AOB

Secretary

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# France could recognise Palestinian state in June, says President Macron

French President Emmanuel Macron said on Wednesday that France could recognise a Palestinian state in June, adding that, in turn, some countries in the Middle East could recognise the state of Israel.

"We need to move towards recognition (of a Palestinian state). And so, over the next few months, we will. I'm not doing it to please anyone. I'll do it because at some point it will be right," he said during an interview on France 5 television.

"And because I also want to take part in a collective dynamic that should also enable those who defend Palestine to recognise Israel in their turn, something that many of them are not doing."

Even though Palestine has been recognized as a sovereign state by almost 150 countries, most major Western powers have not, including the United States, Britain, France, Germany and Japan.

Among the countries that do not recognize Israel are Saudi Arabia, Iran, Iraq, Syria and Yemen.

"Our objective is somewhere in June, with Saudi Arabia, to chair this conference where we could finalise the movement towards reciprocal recognition by several countries," Macron said.

#### The brain behind Trump's tariff policies

## Stephen Miran, Harvard economist

The sweeping "reciprocal tariffs" recently enacted by President Donald Trump have sent ripples through global markets, and at the heart of this policy shift lies the intellectual framework of Stephen Miran, a Harvard-educated economist now heading the Council of Economic Advisers (CEA). Miran's ascent to a pivotal role in the Trump administration signals a dramatic departure from conventional economic wisdom, placing tariffs front and centre in the pursuit of what he deems a more equitable global trading system for the United States.

Miran, who earned his PhD in economics from Harvard in 2010, was appointed to lead the CEA on December 22, 2024. His academic pedigree, including mentorship under the esteemed economist Martin Feldstein, who served under Presi-dent Ronald Reagan, provides a backdrop for his bold economic pronouncements. Before joining the administration, Miran honed his strategic thinking as a senior strategist at Hudson Bay Capital, a global investment firm.

It was while at Hudson Bay Capital that Miran penned a 41-page "User's Guide to Restructuring the Global Trading System" in November 2024. This document laid the groundwork for his approach, advocating for the strategic use of tariffs as leverage to secure market access for Ame-rican exports. This philosophy has now translated into policy, with Trump's recent tariff announce-



ments, including a significant hike on Chinese goods, reflecting Miran's vision

"The President has promised to rebuild our broken industrial base and pursue trade terms that put American workers and businesses first... Our military and financial dominance cannot be taken for granted, and the Trump Administration is determined to preserve them," Miran stated on April 7, the day Trump's tariff on China surged to 104 percent, later rising to 125 percent.

Miran's defence of tariffs stands in stark contrast to the prevailing consensus among economists, who often view them as counterproductive. He argues, however, that they serve a purpose beyond revenue generation. Speaking at the Hudson Institute, Miran asserted that these "reciprocal tariffs" target "unfair trade practices" such as currency manipu-

lation and dumping.

"It is important to note here that tariffs are not levied simply to collect revenues. For example, the President's reciprocal tariffs are designed to address tariff and non-tariff barriers and other forms of cheating like currency manipulation, dumping, and subsidies to gain unfair advantage. Revenue is a nice side effect, and if it is used in part for lowering taxes, it can help turbo-charge competitiveness improvements that boost US exports," he explained.

Miran's influence on Trump's trade policy is undeniable, and his "User's Guide" serves as a roadmap for the administration's aggressive stance. As global markets grapple with the implications of these tariffs, the spotlight remains firmly on Stephen Miran, the Harvard economist who is reshaping the landscape of international trade.

## China retaliates, slapping 50% tariffs on US goods

Beijing has dramatically escalated its trade conflict with the United States, announcing a sharp increase in tariffs on American goods to 84%, up from the previous 34%. This aggressive move comes as a direct retaliation against President Donald Trump's latest round of punitive tariffs, which a day prior had pushed duties on Chinese products to a staggering 104%, and subsequently 125%. These rapid developments have unequivocally confirmed that the "reciprocal retaliatory tariffs" strategy is spiraling into a full-blown trade war between the world's two largest economies.

The Chinese government's customs tariff commission announced the 50% tariff hike would take effect at 12:01 am on April 10th. Simultaneously, Beijing added 12 US entities to its "export control list" and a further six US firms to its "unreliable entity list," effectively barring these 18 companies from conducting business or investments within China, according to



state-run news agency Xinhua.

In its official statement, China's customs tariff commission condemned the US's escalating tariff measures as "a mistake on top of a mistake," asserting that they "seriously infringe on China's legitimate rights and interests and seriously damages the rules-based multilateral trading system." Beijing urged

Washing-ton to immediately reverse its actions, cancel all unilateral tariffs, and seek resolution through "equal dialogue on the basis of mutual respect."

The escalating trade tensions are also prompting concerns in other nations. Chinese President Xi Jinping, in his first public address since Trump's global tariff announcements, emphasized streng-

thening strategic relationships with neighboring countries by "appropriately" managing differences and bolstering supply chain ties. This suggests Beijing may be seeking alternative markets and alliances amidst the trade friction with the US, raising concerns for countries like India about potential dumping of Chinese goods.

Further underscoring its position, China released a new policy paper on Wednesday, asserting that the trade imbalance between the two nations is an "inevitable result of structural issues in the US economy and a consequence of the comparative advantages and international division of labour between the two countries." While acknowledging that its trade surplus with the US widened to \$295.4 billion last year, China's commerce

ministry stressed, "There are no winners in a trade war," and affirmed its commitment to defending its legitimate rights and interests.

\* Contd on page 14

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## Musk to Zuckerberg: Trump's tech bros made billions after tariff pause

President Donald Trump's 90-day tariff pause announcement sent the stock market rocketing and the world's wealthiest people added \$304 billion to their combined net worth on Wednesday-the largest one-day gain in Bloomberg Billionaires Index's history. This comes as Meta and Tesla jumped over 10% after a week of heavy losses.

The S&P 500 rose 9.52% to 5,456.90 on Wednesday - its biggest one-day gain since 2008. The Dow Jones Industrial Average advanced 2,962.86 points, or 7.87%, and the Nasdaq Composite jumped 12.16% after the 90-day relief was approunced



The record day comes on the heels of last week's sell-off following President Trump's tariff announcement. However, it

was payday on Wednesday as the total wealth gain beat the previous record of \$233 billion set in March 2022.

#### How did Trump's tech bros do?

The largest individual gainer from Trump's pause announcement was Elon Musk's Tesla Inc. The tech billionaire added \$36 billion to his fortune after his EV maker's stock jumped 23%, Bloomberg revealed. Mark Zuckerberg gained almost \$26 billion.

Next in line was Nvidia Corp.'s Jensen Huang, who saw his wealth rise \$15.5 billion. The chipmaker's shares shot by 19%

However, percentage-wise it was Ernest Garcia III, the CEO of Carvana Co., who came out as the winner. His fortune increased 25%.

Apple's stock soared more than 15% and Walmart rallied 9.6%. At the time Trump declared the tariff pause, at 1:18 PM ET, the Dow was about 350 points higher for the day. However, within moments, the 30-stock index surged more than 2,000 points.

Explaining why he made the pause move, Trump said: "I thought that people were jumping a little bit out of line. They were getting yippy, you know, they were getting a little bit yippy, a little bit afraid."

## How many Green Card holders live in the US currently



While Green Card holders are not US citizens, they enjoy many similar privileges, including the ability to work legally, access public benefits, and reside permanently in the country.

The number of Green Card holders in the US has steadily increased over the years. The US can only issue up to 675,000 green cards a year. The US Citizenship and Immigration Services (USCIS) is responsible for managing the Green Card process, with applicants qualifying through various paths such as family sponsorship, employment-based immigration, and humanitarian programs.

Green Card holders play a significant role in US society, contributing to the workforce, the economy, and the nation's cultural diversity. These residents are involved in virtually every sector, including healthcare, technology, education, and construction. As legal residents, Green Card holders have access to many of the same social services and benefits as US citizens, although they cannot vote in federal elections.

The demographic diversity of Green Card holders is notable, with large numbers coming from countries such as Mexico, India, China, and the Philippines. Their presence adds rich cultural and linguistic variety, shaping the social and cultural landscape of the United States.

## Fears and challenges faced by Green Card holders

Despite the rights that come with permanent residency, many Green Card holders live with ongoing concerns about

their status. Recent reports have highlighted that some permanent residents fear potential deportation, particularly in light of shifting US immigration policies. While Green Card holders are generally protected from deportation, they can still face removal under certain conditions, such as criminal convictions or violations of immigration laws.

Changes in US immigration law and policies have caused

significant uncertainty for Green Card holders. The fear of losing their status, especially in an increasingly complex legal landscape, has caused stress among many permanent residents. For some, this uncertainty impacts their daily lives and decisions about their future in the US.

#### **US Citizenship**

For many Green Card holders, citizenship is the next step after establishing permanent residency. The naturalization process requires meeting several criteria, including a period of continuous residence, proficiency in English, and knowledge of US civics. Once granted citizenship, Green Card holders can enjoy additional rights, such as the ability to vote in federal elections and access to a US passport.

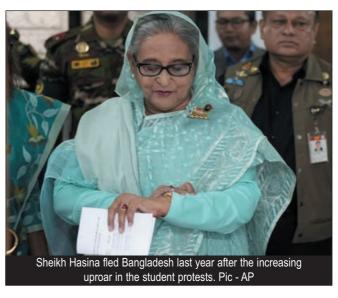
However, obtaining citizenship can be a lengthy and complicated process. Many Green Card holders still face long waiting periods and bureaucratic challenges before they can fully transition to US citizenship. Despite these obstacles, many see naturalization as the ultimate goal after years of living and contributing to the country.

As of today, there are approximately 13.5 million Green Card holders in the United States, with the number steadily growing each year. These permanent residents contribute significantly to the economy, society, and cultural diversity of the US. However, many face uncertainty due to potential changes in immigration policies.

## Bangladesh court issues arrest warrants for Sheikh Hasina & daughter

Dhaka court has issued fresh arrest warrants against former Prime Minister Sheikh Hasina, her daughter Saima Wajed Putul, and 17 others in a corruption case related to the alleged fraudulent acquisition of a residential plot. Dhaka Metropolitan Senior Special Judge Zakir Hossain Galib accepted the charge sheet filed by the Anti-Corruption Commission (ACC) and issued the warrants as the accused were deemed absconding.

ACC prosecutor Mir Ahammed Salam confirmed the court's decision, stating that the judge has instructed the ACC to submit an investigation report by May 4th for a hearing on the charges involving the leased land in the Purbachal area, a new city housing project on the outskirts of Dhaka.



The ACC's case, filed on January 12, 2025, alleges that Putul, currently serving as the World Health Organization's (WHO) South East Asian regional director in New Delhi, illegally influenced her mother, then-Prime Minister Hasina, to secure the plot. The charge sheet claims Putul bypassed standard procedures by applying directly to her mother instead of the Rajdhani Unyan Kartripakkha (RAJUK), the staterun agency responsible for land allocation. Furthermore, the ACC alleges that Putul

and her family already owned a house or flat within RAJUK's jurisdiction, rendering her application improper.

This development follows closely on the heels of the ACC's announcement of a separate inquiry into the alleged misappropriation of 4,000 crore Taka during the "Mujib Centenary" celebrations. The ACC is investigating claims that this substantial amount, drawn from the national treasury, was wasted by Hasina, her sister Sheikh Rehana, and former Principal Secretary Kamal Abdul Naser Chowdhury. This investigation, which began in January, is currently in the information-gathering phase.

The "Mujib Centenary" celebrations commemorated the 100th birthday of Bangladesh's founding father, Banga-

bandhu Sheikh Mujibur Rahman, in 2020, during Hasina's tenure. Rehana held no official government position, while Chowdhury served as the chief coordinator of the celebrations after his retirement.

Adding to Hasina's legal troubles, the International Crimes Tribunal of Bangladesh has also issued arrest warrants against her and her political allies, accusing them of crimes against humanity and enforced disappearances. These cases are related to the tribunal's

initial mandate of prosecuting collaborators of Pakistani forces during the 1971 Liberation War.

ACC Chairman Mohammad Abdul Momen's recent statement, asserting that Hasina would be treated no differently than any other corrupt individual, underscores the seriousness of the allegations. The issuance of these new arrest warrants marks a significant escalation in the legal challenges facing the former Prime Minister and her family.

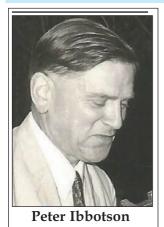
#### From the Pages of History - MT 70 Years Ago

5th Year No 300

### **MAURITIUS TIMES**

Friday 27 May, 1960

Religion should be rule of life not a casual incident in it. — Benjamin Disraeli



**C**The recurrent Lambeth Conferences, while having no authority beyond the moral and spiritual status of those who attend them," says the Rev Dewi Morgan in his book 'Lambeth Speaks', "provide the world Church with a reasoned survey, under the guidance of the Spirit, of its whole life in the contemporary situation." It was at the Lambeth Conference of 1958, attended by 110 bishops who included the Rt.

Rev Hugh Otter-Barry, then Bishop of Mauritius, that the Anglican Communion considered the problems, the interlocked problems of birth control and family planning.

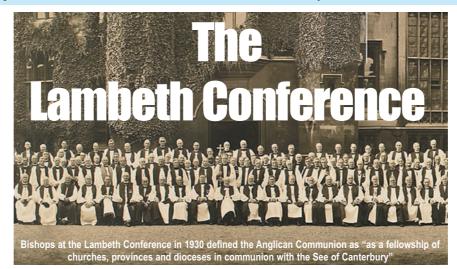
The result of the bishops' consideration is what I wish to deal with this week; but let me first include one more quotation which refers to the effect and authority of the successive Lambeth Conferences. The Bishop of Peterborough has written a foreword to 'Lambeth Speaks'; he says, "Over the years the Lambeth Conferences have played their part in the making the Anglican Communion a more worthy instrument of God's purpose." Note the last seven words: "a more worthy instrument of God's purpose" — the Lambeth Conferences are not the deliberations of mere men, but they are the deliberations of men assisted by God; and the results of the Conferences are God inspired. Whoever challenges the validity of what is decided by the bishops is challenging also the validity of God's purpose and inspiration.

The family was deeply considered by the 1958 Conference. In the official Report of the Lambeth Conference, 1958, bishops said that "The Biblical revelation does not limit the function of sexuality and the family to the reproductive purpose. Equally deep-rooted in Genesis is the reflection of the second half - the need of man and woman for each other to complement and fulfil each other." These two relationships lead to a third, the place of the family in giving responsible security to the children. These three functions, say the bishops, are interwoven, are rooted in both human experience and God's revelation: "The procreation of children, fulfillment and completion of husband and wife in each other, and the establishment of a stable environment."

Planned parenthood, using modern birth control technique means that parents can better fulfil the third of these functions while not ignoring the first two. Children can be procreated; the use of contraceptive appliances (not relying on the, in fact, unreliable 'jours agénésiques', the Vatican roulette) means that husbands and wives can complement and fulfill each other free from the fear of accidental (or unwanted) conception. When the occurrence and number of children are planned, the stability and security of the family environment are assured.

From birth control, Lambeth went on to consider the worldwide situation of overpopulation; in other words, it went from the personal application of the problem to the general. In one of the pre-Conference documents, *The Family in Contemporary Society*, we read, "The rate of population growth in the world has never been so rapid as at the present time, and it is estimated that in one generation the world population might increase by 45 per cent." Thus, in any consideration of world population problems, we cannot afford time for reflection; time is just not on our side.

"The Pope,' says Rev Dewi Morgan, "has suggested the



conquest of space might provide the answer. Perhaps he is right, but the world cannot wait." Mr Morgan goes on to quote, relevantly, *The Family in Contemporary Society*, "The problem of over-population today cannot be left to solve itself; the starvation of millions, the remaining 'natural check' (excluding annihilation in atomic war), is an intolerable affront to the conscience of mankind."

#### Population growth in Mauritius

Population growth in Mauritius is seven times its pre-War figure. The actual population in 1960 is already higher than that forecast for 1960 by the commission on population some years ago. The indication is that the pressure of population in this tight little island will rapidly be much greater than has been expected. Action is needed and needed quickly. There are many other countries like Mauritius where population presses: Hong Kong, Bermuda, Singapore, Trinidad, Barbados, Puerto Rico, Ceylon; but the big difference between them and Mauritius is that in all of them, something has been done and is still being done.

In all the island territories I have just listed, there are family planning associations, here are birth planning associations; there are control clinics; and the overwhelming pressure of population growth is at last being checked. And in all these territories, two of which (Trinidad and Puerto Rico) are by the Vatican regarded as Roman Catholic countries', not only is there a family planning association, but the family planning association receives government subventions.

And what did the bishops at Lambeth say about family planning and its moral aspect?

"The responsible procreation of children is a primary obligation. The question, how many children? Is one on which no general counsel can be given. The choice must be made by parents together, in prayerful consideration of their resources, the society in which they live, and the problems they face... But the procreation of children is not the only purpose of marriage. Husbands and wives owe to each other and to the depth and stability of their families the duty to express in sexual intercourse the love which they bear and mean to bear to each other. Sexual intercourse is not by any means the only language of earthly love, but it is in its right use the most intimate and the most revealing... Therefore, it is utterly wrong to urge that, unless children are specifically desired, sexual intercourse is of the nature of sin...

In other words, family planning can be offered humbly before God and followed with a clear conscience, "The priest called to celibacy controls his procreative powers as does the nun in her holy vows," says Dewi Morgan; "Any normal husband and wife married twenty years with less than, say, ten children, have presumably practised some form of birth control, and the Church has never condemned it."

Nor does the Anglican Communion condemn family planning. But the Roman Catholics may say, neither do we. We are against artificial methods of birth control; you can use the *jours agénésiques* but you mustn't use artificial means — the sheath, the cap, the pill.

But Lambeth, 1958, went beyond not condemning family planning. The bishops tried to give helpful advice about details. Their official report says: "The means of family planning are in large measure matters of clinical and aesthetic choice, subject to the requirement that they may be admissible to the Christian conscience. Christians have every right to use the gifts of sci-

ence for proper ends."

In other words, Christians, in the view of the 110 bishops assembled at Lambeth and guided in their deliberations by God, have every right to use artificial means of contraception, since these means are "the gifts of science". The jours agénésiques so beloved of the Roman Catholics are said to be the gift of God. A parallel exists between birth control and other fields of scientific study. For example, the God-given gift of water supply can be uncertain and unreliable, but the scientists steps in with his schemes for irrigation" and thus ensures that the God-given water can be properly used. The God-given iours agénésiques are unreliable: but the scientist steps in with his artificial birth control appliances and makes contraception more reliable. If we can rightly use the gifts of science to control nature in the one case, why cannot we rightly use those same gifts to control births? No straightforward answer to that question exists in Roman Catholic propaganda, as far as I know; I am prepared to be enlightened.

The bishops of Lambeth stressed "the responsible procreation of children" — note 'responsible'. Roman Catholic propaganda against birth control could well note that Anglican stress, and act vigorously and indeed rewardingly in Roman Catholic countries to redress the irresponsible procreation of children that one so often finds there. According to the Caracas 'Daily Journal' of February 7th last, for example, the number of children abandoned in Venezuela is a tragic reflection of the poverty and ignorance in that country.

Among the poor there is abysmal ignorance even of Catholic-approved methods of birth control; illegitimacy is rife because no stigma attaches to it, Thousands of mothers, abandoned by their men, in their turn abandon their illegitimate children. The answer is not just raising money to support out of charity these casually begotten waifs; the answer is also "fundamental reforms in education law and custom". Much could be achieved by the spread of information about birth control measures (even if only about the jours agénésiques); a paternity law is also needed, compelling a man to recognize and support any child whom he begets. Venezuela is a Roman Catholic country; the state of many of its children is like that of many children in other Roman Catholic countries, e.g. Sicily. To Roman Catholics who condemn birth control and seek to impose their views on people of other religions, we can rightly say: "First put your own house in order; then we'll listen to you."

But those of us who are members of the Anglican Communion know that the Roman Catholics are wrong in condemning birth control. We know that birth control is not an affront to God; we know that our bishops are right in saying that birth control is not a sin.

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## The US-China Conflict and the Post-Globalisation Order

#### Cont. from page 3

Advanced military assets like nuclear submarines, aircraft carriers, and fifth-generation fighters represent significant technological capabilities, allowing for the projection of influence in the region (including towards countries like India, Vietnam, and the Philippines) and for eyeball to eyeball confrontations with the US, for instance, in the South China Sea/Taiwan or in the Indian Ocean's space.

The confrontation had to come at some stage, and some analysts believe that the Trump tariff war, despite a flurry of side distractions, is essentially designed to take down China's economy and military a notch or two. President Trump and his wealthy backroom boys clearly won't stand for US predominance to be challenged anymore. Trump's tariffs have have hit China hard, while also impacting countries (Vietnam, South-East Asia) leveraged by China to bypass US customs: some estimates have China rerouting strategy to account for 50% more than official US direct trade deficit with China.

Where and how will the confrontation end? The US has the world's largest consumer economy and is still an immense military power but cannot afford to ignore the threats posed by the dragon's own ambitions. Its de-industrialisation is hurting its technological capacities and Trump is prepared to stare down the dragon now, rather than allow China's further rise as a global superpower. It is assumed he would work with Taiwan, Japan and South Korea to bring cutting edge factories to the US.

True to form, Trump's words reveal a deep-seated resentment towards globalists and left-liberals for creating the problem that he alone, according to his core beliefs, has



has the world's largest consumer economy and is still an immense military power but cannot afford to ignore the threats posed by the dragon's own ambitions. Its de-industrialisation is hurting its technological capacities and Trump is prepared to stare down the dragon now, rather than allow China's further rise as a global superpower. It is assumed he would work with Taiwan, Japan and South Korea to bring cutting edge factories to the US. True to form, Trump's words reveal a deep-seated resentment towards globalists and left-liberals for creating the problem that he alone, according to his core beliefs, has the courage to confront. He views this as an absolute threat he will go to any lengths to tackle..."

the courage to confront. He views this as an absolute threat he will go to any lengths to tackle, with the other tariffs serving largely as a distraction, collateral damage concealing his true intentions, which Beijing must now have perceived. With both US Houses under Republican Party (GOP) control, a compliant supreme court and mid-terms still 18 months off, he knows no GOP or Dem leader, even if they had the same support, would even think of facing the dragon so brutally.

China's options appear to be limited, its economy (including giants Alibaba, Temu and Tik-Tok) depends heavily on US consumers, and a tariff war is likely to be economically damaging. It could prevent some rare earth exports to the US, but its military, behind closed doors, may not be entirely happy with the current turn of events. In essence, while Xi Jinping holds significant power, the complex interplay of political, economic, and strategic factors can create an environment where differing opinions exist within the PLA.

The world is watching the two superpowers stare each other down as the momentous end of globalisation has already taken place, though its repercussions cannot yet be fully apprehended.

\* The deep state conspiracy theory in the United States is an American political conspiracy theory that posits the existence of the deep state, a clandestine network of members of the federal government (especially within the FBI and CIA). The theory argues that there exist networks of collaborators within the leadership of the high-level financial and industrial entities, which exercise power alongside or within the elected United States government. (Wikipedia)

Jan Arden

#### **YOUR STARS**

#### SAGITTARIUS: NOV 22 - DEC 21

Creativity surges. Great for artists, teachers, and performers. Romance is playful but requires clarity. Avoid gambling—channel risk into ideas, not money. Family brings grounding late in the week.

Lucky Numbers: 2, 7, 12, 24, 28, 37 CAPRICORN: DEC 22 - JAN 19

Home life takes center stage. Renovate, reconnect, or reset family ties. Career slows slightly—use it to plan. Emotions run high Thursday; express them calmly. A love interest may surprise you.

#### Lucky Numbers: 1, 10, 18, 23, 29, 35 AQUARIUS: JAN 20 - FEB 18

Communication thrives. Great week for writing, pitching, or launching ideas. Sibling or neighbour connections strengthen. Watch for travel delays.

Romance deepens through shared ideas and laughter.

Lucky Numbers: 4, 8, 11, 20, 27, 33 PISCES: FEB 19 - MAR 20

Money matters improve, but budget carefully. A raise or side income may surface. You'll crave emotional security—voice your needs. Artistic talents flourish —use them to express, not escape.

Lucky Numbers: 6, 13, 19, 25, 32, 38 ARIES: MARCH 21 - APRIL 19

You're in the spotlight, Aries. Take bold steps in career matters—luck favours the brave. Relationships may test your patience mid-week, so stay grounded. Financially, it's a good time to reassess goals.

Lucky Numbers: 3, 9, 14, 22, 31, 37 TAURUS: APR 20 - MAY 20

This week urges introspection. You may feel drawn to spiritual or intellectual pursuits. Money matters stabilize but avoid impulsive spending. Love life is steady, though a surprise message might stir things up.

Lucky Numbers: 5, 12, 18, 24, 30, 35

#### GEMINI: MAY 21 - JUNE 20

Networking pays off now. Group activities bring unexpected opportunities. Midweek could stir emotions—trust your instincts. Financial decisions need careful thought. Friendships could deepen or shift.

Lucky Numbers: 2, 11, 17, 21, 28, 33 CANCER: JUNE 21 - JULY 22

Your professional image shines. A long-awaited breakthrough may arrive by Friday. Romance brings gentle moments if you express vulnerability. Health needs attention—don't ignore signs of fatique.

Lucky Numbers: 6, 10, 19, 25, 32, 39 LEO: JULY 23 - AUG 22

Wanderlust hits. Plan travel, study, or expand your world mentally. A mentor could offer valuable guidance. Romance intensifies—flirtation turns serious. Financially, stay prudent midweek.

Lucky Numbers: 1, 8, 13, 23, 29, 36 VIRGO: AUG 23 - SEPT 22

This is a week for transformation. Let go of outdated habits. Intimacy deepens, but boundaries must be respected. Expect financial surprises—positive if you stay flexible. Rest is crucial by the weekend.

Lucky Numbers: 4, 7, 15, 20, 27, 38 LIBRA: SEPT 23 - OCT 22

Partnerships dominate. Deep conversations could lead to resolutions or revelations. Workwise, teamwork yields results. Avoid overthinking a financial matter—clarity arrives by Sunday.

Love feels more secure.

Lucky Numbers: 5, 9, 16, 26, 30, 34 SCORPION: 23 OCT – 21 NOV

Routines shift for the better. Health initiatives stick now, so commit. Work may demand more, but productivity is high. A partner may need emotional support—offer a listening ear without judgment.

Lucky Numbers: 3, 6, 14, 22, 31, 40

## **Mauritius Times**

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Thank you so much Mauritius Times

## **Weekend Warriors: A New Path to Better Health**

For years, health professionals have emphasized the importance of consistent daily exercise to maintain overall well-being. However, new research suggests that even if you can only find time to exercise once or twice a week, you can still reap significant health benefits. A study published in the Journal of the American Heart Association reveals that a "weekend warrior" approach -completing 150 minutes of moderate to vigorous physical activity in one or two days -- can lower the risk of death from cardiovascular disease, cancer, and other causes, similar to exercising regularly throughout the week.

#### **Key Findings from the Study**

Researchers examined health data from over 93,000 individuals using wrist accelerometers, which provided precise measurements of physical activity. The results revealed that both weekend warriors and active regulars experienced a significantly lower risk of mortality compared to inactive individuals:

- Weekend warriors had a 32% lower risk of death from all causes, a 31% lower risk of cardiovascular-related death, and a 21% lower risk of cancer-related death
- Active regulars (individuals who spread their physical activity across the week) had a 26% lower risk of death from all causes, a 24% lower risk of cardiovas-



cular-related death, and a 13% lower risk of cancer-related death.

• No significant difference was found between the weekend warrior and active regular groups, suggesting that what matters most is total weekly physical activity, rather than how it is distributed.

#### Implications for Health and Fitness

According to lead author Dr Zhi-Hao Li of Southern

Medical University in Guangzhou, China, "You don't need to exercise every day to stay healthy. As long as you reach 150 minutes of moderate to vigorous physical activity per week -- whether spread throughout the week or concentrated in one or two days -- you can significantly reduce your risk of death from major diseases."

This is promising news for individuals with busy schedules who struggle to incorporate daily workouts. It provides an alternative approach to fitness, reassuring those who prefer or can only manage exercise on weekends.

This groundbreaking research offers hope to those struggling to maintain a daily exercise routine. Whether you're an active regular or a weekend warrior, the key takeaway is clear: prioritizing 150 minutes of physical activity per week -- regardless of how it is scheduled -- can significantly enhance health and longevity. As exercise habits evolve to fit modern lifestyles, this study provides a compelling case for flexibility in maintaining physical fitness and well-being.



# How are clouds' shapes made? A scientist explains the different cloud types and how they help forecast weather

Puffy to wispy, barely there or dark and menacing, clouds come in many shapes and sizes. Each tells a story about what's going on in the atmosphere.

I'm a meteorologist, and I've been fascinated by weather since I was 8 years old. I grew up in Minnesota, where the weather changes from wind-whipping blizzards in winter to severe thunderstorms – sometimes with tornadoes – in the summer. So, it's not all that surprising that I've spent most of my life looking at clouds.

All clouds form as a result of saturation – that's when the air contains so much water vapor that it begins producing liquid or ice.

Once you understand how certain clouds develop their shapes, you can learn to forecast the weather.

#### Cotton ball cumulus clouds

Clouds that look like cartoon cotton balls or cauliflower are made up of tiny liquid water droplets and are called cumulus clouds

Often, these are fair-weather clouds that form when the Sun warms the ground and the warm air rises. You'll often see them on humid summer days.

However, if the air is particularly warm and humid, and the atmosphere above is much colder, cumulus clouds can rapidly grow vertically into cumulonimbus. When the edges of these clouds look especially crisp, it's a sign that heavy rain or snow may be imminent.

#### Wispy cirrus are ice clouds

When cumulonimbus clouds grow high enough into the atmosphere, the tempera-



Lenticular clouds, like this one over a mountain in Chile, can look like flying saucers. Bilderbuch/Design Pics Editorial/Universal Images Group via Getty Images

ture becomes cold enough for ice clouds, or cirrus, to form.

Clouds made up entirely of ice are usually more transparent. In some cases, you can see the Sun or Moon through them.

Cirrus clouds that forms atop a thunderstorm spread outward and can form anvil clouds. These clouds flatten on top as they reach the stratosphere, where the atmosphere begins to warm with height.

However, most cirrus clouds aren't associated with storms at all. There are many ice clouds associated with tranquil weather that are simply regions of the atmosphere with more moisture but not precipitation.

#### Fog and stratus clouds

Clouds are a result of saturation, but saturated air can also exist at ground level. When this occurs, we call it fog.

In temperatures below freezing, fog can actually deposit ice onto objects at or near the ground, called rime ice.

When clouds form thick layers, we add the word "stratus," or "layer," to the name. Stratus can occur just above the ground, or a bit higher up – we call it altostratus then. It can occur even higher and become cirrostratus, or a layer or ice clouds.

If there's enough moisture and lift, stratus clouds can create rain or snow.

These are nimbostratus.

## How mountains can create their own clouds

There are a number of other unique and beautiful cloud types that can form as air rises over mountain slopes and other topography.

Lenticular clouds, for example, can look like flying saucers hovering just above, or near, mountaintops. Lenticular clouds can actually form far from mountains, as wind over a mountain range creates an effect like ripples in a pond.

Rarer are banner clouds, which form from horizontally spinning air on one side of a mountain.

#### Wind plays a big role

You might have looked up at the sky and noticed one layer of clouds moving in a different direction from another. Clouds move along with the wind, so what you're seeing is the wind changing direction with height.

Cirrus clouds at the level of the jet stream – often about 6 miles (10 kilometers), above the ground – can sometimes move at over 200 miles per hour (320 kilometers per hour). But because they are so high up, it's often hard to tell how fast they are moving.

#### Ross Lazear

Instructor in Atmospheric and Environmental Sciences, University at Albany,
State University of New York

Unwind Mauritius Times Friday, April 11, 2025 18



### **Retired Husband**

After I retired, my wife insisted that I accompany her on her trips to Pick & Pay.

Unfortunately, like most men, I found shopping boring and preferred to get in and get out.

Equally unfortunate, my wife is like most women - loves to browse & leaves me with endless time to fill.

Yesterday my dear wife received the following letter from the local Pick & Pay:

#### Dear Mrs Jones.

Over the past six months, your husband has caused quite a commotion in our store.

We cannot tolerate this behaviour and have been forced to ban both of you from the store.

Our complaints against your husband, Mr Jones, are listed below and are documented by our video surveillance cameras:

June 15: He took 24 boxes of condoms and randomly put them in other people's carts when they weren't looking.

July 2: Set all the alarm clocks in Housewares to go off at 5-minute intervals.

July 7: He made a trail of tomato juice on the floor leading to the women's restroom.

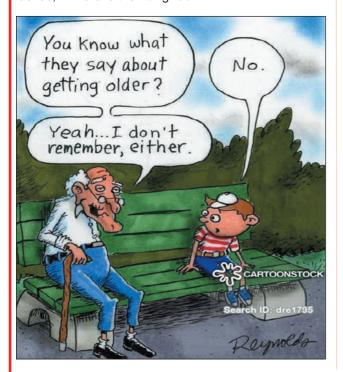
August 15: Set up a tent in the camping department and told the children shoppers he'd invite them in if they would bring pillows and blankets from the bedding department, to which twenty children obliged.

September 4: Looked right into the security camera and used it as a mirror while he picked his nose.

September 10: While handling guns in the hunting department, he asked the clerk where the antidepressants were

October 18: Hid in a clothing rack and when people browsed through, yelled 'PICK ME! PICK ME!'

Took a box of condoms to the checkout clerk and asked, "Where is the fitting room?"



#### And last, but not least:

October 23: Went into a fitting room, shut the door, waited awhile, then yelled very loudly, "Hey! There's no toilet paper in here!" One of the clerks passed out.

God is watching the apples

The students were lined up in the cafeteria for lunch. At the head of the table was a large pile of apples. The nun made a note and posted it on the apple tray:

"Take only ONE. God is watching."

Moving further along the lunch line, at the other end of the table, was a large pile of chocolate chip cookies. A child had written a note:

"Take all you want. God is watching the apples."

Three men – one Irish, one English, and one Scot – strolling along the beach one day came across a lantern. A genie popped out of it. "I can grant each of you one wish; that's three in all."

The Irish guy said, "Since I am a fisherman, my dad was one, and my son is also learning fishing, I would like all the seas to be full of fish for all eternity." So, with a blink of the genie's eye and alaak zoom, the oceans were teeming with fish.



The Englishman was amazed, so he said, "I would like to find a wall around England protecting her, so that nothing will get in for all eternity." Again, with a blink of the genie's eye, alaak zoom – there was a huge wall surrounding England.

The Scot asked, "I'm very curious, tell me more about this wall."

"Well, it's about 140 ft high and 40 ft thick, protecting England so that nothing can get in or out."

The Scot then said, "Fill it up with water."

A farmer's wife, who was very stingy, was giving a shepherd a glass of whisky.

As she handed him his drink, she mentioned that it was extra-old whisky, being fifteen years old.

"Well, Madam, it's very small for its age," said the shepherd, regarding his glass sorrowfully.

Did you hear about the Scot who married a girl born on February 29th so that he'd only have to buy her a



birthday gift every four years?

"I hear your girlfriend and you have settled your differences and decided to get married after all," said one Scot to another.

"That's right, she's put on so much weight that we couldn't get the engagement ring off her finger."

**Teacher:** Why have you got cotton wool in your ears? Do you have an infection?

**Pupil:** Well, you keep saying things go in one ear and out the other... so I'm trying to keep it all in!

Three guys stranded on a desert island find a magic lantern containing a genie, who grants them each one wish.

The first guy wishes to be off the island and back home. The second guy makes the same wish.

The third guy says, "I'm lonely. I wish my friends were back here!"

In a geography class...

Teacher: "Where is Mount Everest located?"

Student: (after thinking for a while) "I don't know, sir."

Teacher, getting angry, shouts: "Idiot! Stand on the desk!"

Student gets up and stands on the desk.

A few seconds pass...

Student: "Sir, I still don't see Everest...!?"

Teacher: "That's because you're still standing on the desk, not on top of the world!"

A 6-year-old boy, after listening to a story about a king...

**Son:** Mom, I also want five wives! One will cook, one will bathe me, and one will sing.

Mom: And one will put you to sleep, right?

Son: No, Mom! I'll still sleep with you!

Mom's eyes filled with tears... "God bless you, my child."

**Mom:** But who will sleep with your five wives? **Son:** Let them sleep with Daddy.

Now, Daddy's eyes were completely filled with tears...

That's innocence at its best!

All Things Life | Mauritius Times | Friday, April 11, 2025 | 19

## **How Rich People Think**

Financial success isn't just about luck or inheritance; it's deeply rooted in mindset.

'How Rich People Think' delves into the specific thought patterns and habits that distinguish the wealthy. Here are 10 key lessons from the book that can shift your perspective and potentially your financial future.

**Wealth Begins in the Mind -** Building wealth starts with cultivating the right mindset. The way you think about money and success directly influences your financial outcomes.

**Focus on Opportunities, Not Obstacles -** Wealthy individuals view challenges as opportunities. Instead of dwelling on problems, they seek solutions and ways to capitalize on situations.

**Invest in Education and Self-Improvement -** Continuous learning is a common trait among the wealthy. They invest in education, acquiring knowledge and skills that drive their success.

**Take Calculated Risks -** Successful people understand that significant rewards often come with some level of risk. They assess opportunities carefully and make informed decisions.

**Value Time -** Time is one of the most valuable resources. Wealthy individuals prioritize high-impact activities and avoid time-wasting behaviors.

**Create Multiple Income Streams -** Financial stability often comes from diversifying income sources. Wealthy



individuals build multiple streams of revenue to increase financial security.

Focus on Long-Term Goals - The wealthy take a long-term approach to success. They set ambitious, measurable goals and work steadily toward them, understanding that wealth is built over time.

**Embrace Change -** Successful people are adaptable. They recognize that industries evolve, and staying ahead requires adapting to new technologies and trends.

**Think Big -** Wealthy individuals set bold, audacious goals. They believe in aiming high and aren't afraid to dream on a grand scale.

**Take Responsibility for Financial Outcomes -** The book stresses the importance of personal responsibility. Wealthy individuals understand that they control their financial destiny and take ownership of their decisions.

#### Stray Thoughts

# There is no true winner or loser

When a wolf realizes it is losing a fight and has no chance of victory, it makes an unexpected choice: it peacefully offers its jugular to the opponent, as if saying, "I have lost. Let's end this."

But at that very moment, something astonishing happens.

The victorious wolf, instead of delivering the final blow, freezes. An ancient force holds it back — a silent, instinctive law. Something deeply embedded in its DNA, or perhaps beyond it, whispers that the survival of the species is more important than eliminating its rival.

What a magnificent natural mechanism: no cowardice in surrender, no mercy in restraint — just a perfect balance. There is no true winner or loser. Both wolves walk away, and the cycle of life continues.

This is what we call: **HUMILITY**.

Credits: Nena Catalán

#### That's Life

## L'Intelligence Pratique

Un professeur s'assoit à côté d'un fermier dans un train.

Rapidement ennuyé, le professeur décide de proposer un jeu pour passer le temps.

«Je vous propose un petit jeu», dit le professeur. «Je vous pose une question. Si vous ne savez pas répondre, vous me donnez 5 €. Ensuite, vous me posez une question. Si je ne sais pas répondre, je vous donnerai 500 €. Qu'en pensez-vous ?»

Le fermier, intrigué, hoche la tête et accepte.

Le professeur commence : «Quelle est la distance exacte entre la Terre et la Lune ?»

Sans dire un mot, le fermier sort  $5 \in de$  sa poche et les tend au professeur.

C'est maintenant au tour du fermier. Il réfléchit un instant, puis demande : «Quel animal monte une montagne avec trois pattes et la redescend avec quatre pattes?»

Le professeur est pris au dépourvu. Il se creuse les méninges, passe en revue tout ce qu'il sait, consulte ses notes et essaie de trouver une explication logique. Mais rien n'y fait. Finalement, il se résigne, sort 500 € de son portefeuille et les donne au fermier.

Le fermier prend l'argent avec un sourire satisfait et s'installe confortablement pour faire une sieste.

Mais le professeur, curieux et incapable de laisser la question en suspens, le réveille et insiste : «Alors, quel est cet animal?»

Sans dire un mot, le fermier sort 5 € de sa poche, les donne au professeur, puis retourne dormir tranquillement.

Moralité : Parfois, l'intelligence pratique vaut bien plus que la connaissance théorique.

Source: Inconnue

#### Life can be better...

## **11 Rules for Life**

In today's fast-paced world, success and fulfilment require more than just hard work -- they demand a strategic approach to personal growth. Chetan Bhagat's 11 Rules for Life offers a practical roadmap to elevate your habits, mindset, and overall well-being. If you're ready to level up, this book is your guide.

#### 1. Prioritize your fitness

Physical health is the foundation of a productive life. Bhagat emphasizes that regular exercise, a balanced diet, and sufficient sleep are non-negotiable for achieving success. A healthy body fuels a sharp mind, enabling you to tackle challenges more effectively.

#### 2. Master your emotions

Emotional intelligence is crucial



for personal and professional success. Bhagat stresses the importance of controlling your emotions to make better decisions and build stronger relationships. A clear mind leads to clearer actions.

#### 3. Resist instant gratification

The world is full of easy distractions — junk food, social media, and quick dopamine hits. Bhagat urges readers to resist temporary pleasures that derail long-term goals, focusing instead on meaningful pursuits that bring lasting fulfilment.

#### 4. Embrace adaptability

Change is constant, and adaptability is key to thriving. Bhagat uses the metaphor of a cockroach — an organism known for resilience — to illustrate the power of adjusting to new circumstances for success.

#### 5. Break down big goals

Large goals can feel overwhelming. Bhagat advises breaking them into smaller, manageable tasks to maintain motivation and track progress. Small steps lead to big achievements.

#### 6. Build a strong network

Your connections shape your opportunities. While not every relationship yields immediate benefits, Bhagat highlights that a broad, well-maintained network increases your chances of success over time.

#### 7. Practise financial prudence

Financial stability is key to longterm security. Bhagat advocates for smart earning, saving, and investing habits to build lasting wealth and financial freedom.

### **Stray Thoughts**

## **In our darkest moments**

Ernest Hemingway once said:

"In our darkest moments, we don't need advice."

We don't need solutions wrapped in pretty words.

We don't need someone telling us to "stay positive" or "look on the bright side."

We don't need a roadmap out of the storm.

What we need is...

Someone willing to sit with us in the dark.

Someone who doesn't flinch at our pain.

Someone who understands that silence can be more comforting than a thousand well-meaning words.

Because when the weight is crushing, when the night feels endless—

We don't need to be fixed.

We just need to know we're not alone.

— Amanda Weston

Wellness Mauritius Times Friday, April 11, 2025 20

## **Control vs. Love: Breaking the Cycle of Emotional Blackmail**

A s long as people remain trapped in the 3D paradigm, they will not find true, lasting happiness. That's how it's designed.

The 3D matrix system dictates that you always need the next thing to feel happiness, some future moment that does not even exist.

You are *now* here. This is the only reality where you exist. If you step into the future with your thoughts, you no longer exist.

In a psychologically controlled 3D matrix society, women are raised to believe that their worth is measured by their age at marriage and when they have their first child. Everything in the life of a "matrix woman" revolves around finding a man, getting him to commit, no matter the cost. To achieve this, she is often forced to develop manipulative, low-vibrational tactics to control her partner and the relationship.

Here's where it gets ugly: there are countless manipulations that both men and women use to control their partners, but the most commonly used is emotional blackmail.

#### What is emotional blackmail exactly?

It's making a face when you're upset.

It's taking deep breaths and saying nothing when you're unhappy.

It's giving someone the silent treatment when you're not pleased.

It's leaving the room or the place when something bothers you.

A person who acts like this often expects their partner to call, asking "What's wrong?" or "What happened?" to regain control over the situation and the relationship. If the partner doesn't initiate this, they will often create a reason to call back after a few days to restore control.

What triggers this emotional blackmail? It's anything that threatens their ego's plans.

People have belief systems like, "In order to prove to my friends and family that I have a great relationship, my partner must act/respond/think/feel a certain way..."



That's the ego in full force.

## Do you realize this has nothing to do with love? It's all about co-dependency.

This toxic behaviour is about control, energetic vampirism, and many unhealthy patterns. At its core, it's driven by ego, not the heart.

Control in romantic relationships often starts with questions like, "Why do you dress like that?" or "Why do you talk like that?" and escalates into more invasive, controlling, and toxic behaviours.

When you're showering and your partner repeatedly enters to ask irrelevant questions, that's a red flag.

You can't even have a peaceful shower?

There's no way to win, change, or overcome it. The only way to preserve your sanity is to walk away.

These individuals often put their own needs above yours but manipulate the situation to make it appear as though it's all about you. This behaviour is almost always unconscious; they're not even aware of it. Talking about it will likely lead to more drama, and in rare cases, there may be light at the end of the tunnel.

#### True love doesn't disturb you in the shower.

True love comes from the heart. It doesn't care about your clothes, but whether you're happy with your

appearance. It doesn't judge your language but empathizes with your intentions.

A person who operates from the heart will allow you the freedom to evolve. They will never scheme to get you to commit quickly to something built on lies, control, and insecurity. Manipulation and control are the opposite of love. Fear cannot coexist with love.

#### 3D people still have a long way to go.

They have chakras to heal, blockages to clear, and so much inner work to do. Bless them, but let their toxic relationships go.

Recognize the red flags early because, from there, it only gets worse. The sooner you leave, the healthier you'll be.

We are in the midst of a world crisis, and those who believe happiness depends on a partner, marriage, or children are deeply anchored in the 3D matrix, which is crumbling before our eyes.

Soon, these individuals will be lost and need healing because their beliefs about reality will no longer stand.

## It's better to be alone than to have a partner who isn't fully rooted in love, truth, and wisdom.

Anyone who uses emotional blackmail is part of a world we no longer choose to live in. Their behaviour will block your ascension process.

There are those who have done the inner work who have healed their shadows. Only a whole, peaceful, and happy person can truly connect with another in harmony.

When someone is focused on a relationship goal in an illusory future, they are vibrating at the third-dimensional frequency. They are not ready for a conscious, high-vibrational, sacred relationship.

#### Love waits, lust wants.

Love gives what is true and honourable, while lust takes and takes more.

Love mends, while lust hurts and breaks.

Love is secure, while lust is selfish and insecure.

Love lasts, while lust ends.

Mike Harrigan

## **Optimizing Your Day**

## Ever wonder if there's a "perfect" time for everything? It turns out, there might be



From maximizing your workouts to scheduling crucial job interviews, timing can make a significant difference in your day. This guide, medically reviewed by C. Nicole Swiner, MD, delves into the science of optimizing your daily activities, revealing the best moments for everything from weigh-ins to problem-solving, all to help you live a more efficient and fulfilling life.

Discover the science behind the best times for exer-

cise, naps, and other daily activities, as medically reviewed by C. Nicole Swiner, MD...

Weigh Yourself -- Wednesday Weigh-Ins: Weekly weigh-ins on Wednesdays provide the most accurate assessment of your weight. Studies suggest this timing minimizes the impact of weekend fluctuations. Consistency in timing is key.

Naps -- Midday Recharge: A 20-minute nap between 2 p.m. and 3 p.m. can enhance alertness without disrupting nighttime sleep. Avoid naps longer than 30 minutes to prevent grogginess.

Problem Solving -- Relaxed Focus: Tackle complex problems when your energy levels are slightly lower, allowing for a more open and creative approach.

**Learning -- Sleep and Memory:** Prioritize learning new information before a good night's sleep to enhance memory retention. Avoid all-nighters, as sleep is crucial for cognitive function.

**Breaks -- Strate-gic Breaks:** Optimize productivity with 15-minute breaks one hour after starting work and one hour before finishing, along with a 30-minute lunch

break.

**Job Interviews -- Early Interviews:** Schedule interviews early in the day to minimize potential interviewer fatigue or bias.

**Competition -- Chronotype Awareness:** Consider your chronotype (morning person or night owl) when scheduling competitive activities.

**Sleep Schedule -- Consistent Sleep:** Maintain a regular sleep schedule, even on weekends, for optimal long-term sleep quality.

**Honesty --Early Honesty:** Engage in difficult conversations early in the day when willpower is strongest.

**Sunscreen Application -- 15-Minute Absorption:** Apply sunscreen 15 minutes before sun exposure and reapply every two hours.

**Exercise -- Morning Exercise:** Morning workouts promote consistency, but any time is better than none.

**Asthma Medication -- Consistent Timing:** Inhaled steroids may be most effective between 3 p.m. and 5:30 pm, but consistency is paramount. Consult your doctor before changing medication schedules.

**Mauritius Times Entertainment** Friday, April 11, 2025

Bolly Bytes

From Delhi's Patpargani to **Bollywood Actress** 

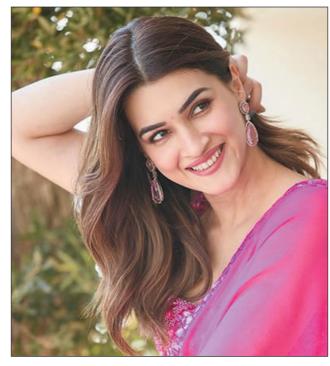
## **Kriti Sanon Reflects** on Her "Proud" **Journey**

Bollywood actress Kriti Sanon has truly come a long way since her early days in the bustling streets of Delhi. From being a bright student in Patpargani to becoming one of the most sought-after actresses in Bollywood, her journey is a testament to perseverance, passion, and unwavering determination. Known for her diverse roles and powerful performances, Kriti's path to stardom wasn't paved with the usual privileges that come with being a star kid, but rather with grit, ambition, and a drive to succeed.

#### A humble beginning in Patparganj

Born and raised in Patparganj, a locality in East Delhi, Kriti was always a dreamer. She attended Delhi Public School (DPS), RK Puram, where she cultivated her early interest in academics and extracurricular activities. Although she was an exceptional student, her heart was set on something beyond the confines of a conventional

Kriti often speaks about her roots with pride, and in November 2022, she revisited her school after 15 years, sharing a heartwarming post on social media about the visit. In an Instagram photo, she could be seen standing with open arms in front of her alma mater, exclaiming, "Back to school! After 15 years!!" She went on to express her nostalgia, writing, "Such a proud feeling to be back to



my school to promote my film #Bhediya!!"

Her return to the school where it all began was not just a walk down memory lane — it was a symbolic reflection of how far she had come. "D.P.S. R.K.Puram has given me a lot... it truly shaped the person I am today!" Kriti shared, adding that it was the "best feeling" to return and say, "I made it!"

#### Balancing studies with modelling: A steady start

Despite the rigorous demands of her academic life, Kriti's ambition led her to explore the world of modelling, a decision that would eventually pave the way for her career in acting. After completing her schooling, Kriti enrolled at the Jaypee Institute of Information Technology

in Noida, where she pursued an engineering degree. Balancing her studies with modelling gigs, she quickly became a sought-after face in the fashion industry. Her striking features and confident demeanor helped her gain attention, but it was her deep-rooted determination that kept her moving forward.

It wasn't long before Kriti made her Bollywood debut in Heropanti (2014), a film that marked the beginning of her rise to fame. Although the road to success wasn't always smooth, her performances in films like Dilwale (2015), Raabta (2017), and Bareilly Ki Barfi (2017) showcased her versatility and established her as a formidable actress in the industry.

#### From bold roles to award-winning performances

Today, Kriti Sanon is widely regarded as one of Bollywood's most talented actresses, known for her ability to seamlessly transition between different genres. Her roles in Mimi (2021) and Do Patti (2023) demonstrated her range and acting prowess, earning her widespread critical acclaim. In Mimi, she portrayed a woman who becomes a surrogate mother, navigating a host of emotional and physical challenges. The role earned her several accolades, further solidifying her place in Bollywood's top league.

Recently, Kriti was seen in Netflix's Do Patti, a gripping thriller alongside Kajol and Shaheer Sheikh, which received praise for its intense performances. The film showcased Kriti's ability to handle complex, layered characters, a skill that has been a hallmark of her career.

Looking ahead, Kriti is ready for more. She has several exciting projects in the pipeline, including Tere Ishk Mein and Housefull 5, both of which have generated buzz among her fans. Additionally, there are strong rumors that she may be part of the highly anticipated Kill Bill remake, which is expected to be another milestone in her already impressive career.

## Kajol reveals daughter Nysa's decision on Bollywood debut

## "She has made up her mind that she wo

n an industry where star kids are often expected to follow in the footsteps of their famous parents, Kajol has made a refreshingly honest revelation that has taken many by surprise. The celebrated actress recently opened up about her daughter Nysa Devgn's much-speculated Bollywood debut—and the answer, it turns out, is a clear

At a recent News18 event, Kajol was asked about Nysa's potential entry into films, a question that has followed the young Devgn ever since she stepped into the public eye. Kajol responded candidly, saying, "Bilkul nai... no, I think... vo 22 saal ki ho gaye hai... hone wali hai abhi... I think she has made up her mind that ki nai aane wali hai abhi." Translated loosely, the actress confirmed that Nysa, now 22, has firmly decided not to enter Bollywood-at least for

This revelation comes as a surprise given Nysa's lineage. With Kajol and Ajay Devgn — two of the most respected names in the Hindi film industry — as her parents, many expected her eventual Bollywood debut to be a matter of when, not if. However, Nysa seems to have chosen a dif-



ferent path, one that doesn't involve the limelight of the silver screen, at least not current-

#### "Don't take advice from everybody"

Beyond speaking about Nysa, Kajol also had a powerful message for aspiring actors and young talent. Known for her candid nature, the Kuch Kuch Hota Hai actress urged newcomers to stay true to themselves rather than trying to conform to external expectations.

"Please don't take advice from everybody," she said. "If you ask people what you should do, then 100 people will tell you to change your nose, your hands, your hair color-this and that. But people remember those who stand out, not those who blend

Kajol emphasized that individuality is key, not only in acting but in any field, including social media. Her advice was a call for selfconfidence and authenticity—something that seems to be mirrored in her daughter Nysa's decision to chart her own course outside of Bollywood.

#### What's next for Kajol?

While Nysa is staying away from the film industry, Kajol herself remains as busy as ever. She's gearing up for the release of her upcoming film Maa, a mythological horror drama directed by Vishal Furia, who is known for Chhorii and its sequel. In Maa, Kajol plays a fierce and protective mother, with Kherin Sharma portraying her on-screen daughter. The film also stars Ronit Roy and Indraneil Sengupta in pivotal roles and is slated for release on June 27, 2025.

#### **MAURITIUS BANK'S EMPLOYEES UNION C/O MLC**

8, Louis Victor de la Faye Street, Port Louis Annual General Meeting 2025

All compliance members are kindly requested to attend the Annual General Meeting of the Mauritius Bank's Employees Union (MBEU) which will be held on Saturday 26 April 2025 at 09 hr 30 am sharp at MLC, 8 Louis Victor de la Faye Street, Port Louis

#### **AGENDA:**

1. Chairman's Report

2. Secretary's Report

3. Treasurer's Report

By Order Secretary

#### **CHILDREN FOUNDATION**

The Annual General Meeting of Children Foundation will be held on Saturday 26 April 2025 at 10:00 am at 9, Britannia Park Vacoas.

#### **AGENDA:**

- 1. Reading and Approval of Last Minutes of Proceedings
- President Report 3. Treasurer Report
- 4. Approval of Audited Annual Accounts 2024
- 5. Approval of Budget Estimate and Expenditure 2025/2026
- 6. Approval of Future Projects/Investment

Secretary













# Programme TV



SERIAL







#### MBC 1

06.02 Serial: Amour Secret 09.45 Film: Perfect Wedding 12.00 Le Journal 12.35 Tele: Wildflowe 14.00 Tele: La Desalmada 15.00 Live: Samachar 15.21 Tele: Living To Love 16.49 Mag: Close Up 18.30 Serial: Shiv Shakti 19.00 Serial: Doree 19.30 Le Journal 20.30 Film: Pretty Woman 21.50 Tele: Wildflower 23.30 Le Journal 00.10 Serial: Billions

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06.00 Rodrig Prog: Nou La Ter 06.29 Local: En Forme 07.35 Rodrig: Nou Later Nou.. 10.35 Rodrig: Saver Lokal 11.00 Local: Glwar Dantan 12.43 Local: Metie 13.52 Rodrig: Feminin Pluriel 14.30 Local: Artizan 15.28 Local: Sur Prise 15.40 Local: En Forme 16.13 Rodrig Prog: Saver Lokal 18 00 Tele: La Desalmada 18.30 Tele: Séparé par L'amour 19.25 Rodrig: 13 Minit Natir.. 19.45 Enn Semenn Dan Lafrik 20.00 Local: Animalia 22.56 La Journee Sous Le Regard 23.00 Zournal Kreol Rediffusion 23.20 Local: En Forme 23.34 Local: Couleur Marine 00.24 Local: Itinerer Moris

07.00 La Journee Sous Le Regard.

12.05 Local: Prodiksion Alimanter

13.32 Rodrig: 13 Minit Natir Rodrig

13.55 Enn Semenn Dan Lafrik

08.38 Local: Animalia

10.00 Local: Evasion

13.18 Local: Nos Aines

15.07 Local: Retrovizer

15.20 Local: Tous Egaux

16.18 Local: Tous Egaux

19.00 Zournal Kreol

19.40 Rodria: Coin Zen

22.27 Local: Proze Dime

20.08 Local: Les Petits Genies

20.30 Local: Music Tour 2025

16.03 Local: Son Ladan Mem

18.05 Entre Justice Et Vengeance

19.20 Local: Magazine De L'Emploi

22.58 La Journee Sous Le Regard

08.56 Local: Lir - Ekrir Kreol

06 00 Local: Couleur Marine 06.44 Local: Retrovizer

11.35 Mag: Carnet De Sante Starring: Kishore Kumar, Mala Sinha, I.S. Joha 15.00 Live: Samachar 18.32 Local: Mati Ke Mol 19.00 Yeh Shaam Mastani Cast: Shubham Tiwari, Rani Chatterjee 23.21 Serial: Mere Sai 00.13 Serial: Wagle Ki Duniva

05.00 Mag: Aastha TV 08.00 Local: Hamar Fitness

08.30 Local: Abhyas Yog

12.30 Local: Mati Ke Mol

13.00 Yeh Shaam Mastani

Cast: Dharmendra, Shakti Kapoor, Raza Murad,

Satnam Kaur

18.31 Local: Puranya Pakwan

19.00 Duniya Mein Iss Saptah

23.18 Local: Puranya Pakwan

Cast: Sanjay Dutt, Dino Morea

14.30 Mag: Talaash

18.00 Live: Samachar

15.00 Samachar 15,30 Film: Kundan

21 00 Film: Plan

01.38 Film: Plan

17.30 Mag: Eco India 18.00 Doc: It's In The Air 18.42 Mag: Shift 19.28 Mag: Vous Et Vous 20.01 Tele: All The Flowers 20.50 Doc: Panoramas 21.42 Doc: Rivers At Risk 06.00 D.Anime: Hunter X Hunter 07.50 D.Anime: Sonic Boom 10.30 Bade Acche Lagte Hai 2 12.00 Serial: Dikri Vahalno Dariyo 12.27 Mag: Panoramas 14.00 Serial: Mere Dad Ki Dulhan

08.35 D.Anime: Polly Pocket 09.29 D.Anime: Meteo Heroes 09.49 D.Anime: Baby Einstein 2 10.41 D.Anime: D.I.Y. Discover... 13.20 Doc: Japan Video Topics 15.08 D.Anime: The Psammy Show 15.25 D.Anime: Akedo 15.41 D.Anime: The Jungle Book 16.03 D.Anime: Miraculous 16.25 D.Anime: Spacepop 16.47 Stan Lee's Superhero 17.10 D.Anime: Superstore 18.00 Mag: In Good Shape 19.00 Mag: Eco Africa 20.01 Tele: All The Flowers 20.50 Tele: Living To Love 22.23 Doc: Killer Asteroids 23.06 Doc: We Come From The Cedar Tree

Cast: Dakshita Patel, Madhu Anand, Divya Dutta 18.00 Live: Samachai 18.31 Kundali Bhagya 15.00 D.Anime: The Psammy Show 19.01 Udaariyaan 19.32 Dharam Patni 20.01 Mithai 20.31 Shrimad Ramayan 21.01 Anupamaa 21.31 Mere Sai 22.01 Keh Doon Tumhein 22.30 Mere Dad Ki Dulhan 22.59 Serial: Mahabharat 23.30 Film: Tennis Buddies Cast: Dakshita Patel, Madhu Anand, Divya Dutta

18.30 Film: Heeralal Pannalal

With: Mithun Chakraborty Johny Lever, Payal Malho 20.51 Gadget Guru Ganesha 21.00 Keh Doon Tumhein

02.25 Serial: The Last Kingdom 03.30 Tele: Living To Love 05.05 Tele: Terra Nostra 06.30 Film: Jurassic World 08.35 Serial: Airwolf 09.13 Film: Blood, Sweat And Cheer 10.48 Serial: Seal Team 11.30 Tele: All The Flowers 3 12.00 Le Journal 12.35 Film: Mortal Engines 15.25 Film: The Assault he 16.58 Tele: L'Empire Du Mensonge 18.00 Samachar U

19.18 Sayings Radha Krishna 19.30 Le Journal Televise 20.10 Film: Mrs. Doubtfire 22.09 Serial: Airwolf 22.54 Entre Justice Et Vengeance 23.30 Le Journal 00.15 Tele: Entre Justice Et Vengeance

03.05 Tele: Wildflower

19.07 Serial: Doree

20.15 Serial: Hawaii

21.00 Serial: For Life

21.45 Tele: Wildflower

06.31 Local: Coin Jardin 07.05 Local: Lavi Zoli An XXL 09.05 Local: Les Petits Genies 10.25 Rodrigues: Nu Lakwizin 11.00 Local: Nu Rasinn 12.00 En Direct De La Place Saint Pierre, Vatican Messe 14.20 La Journee Sous Le Regard 15.15 Mon Jardin Ma Maison 17.05 Local: Les Petits Genies 17.30 Local: Varusha Pirappu 2025 18.05 Serial: Entre Justice Et Vengeance 19.00 Zournal Kreol 19.24 Local: Info En Langue... 19.33 Local: Glwar Dantan 20.00 Local: Lettre Pastorale 20.30 Local: Le Challenge 20.50 Local: Les Klips 21.40 Local: Mo Enn Feminis 23.32 La Journee Sous Le Regard 01.37 Local: Humni Ke Sitaare 07.05 Entrepreneuriat Au Feminin 08.59 Local: Glwar Dantan 10.35 Local: Plat Du Chef

05.00 Mag: Aastha TV 08.00 Local: Hamar Fitness 08.52 Duniya Mein Iss Saptah 09.22 Local: Desi Beats 10.30 Mahabharat 12.00 Film: Paathshala 15.00 Samachar 15.20 Radha Krishna 15.22 Local: Puranya Pakwan 16.04 Local: MBC Prod 18.00 Live: Samachar 18.30 Local: Humni Ke Sitaare

19.02 Local: Tohar Rashi 20.31 Serial: Porus 21.00 Keh Doon Tumheir 21.30 Serial: Crime Patrol 22.15 Serial: Naagin 22.56 Sajanwa Bairi Ho Gaile Hamar 23.36 Dulhin Uhe Jo Nanad Man.

11.52 Mag: Afrimaxx 13.05 Mag: Travel 13.30 Film: C.I.APE 14.49 D.Anime: Kids Songs 14.57 D.Anime: The Psammy Show 15.21 D.Anime: Akedo 15.31 D.Anime: The Jungle Book 16.15 D.Anime: Spacepop 16.37 D.Anime: Stand Lee's Super. 17.00 D.Anime: Superstore 17.31 Mag: In Good Shape 18.00 Doc: Ageless Gardens

08.15 Film: Ferdinand

09.59 Serial: Penny Sur M.A.R.S. 10.44 D.Anime: D.I.Y. Discover

11.00 Mag: In Good Shape 11.26 Doc: Top Dive Sites

18.30 Doc: Submerged Universe 19.30 Mag: Arts Unveiled 20.00 Tele: All The Flowers 21.40 Film: Fire With Fire

21.29 Crime Patrol 00.00 Mithai 01.59 Udaarivaan 04.04 Anupamaa 06.34 Shaurya Aur Anokhi Ki Kahani 07.41 Tenali Rama 08.00 Kabhi Kabhie Ittefaq Sey 10.05 Kundali Bhagya 12.03 Rajaa Betaa 14.00 Doree 16.00 Wagle Ki Duniya 18.38 Film: Zamana Deewana Cast: Jeetendra, Shatrughan Sinha, Shah Rukh Khan 21.00 Mahabharat 21.57 Sa Re Ga Ma Pa L'il

Champs 22.45 Rajaa Betaa 00.32 Kabhi Kabhie Ittefaq Sey

Starring: Amitabh Bachchan

14.25 Radha Mohan

15.25 Film: Chehre

14.51 Doree

03.54 Tele: Séparé Par L'Amour 05.08 Tele: Terra Nostra 06.01 Serial: Amour Secret 08.33 Tele: All The Flowers 08.56 Tele: Séparé Par L'Amour 09.48 Serial: Columbo 11.30 Tele: Your Love Is My Fortune 12.00 Le Journal 12.25 Tele: Wildflower 13.15 Tele: Le Chemin Du Destin 13.45 Tele: La Desalmada 15.00 Samachai 15.20 Film: Mrs. Doubtfire 17.30 Tele: Your Love Is My Fortune 18 00 Samachar 18.46 Serial: Shiv Shakti

11.00 Rodrig: Les Klips 13.00 La Journee Sous Le Regard 14.38 Local: Itinerer Moris 15.01 Local: Les Klips 15.30 Rodrig Prog: Plat Du Chef 16.00 Local: Le Challenge 16.52 La Journee Sous Le Regard 17.07 Morisien Konn Ou La Sante 18.00 Tele: La Desalmada 18.30 Tele: Séparé Par L'Amour 19.20 Le Magazine De L'emploi 19.30 Rodrig: Feminin Pluriel 20.30 Local: Konn Ou Drwa 21.13 Morisien Konn Ou La Sante 21.35 Local: Les Grandes Lignes 22.37 Local: Les Grands Moments 22.58 La Journee Sous Le Regard 23.22 Local: Itinerer Moris

05.00 Mag: Aastha TV 07.22 Tenali Rama 07.34 Gadget Guru Ganesha 07.46 Lambu G Tingu G 08.00 Yeh Hai Omi 08.45 D.Anime: Guru Aur Bhole 10.20 Dulhin Uhe Jo Nanad Man... 11.30 Radha Krishna 12.00 Film: Khalifa 15.00 Samachar 15.21 Serial: Radha Krishna 15.30 Jai Jai Shiv Shankar 15.50 Kundali Bhagya 17.30 Radha Krishna 18.00 Live: Samachar 18.31 Ved Ki Shiksahein 20.30 Serial: Ramayan 21.00 Film: Chirag

Cast: Sunil Dutt, Asha Parekh 23.27 Serial: Mere Sai

00.19 Serial: Wagle Ki Duniya

06.25 D.Anime: Hunter X Hunter 08.31 D.Anime: Dragonera 09.25 D.Anime: Edmond Et Lucy 10.09 Film: Miraculous New York 11.54 D.Anime: D.I.Y. Discover 12.15 Doc: Flavours/Horizons 13.10 Mag: Healthy Living 13.30 Film: L'Arche Magique

18.00 Mag: Eco Africa

20.30 Live: News

18.30 Mag: The 77 Percent

19.30 Mag: In Good Shape

20.01 Tele: All The Flowers

21.05 Film: Rooster Cogburn

23.39 Mag: Tomorrow Today 23.05 Mag: Washington Forum

23.33 Doc: Rivers At Risk

Emraan Hashmi, Krystle 15.00 D.Anime: Yétili 15.20 D.Anime: Word Party 15.27 D.Anime: Grands Mots. 17.30 Serial: Superstore



18.31 Kundali Bhaqva 19.00 Udaariyaan 19.30 Dharam Patni 20.05 Mithai 20.33 Shrimad Ramavan 21.09 Anupamaa

#### MBC 2

08.55 Tele: Séparé Par LAmour 09.21 Tele: L'Amour A Mort 11.30 Your Love Is My Fortune 13.26 Tele: Le Chemin Du Destin 17.30 Your Love Is My Fortune

01.09 Serial: NCIS: New Orleans

04.32 Serial: Doc - Nelle Tue Mani

09.48 Serial: Doc - Nelle Tue Mani

15.21 Film: Blood, Sweat And Cheer

16.50 Tele: L'Empire Du Mensonge

22.10 Serial: Doc - Nelle Tue Mani

00.05 Entre Justice Et Vengeance

03.50 Serial: Briarpatch

06.56 Serial: Pearson

08.34 Serial: For Life

09.06 Serial: Briarpatch

10.45 Serial: Seal Team

12.00 Le Journal

12.25 Tele: Barbarita

15.00 Live: Samachar

18.00 Live: Samachar

20.10 Film: Jurassic World

01.38 Serial: Briarpatch

19.30 Le Journal

23.30 Le Journal

11.30 Tele: All The Flowers

06.25 Tele: All The Flowers

MBC 3 07.00 Mag: Tenali Rama 07.13 Gadget Guru Ganesha 08.00 Local: Amrit Vani 10.00 Local: Ramayan 11.30 Serial: Radha Krishna 12.00 Film: Bewaqoof

15.30 Serial: Jai Jai Shiv Shankar 16.00 Serial: Ishaaron Ishaaron 17.30 Serial: Radha Krishna 18.00 Samachar

20.30 Serial: Vidrohi 21.00 Film: Prashasar

## 07.00 Mag: Border Crossing 09.19 Doc: Treasures In The Sand

11.56 Mag: Border Crossing

12.32 Mag: Tomorrow Today 13.40 Doc: Illegal Leather

15.13 D.Anime: Croco Doc

15.35 D.Anime: Miraculous

15.56 D.Anime: Spacepop

17.03 Serial: Superstore

16.23 D.Anime: Fireman Sam

10.53 Mag: Eco India

Cine 12

**Bollywood TV** 14.25 Serial: Radha Mohan 14.55 Serial: Doree 15.30 Film: Tennis Buddies

> 10.02 Mithai 12.00 Udaariyaan 13.50 Anupamaa

08.00 Dharam Patni

16.00 Shaurya Aur Anokhi Ki Kahani 17.36 Vidrohi







Mercredi 16 Avril - 21.20







# Programme TV



Gaile Hamar

Chaterjee

Kahani

MBC 3









**Bollywood TV** 

Cast: John Abraham, Varun

Dhawan, Jacqueline Fernandez

#### MBC 1

06.00 Tele: Amour Secret 07.29 Serial: Hawaii 08.11 Tele: All The Flowers 09.26 Film: Battleship 11.31 Tele: Your Love Is My Fortune 12.00 Le Journal 12.25 Tele: Wildflower 13.15 Tele: Le Chemin Du Destin a 13.40 Tele: La Desalmada 5 15.25 Film: Jurassic World 18.00 Samachar 18.31 Serial: Shiv Shakti 0 18.58 Serial: Doree 19 30 Le Journal 20.25 Film: Maman, J'ai Raté 0 L'Avion

22.00 Tele: Wildflower 22.45 Tele: Your Love Is My Fortune 23.30 Le Journal 00.05 Serial: Nelle Tue Mani 00.56 Serial: NCIS: New Orleans

09.35 Film: Maman, J'ai Raté Lavion

11.30 Tele: Your Love Is My Fortune

17.30 Tele: Your Love Is My Fortune

22.45 Tele: Your Love Is My Fortune

13.14 Tele: Le Chemin Du Destin

05.15 Serial: Amour Secret

08.14 Tele: All The Flowers

06.42 Serial: Columbo

12.25 Tele: Wildflower

15.00 Live: Samachar

16.03 Serial: Columbo

18.00 Live: Samachai

18.55 Serial: Doree

18 31 Serial: Shiv Shakti

19.30 Journal & La Meteo

06.01 Tele: Amour Secret

09.41 Film: The Assault

12.25 Tele: Wildflower

13.45 Tele: La Desalmada

14.15 Serial: Entre Justice Et

12.00 Le Journal

08.25 Serial: All The Flowers

08.49 Tele: Séparé Par L'Amour

11.30 Tele: Your Love Is My Fortune

13.20 Tele: Le Chemin Du Destin

21.56 Tele: Wildflower

21.01 Serial: Nelle Tue Mani

19.20 Sayings Radha Krishna

13.45 Tele: La Desalmada

14.15 Serial: Seref Meselesi

15.25 Tele: Seref Meselesi

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MBC 2 07.05 Local: Memwar Dan Ros 10.25 Local: Mangeons Veg 10.52 Local: Konn Ou Drwa 12.00 Entrepreneuriat Au Feminin 13.10 La Journee Sous Le Regard 13.30 Local: Saver Kiltirel 13.57 Rodrig Prog: Feminin Pluriel 15.01 Local: Voyage Au Feminin 15.30 Local: Mangeons Veg 16.25 La Journee Sous Le Regard 16.55 Local: Le Mag 18.00 Tele: La Desalmada 18.29 Tele: Séparé Par L'Amour 19.04 Zournal Kreol 19.24 Le Magazine De L'Emploi 20.20 Local: Metie 20.30 Local: Priorite Sante 21.00 Local: Paroles Agricoles 21.35 Local: Le Mag 22.40 Local: Profil 22.55 La Journee Sous Le Regard

08.17 Local: Metie

10.50 Local: Profil

11.10 Local: Fee Main

09 28 Local: Le Mag

10.27 Rodrig Prog: A Nou Kwi

11.29 Local: Le Petits Genies

15.24 Local: Glwar Dantan 16.33 Serial: L'Agneau De Dieu

18.30 Tele: Séparé Par L'Amour

19.20 Local: Le Mag De L'Emploi

22.55 La Journee Sous Le Regard

09.28 La Journee Sous Le Regard

10.00 En Direct De La Cathedrale

11.30 En Direct Basilique Saint-

13.30 Film: La Vie De Jésus Selon

L'évangile De Jean

Pierre Jeudi De La Semaine

17.03 La Journee Sous Le Regard

13.40 Local: Priorite Sante

14.02 Local: Nu Rasinn

18.00 Tele: La Desalmada

20.00 Local: Saver Kiltirel

20.30 Local: Toc Toc Doc

21.35 Local: Les Klips

21.00 Local: Agir Ensemble

22.31 Local: Mots & Ecrits

07.08 Local: Glwar Dantan

08.02 Local: Saver Kilitrel

Sainte

19 00 Zournal Kreol

07.25 Serial: Tenali Rama 07.49 Serial: Lambu G Tingu G 10.07 Kundali Bhagya 11.30 Serial: Radha Krishna 12.01 Film: Shravan Kumar 15.21 Other Serial: Radha Krishna 15.30 Serial: Sajanwa Bajri Ho 16.00 Shaurya Aur Anokhi Ki 17.30 Serial: Radha Krishna 18.00 Live: Samachar 18.30 Local: Tark Vitark 20.30 Serial: Ramayan 21.00 Film: Anuraag
Cast: Vinod Mehra, Moushami 23.04 Serial: Mere Sai 23.56 Serial: Wagle Ki Duniya 07.08 Entrepreneurait Au Feminin

00.19 Local: Tark Vitark 00.46 Local: Humni Ke Sitaare 07.26 Tenali Rama 06.00 D.Anime: Hunter X Hunter 07.46 D.Anime: Wonder Grove 07.39 Gadget Guru Ganesha 08.04 D.Anime: Dragonero 07.51 Lambu G Tingu G 08.00 Local: Yeh Hai Omi 08.30 D.Anime: Berry And Dolly 10.00 Shaurya Aur Anokhi Ki 09.02 Film: Rio Kahani 10.29 Serial: Espoirs Secrets 12.00 Film: Ghar Basake Dekho 11.25 Mag: Rev Cast: Manoj Kumar, Sudesh Kumar, Randhir 15.21 Serial: Jai Jai Shiv Shankar 13.30 Film: Kidnapped! 14.35 D.Anime: Kids Songs 14.40 D.Anime: Akedo 15.47 Serial: Radha Mohan 14.45 D.Anime: Yétili 17.30 Serial: Radha Krishna 17.05 Serial: Superstore 18.00 Live: Samachar 17.30 Mag: REV 18 31 Local: Yatra 18.00 Mag: Afrimaxx 20.30 Talaash 18.30 Mag: Business Beyond 21.00 Film: Desh Bhakt Parsuram 18.45 Mag: Planet A 22.45 Serial: Mere Sai 19.30 A Mediterranean Journey 23.37 Wagle Ki Duniya 20.01 Tele: All The Flowers 20.50 Mag: Choices 21.05 Film: The Assault 22.36 Mag; Close Up

23.59 Local: Yatra 00.24 Local: Darshan Dob 00.54 Excerpts From International Women's Day 07.20 Tenali Rama 07.31 Lambu G Tingu G 10.00 Serial: Radha Mohan 12.00 Film: Maa Beti Cast: Shashi Kapoor, Sheshadri, Sharmila Tagore 15 00 Samachar 15.30 Sajanwa Bairi Ho Gaile... 16.00 Ramayan 17.30 Radha Krishna 17.48 Local: Amrit Vani 18.00 Live: Samachar 18.32 Local: Amrit Vani

21.30 Yashomati Maiyya Ke Nanlala 22.00 Mag: Dharam Yatra 22.26 Serial: Mere Sai

MBC 5

07.46 D.Anime: Wonder Grove 08.04 D.Anime: Dragonero 08.30 D.Anime: Berry And Dolly 09.02 Film: Dolphin Island 10.29 Serial: Espoirs Secrets

18.00 Mag: REV 18.30 Mag: Healthy Living 18.45 Mag: Red Carpet 19.30 Mag: Global US

22.18 Mag: Business Africa 22.44 Doc: Panoramas

06.00 D.Anime: Hunter X Hunter 11.33 Mag: Eco Africa 13.30 Film: Les Aventuriers Du

14.53 D.Anime: Akedo 17.05 Serial: Superstore 17.30 Mag: Travel

20.01 Tele: All The Flowers 20.50 Tele: Seref Meselesi

23.02 Mag: Focus On Europe

06.00 D.Anime: Hunter X Hunter

07.46 D.Anime: Wonder Grove

08.30 D.Anime: Berry And Dolly

09.02 Film: Bayala: The Fairy Princess And The Unicorn 10.18 Serial: Espoirs Secrets

11.31 Mag: Business Beyond

15.02 D.Anime: Eddie Is A Yeti

18.30 Mag: Carnet De Sante

19.30 Mag: Tomorrow Today 20.01 Tele: All The Flowers

18.45 Mag: Mapped Out

20 50 Serial: Columbo

22.05 Film: Code Mercury

17.05 Serial: Superstore

17.42 Mag: Choices

18.00 Mag: Eco India

13.30 Film: La Legende De Manolo

08.04 D.Anime: Dragonero

23.39 Mag: Euromaxx

14.25 Radha Mohan 14.55 Doree 15.30 Film: Dishoom 18.00 Live: Samachar 18.30 Kundali Bhagya 19.03 Udaariyaan Vaisseau Perdu 19.33 Dharam Patni

20.06 Mithai 20.29 Shrimad Ramavan 21.07 Anupama 21 29 Mara Sai 22.04 Keh Doon Tumhein 22.30 Mere Dad Ki Dulhan

> 23.04 Mahabharat 23.31 Film: Dishoom Cast: John Abraham, Varun Dhawan, Jacqueline Fernandez

02.00 Kundali Bhagya

02.30 Udaariyaan

14.25 Radha Mohan

14.50 Doree 15.30 Film: Cocktail Cast: Mahi Bhanushali. Amar

Upadhyay, Sudha Chandran 18.00 Live: Samachar

18.31 Kundali Bhaqva 19.02 Udaariyaan 19.33 Dharam Patni 20.00 Mithai

20.31 Shrimad Ramavan 21.00 Anupamaa

21.28 Mere Sai 22.05 Keh Doon Tumhein 22.20 Mere Dad Ki Dulhan

22.51 Serial: Mahabharat 23.30 Film: Cocktail Cast: Mahi Bhanushali Amar

Upadhyay, Sudha Chandran

02.00 Kundali Bhagya 02.30 Udaarivaan

14.25 Radha Mohan

15.00 Doree

15.25 Film: Happy Phirr Bhag Jayegi Cast: Sonakshi Sinha, Diana Penty, Jimmy Shergill

18.00 Live: Samachar

18.30 Kundali Bhagya 19.00 Udaariyaan

19.30 Dharam Patni 20.00 Mithai

20.24 Shrimad Ramayan 21.02 Anupamaa

21.34 Mere Sai

22.01 Keh Doon Tumhein 22.29 Mere Dad Ki Dulhan

23 05 Mahabharat 23.31 Film: Happy Phirr Bhag

Jayegi Cast: Sonakshi Sinha, Diana Penty, Jimmy Shergill

00.00 Doc: Between The Rains 00.52 Doc: Farming In America



Jeudi 17 Avril - 15.30

Sonakshi Sinha, Diana Penty, Jimmy Shergill



Jeudi 17 Avril - 20.10

Tanuj Virwani, Izabelle Leite, Aditya Seal







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17.18 Tele: Your Love Is My Fortune 18.00 Live: Samachar 18.31 Serial: Shiv Shakti 18.56 Serial: Doree 19.30 Le Journal 20.10 Film: Purani Jeans Stars: Tanuj Virwani, Izabelle Leite Aditya Seal 22.19 Tele: Wildflower 21.00 Chemin De Croix

16.33 Serial: La Messie 17.03 La Journee Sous Le Regard 18.00 Tele: La Desalmada 18.30 Tele: Séparé Par L'Amour 19.00 Zournal Kreol 19.20 Local: Le Mag De L'Emploi 20.00 Local: Les Grandes Lignes 20.30 Emission Special Jeudi Saint En Collaboration avec Capav

21.00 Serial: Shiv Shakti

19.03 Local: Ayush

20.35 Serial: Ramayan

18.43 Local: Bhaian Sandhva

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# A Paradigm Shift for Our **Education System**

t is generally accepted that, to quote educationalist Peter Hyman, "the purpose of school is to develop the whole child - head, heart and hand. To think deeply (head), develop emotional intelligence (heart) and become creative in problem-solving (hand)".

To begin with, we need to recognize that rounded children. However, over the past two Generation Alpha (born after 2010) is growing up in an atmosphere that tends to be shaped simultaneously by toxic stress in various forms (the Adolescence series on Netflix provides useful pointers of the existential imbalance) and by the digital nature of most interactions. Covid-19's lockdown has

decades or so, the International Baccalaureate (IB/ibo.org) has acquired gold-standard status. What's more, the IB's current Director General was also the Director General of the Finnish National Agency for Education. It should be emphasized that IB education does not begin and

∠ ∠We have been too self-indulgent to date with a system that continues to reward fewer and fewer citizens. Artificial intelligence and information technology will undoubtedly continue to impact our lives, for better or for worse. Even if the perfect education system doesn't exist, we must resolutely prepare future generations to adapt to a world that cruelly rewards the most cognitively agile, insightful and emotionally intelligent people, rather than the number of diplomas and degrees flaunted..."

undoubtedly further disrupted their mental health and their attention span. This is not a doom scenario, but a reality check. Planning ahead invariably also means risk mitigation. The pertinence of the curriculum is conducive to achieving the objectives of education as effectively as possible.

To reverse the prevalence of a mentality hooked on exams and academic results, a holistic education system needs to be implemented, with namely:

- teachers empowered as coaches (the "cours magistral" is so passé);
- committed parents as partners;
- motivated children as active learners;
- experiential learning (learning by doing/playing);
- interdisciplinary approach; rote learning reduced to its minimum.

The Finnish education system has always been praised for its ability to train wellend with the completion of secondary education (Diploma Programme/IBDP). It is a comprehensive education that begins with the Primary Years Programme (PYP), which also incorporates the key principles of the Montessori method and continues through the Middle Years Programme (MYP) to the

Not so long ago, the IB Career-Based Programme (IBCP) was introduced, which "provides learners with essential skills for their future and prepares them to chart their career path, by combining academic subjects with their areas of professional interest". All IB programmes are continually refreshed and redesigned - a leadership course is currently being trialled. Coherent school programmes are essential to nurture lifelong learning. Vocational training does not deserve a bad reputation: its relevance in transforming Switzerland into such a high-performing

country speaks volume

The IB is not the preserve of the elite, nor should it ever be. More and more public schools worldwide are embracing IB programmes. Denmark, for example, is seeking to offer more of them. In India, private schools offer the IBDP at low tuition fees. Ideally, our Ministry of Education should launch a Primary Years Programme (PYP) pilot project in every district with children aged 3 to 6 and let them continue their studies through to MYP (Middle Years Programme), IBDP (Diploma Programme) or IBCP (Career-related Programme). In any case, the Ministry should take inspiration from the IB. To explore its relevance, why not visit Clavis School and Le Bocage, which offer full IB programmes? This could provide valuable insights, even though implementing any strategy is proving an uphill task in today's nervy Mauritius.

The following proposals can be implemented simultaneously to provide the holistic education to which we all aspire:

- Roots of Empathy/(Racines de l'empathie (rootsofempathy.org) is "an evidence-based classroom programme that seeks to reduce aggression, increase sharing, caring and inclusion, and promote resilience, well-being and good mental health";
- intracurricular activities such as yoga, cooking and gardening (mainly to reduce dependency on ultra-processed foods), martial arts, art and music, chess, drama, sports activities, etc.; and
- intercultural courses with exposure to the cultural and spiritual dimensions of religions in Mauritius and beyond;
- · uninhibited teaching of the history of Mauritius and the world should be compulsory;
- much greater immersion in the English language, the world's lingua franca;
- participation in the Programme for International Student Assessment (PISA), which measures problem solving and cognition, and monitors the performance of the education system.

Education is an essential factor in determining a nation's human capital skills and well-being. We have been too self-indulgent to date with a system that continues to reward fewer and fewer citizens. Artificial intelligence and information technology will undoubtedly continue to impact our lives, for better or for worse. Even if the perfect education system doesn't exist, we must resolutely prepare future generations to adapt to a world that cruelly rewards the most cognitively agile, insightful and emotionally intelligent people, rather than the number of diplomas and degrees flaunted.

# Tree of Knowledge **Dreams**



any of us are familiar with the experience of waking up to the fact that our lives are no longer working the way we have set them up. Sometimes this is due to a shift occurring inside ourselves over time, and sometimes it is part of the larger shift that is currently affecting all humanity. Change is happening at such an increased rate that it is difficult to predict what the future holds. As a result, many of the old ways of planning out a life are no longer applicable, and if we cling to them, we feel strangely out of tune with reality. If we are in tune with the energies around us, we will begin to question ideas that just a few years ago seemed sensible.

In the simplest terms, the shift we are undergoing right now has to do with recognizing ourselves as being more than human, remembering that our earthly aspects are a very small part of who we are. In truth, we are multidimensional beings. When we begin to realize this, the life we planned for a limited conception of ourselves no longer fits. We must meet the needs and qualifications not only of our bodies but also of our souls. This realization dawns slowly for some and like a bolt of lightning for others, and we all must find the way that works for us to integrate this new and larger sense of self into our life plan.

Sometimes a drastic change feels totally right, and overnight we might decide to sell our home and move to another country or quit our job and begin a second career. Other times, we allow the changes to proceed slowly. Perhaps we begin with allowing ourselves to dream of a new life or ask the deeper questions that encourage us to discover our true purpose in life. Either way, know that this process is a natural sign of the growth we are all going through, and trust it to guide you to the life of your dreams.