



**Launching of FSC Health and Wellness Week
03-07 October 2022**

**Speech of Mr Dhanesswurnath Thakoor,
Chief Executive of the Financial Services Commission**

03 October 2022

The Honourable Mahen Kumar SEERUTTUN, Minister of Financial Services and Good Governance,

Dr the Honourable Kailesh Kumar Singh JAGUTPAL, Minister of Health and Wellness,

Mr Mardayah KONA YERUKUNONDU, Chairperson of the Financial Services Commission and First Deputy Governor of the Bank of Mauritius

Mr Rajeshsharma RAMLOLL SC, Deputy Solicitor General, Vice Chairperson of the Financial Services Commission,

Mr Sarwansingh PURMESSUR, Permanent Secretary of the Ministry of Financial Services and Good Governance and Member of the Board of the Commission,

Board members of the Financial Services Commission

Dr Sudhirsan KOWLESSUR, C.S.K, Director Health Promotion and Research, Ministry of Health and Wellness,

Mr Vikash Peerun, Chairman of the NIC

Representatives from the Ministry of Health and Wellness,

Members of the Press,

Distinguished Guests,

Ladies and Gentlemen,

All protocols observed.

I wish you all a very good morning and I am privileged to be amongst you today for the launch of the FSC Health Wellness Week, starting this third day of October and the third of October has a special emotional meaning for me. It is actually the birth date of my late father, who I recall, used to repeat many times since I was a child that “*health is wealth*”. And I do recall him repeat the sentence whenever he would catch me having a drink, here and there. I thought it was perhaps for the cost of the beer which I had in my hand. But later in my life I realized the wisdom behind the two words, which are *health and wealth*.

Sure, when you are healthy you will not become directly wealthy. But as no amount of money in the world can buy you health, despite it can help you pay the fees of doctors and medical practitioners, yes, it becomes true that health is wealth if you look at the savings that you would make. And particularly if you lead a healthy life, you can work more efficiently and therefore help increase your wealth.

Health, ladies and gentlemen, cannot be dissociated with the need to have good principles of hygiene. And these are just simple practices that you put into your daily life. I'm sure we all have these good practices at home. But ladies and gentleman when we take it in the corporate environment, it is also our collective duty to ensure that the good principles of hygiene are translated within the organization where we work for, where we spend so many hours of our life and so many years if you take a full career, it is incumbent for everyone to reproduce those good principles of hygiene in the workplace.

Ladies and Gentlemen,

At the level of the Commission, we demonstrate our commitment to health and wellness and provide a holistic approach to support the health and safety for our most valuable asset, i.e our People, through a wide range of initiatives and programmes. We pay a lot of attention to the wellbeing of staff and the FSC conducts health checks and screenings as part of its Health and Wellness Week and also carries out its annual Blood Donation Day.

Our other initiatives include:

- Work-Life balance through flexible working hours
- Organisation of events such as Family Day, End of Year Gathering, Woman's Day, Independence Day amongst others
- Health Talks on topics such as Healthy Eating Habits, Cancer, Stress Management and First Aid;
- Employee Assistance Programmes – provision of professional psychologist and/or internal counselling services as and when needed;
- 'WeCare Initiative' whereby financial support is provided to staff for medical treatment;
- Well-equipped and fully subsidised in-house gym with a qualified fitness trainer;
- Weekly in-house zumba sessions delivered by a professional instructor;
- Football matches organised by the FSC Mauritius Football Club; and
- Promotion of healthy eating habits by providing each staff fruits on a daily basis.

Dear Audience

I'm often given the remark from staff that due to workload they are stretched, stressed and mentally tired. But I do argue that it is not actually the workload that makes them sick, but the work hygiene.

Management can put at the disposal of staff, all necessary infrastructures and the necessary facilities to have a good health. But these are aimed towards the good physical health, the health of the body. The health of the mind within the work comes from within the employees. We need to have the right mental hygiene at the office. We have to ensure that within ourselves, we keep the positive vibrations. We maintain the right attitude and contribute towards the betterment of our workplace and that we are able to come, work and be happy to contribute our share to the towards the progress of the organisation.

It is often said that a rotten fish can contaminate the whole pond. We need to oust those who attempt to bring negative disturbance in the work atmosphere. So during this week of wellness, when we are taking cognizance of all means to manage the health, our physical health our body, I invite all staff to also think about how we can collectively contribute towards making this place a very enjoyable place to work, a place where people from outside will be envious on our work spirit.

To conclude, I would like to quote Mahatma Gandhi, whose birthday was celebrated almost all over the world yesterday and who rightly said "*Your health is your true wealth*". We need to stop measuring the wealth of people in terms of monetary possession, but rather in terms of values and ethics.

Before I close, I invite everyone to participate in the blood donation this Friday within our premises. I wish to thank everyone who have in a way or the other assisted in organising this Health and Wellness Week. I would like to put on record the unflinching support of the Ministry of Health and Wellness.

With these words, Ladies and Gentlemen, I thank you for your attention.

Dhanesswurnath Thakoor
03 October 2022