

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

**Speech of Mr Mardayah Kona Yerukunondu,
Chairman 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 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,

My other fellow board members,

Mr Vikash THAKOOR, Chief Executive of the Financial Services
Commission Mauritius,

Friends of the Press,

Distinguished Guests,

Ladies and Gentlemen,

I wish you all a very good morning.

I am delighted to be here in your midst today for the official launch of the *FSC Health and Wellness Week*.

In my address on the occasion of the launch of the FSC One Platform, some of you may recall, I said I was pleased to welcome two of the three Kumars of Government. The Honourable Prime Minister Pravind Kumar Jugnauth was here. The Honourable Mahen Kumar Seeruttun was also here.

Today, ladies and gentlemen, we are blessed to have amongst us the other Kumar of Government, Dr. the Honourable Kailesh Kumar Jagutpal. It is not common to welcome the Honourable Minister of Health and Wellness at the premises of the FSC. Welcome to the FSC, Mr Minister.

The safety, health and welfare of our employees is paramount. We firmly believe that a safe and healthy working environment is a prerequisite. Running an organization with unhealthy people is like trying to drive a car with a bad engine. It may eventually take you to where you want to, but the trip will be difficult, let alone a waste of

time and resources. That's why the FSC has embedded the safety and health of its employees in its strategy.

Sometimes, people say that diabetes, heart disease or obesity run in the family. No, it's not that. The reality is that no one runs or walks in the family.

A generation ago, people used to see a doctor only when they were sick. Today, recourse is being had to preventative health care. Obviously, it is better to avert a potential health issue, before it becomes a problem. As Mahatma Gandhi said, it is health which is the real wealth and not pieces of gold and silver.

The FSC organised its first *Health & Wellness Week* in October 2019, an initiative that was welcomed by all members of the staff. Unfortunately, we could not organize the event for the last two years due to the pandemic.

Ladies and Gentlemen, we are here today to kick start the 2022 *FSC Health and Wellness Week*. The *Health and Wellness Week* will allow our employees to benefit from various health-promoting activities and remind them that they need to set aside, some time for their own personal health and well-being. Many people do not appreciate their health until they become sick. By then, the poor eating,

lost sleep and lack of exercise catch up and you end up not doing much of anything until you recover, if ever you do.

The COVID-19 pandemic has reminded us of what we have been taught since childhood – one needs to maintain hygiene and adopt healthy lifestyles. It is simple, basic stuff, but it works. It is important that we keep on repeating to people what needs to be done. It should not be a one-off exercise but rather, a continuous one motivating people to opt for a complete change in the way we should behave and live. As the famous American clinical psychologist and author Anne Wilson Schaef puts it, *'good health is not something we can buy. However, it can be an extremely valuable savings account.'* Winston Churchill also said, *"Healthy citizens are the greatest asset any country can have."*

I am given to understand that a variety of activities have been scheduled:

1. Health checks will be conducted by the Ministry of Health and Wellness for all staff and Board members of the FSC.
2. Health talks will be delivered by doctors and a nutritionist.
3. Talk on *Stress-Free Living* and practical course on *Creative Meditation* will also be conducted.

Ladies and Gentlemen, I invite each one of you to take full advantage of this opportunity and try to apply them in your daily life.

In addition, as part of its Health and Wellness Week, the FSC, also in a bid to encourage collaborative initiatives with stakeholders in Ebène, is organizing its Blood Donation Day, in collaboration with the State Trading Corporation and Grant Thornton on Friday 7th October 2022.

Blood donation is considered as the gift of life as there is no substitute present for human blood. Donating blood is free, heartfelt, and never goes out of style. Every 2 seconds, somewhere, someone needs blood. Since 2009, the FSC has been organising its Blood Donation Day on a yearly basis to help address the shortage of blood in the national blood bank. During this event, staff, licensees and other corporate bodies, both public and private, within the vicinity of Ebène are invited to participate in this noble act and life-saving endeavour. At the same time, we believe that such activities contribute towards strengthening the bonds between stakeholders in the region.

On behalf of the FSC Board, I would like to thank all the stakeholders for their support for this *FSC Health and Wellness Week*. I also take the opportunity to thank and commend the Ministry of Health and Wellness for conducting sensitisation campaigns and health promotion activities.

I would like to extend a special thanks to the Management of the FSC and the Organising Team who, I am sure, are leaving no stone unturned to ensure the success of this initiative.

With these words, Ladies and Gentlemen, I thank you for your attention and wish you a successful *Health and Wellness Week*.

MARDAYAH KONA YERUKUNONDU
3 October 2022