



SPEECH

**His Excellency Mr Dharambeer Gokhool G.C.S.K.,
President of the Republic of Mauritius**

**EVENT: SILVER JUBILEE AND LAUNCH OF AWARENESS
HEALS – ROOT CAUSE PROJECT**

**VENUE: CENTRE FOR NATURAL HEALING AND
MEDITATION, VACOAS**

DATE: 21 DECEMBER 2025

TIME: 10:00 HOURS

Protocol

Her Excellency Mrs Aparna Ganesan, Deputy High Commissioner of India,

Masters Vijay and Sangeeta Raghavan, Founding Members of the Centre for Natural Healing and Meditation,

Members of Spiritual Institutions,

Distinguished Speakers,

Respected Artists and Performers,

Distinguished Guests,

All Protocol Observed.

Introduction

Namaskaar and good morning to you all.

I am very happy to be in your midst today to celebrate the Silver Jubilee of the Centre for Natural Healing and Meditation and to launch the “Awareness Heals - Root Cause” project.

I thank the organisers for their kind invitation.

I extend a special welcome to Her Excellency Mrs Aparna Ganesan, appointed last month as the Deputy High Commissioner of India to Mauritius.

I also express my profound gratitude to the artists and performers who have enriched today's gathering with their talent, creativity, and messages that resonate with our shared humanity.

I had the honour of welcoming Master Vijay Rahavan, Co-Founder of CHNM and Mr Dharmendra Sujeebun, the Secretary, to my office on Tuesday 16 December.

We had a very thoughtful and enriching conversation about the vision, mission, and activities of CHNM. We also discussed the new project to be launched.

On that occasion, I was reminded of my meeting with CHNM when I was Minister of Education. The first edition of Secrets of Sankara was launched.

CNHM and Awareness Heals - Root Cause

I understand that this Awareness Heals - Root Cause project seeks to empower conscious living, inner transformation, awareness-based education, and holistic wellbeing across institutions and communities.

I have taken stock of your laudable initiatives such as: the Karma Exposition at Grand Bassin during Maha Shivratri, the Feed the Needy Body programme, and Karma Park - a visual learning concept that simplifies deep karmic wisdom for all, including children.

I am particularly encouraged by your engagement of youth through cinema and the arts, resulting in over 60 impactful short films.

In an era when media and technology are rapidly evolving, this demonstrates how creative engagement can catalyse empowerment, advocacy, and social transformation.

So, I commend and congratulate the entire CNHM team, under the leadership of Masters Vijay and Sangeeta, for fostering awareness, nurturing inner wellbeing, and contributing meaningfully to the moral and spiritual enrichment of our society.

Reflections

Ladies and Gentlemen,

I have listened attentively to our previous speakers and associate myself with their valuable insights.

You have one thing in common: uplift humanity and make us all aware of our human nature.

We are all spiritual beings in a human journey

The challenges we face today extend beyond material constraints or institutional gaps and are increasingly linked to awareness, responsibility, and how individuals relate to themselves, others, and society.

I recently addressed the 15th Annual Global Energy Parliament in India, reflecting on the imbalance between “*outer heat*” - accelerating environmental pressures - and “*inner heat*”, the emotional, psychological, and social strains affecting individuals and communities.

Our deliberations highlighted that we must cultivate human awareness, emotional resilience, and ethical responsibility to restore balance within ourselves and with our planet.

Over the past year, in my capacity as President, I have also engaged with spiritual, social, educational, and civic organisations working at the frontline of human distress.

Across these encounters, a recurring observation emerges: while challenges manifest differently - addiction, mental distress, violence, or social fragmentation - their root causes often converge.

In fact, at a recent national mental health conference I attended, we learned that nearly half of detainees in our prisons are aged 18–30, over 65% exhibit chemical dependencies, and both inmates and officers show disproportionately high rates of mental illness.

Rising cases of suicide - now even livestreamed on social media - are compelling us to address root causes, and the pressing need to combine modern living with spiritual wisdom that cannot be replaced.

This is why many organisations, such as your Centre for Natural Healing and Meditation; the Abhyas School of Yoga, the Atma Gyan Meditation Society, and organisations promoting Tai Chi and other health-enhancing and character-building activities, are rightly pointing to a crisis of consciousness and the growing need for self-awareness, meditation, natural healing, and karmic understanding.

I have a special word of appreciation for the Komiko group, who have been spreading good humour for many years.

Comedy is society protecting itself- J B Priestley.

Your activities do not diminish the role of medical, psychological, or social services.

Rather, they highlight that lasting impact on our quality of life requires inner clarity, self-awareness, and personal responsibility alongside external support.

A principle at the heart of all religions, which seek to nurture a healthy, conscious, and awakened human being.

Way Forward

Ladies and Gentlemen,

As President, my foremost responsibilities are nation-building and ensuring the wellbeing of our people.

It is my conviction that Governance and faith are not adversaries; together, they provide guidance between right and wrong.

The Government Programme 2025-29 which I presented to the nation in January, affirms that happy, supported families and inclusive communities are the foundation of national stability.

But government alone cannot address these complex challenges.

Officials, health and social care providers, educators, spiritual and community organisations must all collaborate.

In this context, I would like to highlight the need for, and propose the creation of a consolidated platform where the efforts of spiritual institutions are united rather than fragmented; where work is carried out in a spirit of complementarity, and collectively amplified to uplift humanity.

As the proverb reminds us, “Alone we go fast, but together we go far.”

This collaborative approach should also extend across social movements, educational platforms, and media initiatives.

Only by aligning and strengthening our efforts can we ensure that preventive awareness, ethical guidance, and conscious engagement reach every corner of society, particularly our youth.

Let us therefore work together - As One People, As One Nation, As One Humanity.

Conclusion

On this realistic and optimistic note, allow me to conclude with these timeless, profound words of Mother Teresa:

“I alone cannot change the world, but I can cast a stone across the waters to create many ripples.”

We must always remember that even small acts of awareness, compassion, and responsibility can create far-reaching impact when multiplied across individuals, communities, and institutions.

We may not be able to do great things but we can all do little things with great love.

I congratulate the CNHM once again on this Silver Jubilee and wish you continued success.

I extend my best wishes to you all for a prosperous and peaceful Year 2026.

I now have the pleasure to declare the “Awareness Heals - Root Cause” project officially launched.

Namaskaar and thank you for your attention.