



SPEECH

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

**EVENT: LAUNCH OF BOOK “I AM, I CAN, I WILL”
AUTHORED BY SUJATA RUBY KAPOOR**

VENUE: EBONY 2, HENESSY PARK HOTEL, EBENE

DATE: 26 MAY 2026

TIME: 18:30 HOURS

Protocol

His Excellency Mr Cassam Uteem, Former President of the Republic

Ms Ruby Kapoor, Author;

Mr Shyam Roy,

Distinguished Guests,

Dear Friends.

Introduction

Good evening. Thank you for the invitation and for the warm welcome.

I am very happy to be among you this evening for the launch of Ms Ruby Kapoor's book entitled "**I am, I can, I will**".

A book of a special literary genre which combines narration by the author and engaging the reader of the book through journaling.

A technique which is

....the practice of regularly recording your thoughts, feelings, experiences, and reflections on paper or in a digital format.

The idea is to bring about a desired transformation

Yesterday I was at the Municipal Council of Port Louis for the launch of another publication dealing with parenting, family responsibility and welfare of children and youth, by another young woman author: Ms Ruqayah Khayrattee. Ruqayah also draws from her personal life experience to invite her readers to engage on a broader societal issue.

The focus of Ms Ruby Kapoor's book is also on her personal journey, her experiences, introspection and insights which she shares with her

readers, but she has opted to invite her readers to engage with her on a more personal level, through the technique of journaling. To rediscover oneself and to reconnect with our true nature as human beings.

To live a more fulfilling life in harmony with our true nature as human beings.

Context and true nature

In an age characterised by speed, distraction, and constant digital stimulation, where digital connectivity has significantly reduced person to person connectivity, where loneliness and isolation are on the rise, a journey of introspection becomes not only relevant, but essential.

Essential because as Ruby puts it, it helps towards **Being Doing and Becoming**.

A process of rediscovery of ourselves which in turn helps us to reconnect with our true nature as mentioned before.

But what is our true nature?

At page 49, Ruby provides the answer with a quote from Mahatma Gandhi:

“The greatness of humanity is not in being human but in being humane.”

This message is powerful and thought provoking or simply food for thought.

In the book, drawing from the insights of her lived experiences, Ruby provides the readers with some guidelines or suggestions about how this journey of self-discovery can be undertaken. On different occasions and on different aspects, with an important proviso, as mentioned at P145

“We can’t turn back time, but we can choose to act with greater awareness, mindfulness and kindness moving forward.”

Strength

The central strength of this work, however, lies in the space it provides to engage with complex emotional and cognitive categories, not as abstract theory but rather as lived human experience.

For example, on **empathy** towards others, Ruby Kapoor writes:

“Take a moment to look around you-in front of you, beside you, even behind you. Notice the achievements of others: their triumphs, their struggles.”(P 37)

On **forgiveness**, saying I am sorry, Ruby Kapoor writes

“an apology is far more than mere WORDS-it is multifaceted, powerfully potent, extremely magical in its effectiveness.”(P 91)

Elsewhere on **Guilt**, she writes:

“Not all guilt is equal... my search led me to healthy guilt and unhealthy guilt.”

....making a clear distinction between guilt that fosters ethical awareness and emotional growth, and guilt that diminishes confidence and reshapes the self into something less assured.

Again, on perspective and norms, she writes:

“ $2 + 2 = 5$ or anything that we want it to be.”

It is an invitation to question how certainty is constructed.

Because often what we accept as “truth” is often shaped not only by logic, but by convention.

Other insights in the book explore themes such as healing the inner child amid the pressures of the modern rat race and the logic of survival of the fittest, and I invite you to read the book and to reflect upon and engage with deeply.

What makes this book particularly valuable is that it does not pretend to offer simplistic solutions to deeply human questions. Instead, it encourages readers to pause, to examine themselves honestly, and to cultivate their own greater emotional awareness and authenticity.

Presidency’s support and Initiatives

Some may ask why a Head of State should participate in the launch of such a book.

In recent times, I have been present at various book launches and supported initiatives that promote historical awareness, creativity, and self-expression.

The answer is simple, but important.

A State is not only defined by its institutions, but also by the emotional and intellectual maturity of its citizens, including those who govern them.

As President of the Republic, I am also called upon to reflect on numerous dimensions of national life in my own duties.

It is therefore crucial that we recognize this balance between institutional strength and inner emotional development of people who are the heart and soul of our society.

A society may advance technologically and economically, yet still face fragmentation, anxiety, intolerance, and violence if emotional development does not evolve alongside material progress.

This book is a valuable contribution towards such a positive cultural transformation.

Personal Reflection

Here, I would like to share a personal reflection from my days at the University of Delhi, where I pursued studies in History and Economics, with an interest in Law and Management.

I often accessed the public library and came across the works of Alvin Toffler, writer of Future Shock. One quote stayed with me:

“The illiterates of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn.”

That idea connects directly with this book.

Life is all about living and learning and improving all along.

That is why at State House, we encourage and support initiatives that value and cultivate empathy, critical thinking, ethical awareness, and resilience across generations.

We must also recognize that emotional well-being is not a private luxury reserved for a few. It is increasingly becoming a public necessity linked to social harmony, productivity, mental health, and national resilience.

The value of this book lies precisely in this space.

I hope that it will inspire reflection, awareness, and meaningful inner dialogue across all age groups and sections of our population.

Conclusion

On this realistic, optimistic and thoughtful note, allow me to conclude by congratulating Ruby Kapoor once again for this important contribution entitled “I am I can I will”.

May this book encourage many among us not only to read more deeply, but also to understand ourselves more honestly and engage with others more compassionately.

...to move from a state of just being, doing to becoming.

Thank you for your attention.