

**WELLNESS DAY - GABORONE
FRIDAY 18 OCTOBER 2013**

ADMINISTRATION OF JUSTICE



**THEME: *"A HEALTHY WORKFORCE -
A PRODUCTIVE JUDICIARY"***

WELCOME REMARKS

BY

HON. CHIEF JUSTICE M DIBOTELO

SALUTATIONS

This is a day we have set aside in the entire Judicial Calendar across all our Stations to commemorate wellness.

Ladies and Gentlemen, For the first time since our relocation from Lobatse last year we are holding a joint wellness day in Gaborone with the Hon. Judge President, Hon. Justices of the Court of Appeal, Hon. Judges of the High Court, Registrars and staff, as well as Magistrates and staff from Gaborone (Village, Broadhurst, Extension II), Mochudi and Molepolole Magistrates' Courts in attendance.

Director of Ceremonies, The wellness of our Judicial Officers and staff is a matter at the heart of this Organisation. We do not take it granted as a healthy workforce is one that is productive.

Ladies and Gentlemen, wellness refers to a healthy balance of the mind, body and spirit that results in an overall feeling of well-being.

The dimensions of Wellness include, *inter alia*, mental, physical, spiritual, social, financial, occupational and environmental health conditions.

Wellness is the result of personal initiative seeking a more optimal, holistic and balanced state of health and well-being across multiple dimensions.

Director of Ceremonies, Our sedentary lifestyles and gradual move from our traditional foods have resulted in complications in our wellness.

More than ever before wellness now is focused with managing the body state after the basic needs of food, shelter and basic medical care have already been met.

In reality, many of the practices applied in wellness are aimed at controlling the side effects of affluence, such as obesity and inactivity.

Ladies and Gentlemen, Prevention is better than cure and a stitch made in time saves nine. It is critical that the wellness practices you are being exposed to today are part and parcel of your regular regime. It is up to you as an individual to take the initiative of eating healthy food, regular physical exercise and routine medical check-ups. I thus implore you all present to take advantage of the expertise in attendance to be tested for wellness and where appropriate take the recommended therapy or medication. I wish to restate that we do not need to lose any lives to cancer or HIV/AIDS when early detection can be done and appropriate interventions put in place. October is breast cancer month. Please be tested and get the necessary assistance.

Ladies and Gentlemen, Please allow me at this juncture to observe that as a nation we are informed about HIV/AIDS. We have also done quite well in preventing the mother to child transmission. This is attributable to the campaign and public education wherein expectant mothers or mothers-to-be were sensitised about the need to prevent transmission of the virus to their unborn children.

As a nation we are on a drive to circumcise males in an endeavour to reduce or have no new transmissions of HIV/AIDS.

Safe Male Circumcision Programme

Safe Male Circumcision was adopted by Ministry of Health as an add on strategy and it's a package that includes;

1. Counselling to reduce High Risk behaviours.
2. HIV counselling and testing and subsequent referral to treatment for those who are HIV positive.
3. Screening and treatment of sexually transmitted infections and other genital diseases and promotion of Men's Health.
4. Promotion and provision of condoms and other prevention interventions.
5. Safe Male Circumcision.

Currently the programme focuses on adolescents and adults, from age 13-49, above 49 can also be circumcised.

Start on Neonates - 0-60 days.

ADVANTAGES

1. Cheap since they just need to be put to sleep and procedure done.
2. Not sexually active - impact can only be realised later
3. We will have an HIV free generation
4. They are HIV negative - they don't need to consult partners.

No Partners

Waiting to have sex at 6/52 while the wound is healing will be no issue.

One way of realising the goal of male circumcision is to sensitise and convince expectant mothers of the need to have their newly born male children circumcised with the same vigour we did with the mother to child transmission campaign.

Research has shown that is difficult to convince older males to undergo circumcision due to the sensitiveness of the private parts and the perception that the process is painful.

It is much easier to have the procedure upon birth and this in turn will ensure a generation of circumcised males thereby reducing or halting new infections.

Director of Ceremonies, With these few remarks I sincerely welcome you all to our wellness day. I urge you to participate in all the planned activities.

Finally I thank the Organising Committee for arranging and coordinating such a massive event. It looks like we are going to have a successful event. I also thank you all for having responded in the manner you did.

I equally thank all our guests in our midst and look forward to their professional expertise.

It is going to be fun and at the same time doing good to your health.

Enjoy.

Thank you.

Pual !

Pula!

Pula!