



NELSON MANDELA UNIVERSITY PARTNERS WITH THE INTERNATIONAL SOCIAL IMPACT INSTITUTE

Photo: time.com

By Lungisa Somtombo

Nelson Mandela University partnered with The International Social Impact Institute to provide the University's leaders with awareness about organisations and create new collaborations within those organisations.

Founder and CEO of The International Social Impact Institute, Elizabeth Ngonzi said that the aim of the partnership is to equip the University with better knowledge on how to find funding at a time of crisis and equip senior staff with a better understanding of resource mobilisation within South Africa and internationally.

Ngonzi felt that The International Social Impact Institute's funding opportunities for under-resourced organisations, and Nelson Mandela University's goal to offer educational opportunities and financial support to outstanding students from under privileged backgrounds made for the perfect collaboration.

Stakeholders of the four-day virtual Branding and Resource Mobilisation Executive Education Programme include the Director of Management Center UK, Bernard Ross and the Director of USA International Operations at University of Cape Town, Shireen Badat.

"International speakers that were part of the four-day virtual programme were Sheryl Hilliard Tucker who is the Presidential Councillor and Trustee Emerita at Cornell University, Andrew Gossen, the Executive Director of Digital for the Cornell Alumni Relations department, Isabella Navarro Grueter, Vice Rector for Whole Person Development at the University of Monterrey and Sue Cunningham, the President and CEO of the Council for Advancement and Support of Education," said Ngonzi.

Ngonzi states that the ultimate goal of the programme is to help the university carry out the values and principles that the University holds which are associated with the legacy of the late President Nelson Mandela.

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HOW MADBIAZ
LADIES SOCCER
TEAM WAS
IMPACTED BY
COVID-19

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LETTER FROM THE EDITOR

Exciting! This is our first edition for 2021.

Tuberculosis is one of many scourges that needs to be eradicated and this month's main objective is to make enough noise around it to deafen the grim bacteria that has claimed lives and will continue to do so if we do not push narratives that prompt awareness.

This edition covers the experiences of student life during the pandemic and the challenges faces during the hard lock down of 2020. There are reflective pieces that highlights our resilience. For the first few months of 2021, we will be inundated with reflections and repercussions of 2020.

2020 has been a year of uncertainty and that came with lots of guesses and hearsays. It was filled with fake news, misinformation, and conspiracy theories especially about the vaccine. However, we have gone out to research on the conspiracy theories around the vaccine and covered the one which was most prevalent, 'if the vaccine contains chips'. Moreover, we also look into the damage that us humans have done to the ecosystem.

Still on the damage, we highlight the damage that Covid-19 has done to Madibaz ladies soccer team.

It is safe to say that we have started on the right foot with this edition so do enjoy!

Ashley Malepe



Photo: [dailymaverick.co.za](https://www.dailymaverick.co.za)

NELSON MANDELA UNIVERSITY BOOKING SYSTEM FOR COVID-19 VACCINE

By Ioanna Haritos

Nelson Mandela University has designed an electronic booking system to coordinate distribution of COVID-19 vaccinations.

Healthcare workers and the public can access the web-based booking system from any device to book a date and time for their vaccination.

The booking system will initially facilitate the roll-out of the Johnson & Johnson vaccine to healthcare workers and Livingstone Hospital, and will later be open to the public to accurately coordinate vaccine distribution.

Professor Darelle van Greunen from the Centre for Community Technologies states that "the scheduling functionality of the system allows the coordinating team to accurately predict the number of doses for delivery and therefore avoids wastage.

"We had precious little time to develop the booking solution. Fortunately, we are well placed to do this as one of our areas of specialisation is the digital healthcare solution space and we regularly design different ICT solutions that support healthcare and service delivery."

Persons will have to register on the national Department of Health's EVDS system which captures your name, ID, and medical history. Whether you are a frontline worker or over 60 or if you have comorbidities, the Department of Health will categorise you and let you know when it is your time to get vaccinated via a voucher number sent to your phone. You will then use the booking system to schedule your vaccination date, time, and facility. To date there have been 500 000 registrations on the EVDS system.

Van Greunen explained the process further: "at the vaccine facility, you enter a dedicated area, confirm that you are on the list and then there are specific points where they do a number of checks, such as confirming your medical history, take your blood pressure and check other vitals. You give consent to be vaccinated, go to the vaccine booth, get your once-off jab and wait 15 minutes to make sure there aren't any adverse side effects, if none you leave.

"Digital technology has taken centre stage in the fight against the COVID-19 pandemic, and the urgent need for solutions, the reliance on, and role of, digital technology has become more crucial than ever before," says van Greunen.

ONLINE LEARNING REMAINS A DIPLOMATIC SOLUTION FOR NELSON MANDELA UNIVERSITY STUDENTS

By Yonelisa Mabotyi

Nelson Mandela University has transferred several services to online platforms for health and safety reasons. The University adopted flexible and blended pathways viz. pathway 1 and pathway 2. It was successful in the implementation and development of COVID-19 preventative and mitigation measures.

In 2020 socio-economically disadvantaged students could access laptops via a loan scheme. Content taught in 2021 remains mostly online. All students will continue being provided with 30GB of data, and the Nelson Mandela University site is zero-rated.

Despite great effort, social vulnerabilities of certain communities' complicate matters. A significant number of students that enrol at Nelson Mandela University live in the Eastern Cape, which is mostly rural, with a high unemployment rate. The pandemic has shown just how many university students have unequal access to learning technologies, internet connectivity, and stable sources of income.

Access to learning technologies and internet are essential for learning. Disadvantaged students suffer the most. Issues faced by these students include not having home environments that are conducive enough for learning, as well as not having access to a stable supply of electricity.

The university provides access to devices and data. However, reliable connectivity is not guaranteed for all students. The disconnect from in-contact learning still lingers. This is especially true for special needs, postgraduate, and first and last-year students. Some may not be technologically adept, which can cause students to be discouraged.

These challenges bring to light the disproportionate hardship faced by disadvantaged students, pre-pandemic, which is being exacerbated by the transition to online learning. Students already disadvantaged at the best of times are now facing the possibility of either having to drop out.

Photo: apnews.com

FOUR LIFE TERMS AND 125 YEARS

By Lindokuhle Frank

Siyabulela Mkayo was sentenced to four life terms and 125 years in prison for assaulting, raping, and robbing eight women between 2012 and 2018.

The 31-year-old from Alexandria, a small farming town just outside Port Alfred, was sentenced by the Grahamstown High Court on 8 February 2021. The Provincial National Prosecuting Authority spokesperson, Anelisa Ngcakani said, "his reign of terror began in 2012 in Alexandria when Mkayi, armed with a knife, accosted a woman walking alone at night."

"He assaulted her from behind, punched and slapped her. He took her cellphone and cash. The assault continued as he dragged her to a nearby bush and raped her," Ngcakani added.

His modus operandi stayed the same for all his other victims and he was finally arrested when he assaulted and raped his last victim, a 21-year-old woman. She was able to escape after Mkayo assaulted her, dragged her to his house and raped her. She ran to the police station and led the police to his house, and he was arrested. His DNA was linked to seven other cold cases in the small town.

His trial began in January 2021 and he was sentenced on 8 February 2021 after pleading guilty to all charges against him, which included eight counts of rape, five of robbery with aggravating circumstances and two counts of robbery. Advocate Nickie Turner said, "his actions were goal directed, premeditated and planned. He represents an ongoing danger to the physical and mental wellbeing of women and the community must be protected against him."

His victims, who are between the ages of 16 and 47 continue to suffer psychological trauma from the attack. They rejected his apology and request for forgiveness that was communicated to them through his lawyer. However, they were grateful that he has been brought to justice.

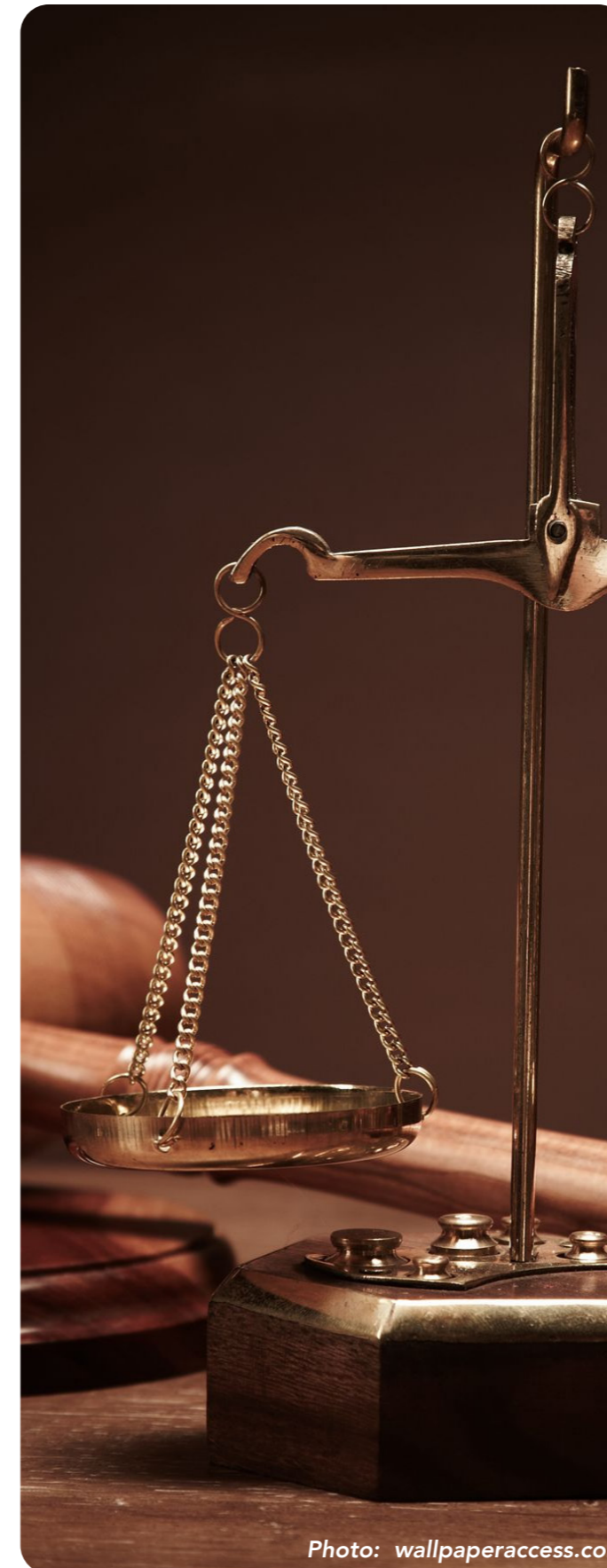


Photo: wallpaperaccess.com

SOUTH AFRICA OPENS 21 LAND BORDERS

By Sikhulule Moyeni

The borders situated around Lesotho, Botswana, Namibia, the Kingdom of Eswatini, Mozambique and Zimbabwe have been closed since 11 January 2021 due to the high volume of travellers. The high congestion levels result in "super-spreader" events, with more than 100 confirmed COVID-19 cases recorded at the Beitbridge border alone.

The cabinet decided to open the 21 land borders on 15 February 2021, with new regulations introduced to combat overcrowding, COVID-19 testing and fake COVID-19 certificates. These regulations include a limited amount of trucks being allowed passage within a 700-meter queue. If queues exceed the 700-meter mark, the remaining trucks will be diverted to rest stops.

More staff personnel will be present, along with a ticket system that will limit the number of COVID-19 tests done at the border posts. As mentioned in a statement from Home Affairs Minister, Dr Aaron Motsoaledi, persons presenting fake COVID-19 certificates will be denied entry and expatriated from South Africa for a minimum of 5 years.

Photo: southafricavisa.com

ONLINE LEARNING LOOMING OVER FIRST YEARS



Photo: Getty Images

By Liyema Mpompi

On the 5th of March 2020, South Africa had recorded its first case of the deadly coronavirus in Kwa-Zulu Natal from a man who had travelled from Italy. Under difficult circumstances the president of the country had to enforce covid-19 lockdown on the citizens to help curb the spread of the virus. One of the regulations to prohibit all types of gathering to prevent contracting the virus through face-to-face contact.

Universities had to come up with an alternative strategic plan to simultaneously save livelihoods and the academic year. One of the strategies was to enforce remote learning. With 2020 matriculants having used to face-to-face learning and using physical textbooks, now as 2021 and first year of study of tertiary learning looms over them, they are expected to attend classes online, use soft copy textbooks and might possibly have to associate themselves with people they might have never seen in person for group assessments. According to off-campus housing and vacation accommodation office to qualify for an on or off campus accommodation you must not be a resident within Nelson Mandela Metro, so with most of Nelson Mandela University students that have Port Elizabeth home address will have to work virtually despite home background issues concerns brought forth by some students.

In the previous years, Nelson Mandela University has successfully implemented first year success program which was to help students familiarise themselves with campus and its traditions however this year it is set to be different as it will be held online. Student will have to register online, communicate via emails with lecturers and attend classes online.

STUDENT LIFE POST COVID-19



Photo: mycourses.co.za

By Shitshembiso Mahlathi

Because of the COVID-19 pandemic, the higher education sector has been evolving worldwide. Students were introduced to online learning during lockdown in South Africa, spending months communicating with lecturers and working remotely. Vice-chancellors from three South African universities have expressed their views on how these reforms will affect higher education in the future.

University of Cape Town's Mamokgethi Phakeng says university teaching will rely on different strategies that range from face to face to entirely online. She notes that many of the professors at the university will never teach in the same way as before.

Tawana Kupe from the University of Pretoria says that it is not possible to return to solely contact learning and that people have encountered something that seems to be more important to an increasingly digitised future.

Adam Habib from the University of Witwatersrand view is that after Covid-19, the change to a blended learning model will be greater and that anecdotal evidence suggests that students perform better in the online world compared to contact learning.

COVID-19 has changed how we work, live, and interact, and a lot of the adjustments made now will likely carry on into our post-COVID lives.

EFFECT OF SOCIAL MEDIA ON YOUTH

By Lihle Nyakatya

Social media has become a part of our everyday life now more than ever because of the restricted contact or social life. There are many types of social media which are social networks, discussion forums such as Quora, Discus and media sharing networks such as YouTube and so on. Social media has had both positive and negative impact on the society, positive in that it became a tool that people use to keep in touch, a much-needed human connection. Similarly, it has had a negative impact in people's lives in that most people have merged the disparity that exists between reality and lives portrayed on social media. Most victims being the youth, because they have engrossed themselves so vastly in social media that they have lost themselves. Even so, social media is a vital tool for us humans.

- **Positive impacts:**

Educational Aspects - The youth now have an easy access to get resources that can be found online, and they can gain information. Teachers can now communicate with students via social media.

Social Aspects - Young people have developed social skills and it has helped them to communicate better with friends and family.

- **Negative impacts:**

Cyberbullying - Young people have this habit of bullying their peers via social media and it has contributed a lot of effect on others as well which may lead to bad results of those who are being bullied on social media like suicide, anxiety, or depression.

As we are now adapting to the new revolution social media is contributing a lot in our daily lives, thus is imperative that we use it wisely and fairly to get the most and best out of it.



Photo: freepik.com

QUARANTINE FROM HELL



By Sikhulule Moyeni

The Coronavirus pandemic has disturbed numerous lives and the learning processes of numerous students in 129 countries. As a result, several academic institutes switched their learning methods to online spaces, changing the whole dynamic of learning. This has caused a trigger in the academic process and induced psychological stress and anxiety.

A study conducted on the performance of students in their academics in China reveals that the online mode of learning does not only affect the grades of the students but also causes high levels of depression and anxiety.

"Physically, I see the obvious benefit of quarantine as I have not had the virus yet, Thankfully. Mentally, now that's a challenge because this period we are in, induces anxiety to a new level and now a factor in schoolwork, which is a stress on its own." Says Ntombekhongo Ngxovu, a third-year student.

The study further states that tertiary level students had severe anxiety, moderate anxiety, and mild anxiety of 0.9%, 2.7% and 21.3% respectively. So, it is quite anticipated for students to acquire mental strains because humans are social being in nature and relish in social spaces of interactions and freedom.

The sudden break in these habits creates a sense of insecurity and anxiety about the future. To minimize these mental effects, one must adopt coping mechanisms such as enrolling in upskilling courses offered by online institutes such as Udemy. One must also indulge and revisit old hobbies and acquire new ones such as painting, sketching and reading novels.

It is imperative to also consider your physical health during these times because we as students spend numerous amounts of time staring at an electronic screen or just sitting on a desk studying, that we forget that there is more to life. But not all is lost as there are some ways to keep fit such as regular exercises, downloading fitness and wellness apps, as these physical activities help with overcoming stress and anxiety. As we are confined by the fear and the harsh reality of this pandemic. Most importantly, I recommend limiting the time spent checking the news and social media as it contributes to stress and fear.

Photo: dreamstime.com

RE-DEFINING YOUR VALENTINE'S DAY

By Sikhulule Moyeni

Valentine's day is usually highlighted as an auspicious day for lovers to appreciate and showcase their love for each other.

But what if I proposed an alternative way to celebrate this 'auspicious' day in which I quite frankly believe that it should be your everyday. Every day should be a day of improvement and appreciation for one another but most importantly more appreciation should be given to the man in the mirror.

With the rise in people deciding on living their best lives as singletons, one must get accustomed to the notion of self-love and satisfaction. It all begins with the training of the mind and the development of self-sufficient habits. Such as spending less time offering your love to others and more time watering the cracks on your soul and those deep neglected parts within you.

These habits include spending a generous amount of time self-reflecting, learning about the self and what makes you whole. Remember it is imperative for one to not be afraid to ask yourself those hard to answer questions such as "Do I acknowledge my presences in spaces?", "Do I have any boundaries?, and if so how do I go about instilling them?", and "how do I appreciate and acknowledge myself?" and through what actions.

Being able to question yourself gives room to recognise the fact that some habits hinder you from fully allowing yourself to grow in love. And I think this way of celebrating your valentine's day allows one to resort back to the things that you love and gives the benefit of the doubt that you still matter in your own life. As we live in a fast pace environment and having the time to retreat to your soft spot assists in creating an equilibrium point in your life.

These actions could be as simple as reading self-development books such as Atomic Habits by James Clear, The Self-Care Solution by Jennifer Ashton, to name a few. It could also consist of long walks by the beach, writing poetry and binge-watching your favourite series.



Photo: dreamstime.com

GETTING THE MOST OUT OF UNIVERSITY

By Buhle Buthelezi

University is altogether a new journey that can be overwhelming. Students often worry of how they will cope with everything because for most, they have never lived by themselves and have always been surrounded by family and friends and now they find themselves all alone in a foreign world. Some tend to party too hard and some focus only on academics, leaving no room for other aspects of life.

It is understandable that students may be nervous about being in this new environment, meeting people who are different from them and that may lead to students isolating themselves and not being involved in any activity other than academics, however that could be wasting many opportunities that will not only prepare you for the workplace but also teach you about life in general.

A third-year student Siziwe Ntyinkala said, "Do not succumb to peer pressure, have fun but remember the key purpose of you being here and keep in mind that we all come from different backgrounds."

Here are a few tips to get the most out of university:

1. Consult your lecturers if there are things you are unclear about, ask questions in class, in doing so you have greater chances of excelling in your studies, it is better than shying away and being scared and then end up not performing as well as you would have liked to in the module.

2. Do not obsess over flashy lifestyles posted by others on social media.

3. Find yourself a mentor in your residence. Many of us have had mentors. The good thing about a residence mentor is that they are easily accessible and sometimes there some things that they can also relate to and may have better experience on, not only can they be of support academically they can also support you with other difficulties you may encounter.

4. Be involved in extra-curricular activities. This will not only help build on your skills but may also help you build on your career, it is a chance for you to learn a few things about yourself while engaging with and helping other people.

5. Be open minded to learning new things and socialising with people different from you. We often want to only socialise with people that are more like us, but in doing so we end up not experiencing the diversity around us and yes you might have a fixed opinion about something but be open to a different perspective about it.

6. Have a schedule. It is not ideal to go straight from the club to sitting in an exam room for a test without sufficient studying, or to bombard yourself with extra-curricular activities and having less time for your academics, therefore plan your time accordingly.

7. REST. I cannot stress this enough, resting is important, even if you do not feel tired, rest just to avoid burnout.

We all came to university to get an education. It is important for us to make the most of being here by exposing ourselves to opportunities that can change our lives, hopefully for the better. Have fun, make lots of memories and get that qualification, but do not lose yourself in the process. Balance is the key.

Photo: formssembly.com

TB AWARENESS MONTH

By Buhle Buthelezi

Tuberculosis (TB) is an infectious bacterial disease that usually affects the lungs. South Africa has one of world's highest prevalence rates of TB. TB is not just a medical issue but also a socio-economic issue, as it is closely linked to malnutrition, HIV, overcrowding and poverty.

TB awareness month aims to raise awareness about the impact of this airborne germ transmission. TB is curable and preventable. People are often advised to wash their hands or faces to curb the spread of TB. This then becomes difficult to do when you live in an area with a shortage of water. We are told to eat nutritious food, but not everyone has the luxury to do so. Many of us cannot avoid crowded areas because it is where our homes are based.

More should be done to help fight TB. TB contact tracing should be scaled up, more resources need to be invested in TB research for the development of an effective vaccine, safer testing material and better drugs, and the basic needs of every individual should be met.

TB is curable and preventable; it is indiscriminate and does not only affect the poor. It is important for all of us to work together and support those with the disease. A month simply is not enough for us to be active and be part of the fight but should do so every other day of our lives. Let us help in eradicating the stigma that surrounds TB and encourage people to get tested when they show symptoms. If you are on medication continue following your treatment plan.

World TB day falls on 24 March each year and the theme for this year's world TB day is, "The Clock is Ticking."



Photo: dreamstime.com

GOODBYE PORT ELIZABETH, HELLO GQEBERHA!



Photo: Brand South Africa

By Gugu Sedibe

Affectionately known as the 'Friendly/Windy City', just no longer as Port Elizabeth. This unexpected change caused an uproar amongst local citizens, but maybe this is where the saying 'change is good' can be implemented. Over a long period of time, we have gotten used to the names of South African cities and their nicknames, but it is still a bit of a funny thought that a tourist would visit a place named Gqeberha while pronunciation is still a challenge to some of us.

Boy Lamani, Christian Martin and Mervyn Allies rejoiced when the city was announced to be renamed, as they were the men who spearheaded the transformation campaign, in order to stay true to our heritage. According to Herald LIVE, in 2019 these respected community leaders nominated the renaming of the city, which had been delayed from 2016 and finally granted in 2021 by the geographical names committee and announced by Minister of Arts & Culture, Nathi Mthethwa. For some, the renaming is not about gaining publicity or associated with financial or economic gain, but about remembering the roots of our forefathers. The chief of Uitenhage commented on the renaming as "restorative justice."

Port Elizabeth was not the only place that has been renamed, as Uitenhage followed, changing to Kariega; with King Williams Town not far behind, changing to Qonce. Airports were also on the renaming list, with the East London Airport being changed to King Phalo Airport, and Port Elizabeth to Chief Dawid Stuurman International Airport.

Although majority of people may have voted for the renaming to go forth, many Port Elizabeth citizens have opposed the renaming – not everyone will always agree to transformation. According to News24, the DA Political Party argued that the cost of renaming is very high, and that the money should instead be used for the development of the province. Port Elizabeth people were shocked at the sudden development and to this day have shared petitions "Keep the name Port Elizabeth."

While some of us learn to pronounce Gqeberha, others continue to fight for Port Elizabeth.

XOLISA MASETI TO REPRESENT SOUTH AFRICA IN JAMAICA

By Lungisa Somtombo

Eastern Cape born model Xolisa Maseti will represent South Africa at the Miss Model of Tourism World which is set to take place in May in Jamaica.

The Mr & Miss Model of Tourism World Organisation aims to promote tourism, culture and charity and youth development in various parts of the world. Titleholders will become ambassadors to promote and embrace diversity that exists worldwide.

The 22 year old from Hankey was scouted in the first edition of the pageant through social media because of the passion she has for her culture, her country, and for giving back to the community.

"I share a lot about the history of where I come from on social media, I love education and what it can do for people" said Maseti.

The Boston City College Human Resources graduate volunteers as a Youth Leader at Masinyusane Development Organisation in Port Elizabeth. The organisation advocates for education to create opportunities for impoverished South African youth to get quality education and gain entrance at universities.

Maseti draws strength from her late mother who instilled in her everything that makes up who she is. Being part of the pageant has taught her resilience, she knows that giving up is not an option no matter how many times she fails.

South Africa can support her by following her on all her social media platforms to follow the journey. Any information about the pageant will be on her social media, on Facebook she is Xolisa Maseti and on Instagram she is @xolisamaseti. People can also follow the Mr & Miss Model of Tourism World Organisation on social media.



Photo: Xolisa Maseti

DIVERSITY THROUGH FASHION

By Sive Matholengwe

Ever wondered how Nelson Mandela University (NMU) would be if all the students were similar in every way – the same fashion sense, the same perspective, the same way of speaking? It would be very boring, there would be no fun if all the students were identical, and this is where different views and practices come in – for students to grow, be inspired about (inter)national cultures, and celebrate each other's cultural differences.

Verna Myers once said "Diversity is inviting new people to the party, Inclusion is asking them to dance". Nelson Mandela University has taken that opportunity, allowing students the freedom to enhance their understanding of the world and be a part of the global society. The institution has done this through various ways, like changing the shapes in the logo which represent diversity, inviting students to this culture free party.

In 2019, the annual intervarsity took place on NMU grounds where the Eastern Cape's universities gathered for the celebration of student activities. It was hosted by the Student Representative Council and Madibaz Radio who presented the chance for the event to line up with the university's values through hosting an Intersvarsity Fashion Show. This gave students the platform to recognize diversity and the understanding that the institution accepted and respected differences.

It is through these perspectives and practices that students can celebrate each other's differences – through the power of style and fashion. Another form of the support from the university can be seen through the Faculty of Humanities where student can be taught that fashion has the potential to bring different people, from different places together to celebrate their own individualities.



Photo: MadibazNews (Facebook)

"Style is a way to say who you are without having to speak" – Rachel Zoe

FASHIONSPIRED: LADUMA NGXOKOLO

By Azuka Manqola

Fashion is one of the fastest growing, biggest, and most dominating industries in South Africa. Consumer preferences and taste changes overtime with activities and trends. Therefore, to become a successful creative in the fashion industry, one needs to constantly be aware of their target market like Laduma Ngxokolo.

MAXHOSA Africa is a South African clothing brand founded by Ngxokolo which has played on one of the most influential types of fashion, African. African fashion has been drawn on by many countries worldwide due to their unique prints and lasting fabrics. MAXHOSA took these prints, and added them to knitwear, something that had never been done before. MAXHOSA was created and launched in 2012, and since then has become a want and need situation for South Africans, until it became more. Laduma's prints were recognized internationally, and in 2018 he was approached to collaborate with Beyonce for her appearance in Johannesburg on the Global Citizen Stage in 2018.

After this big win, Laduma once again was summoned by Beyonce to showcase his designs in 'Black is King', a film based on the story of the Lion King. Clearly a national treasure, Laduma's work is sought after, but still he remains humble. Over the lockdown period, he auctioned off one of his pieces to help businesses that took a knock due to COVID-19 and sudden closure as protocols were put into place.

With all his achievements, not only did he make South Africa proud, but Gqeberha especially, as he is a Nelson Mandela University alumnus. His journey to success is beautiful, and there is a message in it for those who want to follow in his footsteps.

Being a designer is not just about drawing, but drawing inspiration, showing confidence, knowing your target market and being humble. You need to know what you are doing, and practice.

"Fashion you can buy, but style you process. The key to style is learning who you are, which takes years. There's no how-to road map to style. It's about self expression and, above all, attitude." Iris Apfel.

Photo: Forbes

HAVE YOU WATCHED IT: TRAFFIK

By Zukisani Gali

March is Human Right's Month, and it is up to us to make it meaningful. Traffik, a highly acclaimed film, showcases the spirits of humanity, love, and unity that we could learn from. It is the cheat code to living in a beautiful society. The movie was directed by Deon Taylor and released in June 2018, based on the story of girls being trafficked and molested, but through unity, were saved.

It is an American thriller film starring the greats – Paula Patton, Omar Epps, Laz Alonso, Roselyn Sanchez and many more. It starts based on a beautiful couple who are on a romantic getaway who stop at a local garage to get refreshments. Brea, played by Patton and John, played by Epps run into a motorcycle gang, involved in trafficking.

A victim reached out to Brea seeking for help secretly, by giving her a cellphone with information that could lead to the gang's demise. Once learning of the true nature of the situation, Brea got involved and lead her husband to be killed and herself to be abducted. The only way she survived was through unity with others.

The film is based on a true story and is proof that with unity, love and humanity, the rights of people can be kept and nurtured, and people can live good lives. Lives of women can be brought to peace. Take care of others as you would want yourself to be taken care of and use Traffik as an example to look out for yourself and neighbours.

Happy Human Rights Month!

TRAFFIK



Photo: comingsoon.net

LOOKING (WATCHING) AHEAD

Photo: Julien Andrieux (Unsplash.com)

By Kamohelo Tladi

2020 was a difficult for all of us. Our lives were put on hold in a way we never thought possible. It is not only individuals who were affected by this but also industries and businesses – entertainment industry included. One of the things we could not do was go to cinemas. This meant that most of the new movies which were meant to be released were delayed, postponed, or cancelled as shooting was also put to a halt.

It is however a new year – one which promises to be better than the last as we now have some experience under the belt and have learned to live despite the virus.

Here we are, partially reunited with the things we could not do, the food we missed eating, the conversations we missed having and the places we missed going to. Now, we have the films we always wanted to see. With the entertainment industry finally getting a grip on things, we finally get to see some of the most anticipated movies of 2021.

Here are the top 5 films to look forward to this year:

5. Suicide Squad 2

The follow up to the first villain run movie produced by DC has had viewers worldwide wanting for more since 2016, and now they finally have it!

4. Black Widow

After joining Iron Man in a quest to save his life in 2008, a solo Black Widow movie has been highly anticipated by Marvel fans, who finally get to (hopefully) view Natasha Romanoff's origin story.

3. Tom & Jerry

After creeping into our hearts over eighty years ago, the dynamic duo is back to make us laugh and forget about our troubles.

2. Coming 2 America

Twenty years since the original, we witness Eddie Murphy make his return in search of his son, bringing along crazy antics and lots of laughter.

1. Fast and Furious 9

One of the longest reigning film franchises take on yet another mission, and this one includes John Cena. We cannot wait to see him! Or can we?

MEMBERS OF THE TON... READY?

By Phelisa Mkendlana

If you are not watching the trending series, *Bridgerton* – that has taken the world by storm – then what are you watching? The series is set in the competitive world of the Regency Era of London's ton, during the season when debutantes are presented at court. It is based on the novel by Julia Quinn and consists of one season with eight magnificent episodes filled with wealth, lust, and betrayal.

The plot mainly falls on the well-known and respected Bridgerton family, and tackles issues such as education and being a writer as a woman – when women's only focus during that time, was to have a husband, dictated by society. The series follows each member of the family as they navigate the world, and has a pinch of unwanted relationships, gossip, and everything else that makes a series desirable, including being produced by Shonda Rhimes, the only woman who has made the whole world cry. With other favorites like *Grey's Anatomy*, *Station 19*, *Scandal/The Fixer* and *How To Get Away With Murder* under her belt, her name was enough to bring the series to life. Fortunately, the plot and the cast carry well too.

Main characters include Phoebe Dynevor, Julie Andrews, Rege-Jean Page and Claudia Jessie. The series is currently in the top ten of South Africa's most watched series, proving that clearly someone is doing something very right. With the season ending the way it did, it leaves us all in suspense with the question dwelling on our minds... what is next for Miss Whistledown.

A NETFLIX ORIGINAL SERIES

BRIDGERTON

Photo: IMDB.com



Photo: Supplied

By Tsireledzo Musecho

Love. With a stream of endless definitions, Google explains it as an intense feeling of deep affection and this simply means to feel fondly and deeply of someone, so much so that all you want is for them to be happy. Dedicated to this word, is a day – the 14th of February. Despite its rather awkward history, seeing as the origin had nothing to do with buying gifts – if a baby is considered one, but rather a celebration of fertility through the mating of couples.

Since then, it has evolved and become a day of love between couples. However, a different light is shone upon the true meaning of Valentine's, and it has become a day that allows the love to shine through between two or more people.

2020 has presented us with many trials and tribulations, and changed the meaning and presentations of holidays forever, with social distancing and Zoom Calls,

but maybe it was for the better. Why not make Valentine's Day, and every other day, a day for one instead of two? Let it be the season of love for you.

The world is going through a difficult time, and between quarantine and isolation, people have learned a lot about themselves, and gotten to see who they are, it has presented people with various journeys of self-discovery. The Coronavirus has made things difficult, but there are ways around this – buy yourself something nice, order food from your favourite restaurant, call your friends and laugh it up, eat ice cream and all things nice without worrying about it all going to the hips.

Let this past Valentine's Day, and month, and months to come present love between you and only you.

Happy Self Love and Happy Valentine's Month
Madibaz Readers!

AFTER VALENTINE'S DAY

By Kamohelo Tladi

Annually on February 14th, couples worldwide celebrate what we have come to know as Valentine's Day. Simply a day like any other, but it could be described as symbolic. People give symbols power and the more people involved, the more the symbol retains its relevance. Most would say that Valentine's Day symbolizes love and is a day where couples celebrate and renew such love. But what about the rest of the days that come thereafter? What about the 15th? Or the 16th? Any significance on the 17th? No?

Wedding days are too ones of celebration. However, it should be agreed that it is a day like any other, until it is decided on as such and what really matters is what comes after the wedding. The newly-weds now need to look forward to everyday after that with the same energy and enthusiasm, and this takes practice – to look at your partner the same way every day the way you looked at them on that day. So, what is Valentine's Day? Just as a wedding day, which is followed by anniversaries, it is simply a reminder, not of the times passed, but of those coming - a reminder that relationships take effort and needs constant nurturing.

We always need to look ahead and appreciate moments for what they are, so that we are ready for the next. Love when you can, buy flowers when you can, sing when you can, hold your partners hand when you can – remember, it takes practice, love, and patience.

Photo: Jesse Goll (Unsplash.com)

STAYING SAFE WHILE STAYING FIT

By Laiken Faiers

Staying safe while staying fit seems a little tricky during these unprecedented times. Even though gyms are currently open, one might feel less inclined to go. Thankfully, the internet is a glorious place. Gone is the need to pay for an expensive gym membership. Exercise routines and challenges are just a few clicks away.

YouTube is not just an app that can be used for entertainment or educational purposes. YouTubers provide viewers with different ways to stay fit while at home. Most will provide options to beginners and people without and equipment. You have everything you could possibly need right at your fingertips. You can easily find one that caters towards your preferences. If you enjoy yoga, Boho Beautiful Yoga is the girl for you. If you enjoy Pilates, Move with Nicole is perfect, and if you are simply looking for a new challenge to get you moving, Emi Wong has many to choose from. It might take some time to find the right YouTuber for you but that is the best part – finding someone you are comfortable with.

If you are looking to improve your cardio fitness but hate running, try skipping. It may sound silly, but it is a fun and simple alternative to get you moving. All you need to do it grab a rope, play some music, and raise your heart rate! Hiking is also a great way to improve your fitness - one that gets your out of your house and into nature. This is not only good for the body but also the soul. There are numerous hiking routes to try out in Port Elizabeth. Remember to do some research before setting out to ensure you have all the necessary information. Subjects like the length of the hike and if there is a cost involved is best to know beforehand.

Everyone has their own preference when it comes to exercise, but knowing yours makes something that can be tedious, enjoyable. Remember, exercise safely and stay healthy!



Photo: istockphoto.com



Photo: Unsplash.com

By Nosisa Bodoza

During trying times, we often feel overwhelmed. Having to balance your academic and social life, and still taking care of your mental health seems like a bit much and eventually the candle burns out. We live in a busy world, and we are so centred on getting things done, that we thrust aside our needs. At some point having to deal with these responsibilities will make us feel emotionally vulnerable at times, where we will feel sad, anxious, and frustrated and this is inevitable and the reason why we should always prioritise self-care.

Self-care is crucial for our well-being, time and again you need to know that your needs are important. Practising self-care has many benefits; your stress levels are reduced, you start working efficiently, your self-confidence and esteem are boosted. Overall, self-care is about taking care of your body, mind, and spirit. It is about being kind to yourself as you would be to others. Strategies for practising self-care may differ for everyone, and it is important to do what works for you.

Below are some tips that you can practise for self-care.

- Meditation: This is important for your inner peace, reducing stress, the list is endless.
- Practise words of affirmation: Have a journal where you write words of affirmation to yourself. This will help you to bring positive energy in your life and be motivated.
- Eat healthy and keep active: Part of self-care is also looking at what you eat. Always make sure you are nourished and fuelled up. Exercise will up your energy levels and reduce stress. Find an exercise that you will enjoy.
- Have a 'me' time: Take some time off from everything and be alone. You can take yourself out on a date or go for shopping.
- Set boundaries: This helps you to know what is right and wrong for you. When you always make yourself available, people will always expect a yes from you.

Self-care is the overall key to happiness!

GETTING OUT OF YOUR COMFORT ZONE

By Nosisa Bodoza

We all enjoy staying in our comfort zone and safe space - necessities are met, and your mind perceives that the body is enduring. It is a formula for consistent execution. But have you ever given it a thought about what lies outside this nest that you have built for yourself? Even though it is comfortable staying in there, it would not hurt getting yourself out there and trying things that challenge you, scare you and make you feel more alive. After all, there is a saying: "outside your comfort zone is where the magic happens."

So, you might be asking yourself, "Why is being in my comfort zone painted as a bad thing if I am comfortable here?" First ask yourself, "Am I happy here?". Even though you enjoy living in this little bubble of yours, you are missing out on discovering your skills outside your bubble, building new relationships, or even delaying yourself in starting something you have always wanted to start. Staying in this cocoon means you never grow; you always tiptoe your way through life and you will not be able to see what the world has to offer you.

Maybe now may be the time to step out of that comfort zone and grow. Start making a habit of breaking that comfort barrier. Do this by trying that one scary thing you have always wanted to do, approach people first, you have always wanted to start a new blog, but you are scared? Now is the time to do it. Start putting yourself out there and do not fear rejection. This will seem uncomfortable at first, and you might experience some emotional turbulence when things are not going as expected, but that is temporary.

There is no limit to your competence, but if the life outside your comfort zone always scares you, you will never know what you are capable of.

Photo: Unsplash.com

REAP WHEN RIPE!

By Sive Matholengwe

Remember when you were young and all you dreamt about was becoming an adult and doing whatever you wanted? Good news, you have grown! And you can do anything you have put your mind to. Bad news? It is more of a nightmare than a dream, with all the responsibilities concerning 'adulting'.

Students are constantly faced with the pressure to become successful immediately after graduation, because in order to live a good life, one needs success and to obtain success, one needs to make money and to make money in South Africa... is not easy. When faced with that pressure, it becomes difficult to engage in something you are passionate with as your main concerns are financial freedom and putting food on the table.

Yanga Dlamini, founder of Ngatsho Fruits and Cab Services is pursuing a National Diploma in Building at Nelson Mandela University (NMU). He became the talk of the town after proving that anything is possible through hard work, discipline, and dedication. He started his own business selling fruits like peaches, bananas, and apples, sold separately, or packaged together and traded through delivery or contact exchange, and received a positive response from students.

His biggest client base is his fellow, supportive students as he mentioned during an interview on Agape FM "let me give credit to my friends at the University who helped me with marketing Ngatsho Fruits."

The posts promoting his business were shared all over Facebook and WhatsApp.

In Yanga's interview with Agape FM, he mentioned that his favorite quote is, "all our dreams can come through if we have the courage to pursue them". If you are looking for motivation to pursue your dreams, look no further! Yanga has proved that he can do it, and so can you!



Photo: Ngatsho Fruits (facebook)

WHAT IS PrEP?

Photo: STDAZ

PrEP: MYTH AND FACTS

By Zukisani Gali

There are myths for everything, but it is your job to know the facts of it.

Lack of knowledge about a topic is not an issue, but being unwilling to learn, is. Understanding the necessity to lead and maintain a good and healthy life, Pre-Exposure prophylaxis (PrEP) is a great addition to preventative apparatus from HIV, alongside other factors like condoms. There are common misconceptions when it comes to this topic, and we are here to break down the myths and the facts.

According to Ayamkela Nanise (21), a health care worker, PrEP is a pill to prevent HIV, it is taken by an HIV negative individual to be extra cautious and it is taken once daily. Nanise added that the pill needs to be taken for seven days for one to be fully protected. However, that does not mean one should stop using it after the initial seven days or even stop using condom because PrEP does not prevent you from getting other diseases such as STIs or falling pregnant.

Before administering PrEP, a doctor's consult is needed. A condom should also still be used as HIV prevention is maximized with the use of a condom. There are places like the local clinic and pharmacy that provide these pills, and it can even be purchased on certain types of medical insurance.

As with all types of medication, some people experience side effects. Minor ones include nausea, dizziness, headaches and even fatigue but these often go away over time. Once you start PrEP you should always consult your doctor every three months to check your state of health and testing of HIV.

Live a healthy life with a healthy mind.

GOING GREEN

By Laiken Faiers

A new year is the perfect time to turn over a greener leaf. Did you know that on average a person living in South Africa will be responsible for 6.95 tons of CO2 emissions? Considering the size of our population and our knowledge on the current state of the environment this is scary. Luckily, there is a way we can help – through our carbon footprints!

A carbon footprint is the total amount of greenhouse gasses produced by an individual through their activities. As an individual you may feel powerless in the fight against climate change but reducing your carbon footprint is a great way to have a kinder impact on the earth. By lowering the amount of greenhouse gas emissions, you produce, you can help reverse global warming thus benefiting the plants and animals; and in turn save yourself some money and help improve overall human health.

Calculating your carbon footprint is as easy, all you need to do is to a google search and answer a few questions. Knowledge is the first and most important step to cultivating change. Taking small steps to change your lifestyle is a great approach considering that change can be overwhelming.

There are different and easy ways to reduce your carbon footprint. When it comes to food, try eating lower on the food chain or opt for organic and local food that is in season and try composting to reduce food waste. When it comes to shopping, make the effort to use a reusable bag and when shopping for clothing avoid fast fashion items by purchasing vintage or second-hand pieces. At home turn off the lights when you are not in the room and take shorter showers.

Your daily life has an impact on the earth. There are numerous ways reduce your carbon footprint. By making small steps in the right direction, you can create a greener earth for future generations to enjoy.

Photo: Pinterest.com

SELF CARE STARTS WITH SKIN CARE

By Nomzamo Ndoda

Taking care of yourself means taking care of your skin as well. Great skin is not simply a matter of DNA, your daily habits, have a huge impact on what you see when looking in the mirror. Ultimately, caring for skin is simply personal. The goal of any skin care routine is to target any areas in your skin that you want to work on while tuning up your complexion, so it functions at its best.

If you are on Instagram, you should have seen the vast number of influencers screaming skin care routines and filling their pages with skin care products. But is it just an aesthetic more than an essential thing to implement? No matter what your skin type is or what skin problem you are battling, a daily skin care routine helps you maintain healthy skin and improve specific concerns like acne, scarring and dark spots making it necessary to implement.

Here is what you should keep in mind to sort through all this noise. A basic skin care routine has three steps you can do once in the morning and once before you sleep:

Cleansing – Washing your face.

Toning – Balancing the skin

Moisturizing – Hydrating and softening the skin.

Allow these three steps to become your daily custom that embattles your skin and grounds your day but remember to also give it time. There is no such thing as a quick fix, take this a process and opportunity to notice changes within yourself. General tips: Do not use too many products and do not touch your face. Take care of your skin and let it care for you.



Photo: Pentyskin (Instagram)

WHO IS DAWID STUURMAN



Photo: Kentakepage.com

By Leigh Nakeetah Jason

On the 23rd of February the citizens of Port Elizabeth's lives changed forever – on the 22nd they went to sleep in Port Elizabeth for the last time. It was announced by Minister of Arts and Culture Mr Nathi Mthethwa that various cities named would be changed, including the beloved Friendly City, to Gqeberha – the isiXhosa translation for the Baakens River.

The name change was sudden to citizens, but had been contested for, for many years by Khoi leader Christian Martin who rejoiced when he had heard the news. Amongst Gqeberha now stands Kariega (formerly Uitenhage), Ntabozuko (formerly Berlin) and Qonce (King Williams Town). But cities were not the only victims to renaming, airports also received injury with East London Airport being named King Phalo Airport and Port Elizabeth's airport being named 'Chief Dawid Stuurman International Airport'.

But who is Chief Dawid Stuurman?

He was a man who fought for freedom and liberation of the natives. Stuurman was a Khoi chief who fought against Dutch and British colonial rule between 1799 and 1819 and after being jailed for his passionate actions, escaped from Robben Island twice – the only person to ever do so. His passion revolved around the treatment of the indigenous people, enslaved by colonial rule, dispossessed of their land, forced to work on farms. He was one of the first political prisoners to grace the island.

After escaping, he was offered refuge amongst the Xhosa people and was captured during the fifth Xhosa war and again sent to Robben Island, where in 1820, he escaped again. Unfortunately, his second attempt failed dismally as the getaway boat he boarded was capsized, and he was captured again and sent to Australia. He arrived overseas in 1823 and died and was buried in 1830, as a freedom fighter.

His body was buried in a Sydney cemetery which was later redeveloped for a railway station, and his remains have since not been located. After protesting for almost 200 years, a traditional ceremony was conducted in Sydney to lay his spirit to rest and a second one in Hankey.

Dawid Stuurman was a freedom fighter.

CHALLENGING YOU TO CHALLENGE 2021

By Tsireledzo Musecho.

The top three trendiest social media challenges that rocked up the new year.

With 2020 being nothing short of a disaster, it is not surprising that 2021 started off a bit rocky. The greatest thing about it, was that we had learned to adapt to our new norms, involving the lockdown and all its restrictions. What better way to usher in the year than the Internet breaking challenges that kept us all glued to our phones?

Here are the top three 2020/2021 challenges to funk up your lockdown:

- **Silhouette challenge**

'Put your head on my shooooo!'. The silhouette challenge trended number one on Twitter. With its mysterious and exciting blood rushing content, we get to see people express one thing that the world has always struggled with – body standards. What better way than to silhouette whatever body type you are with no shame.

- **Buzz Challenge**

This challenge was for all the ladies and it surely had them crazy. Women of all body types, who are proud and unapologetically themselves made it a point to dance themselves to beauty. The trick with this challenge is to look your absolute worst and when the beat drops, you glam up to your best outfit. This challenge is a great way to doll up and finally get out of those pyjamas.

- **John Vuli Gate Challenge**

December 2020 went out with a knock with this one. This challenge is a celebration of a true African 'Stoko' which is defined as being curvy, something that social media has not deemed a beauty standard. The song by Mapara a Jazz, Ntosh Gazi and Colano encouraged women to move and showcase their curves and was a national festive song with over 4.8 million views in just 2 months. Ladies, where is that stoko?



Photo: Supplied



Photo: Supplied



Photo: Supplied

HOW ONLINE LEARNING IS FUELING CRAM PASS AND FORGET (CPF) METHOD

Photo: NBC News

By Andile Mzoboshe

A few weeks after the local Coronavirus outbreak, university students were subjected to online learning by means of completing the academic year. It was a decent decision considering that it served as the perfect aid in keeping teaching and learning on the go, but there is a bit of an issue regarding the quality of professionalism it is creating.

It fuels the Cram, Pass and Forget (CPF) method. Students cram for tests and assignments, pass them and forget most of what they have 'learned' in just a few weeks' time. Online learning has also produced another grey area, allowing students to 'cheat' on tests and assessments as they are in their personal environment with nobody to watch over them.

In some instances, students have back-to-back tests and due dates, this often results in them not having enough time to thoroughly go through their work and are left with no choice but to absorb huge volumes of knowledge in a short space of time (known as cramming) in preparation for the test or assignment to follow.

Online learning is not just applicable for scholarly activities but also extends to learning extracurricular activities, but still does not beat the smell of a classroom or lecture hall. Here are a few possible solutions that could turn your bedroom into a classroom.

- To avoid cheating
To protect the authenticity of online education, anti-cheating measures must be put in place by any online education institution.
- Stop being a sponge.
Do not just absorb and release information as it is, try to synthesise and make sense out of it.
- Be a student of knowledge.
Be a researcher, do not be lazy to seek for information.
- Self-motivation and time management

To excel in an online learning environment, developing good self-motivation and disciplinary skills is important.

THE VOYAGERS GOLDEN RECORD: A STORY OF HUMANKIND

By Asithandile Ntsondwa

Throughout millennia, humans have yearned for the presence of other beings in the universe. Always had the burning question of "are we alone?" In 1977, NASA scientists launched the twin Voyager 1 and 2 spacecrafts, aboard was a message carried by phonographs with the intent of extra-terrestrial beings finding them and exploring the story of humankind told in the Golden Records.

The Golden Record serves as a time capsule that contains selected images and sounds portraying the diversity of life and the vast culture on Earth. These selections of messages are carried by a 12-inch gold-plated copper vinyl. The record features 115 images including a drawn image of human DNA, a foetus, a woman nursing, people doing ordinary things like eating, a child learning how to write, etc. It also features pictures of landscapes, animals, variety of simple mathematic equations. The sounds found in the record are sounds of thunder, birds chirping, wind, and human greetings. There is also a 90-minute selection of music from different composers across the world, including music by Mozart, Beethoven, Collin Turnbull, Kuan P'ing-hu, et cetera, and can be streamed on Spotify. It also includes a morse-code rendering of the phrase per Aspera ad Astra which translates to "through struggle to the stars."

The Voyagers' mission has been predicted to end in 2030, when their plutonium-238 thermoelectric power generators stop working. The Golden Records however will remain intact for billions of years floating endlessly in space. Until... Future human civilizations find them if they manage to travel through the galaxy or perhaps extra-terrestrials will discover what made us, who we are now, the way we are, long after we are gone. The Golden Records will remain our legacy.

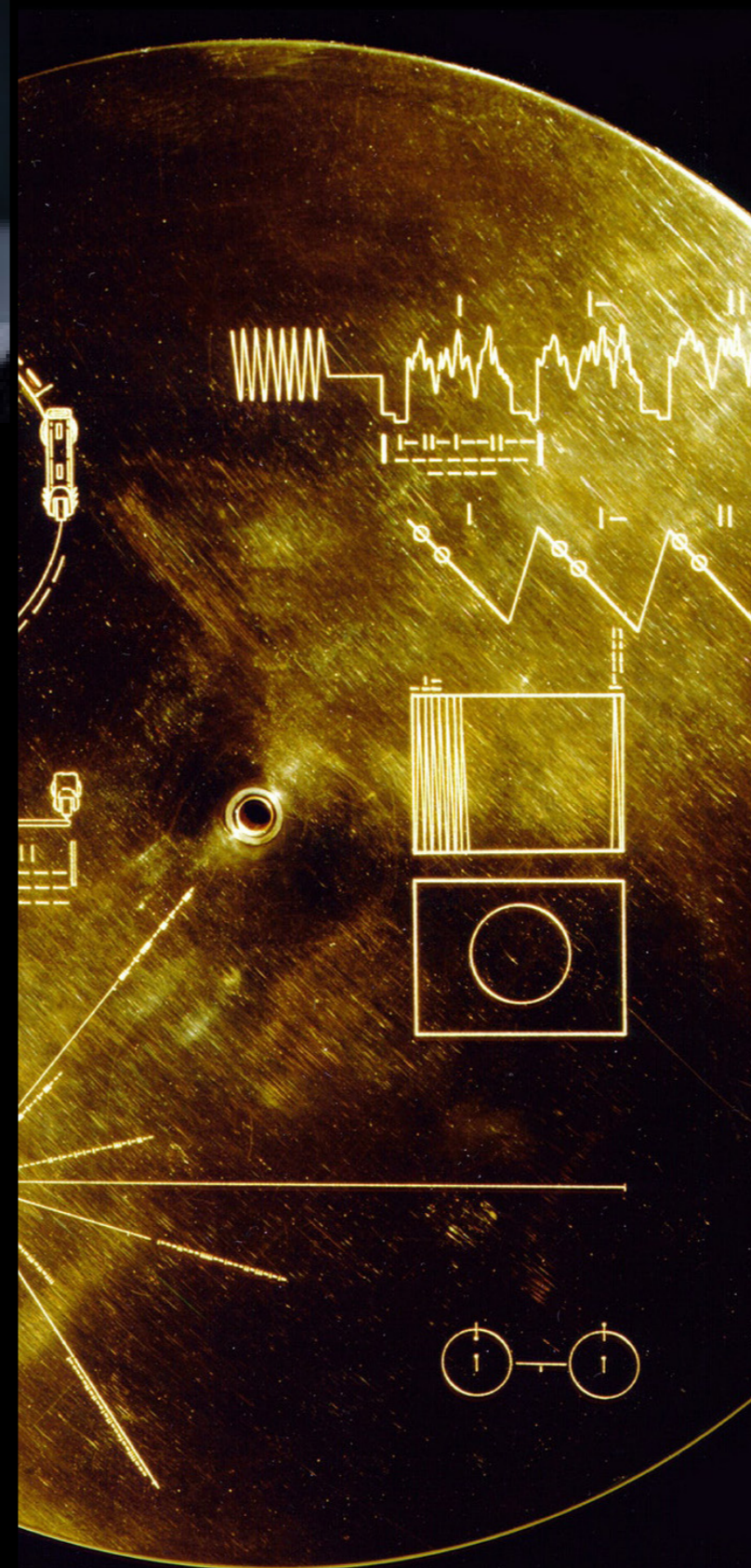


Photo: Newyorker.com



Photo: Kelly Lacy (Pexels.com)

THE FUTURE IS RENEWABLE ENERGY

By Lindelwe Myeza

The whole concept of renewable energy is structured around keeping global temperatures below 2°C. The driving factor in the research and development of renewable energy is to mitigate the effects of pumping unnatural levels of greenhouse gases into the atmosphere for 250+ years and prevent a runaway greenhouse effect which would see Earth's atmosphere become toxic to life as we know it.

According to Data compiled by Our World in Data, the energy sector is responsible for about 73.2% of greenhouse gas emissions, so it makes sense that renewable energy be the main driver of change in the efforts to curb the effects of climate change.

Current research in renewables prioritizes the efficiency and cost of energy generation technologies, particularly solar cell technology, as the most abundant source of energy currently at our disposal is the Sun.

When scientists talk about efficiency in this case, they are referring to the ratio of total useful energy outputted by the system to the total energy that comes into the system, and the conventional silicon solar cells we use today are only about 26.7% efficient (compared to 33% for burning coal). The Photovoltaics Research group at Nelson Mandela University, led by Professor Ernest van Dyk and Dr Freddie Vorster, focuses particularly on problems pertaining to the efficiency of solar cells and overall photovoltaic power plants. Research of this nature is crucial in the efforts of greatly reducing the cost of solar panels, while also increasing the reliability of these systems as they become more commercialised.

As dark as things might seem, the future of renewables is still bright. Efforts to accelerate innovation and discovery in the field of renewables are underway across the globe, from applying machine learning for faster material discovery and synthesis, to integrating artificial intelligence and robotics in various tasks.

DIGITAL HELP ON AND OFF CAMPUS

By Surprise Mhlongo

While many students are readily returning on their residences and some on campus, amongst them is a number of those who are concerned about their safety on and off campus; the university is actively working on ensuring safety as usual.

In one of his first lectures, Prof Jean Greyling of the Computer Science Department had advised his 2020 first-year students about a security mobile application they can use in addition to the school resources, more especially when far from getting help from the university and are in an emergency.

Namola is an application owned by a private Emergency Medical Services company in South Africa and it was developed for a reason, not more than "To make South Africa safe." It started in the City of Tshwane and went national in 2017 and has been updated ever since, with the latest available version being 8.1.5. Upon signing in, the application requires the user to give it access to the device location and to fill in their emergency details. It includes an SOS tab that allows the user to describe their emergency, as fire, crime, medical, accident, etc. A testing option is available for first-time users to test the services. "It takes less than 90 seconds once you send through an SOS for our team to contact you", reported Claire Sherwell of the Namola support team.

The app has reached roughly 500 000 downloads so far according to the Namola team, and this tells us a lot about technology getting to solve our problems.

The Namola team has stated that some advanced features are coming with the new version. It will include Smart Alerts, to alert a person if their loved ones have reached a certain destination by tracking their location when the option is enabled, and some COVID-19 related news alerts.

Users are also able to use upgrade to Namola plus for R49 a month, this will enable the organization to send some nearest private security immediately to their location. The Namola's actions towards "Changing the world."

Emergency Type What best describes your emergency?



Photo: Play.google.com

AT THE BRINK OF EXTINCTION

By Sanele Thwala

Humans have caused serious havoc in the ecosystem and it is quite disheartening that the future generation might miss the opportunity to see species that have significantly impacted the ecosystem.

Everywhere on the planet species live together and depend on one another. Humans are also involved in these complex networks of interdependent connections which are called ecosystems. One of the key indicators of a healthy ecosystem includes biodiversity. In large populations, a variety of species are well adapted to threats and employ various survival techniques. The environment as a whole is set to adapt and thrive even if certain organisms are negatively impacted by pollution, climate change, or human activities. However, the extinction of keystone species can lead to the destruction of entire habitats. The ecosystem also has a tolerance level as a result more species are facing the brink of extinction.

In the face of extinction, there are plenty of reasons why we should bother to save endangered species. Many of us love the natural world. Nature is beautiful and that aesthetic value has to be preserved. Many reasons have contributed to the extinction of species one of which includes humans. Humans have caused some species to become extinct through hunting, overharvesting, introducing invasive species to the wild, polluting, and changing wetlands and forests to croplands and urban areas. The rapid growth of the human population has also caused extinction by ruining natural habitats.

Fortunate enough, Nelson Mandela University has been the key driver in environmental stewardship and biodiversity preservation. They have raised awareness for the conservation of natural resources which is also vital for human survival.

Photo: buzzworthy.com

DEAD ZONES DOMINATING THE OCEAN

By Hlengiwe Phiri

When the word ocean is mentioned the sound of crashing waves, a picture of marine animals swimming and a breath of fresh air comes to mind. Unfortunately, those sounds and pictures we have are threatened. Man-made materials that are a life saver to us are cold-blooded murderers to marine life. At this very moment marine animals are suffocating, migrating, and dying from the chemicals that cover the ocean waters.

The plastic straws we used to sip beverages with a decade ago managed to choke a dozen of marine animals and has settled in its new home dismissing all that once inhabited the place. About 80% of marine pollutants come from land and the other is indirectly influenced by human activities that leads to global warming.

Marine autotrophs produce about 50% oxygen and absorb tons of carbon dioxide. With the increased carbon dioxide levels more carbon is absorbed with little photosynthesis occurring turning seawater acidic, this in turn increases the number of dead zones found in the ocean. South Africa has three dead zones, they are located near St Helena Bay (Western cape), near Port Elizabeth (Eastern Cape) and lastly near Kosi Bay (Kwa-Zulu Natal).

The ocean is losing lives rapidly! Over 80% of the Hawksbill turtle population has declined in the last century and the population of the rare marine mammal – Vaquita - has declined by approximately 90% since 2011 all due to pollution, hunting, and overfishing.

Purchasing materials that are harmful to the environment encourages money hungry companies to continue damaging our oceans. To prevent this from happening we need to reduce the consumption of harmful materials, carrying reusable shopping bags instead of buying plastic bags. We can also minimise on plastic pollution by purchasing water bottles that we can refill. Recycling materials is effective, and the best part is that extra cash can be made through plastic scrap trading. Please remember to play your part in saving our blue planet

Photo: Pexels.com

INTRODUCING CODING AND ROBOTICS TO THE SOUTH AFRICAN EDUCATION SYSTEM

By Hlengiwe Phiri

South Africa has its running shoes on, and it is ready to meet the accelerating pace of technology, with the approval of the Coding and Robotics curricula on its belt it is more than ready for the 4th industrial revolution (4IR).

We surprisingly use coding skills daily such as when we open an application on our devices or when we warm our food in the microwave. It is only fair we understand and develop our skills. Coding is the process of writing instructions that a computer or a robot can respond to and robotics are machinery that perform human tasks.

The digital skills curricula founded by the Department of Basic Education in partnership with Standard Bank and Africa Teen Greeks aims to create suitable industrialisation while keeping pace with the world. The curricula as said by Minister Angie Motshekga will provide an understanding of coding and robotics to learners from grades R to nine, she further added that it will develop their skills and prepare them for the 4IR.

The new curricula planned to be taught all around South Africa by 2022 will provide learners with problem-solving skills, this is crucial with coding as one error can shatter the entire system. It will implement critical and creative thinking as they attempt to solve an error on a screen full of codes, other skills include the ability to persevere, to work well in a team, to have a sense of control, and to take responsibility. On a broader view, learners will acquire internet and e-communication skills, computational thinking skills, data and information management skills, and application skills that are adequate to turn them into innovators.

Introducing this curriculum to learners at a tender age will pay-off with a secure industrial future for SA while being at the same global pace.

Photo: Pexels.com

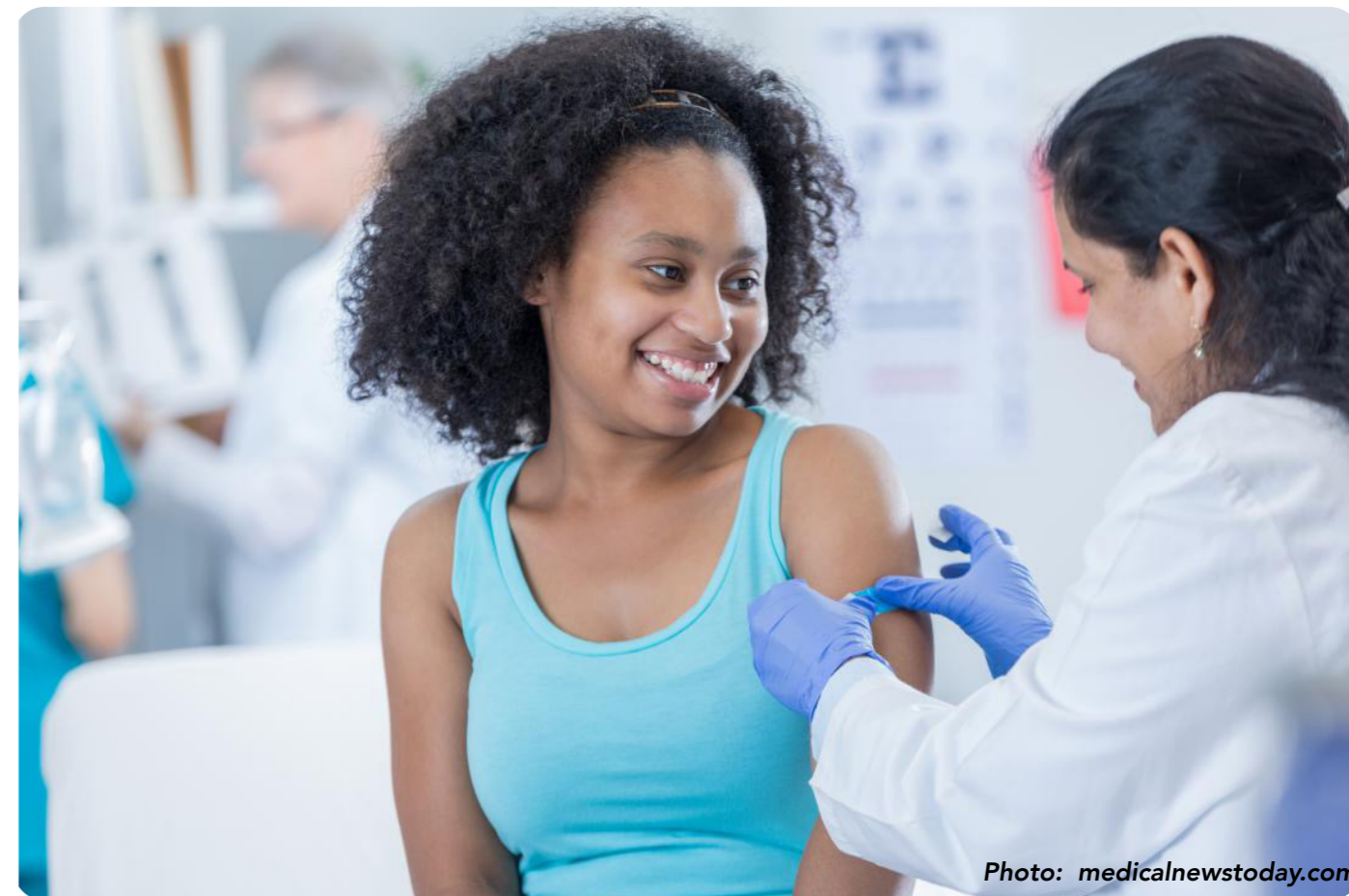


Photo: medicalnewstoday.com

DO VACCINES CONTAIN CHIPS?

By Buyani Mjuleka

Vaccines are different from your normal medicine in a way that they do not treat any symptoms or free you of any medical discomfort. Vaccines are a weakened form of a virus or bacteria to a point whereby it is harmless or unable to multiply but is enough to make the body produce immune response. The pathogen will die but the immunity will remain. Should a vaccinated individual contract the pathogen they will not get sick from the pathogen's infection.

Manufactures of drugs in South Africa are all forced to list ingredients used in the products they produce; this means that we know exactly what is contained in vaccines. Apart from that, (MCC) Medicine Control Council looks after all medicine and medical devices intended for human and animal use. They test for efficacy, safety, and quality. Should there be a problem with the vaccine, they would be the first to find it out before it reaches the public. No vaccine contains chips to control people, if there was one you would see it in the list of ingredients. However, you will never see it because chips are electrical devices and not pharmaceutical ingredients.

Students live in very small spaces and share bathrooms and kitchens; they also gather for lectures in over filled venues. Combining all those factors we should be able to see why students must take the vaccine as soon as it is made available for them and resist listening to conspiracy theories.

HOW MADIBAZ LADIES SOCCER TEAM WAS IMPACTED BY COVID-19

By Lona Laqwela

As the year was curtailed by the sudden strike of covid-19, the Madibaz Ladies soccer team also suffered the consequences of Covid-19. After having a good run last year which almost yielded in them attaining the league, they only fell behind with two points from the eventual league winners.

Madibaz ladies were adamant in fighting for their spot in the previous season (2020) and ready to fight their way into qualifying for the Varsity Cup during USSA tournament. These ambitions were struck by the impact of Covid-19 as they were unable to contest for the league due to the lockdown. The players faced many challenges and one of those was the fact that they had to train at home alone without the proper equipment to supplement them which made it more difficult for them.

The team captain, Ayabulela Ndyebi said, "Although we were given training programmes to follow at home and alone but the feeling of training at home alone had a psychological impact in a sense that you feel like not training since there are no goals to look forward at. Lack of motivation also affected us because there were no goals to achieve since we didn't know when football was going to commence."

Another setback is usually exams, as the players mostly find it hard to multitask during the period of exams and the big matches mostly get aligned with that unfortunate time. Last season, the team had many injuries to a point that that some other players could not finish the league and some managed to pulled through. As the inception of the 2021 academic year is nearby, the team is expected to start preparations for the new season with the first timers on the trials.



Photo: Nyathi, T. 2019.



FNB MADIBAZ GETTING READY FOR THE VARSITY CUP

Photo: Varsitycup.co.za

By Tumelo Muvhali

After a strong start to the 2020 varsity shield season before lockdown the Madibaz rugby team was handed automatic promotion due to the current Varsity Cup byelaws which state that, "The team that ends top of the Varsity Shield Log in 2020, based on the combined log of 2019/2020, will be automatically promoted to the Varsity Cup for the 2021 season" (Bylaw 6.1.1)

The Varsity Cup has recently been given the green for the 2021 season and according to ruggas.co.za, COVID-19 regulations could prevent regular time scheduling. A proposal that was brought up is that all teams could compete in a bio bubble, just like the World Cup format.

The FNB Madibaz team appointed a new coach to guide the team's fortunes on their return to the top-flight as they part ways with coach Jarryd Buys.

FNB Madibaz hooker Tembekile Boltina had nothing but praises for the new coach, "They have appointed Andre Tredoux, a very experienced coach from Russian club Slava Moscow, he's bringing new ideas and new systems, the boys have picked up on it, so his impact has been positive, and we are very excited for the new season."

Boltana who played a crucial role in the promotion campaign also said that the team is well motivated, and it feels good to be back in the field after the whole COVID-19 situation. Their objective as players is to make sure that they are competitive and do the university justice by performing well this season.

The 2021 Varsity Cup will kick off on the 8th of March with FNB Madibaz battling out against the University of North west.