

MADIBAZNews

News for the students, by the students



By Somila Tiwani

Nelson Mandela University welcomes the newly elected Student Representative Council (SRC), led by the Economic Freedom Fighters Student Command (EFFSC), following its victory at the virtual elections which took place on the 24th and 25th of March 2021. The EFFSC took victory as they won majority of the seats at 4 of the Nelson Mandela University's 5 campuses.

Pontsho Hlongwane (21) will be taking over the reigns as Nelson Mandela University's newly elected SRC President. The third-year LLB student has been an active member of the EFFSC since his arrival at Nelson Mandela University in 2019. "I have always been interested in politics because I would watch the news and read some books and start to question as to why there is a particular minority that is enjoying the benefits of the world and there is a majority who are suffering, but those were just rhetorical questions because no one could answer them", says Hlongwane.

The Limpopo born-and-bred possesses leadership skills. "I've always been a leader", says Hlongwane. He has been a class representative throughout his high school years. He was also the president of the Learner's Representative Council (LRC) in his former high school. Hlongwane matriculated from Ngwanabahlalerwa Secondary School in 2018. Thereafter, he was the chairperson of the Central Housing Committee in 2020. Hlongwane went on to become a member of the Branch Student Task Team for the EFFSC before contesting for the presidential candidate position.

Hlongwane's future goals is to become a lawyer. He wants to be an Advocate, to ensure that he advocates chiefly for the relegated. "Those who are currently marginalized are my first priority", he adds.

Hlongwane would like to highlight that they have just arrived as the EFFSC and they understand that students do not have time to wait. They hope that once they get into the office and get all their tools to work, they will be able to ensure that they have a maximum impact on the lives and livelihood of the student populace at Nelson Mandela University. Hlongwane wants to ensure that all the student's academic needs are catered for and everything that they have been 'crying' for is championed particularly the issue of registration.

NEWS

03 VACCINE ROLLOUT INFORMATION

OPINION

08 AUTISM AWARENESS DAY

LIFESTYLE & ENTERTAINMENT

15 BEING THE BOLD TYPE

SPORTS

28 SWIMMING TWINS GEARING OLYMPICS

MADIBAZNews

News for the students, by the students

Administrator

Sade' Prinsloo
Sade'.Prinsloo@mandela.ac.za

Editor-in-chief

Ashley Malepe
s219006857@mandela.ac.za

Marketing

MadibazMarketing@mandela.ac.za

Communications

Sisanda Ngqkoqwane
MadibazNewsLiaison@mandela.ac.za

News Editor

Ioanna Haritos
s220277370@mandela.ac.za

Lifestyle & Entertainment Editor

Leigh Nakeetah Jason
s219919569@mandela.ac.za

Sports Editor

Cwenga Maqhubela
s217310257@mandela.ac.za

Science and Tech Editor

Asithandile Ntsondwa
s21711869@mandela.ac.za

Opinions Editor

Ashley Malepe
s219006857@mandela.ac.za

Graphic Designer

Charmyon Dixon
s220493928@mandela.ac.za

Follow us on social media



This is a student-run newspaper. The views expressed in this publication do not necessarily represent those of the Nelson Mandela University.

LETTER FROM THE EDITOR

A new dawn for Nelson Mandela University as it welcomes the newly elected Student Representative Council led by the Economic Freedom Fighters Student Command (EFFSC). In this Edition, we feature the student formation's President, Pontsho Hlongwane who is yet to be sworn-in after all the protocols have been observed following the investiture of the EFFSC.

In the spirit of celebration, we will be commemorating World Health Day in this month of April and we as MadibazNews urge you to keep taking care of yourself by following the health and safety protocols outlined to keep you safe and free from COVID-19. It is also important to take care of your mental and emotional health because they are just as prone to health risks as is your physical health.

Moving to financial health which most students grapple with, we cover students' debts and fees. We have seen a wave of nationwide student protests in March, protests that were propelled by concerns of financial exclusion and student debts.

On a lighter note yet grim, we also cover eco-friendly burial methods one of which is aquamation whereby the body is placed in a stainless-steel vat containing potassium-hydroxide and water solution until all that remains is the skeleton. Interesting right? Well then there is more, keep reading!

Ashley Malepe



THE IVERMECTIN BATTLE

Photo: istockphoto.com

By Sikhulule Moyeni

Bongani Luthuli, Attorney and Director at Bongani Khanyile ka Luthuli Attorneys Inc, pan-Africanist, and member of the African Christian Democratic Party (ACDP) has managed to win the legal battle of the legalization of Ivermectin rollout against the Coronavirus.

Ivermectin has been used for numerous treatments since the 1980s. But it has not been approved for human use against Covid-19. In South Africa, ivermectin is for the treatment of parasites in animals under the Fertilizers, Farm Feeds, Agricultural Remedies and Stock Remedies Act – South African Government Site.

But according to a new study the drug can cure coronavirus in a laboratory setting within 48 hours. This study was compiled by Biomedicine Discovery Institute researchers at Monash University in Australia. Since then, numerous scientists and movements from different countries have been advocating for the legalization on human use of this drug in helping with Coronavirus.

In South Africa, it has been a struggle for Ivermectin advocates such as Luthuli, the ACDP and others to get the drug regulated. The South African Health Products Regulatory Authority (SAHPRA) has been adamant in

ensuring that the drug is banned in the republic. According to SAHPRA, there has been minimal evidence that this drug can be of human use against the Coronavirus.

Luthuli has cited that they have proof and reports from doctors corroborating the efficacy use of Ivermectin for treatment. With this, they have put immense pressure on the relevant stakeholders and have had SAHPRA lawyers communicate with them to discuss developments.

"Due to the pressure of ACDP and others – they have conceded to the usage and rollout of Ivermectin. They will be registering the product on Wednesday (24 March 2021)". Said Luthuli to local publication BizNews.

This means that all those who have been arrested for the illegal distribution of the drug will have to be given some kind of amnesty.

"It would be completely unfair, in this context, to say those that have been arrested must continue being prosecuted when it's now legal. There needs to be a discharge of those [individuals]". Luthuli further reiterates.



World Health Day



COMMEMORATING WORLD HEALTH DAY

By Somila Tiwani

April 7th of each year marks the celebration of World Health Day. The celebration is aimed to raise awareness about a particular health topic and highlight a World Health Organisation priority area of concern. One of the most important aspects of human well-being, is health. Technically, being healthy refers to being fit and free of physical and mental illnesses.

South Africa's transition to a democratically elected government in 1994 brought with it a push for change in the health care system, as shown by several policy documents. Decentralization of the health-care system was the first measure taken by the democratic government.

In South Africa, there is a two-tier health-care system, with a broad subsidized public sector and a limited but high-quality private sector. There is a substantial funding difference between public and private health care services in most of the world, with the best experts going to the private sector.

Due to the Covid-19 pandemic, we have seen economic decline and health care systems in turmoil over the last year. The world witnessed the rising number of infections, deaths and devastation associated with the pandemic, and Africa had not been spared.

South Africa had diverted funds and money to the public health crisis in a bid to launch an attack on par with the developed world. To prepare for the looming crisis, numerous attempts have been made to recruit staff, procure equipment, and ICU resources. To liberate these necessary resources, many institutions have downscaled existing services by redirecting funds, equipment, and staff from the prevailing plights to deal with a new threat.

Although South Africa has good health care, it is largely limited to the private sector and comes at high cost. Expats must also invest in international health insurance to have access to high-quality care. By far, World Health Day is worth celebrating.

Photo: [twitter.com](#)



Photo: [sundaynews.co.za](#)

VACCINE ROLLOUT INFORMATION

By Shitshembiso Mahlathi

Following the cancellation of an earlier attempt to use the Oxford AstraZeneca vaccine, South Africa has begun administering Covid 19 vaccines. South Africa uses the Johnson and Johnson vaccine, which is given in a single dose.

South Africa is now in first phase of the vaccine rollout campaign, which serves as a warm-up for the second and third phase, when the general public will be vaccinated.

President Cyril Ramaphosa claims that the country has secured a total of nine million doses, with more on the way. In the 27 days after the first shot was given on February 17, 2021, the Department of health has administered (vaccinated) over 100 thousand healthcare employees. The Johnson and Johnson vaccine has shown to be successful in avoiding serious illness from the South African Coronavirus variant.

The second phase of the COVID-19 vaccine rollout in South Africa could begin as early as the end of April. Doctor Anban Pillay, Deputy Director General of Health, states that when the second phase is implemented, the elderly will be given priority. Healthcare staff are expected to be all vaccinated by April end.

The first phase seems to be going satisfactorily. Many people are optimistic and pleased with the results of their vaccinations.



Photo: Getty Images

By Liyema Mpompi

Autumn graduation season is looming over tertiary students; however, some students are not so eager as they should be to this momentous last stride of their tertiary journey. This is because, several students cannot graduate due to their outstanding fees. Student debt crisis is still a huge concern in lower-class and middle-class society. Most students from middle and lower class are without bursaries thus, grapple covering fees that is due to their respective institutions. For those students awarded bursaries but still with outstanding fees, their debt usually arises from fees that their bursaries do not cover such as:

- Re-Examinations
- Late registration fee penalties
- Student society membership fees
- Breakage fees in residences
- Laptops that are borrowed to students for online learning

Moreover, the main reason why most students are financially beholden is because tuition fees have drastically increased over the past five years by 10% for most tertiary institutions. This increase was instigated by the national grappling economy over the past few years as the country has been struggling with recession and inflations.

The national credit regulator should grant profit-making Institutions a licence to practice credit granting to owing students, in that way students can graduate and pay fees at a later stage as soon as they work. Likewise, implement a system working with entities such as the South African Revenue Service (SARS), a system that detects owing students who are now employed. A reasonable percentage would be deducted from the now employed students' salary until their debt is settled.

Currently, a lot of student seek help from social media applications such as Twitter and Facebook. On these platforms, students, crowdfund and ask people to directly pay a little amount of just R20 per person to their student account targeting more than 200 people to which the debt will be settled. This has been proven to be helpful as people do come out in numbers to offer help.



Photo: anglican.ink

By Yonelisa Mabotyi

As the world celebrates World Health day on the 7th of April 2021, it also serves as a reminder of other epidemics faced worldwide. South Africa particularly, has the biggest HIV/AIDS epidemic in the world and have been a feature of the South African health landscape for decades.

With the advent of the Covid-19 public health crisis that has taken up space, resources and attention, the country runs the genuine risk of losing the gains made in tackling this disease and other epidemics.

Women are disproportionately affected by HIV/AIDS in South Africa. Poverty, the low status of women and gender-based violence have all been cited as reasons for this disparity in HIV/AIDS prevalence. Prevalence is even higher among men who have sex with men, transgender women, sex workers and people who inject drugs.

Sister. Noluthando Swartbooi, from Kwazakhele Clinic, Port Elizabeth states, "Historically, the South African population attached a stigma around HIV/AIDS. This led to hidden diagnosis because people were not willing to test. Pregnant women at the time were not aware of their statuses, which led to high numbers of mother-to-child transmission. These prevalences have however lessened since 2010."

Women on the other hand, remain at the mercy of this disease. Among other known factors, like poverty, gender-based violence and sex work, the physiological structure of women makes them vulnerable.

"During vaginal or anal sex, a woman has a greater risk for getting HIV. In general, receptive sex is riskier than insertive sex. Age-related thinning and dryness of the vagina may also increase the risk of HIV in older women. A woman's risk of HIV can also increase if her partner engages in high-risk behaviours, such as injection drug use or having sex with other partners without using condoms". R.N, N Swartbooi (2020).

Attention to HIV/AIDS has already been reduced over the past decade. The disruption of economic activities in the context of the Covid-19 pandemic will have far-reaching implications for the provision, accessibility and security of supplies for sexual, reproductive and HIV. New efforts are going to be needed to make sure that HIV is eliminated in the future.

AUTISM AWARENESS DAY – TOGETHER, WE ARE AWARE

By Sikhulule Moyeni

World Autism Awareness Day is annually celebrated on the 2nd of April. This year it will mark the fourteenth annual observance of this day. On this day, people “Light it up Blue” in recognition of people with autism and those who love and support them.

Autism also referred to as Autism Spectrum Disorder (ASD) is deemed a complicated condition that hinders the affected person’s ability to communicate efficiently with others. As it affects one’s ability to understand what others think and feel. This in turn makes it difficult for them to express themselves.

So, I went around asked a few students about their knowledge of this day and autism. This was the outcome.

“Autism is a medical condition that like others can also be managed. World Autism Awareness Day assists in allowing people living with Autism to go on to live wholesome lives with little segregation and discrimination.” Says Zizipho Dani.

“I am not aware of World Autism Day, I did not even know that it existed. My thoughts on it are very shallow. They are just different, and we must learn to conform and accommodate them [people living with autism].” Kgotso Motloug, a third-year student expresses his views on autism and this day.

Moreover, I believe that as much as some people are aware of this day and autism, a lot of work needs to be done in educating the public more. Furthermore, eliminate the thoughts of autism as a disorder or defect, but rather we should view it as a difference in behaviour that is naturally human nature. As we, humans are initially different, and we like to believe that we live in an inclusive world so why not practice it. By discarding stereotypical ideas about autism and see it as what it is – human difference, which in itself is universal.

Photo: freepik.com

INTERNATIONAL EARTH DAY

By Aziziphozethu Gwija

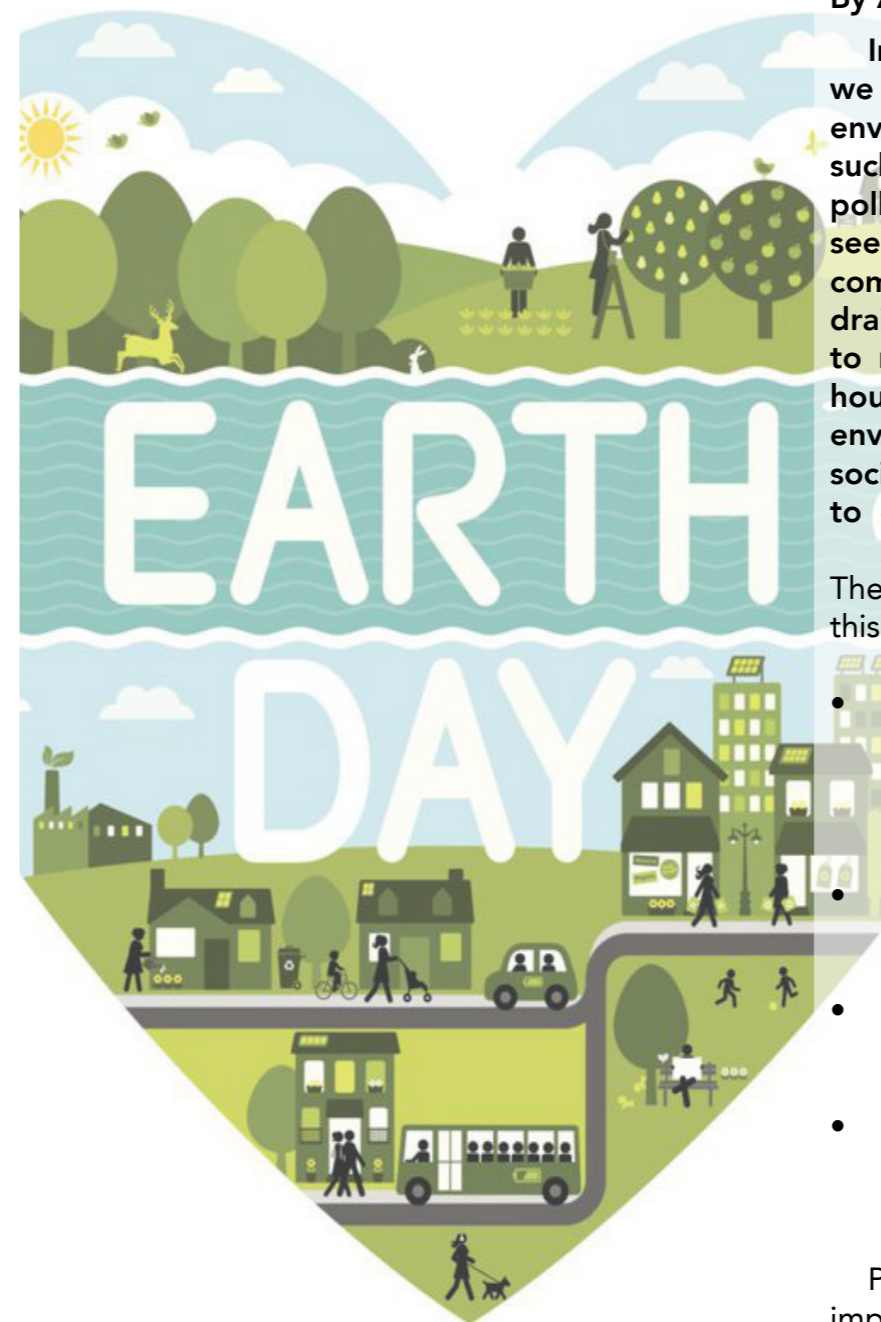
International Earth Day is a day in which we highlight the importance of protecting our environment. Our Earth is facing many issues such as global warming, water shortage, pollution, deforestation and many more. We see many of these issues every day in our communities, whether its illegal dumpsites, drain leakages and the cutting down of trees to make space for the growing demand of housing. These issues do not only affect the environment, but they also impact us, as a society, negatively. Therefore, it is important to celebrate this day and raise awareness.

There are various things you can do to celebrate this day or raise awareness, these include:

- Gathering friends and neighbours and starting a cleaning campaign whereby you go around cleaning your community by collecting waste on the streets.
- Planting trees or if you have a garden, take care of it a bit more.
- Creating awareness around the importance of the day on social media.
- Recycling in your own home by separating your ‘waste’ or trash, sorting it out.

Preserving and keeping healthy the Earth is important for our well-being and the well-being of future generations. We need to work together to ensure the sustainability of our earth and it all starts with our behavior and actions within our communities.

Photo: treehugger.com



BEING A STUDENT AND A TRADITIONAL HEALER AT THE VERY SAME TIME

By Sisipho Magadla

The tertiary environment is a very broad setting with diverse cultural beliefs, perspectives, and belief systems from different people. Such setting can be daunting and in somewhat prove to be disobliging for a student who is a traditional healer or commonly known as a Sangoma.

A Sangoma is also known as a Traditional healer, someone who should be known for helping people traditionally. However, at times people associate Sangomas with evil spirits, darkness, and demons, ultimately causing a stigma. The stigma then perpetuates myths or conspiracy theories around the Ubongoma phenomena. Most predominant conspiracy includes beliefs such as if a Sangoma burps, sneezes or even coughs they are seeing something, or ancestors are saying something to them. Students who are Sangomas are then seen as weird scary people.

Most of students who are traditional healers sometimes struggle to make friends at school and not everyone around them is supportive as needed. This alienation can sometimes cause anxiety and loneliness to that person, leaving them feeling unwanted and not loved enough. With their emotional wellbeing affected, their psychological and academic wellbeing also grapples destructively.

Life would be much easier for Sangomas if society were more welcoming and understanding of them, especially students. I believe that as much as there are societies for churches at school then there should be a society for Sangomas, so that they can feel more welcomed, and create awareness around Ubongoma.



Photo: kemptonexpress.co.za

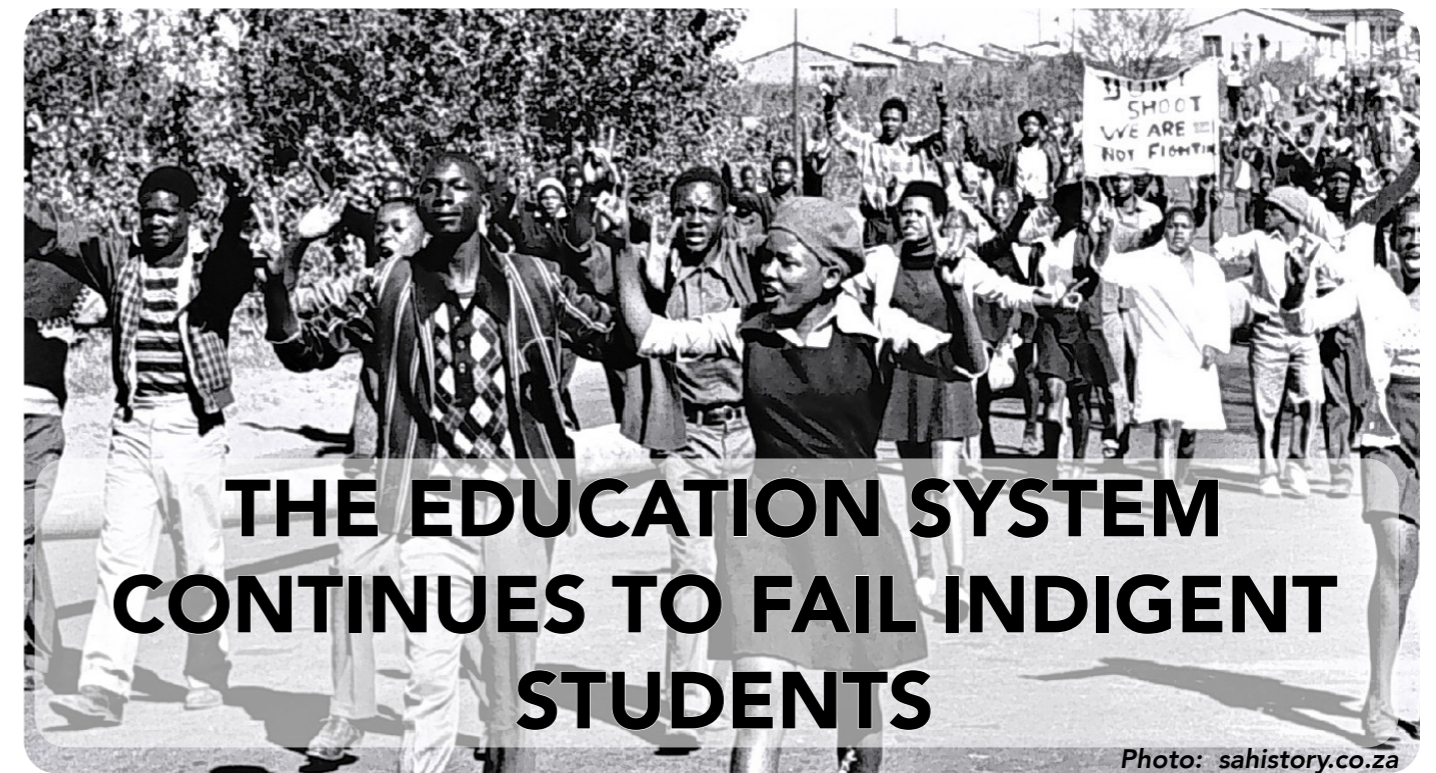


Photo: sahistory.co.za

By Esethu Sifolo

It was on the 16th of June 1976 when students rebelled against an unfavouring education system by protesting the notion of using the Afrikaans language as the primary medium of instruction. During this protest known as the Soweto uprising, a number of students were met with fierce police brutality and some were shot to death. After the country was declared a democratic country, many hoped for the education system to be improved and that everyone had access to it regardless of their race or financial background. Access to fair education was granted to everyone but remnants of struggles still grips on to this very day whereby the issue now is free access to tertiary education.

According to the department of statistics in South Africa, 49,2% of the population over the age of 18 falls below the upper-bound poverty line. This means that most students from poor backgrounds will fail to pay tertiary fees and most students that will be affected are people of colour. Marginalised students who fall under the upper-bound poverty line started protesting pushing the idea of scraping tertiary fees. Most notable was the protest in mid-October 2015, recorded as the #FeesMustFall protests. Students from different universities protested for the Government to do away with fees for public tertiary education institutions. #FeesMustFall protests resulted in 30 students being arrested and some were hospitalised after being shot by the police with rubber bullets.

Earlier in March this year, students were protesting for the financial exclusion of students who have outstanding debts and for fair access to education after Blade Nzimande announced that NSFAS does have enough money to fund new students. At Wits, protesters were still met with police brutality, which resulted in the death of one person. Over 8,000 pupils were at risk of being financially disadvantaged in the 2021 academic year. Many of them have been refused admission to university due to the lack of support from NSFAS.

The disconcerting irony is that students today are struggling with the same problems as students in 1976 did, just under different education system and governmental power influences. A bigger poignant irony is that students are fighting students of 1976 who now mostly, hold the power to change the narrative.

RELIGIOUS MUCH?

By Buhle Buthelezi

Religion guides us into living a certain lifestyle, it is often a socio-cultural belief system of practices that associate humanity to spiritual and supernatural elements. It is important for us to note that there is no universal definition for religion because some religions are not aligned with supernatural or spiritual elements.

To many of us religion does play an important role in our lives. I have figured it is the knowing that something or somebody above you is in control, that gives one comfort in the most devastating situations. We live in a world where sometimes things get too much for us to handle but when you know that there is a higher power that provides you comfort and support, it is highly unlikely that you will fold, because you will reassure yourself by telling yourself that what should happen will happen and you will never be given a battle you cannot fight. Religion has provided many of us with consolation in numerous times of crisis.

Through religion communities are formed, where rituals and hardships are shared, in these communities one finds social support created by similarities. Sometimes when there is absolutely nothing you can do with regards to a situation religion gives you something to do like praying in most cases and that alone provides relief and strength.

It is not everyone that believes in religion and there is a variety of religions, therefore it is important for us to respect one another's choice of and on religion, because religion is a personal choice and cannot be forced upon on anyone. Religion can help to enhance our ability to cope and give us hope for the future.



Photo: Pexels.com



UNFAIR ELECTIONS CONTRAVENING FREEDOM DAY VALUES?

By Liyema Mpompi

South Africa annually celebrates Freedom Day on the 27th of April which serves as a reminder of independence for the country from colonialism and discriminatory policies of apartheid regime that had denied blacks the right to vote. Freedom Day values consists of equal voting rights without reasonable restrictions, free, safe, and non-discriminatory voting system that encourages informed debates with equal opportunities to express views to South African citizens.

Chapter nine, section 190 of the Constitution of South Africa established the Independent Electoral Committee (IEC) to manage elections on National, Provincial and Local legislative bodies and make sure that they are free and fair and should then declare those elections within prescribed period by national legislation. This means all citizens including national leaders are subjected to abide by the nations Constitution which stands as the highest law of the land. The IEC was introduced to prohibit any unfair practice from taking place in elections.

Unfair election practices include the dumping of ballot boxes, manipulation of voting numbers by not being fully transparent, voter suppression and intimidation of oppositions by ruling parties. A most recent act of unfair election practice was acted out by the Ugandan Government when they released an order to shut down the internet on the evening of 13 January 2021 which was an actual day before the commencement of presidential elections. Now this act in South Africa would be viewed as unfair as it prevents opposition parties from campaigning to gain more votes and violating journalists' rights from broadcasting and covering the elections. Even so, South Africa is not without fault, as in the previous elections, it became a prevalent issue when it came to the management of ballot boxes, transparency etc. ultimately contravening Freedom Day values.



By Shitshembiso Mahlathi

Human Rights Day commemorates the anti-pass demonstrations that resulted in the Sharpeville massacre, which is the country's most prominent human rights protest. The anti-pass movement was created by the PAC to challenge the repression of black people's human rights. 69 protestors were killed by the police, the majority of whom were shot in the back, and another 180 were wounded.

The 21st of March marked the 25th anniversary since Human Rights Day was launched and the 61st anniversary since those tragic protests. Six decades later there are still several instances of human rights abuses: Children denied the right to dignified sanitation in schools, young girls denied the right to life in the Cape Flats, Gender based violence especially against women, child abuse, fellow Africans have been denied their rights as refugees and students have been denied access to affordable education and police continue to kill with impunity just as they did 61 years ago in Sharpeville.

Despite substantial improvements in the size of state service provision since 1994, access to basic goods and services such as nutritious food and safe drinking water remains unequal at best and inadequate at worst. High quality

healthcare and education are largely reserved for the wealthy.

Democracy has extended the basis for human rights to all South Africans, but the removal of oppression has not equated to substantive liberation. The promise of the democratic transition has been relegated to a dream deferred; poverty remains racialized, economic inequalities have widened and society continues to be divided.

The creation of "the right to have freedom", cementing the democratic states duty to fulfil and protective human rights of all South Africans, was perhaps the true success of change.

On Human Rights Day, we should focus on our mutual freedoms, which have been hard-won. However, we cannot be complacent about the continued disregard for socioeconomic rights, particularly in a society plagued by widespread violent crime, poverty and inadequate services.



By Laiken Faiers

Film and media have a coercive power, one that could create a change in ideology. Yet, when we look at current female representation within film and media, we still find an overwhelming mass of misrepresentation, and underrepresentation. We still find the dumb blonde, frigid career women, and the nerdy girls who magically become beautiful when they remove their glasses. These are all two-dimensional characters that fail to represent the diversity that is women.

There has been an increased awareness of the positive impact that representation has on people. One of the reasons being that it helps provide minorities with a way to break down harmful stereotypes, which is why representation is something minorities fight for. The Bold Type is an excellent example of how career women are represented within the television and film industry.

Dismissing the usual career women stereotypes, The Bold Type shocked their viewers by portraying characters in a way that went against expectations. The well-known series portrayed three female protagonists as strong and independent, people who earned their success through hard work and dedication rather than appearance. The series showed women helping other women strengthen their careers, rather than the trope of trying to drag each other down. These women were given a sense of dignity and strength, expressed through their display of empathetic and nurturing traits, some of which have been used countless times to discredit women in the workplace.

We live in a world where women account for 46,9% of the workforce, yet film and the media, still underrepresent and misrepresent them through sexist gender discourses. The Bold Type should be the driving force of women representation, and we should all strive to be who we want, while working hard for what we want. We should be The Bold Type.



Photo: Teen Vogue

HOW NETFLIX'S NEW SHOW CHALLENGES THE NORMS OF MOTHERHOOD

By Nomzamo Ndoda

Netflix's new hit show *Ginny & Georgia* is an hourlong drama based on a woman named Georgia with a suspicious past, a mother of two children, and their move to an affluent suburb for a fresh start. Unfortunately, their transition to the neighbourhood is not as smooth. Georgia had her first child Ginny, at the age of fifteen years, which may be a factor that heavily contributed to their sister-like relationship.

The series tackles issues like racism, self-harm, and romance but the tense dynamics between remarkable parenting skills and a close-in age mother and daughter, are the foreground of it all. Georgia is not the typical 'mother', she is portrayed in a 'cool' manner who educates her children about sexual intimacy at a young age, encourages them to be honest with her and is comfortable with sharing her love life with them.

Other mothers in the show are represented by real-life motherhood norms, and usually refer to Georgia as a bad mother. She challenges the existing ideologies of how motherhood should be, and how mothers should portray themselves. Most people can relate to having parents that would not encourage them to be open with their relationship statuses, or habits and whereabouts, but Georgia is a breath of fresh air, giving her children a safe space to trust her about their personal lives.

If you would like to decide whether she crosses the line or she is just too cool, be sure to check out the show on Netflix today!

SELF-LOVE: THREE BOOKS TO HELP YOU LOVE YOU

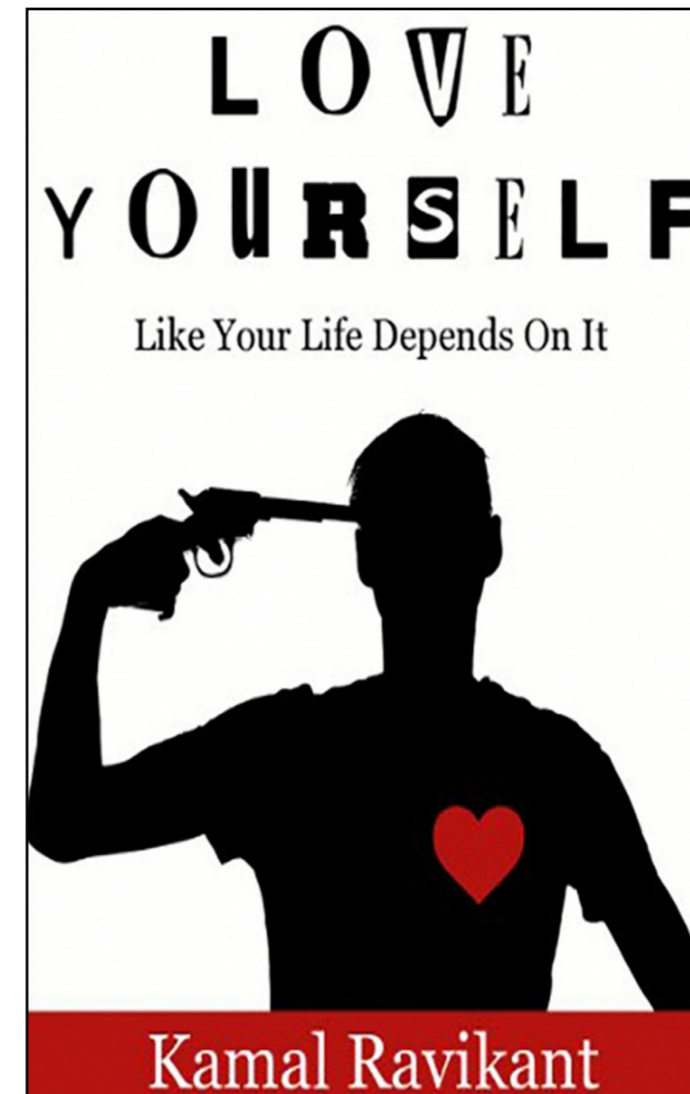
By Gugu Sedibe

Self-love, as defined by Google, is a 'love of self'. According to the Brain and Behaviour Research Foundation, practicing self-love supports our physical, psychological, and spiritual growth. Unfortunately, not everyone knows how to practice self-love and may even experience the opposite – low self-compassion. Self-love means different things to different people, but the standard is being able to figure out how to give yourself that love. There are means such as self-compassion and mindfulness, but also the smaller things, like being kind to yourself during difficult times.

Self-love is an important component of our self-esteem and this is associated with life satisfaction, increased happiness, and greater resilience, and produces less risk or developing or building on mental health issues like anxiety and depression. So, self-love? Kind of important.

Reading is an amazing way of practicing self-love, not only as a form of escapism, but also as entrance to reality. There are so many books associated with self-love that can help you find your preferred method.

'I Heart Me, the Science of Love' – This lovely book was written by David R Hamilton, a scientist



who realized that his lack of self-love was sabotaging his life. Using himself as a guinea pig, he realized that self-love was just as much about biology than psychology. A beautiful journey that many could relate to.

'Love Yourself like Your Life Depends on It' – Written by Kamal Ravikant, the book addresses our necessity of self-love in the world. It also follows Ravikant's personal journey and includes reader-oriented lessons and personal stories.

'Daring Greatly' – Brene Brown takes us on an adventurous ride where she shows how to be vulnerable in a world where everyone wants to be strong and confident. She teaches us to be ourselves first.

These books assist us with finding that self-love should be prioritized. The authors of these books share their experiences and how they overcame them, in hopes that we are inspired to do the same.

Self-love influences the choices we make and our interactions with others, so it is very important that we take good care of ourselves.

Photo: Tamesclear.com

CAPTURED! – MONDLI NDATSHE

By Zukisani Gali

Nelson Mandela University is one of the biggest hosts for diversity through their students. People generally hold many passions, but many students have the privilege to explore during their tertiary education, like Mondli Ndatshe, widely known as Dr Dlakaza.

One of Nelson Mandela University's very own, studying an Advanced Diploma in Public Management & Administration. Mondli Hails from a small town in the Pondoland Region, known as Lusikisiki, he recently graduated from his Diploma qualification and has a passion for media, shifting from writing to photography. Mondli defines photography as 'just light'. "Although there are elements that make up photography, including object, lighting and composition, photography is just light," he says.

The photography bug bit Mondli when he was doing film and television production at Tshwane University of Technology, where he was introduced to DSLR and film camera. He says, "I was hooked by a small device; a camera, stealing someone's likeness and bringing that image to life."

Through his journey of studying at Nelson Mandela University, he used photography as a coping mechanism. He notes that one of the most difficult things about being a full-time student and a photographer, was the editing which he could do for hours on end but mentions that time management is key!

Anyone could be a photographer due to current technology, even you! Ever wondered what it felt like to be a photographer? Mondli describes it as "a great feeling when someone bumps into you and knows your work saying, I got introduced to your wonderful work with that burning glass shot."

Mondli is a wonderful example of following your passion and education. Should you find interest in photography, search 'Ngqondo Dlakaza' on all social media platforms for inspiration. He makes not only us students, but Nelson Mandela Bay as a whole very proud.

"Drop that and follow your dream, remember you are in your own race, don't rush!" - Mondli Ndatshe.

Photo: Mondli Ndatshe



Photo: Healthline

ACE ONLINE LEARNING!

By Tsireledzo Musecho

With the Coronavirus bolting from the blue, the world stopped completely, and people needed to figure out a new way to function, especially students. One of these ways was through online learning – a way for schools and institutions to teach virtually so that the academic year could continue, but it has become a bit difficult. Between turning homes into schools, bedrooms into classrooms and self-isolation, remote learning has become a bit difficult. Here are three ways to help get over those challenges:

1. Find A Good Learning Space:

One of the biggest issues with online learning is that you are not within a reserved learning environment, so you can easily fall asleep or become distracted. The biggest mistake students make whilst engaging in academic activities is using their couch or bed. Instead, they should find a decent space where they are able to sit upright at a table or desk, just like at school.

2. Sunlight & Fresh Air:

Sitting in a room with closed blinds and windows is another issue, as it causes the environment to become too relaxed, which leads to fatigue. The best way to learn is through opening the windows and allowing sunlight and fresh air to stream in, offering you a fresh and more focused environment.

3. A Quiet Place:

Listening to music has proven to help some people study, but sometimes music can become a distraction, especially when too loud. Loud music and the occasional loud noises can become very distracting while engaging in academic activities, thus the best way to do so would be to find a quiet place with no disturbing noises where one can focus.

CAFFEINE WARS: IS COFFEE REALLY THAT GOOD FOR YOU?

Photo: RTA

By Zukisani Gale

Being a student leads to living in a very stressful environment due to stress from workloads consisting of assignments, tests, and in between, having to juggle our personal lives – being a student is hard! Being a student sometimes means that between work and sleep, there is no time for ourselves, leading us to look for external solutions to boost our energy. Energy drinks have become the new water, mental supplements have become the new vitamins, but coffee? Coffee remains the prevailing energy booster. But is it really that healthy?

For years, people have drunk coffee and can vouch that during difficult times, between having a test, an assignment due or going to work, that it really helps. Coffee has been the answer for so many years, giving us boosts to stay awake just a little longer or complete the last question of that assignment. It keeps us 'Mjojo' (it is good for our lives)

According to 'About Time Magazine', coffee keeps us more alert. This magazine highlights the benefits of 'coffee vs. student', as outlined below. But there are cons as well. Even though coffee gives us a little power, it also increases the amount of crucial adrenalin in our blood. Here are the benefits.

BENEFITS

1. Short term memory improvement.
2. Helps us to stay fit.
3. Helps us stay awake.
4. Once you keep up with your work, you lower the stress levels and avoid depression.

Caffeine is not as good as it sounds, there are a few cons. The first one is that it can increase one's blood pressure and even Coffee Geek Lab Blog attests to that. It is a temporary effect, but it may cause some discomfort, including an increased heart rate. Coffee can make you an addict, cause trouble sleeping and increase anxiety.

Fortunately, there are other ways to obtain caffeine without consuming coffee. Ice cold water and vitamin B supplements like Bio Plus could really assist and are a much healthier option.

STREETWEAR'S CHOKEHOLD ON SOUTH AFRICAN FASHION

By Mncedisi Stampu

Streetwear can be described as a style that combines graphic-heavy hoodies and t-shirts that reference Japanese and American pop culture, casual sportswear, puffers, and sneakers. It has become one of the most disruptive forces in fashion over the recent years. It would be easy to write it off as just another trend, however, it is much more than that.

Psychologically, streetwear induces conformity, the need to belong to a certain group that wears the expensive brand for validation and praise. Although, this type of fashion does not have to

be costly. It can range from clothing that allows for self-expression to materials that evoke a deeper meaning. But what stands out about streetwear is its ability to bring together a group under a common purpose, meaning, goal or message. It stands as a public proclamation that we belong to the values and fellow customers of the brand, which is how brands have successfully stayed relevant along with the help of famous music artists, fashion influencers and social media.

DEAD., a brand by Bangy Rabothatha from Johannesburg, "is outside of the industry but embodies a specific force that the South African traditional fashion longs to present, namely relevance", mentions an article by 10and5. All Rabothatha's clothes are gender neutral, killing stereotypes on what men and women should wear. Bathu, a South African sneaker brand by Theo Baloyi from Johannesburg has also taken the local market by storm by creating 'sneakers that Africans can proudly affiliate with', as described on their website. There are amazing local brands taking the country by storm.

Fashion is long-lasting, ever green. As streetwear continues its heavy stride within South African shores, it makes way for many youngsters, artists, and entrepreneurs to express their creativity and inspiration.

We have yet to see what the next era of the fashion world will unfold before us.

Photo: Instagram



BURIAL METHODS WE CAN USE TO HELP MOTHER NATURE THRIVE

By Hlengiwe Phiri

Death is inevitable but our departure does not have to be an addition to the prevalence of environmental destruction; there are other safer alternatives to bury our loved ones.

Traditional burial aims to prevent rapid decomposition by draining out blood and pumping in toxic chemicals such as formaldehyde to slow down decomposition. After burial decomposition starts, all the toxic chemicals ooze out of the body into the soil, air, and water. Cremation requires a great deal amount of fuel which adds on to global warming by destroying the ozone layer through the release of tons of carbon dioxide, nitrogen oxides and other pollutants into the atmosphere with some remaining there for years.

Now that global warming and land shortage are taking a toll on us, people are creating ways to make the burial industry more eco-friendly. Mushrooms are great at detoxification hence the creators of the mushroom burial suit saw it fit to use mushrooms to cleanse the body of all toxins. The jumpsuit is made of pure cotton and woven with a thread of mushroom spores which uses Mycoremediation to detoxify the body. The mushrooms are specially made to feed on human bodies and as a bonus they are edible.

Scientifically known as alkaline hydrolysis, aquamation uses water, heat, and alkalinity to break down the body into chemical compounds resulting in the muscles turning into liquid and the bones become soft that they can easily be crushed by hand. The by-products are excellent fertilizers. The Eternal reef turns the deceased into coral reefs which replaces the rapidly declining ocean reefs. Body ash and other materials are used to create an environmentally safe cement mixture that is used to make a reef which is placed in the ocean. Project Capsula Mundi uses biodegradable materials to create an egg-shaped object that houses the body, the egg-shaped material is then buried, and a tree is planted. The tree then uses the body as organic fertilizer.

Losing someone is heart-breaking but their departure does not have to destruct the land that feeds us.

DR ROBOT

By Lindelwe Myeza

Medicine is one of the oldest practices in human history and plays a vital role in each of our lives. Whether it be western or traditional, medicine aims to achieve the same fundamental goals; to aid in the protection of the body's vulnerable interior from external pathogens, to decrease the recovery time and severity of any injury and/or illness, and to understand the nature of the human body to maximise the quality of life. Over millennia medicine has evolved to be relatively precise and reliable, but only to the level of precision and reliability afforded to human biology.

The integration of robotics, especially in surgery and diagnostics, helps us to expand on our capabilities by increasing the precision by which we operate on human beings, increasing the accuracy of diagnostics, and helping reduce medical malpractice. Advances in the field of robotics have also allowed doctors to perform remote medical examinations, which is very important in these times of social distancing.

Before we get too carried away, though robots are not going to be replacing medical professionals any time soon as there still needs to be a person operating/monitoring most of these machines. Robots in medicine are mostly

for aiding these medical professionals in making procedures less invasive, faster, and more accurate while also making the operator's job easier when it comes to obtaining precise diagnostic data about a patient's vitals.

Robotics, already being a merger of multiple engineering disciplines, is often coupled with advances in physics and chemistry to tackle physiological complications which would otherwise require extremely intrusive methods/surgery i.e., laser eye surgery for correcting vision, proton therapy for treating various types of cancerous and noncancerous tumours, and carbon nanotubes for delivering medicine to specific regions of the body.

Just like any other science discipline, medicine is driven by discovery, and with discovery comes significant change, making medicine inherently volatile and vulnerable to a rapid disruption of normalcy, so soon enough we might just see some synthetic doctors roaming around our hospitals.

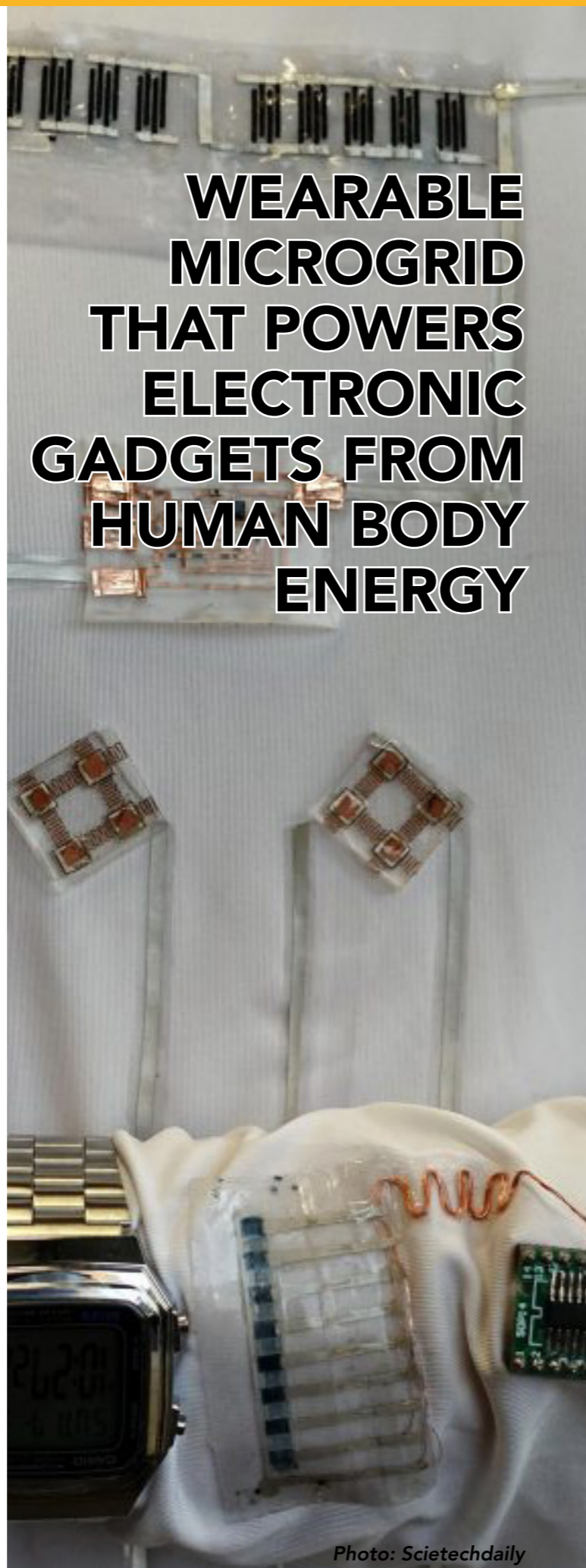


By Sanele Thwala

Technology has been part of our daily lives and its advancement has been beneficial to humans. A shirt that collects and retains energy for small electronics from the human body has been recently developed. It integrates energy from sweat and movement of to provide sustainable energy.

The shirt comprises of three major components: biofuel cells powered by sweat, triboelectric generators, and supercapacitors for energy storage. All components are flexible, can be washed and screened onto clothes. Inside the shirt are biofuel cells that collect energy from sweat. Devices which turn movement energy to electricity, called triboelectric generators, are placed on the forearms and sides of the torso next to the waist outside the shirt. They energy is derived by walking, running or from the swinging arms. Supercapacitors store energy temporarily from both units outside the shirt on the chest and load it onto small electronics. The energy from both movement and sweat is used for the fast and constant harvest of wearable microgrid power plants. The triboelectric generators provide power immediately when the user moves before a sweat break off. Once the user begins to sweat, the biofuel cells start to provide power after the user has stopped moving. The wearable microgrid was tested for 10 minutes of cycling or running, followed by 20 minutes of rest. Each 30 minutes of each session, the system was able to power an LCD wristwatch or a small electrochrome display which changes color in response to the voltage being applied.

This system is useful for athletes and those who are exercising. What is more interesting is that the researchers are working on other designs that can collect energy while the user is sitting inside an office or a house.



WEARABLE MICROGRID THAT POWERS ELECTRONIC GADGETS FROM HUMAN BODY ENERGY

Photo: Scietechdaily



Photo: Instagram

UNDERSTANDING THE LANGUAGES OF MACHINES

By Lindelwe Myeza

As of January 2021, the number of internet users in South Africa was 38.13 million users: up by ~ 4.35% from 2020. The inflation in internet users coupled with the rising use of information technologies among the general populous has increased the demand for skilled workers to develop and maintain new systems for users to interact with. According to Business Tech, the demand for software developers shot up by 22% between January and February 2021, which shows the growing importance of computer sciences in our society.

Currently, the demand for the information technology (IT) skillset largely outweighs the supply of skilled workers in the field. With over 63% of the population being connected to the internet and rising, the need to ramp up the supply of these skills is becoming ever more pertinent. This leads us to the topic of computer-based subjects in public schools and increasing the presence and importance of these subjects from an early level.

Aimed at this problem is the TANKS coding app. It was developed by Nelson Mandela University alumni Byron Batteson and co-ordinated by Nelson Mandela University Professor Jean Greyling. Its purpose is to make learning of core principals and logic of coding easy. According to Professor Greyling, TANKS is primarily focused on learners from communities where computers are not easily accessible and introducing these learners to coding in a fun and interactive way. This is a leap in the right direction as the aim is to integrate computing subjects into every school in South Africa.

Government has not been taking these issues lightly either, as President Cyril Ramaphosa has on many occasions highlighted the plan to integrate coding and robotics into the existing curriculum. Keeping to his words, a draft curriculum for grades R–9 has been approved and will be piloted from 2021–2024 for grades R–3 and 7–9, with all grades expected to commence with the final curriculum in 2025.

FROM BITS TO CUBITS; QUANTUM COMPUTING TAKING OVER

By Surprise Mhlongo

Sometime back, the simplest definition that could be given to computers was that they are machines that can perform tasks more efficiently than humans could. In the 1980s, the work of Physicist Paul Benioff on a quantum model led to a suggestion that there exists a computing way more capable of simulating objects than our traditional, powerful computers – Quantum Computing.

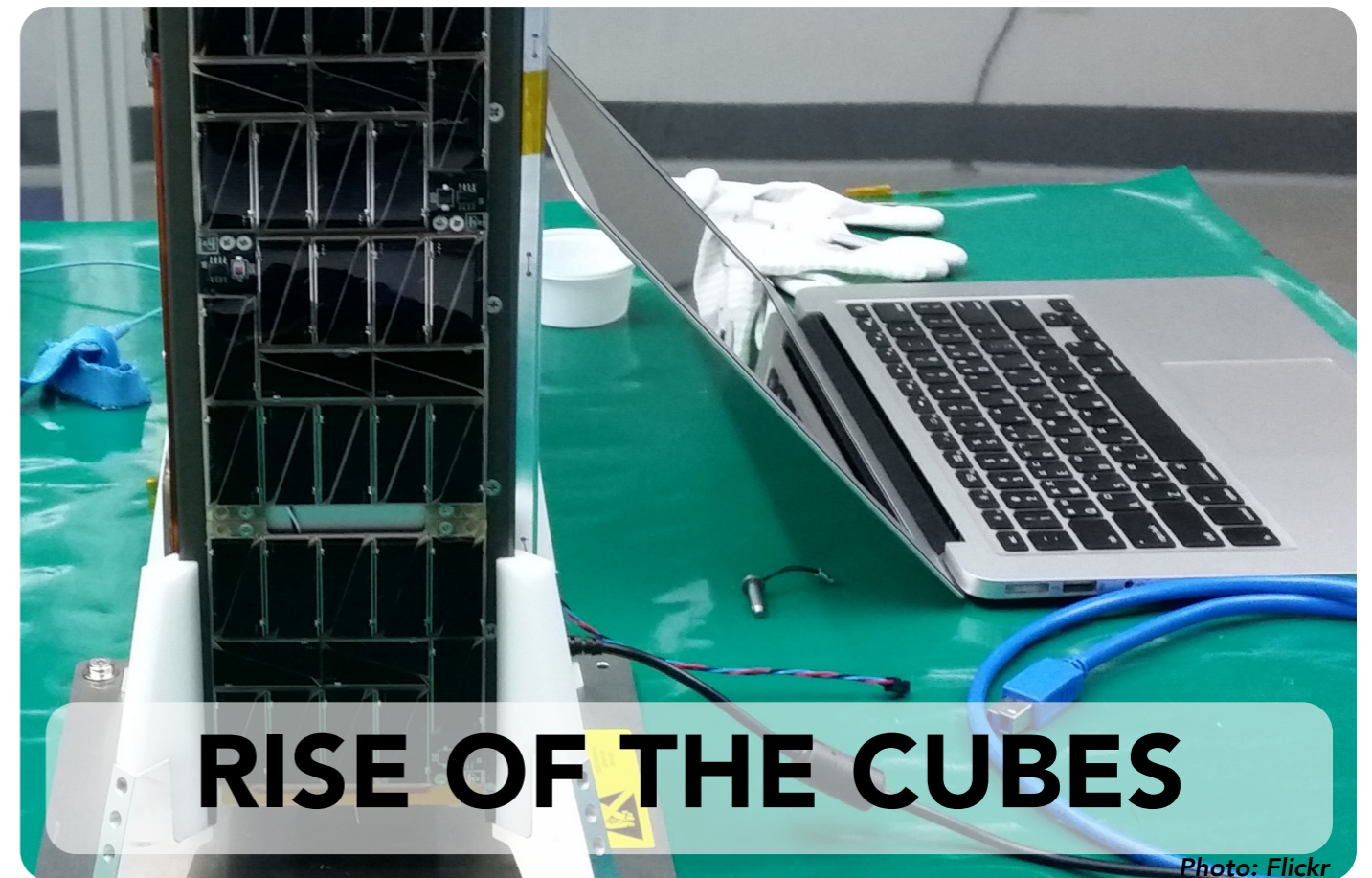
According to whatis.techtarget.com, Quantum means amount in Latin and is the smallest possible precise unit of any physical property; a computer is an electric device for storing and processing data typically in binary form. Binary form represents two possibilities for an event at a time which can be written as 0 or 1. Quantum computer merges both possible outcomes and gives out the relevant in favor of a given situation. This is because instead of bits it contains qubits, bit serves as storage in computers that can hold only a 0 or 1 at a time, qubit therefore can hold up to 2 of these, making it nearly impossible for these computers to get something wrong, only due operational errors.

A simple experiment was made before Prof Shohini Ghose of the Wilfrid Laurier University delivered a speech to a group of college student about quantum computing in 2019 February, 372 played a casino game against both traditional and quantum computers, the results for human against normal computer were 53% to 47%, meaning human won by 6%, human against a quantum computer were 03% to 97%, the 3% of wins were because of operational errors, human lost.

Because of this characteristic quantum computers are being implemented on banks for encryptions and security purposes. Physicist believes that teleportation is even possible with quantum computer, which currently is only proven for information but not matter (Physical things).

“As components gets more and more smaller, quantum mechanics starts to take over”, said Farai Mazhandu, a Quantum computing researcher at the University of the Witwatersrand (Wits). Wits and the University of KwaZulu-Natal are currently venturing into Quantum Computing at postgraduate level in the country.

Photo: reply.com



By Lindelwe Myeza

As the world gets more advanced and the need to connect people, monitor our planet, feasibly study other planets and space phenomena increases, the need for lighter and cheaper satellites becomes imminent. CubeSats are small satellites that fall into the category of nanosatellites and use a standard size and form factor, usually measuring 10 x 10 x 30 cm in size, weighing between 1 – 10 kg, and are cubic in structure. Due to these satellites' lightweight and small size, they are easy to launch in bulk instead of utilizing many costly launches for large classical satellites like Egypt's TIBA-1 communications satellite. Thus, making these satellites the go-to for scientists researching on our planet and companies hoping to put swarms of satellites into low-earth orbit (LEO) to create space-based internet infrastructure.

The first CubeSats were developed in 1999 by California Polytechnic State University at San Luis Obispo and Stanford University to provide a platform for education and space exploration. Since then, technology has taken leaps and bounds to get to where it is today. Currently, most CubeSats are used for Earth observation, allowing scientists to frequently obtain high-resolution images of the surface of the planet and regularly obtain vital data related to processes happening in the atmosphere.

Recently, CubeSats are being considered for deep space missions like NASA's InSight mission, which included two CubeSats named Mars Cube One (MarCO-A and -B). These CubeSats were specifically designed to demonstrate the capabilities of this class of satellite and were used to relay data of InSight as it landed on Mars. These two satellites were the first of their kind to be sent outside of the Earth's protective magnetic field, making them a goldmine of data for future missions.

Overall, these satellites are a good addition to our arsenal of technologies, but they still cannot completely replace the robustness and overall functionality of classical satellites due to their small size and other technological constraints, either way, the benefits of these satellites cannot be underplayed as their importance grows by the year.



MADIBAZ SWIMMING TWINS GEARING FOR TOKYO OLYMPICS

By Kholiswa Dlamini

Madibaz twins swimming stars, Alard and Alaric Basson turned to a competitive action when they tested themselves at the National Training Camp and the Grand Prix Gala that took place in the Western Cape last week.

Nelson Mandela University construction management students had their swimming programs disrupted by the COVID-19 lockdown, but used the event held in Stellenbosch to gauge their condition. When they both contracted the Coronavirus, they were forced to side-line themselves from any kind of physical activities for few weeks.

The construction management students said “the camp did not come at better time. As it was a week of training and hard work followed by a weekend of tough racing.”

The camp was a motive for the twins as it has given them an opportunity to experience a competitive environment again, after such a long time out due to the pandemic.

The training camp was an environment for people who were willing to train with no distractions whatsoever. It really helped the twin to improve quickly both physically and mentally.

They said their main goal was to make full use of the training block so that their bodies can be ready for the competition.

The twins now focus on the National Olympic tries, even though it remains unknown whether the Tokyo games in July or August will go on this year. Alaric appreciated the challenge of the situation but said he was very focused, and everything was in control.

The pandemic came with a lot of challenges for the twins, but it taught them a valuable lesson. It has expanded their point of view and emphasized the fact that the dreams they chase are merely personal goals.

Photo: Supplied