

FIRST OF IT'S KIND – INVENTION AND INNOVATION



By Vincent Meyra

In a groundbreaking move to combat the rising rates of teenage pregnancy, South Africa has unveiled its first-ever contraception vending machine. The Deputy Minister of Health, Dr Sibongiseni Dhlomo, alongside the Eastern Cape MEC for Health, Ms Nomakhosazana Meth, led the official launch on Wednesday 10 April 2024, at Mthatha Ultra City on Nelson Mandela Drive.

This innovative Self-Care Wellness Vending Machine is a pivotal part of ongoing national efforts to improve the uptake of various contraception methods. By targeting girls and women of childbearing age, the initiative aims to increase access to sexual reproductive health and HIV prevention services, ultimately reducing unplanned pregnancies that often result in unsafe abortions.

The vending machine is stocked with an array of choices, including oral contraceptives like Nordette, Triphasil, Microval, Ovral and emergency contraceptives – The Morning After Pill. Additionally, it offers HIV prevention options like self-testing kits, lubricants, male and female condoms, pregnancy tests, and sanitary towels.

Strategically placed in high-traffic public areas like institutions of higher learning, malls, shopping centres and SASSA points – the vending machines are easily accessible and designed to cater to the needs of a broad audience. This initiative comes at a crucial time, as South Africa has experienced an alarming surge in adolescent pregnancies over the past three years, with more than 11 500 girls between the ages of 10 and 14 having delivered babies in public health facilities.

The Deputy Minister and the MEC also conducted a public demonstration to showcase how these vending machines work, illustrating their practical use and privacy. Citizens across the nation are encouraged to make use of these vending machines to protect themselves and manage their reproductive health proactively.

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LETTER FROM THE EDITOR

Welcome to yet another awesome edition of Madibaz News, filled with your favorite feel-good, and informative articles.

With this edition, we welcome quite a few new journalists to the team, to ensure that everyone's interests are catered for (we serve to please, always), with a few pieces on how to stimulate and maintain your health and wealth, how to break the internet without breaking the bank, and how to make extra money without disrupting your main hustle (your studies).

Apart from the usual, we would love to remind everyone that it is winter, and as each turn of the season grows colder, some situations are more difficult to change. Please be encouraged to donate your no-longer-wanted's, and other warm fabrics to anyone, or any institution that you can. Winter is for warmth and welcome.

We would also love to wish all students all of the best with the upcoming, and already commenced test-cycle, and the looming exams. Remember, to always look after yourself first – hydrate and focus – you've got this!

Don't forget to take advantage of our social media pages! Keep well, until next time!

- Leigh-Nakeetah Jason

JOIN US – YOUR FUTURE STARTS NOW!



Nelson Mandela University's annual Open Day is an opportunity for prospective students and their parents to explore what our university has to offer.

Gqeberha

- 10 & 11 May 2024
- Madibaz Indoor Centre, Missionvale Campus
- Friday 09:00 – 16:00 | Saturday 09:00 – 13:00

For more information regarding this exhibition, please contact, Nosithembele Mrara:
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Image Source: University Memo

By Sisipho Toni

The annual Open Day at Nelson Mandela University is a vibrant event, offering a glimpse into the future exciting world of higher education. The event occurred between 10 and 11 May 2024 at the Madibaz Sports Centre on Missionvale Campus. It commenced from the Friday 09:00, and ended at 16:00. On the Saturday, it ran from 09:00, and ended at 13:00.

The purpose of Nelson Mandela University's Annual Open Day gives prospective students and their parents the opportunity to explore what the institution has to offer. It's a call from the university, to all aspiring students and curious minds.

A wide range of programmes and activities showcased the institutions offerings, including campus life, sport, culture, and support services. Nelson Mandela University is committed to supporting its students from the beginning, and all the way throughout their academic journey – this is the start. At the Open Day, you learn all about the wide range of support services available, such as academic advising, career counselling, and wellness programmes. You also given the opportunity to gather information about scholarships, bursaries, and financial aid opportunities, as the programme is designed to be helpful to the students present.

The Annual Open Day at Nelson Mandela University provided countless opportunities. It is seen as a chance to discover your passions, build relationships with peers and instructors, and look forward to an exciting future full of possibilities.

This is where your journey begins!

THE SEASON OF ACHIEVEMENT

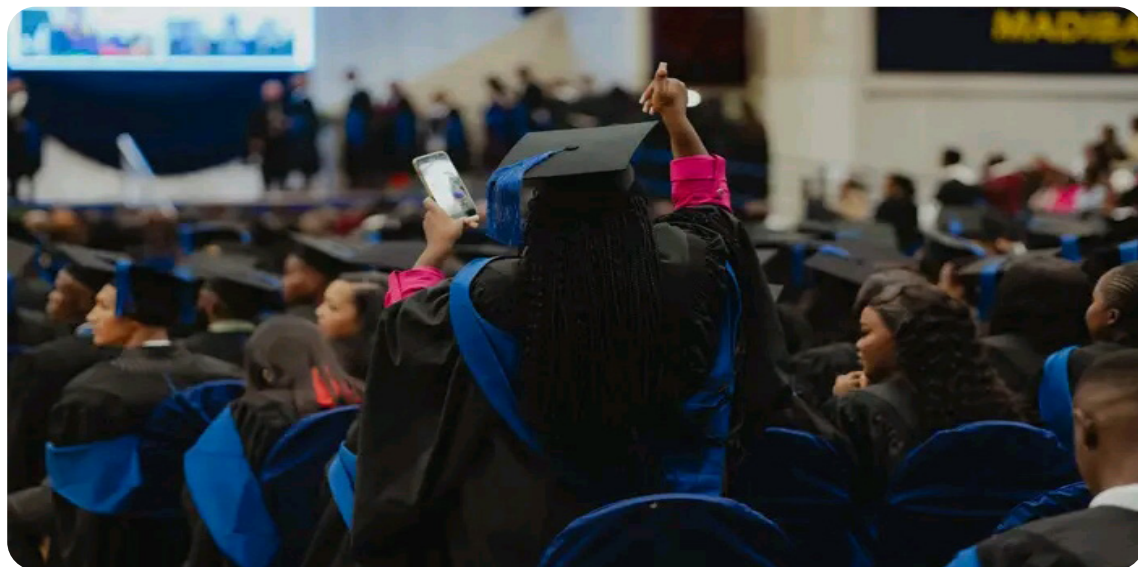


Image Source: University Memo

By Sisipho Toni

Nelson Mandela University concluded its Autumn Graduation ceremonies in Gqeberha on South Campus this April. The graduation, which occurred on the 12th of April, began daily at 09:30, with its last session being 14:30, becoming a pivotal moment of celebration that did not extend into Saturdays.

This significant milestone in the graduates' lives was marked with excitement, pride and a strong sense of community, as Gqeberha embraced the even with open arms. The move to a new location added to the festive atmosphere, filling the air with an electric sense of anticipation and joy.

The graduates, faculty and families gathered, creating a vibrant tapestry of stories and achievements. As each graduate walked across the stage, the collective cheer from the audience underscored the culmination of years of study, sacrifice and personal growth. The pride and joy evident on the faces of the graduates and their loved ones truly encapsulated the spirit of the occasion.

Moreover, the event celebrated diversity and unity, showcasing the inclusive spirit of Nelson Mandela University. Graduates from various backgrounds and disciplines came together, highlighting the educational journey's power, to bridge differences and foster understanding.

As the ceremonies drew to a close, the graduates were left equipped with qualifications, inspiration and aspirations for the future. Armed with knowledge, skills, and the support of their alma mater, they are ready to impact their communities and the world.

The autumn graduation at Nelson Mandela University in Gqeberha, was a recognition of academic achievements, and a celebration of resilience, hard work, and the pursuit of knowledge. That, multiplied by the amount of feet that crossed the stage? Beautiful.

NEW YORK TIMES CHECKS IN SOL PLAATJE



Image Source: Aphiwe Madikizela

By Viwe Kambule

On 13 April 2024, the Sol Plaatje Residence at Nelson Mandela University marked the beginning of a new academic year with its annual opening event. The event was a multifaceted gathering, serving as a warm welcome for both first time residents, and returning students, a platform to discuss the residence's current state, and a session for reporting updates.

The event's highlight was the unveiling of the 2024 leadership team, a unique ensemble as all members are newcomers to their respective portfolios. The event also included a question-and-answer session, which was particularly engaging due to the presence of the management team. A recurring request from the residents was for the Residence Manager to have a more visible and accessible presence.

In a thrilling turn of events, Sol Plaatje Residence welcomed its second international visit, following an initial visit from Michigan State University in the United States. This time, journalists from the New York Times graced the event. They were profiling a student for their series commemorating the 30th Anniversary of South Africa's Democracy, providing a profound reflection on the impact of post-Apartheid and democracy.

Residence Manager, Thando Rubusana, expressed his delight at the international recognition. He humbly attributed the timing of both visits during his tenure as Residence Manager to divine intervention. Zukhanye Nomnganga, a male resident student assistant, commented on the unplanned visit, describing it as a "beautiful coincidence" that the opening function coincided with their presence.

The opening function was a resounding success, with the Sol Plaatje structure expressing awe at the turnout. They remain hopeful that the residents will continue to support the house in future planned events, marking a promising start to a new era at the Sol Plaatje Residence.

THE VIBRANCY OF CAMPUS LIFE

By Viwe Kambule

University life is a unique blend of academics and extracurricular activities, each contributing to the holistic development of a student. Among these, campus life events hold a special place, serving as a refreshing break from the rigorous academic routine.

These events, often encompassing formation, sports, and fun, are designed to make university life exciting beyond the confines of classrooms and lecture venues. They provide an avenue for students to showcase their talents, engage in healthy competition, and foster a sense of camaraderie among peers.

As tests and assignments loom, the pressure can mount, leading to stress and anxiety. This is where campus life events step in, offering a much-needed respite. Participating in these events can help students unwind, rejuvenate their minds, and return to their academic pursuits with renewed vigor.

Moreover, these events are not just about having fun. They also instill essential life skills like teamwork, leadership, and time management. They serve as a platform for students to interact, network, and form lasting friendships, enriching their university experience.

Campus life events are an integral part of university life, offering a balance between academics and recreation. They contribute to the overall growth of students, making their university journey memorable and rewarding. So, the next time you see a campus event being organized, don't hesitate to participate. After all, these are the moments that you will cherish long after you have left the university gates.

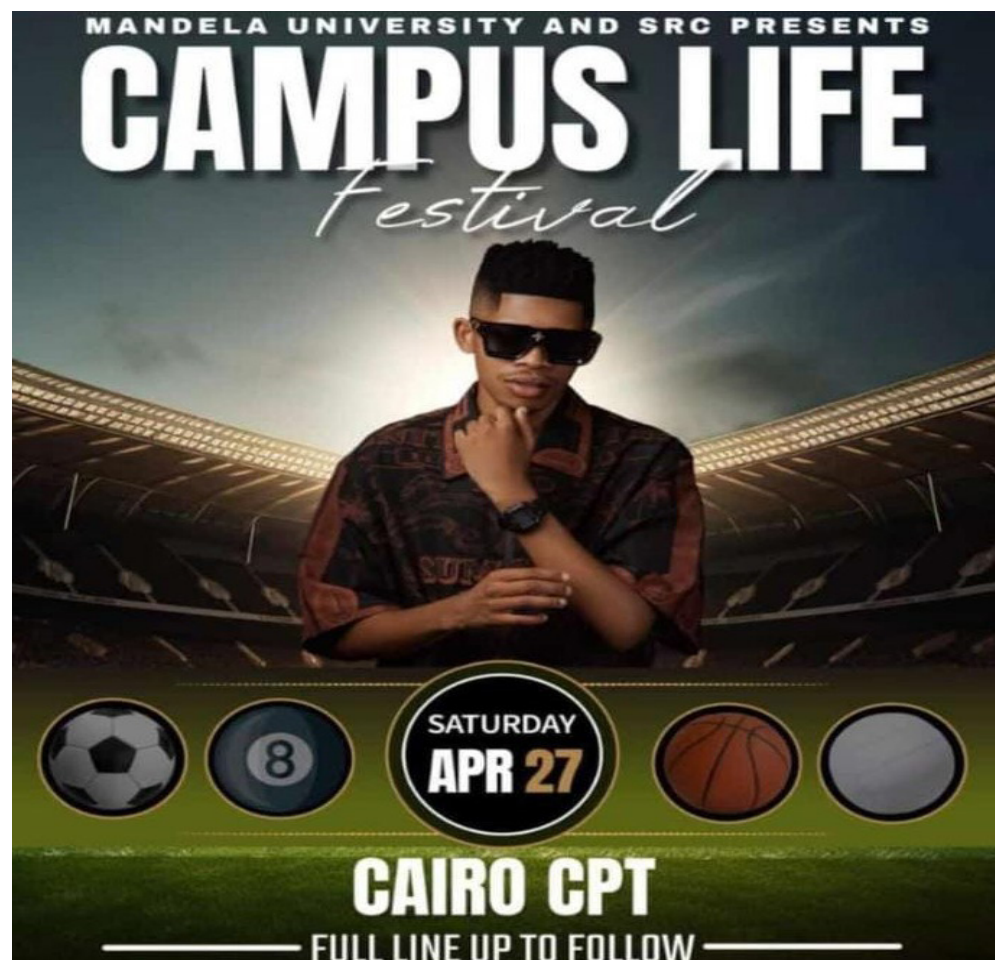


Image Source: Michele Mashiloane

SIDE HUSTLE SUGGESTIONS FOR STUDENTS



Image Source: Instagram.com/@Kasi_hustlers_sa

By Dolly Shabalala

Having a side hustle is more than essential in today's fast-paced and competitive world. Not only does it provide a supplementary income stream, but it also helps develop valuable skills like time management, entrepreneurship, and financial literacy.

A side hustle can be anything from freelancing, tutoring or selling products online, to dog walking, house sitting or photography. Whatever the hustle, it's a great way to earn extra money, gain experience, and build a professional network. Having a side hustle as a student also helps to reduce financial stress and anxiety. Student loans and living expenses can be overwhelming, but a side hustle can help alleviate some of that burden.

Moreover, a side hustle can provide a sense of purpose and fulfilment outside of academic responsibilities. It's a great way to explore passions and interests, and potentially turn them into a full-time career. In addition to that, a side hustle can enhance a student's resume and make them a more attractive candidate to potential employers. It shows initiative, drive, and a willingness to take risks. Employers value these qualities, and a side hustle demonstrates that a student is proactive and committed to their future.

Having a side hustle as a student, is crucial in today's competitive landscape. It provides financial stability, skill development, and a sense of purpose. Whatever the job may be, a side hustle is a great way to earn extra money, gain experience, and build a professional network. So, if you're a student looking to get ahead, consider starting a side hustle today!

THE BENEFITS OF WORKING OUT

By Dolly Shabalala

As a student, exercising or joining a gym can be a game-changer for your overall well-being. Physical activity has numerous benefits that can improve your academic performance, mental health, and overall quality of life.

Firstly, exercise boosts energy levels and enhances cognitive function, helping you stay focused and alert during long study sessions. Regular physical activity has also been shown to improve memory and concentration, leading to better academic performance. In addition to academic benefits, exercise is a natural stress-reliever and mood-booster.

As a student, you likely face a range of challenges, from deadlines to exams, exercise can help you manage stress and anxiety. Physical activity releases endorphins, which are natural mood-boosters that can help alleviate symptoms of depression and anxiety. Joining a gym or exercising with others can also be a great way to socialize and meet new people. You can find workout buddies or join group fitness classes, which can help you feel more connected and less isolated.

Furthermore, regular physical activity can help you maintain a healthy weight, improve sleep quality, and reduce the risk of chronic diseases such as diabetes and heart disease. Exercising or joining a gym can be a proactive step towards a healthier future. By prioritizing physical activity, you can set yourself up for success in all areas of your life, from academics to personal well-being.

In conclusion, exercising or joining a gym is essential for students who want to perform well academically, maintain good mental health, and enjoy a healthy lifestyle. By incorporating physical activity into your daily routine, you can reap numerous benefits that will stay with you throughout your life. So, find an exercise routine – and even a buddy – that works for you, and get moving!



Image Source: iStock.com

LAYERING LOOKS? LIGHT WORK.

By Hlengiwe Phiri

Hello winter, hello new wardrobe!

It's that time of year when we tuck our shorts, and all things-summer, nicely at the back of our wardrobe, and pull out our puffiest jackets and coziest sweaters. Yes, winter is here, and it's here to stay – for 3 months that is. Here are some creative ideas that you incorporate with your day-to-day style to help you keep up with trends without hurting your wallet.

Winter is notoriously known for monochrome and dull colours, but this season we are adding colour to our cold days. Layering gives room for colours and patterns to pop. Layering is the art of wearing clothes on top of other clothes to give out a stylish look. An early 2000s classic knocking on our doors, is the colourful skirt over dull-coloured pants, look. This is accompanied by turtlenecks that are great for layering anything.

Mixing different patterns, textures, and fabrics adds contrast to your look, and that's what we are looking for this season. This can be mixing leather and knit wear – which may sound odd – but it will make you look stylish.

Denim is your best friend – its versatile traits make it easier to dress it up or down, and is comfortable. Denim on denim has always been an iconic look, add a coat and have yourself a head-turning outfit. Colourful socks, jewelry, accessories and shoes are some items that transforms your look and makes your outfit a 10/10.

All these looks can be achieved just by looking at your wardrobe, and using clothes you already have. A secret : layering turns your summer clothes to winter clothes – so you don't have to look any further. If you need new items, thrifting is the perfect way to get affordable clothes and accessories. Personalize your style this winter, and don't let the cold stop you from looking your best. Getting cold is temporary, drip is forever!

Image Source: <https://www.pexels.com/photo/hanging-clothes-on-a-clothing-rack-8581033/>

CAPS AND GOWNS TO NEW BEGINNINGS

By Nompumelelo Mculu

Graduation season is a time of immense significance and transition for students as they bid farewell to one chapter of their lives, and embark on the next. The culmination of years of hard work and dedication, is marked by the iconic caps and gowns, heartfelt speeches, and the joy of celebrating academic achievements.

As graduates navigate this pivotal moment, they are met with a mix of emotions, from pride and excitement, to uncertainty and apprehension about the future. Your academic achievements are like building blocks that each module, assignment, and exam has contributed to the foundation of knowledge you've built. Now, it's time to take that foundation, and build something spectacular. Don't just rest on your laurels; use your education as a springboard to launch yourself into new opportunities and challenges.

Graduation is the perfect time to pat yourself on the back, and celebrate all the milestones and accomplishments you've achieved. From acing that tough exam, to surviving finals week without losing your mind – every small victory has led you to this moment. So, pop that champagne and toast to your success – you deserve it!

Graduation season came and went, and with it came a whirlwind of emotions and expectations. It's absolutely normal to feel a mixture of emotions, from excitement, and joy to anxiety, and uncertainty as you transition from student life to the great unknown. Remember, it is okay to not have all the answers right away. Take a deep breath, celebrate your achievements, and embrace the journey ahead. Post-graduation, maintain a positive mindset, embrace challenges as opportunities for growth, and surround yourself with supportive individuals.

Remember: graduation is not just a chapter, but a launchpad for personal and professional growth. Reflect on the significance of graduation ceremonies, celebrate achievements, and plan for the future with resilience and optimism. Step forward with confidence knowing the best is yet to come. Congratulations class of 2024!



Image Source: Anon 2024

A FULL(ER) HOUSE!

By Akahlulwa Radana

Last November, my family and I visited the Animal Welfare Society, and a rambunctious Jack Russell named Baxter stole our hearts. In February this year, we became a full house when a grumpy old cat named Annie, graced us with her presence.

Although having a furry companion is arguably one of the greatest joys in life, the relationship between human and animal has only recently been scientifically analysed. Our pets, specifically cats and dogs, have advanced to the point where they have become thoroughly accustomed to us. Scientists suggest that dogs are capable of understanding a multitude of words we use, our behaviours, habits, emotions etc. According to studies, the health benefits of owning a pet include elevated levels of dopamine and serotonin, and lower blood pressure, which can lead to decreased depression, anxiety and stress.

Not too long ago, I sat in our garage when the door suddenly opened. My mom told me that she had asked Baxter where I was, and he looked at the door leading to the garage because apparently, he knew I liked hanging out in there.

November was a dark period where I experienced many panic attacks amongst other things, and I can tell you that the presence of our animals has brought a new meaning to our lives. By simply being unconditionally loyal companions, pets not only provide us with comfort, but they are also good for our health. Therefore – enough said – stop reading this article and go get yourself a furry friend! There are more animals that need rescuing and homes, than you think.

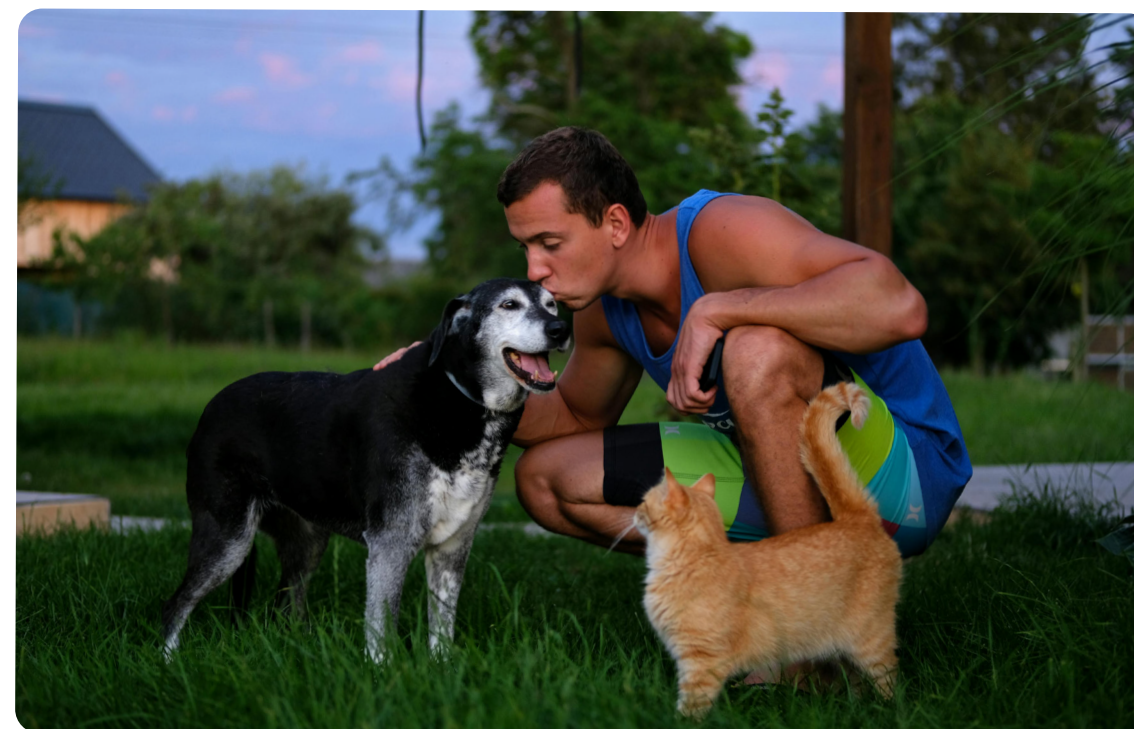


Image Source: pexels.com

LIGHT IN THE DARKNESS: SOLAR ECLIPSE 2024

By Baphiwe Yoyo

When the moon passes between the sun and the earth, a dark shadow is cast over certain regions of the earth. This phenomenon, known as a solar eclipse, occurred on 8 April 2024, and could be observed from North America.

A solar eclipse consists of two parts – the umbra, where no light penetrates the moon, and the penumbra, which are the light rays still visible from the sun, peeking around the moon.

This year's solar eclipse passed over Mazatlán, Sinaloa Mexico, over fifteen states within the United States and Canada. For four minutes and twenty-eight seconds over thirty-one million people was within the path of totality, experiencing night during the day.

This event affects a variety of audiences. For scientists, it is an opportunity to study the sun and its outermost atmosphere, the corona, which is extremely hard to observe due to the extreme brightness of the sun's surface. However, during a total solar eclipse, as the moon covers the sun's disk, the corona is visible.

Understanding the corona and its role in the transfer of heat particles into the solar system may help scientists understand our own atmosphere, as well as the future of our planet.

Just in case you missed it, here are some more upcoming solar eclipse dates:

1. 2 October 2024 – Partial Solar Eclipse: South America, Antarctica, Pacific Ocean and Atlantic Ocean. Annular Solar Eclipse: North America.
2. 29 March 2025 – Partial Solar Eclipse: Europe, Asia, Africa, North America, South America, Atlantic Ocean and Arctic Ocean.

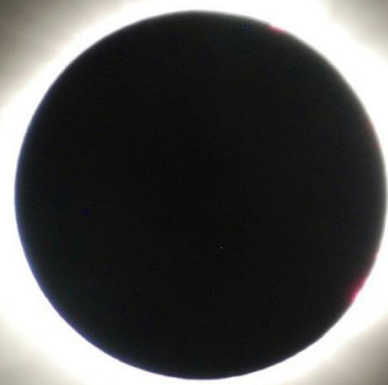


Image Source: pexels.com

"THINK GLOBAL, ACT LOCAL"



Image Source: Telescope assembly

By Phuthego Nthoke

The Sustainable Development Goals (SDGs) are a set of 17 interconnected global objectives adopted by the United Nations in 2015. They address key challenges facing humanity, including poverty, inequality, climate change, and environmental degradation. The SDGs provide a blueprint for sustainable development efforts, aiming to create a more prosperous, equitable, and environmentally sustainable world by 2030.

Nelson Mandela University adopted some of these goals as part of their 2030 vision, are are "committed to working toward making this combined global and continental vision of sustainability a reality, and has adopted the maxim 'think global and act local'." This means that while the institution is supporting a global vision, the practicalities of that vision begin to manifest in local communities where there are immediate and urgent needs.

Some of the initiatives that Nelson Mandela University has undertaken as part of their Sustainable Development Goals include: mapping sustainability at the university, sustainable cities and communities, good health and well-being, gender equality, life below water, climate action, quality education, and industry innovation and infrastructure.

Nelson Mandela University, in collaboration with three other international universities – City University of London, the University of Eldore, and the National University of Science and Technology in Zimbabwe, have established research that can be used to address SDG Number 9.

Through these partnerships, both global and local innovations within the industry can flourish, potentially enhancing access to information across Africa and worldwide. This could lead to increased educational opportunities, improved business efficiency and success, and heightened infrastructure safety and security.

The research surrounds initiatives involving the largest telescopes globally, and the Centre for Broadband Communication engages in developing early warning geological sensors to identify earthquakes and ground tremors swiftly. The university is working towards technology that would address pressing issues that plague the community, whilst making recognizable contributions globally.

SCORCHED EARTH: THE EL NIÑO-SOUTHERN OSCILLATION

By Sonia Van Der Linde

Destroyed crops, severe water scarcity, increased outbreaks and spread of disease, are only a few catastrophic aftereffects of the devastating droughts observed within southern Africa in recent months.

Climatologists are accrediting this devastation to the climate phenomenon known as the El Niño-Southern Oscillation (ENSO). Shifts in the global atmospheric circulation during an event such as this, leads some regions to experience abnormal weather conditions.

This climate pattern is observed when trade winds towards the west along the equator weaken. In normal conditions, these winds will be much stronger, pushing warm water from the surface of the Pacific Ocean. This water is then replaced by cold, nutrient rich water in a process called upwelling. During El Niño, however, these winds are not strong enough to cause an upwelling event.

During the event, however, these winds are not strong enough to cause an upwelling event and warm waters are pushed back east along the equator. The interaction between the warmer ocean water and atmosphere lead to higher temperatures and air pressure, as well as lower and unpredictable rainfall within southern Africa.

This destructive phenomenon, expected to last until mid 2024, has been observed before in 2015-2016, which was a significantly more severe event, resulted in extreme droughts, the loss of millions of crops and livestock, water and food insecurity and an accelerated spread of disease. Recent studies done on the El Niño-Southern Oscillation, suggests that global heating due to anthropogenic activities such as the release of greenhouse gasses into the atmosphere, which traps heat, is leading to stronger El Niño events. The already high atmospheric temperatures coinciding with ENSO will see extreme spikes in temperatures and droughts within southern Africa in the upcoming years.

Image Source: pexels.com

MADIBAZ MALE NETBALL TO THE WORLD!

By Prudence Maluleke

The recently concluded male netball tournament, which ran from the 21st to the 23rd of March, saw the gents make a remarkable debut and emerge victorious in a thrilling final against the Storm Crackers, with a narrow 13-12 win. The tournament, which featured 16 teams from across the country, was filled with intense competition and tough matchups all-round.

Under the guidance of Coach Bianca Bloem, the team implemented innovative strategies to ensure they brought the trophy home – this included occasionally benching some of their top players to preserve them for the tougher matchups. The team managed to secure crucial victories and progress up the tournament ladder. Despite facing strong opponents, the team displayed their versatility and dynamic playing style.

One of the standout players of the tournament, was Chinonso Dave, who finished the tournament as the team's top goal scorer. Thapelo, the team's new recruit, also impressed with his polished

performances on the court. Wing attacker, Vuyiswa, showcased his ability to win back possession of the ball, and provide accurate passes to the goal scorers.

The final match against the defending champions was a thrilling moment for the team, as Chino's penalty secured the victory. The team's hard work and determination paid off, as they delivered a winning performance, that impressed both the audience, and their opponents.

Despite the scorching weather conditions, the team remained focused and determined to showcase their skills on the court. The support from the crowd proved crucial in motivating the team to push through and emerge victorious.

Speaking about the tournament, one of the players Mokwena Mzwakhe, shared his thoughts "The tournament for me was the one I saw us as a team, that we can do better and deliver if we want to."

This sentiment reflects the team's determination and commitment to success.



Image Source: Mokwena Mzwakhe

MADIBAZ CRASH OUT OF VARSITY SHIELD CAMPAIGN

By Puleng Moloi

Varsity College successfully defended their place in the FNB Varsity Shield Cup with a tense 24-20 triumph in the semi-final against Madibaz. The home side played most of the game with a competitive spirit, but were eventually outdone by a determined Varsity College team. With the surprise win, the side booked its spot in this year's play-off final against the University of Pretoria.

Madibaz Skipper Leon Van de Merwe seemed fairly optimistic about his team's chances in the build-up to the crucial semi-final clash, emphasizing their plans to keep the same game plan that won them six games in a row prior.

"The key pillars we have built during the season have reflected our commitment to working as a team, and the understanding each player has of his role and our resilience in the face of challenges."

The first half was sparked with different playing tactics from Kyle Erasmus and Qurin Cupido. Madibaz' playing strategy and team engagement saw them take a comfortable 17-3 lead at half-time.

Varsity College fly-half Frederick Marx, found himself in possession of a red card for an inappropriate shoulder charge – forcing the away side to finish the game with 14 players.

Even though Madibaz defence was flourishing, Varsity College acknowledged their progress during the second half of the game and made several efforts to outperform their opponents with spectacular passes and tries from Sonwabo Maseko, Tshegofatso Ramaloko, Nkazimulo Mzolo and Nathi Ntuli.

Despite the incredible moves made by Varsity College, Madibaz continued to quicken their pace of play.

Varsity College then took a step closer to receiving promotion to the Varsity Cup by completing an emphatic comeback in the second half – with the score finishing 24-20. Madibaz seem to have gotten carried away by their lead against quality opponents, which resulted in them crashing out of this year's campaign.



Image Source: Supplied