

Nelson Mandela University Launches Mental Well-being Programme

The Nelson Mandela University Faculty of Health Sciences launched a short learning programme on 24 June 2024 to enhance mental well-being.

The Enhanced Preparedness Training course, developed by Faculty of Health Sciences Executive Dean Prof Zukiswa Zingela, equips individuals with essential psychological coping skills.

Prof Zingela, a psychiatrist with a PhD in psychology, created the programme in response to the anxiety, depression, and burnout observed in healthcare workers during the COVID-19 pandemic.

The training is designed to be delivered in the workplace over one to one and a half hours, focusing on psychological preparedness and self-monitoring.

The programme has been adapted to meet the needs of working adults in various sectors and is delivered in three parts: a mind-care session drawing on cognitive behavioural therapy theories, a relaxation session with mindfulness and relaxation techniques, and a session on managing oneself and enhancing team function.

Prof Zingela emphasizes that the programme is a tool for self-empowerment, not a replacement for therapy. It shares evidence-based cognitive and behavioural methods, mindfulness, and relaxation techniques, such as guided imagery and grounding techniques. The multidisciplinary team presenting the programme includes psychologist Dr Phumeza Kota-Nyati and social worker Prof Zoleka Soji.

More information about the programme can be found at: <https://joom.ag/XEAd>.



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MADIBAZNews

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**LETTER FROM THE EDITOR**

Welcome to another riveting edition of Madibaz News!

After a stressful exam season, and an even more stressful period of waiting on results, we are almost back and ready to tackle another semester with our newfound resilience!

Well done to everyone to making it through the difficult time, and even if you didn't - there is always a second chance, and sometimes the second chance is what you needed more than the first one.

With a new semester loading, we do have a few new faces who are ready to showcase their work, which we are also very excited about, but in the meantime, please do enjoy our existing team's wonderful efforts to bring you news, stories and shared experiences during this time.

From the bounds of current news, to our lovely local sports team achievements, there is something for everyone in this edition, and more coming soon!

Enjoy this one, as it was made with love, and I wish you the best of luck for the rest of the year. You have made it this far already, imagine how much further you can go!

Remember - rest and hydrate. Don't forget to follow us on all social media platforms to stay up to date with our latest competitions, collaborations, and updates. Have a great one.

- Leigh-Nakeetah Jason

A New Era for South Africa's Democracy

By Surprise Mhlongo

On Wednesday, 29 May 2024, voters cast their ballots, marking a significant milestone in South Africa's democratic journey.

The 2024 National and Provincial Elections in South Africa closed with the African National Congress (ANC) losing its parliamentary majority for the first time since the end of apartheid in 1994. According to the results, the ANC received 40.18% of the votes, the Democratic Alliance (DA) received 21.81%, and the uMkhonto weSizwe (MK) party received 14.58%.

In his address to the nation, President Cyril Ramaphosa hailed the election results as a victory for democracy, constitutional order, and the people of South Africa.

He commended South Africans for participating in the elections, emphasizing that their vote counts, and that it has given effect to the clarion call that "the people shall govern."

The DA, which received the second highest number of votes, will continue to govern the Western Cape. The election also saw a record-low voter turnout of 58.64%, with only 16.2 million votes cast out of 27.7 million voters.

The ANC secured more than 50% votes in five of nine provinces, including Limpopo, Eastern Cape, North West, Free State and Mpumalanga. However, it fell short of a majority in the Northern Cape and Gauteng, where it must form coalition partners.



The election results also saw a significant shift in voter demographics. The DA received more than 75% of votes from nearly 39 000 South Africans who voted from outside the country.

As South Africa embarks on this new era of democracy, the President's call for unity and cooperation is timely, acknowledging the need for collaboration and compromise to address the country's challenges.

Kick start your start-up dreams!

By Dolly Shabalala

Starting a small business can be daunting, especially when it comes to securing funding. However, there are several ways to obtain start-up funds, or capital, for small businesses. Here are some options to consider:

Personal Savings – Utilize your own savings or emergency fund to finance your business venture (with that being said, you do need to save), but of course, consult a financial advisor before making any big decisions.

Crowdfunding – Platforms like Kickstarter, Indiegogo and GoFundMe, allow you to raise money from people worldwide, typically in exchange for rewards or equity.

Small Business Administration (SBA) Loans - The SBA offers various loan programmes like the 7(a) loan programme, Microloan programme, and the CDC/504 loan programme, with favourable terms and low interest rates.

Venture Capital – Seek investment from venture capital firms, angel investors or private equity firms, in exchange for equity in your business.

Small Business Grants – Explore government grants, foundation grants, and corporate grants that provide funding for specific industries, demographics, or initiatives

Business Credit Cards – Establish a business credit card to access a line of credit for everyday expenses, and simultaneously build credit history.

Invoice Financing – Use outstanding invoices as collateral to secure short-term loans or lines of credit.

Community Development Financial Institutions (CDFI) - these provide financing to small businesses in underserved communities



Business Plan Competitions – Participate in local or national competitions that award funding to innovative business ideas

Incubators and Accelerators – Join programmes that offer resources, mentorship, and sometimes funding to early-stage businesses.

Severe Weather Hits Eastern Cape and KwaZulu-Natal

By Surprise Mhlongo



Trigger Warning: This article may contain sensitive information about natural disasters and flooding.

As of 4 June 2024, severe weather conditions have hit two provinces in South Africa, resulting in widespread destruction and displacement.

In the Eastern Cape, floods have caused widespread damage and loss of life, with the death toll rising to 10. The flood have also affected over 1300 people, with many left homeless.

The Premier of the Eastern Cape, Oscar Mabuyane, has announced that the province will be setting up warehouses to support flood victims. He has also called on businesses to donate essential items like mattresses, blankets, food and clothing.

The government is working on plans to mitigate disasters in the future and is evacuating residents in low-lying areas to temporary accommodation. Residents are urged to take necessary precautions and follow authorities' instructions during severe weather conditions.

The election results have significant implications for the country's future. The ANC must form coalition partners to surpass 50% of the votes and form a government.



In KwaZulu-Natal, severe thunderstorms caused strong winds, heavy rainfall, and at least two observed tornado sightings. The South African Weather Service (SAWS) explained that an extensive weather system, known as a cut-off low, affected the country and caused severe weather conditions.

The SAWS stated that the atmosphere became unstable when the cold and warm air masses met, resulting in a line of thunderstorm development over the western parts of KwaZulu-Natal. The severe thunderstorms caused strong winds, small hail to large hail in places, heavy rainfall, and at least two observed tornado sightings.

The government has urged resident to take necessary precautions and follow authorities' instructions during severe weather conditions.

Your guide to registering your business!

By Dolly Shabalala

Registering your business is crucial in establishing a legal entity, and protecting your brand. Here is a step-by-step guide to help you through the process:

Step One: Choose a business structure. This includes deciding on a sole proprietorship, partnership, Limited Liability Company (LLC), and of course corporation. These are key points that contribute greatly to your business blueprint.

Step Two: Choosing a business name. Your name has to be unique and memorable. Checking the availability with the Secretary of State is crucial, as it prevents separate companies from having the same name. Once you've found it, reserve it!

Step Three: Register with the Secretary of State. File articles of incorporation or articles of organization, and pay the required filing fee. Ensure that this is all done at the right place, and please avoid scams

Step Four: Obtain an Employer Identification Number (EIN). This is used for tax purposes, and helps to maintain a good relationship with South African Reserve Services.

Step Five: Register for state and local taxes. This gives you sales permit, use tax permit, and income tax withholding. Thereafter, you need to obtain licenses, and permits. This ranges from business license to professional licenses, if applicable.

Once all of this is out of the way, you can look at opening a bank account. This account has to be separate from your personal account. Do your research and find a bank that meets your needs.



Supporting Students Health and Wellness

By Kabelo Malepa

Behind the bustling monumental corridors and lecture hall of our university hides a vital support system that often goes unnoticed- the Campus Clinic. This is a humble lifeline hub that caters for all the health needs and support which is crucial in our academic journey.



Campus clinic is more than just a healthcare facility, it is a healthcare refuge for many students grappling with university life and its diversity. From treating physical ailments to providing mental health support, the clinic's dedicated professional nurses work tirelessly to address the diverse healthcare needs of the student body.

Its outreach programs and workshops have helped foster a culture of wellness and inclusivity across campuses.

The current First Things First Health (FTFH) campaign involves our nurses traveling across all campuses offering services like screening for Gender-Based Violence (GBV), blood pressure, mental health, Tuberculosis (TB), and HIV testing.

The Senior Nurse Lewis Emelda says "the main purpose of this campaign is screening and education. We've noticed that a lot of students don't know there's a clinic on campus. We want to educate students on diseases, safer sex practises, empower them to make informed decisions about their sexual health and create a safe and supportive environment."

Campus clinic is available to all students who might feel a bit off the weather on a day or have serious personal health enquires. This is a lifeline hub in our university that fosters a culture of support and care. It offers compassion, education, and shows commitment to empowering the next generation.

Neuralink Performs First Human Trial

By Baphiwe Yoyo

Founded by Elon Musk and a team of scientists, Neuralink is a neurotechnology-focused company developed to help people with specific medical needs.

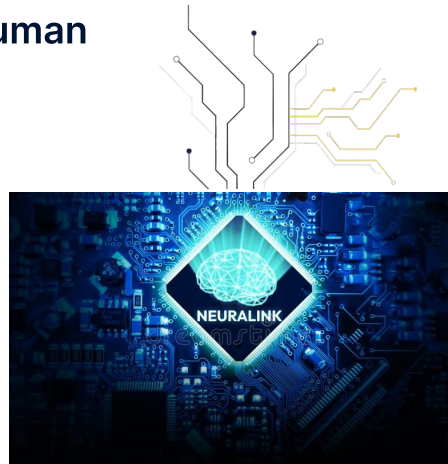
Using the surgically implanted N1 chip in the brain, a connection between technical component and the nervous system is created, dubbed the “brain-computer interface”

The brain-computer interface receives signals from the brain, and translates them into commands for the computer. The N1 Implant, once inserted into the brain, allows the patient to command a computer or mobile device, which interprets them into actions.

The first human trail took place earlier this year in January with the first patient, Nolan Arbaugh (29 years old), being paralyzed below the shoulders due to a driving accident.

After the procedure, Nolan was said to have recovered well without many complications, after medical experts did raise concern that a foreign object being implanted into tissue could lead to infection or brain tissue damage.

A few issues were observed, as a month after the implant took place, the brain-computer interface started capturing less and less data, affecting the speed and accuracy of the patient's movements.



This company, however, has said that this malfunction has been fixed, and on March 20, Neuralink sent out an official update, stating that Nolan was able to play digital chess and the video game, Sid Meier's Civilization VI, on his laptop, by manipulating the cursor through the brain-computer interface.

Nolan said that this was an unforgettable and amazing experience, and that the procedure he went through, was worth it.

While the brain-computer interface does allow for minimal movement, and enhanced communication skills in some patients, the study also aids in providing further information on human behaviour, emotions and thoughts, and is a massive step forward in brain-technology research.

School, Life and Self-Evaluation

By Nompumelelo Mculu

Let's face it – stress isn't just in your head, it's a full body experience. From tense shoulders and a stiff neck, to racing thoughts and overwhelming anxiety, stress can take a toll on both your physical and mental well-being.

The late-night study sessions, and overwhelming deadlines, can send your stress levels through the roof, impacting your ability to focus and perform at your best.

Ever felt like you're drowning in a sea of stress, while trying to keep up with schoolwork? You're not alone. Research states a clear link between high stress levels and academic performance.

“When stress becomes a constant companion, it can hinder your ability to concentrate, retain information, and ultimately succeed in your academic endeavours” - Pascoe, a health professional.

The classic tale of academic pressure, deadlines looming, grades hanging in the balance, and the never-ending cycle of exams. The pressure to excel can be a major source of stress for students, leading to feelings of overwhelm and anxiety.

It's like being stuck in a never-ending game of academic limbo, always striving for that elusive A+.

Navigating the social jungle of school life can be a wild ride. From group projects with mismatched personalities, to the ever-present fear of missing out, social and peer-related stressors can add an extra layer of pressure to your already packed schedule.

It's like trying to juggle flaming torches while walking a tightrope challenging, to say the least. Mindfulness practices like meditation and yoga can help reduce stress, and provide a mini vacation for the brain, providing a sense of zen amidst the constant chaos.

“Self-evaluation is a great tool used to manage stress, provide insights to both your performance and overall well-being. It resembles a personal performance review, with less paperwork and more self-discovery”, advises Sharma a human resource official.



The Ultimate Guide to Surviving Exam Season

By Nompumelelo Mccunu

Navigating through exam season can be daunting for students, but with the right strategies and mindset, it can be conquered successfully. Forget about the last-minute cramming-marathon strategy.



Creating a study schedule is like setting a date with your textbooks. Plan your study sessions out in advance, consider your peak hours of concentration, and stick to the plan like your Duly Performed certificate (DP) depends on it.

Allocate specific blocks of time for different subjects or tasks. This way, you can focus on one thing at a time without feeling like you are drowning a sea of equations, essays and assignments. Plus, checking off those time blocks is oddly satisfying.

Gone are the days of passively highlighting whole textbooks. Try out various active learning methods, like explaining the material to someone else, using flashcards, or solving practice problems to help familiarize yourself with the content. Get those brain cells fired up, and ready to ace that exam

Find your zen amidst the chaos of exams by engaging in relaxation techniques. Whether it's deep breathing exercises, going for a walk, or indulging in a Netflix binge, give yourself some much-needed relaxation time. Your brain will thank you.

Prioritizing sleep and rest is important, as it recharges your mental batteries. Pulling an all-nighter may sound appealing, but your brain begs to differ. Those 7-8 hours of quality sleep transforms your brain, and makes you an exam-crushing machine. During exam season, don't be shy to reach out to your lecturers or tutors for help.

They are there to guide you through the madness, so take advantage of their expertise and insights. When exams are over, take time to reflect on your performance and identify areas for improvement without being too hard on yourself, and

They're there to guide you through the madness, so take advantage of their expertise and insights. After the exams are over, take time to reflect on your performance. Identify areas for improvement without being too hard on yourself, and celebrate your successes, no matter how small, they are all worth celebrating.

African Agriculture: A Brighter Outlook

By Sonia Van Der Linde

As the world faces a global food crisis, finding solutions and support has become increasingly more important.

The United States Agency for International Development (USAID) and the OCP group have recently signed into a four-year partnership, launching the "Space to Place" initiative that will aid farmers in efficient crop management.



The OCP, Morocco's leader in phosphate and fertilizer science, and the USAID's sector for Agriculture and Food Security is in the process of developing a geospatial technology that will be able to collect soil and climate data from specific

regions and land that, with the aid of a "Decision Support Tool" evaluate effective fertilizing strategies and nutrient needs in order to increase crop yields and overall soil fertility.

The second collaboration is known as the "Rock Phosphate Amendment Project". Rock phosphates contain a large amount of nutrients that many crops can benefit from, however this has not been applied in many agricultural processes until now.

The project will identify which crops and soil will benefit from these specific nutrient treatments in order to achieve a high yield of healthy crops.

The use of technology and data in agriculture is a fairly new and rarely used application, especially within Africa.

The aim of this collaboration is to provide farmers with the tools they need to fight the ongoing food crisis and improve the health and fertility of the environment for a sustainable future.

The joining of these two groundbreaking agencies may solve many problems farmers across the globe are facing, and is an important step into the future of worldwide agricultural progress.

The Murder of the African Penguin

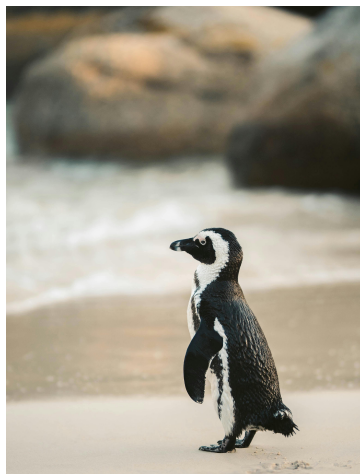
By *Sonia Van Der Linde*

Spheniscus demersus, a penguin species endemic to the coastal regions of southwestern Africa, can easily be identified by their distinctive black and white plumage, unique spots lying underneath a black stripe found across their upper chest, and black webbed feet. Heavy bones and reduced wings, known as flippers, allow these animals to be excellent divers, however, as evolution often deals in trade-offs, this has also resulted in them being flightless.

Another interesting characteristic found within this specific aquatic bird, are pink patches above the eyes, which are used to regulate body temperature. When the animal gets too warm, blood is sent to these patches, and cooled by the outside air, allowing the patches to gain its pink appearance

In an ideal world, this species would be able to thrive, continue to breed in large colonies, hunt and live out their lives in peace with the only interference being their natural predators, i.e. sharks and seals. Unfortunately, the presence of humans do not allow for an ideal world. Since the pre-industrial era, the population of this species has decreased by 95% and is expected to reach extinction within the next decade.

Causes include: egg harvesting, devastating oil spills, especially in Algoa Bay, inequitable competition with local and commercial fisheries, destruction and modification of their nesting sites, and the...



constant warming In my own experience, volunteering at the Southern African Foundation for the Conservation of Coastal Birds (SANCCOB) for two years, these intelligent, gentle and often shy animals are in desperate need of our attention and care, they are heavily affected by oil spills, their homes are being destroyed, and many are starving. of the ocean, causing their primary food sources, sardines, anchovies etc., to move out of the region.

In my own experience, volunteering at the Southern African Foundation for the Conservation of Coastal Birds (SANCCOB) for two years, these intelligent, gentle and often shy animals are in desperate need of our attention and care, they are heavily affected by oil spills, their homes are being destroyed, and many are starving.

Choosing the Right Company

By *Viwe Nkambule*

In the journey of life, especially during the formative university years, the company we keep can significantly influence our mental and emotional well-being. It's often said that therapists need therapists, highlighting the importance of having a support system that contributes positively to one's professional and personal growth.

The diversity of backgrounds among university students – from affluent to broken families – creates a melting pot of experiences and perspectives.

Friendships with those who share similar struggles can provide a sense of understanding and camaraderie. However, the dynamics can become burdensome when one friend consistently offloads their problems without reciprocating support. Dealing with a self-centered friend, who may be more focused on their own issues, can leave one feeling unheard and emotionally drained.

The consequences of such one-sided relationships can be profound. Without the opportunity to express one's own feelings and concerns, there is a risk of developing a toxic personality as a defense mechanism.

This is a natural response to the lack of emotional support and validation that everyone needs.



To navigate these complex social waters, it is crucial to seek out and maintain relationships that are mutually supportive.

Positive relationships are essential for emotional health, providing a buffer against stress, and contributing to overall happiness and life satisfaction.

On the other hand, toxic friendships can lead to increased feelings of depression, anxiety and loneliness. It is important to communicate your needs openly and set boundaries. Prioritize your own emotional health by cultivating friendships that are reciprocal and nurturing.

As you navigate the complexities of university life and beyond, remember that the quality of your relationships can have a lasting impact on your mental health.

Choose to surround yourself with individuals who uplift you, listen to you, and contribute positively to your life. By doing so, you'll create a supportive network that not only fills your cup, but also allows you to thrive and grow in all aspects of your life.

Healing Generational Wounds During Graduation

By Viwe Nkambule

Grad season is a time of joy and accomplishment – a moment students look forward to, to celebrate their achievements with family and friends. However, not all graduates experience the unbridled joy that this milestone is supposed to bring. For some, it is a reminder of the generational wounds that run deep within their families.

Generational trauma, also known as intergenerational, or transgenerational trauma, is the passing down of traumatic experience or stressors from one generation to the next.

It manifests in various forms, including unresolved conflicts, communication breakdowns, and toxic parenting behaviours that can overshadow what should be a festive occasion.

The Generation Z is well-known for its willingness to address issues transparently and honestly, including the challenging topic of toxic parenting. This generation is more open to discussing mental health, and seeking help to break the cycle of trauma.

However, the presence of unsupportive family members at graduation ceremonies can lead to tension and visible, detracting from the celebration and causing emotional distress for the graduate.

The question arises – are our families ready to address these generational wounds? It requires a willingness to acknowledge past traumas, and engage in open, honest communication. Healing generational trauma is a complex process that often necessitates professional help, like therapy, to work through the layers of pain and build resilience.



Graduation is more than just an academic achievement – it is a milestone that reflects the collective efforts and support of a student's community. As we move forward, it is vital for families to recognize the significance of their role in the healing process, and to create a supportive atmosphere that allows graduates to cross the stage with hearts full of pride and hope for the future.

The journey of healing generational wounds is challenging, but is necessary step towards fostering a healthier, more supportive family dynamic for generations to come.

Kroos-ing To Retirement

By Siyolise Gqongwana

Real Madrid and German footballer Toni Kroos, announced that he will be retiring at the end of the European Championships this summer.

Given his glistening trophy cabinet, football fans have always seemed open to the idea of the 34-year-old hanging up his boots – but a mournful atmosphere immediately spread throughout social media as soon as the midfielder broke the news.



As football braces itself for the loss of yet another genius, let's reflect on what many regard as a stellar footballing journey.

Kroos made his debut for Bayern Munich in the 75th minute of a Champions League (UCL) group-stage game back in 2007. With only 15 minutes to make a considerable contribution, the 17-year-old pulled a goal back, and assisted another to give Bayern a 2-1 win over Red Star Belgrade. Despite his immediate impact, he was used sparingly throughout the season, and struggled for game time in a star-studded Munich side.

he was used sparingly throughout the season, and struggled for game time in a star-studded Munich side.

Following a productive loan spell with Bayer Leverkusen in 2009, he eventually solidified his place as one of the first names on the team sheet upon returning to his parent club. With his vision and razor-sharp passes pulling the strings from midfield, he went on to win two successive Bundesliga titles, two DFB-Pokal trophies, and a much-coveted UCL title.

His most memorable moment would arguably come in 2014, when he lifted the FIFA World Cup alongside Germany. Kroos played an integral part in linking up a dominant German national team, finishing the tournament with four assists.

He also managed to sneak in two goals – both coming in the 7-1 thrashing against hosts, Brazil, in the semi-final. His efforts throughout the campaign would not go unnoticed as he was voted the IFFHS World's Best Playmaker.

With only a year remaining on his contract, Bayern reluctantly accepted a 25 million Euro offer from Real Madrid for the 24-year-old.

Ten years at the Spanish capital resulted in four La Liga titles, five Club World Cups, and five more UCL titles for Toni Kroos – ending his wonderful career with 34 major trophies – making him the most decorated German footballer of all time.

Madibaz karatekas punch their way back to the top at USSAs

The Madibaz full-contact karate team relived former glories when they took gold at the University Sports South Africa tournament in Vanderbijlpark recently.

After two years of falling short of their title-winning feats, the Mandela University outfit finally found their way back onto the podium following a medal haul of 28, of which 18 were golds.

Guided by coaches Sango Mbinyashe (full-contact) and Adré Weideman (semi-contact), the Madibaz reaped the rewards of a carefully designed training programme to emulate their pre-Covid performances of 2018 and 2019.

Mbinyashe and Weideman, who were appointed as mentors of their respective disciplines last year, focused solely on restoring the university's status as a powerhouse of the sport.

Mbinyashe, among the medal winners with a gold in the advanced kata and silver in the under-70kg kumite categories, explained that they had done everything in their power beforehand to give the team the best possible chance of working their way back up the rankings

One example was inviting senseis from around Gqeberha to offer their expertise to the team.



The Madibaz full-contact karate team won the gold medal at the University Sports South Africa tournament in Vanderbijlpark recently.



Weideman added that they had also introduced more efficient structures to assist the students in their pursuit of excellence and that the input of Madibaz Sport's management had been critical in achieving this.

"We concentrated on being a lot more prepared for training," she said.

This included making sure they had access to good venues as well as transport for club members so that the latter only had to focus on their development.

After earning nine medals in the semi-contact discipline at the USSAs last year, Weideman said their goal had been to achieve double digits this time round.

To assist them in their quest, they fielded an additional team-member and entered more divisions.

"But to come back with 12 gold medals and one silver was beyond expectations," she said of the team's bronze-medal performance.

The standout results for her were Luchay Weideman's four golds and two silvers and Arden Harris's three golds and a silver.

Full Madibaz results:

Full-contact

Kata

Women, advanced: Sinazo Kunene (gold), Busisiwe Ngwane (silver); intermediate: Amanda Gumede (bronze)
Men, advanced: Sango Mbinyashe (gold); intermediate: Zukile Chagi (silver)
Team, advanced: Madibaz (gold); intermediate: Madibaz (bronze)

Kumite

Open: Busisiwe Ngwane (gold); U70kg: Sango Mbinyashe (silver)

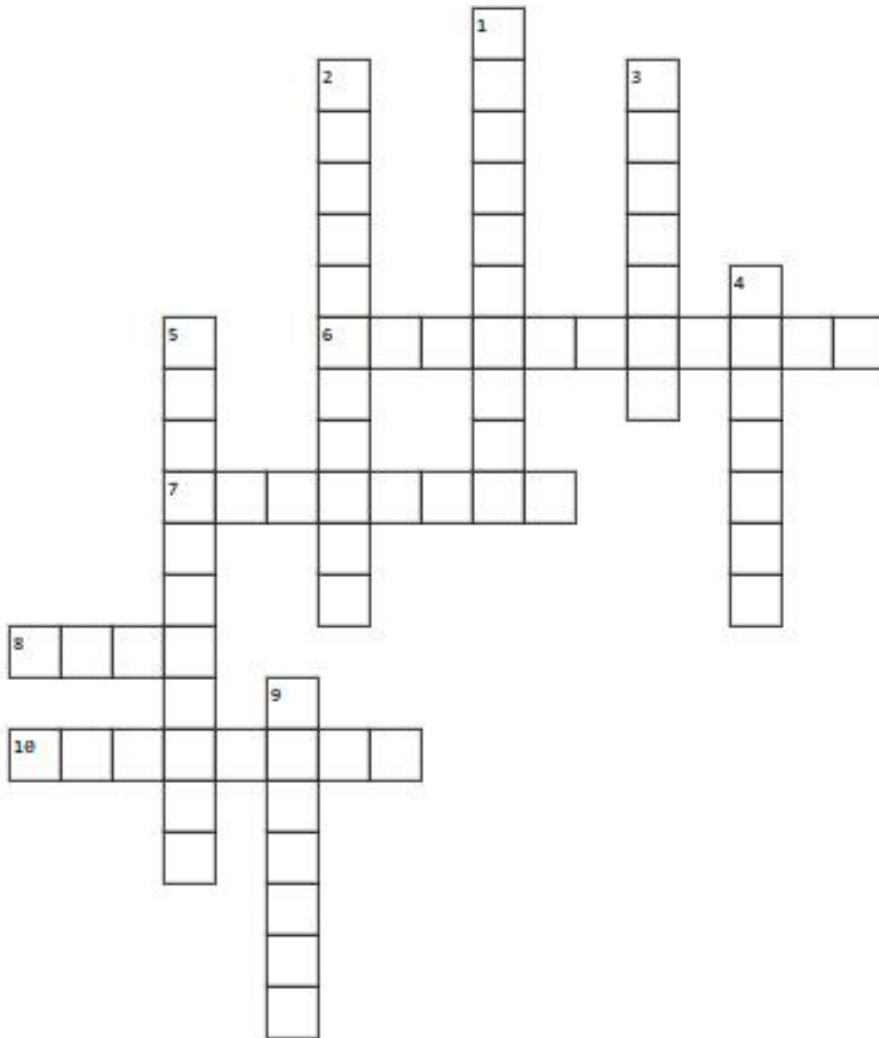
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Women, U65kg: Sinazo Kunene (bronze)
Men, U60kg: Zukile Chagi (silver); U65kg: Inganathi Ginqgini (bronze); U70kg: Athandile Kwetana (gold); U75kg: Kwazi Zwezwe and Rhinos Mpofu (tied bronze); Open: Lesego Nkoana (gold)

Semi-contact

Luchay Weideman (four golds), Arden Harris (three golds, one silver), Nezaan Swartz (four golds), Carlyn Camineth (one gold)

Madibaz Mind Bender



Across

6. An annual celebration of diversity at Nelson Mandela University.
7. The aquatic mammals that inspire Nelson Mandela University's sports teams.
8. What every Nelson Mandela University student needs to tackle exams.
10. The legacy and history celebrated at Nelson Mandela University.

Down

1. What Nelson Mandela University is all about, in every classroom and lab.
2. Nelson Mandela University's commitment to sustainability and eco-friendliness.
3. The stunning coastal scenery visible from Nelson Mandela University's campuses.
4. Where Nelson Mandela University students develop cutting-edge technologies.
5. The vibrant activities and societies at Nelson Mandela University.
9. Where champions are made on the field and court.