

MUSIC IS THERAPEUTIC THROUGH YOUR PLAYLISTS



Image Source: Pinterest

By Nura du Plessis

Music can be considered a powerful form of emotional expression, and playlists have turned that power into a very soothing and intimate experience in our society. The collection of songs can do more than just entertain individuals; they can aid in stress management, anxiety reduction, and healing.

Creating a playlist opens doors to many emotions, whether that be sadness, happiness, or even anger; this just expresses that a well-crafted playlist acts as a mirror to one's emotional state, offering us a sense of comfort, clarity or

calm when words fall short.

Playing music on shuffle can be aggravating at times, because what do you mean you want to listen to a genre of music like Amapiano, yet a song from a Summer Walker album starts playing? You do not want to be getting side eyed when that happens, therefore the importance of a playlist is recognized and creates a space for creativity and a selection of songs you do not just have to search for continuously.

Further, playlists can take on the role of a haven, a secure place to process emotions, think and relax. The therapeutic nature of playlist lies in their intentional design. Unlike the radio or random music streams, the playlist an individual creates is curated with purpose.

In essence, playlists are a tremendous instrument for emotional control and self-expression, and they are more than simply a convenience. People can design a place that promotes their mental health and represents their distinct emotional landscape by carefully choosing music. Playlists provide a sense of control, solace, and connection in an overwhelming environment, demonstrating that music is not only therapeutic, but also a companion for navigating life's highs and lows.

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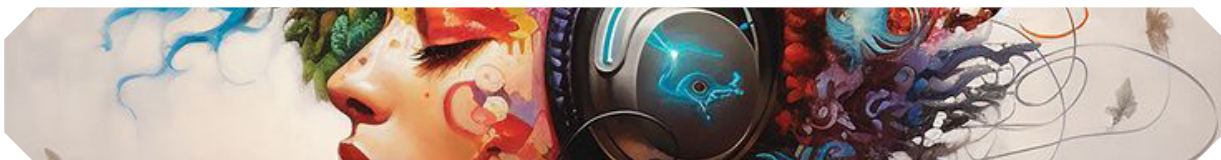
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LETTER FROM THE EDITOR

Being in between test dates, submitting assignments and exams creeping up around the corner – we thought you could use a little break. A bit more than that actually, because what we have in store for this edition requires a seat, drink and some more than allocated reading time.

Welcome to yet another edition of Madibaz News! We would like to extend another congratulations to all of our recent graduates, and wish them the best of luck on their new journey.

Reporting on recent events, predicting the likelihood of future events, and touching on a plethora of topics – I can guarantee that you won't know where to start, but let's try at the beginning. From reporting on local events, to the ever-evolving subject of AI, to the pressure social media has on students, we have you covered – and this is all only from one section. I fear that if I give too much away, you may have too much to look forward to, and not enough shock value.

Our journalists and editors did an amazing job of putting this edition together, especially through the aforementioned times – between tests and assignments, they were able to dedicate their time to produce quality content, a huge thank you to them. And an even greater thank you to you, because without you, there is no us. But also remember that without self-care, there is no you either. So look after yourself, make sure to romanticize life as best you can, and remember that trying is more than enough – so please try your best.

Good luck on the upcoming exams, and well done on your journey thus far. We can only go onwards and upwards from here. Til the next one!

Warmest Regards,
Leigh-Nakeetah Jason
Editor-in-Chief

INTERVARSITY ENTREPRENEURSHIP DEVELOPMENT LAUNCH IGNITES STUDENT POTENTIAL



Image Source: University News Website

By Cinga Mgandela

The 2024 EDHE Intersivity challenge launched on April 14 at Nelson Mandela University's North Campus, calling on student entrepreneurs nationwide to innovate, the theme being "Entrepreneurship4Sustainability".

Dr. Edwell Gumbo, Director of Entrepreneurship at Universities South Africa, opened the event with a powerful statement "When you empower the mind of a young entrepreneur, you're not just creating one job — you're creating 10, 20, even 100 more." He stressed the need to include entrepreneurship in all university programmes to drive economic and social impact.

Karen Snyman, Entrepreneurship Development in Higher Education (EDHE) Chairperson, focused on the value of soft skills in entrepreneurship, and noted that profitability drives innovation. She encouraged students and attendees with the word "You don't have to be great to start, but you have to start to be great."

Dr. Thobekani Lose, Director of the Africa Hub and Head of Centre for Entrepreneurship Rapid Incubator (CrEFI), emphasized that entrepreneurship is practical, not theoretical. "As an entrepreneur, you must be a game changer, the drive, and the practitioner."

The EDHE programme's four main business categories are Social Impact, Technology, Agriculture and Media. In 2023, Ncedo Ntsabo from Walter Sisulu University won 'Studentpreneur of the Year' in the agriculture category, awarded with a R100 000 prize.

Nstabo is the founder of 'Qombe Maize and Projects', which includes 'Qombe Veg' (growing vegetables) and 'Qombe Honey' (producing organic honey.) Ncedo said that the win opened doors, especially for funding, and inspired growth within his community.

Winston Letwaba from Nelson Mandela University was a national finalist in the 2024 EDHE competition. He viewed it as the perfect platform to test his ideas. Since his participation, he has attracted investor interest and has been invited to share his story at universities across South Africa, leading to numerous opportunities.

The EDHE Intersivity Challenge continues to provide an invaluable platform for student entrepreneurs to grow their ventures, build networks, and make a real-world impact. Students are encouraged to participate in the challenge to be elevated to provincial, national and global platforms where they present their business ideas.

FINE ART LECTURER REVOLUTIONIZES PRINTMAKING IN SA



Image Source: University News Website

By Cinga Mgandela

Nelson Mandela University's very own fine art lecturer in printmaking, Ms Jessica Staple, hosted a solo exhibition titled 'Drawing from Life' at Art on Target.

The event spanned from April 4th to April 25th, and amongst other things, featured her latest series of rapid life drawings, a method of drawing used in public spaces where a drawing is finished almost instantly.

Staple has developed a local, inexpensive, safe printmaking technique called 'Monolitho', that uses daily household items like Maizena Flour, Sunlight Soap and Pepsi cola soft drink, candles and dust cloths. This technique is affordable and inclusive for all students and artists, unlike traditional printmaking which is expensive and requires ingredients that may not be in the country.

The fine art lecturer cites the COVID-19 pandemic as the driving force that led her to develop this artistic-process, as she discovered alternatives ways to do art as she worked from home. This process took her a little more than two years to develop. 'Monolitho' substitutes exclusive ingredients with those available in

South African grocery stores and craft stores, and changes the actual model of the printmaker to accommodate these ingredients.

In the 'Monolitho' technique, Maizena Flour and Pepsi soft drink replace Gum Arabic, dust cloths replaces lithographic sponges, relief ink replaces lithographic ink, and tissue paper replaces Gampi Paper. These ingredients are mostly available in Europe and the United States of America.

Staple has also created her own crayon recipe using candle wax, Holsum vegetable fat, charcoal powder and Sunlight soap. Her drawing process, including rapid life drawing inspired by the development of 'Monolitho'.

She also hosted a public lecture – free of charge, teaching the value of drawing, including a drawing class with 40 attendees. She will continue hosting drawing classes for teens and adults.

As a fulltime lecturer, Staple also teaches Monolitho to her students, "I keep making more discoveries as I navigate this process.". We are looking forward to more lectures, drawing classes and workshops, and the evolution of Monolitho.

DRUNK DRIVING MISHAP LEAVES STUDENT INJURED

By Lesedi Morwe

In the early hours of March 30, around 4AM, Nelson Mandela University student Zukhanye Ncanywa, was hit by a speeding car while walking along Parliament Street. The driver, suspected of being inebriated, fled the scene – leaving behind his vehicle and the injured victim.

Zukhanye was accompanied by his close friend, Yongama Velebhuwa, when the incident happened. The two were heading home after a night out when the car approached at a high speed. Witnesses say the vehicle lost control and struck three people. While the two other victims escaped with no injuries, Zukhanye was left unconscious and bleeding.

"We were walking on the sidewalk when we saw the car coming fast. The next thing, it hit us." Yongama explained "Zukhanye was lying on the ground, bleeding from his heads and hands. I quickly ran to call for help."

Paramedics arrived on the scene and rushed Zukhanye to Livingstone Hospital. He spent three days in bed, receiving treatment for a serious head injury, internal bleeding and a broken neck. Doctors say that he is lucky to be alive. Zukhanye recalls very little from the incident. "I tried running, and the next thing I woke up at the hospital not knowing how I got there. I'm grateful that I survived."

The community expressed concern over the rising number of drunk driving incidents in the area. Many are calling for stricter law enforcement and better safety measures along the busy road.

Investigating Officer Captain Williams confirmed that the abandoned vehicle has been taken in for forensic investigation. He assured the public that efforts are being made to track down and arrest the suspect.

Anyone with information related to the case is urged to contact local law enforcement authorities.



Image Source: SAPS (South African Police Services) website

LEGENDARY JAZZ SINGER RECEIVES HONORARY DOCTORATE AWARD



Image Source: Nelson Mandela News Archive

By Louisa Mkhabela

Thunderous applause erupted into a standing ovation at the Nelson Mandela University graduation ceremony on 23 April, as iconic South African musician Letta Mbulu, an Emmy Award winner and recipient of multiple lifetime achievement awards from prominent music organizations, walked up the stage to add a Nelson Mandela University doctorate in music to her accolades. The globally recognized star from Soweto is known for her freedom song “Not Yet Uhuru”, produced by her husband, jazz icon Caiphus Semenya.

Mbulu’s musical journey started in her teenage years as a cast member of the jazz opera King Kong where she toured throughout England. After the tour, she had to move into exile in the United States due to the Apartheid regime.

Emerging as the rising phoenix, she worked with renowned artists like Quincy Jones, Cannonball Adderly, Harry Belafonte and Michael Jackson – to name a few. Her African rhythmic music infused with jazz, soul and gospel has allowed

her to travel throughout the globe, and has been featured in popular films like ‘The Color Purple’ and ‘Roots’. She is also the narrator of the documentary ‘You Strike a Woman, You Strike a Rock’, a film that continues to empower South African black women to this day by highlighting the resilience and power of black females during the Apartheid era.

Dr Mbulu is also the co-founder of the South African Artists United organization and her music albums, which have never failed to reach platinum, are a piece of melodic art that transcends entertainment and serves as a powerful symbol of advocacy, solidarity and the long fight for democracy, peace and freedom.

“I never imagined that a young girl like me would be where I am today. To be 82 and to be recognized amongst scholars and those who worked tirelessly to achieve what we are here for today is unbelievable,” said Dr Mbulu, as she accepted her award. This award marks a tribute to her contributions to South African music and her legacy which continues to inspire scholarly research and publications.

DATING OR VIBING? LET’S BE SERIOUS



Image Source: Pexels

By Asisipho Lynette Mpahleni

There was a time when people used to ask, “Will you be my girlfriend?”. Now we live in a time where it’s more “So... what are we?” And if you dare to ask, prepare for the infamous “Let’s not ruin the vibe.”

Welcome to the dating scene in 2025, where it is less about labels and more about vibes, often leaving emotional clarity somewhere between a 2 AM “wyd?” text and a strategically liked Instagram story.

“I don’t even know if I’m single or in a situationship,” laughs Naledi Legotlo, a third-year law student. “We hang out, we video call every day... but when I once asked if we’re exclusive, he said, ‘Let’s not complicated things’”

As therapist Shena Tubbs puts it, situationships are “essentially the space between a committed relationship and something more than a friendship.” It’s that emotional limbo that some Gen Z’s and millennials find themselves in. Close enough to care, but not close enough to claim.

The talking stage can drag on for months, often

described as the pre-dating grey zone where intentions remain unclear. What happens when someone vanishes without a word? Ghosting has become the modern break-up. Is this simply emotional avoidance disguised as convenience?

Social media plays its part too. According to Psychology Today, the reluctance to define relationships stems from deeper fears: rejection, vulnerability, and the pressure to ‘perform’ love in an online world.

With options just a swipe away, dating feels more like shopping than intimacy. As one viewer commented on a YouTube video about dating culture: “Too many plates to pick from that you don’t know what you want to eat.”

This is a sentiment that perfectly captures the paradox of choice in the digital dating age.

The tides, however, may be turning. A growing number of Gen Z’s and millennials are reclaiming emotional honesty, setting boundaries, asking real questions, and calling out the “it’s not that deep” attitude for what it is: a defence mechanism.

Because maybe, just maybe, it is that deep.

BEING A STUDENT FEELS LIKE AN EXTREME SPORT

By Asisipho Lynette Mpahleni

What do universities and treadmills have in common? They can both be fast-paced, leaving one exhausted, and somehow, still in the same spot.

Pursuing a degree is not for the faint of heart. According to the National Survey of Student Engagement, the average student juggles 20+ hours of weekly coursework outside class in addition to lectures. While assignments stack up like unpaid bills, caffeine overdoses sit patiently beside 11:59 PM deadlines, and four tests in a week compete for space with mental breakdowns.

Phindile Khawula, a third-year student, sums it up perfectly: "I think our studies feel like an extreme sport because many students are not studying something they love, and want to actually pursue as a career." And she is not wrong. Some students are dodging burnout while sprinting through modules they barely

like, wondering if the degree will ever translate into rent money.

But here's the plot twist: universities have always stocked parachutes, but students just forget to pull the cord. According to Penn State's Center for Collegiate Mental Health (CCMH), 65% of students report academic burnout, yet only 20% actively use campus wellness resources like success coaches or exam prep workshops. Meanwhile, academic advisors are on standby to help you study smarter, not ahrder, whether you're lost in your major or just need a caffeine detox plan.

Still, there's beauty in the chaos. It's teaching us grit and hustle. We're not just students, but warriors in Wi-Fi battles, caffeine crusaders, and dreamers trying to survive the syllabus.

And let's face it: if you can conquer 8 tabs, 3 assignments and 1 existential crisis in a week? You can probably conquer anything.



Image Source: Pexels

THE GREAT SOLO SENSATION OF JEY USO



Image Source: Online found Picture

By Ziggy Unam Motman

Jey "YEET" Uso proved at WrestleMania 41 that if you have a dream, chase it! Nothing can stand your way, not even your own family. If they want to take their own path to success, then cut them loose!

Jey made his WWE debut alongside his twin brother Jimmy in 2008 thereafter being known as the Usos. Together were fire and in 2010 they would capture their first ever tag team championship.

As his career flourished, Jey involved partook in a heated rivalry with Roman Reigns following his

departure from the bloodline. In 2021 Jey Uso highlighted his singles career by winning the 2021 Andre the Giant Memorial Battle Royal.

In 2024 he won the intercontinental Championship then his career took an even greater turn when he won the Men's Royal Rumble early in the year earning a spot in the main event at WrestleMania which he would emerge victorious.

Jey Uso's journey was gruelling from having to fight his twin brother to fending for himself after his run with the bloodline but still he pulled through and walked out of 'Mania a champion. I believe it is safe to shout, "YEET!"



SPLASH FEST: DIVE INTO THE FUN



Image Source: Katleho Mokone

By Katleho Mokone

The Splash Festival has that magic that keeps everyone coming back year after year. Why? It's like a big, colourful hug – packed with energy, music, food, laughter and unforgettable memories for all ages. It is an annual, lively celebration that unites diverse communities in a whirlwind of excitement, entertainment and unforgettable experiences.

This year's festival was the ultimate playground for thrill-seekers and chill-lovers alike. The live performances turned up the energy, with celebrated artists like Sun-El, Mango Groove, and multiple local talents delivering their best sets. But it wasn't just about the music – the festival this year had something for your taste buds too! Attendees got to explore culinary delights through live food demonstrations by celebrity chefs like Pete Goffe-Wood, who brought both flavour and skill to the stage. Think, incredible flavours and culinary hacks that you can try at home.

For the sport crowd, the festival did not hold back. Volleyball tournaments, cycling competitions and even WrestleMania-style matchups kept participants of all ages engaged – whether they were battling it out, or cheering from the sidelines. And just when you thought that you had caught your breath, along came Stuart Taylor with comedy that left the crowd in stitches.

Of course, no festival is complete without rides, right? The Splash Festival pulled out all the stops with nostalgia-packed fun. Whether you were spinning, soaring or screaming your head off, these rides were all about reconnecting you with your inner child.

However, the real MVP? The family-friendly environment. The Splash Festival somehow always manages to be everything to everyone. Kids and adults alike were wide-eyed with wonder, and parents got to kick back and enjoy the show too. It is no wonder that this event is such a treasured tradition. We can't wait to see what the organizers have in store for next year!

LOCAL FASHION DESIGNERS COLLECTIVELY BOYCOTTING COUNTERFEIT GOODS

By Nathan John Ferndale

South African fashion designers have joined forces to demand action against counterfeit goods that are threatening the local clothing and textile industry.

The designers, led by prominent figures such as David Tlale, gathered in Sandton, Johannesburg, to raise awareness about the issue and call for government action. The industry has lost over 70 000 jobs and seen major factories close due to the influx of cheap imported goods.

Designers argue that the lack of government action has allowed counterfeit goods to flood the market, putting local businesses at risk. The protestors are demanding that the government take concrete steps to protect the industry and support local designers.

The fashion designers believe that the government's inaction has severe consequences for the industry. They argue that the proliferation of counterfeit goods not only harms local businesses but also affects the economy. By supporting local designers and taking action against counterfeit goods, the government can

help to create jobs and stimulate economic growth.

The rally in Sandton was a show of solidarity among designers, who are determined to fight for the future of the industry. They are calling on the government to take a strong stance against counterfeit goods and support local businesses. The designers are also appealing to consumers, and urging them to be vigilant and to report any instances of counterfeit goods being sold.

The fight against counterfeit goods is not just about protecting the industry, it is also about promoting creativity and innovation. Local designers are passionate about creating unique and high-quality products that showcase South African talent. By supporting local designers, consumers can help promote the country's cultural heritage and contribute to the economy.

The designers are hopeful that their efforts will lead to positive change and a brighter future for the industry. They believe that with the government's support, they can rebuild the industry and create new opportunities for young designers and entrepreneurs.



Image Source: Alex Estamato

THE POWER OF AI IN THE LECTURE HALL



Image Source: www.freepik.com

By Lusanele M Damoyi

Artificial Intelligence (AI) is no longer a futuristic buzzword. With tools like ChatGPT, Grammarly and image generators, students are exploring new ways of learning, so naturally AI has a great presence in the halls of South African universities. However, this digital shift raises concerns related to academic integrity, mental laziness, and a growing gap between students with, and without access to these tools.

This technology has made its way into classrooms, lecture halls, and student bedrooms. From ChatGPT to Grammarly and AI summarizing tools, students are finding smarter and faster ways to tackle their workloads. "It helps break down difficult texts, especially before tests" - Tshiamo Mokoena, a third year Psychology student. Many use AI to draft essays, brainstorm ideas and even generate citations.

This shift, however, does raise concerns. Lecturers are increasingly wary of students

submitting AI-written work, a cause for concern related to plagiarism and ethics. "We need to create assessments that test real understanding, not just AI's ability to answer", one of the Media Studies lecturers shared on TikTok. As universities scramble to adapt their policies, some have begun hosting workshops to help students use AI responsibly rather than rely on blindly.

Artificial Intelligence also brings into question the loss of independent thinking. With everything so easily generated, are students still learning to write, analyse and think for themselves? Some students admit to overreliance, while others argue that it is just the next step in evolution in study support.

It is changing how students study, think and complete academic work. The challenge now lies in ensuring that its use enhances rather than replacing it. With proper guidance and equal access, AI could become a tool that empowers rather than divides.

THE EVOLUTION OF BEAUTY AND FASHION

By Luyema Kolisi

During the Renaissance, fashion was often associated with wealth. The wealthier you were, the more access you had to the best clothes. Full-figured women with rounder bellies and fair skin were celebrated in paintings by artists Titian and Botticelli, amongst others, as these physical traits were seen as symbols of prosperity and health.

In the 1950s, however, Hollywood glamour became the latest trend. Stars like Marilyn Monroe and Elizabeth Taylor, with hourglass figures, represented the epitome of beauty. Post World War II women began to celebrate and embrace their femininity and revert to traditional gender norms.

When the 1980s rolled around, fitness was prioritized and having a lean and fit physique became the new standard of beauty. This led to the surge of many fitness and exercise DVDs. Strength and physical health were celebrated. Athleisure became the latest fashion trend.

The 1990s saw a rise in the tall supermodel

figure, with models like Naomi Campbell becoming the benchmark. The 2000s pop culture era was a period where fashion became a representation of where you came from, and who you were. Pop culture and especially hip hop heavily influenced the baggy outfits people adorned.

In the 2010s, the standards of beauty changed yet again. It was not only fair skin and a petite body that were the yardstick. Diversity was embraced, leading to black women reclaiming their beauty and worth. Make up brands like Fenty introduced a wider range of shades.

Today, diverse models like Winnie Harlow who has embraced her vitiligo and plus size models like Ashley Graham and Precious Lee, have redefined outdated standards of beauty and have paved the way for many others who do not fit into the stereotype.

Beauty standards and fashion are ever changing, and women constantly face the pressure of having to adhere to these standards and changes.



Image Source: Shutterstock

WARMING UP TO GQEBERHA'S WINTER BLUES

By Nura du Plessis

As we approach the winter season, one must be open to the lifestyle changes that are about to commence. As we bid farewell to beach days and wearing summer shorts daily, we are now forced to wear warm clothing and keep heaters close by. As a student who resides in Gqeberha, one must accept the reality that this city is not kind during the winter season. Therefore, it is important to be prepared and ready to face the winter blues.

During winter, many are susceptible to catching a cold or contracting flu. Being sick during assessments can be disruptive and stressful, especially as your academic workload will not slow down to accommodate your health. Preventative care is essential. This includes layering clothing, eating a healthy diet to boost your immune system and staying hydrated.

Winter can affect your emotional health in addition to your physical health. Shorter days and less sunshine can cause Seasonal Affective Disorder (SAD), which is characterized

by feelings of exhaustion, melancholy and loneliness. Spending more time indoors could affect your focus and motivation. It is critical to maintain social connections, engage in outdoor activities, take regular breaks from studying, exercise or even watch a good series to maintain mental clarity.

Making changes to your daily schedule could also be an effective way to adapt to the seasonal change. This includes waking up earlier as the days are shorter, getting enough sleep, taking immune boosters and vitamins, and prioritizing self-care overall.

It is easier to adjust to the change of the season when one embraces it instead of fighting it. This could also be the ideal time to try new recipes for warm and comforting meals or curling up with a good book. Essentially, Gqeberha's winters can be difficult for students balancing their studies, health and mental well-being, but it is possible to thrive during the seasonal change through good preparation and implementing some lifestyle changes!



Image Source: www.lyontours.co.za

THE SILENT PRESSURE OF SOCIAL MEDIA ON STUDENTS



Image Source: www.pexels.com

By Siphesihle Manyuka

this emotional strain.

Social media has evolved from a tool of connection into a powerful force shaping how young people view themselves. For many university students in their twenties, it creates a silent pressure to present perfect lives online – fuelling anxiety, self-doubt, and emotional fatigue.

"I often feel like everyone else has it together, and I'm the only one struggling" - Ayanda, an accounting student. Her experience is far from unique. A 2024 national survey revealed that 68% of university students report anxiety from comparing their lives to others' on platforms like Instagram and TikTok.

A study in Buffalo City confirmed these concerns, showing that students who spend several hours a day on social media, are more likely to report high levels of anxiety, depression and low self-esteem. The constant comparison, fear of missing out (FOMO) and need to maintain idealised personas all contribute to

These effects are especially concerning during a time when students are still forming their identities and often lack the coping skills to manage such stress. "I took a break from social media for two weeks," - Lebo, an economics student. "It helped me realize I don't need to keep up with an image that isn't real." Many students are beginning to limit screen time or take 'digital detoxes' to reduce the emotional toll. In response, several universities have introduced mental health awareness campaigns to support students in managing the psychological impacts of social media.

While social media can foster connection and creativity, it also promotes unrealistic standards that leave many students feeling inadequate. As awareness grows, more youth are learning to step back, embrace authenticity, and prioritize real-life relationships over online approval. Recognizing the difference between curated content and real life, is key to protecting mental well-being in this digital age.

IS GRADUATION OVERRATED? THE REALITY BEHIND THE CEREMONY



By Zandile Nyangiwe

Whilst I am still in the pursuit of my degree, I have had the privilege to attend a graduation ceremony recently. After experiencing the ceremony, it is safe to say that my expectations were shattered.

I have seen people on their graduation days, mostly on photographs or social media, dressed up for the occasion with their families in attendance. The cost and expenses for the preparations leading up to this big day are usually high. All the effort that goes into preparing for the graduation ceremony did not seem worth it on the day.

As I walked out of the ceremony hall, I could not help but feel a sense of emptiness. The anticipation towards the day, the joy and excitement evident in the graduates, the proud smiles of family and friends, the brief moment on

stage, everything seemed short-lived and futile. After years of sleepless nights studying, some students dealing with anxiety and depression, and the financial strain throughout the years of studying, the culmination of it all felt almost anticlimactic.

The journey of graduation is long and difficult. Throughout the journey, most students face setbacks, rejections and moments of self-doubt. Yet, when the big day finally arrives, it is over in a flash. Within two hours, or even less, it all comes to a sombre end. The disparity between the extensive preparation and the brief ceremony, raises questions about the value placed on this ceremony. Is the celebration truly reflective of the journey, or is it just a momentary spectacle? Perhaps the emptiness felt after the ceremony stems from the mismatch between expectations and reality. The years of hard work and dedication deserve more than a fleeting moment of recognition

HADADA IBIS: THE UNRECOGNIZED CAMPUS HERO

By Ayabonga Malima

You have probably seen these birds on campus, casually digging for something through the green lawns. But these birds aren't just ordinary birds that you might overlook during your campus stroll – they are majestic creatures known as Hadada Ibis Birds.

Habadah Ibis Birds are a species of bird, commonly found in the region of Sub-Saharan Africa. They belong to a large family of wading birds known as the Threskiorithidae family, which include 34 different species of large wading birds, like the African Spoonbill, Yellow-billed Spoonbill, Red-naped Ibis, Black-headed ibis, African Sacred Ibis, and Northern Bald Ibis.

These large wading birds possess unique features that enable them to adapt faster in different environments, even those outside of their native habitats. These features include long, thin legs, wide toes, and long, curved

beaks. Their legs are beneficial as they enable them to move with ease in mud and riverbanks without sinking. Their long beaks enable them to adopt to different eating strategies in order to forage for food in creative ways within diverse terrains.

These majestic birds use their long beaks to dig into the lawns on campus – not out of mischief, but in search of beetles, moths, earthworms and millipede. These insects that Hadada birds feed on, in turn feed on the grassroots, which can damage the healthy-looking appearance of a lawn. By feeding on these pests, the Hadada Ibis birds play a vital role in keeping the campus green and lush.

So next time you see a Hadada Ibis bird digging on the lawn, don't chase it away. Instead, appreciate its beautiful contribution to nature. After all, it is helping you get the perfect green backdrop for your next Instagram photo.



Image Source: istockphoto.com

NUTRITION AND DIGESTION: SOLIDS OR LIQUIDS?



Image Source: www.pexels.com

By Ayabonga Malima

Food is a crucial part of human survival. The term food refers to anything that can be eaten and digested. Food can range from a quick snack eaten while studying, to a full-course meal. Food can vary in form, most commonly categorized into solids and liquids.

Solid food refers to forms of food in a solid state that needs to be chewed before swallowing, in order for it to be properly digested. Examples include fruits, rice, meat, vegetables etc. Solid foods often take longer to be digested, compared to liquids, and the rate of digestion typically depends on the type of food consumed.

For instance, fruits are normally digested at a faster rate compared to meat, due to their high water and fibre content. Liquid foods on the other hand, are consumed in liquid form and do not require any form of mastication before being digested. Examples of this are smoothies,

soups, fruit juices etc. This form of nutritional intake is typically ideal for people recovering from illness or suffering from digestive issues, as liquids are broken and absorbed faster by the body.

Solid and liquid foods form a significant portion of our daily needs and have varying effects on our digestive systems and health. Solid foods like ground meat, eggs, fish and legumes are excellent sources of protein, while other solid foods such as avocados, mushrooms, fruits, peas, and seeds provide important vitamins and fiber. Liquid foods, especially those containing fruits and vegetables also aid in providing the body with nutrients while keeping it hydrated.

Both forms of food can help different people meet different daily needs. In order to maintain an active and fulfilling lifestyle, it is important that we utilize both forms best to our individual needs.

CYBERSECURITY: A DIGITAL NECESSITY IN A CONNECTED WORLD

By Buhle Masilela

Cybersecurity is the practice of protecting digital information, computer systems and network from unauthorized access, use, disclosure, disruption, modification or destruction. This includes protecting against malware, viruses, Trojan horses, spyware and other type of cyber threats.

In today's interconnected digital landscape, cybersecurity is no longer a luxury but a necessity. As technology continues to advance and society becomes increasingly dependent on digital systems, the importance of protecting our digital assets cannot be overstated. Cyber threats are real, relentless and constantly evolving, making it imperative for individuals, organizations and governments to prioritize cybersecurity.

Improving your Cybersecurity does not have to be complex. Start by creating strong, unique passwords using a mix of letters, symbols and numbers. Enable two-factor authentication to add an extra layer of security, requiring a

second form of verification like a code sent to your phone, email or an authentication app. It is also crucial to keep your software and operating systems up to date, as updates often include patches for security vulnerabilities.

Neglecting cybersecurity can have severe consequences. Financial losses can be significant due to data breaches, theft of sensitive information, disrupted business operations and reputational damage. Most alarming, neglecting to secure digital systems can pose national security risks by compromising critical infrastructure, disrupting essential services and impacting economic stability. Organizations that fail to protect sensitive information may also face regulatory fines and legal liabilities.

In conclusion, the importance of cybersecurity cannot be ignored. It requires a collective effort to stay vigilant, invest in cutting-edge solutions, and promote a culture of cyber awareness. By doing so, we can mitigate the risks, capitalize on the benefits of technology and build a safer, more secure digital future.



Image Source: Vecteezy.com

G20 NATIONS DISCUSS AI FUTURE AND CHALLENGES



Image Source: istockphoto.com

By Mthetho Njube

Many Group-of-Twenty (G20) countries continue to face significant infrastructure challenges, such as limited access to high-speed internet, inadequate computational resources, and insufficient data storage capabilities. These obstacles hinder their ability to participate in, and benefit from the advancements in Artificial Intelligent (AI).

During a recent three-day G20 working group meeting that occurred in Gqeberha, discussions centred on how AI can assist in core sectors like healthcare, education and agriculture. The group highlighted that it could improve diagnostic precision in the healthcare sector, enable personalized medicine, and improve overall patient care.

As AI is evolving as a driving force for global economic and social change, it presents a unique blend of opportunities and challenges for South Africa. The technology has the potential to transform the aforementioned key sectors, all of which are crucial for the development of the country.

The Minister of Communication and Digital Technologies, Solly Malatsi, has called upon the G20 members to support initiatives that promote the development of AI in low-resource languages. South Africa has witnessed a significant increase in the adoption of AI technology, further underlining the need for inclusive development.

Chief Director of Emerging Technologies and Innovation, Jenette Morwane, highlighted the importance of establishing proper infrastructure. She stressed the need for digital transformation strategies that use technology to drive economic growth and societal impact. Broadband connectivity, she noted, is of vital importance to ensure that all citizens can actively participate in the digital economy.

As AI continues evolving, it is expected to bring forth a wave of new jobs, while transforming existing ones. There is a call for organizations and governments to prioritize upskilling initiatives to prepare the workforce for an AI-driven future.

TRUMP TARGETS SEMICONDUCTORS IN NEW TARIFF PLAN

By Mthetho Njube

President Donald Trump is escalating his focus on technological imports and trade, with sweeping new tariffs targeting the semiconductors-small chips that power billions of electronic devices, and are central to the global economy.

These semiconductors are also known as microchips or integrated circuits, and are made from raw materials like silicon. These components are used in devices like laptops and smartphones, vehicles that have electric control systems, remote car key and sensors, wind turbines and solar farms. They are also used within medical devices and equipment, as well as implantable technology such as pacemakers and insulin pumps.

A significant portion of the world's semiconductors are manufactured in Taiwan, home to the Taiwan Semiconductor Manufacturing Company (TSMC), which supplies around half of the global market. The

United States, China, the United Kingdom and countries across Europe rely heavily on those imports. As this company has become a focal point in the rising chip war between the US and China, the next major supplier is Samsung in South Korea.

One of Trump's key goals in his second term is to implement reciprocal tariffs, encouraging companies to manufacture more products within the US. The White House has exempted certain consumer electronics – smartphones and computers – from tariffs, even while imposing levies of up to 125% on Chinese imports.

Trump, speaking aboard Air Force One, announced that he will soon introduce tariffs targeting imported semiconductors. He also stated that the US will begin manufacturing its own semiconductors and chips to reduce reliance on foreign production and imports, citing national security concerns. "The U.S won't be held hostage by any country, including China", he declared.

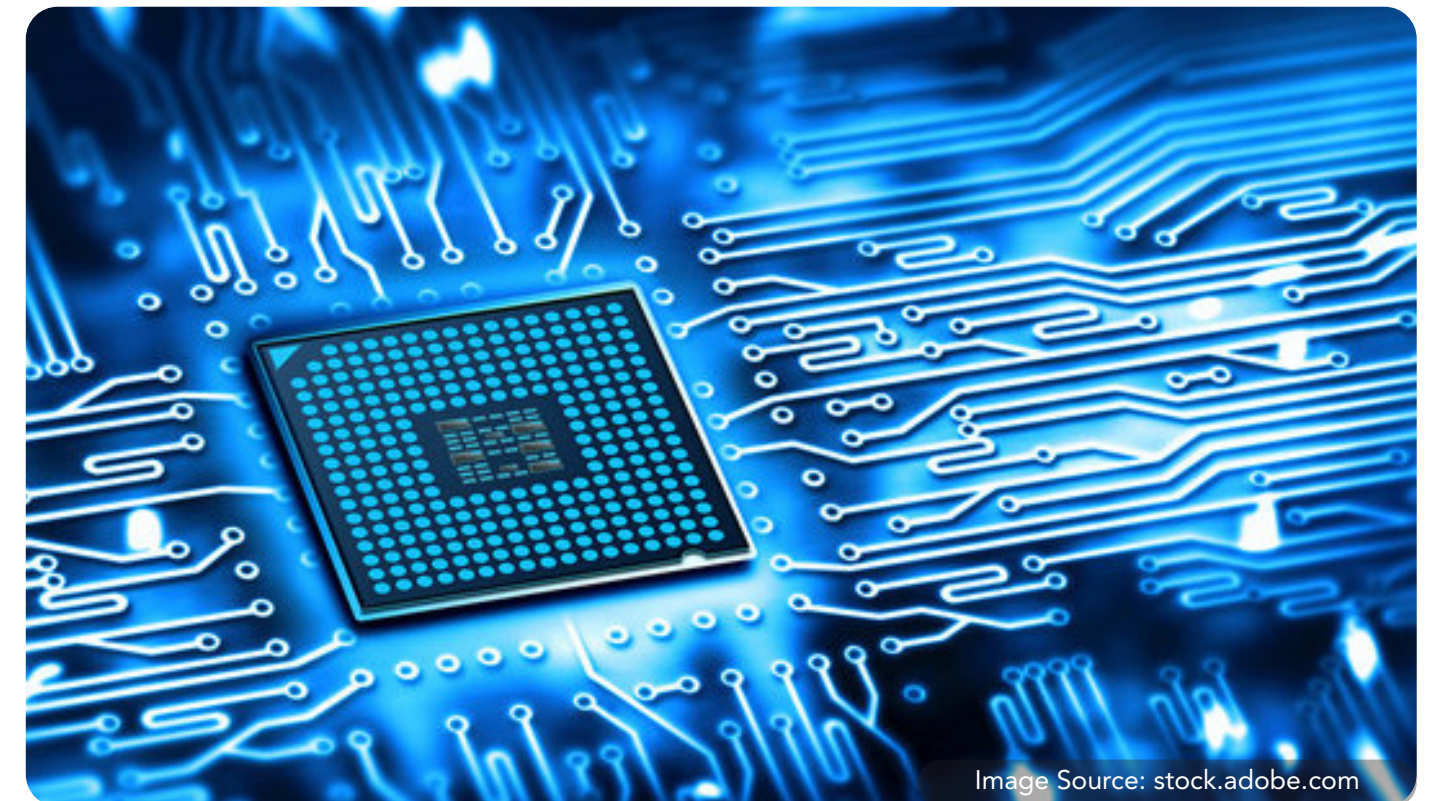


Image Source: stock.adobe.com

ARE WOMEN REALLY MORE SENSITIVE TO THE COLD?



Image Source: Yaroslav Shuraev

By Phuthago Nthoke

The idea that women are more sensitive to cold is not just a myth, it can actually be backed by science.

While men and women have similar core body temperatures, studies show that women have a slightly higher core temperature compared to men. This observation, along with a combination of biological and hormonal factors, affects how women perceive and retain heat.

Hormones like oestrogen and progesterone can influence blood vessel dilation and constriction, which impacts the heat flowing to the extremities, regulating body temperature. Oestrogen dilates blood vessels, allowing heat to escape more easily, while progesterone can constrict blood vessels, potentially reducing blood flow to the extremities, leading to colder hands and feet.

Additionally, women also have a slower metabolic rate than men, which means that they generate less heat. "Since women have a lower metabolic rate, they tend to produce less heat than men do, which makes them feel colder," explains Dr. Rob Danoff. Women also have a lower percentage of muscle mass, and a higher percentage of body fat compared to men. While body fat does act as an insulator, it can also hinder blood flow to the skin's surface, which can make extremities feel colder.

An extreme, but not rare, reaction to the cold is known as Raynaud's disease. Women are five times more likely to experience this condition, in which the blood vessels that supply blood to extremities spasm and constrict excessively in response to cold or stress, causing the affected areas to undergo numbness or pain, as well as turning blue or white.

If you are frequently experiencing unusual reactions to cold temperatures, it is advisable that you visit your nearest healthcare practitioner. Understanding how your hormones affect your body, and how contraceptives can influence these reactions, may aid you in mitigating your symptoms.

TIME MANAGEMENT APPS TO HELP STUDENTS SUCCEED

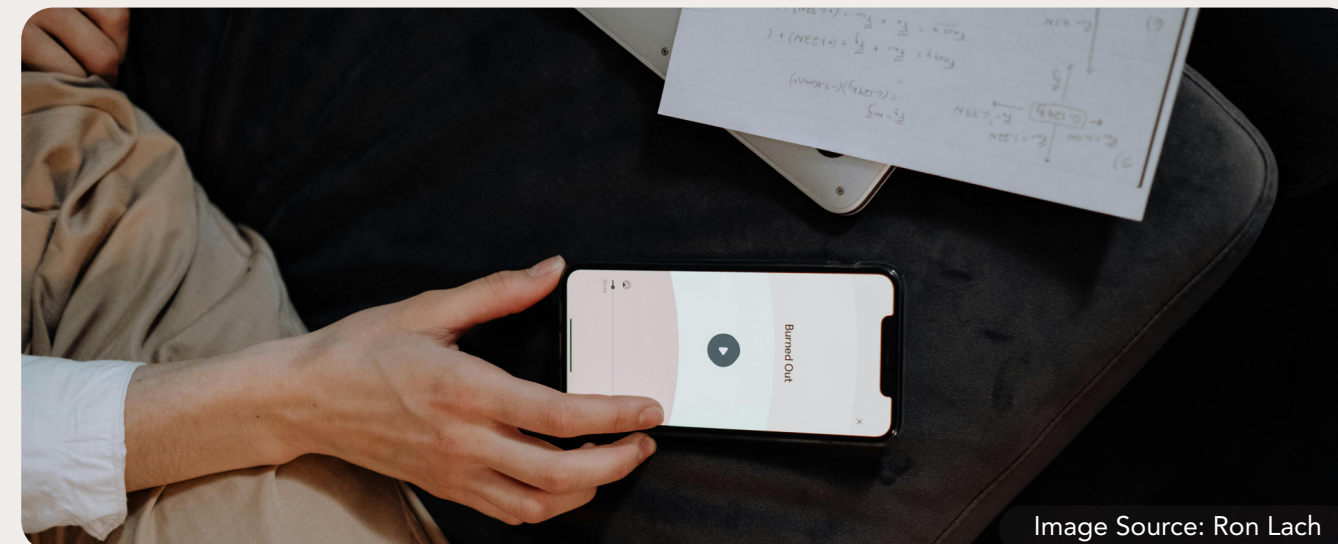


Image Source: Ron Lach

By Phuthago Nthoke

At a time when students are scrambling to save the semester and trying to memorize five months of content in just three days, panic and stress often take over. However, there are ways to curb this chaos. One can choose to study weeks in advance, create a study plan, join study groups and utilize time management apps.

The Student Academic Development department at Nelson Mandela University offers a wide range of support services to students, like memorizing and tutoring and various student support resources. They also encourage the use of time management applications to enhance study habits, like "Be Focused Timer", "Kiwake App", "Loop - Habit Tracker", "Noisli" and "Forest App."

Time management applications help stimulate the brain by enhancing focus, improving organizations and increasing task completion, which in turn can reduce stress and boost productivity. Having a structured environment that helps you manage tasks and deadlines, allows one to prioritize, manage stress, track progress and overcome procrastination.

Here is a closer look at the above-mentioned applications:

Be Focused Timer is a Pomodoro-style productivity timer that helps you break your work into focus intervals. Inspired by the Pomodoro Technique, it refers to breaking down tasks or work into focused intervals of 25 minutes, followed by short breaks.

The "Kiwake App" is an alarm clock app that was designed to fully wake you up by combining cognitive tasks and motivational prompts.

Loop is a habit tracker that helps you build and maintain good habits with detailed statistics and reminders, which offer data-driven insights.

Noisli is a background sound generator that offers a mix of white, forest and rain noise that aid in improving concentration.

The Forest App is a focus application that allows you to plant a virtual tree that only grows while you stay off your phone. Leaving the application kills the tree, reinforcing the habit of staying on task.

As a student with multiple modules, mental paralysis and resistance make it difficult to study and stay focused. However, with the right tools and methods, you can create an environment that fosters focus and productivity.

CAFU: "I WILL SHOCK THE WORLD AGAIN"



By Sivenathi Mqhayi

South Africa will be represented on the grandest boxing stage on July 19 when Phumelela Cafu takes on WBC and The Ring super flyweight champion, Jesse Bam Rodriguez. Cafu will bring his WBO flyweight title to the table in what promises to be an entertaining 12-round unification fight. The 30-year-old had the belt wrapped around his waist for the first time when he defeated Japanese sensation Kosei Tanaka in a massive upset in October last year.

No stranger to being the underdog, Cafu will head into this fight with the odds stacked against him once more. His opponent, Rodriguez, boasts a perfect record of 21-0 (14 knockouts) and is currently viewed as the pound-for-pound best fighter – but the East London native says he is confident and promises to shock the world again.

With a young record of 11-0-3 (8 knockouts), some of Cafu's supporters feel it is still too soon in his career to be taking on such a mammoth task in his first title defense – especially away from home. Cafu responded saying he would have loved to defend his title in front of his own fans but admitted that he is excited to take the trip to the United States.

The fight is set to take place at the Star's Ford Center in Frisco, Texas, and will be on the same day as the highly anticipated return of boxing legend, Manny Pacquiao.

Cafu feels that he will add a ninth knockout to his record on July 19, predicting that Rodriguez will "run into something big." His trainer, Collin Nathan, told SA Boxing Talk that he believes he has the right guy to cause a massive upset on the day. He further urged Cafu's fans to keep him in their prayers and continue the unwavering support.

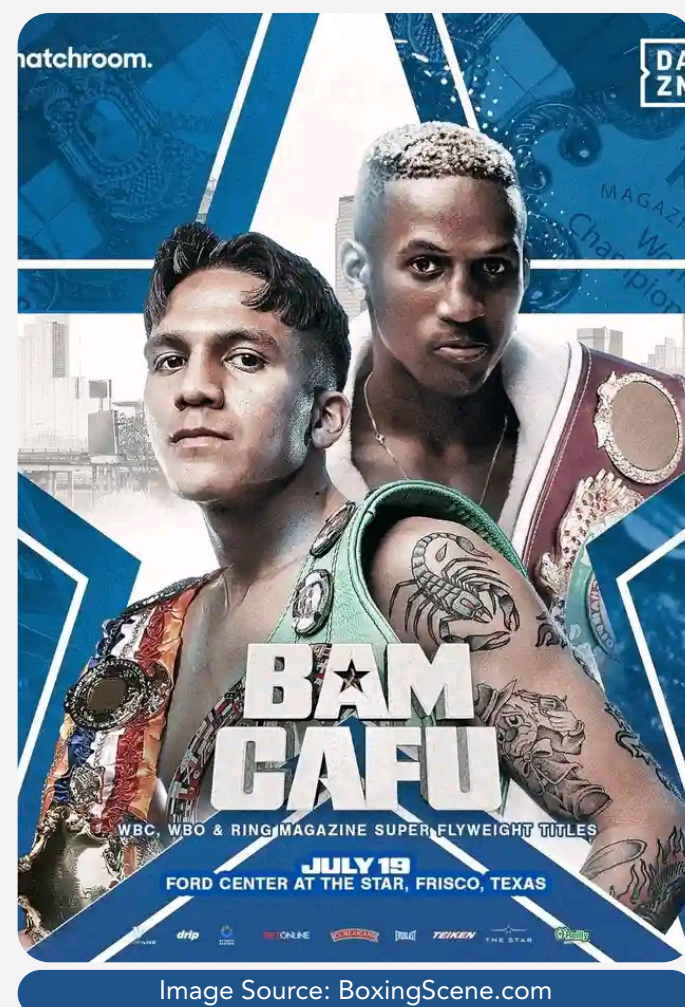


Image Source: BoxingScene.com

CAMPUS FOOTBALL LEAGUE KICKS OFF



By Zukukhanye Maseti

Campus League season is upon us, and the residential teams have done their bit in prepping for the annual tournament. With the bragging rights of 'best footballing res' on the line, the coaching staff put in the hard yards in pre-season to ensure their respective teams' readiness for the 2025 league season.

Claude Qavane, who won last year's campaign, shared some insight on their winning strategy, emphasising a good, healthy relationship within the whole camp.

"Last year we said we would finish in the top 3 and we ended up taking the league. Even this year we are going to fight until the last game," said Claude Qavane FC head coach, Malika Mfanafuthi.

Postgraduate Student Village FC (PGSV FC) are among the contenders hoping for silverware this year. Having attained a respectable 9th place finish last year, the side focused on improving their passing ability and overall fitness to try and climb a few steps up the ladder this year. Head coach, Ngcali Tile, says people should look out for his side, promising to inject a "new and fresh" style of football in the Campus League.

One of the big off-campus residences, Premier Student Accommodation (PSA), has left no stone unturned in terms of making sure their team is equipped with the necessary resources. Sports Officer at the residence, Yanga Mdekazi, revealed that they have organised coaches to help improve performance levels, and have provided the team with transport to and from practice. He added that they have also invested in new sporting equipment to ensure the team has effective training sessions.

MADIBAZ LADIES BEGIN SASOL SEASON WITH NEW COACH

By Thandolukayise Shangase

The Madibaz ladies' soccer team is gearing up for another exciting challenge as the 2025/26 SASOL League kicks off. They will be led by newly appointed head coach Nolitha Mhlomi, who took charge of her first official match against Nav Galaxy Ladies FC at NMU's 2nd Avenue campus in Summerstrand.

In the 2024/25 SASOL League season, the team showed noticeable improvement under former coach Karabo Madimola. They scored 33 goals, conceded 21, and collected 25 points from 16 games, finishing fifth on the log. The team ended the season with 8 wins, 7 losses, and 1 draw—an impressive improvement from their debut season in 2022/23, where they finished seventh. However, the team did not qualify for the 2025 Varsity Football tournament after falling short in the USSA tournament held in Kimberley in December 2024.

Newly appointed head coach Nolitha Mhlomi brings a wealth of experience to the role. The

27-year-old was officially announced by NMU sport manager Mark Tommy in March. Mhlomi, who holds a sport management qualification and a CAF D coaching license, was previously named the Best Referee at the Women's League National Playoffs and was also nominated for Best Assistant Referee in 2024. Her leadership and strong pre-season performance have generated high expectations for the upcoming season.

"We want to see the team compete at the highest level, and our long-term goal is to get there. But first, we need everyone to be aligned and working toward the same objectives," said Mhlomi in an interview with Bay FM.

Mhlomi will make her official debut on the touchline after the team's first match of the season was postponed due to internal issues. The original fixture against LA Galaxy Ladies, scheduled for April 26 at NMU's 2nd Avenue campus, will now be replaced by their opening clash against Nav Galaxy Ladies.



Image Source: Thabiso Manyakanyaka

MADIBAZ WIN FRIENDLY TENNIS MATCH AGAINST RHODES UNIVERSITY



Image Source: Thandeka Moni

By Thandeka Moni

There was no mistaking who owned the court on April 12, 2025, as the Madibaz Tennis Club powered their way to a 12–3 win over Rhodes University in a friendly match at their home ground in Nelson Mandela University Tennis courts.

With weeks of competitive action in league matches with other local clubs of Gqeberha, the players looked sharp, focused, energized, and in sync. Every movement seemed to be practiced, yet effortless. It wasn't just a tough competition but a friendly match, socializing with the competitors.

Thanks to the coach's strong communication, training, and motivation, the team's smart positioning, and an air of confidence that only comes with experience. It wasn't just about athleticism, though. Madibaz brought a mental edge, staying composed under pressure and

easily turning defense into offense.

Rhodes did manage to put up a fight, digging deep to grab a few matches. But overall, they struggled to break through. The visiting side had moments, yes, but the momentum stayed with the home team from start to finish.

For Madibaz tennis players, the result was more than a number on the board. The interval is just a few months away and will be hosted by the Madibaz Tennis club. This match was a chance to check their pulse to see how the team is coming together, where they're strong, and what still needs tightening up. It's all part of the bigger picture.

And if Saturday's showing is anything to go by, they're right on track. Confident but grounded, Madibaz will now return to training with renewed focus, knowing bigger challenges lie ahead and believing, more than ever, that they're ready to meet them head-on.