

CAN YOU FEED YOUR FAMILY WITH THE TWO-POT SYSTEM?



Image Source: www.pexels.com

By Travis Douwdies

From the 1st of September 2024 workers could withdraw a portion of their retirement benefits without having to resign, after President Cyril Ramaphosa signed the pension funds amendment bill into law. But what is the pension funds amendment bill, commonly known as the two pot retirement system?

In simple terms the two-pot system was created to help workers save money for when they retire, after they noticed

employees usually resign from their jobs to access their pensions for various reasons. But it was not a fly-by-night decision. A lot of consideration went into this initiative by our president and his team to create this system which consists of a savings pot, retirement pot, and a vested pot.

However, there is a few points to note about this system, with regards to the savings pot, one can only withdraw once a year at a minimum of R2000 with no withdrawal limit, about 33% are contributed to this pot whereby one can withdraw a lump sum at retirement where the first R550 000 is tax free.

With regards to the retirement pot, 67% of one's monthly contribution goes into the savings pot, one cannot withdraw any amount until they retire and at retirement these funds are used to buy annuity which are paid monthly as a salary. Concerning the vested pot, it is all monies which one saved before the 1st of September 2024, no more contributions can be made to this fund, the funds already in this pot continues to grow which one can withdraw as a lump sum when one resigns, gets retrenched or dismissed, the first R27 500 are tax free.

All this was done to ensure that workers and their loved ones are well taken care of. The introduction of this system highlights the need for us to be more financially literate and smart with the way we use and save our earnings.

NEWS

3 A Breakthrough For African Penguins

OPINION

9 A Reflecting Mind

LIFESTYLE AND ENTERTAINMENT

11 Breaking Free From Social Anxiety

SCIENCE AND TECHNOLOGY

23 Addressing Visual Impairment and Care in Africa

SPORTS

30 Madibaz Stadium Witnesses Banyana Banyana Magic

MADIBAZNews

News for the students, by the students

Administrator

Sade' Prinsloo

Sade'.Prinsloo@mandela.ac.za

Editor-in-chief

Leigh Nakeetah Jason

s219919569@mandela.ac.za

News Editor

Surprise Mhlongo

s221440038@mandela.ac.za

Lifestyle and Entertainment

Hlengiwe Phiri

s223090255@mandela.ac.za

Marketing

MadibazMarketing@mandela.ac.za

Sports Editor

Siyolise Gqongwana

s223501948@mandela.ac.za

Science and Tech Editor

Sonia van der Linde

s221333223@mandela.ac.za

Opinions Editor

Mfundo Ndim

s225232383@mandela.ac.za

Graphic Designer

Mathew Motsomane

mattmotsomane@gmail.com

Follow us on social media



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

LETTER FROM THE EDITOR

Welcome to yet another riveting edition, nearly closing the year with Madibaz News once again!

Bidding farewell to one of our seasoned editors with this edition, we would like to thank Ioanna for her services, and wish her well on her future endeavors.

With a close to the exam season, comes an opening to the Festive Season. Exams behind our backs, we are now able to breathe, look forward, and relax for the foreseeable future. Whether you will be staying in the Friendly City over the festive period, or heading back home to see some family members, or engaging in travel, our well wishes travel with you as far as you stride.

December and the festive season wash over us a feeling of joy and love, as well as fun and excitement, so we wouldn't be responsible if we did not urge you to please be safe. Remember to share your live locations, update your friends and family members, and most of all – relax. This is your deserved time off, awarded to you to spend with loved ones – enjoy and cherish every minute of it.

Before you do though, you will definitely enjoy what we have put together for you in this edition – make sure to take your time to read over and through everything that our journalists and editors have worked hard to put together throughout this stressful season.

Who knows, we may just see each other one more time before the year ends.

Until then, best wishes, your editor-in-chief,

Leigh-Nakeetah Jason

A BREAKTHROUGH FOR AFRICAN PENGUINS



By Lindokuhle Msutwana

A recent study by Nelson Mandela University has found that artificial nests can significantly improve the breeding success of endangered African penguins. The study was conducted over 12 years across South Africa's eight largest penguin colonies and revealed that artificial nests boosted breeding success by 16.5 percent. With fewer than 8,500 breeding pairs remaining, this finding offers a vital lifeline for the species.

The research, led by Prof. Lorien Pichegru from the Institute for Coastal and Marine Research, underscored the need for colony-specific designs. "Each colony faces unique challenges,"

Pichegru noted, explaining that penguins at Boulders Beach, for instance, contend with predators, while those on Bird Island suffer from intense sun exposure. The study tested various designs, and while double-layered ceramic nests proved the most effective overall, no single type of nest worked universally.

Although artificial nests provide crucial support, Pichegru cautioned that they are only one piece of the puzzle. "African penguins face challenges beyond nesting," she explained, citing factors like declining food availability, oil spills, underwater noise pollution, and predation. The population of African penguins has dropped by 90 percent over the past 70 years, raising concerns about their long-term survival. Urgent conservation efforts, such as establishing fishing exclusion zones to improve food access, are necessary to protect this endangered species.

Artificial nests are an essential first step, yet broader, sustained conservation measures are needed to safeguard these seabirds and maintain their vital role in marine ecosystems. Without a coordinated approach, African penguins may soon disappear from our shores.



Image Source: Supplied

MANDELA UNIVERSITY OKEJA ELECTED TO MEMBERSHIP IN THE AMERICAN ANTIQUARIAN SOCIETY.

By Mhlongo Surprise

For his outstanding, distinctive achievements in his personal and academic life, Professor Uchenna Okeja from the Faculty of Humanities was elected by colleagues to join the 212-year-old national research library, the American Antiquarian Society (AAS), which has about 1,200 members worldwide.

Prof. Okeja is currently serving as a visiting professor at Yale University. His election to the AAS presents an opportunity to continue promoting the ideas of the humanities, particularly in his passions surrounding political philosophy in political history and the construction of philosophical concepts that guide humanity in the present and future.

The AAS has had members ranging from 15 United States presidents to more than 75 Pulitzer Prize winners, along with many other recipients of international recognition. Located in Worcester, Massachusetts, the AAS holds the world's most accessible collection of original printed, handwritten, and visual sources from before 1900 in what the United States is now. The library contains four million items: books, pamphlets, broadsides, newspapers, periodicals, children's literature, music, and geographic art materials. AAS connects people globally with these collections through a digital catalogue and virtual learning experiences.

"I feel honoured to be recognised by a learned society that includes so many prominent scholars and individuals who have attained distinction in public life," said Prof. Okeja. "If anything, it serves as encouragement that my work has not been in vain and motivates me to focus my efforts on advancing quality scholarship in my field."

Prof. Okeja also shared his journey with Nelson Mandela University since 2023, appreciating the Humanities department as "indispensable" in conceptualising a better future.



Image Source: Mandela University Media Team

FRESH HOPE FOR TEACHING AUTISTIC CHILDREN



By Sinazo Zide

Parents and teachers of children with autism have newfound hope following the launch of a new Autism Niche Area at Nelson Mandela University this week.

"For us, education is not a privilege. It is a right for every child to be educated, and this is an example of the work done in the faculty to ensure quality education for all," said Prof Sathorar during the launch on Monday, September 30. "There is so much that can happen in this space."

Dr Muki Moeng, Deputy Vice-Chancellor for Learning and Teaching at Nelson Mandela University, praised the persistent work of her

colleague, Professor Nokhanyo Mdzanga, who has been committed to establishing the Autism Niche Area since 2011.

"We are excited that the Faculty of Education has been working with both the provincial and national Departments of Education to ensure this programme gets the recognition it deserves," said Dr Moeng.

In South Africa, special needs schools for children with autism are in short supply, leading to long waiting lists for placement. This is particularly challenging in rural areas where scarce facilities leave many children needing access to formal education. Thus, it becomes critical to equip teachers in mainstream schools with the skills to recognise and support autistic learners. "Parents, leaders of organisations, principals, and teachers who work with children with autism were all invited to our first consultative stakeholder meeting," said Prof Mdzanga, expressing her gratitude to the Gqeberha autism community for their support in developing the programme.

The learning materials in other countries do not necessarily reflect the African context, making this programme

essential. Although the University of Johannesburg has a neurological centre and a dedicated school, Prof Mdzanga believes Nelson Mandela University will be one of the first South African universities to offer such a focused autism education programme. The short learning programmes (SLPs) will be available from 2025.

This initiative marks a significant step forward in providing quality education for autistic children in South Africa, particularly in underserved areas, ensuring every child can learn and thrive.



MANDELA UNIVERSITY'S MNGCONGO WINS FAMELAB 2024

By Sinazo Zide

Moved by her grandmother's experience with a hospital-acquired infection, Master's student in Environmental Health, Yolanda Mbalentle Mngcong, delved into her ancestry to explore how indigenous knowledge of medicinal plants could be merged with nanoscience to address modern healthcare challenges.

Mngcong is using her research to develop environmentally friendly silver nanoparticle filters to improve hospital air purification systems, reduce infection rates, and enhance care for vulnerable patients. These nanoparticles are made eco-safe by integrating medicinal plants with silver.

Her innovative approach and dedication earned her the FameLab South Africa 2024 winner. She will now have the opportunity to represent South Africa internationally.

"We are conducting research for the people, and we need to explain it to them in a way they can understand. I am honoured to represent South Africa and share our indigenous knowledge globally. I am extremely excited for this opportunity," said Mngcong.

After competing in a series of intense regional heats held at prominent research institutions, followed by a dynamic semi-final round, Mngcong emerged as the victor among 16 top competitors.

FameLab, which has been running in South Africa since 2013 through a partnership between NRF-SAASTA and Jive Media Africa, celebrates individuals who bring science to life creatively and effectively, showcasing the powerful combination of science and communication. The competition continues to develop science communication talent and enhance public science literacy.

Mngcong's win in the FameLab competition is a personal achievement and a significant step in advancing science communication and highlighting the importance of indigenous knowledge in modern healthcare solutions.

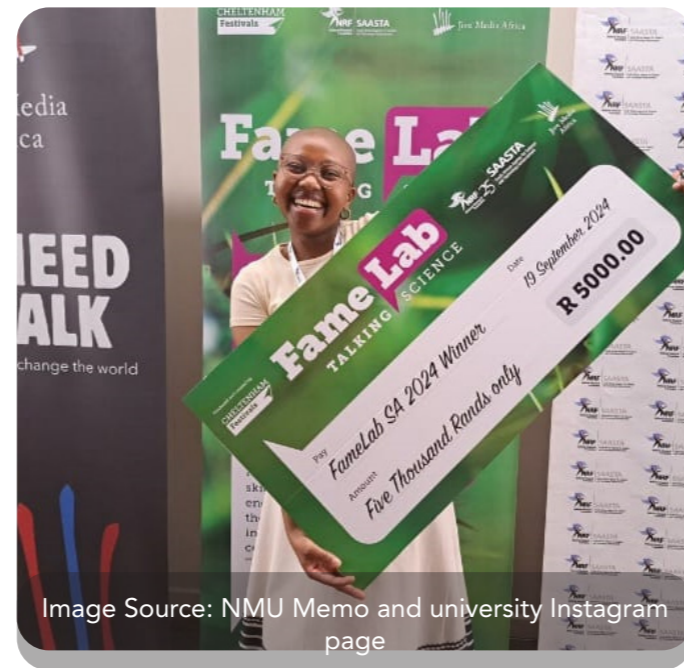


Image Source: NMU Memo and university Instagram page

MANDELA UNIVERSITY'S YOLANDA MNGCONGO TRIUMPHS AS FAMELAB SOUTH AFRICA 2024 WINNER.

REINVENTION IS ESSENTIAL FOR EFFECTIVE ADVERTISING



Image Source: NMU Media Release

By Sinovuyo Nhlana

On October 9, during a public lecture at Nelson Mandela University's Business School, renowned marketing expert Prof Doug Mattheus emphasised the importance of reinvention for marketing professionals to keep pace in today's tech-savvy landscape. He shared critical insights for success as an adjunct professor in the School of Management Sciences within the Faculty of Business and Economic Sciences. The event also highlighted an exhibition showcasing the work of township entrepreneurs participating in a small business training programme in collaboration with the University.

Prof Mattheus praised Shoprite Checkers as

"the darling of marketing" for its successful reinvention and innovative logistics catering to the demand for convenience. It has become the largest grocery store in Africa, leveraging technology to deliver products more affordably and efficiently. Shoprite focuses on creating a highly customer-centric shopping experience that considers every touchpoint.

Prof Mattheus questioned why some companies reinvent while others stagnate, emphasising six key marketing areas: prioritising customer experience, adapting to customer speed, establishing a unique point of difference, utilising multiple touchpoints, fostering a strong corporate culture, and maintaining relevance. He acknowledged the complexities of South Africa's unequal consumer landscape, highlighting the need to consider both formal retail and the informal market.

Marketing strategy examples such as alternative Christmas décor for a luxury mall, adaptations by two London sports clubs to engage audiences, and a wine estate using geese creatively illustrated how large and small businesses can enhance the customer experience through critical changes.

Prof Mattheus emphasised that businesses must adopt a proactive approach to customer service, moving beyond departmental boundaries to create "moments of magic."

He urged a mindset shift to view change positively. Faculty Dean Prof Hendrik Lloyd highlighted marketing's crucial role in navigating rapid transformations and staying competitive. He pointed out that challenges arise from digital advancements and shifting consumer expectations but also present vast opportunities. Understanding and embracing the future of marketing is essential for success.

EMPOWERMENT THROUGH INNOVATION

By Sisipho Toni

The Emergence of Innovators programme was officially launched during the inaugural Innovation Indaba, hosted by the Madibaz Youth Entrepreneurship Lab (MYEL) at the Second Avenue Campus of Nelson Mandela University on Friday, July 26. This initiative seeks to empower students by encouraging them to develop an entrepreneurial attitude while addressing various difficulties creatively and innovatively. The programme was set to run until September, emphasising the importance of immediate action rather than deferring dreams to the future.

Fidel Mabolabola, an assistant at MYEL, underscored the urgency of this perspective, stating, "We need to change the narrative of, 'the youth is the future;' we are the present, and we can't let our dreams pass us by." This sentiment reflects a growing recognition among young people of their potential to effect change in their communities and beyond. The programme aims to instil a sense of agency in students, empowering them to take charge of their futures and contribute positively to society.

At the launch, Deputy Vice-Chancellor for Learning and Teaching, Dr Muki Moeng, highlighted the programme's significance within the broader context of Nelson Mandela University's strategic goals. She articulated that the initiative is an additional offering and a vital component of the institution's mission as a higher learning establishment. "We should never underestimate our innovation streak as South Africans," Dr Moeng emphasised, advocating for fostering an environment where students can develop social justice and problem-solving skills.

The Emergence of Innovators programme will induct its first cohort of 30 students, immersing them in the values espoused by Mandela University. Each masterclass is designed to be interactive and engaging, providing participants with practical insights directly applicable to real-world situations. Through this initiative, Nelson Mandela University aims to cultivate innovative, socially responsible, and self-sufficient graduates equipped to tackle today's and tomorrow's challenges.



Image Source: NMU Media Release

A REFLECTING MIND



Image Source: <https://images.app.goo.gl>

By Mfundo Ndim

As the 2024 academic year comes to a fold, we are in a season of reflecting on what we have learnt and experienced. The Nelson Mandela University (NMU) student community is a knitted fabric echoing the cultural diversity you find within our borders. This community has weathered every storm together; fighting institutional inefficiencies and exploitation.

Reflecting on my three-year term as a member of this student community I find a bittersweet nostalgic emotion. But the overall experience tells a story of a transforming institution that takes it day by day. Beyond the difficulties, NMU has ensured the future with new award-winning infrastructure which addresses the problems we have faced in the past.

Extra-curricular activities are also of great investment by the institution and support a variety of student talent and skills. Irrespective of the inefficiencies in terms of modern infrastructure, careers development, and compensation for students involved, there is an institutional recognition for extra-curricular activities. The academic experience in this institution is also a thrill. We are a great deal

in science mostly because of the geography of the institution and the institutional directive.

The bittersweet emotions struck mostly when reflecting both on the external and internal struggles I have witnessed the student community experience in the institution. The defunding period in 2023 collapsed a lot of dreams and potential talents that had to return home. The experiences of the National Student Financial Aid Scheme (NSFAS) direct payment gave us a mirror of how some ideas and systems can be exploitative, topped with the multiplier effect of corruption. These were external shocks to the institution, however, the attitude response by the institution to protect their own can improve.

Beyond these external things, there are some internal challenges of shuttles and accommodation. However, the institutional space of NMU is conditioned for the harnessing of student talent and education. A three-year reflecting mind of an NMU student community member sees the transformation, the social fabric of diverse cultures that make you South African, and the potential room of making your university experience more than a thrill.

THE CONSENT CONVERSATION: WHAT WE SHOULD KNOW ABOUT CONSENT

By Elethu Somara

Consent is an agreement between people who engage in an event including sexual activity. It should be communicated clearly and freely by both or all participants. There are a lot of misunderstandings when it comes to consent. Usually, when consent is discussed, it is only in the context of sexual relationships. This limits the understanding one should have about consent.

Consent cannot be given by people who are underage, under the influence of intoxication or, an unconscious person. It cannot be given under intimidation or threats because this means that it is not given freely. Unequal power dynamics also mean that consent cannot be given such as engaging in a sexual activity with an employee or student.

Consent can be withdrawn at any point if the other person feels uncomfortable or has a

change of mind. Consent during sexual activity is all about communication, and it should happen in all types of mutual activities that demand agreement. Consenting to one activity does not extend to the other activities or the same activity on different occasions. This means that if a person agrees to a kiss or be part of something now, it doesn't mean that they are consenting to it happening again. Consent should be given every time, freely and clearly.

Consent means a clear "yes" was given rather than the lack of a "no." Silence does not mean yes, body language does not mean yes, these acts do not represent consent. It is necessary to seek verbal confirmation. Such physiological and natural responses are automatic, they do not mean one agrees to the activity. Practicing consent is not just an idea or conception, it is the central point to every activity that demands consent. That is why it is very important for everyone to know and understand the concept of consent.



Image Source: <https://pixels.com/>

BREAKING FREE FROM SOCIAL ANXIETY



3. Improving mental health through social connections, reducing stress, anxiety, and depression.
4. Increase confidence by building resilience and self-assurance.

Rather than embracing the introvert label as an excuse, it's vital to address the underlying social anxiety.

This involves:

1. Gradual exposure to social situations.
2. Practising active listening and communication.
3. Building self-awareness and self-acceptance.
4. Seeking support from friends, family, or professionals

Social anxiety gets the best of us, my fight against social anxiety wasn't easy but it bore good fruits. Attending business seminars, networking events, and group discussions helped me build confidence and shed fears. With each success, my self-assurance grew, and I saw social situations as opportunities, not threats. Conquering social anxiety helped me develop valuable skills, forge meaningful connections, and expand my professional network.

My journey shows that social anxiety doesn't have to define you – taking small steps towards engagement and connection can lead to profound transformation. Don't let social anxiety hold you back. By confronting and overcoming these fears, you'll unlock a world of possibilities, deepen relationships, and grow into a more confident, well-rounded individual.

Remember, being an introvert doesn't mean you're shy or socially anxious. It's essential to recognize the difference and proactively work towards building social connections. Break free from the constraints of social anxiety and unlock your true potential.

By Dolly Shabalala

The popularisation of the term 'introvert' led to the justification of social withdrawals. However, it's crucial to distinguish between introversion and its close cousin, social anxiety. While introversion is a legitimate personality trait, social anxiety can hold individuals back from reaching their full potential.

Social anxiety can manifest as fear of judgment, self-doubt, and avoidance of social interactions. When left unchecked, it can lead to missed opportunities, stunted personal growth, and feelings of isolation.

By beating social anxiety, individuals can:

1. Develop meaningful relationships by connecting with others.
2. Enhance career prospects by fostering effective communication and networking.

THE POWER OF INTERNSHIPS AND JOB SHADOWING

By Dolly Shabalala

As a student, navigating the transition from academia to the workforce can be daunting. However, there's a proven way to bridge this gap: internships and job shadowing. These experiential learning opportunities offer invaluable benefits, setting you up for success upon graduation.

Internships and job shadowing provide hands-on experience in your chosen field, allowing you to apply theoretical knowledge in real-world settings. You will develop essential skills such as communication, teamwork, problem-solving, adaptability, time management, and organisation. Additionally, you'll become proficient in industry-specific software and tools.

These experiences offer a chance to build meaningful relationships with professionals in your industry. You'll establish a network of mentors and peers, learn about job opportunities and industry trends, and gain insider knowledge and advice.

By participating in internships or job shadowing, you'll confirm your career choices, identify areas for improvement, and develop a sense of purpose and direction. You'll also enhance your resume and job prospects, making you a more attractive candidate.

Employers value candidates with relevant experience, demonstrating initiative, proactive learning, and familiarity with industry norms and expectations. By completing an internship or job shadowing, you'll stand out in a crowded job market.

Don't wait until graduation to gain experience. Seek out internships, job shadowing, or volunteer opportunities while studying. Talk to your university's career services, professors, or industry professionals to explore possibilities.

By embracing experiential learning, you enhance your education, boost your employability, and launch your career with confidence. Invest in your future today and look out for internships and job shadowing opportunities.



Image Source: Nilov M. Pexels

SAFEGUARDING YOURSELF IN THE DIGITAL AGE!



Image Source: internet

By Kagiso Ruth Tleane

Just like we protect our belongings, we should also protect ourselves online. Cybersecurity is easy to do but very important. Here's a 101 on cybersecurity.

By taking the right precautions in our daily online activities, we can greatly reduce the risk of cyber-attacks. For example, 16 people have their identities stolen every minute, primarily due to a lack of online security awareness. Simple actions, like logging out after using a website and avoiding weak passwords, can make a big difference.

Let's explore some key practices to help protect ourselves and organisations from cyber threats:

- **Use Strong Passwords:** Create passwords that include a mix of letters, numbers, and symbols.
- **Enable Two-Factor Authentication:** This adds an extra layer of security to your accounts.
- **Log Out After Use:** Always log out of websites and applications to prevent

unauthorized access.

- **Be Cautious with Links and Attachments:** Avoid clicking on links or downloading attachments from unknown sources.
- **Keep Software Updated:** Regularly update your applications and software to protect against vulnerabilities and security threats.

These simple security practices can help us counteract the tricks of cybercriminals. Training can also teach us how to detect and avoid attacks, keeping us vigilant. Remember, cybersecurity is everyone's responsibility, and it extends beyond just the workplace.

We are our strongest defence—a human firewall. Each of us plays a crucial role in protecting data. All it takes is awareness and vigilance. Take time and familiarise yourself with the above-mentioned practices and encourage others to do so. In normalising cyber security practices, we keep not only ourselves safe but those around us too. Doing further research on this topic is always beneficial, so go on and search for more ways to keep yourself and others safe online.

NAVIGATING SKILL AND RESKILLING IN A RAPIDLY EVOLVING WORLD

By Kagiso Ruth Tleane

In today's fast-paced and ever-changing world, the capacity to handle new difficulties and adapt to changing environments is more critical than ever. As technology improves and companies evolve, individuals must not only improve their existing abilities but also embrace the process of reskilling to remain competitive.

As we develop strategies for effective navigation skills and emphasise the importance of continuous learning in a dynamic environment, we equip ourselves with the right tools and mindset, guaranteeing successfully navigating the complexities of modern life and thriving in our careers. Here are key areas to focus on for effective navigation and reskilling:

1. Embrace Lifelong Learning

As the old saying goes, education has no ending. Continuous education is essential. With new tools and technologies emerging regularly, committing to lifelong learning allows individuals to stay updated and relevant in their fields. Online courses, workshops, and professional development programs can enhance existing skills and introduce new ones.

2. Develop Soft Skills

While technical skills are crucial, soft skills like communication, teamwork, and emotional intelligence are equally important. These skills

foster collaboration and adaptability, enabling individuals to work effectively in diverse environments and respond positively to change.

3. Leverage Technology

Familiarity with digital tools and platforms can significantly enhance efficiency and productivity. Learning to use software related to one's industry, as well as general tech skills like data analysis or coding, can open new opportunities and make navigating changes easier.

4. Cultivate a Growth Mindset

A growth mindset encourages resilience and a willingness to embrace challenges. By viewing obstacles as opportunities for growth rather than setbacks, individuals can better adapt to changes and seek out new learning experiences.

5. Network and Collaborate

Building a strong professional network can provide valuable insights into industry trends and opportunities for collaboration. Engaging with others in your field can help you learn from their experiences and identify areas for reskilling.

By committing to these key areas, individuals can not only survive but thrive in the face of change. Adapting to new realities will empower us to seize opportunities and shape a successful future.



Image Source: online

SHOULD UNIVERSITIES INTRODUCE SOCIAL MEDIA CLASSES?



Image Source: www.pexels.com

By Katlego Radebe

Once upon a time, there used to exist a world where posting on social media was not a demanding task, but nowadays as a gen-Zer, it's hard to even meet people without someone asking, "What's your Instagram?"

Social media has become such a norm these days that it has affected the 'real world', as people would say. Which now begs the question of whether a serious institution like a university should buy into the hype and introduce social media in its curricula. Posting on social media is not taken seriously by many, especially since a select few people truly make a living on the main apps such as Instagram and TikTok.

Through student interviews, it has been argued that nowadays no matter what course you do, having a social media presence -even a small one- has become increasingly important, as

potential employers may look through social media to determine someone's viability for a job.

Social media has become a place to not only post pictures but almost a market to sell yourself and your business, to people who may otherwise not have known you. Though not many may have the skill for content creation, as Fashion Design student Xena Wilson had said, "not everyone knows where to start their social media presence, and what the requirements are." Therefore, having social media classes would better equip people on the many ways you can succeed on the apps.

In keeping up with times, it would be beneficial for higher learning institutions to equip students with things needed in the modern times. a class on how to manage our socials may be what we need.

THE CHATGPT GENERATION, IN DEFENCE OF ARTIFICIAL INTELLIGENCE

By Katlego Radebe

Nowadays, most course rules have a declaration that prohibits students from using ChatGPT, an Artificial Intelligence (AI) software that lets you ask questions or enter prompts and respond with human-like texts.

Granted the ban on AI from most academic courses is because some students tend to misuse the application. When asked, students spoke of how AI is used to copy when they can't meet deadlines, to cheat on an essay, and plenty of other things. Aside from its misuse, ChatGPT and other AI software are great tools for academia.

Ashley Abramson from the American Psychological Association states, "Using ChatGPT in your course not only encourages critical thinking about class concepts, but it also encourages your students to be technologically

literate in an increasingly tech-centric world". There are students who agree with this as they have stated that ChatGPT had helped them greatly in understanding difficult course work, especially journal articles that tend to have difficult language that some students may not understand.

However, despite the advantages, there have been concerns on whether ChatGPT has greatly impacted how students think or has made students lazier. On the contrary, ChatGPT can be used as a tool to make learning and researching easier, not a lazy job.

In defence of ChatGPT, with great moderation from universities the application can be a great tool and investment for students. As impactful as ChatGPT is, we should still weigh our options. As for me, I think ChatGPT, like many other technological influences, should be embraced rather than us fighting it.

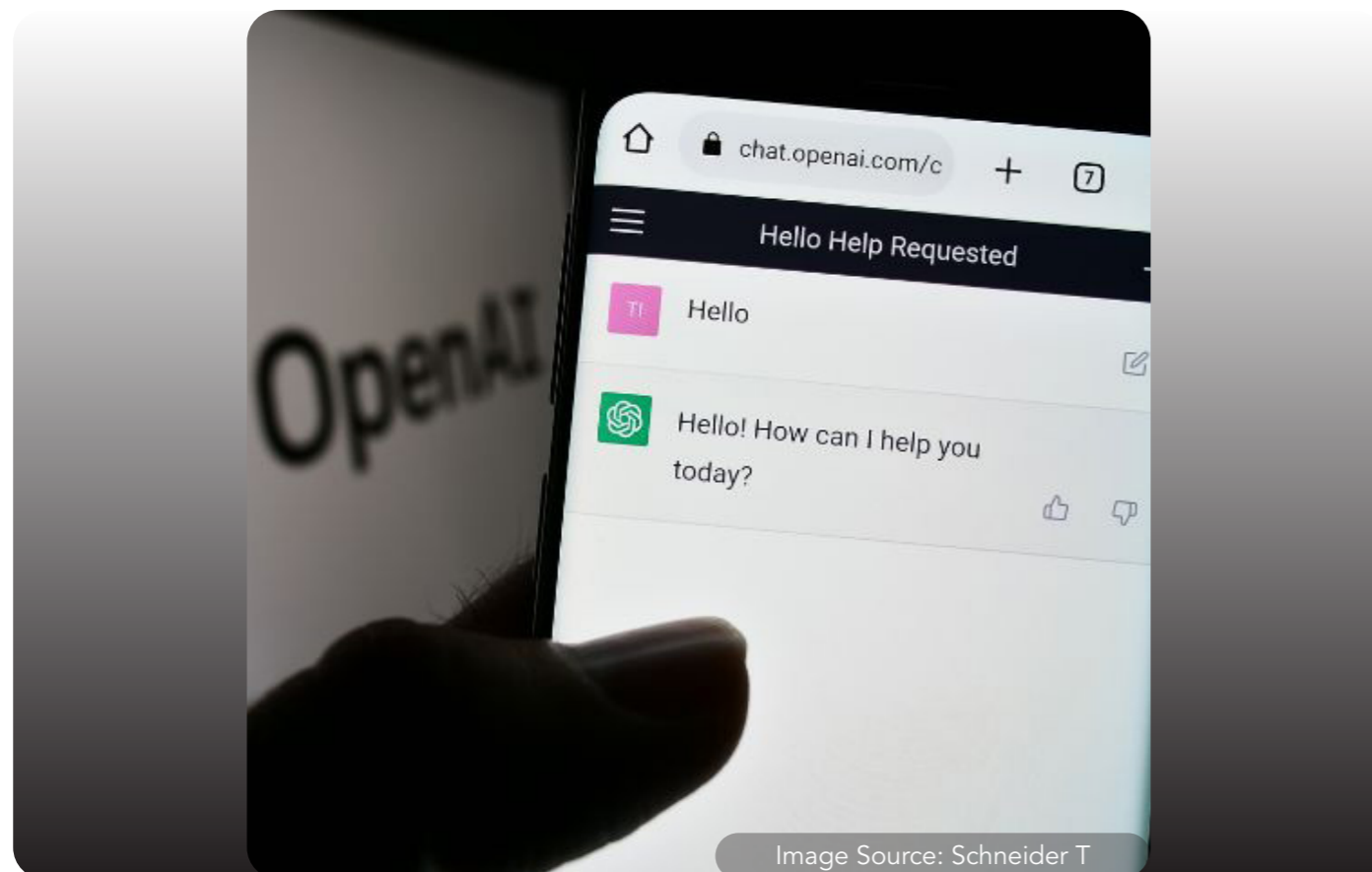


Image Source: Schneider T

WRITING EXAMS? ESSAYS VS EXAMS

By Katlego Radebe

Picture this, it's 19:30 and you have an essay due at 23:00 but you only have 720 words out of 1800 words on paper. Better yet, imagine you have an exam on Monday, and it's Sunday and you have ten chapters to get through, stress-inducing right? But have you ever thought to yourself through all these stressful assignments, "what have I learnt?" or which method between writing that stressful test and essay is the best way to retain knowledge?

In a survey done on a Reddit forum titled 'What do you prefer, essays or exams' 404 people voted that they prefer writing exams while 369 people voted for essays, however, this could be because a majority of students argue that it takes less time to prepare for an exam than a lengthy essay and some don't seem to find essay writing as important as writing exams.

Exams test your knowledge on a specific

module, while an essay exhibits your knowledge on a particular subject, both require work and are extremely stressful. To fully compare the two, exams are pre-structured before students write them and normally there's only one right answer to all those questions if there is an essay question there, it is like the rest of the exam only one answer is correct, which honestly is easier than having to think of an artful way of presenting the facts you were taught.

With essays, students are expected to further explore a topic in their perspective by researching and developing critical thinking skills, without having to memorise the facts and notes from the semester.

The goal of both methods is to retain knowledge, although in a school environment exams are preferred over essays, essays should be incorporated more into the curricula, in order to foster meaningful learning outcomes and experiences.



Image Source: Muhammad E

MUST HAVE FASHION TRENDS THIS SPRING

By Nompumelelo Mculu

The spring is the ideal time of year to update your wardrobe and try out some new looks. Bold statements and easy silhouettes are combined in this season's must-have styles, which range from pastel tones to vivid floral prints. Shopping preferences and fabric selections are influenced by sustainability and ethical fashion, which are still major factors.

Embracing vivid and striking prints is all that spring is about. "This season, striking patterns and flowery prints are all the rage". A floral dress is a traditional spring essential that can easily transform your look from casual to sophisticated. Proclamation floral accessories, vibrant scarves, purses, or shoes can infuse any ensemble with colour and charm.

Adding a sense of softness and tranquility to your clothing, pastel colours are having a major resurgence this season. Here are a few ideas for using pastels. To create a clean, contemporary look, try dressing entirely in pastel colours. Neutral colours like white, beige, or grey work well with pastel objects to create a polished and well-balanced aesthetic.

Eco-friendly and ethical design choices are becoming more and more necessary in a society where sustainability is being prioritised. Eco-friendly fabrics to lessen your influence on the environment, choose clothes made of organic cotton, linen, bamboo, or recycled materials. Discover distinctive previously used items and give them a new lease of life by perusing thrift stores, vintage shops, or online resale marketplaces.

Bold sleeves and oversized shoulder accents that accentuate your ensembles' drama and flair will help you make a fashionable statement. The following items, balloon sleeve blouses, are worth considering. Accept the volume with balloon sleeves that give your regular outfit a dash of refinement and excitement.

The current fashion trend is bigger silhouettes and looser fits, so if you're sick of looking like a sausage in too-tight clothing, rejoice! You may say goodbye to tight slim jeans and hello to pants with room for your legs to breathe with wide legs. They look effortlessly stylish and scream, "I woke up like this, and I look fabulous." Wear them with a boyfriend blazer.



Image Source: Wellington J. Pexels

THE HISTORY AND SIGNIFICANCE OF SPRING



Image Source: Baksi M. Pexels

By Nompumelelo Mculu

Since ancient times, human civilisations have been enthralled by the promise of fresh starts and the revitalisation that spring brings. Human culture and the natural environment are intricately intertwined with the history and meaning of spring, from ancient myths and cultural traditions to contemporary scientific insights.

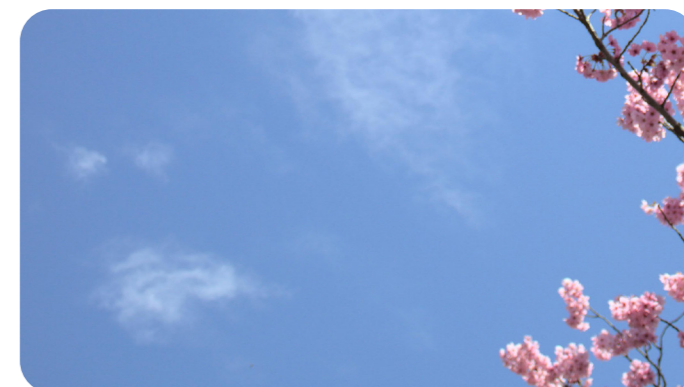
"Symbolising renewal, like pressing the reset button on nature's remote control, spring is more than merely changing out your winter coat for a flowery sundress". Trees bud, flowers bloom, and the earth rises from its winter slumber with the energy of a thousand inspirational lectures. We all have the opportunity to make fresh starts

during this season of second chances. Thus, now might be a good time, if you haven't already, to start that spring cleaning you've been putting off since last year.

Mother Nature also makes a swift transition in the spring, just like we do when we take off our winter coats in favour of lighter attire. Leaves abruptly sprout from trees that appeared to be in a permanent state of dormancy, while flowers that had appeared to be tucked away in hibernation suddenly burst forth in a riot of colour. It's a season when everything around us becomes a dynamic, living piece of art, serving as a literal reminder to stop and smell the flowers.

Not only does the onset of spring bring joy to the outdoors, but it also uplifts our spirits when we stay indoors. After the gloom of winter, the world feels a little brighter (both physically and figuratively) as sunlight increases and temperatures rise. Spring is the ideal season to enjoy some outdoor time and the benefits of nature.

As we appreciate the beauty and meaning of spring, let us keep in mind the lessons it teaches about rebirth, development, and connectivity. These lessons serve as a constant reminder of the life cycle's endless cycle and the enduring force of nature's rejuvenation. As we recognise and enjoy this transformational time of year, may we find inspiration and optimism for the future in embracing the essence of spring.



HOW DIGITAL PRIVATE RELATIONS CAN DRIVE WOMEN'S SUCCESS



Image Source: www.istockphoto.com

By Pilani Mzili

Many people think public relations (PR) is just about spinning a positive image or crisis management, but it's so much more than that. At its core, PR is about fostering trust, understanding, and mutual respect between an organisation and its stakeholders.

This requires a deep understanding of the organisation's goals, values, and audiences, as well as the ability to craft compelling messages that resonate with them. By recognising the true purpose of public relations, we can better appreciate the important role it plays in shaping our perceptions of the world around us and why women have been drawn to this dynamic and influential field.

In today's digital landscape, women's success stories are often fuelled by creative and innovative approaches to marketing. Digital PR plays an important role in empowering women to take charge of their careers, build their brands, and foster a sense of community. To drive women's success, digital PR must be infused with creativity, consistency, and style.

One of the primary benefits of digital PR is its

ability to provide a platform for women to share their stories, experiences, and perspectives. Through blogging, social media, and online publishing, women can bypass traditional gatekeepers and connect directly with their target audience. This democratisation of media has given rise to a new generation of female thought leaders, who are using their online presence to drive social change, promote gender equality, and inspire others.

Digital PR offers women the opportunity to take control of their narrative, challenging traditional stereotypes and biases. By creating and choosing their content, women can redefine how they are perceived. This shift in power dynamics is critical, as it allows women to reclaim their agency and assert their authority in their respective fields.

The prioritisation of woman empowerment in digital landscapes is of importance. Providing them with tools, resources, and support they need to thrive in an increasingly connected world is key. Let's raise their voices, celebrate their achievements, and create a digital space that's inclusive, diverse, and truly representative of the world we live in.

THE FASCINATING WORLD OF ANIME FUN FACTS

By Pilani Mzili

Anime is a style of animation that originated in Japan and has become popular worldwide. It encompasses various genres and themes, often characterised by colourful artwork, fantastical themes, and vibrant characters. Anime can be found in multiple formats, including television series, films, and web series.

In the last few years, it has surpassed national borders to become a worldwide sensation that captivates viewers everywhere. Here are some 5 entertaining and educational facts about anime and its widespread popularity as a primary source of entertainment worldwide:

1. The anime industry is worth billions

The anime business is a massive enterprise with an estimated global value of over 20 billion. Due to the growing demand for anime streaming, DVD sales, and merchandising, this number is anticipated to keep rising.

2. Anime is not for children

Originally thought of as children's entertainment, anime has developed to appeal to a wide range of age groups. Many of the shows deal with difficult subjects like romance, science-fiction, and psychological drama.

3. Anime has inspired countless creators

Many artists from all over the world have drawn inspiration from anime. Writers, artists, filmmakers, and authors have been influenced by anime's distinctive narrative, character development, and visual aesthetic.

4. Anime has become a cultural ambassador

Anime has played a significant role in promoting Japanese culture globally. Its popularity has led to increased interest in Japanese cuisine, fashion, and traditions. Anime conventions and festivals have become a staple of cultural events worldwide, attracting millions of attendees annually.

5. Anime has broken language barriers

Despite being primarily produced in Japanese, anime has successfully surpassed language barriers to reach a global audience. Regardless of linguistic background, anime is now accessible to viewers worldwide thanks to subtitling and online streaming.

These interesting facts show how anime has changed from a limited Japanese phenomenon to a major force in entertainment worldwide, having a significant influence on popular culture, creativity, and society at large. Its supremacy guarantees that anime will continue to capture viewers globally for years to come and is a monument to the power of storytelling, originality, and invention.

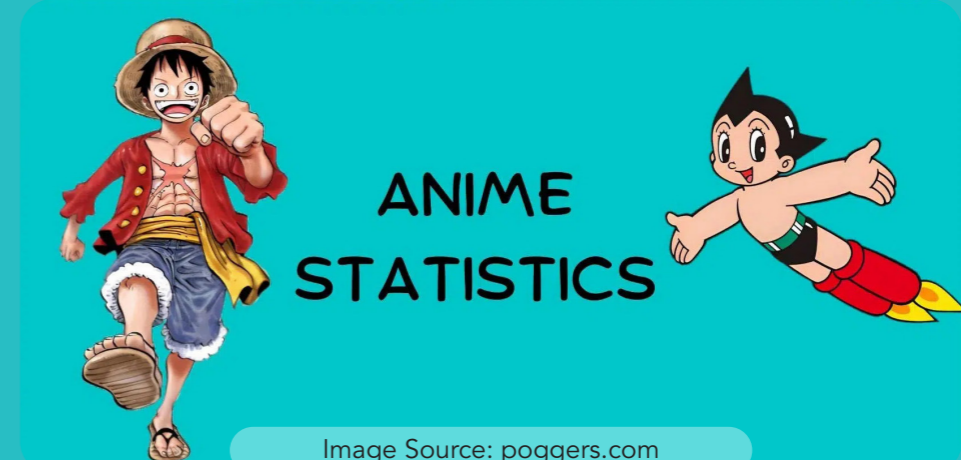


Image Source: poggers.com

MUST WATCH HOT FLICKS



Image Source: internet

By Siphokuhle Mthamzeli

Destress through this chaotic season with some blockbusters, whether you're an action movie lover, drama, thriller, comedy, horror, or goofy animation stan there's a variety of movies being released in September that you can catch up on. Pick your must-watch below or watch them all, why not?

1. Hounds of war

Action/Mystery/Thriller/War

Starred by Frank Grillo, Robert Patrick and Rhona Mitra this movie is about the elite of the elite mercenaries called The Hounds. Their creator sends them on their final mission while they didn't know Final meant their deaths, one of mercenaries survives the set up and is driven by the ambition to avenge his brothers.
Release date: 30/08/2024

2. Dirty Rotten Scoundrels by The Dingalings

Standup comedy

A standup comedy by the duo of Koobeshen Naidoo and Henry Ramkissoo, enjoy the rotten

scoundrel jokes, feel-good stories of yesteryear and the usual singalongs. Let loose and laugh a little.

Release date: 06/09/2024

3. Ozi: Voice of the Forest

Animation

With her home facing the dangers of deforestation, Ozi, an orphan orangutan, uses her skills as an influencer to raise her voice, save her home and bring hope to her kind. This movie is an inspiration to generation Z to use whatever skill they have to raise their voices no matter how harsh the background is

Release date: 06/09/2024

These movies will keep you entertained, inspired, and broaden your understanding. I highly suggest grouping up with your friends and watch your top picks, socialize, and add more to watch movies on your list such as Beetlejuice, The Wilde Robot, BagMan, Hellboy: The Crooked Man, Panda Bear in Africa and Transformers One, the list is endless. Go on and pick your best movies and make sure to head to your nearest cinema to have the time of your life.

ADDRESSING VISUAL IMPAIRMENT AND CARE IN AFRICA



Image Source: www.pexels.com

By Ayabonga Malima

According to recent data from the World Health Organisation (WHO), it is estimated that about 26.3 million Africans are living with a form of visual impairment or disability. Some are aware of their condition, while others are not. Of these 26.3 million, it is estimated that 20 million have moderate to severe visual impairment, including low vision. Additionally, 5.9 million Africans are at the extreme end of visual impairment, being classified as blind.

The primary eye disorders and diseases that contribute to visual impairment in Africa include glaucoma, cataracts, opacities, age-related macular degeneration, trachoma, onchocerciasis, diabetic retinopathy, and uncorrected refractive errors. In South Africa, glaucoma is the leading cause of visual impairment and loss. According to a press release by the Technology and Innovation Agency in December 2022, visual loss and impairment account for 32% of all disabilities in the country.

Evidence suggests that people living with glaucoma have longer saccade latencies (the interval between target presentation and the beginning of eye movement). It has also been found that a person with glaucoma has altered fixation stability, which means they may struggle with tasks like reading, driving and navigation.

Another common eye disorder is cataracts, a condition that clouds the lens of the eye. In its early stages, cataract development causes gradual clouding of a small portion of the lens, hindering the passage of light. People with cataracts often find it difficult to drive at night and may have trouble reading or recognizing facial expressions.

Data from BMC Health Services Research indicate a "low patronage of eye care services in the South African population". It is advisable for people to utilize available eye care services in order to reduce the significant statistic of visual impairment.

MEET 'KIND KID': DESIGNER TOYS BY SANELE QWABE



Image Source: Facebook: Sanele Qwabe

By Baphiwe Yoyo

Sanele Qwabe is a freelance filmmaker and graphic designer based in Durban. He holds an honours degree in Information Design and started off making short, animated films that tell stories from his perspective. One film in particular, "Blue", a love story centred around a stuffed animal in a claw machine.

After "Blue" received various nominations across the world, Sanele's love for animation sparked the idea of creating toys. He started making plush-like character toys, drawing inspiration from Hebru Brantley, known for his conceptualised iconic characters, as well as Korean artists whose cool designs influenced him.

As the entrepreneur behind Kind Kid designer toys, Sanele has faced several struggles while investing his resources. He designs and manufactures all his toys in his home studio. In the process of crafting the Kind Kid toys, he starts using the 3D software program 'Blender'. His creative process begins with a simple block, learning new skills, calling it a trial-and-error

process. This approach allows him to enjoy the fun of seeing what the completed toy will look like. For him, it's important to have fun creating something meant to bring joy.

He says the idea behind 'Kind Kid' represents the childhood memories of himself and his family. Reminding people to always take care of the kid version of themselves that always dreams. He notes that curiosity and consistency can get you anything you desire and hopes that when people see his pieces, they see a piece of themselves and become inspired.

In an interview with IOL, he shared his plans for the future, including growing the brand, having his pieces displayed in art galleries and museums, and making a lasting impact on the art industry. He hopes Kind Kid will inspire children and introduce them to the toy creation industry.

The different Kind Kid character toys are available at Shelflife stores and online. Some of the characters include Kind Kid Life Guard, Kind Kid Joy Boy, and Kind Kid Mega Kid, costing R899.00 each.

MPHAHLELE TWINS LAUNCH DIGITAL X-RAY GLASSES

By Baphiwe Yoyo

Twin sisters, Masego and Matlhogonolo Mphahlele, were born and bred in Hammanskraal, Gauteng. The pair, who attended Sikhululekile High School, played a soccer match when one of their teammates was injured. The injured player had to wait hours before being taken to hospital for an X-ray scan. After this incident, they began thinking and developed a portable solution in the form of Digital X-ray Glasses, which can be used to take a scan and examine most areas of the human body. The glasses, using specialised technology to perform the function of an X-ray machine, scan and provide a diagnosis to notify treatment facilities before arrival.

Their innovation has elevated their careers, earning them accolades along the way, including winning the Red Bull Basement SA competition and finishing second in the Red Bull Basement Global Finals in Istanbul, Turkey. They have become ambassadors for Women in Tech Africa and BrandSA, and have received recognition from Forbes Leading Women Summit, BBC's Africa Next Generation Project, and the Mail & Guardian 200 Young South Africans list. They wear many hats, serving as innovators, public speakers, and brand collaborators.

Currently, Matlhogonolo is a student pilot, and Masego works as a flight attendant at FlySafair. This year, they launched the Digital X-Ray Glasses at the Innovation Hub in Pretoria through their company, Twin X Innovation. Attendees included radiologists, potential sponsors, and private sector representatives. During the event, they stated, "Our company is committed to producing more groundbreaking innovations in the future. Furthermore, we are devoted to empowering young innovators, like us, from rural areas and townships by providing them with opportunities to develop and bring new

technological innovations to life." Attendees were able to see a live demonstration and had discussions on the impact this innovation could have on the medical industry.

They believe the pair of glasses can be used to help improve the health care system by enabling instant scans on injured athletes at sporting events, and ultimately save lives. When asked about their future endeavours, they explained that Twin X Innovation will continue to push the boundaries of what is possible in the healthcare industry and possibly the security industry.



Image Source: Instagram @twinxinovation

NQWEBA'S GIFT FROM THE ABOVE



Image Source: www.dailymaverick.com

By Amahle Dladla

The young and curious 9-year-old, Eli-ze du Toit, reports that she had been in the company of her mother and Ouma when she, alongside a number of Nqweba locals and those in nearby areas, were interrupted by the fascinating sight of an object descending from the sky, followed by vibrations and tremors. What soon was identified as a bolide made its rapid journey, at an acceleration of 20km per second, before harshly and loudly impacting the Earth and inspiring a scramble for its celestial fragments.

Upon much assessment, geoscientists and astronomers alike confirmed that what had infiltrated the Eastern Cape skies was indeed a meteorite. Coming in with a magnitude of less than 90g, the meteorite displayed a pitch-black, glossy coating that concealed an even fairer interior and was accompanied by clasts of light and dark green. The rare achondrite shared clear traits befitting the Howardite-Eucrite Diogenite (HED) group and was at last given the name Nqweba which when translated from the Xhosa language meant "A meeting place".

Another interpretation of this pivotal moment showcased the areas of South African geology and astronomy finally being exploited for galactic episteme. An impressive number of scientists from the esteemed institutions of Rhodes University, The University of the Witwatersrand, and Nelson Mandela University collaborated with the Astronomical Society of Southern Africa for the discovery of a knowledge that contributed to unlocking mysteries far away.

Before a meteorite fully departs from being a floating meteoroid in space, it serves as a rich and untapped time machine, dating back to 4.6 billion years ago. The scientists use the residuals of celestial bodies from shattered asteroids, planets, the moon and comets in the outer solar system to update any prehistoric data previously understood by earlier human knowledge. Dr Leonidas Vonoparties from The University of the Witwatersrand reiterates, "Events such as these are incredible and are very exciting, both for the public who witness these falls and the scientists who gain invaluable information from studying the bolides and rocks".

SOUTH AFRICA NEEDING TRADE PARTNERS TO SCALE GREEN ENERGY



Image Source: www.pexels.com

By Mthetho Njube

South Africa is increasingly investing in renewable energy, which is energy coming from natural sources that are replenished at a higher rate than they are consumed. As much as coal still is the dominant energy source in South Africa, growth in renewables and renewables infrastructure - especially in the private sector - has been exponential. According to Mail and Guardian, in 2023, South Africa imported R17.5 billion worth of solar equipment, significantly increasing its solar capacity. Renewable energy's share is expected to nearly double by 2032, aligning with the government's goal of 50% renewable energy by 2050. However, reaching net zero emissions by 2050 will require around US\$500 billion in investments, along with robust international trade partnerships to support the transition.

Moreover, South Africa's growing demand for green energy, particularly solar, is driven by frequent blackouts due to power shortages. In response, domestic and business users have increasingly adopted rooftop solar solutions, leading to a 349% increase in installed capacity between March 2022 and June 2023. Government initiatives, including a R9 billion tax relief programme, further supported this growth, although the subsidy ended with the latest budget. Cape Town has also paid over

R25 million for excess solar power. The surge in rooftop solar has caused a 5.9% drop in electricity sales for Eskom, which is now leasing land to independent power producers to offset losses.

Despite South Africa's significant renewable energy potential, particularly in solar and wind, limited local manufacturing capacity means the country relies on imports. Trade partnerships, such as recent deals with Denmark, the Netherlands, and China, are essential to developing green hydrogen and expanding renewable energy initiatives. To ensure competitiveness, South Africa should incorporate renewable energy into trade agreements, benefiting from job creation, energy security, and decarbonisation. Trade deals also offer technology transfer, market access, and investment opportunities. However, challenges like intellectual property, regulations, and local industry protection require careful negotiation, diplomacy, and an understanding of the industry for success.

Overall, South Africa's strong renewable energy potential and growing demand require strategic trade partnerships. The government must evaluate and strengthen existing deals while actively pursuing new agreements that align with its green energy goals to become a leading renewable energy producer and consumer.

SOUTH AFRICA'S INVOLVEMENT IN CLIMATE CHANGE

By Mthetho Njube

Climate change poses a significant crisis globally, threatening the survival of many living organisms. In response, countries are striving to combat this issue to protect Earth. Climate change is the long-term changes in regional and global climate patterns and are driven by factors such as greenhouse gas, deforestation, industrial agriculture, energy production, transportation, and more. Therefore, countries are fighting this by trying to limit temperature increases to 2 degrees Celsius. Countries are required to reduce carbon emissions by creating nationally determined contributions (NDCs), which outline their commitments to lower greenhouse gas emissions and mitigate climate change. These commitments will be renewed next year as part of the international climate agreement.

According to the Mail and Guardian, COP29 aims to foster discussions on global climate change reduction, focusing on support, barriers, and implementation of NDCs. Climate Analytics has developed a tool to assess countries' progress with their NDCs, using data from the Intergovernmental Panel on Climate Change to help align decarbonization efforts with the Paris Agreement.

Where does South Africa stand?

According to the research, South Africa is unable to reach the climate goals due to its heavy reliance on coal for power. To reach the abovementioned goal, emissions need to fall significantly-by 85%. The draft Integrated Resources Plan (IRP) emphasises extending the lifespan of coal, which conflicts with the country's NDCs as coal contributes significantly to emissions. Although it doesn't propose new coal stations, delays in decommissioning existing ones hinder progress toward climate objectives, negatively impacting international negotiations.

Moreover, South Africa's 2023 draft energy plan targets for only 22% renewables by 2030, down from 33% in 2019, far below the 75-93% needed for a 1.5°C pathway. Despite record solar imports indicating progress, stronger targets and ambitious renewable rollouts are essential. The recently signed climate change bill aims to support a low-carbon transition, but the current renewable output of 4.5 gigawatts is insufficient. Securing funding through COP negotiations is crucial for enhancing grid capacity and reducing coal reliance while achieving Nationally Determined Contributions. Closing the funding gap will be a key focus at COP29.



Image Source: www.pexels.com

TIKTOK STREAKS AND ECHO CHAMBERS



Image Source: www.pexels.com

By Amahle Dladla

The day that TikTok decided to revolutionise direct messaging (DMs), was the day users came face-to-interface with streaks. What defined the newest update was a matter of timed interactivity and the promise of a reward. In the span of three days of engagement, users exchanged content ranging from text messages, emojis, photo, videos and voice messages and in return unlocked the fiery streak badge.

To keep the fire forever ablaze, the significance of interaction is that users got to experience and share the joys of entertainment from their customised and algorithmic For You Page (FYP) with their mutuals. In the unfortunate event of the streak losing its spark and greying out, the application allows users a moment of grace and leniency to redeem their streak within a six-day trial.

What could be seen as a friendly and simplistic gesture between users attempting to maintain a secure connection in a cyber-social space became an insightful glimpse into how easily parasocial ties formed. Ed Amory, CEO of Instinctif Partners argues, "Most social media

platforms perform at best one of two services; either they connect people more easily (Snapchat, Instagram, WhatsApp, LinkedIn), or disseminate information about the world faster and more effectively than before (Twitter, Facebook, Reddit)" with the exception being that TikTok does neither but instigate the existence of parasocial echo chambers.

The dangers of echo chambers were that they were a homologous site where diversity and independence fought to keep their places. One way to describe this phenomenon is that it is a filtered bubble where users develop specific perspectives, values and biases which are echoed and reinforced to them by their mutuals, no matter the illegitimacy.

The irony of this hive mind was transformed through Streaks. The daily engagement of experiencing the TikTok craze 'together' built a false sense of online proximity and solidarity. The streak badge was given the same precedence as a friendship bracelet. What differs is that the badge is not profound and a reflection of the true quality of the friendship but more so an assessment of the time taken for the interaction to count as a streak.

MADIBAZ STADIUM WITNESSES BANYNANA BANYANA MAGIC



Image Source: Seychelles Football Federation Facebook Page

By Puleng Moloi

The Hollywood Bets COSAFA Women's Championship 2024 was scheduled to take place in Gqeberha from the 22nd of October to the 2nd of November.

With 14 teams expected to compete, it was the largest women's international competition to take place in the African continent. It is with great pleasure to disclose the fact that Madibaz sports ground served as one of the sporting venues where the championship took place.

South Africa intended to reclaim their title in 2024 following three years with no triumph.

Since their victory in the year 2020, the team has continued winning the 2022 Women's AFCON (Africa Cup of Nations) when competing in the 2023 FIFA Women's World Cup, completing a successful period for the squad. They took advantage of this regional victory to broaden their athlete pool, they are looking for the next stars who have no recognizable names in the team.

Madibaz Sports Ground witnessed an extraordinary display of skills and determination as South Africa achieved their highest ever score in the COSAFA tournament, defeating Seychelles 8-1. The electric atmosphere in the stadium reached fever pitch as the South African team delivered a breathtaking performance, dominating their opponents from start to finish. The enthusiastic crowd was cheering on the players with chants and applause throughout the match.

This remarkable victory marks a significant milestone for South Africa, showcasing the team's exceptional talent and teamwork. The team Knew the opposing team was building their essentials, but for them it was about fixing their mistakes from the previous games; they focused on scoring goals, sticking to their game plan, improving combination plays and moving off the ball to create chances, said the South African Coach Maude Khumalo.

"I encouraged Asanda to be more offensive, as most goals came from her side. We exploited the opposing team's overload on the left by using the right side, creating space. The team executed the plan well, scoring many goals and gaining confidence. I'm proud of them".

