

## UADS HOSTS ITS FIRST COLLOQUIUM!

By Vincent Meya

Nelson Mandela University's Universal Accessibility and Disability Services (UADS) recently hosted its inaugural Colloquium, with the theme "Advancing Universal Access".

The event occurred at the North Campus Conference Centre over two days, 31 August to 1 September 2023. The main objective was to address inclusion and access challenges faced by differently-abled students with the university and to propose potential solution.

The event drew a diverse audience, including stakeholders and officials from various institutions in Gqeberha. Notable attendees included representatives from Walter Sisulu University, the University of Fort Hare, Lovedale College, East Cape Midlands College, the University of Johannesburg and the University of Kwa Zulu-Natal.

Government officials were in attendance as well, including representatives from the Department of Higher Education and Training (DHET) and the Department of Employment and Labour (DEL). From NMU, the University's Dean of Students, Student Representative Council, Engagement Office, Transformation Office and faculty representatives attended.

Dr Nosiphiwo Delubom, the head of UADS, emphasized the colloquium's goal to define access and ensure the employability of graduates with disabilities. Key topics included accessibility and inclusion of differently-abled students within the

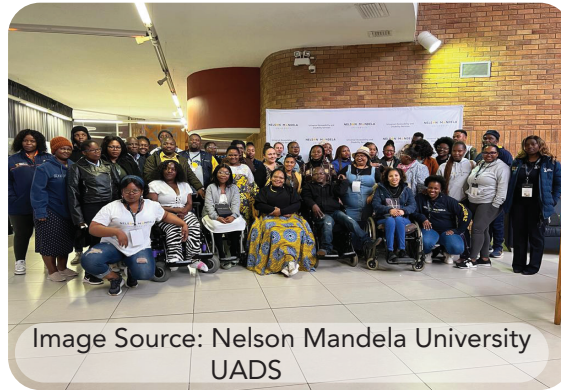


Image Source: Nelson Mandela University UADS

university, and employability of differently-abled graduates.

Government representatives highlighted services provided by their departments for differently-abled students, including funding. Abigail Baloyi from the Office of Inclusion and Equity highlighted that only one per cent of the National Student Financial Aid Scheme disability fund is utilized. Employment opportunities for differently-abled graduates and issues of inclusion and accessibility in the job market were also discussed, allowing students to engage and ask questions.

Bongiwe Daniels, Principal of Khanyisa School for the visually impaired, expressed concerns about treating differently-abled students seeking admission to higher education institutions. She emphasized the need for staff development and praised Nelson Mandela University UADS for its support and collaboration.

In the Eastern Cape, nine special schools offer matric – four in the Nelson Mandela Metro, two in Buffalo City, and three in the OR Tambo district. UADS plans to continue collaborating with special schools and organizing similar events, like an Imbizo, in the future.

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## LETTER FROM THE EDITOR

Welcome to the Eighth Edition of MadibazNews!

With most of the year having passed, we have the privilege of looking back at what we have achieved this year, but we are also in a great position to look to the future and what we still can achieve. This is our final stretch, so, do your best.

This edition features some of our journalists' finest work – with a myriad of articles about Heritage Day, we are well reminded of the sacrifices our predecessors made, and how we continue to honor them, along with articles concerning the latest technological advancements in Science & Technology, an exclusive interview with Jude Leander in Sports, the political stance in Opinions, and local events in News and Lifestyle & Entertainment. So please, indulge!

On the note of Heritage Month, please do take note for the future, to attend cultural events in the future – they are nourishment for the soul, as is looking after yourself. Remember, drink your water, stay active and remain focused! We're almost there. Thank you so much for the continuous support of the paper, and please do not forget to follow our social media accounts for updates and new events. Keep well and stay strong!

**Leigh-Nakeetah Jason**

## AI, SOCIAL BOTS, ALGORITHMS & GENERAL ELECTIONS



**By Somila Tiwani**

**Bay Community Dialogue advised South African political parties to use new communication channels to engage citizens effectively. The dialogue "AI Social Bots, Algorithms & the 2024 General Elections: The Positive & Negative Impacts Community Dialogue" was held at Nelson Mandela University's Ocean Sciences Campus on Tuesday, 29 August 2023.**

The Electoral Commission of South Africa (IEC) hosted the dialogue, in partnership with The Herald and Nelson Mandela University's Centre for the Advancement of Non-Racialism and Democracy (Canrad). Sphamandla Mhlongo from the Democracy Development Programme stated that with the upcoming 2024 general election, South African political parties have not effectively used artificial intelligence (AI) and other social media techniques to engage with voters meaningfully.

Therefore, social media may significantly impact political communication, but it must be connected to how most people live. He mentioned that while AI is progressive, it may have a detrimental impact if misused. Nelson Mandela University political science lecturer, Dr. Ongama Mtimka noted that the link between social media and the natural world must be explored. Citizens' ability to express their dissatisfaction with AI and social media is a positive.

IEC Chief Electoral Officer Sy Mamabolo outlined the growth of AI "This upcoming election is going to be not so much in community halls and on social media, so good and bad mechanisms are going to be at the centre of things," Mamabolo said that the IEC had implemented a variety of measures to ensure that social bots and AI did not compromise the legitimacy of the elections.

The steps involved conducting workshops for all political parties on using AI in campaigns and advertising, outlining its pros and cons. He said the commission had signed a framework of understanding with media platforms like Meta, TikTok and Google to intensify the moderation of fake news and disinformation during elections. The Herald and Weekend Post Editor, Rochelle de Kock, said that as predictions suggest a significant shift towards coalition government, political parties are expected to intensify their rhetoric.

## COMMEMORATING SUICIDE PREVENTION AWARENESS MONTH

SEPTEMBER  
**SUICIDE  
PREVENTION**  
AWARENESS MONTH



Image Source: istockphoto.com

By Somila Tiwani

**On 10 September, World Suicide Prevention Day is commemorated, making September 'Suicide Prevention Awareness Month', a time to raise awareness, reduce stigma and encourage an informed response to this global mental health emergency. On average, almost 3000 people commit suicide daily. According to the World Health Organization (WHO), suicide is the second leading cause of death amongst people aged 15-29, worldwide, with a third occurring among adolescents.**

In South Africa, students' mental health has become an increasingly prominent issue, with some academics claiming that suicidal behaviour has increased to epidemic levels in higher education institutions. It is critical to necessary implement accessible preventative treatments to reach the high number of youth, who report having suicidal thoughts.

Young people at Higher Education Institutions face significant stress in the form of academic workloads, lack of funding, peer pressure and family separation. These stressors increase the risk of developing mental health illnesses like substance abuse, depression, anxiety and suicidal behaviour in individuals.

Nelson Mandela University student Neo Mabusela states that life can be draining sometimes, and it's normal to feel overwhelmed and suffer from mental health illnesses. "As males, society always wants to see us strong, which is unrealistic; we are also human. We have emotions even though we often act like we don't. Cry when it hurts, release the pain, talk to someone; bottling up only causes more damage."

Do not hesitate to use the university's on-campus health and mental health assistant centres, Emthonjeni Student Wellness. Suicide is not the answer. The loss of a person who killed themselves shatters the lives of family and friends. The emotional impact can last for many years.

Learn more about how to prevent suicide, and get help on: 0861-322-322

## A CALL FOR SUPPORT IN AUTISM AWARENESS!

By Vincent Meya

**The Autism Welfare Centre Africa by Mazi Emeka Ochi, calls for significant strides in spectrum awareness. This follows the successful games day hosted by the centre at Milan Stars Grounds in Motherwell earlier this year, to raise awareness and educate people about Autism.**

Community members came out in numbers to show support and educate themselves about Autism. According to the Autism Welfare Centre Africa, Autism, also known as Autism -Spectrum Disorder (ASD), is a developmental delay that affects communication, social interactions and behaviour challenges.

The welfare centre, at 22 Richmond Hill in Central, aims to persuade and continue promoting support for Austistic persons in certain societies of Gqeberha. People with autism face exclusion and discrimination within the community due to not being educated enough about the condition. Mazi Emeka, the founder of the Autism Welfare Centre Africa, aims to change that, and advocate for including autistic persons in society.

The organization plans on hosting an event and a "walk and fun" activity on 25 October 2023 under the campaign "#IamDifferentYetAlive". It will be hosted at Nelson Mandela University, South Campus at the Kraal, and the Boardwalk Mall. "The motive behind the campaigns is that our people need to get sufficient knowledge on what autism is about, because some autistic children are excluded and not regarded as normal in our communities" - Mazi Emeka.

This campaign will demonstrate inclusion despite differences. Students are urged to avail themselves to show support and also learn more about autism. The organization remains cautiously optimistic, that it will have a positive impact on society and thus create an inclusive and transformative world for everyone.



Image Source: <https://autismwca.org.za>

# POLITICS, STUDENTS, AND THE UPCOMING ELECTIONS



Image Source: June Luna website

By Mfundo Mdim

South Africa’s political landscape will take reform post the 2024 elections. Debates on contesting ideologies on how best to govern South Africa, are gaining traction. Parties have started their campaigns and their sights on for the presidential chair and congress majority. However, university students show little to no interest in politics, including Nelson Mandela University students. What are the dangers of this behaviour amongst students, and how does it affect our democracy?

South Africa’s first democratic elections were held in April 1994, marking 27 April a public holiday. This was the first election that included all races, and ended the apartheid regime, awarding black, Indian and coloured people the right to vote. This allowed everyone to participate in making decisions regarding the country’s political affairs. One of the essences of democracy is participation, expressed by voting. It is a constitutional right given to us in the country.

Reports and studies over the 2019 general elections reported low voter registration, especially amongst the youth aged 18-29. These are students who constitute a significant percentage of our population. Not registering to vote in time, takes that right away. You silence your own voice by not voting, and throw away the constitutional right to participate in a democratic society.

The alarming political apathy amongst the youth in our country, flaws our democracy since the government that represents us, is the government of the few and not the majority. This is why students need to be inspired by the students who stood against an unjust educational system in Soweto, 1976. The voting polls in 2024, are the platform we have been waiting for. We need to be responsible with our constitutional rights, and the first step is voting. We need to re-engage and make our voices heard in the political landscape. This will show that we are shaping and developing our country to accommodate us all.

# THE FIGHT AGAINST INEQUALITY REMAINS STRONG

By Imkhitha Mbangula

In our society, women are often expected to excel at balancing family and a career, or risk being labelled inadequate wives or mothers. Strict gender roles have been imposed on women, perpetuating the notion that their primary responsibilities should involve ‘feminine’ duties like cooking, cleaning and childcare. Simultaneously, the narrative ingrained in children’s minds, is that the male members of the household are the breadwinners.

One of the most pressing concerns revolves around the financial challenges that mature women face in research, particularly given the age limit of 35 for the National Research Foundation (NRF) PhD fellowship. Mature female students encounter hurdles to entrance, engagement, and achievement in higher education. However, the NRF has recently announced a new policy to boost women’s representation in research. The new policy promises to provide women with 55% of all bursaries under this strategy.

Understanding the genuine thoughts and perspectives of both men and women within your organization is crucial for mitigating unconscious bias in the workplace. This forms the foundation for the development of meaningful strategies that can bring about positive transformation. Gender bias, along with other forms of bias, can and should be addressed by organizations. Methods for objective personnel decisions and talent management, for example, data use, and staff training can all be useful approaches to reduce unconscious bias.

Other positive initiatives include building a culture that acknowledges and values diversity, encouraging both men and women to sponsor and mentor women, training individuals to identify unconscious gender bias in the workplace, and implementing tactics to overcome it. Most institutions are still a bastion of white male power. Tenure is denied to white women, and women of colour at far higher rates than white men. Women of colour research is judged poor or insufficient. Women of colour in specific research faculties face additional challenges in establishing their competence and legitimacy in an academic setting where their labour is frequently underestimated and misunderstood.

We can only hope that this improves.



Image Source: Pixels.com

## HAPPY HERITAGE DAY!



Image Source: patonbrands.com

By Leigh Nakeetah Jason

**Annually, South Africa celebrates Heritage Day on 24 September, a chance for everyone to appreciate and foster greater social solidarity and a shared national identity. Used to honour the heritage of the many cultures that form the nation, it celebrates South Africa’s roots, focusing on the rich, diverse cultures of the Rainbow Nation to nurture and embrace culture, accepting all races and genders.**

Affectionately known as “Braai Day”, families and friends unite to spend time and throw meat on the coals. But, aside from donning cultural attire, paying homage to our predecessors, and enjoying cultural cuisines, Heritage Day has a very interesting story. Previously, 24 September in KwaZulu-Natal, was “Shaka Day”, which residents used to commemorate the Zulu King, on his presumed date of death in 1828. He was a fearsome warrior, well-known for bringing the Zulu clan together and forming the nation.

When the proposed Public Holidays Bill was brought before the new Parliament, in 1995, Shaka Day was rejected as a national holiday, which led to the Inkatha Freedom Party’s objection, bringing everyone to a compromise – the day would still be a public holiday, but used to commemorate and celebrate all cultural heritage. Some still visit his grave annually on this day. President Nelson Mandela celebrated the first Heritage Day in Uitenhage, in 1996, and reported that when the first democratically elected government declared Heritage Day a national holiday, it was done because they knew that the rich and varied cultural heritage had profound power to build the new nation.

In 2005, a campaign was launched to rebrand Heritage Day to ‘Braai Day’, to encourage South Africans to celebrate a shared culture, the one of braaiing, rather than focusing on cultural divisions, driven by “Jan Braai”. Initially, it was believed that the rebranding took away from the true significance, but in 2007, Archbishop Emeritus Desmond Tutu became the official Braai Day spokesperson. Heritage Day is celebrated nationally in a myriad of ways – concerts, personal cultural commemoration, and even having a braai, or potjie, whatever you prefer. We hope that you enjoyed it this year!

## BRICS CHALLENGES G7’S DOMINANCE

By Ashley Malepe

**The recent expansion of the BRICS bloc has ignited a seismic shift in global power dynamics, backed by stark economic statistics that challenge the supremacy of the G7. The G7, consisting of the United States, Canada, United Kingdom, Germany, France, Italy and Japan, has long held economic hegemony. However, the scales are tipping. With a combined GDP of approximately \$40 trillion (around R600 billion) in 2021, the G7’s dominance is waning in the face of BRICS’ meteoric rise.**

BRICS nations, boasting a collective GDP of around \$22 trillion (roughly R330 trillion), are projected to surpass the G7 by 2030, with an estimated combined GDP of over \$50 trillion (approximately R750 trillion). This numerical shift is more than a mere statistic; it is a testament to the recalibration of global economic influence. Borrowing and buying power are pivotal indicators of economic clout. China and India, the cornerstones of BRICS, collectively hold massive potential.

China’s Belt and Road Initiative, with an infrastructure investment exceeding \$1 trillion (about R15 trillion), and India’s expanding consumer market challenge the traditional economic frameworks upheld by the G7. These ventures reflect the transition of economic power from the West to the East, presenting alternative avenues for growth and partnership. Numerical forecasts underscored the transition from G7 dominance to BRICS prominence.

If current trends persist, NBRICS’ aggregate GDP could reach \$55 trillion (around R825 trillion) by 2050 – almost double the projected GDP of the G7 at \$31 trillion (about R465 trillion). These figures are not just predictions, they signify a new epoch where economic dynamism is no longer in the hands of a few. Are we standing witness to a rebalancing of global power? Is the rice of BRICS forging a path toward a more equitable distribution of economic influence? As numbers and statistics point the way, only time will reveal the definitive answer.



Image Source: wilson Centre

## QUICK MEALS FOR STUDENTS

By Nompumelelo Mculu

In today's fast-paced world, students often find themselves juggling multiple responsibilities, from attending classes, studying, working part-time jobs and engaging in extracurricular activities.

With such hectic schedules, finding the time and energy to prepare nutritious meals can be a challenge. However, maintaining a healthy diet is crucial for academic success and overall well-being.

Being a student is like having a full-time job, except your boss is a relentless academic calendar, and your grades are your pay-check. With so many demands, it is no wonder that cooking elaborate meals is often the last thing on your mind.

That is where quick meals come to the rescue! They are like the sidekick you never knew you needed, saving you time and energy without compromising on taste and nutrition.

Easy recipes aren't just convenient, but essential for surviving student life. By incorporating quick meals into your routine, you will save valuable time, better spent on studying, socializing or catching up on your favourite Netflix series because, let's be honest, that's important too!

Plus, cooking easy recipes will also help you develop essential kitchen skills and make you feel like a culinary superstar, even if you're still not sure how to properly dice an onion.

The first step is drafting a grocery list and sticking to it. This helps you avoid impulse purchases,



Image Source: <https://pin.it/3kiFLsN>

and ensures you have everything you need for your planned meals. Consider buying in bulk, when possible, as it often saves money in the long run.

Look for sales, discounts and coupons to maximize your savings. Don't shy away from frozen or canned fruits and vegetables they're just as nutritious as fresh ones and tend to be more budget friendly.

## SKIN CARE IS A FORM OF SELF-LOVE

By Viwe Kambule

University life can be demanding and overwhelming, with academic responsibilities and social pressures constantly vying for our attention. It is easy to lose track of our own needs and well-being. As a result, our lives can become imbalanced, making us susceptible to mental health illnesses, like depression and low self-esteem. It is crucial to prioritize self-care and take the necessary steps to maintain a healthy work-life balance to thrive in university and beyond.

Reaching out can be scary, and sometimes it feels like we are not in control or capable enough, however, we often forget that the simplest coping mechanisms, like skincare routines, can make a huge difference. Engaging in skincare is an act of self-love that allows us to give back to ourselves after all the daily activities like studying, working and socializing.

By doing so, we acknowledge our self-worth and the hard work we put in. Scientifically, skincare routines trigger mood-boosting chemicals in our brains and develop consistency, which sends a powerful message to our brains and develop consistency, which sends a powerful message to our brains. As a result, we may be more open to trying self-development tactics and habits that embrace our inner child.

Taking care of your skin is an essential part of self-care, but it can be challenging to develop a skincare routine due to the diversity of skin types and sensitivities. However, with the right products and approach, it can be a beautiful journey of self-discovery and self-love. Retail stores like PEP and Clicks offer a wide range of affordable skincare products, making them ideal for those on a tight student budget. Whether your skin is oily, dry, or a combination, there are products that can help you achieve your desired results.

As you embark on your self-care journey, remember to be kind to yourself and others, and approach society with the same kindness you show yourself. Aaannndddd, take a selfie after your skincare routine to see how your skin glows with renewed vitality, despite the challenges of student life.



Image Source: Supplied

## YET ANOTHER SPLENDID STREET FESTIVAL



Image Source: pexels.com

By Bantu Ndiki

**The Nelson Mandela Bay Municipality has proved again that they are a perfect host, especially when it comes to creating economically booming events.**

On 2 September, the Municipality was one of the major sponsors behind the annual Richmond Hill Street Musical Festival presented by Alliance Francaise. There are some of the events amongst others, that contribute to the NMB's economy because of the external visitors. Tourism is one of the sectors that benefit from this event because of the high demand in accommodations and hospitality.

As always, the streets of Stanley and Mackay overflowed with crowds, enjoying themselves visiting different stalls and experiencing musical stages graced with performances, as well as indulging themselves in different cuisines offered by stalls and restaurants. It was all fun and games from kids to adults, enjoying themselves while being entertained by various local artists and musical bands. Displayed stands varied from craftwork, busker mini-stages, choirs and special offers from the restaurants on Stanley and Mackay Street.

"It is always in my annual diary that I and my friends travel to Gqeberha to attend music festivals and we always look forward to different food offers and beverages," - Amanda Dyantyis, one of the attendees. The concept behind the festival was Diversity Lane, part of the parcel this year. The initiative's main aim was to create an authentic theme of music, together with cuisines and the creation of arts. The sun setting didn't close the curtains, instead female fire artists took to the streets to entertain the crowd with chained fireballs.

The Coca-Cola truck and the Red Bull DJ mobile booth joined in, and brought forth the crowds, performers and dancers. Events like this are not only good for the economy, but for everyone involved. They help create memories and enhance unity amongst people – all in the name of entertainment.

## WHAT COLOURS ARE YOUR THOUGHTS?

By Nompumelelo Mculu

**Colours have a profound impact on our daily lives, influencing our moods, emotions and even our own thoughts! From the vibrant hues of sunrise to the soothing shades of a serene landscape, colours surround us everywhere. But have you ever wondered about the deeper connection between colours and our thoughts?**

The way we perceive and interpret different colours can have a significant influence on our cognitive processes and overall mental well-being. Mariam, a psychologist, explains the wonders of colour and its influence on our daily lives. "When we see a colour, it's not just a simple visual experience. Our brains process colour stimuli in complex ways, involving various regions and neural networks." Understanding how the human brain perceives and interprets colours can shed light on the profound impact they have on our cognitive processes.

"Colours have the power to grab our attention and enhance our memory. Certain hues can make information more memorable, while others can easily fade into the background." By exploring the role of colour in attention and memory, we uncover strategies to make our thoughts more vivid and memorable. Believe it or not, colours can even affect our decision-making processes. They can sway our perceptions, influence our preferences and even impact the choices we make. By delving into the intricate relationship between colour and decision-making, we gain insights into how colours can be subtly persuasive.

"Colours have the uncanny ability to stir up emotions within us. Whether it's the calming effect of blue or the energy of vibrant red, each colour carries its own emotional resonance. We uncover the connection between colours and basic emotions, revealing the power of colour palettes to evoke specific feelings." Colour plays a vital role in shaping our surroundings. From home decor to workspaces, the colours we surround ourselves with, can significantly impact our mood and productivity. Learn how to create harmonious environments by strategically using colours and discover the science behind colour choices in various settings.

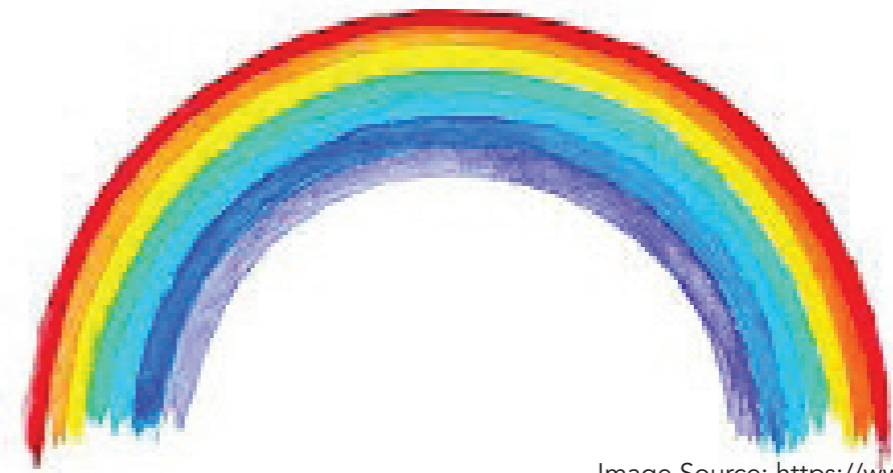


Image Source: <https://www.npg.org.uk>

## LABORIA CELEBRATES HERITAGE DAY



Image Source: Mihlali Ntozonke

By Mhlali Ntozonke

**On September 24, the off-campus Laboria Student Accommodation celebrated an inclusive Heritage Day that welcomed every South African culture, making everyone feel heard and important.**

Heritage Day is celebrated countrywide, reminding people of their roots and heritage. The event was coordinated by the Laboria executives, with presenters Billy and Shaka. "Heritage Day, we are talking about the integration of different cultures, because at the end of the day the culture that you belong to does not limit you to an extent that you cannot learn about other cultures. So, this day serves as an opportunity for one to learn and grasp more information about other cultures and their customs", an attendee commented.

This event was unique in a way that it embraced all South African cultures, each represented by its specific cultural song. What followed, was a reciting of historical background on how, where and what shaped culture. From the food they eat, to what makes them unique. Amongst others, isiXhosa, Sepedi, Tshivenda, Setswana, Sesotho, Xitsonga, IsiZulu, Swati, Ndebele and Afrikaans cultures were celebrated.

Posters for visual representation were made to accommodate those with limited knowledge on the various cultures. As the Zulu people set foot on stage, they showed respect to late King Buthelezi. People donned cultural attire that represented their respective cultures. The food prepared, complimented the occasion indeed. The kitchen served traditional food, the likes of steamed bread, tripe, umngqusho (samp), spinach and butternut. The students received the event very well, and were united in celebration.

With each cultural song, they danced together, while poetry added a homey feel which sparked feelings of excitement from the crowd. The event brought unity amongst different cultures, and showed us that we are all one. We may have disagreements and fights, but together, we are more powerful than divided. It also taught us so many interesting things about other cultures that we are quick to judge without knowing the reason.

## LIFE-GIVING AIR OR DEADLY AIR?

By Phuthego Precious Nthoke

We all know that breathing is essential, and without oxygen, we would quite literally not survive. But what we can neglect to see, is that the air that keeps us alive can easily end us with a slight drop in percentage. We since learned from primary level education that the air is made up of 78% nitrogen, 21% oxygen, 0.9% argon and 0.1% of other gases.

Too much oxygen can be bad for you, and breathing in too much of it at a higher pressure than normal can be toxic and can often lead to hyperoxia. This occurs when there is more than enough oxygen in the organs and tissues. Bet you didn't think that there would be such a thing as too much oxygen, right?

To dive a little deeper, this means that when the pressure of alveolar [O<sub>2</sub> (PAO<sub>2</sub>)], is slightly off, continuous exposure will lead to a state of hyperoxia. Here are ways you can tell when you have been hit by too much concentrated oxygen:

- Shortness of breath
- Experiencing pains when taking a breath
- Continuous coughing

As these are common, but very general symptoms, let's share some more, and visual changes:

- Ringing in your ears (Tinnitus)
- Experiencing Hiccups
- Dizziness
- Confusion

These are all in addition to the initial ones, that can occur in a few hours. High concentration, however, does not compare to the results of breathing in low concentrated oxygen – imagine you are going about your day and you suddenly lose your coordination and start fainting, losing your judgment, being mentally confused and possibly dying, are all indications that hypoxemia has hit you.

Image Source: Oxygen-plants.com



## AMONG US, IS THE IMPOSTER

By Phuthego Precious Nthoke

**We have all at some or other point felt like we do not belong – be it during conversations, maybe when we make a small mistake.**

We often downplay our expertise, and others often over-explain themselves to appear as geniuses. It was estimated that at least 70% of people will experience an Imposter Syndrome episode at least once in their life. Imposter Syndrome is defined as a behavioural health phenomenon, described as self-doubt of intellect, skill, or accomplishment amongst high-achieving individuals.

When we look at the scientific aspect of Imposter Syndrome, more research is directed towards it and many categories have been established, commonly it has been discovered that there is a link between Imposter Syndrome and behavioural disorders, like anxiety burnout, depression and the exacerbation of other unrelated health problems. The categories established by researchers are called the Imposter Cycle.

The cycle is a pathognomonic characteristic of the imposter syndrome, and it occurs when a person is tasked with an assignment, duty or obstacle. The first stage of Imposter Syndrome is perfectionism. To summarize, it is described as the need to be the best, a high level of competitiveness and perfectionist patterns when the goals are unattainable or impossible to achieve.

The next phase of the cycle is “The Super-Hero”. This is when you overexert yourself trying to be the hardest working person and telling yourself that you need to obtain the highest level of achievement and if you do not,



Image Source: <https://www.pexels.com>

you will believe that you are a fraud.

We then move on to Amychophobia – the fear of failure that reinforces the feelings that you are inefficient, and this will undoubtedly lead you to bad and risky decisions that will be made from fear of embarrassing yourself and feeling ashamed. One can overcome Imposter Syndrome by recognizing your capacity and worth, surrounding yourself with positive reinforcement, and most importantly, by prioritizing your mental health.

## THE SPECIAL SENSES AND THEIR ORGANS

By Akahlulwa Radana

**The human body contains four specialized senses – known as “Special Senses” - which are vision, balance, olfaction and hearing, all of which require a unique sensory organ, to be recognized.**

Vision is the capacity of the eye to concentrate and register visible light on the photoreceptors within the retina of both eyes, that in turn produce electrical nerve impulses that make it possible for the brain to distinguish between varied colours, hues, and brightness levels. The layers that form the eye are the fibrous tunic, the vascular tunic, ciliary body and the nervous tunic.

Balance allows for free movement. Balance is necessary for when we are learning to walk as well as stand up straight, learn to orient yourself, and navigate the surrounding space. Balance is also linked to hearing, as both senses involve the ear, balance is created when the internal ear communicates with the brain.

Hearing is the sense of perceiving sound. The organ specialized for hearing is the ear, that consists of many components including the temporal bone. Within the bone, is the organ of Corti, where sound waves vibrate the hairs within the eardrum, and in turn, cause nerve impulses to travel to the brain, which then perceives them as sound, thus enabling hearing.

Olfaction refers to the chemical sense of smell. The human nose is not as acute than that of many other species of animals, but it can pick through different odours due to the olfactory receptors in the nasal cavities, olfactory receptor cells, olfactory filaments, and the olfactory nerve.

Vision is essential, as it helps us perceive the world around us, balance keeps us standing up straight, hearing is necessary to recognize different sounds and olfaction helps us perceive a variety of odours – even the unpleasant ones. Each sense plays an important function, and should all be viewed as equally important, and along with their respective organs, should be appreciated and well looked after.

Please ensure that you are looking after yourself and body, and do not take anything for granted. Not everyone is lucky enough to be harnessed with all the senses.

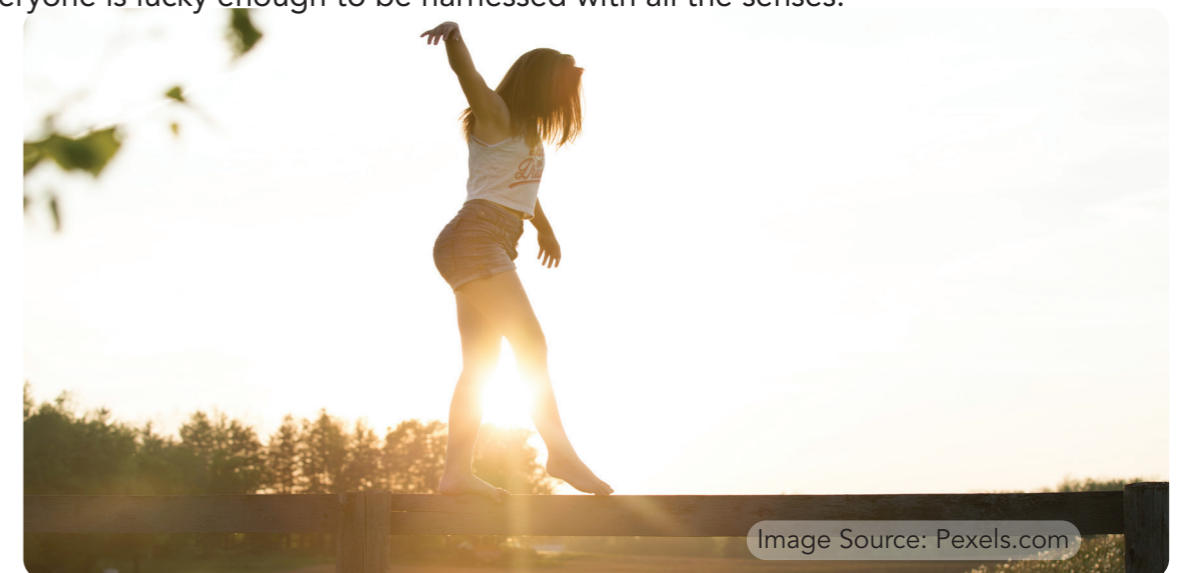


Image Source: Pexels.com

## HYUNDAI IS JUST FLEXING NOW



Image Source: pexels.com

By Phuthego Precious Nthoke

**Taking the K-53 code 8 drivers test just got easier (much to our delight!). As parallel parking had many of us in a chokehold, Hyundai answered our silent prayers from behind the wheel, when the only parking spot left requires a tight squeeze.**

The automotive industry is forever creating new designs and new ways to drive, not excluding the concept of self-driving cars. It seems that Hyundai not only drew ideas from Tesla, but also decided to one-up them in their own unique way. Hyundai upgraded their hammer electric vehicle, and produced the Hyundai E-Corner, equipped with the Mobis Parking System (MPS), a parking control system that helps with narrow parking and reversing down narrow pathways. With a total of 4 cameras and 12 sensors that can detect surrounding cars in all directions, big automotive brands were found shaking.

The E-Corner has its braking, wheel suspension and steering components separate. Unlike their Hummer electric vehicle that has mere 45 degree turn capability, the Hyundai E-Corner can reach an amazing 90 degrees on all four wheels. With the world following the Sustainable Development Goals outlined by the United Nations, it's clear that by improving their electric vehicle with new systems, while reducing 70% of energy loss and using only 40% of fuel in their hybrid cars was a smart move for Hyundai's future.

The Hyundai E-Corner was upgraded in 2022, and in 2023, they turned up the heat with the Hyundai IONIQ 5, which is able to tank turn, possesses wheel turn of 90 degrees and allows for pivot turning. All good things come at an expense. The current price of the Hyundai IONIQ 5 in South Africa is R750 000, however, the price will drop soon as they are planning to mass produce this model, and with the current technology and specifications that it comes with, the price seems to be more than fair.

## BEYOND THE BUZZER: Q&A WITH JUDE LEANDER

By Josh Matthews

**We were privileged to sit down with Madibaz Mens Basketball shooting-guard, Jude Leander – coming off a phenomenal season under the hot lights. Leander, either number 10 or 12, expounded on the importance of on-court instinct, mental preparation and in-season surprises.**

MadibazNews: What is the smallest detail of basketball that you can share with us? JL: I believe that dribbling is a fundamental skill when it comes to basketball. Being able to master it is crucial for ball handling, creating scoring opportunities, and even maintaining possession. Beginners in the game should strive to focus on in-game dribbling when learning. In addition, shooting also becomes crucial, because no shots equal no points.

Madibaz News: The way that the game is set makes one think about how basketball exists on the bridge of intention and instinct. What is the clearest way that you can illustrate where instinct takes over when you are on the court?

JL: Interesting question, instinct in basketball often takes over when a player has embodied the fundamental skills, strategies, and tactics of the game through practice and experience.

On-court instinct could occur when, for example, I shoot the ball, as a threepointer or midrange shooter, I expect to make the shot because I've practiced it time and again until it just becomes muscle memory.

MadibazNews: As an athlete, you work on pretty much everything regarding the physical. How much mental preparation goes into your training regime and showing up on match days?

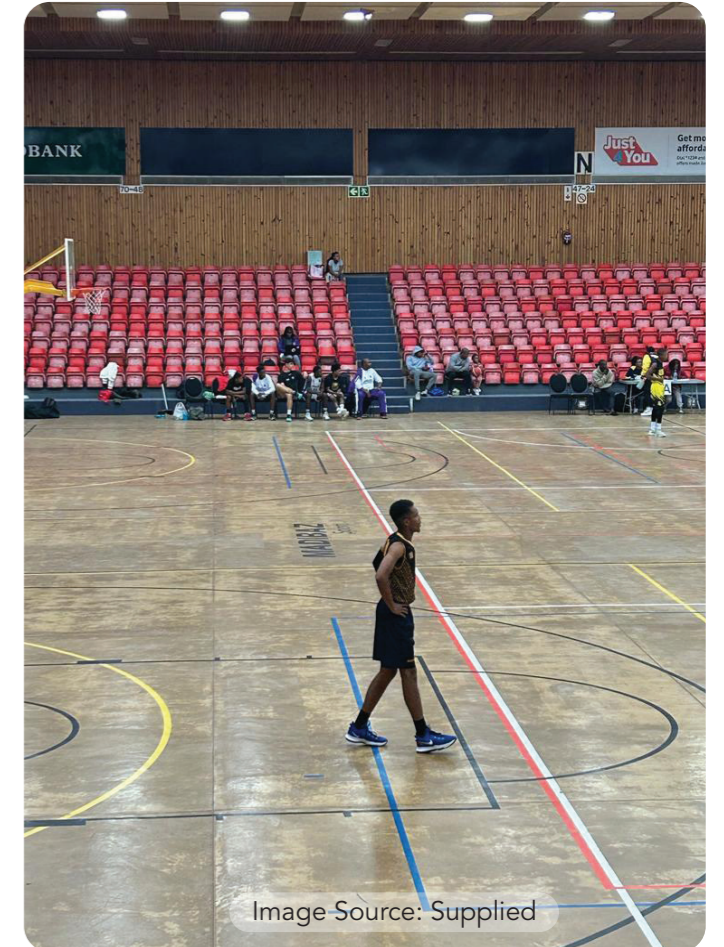


Image Source: Supplied

JL: Mental preparation is probably the biggest element that affects many players. The reason is because of a lack of preparation. Preparation births confidence and without it you will never achieve the milestone of reaching the next level. I speak from experience on the mental element. I believe I have matured now that I have played and experienced more games.

Enough practice makes matchdays more gratifying and I can do things I practice on matchdays. You must back yourself, trust your abilities and let your preparation do the work. The mental game is just a stepping stone in achieving your full potential.

# NEW MADIBAZ COACH'S CAREER BECOMES FULL CIRCLE



## By Full Stop Communication

**Coach Garth Anderson has great ambition to guide Madibaz to the upper echelons of university cricket, after being appointed as the new Nelson Mandela University mentor.**

The journey completes a trip home for the former player, who represented the first UPE team in 2001. Anderson is now ready to plow expertise garnered from two decades of coaching, back into the system. His modus operandi? To create an environment where young cricketers grow to reach their full potential. His philosophy? To create an environment where players can execute their skills.

He believes that Madibaz created a pathway to the professional ranks, and vows to continue the legacy, of producing cricketers and well-rounded individuals, understanding that he's dealing with student-athletes, he focuses on assisting them to balance their academic and sporting commitments for their overall well-being. One of his objectives is to assist players to senior level. "I want to make sure that the players who come into our system understand their game and their roles in the team," Anderson expressed he wants the team to be competitive at the USSA and national levels and believes that a positive approach to training and a good work ethic will create improvement.

A key factor in elevating Madibaz was to ensure playing personnel reflected the region's talent, and there was a symbiotic relationship with the Warriors aimed at player retention through the university's high-performance structures. He added "The one aspect I think we need to concentrate on to a greater degree is the recruitment of local talent," Between playing and coaching, Anderson traveled the world and turned out for several EP teams. He started coaching to earn money, and developed his passion for mentoring.

This took the psychology, and sports management graduate, to destinations like Komani, Mpumalanga, Witbank, and even New Zealand. But he had a hankering to come home. "I was in the market to return to Gqeberha as my family had already moved back when I received a call from Madibaz Cricket manager Siphos Sibande and, as they say, the rest is history."

We wish Madibaz, and Anderson the best of luck!