

Welcome address by the Vice-Chancellor, Prof. Peter Mbatia February 2023

As we resume with the 2023 academic year, I wish to take this opportunity to welcome you all back to Sefako Makgatho Health Sciences University (SMU). The start of the year is always a special time on our campus, as we welcome new students and staff members, new relationships being formed, and exciting conversations beginning anew after the holidays.

I really enjoyed the break, and feel rejuvenated! I hope that you all enjoyed yours as well. I, also, hope that you had the time to do all those things that you never had the chance to do during the year; maybe, to read that book that you so much wanted to read, visit those relatives that you have not seen in a long time, or to complete those exciting projects on your "to do list".

I am sure that you will agree with me that 2022 was a great year for SMU in many ways. Who can forget the strides we made towards positioning SMU favorably in the Higher Education sector and the country? What about the launch of the Harambee Annual Fund? For the first time in a long time, we managed to end the year without a strike. This is thanks to collaborative efforts from Management, Labour and the Student body. I am grateful to you for this achievement, and urge that we continue on this progressive trajectory!

Most importantly, we have made great strides towards placing the *Academic Project* at the centre of all SMU activities. The commitment from staff and students across the university is heartwarming, and a reason for all of us to approach 2023 with hope and great enthusiasm to do even better.

As a university community, we recently welcomed our first year students. Looking at them, I am sure you realised just how young they are! How vulnerable they are! How scared they, probably are! And, indeed,

continues to page 2...

IN THIS EDITION



SMU Institutional Researcher appointed to serve in CHE **p2**



SMU marked the official launch of its Psychotherapy Clinic **p4**



SMU Lecturer Contributes to International Body of Knowledge **p5**



Department of Small Business Development conducts oversight visit at SMU CFERI Project **p7**



Meet the SMU Investigation Officers **p8**

how hopeful they are! I am sure this reminds most of you of our first day at an institution of higher learning.

But, what does all this mean to all of us? It means that we have a responsibility on our hands! To teach and mould the future health practitioners, teachers and scientists. We dare not fail them, as doing so will be tantamount to failing the country and the continent!

I must however indicate that we look forward to 2023 mindful of the challenges faced by the Higher Education sector in the country.

We live in a society which is, increasingly, becoming more violent; and universities are not an exception to this pandemic. When institutions of higher education become sites of extreme contestations, in some instances leading to killings, we should all be concerned. What, then, should be our individual responsibility in response to the violence that seem to have engulfed our institutions?

The basic education sector has produced more students eligible for acceptance to higher education institutions than what the sector as a whole can accommodate. How do we, as a university, respond to this challenge? What strategic interventions should we, as SMU, put in place to contribute towards increased access to higher education in line with the targets as set out in the National Development Plan (NDP)?

This challenge is exacerbated by the fact that the economy is going through a strain. Undoubtedly, this has and continues to have an impact on the sustainability of institutions such as SMU. Why? Because the needs far outweigh the available resources. How do we respond to these challenges in an innovative manner?

Furthermore, the world is changing at a greater speed, coupled with advancements in technological developments, and the ever-changing needs of our students. Again, how do we as a university respond to all these shifts in a progressive manner?

In response to all these challenges, and many more, I am pleased to inform you that this year, we will embark on a process of revising our 2021-2025 Strategic Plan. This will be a consultative process to ensure that, as they say, *"we are on the same page"*, leading to effective implementation. I look forward to this process with excitement, and I invite you to join me as we lead SMU to a greater and a better future. It is not a Management process, but ours as an SMU collective.

Finally, I would like to assure you that, although there will be challenges along the way, together we can do much more! This is an exciting time in the life of our University as we engage the opportunities and challenges facing higher education. I am deeply grateful to each of you for your contributions and extra-ordinary dedication to our students. I am honored to be a part of such a remarkable and talented community. 🔍



SMU Institutional Researcher appointed to serve in CHE

SMU Institutional Researcher Ben Ntshabele was recently appointed to serve in the Council on Higher Education (CHE), focusing on the quality assurance framework (QAF) community of practice (CoP) for the development of higher education practices standards (HEPS): generating and using data for decision-making. Focus on SMU Reporter held an exclusive interview with Ben to get insight into the responsibilities that come with his appointment. This appointment follows his recent election to serve on the executive committee (Exco) of the Southern African Association for Institutional Research (SAAIR) for a period of two years (2022-2024).

continues to page 3...



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Congratulations on your appointment to the Council on Higher Education (CHE), what led to your appointment? Kindly take us through the process.

Thank you. There was a call from CHE for nominations of peer academics and higher education professionals to participate in the Communities of Practice of the 4 thematic areas. The 4 thematic areas guiding the development of Standards for the implementation of the Quality Assurance Framework (QAF) are:

- **Facilitating knowledge and developing new knowledge and practices.**
- **Learning environments and experiences.**
- **Facilitating transitions, and**
- **Generating and using data.**

Institutions were to nominate colleagues by submitting their CVs or interested colleagues were to submit their CVs (with a clear identification of which thematic area they wish to participate in). I have also shown interest and submitted my CV. Therefore, the QAF Steering Committee has carefully considered all the expressions of interest and curricula vitae that were received. I was also selected as a member of the CoP, from 1 December 2022 to 30 November 2024 for the development of Higher Education Practices Standards (HEPS) in the thematic area of generating and using data for decision-making

Appointment to the quality assurance framework (QAF) community of practice (CoP) for the development of higher education practices standards (HEPS): generating and using data for decision-making, in a nutshell, what is this all about?

It's all about being part of a group of Community of Practice (CoP) members who are equally responsible for the full development of the Higher Education Practice Standard (HEPS) under the thematic area of generating and using data for decision-making.

What is your scope of work within the CHE?

The CoP is led by a facilitator, but all members are equally co-responsible for the full development of the Standard and the required documents. Each CoP develops its work allocation plan. To develop the Standard, the members of the CoP: study the background documents and relevant research made available; contribute additional relevant background reading to the work of the CoP; participate in a writing retreat to develop the Standard; write the section(s) of the Standard allocated to them in the work allocation plan; contribute to the editing and coherence of the overall Standard, as well as to the coherence with other Standards being developed; and contribute to the development and delivery of the capacity development based on the Standard to the sector.

During your term of office, what are you expected to achieve?

As a CoP member, I am equally responsible for the full development of the Higher Education Practice Standard (HEPS) by studying the

background documents and relevant research made available; contributing additional relevant background reading to the CoP's work; participating in the writing retreat to develop the Standard; writing the section(s) of the Standard assigned to me in the work allocation plan; contributing to the editing and coherence of the overall Standard; as well as contributing to the development and delivery of the capacity development based on the Standard to the sector.

How will your role in the CHE impact your career development?

Being a member of a network of fellow academics and higher education professionals would undoubtedly help my career in higher education, as well as keep me up to date on worldwide and national trends in higher education.

How will your role in the CHE impact SMU's position in the higher education landscape?

My current position as an institutional researcher at SMU would benefit greatly from my membership in a network of other academics and professionals working in higher education as well as maintain a place of prominence in the field of higher education by keeping abreast of developments both locally and internationally. Although I'm expecting to make significant contributions to the group's work, I know that the expertise of the other academics and higher education professionals in the room would be invaluable in expanding my horizons. 🔍



SMU marked the official launch of its Psychotherapy Clinic



On the 24th of February 2023, Sefako Makgatho Health Sciences University (SMU) celebrated a milestone, making history by launching its Psychotherapy Clinic for training Masters of Science (MSc) Clinical Psychology students within the Clinical Psychology Department. The launch was graced by colleagues and students from SMU, Dr George Mukhari Academic Hospital (DGMAH), and Weskoppies Psychiatric Hospital.

Head of the Clinical Psychology Department, Professor Lesiba Baloyi introduced guests of honour, Dean: School of Medicine Prof Nathaniel Mofolo, Dr Derrick Senior Lecturer from the General Surgery Department, Dr Dikeldi Moremi from the Psychology Department, Dr Lesego Phiri, Director of Skills Centre, Prof Chantelle Baker Director of the Electron Microscope Unit and also, the Chairperson of Sefako Makgatho University Research Ethics Committee (SMUREC) whose role is to ensure that practitioners at SMU conduct research in accordance with the prescribed research ethics.

Prof Baloyi emphasized that the idea of establishing state of the art Psychotherapy Clinic has been long coming, however, processes and

infrastructure had to be put in place to comply with the Health Professions Council of South Africa's (HPCSA) standards. This concept was developed by the Milan and Palo Alto institutes in Italy in the 60's, and got widespread application in countries like Netherlands, Mexico and South Africa. "The aim of this training concept, the one-way mirror system, is to train high calibre, competent, confident and credible Clinical Psychologists through the in-vivo feedback mechanism by the reflecting team to the therapist", said Prof Baloyi.

He further explained that back then, therapists who used this form of training generated a lot of clinical research knowledge and theories which resulted in articles and seminal books which are still used to train students all over the world. Some of the most effective interventions with Schizophrenic patients, the double-bind paradox and counter-paradox theories were conceived from this form of training. The Psychotherapy Clinic is benchmarked against the best and oldest Clinics in the country such as the UNISA Therapy Clinic which has been in existence for over 40 years. The Clinic hopes to create a site of knowledge from which it can publish articles culturally relevant to training practices and create a psychotherapy

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research hub. The department further hopes that the initiative will get support from the university to broaden the department by adding the neuropsychology lab and assessment centre.

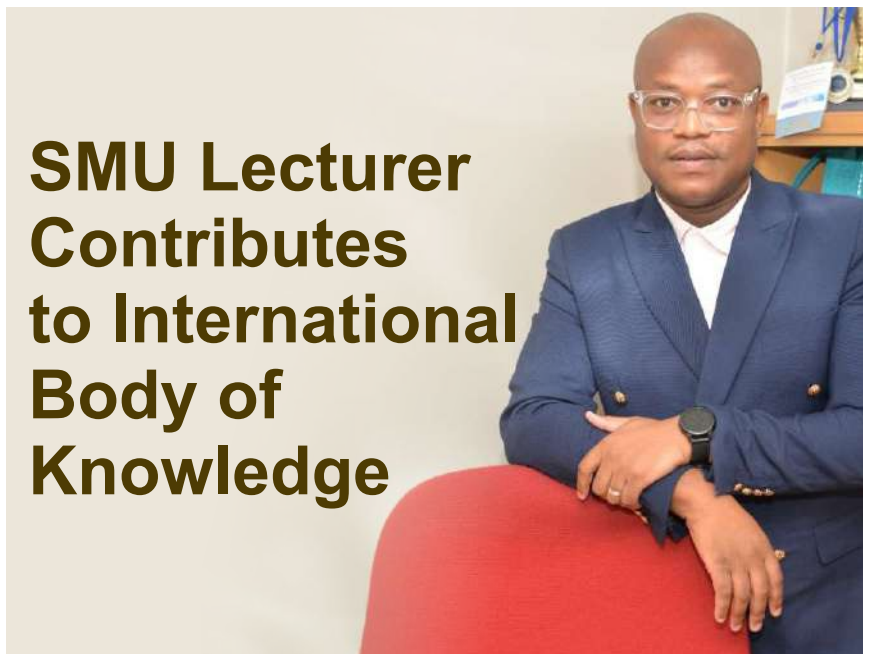
For the 2023/2024 academic year, the Psychotherapy Clinic is going to be used as a pilot for training second year MSc in Clinical Psychology students. Prof Baloyi emphasized that their department has an ethical responsibility that when they release these students, they can sign them off with confidence, knowing that they have observed them working practically with clients and that they will go and represent the department ethically and professionally out in the field. He further expressed that they intend using the clinic as a practicum placement site for their second year MSc students in addition to the DGMAH and Weskoppies Psychiatric Hospital placements.

The clinic will be located within the community for research, writing books to be published and teaching purposes. In future, the Clinical Psychology Department is hoping for the clinic to assist local communities with psychotherapy services.

Second year MSc Clinical Psychology student Noxolo Shongwe mentioned that she found the experience to be compelling and that it evoked her interest in Psychology, especially working towards making the clinic accessible to the community of Ga-Rankuwa. "I learnt the importance of collaboration when working with a patient. It is the collaboration of health care workers that will lead to the holistic well-being of the patients we all work with," explained Noxolo.

Prof Nathaniel Mofolo, Dean of the School of Medicine, indicated that this is a monumental achievement that is significant and sets a tone on how the department could enrich the experience that would benefit the community. As part of the launch, all guests were provided with an opportunity to view the one-way mirror room to get a picture of what was strongly emphasized about the Psychotherapy Clinic for students training.

SMU Lecturer Contributes to International Body of Knowledge



SMU Nursing Lecturer Eugene Makhavhu recently did a poster presentation during the Transcultural Nursing Society (TCNS) 48th Annual Conference held in Louisville, Kentucky, United States. The mission of the TCNS is to enhance the quality of culturally congruent, competent, and equitable care that results in improved health and well-being for people worldwide. Under the theme: Transformative Culture Care, the 48th TCNS conference explored global healthcare challenges.

When quizzed about what he learnt during the TCNS conference, Makhavhu said, "The great pleasure that came with learning from other international scholars can never go unappreciated because it was an eye-opening experience about some things that I was oblivious about. I learnt a lot regarding the American healthcare system and how some scholars include cultural sensitivity in the care of their patients and how they apply models of care to that. I was particularly interested in one presentation titled 'Incorporating traditional medicine into your healthcare practice', and it opened my mind to how other first-world countries have embraced their traditional health systems, more so because it is very similar to my PhD study in a way".

Makhavhu's poster presentation contributed significantly to the TCNS body of knowledge through his research paper titled: **FACILITATING INTEGRATION BETWEEN TRADITIONAL AND ALLOPATHIC CHILD HEALTHCARE SERVICES IN SOSHANGUVE, CITY OF TSHWANE, SOUTH AFRICA.** "I was given a chance to orally present my work and granted more time to present than a usual poster presentation at other conferences I attended. The knowledge shared about South Africa and the traditional part of healthcare services used by our people opened engagements that went beyond the presentation time as some attendees were very curious to understand for example how religion plays a huge role in people's health-seeking behaviour in our country," he added.

The study aimed to explore the integration between traditional and allopathic healthcare practice in child health services in Soshanguve from the perspectives of healthcare users and providers. Integration between traditional and allopathic healthcare systems for child health may be of great benefit to users of both systems if well regulated. Despite efforts, there is currently no integration between the two systems of healthcare in South Africa.

continues to page 6...



“Many studies estimate that up to 80% of people in Africa make use of African traditional healthcare practices and some resort to that as their first line of treatment when sick. Nurses and other allopathic health care practitioners are often vocal in their criticism of traditional health practices and the fact that they lack a body of evidence to substantiate their practice through a scientific knowledge lens,” said Makhavhu.

“Uses of African traditional healthcare practices in child health include care of the fontanelle, care of the umbilical cord stump, use of concoctions and other remedies for childhood illnesses, child protection ceremonies, and to some African countries, neonatal circumcisions. The use and effects of such systems of health are seldom documented and reported as users are often timid to the responses and reactions from their treating allopathic healthcare practitioners. The Alma Ata declaration of 1978 states that Primary Health Care relies, at local and referral levels, on health workers, including physicians, nurses, midwives, auxiliaries and community workers as applicable, as well as traditional health practitioners as needed. This reliance requires integration between traditional and allopathic healthcare practices and systems which will expand the reach and improve outcomes of community health care,” elaborates Makhavhu.

Makhavhu says he learnt that their role of advocacy and health education is somewhat delinked if they are educating or advocating on something that they do not fully understand. He thinks this is one aim of the transcultural nursing society that is

deeply entrenched in Madeleine Leininger's culture care theory, to understand the influence of culture and to some extent spirituality in healthcare delivery. That way, he argues, they can ensure safe healthcare service delivered. “I think it is important to understand and note that as indigenous scholars, we are not necessarily advocating for the safety or lack thereof of indigenous-traditional health practices and medicines, but merely noting the influence it has on our people and their health-seeking behaviour. Therefore it is very important to understand the use and action of such treatments, and it is then that we can better understand our patients who are users of this system of care. That way we can deliver safe and culture-inclusive patient care because really if we are being honest, we cannot eliminate people from their culture and beliefs, we just need to understand them,” emphasized Makhavhu..

Child health care is an important part of the healthcare delivery system and is aimed at ensuring healthy children and reducing child mortality. The undocumented and undisclosed use of traditional child healthcare practices may potentially hinder the delivery of therapeutic healthcare. As such, the integration of the two systems of healthcare is necessary to ensure an understanding of treatments and the safety of patients. The lack of safe referral between the two systems of healthcare also emerged as an indicator of why the two systems continued operating as different streams of healthcare, despite most patients referring themselves to traditional health practitioners.



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In closing, he said, “presenting in an international conferences grants you an opportunity to teach other people about your space and the country you come from because I think most people know just how naïve and even ignorant some people may be towards Africa, so when you present at such a space, you sort of become an ambassador for your University, your country, and the continent. Furthermore, as a scholar at the level of PhD, it is very important to present your work before graduating. Therefore, doing this on an international platform is also a great learning opportunity and presents prospects of building potential partnerships with colleagues from some of the best Universities in the world”.



Department of Small Business Development conducts oversight visit at SMU CfERI Project

The Department of Small Business Development (DSBD)'s representatives conducted an oversight visit at the Centre for Entrepreneurship Rapid Incubator (CfERI) of Sefako Makgatho Health Sciences University (SMU) on 28 February 2023. The visit follows the DSBD's R3 million investment made through its agency, the Small Enterprise Development Agency (SEDA) which signed a memorandum of agreement (MoA) with SMU CfERI on 4 March 2020.

The funding was earmarked for the establishment of the CfERI which aims to activate pragmatic entrepreneurial ideas, protect and nurture them to invigorate the socio-economic standing of the students, university and surrounding communities. The CfERI project is based on three key pillars of ideation/business idea creation, development, entrepreneurial business skills training and start-up business funding with financial controls.

SEDA plays a mentoring and monitoring role on the project. Hence, the DSBD came to view the CfERI's physical infrastructure and activities that are being conducted as outlined in the MoA. The DSBD emphasized that they frequently conduct oversight visits to monitor the progress on the funded projects. "We came to view the project's progress and conduct the verification on the site of the Centre," explained Ms Kefuoe Mohapeloa, one of the Directors for incubation and hubs from the DSBD.

The CfERI's key performance areas include students and community entrepreneurship skills development, provision of the incubation space and resources for start-up businesses, new business registration assistance, and business start-up seed funding and already existing small businesses. "The CfERI at SMU will play a bigger role as a business education centre and an entrepreneurial clinic to treat potential entrepreneurs with ideas

continues to page 8...



that can be nurtured to innovative businesses,” explained Project Leader Dr Taurai Hungwe.

The CfERI's mission statement encompasses the provision of transformative and innovative business support and development services to foster entrepreneurship and competitive enterprise growth in health and sciences. As part of the dialogue, the Director of Research and Innovation Prof Mapaseka Seheri made a presentation about her directorate and gave an overview of CfERI. She said, “The University's Research and Innovation Strategic Objective 2021-2025 aimed towards improving research productivity, innovation and postgraduate student experience, and to increase the recognition of our translational research and innovation in driving economic and social impact”.

Amongst the Research and Innovation Directorate's goals is to increase research commercialization/entrepreneurship which entails increasing the number of registered patents, drug development initiatives and/or technology transfer projects or new business ventures/opportunities for community use. The implementation objectives comprise the Technology Transfer Office (TTO) supporting the entrepreneurial education endeavours, intellectual property patents, licensing of innovations as well the establishment of start-up companies through CfERI, creating awareness on Innovation and Entrepreneurship, incubation of potential entrepreneurs and building capacity for innovative approaches and infrastructure for patent management towards commercialization.



Meet the SMU Investigation Officers

Mr Sipho Mahlangu and Ms Dipuo Raseroka were recently appointed as SMU Investigation Officers. They are responsible for investigating incidents of crime and irregular behaviour and providing an advisory service on crime prevention and other related matters to staff and students. Focus on SMU reporter spoke to them to get insight into their responsibilities.

continues to page 9...

Congratulations on being appointed the Investigation Officer (IO), tell us about your role as an IO

Sipho Mahlangu (SM): our role as IOs is to collect, analyse and preserve evidence, investigate criminal activities, direct crime scene investigators or other law enforcement personnel at crime scenes, gather evidence and make informed decisions and conclusions by employing deductive reasoning and analysis that leads to prosecution, write detailed reports, file and maintain all records while maintaining strict confidentiality and testify in court about findings and evidence.

Dipuo Raseroka (DR): In addition, we assist with investigating an incident reported in the university, including staff, students and its property. To ensure a safe working and educational environment.

Tell us about yourselves?

SM: Sipho Mahlangu was born in Soshanguve, stayed in Winterveldt, attended primary school at Refilwe Primary school, moved to Mabopane, attended Atlegang Middle School and proceeded to Holy Trinity High School in Winterveldt where I matriculated. My first employment was at Peo Technologies as a Telecommunication Technician. In 2010, I was employed at South African Police Service (SAPS). I obtained a diploma in Policing and Resolving Crime (Investigator's certificate). I worked as a detective for 12 years till I was appointed at SMU.

DR: Dipuo Raseroka was born in Hammanskraal and grew up in the village called Marokolong and started my primary education at Marokolong Primary School staying with my grandmother and attended high school at Boitshepo Secondary School where I matriculated in 2004. I went and furthered my studies at Tshwane University of Technology (TUT) doing forensic investigators certificate and then in 2006 started my national diploma in policing. 2018 studied with Unisa B Tech in forensic investigation. 2010 to 2011, I was working at Ramotse Clinic as Data Capturer, Internship Programme. In 2012, I joined the SAPS as a Trainee at Pretoria West Academy and in 2014 became Constable posted at Rapid Rail Police Unit in Silverton and 2021, I was promoted to Sergeant rank at the directorate for Priority Crime Investigation (Hawks) as Fugitive Investigator. In 2023, I joined SMU as an Investigator.

How will your previous experience in SAPS assist in your new roles at SMU?

SM: During my journey as a Detective, I investigated general crimes (theft, assault, domestic violence/gender-based violence, posses-

sion/dealing in drugs) and later investigated serious and violent crimes (murder, robbery, firearm-related crimes and kidnapping). That experience will the SMU community with the challenges of crime that they are facing on daily basis.

DR: My previous experience will assist me here because I will be able to advise the University with an informed decision under the umbrella of the law and be able to differentiate between facts and fiction.

You are extensively trained for your job, how will the training assist you in executing your duties and responsibilities?

SM: The extensive training and support I received during my previous work will help in identifying crime patterns and troublemakers so that they can be brought to justice or disciplinary action.

DR: All the courses I attended in the saps will help me with decision-making and conducting my investigation to the utmost best of my abilities. Will make the process easy because I understand the in and out of SAPS.

Crime is a problem in South Africa as a whole, although you are an IO, which crime preventive measures would you implement at SMU to lessen criminal activities?

SM: The crime prevention measures start with the community itself by avoiding unnecessary attention to criminals by making sure that their valuables are kept in safe places, motorists avoid putting items in the car where they can be seen by passers-by or criminals. Students who use the SMU accommodation must ensure that their visitors are registered by security personnel and avoid using their access cards to tag others who are potential criminals.

DR: I would practice proactive policing, and prevention before it happens and always have crime awareness campaigns to educate the SMU community about the latest trends of crime and how to keep safe.

What message would you like to share with our readers?

SM: I would like to advise the community to familiarise themselves with the information contained in the university calendar and be vigilant at all times.

DR: Together we can make SMU a better place to be in and united we stand and together we fall. I am grateful to have been given the opportunity to join the SMU community. 🔍



SMU and NECSA collaborate through the use of plasma technology



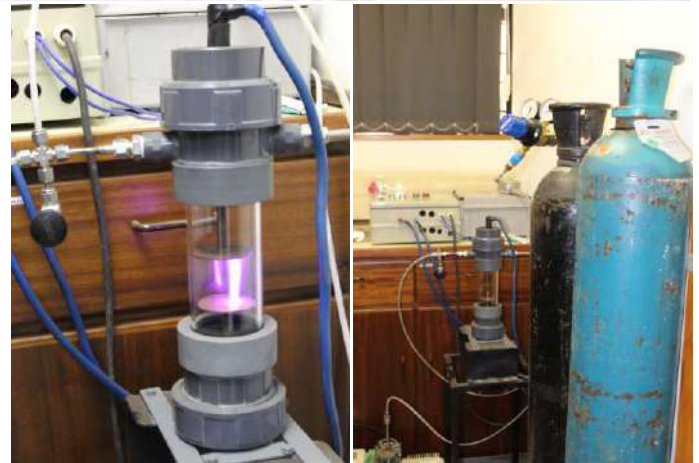
The School of Oral Health Sciences at SMU recently hosted Dr Jaco van der Walt and Mr. Piet Scheepers from the South African Nuclear Energy Corporation (NECSA) as they visited the university to do modifications and finalize the installation of the plasma generator at the Charles Valcke laboratory. The generator was initially installed in 2021, however could not be used as some important components were still being procured.

Dr Ntombizodwa Zwane, a dentist and a lecturer from the department of prosthodontics at the SMU had this to say about the installed instrument: “The plasma generator that we have is corona discharge plasma. Corona discharge plasma is a surface modification technique that alters polymers and elastomers in order to control the interactions and responses of a secondary applications. It works at standard atmospheric pressure. An electric charge produced by high voltage when in close contact with an electrode produces plasma. The resultant discharge is the corona discharge. When an electrical discharge occurs, ions and ozone are nearly always generated. It enhances properties of components so that they perform better in specific operating conditions and removes contaminants from sensitive surfaces. It also produces better bonding results and It's used widely by the medical, pharma, biotech, aerospace and other industries to treat components”.

Plasma generators are used for a number of applications, including Dental cleaning and scaling, whitening teeth and Killing oral bacteria.

Dr Zwane approached the NECSA in 2019 with the idea for a collaboration in plasma research to enhance Oral Health Care in the University through Plasma Technology. It was later that year that SMU-NECSA research collaboration was established and in 2021 a plasma generator was installed by NECSA NTP.

She also emphasized the importance of collaboration. “When I started embarking on this journey, Africa Oxygen connected me to Leibniz Institute for Plasma Science and Technology in Germany. They are the front runners of medical plasma research and with this collaboration, as a start, we are hoping to develop more international collaborations. We have world class researchers already involved in the pipeline projects, so we are adequately equipped to 'play' at an international level and place SMU Oral Health on the map”, said Dr Zwane.



“At the moment, we have not started projects as we were still procuring and collecting the necessary equipment that needs to be used with the instrument. This unfortunately has been a challenging process, which was further compounded by the pandemic, which meant that one of the gases required was on demand for hospitals, so we had to wait”, said Dr. Zwane.

Dr Zwane confirmed that the instrument is now ready for use. 🔍



Invasive Alien Species (Pompom Weed) threatens South Africa's Natural Flora and Fauna

Over the past decade evidence has shown the persistent and escalating harmful impact of invasive alien species on native plants and ecosystems. The Gardens & Grounds department at SMU has a responsibility to keep the university free from invasive alien plants and protect its native plants and calls upon members of the university community to report to the department if they spot such plants.

One of the plants is *Campuloclinium macracephalum* (POMPOM WEED), a South American herb belonging to the daisy family (Asteraceae). This plant has been identified as one of the most serious threats to the conservation of grasslands in South Africa. Invasions become visible when the plants are in flower between December and March, transforming the veld from green to pink. The plant initially establishes itself in disturbed sites such as roadsides, but then invades natural grasslands and reduces biodiversity and decreases grazing availability for animals, (Agricultural Research Council, 2022).

Lesley Handerson, a weed scientist at the ARC- Plant Protection Research Institute, said that weeds grow so well because local conditions are like those in South America. But, unlike there, the weeds have no natural enemies locally because they are not part of the ecosystem.

Pompom weed is a listed invasive species (category 1b plant) in terms of the Invasive Alien Species Regulations of the National Environmental Management Biodiversity Act (NEMBA). It is illegal to keep, plant, propagate or sell this plant.

“The Gardens & Grounds department appeal to the university community to assist in getting rid of these harmful plants and comply with the NEMBA Act. Staff and students are encouraged to report to the department if they come across the plants around the natural estate of the university”, said Mpho Mmako. 🔍



SMU FM joins the rest of the world in celebrating **World Radio Day**



World Radio Day was commemorated on 13 February 2023 under the theme “Radio and Peace”. The main purpose of this day is to raise public awareness about the significance of this medium and to encourage decision makers to use the day to provide access to information as well as improve international cooperation among broadcasters. This date was proclaimed by the General Conference of UNESCO in 2011 and was later declared an International Day. The date also marks the establishment of the United Nations Radio in 1946.

The SMU FM team had a webinar as part of the World Radio Day celebrations and were joined by the managing director of East Coast Radio Boni Mchunu as a guest speaker.

Two SMU FM presenters Tshepang Phala and Keloabetswe Mashigo shared their views about what the day meant to them and for other broadcasters. “The relevance of radio is that it is immediate, informative, it is educative and easily accessible. It is a medium that belongs to the people and continues to serve as a shining light to many”, explained Tshepang.

Keloabetswe mentioned that radio brings peace because it speaks to listeners in their own languages and makes it easy for them to understand whether what they are doing is wrong or right due to its educative nature. “One of the challenges radio has is that it is fast paced and you only have a few minutes to explain what is happening around the world, to paint a picture in the listener's mind for them to understand your message in that split moment”, she explained.

The SMU radio station provides health education and talks that meet the health needs of the Students, Staff, Parents, Alumni, Media, Investors and the community of Ga-Rankuwa and surrounding areas as well as entertainment.

Amongst the other activities that SMU FM is engaged in includes a partnership with Ga-Rankuwa FM, where they link with community projects such as the Youth Project in Zone 2 to tackle drug use and other concerning issues faced by the community of Ga-Rankuwa.

Tshepang hosts a mid-morning connection show and they also have a show called 'crime busters' where listeners are given the opportunity to report on immediate crimes and promote peace through radio as per the World Radio Day 2023 theme.

The two presenters emphasized the uniqueness and cost effective nature of radio and its ability to provide information to a large number of people. Radio remains a preferred medium to many people because it also reaches even the most remote areas. 🔍



The Department of Physiotherapy held a welcome ceremony for first-entering students and awarded best performers

The Physiotherapy staff and senior students held a joint ceremony to welcome the first-year students as well as an award ceremony for the senior students who performed well in the 2022 academic year on Tuesday the 6th of February 2023.

The departmental orientation was for them to officially welcome them Home and sort of encourage them to work hard academically by awarding the senior students who performed well last year with certificates, trophies and prizes from different departmental sponsors.

The department received 70 first-year students, 60 students are fresh from high school while the other 10 were transferred from the BSc department.

The HOD Prof Douglas Maleka welcomed the students and officially introduced the departmental staff and allowed them to speak to the first years and encourage them as they begin their journey towards becoming Physiotherapists.

“We are very excited to have you because we know how this journey will transform from first year until the end”, said Prof Maleka.

In bestowing the awards to students who excelled in the previous year, Prof Maleka indicated that the sponsors of the awards were former students who are now working as physiotherapists across the country and thanked them for their gesture.

Speaking at the same occasion, Dr Muziwakhe Tshabalala who is the Research Coordinator for the department welcomed and congratulated the new cohort of students for being admitted to Physiotherapy. “I am looking forward to knowing each one of you and interacting with all of you as we journey through your academic career of becoming physios”, he said.

continues to page 14...





The following students were awarded in different categories during the ceremony:

- **Best 1st-year student in 2022:** R Malane - *Sponsored by Khumo Leeto*
- **Best 1st-year student in Principles of physiotherapy 2022:** AC Nel - *Sponsored by Lephera Physiotherapy*
- **Best 2nd-year student in 2022:** C Siepker - *Sponsored by Pheto Moumakwe*
- **Best 2nd-year student in Principles of Physiotherapy 2022 -** A Chohan - *Sponsored by Marole and Lekalakala Physiotherapy*
- **Best 3rd-year student in 2022:** R Ramorola - *Sponsored by Justine Mokgotjoane*
- **Best 3rd-year student in Principles of Physiotherapy 2022 -** LLG Sefoka - *Sponsored by Marole and Lekalakala Physiotherapy*
- **Best 3rd-year Applied Physiotherapy 2022:** M Surtie - *Sponsored by Pheto Moumakwe*



Prof Maleka congratulated the students who received the awards and said this should motivate others to work hard in their journey to become the best Physiotherapists.

continues to page 15...





The School of Oral Health Sciences held an Anatomy Dedication Ceremony for the first-year entering students



Over a hundred First-year students from the Dental and Oral Hygiene department gathered at the Anatomy Department, Dissecting Hall at the BMS building recently for the Anatomy Dedication Ceremony and Oath taking.

A delegation of Professors, Doctors, Lecturers and supporting staff from other schools attended the ceremony and officially welcomed the students and shared their words of encouragement as they start their journey to becoming health professionals.

The main purpose of the ceremony was to provide them with information about Anatomy and what is expected of them as future Anatomists and the importance of caring for the cadavers and treating them with respect.

The Deputy Dean of the School of Medicine Prof Chauke through a recorded message welcomed them to the Department of Anatomy and also encouraged them to always treat the bodies with respect and honour. "It is important to know that their families would have loved to bury them differently, so let us continue to honour and respect them", said Prof Chauke.

Dr Tebogo Tsebe from the Center for University Teaching and Learning CUTL, took the students through what his office does and encouraged them to visit and explore further. One of the things he underscored was that the office is responsible for looking for or finding mentors for new students. He urged them to find mentors so that they can help them settle within the school and also within their grades in their respective fields.

The head of the department in the School of Anatomy Prof R Ndou did a brief introduction of the staff members and what they each do before leading the students through the reading of the Hippocratic Oath.



The Dean of the School of Health Care Sciences Prof Lekalakala - Mokgele

urges first year students to familiarize themselves with university rules as they begin their journey



The School of Health Care Sciences sparked a light on its First Time Entering Students through the orientation programme which was aimed at acquainting the students with the school principles and rules that they should abide by during the course of their studies. Part of orientating students included them understanding oath-taking as part of their training especially since these students begin their clinical training early in their careers.

School of Health Care Sciences Dean Prof Lekalakala-Mokgele gave a warm welcome to all the first-time entering students from the various departments within the school. She urged them to orientate themselves with university rules which guide them throughout their studies. She further advised them to choose their friends wisely as they can affect their academic work positively or negatively.

Head of the Department of Nursing Sciences, Prof Deliwe Phetlhu spoke about the significance of oath-taking where she indicated that by oath-taking health care professionals are binding themselves that they are going to put their patients first. She added that an oath is taken to protect the confidentiality of the patients. She also indicated that in whatever the students will be doing, they must always remember that empathy is the driver of their professionalism. She further highlighted that by taking an oath, healthcare professionals are binding themselves to do the right things.

Dr Rirhandzu Mathevula, Lecturer of the Department of Nursing Science elucidated on the ethics and care in the workplace where she emphasized professionalism through accountability and confidentiality. She urged students to be loyal, trusted, and disciplined and to have a desire to excel in their work. Mathevula also pointed out, that students will be held accountable for every action they take. She similarly encouraged them to learn to keep patients' information confidential and adhere to essential ethical principles.

The School's Chairperson Benzele Ntuli urged students to go to the SRC offices whenever they needed help concerning their academic assistance. He emphasized that students must consult him if they feel like they are not coping or that they experience some form of injustice within the academic space or any other space especially if they feel that they are not supported.



Healthy

Lifestyle Fact Sheet

What is a Healthy Lifestyle?

A healthy lifestyle helps to keep and improve people's health and well-being. Healthy living is a lifelong effect. A healthy lifestyle includes a balanced diet. 'Healthy living' means maintaining a healthy lifestyle and introducing habits that improve your health.

Steps to a positive Healthier Lifestyle

The journey towards a healthy lifestyle starts with small changes that you feel confident you can achieve. One start by setting just one goal and that one initial "win" will propel you to set new, bigger goals.

STEPS TO FOLLOW:

Eating more fruits and vegetables

Fruits and vegetables contain vitamins and minerals which are essential to your health. Consuming more veggies and fruit is associated with a lower risk of heart disease, stroke and cancer.

Pick brightly coloured foods (*Eating the rainbow*)

These are high in antioxidants (antioxidants remove toxins in our bodies). Here are a few examples to look out for:

- Yellow (Pineapples, Mangoes)
- Orange (Oranges, Papayas)
- Red (Apples, Strawberries, Tomatoes, Watermelons)
- Green (Guavas, Avocados, Cucumbers, Lettuce, Celery)
- Purple/Blue (Blackberries, Eggplants, Prunes)

Replacing refined grains with whole grains

Replacing refined grains with whole grains will benefit your health and consuming more whole grains will reduce your risk of diabetes, coronary heart disease, cardiovascular disease, and cancer:

Whole grains include:

- Plain oats
- Whole grain bread and pasta
- Brown rice
- Corn, etc.

Refined grains include:

- White bread and pasta
- White rice
- Most breakfast cereals
- Chips

Cutting down on processed foods

Most nutritional value is lost in the making of processed foods and they also contain added preservatives. Processed foods contain a high amount of salt and sugar. Examples of processed foods are:

- Breakfast cereals.
- Tinned vegetables
- Breakfast cereals.
- meat products, such as bacon, sausage, ham, salami and



continues to page 19...

- paté
- microwave meals or ready meals
- cakes and biscuits

Avoiding trigger foods

These are foods you cannot put down after one bite. These are different for each individual. The main culprits are sweets, chocolate, chips, cookies, or anything with high levels of refined sugar, salt, fat or flour.

Choose low-calorie (energy) and low-fat alternatives

There are many low-fat or non-fat alternatives readily available in all grocery stores. Try switching your full-fat staples for low-fat versions over some time e.g. replacing butter or margarine with jelly, jam or honey on bread. Legumes are low-calorie food items that can be included in the diet to ensure a healthier diet.

Stop smoking

If you're a smoker, consider quitting for better health—not just for you-self but, for your family and friends. If you don't smoke, it is advisable to stay that way.

Have healthy snacks on hand

Eating small meals throughout the day is good for your metabolism and eating the right things is what matters most. The healthy snacks to incorporate into your day are:

- fruit,
- salad,
- Or freshly squeezed juices. These are nutritional and won't give you a sugar crash.

Drink lots of water

Make it a habit of drinking water with and in between meals. Avoid sugar-containing beverages.

Sleeping well and managing stress

It is important to get enough sleep. When you don't sleep you eat more leading to weight gain. Chronic stress puts your body into fight-or-flight mode all the time, which in turn taxes your immune system and makes you more susceptible to health problems, including:

- heart disease
- diabetes
- digestive problems
- depression
- high blood pressure
- anxiety
- Difficulty sleeping etc.

Cutting down on screen time

Too much time on electronic devices could pose health risks. Too much screen time has been linked to obesity and depression. Taking regular breaks, stretching, and moving around are helpful.

Being physically active

Being physically active a few times a week (aim for 10 minutes a day, 5 days a week):

- Will lower your risk of diseases,
- Create higher bone density! (Keeping your bones strong).
- And potentially increase your life span.

Choosing an activity, you have an interest in will increase the chances that you'll stick with it.

Remember: *You don't have to run a marathon to be healthy*

How to develop positive healthy habits

The key to developing positive habits that you are more likely to keep is to:

- Start slowly.**
- Change just one thing at a time** - see the benefits that can come from eating more balanced meals, exercising more or quitting smoking
- Make small changes** – an achievable change is more likely to become a habit you keep.
- Go slowly** – making a change gradually can be easier than all at once.
- Build on what you already do** – for example, if you enjoy walking, try extending your usual route by a manageable amount.
- Remember, increasing or adding even one new health behaviour can make a big difference to your health and a healthy lifestyle.

What are the benefits of a healthy lifestyle?

The benefits of a healthy lifestyle may be just what you need to commit to changing your daily habits into healthier ones.

You will...

- Improve your physical health
- Improve your mental health
- Get more energy naturally
- Boost your mood
- Prevent diseases and health issues
- Save money

Compiled by

Dr Mashudu Manafe

Acting Head of Department: Human Nutrition & Dietetics



SMU Harambee Annual Fund Challenge

*In the Spirit of Harambee, Ubuntu and Oneness,
we pledge to pull together to raise a minimum
of One Million Rands for SMU's needy students.*



WAYS TO GIVE

1. Payroll donations
2. Online donations:
<https://smu.devman.co.za/devman/online/giving/>
3. Pay Scan – Zapper
4. SMU banking details:
Ref - Standard bank
Acc - 070754128
Branch code - 020909
Q013 - Name Surname



OUR MISSION

SMU is to deliver a high level cadre of health care professionals trained by experts from the Schools of Medicine, Pharmacy, Oral Health Sciences, Health Care Sciences and, Science and Technology.

We have a large number of brilliant students but lack sufficient resourcing to finance their various needs to fully experience a dignified university student life.

It is against this background that SMU has initiated the **SMU HARAMBEE ANNUAL FUND CHALLENGE** to raise funds to support our needy students.

THE NEED

Join our Vice Chancellor, Prof. Peter Mbatia and SMU in raising funds for a bursary program designed to assist academically qualified but financially disadvantaged students. Additionally, the initiative intends to donate to the university's Hands of Compassion food security project, which delivers meals to underprivileged students on campus.

THE CHALLENGE

Prof. Mbatia encourages students, staff, academics and alumni to participate in a structured giving program. We are called to make a minimum monthly contribution of R10 for students, R100 for staff, and R200 for alumni. In response, Prof has given a lead donation of R10,000 and invites SMU executives to donate as well.

