



Student Newspaper • Volume 4 / 1st Edition | MAY 2023

Dintshang



SMU Harambee Annual Fund Challenge

Join our Vice Chancellor, Prof. Peter Mbatlana 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.

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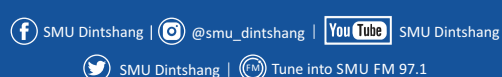
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The 2023 SMU Graduations Ceremonies



The SMU graduations ceremonies held over a period of three days from 24 to 26 May 2023 concluded successfully recently. Over 1100 graduates were awarded their qualifications by SMU Vice-Chancellor Prof Peter Mbatlali at the SMU sports complex. A total of 12 Doctoral Degrees were also awarded during the ceremonies.

Graduates from all the five Schools of the university accompanied by their families, friends and relatives walked the stage to receive the qualifications and celebrated in different ways following years of hard work. The SMU Chairperson of Council Ms Maria Rambauli and other members of Council and Convocation joined the celebrations and congratulated all those who received their qualifications.

Amongst SMU's many graduates was Dr Nteboheng Malefu Xaba who was awarded a Bachelor of Medicine and Bachelor of Surgery (MBChB). Dr Xaba recently toured the United Kingdom as a recipient of the Abbey Bailey Scholarship and thanked SMU for providing her with such a lifetime opportunity. Her parents expressed their joy and appreciation to the university for educating

and taking care of their child. "We are very happy that our little girl is being called a Doctor today. She had a tough 6 years while studying for her degree and as her parents, we comforted her with prayers throughout her academic journey," explained Mr and Mrs Xaba.

It was a double celebration for Dr Phumzile Prudence Skhosana who was awarded a Doctoral Degree in Pharmacy and also celebrated her 10th year marriage anniversary. "I did my Undergraduate Bachelor of Pharmacy (Bpharm) at SMU, followed by a Master's Degree in Pharmacy (MPharm), and now I have also obtained a PhD from SMU. My Journey at this university has been awesome because I had support and now have grown in a number of areas due to my studies," explained Dr Skhosana. She indicated that her next move will be to become a Professor.

SMU is on a trajectory of growth and success and plays a pivotal role in producing globally competitive and quality graduates. Graduations are a culmination of years of hard work by students and the academics as well as everyone involved in teaching, learning, community engagement and research.



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International Student Breakfast and Orientation

To kick off Sefako Makgatho Health Sciences University's (SMU) Africa Month celebrations, the Internationalisation Directorate hosted an international student breakfast for all current international students on the SMU campus.

Assisted by the Student Affairs Directorate's Advocacy and Diversity Unit, the breakfast took place on 20 May 2023 on the SMU campus. The breakfasts' purpose was two-fold. Firstly, it served as the first event in SMU's Africa Month celebration's program, and secondly, it allowed the Internationalisation Directorate, along with the International Student Organisation (ISO), and returning and new international students to understand each other's roles on campus and discuss issues related to international students.

"This breakfast will be an annual activity on the Internationalisation Directorate calendar. It is important that as a Directorate and as a collective representing internationalisation on the SMU campus we understand that we, international students and staff, must all work together to contribute and make a difference on the SMU campus," commented Dr Carlien Jooste, Internationalisation Directorate Director.

"I think the Breakfast should be an annual activity. Apart from the students meeting different people that can facilitate their stay in South Africa, they also get to meet other international students and share experiences," commented Miss Agnes Ashipala, a MPharm in Radiopharmacy student from Namibia.

The ISO executive were also present and specifically thanked Ms Eunice Modiba for her help and assistance from registration and during their studies. Dr Jooste concluded the breakfast by stating that: "As international students you must remember that you are ambassadors of your country on our campus."

After the breakfast, the new international students on campus, along with the ISO executive participated in an Orientation for the new students. The Orientation culminated in lunch at the Union Buildings. The lunch gave further opportunity for the Internationalisation Directorate to speak to the international students.

Asked why he decided on SMU as his preferred university of choice, Omobolanle Arinola Akingbola, hailing from Nigeria, and a second-year student studying Bsc in Environmental Management and Toxicology, commented:



"I came to SMU, because I heard that it was a good university where one can study Medicine, which I will still be pursuing after my current degree." Michelle Lole stated that she decided to study at SMU primarily because of the Degree she was accepted and secondly due to: "SMU [being] a small community compared to other big universities, allowing a sense of safety since you become familiar with almost everyone on a daily basis. The location of the University as well, nothing beats the calm and beautiful environment."



SMU Medical Student scoops a prize at the HUAWEI Awards Ceremony



SMU Bachelor of Medicine and Bachelor of Surgery Extended Curriculum (MBChB-ECP) fifth-year student, Tshifhiwa Mavhungu got invited to attend the Huawei Information and Communications Technology (ICT) South Africa National Final Awards 2023 as one of the recipients. The academy's award ceremony commenced at the Woodmead Huawei offices where the national finalists were awarded for their hard work. There were three categories namely; Grand prize, First prize, and Second prize for the Cloud and Network track.

Ntsoka Mathiba from the School of Science and Technology mentioned that the Huawei ICT Academy is a

partnership between Huawei Technologies Corporation and academies around the world. "The Huawei ICT Competition is an annual programme that is intended for students in Huawei ICT academies and those in higher education institutions that are willing to join this academy worldwide. The Huawei South African representative office has developed 72 ICT academies which includes Sefako Makgatho Health Sciences University (SMU)" Mathiba added. It is through the Huawei ICT programme that students are equipped with training such as Artificial Intelligence, Networks (Data Communications), Cloud Computing, and Security among others. The programme offers professional Huawei certifications and develops

talents with practical skills for the ICT industry and the community.

Tshifhiwa indicated that he registered for the programme because he wanted to explore knowledge outside of the medicine scope as well as to learn computer basics. Communication about registering for this programme was sent through the WhatsApp academic group and every SMU student was eligible to register. "After joining the programme as a student out of the SST, I felt like an outcast and it was quite daunting for me to familiarize myself with the content. However, the desire and goal to acquire knowledge assisted me to remain focused," explained Tshifhiwa.

"The Academy supplied us with sufficient study material to help us with Huawei exams hence I made it through to the nationals. Overall, it was a great experience. I was invited to the award ceremony at the Johannesburg Huawei office, it was an honour and a great privilege to be sharing ideas with Huawei ICT management," explained Tshifhiwa. Out of 2500 students who registered from various universities and colleges, only three made it to the finals.

Tshifhiwa won second prize under the Network Track Award which came with the Huawei certificate, Huawei mate pad T10s with a flip cover, a gift bag with a wireless mouse, mouse pad, mug, notebook, and a pen. "To my fellow SMU students, let us all embark on this exciting journey where you could meet brilliant minds, get yourselves certificates to add to your CVs, ICT bursary sponsors, and chances to win grand prizes like laptops. Joining is free and students can join every year hence I am re-entering and now aiming to get a grand prize. It is an honour to have such an opportunity, let us utilize it," concluded Tshifhiwa.



SMU continues to shine through it's top Nursing Students



Second-year student Mandisa Masango and third-year student Vuyo Dlakula from the Nursing Science Department, at Sefako Makgatho Health Sciences University (SMU), won first place during The Exceptional Nursing (TEN) campaign awards for the year 2022. TEN is aimed at raising awareness for the critical shortage of professional nurses and raising funds to support exceptional student nurses with their studies. It also encourages remarkable young people to study for a degree or diploma in nursing science.

The criteria used when selecting the winners was based on the overall average percentage of the student's results. Vuyo and Mandisa were some of the few students who made it to the top nationally and were showered with cash prizes, coats of honour and certificates amongst others. They were also invited to attend the gala dinner where they were taught more about the TEN campaign, how it was formed, its purpose and its plans for the future.

"I felt elated, proud and honoured to have been one of the winners. They could have easily chosen anyone but me, with God anything is possible," explained Mandisa.

Both students attribute their success to hard work and consistency. "I have always been a student who volunteered to go the extra mile in class. My focus and participation always stood out amongst others. That is just how I am," said Vuyo.



“

"I always felt the desire to improve the lives of those who are unable to improve themselves. Nursing allows us to positively impact patients and the community at large. In addition, it is always rewarding to know that one has contributed to someone's improvement as a person," informs Mandisa.

"Nursing is holistic care, it is not just about giving medication to patients. There is more to that, patients need us to be there as their psychologists, be a friend to them, they need to be able to share with us their burdens. We need to advocate for those who are unable to stand up for themselves. We need to not just treat them alone but also involve their families. We need to be there during hard times to give support and comfort. Nursing is a passion, it is love that we do not just give to patients, but something we should also share amongst ourselves," advised Vuyo.

SMU International Students Mpumalanga Excursion



Through Sefako Makgatho Health Sciences University's (SMU) Advocacy and Diversity Division, international students visited Mpumalanga from the 27 to 30 April 2023. The excursion was an effort to expose the international students to the South African environment and its people's culture outside of the campus.

These students stay at the university's residences and many of them do not have exposure beyond SMU and Pretoria. This excursion was an opportunity for them to

understand and see what South Africa entails by exploring its physical beauty. The excursion was another way of bringing international students together, to have time to meet and engage with one another. Other students come from the same countries but are not aware until they meet for the first time on the excursion. This excursion created a bond between the international students hence they got to learn about each other's diversified cultures.

Students who went on the excursion come from Cameroon, Congo, Nigeria, Zimbabwe, Swaziland, Kenya, and Namibia to name a few. They visited tourism sites such as God's Window, Graskop Gorge Lift Company, Hazyview Canabas, and Alzu Petroport. They participated in fun activities which involved zip lining, quad biking, paintball target shooting, river rafting, and bungee jumping on the second and third day of the tour.

Sefako Makgatho Health Sciences University International Students Organization's (SMUISO) President Mr Abe Ayomide indicated that all international students registered to study at SMU are eligible to participate in the excursion. "Bearing in mind that these students are away from home, this is a chance for them to experience South Africa and have a short breather away from the books. The excursion provides a platform for them to feel at home while interacting with other students from their countries whom they can relate to," explained Mr Ayomide.

One of the international students from Zimbabwe expressed that it was refreshing to have something nice outside of school. "We are in a foreign environment so, it is good for us to be familiar with what is around South Africa and we also contribute towards tourism in the country. I learned that there is beauty in diversity because we all come from different places and backgrounds. As for the highlight, I feel like everything that happened during this trip was special because we all had a wonderful time," says the international student. The student indicated that the excursion happens yearly based on the criteria provided by the Advocacy and Diversity Division.

For upcoming events, Mr Ayomide mentioned that SMUISO engages with SMU Schools and is organizing a symposium together with the Advocacy and Diversity Division, and the Institutional Advancement and Internationalization Division. "The symposium will serve as a platform for all SMU international students to table their challenges regarding the sourcing of funding opportunities, the issue of visas and passports, quality of life, accommodation, and admission. The symposium will also serve as engagement to solve problems faced by international students and hopefully it commences before the year ends," he explained. He also said that the international students will immensely come to the Africa Day event to showcase their cultural and traditional backgrounds.



SST Welcomes Cohort of FTENs



The School of Science and Technology (SST) recently welcomed its First Time Entering Students (FTENs) during a one-day Orientation Programme (OP) held at the SMU Sports Complex. Their OP comprised informative sessions and activities to ensure that the FTENs smoothly adapt to tertiary studies at SMU. The FTENs were provided with information on various first-year study programmes and how they can successfully achieve their set goals through study methods, and mentorship programmes, just to mention a few.

A host of speakers shared words of advice to the FTENs on how to navigate their way at the university. The Dean of SST, Prof Lawrence Obi said SST have capable personnel to assist students to achieve their academic goals. "All our academics and non-academic staff are suitably qualified and they are here to teach you to achieve your goals. I am so proud of this school because this is the school whose programmes will define your future. It is a very important school with lots of employment opportunities. In this school if you graduate, you can work in pharmaceutical industries, agricultural, water and health sectors," shared Prof Obi.

SRC Chairperson of SST Bongisizwe "Bharaza" Sibeko reminded FTENs of why they are at SMU. He said "It is very important to remember why you are here. You are in this university for a reason, so focus on your studies. Know where you come from, know where you are going. If you study hard and work hard consistently you are going to make it at this University".

SRC President Thato Masekoa welcomed the FTENs and encouraged them to balance their academic and social activities while on campus. "From the SRC, our job is quite simple, we champion the issues of the students. We want to assist everyone to reach their goals. All work and no play make John a dull boy so at times you must relax and have a nice time. Mingle with people and that is how you create social cohesion. We will encourage you to participate in different activities and of course, study, know your purpose, do best, do you" alluded Thato.

One of the FTENs, Thato Kubayi was grateful that he attended the programme as it has assisted him in getting ready for his first year of studies ahead. "The Orientation Programme prepared me thoroughly to tackle the year ahead. I have learnt about the course content from



different HoDs. I am enrolled to study Mathematical Science because I like challenging courses with more opportunities especially now that we are living in a digital world. Mathematical Sciences will equip me with the necessary skills needed for the industry," said Thato, the BSc Mathematical Science student.

SRC Chairperson of SST Bongisizwe "Bharaza" Sibeko appeals to students to remember their primary role of being at SMU.

SMUAPS Members elected to serve in the SAPSF Committee



The Sefako Makgatho Health Sciences University Association of Pharmacy Students (SMUAPS) members were recently elected to serve in the South African Pharmaceutical Students' Federation (SAPSF), during the organisation's 67th annual conference. The SAPSF annual conference allows all pharmacy students to identify, debate and find resolutions to issues concerning the pharmacy profession.

The theme for the conference was 'Pharming the future beyond the counter', which clearly illustrates the process of farming, going all out into the fields and getting their hands' dirty while planting the seeds. A seed they will have to nurture and ensure that it grows so that they may reap a good harvest of passionate Pharmacists in the future. Pharmacists are not restricted by the counter that exists between them and their patients but is willing to move beyond that counter to meet the needs of their patients and provide pharmaceutical care.

SMUAPS members who serve in the eleven-member SAPSF Committee are:

- Mr Jabulani Nukeri – *President*
- Mr Luyanda Khumalo – *Vice-General Secretary*
- Mr James Kekana – *Fundraiser*
- Mr Themba Rihlampfu – *Editor*
- Ms Siphwe Khumalo – *International Pharmaceutical Student Federation (IPSF) Contact Person*

The newly elected president said he is charged with a strenuous responsibility of ensuring proper coordination of the federation. "Amongst other responsibilities I will be more concerned with oversight to ensure that all office bearers execute their constitutional obligations to ensure the smooth running of the federation. I also have the prerogative to improve the image and revive the

organization in pursuit to advance its vision and mission. It is my role to ensure the Executive Committee enlighten the youth and creates in them the desire to join the profession of Pharmacy," said Jabulani.

Vice-General Secretary Luyanda said he accepted the role and its responsibilities because he believes that everything has to evolve and in so doing it also has to improve, the time for SAPSF to evolve had come and his expansive experience in leadership compelled him to believe that he would be able to help it improve.

The office of the Editor in the federation which is under the leadership of Themba is primarily responsible for producing a summary report of all SAPSF's outreach and community - orientated efforts to have a complete record of the federation's activities. Second, to this, the editor is responsible for the publication of all activities that take place at the branch and federation levels. The editor's role is to maintain the image of the federation before the public.

The International Pharmaceutical Student Federation (IPSF) Contact Person Siphwe says her role involves serving as a link between SAPSF and IPSF AfRO. "To support implementation, activities and events of IPSF AfRO within SAPSF. Inform the Contact Persons across the IPSF/AfRO and IPSF Team of any events held by the SAPSF. To distribute the IPSF AfRO/apps publications to SAPSF. To attend all the Global Contact Persons Meetings and Contact Person meetings of the respective Regional Office. Ensure that students attend the IPSF AfRO symposium in Ghana (afps23gh)," she added.

Thendo Tshingowe and Mukundi Munyai walked away as the winners of the clinical skills competition held by SAPSF annually at the conference where clinicians pre-

sent a pharmaceutical clinical case to pharmacy students from different universities. Each university selected two representatives from the attendees of the conference to solve and thereafter present the case. The case required the representatives to interpret laboratory results, review treatment and make pharmacological and non-pharmacological interventions to optimise therapeutic outcomes. Mukundi and Thendo presented their report which was further identified as the best intervention for the patient, it prioritised optimising the patient's health and also improving the well-being of the patient in the case study.

"We believe that the knowledge enriched in us throughout the whole course was the key to solving the case study, and subsequently the university pharmacy program is the ideal basis for this win since it utilises the problem-based learning teaching method and we are actively exposed to pharmaceutical care during ward rotations. So we believe that this displays the competency of the pharmacists trained at SMU," said Thendo on behalf of the duo.

Mukundi added, "We were delighted to have become the overall winners of the competition. We walked away with gift prizes and an all-expenses paid trip to the 2023 South African Association for Hospital and Institutional Pharmacists Conference".

The conference ended with the annual awards ceremony that recognized and rewarded the exceptional efforts of branches and individuals at the conference. Siphwe walked away with the SAPSF certificate which is awarded to the best member of SAPSF based on involvement in their branch and SAPSF during the year as well as congress.

SAPSF consists of nine branches:

- SMUAPS
- Port Elizabeth Pharmacy Students Association (PEPSA)
- Potchefstroom Aptekerstudentevereniging (PASV)
- Rhodes University Pharmacy Students Association (RUPSA)
- Tshwane University of Technology Association of Pharmacy Students (TUTAPS)
- University of KZN Association of Pharmacy Students (UKNAPS)
- University of Limpopo Association of Pharmacy Students (ULAPS)
- University of the Western Cape Association of Pharmacy Students (UWCAPS)
- Witwatersrand Pharmacy Students Council (WPSC)



In conversation with SRC Deputy President **Bongani Mngomezulu** about his life and journey with SMU



SMU SRC Deputy President Bongani Mngomezulu hails from Pinetown in Kwa-Zulu Natal and was born in Johannesburg. He had to relocate to Durban at an early age and stayed with his grandmother due to the political turmoil that engulfed certain parts of Gauteng in the early 90's. After losing his parents and siblings, he had to part with his remaining sister as he was adopted by his aunt and subsequently went to Sthokozile Secondary where he matriculated in 2007. After finishing matric, he was accepted at SMU to study Medicine in 2008. Mngomezulu explains that he did not make much progress as a medical student for two years due to the kind of lifestyle he lived at the time. As a result of this, he was to be later excluded academically due to his poor performance.

In 2011, he found himself in the military as one of the new recruits of the South African National Defence Force and had to undergo full training. "In 2013 I was part of the contingent that was sent for a peace keeping mission to the Democratic Republic of Congo. I came face to face with a real situation where I was in the trenches and came back to the country in 2014", he said.

After his stint in the military, Mngomezulu strated having regrets that he was not able to pursue his dream of becoming a doctor. He then came back to SMU and applied to study for a Bachelor of Oral Hygiene which he completed on record time in 2019 and subsequently graduated. Following completion of this degree, he was readmitted to study his first love – Medicine and is currently in his third year of study. He explained that he is hoping that he will finish his degree this time around as he found himself repeating third year.

Regarding his position as the SRC Deputy President, he explains that at first he thought it may affect his studies negatively. He had to put a plan of juggling all his responsibilities with school work and believes he has enough time to do both. As a Deputy President, his roles amongst other things include chairing the disciplinary committee of the SRC; to chair the academic forum that comprises of all chairpersons of the various Schools; provide academic support to all students and to deputise the President.

When quizzed about how he finds the current SMU environment, he emphasized that things have changes compared to when he first came to study here before joining the military. "There used to be a lot of fun around here and we partied a lot back then, maybe that is why some of us ended up not completing the first time around. However, now a lot is changing, we can see new infrastructure projects around and the place is getting modernized and operations changing as well. My worry is that with all these modernization happening, the University should not leave its students behind. To many students, SMU is place they call home and they expect to be supported", he said.

Mngomezulu believes that the University should do its best to assist financially needy students who are not covered by NSFAS. He says the current economic conditions in the country makes it even more difficult for parents of students to afford the high university fees. "Most of these parents are victims of apartheid themselves, they have no money and still trying to recover; to build houses and at the same time are expected to send their children to universities. Government should provide more assistance to the missing middle students as well and expand access to resources through the SETAs.

"As the SRC we have a duty to constantly remind the university of the tough conditions many of us are faced with and be mindful of the fact that we do not have money but we want to study and improve our conditions", the Deputy President emphasized. He cites the bulging historical debt of students as a matter that has to be addressed urgently.

Speaking about some of the key achievements of the SRC, the Deputy President, believes that they managed to assist many students to access the university through the right to learn campaign and worked with students all the way even ensuring that they were registered. He said the SRC is embarking on many other projects to assist students including dealing with challenges faced by NSFAS funded students.

He cautioned that the university should speedily conclude the construction of the new residences to ensure that students are not subjected to the same challenges every year. Mngomezulu also urged the university to intensify its efforts on student entrepreneurship as this move will go a long way in alleviating some of the challenges experienced by students and liberate them. He lauded the university for the steps it has taken thus far to expose students to entrepreneurship through various activities.

This is the Deputy President's second take in the SRC as he previously served as a President to finish off a term in October 2020.



SMU Library Week

Celebration



On the 24th of March 2023, the SMU community gathered in numbers to commemorate the 21st South African Library Week (SALW) under the theme 'telling powerful stories'. This event is celebrated annually in collaboration with the Library and Information Association of South Africa (LIASA) SALW, observed from the 20th to the 26th of March 2023.

SALW was initiated in 2001 to allow libraries in South Africa to market their services and create awareness about the significant role libraries play in society. In reinforcement of SALW's theme, people have told stories for as long as it can be remembered to share news, amplify the accomplishment of heroes, pass on cultural traditions, and, transfer knowledge and history. Libraries have been central in collecting, preserving, and sharing these stories to motivate and inspire people.

The SMU Director of Library and Information Services, Sarah Kibirige indicated that the library acquires and facilitates access to information resources online and through print. She encouraged students to come and register as members of the library to benefit from resources that will support them academically throughout their academic journey and beyond.

Head of the Department of Mathematics and Applied Mathematics Dr. Maggie Aphane expressed that a library is like a heart and it determines a university's academic status, which is why it is an important entity to be celebrated. She reminded participants that, in 2020, Covid-19 affected libraries and people were not allowed on campus, students wanted textbooks and had to prepare for exams in vain. Libraries had to shift from a traditional way of doing things to supporting multimodal learning by providing e-textbooks and electronic journals remotely. She also said that without libraries there would be no accredited qualifications, universities, and graduates. "The road to success is always on construction," emphasised Dr. Aphane.

To add fun to the celebration, there was a poetry performance and a readathon competition. The student who read the fastest became the winner of the competition and was awarded prizes. Readathon winner and Bachelor of Pharmacy third-year student, Itumeleng Moraba said that it was amazing being at this event because she loves reading. "I was sceptical before entering the competition since I am a fast reader and was afraid that the audience might not understand what I read," said Itumeleng. She learned more about using the library catalog to find books on shelves. Itumeleng learned how the library contributes to her academic success. She won the competition by reading the script in 2 minutes and 5 seconds.

Senior Lecturer Dr. Mashilo Modiba from UNISA's Department of Information Science emphasized that the 4IR is the application of disruptive technology that changed the world regarding how we live and communicate. His presentation 'application of 4IR in the provision of library and information services transitioning to 5IR' describes the difference and significance of both phenomena. "The 4IR is a process of artificial intelligence where various technologies are used to provide services. 5IR enforce collaboration of artificial and human intelligence as they need each other to render services" explains Dr. Modiba. He added that both phenomena consist of artificial intelligence, robotics, the internet of things, data mining, and load chain and said that the 4IR will contribute towards the establishment of smart libraries.

Dr. E. Seleka, Head of Department: Academic Literacy and Science Communication, School of Science & Technology at SMU spoke about bibliotherapy; the use of books and reading to promote health. He mentioned that stories give us vicarious experience meaning that, when you read or listen to stories you expose yourself to "other people's experiences and the inculcating power of stories" he said. He narrated stories of hope and recovery by referring to the power of the story of a recovered suicidal patient. According to Dr Seleka, hearing someone else's positive story can provide hope to mental and other patients by opening the tap on the feel good hormones (serotonin & endorphins) which significantly improve their health conditions.



Heritage Competition Winners Receive their awards

Sefako Makgatho Health Sciences University's (SMU) Student Affairs and Advocacy Unit held a Gala-dinner at Menlyn Fire & Ice, on the 1st of April 2023, in celebration of the students who won the heri-tage competition. The heritage competition is held annually on Heritage Day, as one of the univer-sity's events, aiming at encouraging students to participate in activities that are outside the academics and also to familiarize them with other cultures and their prac-tices.

Students who participated in the 2022 competition were from various SMU student residences. Each residence was representing one specific culture and they all entered the competition but, only the top three cultures namely Sepedi (Drie Lilies), Ndebele (The Heights), and English(1A) were selected based on their performance. The criteria used when selecting the winner was that three of the selected cultures had to dance to traditional music, cook various traditional foods and perform a drama representing their specific culture. The Sepedi culture was represented by the students from the Drie Lilies residence who became the overall winners of the competition. They performed a Sepedi traditional lobola ceremony drama which led them into winning the competition.

The Gala Dinner was graced by student affairs officials, residence managers, dancers, and the Student Representative Council (SRC) members.

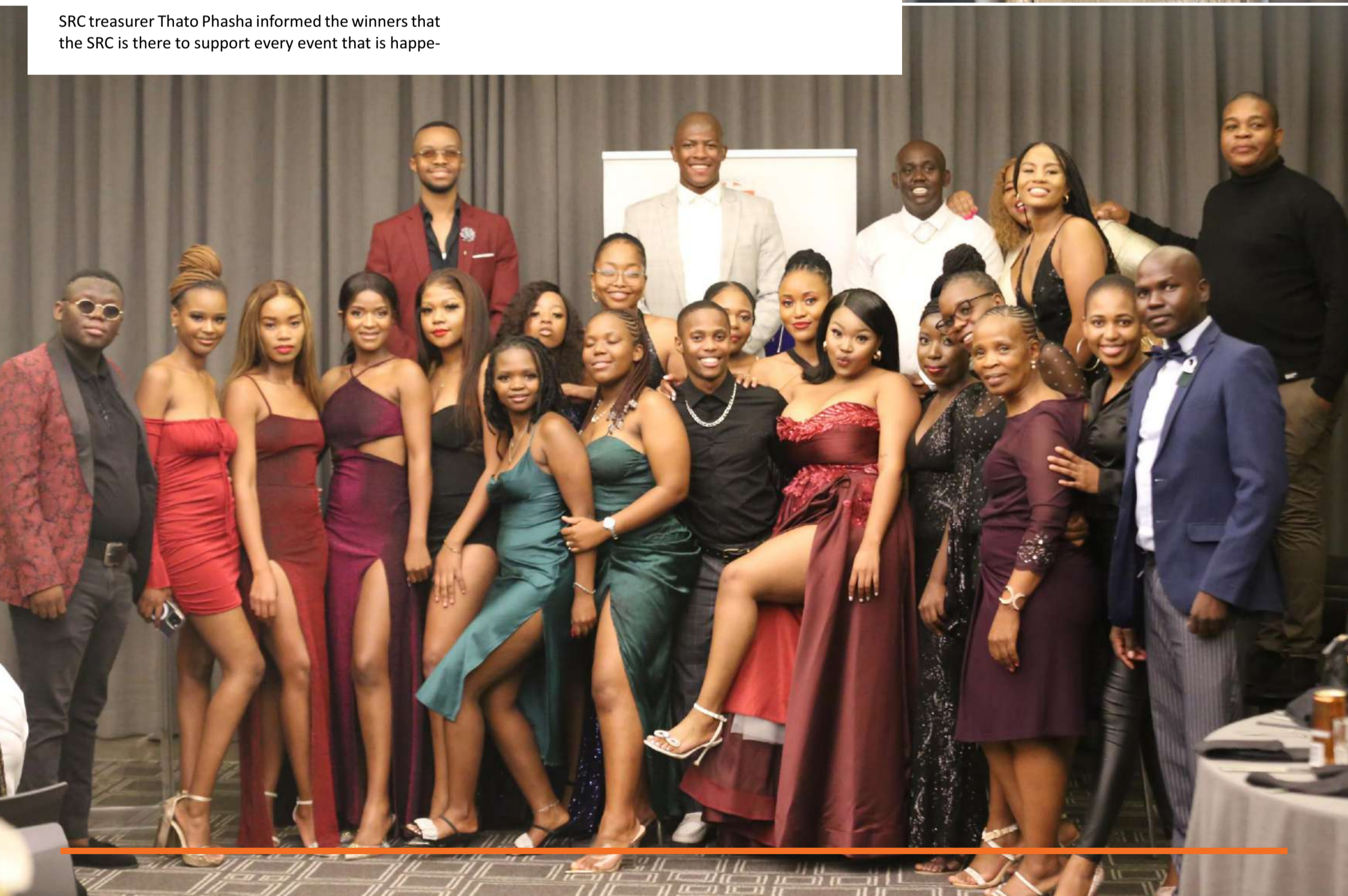
SRC treasurer Thato Phasha informed the winners that the SRC is there to support every event that is happe-

ning within SMU, and also thanked the winners and everyone who made the Gala Dinner a success.

Acting Head of the Department of Student Housing, Mohale Machete indicated that for students from the Drie Lilies residence to win this competition was tough, they were specific in knowing that in the Sepedi culture, there are many things that they can do but, they chose to be smart and chose one thing to do. "Your goal was specific, measurable, traceable and straightforward. We pride ourselves because of you guys, you made us proud as SMU's Student Affairs Unit", Said Machete.

Bsc Honours in Computer Science and Information Technology student, Thato Nkwe assured that in the 2023 competition, his team will bring in maximum participation and that their preparations will be exceptional. "I believe that since our minds are fresh on the competition, there is no harm in hoping for the best. We will be the champions again in this year's competition," said Thato.

Drie Lilies residence manager Dimakatso indicated that there are so many cases of students who attempt to commit suicide because their minds are always stuck in the books. She urged the students to participate in activities that are outside academics and emphasized that it helps to take away their minds from the books and bring them happiness.



SMU Freshers Ball

Sefako Makgatho Health Sciences University (SMU) hosted a fresher's ball celebration on the 13th of May 2023 for its students and entertained them with performances from South Africa's top celebrity musicians, local artists, and dance groups at the Sports Complex.

The fresher's ball was organized by the Student Representative Council (SRC) through its Project and Campaign officers. Artists who performed at the event included Focalistic, Young Stunna, Makhadzi, Pabi Cooper, Pleasure tsa manyalo, JazziQ, 25K, dance Elites crew, and SMU's very own BL-Zero to name a few.

SRC President and Spokesperson Mr Thato Maseko mentioned that one of the SRC's responsibilities is to create activities for students to have amusement. He further indicated that the majority of the Student Governing Body attended because 6500 tickets were issued for the fresher's ball which was more than the 4000 initially planned. Students who were in the VIP section acquired accreditation from the SRC and the others were performing at the event. Employees were allowed to come to the event but the preferred audiences were SMU's students.

The SRC President further explained that the SRC is planning to host other events such as a spring bash and fundraising bash amongst others. "One of the factors that we speak to as the SRC is mental health. Students must ensure that they are always fine and have nice times to alleviate mental health problems" motivates Thato.





SMU Open Day



Sefako Makgatho Health Sciences University (SMU) held its open day recently which was attended by schools from various provinces such as Gauteng, Limpopo, Free State, North West, and Mpumalanga.

Over 2000 learners attended the open day whose aim was to educate learners about qualifications offered at SMU. Exhibitions were held by all the five Schools of the University including external stakeholders. Lecturers and Senior students from these Schools and Departments were responsible for engaging with the learners and provided them with the necessary information.

Bachelor of Oral Hygiene second-year student Tshegofatso Mafalo indicated that their stall had a lot of learners who wanted to discover more about various qualifications offered in the school. Tshegofatso further mentioned that they took the learners through the requirements needed to study for Oral Health Sciences qualifications.

A grade 12 learner from one school Charity Sefako from Ga-Masemola said that she plans to study Pharmacology at SMU to fulfill her dream of becoming a Pharmacist. "The open day was educational, I got to know what other departments deal with such as Dentistry, Physiotherapy, and others," said Charity.

Lucky Rasekela from Magatle in Zebediele has interest in Biology and Environmental Sciences and thanked SMU for the great experience and exposure to new courses that are offered.

Keneilwe Mphakgo from the CSIR graduates development unit mentioned that they give guidance to grades 10, 11 and 12 learners about careers available within the CSIR and informed them about CSIR bursary opportunities along with the requirements. She said that the criteria needed to apply for the bursary are that an individual has to be South African, unemployed, and have passed with a level 5 for English, Level 6 for Physics, and Mathematics. "We provide financial support by paying for all their university expenses from paying registration fees, providing books, laptops, and meal allowances to non-financial support where we host psychosocial meetings for students we fund to check up on their well-being. The open day went well because learners were interactive and open-minded to us giving them information about opportunities we have for them that they did not know" informed Keneilwe.

Department of Chemistry and Chemical Technology Junior Lecturer Winnie Makhura stated that their exhibition demonstrated different experiments based on chemical reactions which cover grade 12 theory work.

Elangwane Secondary School Teacher Nomkhasumolo from Volksrust described her experience from the open day as one of a kind. She mentioned that their school had challenges because they did not know which stall to visit first. "We were split into groups each having 30 learners and were given 15 minutes to visit different stalls for a duration of 5 minutes. It took us 5 hours to get to SMU and we only came with our Mathematics and Physical Sciences grade 12 learners" explained Nomkhasumolo.

Overall, the Open Day was successful and both teachers and learners expressed that it was an eye opening experience.



Munashe Mapuranga shares the story of how he became an entrepreneur to finance his studies

Munashe Rufaro Mapuranga was born in Harare Zimbabwe and later migrated to South Africa in 2004 with his mother and settled in a community of Eersterust in Mamelodi East. He attended Shirinda primary School and later moved to Jakaranda Laerskool where he completed his primary schooling. He did his secondary at Hoerskool Silverton. Munashe studied BSc Life Sciences at the University of Limpopo in 2017 and later transferred to Sefako Makgatho Health Sciences University where he began his entrepreneurial journey.

Take us through your academic journey with SMU

In 2017 before going to UL I applied to study medicine at SMU but my application was rejected. It was a very difficult thing for me to accept as medicine has always been a dream for me. Fortunately, I was accepted at the University of Limpopo where I studied for two years but could not complete my studies due to an illness. That led me to transfer from UL to SMU in 2019.

What difficulties did you face during your studies?

Having to fend for myself, creating my own budget and sticking to it and managing my finances was difficult because my mother had always been the one taking care of everything for me. Having to adjust to online learning after

the transition during Covid19 was not easy. You have to do a lot of work yourself and combined with the business I was doing it became a challenge.

What drove you to start your business and what did you sell before leaving SMU?

My mother was taking care of my study fees and other basic things but she couldn't afford to give me pocket money to get what I want. So I decided to start a business to fund my own needs. I then started selling hairpiece because my mother was in that space so it made it easy for me to start. Earlier on I realised that location has a serious impact on a business. I started selling in Pretoria CBD and it did not go very well. I could have given up but I had to think about the challenges and face them. In asking a lot of questions I discovered that where I was selling had a serious negative impact on my business. The solution was not to quit but to change location. I moved my business to campus and I can tell you it went better than expected.

The hair business was lucrative for some time but could not be sustained. Because of that I decided to address one of the issues students faced within the school which is finding something quick to eat before class. I decided to sell donuts in the morning before going to class, they are a fast grab and go.

In 2022 my motive for doing business changed, I now had a more pressing goal that needed to be fulfilled. I got accepted to study medicine at the University of Nairobi in June and that meant I had to finance most of the expenses the endeavor came with. To meet my target, I had to wake up at 4am to stock in town so that I can come back with the first bus to campus. To support my business, I delivered burgers at night for a friend's business. The profit from there really helped me a lot in putting a significant amount towards my tuition in Nairobi.

Remember I was an honours student when this acceptance letter came so I had a lot of research work that needed to be done which I found myself a couple of times having to study and work throughout the night till early hours of the morning and with no sleep go to town to stock the donuts. At times I felt like the business was suffocating my studies and because of that I had this contention within me that what if I do all of these and still not get good marks, my efforts will be for nothing. I had to push very hard on both sides to make sure nothing I do suffers.

Would you encourage other students to start businesses and what would be your advice to students walking the same journey as you?

Some things that you try are not going to work. Some might not like what you sell, but you don't give up, you have to do your research and sell what people like. Business is not always good, somedays its going well and others nothing happens. You have to be willing to put in the work cause at the end it is worth it. No one will show up and give you money you have to work hard and you will thank your self later. At

times you will question yourself as to whether you made the right decision by doing business, but in understanding that business is not always smooth sailing and you are willing to take that risk you will see the rewards for with big risks comes big rewards.

On your journey to financing your study and being an entrepreneur always maintain a good mental attitude. Attitude and positive mindset and believe that things are going to work for you. In some way it aligns things for you, the more you seek out your goal the more you see it and it drives you to become resourceful and brings you closer to archiving your goals. You may also meet people who are willing to help along the way. You cannot achieve all of that sitting at home doing nothing.

Try and do your best, take ownership of yourself and invest in yourself and learn some skills that will help you achieve your goals. Start where you can and grow from there. Smile often, people are attracted to people who are positive and they are willing to help someone who is pushing themselves to becoming somebody.

I want to thank SMU for affording their students an opportunity to make extra income for themselves through necessary channels of-course. It is these small hustles that are often seen as insignificant and disruptive by others, that helps students provide for themselves without putting pressure at home.

What were the effects and consequences of running a business and studying at the same time?

The journey was like an emotional roller coaster. You constantly ask yourself what if I fail, what if I do this and don't get accepted and other days you just want to quit. Every day you go through something emotional but I have seen that it is very important to have a support structure around you, people who will motivate you and encourage you to keep going. For me, my mother played a huge role in me being where I am right now. The words of reassurance I got from her kept me going, words are very powerful. You must have people around who are going to support you on this journey. No man is an island, and I have realised I couldn't have made it thus far without my support system and because of that I want to say thank you to my mother, my friends and to those random strangers who gave me words of encouragement to keep on going.

The business comes with physical challenges as well caused by standing up the whole day, meeting deadlines, and sleeping at 3am and waking up at 4am. The lack of sleep and rest gets very tiring and can make you sick sometimes. It really takes a toll on your body but the benefits are worth it. You become a better person and it helps you be more resourceful. Even as such the psychological effects of it are also real, when you are surrounded by all these students who look at you like a loser as if what I was doing was very shameful. It damages your mind and really brings you down emotionally. With all that, I managed to stick the course and succeed at the end.

What are you doing currently after SMU?

I am currently at the university of Nairobi Kenya studying medicine. I am a proud Alumni of my Alma mater Sefako Makgatho Health Sciences University. It is through the help of my mother and the money I have made in the past year that helped pay for the fees this side. I owe a lot to my mother who was very helpful in keeping me grounded and encouraged. She supported my dream and never wavered. I owe a part of this to my supervisor who helped me a lot in my school workload especially when I had deadlines.

My message to students who are looking at starting businesses to fund their studies or for whatever reason is that they should set goals for themselves, find a support structure that will benefit them in times when they feel like giving up and feeling less motivated. "You can do it; it is very much achievable. Stay focused and always remember why you are doing it".



SMU Occupational Therapy Students Community Outreach



children's developmental milestones and observe how they react to movement and touch. Children in these centres receive hands-on interventions where OT students use preparation strategies such as sensory stimulation and play facilitation.

Fourth-year OT student Thembile Meyiwa assisted a child with cerebral palsy at Lesedi Self-Help Association, by playing in a sensory ball pit and the primary aim was to facilitate sensory-motor play because the child could not do many physical activities. "The idea for using the ball pit is for the child to grasp a ball and be able to observe his hands function. Components of the hand function evaluate if the child can grasp, reach and release the ball. The main issue for cerebral palsy is the tone of the trunk and upper limbs. As he is bending grabbing the ball, getting up and dropping the ball, there is a constant stimulation in his core muscles," explained Thembile. The different coloured balls in the pit are used to test the child's visual skills by asking him to reach for a particular coloured ball.

Children with Autism Spectrum Disorder and Intellectual disabilities suffering from gross motor skills participate in obstacle course games led by OT students at Ntuthuko Stimulation Centre, to encourage and enable gross motor play while addressing variables that may prevent them from participating. They do basic wheelchair and buggy repairs by adjusting the Madiba buggy to fit the child's body size and deformities. OT students also teach caregivers from the centres how to create stimulation toys, materials and cushions out of recycled materials.

Sefako Makgatho Health Sciences University(SMU) Occupational therapy(OT) final-year students participated in community outreach programmes. As part of their OT applied-pediatric module training, they visited non-profit organizations(NGOs) called Lesedi Self-Help Association and Ntuthuko Stimulation Centre from the communities of New Eersterust and Soshanguve on the 3rd of April 2023.

The NGOs provide care for children between the ages of 0-18 years who have Down syndrome, intellectual disabilities, cerebral palsy, autism spectrum disorders and other physical disorders. OT final-year students are sent to these facilities to evaluate the

Children with cerebral palsy, autism spectrum disorder and intellectual disability require a different set of OT treatments and are thoroughly assessed from their first therapy session. These children receive a highly personalized OT treatment plan that is based on their unique physical, intellectual and social-emotional skills. OT final-year students analyse and interpret evaluations made to identify important problems these children might have and thereafter, make interventions by providing a referral of children to the hospital for further management and application according to their specific needs. Through these community outreaches, OT students grow personally and contribute to the advancement of their OT careers.



The Speech-Language Pathology and Audiology Department engages with Tshedimosetso Youth Network



The Department of Speech-Language Pathology and Audiology (DSLPA) conducts community-based learning/clinical training for its second-year students through a collaboration with Tshedimosetso Youth Network (TYN), in Ga-Rankuwa Zone 16. TYN provides orphans and vulnerable children (OVC) with educational services, assisting children from Grades R to 12 with their homework, reading and writing skills. This initiative helps DSLPA and TYN further understand what these children's needs are, not only academically but also health-wise.

"In addition to homework support, we do hearing screening and speech-language assessment for at-risk children to rule out the presence of hearing loss and learning disorders. We also partner with support teachers in the classroom and do health promotion talks with the children's caregivers at the centre," explained Mavis Mohuba, SLP&A Lecturer who emphasized that the students visit TYN every Wednesday afternoon to assist learners with their academic and health needs.

SLP&A second-year student Charlotte Motshweni stated that they conduct otoscopic examinations inside a child's ear to check if there are any foreign objects and whether or not the ear structure is normal. "If there are any abnormalities, I write them on a report and refer them to our lecturer," said Charlotte.

Fellow SLP&A student Nokulunga Mdlalose mentioned that they came to offer learning and therapeutic support for children at TYN. Students can assess whether the children have any difficulties in speech or language which ultimately lead to intervention. "I have learned how to do ear screening and give hearing aids to those who have hearing problems. If they have cerumen, I have to remove the wax from the ear to help them function properly and learn better in their school lives so that they can thrive," said Nokulunga.

The TYN has a sound relationship with schools such as Maropeng Primary, Mapenane high, Tokyo Sexwale Primary, Modiri High and Rantailane High. The partnership between DSLPA and TYN is playing a crucial role in the community development of Ga-Rankuwa. They contribute to the academic development of future leaders and receive feedback from guardians/parents on how well the children perform at school, as a result of the assistance offered to them at the centre.

The founder of TYN, Ms Moloko Nke emphasized that TYN caregivers also do home visits to observe what the children's home condition looks like. "We provide one balanced meal to our children. Each meal served contains proteins, carbohydrates and vegetables. If there is no food when they go back home, they would at least have something in their stomachs. We also check girls' hygiene and assist those who struggle with sanitary pads," said Ms Nke. She appealed to good Samaritans to help with more funds to help the children.

The community-based learning/ clinical training programme, benefit students by improving their clinical and interpersonal skills. The clinical training helps students understand vulnerability and issues faced by communities around Ga-Rankuwa. "Although, doing assessments and management in some cases might be difficult due to the short time we spend at TYN. The students can manage the situation through inter-professional collaboration with TYN caregivers," Mohuba said.





Medical Student BL-Zero found a way to blend academics with music to fund his studies

A final year medical student at Sefako Makgatho Health Sciences University (SMU) aims to blend music and academics as a way to encourage students to follow their talents outside the academics. BL-Zero born Kgetla Selepe in Moletji village in Limpopo Province, is a self-taught producer, Dj, event promoter and event host outside his academics. He developed his interest in music when he was in high school but he did not have the equipment to pursue his interest in music. After getting his laptop from NSFAS during his first year at SMU he began to learn to use the studio programmes, where he started producing music in 2019.

“As I was growing up, I would see the neighbours affording things that my family could not afford and asked around, what I can study to change the situation at home”, said BL-Zero. His career decision to study medicine was influenced by his disadvantaged background, he wanted a profession that pays well, so that he could be able to change his home background.

BL-Zero's interest in music has been inspired by prominent artists like Vigro Deep, Kabza de Small, Dj Maphorisa and Major League. He released a series of singles featuring various well-known artists on digital platforms which were trending, some of his single songs are trigger, Azul, and batista, amongst others.

“There was once a time where I had, a lot of gigs to attend outside the country and I had to come back, study and attend classes and this was very challenging,” said BL-Zero.

BL-Zero advised young upcoming artists to avoid signing contracts, although some contracts can be helpful, he urged them to thoroughly read the contracts before they can sign. He further added that the artists can promote their music through digital platforms like Tik Tok by just posting a 30 seconds song as he did with his trending songs.

“There are a lot of things you can do in the music that can make you money, music is not only about being in the street, you can have your record label and sign young and talented artists and make money. With the little money that I am getting from music, I am able to fund my studies. Next year since I am going to be receiving money from my internship, I am going to invest my money in studio equipment, sign youngsters, and promote them,” he concluded.



Human Nutrition and Dietetics Second Year Students get practical training on Food Preparation

As part of their Food Sciences module, second-year students had food preparation practices in the Department of Human Nutrition and Dietetics kitchen. The purpose of this training was to help them acquire basic knowledge, understanding, and skills in food preparation that will enable them to cater for normal, therapeutic, and other special diet patients looking at their cultural and religious backgrounds. Furthermore, the students are trained on the basic food safety (HACCP) in the food service unit.

The Food Sciences Lecturer Ms Zanele Mbola stated that this training would enable students to learn about healthy eating and the ability to prepare such meals. “For students to be able to prepare different food items, they need to learn how to use a food system (conventional cooking and microwave cooking),” explained Mbola. To develop the student's skills in food preparation, they were split into several groups to prepare a variety of dishes following instructions and ingredients given to them while using a food system in the kitchen. The products prepared using conventional cooking were muffins and cinnamon cupcakes and those prepared using microwave cooking included chocolate cakes, stuffed potatoes, peanut brittles, and chicken breasts.



As potential dietitians, the students need to know different cooking methods because they have to prescribe relevant meals and guide their patients on how to prepare balanced diets for themselves. Mbola emphasized that the diet for individuals with chronic diseases is adapted from the normal diet to suit the requirements of that prescribed special diet. She further indicated that regular menus are standardized and modified using different cooking methods such as steaming, baking, grilling, braising, and boiling for people with chronic diseases.

Bsc Dietetics second-year student, Thabelo Tshikhudo mentioned that she is learning how to make dietary plans for patients and people who want to lose weight or stay healthy. She indicated that the Food Science module is teaching her how to cook food in portions and how diabetic and hypertensive patients should not add a lot of salt to their food. "I learned

that food is prescribed to a patient according to his/her health condition. I learned about the basics of proteins and carbohydrates in my first year, and how they influence the individual's health nutritional status," said Thabelo. Recently, she learned how to communicate with patients because she is doing anthropometry in the hospital by measuring a patient's height, weight, and body mass index (BMI) and she can give them feedback on their health status according to the results.

"To practice mindful eating, be more aware of food choices, and be able to identify or differentiate between good and bad food (spicy and salty food) that often put an individual's health at risk," encouraged Mbola. The Lecturer received positive feedback from her students that they now understand safety, flow, and the hazard in the food service unit. They can also interpret food recipes and have them standardized.

The Department of Human Nutrition & Dietetics Celebrated Top Achievers

The Department of Human Nutrition and Dietetics recently celebrated the achievements of its top undergraduate students under the theme, 'Celebrating Excellence' at its annual Prize-Giving Ceremony for the academic year 2022. The Department recognises the excellence and dedication of the students by awarding top achievers with trophies and certificates amongst others. The ceremony is among the contributing factors in achieving one of the university's strategic objectives which are aimed at creating an environment conducive to excellence in teaching and learning, professionalism and student-centred pedagogies.

After two years break due to the Covid-19 pandemic, the Department held its annual prize-giving ceremony to the delight of the recipients. The recipients' achievements fascinated the Acting Head of the Department (HOD), Dr Mashudu Manafe who applauded them for their great feat. The highlights of the ceremony were capped with the announcement of

the overall best-performing students per level of studies.

The criteria to award the students include calculating the final mark at each year level of studies based upon their marks in all departmental modules. The student with the highest average mark was then identified as the overall best student for that year level. Lusanda Nogxina who is currently doing her fourth year in Bachelor of Science in Dietetics (BSc Dietetics) won the Overall Best Student in BSc Dietetics Third Year. "Through the help of my classmates and many sleepless nights, I managed to achieve more than I had ever imagined. A combination of dedication and a good balance of focus and social life, anything is possible," says Lusanda.

She further indicated that the dietetics community is a very close-knit community that thrives on students' success, and urged them to never be afraid to ask for any assistance. They must also stay focused, and

manage their time efficiently to have a good university experience.

Athini Mbangata, a third-year student in BSc Dietetics won the Overall Best Student in BSc Dietetics Second Year. "Through hard work, sleepless nights and perseverance, I managed to receive this huge award. I genuinely never expected it but God made it happen. Prayers change things," alluded Athini.

The Overall Best Student Award in BSc Dietetics First Year went to Lore Phumo who is currently doing her second year in Dietetics. "I tried my best to prioritize my school work and put my social life on hold," says Lore. She also encouraged her fellow students to form study groups with their classmates and further emphasized that they must not change their methods of studying which eventually qualified them to study at SMU.



SMU SRC kick started the year with an Induction conference

The main purpose of the induction was to allow the newly elected SRC to interact with various stakeholders in the University so that they can understand the institutional policies and processes, as this would effectively enable them to know what kind of environment to operate in and which rules to observe during their term of office.

The first day of the induction was about information engaging on the various policies that the university has because the university framework is governed by the different policies and making the SRC aware of how critical it is for them to understand the University framework.

The SRC engaged with stakeholders from Finance, procurement, marketing and communications, safety and security, the office of the Registrar and all other various support departments to let them know how they function and how they ought to be dealing with them. Part of this was to establish and build relationships and a way to work together with the various structures.

“The induction is one of the most important events on our calendar because it's a session where the SRC plan ahead as we provide them with the vision of the

university, in terms of where the university is going and its strategic objectives. We also do this so that the SRC can begin to define and see which aspects strategically they will want to support and enhance as a student representative and it also enabled us to empower them with information and resources available to help them to be able to thrive and be successful during their term of office”, said Tulani Nkuntse, Director for Student Affairs.

On the second day, the department moved the induction conference to Zebula Golf Estate for the SRC's team building session and strategic planning where they looked at amongst other things, the SRC's operational plans working with facilitators.

The president of the SRC Thato Masekoa said he had strong confidence in his committee because of the commitments they showed during the induction and believed that they were all ready to start their term of office

Masekoa urged the different stakeholders of the university to have an understanding of how the SRC worked and how they will integrate all their programs working closely with all stakeholders.



School of Medicine FTENs Pledge to uphold the Hippocratic Oath



School of Medicine held its Oath-Taking ceremony at Sefako Makgatho Health Sciences University, on the 15th of March 2023. The ceremony was intended to prepare First Time Entering Students (FTENs) before they embark on their medical, emergency care and radiography practicums as a stepping stone into their professions.

The Dean of the School of Medicine, Prof Nathaniel Mofolo gave a warm welcome to all FTENs who gathered at the sports complex for the ceremony. Prof Mofolo alluded that, there are principles which govern all healthcare professionals, and he highlighted the importance of the rules and regulations within the healthcare professions. He emphasized that being a good public servant requires a positive attitude and professionalism.

"Respect yourself, love yourself and respect your colleagues, most importantly respect the people who teach you. Your attitude will determine your altitude, your attitude from now on will determine how far you go in your profession," said Prof Mofolo.

More than 100 of FTENs in the School took a pledge that, they will adhere to the ethics and values that govern their professions during their practicums.

The event was graced by professors, lecturers and staff members including the keynote speakers who gave words of encouragement to the students.

The school of medicine Student Representative Council (SRC) Chairperson Mr Keabetswe Molefe, urged the students to work as a team since clinical skills require the students to assist each other. He emphasized the importance of the dress code by indicating that when students approach the patients wearing their designated attire, they will have confidence in them. He also added that the students must use their time efficiently, and respect their colleagues and patients.

"The people you see around the campus in scrubs, were once where you are today. It was not easy, some did not believe in themselves, some did not know if they will survive without funding, and some did not have brand-new textbooks. SMU is your home, cry out for help when you need it, and we must all leave this place with our degrees," said Molefe.



Human Nutrition and Dietetics Department takes the Healthy Lifestyle Campaign to Residences

The Department of Human Nutrition and Dietetics in partnership with the Advocacy and Diversity Unit hosted a healthy lifestyle campaign on 25 March 2023, targeting Sefako Makgatho Health Sciences University (SMU) first-time entering students residing in the campus residences. The participants were measured in height and weight, and their body mass index (BMI) was calculated to classify whether they are underweight, normal weight, overweight or obese. They have also been educated through health talks about food-based dietary guidelines to encourage physical activity and other healthy lifestyle choices.

Human Nutrition and Dietetics Lecturer Dr Suzan Mokone, indicated that for comprehensive nutritional assessments, they do anthropometry measurements and check biochemical profiles. "Clinical assessments are conducted from head to toe to identify any nutritional deficiencies. The dietary evaluation assesses what diets students consume by looking at their socio-economic status to evaluate the food budget and what their bodies require, then provide individualized diet plans," explained Mokone.

It is recommended that people eat a variety of foods that contain starch and proteins per their dietary needs, for instance, cereal with milk for breakfast and bread with cheese or peanut butter for lunch. They were advised to also eat plenty of fruits and vegetables as they contain vitamins and minerals to ensure a balanced diet because there are different nutrients from various food groups. "Water intake is very important, at least drink 6 to 8 glasses of water per day and do some physical activity, for instance, a 30-minute walk daily. Engaging in physical activity helps a lot in balancing the metabolism and increasing energy expenditure," emphasized Mokone.

Fourth-year student Nhlamulo Sibuyi is one of the students who measured participants' weight, height and BMI using a weight scale and stadiometer. "I am responsible for interpreting BMI results and providing nutritional education to our patients," stated Nhlamulo. She expressed her love for studying dietetics because she gets to save lives by advising patients about healthy eating and exercise.

Bachelor of Pharmacy first-year student Paballo Magoro said that she is happy about this campaign because she now knows her weight and her BMI results were normal. "I got encouraged to follow the food-based dietary guidelines which include eating vegetables, fruits, and less fatty foods. From now on, I am going to reduce eating bunny chow to maintain my weight," expressed Paballo.

The Department usually do this campaign in the community outside SMU and this was their first time targeting SMU students. The department announced that it will later

take this initiative to off-campus student residences. "There are students who have special needs because they have allergies, some are lactose intolerant, diabetic and have kidney problems which explains why they are targeted," highlighted Mokone. The department does community engagement and sends its students for training at Phedisong Clinics, Soshanguve Clinics, Temba Clinic, old age homes, community halls and schools around Ga-Rankuwa, Mabopane and Soshanguve as part of the community engagement activities.



SMU Harambee Annual Fund Challenge



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.

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

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