

**ANNUAL MENTAL HEALTH AND WELLNESS EVENT  
PROVISIONAL PROGRAMME**

**DATE: 03 AUGUST 2021**

**DURATION: 11:00-13:45**

**PLATFORM: Ms teams**

**Time allocation for each speaker: 15mins**

**Facilitators: Siphesihle Ngubo and Anita Masinyane**

• Facilitator Siphesihle Ngubo to introduce self, and Dr Naseem	11:00- 11:05
• Welcome: Dr Naseem Haniff	11:05-11:10
• Message of support: Dean Dr Maditsane Nkonoane	11:10- 11:20
• 1 <sup>st</sup> speaker Dr Molete lifestyle coach to be introduced by Mr Sihle Mbanjwa	11:25 – 11:40
• 2 <sup>nd</sup> speaker Dr Vuyani Nxumalo covering mental health intro, by Candice Leith	11:40- 11:55
• 3 <sup>rd</sup> speaker Professor Jinabhai covering COVID-19, introduced by, Sr. Wardthen	11:55-12:10
• CPR demonstration by EMC students	12:10- 12:15
• 4 <sup>th</sup> speaker Dr M Panday covering sexual reproductive health to be introduced by Sr. Caren Jagessar	12:15- 12:30
• 5 <sup>th</sup> speaker Ms Thulile Khuzwayo from Civil Society Forum to be introduced by Mrs Thobile Zulu	12:30-12:45
• 6 <sup>th</sup> speaker Mr Shaun Naidoo motivational speaker from Becoming Legacy to be introduced by Sthembile Mjadu	12:45-13:00
• 7 <sup>th</sup> speaker Mr Jason Stout DUT sport administration department to be introduced by Ms Anita Masinyane	13:00-13:15
• 8 <sup>th</sup> speaker Cynthia Gugu Sacolo from disability department	13:15-13:30
• Vote of thanks Sr. Caren Jagessar	13:30-13:45