

SPOTLIGHT SERIES: WORLD HEALTH DAY



YOUTH REIMAGINING THE FUTURE OF HEALTH

PROGRAMME

7 APRIL 2022, 10h00 – 12h00 (SAST, CAT)

Hosted by the Tygerberg International Office (TIO), Faculty of
Medicine and Health Sciences (FMHS), Stellenbosch University (SU)

Accredited for 2 General CPD points.

Virtual Event via Zoom. Click [here](#) to register



WORLD HEALTH DAY 2022 PROGRAMME

10:00-10:10	10 min	Welcome and Opening	Prof Nico Gey van Pittius - Vice Dean: Research and Internationalisation and Professor in Molecular Biology, FMHS, SU
World Health Day Video Message from Students			
10:10-10:15	5 min	Video – Voices of FMHS Student Leaders on World Health Day	
Panel			
10:15-11:25	1h 10min	<p>Panel Introduction & Overview: Dr Dilshad Tung – International Initiatives Management, Tygerberg International Office (TIO), FMHS, SU</p> <p>Discussion points and session goals - Presenters will speak on topics related to the programme theme, which addresses youth reimagining the future of health. The panel will allow audience members to pose questions and contribute to the discussion.</p> <p>Ms Mabel Suglo - CEO, Dignified Wear <i>Prioritising Community Wellness through Social Entrepreneurship</i></p> <p>Mr Derrick Sekgala - PhD Student at the University of the Western Cape <i>Influence of Street Food on Metabolic Syndrome among Taxi Drivers Operating in Western Cape, South Africa</i></p> <p>Dr Megan Rajah - MD, PhD Scholar: TBH Cardiology at Stellenbosch University; Board Member, The Vassie Rajah Foundation <i>The Millennial Approach</i></p>	
Keynote Address			
11:25-11:50	25 min	Keynote Address: <i>Education as a Social Determinant of Health</i>	Ms Lusanda Magwape- Founder and CEO, Dream Factory Foundation
Closing and Vote of Thanks			
11:50-12:00	10 min	Summary and Vote of Thanks	Prof Taryn Young - Executive Head: Department of Global Health, Director in the Centre for Evidence-Based Health Care and Head in the Division of Epidemiology and Biostatistics, FMHS, SU

*Programme subject to change

World Health Day is hosted by the Tygerberg International Office (TIO), FMHS, SU.

Faculty of Medicine and Health Sciences (FMHS)



Professor Nicolaas Claudius (Nico) Gey van Pittius VI, BSc (PU), BSc Hons (PU), MSc (PU), PhD (Stell), LLB (UNISA), LLM (Stell), MBA (Stell), MPhil (Stell); M.ASSAf, M.Akad.SA is currently Vice Dean of Research and Internationalisation in the Faculty of Medicine and Health Sciences (FMHS), Stellenbosch University (SU). Professor Gey Van Pittius leads an extensive portfolio that includes all aspects of research, postgraduate research studies (MSc and PhD degrees), internationalisation, and innovation (including intellectual property and technology transfer). He is also a full Professor of Molecular Biology in the Division of Molecular Biology and Human Genetics of the Department of Biomedical Sciences at Stellenbosch University and a core member of both the Department of Science and Technology (DST)/National Research Foundation (NRF) Centre of Excellence in Biomedical Tuberculosis Research (CBTBR) and the Medical Research Council Centre for Tuberculosis Research (CTR), both hosted by Stellenbosch University. He is a South African National Research Foundation (NRF) B-rated (*internationally acclaimed*) researcher and was an elected member of both the 'Suid-Afrikaanse Akademie vir Wetenskap en Kuns' (South African Academy for Science and Arts, in 2006 at the early age of 33 years) and the Academy of Science of South Africa (ASSAf) (in 2010, at the age of 37 years). He is the Chair of the Provincial Health Research Committee (PHRC) of the Western Cape and a member of the National Health Research Committee (NHRC). He is also a member of several other national and international scientific societies and committees, such as the American Society for Microbiology (ASM) and the International Union against Tuberculosis and Lung Disease (IUATLD).



To view a list of his publications, please scan:



Distinguished Professor Taryn Young is the Executive Head of the Department of Global Health, Director of the Centre for Evidence-Based Health Care and Head of the Division of Epidemiology and Biostatistics at the Faculty of Medicine and Health Sciences (FMHS), Stellenbosch University (SU). She has a driving passion for engaging with and enhancing the capacity of students, researchers, and key decision-makers to break the barriers to the successful application of research evidence findings to healthcare. She collaborates with institutions in the African region to promote evidence-informed practice and policy, considering the unique attributes of the area and the relevance of proposed activities. She serves on various steering and advisory committees and values excellence, integrity, collaboration, and teamwork.

Presenters' Professional Biographies



Ms Lusanda Magwape is a qualified Attorney who holds a Master's in Commercial Law from the University of Cape Town. Her passion for education and youth empowerment led to her establishing the Dream Factory Foundation in 2011. The organisation partners with schools and villages to bridge the inequality gap for youth living in low-income communities through skills development and job creation. She was the 2021 Female African Youth of the Year, received the 2016 SA Youth Ministerial Award, and was a finalist in the 2019 Fairlady Santam Women of the Future Awards. Additionally, Lusanda was also the recipient of the 2019 Daily Dispatch Local Heroes Award and a

2021 CSI Legacy Awards Finalist (rising NGO category). She spearheaded the Emergent Academy in 2015, which has empowered over 300 entrepreneurs with digital and entrepreneurial skills. The Academy was awarded USAID's 2019 Young Women Transform prize and the 2021 Google Impact Challenge for Women and Girls to expand its work across the SADC region. As a CIVICUS member, Lusanda was selected to represent the voices of youth-led and grassroots NGOs that seek to have greater access to the EU partnership process at the 2018 EU Partnership Forum. She is also a Cordes Fellow, an AU/EU Cooperation Hub Youth Expert, an Obama Africa Leader (2018 cohort), a Facebook Community Leader Fellow, and a Facebook Certified Community Manager. Through these experiences, she has developed strong leadership, project coordination and communications skills, such that she is now a facilitator, mentor, and coach for Google and UpSkill Digital. She has also been contracted to facilitate several virtual workshops and roundtables that focus on business management and models, digital technologies, and innovation for AfriLabs, Standard Bank, Innovation for Change, Flutterwave, and the Black Management Forum.



Ms Mabel Suglo is an international award-winning social entrepreneur. She has a passion for connecting communities to resources that affect change and create opportunities for the physically challenged and rural women from underserved communities in Ghana. Mabel holds a Bachelor of Education in Health from the University for Development Studies as a trained Educationist. Believing in equality and worth for everyone, she founded Dignified Wear Company Limited, a social enterprise in Sunyani, Botswana. The organisation focuses on training and employing disabled persons and women from rural areas to handcraft durable and versatile shoes, handbags, locally woven

fabric, clothing and traditional jewellery using recycled materials. Mabel is featured on local and international media, such as the BBC Women of Africa documentary, CCTV, She Made it in Africa, Huffington Post, and CNN. She has an extensive network as an alumnus of the Tony Elumelu Entrepreneurship Programme. She is also an Anzisha Prize Fellow, and a Global Shaper of the World Economic Forum. Mabel spends her free time mentoring girls through school. She inspires their entrepreneurial skills and the development of their community leadership skills.



Mr Machoene Derrick Sekgala is a Junior Researcher in the Human Sciences Research Council (HSRC)'s Human and Social Capabilities (HSC) research division. He holds a Master's degree in Human Physiology from the University of Limpopo (2019) and specialises in nutrition, metabolic syndrome, and non-communicable diseases, including obesity in South African communities. He was formerly a master's research intern at HSRC in the Social Aspect of Public Health Research Division from 2016 to 2018. He works as a provincial co-coordinator on the HSRC's South African National Survey on Health Well-being, and Family Relation (SANSHEF). He is also working on a BRICS project that aims to Characterise Risk Indicators that Cause Anaemia Prevalence Among Young Children and Adolescents in BRICS countries using Machine Learning Approach and Agent-Based Modelling. In 2020, he was a community and quality control officer in the National COVID-19 Antibody Survey (NCAS). Before joining the HSRC, Mr Sekgala spent two years as an Anatomy and Physiology tutor in and taught Nutrition and Human Physiology courses at the University of Johannesburg and the University of Limpopo, respectively. Over the past few years, he conducted his public health and nutrition research, focusing on Metabolic Syndrome and Cardiovascular diseases. Mr Sekgala is currently a doctoral candidate at the School of Public Health, University of the Western Cape, and his research focuses on the Metabolic Syndrome Concerning Street Food Among Taxi Drivers in the Western Cape, South Africa. His PhD is funded through Cochrane South Africa, the South African Medical Research Council (SAMRC) under the Collaboration for Evidence-Based Healthcare and Public Health in Africa (CEBHA+) Scholarship Programme. He has published thirteen scientific articles in local and international peer-reviewed academic journals, three abstracts and presented more than five papers and posters at local and international conferences.



Dr Megan Rajah began her PhD journey at Tygerberg Hospital's Division of Cardiology. With a childhood dream of becoming a doctor and a journey across the country, she worked her way to the University of Cape Town's medical school and qualified as a medical doctor in 2016. During this time, she was awarded the Michael Hiddingh academic scholarship (2011-2013), the BerkSilber prize for general surgery (2015), and received a distinction in the clinical sciences (2014 -2016) and her degree conferred with honours. She returned to her hometown of Pietermaritzburg for the next two years (2017-2018), where she completed her medical internship and subsequently her community service in Kimberley (2019). The metaphorical roadblock presented itself during her time as a community service officer, working in the Department of Internal Medicine at the Robert Mangaliso Sobukwe Hospital. Feeling slightly disillusioned and saddened by the shortfall in more definitive strategies for several Internal Medicine pathologies, she chose to detour, as Mary Kay Ash proposed. This detour led her back to the University of Cape Town, where she completed a Medical Science Honours degree in the first class, majoring in medical cell biology (2020). Her research interests lie in molecular medicine, gene, and stem cell therapies. She is currently working on her PhD at Stellenbosch University and Tygerberg Hospital, attempting to marry clinical cardiovascular research with basic science and molecular work. Her work investigates left ventricular remodelling in severe aortic stenosis using cardiac MRI and several molecular techniques. Outside of medicine and research, one may find her buried in a book, somewhere on a mountain, or working on primary school sports and education programs with The Vassie Rajah Foundation.

FMHS - Tygerberg International Office Secretariat



Dr Nyambura Mwangi is currently Head of the Tygerberg International Office (TIO), Faculty of Medicine and Health Sciences (FMHS), Stellenbosch University (SU), South Africa. Nyambura is a trained mediator and a research associate at the SU Institute for Futures Research (IFR) and the UCT Centre for Comparative Law in Africa (CCLA). Nyambura's professional and research activities focus on international higher education (IHE) learning and innovation, strategic leadership engagement, institutional governance, partnership development and management. Previously, Dr Mwangi served as International Affairs Coordinator, University of Stellenbosch Business School (USB); Coordinator, Governance, Leadership and Strategic Engagement, Department of Student Affairs (DSA), Student Housing and Residence Life (SH&RL), University of Cape Town (UCT); Programme Officer with the International Education for Peace Institute (EFP- International), Bosnia & Herzegovina (BiH); and co-founder, Public Officer and Communications, of Scezons cc, research and multisector consultancy. Nyambura holds a BA (Hons) in Political Science and Conflict Resolution, an MA in International Relations, Professional Masters (LL.M) in Tax Law, and a PhD in Business Administration.



Dr Dilshad Tung, MA (Counseling Psychology), PhD (International Psychology), focuses on International Initiatives Management at Tygerberg International Office (TIO) at the Faculty of Medicine and Health Sciences (FMHS) at Stellenbosch University (SU). She endeavours to expand the international reach of FMHS and SU through growing existing partnerships and fostering new collaborative programmes and initiatives with academic and professional institutions worldwide. Her professional background includes clinical counseling and research in International Psychology, specifically studying patterns of successful mentoring relationships among adolescent girls in South Africa. She has also contributed to research on social skills training for children and young adults on the autism spectrum and interventions related to suicide prevention, while Senior Research Assistant at the PEERS programme at University of California, Los Angeles (UCLA).



Mrs Tanya Abrahams currently works at Tygerberg International Office (TIO), focusing on Partnership and Customised Programme Development at the Faculty of Medicine and Health Sciences (FMHS) at Stellenbosch University (SU). She is a qualified Social Worker [(B.A.) Social Work] with extensive experience in case, group, and community work in the non-governmental sector, corporate environments, correctional services, and academia. She holds an M(Phil) in Personal, Interpersonal & Professional Leadership and contributed to leadership research regarding women overcoming the effects of physical and emotional abuse through personal leadership development. She is currently a PhD student at the Graduate School of Business, University of Cape Town, where her research focuses on exploring the lived experiences of critical self-reflection in leaders' enhancement of their leadership presence in South African organisations.



Ms Lelethu Mpapama is a 2022 Work-Study Programme Intern at the Tygerberg International Office (TIO) and a fourth-year BSc Physiotherapy student at the Faculty of Medicine and Health Sciences (FMHS), Stellenbosch University (SU). Ms Mpapama creates and maintains the content of the TIO Facebook page and produces multimedia contributions capturing SU student and stakeholder voices for the TIO. Lelethu also provides ongoing support to the TIO through desktop research, review, and analysis of FMHS Institutional partnership and collaboration data, including the regular update of the TIO online knowledge management repository.

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