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Where Knowledge Meets Ink



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Special Advisor to the President on Monitoring and Implementation of Government Programmes and Projects, Joram Gumbo addressing delegates during the event.



LSU VC Prof Pardon Kuipa addressing delegates during the event.

Government Hails LSU

As Special Advisor to the President on Monitoring and Implementation of Government Programmes and Projects, Joram Gumbo commended the university for its sterling work

By Kimberly Ncube

The Government has praised Lupane State University for the remarkable progress made in constructing a sprawling Technovation Centre at its main campus in Lupane in Matabeleland North Province.

Speaking during a tour of several government projects in the province, Special Advisor to the President on Monitoring and Implementation of Government Programmes and Projects, Joram Gumbo commended the university for its sterling work and reaffirmed Government's commitment to ensuring the successful completion of the project.

Dr Gumbo described the Technovation Centre as "our launchpad into the global knowledge economy" and a strategic hub designed to bridge academia, industry and the community.

"Following a rigorous, transparent and international-standard procurement process, Greenforest Civils has been contracted to drive Phase Two, with mobilisation set for the end of July 2026," he said. "Supported by Treasury and ZIMDEF, we have already deployed US\$3 million of the US\$12 million required, bringing this critical installation to approximately 30 percent completion."

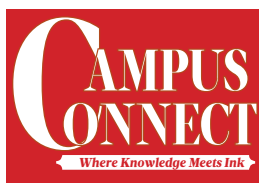
Dr Gumbo said the project aligns with President Emmerson Mnangagwa's transformative Education 5.0 philosophy and Zimbabwe's Heritage-Based Education framework.

"In strict alignment with His Excellency's revolutionary Education 5.0 philosophy and our Heritage-Based Education framework, this centre will



Attendees during the event.

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empower our youth to transform local resources into globally competitive industrial solutions," he said.

"We are moving away from theoretical education; we are industrialising the Zimbabwean mind."

Phase One of the project, which focused on the structural foundation, has been successfully completed. The technically demanding stage involved the sinking of 266 reinforced concrete piles to depths of up to 10 metres, creating what Dr Gumbo described as "an unshakeable base for the superstructure."

Phase Two, which will involve the construction of the core superstructure comprising columns, beams and decks, is expected to commence soon.

Once completed, the Technovation Centre is expected to position Lupane State University as a leading hub for innovation, research and industrialisation, not only in Matabeleland North Province, but globally.

The centre will directly support Government's broader vision of transforming universities into engines of production by enabling them to generate goods, services and innovative solutions that contribute to national development.

Government Hails LSU



The Technovation Centre currently under construction on campus.

LSU equips Postgraduates with Skills for Success

By Mcebisi Dewa

Lupane State University (LSU) recently reinforced its commitment to research and innovation by hosting a two-day PhD Proposal Writing Seminar at its Bulawayo Campus.

The seminar, designed to equip candidates with practical tools to craft strong, researchable, and fundable PhD proposals, ran under the theme: "From Idea to Defensible PhD Proposal."

The event brought together postgraduate students from multiple departments, including Development Studies, Languages, Educational Foundations and the Centre for Monitoring and Evaluation, among others.

In his opening remarks the Dean of the Faculty of Humanities and Social Sciences, Dr Mbulisi Ndlovu emphasised that the seminar was not "just about learning how to write a proposal – but about building confidence in your ideas, sharpening your focus, and connecting with others who share the same passion for research."

"On behalf of Lupane State University, I want to extend a very warm welcome to our facilitators, colleagues, and most importantly, our PhD candidates who are embarking on this exciting journey. Today marks a significant step in our collective mission to strengthen research capacity, nurture academic excellence, and empower the next generation of scholars. A proposal is the seed of your doctoral work, and like any seed, it needs care, clarity, and nurturing to grow into something impactful," he said.

"We know that writing a PhD proposal can feel daunting at times, but that's exactly why we're here together. This is a safe space to ask questions, share challenges, and learn practical strategies that will help you move forward. Remember, no one writes the perfect proposal on the first try—it's a process,

and this workshop is part of that journey. As a university, we are committed to fostering a culture of rigorous inquiry, innovation, and collaboration. I encourage each of you to engage fully and take advantage of the expertise available here. Again, the strength of your proposal lies not only in originality but also in clarity, feasibility, and relevance to societal needs," he added.

Dr Gordon Moyo, the PhD Programme Coordinator in the Department of Development Studies, facilitated the seminar. Other presenters included Prof Thulani Dube (Pro Vice Chancellor), Prof Julius Tapera (Assistant to the Vice Chancellor), Dr W. Malinga, and Dr Thabisani Ngwenya from National University of Science and Technology.

The facilitators guided students through key stages of proposal development, including identifying research gaps, formulating problem statements, designing appropriate methodologies, and aligning proposals with LSU's Heritage-Based Education 5.0 framework and national development priorities.

Dr Moyo said the seminar reflects LSU's strategic drive to increase doctoral output and produce graduates capable of transforming research into practical industrial and community-based solutions.

Participants described the seminar as "timely" and "practical," noting that it provided them with greater clarity, confidence, and direction as they work toward finalising their proposals.

LSU continues to strengthen postgraduate support as part of its broader mandate to industrialise the Zimbabwean mind and contribute meaningfully to the national knowledge economy.

Through such initiatives, the university remains committed to nurturing high-impact researchers and innovators who can address contemporary societal challenges through evidence-based solutions.



Images showing proceedings during the event.

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LSU ALUMNI SPOTLIGHT

MUDZOVA'S JOURNEY OF GRACE FROM LSU TO FILM PRODUCTION PROFESSIONAL

On this edition, we feature Grace Munashe Mudzova, an inspiring Lupane State University (LSU) alumna whose journey demonstrates resilience, creativity and the transformative power of higher education.

Mudzova is a talented filmmaker from Bulawayo who works behind the scenes to bring compelling stories to life.

She was among the pioneer students enrolled in the Bachelor of Arts (Honours) Degree in Film, Television and Media Studies at LSU shortly before the outbreak of the COVID-19 pandemic.

Born and raised in Bulawayo, Mudzova is the eldest of four siblings. She attended McKeurtan Primary School before proceeding to George Silundika High School for her junior secondary education. She later completed her Advanced Level studies at Eveline High School between 2017 and 2018.

Her passion for filmmaking began to take shape during her industrial attachment at the Intwasa Arts Festival in Bulawayo, where she worked as a Production Assistant.

The attachment exposed her to film production and gave her the opportunity to contribute to productions such as *Date Night* and *The Hen That Came Home to Roast*.

Like many aspiring filmmakers, Mudzova initially explored different aspects of production, including camera operation and video editing. However, she soon discovered that her true passion lay behind the scenes.

Rather than being behind the camera, she found fulfilment in coordinating productions, managing logistics and ensuring that every element of a project came together seamlessly.

"I realised I enjoyed organising productions more than operating the camera," she reflects. "I fell in love with managing everything that happens behind the scenes."

That passion has since translated into an impressive career in Zimbabwe's growing film industry.

Mudzova served as the Production Manager for Season 3 of the popular comedy series *Madlela* in Makokoba, where she was responsible for coordinating day-to-day production activities and ensuring that filming ran efficiently.

She also took on the demanding role of Line Producer for the star-studded film *Sizolobola*, overseeing the project's daily operations, budgeting and logistics.

The production features celebrated Zimbabwean actors including Madam Boss and Madlela Skhobokhobo and was produced by Africin, one of Zimbabwe's emerging streaming platforms dedicated to local content.

Today, Mudzova continues to build a promising career in the creative industry, proving that success in film extends far beyond acting or directing. Behind every successful production is a dedicated team of professionals whose expertise ensures that stories are brought to life on screen.

Reflecting on her journey, Mudzova credits LSU with providing the academic foundation and practical exposure that prepared her for the competitive world of film and television.

"I should give credit to my lecturers at LSU because they were patient with me. They introduced me to the basics of film production which I am now using in my professional journey," she said.

She added that LSU would invite renowned filmmakers who would come and have a chat with us and this was important as it exposed us to the real world of filmmaking.

Her story is a testament to the University's commitment to producing graduates who are industry-ready, innovative and capable of making meaningful contributions to Zimbabwe's creative economy.

To aspiring filmmakers and young people considering a career in the creative arts, Mudzova's journey carries an important lesson: discover your passion, embrace every learning opportunity and never underestimate the value of practical experience.

LSU offers a wide range of programmes, including the BA in Language and Communication, BA in Film, Television and Media Studies, and Bachelor of Arts (Honours) Degree in Theatre, Performance and Media Technologies.

These programmes equip students with practical and industry-relevant skills that can lead to rewarding careers in media, film, television, journalism, corporate communications, public relations, advertising, digital content creation, and other related fields.

Join LSU – a University that nurtures excellence, develops talent and produces graduates who are making an impact both locally and internationally.

Enrol for the August Intake!

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Munashe Mudzova (third from left) with other artists and actors in Bulawayo.





Delegates who attended the workshop.



Chief Ndondo.



Dean for the Faculty of Humanities and Social Sciences, Dr. Mbulisi Ndlovu making a presentation during the workshop.



Image showing proceedings during the workshop.

“Intangible Cultural Heritage remains endangered”

By Thembelani Moyo

Intangible Cultural Heritage (ICH) remains endangered across the globe, owing to a myriad of challenges ranging from conflicts, economic pressures and lack of practitioners, among other reasons, Lupane State University's Dean of the Faculty of Humanities and Social Sciences, Dr. Mbulisi Ndlovu has suggested.

Dr. Ndlovu, who is a member of the Intangible Cultural Heritage Advisory Committee for Zimbabwe, was speaking during the recently held five-day capacity-building and fieldwork workshop which ran under the theme: “Awareness-Raising Seminar on the UNESCO 2003 Intangible Cultural Heritage (ICH) Convention”.

The committee that Dr. Ndlovu belongs to is a government body with a mandate to implement the UNESCO 2003 Convention for the Safeguarding the ICH in the country.

The recently held workshop, where Dr. Ndlovu was the chief facilitator, was official opened at the National Gallery of Zimbabwe in Bulawayo by The Minister of State

for Provincial Affairs and Devolution for Bulawayo Province, Hon Judith Mkwanda, who was represented by her Permanent Secretary Mr Paul Nyoni.

The training programme was organised by the Ministry of Sport, Recreation, Arts and Culture (MOSRAC) in partnership with UNESCO.

Attendees included Chief Ndondo from Mbembesi area, arts and culture practitioners, staff from the National Arts Council of Zimbabwe (NACZ, Permanent Secretary in the Ministry of Sport, Recreation, arts and Culture and other relevant government departments.

Speaking during the workshop Dr. Ndlovu explained that the UNESCO 2003 Convention was Adopted on 17 October 2003 in Paris, ratified by 183 States Parties as a first binding instrument focused on intangible heritage, recognising communities, groups, and individuals as key custodians.

“The purposes of the convention are to safeguard the intangible cultural heritage; to ensure respect for the intangible cultural heritage of the communities, groups and individuals concerned; to raise

awareness at the local, national and international levels of the importance of the intangible cultural heritage, and of ensuring mutual appreciation thereof and to provide for international cooperation and assistance,” Dr Ndlovu said.

He further explained to the stakeholders what is meant by ICH and why it is crucial, emphasising that it needs to be safeguarded.

“These are practices, representations, expressions, knowledge, skills – as well as the instruments, objects, artefacts and cultural spaces associated therewith – that communities, groups and, in some cases, individuals recognise as part of their cultural heritage,” he said.

“This intangible cultural heritage, transmitted from generation to generation, is constantly recreated by communities and groups in response to their environment, their interaction with nature and their history, and provides them with a sense of identity and continuity, thus promoting respect for cultural diversity and human creativity,” he added.

Dr. Ndlovu, however bemoaned a number of challenges that make it impossible to safeguard ICH.

There is a loss of practitioners as a result of the passing away of elders or skilled bearers before they transmit knowledge to younger generations.

“Younger generations may not be interested in learning or practicing traditions due to modernisation or migration,” he said.

Additionally, systems such as globalisation and cultural homogenisation and urban migration, have posed threats.

For example dominance of global media and lifestyles can overshadow local traditions. Communities who move away from rural areas lose connection to rituals tied to land, seasons, or environment.

Because of economic pressures traditional practices may not provide livelihoods, leading communities abandoning them.

Global conflicts, wars, political instability, or forced migration also disrupt cultural continuity.

Environmental changes such as climate change or ecological degradation have also affected practices linked to nature.

Dr. Ndlovu suggested that there is a critical need to come up with

measures so that ICH continues to be practiced, transmitted, and valued by communities.

“Unlike preservation of monuments, safeguarding ICH is about keeping traditions alive and relevant,” he said.

Some of the measures include: Encouraging intergenerational learning (elders teaching youth); integrating ICH into formal and non-formal education; recording practices through audio, video, and written archives as well as supporting community-led documentation to ensure authenticity.

He also highlighted the need to raise awarenesses through media and festivals; establishing policies that protect ICH; empowering communities as primary custodians of heritage; international cooperation as well as improving financial support to these programmes.

According to workshop's report, the awareness-raising and capacity-building exercise in Bulawayo successfully raised stakeholder buy-in and catalysed active community involvement in the safeguarding of living heritage.

Bridging Science and Practice: The Power of Partnership in Advancing Food Safety Across Africa



Ms Ayanda Mafela

By Sibongubhle Ayanda Mafela

The Food Safety Webinar, held last month in commemoration of World Food Safety Month, stands as a sterling testament to the transformative power of strategic collaboration between academia, civil society, and community-focused enterprises.

The partnership between Lupane State University's Department of Food Science and Technology, Midlands State University's Department of Food Science and Nutrition, the African Food Revolution (AFR), and HIVOS under its Urban Futures project created a uniquely robust and

multi-dimensional platform that successfully bridged the gap between rigorous scientific research and practical, on-the-ground application.

This synergistic alliance was the cornerstone of the event's resounding success: the academic institutions anchored the discussions in credible, evidence-based science, providing authoritative overviews of foodborne disease burdens in Zimbabwe and the complex challenges inherent in urban food systems; HIVOS contributed critical expertise on sustainable and just urban food systems, ensuring the dialogue encompassed vital social and economic dimensions; and

the African Food Revolution expertly connected theory to practice by spotlighting youth champions from community food enterprises and offering affordable, actionable food safety strategies tailored for small-scale businesses.

The webinar's carefully structured programme, moderated with skill and featuring interactive Q&A sessions, facilitated a rich exchange of knowledge that not only deepened participants' scientific understanding but also empowered small-scale food entrepreneurs with tangible tools to enhance consumer safety, while amplifying the vital voices of young change-makers.

By seamlessly blending academic rigor with grassroots realities and development advocacy, the collaboration demonstrated a unified commitment to building safer, healthier, and more resilient food systems in Africa.

The event was more than a commemorative gathering; it was a powerful call to action and a shining example of how collective impact can be achieved when diverse stakeholders unite with a shared purpose, leaving a lasting legacy that should inspire sustained partnerships and expanded initiatives for the future of food safety across the continent.

LSU Students Building Visionary Leaders and Transforming the Community

By Reason Moyo

What began as a small group of passionate Lupane State University (LSU) students has grown into a movement of young leaders committed to making a lasting difference in the Lupane community.

Through Young Life, LSU students are stepping beyond the classroom and into schools and communities, building meaningful relationships with young people and sharing the hope found in Jesus Christ. Their mission is not only to mentor the next generation but also to raise visionary leaders who will positively influence their schools, families, and communities.

Week after week, volunteer leaders dedicate their time to visiting schools, leading clubs, mentoring teenagers, organizing camps, and creating safe spaces where every young person feels seen, valued, and loved. These moments of connection have become opportunities for life transformation as many young people hear the message of Jesus, some for the very first time.

The impact extends far beyond club meetings. As students serve the community, they are also growing as compassionate, servant-hearted leaders. They are learning to lead with integrity, serve with humility, and inspire hope wherever they go.

Young Life at LSU continues to demonstrate that



LSU YoungLife Members

real leadership is about investing in people. By reaching young people across Lupane with the love of Christ, these student leaders are helping shape a future marked by faith, purpose, and positive community transformation.

Together, they are proving that when young leaders answer God's call to serve, entire communities can be changed, one life, one relationship, and one story at a time.

Week after week, volunteer leaders dedicate their time to visiting schools, leading clubs, mentoring teenagers, organizing camps, and creating safe spaces where every young person feels seen, valued, and loved.

People, Culture, Food, Diversity and Sustainability

Series No. 3

Indigenous Flavours of Zimbabwe Cuisine

By Sisasenkosi Ndlovu and Dr. Khanyisani Ngwenya

The previous articles in this series focused on Ndebele culture, particularly its historical and cultural relationship with meat consumption. The traditional meal of beef stew, sadza, and vegetables is more than mere sustenance; it is a significant cultural symbol and a signature dish that reflects identity, heritage, and belonging. Gathering to share a meal signifies respect, unity, and togetherness. Among the Ndebele, the sharing of a beast’s head (inhloko) and hooves (amangqina) by elderly men or household heads symbolises responsibility, leadership, wisdom, and respect.

In Zimbabwean cuisine, the most treasured dishes are not necessarily those prepared from the most expensive cuts of meat, but those deeply rooted in community traditions and social relationships. Historically, the slaughtering of cattle was reserved for important occasions such as weddings, funerals, ancestral ceremonies, and other celebrations. In keeping with the African belief of valuing every part of the animal, each cut has a purpose. Tripe and the bible (Omasum) are regarded as both nutritious foods and symbols of stewardship, respect for nature, and communal responsibility. Delicacies such as tripe, omasum, and casings (amalusu lamathumbu) in Ndebele or (maguru nematumbu) in Shona are commonly shared during family gatherings and ceremonial events, serving as evidence that a beast was slaughtered for the occasion. Preparing these delicacies requires careful cleaning and meticulous preparation to ensure that everyone enjoys an authentic taste of indigenous Zimbabwean cuisine.

Tripe and cases are best prepared while still fresh, soon after slaughter, as this allows for the thorough removal of sludge and other impurities found inside the casings and around the tripe or bible, making it safe and pleasant to eat. Traditionally, tripe and casings are slow-cooked over an open fire for several hours, allowing their rich flavour and tender texture to develop naturally. Most Zimbabwean households prefer this dish without thickening agents, allowing its natural flavour and aroma to stand out. It is traditionally served with thick porridge (isitshwala or sadza) and is often accompanied by indigenous vegetables such as ulude or nyevhe, pumpkin leaves (ibhobola or muboora), or other traditional vegetables of choice. These combinations not only enhance flavour, but also create a balanced indigenous meal by combining meat, grains, and vegetables that complement one another nutritionally and culturally.

One of the most common features of sharing tripe and casings during family gatherings and ceremonies is the collective desire to ensure that the cooking pot is emptied. This is achieved either by everyone eating until the food is finished or by packing leftovers into lunch boxes that guests often bring specifically for that purpose. Such practices reflect the communal spirit associated with these dishes. Eating tripe and casings therefore represents a much deeper cultural meaning than simply placing food on the table.

Beyond their cultural significance, tripe and casings are also highly nutritious. They are excellent sources of protein, zinc, vitamin B12, and collagen, making them valuable components of a balanced diet. Although fast foods and processed meals have increasingly dominated the Zimbabwean food landscape, traditional dishes such as tripe and casings continue to remind people of the richness of Zimbabwe’s culinary heritage. They embody the values of sustainability, resourcefulness, and respect for tradition, demonstrating that cultural heritage remains an important part of the meals shared at family tables and community functions. By preserving and celebrating dishes such as these, future generations will come to understand that food is more than nourishment; it is culture, memory, identity, and a living expression of Zimbabwe’s heritage served on a plate.

Recipe
Tripe and Casings / Amalusu lamathumbu/matumbu
Ingredients
1kg Ox tripe
1kg Ox casings
Water
Salt
Cayenne pepper (Optional)
Onions (optional)
Tomatoes (optional)

Preparation method

- Wash and cut the tripe and casings to reasonable pieces.
- Thoroughly wash to ensure all sludge is removed.
- Put in a large 3-legged pot or any large saucepan.
- Add enough water to fully cover the meat.
- Season with salt, cayenne pepper and cook over high heat until soft.
- Reduce heat, allow to simmer gently.
- Add chopped onions and tomatoes (optional), and allow the vegetables to completely cook and fuse into the tripe and casings.
- Serve with hot well-cooked traditional grains thick porridge ‘isitshwala, sadza’
- Vegetables may be served as an accompaniment to this dish.



Amathumbu



Amalusu



The Mutoko Biotechnology Industrial Park

Team LSU attends the official opening of the Mutoko Biotechnology Industrial Park

By Kimberly Ncube

Lupane State University was well represented by Pro Vice Chancellor, Prof T. Dube, Bursar Ms E. Masara and Assistant to the VC Prof J. Tapera at the official opening of the Mutoko Bio-technology Industrial Park by His Excellency, the President of the

Republic of Zimbabwe, Cde Dr Emmerson Dambudzo Mnangagwa, in Mashonaland East Province. The industrial Park, constructed by Finealt Engineering under the auspices of the Ministry of Higher and Tertiary Education, Innovation, Science and Technology Development, is an integrated manufacturing hub comprising a

biodiesel plant, a cooking oil processing plant, and a soap manufacturing facility. The facility is expected to serve as a catalyst for rural industrialisation, creating thousands of employment opportunities and promoting local value addition and beneficiation in line with Zimbabwe's Vision 2030 and the coun-

try's industrialisation agenda. The commissioning of the Mutoko Biotechnology Industrial Park is a testament to the transformative impact of the Government's Heritage-Based Education 5.0 philosophy, which seeks to position institutions of higher and tertiary learning as drivers of innovation, industrialisation and socio-economic development.

As a university committed to innovation and community transformation, Lupane State University remains inspired by such initiatives and continues to play its part in advancing Zimbabwe's industrialisation and development agenda through research, innovation and entrepreneurship.



Bursar Mrs E. Masara (right) and Assistant to the VC Prof J. Tapera.



Pro Vice Chancellor, Prof T. Dube (right) and Assistant to the VC Prof J. Tapera.



LSU hosts DPC Regional Manger

By Mcebisi Dewa

The Faculty of Commerce at Lupane State University recently hosted Deposit Protection Corporation (DPC) Regional Manager, Charles Kusaya, for an insightful guest lecture aimed at bridging the gap between academic learning and industry practice. The engagement marked the second lecture delivered by DPC at the University in the past two years, reflecting the growing and mutually beneficial partnership between academia and industry. During the session, students and

lecturers gained valuable insights into deposit insurance, financial stability, and the critical role played by financial sector regulators in safeguarding Zimbabwe's financial system. Lupane State University extends its sincere appreciation to the DPC team for an engaging and informative presentation that enriched learning and connected classroom theory with real-world practice. Such collaborations continue to strengthen students' understanding of industry dynamics and prepare them for successful careers in the financial sector.

The Practical Guide to Local Investing: C-Trade vs. ZSE Direct Explained

To engage in an objective assessment of our current economic landscape: building a secure financial future in Zimbabwe feels like running into a headwind. Between currency shifts and high inflation, traditional banking acts as a slow financial leak. But here is the mindset shift we need to make as a community: economic hardships do not mean we stop investing; they mean we must be smarter about how we invest. Historically, the stock market was viewed as an elite club something reserved for institutional giants or high-net-worth individuals in corporate suits. Today, technology has completely democratized the Zimbabwe Stock Exchange (ZSE) and the Victoria Falls Stock Exchange (VFEX). Two prominent retail platforms, C-Trade and ZSE Direct, allow you to buy shares,

participate in unit trusts, and build wealth right from your smartphone or laptop.

If you have a mobile wallet, a local bank account, and a few dollars to spare, you have everything you need to become a shareholder in Zimbabwe's biggest companies. Technology has completely democratized the Zimbabwe Stock Exchange (ZSE) and the Victoria Falls Stock Exchange (VFEX), allowing anyone with a mobile wallet or bank account to become a shareholder.

The Platforms Compared

1. C-Trade: The All-Rounder Powerhouse: C-Trade's core strength is comprehensive market access. From a single consolidated account, you can trade seamlessly across three major exchanges: the ZSE, the Financial Securities Exchange (FINSEC), and the USD-de-

nominated Victoria Falls Stock Exchange (VFEX). This cross-market reach makes it an exceptional tool for asset diversification, giving users direct access to mainstream equities, alternative unit trusts, and specialized index funds.

Crucially for the university demographic, C-Trade bridges the digital divide through its USSD feature (*727#), which allows users to check portfolios, track market movements, and place buy or sell orders without active smartphone data bundles or internet access. While its data-heavy, chart-centric dark-mode interface is designed for depth and can initially intimidate a beginner, the platform remedies this learning curve by offering a demo mode. This simulator mimics live market conditions, allowing students to practice trading with virtual money and test

strategies risk-free before committing real capital.

2. ZSE Direct: The Clean, Focused Streamliner: Built directly by the Zimbabwe Stock Exchange, this platform eliminates technical friction by offering a minimalist, highly intuitive white interface tailored for the retail investor. It strips away complex charting noise to present a clear, uncluttered view of your active portfolio, transaction history, and wallet balance. Where ZSE Direct truly wins is data fidelity: it provides superior, instant real-time pricing updates and showcases deep market metrics, including a live look at the top 10 buyer bids and seller offers for any given counter, allowing you to gauge market demand instantly.

However, this streamlined focus comes with structural limitations. ZSE Direct is strictly dedicated to the ZSE ecosystem; if you want to hedge against local currency volatility by purchasing USD-denominated stocks on the VFEX, you cannot do it within this app. Instead, you are required to download their secondary application, VFEX Direct, and complete a separate registration process. Furthermore, users must plan around small, native transaction layer fees such as standard deposit matching,

administrative, and withdrawal fees which require minor cash buffers compared to C-Trade's zero-platform-fee structure.

Key Principles for Financial Resilience

Choosing a platform is only the first step; sustainable wealth creation relies on specific financial behaviours:

Practice Dollar-Cost Averaging: Avoid trying to time a volatile market. Commit a fixed, affordable amount monthly to buy shares of strong companies, smoothing out purchase costs over time.

Focus on Productive Assets: Holding cash during inflation is a losing battle. Stock ownership exchanges paper currency for equity in real enterprises with tangible assets that naturally adjust pricing to hedge against inflation.

Start Small, Learn Big: Hands-on experience is the best teacher. Utilize C-Trade's demo mode or make small, real-world investments on ZSE Direct in everyday companies to build confidence.

The Verdict: Choose ZSE Direct if you want a clean interface and deep real-time data for local stocks. Choose C-Trade if you want a one-stop shop for USD trading on the VFEX, alternative assets, and offline USSD access.



The Financial Literacy Column With Sekai JC Gochera

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If you have a mobile wallet, a local bank account, and a few dollars to spare, you have everything you need to become a shareholder in Zimbabwe's biggest companies. Technology has completely democratized the Zimbabwe Stock Exchange (ZSE) and the Victoria Falls Stock Exchange (VFEX), allowing anyone with a mobile wallet or bank account to become a shareholder.

Imparting Knowledge Through



AND CREATIVITY

☀ Memories of the Sunny Weather ☀

Summers of our lives

Times are changing,

Seasons come and go.

The sun we yearned for will soon be too much, and the warmth we craved will be a thing of the past.

We won't be basking in the sun soon; we will hide in the shade of trees, and the sun will haunt us even in closed rooms.

Times are changing, seasons come and go.

In all these changes, there are blessings too.

Even as the sun scorches, we will be sun-kissed too.

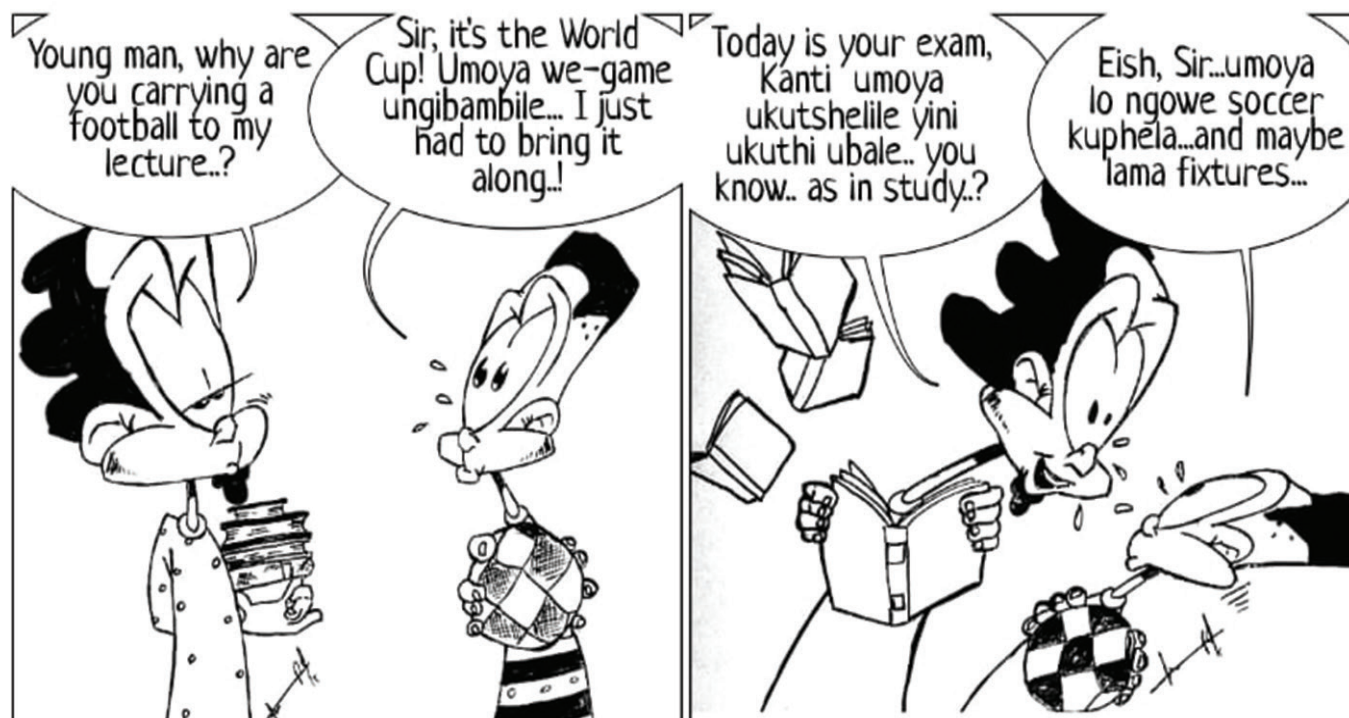
Seasons come and go; some pains have come, and they too will go.

Let us hope and pray that the summers of our lives bring blessings untold, and that the sun reaches the glacial parts of our hearts.

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Bachelor of Science Honours Degree in Environmental Sciences
Bachelor of Science Honours Degree in Irrigation Engineering
Bachelor of Science Honours Degree in Food and Agricultural Products Processing
Master of Science Degree in Crop Science
Diploma in Agribusiness
Bachelor of Agricultural Sciences Honours Degree in Crop Science
Bachelor of Agricultural Sciences Honours Degree in Animal Science and Rangeland Management
Bachelor of Agricultural Sciences Honours Degree in Wildlife Resources Management
Bachelor of Agricultural Sciences Special Honours Degree in Animal Science
Bachelor of Agricultural Sciences Honours Degree in Forest Resources Management
Master of Science in Animal Breeding and Biotechnology
Master of Science in Plant Breeding
Master of Science in Agronomy
Master of Science in Tropical Resources Ecology
Master of Science in One Health
Master of Science in Food Safety and Port Health
Doctor of Philosophy in Environmental Science
Doctor of Philosophy in Animal Science
Doctor of Philosophy in Agricultural Economics
Doctor of Philosophy in Ecological Resources Management



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Bachelor of Science Honours Degree in Forest Resources Management
Bachelor of Science Honours Degree in Environmental Science
Bachelor of Science Honours Degree in Food Science and Agricultural Processing
Master of Science in Tropical Resources Ecology
Master of Science in One Health
Master of Science in Food Safety and Port Health

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Bachelor of Commerce Honours Degree in Accounting and Finance
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Bachelor of Science Honours Degree in Hospitality and Tourism
Bachelor of Science Honours Degree in Economics
Bachelor of Commerce Honours Degree in Marketing Management
Bachelor of Commerce Honours Degree in Entrepreneurship
Master of Business Leadership
Bachelor Of Commerce Special Honours Degree In Procurement And Supply Chain Management
Bachelor of Commerce Honours Degree Supply Chain Management
Master of Science Degree in Human Resource Management
Bachelor of Commerce Honours Degree in Human Resource Management
Bachelor of Science Honours Degree in Industrial Psychology
Bachelor of Science Honours Degree in Supply Chain Management
Master of Science (MSc) Degree in Human Resource Management
Bachelor of Commerce Special Honours Degree in Digital Marketing (B Com SP Hons DM)
Master of Science Degree in Supply Chain Management
Master of Science Degree In Hospitality and Tourism
Doctor of Philosophy in Hospitality and Tourism
Doctor of Philosophy in Management and Leadership
Doctor of Philosophy in Business Management
Doctor of Philosophy in Accounting and Finance
Doctor of Philosophy in Human Resource Management



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Bachelor of Education Degree in English and Communication
Bachelor of Education Degree in Agriculture
Bachelor of Education Honours Degree in Language and Communication (IsiNdebele)
Bachelor of Education Degree in Geography
Bachelor of Education Degree in Accounting
Postgraduate Diploma in Education
Bachelor of Science Honours Degree in Development Studies
Diploma in Development Studies
Bachelor of Social Science Special Honours Degree in Monitoring and Evaluation
Bachelor of Science Special Honours Degree in Urban Management Studies
Master of Science Degree in Development Studies
Diploma in Youth & Community Development Studies
Bachelor of Science Honours Degree in Urban and Regional Planning
Bachelor of Science Honours Degree in Anthropology
Bachelor of Science Honours Degree in Sociology
Bachelor of Science Honours Degree in Peace, Conflict and Security Studies
Master of Social Science Degree in Monitoring and Evaluation
Master of Science in Public Policy and Development Management
Master of Science Degree in Climate Change and Sustainable Development
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Diploma in Court Interpreting and Translation
Postgraduate Diploma in Media and Public Relations
Bachelor of Arts Honours Degree in IsiNdebele
Diploma in Applied Language Studies
Bachelor of Arts Honours Degree in Applied Language Studies
Bachelor of Arts Honours Degree in Language and Communication Studies
Bachelor of Arts Honours Degree in Film, Television and Media Studies
Bachelor of Arts Honours Degree in Theatre, Performance and Media Technologies
Bachelor of Arts Honours Degree in Tonga/Nambya/Sesotho/Kalanga Language and Culture Studies
Bachelor of Social Science Honours Degree in Geography and Population Studies
Diploma in Geographic Information Science (GIS) and Remote Sensing
Bachelor of Science Honours Degree in Natural Resources Management
Postgraduate Diploma in Geographic Information Science and Remote Sensing
Master of Science Degree in Climate Change and Sustainable Development
Master of Science Degree in Development Studies
Master of Social Science in Monitoring and Evaluation
Doctor of Philosophy in African Languages and Culture
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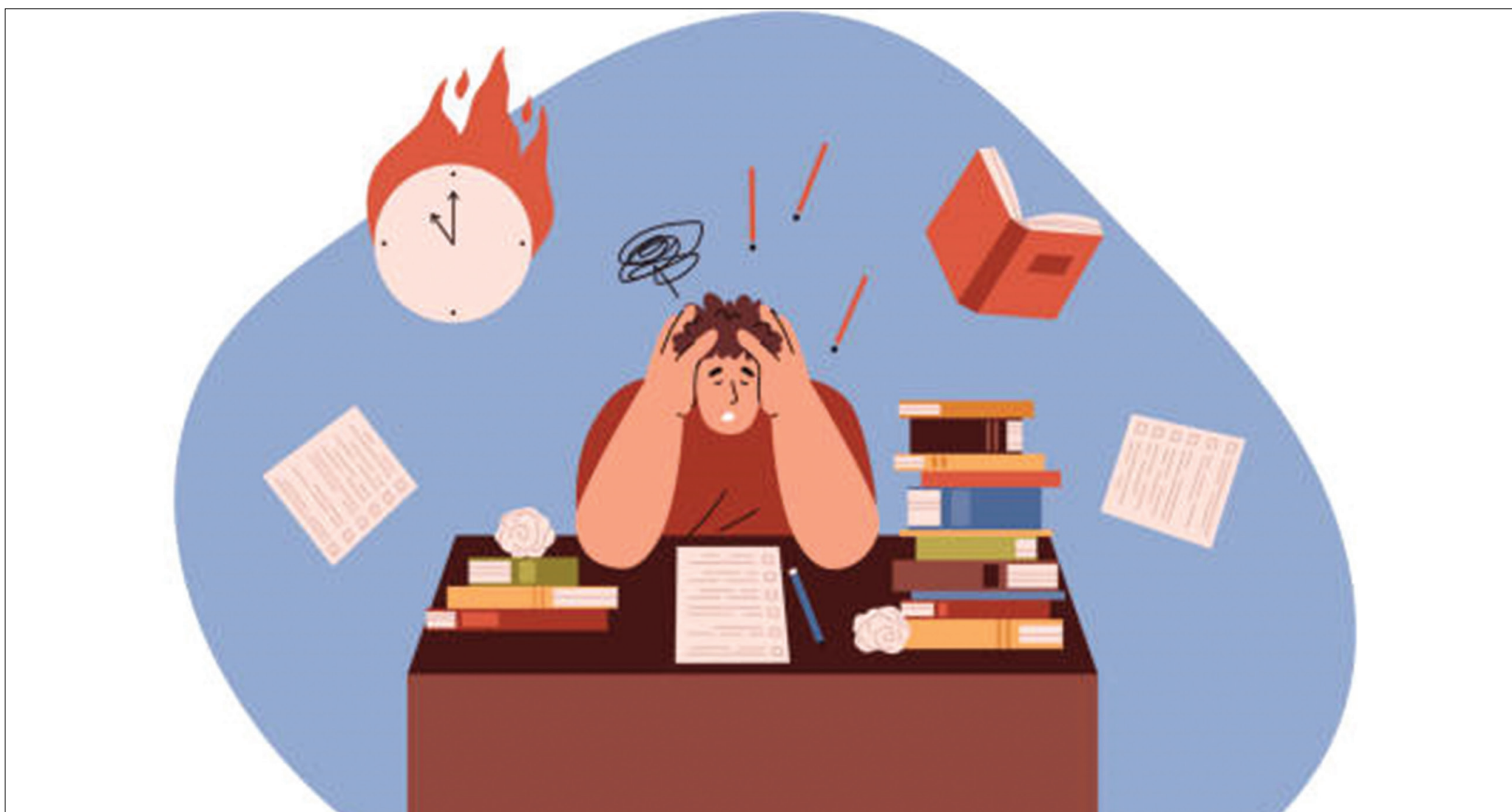
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Bachelor of Engineering Honours Degree in Mechatronics Engineering
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University life: Reasons every student must learn to say “I need help”

FOR many young people, getting into university is a dream come true. It is the beginning of a new chapter filled with opportunities, independence and hope for a better future. For the first time, many students are away from home, making their own decisions and taking responsibility for their lives. But while university can be exciting and rewarding, it also comes with challenges that are often overlooked. Amid the pressure of assignments, exams and adjusting to a new environment, there is one lesson every student should learn early: never be afraid to ask for help.

The big jump from high school to university

The transition from high school to university is one of the biggest changes a young person can experience.

In high school, life is structured. Parents, guardians and teachers provide constant guidance. Timetables are fixed, homework is monitored and there is usually someone reminding learners about upcoming tests, assignments or school fees.

University life is very different.

Almost overnight, students become responsible for managing their own lives. They have to wake themselves up for lectures, manage their time, budget their money, do their laundry, prepare meals and solve their own problems.

For some, this new freedom feels exciting. For others, it can be overwhelming.

That is perfectly normal. Learning to make decisions independently takes time, and adjusting to university life is a journey rather than

an overnight process.

Academic pressure arrives quickly

One of the first realities students encounter at university is the intensity of academic work.

Lectures move at a much faster pace than most students are used to. Topics that might have taken weeks to cover in high school can be taught in a single lecture. Assignments, projects and tests come one after another, while deadlines seem to arrive sooner than expected.

Unlike school, nobody will follow up if a student misses a lecture or fails to submit an assignment. Universities expect students to take responsibility for their own learning.

Missing one lecture may not seem like a major issue, but it can quickly create a backlog. Before long, a student may find themselves struggling to keep up with several modules at the same time.

The pressure can be even greater for students on scholarships or those carrying the hopes of their families. Many young people arrive at university knowing that their success could change the lives of those back home.

That responsibility can be motivating, but it can also be stressful.

Social pressure and loneliness

University campuses bring together people from different backgrounds, cultures, religions and communities.

This diversity creates opportunities to learn from others and build lifelong friendships. However, it can also create new pressures.

Some students feel compelled to fit in with certain groups and

may be tempted into harmful behaviours simply to gain acceptance. Others face a different challenge altogether – loneliness.

Being away from family and familiar surroundings can be difficult. Some students struggle to make friends or feel disconnected from those around them.

Social media often makes these feelings worse. It can appear as though everyone else is thriving while you alone are struggling.

The truth is that many students experience the same insecurities.

The feeling that everyone else has their life figured out is common, but it is rarely accurate. Most students are learning and adapting as they go.

Mental and emotional struggles are real

Stress, anxiety, depression, burn-out and low self-esteem affect students from all walks of life.

These challenges do not discriminate based on academic performance, background or social status. Even students who appear confident and successful may be battling difficulties behind the scenes.

Unfortunately, many young people suffer in silence.

Some fear being judged. Others worry that asking for help will make them appear weak.

Society has long promoted the idea that strong people should face their problems alone. However, that belief is both misleading and harmful.

Real strength lies in recognising when support is needed. Real courage is being able to say, “I cannot do this alone”.

Nobody succeeds entirely on

their own. Every successful person has relied on guidance, support and encouragement at some point in their journey.

Seeking help is not a sign of weakness. It is a sign of wisdom and self-awareness.

Help is available – use it

- The good news is that most universities in Zimbabwe recognise the challenges students face and have support systems in place to assist them.
- These services extend far beyond the lecture room.
- Many universities have a Student Affairs Department that offers:
- Counselling services – trained professionals who provide support for stress, anxiety, academic pressure, relationship challenges and other personal concerns.
- Mentorship programmes – opportunities to receive guidance from senior students, lecturers and other experienced individuals.
- Accommodation and welfare offices – support for students experiencing housing or welfare challenges.
- Health services – access to healthcare for both physical and mental wellbeing.
- Career guidance services – assistance with career planning and professional development.
- Financial aid offices – information on scholarships, grants and payment arrangements.

These services exist because universities understand that academic

success and personal wellbeing are closely connected.

A student who is struggling emotionally may find it difficult to focus in class. A student facing financial hardship may struggle to concentrate on studies. Likewise, someone dealing with anxiety may know the material but perform poorly during examinations.

Success in education is about more than passing exams. It is about maintaining overall wellbeing.

Seeking help comes in many forms

Asking for help does not always mean booking an appointment with a counsellor.

Sometimes it can be as simple as approaching a lecturer after class to seek clarification on a difficult topic.

It may mean visiting the library for academic support, consulting a residence adviser about accommodation concerns, speaking to Student Affairs about financial challenges, or confiding in a trusted friend, family member, pastor or mentor.

What matters most is taking action before problems become overwhelming.

Small challenges often become bigger when ignored.

Stress can develop into burnout. Loneliness can lead to depression. One failed test can become a failed semester if support is not sought in time. Seeking help early is like visiting a clinic when the first symptoms appear. Problems are often easier to manage before they become crises.



LSU United FC team members

LUPANE FOOTBALL LEAGUE: MATCHDAY 8 ROUND-UP

Elitsheni FC Clinch First Win as Log Leaders and LSU FC Matches Postponed

Elitsheni FC finally got off the mark this season with a 1-0 victory over LSU United FC, while league leaders Ngamo Rhinos FC saw their match postponed on a quiet Matchday 8 in the ZIFA SRAZ Lupane Football League.

Elitsheni FC secured their first win of the campaign and maximum points at home, thanks to a first-half penalty from Bruce Ngwenya.

The decisive moment came after LSU United FC midfielder Lan-

ga “Saspuzo” handled the ball in the penalty area while trying to clear the ball from a corner kick. Ngwenya made no mistake and scored the rebound after LSU United FC’ shot stopper had punched the ball back him.

Elitsheni midfielder Peacewell was outstanding on the day, giving LSU United’s disjointed midfield a torrid time. He dictated play, kept possession, and constantly pressed the LSU United defense.

Despite the pressure, LSU Unit-

ed’s defense – statistically the best in the league so far – held firm and gave the home strikers no further chances. However, LSU United will be frustrated after their strikers missed a number of clear opportunities in both the first and second halves to get back into the game.

The win lifts Elitsheni FC to 8th on the log with 6 points from 8 games. LSU United FC remain 10th with 4 points from 6 games.

Other Matchday 8 Results

Ngamo Rhinos FC vs Lupane City FC – POSTPONED

The top-of-the-table clash was called off after Lupane City FC requested a postponement due to logistics challenges beyond their control. Ngamo Rhinos remain top with a perfect record: 6 wins from 6 games and 18 points.

Super Eagles FC 0 - 1 Invaders FC
Ceballos FC 0 - 2 United Forces FC

United Forces climb to 2nd with 16 points.

Lupane Celtics FC 1 - 1 Mpofu FC
University Break Hits LSU FC

LSU FC’s campaign is also on hold. All LSU FC matches have been postponed as the university is currently closed. With the squad made up of university students, the team will only resume fixtures in August when the university re-opens. LSU FC sit 7th on the log with 7 points from 5 games.