



Dr Thobile Poswa

Dr TT Poswa, HOD, Environmental Health

As a pastor, this lockdown has emboldened me to become more resolute about my faith. I have spent days selecting verses from the Bible that will console those suffering during this time and bring more people closer to our Lord. There has been more focus on praying for the nation using communal prayer over personal prayer, using prayer as a weapon for all humankind to approach Him. In my live-stream services, I have said that we must forget about our divisions and camps; let us all pray as a nation and work together to find a lasting solution. This disastrous situation is making us forget our self-interests and look at our interests as a nation.

Amid lockdown, USSA Champ continues training

The residents of Glencoe, a small mining town near Dundee in northern KwaZulu-Natal, recently got used to a familiar sight of one Sandile Dlamini (22), a second-year Accounting student, running on the street every day, including the weekends. This was part of his training schedule as he prepared for the next major challenges in his boxing career. Sandile, like all other MUT students, had to leave the University after the national state of disaster was declared and students were sent home to limit the spread of the coronavirus.

Sandile became the USSA Boxing Champion in the 56kg category in Mpumalanga in December 2019 and is currently preparing for the Zone Four Games in Botswana in June, followed by another one in the US in December this year – provided they go ahead, given the COVID-19 outbreak.

Refusing to lose ground during the lockdown, Sandile is still training hard, albeit differently. “I do physical training from Monday to Fridays. On Thursdays and Fridays I do workouts that is boxing, punching bag, pad work, and sparring. What I am preparing for is an opportunity of a lifetime that does not fall onto anybody’s lap,” he said.

Sandile added that he was mentally strong enough to deal with the uncertainty that comes with the coronavirus. He said he draws strength from motivational speaker, Eric Thomas, who said that it is better to be prepared for an opportunity and not have



Sandile Dlamini, right, and his trainer, Nkosinathi Mkhaliphi showing off the trophy and medal Sandile won at the 2019 USSA Games

one, than to have an opportunity but not be prepared for it. The highly disciplined Sandile heard Eric saying this while he was doing Grade 12, in 2017.

At the moment Sandile is under the guidance of his former mentors Nkosinathi Hlatshwayo and Nkosinathi Thusi, as he is forced to live away from his MUT trainer Nkosinathi Mkhaliphi, who lives in Mtubatuba, northern KwaZulu-Natal, and coach Sifiso Ngiba, who lives in Durban. Hlatshwayo and Thusi are very proud of his achievements. Sandile has been boxing for 11 years.