

Programme Schedule 16th July: Global Student Well-being Summit

Time	Item	Presenter
08:30 – 10:00	Registration	–
10:00 – 10:10	Opening: National Anthem	Mr Andile Xhakaza
10:10 – 10:20	Welcome Address	Prof Hester C. Klopper, Vice-Chancellor and Principal
10:20 – 10:30	Purpose of the Summit	Dr Temba Hlasho, Executive Director: Student Affairs
10:30 – 10:35	Message of Support: ISRC President General	Mr Mpho Maloka
10:35 – 10:40	Message of Support: Department of Higher Education and Training	Ms Fundiswa Sotenjwa, Director: Student Support and Sector Engagement
10:40 – 11:00	Keynote Address: The State of Health in South African Higher Education Institutions (Physical Health, Mental Health and Psychosocial Support, Substance Abuse, HIV/AIDS and Sexual Reproductive Health)	Free State MEC for Health, Mr Mathabo Leeto (Mahlatsi)
11:00 – 11:10	Cultural Performance	Cultural Group



11:10 – 11:50	Plenary Session: Healthy Masculinity and Gender Sensitivity	Mr Mandla Simelane, UN International Peacebuilder
11:50 – 12:40	Plenary Session: Mental Health – Challenging the Stigma: How Do We Connect With You?	Dr Dunn-Coetzee, Director: Health and Wellness
12:40 – 13:40	Lunch	–
13:40 – 13:50	Transition to Breakaway Venues	Volunteers
13:50 – 15:00	Breakaway Sessions – Students: 1. Returning Strong – Kate Poen 2. African Spirituality – Victoria Dithebe (Gogo Zanemvula) 3. Transactional Sex – Chelepe Mocwana 4. Food Insecurity – Annelize & Teddy 5. Living and Learning Environments – Chantel Kader 6. Ukuphefumlelana – Mandla Simelane 7. The Impact of Stigma	Facilitators



	<p>and Discrimination – CUADS</p> <p>8. Addressing Risky Behaviours in Relation to SGBV – Stephanie Hendry</p> <p>9. The Struggles of Minority Groups in Higher Education – Yeki Mosomthane</p>	
13:50 – 15:00	<p>Breakaway Sessions – Staff:</p> <ul style="list-style-type: none"> - Kopsie Health and Wellness - Centre for Universal Access and Disability Support (CUADS) - Student Governance - KopsieSport 	Riana Johnson, Martie Miranda, Pholla Mbalane, Maryka Holtzhausen
15:00 – 16:00	Feedback from Student Breakaway Sessions	Programme Director
16:00	Closure and Departure	Programme Director

Programme Schedule: 17–18 July 2025

Time	Item	Presenter
09:00 – 09:05	Surveys for Day 1	Programme Director
09:05 – 09:10	Opening & Welcome	Facilitator
09:10 – 10:00	Plenary Session: Lived Experiences of Students with Disabilities	Martie Miranda, Deputy Director CUADS and Nobomi Duma (UFS Alumni)
10:00 – 11:00	Breakaway Sessions – Students: 1. Sports in relation to development – Maryka Holtzhausen 2. Surviving Tough Times: Resilience – Keneliwe Molebale & Rachel Moffat 3. What does a healthy campus look-like? – Gary Dateling 4. Sense of Belonging – Makhosazana Mazibuko 5. Substance Abuse – Ogaisitse Diseko 6. Diversity and Inclusion – Higher Health	



	<p>7. Student Entrepreneurship – Puseletso Kgoerere</p> <p>8. Beyond Titles: Leadership Skills for All – Pholla Mbalane</p> <p>9. Sustainable Living (Access Programme) – Gernus Terblance & Dr Venter</p>	
10:00 – 11:00	<p>Breakaway Sessions – Staff:</p> <ul style="list-style-type: none"> - Unit for Institutional Change and Social Justice - Centre for Teaching and Learning - Food Environment - Social Support 	Chelepe Mocwana, Gugu Khanye, Annelize & Teddy, Nothando Hlophe
11:00 – 12:00	Student Panel Discussion	Programme Director
12:00 – 13:00	Lunch	All
13:00 – 15:00	<p>Student Physical Well-being Breakaway:</p> <ul style="list-style-type: none"> - Triathlon Challenge (Relay, Teams of 3) - Aerobics 	



	<ul style="list-style-type: none"> - Board Games - Self-Defense / IG - Meditation - Healing through Art (Sip & Paint) 	
13:00 – 15:00	<p>Breakaway Sessions – Staff:</p> <ul style="list-style-type: none"> - Engaged Scholarship – Gernus Terblance & Dr Venter - Career Services – Nobesuthu Sonti - Peer Mentorship – Makhosazana Mazibuko - Housing and Residence Affairs – Chantel Kader - Student Entrepreneurship – Puseletso Kgoerere 	KovsieSport
15:00 – 16:00	Campus Tour & Departure	All

Day 3: 18 July 2025

Time	Item	Presenter
	Surveys	Programme Director
09:00 – 09:10	Opening & Welcome	Programme Director
09:10 – 09:50	Plenary Session: Financial Literacy Skills with ABSA	ABSA
09:50 – 10:40	Plenary Session: Digital Wellbeing and Cybersecurity	Professor Noluxolo Gcaza, NMU & UFS ICT
10:40 – 11:00	Breakaways: - Reflections - Conference Resolutions	
11:00 – 12:00	Feedback to Plenary	Programme Director
12:00 – 12:15	Closing Address	Ms Zoleka Dotwana, Director: Student Affairs
12:15 – 12:20	Conference Picture	All
12:20	Lunch Pack & Departure	All