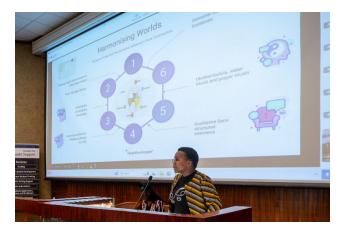


National 3Min Thesis Competition Participation

Faculty of Health Sciences Research Directorate staff member Ms Thembeka Sdinane, who is also a PhD student in the department of psychology, was one of the two finalists from Nelson Mandela University who represented the institution in the National 3Min thesis competition hosted by the University of Free State on the 25 October. She shared her PhD research which provided valuable insights into the role of religious rituals in enhancing mental health in rural areas. Her presentation illustrated the practical benefits of faith-based practices on psychological well-being, highlighting the importance of integrating cultural and religious dimensions into mental health support.



Above: Ms Thembeka Sdinane at the National 3Min thesis competition, UFS.



Above: 3Min thesis competition Finalists from all participating institutions





Above: Left, Ms Thembeka Sdinane, Right Ms Thembeka Sdinane and Mr Clifford Uwuoruya (PhD Sociology Student) who represented Nelson Mandela University.