

INSTITUTE BOARD MEETS FOR 32ND SESSION



The 32nd Institute Board Meeting in session.

The Institute Board met for its 32nd session on 27 September 2018.

In his statement to the Board, Chairman Dr Gibson Mandishona congratulated His Excellency, President Emmerson Mnangagwa on his election, and subsequent inauguration as President of the Republic of Zimbabwe.

He said he was optimistic that the University would ride on Government's clarion call, - that Zimbabwe is Open for Business, and would forge strategic and collaborative arrangements with renowned international organisations to grow and diversify the University's portfolio.

Dr Mandishona urged HIT to embrace Government's determination to accelerate the industrialization, modernization and mechanization of the country, adding that the

University's presence must be felt at the level of influencing policy formulation and implementation.

He added that the President's declaration- that everyone is expected to be development-oriented, responsive to the people's needs as well as exhibit high levels of professional ethics and integrity should be upheld. Dr Mandishona also made reference to the University's Sustainability Framework – saying it should inspire the entire University community to make a contribution towards the growth and well-being of the institution.

He commended the initiatives by the Technology Transfer and Licensing Centre in initiating start-ups, also citing his satisfaction at progress made towards the construction of the Innovation Hub.

MAGOMBO BIDS FAREWELL TO INSTITUTE BOARD



Dr. Eng. Gloria Magombo

At the Institute Board's 32nd session, Deputy Chairperson, Dr. Eng. Gloria Magombo bid farewell to colleagues, following her appointment as Permanent Secretary in the Ministry of Energy and Power Development.

Prior to her elevation, Magombo served as the Chief Executive Officer of the Zimbabwe Energy Regulatory Authority.

Speaking on the sidelines of the meeting, Magombo said she had gained an appreciation of the work of HIT, its

innovations and what Zimbabwe stood to gain by supporting strategic institutions such as HIT. She added that the University was strategically positioned to assist the nation in resolving challenges in various sectors, - stating that the link between universities and industry was key to unlocking value and fulfilling His Excellency, President Emmerson Mnangagwa's vision of achieving middle income economy status by 2030. "Institutions such as HIT will take us there. We have brilliant young people here who can take us there,"she said.

Speaking on her recent appointment, Magombo said it was an honour to serve Zimbabwe in this capacity, and was optimistic of positively contributing to her new portfolio and fulfilling His Excellency's vision for sustainable energy supply and universal access to energy by 2030.

Magombo was appointed to the Institute Board in June 2017.

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INNOVATION

LEADERSHIP

INTEGRITY

COMMITMENT

PROFESSIONALISM

JOINT CAMPUS DEVELOPMENT, FINANCE & RISK AUDIT COMMITTEES MEETING



Joint meeting of the Campus Development Committee and the Finance, Risk and Audit Committee in session.

A joint meeting of the Campus Development Committee and the Finance, Risk and Audit Committee was held in the Institute Board Chambers on 25 September 2018.

The joint meeting discussed the submissions made by investors intending to construct a 1000 bed Students' Hostel on campus, the university's sustainability and the 2018/19 Academic Year.

The meeting was Chaired by Eng. F. Mavhiya-Mabhiza and was attended by committee members and Senior management..





Harare
Institute of
Technology

success through innovation

CONGRATULATORY MESSAGE



Professor A. Murwira

**Minister of Higher and Tertiary Education,
Science and Technology Development**

The Board Chairman, Dr G. Mandishona and the entire Institute Board, the Vice Chancellor, Eng. Q.C. Kanhukamwe, the Staff and Students of the Harare Institute of Technology congratulate Professor Amon Murwira on his appointment as Minister of Higher and Tertiary Education, Science and Technology Development.

As HIT, we rally behind your vision and call on Universities to play a pivotal role in the modernisation and industrialisation of Zimbabwe through the commercialisation of research, development and innovation outputs.

Your appointment to the Ministry is well-deserved, given your proven track record of efficiency, and effectiveness in instituting policies that are catalytic to our national development agenda; thus placing higher education at the centre of technological and economic development.

As HIT, we pledge to support all your endeavours as we play our part in executing our mandate which is to develop, incubate, transfer and commercialise technology for rapid national industrialisation.

Congratulations, Makorokoto, Amhlope!!!



Harare
Institute of
Technology

success through innovation

CONGRATULATORY MESSAGE



Professor Fanuel Tagwira

Permanent Secretary

Ministry of Higher and Tertiary Education, Science and
Technology Development

The Board Chairman, Dr G. Mandishona and the entire Institute Board, the Vice Chancellor, Eng. Q.C. Kanhukamwe, the Staff and Students of the Harare Institute of Technology congratulate Professor Fanuel Tagwira on his appointment as Permanent Secretary for the Ministry of Higher and Tertiary Education, Science and Technology Development.

A distinguished academician, researcher, administrator and global networker; Professor Tagwira brings in vast wealth of experience and global perspectives to higher and tertiary education management.

As HIT, we rally behind the vision and call on Universities to play a meaningful role in the modernisation and industrialisation of Zimbabwe through the commercialisation of research and development, as well as innovation outputs.

We pledge to support the Ministry's endeavours as we play a part in executing our mandate which is to develop, incubate, transfer and commercialise technology for Zimbabwe's rapid industrialisation.

We look forward to his leadership in this new portfolio.

Congratulations, Makorokoto, Amhlope!!!

HIT ON ACCELERATED CONSTRUCTION DRIVE



Construction of the Innovation Hub in progress.

HIT has embarked on an accelerated infrastructural development programme on the construction of the Technovation Centre, Innovation Hub, New Learning Centre, a Pharmacology Laboratory and sporting facilities.

All these projects are expected to be completed within 6 months.

The Technovation Centre is a two-storey building covering approximately 5 000 square metres and comprising an auditorium, 13 incubation units, board rooms, seminar rooms, store rooms, administration and accounts

offices, common room, communal dining hall and ablution facilities.

The Innovation Hub will house state-of-the-art offices, boardrooms and showrooms.

The New Learning Centre is a classroom and office block that will alleviate the shortage of learning space. It houses 12 classrooms, 28 offices, 15 storerooms, and a boardroom. The building is expected to be complete by 30 October 2018.

Construction work on a new Pharmacology Laboratory is already complete and the

facility is ready for use.

A multi-purpose hard court sporting facility is also under construction. This will accommodate tennis, volleyball and basketball games for the campus' sport and recreational activities.

Other infrastructural projects that are earmarked for construction at the campus include a Business Incubator, a Lecture Theatre, a Library, Technology Centre Multi-Purpose Workshops, base rooms, offices, laboratories and a Sports pavilion.



MICHELLE CHIKAKANO EXCELS IN NESAC 2018 FINALS



Michelle Chikakano presenting her project at the NESAC 2018 Finals.

Michelle Chikakano of the Polymer Technology and Engineering department won the First Prize Shield and \$350 after coming first in the poster presentations at the 2018 National Engineering Students

Award Competition (NESAC) Finals held at the National University of Science and Technology (NUST) on Friday 28 September 2018.

Michelle presented a project entitled "Value Addition to Post-Consumer Pet Bottles to Produce 100% Non-weave Polyester Fibres for the Zimbabwe Textile Industry – A case of Petrocozim P/L". It was the first time that the Polymer Technology and Engineering department participated in this competition since its establishment in 2013.

Tanyaradzwa Masaire from the same department emerged fifth in the oral presentations with her project "Designing and fabrication of a fibre re-inforced plastics lap desk for poorly funded primary

schools" while Mayibongwe Sibanda, a Chemical and Process Systems Engineering student was on the eighth position with her project entitled "Production of 15 TPD Cement from Water Treatment Sludge and limestone for Construction of Roads and Pavements."

Tansley Kanembira of the Industrial and Manufacturing Engineering came eleventh in the poster presentations with his project "Development of an automated water hyacinth composting machine for organic fertilizer production."

The First and Second prize oral presentations were won by the University of Zimbabwe and Manicaland State University respectively.

HIT STUDENTS IN C-TRADE APP TESTING



President Mnangagwa meets the HIT and NUST students from the Financial Engineering department who were engaged to test and make recommendations on the C-Trade Online and mobile shares trading platform.

HIT students from the Financial Engineering department were engaged by the Securities Exchange Commission and Escrow Systems to test the C-Trade, online and mobile shares trading platform and make recommendations before its launch in July.

Officiating at the launch, President Mnangagwa said the C-Trade initiative will both widen and deepen the country's capital markets. "The adoption of mobile and online trading will result in a larger volume of traffic to the stock market due to the added convenience in transacting. The mobile trading, because of its wide reach will encourage participation at grassroots level as well as among the small retail investor, thus widening and deepening the scope of capital markets," said President Mnangagwa.

The platform enables investors, both local and foreign to purchase securities from anywhere in the world anytime, using mobile devices. This was an initiative by capital markets regulator, Securities Exchange Commission of Zimbabwe (SECZ) that seeks to promote financial inclusion by encouraging participation by the smallest retail investor.

SECZ chief executive Tafadzwa Chinamo said C-Trade will open the markets to virtually everyone. "C-Trade is significant; it's a game-changer set to alter how we perceive and interact with stock markets. For today it becomes a reality for millions of Zimbabweans who for so long thought it unimaginable to the stock market literary at their fingertips with the option to partake in and enjoy the benefits of deploying their money with unprecedented simplicity as investors," said Mr Chinamo.

The platform allows one to place an order to buy or sell shares listed on the stock exchange; view the shares that one owns on one's Internet-enabled device, access to real-time market data such as prices of shares, volume traded, bids, offers and integrates or links the investor, the broker, the ZSE and the Central Securities Depository (CSD).

This development is set to deepen financial inclusion in the capital markets through the use of the C-Trade platform and its attendant online and mobile application, which can be utilised by mobile network subscribers. This is in line with the four-year financial inclusion strategy, adopted by the government, aimed at improving access to financial services and the achievement of inclusive economic growth to benefit the majority of our people."

The technical partner for the mobile share trading platform is Escrow Systems, a unit of the Escrow Group that provided the technical solution for the mobile traded retail bond in Kenya last year.

The system will allow for mobile trading of both bonds and shares. C-TRADE is an end to end innovation that harnesses and promotes participation of every type of investor on the Zimbabwean stock markets, through mobile and Internet-based platforms while linking all capital markets participation.

Through the new initiative, small retail investors, right up to the largest institutions, can have direct access to the equities markets.

The ZSE and the Financial Securities Exchange (Private) Limited (FINSEC) already have systems in place that list and trade bonds. Debt listing rules have since been gazetted and paved way for the listing of bonds and a Sports pavilion.

HIT ENTERS INTO MOU WITH TSHWANE UNIVERSITY OF TECHNOLOGY



The Harare Institute of Technology has entered into a Memorandum of Understanding with Tshwane University of Technology of Pretoria in South Africa, effective 6 September 2018.

Tshwane University of Technology The MoU will run for five years.

The international agreement is to promote academic exchange and cooperation

focusing on furthering collaboration in both education and academic research; affirming the two institutions intent to promote academic exchange which include development of mutually beneficial academic and training programmes, exchange of faculty and staff for the purpose of teaching, research and extension, reciprocal assistance for visiting academic faculty, staff and students. The two institutions also endeavour to coordinate activities such as joint research and transfer of technology, exchange of documentation and research materials of mutual interests.

Tshwane University of Technology (TUT) was established through a merger of three technikons - Technikon Northern Gauteng, Technikon North-West and Technikon Pretoria.

The University caters for approximately 60,000 students and is the largest residential higher education institution in South Africa, comprising six satellite campuses in Pretoria, Soshanguve, Ga-Rankuwa, Witbank (eMalaheni), Nelspruit and Polokwane.

Over the past years, the Harare Institute of Technology has entered into various memoranda of understanding with institutions of great repute from India, Iran, Turkey, the United States, Romania, China and South Korea among others. These agreements seek to further strengthen the HIT brand and consolidate the institutions' international standing and reputation within the global community of universities.

MOU – HIT AND UNIVERSITY POLITEHNICA BUCAREST (ROMANIA)



The Harare Institute of Technology has signed yet another milestone agreement of collaboration with the the University Politehnica Bucharest of Romania with the objective of promoting international cooperation through the development of academic and educational collaborations.

The agreement is effective from 5 June 2018, and will run for five years.

The agreement covers collaborative activities in conducting joint research and development projects, cooperation on individual projects, organisation of lectures, symposia, international meetings, conferences and workshops. The two institutions will also exchange researchers and students, information, teaching materials, technological and scientific publications as well as providing opportunities for professors and researchers to give lectures. More opportunities for further collaboration in the future will be also identified.

Politehnica University of Bucharest is the largest and the oldest technical university among the most prestigious universities in Romania with a tradition developed in over 185 years. The University offers undergraduate and graduate programmes of study, organized in 15 faculties. Scientific research is traditionally one of the most important components of its activities, offering national and international visibility and professional recognition.

PHARMACY COUNCIL OF ZIMBABWE INSPECTS PHARMACEUTICAL TECHNOLOGY DEPARTMENT



The PCZ delegation conducting an inspection of the facilities.

A Pharmacy Council of Zimbabwe (PCZ) delegation visited the campus today to conduct an inspection of the Bachelor of Pharmacy teaching facilities at Harare Institute of Technology.

The inspection was conducted in terms of the provisions of section 46 and 71 of the Health Professions Act (Chapter 27: 19) focusing on the University's Bachelor of Pharmacy programme training facilities.

The delegation, led by Mr E. Mujuru had a meeting with some members of the Institute's Senior Management and staff from the Pharmacy Department where they discussed

issues concerning staff and student populations, documentation review, report of the last inspection held last year in September and remedial action instituted thereafter. The delegation also verified documents such as the department's organogram, proof of availability of key teaching staff, list of institutions where outsourcing is done and documentary evidence of such.

A site inspection was also conducted as the delegation inspected classrooms, general teaching equipment, laboratories, storerooms, library, pharmacy and clinical teaching equipment and facilities.

G-SUITE FOR EDUCATION - GOOGLE CLASSROOMS WORKSHOP



Members of the academic staff attending the Google Classroom Workshop.

The Information Communications and Technology Services Department is hosted the G-Suite for Education - Google Classrooms Workshop for the University's academic staff today in N112 Computer Laboratory.

The workshop focused on Google Classroom, a free application designed to help students and

lecturers communicate, collaborate, organise and manage assignments, grade and give feedback, go paperless and much more.

G-Suite for Education is a suite of tools that assist academics to increase opportunities for critical thinking, communication, collaboration, creativity and supporting the

learning objectives for students. The G-Suite services include Google classroom, Gmail, Google Drive, Vault, Sheets, Forms, Slides, Sites and Hangouts.

INNOVATION AND DISRUPTIVE TECHNOLOGIES WORKSHOP



Dean Muredzi (right) addressing participants during the Innovation and Disruptive Technologies Seminar.

The Department of Industrial Manufacturing Engineering and the Technology Transfer Centre (TTLC) is hosting the Innovation and Disruptive Technologies Workshop today, under the theme "Adapting Technologies to Drive Real World Solutions."

The workshop's core objectives included the communication of the IME department's research thrust for the academic year 2018/19, sharing innovative and disruptive trends and opportunities in industry, concepts associated with Industry 4.0, rapid prototyping, artificial intelligence, cyber security, data analytics as well as discussing how technology may be applied to increase productivity and revenues for the various manufacturing and service industry's that IME engineers work in.

Key speakers include Eng. P. Muredzi, Dean of

the School of Engineering and Technology, Eng. T. Garikayi, TTLC Director, IME departmental staff, Eng. Runatsa (Avtech Engineering), Eng. Zvarevashe (Jacob Bethel), Eng. Mugura (TPZ), Mrs Ndlovu (Micah Foundation), Eng. Tsekeni (MegaPack), Eng. Nhando(ZFC), Eng. Chinodya (BetaBricks), Eng. Chimbambo, (Aurex Holdings, Dr. T Stevenson (MiTek) and Mr Bure from the Ministry of Higher and Tertiary Education, Science and Technology Development.

Participants were drawn from staff and students from the IME department, industrial engineers and partners, parastatal and non-governmental organisations.



Eng. T. Garikayi - TTLC Director.

HIT HEALTH EXPO



Students undergoing various health tests and counselling services during the HIT Health Expo.

The HIT Health Club hosted the Health Expo from 13-14 September with 35 health club members participating and more than 500 students participating in the two-day event.

The Health Expo offered services such as BP Check, nutrition counselling, glucose check and BMI checks. Students also donated blood to the National Blood Services. The Eye Institute also served some students through their interactive tests and robust services.

PSI and New Start Centre also offered HIV testing services using the HIV immunodiagnostic self-test kit and OraQuick. Youth Advocacy Zimbabwe also conducted a workshop on health and human rights.

HIT Health Club President, Tawanda Mapiye said the Health Expo was a success as the club fostered fruitful, very close and lasting relationships with its partners that will allow for easier exchange of information and future collaborations. "There was a large turnout given that the Expo is held during a normal learning day, showing that people took time out of their busy schedules to attend. Several students were interested in joining the club with some registering to join. The HIT Health Club managed to identify some strengths and competencies which will prove useful in future functions and activities, allowing for improvement and better coordination in the hosting of future events and activities.

HIT HEALTH EXPO ACTIVITIES

- National Blood Services (NBS)
- Population Services International (PSI)
- Communities Against Drug & Substance Abuse (CADASA)
- Saywhat
- BP check
- Glucose check
- BMI CHECK
- NUTRITION COUNSELLING

HIT HEALTH CLUB
BE HEALTHY
Eat well, live well!
HEALTH EXPO
13 - 14 SEPTEMBER

For more info about health club
Contact: Tawanda 0774 790 966
Valerie 0773 467 931

KUNEX

ALL SET FOR THE INTERNATIONAL WORKSHOP ON TRENDS IN IMMUNODIAGNOSTICS

HIT Harare Institute of Technology

INTERNATIONAL WORKSHOP ON TRENDS IN IMMUNODIAGNOSTICS

"Towards Improved Health Care Delivery"

VENUE: Multipurpose Hall, HIT Campus, Harare Institute of Technology, Ganges Road, Belvedere, Harare, Zimbabwe

DATES: 8 & 9 November 2018

EVENT OBJECTIVE
 +The workshop seeks to provide an exciting platform for participants to discuss and showcase current and advanced technologies in immunodiagnosics.

Registration Fees (Z\$)		Banking Details	
International Delegates	200	Name:	Harare Institute of Technology
Local Delegates	70	Bank:	CEB Sapphire Branch
Students (University/College)	10	ACC:	02420563120037
Exhibition	150	Swift Code:	COZZWHA
Demo (High School Tour) (max. 20 students per school)	20	Branch:	Sort code: 6120
		Bank:	Stanbic Southern Branch
		ACC:	9140003244809
		Swift Code:	SBICZWHX

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Partners

All is set for the hosting of the International Workshop On Trends in Immunodiagnosics to be held on 8 - 9 November 2018 at Harare Institute of Technology.

The workshop is organised by the Biotechnology Department in collaboration with the National Biotechnology Authority (NBA), University of Zimbabwe, National Institute of Health research (NIHR), and the Zimbabwe Association of medical Laboratory and clinical Scientists (ZAMLCS).

The workshop seeks to provide an exciting platform for participants to discuss and showcase current and advanced technologies in Immunodiagnosics.

HIT ACADEMIC SPEAKS ON THE ROLE OF UNIVERSITIES' ROLE IN COMBATING CLIMATE CHANGE



Dr A. Phiri, addressing the Public Lecture at NUST

Dr A. Phiri, Acting Director of the Environmental Management, Renewable Energy and Climate Change (EMRECC) Research Centre addressed two public lecturers on the "Role of Universities in Combating Climate Change" held at the National University of Sciences and Technology (NUST), and Lupane University from 26-27 September 2018.

In his presentation, Dr Phiri emphasised that universities have a unique and critical role to play in combating climate change as well as developing substantive technological and policy solutions to the global challenge and to urge continued collaborations. "Universities must also set achievable goals to reduce carbon emissions based on empirical evidence, reduce the carbon footprint of large human-made structures and systems and educating leaders who can turn long discussions into an

international milestone," he said. He added that industry, education, agriculture, business, finance, individual citizens are necessary participants in what must become an energy and environmental revolution, a new paradigm that will improve public health, care for the planet, and put nations on the path toward a prosperous, low-carbon economy. "Updates to curricula across a diverse range of disciplines is key to addressing climate adaptation to ensure professionals understand the impacts of climate change and the best practices for responding to them," he said.

"Universities have a big role to play in preparing society to adapt to the impacts of climate disruption by providing research and education around adaptation strategies and science, serving as 'hubs' in their local communities for creating, testing, and disseminating knowledge about regional climate projections and adaptation strategies. Thus, they should work directly with their local communities to explain the science and implement solutions because they have the unique opportunity to role-model solutions in their own operations. The should also aim aim to identify adaptation strategies that also contribute to mitigation efforts," said Dr Phiri.

The Universities Lecture Series was organised by Student Sustainable Energy and Climate Summit 2018, Zimbabwe energy Council, Zimbabwe Rural Electrification Agency, Friedrich Ebert Stiftung, and Konrad Adenauer Stiftung. The Public Lecture Series objectives are to increase public awareness in climate change, renewable energy and sustainable development in institutions, increase participation in climate change and renewable energy activities and discourse, to promote senior management buy-in into sustainable development initiatives, and to enable development and amendment of curriculum into 21st century type, which has sustainable development infusion.

Issues discussed during the public lectures include the roles universities should play in climate change combatting, infusing climate change technologies into curriculum across various disciplines, driving climate change discourse in various forums and institutions to increase its uptake, spearheading the understanding and implementation of sustainable development and its implementation.

The Public Lecture series had more than 120 attendants including members of the academia, students, journalists, environmentalists, industrialists, government officials and members of the civic society.

Student Sustainable Energy & Climate Summit 2018

STUDENTS URGED TO DEVELOP ENTREPRENEURIAL MINDSET



Mr Tonderai Mandaza addressing students during the public lecture.

The Technopreneurship Development Centre, held a public lecture under the theme "Developing an entrepreneurial mindset" on 12 September 2018.

The lecture focused on unlocking self-awareness on the part of students, nurturing them to identify their personal vision and pursuing it with passion and confidence.

The speaker, Mr Tonderai Mandaza, an Entrepreneurship Educator, Business Consultant, Leadership Mentor and founder of LeVision Consulting Africa, challenged the students to initiate sustainable business projects. "By God's design, everybody is

entrepreneurial as we have different gifts and talents. If you pursue money, without knowing yourself and establishing your gift and talent mix, you may end up leading a failed business," he said.

Mandaza encouraged students to know who they are by exploring how they can increase their self-awareness. "By studying your parents and grandparents genetic wiring, you will realize, you are more of your grandparents and need to monetize your gift or talent mix. Aligning your gifts and talents to a specific industry or sector initiates the process of starting something that will never fail. It is very important for any entrepreneur to

understand his or her role as the company founder, he said. Entrepreneurs devise new things, new ideas, new approaches to solve a particular problem, he added.

"You must be critical thinkers in your fields of study. Running a business is filled with challenges, but if you increase your self-awareness, have the willingness and the wherewithal to persist, willingness to work very hard, you will greatly improve your odds of success. Self-awareness, hard-work, understanding your role as a company founder and critical thinking are the keys to establish businesses that never fails," said Mandaza.

TDC GUEST LECTURE



Cleopas Chiketa addressing students during the guest lecture.

The Technopreneurship Development Centre (TDC), held another public lecture on 21 September 2018, under the theme "Rafting the Business Terrains through Modern Leadership Competencies in a Volatile, Uncertain, Complex and Ambiguous (VUCA) World."

The Guest Speaker, Mr Cleopas Chiketa, is a Deputy Director Human Resources at the Reserve Bank of Zimbabwe, Business Executive Coach, Board Member of the Africa Executive Coaching Council headquartered in Nairobi Kenya, Founding President of Business and Life Coaches Association of Zimbabwe, and a Board Member of several organisations, including those in USA. Cleopas was crowned among 100 Best Global Coaches

by World HRD Congress' World Coaching Congress 2017, in Mumbai, India.

The Public Lecture was attended by TDC staff members and over 200 second year students from the four schools. In his welcome remarks, Dean W. Gwarimbo of the School of Business and Management Sciences highlighted that it is important for students to learn from practitioners who have walked the leadership path.

Mr. Chiketa gave a passionate lecture focused on unpacking the VUCA world, Personal Branding, Leadership Keys, Building Others and Building Lasting Relationships. He implored the students to gather much velocity

for growth and development by keeping the rate of learning higher than the pace of changes in the environment so as not to enter the valley of death.

He also challenged the students to develop their brand vision, brand values, brand competencies and equity as well as coming up with a brand resolve statements. "One should move from swimming in the common pool, to the distinguished pool and ultimately graduate to the branded pool. In order to survive in a VUCA world a leader needs to develop leadership competencies such as leading self, leading team, leading an operation, leading change and complexity," said Mr Chiketa.



CHOLERAALERT

FACTS ON CHOLERA

An acute epidemic infectious disease characterised by watery diarrhoea, extreme loss of fluid and electrolytes, and severe dehydration. It can be fatal.

Origins

The cause of cholera is infection by the bacterium *Vibrio cholera* (*V. cholera*). These bacteria were discovered in 1883. *V. cholera* bacteria live in shallow, salty water on microscopic crustaceans. They can also exist as colonies of biofilms that coat the surface of the water, plants, stones, shells, and similar items, and they can live among the eggs of midges, which serve as a reservoir for cholera bacteria.

Causes

Cholera is more common where there is overcrowding and poor sanitation.

Cholera bacteria enter the body through the mouth, often in food or water that has been contaminated with human waste, due to poor sanitation and hygiene.

Poorly cleaned vegetables irrigated by contaminated water sources are also another common source of infection.

In situations where sanitation is severely challenged, such as in refugee camps or communities with highly limited water resources, a single affected victim can contaminate all the water for an entire population.

Disease Progression

Due to severe dehydration, fatality rates are high when untreated, especially among children and infants.

Death can occur in otherwise healthy adults within hours. Those who recover usually have long-term immunity against re-infection.

Protect themselves against cholera by having the appropriate vaccinations beforehand, drinking only water that is boiled or from a sealed bottle and following good handwashing practices.

Symptoms

Diarrhoea is the key symptom of cholera.

Symptoms appear, usually between 12 hours and 5 days after exposure. They range from mild or asymptomatic to severe.

They typically include:

- large volumes of explosive watery diarrhea, sometimes called "rice water stools" because it can look like water that has been used to wash rice
- vomiting
- leg cramps.

A person with cholera can quickly lose fluids, up to 20 litres a day, so severe dehydration and shock can occur.

Signs of dehydration include:

- loose skin
- sunken eyes
- dry mouth
- decreased secretion, for example, less sweating
- fast heart beat
- low blood pressure
- dizziness or light-headedness
- rapid weight loss

Shock can lead to collapse of the circulatory system. It is a life-threatening condition and a medical emergency.

If you suspect you have Cholera, visit the University Clinic in hostel 4, ground floor, or call the Sister on Ext 2217.

SIGNS AND SYMPTOMS OF CHOLERA

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HOW TO PREVENT CHOLERA

Prevention

Cholera is often spread through food and because of poor hygiene. Some simple measures can reduce the risk of contracting cholera.



Handwashing is important to prevent the spread of disease.

When traveling in areas where the disease is endemic, it is important to:

- Eat only fruit you have peeled.
- Avoid salads, raw fish, and uncooked vegetables.
- Ensure that food is thoroughly cooked.
- Make sure water is bottled or boiled and safe to consume.
- Avoid street food, as this can carry cholera and other diseases.

Travelers and visitors should learn about cholera before visiting any area where it is prevalent.

Seek medical attention immediately if you experience symptoms such as leg cramps, vomiting, and diarrhoea while in a community where the disease exists. If you suspect you have Cholera, immediately report to the University Clinic.



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success through innovation



**Zero
incidence
of Cholera
@ HIT.**