



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

**MAHATMA GANDHI
MEMORIAL HOSPITAL**

IZINDABA NEWS

STAY INFORMED

August 2024

Women's day at MGMH



WOMEN'S DAY CELEBRATION 2024 AT MGMH

Celebrating Women's Day at Mahatma Gandhi Hospital can involve various activities and initiatives aimed at honoring women's achievements and promoting gender equality. Health Awareness Camps organize free health check-up camps focusing on women's health issues, such as

reproductive health, breast cancer awareness, and mental health. Workshops and seminars host. As we come together to celebrate international women's day, we at Mahatma Gandhi hospital proudly acknowledge the incredible contributions in our

health care system. This day serves as a reminder of the strength, resilience and unwavering spirit of women. We at Mahatma Gandhi Hospital, are committed to promoting women's health and wellbeing through comprehensive care, education and empowerment.

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PROGRAM DIRECTOR OF THE DAY



PROGRAM DIRECTOR OF THE DAY: Ms. Portia

Welcome and introduction

Ladies and esteemed guests and dedicated healthcare professionals, Welcome to Mahatma Gandhi Hospital's Women's Day celebration! Today, we honor the strength, resilience, and achievements of women worldwide. My name is Portia, and I am honored to be your MC today.

Recognizing women's contributions

Today, we recognize the trailblazers who paved the way for future generations. We celebrate the women who break barriers, challenge stereotypes, and inspire us to create a more equitable world. In healthcare, women play a vital role. From nurses to doctors, administrators to researchers, women are the backbone of our industry.

Empowering women empowering health

Mahatma Gandhi Memorial Hospital is committed to empowering women through quality healthcare, education and support. Our hospital's mission aligns with spirit of Women's Day: equality, justice and dignity for all.

INTRODUCING GUEST SPEAKER: Mrs T.Mdletshe



Ladies, esteemed guests and members of Mahatma Gandhi Memorial Hospital, it is with great pleasure that I introduce our distinguished guest speaker today.

We are honored to welcome Ms. Thandojoy Billionaire Msomi, a motivational speaker by profession, expert in matters women related.

She has a notable achievement in her field as she was once in Sandton in 2019, today she will share insights on women abuse which is only timely but crucial for our understanding and growth in this hospital.

She will be advising on what we need to keep on performing our services with care under these challenging situation.

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Women's day celebration



GUEST SPEAKER OF THE DAY: Dr. T.B Msomi

Empowering Insights from ThandoJoy

Billionaire Msomi

Greetings, ladies!

I am thrilled to share empowering insights that can help us navigate these challenging times. My name is ThandoJoy Billionaire Msomi, and as a life coach, my mission is to assist each of you in finding alignment so that you can truly live your best life. My deepest wish is to see you thrive.

Before we dive in, I invite you to take a moment to check in with yourselves: How are you feeling? Often, our responses are quick and shallow—"I'm okay," "I'm fine." Today, let's pause and connect with our true feelings. Allow yourself a moment to reflect and be honest. Perhaps your response could be something like: "I'm eager," "I'm delighted," "I'm resentful," or "I'm questioning." Acknowledging our emotions is crucial; they serve as indicators and navigational tools in our lives.

We live in times that can feel overwhelming. Many are searching for peace amid the chaos, often not knowing how to attain it. To support you in finding stability, I want to share a valuable technique: the cycle of Circumstances, Thoughts, Emotions, Actions, and Results.

ThandoJoy Billionaire Msomi emphasizes the importance of how we interpret our life circumstances, as our thoughts shape our emotions, actions, and ultimately our outcomes. By monitoring our thoughts—whether they are positive, negative, or neutral—we can influence our emotional state and, consequently, our behaviors.

To foster positive change, ThandoJoy recommends a daily practice involving 10 minutes of meditation upon waking. This includes two minutes of deep breathing, followed by one minute each of feeling love, joy, compassion, and gratitude. Finally, spend two minutes declaring positive intentions for your life.

This routine aims to enhance emotional stability and clarity, highlighting that patience is essential on this journey. For additional resources, individuals can follow ThandoJoy's YouTube channel or contact for coaching sessions. The overall message is to empower ourselves and support each other in personal growth.

I believe everyone can find just 10 minutes to invest in their well-being and observe positive change. For more practical techniques and meditations, follow my YouTube channel: ThandoJoy Billionaire Msomi, or to book a coaching session, you can reach me at **067 060 7894**.

Let's empower ourselves and support each other on this journey to thrive!

**Warm regards,
ThandoJoy Billionaire Msomi**

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Welcome notes

Mahatma Gandhi staff always start with a prayer before a particular ceremony starts. Here is a picture of V. Govender, welcoming all members that were present during the Women's Day celebration.

These opening prayers set focus on God's will. These simple and short prayers will help us invite the Holy Spirit into our hearts and minds. "Dear God, we Gather today to celebrate the strength, resilience, and beauty of women. We thank you for the gift of life and the diversity of your creation.

We honor the women who have paved the way for us. We ask for your guidance and wisdom as we work towards a world where every woman can thrive, where every girl can grow up with hope and dreams. May our celebration today be a testament to the power of women's solidarity and may our collective spirit inspire positive change.



Above: Mrs V Govender reporting the event to the almighty God.



Mrs. R. Govinden, welcomed all staff who attended the women's Day event and stated the purpose of the day.

"Welcome to our celebration of women's empowerments, resilience, and determination. May our collective spirit inspire positive change. We celebrate the beauty, diversity and strength of women. Lets unite in our quest for gender equality and create a world where every women thrives".

HAPPY WOMEN'S DAY!!!



systems manager and singing item

Mrs. K.S Mchunu, representing Senior Management Team who was speaking about women empowerment.

"Today we gather not only to celebrate women's day but to inspire each other and reclaim the positivity that lies within each of us. Gone are these days when women were not given a platform to be decision makers, today women are given a role in different to make decisions.

As married women, we find ourselves having to fight to be included in family decision making. The pursuit of inclusion is not a privilege but a fundamental right to be heard. Therefore, I edge you ladies to make it intentional to ensure that you are included in decision making this way you will reclaim the positivity in yourself.

There are thing you have to do to ensure that you are included and reclaiming the positive you, like to speak out and embrace confidence, Eliminate the notion of gender superiority, Invest yourself, do not being ashamed of any part of yourself. There is a saying that goes, we rise by lifting others. This is a reminder that true empowerment lies in unity and mutual support.

Let us be reminded that we are powerful, we are worthy. Lets strive for a world where women are included and empowered.

HAPPY WOMEN'S MONTH"



BELOW: Hlengiwe and Phumla performing their music item



PHOTO GALLERY



Staff members who participated in modelling.



Mrs T Mdlatshe expressed herself in modelling completion.



Check the chair item.



Our guest speaker and Systems manager handing a gift to Sister Yeega who won the competition.



Mrs. Dudu from labour ward. She was one of the recipients. She was one of the winner on a women's day.



These are some of the gifts that were available on the day.



MEN'S DAY AT MGMH



Program Director Mr S Gumede opening: Good morning everyone. Thank you all for being here today at our annual Men's Forum. It is truly inspiring to see so many faces gathered for the common purpose. That is to connect, learn and grow together.

As a program director, I am thrilled to welcome you to this event, where we will explore different topics that affects men in our community and beyond. Today we have an incredible line-ups of speakers and activities designed to encourage open dialogue and meaningful connections. Thought the day we will have a key note from the CEO of the facility, we will also host interactive workshops designed to equip you with practical tools and strategies for everyday life. I encourage each of you to engage fully in todays discussions. Asks questions and share your thoughts and connect with one another . You never know the impacts your word may have on someone's else journey. I would like to take this opportunity to thank our sponsors, volunteers and the organizing committee for their hard work and dedication in making this event possible. Your commitment to fostering a supportive event is invaluable.

As we embark on this journey together today, remember that each of us has a role to play. Lets embrace the power of vulnerability and strength that comes from sharing our stories. Together we can build a brighter future for our selves and the men around us.

Mr.S.Gumede and MGMH colleagues



PHOTO GALLERY



CEO of the hospital Mr. Maphumulo addressing men of MGMH during the Men's forum. The CEO was telling the men on how they need to behave and how they can make Gandhi proud



MGMH staff rejoicing.



MGMH SOCCER TEAM: These gentlemen did exceptionally well in the tournament. They got position 3 and they brought back a trophy to the CEO, well done guys



Above Nurse Manager was part of the Men's forum. Below: two of our players showing trophy they won during the District tournament.



MGMH hospital women matching during the women's day



Above: Mr. Innocent, affectionately known as Masaladi was captured here with Dr. Thuso after a successful District tournament. Congratulation to our soccer team

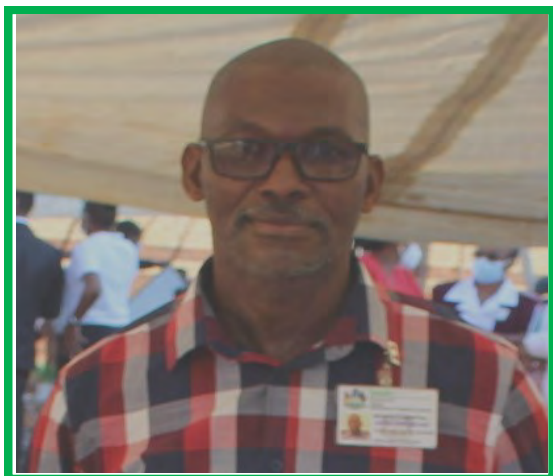


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