



Cabinet in first ever team-building exercise



▲ Eswatini's Cabinet Ministers convened at Sibebe Resort from Monday, December 15, to Tuesday, December 16, 2025, for their first-ever team-building exercise since assuming office in November 2023. (Story on page 3)

'E75 million Autism Centre a huge relief for Eswatini'

By Chris Dlamini

"PEACE, be still."

These Biblical words by Jesus Christ when he ordered a violent storm to calm on the Sea of Galilee. Eswatini Autism Chairperson Senzo Hlatshwayo borrowed these words from the Bible when he announced the news of a E75 million Autism Centre construction in Luhokohla, just a bit outside the city of Manzini along the Hhelehhele road. He was making his remarks in appreciation of the E100 000 donation they received from Swazi Empowerment Limited (SEL) on Wednesday at the latter's offices at PriceWaterHouse Coopers (PWC) inside the capital city.

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● The centre will have trained experts, hostel and education, sporting and specialised clinic facilities.

'Maintain financial vigilance this festive season' – Central Bank

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UNESWA Alumni Gala Dinner Page 4 injects E0.5 million



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Stories by Chris Dlamini

‘E75mln Autism Centre a huge relief for Eswatini’

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These Biblical words by Jesus Christ when he ordered a violent storm to calm on the Sea of Galilee. Eswatini Autism Chairperson Senzo Hlatshwayo borrowed these words from the Bible when he announced the news of a E75 million Autism Centre construction in Luhokohla, just a bit outside the city of Manzini along the Hhelehele road.
He was making his remarks in appreciation of the E100 000 donation they received from Swazi Empowerment Limited (SEL) on Wednesday at the latter’s offices at PriceWaterHouse Coopers (PWC) inside the capital city.
Before going any further, Autism or Autism Spectrum Disorder (ASD) is a lifelong neurodevelopmental affecting social interaction, communication, learning, and behaviour, characterised by varied strengths and challenges, intense interests, sensory differences, and repetitive actions, with its spectrum nature meaning unique experiences for each individual, though often identified in early childhood through

developmental screening.
“When we started our dream to form this organisation over 10 years ago, it was difficult as the country didn’t understand it, and it was linked with witchcraft. We had a lot of explaining to do. So, we thank companies like SEL who supported the course with passion and understanding.
“We can’t forget to express our sincere gratitude to our Patron Inkhosikati LaMatsebula as she brings exceptional leadership,” he said.
Hlatshwayo then revealed that due to their growth over the years, the country was set to benefit holistically through a centre specialising in Autism.
“We’re building an E75 million worth Autism Centre at Luhokohla in Manzini. Construction phase 1 is already underway, and that’s worth E5 million as we have

decided to do it in phases. It’s a big project,” explained Hlatshwayo.
He said the centre will have trained experts, hostel and education, sporting and specialised clinic facilities to allow life to continue and get better for those with the condition, which is not an illness and can be outgrown if discovered at a tender age.
Autism, or Autism Spectrum Disorder (ASD), is a lifelong neurodevelopmental condition affecting social interaction, communication, learning, and behaviour, characterised by varied strengths and challenges, intense interests, sensory differences, and repetitive actions, with its spectrum nature meaning unique experiences for each individual, though often identified in early childhood through developmental screening.



▲ Eswatini Autism Chairperson Senzo Hlatshwayo.



▲ Swazi Empowerment Limited (SEL) CSR Chairperson Shaka Ndlangamandla and SEL Board Chairman Jethro Ndlangamandla holding the E400 000 check presented to the Ministry of Education and Training.



▲ Eswatini Autism was presented E100 000 as a donation by Swazi Empowerment Limited (SEL).

Ministry of Education, Cancer Network in E0.7mln SEL windfall

IT was empowerment unlimited with Swazi Empowerment Limited (SEL) on Wednesday.
Just when the festive spirit is buzzing around, SEL dished out the goodies in the form of three donations to the value of E700 000 (E0.7 million).
The company donated E400 000 to their annual benefactor, the Ministry of Education and Training, E200 000 to Eswatini Autism and E100 000 to Eswatini Cancer Network, formerly Breast Cancer Network. The name-change was officially launched on December 8, last week.
The SEL gesture, as announced by SEL’s Corporate Social Responsibility (CSR) Chairman Shaka Ndlangamandla in a press conference at their PriceWaterHouse Coopers (PWC) offices inside the capital city, totals E700 000.
“SEL is an investment company with its major investment on Swazi MTN. As part of its corporate social responsibility, SEL has a policy to donate 0.005 per cent of dividends

received to needy and most vulnerable citizens at Eswatini, with emphasis on the youth, disabled, elders and health.
“Every year, SEL identifies organisations with people who are most vulnerable and, as part of its corporate social responsibility, make donations to selected organisations based on the SEL CSR budget available for the year,” said Ndlangamandla in his opening remarks.
He said he was happy to announce that for the fiscal year 2025/2026, the following organisations were identified for donation:
1. Autism Eswatini – E100,000,
2. The Breast and Cervical Cancer Network, now Eswatini Cancer Network – E200,000, and
3. Ministry of Education and Training – E400,000.
Ndlangamandla said this was 50 per cent of their dividends, also explaining that the Ministry of Education was like a partner now as they benefitted for a second consecutive time

on the premise of the scope of their responsibilities with children.
“It’s heart warming that we have again donated to the Cancer Network and then the Eswatini Autism because this also touches on the Ministry of Education which deals with autism and cancer among learners and teachers,” he said. He encouraged all the beneficiaries to go out and serve Eswatini as their responsibility was huge. However, Ndlangamandla said they also had challenges often times when it comes to selecting organisations deserving to be donated for.
“There is no database for the needy and most vulnerable people or cases in the country. There are too many instances of most vulnerable people in the country,” he said.
Ndlangamandla observed that this resulted in organisations using their CSR budgets based on limited knowledge of the needs of the country or on a first come, first served basis. “Given that organisations do not know which organisation has donated to who, there is sometimes duplication in donations to

some organisations while other most needy people or organisations are left out
“Many organisations in the country have corporate social responsibility (CSR) budgets, but the budgets are not coordinated. There is no guidance on how the organisations can use their CSR budgets,” he claimed.
He said his wish was that there could be a national central information or database about all vulnerable people and their needs for the corporates with CSR budgets to refer.
He also made an example of the MTN 21 Days of Yello Care initiative, saying having a Three Months Care initiative would also help donate to the right organisations and reach as many as possible than two big entities all donating for the same organisation.
Meanwhile, the Ministry of Education’s contribution is half of the E800 000 it needs to help two schools with ablutions for pupils and teachers. The Ministry Under Secretary (US) Lungelo Nhlengetfwa represented Minister Owen Nxumalo in the check presentation.



▲ Some of the Cabinet Ministers during the two-day team-building exercise held at Sibebe Resort.



▲ Minister for Agriculture Mandla Tshawuka (l), Minister for Health Mduduzi Matsebula (c) and Minister for Foreign Affairs and International Cooperation Pholile Shakantu during the team building exercise.

Cabinet strengthens unity through first ever team-building exercise

By Siphesihle Dlamini
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ESWATINI'S Cabinet of Ministers convened at Sibebe Resort from Monday, December 15, to Tuesday, December 16, 2025, for their first-ever team-building exercise since assuming office in November 2023. The two-day exercise was disclosed by Acting Government Spokesperson Thabile Mdluli, who said the exercise marked an important step in enhancing collective leadership and reinforcing shared values among members of Cabinet. Held under the theme "One Nation, One Team," the exercise provided Cabinet Ministers with a structured platform to reflect on their collective working experience since taking office, to openly address perceived differences, and to reaffirm the oath of service that underpins their responsibility to

the nation. The exercise was designed to encourage honest introspection and constructive engagement, with a view to improving coordination and collaboration in the execution of government business. Mdluli said the programme focused on strengthening both individual and collective capacity within Cabinet. Key areas of engagement included personal mastery in public service, emotional intelligence, effective communication, trust-building and unity, all of which are considered critical to effective governance. Ministers also participated in sessions on professional excellence, systems alignment and constructive conflict management, aimed at enhancing their ability to work cohesively while navigating complex policy and administrative environments. The programme was delivered through a combination of structured lessons, interactive discussions and team-based activities.



▲ The programme was delivered through a combination of structured lessons, interactive discussions and team-based activities.

sions and team-based activities. The retreat also underscored the importance of values-based leadership. At the conclusion of the two-day engagement, Cabinet Ministers emerged re-energised and united by a renewed sense of purpose, Mdluli said. The retreat reaffirmed their collective resolve to continue serving the Kingdom of Eswatini with loyalty and integrity, placing emaSwati and Their Majesties at the centre of all government action and decision-making.

Maintain financial vigilance this festive season – Central Bank of Eswatini



▲ Central Bank of Eswatini Governor Dr Phil Mnisi.

By Delisa Magagula

THE festive season is a time we all cherish for its focus on family, community, and reflection on the concluding year. Central Bank of Eswatini (CBE) Governor Dr Phil Mnisi said something equally important was staying financially vigilant. He noted that the holidays brought joy and togetherness, but they could also bring financial pressures. Unfortunately, the said this was also the season where criminal groups or syndicates became more vindictive, exploiting people's gen-

erosity and sometimes vulnerability. He encouraged all to protect finances as carefully as they protect loved ones, not just during this festive season but always. Dr Mnisi added that every Lilangeni earned represented hard work, sacrifice and commitment. He urged the nation not to let it be taken from through overspending, poor planning or scams disguised as opportunities. "Before you spend, pause and ask yourself is this really necessary, will I be comfortable with this choice in January. Be alert to 'bofacata', the dubious people promising quick returns and easy money or asking you to return funds they claim were sent to you by mistake. These tactics have cost many Emaswati thousands of their hard earned earnings, remember your PINs and passwords only belong to you not your relatives or anyone else calling or messaging you," he said. This festive season, he also urged celebrating wisely, prioritising needs over impulses and equally remember the little we have at disposal with those among us who do not have. "Let us protect our dignity, stability and our future. At Central Bank, we remain committed to saguiding the financial system. However, the strongest protection begins with ach one of us making informed financial decisions every day," added Dr Mnisi.



UNESWA Alumni Gala Dinner injects E0.5 million for the institution

Stories by Delisa Magagula

THE University of Eswatini (UNESWA) raised E500,000 towards its Endowment Fund during the 3rd Annual Alumni Gala Dinner held on December 4, 2025, at the Ligcabho LemaSwati Sports Emporium.

The gala, hosted by the UNESWA Endowment Fund under the theme 'Masquerade Ball, A Night in Disguise' brought together more than 200 alumni, senior government officials, business executives, and development partners in support of the university's long-term financial sustainability.

The funds raised contribute to the Endowment Fund's E100 million target set over a three-year period, aimed at reducing the institution's reliance on government subventions and positioning UNESWA for financial independence.

Speaking during the event, UNESWA Vice Chancellor Professor Justice Thwala emphasised the importance of diversified funding in expanding access to higher education.

He said the Endowment Fund was central

to ensuring that deserving liSwati students are not excluded from tertiary education due to financial constraints.

The Minister for Education and Training Owen Nxumalo endorsed the initiative, describing diversified funding models as global best practice for public universities facing increasing enrolment pressures and constrained public resources.

A key feature of the gala was the strong participation of corporate and public institutions, highlighting growing collaboration between the university and the business sector.

Partners included the Eswatini Investment Promotion Authority (EIPA), Eswatini Revenue Service (ERS), Eswatini Civil Aviation Authority (ESWACAA), Liberty, ESCCOM, ESRI, SMVAF, Eswatini Bank, Kellogg Tolaram Eswatini, and the Conciliation, Mediation and Arbitration Commission (CMAC), among others.

UNESWA Endowment Fund Chief Executive Officer Vuli Simelane said the level of corporate support demonstrated confidence in the university's transformation agenda and its role in producing graduates aligned with national labour market needs.

He said the Endowment Fund is pursuing a hybrid funding model that blends alum-

ni contributions, corporate partnerships, events-based fundraising, and long-term investments to ensure sustainable income streams for the institution.

Beyond fundraising, the gala served as a platform to promote the Endowment Fund's Business-to-Business (B2B) Partner Programme, which offers structured engagement between UNESWA and the private sector.

"The programme provides participating companies with opportunities including talent recruitment from the alumni network, co-branded research and development initiatives, and branding at high-profile university events," said Simelane.

Simelane further said participating companies also benefit from tax incentives, enhanced corporate social investment visibility, and direct contribution to national human capital development.

Meanwhile Board Chairperson Dr Nozizwe Mulela said the Endowment Fund was established to reposition UNESWA as a financially resilient institution capable of supporting national development priorities.

She said partnerships between universities and industry were critical in responding to changing economic demands and ensuring graduates possess relevant, market-ready



▲ Minister for Education and Training Owen Nxumalo speaking during the event.

skills. The gala took place against the backdrop of His Majesty King Mswati III's declaration of 2025 as the 'Year of Transformation to the Promised Land' a theme speakers said resonated strongly with UNESWA's renewal efforts.

Organisers indicated that additional fundraising activities, including a sports tournament and a music festival, are planned to further grow the Endowment Fund and expand corporate participation.

Educators declare readiness for Competency-Based Education rollout

SECONDARY school head teachers across Eswatini have declared their readiness for the implementation of the Competency-Based Education (CBE) and Four-Year Programme, following the completion of a series of national infusion workshops.

The workshops, coordinated by the Ministry of Education and Training in collaboration with the National Curriculum Centre and In-Service Education and Training, were designed to prepare school leadership for the transition to CBE in Form 1 starting next year.

Secondary school head teachers from the Lubombo Region are currently concluding their competency infusion workshop at the George Hotel in Manzini, which began on Tuesday and ends Thursday.

The Lubombo workshop marks one of the final stages in a national rollout that has covered all regions. Head teachers from the Manzini Region were the first to attend the workshops, followed by Hhohho Region, where participants took part in a three-day residential programme.

Shiselweni Region head teachers attended their workshop from December 7-9, while

Lubombo concludes the process.

According to the Ministry of Education and Training, the workshops were aimed at strengthening leadership capacity, aligning school management systems with the new curriculum, and ensuring a smooth transition from content-based to competency-based learning.

Participants engaged with curriculum specialists, education inspectors, and training officials on key components of the CBE framework, including learner-centred pedagogy, continuous assessment, skills development, and classroom-based competencies.

Head teachers who attended the sessions said the workshops had addressed longstanding concerns about implementation readiness, assessment methods, and institutional support.

"We are now clear on what is expected of schools and leadership under the CBE system. The training has given us confidence to guide our teachers and learners through this transition," said one Lubombo Region head teacher.

Another participant said the workshops helped demystify the Four-Year Programme structure and clarified how schools should

THE BENEFITS OF COMPETENCY BASED ASSESSMENT



support learners' academic and practical skill development.

The Minister for Education and Training Owen Nxumalo said the infusion workshops were deliberately targeted at school leadership as a foundation for wider institutional readiness.

"The next phase will involve deputy head teachers, heads of department, and Form 1 (Grade 8) teachers, who will undergo similar training ahead of the 2026 academic year. The consistent national rollout ensured

alignment across regions and reduced the risk of uneven implementation," said Nxumalo.

The Ministry noted that lessons from pilot schools and earlier phases of curriculum reform were incorporated into the workshops, enabling head teachers to anticipate challenges and plan mitigation strategies at school level.

Participants were also briefed on monitoring and reporting mechanisms that will be used to track implementation progress once the CBE programme is introduced.

The Ministry of Education and Training said the completion of the head teachers' workshops represents a major milestone in national preparedness for curriculum reform.

With school leadership trained and aligned, the Ministry said the country is now well positioned to proceed with educator-level training and classroom implementation.

Worth noting, the CBE reform is intended to equip learners with practical competencies, critical thinking skills, and adaptability, aligning education outcomes with national development and labour market needs.



Royal Eswatini Police Services At Work

#Sikhona

#Sikhona

Police host festive prayer service

... Officers urged to stand firm in justice

Stories by Siphesihle Dlamini
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THE Police Headquarters Chaplaincy Region hosted a special prayer service under the theme “Standing Firm in Justice, Serving with Mercy”, inspired by Ephesians 6:13.

The service, held at the headquarters, was attended by senior police officials and was graced by the presence of the National Commissioner of Police, Vusie Manoma Masango, underscoring the significance of spiritual guidance for law enforcement personnel during this period.

In his address, Masango expressed heartfelt gratitude to the invited Reverend for honouring the occasion and leading the congregation in prayer. He emphasised the crucial role of prayer and divine guidance, particularly during the busy festive season, when police officers are tasked with maintaining law, order, and public safety across the country.

“Let us always place our trust in the Lord,” the National Commissioner remarked. “In

Him, we find strength, wisdom, and the guidance necessary to serve our communities effectively and justly. I invite the Reverend to pray for all our officers, that they may carry out their duties safely and with integrity during this festive period.”

The service was led by Reverend Grace Masilela, who shared reflections drawn from Isaiah 9:6-7, highlighting the importance of strength, courage, and trust in God. She reminded officers that while their work often takes them away from the comfort of family and the familiarity of home, they are never alone in their mission.

“You are not alone in your service,” Reverend Masilela assured the officers. “God is always with you, guiding your actions, protecting you, and ensuring that your work contributes to peace and justice in the communities you serve.”

During the prayer session, Reverend Masilela lifted officers who will spend the festive season away from their loved ones, asking for divine protection over their lives and well-being. She also prayed for protection against accidents, the preservation of peace, and the safeguarding of life, invoking blessings for the nation as citizens celebrate the



▲ REPS Senior leadership following proceedings.

season of joy and togetherness.

Masango concluded the service by thanking Reverend Masilela for her inspiring words and prayers. He reiterated the importance of remaining vigilant, compassionate, and guided by ethical principles as the nation enters one of the busiest times of the year for policing activities.



▲ National Commissioner of Police, Vusie Manoma Masango.

Five arrested in Simunye over illegal guns, wildlife and dagga



ON the morning of December 16, 2025, Simunye Police carried out an intelligence-led operation that resulted in the arrest and charging of five individuals for illegal possession of firearms, protected wildlife, and dagga.

The arrests took place around 5 a.m. at the suspects’ homes in the Malindza and Sikhuphe areas.

A 40-year-old man from Malindza was apprehended for possessing a single-barreled shotgun and one live round of 12-bore ammunition without the required license or permit. Additionally, he was found with a spotted Dikkop bird (Umkhokhoni), a species protected under the Game Act, further compounding the charges against him.

Another suspect, a 60-year-old man also from Malindza, was arrested for illegal possession of a Baikal shotgun without the necessary licensing while in the Sikhuphe area. The third individual, a 63-year-old man from Sikhuphe Village, faced charges for possess-



ing a bush buck trophy consisting of a skull and horns without a permit, violating wildlife protection laws.

The operation also led to the arrest of a 41-year-old man and a 39-year-old woman, both from Sikhuphe village, who were found in possession of 13 kilograms of dagga without a license or permit. This seizure highlights ongoing efforts to combat illegal drug possession and trafficking within the community. The Royal Eswatini Police Service reaffirmed its commitment to suppressing

crime and ensuring that individuals found in violation of the law face appropriate legal consequences. This operation underscores the effectiveness of intelligence-led policing in protecting community safety and preserving wildlife.

The arrests and charges serve as a strong message that illegal possession of firearms, protected wildlife, and controlled substances will not be tolerated, and law enforcement agencies remain vigilant in their efforts to uphold the law and protect citizens.

Man arrested for sexual assault of step-grandchild

A 65-year-old man from Luhlendlweni has been arrested and charged by Mbabane police in connection with the sexual assault of his three-year-old step-grandchild, a case that has shaken the local community and highlighted ongoing concerns about child protection.

The disturbing incident came to light on 21 November 2025 at approximately 9:00 a.m., when the child’s grandmother left the young girl in the care of the suspect while attending a funeral.

During this time, the suspect reportedly shared a bed with the child. The following

morning, the girl confided in one of her older cousins, revealing that she had been sexually abused.

Upon learning of the abuse, the child’s father was immediately contacted, and the girl was promptly taken to a hospital for a medical examination to document and assess the extent of the assault. Law enforcement was also notified and responded swiftly to the situation.

The suspect was arrested on December 12, 2025, and has since appeared before the Mbabane Magistrates’ Court. He was remanded in custody and is scheduled to remain detained until January 6, 2026, as investigations continue.

The Royal Eswatini Police Service (REPS) has publicly commended the Mbabane Directorate for Crime Scene (DCS) officers for their unwavering dedication and relentless efforts in combating sexual abuse and exploitation of children. Their work is instrumental in ensuring that perpetrators are brought to justice, providing some measure of hope and safety for vulnerable children.

Sexual abuse of children by relatives and trusted individuals remains a troubling and pervasive issue in Eswatini. The police service has emphasised its commitment to forging a safer and better future for emaSwati children by intensifying efforts to prevent such crimes and support victims.



▲ PICO Senior Superintendent Phindile Vilakati.

By WeNkosi Mbulazi

In a powerful demonstration of corporate social responsiveness (CSR), the staff of the Eswatini National Provident Fund (ENPF), widely known as Lidlelantfongeni, this week visited Mawelawela Women's Correctional Centre, in Luyengo, to deliver a significant donation of hygiene packages, clothing, and baby supplies.



The value of the donation was over E60, 000.

The donation of sanitary hygiene packs, clothing and baby supplies at Mawelawela was made possible by Hamba Vangeli, a regional NGO led by Pastor Trusty Simelane that focuses on correctional facilities ministry and rehabilitation, which approached Lidlelantfongeni for support. This is a partnership Lidlelantfongeni has proudly maintained over the years to help Hamba Vangeli, and other NGOs, provide care and dignity to inmates."

The initiative, led by the ENPF CEO Futhi Tembe and employees of the Fund, sought to address the immediate humanitarian needs of incarcerated women while advocating for a shift in how society views those behind bars. It was also a practical gesture that throws a spotlight on gaps in menstrual care and the importance of mother-child programmes behind bars.

"Hamba Vangeli has for many years taken ministry and practical support into correctional settings across the region, including Mawelawela Correctional Facility," said Pastor Trusty Simelane, Director of Hamba Vangeli.

"We approached Lidlelantfongeni because our work in correctional facilities in Eswatini and neighbouring countries such as Mozambique, South Africa and Malawi, is about restoring dignity as much as meeting needs. The sanitary hygiene packs, clothing and baby supplies we distribute protect health and preserve self-respect. Alongside those items we provide counselling, life-skills training and vocational support to tackle the root causes of offending.

"These include unemployment, lack of education, trauma and fractured family structures. When people are treated as human beings with potential, not simply as inmates, we reduce the cycle of reoffending and give them a real chance to rebuild their lives."

Pastor Simelane thanked CEO Tembe and all Lidlelantfongeni employees.

"Their long-standing support is a powerful example of corporate compassion in action. Over the years Lidlelantfongeni has lived its values; agility, excellence, integrity and strong relationships, by investing time, resources and care in people many others overlook. That kind of partnership strengthens reintegration, improves public safety and heals communities. I urge other companies to emulate Lidlelantfongeni: when staff lead by example and live their values, we all benefit."

In another matter, for many of the women resident at the correctional facility, the packages brought by the Lidlelantfongeni employees were more than toiletries; they were a reminder that someone outside the walls still remembered their dignity, and their children. "Lidlelantfongeni exists to safeguard futures. Sometimes that means meeting people where dignity is most fragile," said CEO Tembe.

She was represented by Human Resources Manager Muzi Mngometulu, who delivered a poignant message on the importance of compassion and second chances. "By standing with women and newborns at Mawelawela, Lidlelantfongeni's employees continue to prove that nation-building begins with dignity. Lidlelantfongeni is not only a custodian of savings, it is a custodian of dignity."

This charitable initiative underscores the organisation's commitment to social responsiveness and uplifting the most vulnerable members of the community. Team Lidlelantfongeni; from support and facilities personnel to frontline member services officers, compliance and benefits administrators, finance professionals, communications practitioners and senior management, dedicated the day a full week to assembling dignity and infant care packs for the women inmates at Mawelawela Correctional Ser-

Lidlelantfongeni staff restore dignity with vital Mawelawela Corrections donation

... ENPF employees deliver hygiene packs, baby essentials and clothes to mothers behind bars.



▲ ENPF and Mawelawela staff during the donation.



▲ Director of Hamba Vangeli Pastor Trusty Simelane.



▲ Some of the donated items.

vices. The initiative saw the team working together as they prepared kits containing menstrual products, soap, toothbrushes, underwear, diapers, baby formula samples, baby blankets and diapers.

A separate allocation of infant supplies was specifically set aside for mothers enrolled in the correctional service's mother-and-child or nursery programme, recognising the unique needs of infants born or raised within custodial settings.

Presented as a staff-driven act of solidarity rather than a corporate exercise, the donation was accompanied by a commitment from ENPF employees to sustained engagement. This includes financial literacy mentorship, basic retirement and savings awareness, and employment readiness sessions designed to support reintegration and economic dignity upon release. "For women in custody, basic hygiene products are not luxuries, they are essential to health, self-respect and dignity," said CEO Tembe.

"Menstrual access in custodial settings remains patchy in many respects, as local charities and advocacy groups have repeatedly documented shortages and obstacles for women needing hygiene packs. For mothers who give birth while serving sentences, access to baby supplies and breastfeeding support is crucial to early bonding and infant wellbeing."

CEO Tembe said individuals within correctional facilities must never be treated as outcasts, but recognised as members of society undergoing correction, rehabilitation and renewal. "Correctional centres exist to reform, not to erase human dignity," she said.

"When people have served their time and return to their communities, they should be welcomed, ap-

preciated, supported and not stigmatised. Reintegration is a shared responsibility. By offering acceptance, opportunity and care, we enable former inmates to rebuild their lives, contribute positively to society and live healthy, purposeful futures."

Meanwhile, CEO Tembe praised Commissioner General LaMakhosini Phindile Dlamini, National Commissioner of His Majesty's Correctional Services, and her entire team for embracing future-focused correctional practices that go beyond traditional custodial functions to include meaningful skills training and rehabilitation for inmates.

"Under Commissioner General Dlamini's leadership, our correctional centres are no longer defined by confinement alone," said CEO Tembe.

"They are spaces of transformation, where individuals are equipped with practical vocational skills, access to education and personal development opportunities that prepare them to return to society as productive, self-reliant citizens. That is the true meaning of correction." She added: "When we invest in rehabilitation rather than punishment, we reduce reoffending, strengthen community safety and uphold human dignity. This approach supports successful social reintegration and ultimately makes our correctional system more efficient, humane and forward-looking than outdated prison-only models."

VOICES FROM INSIDE

The heartfelt impact of the donation was immediately evident among the mothers at Mawelawela, who expressed deep gratitude for the support from

Lidlelantfongeni and Hamba Vangeli.

Thandiwe* said no words could capture her gratitude. "From the bottom of my heart, I thank Lidlelantfongeni and Hamba Vangeli for thinking of us and our children. These hygiene packs, clothes and baby supplies are more than gifts; they are a reminder that God has not forgotten us," she said.

"Watching my child grow up in prison is heartbreaking, but today I feel hope. I pray to live a clean life, to repent for my past mistakes, and to be accepted by society when I return. May God bless everyone who has supported us."

Nomsa* added that she was grateful to Lidlelantfongeni and Pastor Trusty Simelane with Hamba Vangeli for this blessing.

"The children need love, care and support even behind these walls, and today I see God's mercy through this donation. Growing up in prison is not easy; every small gift helps my child feel human and loved," she said.

"I want to turn my life around, follow the Word of God, and show that I can live righteously. I ask society to forgive us and welcome us back, so we can raise our children in dignity."

Phindile* echoed the sentiment. "Thank you to Lidlelantfongeni and Hamba Vangeli for this kind act of giving. It is hard for children to grow up in prison, but these supplies bring comfort and remind us of God's love. I am determined to repent, walk in His ways, and be a better mother and citizen. We ask for society's forgiveness and acceptance, and pray that others see the importance of caring for those who have stumbled. God's Word guides us, and today His love is visible through your generosity."

One mother who had her newborn with her in the correctional nursery described the relief of having nappies and a warm blanket provided, as God sent from Lidlelantfongeni and Hamba Vangeli.

"When you do not have the basics, you feel smaller than your crime. This lets me hold my baby without worrying about tomorrow," she said.

A Lidlelantfongeni employee reflected afterwards.

"It is humbling. We thought we were donating goods; we left feeling like we'd been given a lesson in compassion," she said.

IMPACT AND BEST PRACTICE

Corporate institutions such as Lidlelantfongeni can maximise impact by pairing donations with sustained volunteer programmes, training for corrections staff, and partnerships with community organisations that provide long-term wraparound services; mental health support, parenting classes, transitional housing and employment pathways for women upon release.

When businesses bring staff, resources and expertise into these settings, they humanise incarcerated women and make rehabilitation pathways more visible. The boxes left behind that day were small in volume but large in meaning. For a few hours the visiting hall felt less institutional and more familiar. "We want to be part of our community's healing, not just its ledger," said General Manager of Corporate Services, Sindi Mango. "Our work is not simply about numbers or balance sheets; it is about people — their lives, their futures, and the hope we can nurture together. If dignity is the currency of citizenship, then everyone deserves to be paid, not just in wages or benefits, but in respect, opportunity and care."

She continued: "Through initiatives like our partnership with Hamba Vangeli, we are reminded that social responsibility extends beyond the office walls. By supporting correctional facilities, families and vulnerable communities, we invest in the very fabric of society. These actions reduce cycles of disadvantage, restore self-worth, and create a community where every individual has the chance to contribute positively. At Lidlelantfongeni, living our values; integrity, excellence, agility and strong relationships means turning principles into practice, and showing that business can lead with compassion as well as competence."

BRIEFS

Govt reconstitutes
boards of strategic
parastatals

THE Government has appointed new Boards for key parastatals under the Ministry of Commerce, Industry and Trade.

According to the Ministry this is a move aimed at strengthening corporate governance, accountability and institutional performance.

Gold, uranium boost
Namibia's tax revenue

NAMIBIA'S diamond revenue has been surpassed by income from other minerals for the first time, the country's mining chamber said, with record gold prices and higher uranium output helping to offset the impact of weak gem prices. Diamond income has traditionally boosted Namibia's state coffers, accounting for about 30% of export earnings. But the natural diamond industry has faced a price decline since mid-2022, largely owing to growing popularity of lab-grown gems.

Diageo sells E African
Breweries stake for \$2.3
billion

DIAGEO, the world's largest spirits group, has agreed to sell its 65% stake in East African Breweries to Japan's Asahi Holdings for \$2.3 billion, divesting its last direct African beer holding.

The deal values EABL, a Nairobi blue chip stock and one of East Africa's top five companies by market capitalisation, at around \$4.8 billion, Diageo and Asahi said on Wednesday. (Reuters)

Eswatini spends E1.5 billion importing beans, maize annually

Stories By Delisa Magagula

ESWATINI spends approximately E1.5 billion every year importing beans and maize.

This was revealed by National Maize Corporation (NMC) Chief Executive Officer Mavela Vilane during the signing of Memoranda of Understanding (MoUs) by the Eswatini Water and Agricultural Development Enterprise (EWADE) with various ministries and parastatals.

The signing ceremony took place on Tuesday, at the Hilton Garden Inn in Mbabane. Vilane said government was actively working to reduce the country's dependence on imports by strengthening domestic food production systems, particularly for staple crops such as maize and beans, which account for a significant share of the import bill.

He noted that Eswatini has historically relied on food imports to meet national demand due to factors including recurrent droughts, climate variability, limited irrigation infrastructure, and low productivity among smallholder farmers.

"These challenges have constrained local production, leaving the country vulnerable to regional supply disruptions and rising food prices.

The newly signed partnerships fall under the Smallholder Agricultural Productivity Enhancement and Marketing Project (SAPEMP), which aims to address these structural challenges by improving coordination among key institutions in the agriculture sector," said Vilane.

During the signing EWADE stated that the agreements are intended to strengthen collaboration between government entities and parastatals to support smallholder farmers with climate-smart agricultural practices, improved production inputs, irrigation development, and better access to markets.

"The project places emphasis on transforming farming from subsistence-based activity into a commercially viable sector capable of contributing meaningfully to national food security and economic growth. By supporting increased local production, the initiative seeks to reduce the need for imports and retain financial resources within the domestic economy," added Vilane.

Worth noting SAPEMP also aligns with broader national priorities of improving agricultural productivity, enhancing resilience to climate change, and promoting inclusive rural development.

EWADE indicated that implementation of the partnerships will focus on measurable outcomes, including increased crop yields, improved market participation by smallholders, and reduced dependence on imported staple foods.



▲ National Maize Corporation Mavela Vilane making his remarks.

The initiative represents a coordinated effort to tackle longstanding production gaps and strengthen Eswatini's food system in a sustainable and economically viable manner.



▲ EWADE signs partnerships to boost smallholder farming.



▲ Eswatini Water and Agricultural Development Enterprise CEO Dr. Samson Sithole having a light moment with NMC CEO Mavela Vilane.

AO review key challenges in the country's agrifood systems

THE Food and Agriculture Organization of the United Nations (FAO), in collaboration with the Government of the Kingdom of Eswatini, has convened a two-day consultative workshop to guide the development of Eswatini's Country Programming Framework (CPF) for the 2026-2030 period.

The Consultative Workshop for the Development of Eswatini's CPF 2026-2030 is currently underway at the George Hotel, bringing together government officials, private sector representatives, non-governmental organisations, farmer organisations, and development partners.

The workshop seeks to review key challenges within the country's agrifood systems and jointly define priority outcomes that will guide FAO's technical and strategic support over the next five years.

Discussions are also focusing on validating

FAO's added value in supporting national priorities, particularly in the areas of climate resilience, sustainable agricultural production, inclusive governance, and food security.

Participants are further reflecting on achievements recorded in 2025, drawing lessons learned, and using these insights to inform FAO's 2026 work plan and resource mobilisation strategy.

Expected outcomes of the consultative process include the development of a draft CPF methodology and theory of change, outlining clear outcomes, outputs, and indicators aligned with FAO's Four Betters framework, Better Production, Better Nutrition, Better Environment, and Better Life.

The workshop is also expected to produce a consolidated summary of stakeholder inputs to ensure the framework remains inclusive and responsive to national needs.

The CPF development process directly contributes to Eswatini's national priorities, including poverty reduction, food security, increased agricultural productivity, sustainable natural resource management, and the empowerment of youth and women.

Officially opening the workshop, Principal Secretary Sydney Simelane reaffirmed FAO's continued alignment with Eswatini's National Development Plan.

He highlighted ongoing support in strengthening agricultural financing through the Agriculture Fund, building farmer resilience through climate-smart agriculture initiatives, and empowering youth through practical infrastructure such as shade nets and tunnels to support sustainable livelihoods.

The two-day engagement is expected to lay the foundation for a results-driven programming framework that aligns national development aspirations with global sustainable development goals.



FX RATES

Notes/Cash	Buy	Sell
U.S. Dollar	16.3841	16.8741
G.B. Pound	21.9475	22.6544
EURO	19.3003	19.9077
Bank Rate (July 2023)		7.50%
Prime Rate (July 2023)		11%
Inflation (July 2023)		4.5%
Petrol	E21.60/Litre	
Diesel	E22.90/Litre	
Paraffin	E17.25/Litre	



By Delisa Magagula

Govt reconstitutes boards of strategic parastatals

THE Government has appointed new Boards for key parastatals under the Ministry of Commerce, Industry and Trade.

According to the Ministry this is a move aimed at strengthening corporate governance, accountability and institutional performance.

The appointments were announced by the Minister for Commerce, Industry and Trade, Manqoba Khumalo (MP), during a press briefing held at the MSME Conference Room on Wednesday.

The Minister said the reconstitution of the Boards formed part of ongoing efforts to ensure that public enterprises deliver effectively on their mandates and contribute meaningfully to national economic development.

“These appointments form part of Government’s ongoing efforts to strengthen corporate governance, institutional performance, and accountability across public enterprises,” Khumalo said.

He said parastatals under the Ministry played a strategic role in regulating markets, promoting investment, supporting small enterprises, safeguarding consumer interests and ensuring standards compliance.

As such, he said it was critical that these institutions were guided by Boards with the appropriate balance of professional expertise, sectoral representation and governance experience.

Khumalo announced the constitution of the Board of the Eswatini Competition Commission, which will be chaired by Miccah Nkabinde. Nkabinde holds a Master



▲ The new board members pose with the Minister.

of Science in Leadership and Change and represents the Eswatini National Pension Fund. This is his first term on the Board.

Other members appointed to the Commission include Welcome Ncobizwe Nxumalo, who holds a Master of Laws in International Commercial Law and represents the Economic Association of Eswatini, Renata Ntshangase, holder of a Master of Business Administration representing the Ministry of Finance Noncedo Ncedile Dlamini, who holds a Bachelor of Commerce in Ac-

counting and Finance and represents the Eswatini Institute of Accountants and Mandla Ntshakala, a B-Tech Chemical Engineering graduate representing the Consumer Association of Eswatini, serving his second term.

Khumalo said the composition of the Competition Commission Board reflected Government’s intention to ensure strong oversight and effective regulation of competition in the economy.

“This Board brings together strong competencies in economics, law, finance, consumer protection and regulatory oversight, which are central to the Commission’s mandate,” he said.

The Minister also announced the appointment of the Board of the Small Enterprises Development Company (SEDCO). The Board will be chaired by Dr Mandlenkhosi Dlamini, who holds a PhD in Curriculum and Instructional Design and is serving his second term. Beauty S. Mavuso, who has completed ACCA Part 1, was appointed as a Board member for a second term.

According to Khumalo, the SEDCO Board is expected to play a critical role in providing strategic direction to the organisation as it continues to support micro, small and medium enterprises across the country.

“This Board is well positioned to provide strategic oversight to SEDCO as it continues to support the growth and sustainability of micro, small and medium enterprises,” he said.

Speaking on behalf of the newly appointed Board members, Competition Commission Chairperson Miccah Nkabinde expressed appreciation for the confidence shown by Government and said the appointees were fully aware of the responsibility entrusted to them.

“We are honoured by the trust placed in us and fully appreciate the fiduciary responsibilities that come with Board membership. Our commitment is to uphold the highest standards of corporate governance, ethical conduct and accountability in the execution of our duties,” Nkabinde said.

Nkabinde further said the Boards would focus on providing strategic leadership, strengthening oversight mechanisms and ensuring that the institutions they serve operate efficiently and transparently.

“Our role is to support management while ensuring that these institutions remain aligned to their mandates and national development priorities. We will work collec-



▲ Minister Manqoba has appointed new Board members.

tively to promote sound decision-making, prudent financial management and stakeholder confidence,” he added.

Meanwhile Khumalo emphasised that the appointment process was guided by the principles of merit, integrity, inclusivity and relevance to institutional mandates.

He said Government expected the Boards to add value through effective governance rather than day-to-day management.

“Board membership is not ceremonial, it carries fiduciary duties and obligations. I expect all appointed members to act in the best interests of the institutions they serve and, by extension, the country,” said the Minister.

He added that Government expected the Boards to play an active role in strengthening financial discipline, improving operational performance and supporting policies that promote inclusive economic growth.

Khumalo said the performance of public enterprises remained a priority for Government, particularly in the context of economic recovery, job creation and private sector development.

“Parastatals must be responsive, efficient and accountable. Strong Boards are essential to achieving these objectives,” said Khumalo.

The Minister concluded by congratulating all the appointed Board members and wishing them success as they assume their roles.

“On behalf of Government, I congratulate all the appointed Board members and wish them every success as they undertake this important national duty,” Khumalo said. The newly appointed Boards are expected to assume their responsibilities with immediate effect.



REQUEST FOR PROPOSALS FOR THE PROVISION OF CONSULTANCY SERVICES FOR THE DEVELOPMENT OF THE CONSTRUCTION INDUSTRY CODE OF CONDUCT & ETHICS POLICY

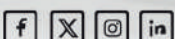
The Construction Industry Council invites sealed proposals from eligible, reputed, qualified Consultancy firms for the provision of consultancy services for the development of the Construction Industry Code of Conduct & Ethics Policy.

The ‘Request for Proposals’ document can be obtained from the Reception at the Construction Industry Council Plot 427, Ligwalagwala House, **J.S.M Matsebula Street** at a non-refundable fee of **One Thousand Emalangenani (E1000.00)** per set, or through the ESPRA tendering portal. The method of payment will be bank transfer to the CIC Standard Bank Account number, 9110004761777, Mbabane Branch. The Council does not accept cash.

Late bids will be rejected and the deadline for submission is **16th January 2026 at 12:00 noon (GMT+2)**.

MAQHAWE MNISI
CHIEF EXECUTIVE OFFICER

www.cic.co.sz



NAMIBIA’S diamond revenue has been surpassed by income from other minerals for the first time, the country’s mining chamber said, with record gold prices and higher uranium output helping to offset the impact of weak gem prices.

Diamond income has traditionally boosted Namibia’s state coffers, accounting for about 30% of export earnings. But the natural diamond industry has faced a price decline since mid-2022, largely owing to growing popularity of lab-grown gems.

Tax revenue from diamonds in the six months to September was down 79% year on year, after falling 49% in the previous financial year, according to the country’s tax collector. “As a result, non-diamond mineral revenues have surpassed diamond revenues for the first time, reinforcing a structural shift towards a more diversified and resilient mining revenue base,” the Chamber of Mines of Namibia said in its report for October, published late on Tuesday.

Tax revenue from other minerals, mainly uranium and gold, rose to 2.87 billion Namibian dollars (\$171.09 million) in the past financial year, almost double the original budget estimate. It is expected to rise further to N\$3.54 billion in the current financial year. Non-diamond royalty income also surpassed expectations, rising from a budgeted N\$747.8 million to N\$1.03 billion in the past financial year and maintaining that trend in the current year.

Namibia’s two gold mines, Navachab and B2Gold’s Otjikoto Mine, benefited from the bullion price rally that sent spot prices as high as \$4,380 an ounce in October, up about 60% from a year earlier.

Production of uranium, which is used in nuclear technologies, was up 22% year on year in the first 10 months of 2025. Namibia is the world’s third-largest uranium producer behind Kazakhstan and Canada.

(Reuters)

Gold, uranium boost Namibia’s tax revenue



▲ An entrance to the Husab mine, a uranium-only deposit, located in the Namib Desert near Walvis Bay, Namibia

Diageo sells E African Breweries stake to Asahi for \$2.3 billion

Diageo, the world’s largest spirits group, has agreed to sell its 65% stake in East African Breweries to Japan’s Asahi Holdings for \$2.3 billion, divesting its last direct African beer holding.

The deal values EABL, a Nairobi blue chip stock and one of East Africa’s top five companies by market capitalisation, at around \$4.8 billion, Diageo and Asahi said on Wednesday.

EABL, which also operates in Tanzania and Uganda, is known for its Tusker beer brand, named after the elephant that gored one of the brewery’s founders on a hunting expedition in 1923.

Under the deal, EABL will retain Tusker and other local brands and sign new agreements with Diageo to produce Guinness and some spirits, while importing and distributing others.

London-listed Diageo, maker of Johnnie Walker whisky and Captain Morgan rum, is grappling with tariff hikes in its key U.S market, high debt levels and indications some younger consumers could be shifting away from drinking alcohol.

(Reuters)



▲ A bottle of Don Julio, tequila from Diageo, the world’s leading spirits maker, is displayed at a liquor store, in Monterrey, Mexico

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Amazon in talks for \$10 billion OpenAI investment

Amazon.com Inc (AMZN.O), opens new tab is in talks to invest in ChatGPT-maker OpenAI in a potential deal that could value the artificial intelligence firm at more than \$500 billion, a source familiar with the matter said on Tuesday.

Amazon may invest about \$10 billion in OpenAI, but the talks between the two firms are “very fluid”, the source said on condition of anonymity because the matter is private.

The potential deal highlights the AI sector’s relentless demand for computing power as companies race to build systems rivaling or surpassing human intelligence. Firms such as Nvidia(NVDA.O), opens new tab and Oracle (ORCL.N), opens new tab have signed AI deals worth several billion dollars with OpenAI this year. OpenAI also signed a \$38-billion-deal to buy cloud services from Amazon in November.

However, investors are on guard for signals that demand for AI is tailing off or that the massive spending is not paying off as anticipated.

The discussion between Amazon and OpenAI come at a time when the AI giant is laying the groundwork for an initial public offering that could value the company at up to \$1 trillion, Reuters reported in October.

The approach underlines OpenAI’s ability to partner widely after moving on from its non-profit roots and settling its deal with Microsoft (MSFT.O), opens new tab, the source said.

The Microsoft deal makes OpenAI a public benefit corporation that is controlled by a non-profit with a stake in OpenAI’s financial success, removing major constraints on the firm’s ability to raise capital and secure computing resources.

Microsoft holds a 27% stake in OpenAI and has secured an exclusive right to sell OpenAI models to its cloud customers.

OpenAI, Amazon and Microsoft did not immediately respond to a Reuters request for comment.

The Information, which first reported the talks, said OpenAI plans to use Amazon’s Trainium chips, which compete with Nvidia and Google’s <GOOGL.O> chips, and added that Amazon’s financing could lead to a broader fundraising round with other investors.

OpenAI is also looking to sell an enterprise version of ChatGPT to Amazon, but it is unclear whether the deal includes provisions for integrating ChatGPT features such as shopping features that Amazon is developing for its own apps, the report said.



▲ OpenAI logo is seen in this illustration taken.



▲ A message reading “AI artificial intelligence”, a keyboard, and robot hands are seen in this illustration taken

OpenAI, Google woo Indian users with freebies and data

OpenAI, Google and Perplexity have begun an unprecedented fight for artificial intelligence users in India, rolling out freebies in a strategy seen as a way to harvest troves of multilingual training data in the world’s most populous nation.

India is the second-biggest smartphone market with 730 million devices. On average, Indians consume 21 gigabytes of data each month, paying 9.2 cents per gigabyte, one of the world’s lowest mobile data rates.

To lure price-conscious users, Google in November started giving its \$400 Gemini AI Pro subscription for free for 18 months to 500 million customers of Reliance Jio, India’s biggest telecom player. Last week, it added India to dozens of countries where it is offering its heavily discounted “AI Plus” package.

OpenAI has also made its ChatGPT Go plan, which offers extended but not unlimited usage compared with existing plans, free for a year. The plan incurs charges in more

than 100 countries and was \$54 in India before being made free to everyone in the country in November.

Just like Google’s AI Pro, the free package is only available in India.

Early download data suggests a jump in usage due to the free plans, with daily active users of ChatGPT in India surging 607% year-on-year to 73 million as of last week - more than double the number in the U.S., according to data from market intelligence firm Sensor Tower compiled for Reuters.

Gemini’s daily users in India rose 15% from when it launched the Reliance Jio offer in November to touch 17 million last week, compared to 3 million in the U.S., the data showed.

Perplexity, meanwhile, has made its Pro tool - priced at \$200 a year globally - free for a year for users of Indian telecom company Airtel. It says the plan gives unlimited access to its most advanced research tools.

India now accounts for more than a third of Perplexity’s global daily active users, up from just 7% last year. (Reuters)

Blackstone backs Cyera in \$9 billion investment

Blackstone (BX.N), opens new tab is leading a \$400 million investment in Cyera that values the Israeli data-security startup at \$9 billion, the Wall Street Journal reported on Tuesday, citing people familiar with the matter.

Cyera, founded in 2021 and backed by venture capital firms Sequoia Capital and Accel, has an artificial intelligence (AI)-powered platform.

Alternative asset manager Blackstone and Cyera did not immediately respond to Reuters’ requests for comment. Reuters could not immediately verify the report.

Cyera had raised \$540 million in a funding round in June this year that doubled its valuation to \$6 billion.

The rapid adoption of AI has resulted in companies spending more to protect their systems from hack, leading to higher demand for firms such as Cyera that provide data security using its AI-driven platform.

In June, the company said it posted 353% growth in Fortune 500 companies over the past 18 months, expanded to 10 countries and more than doubled its size to nearly 800 employees globally. (Reuters)



▲ A logo of Blackstone is pictured in Manhattan, New York City, U.S.

Dembele and Bonmati scoop Fifa Best awards

FRANCE and Paris Saint-Germain attacker Ousmane Dembele won the men's Fifa Best award at a ceremony in Qatar on Tuesday, while Barcelona midfielder maestro Aitana Bonmati collected the women's prize. Dembele, 28, won the Ballon d'Or in September, rewarding an exceptional season with PSG, which included the Ligue 1 club's first Champions League title.

"I wanted to thank my teammates. Hard work pays off, it's been a fantastic year for me, both individually and collectively," said Dembele after the ceremony, which took place on the eve of the Intercontinental Cup final between PSG and Flamengo, also being held in Qatar.

Former Borussia Dortmund and Barcelona forward Dembele, who was part of the France team that won the World Cup in 2018, scored 35 goals in all competitions as PSG claimed a French league and cup double as well as European glory.

PSG's Spanish coach Luis Enrique was named best coach of a men's team, ahead of Barcelona's Hansi Flick and Liverpool's Premier League winning manager Arne Slot.

Bonmati, 27, was crowned women's player of the year for the third time in a row, after also picking up her third consecutive Ballon d'Or in the autumn.

"I am grateful to have the honour," she said, before thanking her team-mates and coaches, as well as the fans who voted for her.

The personal awards come at the end of a year of ups and downs for the Spaniard, who won the Spanish domestic league crown lost both the Champions League and European Championship finals last season.

Bonmati was named player of the tournament at the Euros, despite not starting either of Spain's first two matches as she recovered from a bout of viral meningitis.

She is currently out of action after fracturing her leg in training on the eve of Spain's successful Nations League final second leg win over Germany.

England manager Sarina Wiegman picked up the award for coaching a women's side after she won a third consecutive Euros title in the summer.

In the goalkeeping category, Italy's Gianluigi Donnarumma, who joined Manchester City after winning the Champions League with PSG, picked up the men's award, while Chelsea's Euro 2025 winner Hannah Hampton won the trophy in the women's category.

Santiago Montiel won the coveted Puskas award for best goal of the year thanks to his overhead kick from outside the penalty area



▲ Aitana Bonmati and Ousmane Dembele. for Independiente against Independiente Rivadavia in an Argentinian top flight match.

Lizbeth Ovalle's scorpion kick for Tigres against Guadalajara in a Mexican league match won the Marta award.

The winners were chosen by a combined vote of fans, media representatives, captains and national team coaches for their performances between August 11, 2024 and August 2, 2025. (Supersport)

'Sincaraz' rivalry lights up 2025 season, women share the spotlight

CARLOS Alcaraz and Jannik Sinner turned 2025 into a gripping tug-of-war for tennis supremacy by carving up the Grand Slams for a second straight year, while the women's game showcased depth and drama with four different major champions.

Sinner's dominant victory over Alexander Zverev at the start of the season helped him retain his Australian Open title and become the first Italian to capture three majors, moving past Nicola Pietrangeli who won back-to-back French Opens in 1959-60.

What followed after Sinner's three-month ban in February for anti-doping violations in 2024 was nothing short of spectacular, as he took his era-defining rivalry with Alcaraz to the biggest stage in an epic five-set Roland Garros final.

Alcaraz ultimately prevailed after saving three match points - one of the sport's great comebacks in the longest Paris final at five hours and 29 minutes - with the Spaniard establishing himself as the "Prince of Clay" in the post-Rafael Nadal era.

The "Sincaraz" slugfest continued in the Wimbledon final, where Sinner avenged his painful defeat by beating Alcaraz to raise his first trophy on the famous All England Club lawns, perfectly setting up their inevitable US Open showdown.

After thumping Novak Djokovic in the semifinal to prolong the Serb's wait for a record 25th major title, Alcaraz dazzled under New York's lights to dismantle Sinner in the final and tighten his grip on their rivalry.

"I give 100 per cent every day to improve ... to see what I can do better to beat Jannik and win these



▲ Carlos Alcaraz and Jannik Sinner. kinds of trophies," Alcaraz said after his second US Open triumph.

"Having this rivalry means a lot. It's super special for me, for him and for people who enjoy it every single time we play."

CAREER GRAND SLAM

With six Grand Slam titles under his belt to Sinner's four, Alcaraz will look to eclipse Nadal and become the youngest man to complete the set of all majors when he heads Down Under in the New Year.

Melbourne provided the biggest surprise in the women's game as Madison Keys dethroned Aryna Sabalenka to win her first Grand Slam title at 29, the American becoming the fourth-oldest first-time major champion in the professional era that began in 1968.

Coco Gauff hoisted the French

Open title, beating Sabalenka in the final to give American fans another high point but Amanda Anisimova endured a brutal reality check in the Wimbledon final, where Iga Swiatek triumphed without dropping a game.

Anisimova shrugged off the double bagel and reached the US Open final but more heartbreak was in store as Sabalenka proved too strong in the battle of big-hitters and retained her title, taking her Grand Slam tally to four.

Sabalenka's hopes of finishing the season with another title were dashed when the world No 1 was comprehensively beaten in the WTA Finals decider, where Elena Rybakina pocketed \$5.235 million after a flawless Riyadh campaign.

(Supersport)



▲ Enzo Maresca.

Maresca relishes support of Chelsea fans after difficult week

ENZO Maresca said he appreciated the backing of Chelsea's fans after they sung his name during Tuesday's 3-1 win at Cardiff in the League Cup quarterfinals.

Chelsea moved into the semifinals thanks to Alejandro Garnacho's double and a Pedro Neto strike after David Turnbull equalised for League One leaders Cardiff.

The Blues didn't have it all their own way in a hard-fought clash, but reaching a third semifinal in 18 months provided further evidence of Maresca's impact since he arrived from Leicester in 2024.

It was a well-timed victory after Maresca claimed following Saturday's 2-0 win over Everton that the previous 48 hours had been his worst at Stamford Bridge because he and his team lacked "support" from "many people".

The Italian's rant had fuelled speculation he was criticising

the club's co-owners Todd Boehly and Behdad Eghbali and sporting directors Laurence Stewart and Paul Winstanley.

It has been suggested that Maresca was unhappy with the failure of Chelsea's hierarchy to publicly support him amid criticism of his rotation policy during the team's recent dip in form.

The win over Cardiff was only their second in six games in all competitions.

But Maresca, who led the Blues to Club World Cup and UEFA Conference League glory earlier this year, was serenaded by Chelsea's travelling supporters, who sang his name throughout the Cardiff match.

"I'm just happy, we're going to play another semifinal and I think it's what the fans deserve," Maresca said after making a point of marching across the pitch to acknowledge the fans at the final whistle.

(Supersport)

Senegal talisman Mane overcame grief to become an African icon

SENEGAL talisman and striker Sadio Mane could have missed out on a glittering football career had he agreed with a wish of his late father.

The 33-year-old was discouraged from playing football as a child because his father, a devout Muslim, wanted his son to concentrate on religious studies instead.

Mane – ‘This is a hard thing to deal with when you are so young’

Mane, who would go on to become an African football icon, made this revelation when speaking to a senior Confederation of African Football (CAF) official.

Despite differing views about football, the two-time African player of the year stressed his love for his father, and how heartbroken he was as a seven-year-old when his parent died.

“When I was young my dad was always saying how proud he was of me. He was a man with a big heart. His death had a major impact on me and the rest of my family,” Mane said.

“I said to myself — now I have to do my best to help my mother. That is a hard thing to deal with when you are so young.”

But he succeeded, going on to play for clubs in France, Austria, England, Germany and Saudi Arabia, and helping his country win the Africa Cup of Nations (AFCON) for the first time in 2002.

After stints with Metz and Salzburg, Mane joined Southampton in 2014 and his 176-second hat-trick against Aston Villa remains the fastest in the Premier League.

After two seasons with the Saints, Mane



▲ Senegal's Sadio Mane has had a glittering career for club and country.

joined Liverpool, operated alongside Egyptian star Mohamed Salah, and the pair helped bring many trophies to Anfield.

The silverware haul included the Champions League, UEFA Super Cup, Club World Cup, Premier League, FA Cup and League Cup.

After six seasons with the Reds, Mane spent one at Bayern Munich, then joined many other African stars in the lucrative Saudi Pro League.

Happy memories

A goalless 2022 AFCON final against Egypt in Yaounde meant a penalty shootout, and

Mane converted the spot kick that brought glory to Senegal.

Victory was particularly joyful as the Teranga Lions had also reached the previous AFCON final, three years earlier in Cairo, but conceded after just two minutes and lost 1-0 to Algeria.

Senegal were unable to achieve back-to-back titles in 2024, though, losing on penalties to hosts and eventual champions Ivory Coast in a round-of-16 clash.

They have been drawn with Botswana, the Democratic Republic of Congo and Benin in Group D at the 2025 AFCON in Morocco, which kicks off on Sunday.

The clash with the Congolese will bring back happy memories for the Senegalese, who came from two goals behind to win 3-2 in Kinshasa last October and went on to secure a place at the 2026 World Cup.

Mane did not score in the DR Congo capital, but a month later netted twice in a 4-0 home victory over Mauritania that sealed the World Cup slot.

Senegal hit 22 goals in 10 World Cup qualifiers and Mane was the leading scorer with five, one more than Tottenham Hotspur midfielder Pape Matar Sarr.

Senegal spoilt for choice

Like a number of other 2025 AFCON title hopefuls, Senegal are spoilt for choice when head coach Pape Thiaw selects his strikers.

Mane of Al Nassr, Nicolas Jackson, on loan from Chelsea to Bayern Munich, Iliman Ndiaye of Everton and Ismaila Sarr of Crystal Palace are just some of the options.

Then there is 17-year-old Ibrahim Mbaye from Champions League title-holders Paris Saint-Germain, who made his international debut in a friendly defeat by Brazil last month.

A few days later he became the youngest scorer for Senegal by netting in an 8-0 rout of Kenya in another AFCON warm-up match.

Mane scored a hat-trick against the east Africans — a timely reminder to AFCON rivals that age has not diminished his predatory instincts.

(The Citizen)



▲ Gift Links.

Links holds no grudges after Broos snub

DANISH-BASED midfielder Gift Links insists he harbours no hard feelings after being overlooked by Bafana Bafana coach Hugo Broos, despite his impressive form abroad.

Links on song

The Aarhus GF attacker is enjoying a terrific season with his Danish Superliga side who are top of the standings after 18 matches.

Despite his impressive displays, the 27-year-old remains out of the national team picture. Broos recently stated that Links does not possess the required level to feature in his Bafana squad.

Speaking on Radio 2000 with Thabiso Mosia, the former Cape Town City winger vowed to continue working hard for his

club, even though Broos does not appear to rate him highly.

“You know, what’s being said has been said, but I have no hard feelings. All I can do is to keep working hard,” he said.

“I just want to say all the best to the boys as they head to the AFCON. I know we have great players who are going there to make the whole country proud.”

Asked whether Broos’ comments had left him disappointed, Links remained diplomatic and reiterated his commitment to Aarhus rather than engage in a public spat with the national team coach.

“No, the most important thing for me is to just work hard here and do what I do,” he added.

(The Citizen)

Krappies focusing on his role, not the giants in the Stormers halfbacks

IT may look like an impossible task given the Lions’ up and down form at the moment, but for Springbok scrumhalf Morne van den Berg, the trip to Cape Town for the Vodacom United Rugby Championship derby is all about one thing - getting the win.

That’s why the inevitable talk of rivalries his Bok teammates Cobus Reinach and Sacha Feinberg-Mngomezulu are likely to feature - means little for a Lions team leader who has watched his side reach highs and delve the depths this season.

The Lions inconsistency has seen them lose both EPCR Challenge Cup games this season after a shock win over the Bulls in their last URC game and while derbies are inevitably close, the Stormers will start this

weekend as massive favourites for the game.

Van den Berg went out of his way to play down his battle with Reinach at Cape Town stadium.

“I know I will be facing Cobus, but all I’m thinking about is how I can help the team win. I’m not thinking about the Boks, my focus is fully on this weekend’s match,” he said.

“I have a lot of respect for Cobus. He’s been amazing over the past two years.

“But this weekend I’m going there to compete and to give it my all against him,” and added that the lessons he has learnt from the experienced scrumhalf have been vital to his growth.

(The Citizen)



▲ Morne van den Berg.

MTN PREMIER LEAGUE BUILD-UP

‘Catch us if you can’

By Chris Dlamini

THE first round is only four games away from its end, and the race for the E120 000 first round leaders’ incentive is on. At the forefront of it all are defending champions and current leaders Nsingizini Hotspurs and second-placed Manzini Sea Birds, both on 22 points after 11 matches apiece.

It is all a ‘Catch us if you can’ situation for the top two now. Between the top two and positions three to five, only three points is the difference. This article highlights who is closer to it and what needs to be done to stay in the race. Enjoy the read...

Rangers’ ‘guns’ out for Leopard

Rangers vs. Royal Leopard
Date: Friday, December 19, 2025
Venue: King Sobhuza II Memorial Stadium, Nhllangano
Kick-off: 3pm

It has so far been a flawless season for minnows Rangers in the league. The numbers are testament to their historical elite performance as they occupy the fifth spot with 19 points, three short of leaders Nsingizini Hotspurs and second-placed Manzini Sea Birds who are level on 22 points.

Bolova, as Rangers are also affectionately known, will be home and motivated by these statistics, which sees them five places ahead of their star-studded rivals Royal Leopard who are down at number 10 and with 13 points.

The police outfit, Ingwe Mabalabala (Leopard), has been on an improving trail after a bad start to the season that compounded them deep at the bottom part of the table. They have done well to get out of that slumber in the last three games, including the latest 3-1 annihilation of an inconsistent Mbabane Highlanders last Sunday.

Rangers have been on fire and have the league’s current top goalscorer in Hleliso Gamedze, a threat to any opposition. Under coach Mthunzi ‘Lomphofu’ Ginindza, Rangers just know how to face and bring down giants, something that has been the characteristic of the league this season, as revealed by the log standings.

It is a match in which Rangers just need a home win, and they could draw level with either Nsingizini or Sea Birds, depending on how the top two sides play. One would expect Sea Birds to win against Sisonkhe and same for Nsingizini against Manzini Wanderers. One interesting fact here is that goals make up this tie - nine goals were scored between them in their last two league meetings last season, Leopard having the last laugh in the second round after a narrow home 3-2 win.

It was 2-2 in the opening round in which Rangers were away. So, fireworks can be expected once again as Rangers chase the E120 000 first round incentive and their 30 points target by the end of the round. Bolova drew 1-all with Ubombo Sugar last Saturday.

LOG STANDINGS:

- Rangers - 5 (19 points)
- R. Leopard - 10 (13 points)

KEY PLAYERS:

- 1. Hleliso Gamedze (Rangers forward)
- 2. Thokozani ‘Thikithi’ Dlamini (R. Leopard forward)

HEAD COACHES:

- 1. Mthunzi ‘Lomphofu’ Ginindza - Rangers
- 2. Edwin Matsebula - R. Leopard

PERFORMANCE GUIDE:

Rangers

D W L W D

R. Leopard

W D D W W

HEAD-TO-HEAD:

- 03/05/25
Rangers 2-3 R. Leopard
- 07/12/24
R. Leopard 2-2 Rangers

Malanti on G. Mamba racetrack

Green Mamba vs. Malanti Chiefs
Date: Saturday, December 20, 2025
Venue: KaLanga Technical Centre
Kick-off: 3pm

Will it be a speed hump for Green Mamba? It is by far no easy fixture, at least not as it is on paper where Green Mamba are favourites. The Correctional Services side have all the quality and experience compared to their elite returnee rival, Malanti Chiefs. The latter, however, have displayed

they were a reputable brand in domestic football and still have that giant-stunning element in them. Four points behind fourth-placed Green Mamba, Malanti will fight for a positive result here - a win or draw.

If they achieve any of this, it will be a big setback for Mabon’ahlonshwe (Green Mamba) who themselves need the three points in their quest for glory - Green Mamba are just three points away from the leadng top two with four games left before the E120 000 incentive is won. So, it is a must-win for Green Mamba who need this one more, but Malanti will not make it ant easier.

Coming from a goalless draw with Moneni Pirates, Green Mamba needs to do better or their chase for the top spot could suffer, especially if Nsingizini Hotspurs or Manzini Sea Birds as well as Rangers and Tabankulu Celtics win.

The latter two have 19 and 18 points respectively. Malanti beat Celtics 2-0 in their last match and will be out to add to this win as they look to go up the ladder, and they are mathematically well in the race for the E120 000 ‘carrot’.

LOG STANDINGS:

- G. Mamba - 4 (19 points)
- M. Chiefs - 8 (15 points)

KEY PLAYERS

- 1. Sabelo ‘Sikhali’ Ndzinisa (G. Mamba

- forward)
- 2. Isaac Yeboah (Malanti forward)

HEAD COACHES:

- Bongani Mhlongo (G. Mamba)
- Sreten Pavlovic (M. Chiefs)

PERFORMANCE GUIDE:

G. Mamba

D D W W L

M. Chiefs

W L D D D

HEAD-TO-HEAD:

- 30/04/22
M. Chiefs 1-2 G. Mam-
ba
- 09/01/22
G. Mamba 2-2
M. Chiefs

Celtics target Ubombo win

Ta-
bankulu
Celt-
ics vs.
Ubombo
Sugar

Date:

Saturday,
December
20, 2025

Venue:

Tambanku-
lu Stadium,
Tambankulu

Kick-off: 3pm

Giant-killing

rookies Tabankulu

Celtics have already

two wins this month

against fellow rookies

Amawele (2-1) and hub giants

Moneni Pirates with the same mar-

gin, but lost 0-2 to Malanti Chiefs last

weekend.

They are home this time and will want nothing but the maximum points from coach Mliton Dlamini’s Bafana Bashukela, as Ubombo Sugar is also fondly known. Celtics are in the race for thd first round windfall of E120 000, but need to win to stay on course for it.

As is, they are just four points behind the top two teams who both have 22 points. That is a statistic that encourages nothing but more hard work to the end of the race. Their visiting rivals Ubombo Sugar need the points to get off the relegation zone. They have struggled and only have nine points in 11 games as they sit second from bottom. They added a point last week after a 1-1 draw with Rangers. For Celtics, a win brings them closer to the leading pack and keeps them in the race.

LOG STANDINGS:

- T. Celtics - 6 (18 points)
- U. Sugar - 15 (9 points)

KEY PLAYERS:

- 1. Malangeni Dlamini (T. Celtics forward)
- 2. Melusi ‘Vardy’ Tfwala (U. Sugar forward)

HEAD-TO-HEAD:

First meeting.

PERFORMANCE GUIDE:

T. Celtics

L W W L W

U. Sugar

D D L L W

Stories By Sibusiso Masilela
sibusisom@rubiconmedia.group

GOOD news for Eswatini in the Zone VI Club Championships.

This follows the advancement of the Correctional Sunrise Ladies and Royal Eswatini Police Service men's teams to the quarterfinals of the annual regional interclub championships taking place in Polokwane.

The two teams will know their opponents in due course in the Confederation of African Volleyball (CAVB)-sanctioned tournament.

Correctional males were knocked out in eliminations, while REPS and Scorpions Ladies will compete in the ranking's tournament.

Eswatini National Volleyball Association Vice Secretary Philile Lokotfwako confirmed the latest news when reached for comment.

"Congratulations to the two teams for reaching the quarterfinals and wish them the best of luck in last eight," she said.

Two local referees, Zakhele Myeni and Sanele Mndzebele, are part of the officiating panel.

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.

It has been a part of the official program of the Summer Olympic Games since Tokyo 1964.

Two local teams in Zone VI quarterfinals



▲ Correctional ladies volleyball team

ANOCA games blow for Robert Bhila

YOUNG boxer Robert Bhila has suffered an early exit in the 2025 ANOCA Games. He was booted out by Botswana opponent on unanimous decision on Tuesday evening in Angola.

Eswatini is now pinning its hopes on female boxer Nothando Mshayise, who is yet to compete in the games.

Team Eswatini media officer Mkhulisi Dlamini confirmed the latest news.

"Bhila is indeed out of the competition, and we encourage him to continue working hard," he said.

Meanwhile, the Eswatini Olympic and Commonwealth Games Association (EOCGA) leadership attended the ANOCA General assembly in Angola.

The local delegation was led by President Adam Mthwethwa and Chief Executive Officer Maxwell Jele. The meeting took place alongside the ongoing African Youth Games.

The General Assembly brought together

er National Olympic Committees from across the continent to reflect on activities undertaken during 2025, evaluate progress achieved, and consider key strategic priorities and programmes for the coming years.

Deliberations covered a range of important matters, including reports from ANOCA's Executive Committee, the proposed 2026 Action Plan and Budget, updates on the African Youth Games in Luanda, preparations for the Dakar 2026 Youth Olympic Games, and athlete development and training programmes for the 2026-2028 cycle.

The Assembly reaffirmed ANOCA's shared vision of advancing sport development, enhancing athlete performance, and promoting Olympic values throughout Africa, with EOCGA continuing to play an active role in these continental initiatives.



▲ Boxer Robert Bhila.

TZD names seven-member organizing committee



▲ Delegates during the launch of the 2026 Lubombo marathon.

THE TZD Athletics club has named a seven-member organization committee for the fifth edition of the Lubombo marathon.

The committee is chaired by Nsingizini Hotspurs Marketing director Nozipho Shabangu.

Other members include Comfort Jele (PRO), Mbali Dlamini (EOCGA) and Ntombi Nkhambule (Eswatini Special Olympics), among others.

The Committee will ensure the smooth proceedings of the race scheduled for April 11, 2026, at Siteki Sports Ground.

The committee was announced during the launch of the race held on Wednesday at Simunye Country

Club.

TZD Athletics club and Athletics Eswatini president Zakhele Dlamini said they are looking forward to a successful race.

"The event will no doubt continue to breath some air of prestige towards our region, given that Lubombo has always been capable of breeding passion and fun with a great social impact. We are proud to announce that the fifth edition will be action packed in the true sense of the word, as we plan to spice it with entertainment to make it a real day of fitness, health and fun. Our route remains unchanged," he said.

The full committee

1. Nozipho Shabangu - Chairperson

2. Comfort Jele - PRO/Secretary
3. Mbali Dlamini- member
4. Musa Dlamini- member
5. Mphikeleli Dlamini - member
6. Ntombi Nkhambule- member
7. Nomfundo Dlamini - member.

“The event will no doubt continue to breath some air of prestige towards our region, given that Lubombo has always been capable of breeding passion and fun with a great social impact.”

”

I want to help Wanderers – ‘Mlaba’

Stories by Chris Dlamini

THERE is no smoke without fire. This old saying seems to hold no water, at least in as far as speculation linking struggling hub giants Manzini Wanderers’ Captain, Mlamuli ‘Mlaba’ Nkambule with a January move.

He is in his third season as a Wanderers player, but given the internal challenges at the hub outfit, he has been linked with a switch back to capital city giants Mbabane Highlanders. That is where Wanderers signed him from after he was released on a free transfer.

Nkambule saved the maroon and white hub side from the jaws of relegation in his first season with brilliant performances towards the end of the league.

He could not do the same in the following 2023/24 season, while he spent last season on loan with Mbabane Swallows. His team was running in and out of courts challenging its relegation after finishing second from bottom and were due to be relegated automatically.

Wanderers won the case, but they only just returned to elite football action, and they occupy the basement of the standings with just six points out of a possible 33 in 11 games.

“I’m with Manzini Wanderers, brother,”



▲ Manzini Wanderers captain Mlamuli ‘Mlaba’ Nkambule.

he confidently responded when specifically asked about the transfer links.

Pressed further, he still insisted it was not true he intended rejoining Highlanders.

“I’m still with Wanderers, and I want to

help my team where I can,” he said.

Nkambule had earlier disputed the links out of Wanderers on his Facebook account timeline on Tuesday. He questioned why people posted and reported on unverified

facts, making it clear he was not aware of the transfer news.

Nkambule recently helped his team draw 2-all with Inkunz’emnyama, as his former club, Highlanders, also affectionately trades. The latter are also struggling for consistency in the league, but they are already working ahead to boost their squad with quality and experience. A couple of former South Africa’s Premier Soccer League (PSL) outfit, Royal AM stars are reportedly set to be added.

The second transfer window opens just after the first week of January in the New Year. Meanwhile, it remains to be seen who Wanderers will sign and lose to rivals, including Nkambule, despite him denying the transfer links.

As Nkambule insists on helping Wanderers, the hub side’s legend Kinah ‘Electric’ Phiri was on the headlines on Wednesday in local dailies, including the Eswatini Daily News’s (EDN). He pointed a finger at the club’s management for failing to come up with solutions to help the team sustain itself. He said it has been years and still no solution.

They have tough games from the rundown to the end of the first round, which, if all end up lost, will be nothing but a condemnation to a very difficult second round. First up this weekend is current leaders and reigning champions Nsingizini Hotspurs.

Red Rhinos, Madlenya ‘flying’ for E55k ‘carrot’

YOU snooze; you slip off the top - the E55 000 first round leaders’ incentive race is on.

That is the prevailing scenario in the inaugural MulaSport National First Division (NFD) League between log leaders Red Rhinos and Madlenya. The two former elite sides, Madlenya relegated last season, are in a fierce contest at the top of the table as the first round nears an end.

It is a neck and neck race, with the two teams level on 20 points after nine games. They have been in good form, but they are not the only ones as their rivals beneath them are closing in.

If anything, Rhinos and Madlenya are three points to the good from third-placed Pigg’s Peak Professionals who are on 17 points. Last weekend, they both played their close rivals inside the top five. Rhinos drew 1-1 with Magwanyana, while Madlenya had a narrow 1-0 away victory against Nkwene Sundowns.

Magwanyana are placed fifth with 15 points, while Lozitha Spurs are fourth on 16 points. Nkwene dropped off the top four to sixth on 14 points. All these teams can still win the first-round incentive, but it is BoBhejane (Rhinos) and Madlenya showing more grit for it with six games to go.

As matchweek 10 gets underway from Friday, Magwanyana will have the chance to add to their points tally when they face Msumpe Manchester United. A win will boost their chase.

Meanwhile, Rhinos and Madlenya will take on All Nations and Mankayane United on Sunday at King Sobhuza II Memorial Stadium,



▲ Madlenya relegated last season, are in a fierce contest at the top of the table as the first round nears an end.

Nhlangano and KaLanga Technical Centre, respectively. Rhinos will be away in a game they are expected to win. Their close rivals, Madlenya, will be home and hopeful to make use of that advantage.

The latest standings and fixtures were confirmed by the Premier League of Eswatini (PLE) through an official amended fixture and log table. Meanwhile, overall league champions will pocket E200 000 when the league ends in May or early June.

MulaSport NFD League Fixture (Matchday 10):
Friday, December 19, 2025
Mayaluka Stadium:
Magwanyana vs. Msumpe Manchester 3pm
Prince of Wales Sports Ground:
Sidwashini United vs. Usuthu Liver-

pool 3pm
Bhunya Stadium:
Viva Stumbo XI vs. Lozitha Spurs 3pm

Saturday, December 19, 2025
Killarney Stadium:
PPK Professionals vs. Nkwene Sundowns 2.30pm

Sunday, December 19, 2025
King Sobhuza II Memorial Stadium, Nhlangano:
All Nations vs. Red Rhinos 2.30pm
Manzini Club:
M. Royal Swallows vs. OK Survivors 1.30pm
Ludzeludze Killers vs. Manzini Sundowns 3.45pm
KaLanga Technical Centre:
Madlenya vs. Mankayane United 3pm

‘Birds’ grant Kwakhe his ‘Bondas’ wish

WISH granted. He appealed to his former teammates, and they listened and made it a reality after winning 2-0 over bitter rivals Manzini Wanderers last weekend.

That is former Mbabane Swallows Captain and Nsingizini Hotspurs star Kwakhe Thwala.

He had taken to social media to join thousands of football supporters in the mourning of a Swallows staunch supporter, Muzi ‘Bondas’ Simelane. Thwala expressed his devastation at such sad news of the passing of Simelane on his Facebook account on Sunday. He wrote a heartfelt message on his timeline, where he appealed to Swallows to win the Wanderers match for the late Simelane.

“As a former Mbabane Swallows player and someone who was honoured to wear the captain’s armband, my heart is heavy as I speak during this painful moment.

Muzi ‘Bondas’ Simelane was more than a supporter. He was the heartbeat of the stands, a man who genuinely loved the players and lived for this badge.

“To accept that he is no longer with us feels unreal and deeply heart-breaking. His absence has left a silence that words can hardly explain. I humbly call on my former teammates to rise today (Sunday), to fight with pride and courage, and to win this game in Muzi’s honour,” wrote



▲ Nsingizini’s Kwakhe Thwala.

the Nsingizini star.

The deceased was shot dead by the police in relation to alleged stock theft on Thursday night, a day after his team Swallows played a 1-all draw with Young Buffaloes.

Simelane, who gave his all, sacrificed even when he did not have the resources to watch the red and white capital city giants.

“Let this match be played for Bondas, for the love he gave, the loyalty he showed, and the passion he carried until his final day,” wrote Thwala.

To the Simelane and Swallows families, his friends, and the entire Eswatini football fraternity, Thwala extended his deepest and most sincere condolences.

“We are all wounded by this loss, and we mourn together as one football family. Rest in peace, Bondas. Your love for the game and for Swallows will never be forgotten,” he concluded.

Simelane will be laid to rest this weekend.



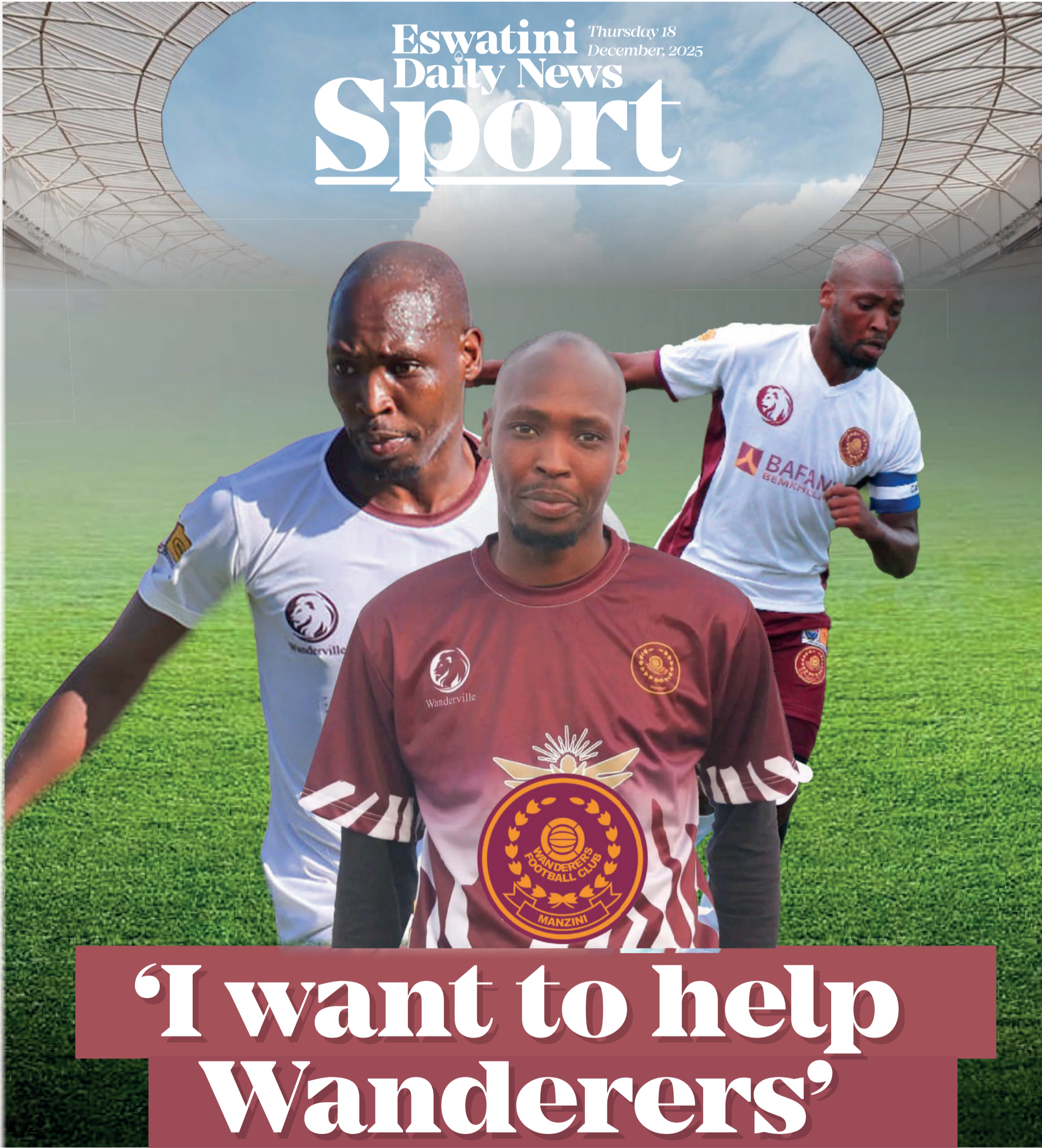
**Mane overcame
grief to become
an African icon**

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**‘Birds’ grant
Kwakhe his
‘Bondas’ wish**

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Eswatini Thursday 18
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Sport

**‘I want to help
Wanderers’**

... Struggling hub giants Captain and midfielder Mlamuli ‘Mlaba’ Nkambule has dispelled speculation of a transfer back to Mbabane Highlanders. *Page 19*

Alleged Bondi gunman charged with 15 murders

A man who allegedly opened fire on a Jewish Hanukkah celebration on Sydney's famed Bondi Beach has been charged with 59 offences, including murder and terrorism, police said on Wednesday.

The alleged father-and-son perpetrators opened fire on the celebration at Sydney's famed Bondi Beach on Sunday, killing 15 in an attack that shook the nation and intensified fears of rising antisemitism and violent extremism.

Funerals of the Jewish victims of the attack began on Wednesday, amid anger over how the gunmen - one of whom was briefly investigated for links to extremists - were allowed access to powerful firearms.

Sajid Akram, 50, was shot dead by police at the scene, while his 24-year-old son Naveed Akram emerged from a coma on Tuesday afternoon after also being shot by police.

New South Wales Police said on Wednesday that a man had been charged with 59 offences, including 15 counts of murder, 40 counts of wounding with attempt to murder, as well as a terror offence and other charges.

"Police will allege in court the man engaged in conduct that caused death, serious injury and endangered life to advance a religious cause and cause fear in the community," it said in a statement.

"Early indications point to a terrorist attack inspired by ISIS, a listed terrorist organisation in Australia."

A court filing on Wednesday named Naveed Akram, who remains in a Sydney



▲ Family members of Rabbi Eli Schlanger, who was killed during a shooting at a Jewish Hanukkah celebration at Sydney's Bondi Beach on Sunday, react during a funeral at Chabad of Bondi, in Sydney Australia

hospital under heavy police guard, as the man charged.

He will appear via video link before a local court on Monday morning.

The father and son had travelled to the southern Philippines, a region long plagued by Islamist militancy, weeks before the shooting that Australian police said appeared to be inspired by Islamic State.

U.S. President Donald Trump told a Hanukkah event at the White House late on Tuesday that he was thinking of the victims of the "horrific and antisemitic terrorist attack".

"We join in mourning all of those who were killed, and we're praying for the swift recovery of the wounded," he said.

(Reuters)



▲ Two people embrace as police officers stand guard outside Bondi Pavilion following the attack on a Jewish holiday celebration at Sydney's Bondi Beach, in Sydney, Australia

'Australia's gun laws riddled with loopholes'

After Australia's deadliest mass shooting in 1996, the country rushed in some of the world's toughest gun laws, including mandatory licensing and background checks, as well as registration of every firearm.

But a winding back of those laws, failure to update them with the internet age and growing complacency with background checks may have made it easier for two suspects behind Sunday's shooting during a Hanukkah celebration at Sydney's Bondi Beach to acquire weapons, gun safety experts said.

Reeling from the attack that killed 15 people, Australia is now questioning the effectiveness of laws that have become a point of national pride. Australia typically has fewer gun deaths per year than the U.S. has in a day, a statistic many Australians credit the gun laws with.

In effect, the laws are a patchwork system run by the eight state and territory police forces, negotiated by the federal government after the 1996 attack in Port Arthur, Tasmania, that killed 35 people. Tweaks by some states in the years since have relaxed the oversight, enabling people to acquire more weapons with less supervision, the experts said.

According to the authorities, the older shooter at Bondi, named as Sajid Akram, 50, who was shot dead by police, received his gun licence in 2023 and had six legally owned weapons that he and his son allegedly used in the attack. In 2008, the state of New South Wales removed a mandatory 28-day cooling-off period when a person with one gun wanted more; most states have done similar.

"The idea was that for each subsequent gun, the scrutiny should be more intense because it should be more difficult," said Rebecca Peters, a gun control advocate who advised the Australian government on the 1996 law.

"Imagine if he'd had to have a 28-day waiting period for each of those guns. He wouldn't have, because New South Wales has abandoned it," added Peters. The state government, which has said it will urgently meet to consider new gun laws, did not immediately respond to a request for comment.

In the wake of the Bondi attack, Australia's federal government has acknowledged shortcomings in the current laws and proposed changes including setting a limit of how many guns a licenceholder can own, plus an end to giving licences "in perpetuity". (Reuters)

UK inflation falls to 3.2% ahead of rate decision

British consumer price inflation fell unexpectedly sharply to 3.2% in November, its lowest since March, from 3.6% in October, official figures showed on Wednesday, a day before the Bank of England is widely expected to cut interest rates.

A Reuters poll of economists had shown a median forecast of a fall to 3.5% in November's annual inflation rate, though the BoE had pencilled in a slightly bigger drop to 3.4%.

Sterling dropped by around half a cent against the U.S. dollar after the data came out, which reinforced expectations for looser monetary policy.

Financial markets have been pricing in a more than 90% chance of the BoE cutting rates by a quarter point to 3.75% on Thursday, though many economists have said they see the decision as more finely balanced.

Wednesday's data showed services price inflation, which the BoE sees as reflecting as a guide to longer-term inflation pressures, fell to 4.4% rather than holding at 4.5% as economists and the BoE had expected.

Food and non-alcoholic beverage inflation dropped to 4.2% from 4.9% in October. The BoE has said it expects this to rise 5.3% in December, the highest in nearly two years.

Core CPI - which excludes more volatile food, alcohol, energy and tobacco prices - also slowed to 3.2% rather than holding at 3.4% as economists had forecast in the Reuters poll.

Last month the BoE's Monetary Policy Committee voted 5-4 to keep interest rates on hold, breaking the quarterly cadence of rate cuts in place since 2024 and economists



▲ A woman shops in a Waitrose supermarket ahead of Christmas, in London, Britain

expect a December rate cut by only a narrow 5-4 margin.

Of those members who opposed a cut in November, Governor Andrew Bailey looks most likely to switch votes as he said in minutes of the decision that he wanted to see further falls in price pressures "this

year" before backing a cut.

British inflation has been higher than in other major advanced economies and in November the central bank forecast it would remain above its 2% target until the second quarter of 2027.

(Reuters)

Eswatini welcomes NgakhaboGcina vibe

Stories By Siphesihle Dlamini
siphesihled@rubiconmedia.group

ESWATINI is set to become the first country after South Africa to immerse itself in the dynamic energy of the NgakhaboGcina vibe.

This exciting development comes as the renowned South African socialite and entertainer, Gcina, prepares to headline the much-anticipated ‘Christmas Party’ at MJ Lodge and Lifestyle on December 24, 2025. Gcina, the charismatic force behind the trending South African show ‘NgakhaboGcina,’ has captivated audiences with his unique style and engaging presence.

His arrival in Eswatini promises to bring an electrifying atmosphere to the festive

season, blending music, culture, and entertainment in a way that resonates with young people and partygoers alike. The event will also feature notable performances from Mduduzi Ncube, Passion Master, and Sinethemba, creating a star-studded lineup that guarantees a night to remember.

Adding to the excitement, the event will showcase a diverse array of talent including True Classic, Pro RBS, Grinder, and Emkay, each bringing their own flavour to the celebration. This mix of artists reflects the vibrant, eclectic music scene that continues to grow in Southern Africa, offering attendees a rich, varied experience. Tickets are available for presale at E70, with gate prices set at E100, making this an accessible event for many eager to partake in the festivities.

One of the standout performers,

Mduduzi Ncube, has a compelling story that underscores his rise to musical prominence. Best known for his breakout hit single ‘Isiginci,’ Mduduzi Ncube has built a reputation for authentic storytelling and emotional depth in his music. His songs explore themes of love, struggle, and resilience, drawing heavily from his personal life experiences, which have earned him a devoted fan base across Southern Africa.

A pivotal moment in Ncube’s career came in 2017 when he received a guitar as a gift, igniting a passion that would propel him into the spotlight. Since then, his journey has been marked by perseverance and a commitment to his craft, making him a relatable and inspiring figure in the music industry.



▲ South African socialite and entertainer, Gcina.

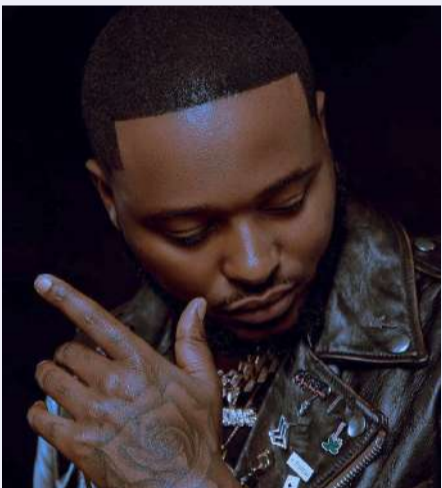
Sir to ‘Trill’ Mdzimba View

SOUTH African music star Sir Trill is set to bring his signature sound and electrifying performance to Mdzimba View Shisanyama for a highly anticipated Boxing Day event on December 26, 2025.

Sir Trill, affectionately known as “iGhost” by his devoted followers, has carved out a formidable reputation in the South African music industry as a versatile artist who seamlessly blends singing, rapping, songwriting, and producing. His artistry is marked by a unique fusion of soulful melodies and compelling rap verses, which have earned him widespread acclaim and a loyal fan base across Southern Africa.

The Boxing Day event at Mdzimba View Shisanyama is set to be a cultural highlight, drawing music enthusiasts from across Eswatini and neighbouring countries. Pre-sale tickets are priced at E100, with gate tickets available for E150, while VIP access is offered at E200. Tickets can be purchased at Galitos outlets in Ezulwini, Manzini, and Mbabane, ensuring easy access for attendees.

The upcoming event at Mdzimba View Shisanyama will not only highlight Sir Trill’s musical prowess but also provide a platform for local artists to shine. Sir Trill’s journey in music is characterised by his relentless dedication and professionalism. He



▲ South African music star Sir Trill.

has collaborated with some of the biggest names in the industry, including DJ Maphorisa and the acclaimed duo Mellow & Sleazy, further cementing his status as a powerhouse in the music scene. These collaborations have not only expanded his reach but also enriched his sound, blending diverse influences that resonate with a broad audience.

His discography includes a string of hit singles and albums that have captivated listeners. Notable tracks such as “Nkantini,” “Emlanjani,” and “Maboko” showcase his versatility and ability to craft songs that are both catchy and meaningful. These songs have become anthems for many, reflecting themes of resilience, identity, and celebration.

DJ Tira headlines Espinho’s Golden Xmas After Party

SOUTH African music icon DJ Tira is set to headline the highly anticipated “Golden Xmas After Party” at Espinho Restaurant and Bar this Christmas Day. The event is set to be an electrifying evening of music and celebration, running from 5 pm until late into the night, making it a must-attend for partygoers and music lovers.

The Golden Xmas After Party will showcase a diverse lineup of talented artists, including Ayacity, Obsession, Bandora, and Mike, each bringing their unique sound to the festive atmosphere. Adding to the excitement, performances by Ntsetse Musician will provide dynamic live entertainment, while the charismatic Bayanda will keep the energy high as the event’s Master of Ceremonies.

Ticket pricing is structured to accommodate early arrivals and VIP guests, with entry at E100 before 7 pm, increasing to E150 thereafter. VIP tickets, offering exclusive access and premium amenities, are

available for E200.

DJ Tira, born Mthokozisi Khathi, has long been a towering figure in South Africa’s music landscape. His journey began in 1996 during his university days, where he cultivated a passion for DJing and live performance that would shape his future career. His early dedication laid the foundation for what would become a transformative presence in the industry.

The breakthrough in DJ Tira’s career came in 2001 with the release of his debut record, “Real Makoya,” a collaborative compilation with the late legendary DJ Khabzela. By 2005, DJ Tira had secured a record deal with Kalawa Jazzmee, one of South Africa’s most influential music labels. This partnership enabled him to expand his creative horizons and reach a broader audience. Over the years, DJ Tira has become synonymous with the Gqom and Kwaito genres, producing chart-topping hits and nurturing emerging talent through his record label, Afrotainment.



▲ DJ Tira.

CONTROVERSIAL Limpopo rapper Shebeshxt has been denied bail and will remain behind bars after the court ruled that his release would not be in the interests of justice.

The artist, whose real name is Lehlogonolo Katlego Chauke, has been in custody since his arrest in November.

He is facing several serious charges, including three counts of attempted murder, assault, and alleged possession of an illegal firearm.

The state opposed his bail application, arguing that the charges were severe and that releasing him could pose a risk to public safety and the administration of justice.

In its ruling, the court found that Shebeshxt had failed to demonstrate exceptional circumstances that would justify his release on bail.

The court's ruling has drawn criticism from sections of the entertainment industry.

The Limpopo Artists Movement (LAM) said the outcome and its timing had negatively affected artists and promoters benefiting from Shebeshxt's value chain.

LAM chairperson Mphoza Mashabela said the ruling had financial consequences beyond the accused.

"As LAM, we are very disappointed with the outcome, especially the timing, which was bad. Shebe lost money, and promoters also lost money. This situation is bad for the entertainment industry," Mashabela said.

Case postponed to February 18.

Shebeshxt, a polarising figure in South Africa's music scene, has enjoyed massive popularity through viral hits and energetic performances but has frequently courted controversy due to repeated run-ins with the law. The National Prosecuting Authority

(NPA) welcomed the court's decision, saying it affirmed the principle that serious violent crimes must be dealt with decisively.

NPA regional spokesperson Mashudu Malabi-Dzhanghi said the State had successfully demonstrated that the accused's release would not be in the interests of justice.

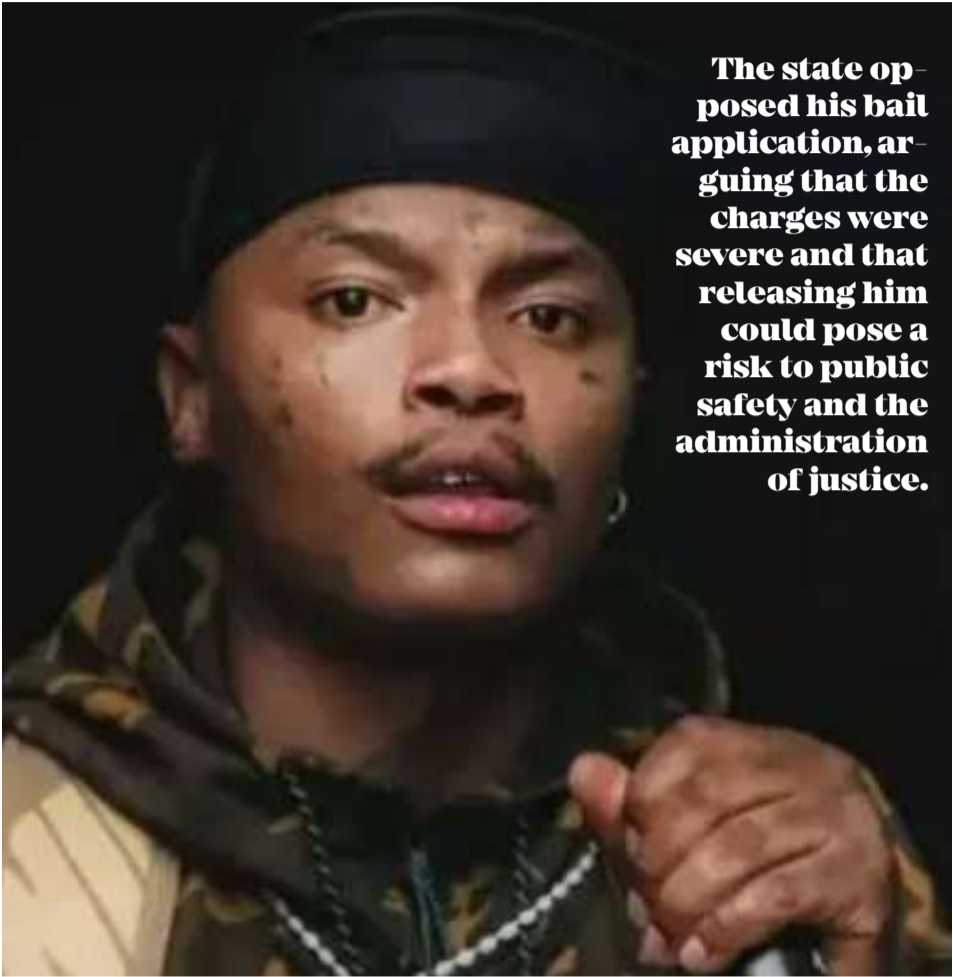
"The court correctly found that the accused failed to show exceptional circumstances as required in Schedule 6 matters. The State presented evidence indicating a likelihood of further offenses and that releasing the accused would undermine the criminal justice system," Malabi-Dzhanghi said. She added that the NPA remains committed to ensuring that justice is served for the victims.

"We will continue to oppose bail in serious violent crime matters and ensure that perpetrators are held accountable through the courts," she said.

The matter has been postponed to February 18, 2026, and Shebeshxt will remain in custody until his next court appearance.

The well-known musician was nabbed during an intelligence-driven operation in November in the upscale suburb of Bendor, outside of Polokwane.

The arrest was made during a joint operation between the provincial investigation unit and the provincial tracking team, following a warrant issued in connection with two counts of attempted murder registered at Westernburg SAPS (South African Police Service). (Sunday World)



The state opposed his bail application, arguing that the charges were severe and that releasing him could pose a risk to public safety and the administration of justice.

▲ Pylons of high-tension electricity power lines are seen at the Olkaria II Geothermal power plant near the Rift Valley town of Naivasha, Kenya.

Grieving Stock family devastated by brutal, untimely death of DJ Warras

THE Stock family has shared the pain, profound heartbreak, and shock following the tragic and untimely death of Warrick "Warras" Stock.

"With indescribable heartbreak, deep sorrow, and overwhelming shock, we learned of the tragic and untimely passing of our beloved Warrick," the family said in a statement.

Warrick, a respected South African media personality, activist, and businessman, was brutally murdered on Tuesday morning in downtown Johannesburg.

The senseless killing has left his family reeling.

"The senseless nature of his killing has left us devastated, broken, and struggling to imagine a world without him," the family said.

A devoted son, loving and proud father, and cherished brother and uncle, Warrick (40) was described as the heart and anchor of his family.

Popularly known as DJ Warras, and to many as "The Shady

Lurker", he was remembered for the warmth he brought into every space.

"Affectionately known as DJ Warras, he brought light, laughter, and strength into every space he occupied," the family said.

His impact extended beyond his immediate circle to the broader entertainment community.

"His kindness and influence extended far beyond our

home, touching friends, colleagues, and the wider South African entertainment community," reads the statement

He is survived by his three young children, his mother, and siblings.

"He leaves behind his three young children, his mother, and his siblings, whose lives have been irrevocably changed by this profound loss." As they embark on the painful journey of mourning, the family members appeal for privacy and understanding.

"We humbly ask for privacy, compassion, and understanding as we begin the painful journey of mourning." The family members also demanded the necessary space for law enforcement to carry out a comprehensive investigation.

"We respectfully request that the South African Police Service be given the space and support needed to thoroughly investigate this tragic crime so that justice may be served," the family said.

The Stock family has expressed gratitude for the overwhelming support they have received since the news of Warrick's death.

"The outpouring of love, messages of support, and condolences have brought moments of comfort during an incredibly dark time."

The family has confirmed that funeral and memorial details will be shared in due course.

(Sunday World)



▲ DJs Black Coffee and Shimza.

Shimza and Black Coffee deliver

THE Best of Both Worlds festival on December 16 at Heartfelt Arena's open fields in Pretoria celebrated Afrohouse and Amapiano with stars like Kabza De Small and Kelvin Momo warming up the stage.

Shimza and Black Coffee delivered an electrifying back-to-back set that was filled with chemistry. Attendees have raved about the high production, seamless genre blend, and homegrown talent.

Taking to Instagram, Shimza posted a highlight of their fire performance. Fans have taken to the comments section and X to reminisce over the epic set.

Shimza and Black Coffee often play

internationally, burning the hottest dance floors. In May, Shimza set the stage ablaze at the grand opening of Black Coffee's Hi Ibiza residency. Seeing the two live together is certainly a treat for their local fans, and they enjoyed the surprise. @kay_mahapa said on X: "People pay hundreds of thousands to see Shimza and Black Coffee live. I just happen to live in the best country in the world."

@TeekayMohlomi said: "Black Coffee as a surprise guest? Shimza will always be famous."

Last year, the two Afro house heroes Shimza and Black Coffee joined forces in a historic – and rare – back-to-back at Kunye, in Johannesburg. (IOL)



▲ The late DJ Warras.

5 Tips for living your strongest, healthiest life yet

STARTING a healthy lifestyle can involve eating nutritious foods, engaging in regular physical activity, and prioritizing your mental health. How is it beneficial?

1. Prevents disease

In a 2020 study, adults who followed a diet rich in fruits and vegetables for 8 weeks had a reduced risk of cardiovascular disease.

Another 2020 study Trusted Source found that every 66-gram increase in daily fruit and vegetable intake was associated with a 25% lower risk of developing type 2 diabetes.

In an observational study Trusted Source of almost 200,000 adults, those who ate the most whole grains had a 29% lower rate of type 2 diabetes than those who ate the least.

In a 2020 study of 44,000 adults, researchers found that those who got 11 minutes of moderate-to-vigorous physical activity each day had a lower risk of death compared to those who only exercised at that intensity for 2 minutes.

This comparison held true even if people sat for 8.5 hours every day.

2. Saves money

You should always see your primary care physician for an annual physical exam.

Even if you think you do not need to see a doctor, some health conditions can be “silent.” This means they do not present with any symptoms.

Seeing a doctor regularly increases your chances of catching it early, which can lead to improved outcomes.

The healthier you are, the less often you will have to see a doctor. This could save money by reducing:

- co-pays
- prescriptions
- other treatments

3. Lengthens lifespan

Basic healthy habits are connected with living a longer life.

At age 50, you could live up to 14 years Trusted Source longer if you have:

- never smoked
- maintain a healthy weight
- are regularly active (over 30 minutes per day of moderate or vigorous activities)
- follow a healthy diet
- keep alcohol to a moderate consumption (5 to 15 g per day for women and 5 to 30 g per day for men)

Making even a few of these changes may lengthen your lifespan.

4. It can be good for the environment

Ultra-processed foods are those that con-



tain refined grains and additives to change the texture, taste, or color. More than 70 percent of foods in U.S. supermarkets are ultra-processed.

The making of ultra-processed foods contributes to:

- greenhouse gas emissions
- water scarcity
- decreased biodiversity
- plastic waste
- deforestation

Replacing short car rides with biking can also cut back on the amount of carbon dioxide released into the atmosphere.

What is the easiest way to start?

Your journey toward a healthier lifestyle starts with small changes that you feel confident you can achieve. Consider making “SMART” goals. SMART stands for:

- specific
- measurable
- attainable
- relevant

time-bound (met by a deadline and done in a certain amount of time)

By focusing on SMART goals, you may find more success. And one initial “win” will propel you to set new, bigger goals.

Consider the following tips for beginning to improve your overall health.

1. Eat more vegetables

A 2020 review of studies suggests consuming an adequate amount of fruit and vegetables is associated with lower risk of:

- heart disease
- stroke

- cancer
- premature death

You don’t have to go from eating minimal produce to having nine servings a day. You can start slow by eating one serving of vegetables at dinner. If you already do that, consider eating one vegetable or fruit at every meal.

2. Swap in whole grains

Research from 2020 Trusted Source links consuming more whole grains with reduced risk of:

- diabetes
- obesity
- cardiovascular disease
- cancer

Start small by replacing one refined grain each day with a whole grain. For example, if you normally have cereal for breakfast, you may replace it with oatmeal.

- Whole grains include:
- plain oats
- whole grain bread and pasta
- brown and wild rice
- buckwheat
- bulgur wheat
- millet
- barley
- spelt
- quinoa
- farro
- Refined grains include:
- white bread and pasta
- white rice
- most breakfast cereals
- chips

- pretzel
- crackers

3. Be more active

When it comes to exercise, it is important to choose an activity you enjoy. This will increase the chances that you’ll stick with it.

Some types of exercise you may enjoy can include:

- walking
- Pilates
- cycling
- dancing

You don’t have to start with a long workout. Aim for 10 minutes a day, 5 days a week. When you feel ready, you can add more time.

The CDC Trusted Source recommends 150 minutes of moderate intensity exercise per week, plus 2 days of muscle strengthening exercise.

4. Maintain friendships

Strong relationships and staying in communication with friends and loved ones can support mental health.

Even if you cannot get together with friends or family in person, schedule a time to catch up over a phone or video call once a week.

5. Control stress

Exercise can help reduce stress by releasing pent-up energy and boosting the release of mood-lifting hormones called endorphins.

Other mindfulness practices include:

- meditation
- deep breathing
- journaling
- spending time in nature
- talking to friends

If you would like more support relieving stress, you may consider therapy.

Working with a trained psychologist, psychiatrist, or therapist can help you work through challenges life throws your way, and it can help you learn new skills to manage stress.

Remember the importance of moderation

It is perfectly possible to balance healthy living with eating ice cream, taking a day off from your workout, or having wine with dinner.

An all-or-nothing mindset where you can only eat “good” foods and never eat “bad” ones often backfires. Having the flexibility to eat that bowl of ice cream — and savor every bite — can be part of being healthy, too.

Rest days are also important for physical and mental health. Doing too much exercise can increase the risk of injuries, and it may cause you to burn out and give up exercise altogether.

The takeaway

A healthy lifestyle can not only help you feel better, but it can also reduce the risk of some diseases, lengthen your lifespan, save you money, and benefit the environment.

Start small when you make changes. You’re more likely to see success this way, and small successes will snowball into bigger benefits.

If you want help with making any lifestyle changes, talk to your doctor. If they can’t directly help you, they may recommend other professionals, like registered dietitians or therapists.

(Healthline)