

11 March 2021

Dear Colleague,

**Re: Orientation Video for First Year Students on COVID-19 and Student Health and Wellness Challenges**

As we begin the 2021 academic year under national lockdown level 1, we are also inducting first-year students to the tertiary education environment and welcoming back returning students and staff.

As a partner to HIGHER HEALTH and a vital role player in the post schooling education and training sector (PSET), we know that you share our mission to protect the health and wellness of students as critical enablers for academic success and graduate competency.

**To assist with the induction process, we have prepared a video <http://higherhealth.ac.za/programmes/peer-to-peer-education/> with a key message to students that “your health is in your hands”.**

**We ask you to please help us to share the video with campus communities, to the first-year students and their parents in the orientation month and PSET sector at large.**

The video addresses the evidence that as students leave their homes to enter the higher learning environment, they are inclined to enjoy the liberties, independence and sense of adulthood afforded by the tertiary environment, often with limited consideration for various youth epidemics, social epidemics and other challenges that can affect their future. In the video, we urge students to realise that they are an essential cell within the PSET social network and ask for their pledge to solidarity and a social compact where we look out for one another’s safety. relating to COVID-19 symptoms, sexual relationships, mental health, gender-based violence or other health and wellness matters. We also provide useful information on COVID-19 and other health priorities and services including those on sexual and reproductive health, mental wellbeing and gender-based violence.

Improving wellbeing. Inspiring success.

Directors: W de Villiers (Chairperson), A Bawa, M Mabizela, T Mayekiso, SJ Mlotshwa, N Phaswana-Mafuya, A Singh, D Tromp, B Madalane, R Ahluwalia (CEO)

We thank you for your invaluable support in the past academic year and look forward to further opportunities to partner with you as we collectively strive to improve the health and wellness ecosystem within the PSET sector.

The video can be downloaded through the hyperlink above, as well as through <https://youtu.be/6j79l6F3F2w>

Should you require further assistance towards accessing the video, please visit our website [www.higherhealth.ac.za](http://www.higherhealth.ac.za) or contact Ms Anuysha Naidu at [anuysha@higherhealth.ac.za](mailto:anuysha@higherhealth.ac.za)

Stay safe, stay healthy and stay connected!

Best wishes,



**Dr (Professor) Ramneek Ahluwalia**  
**Chief Executive Officer**