



Freedom to be

Description

Freedom Day is the commemoration of South Africa's first post-apartheid democratic elections, which were held on 27 April 1994.

Today, Freedom Day remains a symbol of national unity, a time to honour those who fought against an unjust society, to reflect on our journey so far and to celebrate our unique, diverse culture.

In celebration of Freedom Day, we asked a few of our colleagues what Freedom means to them.



Nomsa Rikhotso, Agent: aPMB, Polmed Disease Management Services

Freedom means the autonomy to make choices, the ability to express oneself, protection from oppression, the power to pursue opportunities, and the liberty to live on one's own terms.



Sakhumzi Tautona Matee, GEMS Fund Management

Freedom is the oxygen of the soul, without which we suffocate under the weight of oppression.

Freedom is not just the absence of chain, but the presence of choices and the power to shape our own destiny. It is the foundation upon which we build our lives, our dreams, and our futures.

Freedom is the courage to be ourselves, without apology or pretension, and to live life on our terms. It is the ultimate expression of humanity, a declaration of our inherent worth and dignity, and a celebration of our unique individuality.



Forensics Team

The real meaning of freedom is the state of independence where one can do whatever one likes without any restriction by anyone. The main emphasis of freedom is that we need to feel freedom from within.

One example of freedom is the Right to Privacy. Here at AfroCentric Health, we embrace the Right of Privacy. There are Whistleblower boxes placed at strategic places for all to use, and a tollfree number where you can make an anonymous tip.

Category

1. Our People