

# Gachagua To Visit Colombia And Cuba



**P.9**

*Deputy President Rigathi Gachagua*



**Political Opinion:** Ruto Succession Talk Premature, Untimely **P.11**



**News:** CS Kindiki Pledges To Address Passport Delays **P.13**

The Africa Largest  
**eCOMMERCE**  
[www.gotyou.co.ke](http://www.gotyou.co.ke)

Call/Text/WhatsApp: +254 714 090 155  
To Place Your Products & Services



**Now Open!**

# First Cohort Of Dorcas Rigathi Rehabilitation Programme Graduates

By: Our Correspondent  
@themtkenyatimes



Spouse of the Deputy President Pastor Dorcas Rigathi

### Worth Noting:

- The jovial men came dressed in suits at the official residence of the Deputy President, a transformation from their look 3 months ago.
- Speaking when he issued certificates to them Pastor Dorcas said that her office would roll out the program across the 47 counties in the coming days.
- “These are from Nairobi and Mt. Kenya, but we are not doing in one area, but every journey starts with one step and we had to start somewhere,” she said.

The first cohort of young men who underwent rehabilitation under the office of the Spouse of the Deputy President has graduated.

The 85 men were placed under a 3-Months rehabilitation program in Timau, Meru County and Donholm, Nairobi County.

The jovial men came dressed in suits at the official residence of the Deputy President, a transformation from their look 3 months ago.

Speaking when he issued certificates to them Pastor Dorcas said that her office would roll out the program across the 47 counties in the coming days.

“These are from Nairobi and Mt. Kenya, but we are not doing in one area, but every journey starts with one step and we had to start somewhere,” she said.

65 of them were in Meru while 18 of the graduates were from Donholm, Nairobi.

Pastor Dorcas lauded the success of the program. She is also set to set-up a health village that will incorporate all aspects of life to assist in rehabilitation.

Pastor Dorcas also revealed that her office has received more than 2,000 requests of youth across the country who want to be placed under rehabilitation programs.

“My office has a record of more than 2,000 individuals who wish to undergo rehabilitation. Our approach to rehabilitation incorporates various forms which includes inpatient,” she said.

Under this program Pastor Dorcas is running a wellness camp at the ASK Jamhuri Grounds while 50 others are undergoing an inpatient rehabilitation program

in Limuru.

A community integrated rehabilitation program is also running in Bomet and Mombasa Counties.

During the screening exercise of the graduates, more than 1,000 youth were screened out of which 533 expressed the desire to be taken for rehabilitation.

One of the reformed addicts Godfrey Mwago, an economic graduate from the University of Nairobi expressed his joy after getting a second chance in life.

“When we joined the rehabilitation centre in Timau, we came to realize that we were powerless and our lives were unmanageable, and drug addiction is a disease. We are now ready for the job market,” he said.

Sister Veronica M’Rukunga who is the director of the Holy Innocents BPSS

Centre Timau, Meru County said the journey of rehabilitating the men has been a success.

“We received them and they started the journey. I instructed them to finish the few tots of alcohol they had carried with themselves, ready for the three-months journey, and they obliged,” she said.

Gatanga MP Edward Muriu said that the transformation in the men was evident.

Muriu also proposed the establishment of an independent body to regulate licensing of bars in the country.

Nyeri County Deputy Governor David Kinaniri said the county government of Nyeri will sign an MoU with the office of Pastor Dorcas to roll out the program in the county.

Editor's Desk




The Mt Kenya Times is a Kenyan Newspaper that provides a unified view of Kenyan news, entrepreneurship, events, opinions, analysis, and a historical background to current affairs in a way that is both creative and innovative. It is published by **Exponential International Limited**, a Private Limited Liability company incorporated in Kenya to provide Communications and Media services.

**Group Executive Chairman**  
M. Danson

**Our Contacts**  
P. O. Box 101 675 - 00101 Nairobi, Cell: 0700 161 866, 0705 215 262  
**Editorial Desk:** editorial@mountkenyatimes.co.ke, **Adverts:** ads@mountkenyatimes.co.ke,  
**News Desk:** news@mountkenyatimes.co.ke, **Web:** [www.mountkenyatimes.co.ke](http://www.mountkenyatimes.co.ke)

**Facebook:** facebook.com/themtkenyatimes, **Instagram:** instagram.com/themtkenyatimes/, **Twitter:** twitter.com/themtkenyatimes  
**LinkedIn:** <https://www.linkedin.com/in/the-mt-kenya-times/>

# The Africa Largest eCOMMERCERCE



[www.gotyou.co.ke](http://www.gotyou.co.ke)

**NOW  
OPEN**

Call/Text/WhatsApp: +254 714 090 155

# NEWS IN BRIEF



The National Celebrations of International Adult Literacy are set to take place at Emurua Dikirr Primary School in Narok County, with thousands of residents expected to attend. The event, led by Cabinet Secretary for Education, Mr. Ezekiel Machogu, and Narok Governor, Mr. Patrick Ntutu, aims to boost literacy in the country. The best adult learners will be awarded certificates to encourage more adults who didn't attend school at a young age to return to school. Adult Learners Day will be held on September 8th, with the theme being "Literacy enhances cohesion and sustainable development."



Kenya's government aims to end mother-to-child HIV/AIDS transmission by 2027, with a work plan titled 'The Plan to End AIDS in Children by 2027' set to be launched at Tom Mboya University. The plan aims to combat HIV among minors and reduce infant mortality.



President William Ruto and his Deputy Rigathi Gachagua are today expected to officially open United Democratic Alliance (UDA) County office in Nyeri town.

Yesterday, the party Secretary General Cleophas Malalah visited the office where he was hosted by among others, Nyeri County governor Mutahi Kahiga, Nyeri Town MP Duncan Maina Mathenge and his Mathira counterpart Eric Wamumbi. Malala who also paid a courtesy call on governor was accompanied by among others UDA Director Resource Mobilization, Political and Diaspora Affairs Charles Chweya Matoke and UDA Director Communications Benjamin Wandalo.

In the picture, the leaders are seen outside the office which is situated a few kilometres from Nyeri town.

After opening the office, the President, his deputy and other leaders will move to Irigithathi Primary School grounds in Kieni constituency for a thanksgiving ceremony for Energy Principal Secretary Alex Wachira.



Environmentalists have urged the managers of Nakuru City to reduce air emissions, citing lorries and motorcycles as major pollutants. A study found lorries contribute to 22 per cent of air pollution, with 82 per cent of residents willing to learn best practices for quality air and blue skies.



The National Treasury and State Department for Mining have committed to disbursing over Sh460 million in mineral royalties to communities this financial year, following the enactment of the new Mineral Royalty Fund Sharing Regulations, 2023. These royalties are financial benefits awarded to communities where mining activities occur, supporting community development projects and interventions. The new bill proposes the establishment of a Community Mineral Royalty Management Committee for each benefiting community to expedite the disbursement of the 10% share to local communities.



The Chief Justice (CJ) Martha Koome has urged judges to prioritise compassion and fairness in their legal work, aiming to make the judicial system an engine for social good. She emphasised that court rooms should be places where marginalised and vulnerable individuals can find dignity and rights upheld, not just for legal contests but for human and societal betterment.

Nyeri County governor Mutahi Kahiga yesterday visited Nairutia Vocational Training Centre in Kieni constituency for a motivation talk.

In the photo, the governor (right) is with Catholic priest Romano Fillipe (left) and Joseph Kagiri of Goalsmile Onlus that alongside Zizi Afrique were thanked for providing the institution



with financial, material and other support to enable the students to access contemporary training materials and equipment.

Other leaders who accompanied the county boss were CEC's Dr. Joseph Kiragu (Health), Margaret Macharia ( Education), Peter Macharia (County Public Service) and Mugunda MCA Johnstone Kamau.

# CENTRAL KENYA NATIONAL SHOW

Venue: Kabiruini Showground - Nyeri

13<sup>th</sup>-16<sup>th</sup>  
SEPT  
2023



**Agricultural  
Society Of Kenya**  
*Your Leading  
Exhibition Partner*

 **0722 212 642**

 [nyeri@ask.co.ke](mailto:nyeri@ask.co.ke)  
 [@agrisocietyofke](https://twitter.com/agrisocietyofke)  
 [Agricultural Society of Kenya](https://www.facebook.com/Agricultural Society of Kenya)  
 [www.ask.co.ke](http://www.ask.co.ke)

Perimeter:  
Adult - Kshs 250  
Child - Kshs 200  
Special Party  
Adult - Kshs 200  
Child - Kshs 150

**THEME:**  
*Promoting Climate Smart  
Agriculture and Trade Initiatives  
for Sustainable Economic  
Growth*

# Nyeri Town Matatus To Move To New Sh600 M Terminus

By: Wangari Mwangi  
@themtkenyatimes

## Worth Noting:

- “The PSVs are using the terminus as a temporary parking space. At the moment, we have allowed two vehicles per sacco in each of the three old bus termini as a way of easing the congestion due to a lack of sufficient parking space. We have agreed that instead of parking in the old bus stops, PSVs park their vehicles here and wait for their turn,” said Gachunia in an interview.
- “We are going to reorganise the old bus termini and close some of them. We are also going to make provisions for a circulation stage in town where drivers can drop off passengers,” added the CEC.



Nyeri County CEC for Transport Ndirangu Gachunia

Commuters travelling long distances from Nyeri town will in the next two weeks be forced to board Public Service Vehicles (PSV) from the newly opened Field Marshal Muthoni Kirima bus terminus.

This comes after the county Department for Physical Planning and Urban Development announced a two-week timeline for the relocation of all major transport operations from the CBD to the ultra-modern bus park that was opened by President William Ruto on August 7.

On Wednesday, a multi-sectoral committee coordinating the relocation of traders and transport players from the Nyeri CBD allowed the PSVs to temporarily use the new terminus as a parking space as the county finalised the relocation exercise.

According to planning County Executive Committee Member Ndirangu Gachunia, who is also the chairman of the committee, the balloting for the 36 PSV Saccos is scheduled to take place on Monday next week, after which they will be given one week to relocate to the ultra-modern bus park.

“The PSVs are using the terminus as a temporary parking space. At the moment, we have allowed two vehicles per sacco in each of the three old bus termini as a way of easing the congestion due to a lack of sufficient parking space. We have agreed that instead of parking in the old bus stops, PSVs park their vehicles here and wait for their turn,” said Gachunia in an interview.

“We are going to reorganise the old bus termini and close some of them.

We are also going to make provisions for a circulation stage in town where drivers can drop off passengers,” added the CEC.

The process of converting the Asian Quarter dumpsite into an ultra-modern bus terminus began in 2019. The bus terminus, which has been touted as one of the largest bus parks in the country, was put up at a cost of Sh600 million.

It was financed through the World Bank-funded Kenya Urban Support Programme (KUSP) to the county governments in order to spur economic development through improved physical infrastructure development.

The facility features 240 matatu, bus, taxi, and tuk-tuk bays, 98 booking offices, 40 parking bays; 51 lorry bays; and 94 passenger waiting bays. The daily traffic in and out of the terminus is estimated at over 20,000 passengers.

The project was expected to ease traffic in the CBD, a kilometer and a half away, which is currently bursting at the seams with both humans and PSVs.

But even after its completion in 2021, the ultramodern facility was yet to be occupied due to resistance by transport sector stakeholders.

“The main issue that has led to this

delay by PSVs is that the CBD will be deserted. The other reason for resistance to the move was the inconvenience to customers because this is not the most central location and they will be forced to incur an extra cost to get to this new location, but it is too late to change,” said Gitahi Ndegwa, treasurer of 4NTE Sacco.

In addition, the park has 600 business stalls, five sanitation blocks, high-level water tanks, and a modern solid waste chamber. According to the Nyeri County Integrated Development Plan 2023–2027, the terminus will employ approximately 7,000 people on a daily basis.

Gachunia clarified that despite the perceived lag in the process, the county government was keen on following the laid-down legal procedure during the exercise.

“We have finalised the procurement process for the stalls. The next step will be gazetting the list of all successful applicants so that we can classify them into the different categories, and then we will announce balloting dates because it has to be done in public in a transparent manner,” said Gachunia.



Nyeri County Deputy Governor David Kinaniri touring the new bus park on Wednesday.

## The MT. KENYA TIMES

Where Investors Get Returns

To advertise in Mt. Kenya Times read by discerning Kenyan professionals and the business community contact our exclusive **UK & Europe** Advertising and Marketing representatives.



**ADLINK INTERNATIONAL (1989) MEDIA GROUP**  
16 Upper Woburn Place, London WC1H 0AF  
Phone: 0330 606 1438 (44 330 606 1438)  
Email: [media@adlinkinternational.com](mailto:media@adlinkinternational.com)  
[www.adlinkinternational.com](http://www.adlinkinternational.com)  
Contact: Mr Shamlal Puri



**WAMBUTHIA ENGINEERING SERVICES**

*your happiness is our satisfaction*

## Wambuthia Engineering Services

Dealers in Repair and servicing of all Hydraulic systems, pumps, gears, generators and consulting of all engineering systems in cement industries



Telephone: 0710 401 628  
Email: 14mainajulius@gmail.com

# Reconcile Or Vacate Office, DP Warns Kericho Governor And His Deputy

By: Muraya Kamunde

Deputy President Rigathi Gachagua on Friday asked Kericho Governor Dr Erick Mutai and his deputy Fred Kirui to end their wrangles or they be sent packing.

The Deputy President said the feud is hurting service delivery to the people and the William Ruto leadership will not sit and watch.

While calling for a truce, Mr Gachagua added that the conflict is embarrassment to President William Ruto, and if unresolved, measures will be taken to push edge them out. "You must work together the way you campaigned together. If you won't be able and continue fighting you will be removed from office by the people. I will tell the people of Kericho that they made a mistake. We have a responsibility to work for the people of Kericho, the people cannot benefit when there are wrangles between the governor and his deputy," said Mr Gachagua.

The Deputy President added: "The President recently had a meeting in Nairobi attended by 25 heads of states and they chose to have him as their representative. He is respected in the continent and globally and he will be heading to New York to address UN General Assembly and

later at COP28 UAE in Dubai to speak on behalf of Africa. But at his home background in Kericho the leaders are fighting. I won't allow it to happen. During election you campaigned together, why fight now after winning the seat? You must work together," said the Deputy President.

He spoke at Masaita village in Londiani ward, Kericho county, during the funeral service of lawyer Vincent Kipkoech Mutai (Wakili), son of Kipkelion East MP Joseph Chererot. He was representing the President at the event.

The differences between Dr Mutai and Mr Kirui are reported to have stemmed from governance issues at the county government.

Resulting from the wrangles, Mr Gachagua said President Ruto was not "amused and was unhappy that Kericho was having conflict".

He recalled that in January, this year, he managed to reconcile the Members of the Kericho county assembly and their speaker after similar leadership wrangles.

The Deputy President, however, said he will convene a seating to reconcile governor Mutai and Dr Kirui.

He added that he will also lead conciliatory talks between Meru Governor Kawira Mwangaza and her deputy Isaac Mutuma, months after reconciling Ms Kawira and the MCAs.

At the same time, the Deputy President faulted Opposition leader Raila



Deputy President Rigathi Gachagua .

Odinga for expelling five Members of Parliament from the Orange Democratic Movement (ODM) party over their association with President Ruto.

The Deputy President said Mr Odinga was also not genuine with the agenda of the national dialogue committee.

"He is going through the Tanzania President and former Nigeria President Obasanjo asking for talks with President Ruto. But when ODM MPs meet the President he expels them from the party, is he really genuine? He is not genuine about any dialogue or discussion. If he is genuine, why is he punishing ODM MPs who have

come to seat with President Ruto," said Gachagua.

Defending the expelled lawmakers, the DP said they met the President to deliberate on economic development in their areas.

He questioned why Mr Odinga was not taking issue with the decision of Wiper Party leader Kalonzo Musyoka, who is a top member of Azimio coalition, to attend a meeting at State House Nairobi recently.

At the funeral function, the Deputy President was accompanied by Cabinet Secretary for Roads and Transport Kipchumba Murkomen, Kericho governor Dr Erick Mutai, Speaker Kericho county assembly

Dr Patrick Mutai, Senators Hilary Sigei (Bomet) and Joyce Korir (nominated) among other leaders.

MPs present were Hilary Kosgei (Kipkelion West), Justice Kemei (Sigowet/Soin), Benjamin Langat (Ainamoi), Kibet Kirui (Bureti), Francis Sigei (Sotik), Charity Kathambi (Njoro), Majimbo Kalasinga (Kabuchai), John Paul Mwirigi (Igembe South), Victor Koech (Chepalungu), Joseph Makilap (Baringo North), John Kaguchia (Mukurweini), Oscar Sudi (Kapsabet).

Woman Representatives Linet Chepkorir Toto (Bomet), Liza Chelule (Nakuru) and Beatrice Kemei (Kericho) were also present.

# ODM Party Makes Changes To Its Leadership

By: Muraya Kamunde

The Orange Democratic Movement Party has made changes to its top leadership following a National Executive Committee (NEC) meeting held on Wednesday.

The NEC meeting was chaired by ODM Party leader Raila Odinga.

In the new changes announced on Friday, Kisii Governor Simba Arati takes over from Kisii County Woman Rep Janet Ong'era as the new National Deputy Chairperson.

Catherine Omanyoo has been named as the new Deputy Secretary General taking over from former Busia Woman Rep Florence Mutua.

Saboti Member of Parliament Caleb Amisi will be the new Deputy Organizing Secretary replacing Zulekha

Hassan.

The Raila Odinga led party has also named Fatuma Masito and Migori Senator Eddie Oketch as the new Deputy National Treasurer and Secretary for Humanitarian and Disaster Management Affairs respectively.

Elsie Muhanda will become the new secretary for security.

On Wednesday, ODM Party resolved to expel five of its lawmakers that it considers renegade from within its ranks.

According to ODM, the decision was reached after the said lawmakers "defied party position and for gross misconduct."

Legislators shown the door for their dalliance with the ruling Kenya Kwanza administration are first time lawmakers Felix Odiwuor of Lang'ata and Prof. Tom Ojienda who won Kisumu County Senato-

rial seat with a landslide in the last election.

Also not spared from the axe are Gem MP Elisha Odhiambo, Gideon Ochanda of Bondo and Suba South MP Caroli Omondi.

Omondi has unapologetically averred that he doesn't need the ODM party to retain his seat come the 2027 polls.

"The NEC has resolved to expel from the party Hon. Elisha Odhiambo (Gem), Sen. Tom Ojienda (Kisumu), Hon. Gideon Ochanda (Bondo), Hon. Felix Odiwuor (Lang'ata) and Hon. Caroli Omondi (Suba South) for defying party position and gross misconduct," said the ODM in a statement after the party's top decision-making organ met Wednesday.



Kisii Governor Simba Arati is the new National Deputy Chairperson.

# DP Gachagua To Visit Colombia And Cuba On Sunday

By: Muraya Kamunde



Deputy President Rigathi Gachagua and his spouse Dorcas Rigathi.

## Worth Noting:

- Besides participating in the PRF forum, the farmers will join the DP and in engaging their counterparts during visits to coffee fields in Chinchina and a Coffee Research. It will be an opportunity for the smallholders to learn production practices.
- “The coffee subsector reforms we are undertaking are eliminating middlemen and brokers. We are linking our farmer to the market. The visit to Colombia, therefore, will allow us to engage roasters directly for the farmer to be the biggest beneficiary in our coffee production chain. We will stop at nothing until the farmer thrives in profitability,” Mr Gachagua said.

Deputy President Rigathi Gachagua is set to leave the country for Colombia Sunday night, on an official visit that will mostly focus on marketing of Kenyan Coffee before heading to Cuba for the Group of 77 and China (G77) Summit.

The Deputy President, whose delegation for Colombia includes farmers from different counties, is slated to participate in the Coffee Producers and Roasters Forum (PRF) in Medellin, as well as engage with leading coffee producers and sellers in the Latin American nation.

Colombia is a global leader in specialty coffee, it produces and exports to high value markets such as the US, Germany and Belgium which Kenya is also targeting through value addition. Colombia produces about 12 per cent of the world's coffee, making it the third largest in the world.

Mr Gachagua, who has been tasked by President William Ruto with reforms in the agricultural sector, is expected to use the opportunity to lobby for support as Kenya bids to host the first Africa Coffee Producers and Roasters Forum in 2024.

Besides participating in the PRF forum, the farmers will join the DP and in engaging their counterparts during visits to coffee fields in Chinchina and a Coffee Research. It

will be an opportunity for the smallholders to learn production practices.

“The coffee subsector reforms we are undertaking are eliminating middlemen and brokers. We are linking our farmer to the market. The visit to Colombia, therefore, will allow us to engage roasters directly for the farmer to be the biggest beneficiary in our coffee production chain. We will stop at nothing until the farmer thrives in profitability,” Mr Gachagua said.

The DP whose travel is a reciprocation of the May visit of the Colombian Vice President Francia Elena Marques Mina added that Kenyan farmers and the subsector stakeholders have an opportunity to gain new insights into the latest trends in the coffee industry.

The DP will hold bilateral talks with his host, Vice President Mina before similar consultations with the country's President, Gustavo Petro Urrego.

On Tuesday, the Deputy President will lead the Kenyan delegation in a meeting with the National Business Association of Colombia in Bogotá and the Colombian Coffee Growers Federation in Cenicafe Chinchina town, Caldas.

He will also meet the Medellin City Mayor and tour the innovative trans-

portation facilities (a cable transportation system) in the city.

The government plans to increase coffee production from the current 51,000 metric tonnes annually to 260,000 metric tonnes within five years. The visit will boost these plans.

“We hope to increase the productivity of coffee from two kilograms cherry per tree per year to 10 kilograms. We also intend to increase area under production from 116,000 Hectares to 170,000 Hectares,” said the Deputy President.

Noting that currently there are 700,000 smallholder coffee producers and 559 coffee cooperatives, Mr Gachagua said the Kenya Kwanza administration is supporting the modernization and digitization of the coffee processing infrastructure. On Friday and Saturday September 15-17, the Deputy President will address the G77 summit in Havana, Cuba, on behalf of President William Ruto.

Statistics from the Ministry of Co-operatives & Micro, Small and Medium Enterprises (MSMEs) on the current status of the coffee subsector indicate that there are 1,065 wet mills for cooperatives, 3,000 estate farmers and 2,132 wet mills for estates.

The figures further indicate that

currently there are 22 licensed coffee mills with an estimated installed milling capacity of about 400,000 metric tonnes against an average national production of 51,000 metric tonnes.

The visit comes four months after Kenya and Colombia signed bilateral trade and investment agreements in Nairobi to grow their economy in a sustainable way, whilst providing businesses increased opportunities.

The agreements were signed in Nairobi in May 2023 during a visit by the Colombian Vice President.

Among the MOUs signed were on the Establishment of a Joint Commission for Cooperation (JCC) and Cooperation between Kenya and Colombia on Gender

Equality and Women Empowerment, Declaration of Intent of Public diplomacy initiatives for the promotion of Spanish as a Foreign Language, Declaration of Intent on the Promotion of Sustainable Trade and Investment, Declaration of Intent concerning bilateral Cooperation in Higher Education, Declaration of Intent of Promotion of Regenerative and Responsible Tourism and Declaration of Intent on Cooperation in the Field of Culture.

# Senate Committee On Agriculture, Livestock And Fisheries Meets With The African Agricultural Technology Foundation

By: PSCU

The Senate Standing Committee yesterday kicked off its two day retreat with the African Agricultural Technology Foundation (AATF) to deliberate on the Agricultural Biotechnology Awareness.

“I am so delighted with timelines of this engagement given the fact that Kenya has been faced with food security issues in the recent past. Factors like drought and

Climate change mean that as a country, we have to explore alternative options of ensuring that Kenyans do not suffer from lack of access to basic food commodities.

Increasing awareness about agricultural Biotechnology is crucial for fostering informed public disclosure, promoting responsible usage and harnessing the potential benefit of these innovations,” said the committee chairman Senator Wahome Wam-



Committee chairman Wahome Wamatinga addressing the forum..

atinga in his opening remarks.

The forum brought about discussions on the state of Agricultural Biotechnology Regulatory Frameworks in Kenya, State of Agriculture Biotechnology Research in Kenya, Changing GMO narratives in the face of climate change in Kenya,

GM seed release and management process, and perspectives from farmers. Presentations were done by Dr. Canisius Kanangire, the Executive Director(AATF), A representative from National Biosafety Authority, Dr. Boniface Kaberia, Member of AATF Board of Trustees, Dr. Martin



Members pose for a photo..

Mwirigi ( Institute Director, Biotechnology Institute, KARLO) Ms. Annie Muia ( Senior Biosafety Officer), Dr. Francis Nang’ayo (Senior Regulatory Affairs Manager, AATF), Prof. Richard Oduor ( KUBICO)

Other Senators who participated during the meeting were; Embu

County Senator Alexander Munyi Mundigi, Daniel Maanzo Kitonga (Makueni), David Wafula Wakoli (Bungoma) and Nominated Sen. Beth Kalunda Syengo.



## THE EAST AFRICAN UNIVERSITY BRADEGATE INTERNATIONAL - NYERI

#WhyUs?

The Choice is Yours!

01 Masters

Degree

02

03 Diploma

Certificate

04

01 Full-time

Part-time

02

03 Online

INTAKE ENROLL  
ONGOING NOW!

+254 707 672 412 bic@bradegate.co.ke www.teau.ac.ke

# Ruto Succession Talk Premature, Untimely



By: Joseph Mutua Ndonga  
mutuandongaa@yahoo.com



## Worth Noting:

- Those who have over the years been doing dubious and illegal businesses with Mumia Company and their sympathizers would not take the President's words lightly.
- They included the Azimio La Umoja One Kenya Coalition leader Raila Odinga whose family company, Spectre International, was reportedly getting raw materials from this company that were being used by their Kisumu-based Molasses plant.
- They would allege that Dr Ruto's 'heaven talk' amounted to threatening the lives of the investors.
- To me, these claims would not hold any water. First, the President stated that the cartels will take themselves to heaven.
- These words were Biblical. When you resort to stealing and destroying the livelihoods of the poor people, you should know that there is God in heaven. He is seeing you.



President William Ruto .

A few days ago, President William Ruto made a five-day development tour of Western Kenya.

This came in the wake of a similar tour of the Mount Kenya region where he stayed for six days.

The President's itinerary was informed by the same script. In Western, he held a series of meetings with local leaders at Kakamega state lodge.

He also took the opportunity to roll out dozens of development projects and commence the process of reviving the projects that had stalled and run down.

The plan for the revival of Mumia Sugar Company was very close to his heart. Addressing the residents of Mumias, the President assured them that he was committed to bring the sugarcane milling factory back to its feet.

I know the reasons why the efforts by the previous governments failed to bear fruits.

It is because this factory had been captured by sugar cartels, barons and brokers.

This is my message to them. Withdraw

all the cases you have filed in courts against this company and vacate the premises.

If you fail to do this, there are three options: Detention, deportation or heaven.

Those who have over the years been doing dubious and illegal businesses with Mumia Company and their sympathizers would not take the President's words lightly.

They included the Azimio La Umoja One Kenya Coalition leader Raila Odinga whose family company, Spectre International, was reportedly getting raw materials from this company that were being used by their Kisumu-based Molasses plant.

They would allege that Dr Ruto's 'heaven talk' amounted to threatening the lives of the investors.

To me, these claims would not hold any water. First, the President stated that the cartels will take themselves to heaven.

These words were Biblical. When you resort to stealing and destroying the livelihoods of the poor people, you should know that there is God in heav-

en. He is seeing you.

God is full of mercies but at a time he gets angry and His punishment can turn out to be lethal.

God gives life and He is the only one who can take it away.

President Ruto is a God fearing leader and his deeds and actions demonstrate he is fully aware of this.

For me, I'm a born again Christian and so my views are fully informed by my understanding of Biblical teachings.

Secondly, genuine investors would have no problem following the laws of the host country where they have invested.

So, the investor would not be scared when the government go for the so called investors who have broken the law of the land.

Listening to the tone of Dr Ruto's remarks, one thing was clear.

He once again proved that he is not a vengeful or vengeance. This is contrary to what his critics wanted Kenyans to believe.

He was a true statesman, a strong be-

liever in the rule of law and constitution.

What do I mean by this? The President fully understood the suffering and the pain that the Mumia residents were encountering.

He was therefore undertaking his constitutional duty of raising their voice and challenging the institutions entrusted with steering the wheel of justice to speedily deal with this matter.

It is worth noting that at least one of the creditors declined to withdraw the case. In so doing, they opted to defy Dr Ruto's call. Nothing has happened to these creditors. I'm waiting to hear what Dr Ruto's critics would say about this.

Back to President Ruto's tour of Western, Kakamega senator Bonny Khalwale claimed a few days after the head of state concluded the visit that the issue of Ruto succession had been raised and discussed in one of the meetings held at Kakamega State Lodge.

According to Khalwale, the local leaders were upbeat after the President assured them that he will fully support a leader from the region to succeed him in 2032.

I'm not holding brief for the President but I highly doubt that this is what he said.

The talk is a hot potato issue. As of now, Deputy President Rigathi Gachagua and Chief Cabinet Secretary Musalia Mudavadi are perceived as the front-runners.

Many believe Gachagua have a head start given that constitutionally he is the second-in-command. But this should not make him sit pretty. Politics is a tricky game.

For President Ruto, he has been on record distancing himself from his succession talk. This debate is disruptive, premature and untimely.

For now, my eyes are trained and focussed on initiating and rolling out the development projects and programmes that I promised the people of Kenyans during the campaign.

I'm also looking forward to unite and reconcile the Kenyan people.

Come 2027 polls, Kenyans will judge me based on my score-card. I know it will be impressive and they will re-elect me to serve my second and final five-year term.

Well, this is not the first time we are hearing sly politicians igniting the succession debate.

This debate featured prominently during the reigns of President Mwai Kibaki and his successor Uhuru Kenyatta.

I totally agree with Dr Ruto. Politicians should keep off the debate and instead focus on helping his administration to fulfill election promises.

*Joseph Mutua Ndonga is a writer and political analyst based in Nairobi*

# Public Sensitization Is Key In The Implementation Of Educational Policies



By: Dr Wanjohi Githinji  
@themkenyatimes

A class in Kenya.



**Worth Noting:**

- The confusion in hue notwithstanding, the National Police Service flagged down and detained any vehicle carrying students in uniform, whether owned by a school or not, if they had not complied.
- Every learning institution has a historical brand enshrined in their school colours and featured in their uniform, logo, buildings, and souvenirs among other items.
- The brand distinguishes each school. The school community including students, teaching and non-teaching staff, and parents are accustomed and proud of their school colour.
- This colour which would also feature on the school vehicles carried the culture and is an image of pride for the school fraternity. It is thus why most schools changed to yellow begrudgingly.

There have been a number of policy related changes in the Education sector in the recent past.

Many of these changes are shrouded in confusion and misinformation and cause apprehension in the general public, majority of whom read sinister motives in them.

This attitude stems from the hurried manner in which the policies are introduced and implemented, in total disregard of citizen education.

It all started with a directive to have all school vehicles painted yellow.

Information provided on the shade of yellow to be used was vague. Stakeholders' views were not sought and the notice was very short. Some schools had just repainted their vehicles at a cost and were required to spend more money to change their colour of choice to yellow.

Private vehicles transporting students were not spared either and evidently they had not been well guided initially as they took so long and also required the strong arm of the law to comply.

The Education Cabinet Secretary then, Dr Fred Matiangi, ruthlessly enforced the yellow colour policy.

The confusion in hue notwithstanding, the National Police Service flagged down and detained any vehicle carrying students in uniform, whether owned by a school or not, if they had not complied.

Every learning institution has a historical brand enshrined in their school colours and featured in their uniform, logo, buildings, and souvenirs among other items.

The brand distinguishes each school.

The school community including students, teaching and non-teaching staff, and parents are accustomed and proud of their school colour.

This colour which would also feature on the school vehicles carried the culture and is an image of pride for the school fraternity. It is thus why most schools changed to yellow begrudgingly.

Before recovering from the cost of changing the paint of school vehicles came the directive on the safety facilities required in schools to mitigate infections of Covid 19.

Despite the Ministry of Education playing a circus about the school re-opening dates, the managers and administrators of learning institutions were required to install running water hand-washing points, provide soap and sanitizers and ensure learners wear masks.

Although Covid 19 had affected community livelihoods and schools had made lots of losses, schools had to follow the directive within short notice.

The Competency-Based Curriculum (CBC) roll-out and implementation again came and blew the dust that was settling down after resuming a normal life away from Covid 19.

During his reign and especially his last days in power, the retired President Uhuru Kenyatta reiterated that CBC was on course despite many teething problems.

He ignored every voice and removed from office anyone deemed a stumbling block. His erstwhile cabinet secretary in charge of Education the late Prof George Magoha made it a

personal responsibility by physically monitoring construction of the hyped CBC classrooms.

School Boards of Management as well as administrators views were ignored leading to poor workmanship, wrong location as well as inappropriate sizing, most classrooms being too small.

Some of those facilities have since been converted to toilets or stores because they had limited lighting and ventilation to serve as classroom.

Any educational change should undergo several stages referred to as Curriculum Development Cycle.

Needs assessment and piloting are major stages at which points the general public can be sensitized. Though the drivers of CBC have reiterated that all this was done, it boggles the mind why so many people, including educationists, do not understand what CBC is.

Unfortunately the general public seems to rely heavily on the mass media and their school-going children for information.

During political campaigns last year the government drummed up support for CBC while their competitors discredited it as an unnecessary burden to the parents and children.

True to his word, upon assuming office, the current President Dr. William Ruto put in place a Presidential Working Party on Education Reforms (PWPER) led by Prof Raphael Mwanu.

Its report, presented to the President, has proposed radical changes in the management of the education sector that has raised an outcry.

Within two months into its assignment the working committee produced an interim report which guided the transition of grade 6 pupils to grade 7 and which saw the whole of junior school domiciled in primary school.

Although educational legal experts called for a review of the Education Act to anchor the changes into the constitution, that too has been ignored.

Having wrestled the anxieties of CBC, the government decided that Kenyans should not have a hiatus.

Bum! Another unexpected storm was triggered in the form of a new University funding model.

This has left everyone confused about the future of Tertiary and University education.

So little is known and all the general public understands is that university fees have been unrealistically hiked. This has led to panic among 'freshers' and their parents.

So awkward is the situation that even university dons, who the general public views as a panacea for knowledge, are also in the dark.

The solution in public support lies in community sensitization and mobilization.

Let us have parental education and create awareness to the general public if we want to win confidence from all stakeholders in education sector.

*Dr Wanjohi Githinji is an Educational Consultant and a lecturer at Kenyatta University. wanjohi.g21@gmail.com*

# CS Kindiki Pledges To Address Passport Delays

By: Hamdi M. Buthul  
@themkenyatimes

Interior Cabinet Secretary Kithure Kindiki undertook his third unannounced visit to Nyayo House, emphasising his commitment to streamline passport processing for Kenyan citizens.

During the impromptu tour, the Interior CS engaged with citizens present at the government offices, many of whom were processing their travel documents.

He inquired about the urgency of their passport applications and assured them that substantial improvements were underway to eradicate existing backlogs.

The CS announced that by September 17, the Department would operate without a backlog in passport applications, saying that the implementation of new, efficient strategies would eliminate any existing backlog.

Addressing the persistent issue of

delayed passport applications, he candidly acknowledged the longstanding challenge in the printing process and called for patience, promising significant improvements in the coming days and weeks.

“Give us a few days, maybe weeks. Printing has been a major challenge for a long time,” Kindiki reassured the Nyayo House clients, offering hope for a smoother and more efficient passport application process in the near future.

In a resolute stance against corruption, the CS issued a stern warning, asserting that no individual, regardless of their rank, would be immune from repercussions.

Last week, during a previous unscheduled visit, Kindiki announced a crackdown on boda boda riders accessing the premises, accusing them of facilitating corruption and exploiting those seeking passport services.

“Access to the Immigration Department Headquarters in Nyayo House will be restricted to members of staff and service seekers with the necessary documents, including appointments



Cabinet Secretary Kithure Kindiki conferring with Kenyans at Nyayo House.

for submission and biometric capture,” Kindiki declared, underscoring the necessity for a controlled and secure environment.

Kindiki’s proactive approach to tack-

ling the challenges faced by Nyayo House demonstrates a renewed commitment to providing efficient and corruption-free government services to the citizens of Kenya. With

the promise of expedited passport processing, many are hopeful for a smoother and more streamlined experience in the near future.

# Call To Scrap Minimum Requirements For Kenya Law Students

By: Eric Wanjala  
@themkenyatimes

Appearing Infront of the Budget and appropriations committee led by Kiharu MP Ndindi Nyoro, Embakasi East Member of Parliament Babu Owino has requested the appropriations committee to scrap the minimum requirements of doing law at the Kenya school of law under the legal education implications amendment bill 2023.

Speaking during the presentation at the committee Babu is saying that over 5000 students have been locked out from partaking and practicing law a move that if they are allowed will have jobs creations and help on the addressing of mental health of many Kenyan youths who have been depressed following reasons that hinder them from being lawyers.

“ There are two Acts which contradicts the legal education Act of is which is superior , therefore if we decentralize the Advocates training programme then we have created jobs to Kenyans and also make the

country able to create income that will greatly impact into our economy. “ Babu.

The Committee has passed the amendments terming the move as bold and would have great impacts to Kenyans who in one way may have been locked down following the various regulations and laws that are in place.

Other drafts that were in front of the budget allocation committee include The National Health Insurance fund by Faith Gitau, The Horticultural crops bill by Sabina Chege .

All the amendments on the bill have positive financial implications to the national budget where most of them seek to create job opportunities for Kenyans in One way or the other.

“Our National council of people living with disability is greatly underfunded and hence were calling upon government through this amendment on National Health insurance fund we increase allocation so that the people living with disability may get money for buying Assistive devices like wheelchairs, hearing gadgets” Faith Gitau.



Embakasi East Member of Parliament Babu Owino (R).

## I Miss Mom



By: Almatova Mashhura

Spring. The sun was hiding behind clouds and clouds were making it vanish. It was the spring rain that was raining. In the cemetery near the grave there was a man with wide shoulders and strange face. His eyes were filled up with grief as dipping in some thoughts. He handled red roses. On the grave, it was covered with green grass as decorated.

- Good afternoon, mom. Look mother! Your son is here. Yeah, that fool guy. Mom you know that we both love the rain. Because each and every time it rained we two could remember our first meeting. That's 23 years now what rain makes me amazed. You also left me. Every time it rains I can't stop walking around the alley again and again. I wish I got back you with this rain, mom. Mother, you know that I am fed up with living due to the fact that you're not with me. It feels tired of people's fakeness. I always feel alone. No one could ever listen to me, cared about my feelings as you.

Mommy, when I was young, I dreamt about being an adult soon. But now I wish to be a child as before. I miss all about your kindness, lovely caressing. I cite without doubt now that you were my only gift that God gave.

Mom you were the deepest ocean that was full with kindness. However, that ocean with pain. You tried to live without any implying about all obstacles and problems you faced during your whole life. My dear mother, do you know about the rain what mentions about now? Of course that day, it realizes that day now. Mom, can you feel that lovely rain on your face also?!

At that exact day it was also spring. In church there was the sound of the call to prayers (Azan). It was the evening with darkness. There was the smell of rain everywhere. Then, only you can feel the lovely silent tone of dropping rain from roofs. Patients also were stunned with that magical sound with different thoughts probably about their lives. Perhaps that rain was joy for oneself but sadness and dream for others. That rain was also something that can apart people and made together. You could find out city church opposite to

the hospital. One woman finished her job and started a way home. That way also crossed the church. While walking from the church gate she guessed the mixed sound of the rain and baby. Woman surprised and stepped through the tone of the baby cry. As she looked the ground, she saw a crying baby in the wet blanket and looked around unconsciously. There was the feeling of joy and in contrast the pain of that condition of the baby. The reason for job was God finally gave her a baby. When she was 20, she married and experienced a 7-year marriage without giving a birth. Finally, her spouse also leave her and married to another women. She carried the baby and the way back home thought about the all. All pain with her life, her step-mother's bad manner and treatment, living without having children and unhappy life. She could also consider about the past of hungry days, walking around the streets without any help. She was at that time 43. With depression she was old; her hair was not dark anymore. She was working in the hospital as a cleaner with the mood of losing the game with her fate for 17 years. From an early morning she was going her work place. She tried to be nice and frank to all. She named her founded baby as Sodikbek. She chose this name due to the symbol of being loyal to his country and relatives. She gave all her kindness and care to the baby. After years the baby grew up. He wanted to move abroad and earn more money. Woman wanted her boy to study at university, but he didn't want. He was sure about his decision and moved abroad. It was another familiar pain for mom living alone as 20 years ago. All was the same as those times. She was tired. She was sick and not healthy anymore. After 2 months thanks to the missing pain she died.

- Mother, my lovely mother, how God made you with that beauty?! My angel! Why you left me!? Sorry your stupid son, please! I couldn't be with you in your last days; I couldn't be with in your last destination. Sorry for all! You always remarked "All for you!" with smile. But you didn't say something like all pain in me because of you. Why, mommy, why!?

Mother is the truth of life. Mothers exist then there is no way for the ruin of families. The world is in stillness with mothers. They look after us, want us to be equal as our other friends. Morally, let's try to say all out love and appreciate all of their care when they are with us!

Almatova Mashhura was born in Jizzakh region Gallaarol district Kangliabad town. Currently, studying at the Department of Law.History faculty of JSPU

## Childhood Betrayal



In childhood's innocence we stood, as friends,  
But shadows darkened where our trust did bend.  
A friend, once close, now distant as the night,  
Betrayed the bond we thought was pure and right.

In whispered secrets, laughter, and in play,  
We dreamed of brighter, endless skies

each day.  
Yet you, dear friend, with treacherous deceit,  
Turned innocence to sorrow, bittersweet.

Now time has passed, wounds slowly start to heal,  
But trust remains a fragile, tender seal.  
In adulthood's embrace, I've learned to see,  
Not all are false; some friendships may yet be.

Though scars remain from days of youth's despair,  
I'll seek the friends whose loyalty is rare.  
For in the darkness, lessons hard-won shine,  
And through it all, true bonds, like stars, still twine.

KABIRU MURAYA  
kabirumuraya254@gmail.com

## The Path Of The Surkhan Left Behind..

Now my paths are strange,  
Strange rivers and lakes are mine.  
But I can't get it out of my heart  
The path of the left behind..

started me towards the destination,  
Is the address against me?  
Away from my country,  
Finished in my destiny, why?

We walk, our way is long,  
The bald train is also in a hurry,  
ignore my feelings  
Above the desert of Bukhara!

My mother's longing eyes,  
I was upset for a while,  
A train running against me  
He rushes towards the defect!



Adiba Pardabayeva

Nucus is a student of the State Pedagogical Institute!

Author:

# DO YOU WANT TO GET PUBLISHED?

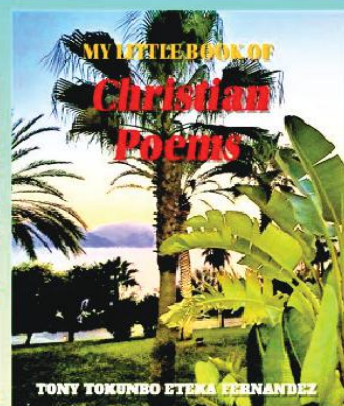
## ARE YOU A WRITER OR CORPORATE?

Let Professional Editors and Authors turn your story into a Dream Book.

THRILLERS - FICTION - FACTION - BIOGRAPHIES - TRAVELOGUES - HUMOUR- COFFEE TABLE - BROCHURES

London-based contract Publishers for independent and self-publish authors.

We offer one-stop top notch Editing, Expert Design, Proof Reading, Book Covers, Artwork, Digital, Litho Printing, E-Books, Corporate Brochures and UK ISBN number. Reasonable costs. We print and deliver books. Authors retain 100% sales profits.



The Crownbird Publishers logo and imprint owned by Adlink International (1989) Media Group London

Copies of some books available for sale: hard copy/digital. Contact us: media@adlinkinternational.com Email Subject: Crownbird Books



ADLINK INTERNATIONAL (1989) MEDIA GROUP  
Books Division  
16 Upper Woburn Place, London WC1H 0AF (UK)  
Tel: 44 330 606 1438  
Email: media@adlinkinternational.com  
www.adlinkinternational.com

# BUSINESS

## Hundreds Of Youth From Under-Served Communities In Kenya Set To Benefit From The LIFE Legacy Program

By: John Kariuki  
@themtkenyatimes



A group of youth from Tana River County at a computer laboratory at Amani Centre CBO during the launch of the program.

### Worth Noting:

- LIFE is an acronym that stands for LIFE Skills, ICTs, Financial Readiness and Entrepreneurship. The program targets young individuals from less privileged backgrounds in under-served communities who do not have the financial capacity to acquire relevant education and skills that can enable them to compete economically in the digital age.

- The Program started in 2007 in a small cybercafé named Stadnet, nestled in the heart of Ajegunle in Lagos, Nigeria, with the aim of equipping young people with relevant digital skills and connecting them to opportunities in the digital economy. To date, the organisation has impacted the lives of more than 6,700 young individuals between the ages of 14 and 24 years.

Hundreds of youth drawn from under-served communities in Kenya are set to benefit from the LIFE Legacy Program, an initiative spearheaded by Paradigm Initiative, a pan-African non-governmental organisation.

This follows the launch of the program in Tana River and Nairobi counties. In Tana River, the program is being run by Amani Centre Community-Based Organisation (CBO), while in Nairobi, it is being implemented by Gonline Africa. Both organisations are PIN partners. The LIFE Legacy Program entails partnerships with community-based organisations and initiatives to replicate it in as many communities as possible across the continent.

The approach provides a sustainable, low-cost model that allows cost-sharing with like-minded organisations working towards closing the digital gap that exists among young people. Focusing on digitally excluded individuals who lack skills, confidence

and opportunities, the 10-week program prioritises those with limited or no access to equipment and connectivity.

LIFE is an acronym that stands for LIFE Skills, ICTs, Financial Readiness and Entrepreneurship. The program targets young individuals from less privileged backgrounds in under-served communities who do not have the financial capacity to acquire relevant education and skills that can enable them to compete economically in the digital age.

The Program started in 2007 in a small cybercafé named Stadnet, nestled in the heart of Ajegunle in Lagos, Nigeria, with the aim of equipping young people with relevant digital skills and connecting them to opportunities in the digital economy. To date, the organisation has impacted the lives of more than 6,700 young individuals between the ages of 14 and 24 years.

Speaking during the launch of the

Initiative at the Amani Centre CBO in Tana River, the organisation's Senior Manager, Grants and Programs Strategy, Mr. Adeboye Adegoke, said: "The vision we have is that young people, no matter where they are born, should not be disadvantaged in the digital economy."

On his part, Mr. John Kipsiwa, the Deputy County Commissioner, said the government was keen on supporting the youth and spurring the digital economy by establishing digital hubs.

Mr. John Green, the Co-Founder of Amani Centre CBO, said the program was timely as Tana River is one of the counties that has lagged behind in digital proficiency, and there exists a huge gap that requires to be closed.

Madam Wachu Telita, Assistant Director of Education, Tana Delta, noted that digital literacy is important as it increases awareness of privacy online, cybercrimes and fake news. "The beneficiaries of this program will be able to also contribute to the

economic growth of the society," she added.

During the launch of the program in Nairobi, Ms. Miriam Beatrice, the organisation's Program Officer, in East Africa, urged the youth to make the best out of the opportunity, adding that it was a building block to their career trajectory.

Mr. Alphonse Odhiambo, Gonline Africa Founder, said time was ripe for the initiative, more so in informal settlements as there are numerous young individuals who require skills provided under the LIFE Legacy Program.



**Maisha**  
AT THE  
NAIROBI SERENA  
HOTEL

**EVERY  
MONDAY TO  
THURSDAY**  
7am to 4pm

HAPPY  
*Girlfriend Day*

Celebrate her with a delightful spa day with us, she deserves it!

**AROMA ZEN**

Indulge your senses with an aromatherapy massage, using the therapeutic properties of essential oils to soothe your mind, body, and soul.

60mins, Kshs. 5,500 per person

**JAVA BLISS**

Begin your journey to ultimate relaxation with a revitalizing coffee scrub and a relaxing massage, designed to exfoliate and invigorate your skin.

90mins, Kshs. 9,500 per person

Terms and conditions apply

\*Gift Vouchers available @ Maisha Reception

Contact: 0732 124 477 | [maisha.nairobi@serenahotels.com](mailto:maisha.nairobi@serenahotels.com)



**NAIROBI SERENA**  
HOTEL

# Nairobi Marks International Day Of Clean Air For Blue Skies

By: Samson Nkooma  
@themkenyatimes



Nairobi City County governor Johnson Sakaja.

## Worth Noting:

- Most importantly, Sakaja noted the World Health Organisation (WHO) report, which showed that 99 per cent of the world's population breathes air that does not meet minimum standards.
- "It is a silent tragedy. We know that our cities definitely bear the brunt of that burden, particularly here in Africa," he remarked.
- He said that in many other parts of the world, there are strict rules on emissions in cities due to the use of vehicles, but Nairobi does not have such rules.
- However, he revealed that several times, Kenya uses economic circumstances as an excuse to regulate emissions of pollution, and to improve on this, his administration is constantly monitoring Nairobi's air quality.

Nairobi County marked the International Day of Clean Air for Blue Skies, aimed at combating air pollution and promoting a healthier environment.

While addressing climate change stakeholders, Nairobi Governor Johnson Sakaja noted that in the past few years, there has been a sharp rise in pollutants and a decline in air quality, resulting in a high mortality rate, especially among children.

"Every single child who misses a day of school, who has a chronic dry cough, or who has had to go to the hospital because he or she has breathed in diesel smoke should matter deeply to us as it does to our families," Sakaja said.

Further, he emphasised that they must get tough about pollution because it is real, does not discriminate, and does not know class.

Most importantly, Sakaja noted the World Health Organisation (WHO)

report, which showed that 99 per cent of the world's population breathes air that does not meet minimum standards.

"It is a silent tragedy. We know that our cities definitely bear the brunt of that burden, particularly here in Africa," he remarked.

He said that in many other parts of the world, there are strict rules on emissions in cities due to the use of vehicles, but Nairobi does not have such rules.

However, he revealed that several times, Kenya uses economic circumstances as an excuse to regulate emissions of pollution, and to improve on this, his administration is constantly monitoring Nairobi's air quality.

While recognising continued support and partnerships by other climate change activists, including the Clean Air Fund, USAID, the World Resource Institute, and the Kenya Association of Manufacturers, Sakaja

called upon them to roll out a system of countywide air quality monitors.

"We need direct, high-quality information to enforce the pollution rules," said the governor.

He promised that his administration would act on the information collected to ensure a pollution-friendly regulatory framework as well as have a new pollution bill that would be sent to the County Assembly for approval to fund the idea.

Equally, in a commitment to increase air quality monitoring infrastructure, the county government seeks to add 17 more local centres and a reference station as a step towards improving and mainstreaming air quality and climate change actions.

Praising Nairobi as the world's environmental capital and Africa's capital that has to set an example to the rest, Sakaja vowed, "We must lead from the front as Nairobi. We must be the first zero-carbon city by 2050. That is

a commitment we have made, and we don't just say it; we have to make the milestones towards being the first-led zero city".

In an effort to reduce emissions, the governor said the county government would support e-mobility services such as charging infrastructure while incentivizing those who would engage in electric bicycle, motorcycle, and bus operations.

In plans to decongest the city, Sakaja said his administration was working on establishing a five-burrow system to decentralise services offered at the county offices while at the same time digitalizing county revenue streams in all respects.

"And every service that you require here at City Hall will be found within the five burrow headquarters," he said.

# Implementing Ayurveda Aahara In Different Cuisines

By: Dr. Saurabh Madhavrao Jadhav  
@themtkenyatimes

## Introduction

Cuisine is the art and style of cooking that embodies the culinary traditions and flavors of a specific region or culture. It encompasses a diverse range of dishes, ingredients, and cooking techniques that have been honed and cherished over time. Each cuisine reflects the unique identity and history of its people, and it serves as a portal to experience the tastes and stories of different places. From the aromatic spices of Indian cuisine to the delicate flavors of Japanese sushi, and the comforting richness of Italian pasta, every cuisine offers a delightful journey on the palate, celebrating the essence of food as an integral part of cultural heritage.

Ayurveda, an ancient system of medicine originating in India, places great emphasis on the importance of nutrition for overall health and well-being. According to Ayurvedic principles, a balanced diet plays a vital role in maintaining physical, mental, and spiritual harmony. The term "Aahara" refers to food and diet, and following Ayurvedic dietary guidelines can lead to a balanced and nourishing culinary experience. In this article, we will explore how to implement Ayurveda Aahara principles in various cuisines, combining traditional wisdom with contemporary knowledge.

## Understanding Ayurveda Aahara:

Ayurveda categorizes food into six tastes: sweet, sour, salty, bitter, pungent, and astringent. Each taste has specific effects on the body and mind. A balanced meal should ideally include all six tastes in proper proportions to support optimal digestion and assimilation of nutrients.

## The Role of Tridoshas:

Ayurveda classifies individuals based on their unique constitution or "Prakriti," which is determined by the three Doshas: Vata, Pitta, and Kapha. Harmonizing the diet with an individual's dominant dosha is central to Ayurvedic nutrition. For example:

1. Vata Dominant: Incorporate warm, moist, and grounding foods to balance Vata.
2. Pitta Dominant: Opt for cooling and calming foods to pacify Pitta.
3. Kapha Dominant: Emphasize light, warm, and stimulating foods to balance Kapha.

## Some different cuisines from around the world:

1. Italian Cuisine: Italian food is known for its simplicity and use of fresh ingredients. It includes dishes



Ayurveda Aahara.

like pasta, pizza, risotto, bruschetta, and various types of sauces like marinara and pesto.

2. Indian Cuisine: Indian food is rich in spices and flavors. It offers a diverse range of dishes from various regions, including curries, biryanis, dosas, samosas, tandoori, and a wide assortment of vegetarian and non-vegetarian options.

3. Chinese Cuisine: Chinese cuisine is characterized by its diverse cooking techniques and flavors. It includes dishes like stir-fries, dim sum, Peking duck, noodle dishes, and a variety of sauces like soy sauce and oyster sauce.

4. Japanese Cuisine: Japanese food emphasizes fresh, seasonal ingredients and artful presentation. It includes sushi, sashimi, tempura, ramen, teriyaki, and traditional dishes like miso soup and sukiyaki.

5. Mexican Cuisine: Mexican food is known for its bold and spicy flavors. It includes dishes like tacos, burritos, enchiladas, guacamole, salsa, and various types of chili peppers.

6. French Cuisine: French cuisine is considered one of the finest in the world. It includes dishes like coq au vin, beef bourguignon, escargot, croissants, baguettes, and a wide range of cheeses and wines.

7. Greek Cuisine: Greek food emphasizes the use of olive oil, herbs, and fresh ingredients. It includes dishes like moussaka, souvlaki, Greek salads, baklava, and various types of grilled meats and seafood.

8. Korean Cuisine: Korean food is known for its use of fermented ingredients and spicy flavors. It includes dishes like kimchi, bulgogi, bibimbap, Korean BBQ, and a variety of stews and soups.

## Implementing Ayurveda Aahara in Different Cuisines:

- a. Ayurvedic Principles in Mediterranean Cuisine: Use olive oil as the primary cooking fat, known for its health benefits. Include a variety of fresh vegetables and fruits in salads, supporting all six tastes. Incorporate warming spices like cumin, coriander, and ginger to balance Vata and Kapha. Avoid heavy and oily dishes to prevent aggravation of Kapha.

- b. Ayurvedic Principles in Asian Cuisine: Indian Cuisine: Utilize spices like turmeric and fenugreek, which have numerous health benefits. Prepare "dal" (lentils) and legumes, providing a good source of protein and fiber. Balance spices to suit individual doshas. Japanese Cuisine: Emphasize fresh, seasonal, and lightly cooked ingredients for a balanced meal. Include fermented foods like miso and pickles for improved digestion. Moderate the consumption of raw and cold dishes for Vata and Kapha types.

- c. Ayurvedic Principles in Western Cuisine: Prioritize locally sourced and organic produce for optimal nutrition. Combine grains, vegetables, and proteins to create balanced meals. Reduce processed foods, excessive sugars, and unhealthy fats. Infuse dishes with Ayurvedic herbs like ashwagandha, Brahmi, or triphala for added benefits.

When the diet is pure, the mind becomes pure. When the mind is pure, memory becomes steadfast. With a steady memory, all knots of the

heart are loosened, leading to liberation in life. This shloka emphasizes that maintaining a pure and balanced diet leads to a clear and pure mind. A clear mind, in turn, helps enhance memory and leads to the dissolution of all mental and emotional obstacles, ultimately leading to liberation and spiritual freedom. The shloka beautifully illustrates the profound impact that mindful and nourishing eating can have on our overall well-being, not just physically but also mentally and spiritually.

This shloka emphasizes the interconnection of life and the importance of food and water for sustenance. It draws parallels between physical nourishment and spiritual practices like sacrificial offerings and austerity. Ultimately, all beings merge into the eternal essence represented as Brahma, yet the speaker humbly admits the limitations of human understanding, acknowledging the profound mystery that persists despite comprehending fundamental truths.

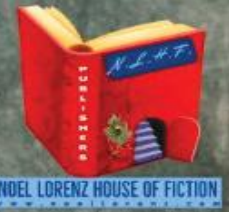
## Conclusion:

Integrating Ayurveda Aahara principles into different cuisines can help us create nutritious and balanced meals while preserving the essence of traditional culinary practices. By understanding our individual constitutions and combining ancient wisdom with modern knowledge, we can promote overall health, vitality, and well-being through the food we eat. Embracing Ayurvedic principles in our daily diets can lead to a harmonious and sustainable way of nourishing our bodies and minds.

## Worth Noting:

- Ayurvedic Principles in Mediterranean Cuisine: Use olive oil as the primary cooking fat, known for its health benefits. Include a variety of fresh vegetables and fruits in salads, supporting all six tastes.
- Ayurvedic Principles in Asian Cuisine: Indian Cuisine: Utilize spices like turmeric and fenugreek, which have numerous health benefits. Prepare "dal" (lentils) and legumes, providing a good source of protein and fiber. Balance spices to suit individual doshas.
- Ayurvedic Principles in Western Cuisine: Prioritize locally sourced and organic produce for optimal nutrition. Combine grains, vegetables, and proteins to create balanced meals. Reduce processed foods, excessive sugars, and unhealthy fats. Infuse dishes with Ayurvedic herbs like ashwagandha, Brahmi, or triphala for added benefits.

# NOEL LORENZ HOUSE OF FICTION PUBLISHERS



THANK YOU  
😊

FOR  
WALKING  
WITH US  
TO 1500  
DAYS ON



## CONTRIBUTING TO WORLD LITERATURE

### COMPANY CULTURE

best service, quick delivery,  
publishing dreams

### COMPANY VISION

to be the lead provider,  
sustainable and technology  
driven author services

### COMPANY MISSION

to work closely with the  
writers to deliver what they  
need for their books

**Completed 4 years of service on 26th of August 2023.**



### HOW WE WORK

We believe that writers need a good editing and proofreading and NLHF gives you one of the best you can get to start your career with. Noel Lorenz House of Fiction is not just a name – it's TRUST that allows writers to focus on writing and only writing. Rest is handled by the team.



**EFFECTIVE COST**



**BEST OUTCOMES**



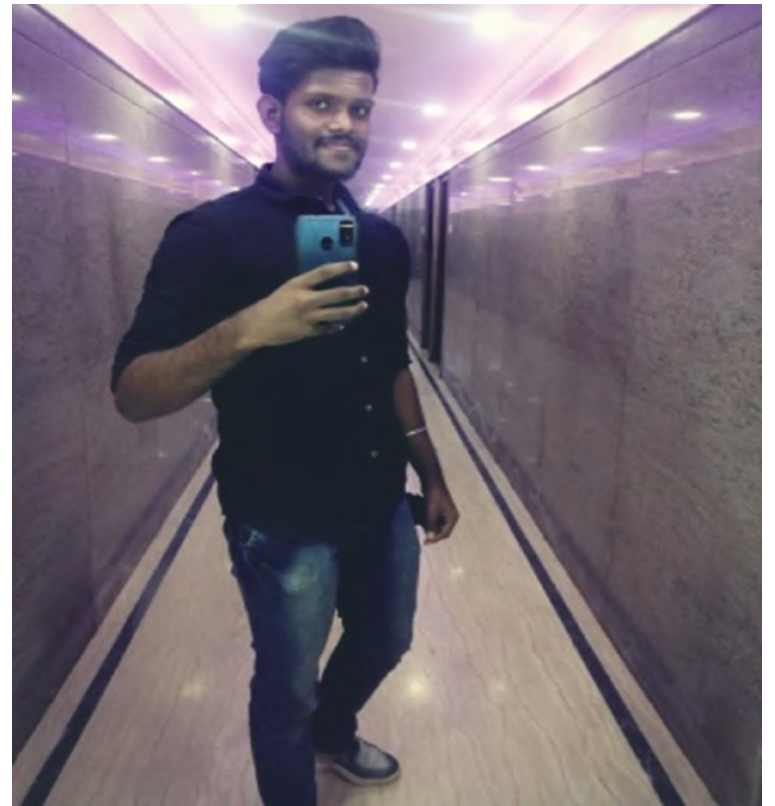
**+91-9830006412**  
**CITY OF JOY - KOLKATA, INDIA**

**WWW.NOELLORENZ.COM**  
**NOELLORENZBOOKS@GMAIL.COM**

# P. Vidyasagar The Indian Wordsmith



By: Abigirl Phiri  
@themtkenyatimes



P. Vidyasagar .

## Worth Noting:

I'm P. Vidyasagar, pursuing BCOM in Madras Christian College, Chennai, India. I normally have a habit of reading facts and astronomy related books since my childhood. As both are my favorites, I later started questioning the facts about their origin, how it occurs, what are the circumstances in which it applies and how realistic it is.

Recently I have won 2nd prize in blue star Publication for inking my words on the theme journey of life. My other theories including theory of life with nature, education and phantom living has been published and won the highest ranks.

Much relevance in poetry is given to one's diction. This P. Vidyasagar has in spades given he is one of Indian's finest wordsmiths. His poems can be differentiated from the sea of poets due to their rich and wide vocabulary that he is proud to have acquired over the years. Below are his words in greater detail.

### Please tell us your name and how your journey started in poetry?

I'm P. Vidyasagar, pursuing BCOM in Madras Christian College, Chennai, India. I normally have a habit of reading facts and astronomy related books since my childhood. As both are my favorites, I later started questioning the facts about their origin, how it occurs, what are the circumstances in which it applies and how realistic it is. Then my love towards astronomy went beyond the boundaries of skies. I have written my first theory of understanding the universe in 2021 and published it in the story mirror, a renowned publication of stories and poetries. With the blessings of God and my Parents my first ever writing has won an editor's choice award and ranked 12 among 500+ writers at that time. It was a spark that triggered my thought process of yearning towards learning and writing anthologies.

### Have you won any major accolades for yourself in poetry? Are you a published poet?

Recently I have won 2nd prize in blue star Publication for inking my words on the theme journey of life. My other theories including theory of life with

nature, education and phantom living has been published and won the highest ranks. I have also been awarded as a literary lieutenant by the Story mirror and best writer for the year 2022-2023. At present 45+ of my writings are being spread globally. All my poems and theories have been ranked in the top 10 by renowned publications rendering me the credits and ISBN.

### Who is your inspiration?

My forever inspiration is my mother, who is also my friend. She always stands behind me as a reason for my success. I learn a lot from my mom as her intelligence in vocabulary, grammar, linguistic and extraordinary talents have amazed me not by looking at her nature but also proudly following the way she goes.

### Where do you see yourself in the near future?

I definitely see myself in a great position probably in the next few years by writing and sharing my thought process throughout the globe as much as possible. I will be in a position to uplift the people who are economically weak and help them with basic needs including food, clothing and education. I see myself helping and tutoring people who have a whim towards learning new things and gaining knowledge on the subject of life at free of cost.

### What problems have you faced as a poet?

A very few problems I have faced in

the beginning like I felt frightened of what could be the situation if I couldn't finish writing work within the time span given to me as I have to manage my education, personal life as well as poems. But then I adapted to the changing situations gradually I got used to it and never procrastinated on any of my work ever. Secondly, I love to use many vocabularies irrespective of its difficulty level but later realised using much harder vocabularies is not the right way to show off my verbal skills as many children will be reading my writings. So I made it easier for them to understand by articulating sentences using some vocabularies that are easier to get the crux of the poem. Later felt, vocabularies also help people to learn new words everyday and use such words in their day to day communication. So I limited myself using sarcasm in my poems to a minimum level for such poems which are published specially for children to help them understand and get the meaning directly.

### Share with us one of your best poetry pieces

#### \*To my imaginary world\*

In the direction of life's delicacy,  
Routing to imaginary efficacy,  
The world is like a hasten skate,  
And nobody will accompany your state,  
Render the thoughts to your imagination,  
You might feel the cosmic animation,  
It's only the ultimate creation,  
Where you'll never find a destination,  
Find a way to impeccable dimension,  
Look into the callous destruction,

My world is an imaginary trait,  
Where, I never built the path straight,  
I dreamt of being an astronaut,  
To imprint my palms in the unswayed flat.

The theories have started moving blur,  
Since, the waves of space exhibit the spur,

I'm not the one to draw out my imaginary world,

I'm the one to gear up my journey in the cold.

### Kindly share your social media handles

Instagram: Vidyasagar1222

### Any word of advice to others who would want to venture into poetry

One of my favorite quotes is "we need not be great to start something, we start something to become great"

There is always an opportunity to showcase our talents. Writing is just an expressive communication of our hidden thoughts with some verbal ability. I would rather say I'm a writer less than a thinker. Writing helps us to unearth our hidden thoughts and helps it to grow faster. It doesn't matter if you publish it or not, but if you write you will learn, if you learn you will love it, if you love the work.. you will develop a habit, if you make it as a habit..you will achieve. Writing gives you appreciation, it makes people to judge your calibre in life and above all it gives you an unexplainable self satisfaction.

Thanks

Sports >> \*Manchester United's Antony is facing further allegations of assault made by a woman in an interview with a Brazilian TV channel

# SPORTS NEWS

PHOTOS  
SCORES  
OPINIONS  
STATISTICS  
SCHEDULES  
BREAKING NEWS



## Tea Got Hotter: Further Assault Claims Made Against Manchester United's Antony In Brazilian Media



Antony

Manchester United's Antony is facing further allegations of assault made by a woman in an interview with a Brazilian TV channel.

A police investigation has already been opened following allegations of domestic abuse against his former girlfriend.

Brazilian news outlet UOL published allegations made by Antony's ex-partner on Monday.

Sao Paulo Police are also looking into the claims, which Antony has denied.

Now Ingrid Lana, a 33-year-old

banker, has claimed in a short clip released by Brazil's Record TV that she hit her head when "pushed against a wall" by Antony at his house in Manchester in October 2022. The full interview with Lana is due to be released in Brazil this weekend.

Manchester United said they were taking Monday's allegations "seriously", while Brazil dropped him from their squad after "facts became public" that "need to be investigated". The Red Devils have not commented on the latest claims or clarified

whether Antony will be selected for their next fixture against Brighton on Saturday 16 September.

Antony was also accused of attacking his former girlfriend Gabriela Cavallin "with a headbutt" in a Manchester hotel room on 15 January, leaving her with a cut head which needed treatment from a doctor.

She alleges she was also punched in the chest, causing damage to a silicone breast implant, which required corrective surgery.

Antony previously said on social media about Cavallin's claims: "I can calmly state that the accusations are false and that the evidence already produced and the other evidence that will be produced demonstrate that I am innocent of the accusations made."

The former Ajax winger released a statement in June claiming he had been falsely accused by Cavallin, his former girlfriend, of domestic violence.

-By BBC Sports

GET THE BEST OF WORLD

**Sports >>** \*The Commonwealth Games Federation is "open" to the 2026 Games being pushed back by a year to allow time for a new Australian host to come forward.

# Commonwealth Games 2026: Games Could Be Postponed By A Year To Help Find New Host



Fireworks erupt over Alexander Stadium during the closing ceremony for the Commonwealth Games.

The Commonwealth Games Federation is "open" to the 2026 Games being pushed back by a year to allow time for a new Australian host to come forward.

The state of Victoria withdrew as hosts in July and no other state government has since submitted a bid.

Commonwealth Games Australia CEO Craig Phillips said: "The CGF have indicated that they are open to the Games moving to give any potential host more time.

"It's something we're looking at in terms of any state that we do

talk to."

In August, the Victorian government settled its withdrawal dispute with the CGF and agreed to pay £190m. It had cited cost concerns when pulling out of hosting.

A CGF spokesperson said the "main focus" was on finding a new host following the settlement. Phillips will meet with the CGF in November and hopes to have a solution in place by then.

"It may be a scaled-back version of the Games given the time we have," he added.

"But if you look around the capi-

tal cities around Australia, they all have the capability of hosting."

On Thursday, a former adviser to Birmingham City Council said the hosting of the 2022 Commonwealth Games was a mistake given its legacy of financial problems.

Max Caller said last summer's event had been a "challenge too far" for the council that has declared itself bankrupt.

Last month, Canadian province Alberta pulled its bid to host the 2030 Games due to rising costs.

Will there be another Common-

wealth Games after Alberta and Victoria withdrawals?

Alberta's withdrawal means there are currently no other firm bids to host the 2030 Games.

The 2026 Games are due to take place from 17-29 March.

-By BBC Sports

# SPORTS NEWS



PHOTOS  
SCORES  
OPINIONS  
STATISTICS  
SCHEDULES  
BREAKING NEWS



# SPORTS AS THEY HAPPEN



## Shinning Stars Africa 2023 Awards Winner



**Paula.O.M Otukile**  
*paula200500293@gmail.com*  
 Senior Editor Botswana & S. Africa



*Alex Nyenga, aka Jackie Russ.*

**Worth Noting:**

- I looked forward to very beautiful moments, the glamour and connecting with other creatives from around Africa. So far, I was impressed with the level of work done by the organizers.

- I was nominated in the Star Video Director of the year category. And was positive that I will come up on top and I did win.

- My advice is simple: believe in yourself, stay consistent and never stop learning. Connect with as many creatives as you can and build a network that can help you reach your goals.

- I currently have over 100 thousand followers across Facebook and IG. To get more followers, one needs to be consistent with posting to feed and stories, reply to comments and DM's and post things that resonate with other people.

1. Who are you?

My name is Alex Nyenga, aka Jackie Russ. I'm a Liberian artist, producer and multiple awards winning music video director. Based in Monrovia, Liberia.

2. Where are you from?

I was born and raised in Logan Town, Bushrod Island, a suburb of Monrovia.

3. How did you hear about these awards?

I heard about the shining stars Africa Awards via social media. Facebook to be precise.

4. How did you feel about the nomination?

I feel really great and excited, considering the fact that it's every creative dream to get recognized for the work they do. To me, it means a lot especially where I'm from.

5. Did you attending the Grande finale?

Of course.

6. Who did you go with?

Absolutely no one.

7. What do you anticipate?

I looked forward to very beautiful moments, the glamour and connecting with other creatives from around Africa. So far, I was impressed with the level of work done by the organizers.

8. Which category did you represent?

I was nominated in the Star Video Director of the year category. And was positive that I will come up on top and I did win.

9. What do you got to tell the upcoming artists or those aspiring to do

what you do?

My advice is simple: believe in yourself, stay consistent and never stop learning. Connect with as many creatives as you can and build a network that can help you reach your goals.

10. Do you have many followers, what can others do to grow and get more followers?

I currently have over 100 thousand followers across Facebook and IG. To get more followers, one needs to be consistent with posting to feed and stories, reply to comments and DM's and post things that resonate with other people.

11. What are your future aspirations?

I aspire to be the very best version of myself and the ultimate goal is to be recognized worldwide, pushing Liberian arts and culture to the world. I also aspire to be a media

guru within the arts and entertainment space.

12. What shall you do if you win, to help grow the Shinning star awards brand?

After I come up a victor, I will collaborate with the organizers of the Shining Stars Africa awards to push their agenda and values the best way I can, especially in the region I'm from.

13. Your last words?

Once again, I want to say a big thanks and appreciation to the organizers of the Shining Stars Africa Awards for the recognition. This means a lot to me and I'm truly grateful. I also want to use this medium to encourage creatives to put in more time to their craft, because you never know who is watching. Stay focused, stay consistent and stay obsessed.