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Health & Tech

Prof. Bulimo further said that in 2019, 63 million persons aged 20-79 had diabetes globally:



EAC Partner States called upon to harness digital technologies to manage diseases:

Prof. Bulimo said that the adoption of digital technologies was changing disease patterns with a shift in the disease burden globally

East African Community (EAC) Partner States have been called upon to adopt digital technologies including telemedicine, health apps, wearable devices and artificial intelligence to improve healthcare delivery and disease management.

Prof. Wallace Bulimo, the Deputy Director - Data and Statistics at the Kenya Medical Research Institute (KEMRI), said that digital technologies offer innovative solutions to improve healthcare access, especially in remote or under-served areas.

Prof. Bulimo said that the adoption of digital technologies was changing disease patterns with a shift in the disease burden globally.

“Over the years, there has been a shift from communicable diseases to non-com-



Prof. Wallace Bulimo, the Deputy Director - Data and Statistics at the Kenya Medical Research Institute (KEMRI)

municable diseases (NCDs) as leading causes of death. We have seen the emergence of novel infectious diseases, like COVID-19, highlights the ongoing threat from infectious agents,” said Prof. Bulimo.

“Statistics from the World Health Organization (WHO) indicate that cardiovascular diseases (CVDs) caused 17.9 million deaths in 2019, that is, 32pc of all deaths worldwide. CVD mortality has also increased. Ageing populations, sedentary lives, and bad diets have caused this trend. The Global Burden of Disease Study 2019 reports that CVDs cause 19% of global deaths;” said the don.

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Kenya - Romania to strengthen parliamentary diplomatic ties

Kenya and Romania's Parliaments Strong bonds

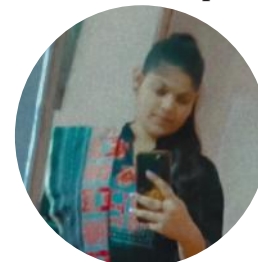
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My inspiration is William Shakespeare Asia



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Prof. Labode Popoola appointed Chief Executive



Mudavadi: To build strong relationships with other countries, we have to attract investments

Prime Cabinet Secretary Musalia Mudavadi says the government will work towards promoting good relations within Kenya's neighborhood, in Africa and beyond to make Kenya a jewel in the international arena. Mudavadi says it is time for Kenya to reclaim its international glory by

promoting good governance for other countries to recognize that Kenya is the proper and peaceful place to invest. He says this will open opportunities for job creation and economic growth as a result of promoting good foreign and diaspora relations.

“I want all Kenyans to support President William Ruto's key foreign policy agenda that will make Kenya stand out and be respected not just with our East African Region but across Africa and beyond.” he said. “We want to make sure that we promote good relations by making Ken-

ya strong to be recognized globally as a hub for economic growth and global investment.” he added. Mudavadi said he is fully aware of

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Tourism Impacts A Dilemma To Be Reckoned With



By: Memory Phiri
@themtkenyatimes

Worth Noting:

- Good examples would be recycling used plastics and bottles, constructing water treatment plants and green labelling the tourism package. Although we are torn between the two, we are also not at liberty to part with thee foreign currency, the boat cruises and the Lake Harvest Marathon which benefits the whole town itself not forgetting the country at large.
- Literally, the thought grows on the fact that we are killing our water safari lifeline if we fail to put Kariba upfront as a destination for it is a certified cash cow. Statistically, tourism is one of the world's largest and fastest growing industries.



Tourism in Zimbabwe

There are two sides to every question and it's better to weigh them so as to pass judgement. Tourism impacts be it positive or negative requires constructive criticism because a blame game will only worsen the issue. It's true that boat oils and kapenta rigs affect aqua life thereby causing water and noise pollution in their wake. Furthermore, strewing litter all over the shore poses a threat to human health driving all and sundry to fear for dear life. Ironically, tables are bound to turn here and there but it's sad to say that this time around our tourism cage has been rattled to staggering heights when looking at Kariba. In-

deed, bad news travel fast. Treasured readers let's reach out and put our heads together so as to solve the deplorable quandary which is obstructing the ambience of this destination. Likewise, our tour operators are feeling the full brunt of this dilemma which is heavily weighing on their businesses thereby wreaking havoc. Accordingly, it would be wise to join our hands together and stop pointing fingers at each other. There is no use jumping ship at this point because the problem is not going to go away by itself. In our tourism archives, Kariba is very popular with tourists so we have to do something to save it from the jaws of pollution.

As comeback to the allegations, let's make strides to create awareness on responsible travel for the locals, visitors and the employed staff to boot. Optimistically, let us hold campaigns that centers on the tripartite which steadfastly caters for social justice, economic development and environmental integrity. All the aforementioned protocols should be observed so as to uphold our ecological footprint. Apparently, this pursuit for change will enable tourism and hospitality to enjoy long term solutions that work in support of this attraction. Good examples would be recycling used plastics and bottles, constructing water

treatment plants and green labelling the tourism package. Although we are torn between the two, we are also not at liberty to part with thee foreign currency, the boat cruises and the Lake Harvest Marathon which benefits the whole town itself not forgetting the country at large. Literally, the thought grows on the fact that we are killing our water safari lifeline if we fail to put Kariba upfront as a destination for it is a certified cash cow. Statistically, tourism is one of the world's largest and fastest growing industries. Without tourism we would have not seen through the negative impacts that come with the product. Conse-

quently, two heads are better than one. As of now we are able to talk about pollution and curbing it strategically is on the cards because we identified it's root cause. If we pick a side we will be dragging Kariba's name in the mud for ages to come. Suffice to say, we are going to make the best out of this scenario moreover they say every cloud has a silver lining. Dear tourism players let's not jump to conclusions because we don't want our tourists to have a guilty conscience when they think about the cynosure.

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Zimbabwe

EMBRACING PROGRESS

By: Diaspora Times Team
xxxxxxxxxxxx

Worth Noting:

This Month I would wish us to first understand:
 ✓ What PROGRESS is
 ✓ Barriers To Progress in our Lives
 ✓ Practical approaches to make Progress in our Lives?
 We shall look into these one at a time and for now our main focus will be understanding *What Progress is?



Munsaka Fortune Life Coach | Author | Editor | Publisher

With Coach Fortune Munsaka (Coach Emah Incorporation) Bulawayo, Zimbabwe This month of October we are all things PROGRESS and it is a monstrous subject for many because it comes with its own unlikable char-

acteristics. But my strong belief is by the end of this month, each of us will have developed a friendly relationship with this monstrous subject. Stay tuned! We're going to approach the

concept of PROGRESS step by step and ensure that we don't pre-empt the pot meant for the whole 4 weeks. This Month I would wish us to first understand:
 ✓ What PROGRESS is
 ✓ Barriers To Progress in

our Lives
 ✓ Practical approaches to make Progress in our Lives? We shall look into these one at a time and for now our main focus will be understanding *What Progress is? Let's dive in;
 I've constantly referred to PROGRESS as a monster, I know some might be wondering why. This is because of I have familiarized myself with progress as a process which follows certain systems, and contrary, Human nature has found it scary and not worthy to dance according to its rules.

What then is PROGRESS? Loosely put; PROGRESS is the movement towards a refined and improved desired state. This can happen direct to an individual, to a society, an organization. Someone may also like to see PROGRESS as a means of making advancements in life to get you closer to your desired goals. To sum these two definitions, I have come to conclude that the every positive change you make in your life towards which you desire to be an impact positively in your life is Progress. Progress is a compound of different matters which takes focus, discipline, patience, bravery among others and these if disintegrated, Progress comes to ashes. Because man has little to no will power to master all these matters, he tends to tire along the way, hence finding the processes in-

involved in Progress very cruel. Let us check the common expression below "a journey of thousand miles begin with a single step" I befriended this quote a long time ago before till today, it has kept me going on and on because it keeps ringing like chapel bells at the back of my mind, esp if I seem to be not making progress at all. In my several encounters with Author Jeff Olson in his "Slight Edge" I have come to realize the secret to PROGRESS is not a quick fix kind of a thing but it requires a lot of time. One should be ready to walk through the process, and the process will eventually turn to fruition as you'll begin to notice results. It is sad because with little effort in short times we invest in the road to achieving our goals, we expect earthquake results and many through this expectation we tend to fall along the way. Now that we have briefly introduced the subject of October month. Next time we meet we delve much as we unpack the whole content on PROGRESS: While we take 5 till next Tuesday, here's what we can be asking ourselves in the course of the week. Am I progressing to the right direction for a good cause or I am just a stagnant statue clinging on to wishes while watching others making progress?

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Empowering Education: CASIO Launches NEW 82CW Scientific Calculator in Kenya, Reinforces Commitment with Charitable Donations to Local Schools

CASIO Middle East and Africa FZE (CMEA), the regional subsidiary of CASIO Computer Co., Ltd. and the leading education technology company, has organized CASIO Calculator Partners event in collaboration with their local partner, Sangyug Enterprise Limited, to gather dealers and supporters from all around Kenya. CASIO Calculators Partners Event showcased CASIO's progress in the local market, enhanced engagement with dealers, and was a great opportunity for the introduction of the new ClassWiz series scientific calculator, especially fx-82CW, which is already available in the Kenyan market.

Specifically designed to empower secondary and tertiary students and teachers, the fx-82CW scientific calculator comes loaded with various features and a wide range of essential functions that are effective for education and support student's learning.

Speaking at the launch ceremony, CASIO Middle East and Africa FZE Managing Director, Takashi Seimiya, mentioned the new fx-82CW scientific calculator is packed with



Pratik Shah, Director at Sangyug Enterprise Limited (R), and Takashi Seimiya, Managing Director of CASIO Middle East and Africa FZE (L), with the new CASIO FX-82CW Calculator that was launched to the market at the CASIO Partners Event at Movenpick hotel. The scientific calculator is packed with several features that will simplify mathematics and science for students

several features aimed at simplifying mathematics and science.

"The new 82CW scientific calculator promises a seamless user experience, an enhanced display and

an improved keypad, making it an indispensable tool for learners and teachers alike," said Takashi Seimiya "It also offers an intuitive and approachable design, loaded with

basic but essential functions such as statistics and tables functions to encourage interest in mathematics for students," added Takashi Seimiya.

As part of the launch activities,

Takashi Seimiya highlighted that CASIO leverages technology within the education sector to help further boost learning between students. "We are committed to providing innovative products to students to aid them in their learning journey." Added Takashi Seimiya.

"Education has always been at the heart of CASIO's mission. We are delighted to announce that we have provided the fx-82CW scientific calculators to Nile Road Secondary and Embakasi Girls High School in Nairobi County. We believe these calculators will go a long way in helping the students prepare adequately for the upcoming KCSE exams," said Takashi Seimiya. The launch of the fx-82CW scientific calculator is a testament of CASIO's continued investment in the local market. It is also the latest calculator available in the market after they launched the new ClassWiz series CW calculators in Kenya. The fx-82CW calculator will be available at their local partner, Sangyug Enterprise Limited, dealerships across the country, major stores, supermarkets and bookshops countrywide.

Human health

Human health and healthy lifestyle

By: Diana Jumanazarova

Nowadays, it is very important to pay attention to maintaining human health and a healthy lifestyle. A healthy person can fully adapt to three factors of the external environment - social, spiritual, and natural. A healthy person can fully demonstrate his abilities and capabilities. Protection of human health is one of the tasks of the state. The World Health Organization (WHO) deals with human health on a global scale. World Health Day is celebrated every year on April 7, and World Mental Health Day is on October 10. According to some experts, a person can live 100 years or more. Adhering to a healthy lifestyle plays a very important role in this.

It is important to eat healthy, drink enough water a day, be active, and not drink alcohol.

We should pay attention to our daily diet. Our daily diet should be rich in protein, carbohydrates and vitamins. Everyone's ability to do any work depends on the energy provided by food. People engaged in mental and physical work should eat more energy-rich foods. Staying away from fast food and not drinking various carbonated drinks protects human health.

Drinking 3 liters of water a day keeps the human body strong and

prevents premature aging. Drinking 1 glass of water when you wake up in the morning also cleanses the body. First of all, you should get up early and go to bed early. A walk in the fresh air in the morning gives energy. Morning exercises also keep us fresh throughout the day. Taking care of our skin makes us look younger. Do not wash your face in boiling water, it is very harmful.

Alcohol consumption causes various diseases in the body. It is recommended to undergo a medical examination every 6 months. Follow the rules of hygiene.

Nowadays, environmental influences have a great impact on our health. Walking outdoors after 11 a.m. on summer days, the sun's harmful rays falling on our skin can cause various diseases.

Protecting health is in everyone's hands. If you do not want to face various diseases as you get older, you should definitely follow a healthy lifestyle. You will definitely see the result yourself. Nowadays there are many cases of obesity and in this way you can maintain your weight. If you are a parent, let your child play sports.

Diana Jumanazarova, Future doctor, Khorezm, Uzbekistan



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Uzbekistan

Didactic Of Jan Amon Comensky Educational Ideas In Views

By: Rakhimbayeva Madina
xxxxxxxxxxxx

Abstract: The promotion of educational ideals and the school education system in the didactic views of Jan Amon Comenius

Key words: Jan Amos Comenius, school education, didactics, teaching system, educational idea, pedagogical influence.

In his pedagogical theory, he put forward the concept of the nature of education in his pedagogical theory. According to his work "Great didactics", teaching should obey naturalness; teaching should obey the demands of nature. The process of mental and physical growth of a child is similar to the process of growth in nature. For example, bogbon takes care of trees, taking into account its hanging characteristics. In the same way, the teacher takes into account the characteristics of the child while educating him. As a gardener observes the law of hanging, a teacher obeys the law of education. The learning process is slow, like nature. Comenius, the educator should increase the talent in the child. If the child lives without pedagogic influence, this talent hangs by chance. A person is born with a unique talent. Just like the seeds in an apple, sometimes more and sometimes less.

During Comensky's time, there was an idea that it is not necessary to train everyone, but only those who are capable. When talking about general education, it also takes women into account. Leakage was a huge problem for women during this period, yet she brings it up. Another valuable aspect of Comenius' teaching is that students have an understanding of learning. No matter how dusty the mirror is, a person can still see a little reflection, and a clean mirror shows a clear reflection.

The task of the teacher is to wipe the dust from the mirror, that is, to convey knowledge to the child's mind, to make it intellectual. Comenius shows the purpose of education in his works. The goal of education can be realized through lifelong education:

1. Mental education.
2. Moral education.
3. Religious education.

This goal is realized from the child's birth to the age of 24. During this period, the child should complete the



Rakhimbayeva Madina

first level of school, 6 years in each. Following the principle of naturalness, Comenius divides the child's age into periods:

1. From birth to 6 years - mother school.

During this period, it is very important to develop the child's sensory organs, to familiarize the child with the surrounding world. A mother creates the basics of moral education in a child, correctness, truthfulness, listening, love of work and others. Mother's school focuses on the education of children of kindergarten age.

2. Up to 6-12 years old - folk school or native language school.

In this case, the student has to remember, organize to adjust, write, form elementary school knowledge, and for this he has to organize geometry, geography, and natural sciences.

3. Up to the age of 12-18 - gymnasium.

The task of this educational institution is to develop the child's understanding and thinking ability, and it should be taught classical languages, medical knowledge, ethics, piety.

4. University, academy up to the age of 18-24.

These educational institutions should nurture the student's will and personality. Thus, according to Comenius, the school should teach students to think, to move, to be able to inde-

pendently solve problems in practice, to adjust, to express their opinion correctly and to prove it. Work glorifies a person, says Comensky. That is why he advocates that work should be taught from a young age. He called demonstrability the "Golden Rule" of teaching. In the principle of demonstrability: a) show the child real things, b) explain the world through pictures, d) show the model of things, e) the teacher's voice.

In his work, Comensky says that the things being read and organized should be caught, seen, eaten, and smelled, and this leads to deep knowledge of the organized material and its long-term memory.

Comenius opposes oral memorization without understanding its meaning when teaching the principle of consciousness. He believes that "nothing should be memorized by force except what is well understood with intelligence." Comenius demands that education be systematic.

The material being read should be explained to the students as basic rules. In teaching, it is necessary to move from evidence to conclusions, from examples to laws, to put evidence and examples into a system of rules, and to generalize them; otherwise an unsystematic pile of events will be formed.

First, he gives a general understanding of the thing, that is, the phenomenon, and then shows that it is necessary to separate its various aspects. According to the principle of consistency, it is necessary to set a task for the day, month, year and strive for its implementation.

In this case, it is necessary to determine the exact time, the flow should be suitable for the child's age, the material should be organized consistently, that is, the material of today should be connected with the material of tomorrow, and it should be opened for the material that will be released later.

Comenius introduced the concept of having quarters in the school year and giving holidays. He defined the school day as 4 hours in the mother tongue school and 6 hours in the Latin school. He believed that students should be admitted to the school at the same time, and the flow should begin in the fall.

Comenius gave valuable ideas about how a textbook should be and wrote several textbooks that were exemplary for his time. He implemented his theoretical ideas in his textbooks. Comenius said that it is necessary to form morals and manners in a child from a young age. Courage is a virtue that includes qualities such as self-restraint, endurance,

being ready to benefit when time and situation demand, and fulfilling one's duty. In addition to these basic qualities, humility, faithfulness, benevolence to people, cleanliness, thoroughness, politeness, respect for elders are important.

Considers it an important task to educate the qualities of patriotism.

Comenius shows the great importance of discipline and cites the Czech proverb: "A school without discipline is a mill without water." He opposes the discipline imposed by the cane in medieval schools. He says that beatings and whips are tools of slavery. He tells children that they should be treated humanely.

Thus, Jan Amos Comenius founded the science of pedagogy throughout the world and greatly influenced the development of the school.

Rakhimbayeva Madina was born on February 4, 2001 in the village of Ming Bogholon, Yangibozor district, Khorezm region. She is a student of the 2nd stage, group 221 of the Urganch State Pedagogical Institute. She likes to read books. She writes articles in her spare time. She is the author of many scientific articles. Her creative works have been published in many magazines. She is a participant in various competitions

Worth Noting:

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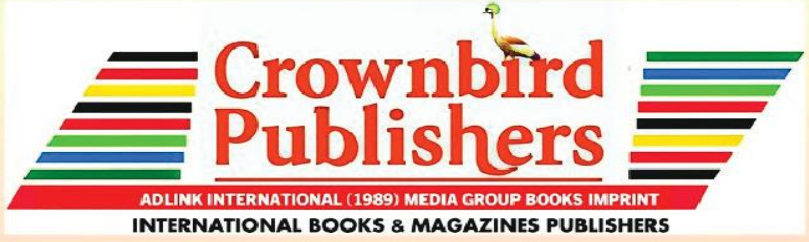
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Diaspora News

EAC Partner States called upon to harness digital technologies to manage diseases:

Prof. Bulimo said that the adoption of digital technologies was changing disease patterns with a shift in the disease burden globally

By: Christine Muchira

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Worth Noting:

“Statistics from the World Health Organization (WHO) indicate that cardiovascular diseases (CVDs) caused 17.9 million deaths in 2019, that is, 32pc of all deaths worldwide. CVD mortality has also increased. Ageing populations, sedentary lives, and bad diets have caused this trend. The Global Burden of Disease Study 2019 reports that CVDs cause 19% of global deaths;” said the don.

Prof. Bulimo further said that in 2019, 63 million persons aged 20-79 had diabetes globally, adding that the number would reach 700 million by 2045.

“Global cancer cases are growing, with 19.3 million in 2020. By 2040, 28.4 million new cases are expected. The Global Cancer Observatory (GCO) reported over 10 million cancer deaths in 2020. Rising death rates are caused by population expansion, ageing, and carcinogen exposure,” he said.



Prof. Wallace Bulimo, the Deputy Director – Data and Statistics at the Kenya Medical Research Institute (KEMRI)

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Prof. Bulimo was giving a keynote address titled “Harnessing Digital Technologies for Preparedness and Response to Communicable and Non-Communicable Diseases: Navigating the Cutting Edge” on Day 2 of the three-day 9th East African Health and Scientific Conference at the Kigali Convention in Kigali, Rwanda.

On communicable diseases, Prof. Bulimo said that TB remains a global health issue, adding that TB is one of the top 10 causes of death worldwide, with 10 million new cases in 2019.

“The spread of infectious pathogens has been facilitated by weak healthcare systems, low vaccination rates, population increase, urbanization, and climate change,” even as he warned that Antimicrobial Resistance (AMR) might kill 10 million people and cost \$100 trillion by 2050.

“The global impact of AMR includes human health, agriculture, food security, and

increases hospital stays, treatment expenditures, and mortality. The WHO reported 770,085,713 cases and 6,956,173 fatalities as of 30 August 2023. Pandemic has stretched healthcare systems, affected economies, and fostered global preparedness and response,” he said.

The data scientist said that to address the recurrence of infectious illnesses and battle AMR, a multidisciplinary approach is needed, combining mitigation and prevention strategies including strong healthcare systems, prevention and responsible antibiotic usage.

Prof. Bulimo said that to better manage both communicable and non-communicable diseases there was a need for advanced solutions especially advanced diagnostic tools for early detection and monitoring.

“Personalised medicine is also critical because individualised treatment approaches are increasingly important to address the heterogeneity of diseases. Innovative prevention methods, including vaccines and lifestyle interventions, are also crucial to reducing disease prevalence,” said the scholar.

Prof. Bulimo said that research and innovation was also a necessity as continued investment in medical research is essential to understand evolving diseases and develop effective interventions. There is also a need to leverage technology such as genomics, artificial intel-

ligence and telemedicine to enhance disease management,” he added.

On using artificial intelligence to manage diseases, Prof. Bulimo said that machine learning has transformed disease detection in various ways including improved image analysis, faster diagnosis, early detection and consistency.

Prof. Bulimo proposed that patients with chronic diseases like diabetes should be provided with wearable devices that monitor their vital signs and glucose levels, adding that this would allow data to be transmitted to healthcare providers for remote monitoring.

“Wearable devices empower patients to actively manage their health while providing healthcare providers with real-time data for better decision-making. Smart-

watches and fitness trackers monitor heart rate, blood pressure, and activity levels,” he said.

The don cited some of the challenges in implementing digital technologies in healthcare as “interoperability among computer systems and software; cybersecurity threats; data privacy and consent, and; regulatory compliance, and proposed possible solutions to the challenges.

On the challenges posed by interoperability – which is the lack of seamless communication between different systems – Prof. Bulimo vouched for the implementation of standardised data formats and communication protocols to ensure seamless interoperability between different healthcare systems. He said that to mitigate cybersecurity threats, EAC

Partner States should invest in robust cybersecurity measures, including regular security audits, employee training and data encryption to protect patient data from breaches.

“On data privacy and security, there is a need to develop clear and transparent consent mechanisms, allowing patients to control how their data is used and shared. Implement strict data anonymization techniques to protect patient identities,” said Prof. Bulimo.

“To tackle challenges posed by regulatory compliance, there is a need to stay informed about evolving data protection and healthcare regulations, and invest in compliance management systems. There is need to regularly update policies and procedures to align with changing requirements.”



Medicine

Fennel and its use in folk medicine

ANISUM VULGARE, PIMPINELLA ANISUM GAERTH L.

By: Khamidjonova Sarvinoz
xxxxxxxxxxxx

Fennel and Fennel Seeds

Worth
Noting:

• Its homeland is Asia Minor, the CIS, and it is cultivated by some farms and residents in the Central and Southern regions of Europe. Fruits and seeds are collected in August and September.

• The fruits contain fatty oil (from 8 to 24%) and essential oil (from 1.2 to 3.2%, sometimes up to 6%). The essential oil contains anethole (85-90%), methyl havinol (10%), fennel aldehyde, ketone and fennel acid. The essential oil has a unique aroma and sweet taste. The essential oil contains anethole (85-90%), methyl havinol (10%), fennel aldehyde, ketone and fennel acid. Essential oil has a unique aroma and sweet taste. Ibn Sina recommended using it to increase urine output, to improve the function of the uterus, liver and spleen, and to treat old malaria.

Rozionaj is an Arabic name, Arabicized from Persian. In Persian it is called raso. Bodiyon is also Persian, Uzbeks and Persians commonly say bodiyon.

There are two types of it, one is wild and the other is cultivated. Its nature is hot at the beginning of the III degree, dry at the end of the III degree. But Bukrot Hakim called it hot on the II level and dry on the I level. The seed is hotter than the leaf. The root is stronger than other parts.

An annual, herbaceous plant 30-60 cm tall. The upper and middle leaves are divided into small pieces: alternately arranged keeled round kidney-shaped or heart-shaped. The flowers are small, five-petaled, falling off in a calyx, and emerge from the ends of the plant branches in the form of a bouquet. The chanchisi has five, the urutu has two columns, and the knot is below. Fruits are brown-gray, egg-shaped, two-seeded. This plant has a unique smell, blooms in July-June, and fruits in August. It is known in all languages as anise. The new type is the best. Heat is harmful to the client. It has an opening property and increases the damage.

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Amirdavlat Amasiatsi says that if it is lit, it will help in any cold. The vapors help in the cold form of ogrik and make the taste in the mouth pleasant. It also heals a person with a swollen face. If the seeds are crushed and eaten mixed with raisins, it relieves dry throat. Helps in eye disease. Cleanses the chest and lungs of harmful moisture. It also cures cough, dissolves bile and expels it from the body, and expels abdominal pain. It opens the liver, spleen and kidneys, eliminates urinary retention, induces menstruation in women, and increases sexual desire. Shilimshik quenches the thirst caused by humidity. Shilimshik helps in all types of malaria specific to the client. It also eliminates the harmful effects of toxic drugs and has a diaphoretic effect. Relieves swelling. The amount to be received is one dirham. But it is harmful to the pores.

Harmful effects are eliminated with licorice poultice. Substitute fennel seeds.

Ansari says that it helps in the istiko, when the mouth is relaxed and the heart laughs. When applied to the eyes, old pannus (trachoma) relieves complications. It also cures old malaria. It opens liver stitches. When the juice is applied to the teeth, it makes the breath pleasant and cleans the roots of the teeth.

Khozik doctor Bositkhan Shoshiy writes in his book "Names of Medicines and Diseases" that all its parts open the respiratory tract and urinary tract, leaving sores from the cold. Strengthens eyesight and stomach. Disperses palms and soot. Increases milk. In particular, the new one makes urine and menstruation smooth, increases milk production. It has astringent power. If the seeds are boiled and drunk with the addition of gozabon, it is very useful for depression and anxiety. If boiled with hibiscus and figs, it is useful for cough, wheezing and shortness of breath. When taken alone or in combination with other medicines, it disperses calluses, it is useful in the elimination of bikini pain, colic, calluses and liquid dampness. If you drink it with cold water when you have a fever, it leaves stomach discomfort and inflammation. This plant has a unique smell, blooms in July-June, and fruits in August. It is known in all languages as

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Homeland - Asia Minor, CIS, Europe

Khamidjonova Sarvinoz, student of Andijan State University, faculty of natural sciences, chemistry department, group 202, 2nd stage fennel (fennel)

Kenya – Romania

Kenya – Romania to strengthen parliamentary diplomatic ties

By: SPU
xxxxxxxxxxxx

Worth Noting:

• Ambassador Tigau acknowledged that Kenya and Romania have enjoyed a cordial relationship leading to supporting each other at international forums including at the United Nations Security Council where Romania supported Kenya's bid for the Non-Permanent Seat of the United Nations Security Council for the period 2021-2022.

• “There is a lot of interest between the two countries in Education, Trade, and other areas that we seek to partner and engage in. Currently, there are over 400 Kenyans who have applied for scholarships in various fields of study”, said Ambassador Tigau.

• Ambassador Tigau who has been in the country for close to one and half years noted that his office serves other countries including Rwanda, Tanzania, Uganda, and Burundi within the region saying that Kenya was a central hub for dialogue on sustainable development in the region.



Kenya – Romania parliamentarians

Strong bonds between Kenya and Romania's Parliaments will foster greater collaboration between the two countries.

Key areas of collaboration include; Trade, Security, Education, Engineering, Information Technology, Agriculture, Tourism, and Management of Emergency situations in the country.

Speaking during a courtesy call on The Speaker of the National Assembly, Moses Wetang'ula on Friday, Ambassador of Romania to Kenya, Dragos Viorel Tigau committed to ensuring that he connects Members of the two Houses with a particular focus on the Committee on Defence and Foreign Relations to benchmark each other's activities for the mutual benefits of the two countries.

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Ambassador Tigau who has been in the country for close to one and half years noted that his office serves other countries including Rwanda, Tanzania, Uganda, and Burundi within the region saying that Kenya was a central hub for dialogue on sustainable development in the region.

He pointed out the need for Kenya to engage the European Union and identify potential areas of collaboration on security, and climate change among other global issues that need urgent attention.

Speaker Wetang'ula acknowledged the visit terming it progressive as he said that he was ready to support any positive idea meant for strengthening the relations of the two countries; Kenya and Romania and deepening diplomatic engagements for the benefit of the people. The Speaker noted that Parliaments across the globe have a role in influencing policy for economic growth and development.

He echoed the sentiments of the Ambassador on the potential areas of collaboration while promising to ensure that matters of security are given priority through the engagement of the two committees of the two Parliaments so that they can

engage and identify urgent areas of concern for immediate consideration.

Speaker Wetang'ula also pointed out on the need to protect the environment saying that Kenya was a heavy consumer of renewable energy.

“Green energy is highly utilized in Kenya at about 82%, this is growing and soon, we might be 100%”, affirmed Speaker.

He said that Kenya has undergone a very tough drought period and that a conversation on mitigating environmental degradation was important to the country.

Speaker Wetang'ula while nostalgically tracing his visit to Romania in 1978 as a

student, encouraged Romania and other countries in Europe to receive migrants who he said were migrating because they sought a better life and deserved proper handling.

The two leaders agreed on the need to review international migration legislation on migration and settlement of those moving from countries of origin in search of opportunities.

Kenya-Romania relations were established in 1968. Romania has an Embassy in Nairobi that was established in 1974 while the Embassy of Kenya in Ankara is accredited to Romania.



Motivation

Who Is To Blame...?

(Analysis of the story of Abdullah Qahhar)

By: Mohichehra Rustamova
xxxxxxxxxxxxxx

Abstract. It is becoming a habit for us to find fault with others in any situation. We look for excuses every day, every hour, every second, undone tasks, unfulfilled tasks... We give up our humanity in order not to be a disgrace in front of others. We find excuses. , we turn the conversation to the other side and advance the time. Sometimes, we try to get out of the situation by blaming others for the tasks we are responsible for. This is our downfall. Holy family. A person forgives himself very quickly, because he is himself. It is becoming a habit for us to find fault with others in any situation. We are looking for excuses every day, every hour, every second. We give up our humanity in order not to be embarrassed in front of others. Sometimes, we try to get out of the situation by blaming others for the tasks we are responsible for. This is our downfall. The family is sacred.

There are parents and children, so it is absolutely wrong in my opinion to think that this is a family. Because in a family, the upbringing of children is primarily the responsibility of the parents. The family is just collecting books. It is not a collection of people like a shelf. A family is a sea of love, a source of love, a foundation of trust... Parents have huge tasks. To do this, you need a strong will like a text, endurance and endless patience.

There is a wisdom left by philosophers: A child education should be started from the time when the child begins to form in the mother's womb. When it comes into the world, it is necessary to be close with it, to have a heart-to-heart conversation, and to strengthen the bonds of affection day by day. Of course, not by gossiping about others and analyzing others, it would be a great light for every parent to instill such feelings in any child who wants to be a parent in the future. It is just a seedling that has just been planted.

It is up to us how to nurture it. Everyone will be a parent in the future. This is a chain of life... continuous and uninterrupted. The lives of our heroes who say "dream" should be an example for us. He blames the mistakes he



Mohichehra Rustamova

made on the coaches and is trying to get out of the water dry.

Well, all this time has passed, and his child has reached school age. What now.? As they say, it's better late than never, he could still feel responsible and go to the meeting, but he can't even do that. Sometimes parents who are worried about their child's future and don't deal with it properly want to blame their teachers and "take it easy".

He should be able to think and speak after a thousand thoughts, and be able to maintain respect. Every child is a mirror of his parents. If you don't like the character of your child, then first of all, he should lose this aspect of himself, first of all, he should be able to analyze himself. spends it in his circle. He gets the most from family members.

If you speak disparagingly, if you ask your child to respect him, in this case he will have to make a choice. At that time, he will be in a difficult situation. He starts to look for love in the street. And now the child is on the edge of a big and huge cliff, and you and others like you

who want to use him come to save him.

Your advantage should be that you are a parent, don't scare him by showing your love, sweet words, attention, motivation, and of course you are raising an animal that obeys some task. If you are raising a person, you should know how to listen to his dreams and be a shoulder partner in the realization of his plans.

If he dreams as big as the sky, be his wing, if he rises to the sky, his wing should not fall and become a shoulder partner and support him. stand up, don't fall down the cliff if someone bad hits the ground, at least support him, tell him you love him every moment, be his helping angel, let him hope to live for your potential.

Give him freedom, you are not feeding a bird in a cage , let him spread his wings wide and breathe fresh air in the clear sky, let him create new things and decide to do good things. let him dream, just remember the distance between real life and dreams. Don't raise a whip on the forehead of a galloping horse! Like you, your child comes to life only

once.

In order not to regret later because of the mistake you made, you need to think carefully today. Take everything under your control today! Be interested in your future - the fate of your child. Give it a chance! At least once, let him try himself. It's true, he makes mistakes, you also made mistakes, you came to the conclusion that this work is wrong only by making a mistake, did you know that his head will touch the stone slowly Not everyone is perfect, but it's not hard to be perfect.

Let your child be interested in you in what you are doing, be proud of your achievements, achieve such an achievement that you will be sure that your child follows you by himself and starts dreaming of becoming a person like you. Encourage him if he has achieved a small achievement, even more give me spiritual support to achieve great achievements.

Even Thomas Edison is a famous person today because of his mother. The whole world remembers her every day when he turns on

the lights in his room. Now this one lie is illuminating the whole world. Everything depends on your actions; your child did not fall from the sky. It is your liver...the more attention is paid to the sprout, the faster it develops. Let's work now so that our young seedlings become beautiful trees. Let's reform ourselves without wasting time looking for fault from everyone.. We can do it all!

Mohichehra Rustamova

4th year student of Urganch State University. In 2022, he was awarded the badge "For services in the field of science" and badge, in 2023 he actively participated in the international festival and became the owner of the badge "Scientific researcher". In 2023, the owner of the "Hokim Scholarship", the winner of the republican stage of the "Zomin Seminar-2022" of republican artists, an official member of many international organizations, has 6 authored books, articles and creative works have been published in international magazines and newspapers.

Worth Noting:

- It is up to us how to nurture it. Everyone will be a parent in the future. This is a chain of life... continuous and uninterrupted. The lives of our heroes who say "dream" should be an example for us. He blames the mistakes he made on the coaches and is trying to get out of the water dry.

- Well, all this time has passed, and his child has reached school age. What now.? As they say, it's better late than never, he could still feel responsible and go to the meeting, but he can't even do that. Sometimes parents who are worried about their child's future and don't deal with it properly want to blame their teachers and "take it easy".

Mudavadi

Mudavadi: To build strong relationships with other countries, we have to attract investments

By:OPCS
xxxxxxxxxxxx

Contd from Page 1



Prime Cabinet Secretary Musalia Mudavadi third right

Worth Noting:

- Mudavadi said he is fully aware of the job that awaits him after President Ruto bestowed upon him the new mandate to be in charge of the Foreign Affairs and Diaspora docket in a Cabinet reshuffle announced on Wednesday in addition to his current position within the executive.
- Speaking for the first time in public after the President's pronouncement, the Prime Cabinet Secretary further thanked Ruto for trusting him with such a critical ministry.
- "I am humbled with President Ruto's gesture for I am fully aware that he is focused on cementing Kenya's foreign and diaspora links by ensuring that Kenya's foreign policy agenda on a peaceful, prosperous and globally competitiveness becomes a reality," he said.



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thanked Ruto for trusting him with such a critical ministry. "I am humbled with President Ruto's gesture for I am fully aware that he is focused on cementing Kenya's foreign and diaspora links by ensuring that Kenya's foreign policy agenda on a peaceful, prosperous and globally competitiveness becomes a reality," he said. Mudavadi said he will be

working towards entrenching a mission focused on projecting, promoting and protecting Kenya's interests and image globally through innovative diplomacy that contributes towards a just, peaceful and equitable world. "The foreign affairs docket is very crucial. We want everybody to work with us. Attracting investment and enhancing global eco-

economic competitiveness calls for joint collaboration and working towards ensuring mutual benefits from each and every country we engage with," he said. Mudavadi who has continuously championed for "Whole-of-Government" approach in service delivery to the people pointed out that collectively we have to strengthen Kenya's geopolitical influence, foster international partnerships, and enhance the support and services provided to our diaspora community. He was speaking in Inyanza primary school in Vihiiga Constituency of Vihiiga County on Saturday. He was here to officially launch the Maragoli Hills Reforestation Marathon an initiative that will aid to raise funds towards restoring the forests cover in the 461 hectares (at least 1,200) of forest destroyed through human activity. He applauded community efforts in tree cover planting and forest cover afforestation saying such efforts are highly appreciated and extremely desirable for there is no one who is blessed by destroying the environment and nature. "We have to always remind ourselves that promoting tree planting is doable; to

wade-off encroachment of Climate Change. As a Country, we are focused on our target of Greening Kenya by planting 15 billion trees to achieve a 30pc tree cover by the year 2032," he said. "In the efforts towards restoring the Maragoli Hills forest we are targeting that by June next year (2024) we attract marathoners who will participate in a marathon at the slopes of this hill which is 1,800 ft above sea level (Low altitude marathon)." Adding that the marathoners will be significant in aiding to raise funds that will help in the conservation of the forest thus help in the rehabilitation process that will help wildlife come back to the forest. "Working with the Ministry of Tourism and Wildlife we can request that some wildlife be relocated to this forest a move that will act as a tourist attraction center and help attract tourism investment, create jobs and help in economic growth," he affirmed. Mudavadi said his office will work closely with the Ministry of Environment, the Kenya Forest Service and other organizations and bodies to ensure that the Maragoli Hills Forest reclaims its lost glory.

Embassy of Israel in Kenya partners with Mama Doing Good to establish 'Zion gardens' in Machakos

The Embassy of Israel in Kenya has signed a Memorandum of Understanding with Mama Doing Good, the organisation that implements the programs of the First Lady of the Republic of Kenya, towards the establishment of "Zion Gardens" in Machakos County.

The Memorandum of Understanding signed between MaMa Doing Good's CEO, Dr. John Chumo, and Israel Ambassador to Kenya, Michael Lotem, is a testament to the strong bond between Kenya and Israel and the noble gesture of support that the Embassy of Israel has extended to MaMa Doing Good.

The "Zion Forest" will cover 15 hectares of land and consist of 5,000 indigenous trees that will be a symbol of hope, sustainability, and resilience. The Zion Forest will play a pivotal role in environmental restoration and preservation in Machakos County.

Through such strategic initiatives and partnerships, we aim to bolster biodiversity, enhance climate resilience, and stimulate socially and environmentally responsible enterprises and investments. This will contribute to ecological sustainability, poverty reduction, and economic development.

This partnership is in support of the President's National Tree-Growing Restoration Campaign, which launched in December 2022 and is a visionary step towards a greener and more sustainable future for our beloved country.

The First Lady has committed to planting 500 million trees in support of the national tree-growing campaign, and the Zion Forest is a stitch in time towards the achievement of this objective.

The Zion Gardens draw inspiration from Israel's remarkable experience in environmental restoration. Israel's Yatir Forest, planted in the challenging Negev Desert in the 1960s, serves as a testament to the transformative power of afforestation.

The garden demonstrates that sustainable practices, community involvement, and adaptability can lead to the recovery of ecosystems, offering valuable ecological, economic, and social benefits.

KBC



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Ukraine war:

US gives 1.1 million rounds of ammunition seized from Iran to Kyiv

By: BBC News

The US has sent roughly 1.1 million bullets seized from Iran last year to Ukraine, its military has said.

The US Central Command (Centcom), which oversees operations in the Middle East, says the rounds were confiscated from a ship bound for Yemen in December.

Ukraine's Western allies recently warned their production lines were struggling to keep up with the rate at which Ukraine was using ammunition.

Centcom says the Iranian rounds were given to Ukraine on Monday.

The munitions were originally seized by US naval forces from a stateless ship named MARWAN 1 on 9 December, it said.

The US government gained ownership of them in July through a process known as civil forfeiture, by which an

asset can be seized if its owner is thought to be involved in criminal activity.

In this case, the claim was brought against Iran's Islamic Revolutionary Guard Corps, a branch of the Iranian armed forces tasked with preserving the country's government.

Iran backs the Houthi rebels in Yemen's ongoing civil war, but arms transfers to the group are barred under a 2015 resolution by the UN Security Council.

The civil war in Yemen began in 2014 when the Houthis took control of the capital Sanaa and removed the country's government.

The ousted government remains the internationally recognised government of Yemen and is backed by a Saudi-led coalition of countries in the region as well as the US and the UK.



Poetry

Riya Sharma The Sagacious Indian Poet



By: Abigirl Phiri
@themtkenyatimes

Worth Noting:

• Riya is one of the sage poets from India that I personally know of. She doesn't mince her words. She is a young woman who clearly and concisely puts across her wisdom through poetry.

• I'm Riya Sharma. One day my friend was sad so I wrote poetry for her. She was very happy to read my poetry. I was very happy to see my friend happy. Then I started writing poetry and now I have done work in 45+ anthologies.

• Actually my inspiration is William Shakespeare. He is a well-known poet. I like all poetries written by him.

• I advise to all writers, one of the best sources of inspiration for poetry is other poems. Grab a few poetry books or check out poems for children from Poets.org or Poetry Foundation

Riya is one of the sage poets from India that I personally know of. She doesn't mince her words. She is a young woman who clearly and concisely puts across her wisdom through poetry. Sometimes being clear, short and precise is an asset in poetry. This is because many people can understand your pieces. In addition, it has been proven less is more. As a friend, Riya always tries to be there for her buddies. As a result, the need to comfort and assure her bossom friend triggered her poetry writing spirit. This indeed proves that in life you can take a bullet or walk through fire for your friend's sake in order to put a smile on their faces. Thus, this is the case with Riya which she is continuing to do up to now. Furthermore, her poetry never fails to leave her readers feeling relieved and elated. For that reason, this is why poets especially budding ones are encouraged to share their work. In a world filled with so much hurdles, poetry can help assuage these troubles. Consequently, taking us through her poetic journey, this is what Riya Sharma had to say in greater detail.

Please tell us your name and how your journey started in poetry.

I'm Riya Sharma. One day my friend was sad so I wrote poetry for her. She was very happy to read my poetry. I was very happy to see my friend happy. Then I started writing poetry and now I have done work in 45+ anthologies.

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

No, I haven't won any major accolades now. I'm not a published poet yet I am trying to publish my own book in 2 months' time.

Who is your inspiration?

Actually my inspiration is William Shakespeare. He is a well-known poet. I like all poetries written by him.

Where do you see yourself in the near future?

I want in near future to be a good writer.

What problems have you



faced as a poet?

As a poet I am not decided on which road or path that I should tread upon.

Share with us one of your best poetry pieces

HERE IS MY BEST PIECE OF POETRY ACCORDING TO ME.

My grandfather was very sweet,
very tall,
Beautiful and most beautiful,
Very powerful voice,

Anger is like hot embers,
We all were very afraid of

Grandfather.

But he fulfills every wish,
Even if you want to convince dad for a trip,
Want to get some good food from mom?

He was a knowledgeable story teller,
We never liked anyone else except her.
We have learned from them to follow principles,
to hate someone sometimes,

Played the role of a farmer,
laborer, officer,
Taught that no work is big or small,
He used to encourage us even when we lost.

He used to tell us a story all the time,

Look how many times a spider falls and gets up.

When a small creature cannot accept defeat,
Winning and losing are two sides of the coin.
Sometimes defeat and sometimes victory, the weather is pleasant,
The wheel of life has to keep moving like this,

Now my whole life is in grandfather's memories,
That time was the sweetest of all,

Kindly share your social media handles

@jai shree krishna8105...

Any word of advice to other individuals who would want to venture into poetry

I advise to all writers, one of the best sources of inspiration for poetry is other poems. Grab a few poetry books or check out poems for children from Poets.org or Poetry Foundation. Then, take your favorite phrase or line from the poem and use that as the beginning or inspiration for your own poem. Believe in yourself. One day you will become a good writer who encourages other.

Thembelani Majingo Annual Soccer Tournament

under 21

Top 16

Prizes 1st
kit,beeps,ball,medals,trophy

2nd: beeps,ball,medals

3rd:beeps,ball,medals

Individual awards

- .Goalkeeper of the tournament
- .Top goalscorer of the tournament
- . player of the tournament

Date: 15,16 December 2023

venue: Green central sports ground,Madibogo village in NW.

Time:08h00-18h00 daily

**Registration opens now
closing date: 1 November 2023**



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For more information
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Diaspora

Tackling fake news in Kenya: A UN Resident Coordinator blog

By: Christine Muchira
xxxxxxxxxxxx

Worth Noting:

- Hate speech and disinformation are at their most destabilizing during electoral periods, when avalanches of hateful messaging and divergent, destabilizing narratives confuse voters to distinguish between fact and falsehood, and between 'truth' and conspiracy theories.
- In Kenya, according to a Reuters Institute for the Study of Journalism survey, 75 per cent of respondents said that they found it hard to distinguish between what is real and what is fake when it comes to news on the internet.
- Recognizing the scale of this threat ahead of the 2022 presidential elections, the Government of Kenya and our team at the Resident Coordinator's office jumped into action.
- In June 2022, Kenya launched a national action plan against hate speech, as part of its long-term Roadmap for Peaceful Elections, which was designed to curb and prevent disinformation and inflammation via social media and to inform peaceful counter-messaging.



Unsplash/Nijwam Swargiary Fake news - news articles that are intentionally and verifiably false and designed to manipulate people's perceptions of reality - has been used to influence politics.

Facing down a tidal wave of disinformation ahead of Kenya's presidential elections in 2022, the Government and the UN collaborated on a national anti-hate speech plan and an innovative consortium of influencers to calm the waters before voters cast their ballots. Stephen Jackson, the UN Resident Coordinator in Kenya, reflects on the 2022 elections, which saw an effective partnership with the Government and private-sector rise to the occasion to take down fake news. "No one is born with hate. Hate is taught, and then hate spreads. Over recent years, social media and other digital platforms, amplified by algorithms and artificial intelligence (AI), have enabled vitriolic messages with hatred and disinformation to spread like wildfire," as the Secretary-General has stated. In many countries around

the world – rich and less well off – hate speech and disinformation threaten social cohesion, sowing chaos and confusion, polarizing communities, igniting online and sometimes offline violence, and undermining faith in democracy itself. Kenya has been no exception.

'Avalanches of hateful messaging'

Hate speech and disinformation are at their most destabilizing during electoral periods, when avalanches of hateful messaging and divergent, destabilizing narratives confuse voters to distinguish between fact and falsehood, and between 'truth' and conspiracy theories. In Kenya, according to a Reuters Institute for the Study of Journalism survey, 75 per cent of respondents said that they found it hard to distinguish between what is real and what is fake when

it comes to news on the internet. Recognizing the scale of this threat ahead of the 2022 presidential elections, the Government of Kenya and our team at the Resident Coordinator's office jumped into action.

'Milestone' anti-hate speech action plan

In June 2022, Kenya launched a national action plan against hate speech, as part of its long-term Roadmap for Peaceful Elections, which was designed to curb and prevent disinformation and inflammation via social media and to inform peaceful counter-messaging. Having helped Kenya to develop this milestone plan, the United Nations was equally determined to help find innovative ways to support its implementation. The first step was ensuring that the competent Kenyan institutions gained the abil-

ity to track and monitor hate speech in real-time and understand the environment in which they proliferate.

Countering hate speech in real-time

Given how complex and fast-moving social media is, this task couldn't be done alone. It needed pulling together a multistakeholder partnership, with buy-in from different partners: government, civil society, local influencers, and the media platforms themselves. Thanks to the convening capacities that come with the role of UN Resident Coordinator and the invaluable work of our advisors on peace and development and human rights, we were able to do just that. We helped the National Cohesion and Integration Commission (NCIC) and the Media Council of Kenya to create an innovative, high-tech consortium with

private sector partners to track and counter hate speech in real-time.

State-of-the-art online early warning system

With support from the UN Peacebuilding Fund and the German Embassy in Kenya, our Kenya-wide Mapema (early in Swahili) Consortium partnered with AI startups (Code for Africa), youth media platforms (Shujaaz) and online influencer organizations (Afluence) to build a state-of-the-art online early warning system.

This system had the capacity to not only detect the sources and spreaders of misinformation, tracking in real time in English, Swahili, and Sheng, the street language of Kenyan youth.

Combined with existing systems to monitor other traditional media channels, we were able to help the competent Kenyan institutions paint a more vivid picture of the networks and influencers which were amplifying the disinformation.

Keeping up the good fight

But, we can't stop here. Beyond the election, it's incumbent on all international partners like the UN to help Kenya further deepen her remarkable democracy. A big part of doing that is the ongoing fight to strengthen accountability mechanisms and bolster the Government's long-term capacity to stop the spread and mitigate the pernicious impact of hate speech on Kenya's public life."



© UN Women/Kennedy Okoth Two women seeking to become part of the political process in Kenya exchange ideas.

A KEY OF SUCCESS

By: Ozoda
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We know, we meet many people in our life who we think they are very successful, but just they are not. Therefore when we make interview from successful people they said that the secret is that we work hard however In my opinion this is so true. There is tremendous key for them. High-status people enjoy the approval, respect and praise of others. Definitely successful people always try to hardwork because they are thinking and believing. Henri Ford said that the greatest asset you can have is love confidence. Until Henri Ford success the say that thinking is the hardest thing because no one can do it if they aren't try to hardly. On the other hand Steve Jobs said that great artists and scientists also fail I am convinced that the only factor that separated people from success and failure is determination. Even though I know how to remember some things however sometimes not. In addition Completely works are not preparing too easy they got any kind of practice and perfect practice. Moreover successful and extraordinary owner of "Alibaba" company Jack Maa said that If we go to work at 8 a.m. and go home at 5.a.m this is not a high tech com-

pany and Alibaba will never be successful. If we have that kind of 8 - 5 sprit then we should just go and do something else. Furthermore 30% of people will never believe you. Don't allow your colleagues and employees to work for you. Instead let them work for a common good nothing is easy, nothing is free. If you want to be successful you have to pay the price Alibaba 18 years. The main rule is Failure is the key to success. As I have already mentioned, there is definitely a Failure behind the failure lies great lucky happiness and success. Jack Maa said that when he was a failure, 24 people went for the job 23 people was the accepted I was only are who got rejected , you will fail you are not trying. I know nothing about technology. I know nothing about marketing I know nothing about illegal all the stuff and only know about people so you always want to people better and you have listed to them. It can empower them of course Jack Maa also failed a lot of but he didn't lose at all. I got a lot of motivation from that he gave us more motivation words I accepted any kind of steps and practice from his. In this life 23 people hire out of 24 at KFC, I was the only one who got rejected. To tell the truth in real world the smartest people are the ones who make mistakes and get tired the smartest people in school only who don't make mistake. Eventually famous box-

ing star Muhammad Ali said that I train a lot it is necessary but not enough become real champion you have to allow your dream so set a goal and visualize success already do it. "If you want to win, you must learn to lose!" - said a successful businessman named " Frank Carney" and it's true!

The success was not without great difficulties and mistakes. All life consists of trials, errors and difficulties. The more we fear and avoid mistakes, the more often they happen.

Why are there obstacles and mistakes? Maybe they are just to guide us in the right direction? Because every bug wants to talk about something. warns if we are on the wrong path. Indicates that the path needs to be changed. It calls us to look at our whole life, work, others and ourselves. It calls for repeated reflection and correction.

Just do it.

My name is Ozoda I'm 18 years old. I am studying at Samarkand state institute of foreign languages. I have two B 2 level certificate in English. I am going to take Ilets 8+ I have immediate family I love them.



Ozoda

Nobel Prize

Nobel Prize goes to scientists behind mRNA Covid vaccines

By: BBC

The Nobel Prize in Physiology or Medicine has been awarded to a pair of scientists who developed the technology that led to the mRNA Covid vaccines.

Prof Katalin Kariko and Prof Drew Weissman will share the prize.

The technology was experimental before the pandemic, but has now been given to millions of people around the world.

The same mRNA technology is now being researched for other diseases, including cancer.

The Nobel Prize Committee said: "The laureates contributed to the unprecedented rate of vaccine development during one of the greatest threats to human health in modern times."

Both were told they had won by telephone this morning and were said to be "overwhelmed".

Vaccines train the immune system to recognise and fight threats such as viruses or bacteria.

Traditional vaccine technology has been based on dead or weakened versions of the original virus or bac-

terium – or by using fragments of the infectious agent.

In contrast, mRNA vaccines used a completely differently approach.

During the Covid pandemic, the Moderna and Pfizer/BioNTech vaccines were both based on mRNA technology.

Drs Kariko and Weissman met in the early 1990s when they were working at the University of Pennsylvania, in the United States, when their interest in mRNA was seen as a scientific backwater.

RNA technology works like a translator in the human body.

It converts the language of DNA from a set of genetic instructions into the actual proteins that build and run our bodies.

The idea behind mRNA vaccines is to sneak into that process. If you can develop mRNA that produces parts of a virus or another infection, then those foreign proteins will be built by the body and the immune system will learn how to fight them.

There were problems in the early stages. But by refining the technology, the researchers were able to produce large amounts of the intended



protein without causing dangerous levels of inflammation that had been seen in animal experiments. This paved the way for developing the vaccine technology in people.

During Covid, mRNA vaccines were made to produce Covid's "spike protein". Katalin Kariko is now a professor at Szeged University in Hungary and

Drew Weissman is still working as a professor at the University of Pennsylvania.

Russia

Putin suggests Wagner boss Prigozhin's plane brought down by grenade blast

Russian leader says grenade fragments were found in the bodies of those killed in the jet crash in which Wagner's Yevgeny Prigozhin died.



Yevgeny Prigozhin, the late chief of the Wagner mercenary force, is seen in Bakhmut, Ukraine, in May 2023 [File: Telegram/ @concordgroup_official/AFP]

Worth Noting:

- The private Embraer jet on which Prigozhin was travelling to Saint Petersburg crashed north of Moscow killing all 10 people on board on August 23. Two other top Wagner figures, Prigozhin's four bodyguards and a crew of three were also killed.
- Putin did not give any more details about how a grenade or grenades could have been detonated on board the executive jet, but said he thought investigators were wrong not to have carried out alcohol and drug tests on the bodies of those who died in the crash.
- "In my opinion, such an examination should have been carried out, but it was not," Putin said.
- Putin also claimed that searches of Wagner's offices in St Petersburg after the crash turned up 10 billion roubles (\$100m) in cash and 5kg (11 pounds) of cocaine.

Russian President Vladimir Putin has suggested that the plane crash which killed the head of the Wagner mercenary force, Yevgeny Prigozhin, was caused by the detonation of hand grenades inside the aircraft.

Putin suggested on Thursday that Prigozhin's plane was blown up from the inside, not hit by a missile as rumoured, saying that the head of Russia's investigative committee had reported that traces of explosives were discovered in the bodies of those who died in the crash in August.

"Fragments of hand grenades were found in the bodies of those killed in the crash," Putin told a meeting of the Valdai Discussion Club in the Black Sea resort of Sochi.

"There was no external impact on the plane – this is already an established fact," Putin said, appearing to rubbish claims by United States officials who believed the plane was shot down.

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Putin also claimed that searches of Wagner's offices in St Petersburg after the crash turned up 10 billion roubles (\$100m) in cash and 5kg (11 pounds) of cocaine. The investigators of the crash have yet to report publicly on their findings. Moscow rejected an offer from Brazil, where the Embraer business jet was built, to join the crash inquiry.

The Washington, DC-based Institute for the Study of War (ISW), a think tank monitoring the conflict in Ukraine, described Putin's explanation for the crash as "bizarre" and intended to "deflect blame from the

Kremlin".

The ISW said that Putin appeared to be sketching a scenario involving alcohol, drugs and the mishandling of explosives by people on board the plane in an attempt to blame the victims for their own deaths.

The Russian president "implied that the plane crash victims may have been using alcohol or drugs on-board that could have led to the negligent handling of grenades (that were presumably on board for some unexplained reason)", the think tank said.

"Putin's bizarre explanation of the plane crash is likely an attempt to blame Prigozhin for his own and his comrades' deaths and further disgrace him among his remaining supporters," the ISW added.

'Serious mistakes in his life'

Prigozhin died in the crash exactly two months to the day after leading a short-lived mutiny against Russia's defence establishment and presented the biggest challenge to Putin's rule since he came to power in 1999.

A preliminary US intelli-

gence assessment concluded that an intentional explosion caused the crash, and Western officials have pointed to a long list of Putin foes who have been assassinated.

The Kremlin has rejected as an "absolute lie" the suggestion that Putin had Prigozhin killed in revenge for the rebellion by the Wagner private army.

The fate of Wagner has been unclear since Prigozhin's death.

Putin has ordered Wagner fighters to sign contracts with Russia's defence ministry, a move which Prigozhin and many of his men had opposed.

When asked about the future of so-called private military companies in Russia, Putin said on Thursday that as there had been no law on such groups, the experience of them in Russia had been "clumsy".

"We do not yet have a consensus in Russia about whether we need such formations or not, but today I can say for sure that several thousand fighters of this company have already signed contracts with the armed forces," Putin said.

Before his death, Prigozhin

had accused Russia's military leaders, particularly Defence Minister Sergei Shoigu and Chief of General Staff Valery Gerasimov, of incompetence and warned that Russia could lose the war in Ukraine unless it raised its game.

After his death, Putin described the Wagner chief as a man who had made "serious mistakes in his life but he achieved the right results".

The Wagner Group mercenary force that Prigozhin created was active in Ukraine, Syria, Libya and several African countries and counted tens of thousands of fighters at its peak. Sanctioned by the European Union and the US for gross human rights abuses in the countries where Wagner deployed, the force played a key role in the fighting in Ukraine, where it spearheaded the capture of the eastern Ukrainian city of Bakhmut in May after months of bloody combat.

Source: News Agencies

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Rosatom supplies fifth reactor vessel in 2023, a record in nuclear engineering

Over the years, the company has been involved in numerous projects, offering innovative solutions, technological expertise, and reliable support to African nations.

By: KBC Digital

The manufacturing facility of Rosatom's engineering division in Volgograd shipped the fifth nuclear reactor vessel this year. The vessel is intended for Unit 3 being constructed at the site of the Akkuyu NPP, the first nuclear power plant in Turkey. This number of shipments is an absolute record in the domestic nuclear engineering industry. "With Rosatom's starting serial construction of nuclear power plants in Russia and abroad, our engineering division has a manifold increase in the work amount. Nuclear engineering facilities are successfully coping with this task even setting new records. Our project portfolio today includes 33 power units in 11 countries, so we have our work cut out for us. Atommash's reliable and steady work makes us confident that all these projects will be implemented successfully and on time, which means that we will keep our leadership positions on the global nuclear market," said Alexey Likhachev, Rosatom Director General. Anastasia Zoteeva, Director General



of Akkuyu Nuclear JSC noted: "We owe much of the fast pace of the Akkuyu NPP project implementation to the leading companies of the Russian nuclear industry, including in particular Atommash." Added Zoteeva: "The production of five modern reactors in a year is an outstanding achievement, and we should give great credit to every employee of the manufacturing facility,

to its management, and to Rosatom. I am sure that there is more to come after these five reactors, because Atommash's employees, like the employees of all Russian nuclear companies, are talented, enthusiastic, and dedicated specialists. Akkuyu Nuclear is proud to cooperate with Atommash, a reliable and responsible supplier of high-tech equipment."

Russia and Africa have been cooperating in the field of nuclear energy for a long time. Many documents and memorandums on the peaceful use of the atom have been signed, for example, with Ethiopia, Uganda, Rwanda, Zimbabwe and many others. Over the years, the company has been involved in numerous projects, offering innovative solutions, technological expertise, and reliable

support to African nations.

Rosatom has been actively involved in expanding its cooperation in Africa, including the construction of a nuclear power plant in Egypt. This project represents a significant milestone in promotion nuclear energy on the African continent. The cooperation between Rosatom and Egypt goes beyond the construction of the power plant.

It includes a wide range of collaborative initiatives, including knowledge transfer, technology sharing, and capacity building. This transfer of expertise contributes not only to the successful implementation of the project but also to the development of Egypt's nuclear energy sector in the long run. This endeavor showcases Rosatom's commitment to sharing its advanced nuclear technology and expertise with African nations.

Another important feature of Rosatom's cooperation with Africa is the construction of Centers of Nuclear Science and Technology (CNST).

Morocco

Doctors without Borders offer psychological support to earthquake victims in Morocco



By: Dismas Otukey and KBC Digital

A team of Doctors Without Borders (MSF) famously referred as Médecins Sans Frontières, has been deployed in Morocco to offer psychological support for the affected populations, healthcare workers, and volunteers who worked in the aftermath of the earthquake that hit the North African country last month.

Following August 2023, MSF dis-

patched emergency teams to evaluate the humanitarian and medical situation in the most severely affected regions in the provinces of Al Haouz, Taroudant, and Chichaoua in which 30 sites were examined by five MSF teams.

Overall, the response from the Moroccan government, its bilateral allies, and the Moroccan people was astounding hence reducing the number of deaths and casualties.

The installation of forward-look-

ing It was essential to have medical posts, field hospitals, and transfer capabilities to ensure a rapid medical and humanitarian response.

MSF teams has also lauded the Moroccan government's immediate response which reduced the impact in terms of number of deaths and casualties.

In addition to this evaluation, MSF teams gave six donations between September 12 and September 17 in response to specific needs that were

at the time identified by hospitals or health centers among them injectable medications, analgesics, antibiotics, insulin, and medical equipment which were coordinated with the Moroccan government.

Search and rescue teams and frontline volunteers were urgently needed to provide psychological support to those who were most severely affected by the situation.

MSF teams at the same time lauded the comprehensiveness of the Moroccan government's response, which left few gaps.

In addition to this assessment, between September 12 and 17, MSF teams made six donations in response to specific needs expressed at the time by health centers or hospitals.

The targeted donations were coordinated with the Moroccan authorities and contained medical equipment and medicines, such as injectable drugs, analgesics, antibiotics, insulin, and medical equipment.

The hardest-hit people by the crisis urgently needed psychological support, which included search and rescue teams and frontline volunteers. So far, MSF teams have spoken to dozens of distressed women and men in the heavily affected areas at

all the sites assessed.

Most had lost relatives or friends or had seen their homes and villages razed to the ground, while others were still waiting for the bodies of their loved ones to be found, fully aware that finding them alive was no longer an option.

"We will provide mental health activities and first-aid psychological support to local organizations and affected people, as well as to frontline workers, mainly through networks of Moroccan psychologists, social workers, health promoters, and other volunteers," explains Fouzia Bara.

Despite this, the Moroccan authorities, with the support of certain governments, have managed to clear people from the rubble, treat the injured, use helicopters to transport the injured from the most remote areas, and distribute food and other supplies to those affected". concluded Faouzia

A 6.8-magnitude earthquake struck central Morocco early in August, killing 2,862 people and injuring around 6,000.

The earthquake mainly affected the rural area of the High Atlas Mountains, causing landslides and collapses and damaging many roads.

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**Worth
Noting:**



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Prof. Labode Popoola appointed Chief Executive of Africa Forest Forum

He takes over from Prof. Godwin Kowero who guided the establishment of AFF and has been at the helm of the institution since 2007.

Worth Noting:

- “On behalf of the Members’ Forum and the Governing Council, the AFF Secretariat greatly appreciates Prof. Kowero and thanks him for his invaluable leadership, expertise, definitive contributions over the years,” noted the Secretariat

- Labode will take responsibility for the efficient functioning of the AFF Secretariat and ensure that it continues to support collective advocacy and actions – with particular focus on the relevance and contribution of forests and trees to the people of Africa and their environment.

- Prof. Labode Popoola is an accomplished scholar with more than 20 years of senior management experience working in various institutions across Africa.

- He holds a PhD in Forest Economics from the University of Ibadan. His academic career has seen him occupying every academic position in the university system, ranging from undergraduate programme coordinator to Vice-Chancellor.



Prof. Labode Popoola

By: **KBC Digital**

The African Forest Forum (AFF) Secretariat has announced Prof. Labode Popoola as the new Executive Secretary.

His tenure as CEO is effective October 1st, 2023.

Prof. Popoola takes over from Prof. Godwin Kowero who guided the establishment of AFF and has been at the helm of the institution since 2007.

“The institution has grown from a one person staff when it started to 3 scientific staff in 2009; now it has a staff complement of 10 regular staff, six of whom guide the scientific work of the institution, supported by four technical specialists. With this level of staffing, AFF is

now firmly established and works with an average of 40 experts and 20 postgraduate students every year in undertaking its various tasks,” AFF said in a statement “On behalf of the Members’ Forum and the Governing Council, the AFF Secretariat greatly appreciates Prof. Kowero and thanks him for his invaluable leadership, expertise, definitive contributions over the years,” noted the Secretariat

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environment.

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He holds a PhD in Forest Economics from the University of Ibadan. His academic career has seen him occupying every academic position in the university system, ranging from undergraduate programme coordinator to Vice-Chancellor.

As an experienced researcher and project leader, Labode Popoola has led several internationally funded researches involving over USD4 million, including the MacArthur Foundation USD 900,000.00 grant for the establishment of

the Master’s in Development Practice (MDP) Programme. The University of Ibadan was one of the 10 Universities that won the grant involving over 70 Universities across the globe in 2010.

He was also a team member and Steering Committee member of the USD 1.75 Million Japanese Trust Fund (JTF) Grant for Education for Sustainable Development in Africa (ESDA).

He is currently, Director, United Nations Sustainable Development Solutions Network-Nigeria; member, Leadership Council of the UN Sustainable Development Solutions Network; Chairman, Sustainability Support Forum, an NGO for the driving of Agenda 2030

(SDGs) of the UN in Nigeria.

Labode has won several awards and honours. They include an award for Invaluable Service in Agroforestry from the International Centre for Research in Agroforestry, Nairobi (2001); award for excellent service to the forestry profession by the Council of the Forestry Association of Nigeria. He also received the Osun State Government Merit Award for Excellence in Science, Research and Community Development in 2010, and an Award of Excellence by Osun State Government in 2018 for making Osun State University financially self-sustaining.