



**MKU Foundation Hosts Forum On Educational Scholarships And Funding**

The event, which brought together government and non-governmental players, discussed ways of enhancing partnerships that will improve access to higher education particularly to bright students from economically disadvantaged backgrounds.

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**News>>Kalonzo Faults Plans By Government To Privatize Some State Firms**

P. 8. Wiper Party leader Kalonzo Musyoka now says the decision by the government to put up some state institutions for sale does not augur well for the country's future.



**Motivation>>How Much Independence Should I Give My Child?**

P. 12. As children enter adolescence, they often beg for more freedom. Parents walk a tightrope between wanting their children to be confident and able to do things for themselves and knowing that the world can be a scary place with threats to their children's health and safety.

# Gachagua: Government Will Not Tolerate Wanton Killings

**Deputy President Rigathi Gachagua has directed chiefs and assistant chiefs in banditry zones to work with security agencies in mopping up illegal guns, warning that the government will not tolerate wanton killings by criminals practising outdated practices. Speaking yesterday in Baragoi town, Samburu County when he attended a Sunday Mass, the Deputy President said banditry was intolerable and will be dealt with firmly.**



Deputy President Rigathi Gachagua addressing Baragoi residents yesterday

STORY ON PAGE 9

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# PS Wang'ombe: We Are Committed To Ending All Forms GBV

By: KBC Digital



### Worth Noting:

- Her statement comes a few days after the viral excerpt of a clip showed the man dressed in civilian clothes along Thika Superhighway in a vehicle belonging to the Bybuss Trans was seen dragging the lady passenger before loading a slap on her sending her to the ground.
- According to Wang'ombe, subjecting women and girls to GBV is a gross violation of their fundamental human right, which has far reaching consequences on their physical, psychological and emotional well-being and the Government will deploy all possible mechanisms in place to bring this vice to an end.

The Principal Secretary, State Department of Gender and Affirmative Action Ann Wang'ombe has reiterated her commitment of exploring various options available in an effort aimed at eradicating Gender Based Violence [GBV] in Kenya.

Her statement comes a few days after the viral excerpt of a clip showed the man dressed in civilian clothes along Thika Superhighway in a vehicle belonging to the Bybuss Trans was seen dragging the lady

passenger before loading a slap on her sending her to the ground.

According to Wang'ombe, subjecting women and girls to GBV is a gross violation of their fundamental human right, which has far reaching consequences on their physical, psychological and emotional well-being and the Government will deploy all possible mechanisms in place to bring this vice to an end.

"I wish to express my deep concern and

condemnation about the incident as both retrogressive and unacceptable to anyone, not necessarily women. As a result of the incident, I have initiated collaboration with ByBuss Sacco owners and relevant law enforcement agents to bring the involved parties to book. The State Department for Gender and Affirmative Action is committed to supporting the elimination of all forms gender-based violence, particularly those targeting vulnerable groups including women and girls. We are also currently in discussions with the Ministry of Transport, the National Transport and Safety Authority (NTSA), and other pertinent bodies to expedite a thorough investigation into the matter. Ensuring justice is served and implementing measures to prevent future occurrences of violence against women are top priorities for the ministry" she said in a statement

In May this year, the National Transport

and Safety Authority (NTSA) sought information regarding a matatu whose conductor was captured in a video dragging a passenger out of the vehicle in the presence of a police officer.

In the video, a female passenger was seen being forcefully pulled out from her seat in the bus by the tout as she pleaded with the latter to let her go.

In 2020, a Nairobi court found three men who were part of a bus crew guilty of robbery with violence and sexually assaulting a female passenger in a case that had attracted huge public interest

Bus driver Nicholas Chege Mwangi, his conductor Meshack Mburu Mwangi, and petrol station attendant Edward Ndung'u Kamau were described by Nairobi Chief Magistrate Francis Andayi as senseless and uncouth

Last week's Nairobi-Thika Road incident took place within the ongoing global sixteen days of gender activism, a cam-

paign dubbed "Activate Nairobi" where Wang'ombe noted that gender equality and the empowerment of women and girls are essential to eradicate poverty and build a global society based on sustainable development, social justice and human rights.

Statistics by The Centre for Rights Education and Awareness (CREAW-Kenya) reveals that over 3,762 cases of Gender-Based Violence were reported in 2022. Out of those cases, 2,985 cases of GBV were by women while 777 cases were by men.

Gender-based violence in Kenya remains a long-standing problem, persisting for years and intensifying vice that includes domestic violence, sexual abuse cases like rape and harmful cultural practices such as child marriage and Female Genital Mutilation (FGM).

Editor's Desk

**The Mt. Kenya Times**

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# NEWS IN BRIEF



Murang'a County in Kenya is facing an urgent need for measures to curb increased cases of Gender-Based Violence (GBV). A Demographic and Health Survey 2022 report by the Kenya National Bureau of Statistics revealed that 54% of women aged 15 to 49 in the county have experienced physical violence, compared to the national average of 34%. In 2022, 22% of women experienced physical violence, compared to 16% nationally. Sexual violence was at 14%, compared to 7% nationally. The majority of GBV cases are initiated by husbands or intimate partners, highlighting the need for interventions to curb violence in families. The Association of Women Judges, Mount Kenya chapter visited women convicts in Murang'a prisons to educate them about their rights and seek justice when they experience violence.



Kenya Tea Development Agency Limited (KTDA) is planning to increase monthly payments for smallholder tea farmers by Sh4. The move will see farmers receive Sh25 per kilogram of green leaf supplied to KTDA's factories. This follows the highest bonus payout for tea farmers in three months, amounting to Sh44.15 billion. The agency also released Sh23.55 billion as monthly pay for green leaf supplied to 54 factories, bringing the total earnings to Sh67.7 billion for the financial year ending June 30, 2023. The increased monthly rates are part of a series of measures aimed at motivating tea growers to increase production. The agency sold 10 million kilograms of orthodox tea in the last financial year, improving overall earnings for tea farmers.



The Kenyan government is committed to supporting counties in showcasing, preserving, and protecting cultural and heritage sites for national integration, cohesion, and peace. Principal Secretary, State Department for Culture, Arts and Heritage, Ms. Ummi Bashir, stated that Kenya's rich history, culture, literature, and heritage sites have a global positive impact and earn foreign exchange. At least 30 counties will participate in the 96th edition of the Kenya Music and Cultural Festival (KMCF), with 14 already registered. The Kenyan government is also working with UNESCO to repatriate lost artifacts and skulls, and is currently awaiting approval from the World Heritage Committee.



Kenya's State Department for Technical and Vocational Education Training (TVET) has urged graduates from universities and technical institutions to use their skills to create employment and alleviate unemployment among the youth. The graduates, who graduated from the Rift Valley Technical Training Institute (RVTTI), have received the necessary skills to fit in the job market. The TVET sector in Kenya has evolved over the last 40 years, producing middle-level human resources for the national economy. The Competency Based Education and Training (CBET) curriculum, which has been fully implemented since September 2023, promotes learner-centered training, encouraging trainees to actively engage in their learning journey. The dual training model, which involves at least 50% industrial training and 50% classwork, is being implemented in 67 TVET institutions across the country. The government is committed to enhancing access to TVETs through the new higher education funding model, which ensures trainees from diverse economic backgrounds can access technical training through scholarships and HELB loans.



Teenage pregnancy in Narok County in Kenya has decreased by 2% this year, thanks to a multi-agency approach addressing the triple threat of pregnancy, HIV/STD infections, and GBV among adolescents. The number of teenage pregnancies in the county dropped from 11,334 in 2020 to 8946 in 2021. Other issues affecting adolescents include drug and substance abuse, Female Genital Mutilation, early marriages, and inadequate parental care. The National Council for Population and Development (NCPD) calls for a whole government approach, partnerships, networking, and policymakers to address these challenges.



Interior and National Administration CS Prof Kithure Kindiki led senior government officials in an assessment of flood risk due to the spillover of seven Forks dams. With 142 dead from El Nino rains-related flooding, the government is taking measures to prevent further deaths by warning affected communities in advance. The five dams are expected to fill up and spill over when rains resume in a week to ten days.

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# Kenya's Ruto Embarks On Key State Visit To India To Bolster Bilateral Ties

By: Mercy Sowek

President William Ruto is set to embark on a significant two-day State visit to India, commencing today, in response to an invitation extended by India's President Murmu.

India's Ministry of External Affairs said President Ruto's visit aims to enhance the longstanding bilateral relationship between Kenya and India.

"A Presidential visit from Kenya is taking place after over six years and is expected to strengthen and invigorate the bilateral relations between the two countries," it said.

This visit marks President Ruto's maiden trip to India since assum-

ing office as Kenya's fifth Head of State in September 2022.

During his stay, President Ruto will engage in important diplomatic activities, including meetings with the Indian President, where he will receive a ceremonial welcome at the forecourt of Rashtrapati Bhawan on Tuesday.

President Ruto is scheduled to engage in in-depth discussions with Prime Minister Modi and participate in a business and investment-focused event in New Delhi.

The visit underscores the mutual commitment of both nations to deepen their cooperation and strengthen economic ties.



## NEWS IN BRIEF



The National Traditional Medicine Practitioners Association (NATHEPHA) held national elections in Nairobi to strengthen its association and unite herbal medicine doctors for the next five years. Paul Okibo was elected as National Chairman, Simon Murangiri as Vice Chair, and Andrian Kamundi as Executive Secretary. The Executive Committee will oversee traditional medicine practitioners, offer support, and provide training while fostering unity and protecting indigenous medicine as an alternative to conventional ones. NATHEPHA is advocating for research on medicine and natural drugs as alternative, cheap, and quality medicines to enhance Kenyans' health status and wants the public to appreciate and embrace their services. The organisation is collaborating with the University of Nairobi to train members on herb accreditations to ensure proper and quality drug administration. NATHEPHA has urged citizens against seeking treatment from unregistered alternative health practitioners and urged them to work together to achieve objectives aligned with the Sustainable Development Goals of Health and Universal Health Coverage. The organisation aims to make and package traditional medicines that can be used locally and exported internationally on demand.



HIV/AIDS prevalence in Kiambu County has decreased from 2.3% in 2021 to 2.1% currently, according to Governor Kimani Wamatangi. The reduction in mother-to-child infections has also decreased from 8% to 5.5%. HIV-related mortalities have also decreased from 663 in 2021 to 502 in 2022, thanks to increased identification of people living with HIV through testing, robust awareness campaigns, accessible testing facilities, and community outreach programs. Health education remains a cornerstone of the strategy, with more individuals taking the crucial step of getting tested daily. The increased uptake of antiretroviral drugs (ARVs) is also a significant stride forward. Wamatangi urged residents to say no to stigma and discrimination, urging them to remember that HIV can be managed and those affected can lead healthy lives. The county government is also implementing a project to transition HIV services to the county through a project supported by the U.S. President's Emergency Plan for AIDS Relief.

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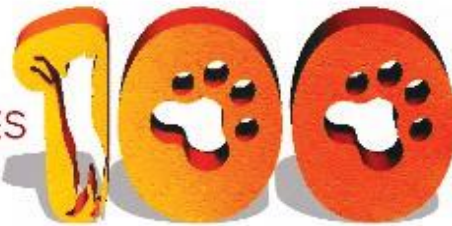
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# Kalonzo Faults Plans By Government To Privatize Some State Firms

By: Eric Biegon

Wiper Party leader Kalonzo Musyoka now says the decision by the government to put up some state institutions for sale does not augur well for the country's future.

Kalonzo claims that the planned privatization of some critical parastatals amounts to compromising the security of the nation in its plans to sell.

The former vice President said the move must be resisted by all citizens even as he promised efforts by the opposition coalition to stop the sale.

"You cannot privatize Kenya's strategic installations. Privatizing institutions like Kenya Pipeline Corporation can threaten our country's security. Why sell KICC which is the face of Kenya? We won't keep quiet on this issue, we will tell Kenyans the truth," said the Wiper Leader

Speaking at a fundraising ceremony in Gem constituency, Kalonzo said the opposition reads mischief in

the planned sale claiming the move might end up benefitting individuals at the expense of the country.

At the same time, Kalonzo faulted the Kenya Kwanza administration over its alleged failure to address the high cost of living which he claimed has been exacerbated by the increase in taxes.

Kalonzo was in the company of Siaya Governor James Orengo, National Assembly Minority leader Opiyo Wandayi, and a host of MPs from both ODM and Wiper parties.

Wiper Party leader Kalonzo Musyoka .



# KEWOPA Official Urges Female Lawmakers To Champion Mentorship For Aspiring Women Leaders

By: PSCU

A call has been made for female lawmakers to step into the role of mentors, guiding aspiring women politicians to bolster the presence of female leaders in the future.

Moiben MP Prof. Phylis Bartoo, an executive member of the Kenya Women Parliamentary Association (KEWOPA), stressed the significance of mentoring in nurturing the next generation of female leaders.

"As female legislators, it's incumbent upon us to help guide and nurture our sisters who have expressed interest in leadership positions. This will be one of the ways we will give back to the community," articulated Prof. Bartoo.

She observed that supporting and mentoring potential leaders will contribute significantly to society, drawing from the performance of the current cadre of female legislators.

"The elected women leaders have

generally proved to be effective and equal to the task. We will lose nothing by holding the hands of other potential leaders," explained the Moiben legislator.

Bartoo made the remarks during the closing ceremony of a comprehensive two-day mentorship training organized for KEWOPA members from both the National Assembly and the Senate.

The training, facilitated by the Federation of Women Lawyers (FIDA-Kenya), covered crucial topics such as Gender Responsive Policy Formulation, Wellness, and Mental Health Sessions on the initial day.

On the last day of the workshop, the facilitators of the training focused on guiding the MPs through navigating the political landscape and how to harness technology to cultivate their individual brands.

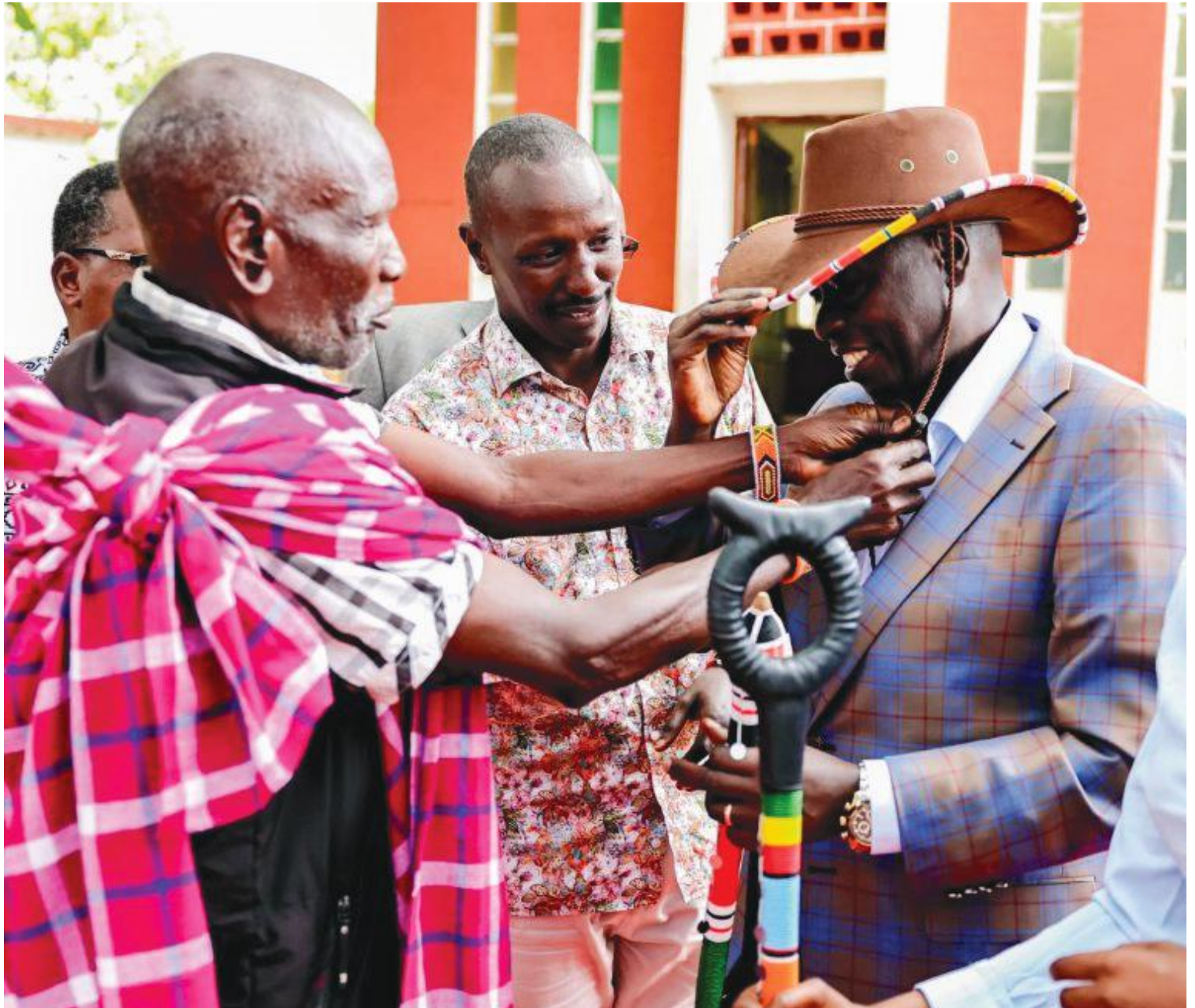
The theme of the mentorship training workshop was 'Promoting Women's Political Participation and Leadership.



MPs and the training facilitators pose for a photo after the forum

# DP Gachagua's Directive To NGAO officers On Illegal Guns In Baragoi

By: DPCS



Deputy President Rigathi Gachagua in Baragoi.

## Worth Noting:

- “Those who still engage in these practices will face the full wrath of the government. Those still with illegal guns must return them. The chiefs and sub-chiefs have firm instructions to ensure there are no illegal guns in their areas,” added the DP.
- During the festive, Gachagua said security would be beefed up for residents to partake in the Christmas festivities without fear of attacks.
- “We will not allow anyone to disturb peace in Baragoi and other areas in the region during this Christmas season. This is a country under the rule of law. The people of Baragoi and Samburu must enjoy peace,” he said.

Deputy President Rigathi Gachagua has directed chiefs and assistant chiefs in banditry zones to work with security agencies in mopping up illegal guns, warning that the government will not tolerate wanton killings by criminals practising outdated practices.

Speaking yesterday in Baragoi town, Samburu County when he attended a Sunday Mass, the Deputy President said banditry was intolerable and will be dealt with firmly.

“We cannot accept banditry. The killing of fellow Kenyans, children, and attacking women because of outdated practices is unacceptable,” said Mr Gachagua.

While challenging the national administrators to enforce the law in their areas of jurisdiction, the DP said action will be taken against those who will be lax in discharging their duties.

“Those who still engage in these

practices will face the full wrath of the government. Those still with illegal guns must return them. The chiefs and sub-chiefs have firm instructions to ensure there are no illegal guns in their areas,” added the DP.

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“We will not allow anyone to disturb peace in Baragoi and other areas in the region during this Christmas season. This is a country under the rule of law. The people of Baragoi and Samburu must enjoy peace,” he said.

Baragoi has largely remained peaceful because of the security interventions the government has put in place in the region the last one year.

The Deputy President, who was joined Samburu Deputy Governor

Gabriel Leneywesi, host Senator Steve Lelegwe, Area MP Eli Letipila (Samburu North), Samburu County MP Pauline Lenguris, Ken Aramat (Narok East MP), Onesmus Ngogoyo (Kajiado North MP), Kajiado Senator Seki Lenku, host MCA Jeremiah Leitoro (Elbarta Ward) and other MCAs from the county, for the Sunday Mass and fundraiser for construction of a pastoral centre, also said the Government is closely working with the county government to repair roads destroyed by El Nino rains.

“The Cabinet Secretary for Roads Kipchumba Murkomen will be in the county this week to assess the situation and ensure repair works commence,” he said.

Residents lacking food after areas were cut off will also receive relief food with DP revealing 800 bags of maize and rice and 300 bags of beans already on the way for distri-

bution in the county.

He also said expansion of electricity from the nearby Marti Town to Baragoi is ongoing.

Area leaders said they would support the government in enforcing security measures for development to prosper in the county.

“This is our government because we voted for it. Security in Baragoi has improved since the government came in power. We are fully behind it to ensure long-lasting peace and development,” said Samburu County MP Pauline Lenguris.

The Deputy Governor said good working relationship between the county and national government had ensured improved security.

The Sunday service was presided over by Maralal Diocese Bishop Hieronymus Emusugut Joya.

# The Grace Of Discipline Pt 1



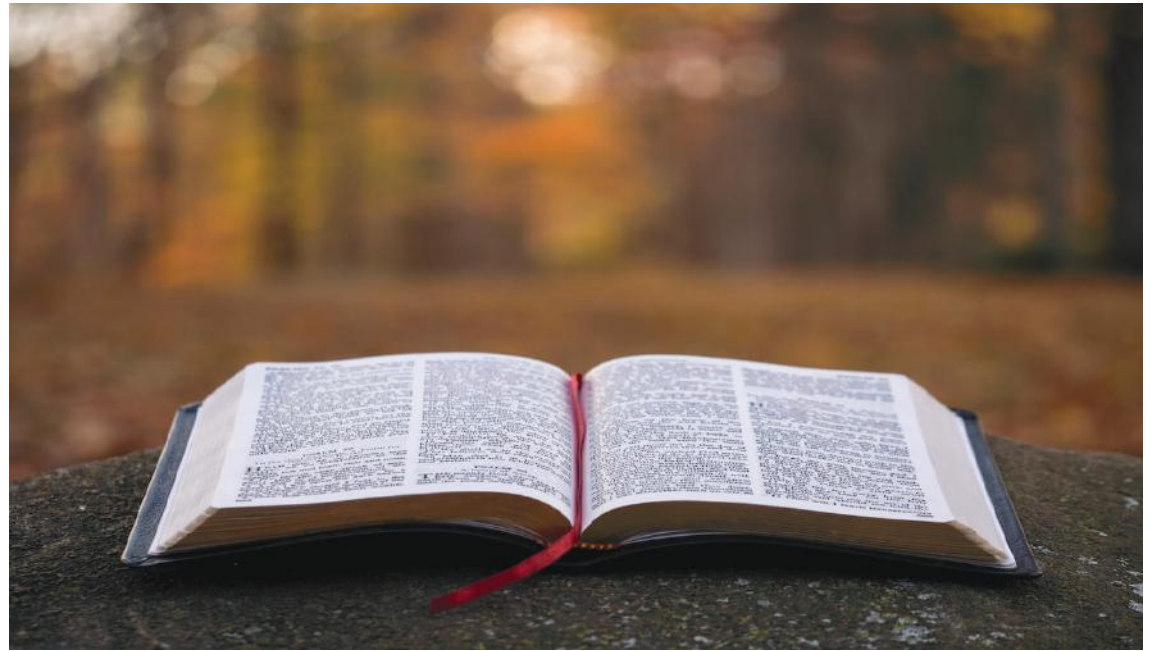
By: Eric Musa  
EMEA.ericmusa@gmail.com

Today, I woke up with astonishment of how there is a thin line between godliness and impurity. It is so easy to be swayed to indisciplines or immoralities, and for sure they have consequences, even immediately! God help us!. So, I went on my knees, my wife also in our matrimonial bed and I pray with intensity and being moved, surrendering myself to our God Christ Jesus, that HE may enable me, as well as my family, with the GRACE OF DISCIPLINE.

As we learned in the many sermons this year of the Lord 2023, the word discipline in “discipline yourself for the purpose of godliness” (1 Timothy 4:7 NASB) is a word with the smell of the gym in it — the sweat of a good workout. It is an unabashed

call to spiritual sweat. The rich etymology of “discipline” suggests a conscious divestment of all encumbrances, and then a determined investment of all of one’s energies. Just as ancient athletes discarded everything and competed *gymnos*(naked), so must the disciplined Christian man DIVEST(GET RID) himself of every association, habit, and tendency which impedes godliness.

Then, with this lean spiritual nakedness accomplished, he must INVEST ALL HIS ENERGY AND SWEAT in the pursuit of godliness. The lithe, sculpted figure of the classic Greek runner gives the idea. Stripped naked, he has put his perspiration into thousands of miles for the purpose of running well. Even so, the successful Christian life is always, without exception, a stripped-down, disciplined, sweaty affair. The understanding that vigorous spiritual discipline is essential to godliness accords with the universal understanding that discipline is necessary to accomplish anything in this life. The legendary success of the Kenyan Athlete Eliud Kipchoge, a multiple Champion in Marathon



and long distance races is testimony to his remarkably disciplined life.

GOD HAVE MERCY ON US, HELP US, ENERGIZE US, ENABLE US IN JESUS CHRIST NAME: AMEN. SELAH!

References:

The Living Bible  
Discipline of a Godly Man( Book by

Kent Hughes)

**Evangelist Eric Musa:**

(My message continuously: If you are not saved: Believe, accept, receive and confess Christ Jesus as your Lord and Saviour and be filled with the Holy Spirit, as it is written; “NOW is the acceptable time, TODAY is the day of SALVATION.- 2

Cor 6:2”. For prayers, devotion, and to support the ministry contact Evangelist on +254722157300 ( Email: EMEA.ericmusa@gmail.com). Remember, God Loves you and I unconditionally, perfectly and always: SHALOM

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# Ruto's Star Shines In Dubai As He Secures Sh640bn Green Deals



By: Joseph Mutua Ndonga  
mutuandongaa@yahoo.com



## Worth Noting:

- Let me explain why? One would have expected them to first carry out a thorough probe and scrutiny. This is with a view to finding out whether the Government of Kenya was catering the expenses of the all the delegates. They failed to do this.
- As it turned out, the state was only paying the bills of 51 of them. These were state officers, who companied the President, and they were not joyriders.
- They were there to undertake the duties assigned to them by the head of state.
- The expenses of the rest of delegates were catered by the local and international non-governmental organizations (NGOs).

As the deliberations at the COP28 climate change summit taking place in Dubai continued, I read a headline story featured by one of the mainstream newspaper here in Kenya.

The story sought to cast President William Ruto in bad light by creating the impression that Kenya is topping the list of the countries with largest number of the delegates.

While ranking Kenya on 13th position with more than 600 delegates, the authors cited the registration forms and badges issued.

They wanted Kenyans to believe that the government of Kenya has sponsored all them.

For this reason, President Ruto was not walking the talk.

He had a few days earlier unveiled a raft of austerity measures.

One of them was to reduce foreign travels and cut down on budgetary allocations for the essential trips.

The accommodation money and subsistence allowances for the state officers would be mainly targeted.

To me, the authors of the story were not factual and it seems they were pushing the agenda of anti-Ruto forces.

Let me explain why? One would have expected them to first carry out a thorough probe and scrutiny. This is with a view to finding out whether the Government of Kenya was catering the expenses of the all the delegates. They failed to do this.

As it turned out, the state was only paying the bills of 51 of them. These were state officers, who companied the President, and they were not joyriders.

They were there to undertake the duties assigned to them by the head of state.

The expenses of the rest of delegates were catered by the local and international non-governmental organizations (NGOs).

It is worth noting that two lists of the state officers who would accompany the President had earlier been submitted to him.

One of them contained 195 officials. He rejected it. The number was reduced to 95. He also rejected it. He finally settled on 51 officers.

This clearly demonstrated that the President believed in austerity measures he had unveiled.

In Dubai, President Ruto once again scored highly. He managed to secure green deals worth Sh640 billions. The monies will be invested in projects meant to actualize the theme of United Arab Emirate clean energy pipeline. Kenya is set to become the pioneer of Africa Green Industrialization Initiative.

President Ruto's star in Dubai had been shining. This started before he arrived. In one of the sessions, the world leaders led by Bill Gates, UK Foreign Affairs Minister Cameron and President of Tanzania Madam Suluhu Hassan showered him with accolades.

The President of Kenya is showing us the way. We have learnt big lessons from him on how to mitigate climate change.

The Dubai summit comes just a few months after Dr Ruto convened an inaugural Africa Climate Change summit in Nairobi, Kenya's capital city.

This forum endorsed and adopted a raft of resolutions. Dubbed the Nairobi declaration, President Ruto led African leaders in reaching a consensus to push for the adoption of the blueprint during the forthcoming COP28. The forum is currently underway.

At the time, Dr Ruto stated. The declaration outlines the position of Africa. We will not allow the powerful nations to water it down. We will stand firm. In Dubai, he is walking the talk.

Kenya is one of the countries that has been hit hard by adverse effects of climate change.

First, it was the drought rated to be the worst in 40 years. Dr Ruto had no option but to channel all public resources towards battling the biting hunger.

Today, the country is experiencing El nino phenomena. The downpours have left a trail of destruction. The government spokesman stated a few days ago more than 100 people have so far lost their lives. The situation could have been worse if the government did not respond with speed.

Deputy President Gachagua had been coordinating multi-sectoral disaster response teams.

In one of the emergency meetings with the teams, DP noted. Our efforts are bearing the fruits. We have saved the lives of many Kenyans and secured their properties. Keep it up. If you can do more, please do. We must save the lives of our people, he reiterated.

It is worth noting that President William Ruto is not only a leading champion of matters climate change in Africa. He has lately emerged as a global leader.

Before Nairobi climate summit, African heads of state and government gathered at Africa Union (AU) headquarters in Addis Ababa Ethiopia during which they adopted the proposal by Dr Ruto on Africa to take a proactive role in these endeavors.

Our continent of Africa is bearing the brunt of this problem and our contribution to it is very little. The powerful and industrialized countries of Europe and Asian were the leading culprit.

The fossil fuel is the main source of carbon emissions which contribute heavily to the change of climate.

Our plea to them to shift to the renewable energy has not yielded much fruits.

As Africans, we have a responsibility to explore ways of helping our people.



President William Ruto .

This explains why the Africa Union (AU) secretariat on Climate change chose Nairobi to host the inaugural summit.

Besides dozens of heads of state from Africa, the representatives of the global leaders, renowned environmentalists and scholars are in attendance.

It is worth noting the summit comes against the backdrop of the dozens of international Conferences dubbed conference of Parties (COPs).

The one held in France drafted the Paris Agreement and the issue of raising funds to mitigate the effects of the climate change featured prominently.

The world's leading players of air pollution would make big commitments but would not keep their words.

In subsequent COP conferences, the same agenda would be revisited. Commitments would be made and again end up being unmet.

Besides this, the leaders of the superpowers would also turn deaf ear or do very little towards the implementation of the other resolutions passed. This is unlike the leaders of Africa nations.

President Ruto would not take this matter lightly. During one of earlier COP conference he posed. Were these forums necessary? Were they adding any value to the course of environmental conservation? This is by reversing the devastating effects of climate change.

The forums have become empty talk shows. What is the point of holding them if we don't implement the resolutions?

Climate change is a global problem. So, he would urge the leaders of rich countries to reconsider thier position and take this matter seriously.

In Kenya, President Ruto has since launched a series of programmes for mitigation.

One of them is dubbed greening Kenya that seeks to ensure 15 billion trees are planted by the year 2030.

The president kicked off this campaign at Ngong Forest. He has so far planted many trees and mobilized

all state officers to follow his footsteps.

The President is also providing leadership towards phasing out of fossil fuel powered vehicular and industrial machines.

They would be replaced by electric cars. As a show of commitment, the President drove electric car to Kenyatta International Convention Center (KICC).

He had gone there to meet Africa Youth On Africa Climate Change a day before he officially opened the summit.

The fossil fuel produces the following petroleum products-jet fuel, petrol, diesel, kerosene, liquified petroleum gas (LPG).

Solar, wind, biogas are some other source of clean renewable energy. The president has also been calling on Kenyans to shift and embrace them.

In Kenya, the problems related to climate change were: Biting drought, famine, landslides, rising and overflowing of lake/dams waters and locust invasion.

As an observer, my message to Africa leaders is.

A time has come for Africa to rise up to the occasion. What do I mean? Africa leaders should explore ways of raising thier own resources that would go towards mitigating the effects of climate change.

This way, the superpowers will stop demeaning and looking down the people of Africa.

Here the message will be clear. It does not mean that Africa cannot survive. You need us and we need to you. So, if you think you are more superior and continue to treat us with utter disrespect, we can chart our own destiny.

You are main the players in air pollution and climate change. We are not therefore begging you when we tell you to honor your promises.

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

# How Much Independence Should I Give My Child?



By: Wanjohi P. Mugambi  
@themkenyatimes

## Worth Noting:

Set limits. All children sometimes resist limits, but they want them and they need them. In a world that can seem too hectic for adults and adolescents alike, limits provide a security. Oftentimes, adolescents whose parents do not set limits feel unloved. Setting limits is most effective when it begins early. It is harder but not impossible, however, to establish limits during early adolescence.

Be clear. Most young teens respond best to specific instructions, which are repeated regularly. As middle school teacher notes, “Don’t just say, ‘I want your room clean,’ because they don’t know what that means. Say, in a non-argumentative way, ‘This is how I perceive a clean room.’ They may say, ‘I don’t really want the lamp over here, I want it over there.’ Give them the freedom to express themselves.”

As children enter adolescence, they often beg for more freedom. Parents walk a tightrope between wanting their children to be confident and able to do things for themselves and knowing that the world can be a scary place with threats to their children’s health and safety. Some parents allow too much of the wrong kind of freedom or they offer freedom before the adolescent is ready to accept it. Other parents cling too tightly, denying young teens both the responsibilities they require to develop maturity and the opportunities they need to make choices and accept their consequences. Research tells us that adolescents do best when they remain closely connected to their parents but at the same time are allowed to have their own points of view and even to disagree with their parents. Here are some tips to help balance closeness and independence:

□ Set limits. All children sometimes resist limits, but they want them and they need them. In a world that can seem too hectic for adults and adolescents alike, limits provide a security. Oftentimes, adolescents whose parents do not set limits feel unloved. Setting limits is most effective when it begins early. It is harder but not impossible, however, to establish limits during early adolescence.

□ Be clear. Most young teens respond best to specific instructions, which are repeated regularly. As middle school teacher notes, “Don’t just say, ‘I want your room clean,’ because they don’t know what that means. Say, in a non-argumentative way, ‘This is how I perceive a clean room.’ They may say, ‘I don’t really want the lamp over here, I want it over there.’ Give them the freedom to express themselves.” □ Give reasonable choices. Choices make young teens more open to guidance. For example, you can tell your son that his algebra homework must be done before bedtime, but that he has a choice of completing it either before or after supper. And you can tell your 14-year-old daughter that she can’t hang around the video arcade with her friends on Saturday night, but she can have a group of friends over to your house to watch a movie. Using humor and creativity as you give choices may also make your child more willing to accept them. One middle school teacher couldn’t get her own child to hang up clean clothes or put dirty clothes in the laundry basket. So she gave her daughter two options—either all the clothes had to be picked up or everything would go on the floor. “I was washing the clothes, then putting them in piles on the floor,” the teacher recalls. “It made me crazy, but it worked.” After



two weeks, her daughter got tired of the stacks on the floor and she began picking up her clothes. Grant independence in stages. The more mature and responsible a young teen’s behavior is, the more privileges parents can grant. You might first give your young teen the right to choose which sneakers to buy within a certain price range. Later you can let him make other clothing purchases—with the understanding that price tags won’t be removed until you approve the items. Eventually, you can give him a clothing allowance to spend as he likes. □ Health and safety come first. Your most important responsibility as a parent is to protect your child’s health and safety. Your child needs to know that your love for her requires you to veto activities and choices that threaten either of these. Let your child know what things threaten her health and safety—and often the health and safety of others—and put your foot down. Doing this is made more difficult, though, because adolescents have a sense that nothing can hurt them. At the same time that he feels that everything he experiences is new and unique, an adolescent also believes that what happens to others will not happen to him. His beliefs are based on the fact that adolescence is the healthiest period of time during our lives. In this period, physical illnesses are not common and fatal disease is rare. The important thing to emphasize to your child is that, while he may be very healthy, death and injury during adolescence are most often caused by violence and accidents.

Say no to choices that cut off future options. Some things aren’t worth fighting about. It may offend you if your son wears a shirt to school that

clashes wildly with his pants, but this isn’t a choice that can cut off future possibilities for him. Young teens may have a growing sense of the future, but they still lack the experiences required to fully understand how a decision they make today can affect them tomorrow. They may have heard that smoking is unhealthy, but they do not fully understand what it means to die of lung cancer at the age of 45. Talk to your children about the lifelong consequences of choices they make. Help them understand there are good and bad decisions and that knowing one from the other can make all the difference in their lives. Let your child know that you are “the keeper of options” until he is old enough and responsible enough to assume this responsibility: He may not skip school and he may not avoid taking tough courses that will prepare him for college.

□ Guide, but resist the temptation to control. The earlier section on being an effective parent discussed the importance of striking a good balance between laying down the law and allowing too much freedom. With most young teens, it’s easiest to maintain this balance by guiding but not controlling. Young teens need opportunities to explore different roles, try on new personalities and experiment. They need to learn that choices have consequences. That means making some mistakes and accepting the results. But parents need to provide guidance so that young teens avoid making too many poor choices.

You can guide by being a good listener and by asking questions that help your child to think about the results of her actions: “What could happen if you let someone who is

drunk drive you home?” Your guidance may be better appreciated if you ask your child’s advice on a range of matters and follow the advice if it seems reasonable: “What should we cook for Daddy’s birthday?” “I don’t have to work on Saturday. Is there anything special you’d like to do?” The fine line between guiding and controlling may be different for different children. Some children, whether they are 7 or 17, need firmer guidance and fewer privileges than do other children at the same age. One middle school teacher explains how the different behavior of her own two teens created a need for different limits: “My daughter understood a midnight curfew to mean that she either had to be in the house with the door locked by 12 or else she must have placed the call from the emergency room informing her parents that she had broken her leg. My son, who was 15 months younger, understood a midnight curfew to mean that he could call at 11:59 p.m. to inform his parents that he’d be home after the pizza he’d ordered with his buddies had arrived and been consumed and he’d driven home his 6 friends.” Let kids make mistakes. We want our children to grow into adults who can solve problems and make good choices. These abilities are a critical part of being independent. To develop these abilities, however, young teens on occasion may need to fail, provided the stakes aren’t too high and no one’s health or safety is at risk. Making mistakes also allows young teens to learn one critical skill—how to bounce back. It’s hard for a child to learn how to pick himself up and start over if his parents always rescue him from difficulties.

# KTDA Laud National Government For The New Tea Reforms

By: WILLIAM MUCHIRI

@themkenyatimes

Kenya Tea Development Agency (KTDA) has lauded the Kenya Kwanza Government for the radical tea reforms which have ensured more benefits for the farmers.

KTDA board member Chege Kirundi thanked the Deputy President Rigathi Gachagua for spearheading the reforms which he has been advocating for since time immemorial.

He acknowledged the DP for the stern measures he has taken to fight cartels in order to ensure farmers receive more income.

Kirundi who is also the Chairman of Kiru Tea Factory in Mathiyoa constituency, Murang'a County said the ongoing Government to Government bilateral talks will greatly help farmers nationally since direct marketing will also be easier.

The board member also called upon both the national and county governments to help improve roads infra-

structure in the area for easier delivery of green leaf to the factory.

Kirundi was speaking during the Annual General Meeting at the factory grounds.

The chairman also urged local tea farmers to replace the old variety with the new variety.

Kirundi noted that the old variety is very old and needs to be replaced with the new variety which is more productive.

He lamented that the old variety is over 50 years old and so there is a need to replace it to ensure more income for farmers.

"We need a good plan to replace the bushes. We can phase the old plants slowly without affecting the current production. Already, this factory has over 260,000 seedlings available for farmers replacing the trees on the upper and lower sides of the zone," said the chairman.

He said the tree seedlings have been realized after thorough research by the National Research centres in the country like Kangaita Research Centre.

In the last financial year, Kiru Tea Factory conducted several infrastructure improvements which is geared towards better efficiencies and quality improvement.

These include; installation of solar seasoning firewood shed to enhance firewood utilization efficiency, improvement of vehicle fleet for leaf collection, procurement and installation of Orthodox Endless Chain Pressure, replacement of old woodpac boiler chimney, procurement of Orthodox rolling tables air compressor among others.



Kiru Tea Factory chairman Chege Kirundi.

# Dagma: Easing Land Ownership

By: John Kariuki

@themkenyatimes

Land ownership in Kenya had for a very long time been intertwined in a puzzle, complexity as well as having a big share of intrigues.

Most Kenyans ended up being duped and eventually losing their hard earned cash.

It's for this reason that a reputable and leading land company came to solve the stalemate.

In 2017, Christopher Mathea Ndirangu, commonly known as Dagma started Dagma Land Investment Limited.

Since Dagma was born, it has been a great blessing for hundreds of thousands of Kenyans whose life has been positively transformed.

Dagma Lands Investment Limited has so far successfully delivered more than 50 projects whose owners have their title deeds.

On Saturday 2nd December, an-

other 200 Kenyans were all smiles when they were handed their title deeds on an auspicious occasion.

Chris Dagma notes, "This adds to our unwavering commitment of positive transformation of lives. We also have exciting offers whereby those who are buying our plots now can enjoy 3% discount," he noted.

Dagma Investment is a member of the Association of Real Estate Stakeholders (RESA).

The Chairman of the Association, Mr. Kinyua Wairatu Graced the occasion whilst encouraging the investors to continue investing for prosperity.

Mr Kinyua also noted that since the association was formed, the real estate sector has been sanitized of some of crooked operators who were milking Kenyans dry

Mr Kinyua gave a piece of advice to the investors to only deal with companies that are under the umbrella of the association, one of them being Dagma Land Investment Limited.



Dagma CEO, right presents a title to one of the investors

# I'm Having A Good Bad Day Mom



My mother has a secret night.  
My prayer is in these worlds  
There is no one more kind than you

mother  
Who scratch my heart a lot  
My friend is heartbreaking  
Who will lie that they are yours?  
There is no one more kind than you  
mother:  
If the worlds are by my side  
unnecessarily  
If he laughs once, the surroundings will  
light up  
I am happy if he is always by my side  
There is no one more kind than you  
mother

Avazova Diyora Alisher's daughter was born on July 17, 2007 in Panji Mahalla, Kitab District, Kashkadarya Region. She is studying at the 91st general secondary school. He is a member of the Iqra Foundation and has several certificates. In addition, he participated in various competitions and won prestigious awards. Her poems were published in foreign countries.

# Mother



Ignoring the heat of the fire, he baked bread in the  
ovens,  
She earned money for her child without saying it  
was hot or cold.  
Mothers, stay healthy and be happy  
As we say, she cried without sleeping early or late,  
Our pains are not pains, but you are the one who  
hurts us.

We didn't think that you were in the world  
tomorrow,  
We spent today without knowing your value,  
I don't know how tomorrow will be, if I think about  
it today  
I don't know if this world is good or bad,  
It's good that you are there, I don't know what's  
worse.

What am I going to do in the world without you?  
I will put my head on my knees and be a man.  
Mothers, be healthy, be happy,  
Where will we lose the world, one world,  
May the angels be at your feet, mother.

Have you ever noticed? Something prevents you from waking up early in the morning, before dawn, at the time of morning prayer. There is a voice from inside that tells you to sleep a little, there is still time, you will make it. This is the voice of the ego. This ego often deceives us. He pulls it into his trap. We say we are Muslims, but we cannot defeat the ego inside us. When you think about something, two thoughts come to your mind, one is bad and the other is good. No, it's bad, you can't do it, you can't do it, it's a bad idea, etc. This game will give you lust. Do not forget that the heart always senses and senses good things for you. On the contrary, lust scares you and turns you away from the path. In a sense, we are slaves to our own desires. We won't say you can't do it. If he says it's not necessary, we don't give a damn. However, if our hearts and faith are united, we can overcome our ego. People are different... Some people are completely enslaved by their desires. They live only saying "I, I, mine". Someone is like an angel in disguise. They pretend to believe in everyone and overcome their ego, but they also live only as "I". Some people have overcome their true self. They speak only with faith and heart. Not myself, but my relatives, Muslims, pray for the poor. In fact, a person feels the desire, feels that it is the cause of his change, but knowingly turns a blind eye. Jealousy, hypocrisy, living only for myself, i.e. saying that the best things should be mine, the best words should be mine, the happiest people should be mine, meanness, betrayal - all all converge around the ego. Eventually a person

becomes addicted. A believer's eyes are dirty. Even if the heart beats, he will make him a prisoner with his own hand. Sometimes the heart is hurt. The destination is the heart. Only then will the believer's eyes be washed with tears. When it's hard for a person, lust pushes him from his chest. He blames the person saying that it is his fault. A helpless person goes back to his heart. The wound heals, the heart heals it in an instant. Nafs comes out again. It prevents revenge and jealousy. Again the heart is imprisoned. Again and again, a person rips his heart with his own hand. Again, he gets into the words of the ego and looks for fault from others. This is the bad luck of this person. This is not a bad luck. The person who chained the ego to his feet, thoughts and imagination is actually to blame. When lust is a friend of the devil I have moved away from you, my Lord One day I will doomsday, when my day comes Will the sins come from my blind eyes?

How many times have I deceived myself by calling  
it Fate  
I am a slave to my ego  
Sometimes I close my believing eyes  
I am dependent on my lust and Satan

Blaming fate may be the best salve. But never forget, this is not only the best consolation, but also the best deception. This deception is not for others, but for yourself. To live knowing that you are a slave to your ego without deception, to keep your faith in the black box inside you, to tear your heart to shreds with your own hands, and to take comfort in this by blaming others is the injustice of a person to himself. An example of lust is a wild brook. To saddle it, to teach it to your hand requires infinite strength, perseverance and patience. Tell me where? Can you ride a horse? Or is he already riding you? In conclusion, you only have you. Both victory and defeat are in your hands. It can be passion, if you want it to be. To overcome it, it is enough to talk to your heart, in fact.

Ismailova Nigora Mirzoaliyevna was born on June 7, 2006 in Sariosia district of Surkhandarya region. Currently, she is a student of the 11th grade of the 12th general secondary school in the district. Now she teaches English to the children of her circle in her educational center called "Wisdom educate". Creative works were published in USA, Russia, Kenya, Spain, Germany, Moldova, India magazines.

Member of India's international organization "All India Council for Foreign Development" and ambassador to several world organizations. other: "SPSC-(Sustainable Developers and Organizers).

Global Education Ambassador.  
Active member of "JUNTOS POR LAS LETRAS" Songwriters and Artists Working Group.

Young volunteer of "OLTIN KANOT" organization Creatively published in Kazakh, Argentinian and Uzbek anthologies.

Owner of the "Altin Kiran" badge.  
Owner of the badge "Innovative Promoter".

# We Are Together At Heart



thinking

My neighbor is cheerful Asilbek  
He draws various pictures  
Sometimes, like me, he is also given  
He writes interesting poems

Two brothers Hasan and Husan  
If you see a real chess player  
He's a winner, he's a winner  
If you see that the forces are the same

A book that my sisters read at home  
Someone sings, someone plays music  
Oh! What a wonderful creative  
environment

My eyes are happy as I watch

We don't have panic, we have faith  
Fearless hearts have patience  
God bless our great nation  
We are together in heart and we will win  
together

Ozodbek Obidov  
Student of the 33rd school

The world is wondering today  
The world is shocked  
The virus is roaming in all countries  
Some panic, some fear  
Stopped traveling, stopped studying

It is spreading all over the world  
A ruined flower garden in Boston  
He left his mark on hearts  
He finally came to Uzbekistan

Our people have been wise and strong  
since ancient times  
Secrets of medicine inherited from Sinai  
Panic itself is half a disease  
Take an example from our village without

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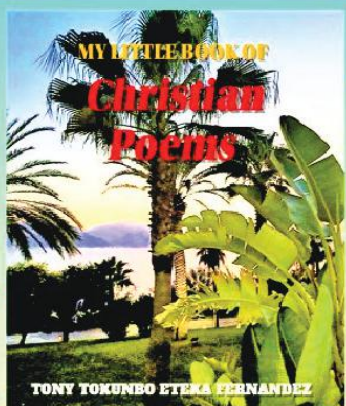
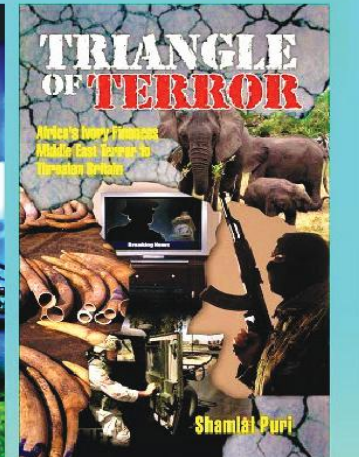
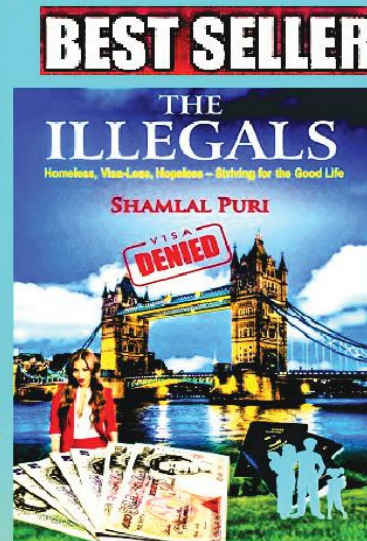
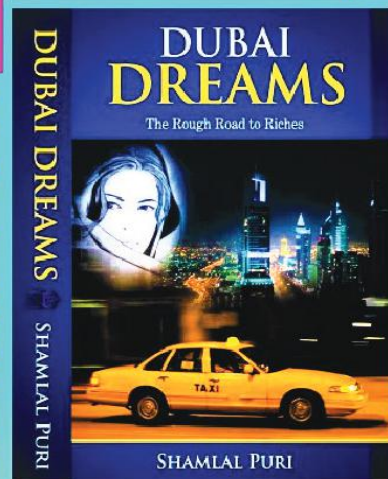
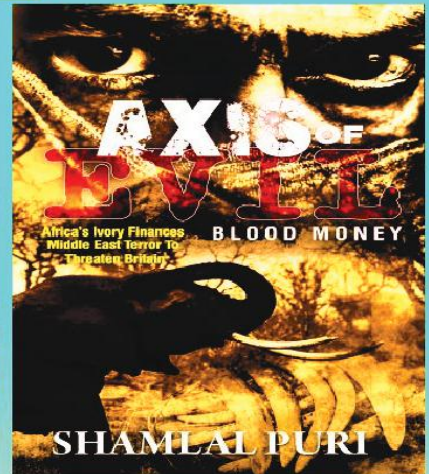
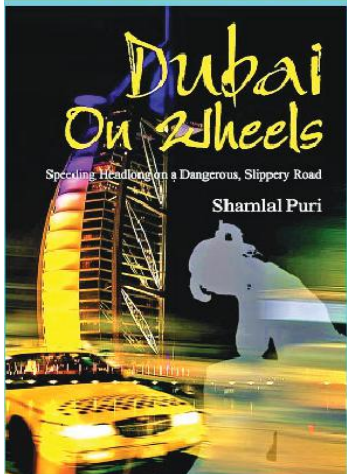
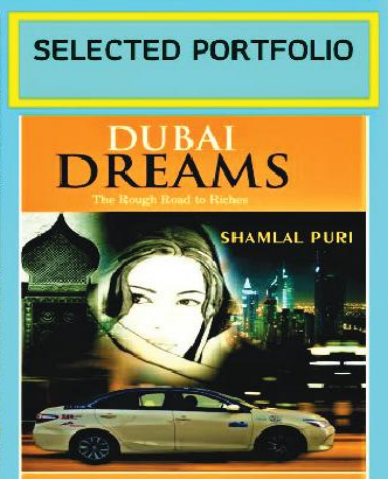
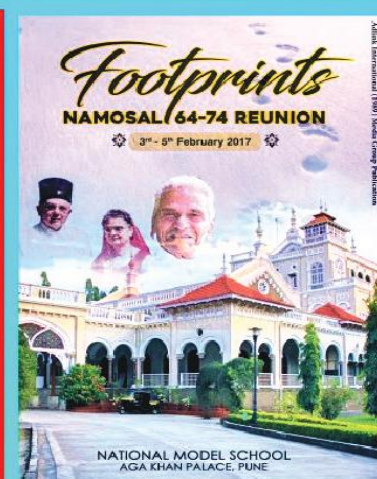
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## WESTERN

## Mudavadi Urges Western Jurists Forum To Shun Divisive Politics

By: Business Reporter  
 @themtkenyatimes



Prime Cabinet Secretary Musalia Mudavadi ..

## Worth Noting:

- The PCS said since 2019, WJF has attracted a membership of over 500 Jurists and still counting. He urged WJF to build ethical and sound institutional frameworks that will make it outlive the founders and members.
  - “WJF has now assumed a life and momentum of its own. We must build it for posterity and not just for us present here today. It has also established and now operates, the Western Jurists Sacco, (WJS) as the economic mobilization arm,” said Mudavadi.
- He added: “You have slowly but consistently focused on selling WJF’s vision and mission to Western lawyers, popularizing the Association and recruiting members. You needed not just to come together, but also, to stay together.”

Prime Cabinet Secretary Musalia Mudavadi has said that WJF, an association of Judges, Magistrates, and Lawyers drawn from Western Kenya’s five counties of Kakamega, Vihiga, Bungoma, Busia, and Trans Nzoia, provides an opportunity and a platform to seat together, regardless of respective political affiliations, unite and reflect on the socio-economic challenges and opportunities as one community.

“Politics should never divide us. We are one community, and shall always remain one,” said Mudavadi.

WJF was holding its annual dinner on Saturday in Nairobi.

During the event, WJF, which was established five years ago, launched its Strategic Plan dubbed ‘Consolidating the gains, empowering the base and readying for the future: It is time’.

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He added: “You have slowly but consistently focused on selling WJF’s vision and mission to Western lawyers, popularizing the Association and recruiting members. You needed not just to come together, but also, to stay together.”

Mudavadi lauded the forum for staying together, against all odds and urged them the reach out to more members to make it grow further.

“Staying together is always the hardest part. I congratulate you for believing in yourselves, for the courage and the stamina to remain focused. Our community needs these virtues a great deal.”

At the same time, Mudavadi said WJS is a fully registered SACCO

mobilizing Savings and Credit from its members and urged all to save regularly, borrow wisely and invest thus improve individual and socio-economic welfare.

“The WJS is our community’s response to the socio-economic challenges that continue to confront our people. It’s a mustard seed that should be nurtured well so as to make it grow into a greater financial institution, one day. I pray for your success. These steps by WJF dove tail into our government’s Bottom Up Economic Transformation Agenda(BETA),” Mudavadi explained.

As part of its contribution to the global and national conversation around climate Change, he said WJF will, for the next five years, embark on a massive Tree-Fencing exercise targeting primary and secondary schools in the five Counties.

This is expected to inculcate in the young learners the desire to protect the environment as a lifestyle thereby making them the next generation of environmental torchbearers

It will also ensure that gradually, schools have tree fences around them securing privacy for the learners as well as increasing tree tree-coverage within the region.

He said plans are also underway to introduce WJF Virtual Learning Hub as part of preparing the youths for the future of work.

This will focus on critical skills training such as AI and Machine Learning Training Renewable Energy Engineers Solar Energy Installation Professionals

Sustainability Specialists; and Software Development skills (coding).

“I must commend you for mentoring and nurturing young people into the leadership of WJF as evidenced by the fact that the Sacco’s Chairperson, Zack Alakonya, is a youth. They are the torch bearers when we are long departed and they should be supported to learn from us while we all can,” he said.



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# MKU Foundation Hosts Forum On Educational Scholarships And Funding

By: James Wakahiu  
@themkenyatimes

**Worth Noting:**

- “We shall use the Association as a lobby for a possible future inclusion on the table of educational financing decision policy makers,” said MKU Foundation Executive Director John W. Koigi. “We shall also meet periodically to populate reports and measure the impact and success of our educational funding programmes.”
- He added that the association will also explore the possibility of establishing a joint scholarship fund, which will be administered by a secretariat.
- The Forum heard that the National Government through CDF had awarded scholarships worth KSh57 billion in the last five years. On its part, HeLB had disbursed over KSh131 billion to 1.3 million students.

Mount Kenya University Foundation on Wednesday November 29, 2023 hosted a breakfast forum on scholarships and funding at a Nairobi hotel.

The event, which brought together government and non-governmental players, discussed ways of enhancing partnerships that will improve access to higher education particularly to bright students from economically disadvantaged backgrounds.

Among the participants were Higher Education Loans Board (HeLB), National Government Constituency Development Fund Board, Universities Fund, Equity Group Foundation, Plan International, Hope Worldwide, Islamic Relief-Kenya, Amara Charitable Trust, Digna Foundation, Elimisha Trust, Affecto Foundation, I & M Bank Foundation, Kenya Private Sector Alliance (KEPSA), Murang’a County Government, Teach For Kenya, Akothee Foundation, Compassion International, Equip Africa Institute and Openda Foundation.

The Forum came on the backdrop of the recent roll-out of the new Variable Scholarship and Loan Funding model for university students, which has brought changes in how university students pay their fees.

Previously, the government was funding university education through a Differentiated Unit Cost model where its contribution to public universities was expected to be 80%. But in light of changing costs of mounting academic programmes and economic circumstances, noted Geoffrey Monari, CEO Universities Fund who graced the Forum, the highest the government could afford was 66%. In 2022, the government could only raise 44%. It was therefore prudent to introduce a new model that uses a Means Testing instrument to ensure university students receive government funding based on their financial ability to pay fees. “The model we have now is student-centred,” said Mr Monari. “Foundations such as this one by MKU are doing a good job in supplementing the government’s efforts of ensuring no child is left behind.”

The breakfast Forum, which was co-organized by the NGOs co-ordination Board, also discussed the possibility of establishing an Association of grant makers and benefactors in Education who will be a common, unified, an unequivocal voice in the area of scholarships and funding. This will bring together the government bodies (such as HeLB, Universities Fund and National Government CDF Board), NGOs with programmes in education, Kenya Private Sector Al-

liance, Foundations, Trusts and individual benefactors.

“We shall use the Association as a lobby for a possible future inclusion on the table of educational financing decision policy makers,” said MKU Foundation Executive Director John W. Koigi. “We shall also meet periodically to populate reports and measure the impact and success of our educational funding programmes.”

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Dr Vincent Gaitho, who chairs the KEPSA Education Sector Board challenged the two government bodies to set up a revolving fund to ensure the money is paid back by the beneficiaries “so that it is made available for the next generation.”

“Even if the money is interest-free, beneficiaries should be made to pay it back,” he added.

Equity Group Foundation’s Kevin Lubembe bemoaned the lack of adequate information on available scholarships especially for those who have just written their KCSE exams. “We should double our efforts in dispensing information particularly to the bright students in rural areas. In addition, we should explore ways where we expose students to scholarships and funding beyond their first year of education.”

During the Forum, Esther Akothee of Akothee Foundation granted MKU student Milly Nafula KSh50,000 towards her upkeep. Nafula, who is a Bachelor of Medicine and Bachelor of Surgery (MBChB) student at MKU School of Medicine was granted a full scholarship by MKU Foundation in 2022.

She had stayed out of school for 14 years- despite scoring an A- (minus) grade in her Kenya Certificate of Secondary school examination. When her story was broadcast on Citizen TV prime time news, it triggered national conversation on unequitable access to quality higher education.

Driven by despair, Milly was working at a poshomill, her dream of becoming a medical doctor dissipating with each passing day. She had lost her mother, the sole bread winner, and had been left to fend for her siblings.

MKU Foundation, through its patron



FROM LEFT: Dr. Peter Kirira, MKU Deputy Vice Chancellor- Administration and Planning, Mr. Mutuma Nkanata, Executive Director - NGOs Coordination Board, MKU Foundation Executive Director John Koigi, Mr Geoffrey Monari, Chief Executive Officer- Universities Fund and Prof Peter Wanderi MKU’s Principal of Corporate Services pose for a photo after the conclusion of a breakfast Forum for NGOs hosted by MKU Foundation on November 29, 2023. MKU Foundation is keen on inking more partnerships to enhance access to education for economically disadvantaged students..



MKU Foundation Executive Director John Koigi (Second left) hands over a gift bag to Universities Fund CEO Geoffrey Monari as MKU Deputy Vice Chancellor in charge of Administration and Planning Dr Peter Kirira (extreme left) and Prof. Peter Wanderi, Principal, Corporate Services look on..



Members from Foundations and Non-Governmental Organisations (NGOs) who attended Mount Kenya University Foundation organized roundtable discussion on scholarships and funding opportunities pose for a group photo.

Prof. Simon Gicharu responded to her cry and awarded her a full scholarship valued at KSh3.5 million. She joined MKU Medical School at Thika Main Campus in September, 2022.

“I wish to thank Akothee for the donation and as I have promised all my other donors, I will not let you down,” said Milly. “I will work hard and ensure I attain my dream of being a medical doctor.”

NGOs Board Executive Director

Mutuma Nkanata hailed the NGOs with programmes in education for the role they play in ensuring children and youth receive education. “The future of the country is pegged on how well educated our students all. I wish to thank you all for the efforts you put in place throughout your various programmes.



## LOVE CORNER



# Cheating Is A Choice



By: Virginia Mule  
@themtkenyatimes

Navigating the complexities of a relationship can be tough, especially when faced with the temptation to stray. We all have moments when the grass looks greener on the other side, and it can be challenging to resist the urge to act on those desires. However, cheating is not the answer. It's not only morally wrong but also has serious consequences that can undermine the trust, respect, and intimacy between partners.

It's essential to understand that cheating is a choice, and it ultimately comes down to personal responsibility and decision-making. While there may be external factors that contribute to the temptation to stray, such as a lack of emotional or physical

fulfillment in the relationship, it's up to the individual to choose whether or not to act on those desires. We all have the power to control our actions and make choices that align with our values and commitments. Choosing to cheat is a breach of trust and a violation of the commitment made to one's partner, and the consequences of that choice can be severe and long-lasting.

Infidelity can have devastating consequences in any relationship. It can shatter trust, create feelings of hurt and betrayal, and cause intense emotional pain. It's understandable to feel hurt and angry when one's partner cheats. These emotions can be difficult to overcome, and it may take time to rebuild the trust that was broken. In some cases, though, the damage may be irreversible. Moreover, cheating can lead to serious long-term consequences, such as the transmission of STDs or unwanted pregnancies. It's important to always remember that being honest and open with your partner is the best way to avoid hurting.

Cheating is a major breach of trust and it can cause serious harm to individuals and relationships. Forgiveness is a personal choice and everyone has their limits. Some people may be able to forgive cheating and work to rebuild the relationship, but for others, the betrayal is simply too much and forgiveness may not be possible. It's important to remember that forgiveness doesn't mean forgetting or excusing the behavior. It's a process of healing and moving forward, and it can take a lot of time and effort. Ultimately, whether or not cheating can be forgiven depends on the people involved and the specific circumstances of what happened.

Possible causes of cheating include feeling neglected, unappreciated, or sexually unsatisfied in the relationship. Some individuals may cheat due to a fear of commitment or a desire for excitement and novelty. However, each situation is unique, and there may be various personal, psychological, or situational factors. It's important to remember that cheating can have long-term psycho-

logical effects on both partners. The person who cheats may experience guilt, shame, and remorse, while the person who is cheated on may suffer from feelings of inadequacy, low self-esteem, and depression. These emotional wounds can take years to heal and may even affect their future relationships.

In the end, cheating is a selfish act that only serves to satisfy one's desires at the expense of another person's feelings and well-being. It's always better to be honest and loyal in a relationship and communicate openly with your partner about your needs and concerns. Remember, relationships require effort, and there will be challenges along the way. But with commitment, respect, and understanding, you can build a strong and healthy relationship that can withstand the test of time.

You can write Relationship matters to the Love Editor on any subject through:

[virginia@mountkenyatimes.co.ke](mailto:virginia@mountkenyatimes.co.ke)

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# Honors And Applause To You, My Teacher!



By: Bo'lishева Ro'zixon  
@themtkenyatimes

*If the student is shaykhulislam, if he is a judge,  
If the teacher is pleased, God is pleased.*

(Alisher Navoi)

If we imagine ourselves as a bird, it would not be an exaggeration to compare one of our wings with the education given by our parents, and the other wing with the knowledge we have received from the sciences.

These are our coaches who have devoted their whole lives to improving the development and education of students. He is a kind teacher who welcomed us from the first steps to school with warm affection and a sincere smile and explained each letter without getting bored, and when the time came, he protected us from students of other classes. Even the small gift we took on the day of teachers and coaches cheered up the teachers.

In fact, teachers are a symbol of greatness and loyalty. When I remember the teacher's holiday, I remember an incident: "On October 1, that is, the day of teachers and coaches, on this day, all students receive gifts for their teacher, some of them brought flowers, some of them scarves, some of them brought something else as a gift, but one of the students was not able to afford it".

He brings a perfume that he already has at home, used, with only half a candle left in its container. His classmates, who saw his gift, mock him, saying, "Look at your gift, will you bring a gift like this one. The boy will definitely be offended by this situation, even after such a situation, the boy will be embarrassed by how many thousands of times." He decides to give his gift to his teacher.

Seeing his student's condition, the teacher asks: what happened to you? The student tells his teacher with embarrassment that he could not bring a better gift. The teacher, who was able to correctly assess the situation, answered the boy's words, "I like this perfume, I wanted to get the same one, thank you." At that time, the boy was very happy because of his teacher's opinion. Since then, he respects his teacher very much, listens to every lesson with interest, and completes his tasks on time.

The most interesting thing is that the boy remembers his teacher even after he grows up and has his own place and job. And one day he decides to give his teacher a car and searches for his teacher and gives it to him.

This is how a teacher is; he earns the respect of his students because of one good warm word he says to his students. Even if we look at history, even great scholars and kings respected teachers. Even Alexander the Great was the first to transfer his teacher to the throne of the country he conquered. One day, when he was asked: "Why do you do this?", he said: "My parents are the reason for my birth, and my teacher is the reason for my rise."

From this we can say:



Bo'lishева Ro'zixon's teacher.

No one can find glory in the world without a teacher.

Iskandari Davron reigns with great luxury.

In fact, there are contributions of teachers in every achievement we have achieved. One of the reasons why I became a successful student is my teacher Nafisa Abduqadirova. From the 5th grade, the class guided us, gave positive feedback on every step we took, every situation, even if the students of other classes spoke badly or some subject teacher complained about us, she did not leave this class, she was our second mother who supported us.

There was an incident related to the teacher and our classmates. Perhaps it was because of the beautiful education given by our teacher Mahliya Islamova that we were attracted by the teachers. Finally, teacher Nafisakhan accepted our class to the 5th grade. At that time, there were many students studying in the upper class. Obviously, there were disagreements with older students.

One of our classmates got into a fight with a senior student. Naturally, we are small, we are afraid, we are excited. Then our teacher beat that boy a lot. We were very happy. The teacher was like a shining star that brought him out of the

darkness and into the light. "We grew up and became a higher class. There came a time when everyone had to choose a profession to build the foundation of their future. We used to talk with the teacher until we were done with the lesson. We all talked about who would do what, who would be sent to study.

Every thing the teacher said His words were a great motivation for us, especially for me. He used to say that I believe in you, you can do everything. It may seem like an achievement to some, but it is true. If there was any event in the school, we would organize it all ourselves and be among the first in the school. "B" class is the dream of the whole school, teacher Nafisa Abduqadirova. and the teacher's polopons, that is, we used to come.

After the event, when there was an award ceremony or when the teachers talked about our class, they would say that it was Nafisa Khan's students. There was nothing more proud for us, teacher. I am always proud to be your student.

In a hadith narrated by Imam Bayhaqi and Abu Yala Anas ibn Malik (r.a.), our Prophet (pbuh) said:

"Shall I tell you the news of the generous? The generous is Allah. I am the

most generous of mankind.

After me, the most generous of you is the one who learns and spreads his knowledge. He will be resurrected on the Day of Judgment alone as an ummah."

Of course, my teacher, you deserve such great awards. You didn't just give us an education, you also taught us how to apply it in life, you taught us to find our place in life, to always be active and rise. Thank you for seeing us as your child, thank you for all the hard work you put us through until we made it to "B" grade, I bow down to the ground, my teacher. You always have the respect and attention of your students and of course me. All honor and praise be to you and to the tenacious teachers like you.

In conclusion, it should be said that teachers do not always expect something from our students. It is important for them to see our place in life, the results we have been able to show, and whether we have become the owner of some profession or profession in the future. Even so, we students should respect our teachers and visit them more. There is a saying that a teacher is as great as your father.

## Worth Noting:

- These are our coaches who have devoted their whole lives to improving the development and education of students. He is a kind teacher who welcomed us from the first steps to school with warm affection and a sincere smile and explained each letter without getting bored, and when the time came, he protected us from students of other classes. Even the small gift we took on the day of teachers and coaches cheered up the teachers.

- In fact, teachers are a symbol of greatness and loyalty. When I remember the teacher's holiday, I remember an incident: "On October 1, that is, the day of teachers and coaches, on this day, all students receive gifts for their teacher, some of them brought flowers, some of them scarves, some of them brought something else as a gift, but one of the students was not able to afford it".

# SPORTS NEWS

PHOTOS  
SCORES  
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BREAKING NEWS



**Sports >>** \*Paris Saint-Germain ground out a tense 2-0 victory away to Le Havre on Sunday courtesy of strikes by Kylian Mbappe and Vitinha, after 'keeper Gianluigi Donnarumma saw red early on.

## Mbappe And Vitinha Give 10-Men PSG Hard Fought Win At Le Havre



Paris Saint-Germain's French forward Kylian Mbappe (R) fights for the ball with Le Havre's French defender #06 Etienne Youte Kinkoue during the French L1 football match between Le Havre AC and Paris Saint-Germain (PSG) at The Stade Oceane in Le Havre, north-western France, on December 3, 2023. (Photo by DAMIEN MEYER / AFP).

By AFP

Paris Saint-Germain ground out a tense 2-0 victory away to Le Havre on Sunday courtesy of strikes by Kylian Mbappe and Vitinha, after 'keeper Gianluigi Donnarumma saw red early on.

Despite the two-goal win, PSG had to show great resilience to keep the hosts at bay and move four points clear of second-placed Nice in the table.

After going down to 10 men in the 10th minute, a fine Mbappe goal, his 15th in the league this season, gave the embattled visitors the lead, but the points were only wrapped up right at the end when Portuguese midfielder Vitinha doubled the score with one minute remaining of normal time.

Le Havre started brightly and won a series of early corners, one of which forced the visitors into a change when Fabian Ruiz injured his right shoulder defending a set-piece.

However, it was a long ball that finally broke down the Parisian defence as a clearance was not dealt with by Nordi Mukiele, allowing Josue Casimir to nip in before being abruptly halted by Donnarumma.

The Italian's desperate attempt to clear the ball resulted in him catching the Le Havre man very high on the shoulder outside the box and the referee was left with little choice but to brandish a red card.

Despite their numerical disadvantage and the loss of attacker Bradley Barcola, sacrificed for 'keeper Arnau Tenas, it was PSG

who opened the scoring.

Ousmane Dembele drilled a pass into his captain's feet and Mbappe's first touch took him inside the defender and with a yard of space he wrong-footed the goalie from inside the D, scoring via the post.

Chances came at both ends just prior to the hour mark with Mohamed Bayo shooting tamely at Tenas from a promising position, before Dembele fired across goal with the ball brushing against the far post.

The hosts began to press and only a fine save by Tenas in the 64th minute and a vital sliding interception by Danilo Pereira three minutes later kept PSG's lead intact.

But it was Dembele and PSG that had the best chance to score the second goal of the match in

the 70th minute, however a re-treating Christopher Operi managed to foil the winger.

Tenas then came to the league leaders rescue again with an excellent double save at his near post from Nabil Alioui with 12 minutes remaining.

Victory was finally assured in the 89th minute when a PSG foray into Le Havre territory led to Vitinha trying his luck from distance, with a large deflection causing the ball to loop over the helpless goalkeeper.

GET THE BEST OF WORLD

**Sports >>** \*Star French striker Kylian Mbappe can win the Ballon d'Or in "any team", Ronaldinho told AFP Sunday, but the Brazilian would like him to win it with Paris Saint-Germain, "a big club".

# Ronaldinho Says Mbappe Could Win Ballon d'Or With PSG



Former Brazilian football player Ronaldinho takes part in a gala match during the World Teqball Championships in the Bangkok Arena of Bangkok on December 2, 2023. (Photo by Lillian SUWANRUMPHA / AFP).

By AFP

Star French striker Kylian Mbappe can win the Ballon d'Or in "any team", Ronaldinho told AFP Sunday, but the Brazilian would like him to win it with Paris Saint-Germain, "a big club".

"A great player like him can have the opportunity to win the Ballon d'Or in any team, but as I love PSG, I would like him to do it with PSG," the 2002 World Champion said.

"I hope he will win it. He is a good friend and a very great play-

er. I like his style of play," he said during an interview with AFP in Thailand.

The prestigious award still eludes the French captain, who finished this year in third place -- his best ranking to date.

"Winning the big competitions will help him a lot," said Ronaldinho, who wore No.10 for PSG from 2001 to 2003.

"PSG is a great club," the Brazilian said during a visit to Bangkok as an ambassador for Teqball, a novelty sport combining football and table tennis.

Next year promises to be both busy and potentially uncertain for Mbappe.

The 24-year-old could see a possible run to the finals of the Champions League, as well as the Euro 2024 with PSG.

"As every year, it is very difficult (to win the Champions League). But PSG has a great coach, very great players, and therefore, everything is possible," the former Barcelona and Milan player said.

But Paris coach Luis Enrique - under whom Ronaldinho played for a season at Barca in 2003 and

2004 - is a "very good coach."

"As a player, he was very strong. I saw what he accomplished. I hope things go very well for him," he said.

Mbappe also has to negotiate an uncertain contract, which could see his departure from Paris in June.

Real Madrid, which has been courting him for several years, appears best placed to attract him.

# SPORTS NEWS



PHOTOS  
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BREAKING NEWS



# SPORTS AS THEY HAPPEN



## Parental Nurture Is Key In Tobacco Control Action



By: Tonny O. Blair  
@themkenyatimes

### Worth Noting:

- Strengths provide a positive shared platform where parents and young people can connect and bond. It helps you recognize and appreciate the best aspects of each other, which in turn, fosters trust and affection.
- Psychologists refer to the phenomenon of the strengths-based approach as the multiplier effect. This is because our strengths have a genetic component, and when we focus on improving them, we tend to make faster progress and achieve higher milestones than when we focus on our weaknesses.
- It has been found that young people who use their strengths to navigate through life tend to have higher levels of life satisfaction, confidence, and positive emotions.



*A father nurturing his son.*

According to recent findings, a significant portion of youths in Kenya have already been initiated into smoking. Despite the well-known health consequences and disadvantages that come with tobacco use, a large number of young people seem to be turning a blind eye to these risks. The commemoration of “World No Tobacco Day” held on May 31st, 2022, at the University of Nairobi was an opportunity to address this growing concern. The Principal Secretary for Health, Susan Mochache, revealed that 36% of Kenyan youths currently use tobacco, which is a substantially higher percentage than the 11% of adults who use tobacco. This alarming trend highlights the need for sustained efforts to educate and raise awareness about the dangers of smoking, especially among the younger generation.

According to estimates, the tobacco smoking rate in Kenya back in 2020 was nearly 9%. The prevalence of tobacco smoking was found to be higher among men, with approximately 17% of the male population aged 15 years and older smoking tobacco in the country. Conversely, only 0.9% of women in the same age group were found to smoke tobacco in Kenya. The alarming increase in smoking rates is a cause for concern

and calls for collective responsibility to combat this slow-motion suicide. One possible solution is to promote parental nurture among the youth.

Parental nurture refers to the extent to which caregivers are available and able to meet the needs of a youth sensitively. This includes being fully present in interactions with youths, acknowledging and validating their feelings, providing physical affection and comfort when needed, laughing and playing games, and offering safe mental, physical, and social challenges that promote healthy growth and development. When youths are nurtured adequately, they tend to feel more secure, which in turn, leads to healthy development of self-esteem. It is necessary to take action against the increasing rates of tobacco use and abuse in Kenya, and promoting parental nurture is one way to do so, this will:

#### **i. Foster a better parents-youth connection.**

Strengths provide a positive shared platform where parents and young people can connect and bond. It helps you recognize and appreciate the best aspects of each other, which in turn, fosters trust and affection. Furthermore, when stressful situations arise, it becomes easier to remember that your youths are not always

like this. Encouraging this approach will enable parents to monitor the behaviour of their youths, ensuring that they are protected from tobacco abuse and use.

#### **ii. Improves the strengths of the youths faster;**

Psychologists refer to the phenomenon of the strengths-based approach as the multiplier effect. This is because our strengths have a genetic component, and when we focus on improving them, we tend to make faster progress and achieve higher milestones than when we focus on our weaknesses. By emphasizing the development of strengths, we can help reduce idleness among young people, which in turn can help to decrease their use of tobacco.

#### **iii. It builds youths’ well-being;**

It has been found that young people who use their strengths to navigate through life tend to have higher levels of life satisfaction, confidence, and positive emotions. Studies suggest that parents who focus on their child’s strengths instead of weaknesses create a more effective and less stressful environment for their child. This in turn helps the youth handle friendship issues, meet homework deadlines, and develop important coping mechanisms against depression, bullying, and underachievement. It is important to remember that taking care of our health is our responsibility and that parents play a crucial role in nurturing their youths in the right ways to ensure they do not engage in tobacco use and abuse respectively.

#### **iv. Helps the youths reach their potential;**

Individuals who have reached the top of their profession did not achieve it by eliminating their weaknesses, but by maximizing their strengths. Similarly, youngsters who strive to be their best should focus on developing their strengths. When attention is given to weaknesses, performance is only elevated from a subpar level to an average one. However, when one’s strengths are honed, the growth potential is limitless. By adhering to a code of conduct that encourages personal

growth, young people will be more likely to pursue their potential and avoid engaging in harmful activities such as tobacco use.

#### **v. Improve problem-solving abilities and skills;**

As young people grow up, they encounter various obstacles in life. However, the type of parental guidance they receive can help them analyze and evaluate the factors involved in a problem. This, in turn, allows them to develop unique and sustainable solutions for their well-being, ultimately improving their problem-solving skills and abilities over time. Unfortunately, today’s youth face many challenges, such as unemployment, which can lead to drug and substance abuse of tobacco. However, with proper guidance and nurturing, they can develop creative and innovative approaches to employment, ultimately earning a living and improving their prospects for the future.

**In conclusion**, we must take note of the need for the government to support and motivate organizations that work tirelessly to provide education and updates for our youths. This is crucial as it will enable them to prepare for a better future. We are responsible for our health and as such, I implore all the youths to stay away from negative peer influence that may derail their progress. The use of tobacco products such as cigarettes is highly detrimental to our health. It is critical that we understand this, and take necessary measures to avoid such habits. Before indulging in smoking, it is important to ask ourselves a simple yet important question: If cigarette smoke can destroy the Ozone (O<sub>3</sub>) layer in the atmosphere, what about our lungs? It is our responsibility to take care of our health and well-being. Thus, we should always make informed decisions and avoid anything that may jeopardize our health. Remember, your health is your responsibility.

Tonny O. Blair - Education Science Student, Rongo University.

A Member Of Kenya Tobacco Control Alliance (KETCA).