



WEATHERING THE STORM: The Intersection of Climate Change and Youth Mental Health
 As a youth climate activist, I have seen firsthand the immense toll that the climate crisis is taking on our mental health. As the founder and team lead of the Climate Transformation Network, a Christian-based environmental organization in Uganda, I work closely with young people from across Africa who is fighting tirelessly to build climate resilience in their communities. Page 18

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Friday, May 10, 2024 No. 01042 www.mountkenyentimes.co.ke themtkenyentimes



News>> Miano Rated Best CS In President Ruto's Cabinet

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News>> Daring Abroad; Kenyan Nurse Rides Swedish Political Storms, Tips Youth On Job Opportunities

P. 12. Councillor Mwaura Says There Are Chances For Work For Educated East Africans In Sweden, Especially Those With Modern Technology Skills Such As IT And In Nursing

Gachagua: Gov't Allocates Ksh.300M For Maaì-Mahiù Flood Victims

Deputy President Rigathi Gachagua yesterday joined thousands of mourners in an emotional memorial service for 61 victims of the Maaì-Mahiù flooding tragedy. He promised the displaced families that the government is working on resettling them elsewhere. The Deputy President said the State has set aside Sh300 million to start building houses for the displaced families.



Deputy President Rigathi Gachagua speaks during the burial of Mai Mahiu flood victims on Thursday May 9, 2024. PHOTO/COURTESY

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Government's Comprehensive Efforts Ensure Smooth School Reopening and Successful Madaraka Day Celebrations

By: Cynthia Masibo and Aoma Keziah @themtkenyatimes



The national government has collaboratively worked hand on hand with the county governments to ensure a smooth Madaraka day in the western region.

Worth Noting:

- This comprehensive initiative involves assessing the readiness of schools, implementing safety protocols, and coordinating logistical arrangements to facilitate the smooth return of students to classrooms.
- Despite facing formidable challenges, including the aftermath of heavy rains that have led to flooding and displacement of families in various regions, the government remains steadfast in its commitment to ensuring the continuity of education. Nairobi County, in particular, has seen a focused effort to repair and prepare affected schools, demonstrating a proactive approach to mitigating the impact of adverse weather conditions on the education sector.

As the nation prepares for the imminent reopening of schools and the upcoming Madaraka Day Celebrations, the government's multifaceted approach is evident in its concerted efforts to address challenges and ensure the success of these significant events.

With the safety and well-being of students at the forefront, the government, led by National Government Administration Officers (NGAOs) working in tandem with Regional and County Directors of Education, has undertaken a rigorous monitoring process.

Principal Secretary for Internal Security and National Administration, Dr. Raymond Omollo, accompanied by key government officials and stakeholders, has reaffirmed the government's unwavering dedication to ensuring the success of both the school reopening and the Madaraka Day Celebrations

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plementing safety protocols, and coordinating logistical arrangements to facilitate the smooth return of students to classrooms.

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The ramifications of the recent heavy rains extend beyond Nairobi, with 21 counties grappling with severe consequences, resulting in the disruption of learning activities in nearly 2,000 schools. Nevertheless, the government has deployed strategic measures to address these challenges, including the es-

tablishment of mechanisms to provide support and resources to affected schools, thereby minimizing disruptions to the education system.

In parallel, preparations for the Madaraka Day Celebrations on June 1st are well underway, with meticulous planning and execution evident in every aspect of the event. Masinde Muliro Stadium in Bungoma County is set to be the focal point of the celebrations, with a series of activities planned to commemorate the nation's journey towards self-governance and independence.


A comprehensive assessment of celebration locations has been conducted, with significant progress noted at Matulo airstrip and Kibabii University, where exhibitions showcasing the theme of "Food and Security" are scheduled to take place. The main celebrations at Masinde Muliro Stadium will be followed by a State Luncheon hosted at the County Commissioner's residence, symbolizing the unity and

cohesion of the nation.

To expedite preparations and ensure the successful execution of the celebrations, various government agencies, including the National Youth Service, Kenya Rural Roads Authority (KERRA), Kenya Urban Roads Authority (KURA), Kenya Power and Lighting Company, and the State Department for Water, have mobilized resources and manpower. From completing stadium infrastructure to repairing roads and ensuring essential utilities are in place, these collaborative efforts underscore the government's commitment to delivering a memorable and seamless celebration.

Through proactive measures, strategic planning, and coordinated action, the government is poised to overcome challenges and provide a safe and conducive environment for education and national festivities, reflecting the resilience and determination of the nation in the face of adversity.

Editor's Desk




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

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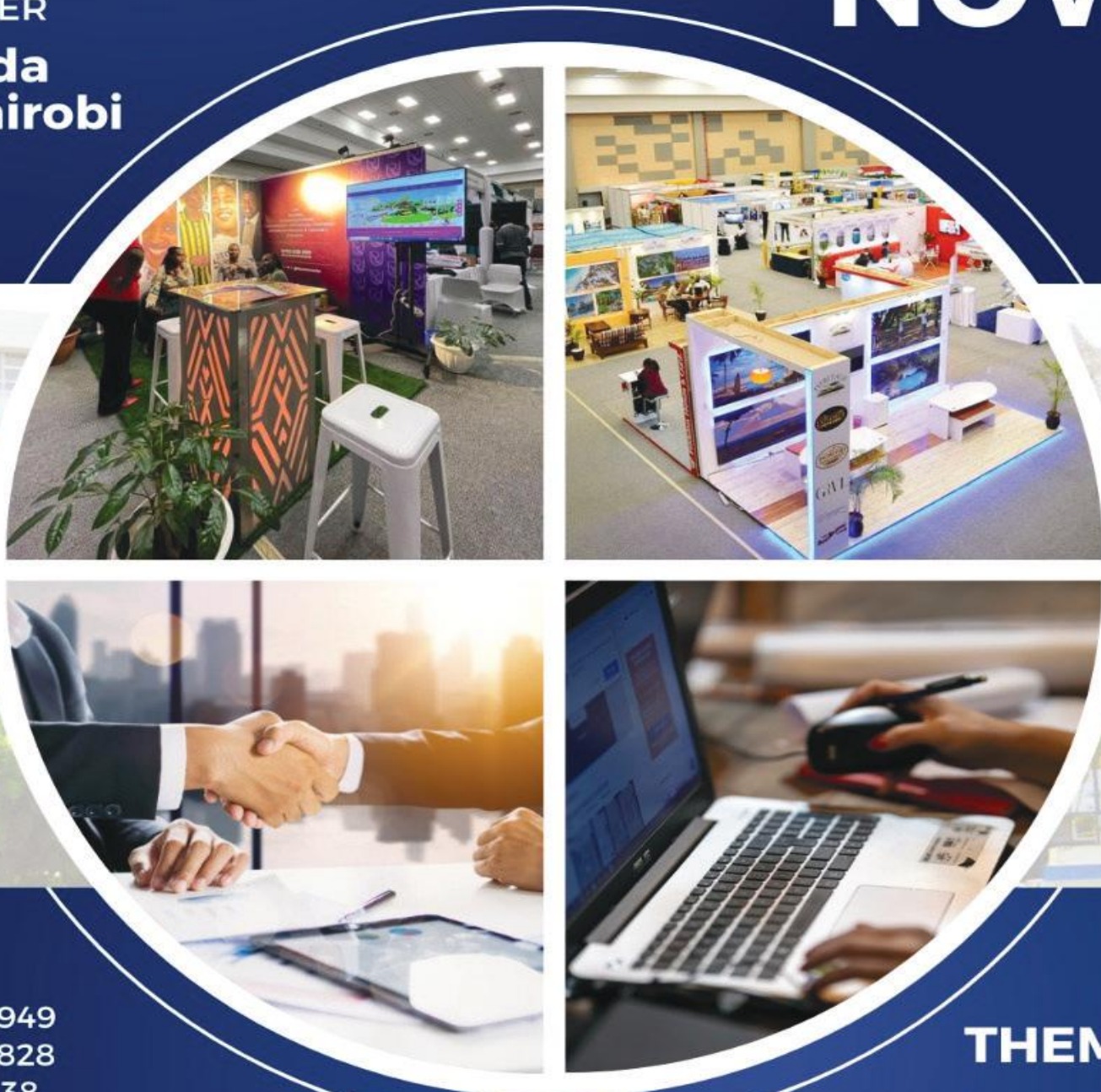
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NEWS IN BRIEF

The 5th Engineering Partnerships Convention

Compiled by William Muchiri

The Engineers Board of Kenya, under the chairmanship of Eng. Erastus Mwangera successfully organised and hosted the fifth Engineering Partnerships Convention at Dedan Kimathi University of Technology in Nyeri County.

Hundreds of Engineering Professionals from within and outside the boundaries of the country attended the three-day event with different exhibitors showcasing their prowess in the different sectors.

This year's theme was "Engineering@60; Reflections, Response, Resetting"

Herein are some photos on yesterday's events.



NEWS PAPER

IN BUSINESS

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Addressing Exploitation: Advocating for Labour Law Reforms in Kenya

By: Cynthia Masibo and Wendy Keziah

@themkenyatimes

Worth Noting:

Siasa Place's report serves as a wake-up call, prompting urgent action to address the gaps in Kenya's labor legislation. The organization has pledged to collaborate with legislators to enact reforms that align with the changing dynamics of the modern workforce. By advocating for progressive policies and regulatory frameworks, Siasa Place aims to empower workers and promote a fair and inclusive labor environment.

At the heart of this advocacy is a commitment to combating exploitation and fostering economic justice. Kenya's labor laws must be updated to reflect the realities of the digital age, where traditional employment models are being disrupted by technological advancements and globalization.



Siasa Place representatives speak during a past event. The organisation has released the results of a study on Gen Z workers. .

Kenyan workers find themselves entrenched in a challenging reality characterized by mundane job roles and inadequate compensation, a sharp contrast to their counterparts in other jurisdictions. The disparity in working conditions has come under scrutiny in a recent report by the non-profit advocacy organization Siasa Place, titled 'Unemployment and Digital Jobs Youth Perspectives.' This report sheds light on the evolving nature of work and the systemic challenges faced by the youth in Kenya's labor market.

The findings of the report paint a stark picture of the labor landscape, revealing a concerning trend of exploitation and disenfranchisement among the workforce. Many Kenyan workers are relegated to low-paying, unfulfilling

jobs, perpetuating a cycle of poverty and economic vulnerability. This situation is exacerbated by outdated labor laws that fail to adequately protect the rights and interests of workers.

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Kenya's labor laws must be updated to reflect the realities of the digital age, where traditional employment models are being disrupted by technological advancements and globalization. The rise of the gig economy, in particular, has brought to light new challenges related to job security, wage protection, and workplace rights.

One of the key areas of focus for reform is the protection of vulnerable workers, including the youth who are disproportionately affected by precarious employment conditions. By strengthening legal safeguards and enforcement mechanisms, policymakers can create a more level playing field for all workers, regardless of age or background. This includes measures to address issues such as contract la-

bor, informal employment, and discrimination in the workplace.

Additionally, there is a growing recognition of the need to promote digital literacy and skills development to equip workers with the tools they need to thrive in an increasingly technology-driven economy. This includes investing in education and training programs that prepare individuals for the jobs of the future and ensure that they have the knowledge and skills to compete in the global marketplace.

In light of these findings, Siasa place, proposes several recommendations, including the recognition of digital work as employment, prioritizing quality over quantity of jobs, and providing comprehensive training and support for youth interested in digital careers.

Collaboration across sectors is emphasized to advance decent work for Kenya's youth, along with the development and enforcement of new policy and regulatory frameworks.

Finally, the organization pledges to engage with stakeholders, including youth and government ministries, to pursue the realization of these recommendations. They also affirm the validity of medical interns' and the medical fraternity's demands for decent and dignified work.

As discussions between stakeholders and policymakers unfold, it is imperative that the voices of workers are heard and their concerns taken into account. Meaningful labor reforms cannot be achieved in isolation but require a collaborative effort involving government, civil society, and the private sector. By working together, we can create a more equitable and sustainable future for all Kenyan workers.

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Miano Rated Best CS In President Ruto's Cabinet

By: John Kariuki
 @themkenyatimes

Investment, Trade, and Industry Cabinet Secretary Rebecca Miano has been ranked as the best performing Cabinet Secretary in President William Ruto's Government. This is according to a poll conducted by Mizani Africa and which has ranked her at 72.3%.

The Committed, outgoing, Charismatic, Intelligent, and results-oriented CS was said to be keen in her docket, working tirelessly to steer and align her ministry's objectives to the Bottom-Up Economic Transformation Agenda.

According to the pollster, Hon. CS Miano is also the most improved Cabinet Secretary rating-wise from 54% To 72.3%.

The major reasons for her stellar performance include: Launch of the

karibu Business Support Centre, (KBSC) a one-stop point of contact for all business needs, hosting over 10 high-powered Bilateral meetings with American-based Companies during the AmCham Summit. Propelling Kenya to a level where she was granted tariff-free exports of cut flowers to the United Kingdom

for the next two years, Facilitating the ratification of the Kenya-EU EPA by Kenya's National Assembly, Unveiling the KEBS Kenya Cobalt 60 (CO-60) radiotherapy calibration system 6th March 2024. Signing MOUs with 18 County Governments on CAIPs. Leading a Bilateral meeting with Tanzania in Kisumu which resolved most of the outstanding Non-Tariff Trade Barriers, and working closely with President William Ruto to launch 90 MVA Naivasha Special Economic Zone Substation with massive direct employment opportunities.



Investment, Trade, and Industry Cabinet Secretary Rebecca Miano..

Angira Receives Merck Foundation 'More than a Mother' Award for Print Media Excellence

By: Elizabeth Angira
 @themkenyatimes

Elizabeth Angira, a multimedia journalist, has been honored with the prestigious Merck Foundation "More than a Mother" award in the Print Media category, winner from Kenya in the East African countries. Angira's commitment to shedding light on untold stories that often go unnoticed has earned her this recognition.

As a dedicated and ambitious journalist, she envisions reaching greater heights in her field.

Upon receiving the award, Angira expressed her gratitude, stating that the global recognition serves as a significant milestone in her career.

She finds motivation in the acknowledgment of her work and is inspired to continue making a difference through her journalism.

Angira emphasized the importance of highlighting not only the stories of prominent individuals but also giving a voice to the marginalized and unheard members of society

She takes pride in bringing attention to community-level issues.

Senator, Dr. Rasha Kelej, the CEO of the Merck Foundation, acknowl-



Senator Dr. Rasha Kelej, a beacon of inspiration, motivates and honors the exceptional winners at the Merck Foundation award ceremony in Kenya photo /Elizabeth Angira



Prof. Dr. Frank Haverkamp during Merck Foundation award Ceremony in Kenya photo /Elizabeth Angira

edges the crucial role of the media in shaping societal perceptions and advocating for important causes such as breaking the stigma around infertility, promoting infertility prevention, and empowering women and girls through education.

Achievement of Merck Foundation The Merck Foundation has provided over 125 scholarships in Kenya in various critical specialties, contributing to healthcare advancement in the region.

Among the scholarship such as such as - Oncology, Embryology, Diabetes, Preventative Cardiovascular Medicine, Endocrinology, Sexual

and Reproductive Medicine, Gastroenterology, Respiratory Medicine, Acute Medicine, Biotechnology of Human Assisted Reproduction and Embryology, Critical Care, Psychiatry, Internal Medicine, Urology and many more.

Prof. Dr. Frank Haverkamp, Chairperson of the Merck Foundation, emphasized the foundation's commitment to enhancing healthcare capacity since its inception in 2012.

He highlighted their ongoing efforts to cultivate strong healthcare skills and specialist healthcare providers.

Prof. Haverkamp emphasized the foundation's belief in the transfor-

mative power of healthcare in improving global healthcare standards and the well-being of individuals.

He underscored the importance of their scholarship programs in empowering individuals for a better future.

Prof. Haverkamp stressed that good healthcare not only transforms the lives of individuals and families but also drives economic progress, as healthcare is a major contributor to economic growth.

He urged media winners to continue shaping individuals' lives by spotlighting such impactful stories.

The Merck Foundation Media Rec-

ognition awards aim to honor media practitioners who have contributed significantly to advancing public healthcare and promoting the foundation's vision.

Among the recognized journalists are Dorcas Wangira (BBC), Moraa Obiria (Daily Nation), Caren Waraba (Royal Media), and Elizabeth Ochieng (TV47), Angela Kezengwa Citizen Radio, Sophia Rukwaro Black Hustlers TV and Mildrine Nafula North Rift Radio .

DP Joined Thousands Of Mourners In Emotional Service For Maaĩ-Mahiũ Flood Victims

By: DPCS



Deputy President Rigathi Gachagua yesterday joined thousands of mourners in an emotional memorial service for 61 victims of the Maaĩ-Mahiũ flooding tragedy.

Worth Noting:

- The Deputy President, who was in company of Cabinet Secretaries, governors, senators and more than 40 Members of Parliament from various parts of the country and the Clergy, also highlighted the directives and actions taken by the government to address the flooding crisis caused by enhanced rains pounding the country.
- “We have agreed with Cabinet Secretary for Transport and Roads Kipchumba Murkomen that Maaĩ-Mahiũ -Kijabe road will be graded and apply good gravel of right standards so that residents can start using it. The Kenya Defence Forces and the National Youth Service personnel deployed by the President in this area and their equipment will continue to stay, to open up the roads and restore the damaged bridges,” said Gachagua.

Deputy President Rigathi Gachagua yesterday joined thousands of mourners in an emotional memorial service for 61 victims of the Maaĩ-Mahiũ flooding tragedy.

He promised the displaced families that the government is working on resettling them elsewhere.

The Deputy President said the State has set aside Sh300 million to start building houses for the displaced families.

“We will assist the displaced families to rebuild their lives. It is a difficult situation and as the government we must support them. I assure you that we will walk with you in this journey,” said Gachagua.

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and restore the damaged bridges,” said Gachagua.

The memorial service was held at Mo Gas Grounds, in the outskirts of Maaĩ-Mahiũ, Naivasha constituency in Nakuru County.

Gachagua further directed the Cabinet Secretary for Water Zachary Njeru to ensure Maaĩ-Mahiũ town gets connected to clean and safe water.

The Deputy President also delivered President William Ruto’s message of condolence and comfort to the families.

“Our thoughts and prayers are with you in this tough times. We are actively coordinating relief efforts to alleviate the loss of livelihoods. Let us pray for those affected by the flooding,” said President Ruto in the condolence message.

The victims were killed in a deluge after an overflowing reservoir located at the Old Kijabe Railway tunnel wiped out several buildings in Kamuchiri village near Maaĩ-Mahiũ town.

Several others are missing and a military-led search exercise is ongoing.

The local community led by Reverend Joseph Kariuki appreciated the government for its support to the families affected by the incident.

“We are grateful for the support we received from the government and the site visit by our President, his deputy and other leaders to mourn

with us. The catastrophe really hit us as the Maaĩ-Mahiũ community. It is a great loss,” said Reverend Kariuki.

Political leaders led by are governor Susan Kihika and the area MP Jayne Kihara lauded the Deputy President for leading government’s response to the communities devastated by floods and landslides.

The leaders commended him for being in the fore front in dealing with the flood situation as well as comforting those affected.

“We have seen you in Garissa, Nairobi, Nakuru, Murang’a and other parts of the country responding to the havoc caused by the enhanced rains and standing with the affected communities. We truly appreciate you for being available to the people during the difficult times,” Dagoretti North MP Beatrice Elachi said, echoing Ms Kihara’s remarks.

The DP thanked the Nakuru county leadership from the Maaĩ-Mahiũ MCA Eliud Chege who he noted have helped alleviate the impact on the families.

He further noted that the Kenya Red Cross and Community Volunteers have done splendid work, as the first and frontline responders.

Among the leaders who accompanied the second most powerful political leader in the country included Cabinet Secretaries Soipan Tuya (Environment), Florence Bore (Labour), Zacharia Njeru (Water, Sanitation and Irrigation), PS Charles

Hinga (Housing and Urban Development), Nyandarua Governor Kiarie Badilisha, Senator Tabitha Karanja, former Nakuru Governor Lee Kinyanjui, MPs; Veronica Maina (Nominated Senator), Irene Njoki (Bahati MP), Martha Wangari (Gilgil), Dorothy Muthoni (Nominated MP) David Gikaria (Nakuru Town East MP), Ann Wamuratha (Kiambu Women Rep), George Koimhuri (Juja MP), James Gakuya (Embakasi North MP) Beatrice Elachi (Dagoretti North MP), Charity Kathambi (Njoro MP), Kamande Mwafrika (Roysambu MP), Lydia Haika (Taita Taveta Woman Rep), Alfred Mutai (Kuresoi North MP), Chebor Paul (Rongai MP), Onesmus Ngogoyo (Kajiado North MP), Benard Kitur (Nandi Hills MP), Pauline Lenguris (Samburu Woman Rep), Mary Wamaia (Maragua MP), Dorothy Muthoni (Nominated MP) and Simon King’ara (Ruiru MP).

Others were Joseph Chererot (Kipkelion East MP), Lenku Seki (Kajiado Senator), Wahome Wamatinga (Nyeri Senator), Geoffrey Ruku (Mbeere North MP), Agnes Pareiyo (Narok North MP), Beatrice Kemei (Kericho Woman Rep), Samuel Parashina (Kajiado South MP), Lemanken Aramat (Narok East MP), Mburu Kahangara (Lari MP), Maaĩ Mahiũ MCA Eliud Chege, among others.

Government's Digital Hub Initiative Prompts Maara MP's Office Relocation

By: Denis Mutua
@themkenyatimes

The government's initiative to establish 1450 digital hubs across the country to create over a million jobs for youth is prompting Maara MP Kareke Mbiuki to vacate his makeshift CDF office at the Kieganguru Youth Empowerment Centre, earmarked for renovation, transforming it into a pivotal digital hub.

During a recent visit by the NG CDF parliamentary committee led by Hon. Musa Sirma, discussions underscored the government's commitment to youth employment through these hubs with MP Sirma emphasizing the need for a swift action.

"We want to know the availability because once it is agreed that we can use this facility, we should be able to move very fast. The Konza plus all the other teams and our office are going to set it up as soon as possible for the benefits of youth in this constituency," he stated.

Earlier, the NG CDF committee along with representatives from the ICT authority, NG CDF board, and



From left: NG CDF committee chair Hon Musa Sirma, Maara constituency youth officer Mr. Ndege Nyaga and Tharaka Nithi County woman representative Hon. Susan Ngugi Mwindu at Kieganguru Youth Empowerment Centre that has been earmarked for renovations into a digital hub

Konza Technopolis had explored the possibility of establishing a digital hub at Tharaka Youth Empowerment Centre in Tharaka constituency.

However, their visit to Maara constituency faced resistance from mobilized youth, resulting in the temporary closure of the gate to the Kieganguru Youth Empowerment Centre, which has served as the Maara CDF office for over 15 years.

Tharaka Nithi County woman representative Susan Ngugi, a member of the NG CDF committee, accused

Maara MP Kareke Mbiuki of obstructing development initiatives.

"It is shameful for Maara MP to mobilize youth to bar a parliamentary committee to access this place simply because for almost twenty years he has been in power, he has never built his own office. I want to tell him that whether he likes it or not, he will have to vacate the office," she said.

Maara CDF manager Phillipine Kathure acknowledged the historical use of the facility as their office but affirmed plans to relocate, prioritiz-



Kieganguru youth empowerment Centre earmarked for renovations into a digital hub. Maara MP Kareke Mbiuki had been using it as CDF office but the initiative will now force him to move out

ing youth development.

In his defense, Mr. Timothy Kinegeni the Maara MP's personal assistant denied orchestrating the residents' actions and emphasized their legitimate use of the facility.

The incident was strongly condemned by residents and parliamentarians present, who stressed the need for politicians to prioritize development over petty politics.

Kitutu Masaba MP Clive Ombane expressed solidarity with Maara constituency's need for a digital hub and emphasized the importance of collaborative efforts for holistic development.

Maara constituency youth officer Mr. Ndege Nyaga pledged commitment to overseeing the renovation using the Sh 4 million funds secured by MP Susan to benefit local youth.

Once completed, the digital hubs will be equipped with 100 computers and reliable internet access, providing job opportunities for youth.

The political dynamics between Maara MP Kareke Mbiuki and MP Susan particularly regarding their gubernatorial ambitions, underscore the complexities surrounding development initiatives in the region especially in Maara Constituency.

Together4Kiambu' Initiative By MPs To Secure Government Funds

By: Sylvia Wanjohi
@themkenyatimes

Kiambu Members of Parliament, under the banner of the 'Together4Kiambu' mission convened a crucial meeting yesterday to discuss housing development.

In a concerted effort to ensure Kiambu County reaps the benefits of government initiatives, Senator, Karungo wa Thang'wa said that Kiambu stands to substantially from government allocations, with over Sh10 billion designated for markets and housing projects.

The MPs had earlier on held discussions with the Principal Secretary for the Housing department, Charles Hinga to evaluate the progress and status of various projects earmarked for the county's development.

Thang'wa who addressed residents of Githunguri after the meeting as-



PS Bernard Hinga.

sured them that the developments planned for the constituency will happen.

"Githunguri will not be left behind,

we have secured a package of 2,500 housing units, as well as the renovation of four primary schools and flood masts," said Thang'wa

The MPs during the meeting with the PS each presented their priority and pressing projects that should be to be considered in their constituencies.

According to the senator Kiambu stands to receive additional grants worth millions from the World Bank, facilitated through municipalities.

"Urgency looms as the governor has been given a strict one-month ultimatum to operationalise the municipalities and their accounts, failing which could jeopardize the county's access to these crucial funds," he said.

"If the governor fails to meet this deadline, Thang'wa added it could result in Kiambu missing out on these vital funds.

Kiambu County is set to get 1.6 billion shillings from the World Bank under the Kenya Urban Support Programme (KUSP) II to finance the development of its urban infrastructure.

The programme's objective in the county is to strengthen the capaci-

ty of urban institutions to improve the delivery and resilience of urban infrastructure and services, and enhance private sector engagement in urban planning.

KUSP II is said to provide financing for investments in the county and service delivery, within a defined investment menu, available to counties that comply with strictly applied Minimum Conditions (MCs) and Performance Standards (PS).

The money being given to Kiambu County will be shared among Kiambu, Karuri, Thika, Limuru, Kikuyu, Ruiru, and Juja municipalities.

The concerted efforts of Kiambu MPs and government agencies signal a promising trajectory for the county's development, with strategic investments poised to enhance infrastructure, housing, and market facilities, ultimately improving the livelihoods of Kiambu residents.

Magistracy Must Leverage ICT To Enhance Access To Justice Says DCJ Mwilu



By: Elizabeth Angira



Deputy Chief Justice Philomena Mwilu

Worth Noting:

- The DCJ reminded the Heads of Station of the enormous task they bear in the overall responsibility and accountability for administration and human resource management including wellness and psychosocial support.
- She underscored the importance of subordinate courts in access to justice saying that “Magistrates and Kadhis’ courts are the engine of justice provision in the Judiciary; the point of contact for the majority of Kenyans seeking justice through the formal judicial system. As such, Heads of Station are central to the achievement of the Judiciary’s strategic objectives for people centred justice as contained in the STAJ institutional vision.”

Deputy Chief Justice Philomena Mwilu has affirmed that Magistrates’ Courts must leverage advancements made in the rollout of Information Communication Technology in the Judiciary to enhance access to justice.

The DCJ, who spoke at the end of the Heads of Station Forum in Kisii County said solutions provided by the Data Tracking dashboard and e-filing will enhance performance and accountability in the institution. “The use of data and ICT to enhance individual accountability and to improve performance is here to stay. I would urge us all to recognize this and do the right thing,” DCJ Mwilu asserted.

She underscored the importance of performance-based output, commonly referred to as Performance Management and Measurement Understandings (PMMU) as a cornerstone of the Judiciary’s efficiency.

“As Heads of Station, you must engage with the implementation of your station’s PMMU with the utmost seriousness, sincerity and with an attitude of improvement and efficient, people centred service delivery,” she said.

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bear in the overall responsibility and accountability for administration and human resource management including wellness and psychosocial support.

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She urged the Heads of Station to practice Shared Leadership as espoused in STAJ but not abdicate overall responsibility for the effective administration and dispensation of justice.

“Shared leadership and inclusiveness requires that you consult, partner, allow for robust and genuine public participation and within constitutional confines and in the spirit of interdependence, enhance the ability of all actors to effectively realise their respective mandates.”

DCJ Mwilu observed that the role of Heads of Station has gone beyond hearing matters in the courtroom under STAJ and focusing on ‘people-centredness’ with a key aspect of this reality being the plurality of justice provision and the agency and justice capabilities of people and communities in addressing their own justice concerns.

“As Heads of Station, you are not only adjudicators, you are justice promoters, connectors and facilitators. Cognisant of the particular justice needs and avenues in your constituency, be deliberate, innovative and collaborative developing people-centred activities and interventions that will have socially transformative impacts within these communities.

Speaking during the same forum, the Chief Registrar of the Judiciary, Winfridah Mokaya noted the need to increase the public and stakeholders understanding of the work the courts do. She observed that there is need for each and every court to have a way of reporting directly to the local community.

“Once the Chief Justice has constituted the State of the Judiciary and

Administration of Justice Report (SOJAR) Committee for this year, we will work to develop a framework for reporting by stations to their immediate stakeholders at the local level to facilitate more meaningful engagement with our work. Deeper understanding of our work at this level can increase confidence in the Judiciary, foster better understanding of our success and challenges and help with our resource mobilization.”

Further the Chief Registrar of the Judiciary noted that the Judiciary will increase its uptake of green energy. “Power supply is a big challenge in many stations. Many stations have raised concerns about the solar back up. We will prioritize having a reliable solar power solution which can be deployed in as many stations as are in need.”

Daring Abroad; Kenyan Nurse Rides Swedish Political Storms, Tips Youth On Job Opportunities

Councillor Mwaura Says There Are Chances For Work For Educated East Africans In Sweden, Especially Those With Modern Technology Skills Such As IT And In Nursing

By: James Wakahiu

@themkenyatimes



Daniel Mwaura Njuguna with Botkyrka Socialdemokraterna Municipality party team.

Worth Noting:

- “I was confirmed by the Swedish Stockholm Election Board (Länsstrelsen Stockholm) on March 23 and will continue until the end of this mandate which ends in October 2026,” he says.
- Mwaura says there are many job opportunities for the young Kenyans in Sweden especially those with modern technology education such as training in IT.
- “The language barrier prevents our people from thinking about the opportunities here in Scandinavian countries, but it’s easy to learn European languages if you want and are willing,” he says.
- Meanwhile, he is still working as a nurse at Danvikshem Hospital, Stockholmssjukhem, UBotkyrka Kommun, Attendo Care medics and Fri-Assistans.

A specialised Kenyan nurse has reclaimed his seat as a councillor in a town in Sweden after being nominated by his political party.

Daniel Mwaura Njuguna - who is advising Kenyan youth to seek job opportunities in Scandinavian countries in addition to the traditional hunting grounds of Middle East, Western Europe, Australia and America, has been recalled to be a councillor in the Botkyrka Kommun Municipality. This is after he had lost his seat during the 2022 Municipal elections of Sweden.

Mwaura first became a councillor after winning the 2010 elections in the region of Botkyrka Kommun, Sweden. He was re-elected in 2014 and 2018 polls but lost in 2022, only to come back in March 2024 during this year’s midterm elections.

“My party suffered some infightings and some of our elected councillors left the party, but not their seats. We found ourselves (Social Democrats) in opposition for the first time in many years in my municipality,” he says.

He was re-called by the party caucus to fill the gap as he was one of the most experienced local politicians.

“I was confirmed by the Swedish Stockholm Election Board (Länsstrelsen Stockholm) on March 23 and will continue until the end of this mandate which ends in October 2026,” he says.

Mwaura says there are many job opportunities for the young Kenyans in Sweden especially those with modern technology education such as training in IT.

“The language barrier prevents our people from thinking about the opportunities here in Scandinavian countries, but it’s easy to learn Euro-

pean languages if you want and are willing,” he says.

Meanwhile, he is still working as a nurse at Danvikshem Hospital, Stockholmssjukhem, UBotkyrka Kommun, Attendo Care medics and Fri-Assistans.

He advises the educated youth in Kenya and East Africa to seek job opportunities through the help of Swedish embassies in Africa or Google on working as immigrants in Sweden and how to get work permits.

He is proud of his adopted country of Sweden, noting that it is a well-established, well-maintained Nordic country, well managed, easy to work and live in.

“It’s a welfare country with strong social democratic models. In contrast, in Kenya capitalism rules and you find the gap between the rich and the poor is very big,” he regrets,

While Kenyans struggle to eat, drink, pay school fees and hospital bills (even after death you leave your relatives with the responsibility of burial expenses), in Sweden all these expenditures are catered for by the government through the all-inclusive taxes.

“Everyone here in Sweden pays taxes but as opposed to Kenya, here you see where your tax money goes. In Kenya, for example I pay Kiambu county money to collect garbage in my rental apartments in Thika town but no one from the county government or the government of Kenya is bothered with garbage. I have to pay private companies to collect the waste,” he says.

“There’s no open corruption in Sweden as compared to my motherland Kenya. The only thing that Kenya is better than Sweden is social life. Peo-

ple in Kenya are happier than Swedes even though we have other shortcomings,” he says.

As a medic, his advice to the elderly in Kenya is to eat a well-balanced diet and to concentrate on locally grown organic foods. “Traditional foods like yams, sweet potatoes, beans, pumpkins and green vegetables such as sukuma wiki (collard greens), managu (Black Nightshade), arrowroots and natural milk are the best,” he says.

Sweden is a monarch with the King Carl Gustaf, as Head of State but as opposed to other monarchies the King or Queen has no political powers. As a result, the King no longer performs many of the duties normally accorded to a Head of State, such as the formal appointment of the Prime Minister, signing off on legislation, and being Commander-In-Chief of the nation’s military. The political powers to run the government are with Prime Minister, who is the party leader with the majority in Parliament or coalition.

Married to Pennina Ngula who was born in Kitui county, Mwaura is a father of five; Brian Koikai, Jessica Nyambura, Mike Njuguna, Jayden Muchiri and Bobby Njuguna Mwaura.

The Kijabe Boys High School former Deputy Head Boy in 1992 became the chairman of Organisation of African Asylum Seekers in Sweden in 1994. Between 1997 and 2005, he was the Secretary General of the then Kenya Human Rights group based in Sweden and headed by former Wundanyi MP Mwandawiro Mghanga.

Mwaura became active in youth movement challenging racism. In the process, he joined the Swedish Social Democratic Party (SDP) and became a full member. To boost his political

credentials, Mwaura studied further at Stockholm University and graduated with a Political Science degree.

“I am still doing an International Relations degree at Malmö University here in Sweden,” he says.

He says his willingness to integrate and share with the poor in the community has endeared him to many. Mwaura also had to learn Swedish and the community’s culture, since English is hardly spoken in Sweden. He recalls when a friend, Councillor Kang’ethe won her seat in England she encouraged him to run. “She visited here with her sister Jane and they boosted my campaigns,” he said last week.

In 2010, he beat 72 other candidates for the seat in a predominantly white community.

“The residents, especially the youth welcomed my candidature after the SDP caucus appointed me to represent this ward,” he said.

Nevertheless, Mwaura’s life as a nurse and politician has not been smooth sailing. Many conservative whites believed he had come to take up their jobs. He also faced opposition from the black community who thought he had no chance of being elected. “Now the same people call me with congratulatory messages. I thank God I did not listen to the disappointing comments,” he said.

His interest in politics was stirred in 2006, when Kenyan women MPs held a conference in Stockholm. He met the then Narco-Kenya chairperson Beth Mugo and MP Alicen Chelaite, who challenged him to form the party’s branch in Sweden.

After school in 1993, Mwaura had joined his uncle, Peter Mukuru Mukundi in Sweden (a former senior policeman) where he fled on disagreeing with the government during the push for multi-party politics. He joined the College of Professional Management in Britain and attained a diploma through correspondence.

Later, he realised his calling was not in management and enrolled for health studies in Sweden.

The career nurse says his mother Mary-Anne Nyambura, a retired teacher living in Chania location, Kiambu County, is his role model. His late father was also a primary school teacher and a farmer.

Mwaura also urges Kenyans not to be cowed by those in power in their quest to bring order and real growth in the country. His advice: “If I made it in Europe why not elect young Kenyans with integrity as governors and senators”.

True Peace, True Happiness



By: Eric Musa
EMEA.ericmusa@gmail.com

We have established the fact that the devil was created beautiful, intelligent, and perfect by God. But, because of pride, greed, and lust, he got thrown out of heaven, taking about one-third of the angels with him. In the air around the earth are thousands upon thousands of fallen angels without bodies—and they want yours. They will do anything to get yours. If they cannot get a human body, they will operate through animals. But their prize dwelling place is inside a human being because humans are made in the image of God.

Demons so hate God they will do anything they can to hurt Him. One of the easiest things for a human being to do is go to hell. Many, perhaps most, will go there because they will

not listen to God. You have the right to go your own way, even if that way leads to hell. It is not easy for God to get people to cast out demons, because most churches have not been teaching people how to do this, or even that it is possible in our day, until recent years.

There was a time I went to church on Sunday mornings, but my attention was more on material than spiritual things. I used to think that if you had money, you would be happy. So I used to ask God to make me rich. Money, wealth is not bad, but it is a problem when it dominates you, and your life is based on it.

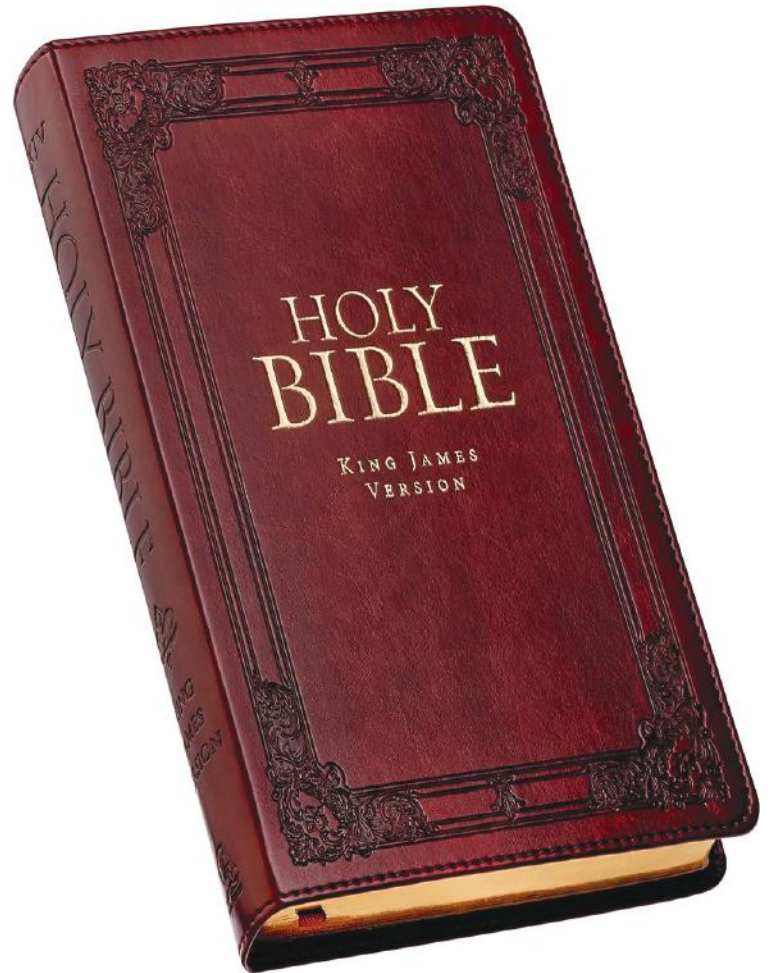
Money will make you get to where you think you want to be, but you'll discover that you'll be more unhappy than when you were a penniless teenager. Money is not where happiness is. There is only one true peace, and that is when you make Jesus Lord of your life. HAPPINESS IS BECOMING A BONDSLAVE TO CHRIST JESUS, so that everything you are and have and ever will be belongs to Him. That is when you find out what life is all about. It is true and is writ-

ten, "Seek ye first the Kingdom of God and righteousness, and all other things shall be added unto you (John 6:33)."

HALELUJAH, SHALOM.

Evangelist Eric Musa:

(My message continuously: The best decision in this earthly life is to receive Christ Jesus as your personal Saviour: Believe and confess Christ Jesus as your Lord and Saviour and be filled with the Holy Spirit: AMEN). As it is written; "NOW is the acceptable time, TODAY is the day of SALVATION.- 2 Cor 6:2". For prayers, devotion; to support Evangelism contact Ev. Eric Musa on +254722157300 (Email: EMEA.ericmusa@gmail.com). Remember, God Loves you unconditionally, perfectly and forever



The Mt. Kenya Times



Sayed Ahmadga Atab



Is it possible that the loyalty of a person is much lower than the loyalty of a dog to its owner? A dog's loyalty to its owner is the most important thing, even if a human child does not have it.

The main character of the story, Tillayev, was a very humble, serious good person. He thought everything he did carefully and did it carefully. However, he noticed later that he was quite mistaken in getting a servant to his house.

The next main character of the story, Qurbanboy, was very talkative, skilled at his work, and able to do things that any woman could do. Kurbanboy had taken such menial jobs as his usual profession to live and make a living.

He tried to please the eldest of every noble house he liked, and he always took his faithful dog "Leopard" with him. We will never get rich doing things behind someone's back. Even the bite we eat is not halal. Therefore, it is necessary to be honest. We have to answer for everything we do.

Choriyeva Shakhrinoz, 11th grade student of the 32nd general education school, Jondor district, Bukhara region

You know well the writer Saeed Ahmed, who is known to all of us and is loved and respected by our people. If you don't know, think about it. Every year you watch a play or a movie called "Kelinar kózgoni" at least twice a year.

This famous drama is written by Saeed Ahmed. The writer was one of the only creative people who looked at life realistically from a very young age. Said Ahmad Husankhozhaev was born on June 10, 1920 in the "Samarkand Darboza" neighborhood of Tashkent city. First, he studied in secondary school, then at Navoi Pedagogical Institute.

While reading the writer's story "Leopard", I was surprised by something.

Child Psychology And Its Problems

By: Akmalova Zebokhon Akobirkhan

Kimyo Internation University in Tashkent
Primary education

1st year student Child psychology is a field of psychology that studies the general and special features of children's psychological development, how this process takes place at different age stages, the forces and laws that drive it. For this reason, child psychology is often called "Youth psychology". Child psychology studies the emergence and development of mental processes (educational, speech, emotional, volitional, etc.) in children, the determination of mental characteristics, the development of various activities (games, studies,...



Drowned To Be Bloomed

Blowing away the touches of yours into
the darkness of invisibility
But still remains like the unhealed scars
Oh mate, you have drowned a bloomed
flower and it's been dried while you were
about to pamper other unwanted grasses
Reminiscing through the valley of the
limerence that was given
Harder and harder
The roses craves to blossom

Sachitha



Bread

A guy the same age as my brother
He was closing the bread
Fire from the oven
He was burning everywhere
Throw yourself into the fire
The bread was toasted
The baker brought it to me
Picking up burnt bread
The smell of warm bread
I smelled it with pleasure
I took it to my mother
Picking up burnt bread
My mother yelled at me
Who eats burnt bread?
Just laughing at my mother
Mother, you have not seen the pain of
this bread
I eat burnt bread
Don't shout, mother
My mother pats my head
Goodbye, my dear
If there is bread,
Another thing is passion.
Bring water to this bread
I ate it with pleasure
The baker who worked
I prayed to Rosa



In the morning the rooster crowed
My mother called me
Giving coins to the child
"Bring me some bread, my dear
Look around
Don't get burned!"
I ran right away
I arrived at the destination
A woman of my mother's age
It was panting fists
Knead the dough
He saw his suffering

The author of the poem: Qabilova
Madina Sabir, daughter of Termiz State
Pedagogical Institute, 3rd year student of
primary education

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BUSINESS

Safaricom Earnings Hit Kes140billion

By: John Kariuki
@themtkenyatimes



Peter Ndegwa, Safaricom PLC CEO

Worth Noting:

- In the period under review, Safaricom PLC Group revenue grew by 13.4% to KShs 335.3 billion, with M-PESA contributing 42.4% of revenue at KShs at 140 billion and GSM business contributing 52.7% at Kes.173.9 Billion.
- Mr Ndegwa spoke during the announcement of the Full Year 2023/2024 results, which saw net income increase by 13.7% to KShs 84.74 billion for Safaricom Kenya. While the Group net income excluding minority interest increased by 1.2% to KShs 62.99.
- Mr. Ndegwa noted that the company vision towards purpose-led technology company was a key factor in investment in new technologies that have enabled in creating more efficiencies and better customer engagement.

Safaricom earnings hit Kes140billion, becoming the first company in the region to hit past the billion-dollar mark

The earnings before interest and tax (operating profits) is a measure of how efficient the management has been utilizing investor funds

Safaricom (NSE: SCOM) PLC has announced a KShs 139.9 Billion in its earnings before interest and tax in the period ending March 31st 2024. At a group level, incorporating the startup costs and investments in Safaricom Ethiopia, the group closed at an EBIT of KES.94.9 billion, a 3.5% growth year on year.

The earnings surpassed both the market expectations and the group guidance range of KES129billion-132billion. This performance was driven by customer segmentation, public sector digitisation, investments in new technologies and better use of data and analytics to understand and serve customers better.

Peter Ndegwa, Safaricom PLC CEO said: "We are extremely pleased with what we have been able to achieve as a group despite the significant start-

up costs in our Ethiopia business. We expect that from 2025, Ethiopia will start being a significant growth contributor at group level for both top and bottom line."

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Mr. Ndegwa noted that the company vision towards purpose-led technology company was a key factor in investment in new technologies that have enabled in creating more efficiencies and better customer engagement.

"We are able to anticipate and serve our customers more intuitively, while engaging our communities to solve

their societal challenges. As a result of our razor-sharp focus on our customers, we are now a billion-dollar business in Kenya." Mr. Ndegwa noted.

On Ethiopia, Safaricom CEO noted, "We have doubled our active customer base to 4.4M, we have built a world class network that is currently almost half the Kenya's size and are on track to meet our licence obligations. We are hence pleased with commercial momentum in Ethiopia and proud that we have been able to deliver this momentum with a Safaricom Ethiopia team that is 90% Ethiopians."

Adil Khawaja, Safaricom Board Chairman, "As a result of this growth, the board will recommend a final dividend of 65 cents per ordinary share bringing the total dividend payable for FY24 to one shilling and twenty cents per share, equivalent to KES.48.08 billion."

Safaricom has also announced its support towards the floods victims through M-PESA Foundation. The KShs 30 million will be used to support the initial relief efforts that include vital supplies, food, temporary

shelter, medicines, and emergency medical kits in affected areas.

Mr. Khawanja noted that the company would continue to pursue its Purpose of Transforming Lives and engage more with the communities they served.

KEY HIGHLIGHTS – SAFARICOM GROUP (INCLUDING ETHIOPIA)

Service Revenue 5.2% to KES 295.7 Bn,

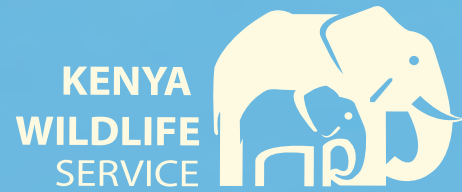
Voice revenue -2.6% to KES 81.1 Bn
M-PESA revenue 8.8% to KES 117.2 Bn.

Mobile data revenue +11.4% to KES 54.0 Bn.

Total customer base 8.1% to 45.9Mn.
One-month active M-PESA customers 5.2% to 32.1Mn.

One-month active mobile data customers 7.0% to 26.1Mn

Net Income: Safaricom Group excluding Minority Interest -10.6% to KES 62.3 Bn, Safaricom Plc Kenya, +3.0% to KES 74.5 Bn and Safaricom PLC Operating Free Cash Flow +4.3% to KES 115.7 Bn.





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Karibu, Tutunze Pamoja!

WEATHERING THE STORM: The Intersection Of Climate Change And Youth Mental Health



By: Linet Nabwire
@themkenyatimes



Worth Noting:

- This emotional exhaustion can manifest in a variety of ways - burnout, depression, panic attacks, and even suicidal ideation. A recent study by the University of Bath found that over 45% of young people globally reported feelings of climate anxiety, with many experiencing detrimental impacts on their daily functioning and mental wellbeing.

- And the most marginalized communities - including women, girls, and those living in poverty - often bear the brunt of this mental health crisis. Their vulnerability to the physical impacts of climate change is compounded by systemic inequities that limit their access to mental health resources and support.

As a youth climate activist, I have seen firsthand the immense toll that the climate crisis is taking on our mental health. As the founder and team lead of the Climate Transformation Network, a Christian-based environmental organization in Uganda, I work closely with young people from across Africa who is fighting tirelessly to build climate resilience in their communities. And in our work, the connection between the state of our planet and the state of our minds has become painfully clear.

The impacts of climate change are relentless and overwhelming. Drought, flooding, crop failure, biodiversity loss - these are the new realities that youth activists confront on a daily basis, not just in distant news reports, but in their own backyards. And the emotional burden is immense. Many of the young people I work with express feelings of grief, anxiety, anger, and despair in the face of these escalating threats.

"It sometimes feels like the weight of the world is on our shoulders," shared Amina, a 23-year-old activist from Kenya. "We're fighting to protect our homes, our livelihoods, our very futures - but the challenges just keep mounting. It's emotionally exhausting."

This emotional exhaustion can manifest in a variety of ways - burnout, depression, panic attacks, and even suicidal ideation. A recent study by the University of Bath found that over 45% of young people globally reported feelings of climate anxiety, with many experiencing detrimental impacts on their daily functioning and mental wellbeing.

And the most marginalized communities - including women, girls, and those living in poverty - often bear

the brunt of this mental health crisis. Their vulnerability to the physical impacts of climate change is compounded by systemic inequities that limit their access to mental health resources and support.

"As young African women, we're on the frontlines of this crisis, but we're also the ones with the least power and resources to cope," said Fatima, a youth activist from Nigeria. "It's an impossible situation that takes an enormous toll."

But even in the face of these immense challenges, the young people I work with continue to show incredible resilience, strength, and determination. They are channeling their pain

into purpose, using their platforms to raise awareness, advocate for change, and build community-led solutions.

Through the Climate Transformation Network, we're creating spaces for youth activists to connect, share their stories, and support one another's mental health. We're also working to integrate mental health support into our climate advocacy efforts, providing training, counseling, and wellness resources to empower our young leaders.

Because ultimately, the fight for climate justice and the fight for mental health are inextricably linked. We cannot achieve one without the other. And as youth activists, we must con-

tinue to be the voices that refuse to be silenced, the hands that refuse to be idle, and the hearts that refuse to be broken.

The storm clouds may be dark, but the sun is still shining. And together, we will weather this crisis - for the sake of our planet, and for the sake of our own mental wellbeing.

Complied and prepared by
LINET NABWIRE
A Passionate Climate Justice Advocate
Fonder & Team Lead of climate Transformation Network



Storms and flash floods turned roads into gushing rivers and swamped homes with waist-high muddy water across Nairobi.

LETTERS TO THE EDITOR

Education Crisis In Kenya: A Struggle For Access And Quality



The education system in Kenya faces significant challenges, impacting millions of students across the country. From inadequate infrastructure to teacher shortages, the crisis has far-reaching consequences for both individual learners and the nation's development.

Kenya's public schools grapple with overcrowded classrooms, making it difficult for teachers to provide personalized attention to students. The student-to-teacher ratio often exceeds recommended levels, hindering effective learning. Dilapidated buildings, lack of proper sanitation facilities, and insufficient resources further exacerbate the situation. Students endure suboptimal conditions, affecting their motivation and overall academic performance.

While access to education has improved over the years, the quality remains a concern. Outdated curricula, inadequate teacher training, and limited access to technology hinder students' ability to acquire relevant skills. Many schools lack libraries, laboratories, and internet connectivity, limiting students' exposure to modern learning methods. As a result, graduates often struggle to compete in a globalized job market.

Kenya faces a severe shortage of qualified teachers. Many educators are overworked, handling large classes with minimal support. Low salaries and challenging working conditions contribute to teacher demoralization. Some teachers seek better opportunities abroad, leaving vacancies that are

difficult to fill. The government must prioritize teacher recruitment, training, and retention to improve the overall quality of education.

Gender disparities persist in Kenyan schools. Girls face unique challenges, including early marriages, teenage pregnancies, and cultural biases. While efforts have been made to promote gender equality, more needs to be done. Schools must create safe spaces for girls, provide menstrual hygiene facilities, and address societal norms that hinder their education.

Kenya's education system predominantly focuses on academic subjects, neglecting vocational training and practical skills. Many students graduate without essential life skills such as financial literacy, entrepreneurship,

and technical know-how. Expanding vocational programs and emphasizing practical learning can empower students to become self-reliant and contribute to the economy.

Solutions and the Way Forward

To address these challenges, Kenya must prioritize the following:

Investment in Infrastructure: Upgrading school facilities, providing adequate resources, and ensuring a conducive learning environment.

Teacher Training and Motivation: Enhancing teacher qualifications, offering competitive salaries, and improving working conditions.

Curriculum Reforms: Updating curricula to align with modern needs, incorporating technology, addressing and emphasizing practical skills.

Gender Equity: Promoting girls' education and addressing cultural barriers.

Public-Private Partnerships: Collaborating with private organizations to bridge gaps and enhance educational outcomes.

In conclusion, Kenya's education crisis demands urgent attention. By investing in quality education, the nation can empower its youth, foster innovation, and drive sustainable development. It is time to turn the page and create a brighter future for generations to come.

Mary Wanjohi and Daisy Moraa Rongo university students.

Escalating Femicide In Kenya

By: **Patience Rehema**

Recently, Kenya has experienced an increase in cases of Femicide. At least Ten cases have been recorded in Kenya in the month of January. Starlet Wahu was the first one to be reported this year on 4th January this year. Femicide refers to the killing of women because of their gender. With increase of femicide cases, women need to be more cautious when interacting with people they know little about. People tend to take advantage of women and end up in killing them. Below are basic actions you can take to prevent and reduce the chances of you getting attacked.

Firstly, with the increase in technology, some people can make their profiles on dating sites and be able to meet their life partners. The lucky ones get partners and the unlucky

ones end up being killed ruthlessly. If a person asks to meet you on any particular day, share his personal information and the location of your meeting place to your closest people. For example those doing online dating before meeting with the person make sure you know some relevant background information about them by asking and doing thorough fact checking. Share this information with close friends and always remember to notify them in case there is a change of plans. This makes you safe to some percentage because in case of anything, you can be easily found and rescued.

Secondly, suggest open places for a meet ups. In case the person you are currently dating asks for a meet up, suggest venue and time. This is very crucial mostly for those doing online dating. For example, if this is the first

time you are meeting him; do not let him choose the venue and time. This makes you so vulnerable. This is because the person may have plans for injuring you and by you giving him permission to choose time and venue makes you an easy target. Normalize meeting up in broad daylight and in open places. Do not accept to go to Airbnb or even to their houses if still you are not so sure about them. Going to their houses gives them a humble time to do anything they want to you. The chances of a person attacking you in public are minimal compared to private places.

Furthermore, do not accept to try new kinds of drinks you are being offered. In fact don't accept any ready drinks being given to you, instead pour it on your own. Doing this only makes you increase chances of vulnerability. For example if you usual-

ly don't drink do not try, and if you drink, drink mindful. With alcohol, it differs with the percentage of alcohol content in it. Some tend to have a higher percentage than others. Do not drink one with a higher percentage than the ones you are used to. This only makes you easy to get on because a drunk person can be easily manipulated. Drunkness also impairs your judgement making you vulnerable.

Additionally, always try to listen to the kind of calls he makes while you are there. When he seems nervous and tends to step aside just to pick the call, be cautious and try to contact someone secretly. It is good for girls to have some girl code which when you send to someone they can know you are in some kind of trouble and call for help. When you feel so suspicious and you are not in a position

to call someone, always talk to the waiter secretly and tell them to be on the lookout for you.

Lastly, trust your gut feeling and be confident in your answers. Sometimes your gut is always right and so it is important for you listen to it before doing something. If it says don't go or you feel nervous about doing it then don't. Being confident can help you scare the person away. Let your NO mean NO and let YES mean YES.

In conclusion, we can end femicide cases in Kenya if start taking care of ourselves and others. Through this, we will give the predators a hard time in hunting women thus stopping it.

Rongo University.

Reforms In The Motorcycle Industry

Motorcycles have become indispensable in Kenya, serving as a crucial mode of transportation for millions of commuters. However, the widespread use of motorcycles has unveiled a concerning reality: a significant portion of riders run without insurance, proper training, or documentation, posing grave risks to themselves and others on the road. Statistics reveal a troubling trend: up to 60 percent of Kenya's 2.4 mil-

lion motorcycle riders are uninsured, leaving them and their passengers vulnerable to financial ruin in case of accidents.

The human toll of these accidents is immeasurable, causing devastation to families and communities across the nation. The lack of proper training further worsens the risks associated with motorcycle riding.

With over 70 percent of riders lacking adequate training, roads become

hazardous for both riders and pedestrians. Compounding these challenges is the widespread issue of unregistered motorcycles and lack of proper documentation.

Many riders run without valid licenses, vehicle registrations, or insurance certificates, flouting regulatory requirements and evading accountability. This culture of impunity not only endangers public safety but also fosters reckless behaviour.

To address these challenges, stringent enforcement of existing traffic laws is essential, including mandatory insurance requirements and licensing standards.

Comprehensive road safety education and training programs are imperative to equip motorcycle riders with the knowledge and skills needed for safe operation.

By incentivizing compliance with regulatory requirements, safety stan-

dards can be elevated, enhancing the quality of service for riders and passengers alike.

Addressing the road safety crisis in Kenya requires collaborative efforts from government agencies, law enforcement, stakeholders, and the community.

Esther Mabeya and Franklin Atisa are media students at Rongo University

CS Mvurya Champions Continuous Professional Development In Architecture And Quantity Surveying

By: Aoma Keziah and Cynthia Masibo
@themtkenyatimes

In an insightful address delivered by the chief guest at the official opening of the Continuous Professional Development (CPD) seminar for the Board of Registration of Architects and Quantity Surveyors (BORAQS) Kenya, Cabinet Secretary Salim Mvurya underscored the pivotal role of ongoing education in shaping the future of the architectural and quantity surveying professions.

With a keen focus on the importance of fostering a culture of continuous learning, CS Mvurya emphasized the need for architects and quantity surveyors to stay abreast of emerging trends, technological advancements, and evolving industry standards. He highlighted how such proactive engagement not only enhances individual professional competencies but also contributes significantly to the overall growth and sustainability of the built environment sector.

Speaking to a diverse audience of industry practitioners, stakeholders, and regulatory bodies, the Cabinet Secretary reiterated the government's

unwavering commitment to supporting initiatives aimed at promoting continuous professional development. He outlined various policy measures and collaborative efforts underway to facilitate access to relevant training programs, mentorship opportunities, and knowledge-sharing platforms.

Moreover, CS Mvurya stressed the imperative of upholding ethical standards and adhering to best practices within the architectural and quantity surveying disciplines. He passionately urged professionals to prioritize integrity, accountability, and excellence in their respective fields, thereby fostering public trust and confidence in the industry.

In addressing the pressing challenges facing the sector, including issues related to licensing, accreditation, and quality assurance, the Cabinet Secretary reaffirmed the government's resolve to tackle regulatory bottlenecks and streamline administrative processes. He pledged to work closely with stakeholders to identify practical solutions and implement reforms that promote professionalism, efficiency, and transparency across the board.

The CPD seminar, organized by BORAQS Kenya, served as a dynamic



Cabinet Secretary Salim Mvurya reiterates the government's unwavering commitment to supporting initiatives aimed at promoting continuous professional development

platform for architects and quantity surveyors to engage in meaningful discussions, exchange ideas, and acquire new skills necessary for navigating the ever-evolving landscape of the built environment. Through interactive workshops, thought-provoking presentations, and engaging networking sessions, participants gained valuable insights into emerg-

ing industry trends, innovative technologies, and sustainable practices shaping the future of architecture and quantity surveying.

As the event concluded on a high note of collaboration and commitment to excellence, CS Salim Mvurya's impassioned call for continuous professional development resonated strongly with attendees,

inspiring a renewed sense of purpose and dedication to advancing the standards of the architectural and quantity surveying professions in Kenya. The collective enthusiasm and determination showcased at the seminar bode well for the future of the industry, heralding a new era of innovation, professionalism, and sustainable development.

Amidst Natural Calamities, Kenyan Schools Struggle To Reopen

By: Dr. Paul Wanjohi
@themtkenyatimes

As Kenya prepares for the reopening of schools on Monday, May 13th, a stark reality emerges—many educational institutions are grappling with immense challenges caused by recent natural disasters. From flooded schools to collapsed facilities, the aftermath of stormy rains has left a devastating impact on our educational landscape.

Reports indicate widespread infrastructure damage, with numerous schools facing critical issues such as collapsed classrooms and toilets. Tragically, some students have been lost, while others find themselves displaced or orphaned. The consequences extend beyond physical structures; many students may discontinue their education due to these adversities.

This crisis demands urgent attention and comprehensive action from authorities and stakeholders. Rebuilding efforts must prioritize the restoration of safe learning environments and the provision of support for affected students and communities. Moreover, long-term strategies are essential to mitigate the impact of future disasters on our education system.

In the face of adversity, let us unite to ensure that every child's right to education is upheld, and that no student is left behind in the wake of natural calamities. Together, we can rebuild and strengthen our educational institutions for a brighter future.



Dr. Paul Wanjohi, UASA Kenya on a national fact finding mission on the preparedness to reopen.

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Nakuru Farmers Urged To Embrace Crop Diversification

By: Anne Sabuni
@themkenyatimes



Worth Noting:

- The CECM further stated that crop diversification was one of the cheapest ways of dealing with several crop diseases, including the fall army worms that was a nuisance to farmers in the region.
- “By planting maize on the same piece of land, the chances of completely dealing with the problem of destructive pests like the Fall Army Worms are slim. This is because a farmer who plants maize in both short and long rain seasons inadvertently provides enough food for the worms,” explained Mr Bor.
- He added that diversification is the most robust option towards creating resilient agricultural systems that can contribute significantly to household and, subsequently, national food security.

Nakuru County Government has initiated a drive to promote diversification of food crops as a way of mitigating the effects of climate change, boosting sources of livelihoods, and improving living standards.

Agriculture, Livestock and Fisheries County Executive Committee Member (CECM) Leonard Bor indicated that diversifying production towards non-traditional crop varieties could also help improve agricultural productivity, stabilize output, and enhance food insecurity.

Mr. Bor emphasised the farming method also helps in reducing risk factors thereby ensuring the farmers do not lose all of their resources in case of adverse weather conditions that do not favour crop production.

“In addition, since multiple crops can be harvested from a small field, the production increases tenfold, which ensures a substantial amount of income,” the CECM explained the significance of crop diversification to the farmers.

He noted that diversification not only expands the number of potential crop types for markets but also contributes significantly to household nutrition needs.

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“By planting maize on the same piece of land, the chances of completely dealing with the problem of

destructive pests like the Fall Army Worms are slim. This is because a farmer who plants maize in both short and long rain seasons inadvertently provides enough food for the worms,” explained Mr Bor.

He added that diversification is the most robust option towards creating resilient agricultural systems that can contribute significantly to household and, subsequently, national food security.

He was speaking at Bahati Trading Centre after distributing 10,751 avocado seedlings to 630 farmers. 3,587 seedlings were distributed in Bahati Ward, 3,582 seedlings in Kiamaina Ward, and 3582 seedlings in Lanet Umoja Ward.

Mr Bor affirmed that Governor Susan Kihika’s administration had sustained a campaign to revitalise avocado farming, with eyes set on international markets.

He said the devolved unit was collaborating with stakeholders in the avocado subsector in training farmers on enhancing the competitiveness of avocado value-added products.

The CECM observed that the venture, a partnership with the Avocado Society of Kenya (ASOK), mainly targets smallholder farmers, who are also being trained on export processes, quality planting materials, proper farming techniques, farm mechanization, accessing reliable market links, and affordable credit facilities.

He added that the county was keen on focusing on international markets

instead of selling the fruit to middlemen at throwaway prices, where he said they buy the one fruit for about Sh10 and Sh15, reaping huge profits at the expense of farmers.

The CECM indicated that they were encouraging farmers to diversify into the farming of avocados and macadamias alongside other traditional crops like coffee and potatoes. “We have mainly singled out the avocado crop as a potential income earner for our farmers due to the high demand both locally and internationally. The seedlings will take approximately 18 months to start yielding fruits,” said Mr Bor

He at the same time urged avocado farmers to join cooperative societies to boost their incomes and prevent their exploitation by middlemen, adding that through bulking, cooperatives have been able to reduce the cost of marketing and enabled farmers to realize higher returns through the provision of a reliable and remunerative outlet for produce.

The CECM indicated that the devolved unit and its partners were further sensitizing the farmers on the new avocado export regulations announced by the Horticulture Crops Directorate towards ensuring that Kenyan fruits are competitive in the global export market.

He urged farmers to exploit the region’s favourable weather patterns and arable soils and increase their sources of income through crop diversification as a robust risk management strategy to increase pro-

duction and food security.

Mr. Bor observed that Kenya’s agricultural production is dominated by a narrow range of commodities, which include maize and wheat, as well as cash crops like tea, coffee, and flowers.

He added that their cultivation contributes to the livelihoods of 70 per cent of rural families, causing a concerning overreliance on just a few crops.

Mr Bor observed that climate change continues to hinder efforts to increase agricultural productivity and food and nutrition security in many developing countries.

Besides going for the best maize seed varieties suitable for the soils in the area, the farmers present were encouraged to invest in early-maturing crops during the short rain seasons.

Mr Bor identified sunflowers, Irish potatoes, sorghum, millet, carrots, groundnuts, African leafy vegetables, and soya beans as some of the best early-maturing crops, with most of them classified as drought-resistant besides their nutritional value.

He stated that diversifying production towards non-traditional varieties could help improve agricultural productivity, stabilize output, enhance food security, and mitigate the risk of climate change.

Digital Identity Roll-Out On Course, PS Bitok

By: Wangari Ndirangu

@themkenyatimes



Immigration and Citizen Services Cabinet Secretary Julius Bitok

Worth Noting:

- “We are not doing anything against the law, we are doing everything possible to ensure that we stick to the law, as far as ensuring that data is protected,” he added.
- Prof Bitok explained that the government is in the process of rolling-out digital ID for all Kenyans, transiting from the old generation ID to the third generation ID, confirming that no one will be discriminated on the account of not being able to acquire one.
- “I want to assure the country that we are putting mechanisms to ensure that we have a smooth transition from the old generation ID to the digital ID, which is a third generation ID, and that no Kenyan will be discriminated against,” he emphasised.

Kenyans have been assured that their data is safe as the government’s moves to introduce a third generation digital Identity Card.

Immigration and Citizen Services Cabinet Secretary Julius Bitok, said that the government is complying with all the regulations and legal frameworks required, to ensure wanchi’s data is safe and secure.

Speaking yesterday during the Network of Africa Data Protection Authorities (NADPA) Conference deliberation on digital ID and the role of Data Protection Authorities in Africa, the PS said that the government has been able to conduct more than 10 data impact protection assessment for the digital ID, with the support from the office of the Data Commissioners.

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“I want to assure the country that we are putting mechanisms to ensure that we have a smooth transition from the old generation ID to the digital ID, which is a third generation ID, and that no Kenyan will be discriminated against,” he

emphasised.

He confirmed that e-Citizen platform now has more than 13 million registered users, meaning they are already having some kind of digital ID they are using to enjoy the government services.

Currently the 13 million people accessing the e-Citizen daily is at 50 percent and this, the PS said, is a good progress since the process started one year ago.

“We have worked very hard and made progress to ensure that we push the numbers and on average, we are enrolling about 30,000 people every day on e-Citizens and when looking at the entire population of 32 million adults, we are halfway and hoping within one year to two years, we should have everybody having a digital ID,” the PS said.

He said that with more than 16,000 services on-line, the government collects more than Sh700 million per day on e-Citizen, even as Kenyans continue to utilise services.

“Our plan is in the short term to ensure that we are collecting Sh2 billion per day,” the PS said.

He added that a lot of progress is being made, explaining that when it started the platform was collecting Sh 50 million, however, currently it’s at Sh 700 million but in the next few months it can be able to get to Sh 2 billion in collections per day, even as they target to serve one (1) million Kenyans on a daily basis.

“One million Kenyans should be able to enjoy e-Citizen services and

no Kenyan will be discriminated. In any case, the government has already announced that it removed vetting process, for important documents whether you want an ID or Passport in an effort to ensure that no Kenyan feels left out, as far as acquisition of these very important documents is concerned,” Prof Bitok said.

The digital ID, the PS said is also not an exception and that all Kenyans will be given an opportunity to enroll on digital ID.

To put it in context, Prof. Bitok explained that there are four products in the digital ID ecosystem dubbed “Maisha ecosystem” and this involved a Maisha number that is being given to the newborns and will run across their lives.

“This number will be a number used in primary, secondary and also university. It will also be the same number for ID, for the NSSF, NHIF and will appear in one’s death certificate,” he explained.

The second component, the PS continued is the ‘Maisha card’ which is a smart card which carries the maisha number and is the third generation ID while the third is the virtual version of it which is ‘Maisha Digital’

“Instead of carrying the physical card, you can carry your phone around and be able to enjoy services using your phone,” he said

The fourth component, Prof. Bitok confirmed is what is being called

‘Maisha integrated database’ having one database called IPRS, which connects the entire government, is connected to e-Citizen and where once accesses services

“The National Registration Bureau NRB, civil registration, immigration, all are connected to IPRS through inter-operability so that all services can be accessed easily, without necessarily having to pick on biometrics everywhere you go,” he said.

He said that his department is working very closely with the ICT ministry to ensure that there is internet everywhere in the country saying it connectivity has been a challenge in the rural areas.

“ICT is also doing a lot of work to ensure that the entire country is connected with Internet connectivity, so that people can enjoy their services in the comfort of their homes,” he added.

Prof Bitok assured all Kenyans that even as they access services using their phones, the system in place in the country protects and secures personal data whether its access to ID, Driving license, police clearance or any government service.

The PS noted that in this space of digital transformation, which His Excellency the President has made very clear, there are three components that is digital identity, Interoperability and Payment Integration.

“You have to identify yourself. Interoperability is where the system is able to talk to other systems across government and payment integration is able to assimilate our payments to the extent that we are able to see clearly who is paying for what and we have made a lot of progress working with the Ministry of ICT.

Immaculate Kassait, Data protection Commissioner said they have offered advisory and confirming that they have already received data protection impact assessment from the Ministry of Interior.

“We have also offered training and they have been very proactive in coming to us for training and in addition we continue to do an audit just to make sure that we are securing the information and that the data is in their custody,” she said.

The two day conference brought together more than 20 countries from around Africa to engage on the levels of data protection and exchange ideas of how African needs to protect their data.

SBM Bank Kenya Appoints Bhartesh Shah As New CEO

By: Joseph Ng'ang'a
@themtkenyatimes

SBM Bank (Kenya) Limited Board yesterday announced the appointment of Bhartesh Shah as its new Chief Executive Officer (CEO).

Mr Shah will assume the role of CEO, following the departure of Mr Moezz Mir who has served in this position for the past six years and now moves on to pursue other interests. During this transition period, Mr. Mir will be on hand to provide support and ensure a seamless handover.

With more than twenty years of experience in the financial services industry, Mr. Shah possesses a strong background in banking, operational management, people management, strategy, and business acumen.

He has held executive positions at esteemed institutions including I&M Group, Equity Group Holdings, Standard Chartered Bank, Citibank, and Midland Bank (HSBC) in various regions such as Eastern Africa, Sin-



SBM Bank (Kenya) Limited Board yesterday announced the appointment of Bhartesh Shah as its new Chief Executive Officer (CEO).

gapore, and the United Kingdom.

Mr Shah holds a Master of Business Administration (MBA) from the University of Warwick- Warwick Business School, and a Bachelor of Science in Banking and Finance from Loughborough University, United

Kingdom.

The chairman of the Board of Directors, Mr Sattar Hajee Abdoula, expressed his confidence in Mr Shah's appointment, stating, "He is a well-suited candidate for the position and will lead the Bank in achieving

its growth goals to become the predominant leader in the Kenyan market. His strategic vision will drive essential business transformation to enhance the impact on economies and communities in our vicinity."

Under Mr Shah's leadership, SBM

Bank Kenya is poised to embark on a journey of innovation, collaboration, and customer-centricity. With a focus on delivering shareholder value and exceptional customer experiences, Mr. Shah aims to drive market share growth and lead the bank towards sustainable prosperity.

The Bank expressed its sincere appreciation to Mr Mir for his contribution to the Bank since he commenced his tenure in 2018. Acknowledged for his successful leadership as the SBM Bank Kenya CEO, Moezz has overseen a period of transformation for the Organization.

Furthermore, Moezz was recognised for establishing a strong foundation for the Bank's operations across Kenya, marked by significant improvements in financial inclusion, innovative digital banking solutions, and a commitment to sustainable business practices.

School Reopening: Gov't To Extend Second Term Over Time Lost Due To Floods

By: Dennis Musau
@themtkenyatimes

Education Cabinet Secretary Ezekiel Machogu has announced that the government will extend the second term to make up for time lost after a two-week reopening postponement due to floods.

Schools were to reopen for the second term on April 29 but the government put it off in the wake of heavy rainfall and devastating floods which have so far killed over 257 people.

President William Ruto this week announced that learners will return to school on Monday, May 13, based on weather forecasts indicating reduced rainfall from this weekend.

On Thursday, CS Machogu said the second term will be extended by a yet-to-be-determined period to enable schools to cover the syllabus ahead of this year's national examinations in November.

"Particularly for Form Four candi-

dates, we will see how we can recover time lost by extending [the second term by] a few days. They were expected to close for three weeks in August and we might minimise the number of days schools will be closed," the minister said.

He however noted that the Kenya Certificate of Secondary Education (KCSE) and Kenya Primary School Education Assessment (KPSEA) examinations will not be postponed.

"The examination calendar remains the same; KCSE and KPSEA will be taken in the normal time from November," said Prof Machogu.

He allayed fears of learners' safety during the school reopening, saying the government had assessed the situation and established that it is "manageable".

"What we are getting from the experts is that we won't have as much rain as we have had before. If anything, the situation is only improving all over the country," Machogu said.

According to the minister, a section of schools in seven counties among



Education Cabinet Secretary Ezekiel Machogu

them Tana River, Homa Bay and Kisumu may not re-open on Monday. He said his ministry will explore other learning options such as relocation of learners to safer centres.

President William Ruto on Monday announced a Ksh.1 billion allocation for reconstruction of schools damaged by floods.

His school reopening announcement

on Wednesday followed a forecast by the Meteorological Department on Monday that rainfall intensity across the country will likely reduce later this week.

The Mt. Kenya Times wishes you Happy Tree Planting Day



Sports >> *New stars appear in La Liga every year, and the 2023/2024 season was no exception.

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5 Football Players Who Became Discoveries In La Liga This Season



New stars appear in La Liga every year, and the 2023/2024 season was no exception.

We deliberately do not include players of the caliber of Jude Bellingham or Ilkay Gundogan, whose level has long been beyond doubt.

Today, we will talk about those whose play has become a revelation this season.

Alvaro Valles, goalkeeper, Las Palmas

Alvaro has played for Las Palmas since 2019, but his team only returned to the elite division last year – the first time since the 2017/18 season.

This did not stop Valles from demonstrating composure and skill on the goal line from the very first matches.

Until February, the goalkeeper did not allow more than 2 goals in a game, and according to the statistical resource Stats Bomb, by the middle of the season, he saved the team from more than 11 additional goals.

Amazing numbers from a debutant goalkeeper from not the strongest club!

Valles has excellent footwork, defensive leadership, and reflexes. Thanks to his confident play, Las Palmas has already secured a 99% place in the elite for the next season, but the Real trainee is surely dreaming of new challenges.

For Valles, receiving an offer from a higher-status club will be no more difficult than getting an answer to the question: what

is the key in sports betting? The reliable bookmaker 1xBet is sure that only responsible gambling brings real pleasure and profit

Pau Cubarsí, defender, Barcelona

In March 2024, Barça defender Pau Cubarsi made his debut for the Spanish national team in a match against Colombia – at that time, he was 17 years and 2 months old.

A few days later, he took the pitch against the Brazilian national team and now may go to Euro 2024.

When you are recognized as the best player of the match in the Champions League playoffs, as was the case after the game with Napoli, you can easily count on a place in the national team!

The rise of the young talent happened quickly and as effectively as possible. Pau made his debut for the Catalan first team in the Copa del Rey in January, and already in March he was recognized as the best player in La Liga under the age of 23.

Although he played a little more than 10 matches for the club, Barcelona is already preparing a new contract for his 18th birthday with a significant increase in salary and compensation of €1 billion! The club's management sees the new Gerard Pique in the young Catalan and does not intend to let him go, although there is already a queue of English giants lining up for Cubarsi.

After Pau's debut for the main team, an impressed Robert Le-

wandowski asked his teammates about his age. The answer shocked him, and the Pole said that it was simply illegal to play so well at such a young age.

Lamine Yamal, midfielder, Barcelona

The next hero of our review is the only player in history who debuted in the Spanish national team before Cubarsi. Lamine Yamal entered the match against the Georgian national team on September 8, 2023, at 16 years and 57 days. In the first game, he scored and became the youngest goal scorer in national team games in the 21st century.

Yamal is distinguished by fantastic technique and speed. He has good hitting skills and a developed football intelligence, which allows him to operate effectively in positional attacks and, if necessary, tear apart opponents on his favorite right wing.

Last summer, not all fans approved the sale of the star Dembele to PSG, but, as it turned out, Xavi had already found a worthy replacement for the Frenchman.

The young winger's contract with the club runs until the summer of 2026, so in the coming years, nothing will stop Pau from becoming an important element of the renewed Barcelona.

Savio, midfielder, Girona

The young Brazilian has already made his debut in the Seleção, but so far belongs to the seemingly modest Troyes and is one of the hottest lots of this summer.

Why is the French club not so simple? He is part of the City Group empire, meaning Manchester City bosses will have the final say on the deal for the 20-year-old winger.

According to well-known journalist and insider Fabrizio Romano, the player has already signed a contract with the Citizens, but rumors about his transfer look much more confusing than the

answer to the question:

“Where is the location of 1xBet?”. One of the largest betting companies in the world was created in 2007. It operates under a license from Curacao in all regions of the world, and its headquarters are located in the EU.

Last season, Savio was on loan from PSV, but he played only 6 games there and did not make much of an impression. The player's potential was spotted by Girona's sporting director, who convinced the club to try the winger in La Liga. The bet worked, and now the Brazilian is a key player in one of the most bright teams in Europe.

Artem Dovbyk, 26 y.o, forward, Girona

His teammate, Ukrainian forward Artem Dovbyk, became the top scorer in the Ukrainian championship last season, but no one could have imagined that a year later, he would be fighting for the Pichichi trophy.

The forward did not go through pre-season training with the team and, on August 1, managed to score for Dnipro in Champions League qualifying, only to make his debut in La Liga less than two weeks later and score a goal against Real Sociedad.

A large but at the same time technical striker, he knows how to beat opponents by dribbling, is good at playing along, and has a powerful shot.

At the same time, he perfectly performs the role of a ram forward and is always ready to head a cross. Dovbyk is not afraid of big games and has already scored against Barcelona, Villarreal, and Betis, and not so long ago scored a hat-trick against Seville.

In his first season in La Liga, Artem scored as much as Ibrahimovic and Suarez scored on their debut – not bad for a player for only €7.75 million!

Capital Sport

GET THE BEST OF WORLD

Sports >> *.Reigning Africa Champion Karan Patel and Junior Africa Champion Hamza Anwar will be among the star attractions at this year's Pearl of Africa Uganda Rally scheduled for May 10-12.

Champion Karan Leads Star-Studded ARC Pearl Uganda Rally Entry



Karan Patel with sports Cabinet Secretary Ababu Namwamba during the launch of Easter WRC Safari Rally

Reigning Africa Champion Karan Patel and Junior Africa Champion Hamza Anwar will be among the star attractions at this year's Pearl of Africa Uganda Rally scheduled for May 10-12.

The Kenyan duo are among the over 30 crews listed in this year's event alongside 2022 winner Ugandan Jas Mangat.

Both Karan and Hamza have unfinished business with the Pearl event and are both returning to the iconic Ugandan fixture after skipping the 2023 edition.

Hamza retired in the 2022 edition driving a Mitsubishi Lancer Evolution X while Karan settled for 10th after restarting the same event on Super Rally (SR)

Following the exclusion of Ral-lye Bandama of Ivory Coast, this year's Pearl Rally will sets the ball rolling for the 2024 FIA Africa Rally Championship (ARC) to be held in parts of Jinja, Eastern

Uganda.

Both Karan and Hamza are yet to lay their hands on the coveted Pearl title but will be going for the title in their R5 machines.

KCB sponsored Karan will be navigated by Tauseef Khan in a Skoda Fabia R5 while Hamza is partnering up with Adnan Din in a Ford Fiesta Rally5.

This year's Pearl has attracted leading local heroes among them Ponsiano Lwakataka aka "Mafu Mafu", Hassan Alwi and Musa Nsubuga in a Subaru Impreza, Nasser Mutebi and Steven Bunya in a Mitshubishi Lancer Evo IX and veteran Ronald Ssebuguzi aka Seb in a Ford Fiesta.

Kenyan navigator Shameer Yusuf will call the pace-notes for Uganda Abas SEBUNYA

Behind the wheel of aMitshubishi Lancer Evo X.

Newly elected FMU president, Jimmy Akena said he anticipates

an exciting event this year.

"Safety of crews and fans remains our major priority. Our target scope in this rally being an African Championship calendar opener, is to have a smooth and successfully run event," Akena said.

-Friday, 10th May 2024 - Day 1- The Pearl begins on Friday morning May 10 with free practice at Wairaka. The 6.00km stretch. Starts at 9:00 a.m with the qualifying stage prorammed to start at 10:07 a.m.

At qualifying, leading ARC drivers will be tussling for the start order positions.

Shakedown 1 will rev off at 12:00hrs, followed by the second session at 13:41hrs.

The final day on Sunday May 12, will feature a repeat run of Sura Mbaya and Macarena where the rally will be decided.

This year's Pearl will conclude with the Closing Ceremony in Jinja at 13:00 hours, where fans can celebrate with the winners and enjoy a fantastic spectacle.

- ARC 2024 Calendar
 - 10 -12 MAY Pearl of Africa Uganda Rally (UGA)
 - 28 JUN Equator Rally (KEN-Postponed due to inclement weather)
 - 26 JUL Zambia International Rally (ZMB)
 - 23 AUG Rally of Tanzania (TZA)
 - 20 SEP Rallye International du Burundi (BDI)
 - 18 - 20 OCT Rwanda Mountain Gorilla Rally (RWA)
- By Attex Motorsport-

Capital Sport

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The Mt Kenya Times



Importance Of Pumpkin Fruit And Seeds In Human Health



By: Sirojiddinov Asliddin
Abduvahidjon
@themtkenyatimes



Pumpkin Fruit .

Worth Noting:

- Pumpkin seeds are considered a phosphorus-rich product that improves brain function and strengthens bones. Phosphorus is considered as important as calcium for bone health. Together with calcium, this micro-element strengthens bone tissue.
- According to the popular medical portal Webmed, the orange color of the product is the effect of beta-carotene, which is converted into vitamin A in the body and, in turn, absorbs light into the retina of the eye and aids in processing. One cup of pumpkin juice contains more than 200 percent of the recommended daily intake of vitamin A, making it one of the foods recommended by ophthalmologists.

Pumpkin contains useful fiber and fiber. Zucchini is so rich in micro-nutrients that this vegetable can be compared to bread in terms of useful properties, but its calorie content is not very high, because 90% of pumpkin is water. One cup of pumpkin seeds contains about 7 grams of fiber, which is more than two whole grains. In other words, pumpkin helps you feel better for longer without the unnecessary weight and consequences for your figure.

Pumpkin seeds are a source of omega-3 and polyunsaturated fatty acids, which are important for skin cells. It also contains vitamin E, which is important for skin regeneration. Pumpkin seeds contain magnesium and potassium, which are useful for the cardiovascular system. This product prevents spasms in blood vessels and heart failure.

It improves blood pressure, cleans vessel walls, prevents the formation of a cholesterol layer and is considered one of the best antidepres-

sants. Tryptophan in pumpkin turns into serotonin, the mood-enhancing "hormone of happiness" in the body. Tryptophan has another useful property: it regulates sleep at night and ensures the production of melatonin, which calms the nervous system. This product is a mine of zinc, which fights viruses and improves immunity. In addition, this substance helps the body absorb vitamins A and E, and improves the condition of the skin and hair.

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and aids in processing. One cup of pumpkin juice contains more than 200 percent of the recommended daily intake of vitamin A, making it one of the foods recommended by ophthalmologists.

In a word, pumpkin contains lutein and zeaxanthin, two antioxidants that help prevent cataracts. Beta-carotene in pumpkin has another important property - it protects the skin from ultraviolet radiation, active sun, which enhances the slowing down of the aging process. .

In addition, seasonal pumpkin seed oil is often added to homemade face masks, as a result of which it cleanses and soothes the skin.

Are you looking for a way to get rid of illness and strengthen your immune system? Try the pumpkin. The high amount of vitamin A in the product helps your body fight viruses and infectious diseases. Pumpkin seed oil eliminates bacterial and fungal infections. In addition, pumpkin contains almost 20% of the daily

recommended amount of vitamin C, which helps to recover faster from colds. Pumpkin belongs to the category of "moderately diuretic" products. On the one hand, this feature also helps to gain weight; on the other hand, it can be harmful to those who take certain medications because they are quickly distributed through the body and slowly absorbed.

In addition, you should know that pumpkin is useful even when added to desserts - pies, desserts and cream, and in general, quality additions to desserts remain unchanged even with the addition of pumpkin.

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