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 "The condition of our lives is that we live in a time of crisis, of change, and of hope." This profound statement from Ngugi wa Thiong'o's "Decolonising the Mind" encapsulates the current state of affairs in Kenya, a nation grappling with the unfulfilled promises of democracy and the erosion of civil liberties.  
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# Gov't Releases KSh3.2bn Inua Jamii Funds

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This follows the President's directive to upscale the programme to 2.5M beneficiaries which will be done in phases.



FILE | A beneficiary of Inua Jamii social protection program undergoes biometric validation/KNA

STORY ON PAGE 9

**MAGICAL Kenya**  
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# Kenya And China Sign MOUs To Promote Film And Theatre

By: MKT Correspondent  
@themtkenyatimes

## Worth Noting:

- Jimmy Carter Luo, Chief Executive Officer of StarTimes Media (Ke) Ltd, expressed his enthusiasm about the newly forged partnership and its potential impact on both countries in the field of film and exchange of culture.
- Carter emphasized that the Kenya ,China TV Theatre & will pave the way for joint productions, content sharing, and professional exchanges between Kenyan and Chinese media entities.



Tang Jian jun ,Grace Njanga ,Director Bliss TV,Mr. Dong Xin (the National Radio and Television Agency Deputy Minister China ) ,Judith Munyinyi, secretary of information ministry of ICT and GUO ZIQI during Kenya “China TV Theatre” Opening Ceremony at Serena Hotel..

Kenya and China have signed significant Memoranda of Understanding (MOUs) to promote film and theatre in the country.

The event featured the participation of key representatives from both countries, including Dong Xin, Deputy Minister of the National Radio and Television Administration (NRTA) of China, Timothy Owase ,CEO Kenya film commission and CPA Pascal Opiyo, CEO of Kenya film and classification board among others .

The ceremony, themed ‘Kenya ,China Tv theatre’ showcased a variety of Chinese TV programmes, highlighting the rich cultural exchange between the two nations.

Jimmy Carter Luo, Chief Executive Officer of StarTimes Media (Ke) Ltd, expressed his enthusiasm about the newly forged partnership and its potential impact on both countries in the field of film and exchange of culture.

Carter emphasized that the Kenya ,China TV Theatre & will pave the way for joint productions, content sharing, and professional exchanges between Kenyan and Chinese media entities.

“This collaboration is essential for the advancement of our creative industries. It offers a valuable platform for knowledge exchange, technological innovation, and cultural enrichment,” said Carter.

Dong Xin, Deputy Minister of the National Radio and Television Administration (NRTA) of China, expressed his optimism about the future of Chinese-Kenyan cooperation in the audiovisual sector and film.

“This event marks a new chapter in our bilateral relations, particularly in the realm of media and entertainment. We look forward to deepening our collaboration with Kenya to foster cultural exchange and mutual development,” said Deputy Minister Dong Xin.

He said that the MOUs signify the unwavering commitment to nurturing and expanding the film and television industries in both Kenya and China adding that it will enhance and pave the way for more joint productions and professional exchanges, enhancing the quality and diversity of content available in both countries.

Prof Edward Kisiang’ani in a statement read by Judith Munyinyi, Secretary of Information ministry of ICT and said that the collaboration launched will highly

impact the media industry .

He said that the exchange of content between Kenya and China is crucial .

“We look forward to the continued collaboration between Kenya and china” he said

Kenya film commission CEO Timothy Owase said that the collaboration between Kenya and China will greatly impact the film industry in Kenya.

He noted that the government will continue supporting the youths in realization of their talents .

“We are greatly humbled by this partnership between Kenya and China in the field of film and theatre and we will continue pushing further for our youths to get job opportunities in the film and art industry “he said.

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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IN BUSINESS

# The Mount Kenya Times

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## NEWS IN BRIEF



Turkana County has launched a comprehensive water quality analysis initiative in partnership with the USAID NAWIRI programme, aiming to ensure a safe and reliable water supply. The initiative aims to conduct thorough testing and analysis of water sources, storage facilities, distribution networks, and household supplies across 38 pre-identified sites throughout the county. The Sh7 million worth of equipment provided by UNEP through a programme supported by the Government of Israel has transformed the operations of Turkana's Water Quality Analysis Laboratory in Lodwar. The new equipment is capable of supporting a wide range of fundamental water quality tests, ensuring that the newly formed water utilities in Turkana adhere to the stringent standards set by the Water Services Regulatory Board (WASREB). The 30-day water quality analysis exercise brings together sample collection team experts from the Water Resource Authority, UNEP, public health, Turkana Urban Water Company, and other water sector partners.



The chairman of the Nyanza Youths Professionals, Donald Agwenge, has praised President Ruto for declining to sign the Finance Bill 2024, urging him to engage with the youth on critical decisions affecting their lives. Agwenge urged the President to establish mechanisms for engaging with the youth on critical challenges and push for legislation to make education free from the primary to the university level in Kenya. The youths also urged the President to ensure the upcoming Finance Bill allocates funds for development projects instead of sustaining offices and to engage the citizenry in public participation through all available avenues, including social media platforms. Agwenge expressed gratitude for Ruto's engagement with the youth and for declining to sign the Finance Bill pending deliberations.



At least four deaths have been confirmed in Hillo mining areas in Moyale Sub-county of Marsabit County in the past four days as authorities work to curb illegal mining activities. Moyale Deputy County Commissioner Benedict Munyoki stated that unauthorised miners in their hundreds have flocked to the area, trying to access prohibited gold mines. Some managed to sneak into the operation area and start excavating for the precious mineral, leading to four deaths after the mines caved in. The government outlawed unlicensed gold mining activities in 13 sites within Hillo in Dabel ward in March this year, citing state security, economic, and safety concerns. Aliens from Nigeria, the DRC, and Somalia unlawfully migrated to the area, carrying out unregulated gold and chromite mining valued at millions of shillings. Through the gazette notice, the government declared the area as disturbed and placed it under security surveillance round the clock.



Engineers Board of Kenya (EBK) workshop on preparation for IEA assessment started yesterday in Machakos. Those in attendance include chairman EBK Engineer Erastus Mwongera and Dedan Kimathi University of Technology Vice Chancellor Prof. Peter N. Muchiri were among those present.

EBK and universities officials are firmly committed to joining the Washington Accord as provisional status by next year.

Stakeholders in the forum include State Department of Roads, Association of Consulting Engineers of Kenya, ACEK and The Institution of Engineers of Kenya.

Inspector General of Police Japhet Koomehas clarified that all National Police Service (NPS) officers sent to Haiti are safe.

This follows reports on social media that alleged that seven officers had been killed in the Caribbean nation.

While refuting the claims, Koome affirmed that since their arrival in Haiti, the officers have been working closely with the Haitian National Police.

He stated that so far, "they have undertaken strategic mapping of the key areas of operational concerns and conducted several patrols within Port-au-Prince."





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## Milestone As Reformed KEMSA Feted With Global Leadership Award

By: Christine Muchira  
@themkenyetimes

The European Society for Quality Research (ESQR) has this week recognised the Kenya Medical Supplies Authority (KEMSA), after bestowing it the Best Quality Leadership Award 2024.

The outstanding achievement comes after the Authority's CEO, Dr Andrew Mulwa, bagged the African Governance Award, 2024, for his contribution in transforming KEMSA into the most Outstanding Medical Supplies Authority across the African continent. The award ceremony was held in Mauritius.

Dr Jane Masiga, a member of the KEMSA Board of Directors, received the award on behalf of Dr Mulwa and the Authority.

"On behalf of the board, which is spearheading the restructuring of KEMSA, and on behalf of the management, we dedicate this award to the staff of KEMSA, who have walked with us," Dr. Masiga said at the award ceremony held in Belgium.

ESQR recognised KEMSA's exemplary leadership led by its CEO and Board of Directors for embracing innovative and initiative-driven approaches in KEMSA to drive the develop-



ment of quality systems, which have in turn transformed KEMSA into an efficient Health Products and Technologies supply chain solutions provider.

These initiatives were credited with saving lives and improving health outcomes.

The ESQR annual recognition programme awarded KEMSA after evaluating numerous companies, institutions, public administrations and organisations representing different economic sectors in Europe, Asia, America, Africa and Aus-

tralia.

ESQR reviews improvement systems, techniques and research projects that contribute to quality organizational culture.

It also acknowledges excellence, disseminates innovation and visionary thinking, shares knowledge with stakeholders, shares conformity assessment and facilitates networking across sectors and regions.

This year's winners were selected based on poll results, consumer surveys, research and market insights.

## Gov't Urged To Engage International Mediator In Impasse With Gen Z Over Finance Bill



By: KNA

Religious leaders in Siaya want the government to engage an international mediator in solving the current impasse that saw young Kenyans take to the streets to protest the passage of the finance bill.

Through the Siaya Church Leaders' Forum (SCLF), the clerics say that the situation may get out of hand if urgent steps will not be taken to ad-

dress it, adding that government will only succeed if an independent international mediator is brought on board to engage the youths.

Led by the chairman of the church leaders' forum, Archbishop James Opiyo Anyango, the clerics lauded the efforts that the government was putting in place to ensure that the youths are engaged and their demands taken into account.

The forum organizing secretary, Bishop Wilfred Amollo said Kenyan youths seem to have lost hope and trust in the current government and may

not feel comfortable engaging President William Ruto.

The church leaders lauded the Kenyan youths for standing firm in exercising their rights, but called on them to embrace peace and avoid destruction of properties during their anti-government protests.

Other leaders who addressed the media during the occasion were Bishop Elias Sewe and Bishop Martin Arara who called on the government to minimize wastage of public resources to quell the Gen Z protests.

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# NCBA Group PLC Finalizes 100% Acquisition Of AIG Kenya

*The Insurance Company Joins Six Other NCBA Group PLC Subsidiaries - NCBA Investment Bank, NCBA Leasing LLP, NCBA Bancassurance Intermediary Ltd, NCBA Bank Uganda, NCBA Bank Tanzania And NCBA Bank Rwanda*

By: MKT Reporter  
@themtkenyatimes

NCBA Group has announced the completion of its 100 per cent acquisition of AIG Kenya Insurance Company Limited, further strengthening its position in the financial services industry.

NCBA has held a minority shareholding in AIG Kenya for over 18 years, and this strategic move brings into NCBA an over 50-year-old insurance business with a heralded market reputation for offering a sophisticated general insurance proposition to Corporates, SMEs, and individuals.

Commenting on the development, NCBA's Group Managing Director, John Gachora, said, "We are excited to welcome AIG Kenya to the NCBA family, and this acquisition will enable our customers to access all their financial products under one

roof conveniently. With insurance increasingly becoming a basic financial need for our customers, an ecosystem of NCBA's physical and digital distribution platforms and AIG Kenya's insurance capabilities will unlock opportunities to catalyze deeper insurance market penetration in Kenya and the East Africa region."

Stella Njunge, CEO of AIG Kenya, commented, "The acquisition marks a significant milestone in our company's evolution. NCBA's resources, expertise, and expansive network will enhance our capabilities, allowing us to offer a broader range of products and services, improve our operational efficiencies, and provide greater value to our customers and partners."

With the full acquisition, NCBA is set to tap into a sizeable insurance industry in Kenya valued at KES 309 Billion, which continues to grow at a CAGR of 10 per cent even amidst ongoing macroeconomic challenges.



Louisa Wandabwa, Chief of Staff and Director of Strategy NCBA Group (left), John Gachora, Group Managing Director NCBA Group and Stella Njunge MD AIG Kenya

# Fluorspar Mining Company To Start Operations By End Year

By: MKT Reporter  
@themtkenyatimes

Mining Cabinet Secretary Salim Mvurya has announced that the fluorspar mining company, which stopped operations nine years ago, will come back to life within six months.

The company will ensure that it strictly adheres to the Mining Act of 2016, with 70 per cent of royalties paid to the National Treasury, 20 per cent to the County Government, and 10 per cent to the local community.

The company will also work with the community to improve schools, hospitals, and other basic services.

The company will hire locals qualified for various positions and ensure they are given tenders to supply goods.

The government will own 15 per cent of the company's shares, with

a Director appointed by the government to protect government interests and those of the community.

The Ministry of Mining has pledged to work with the local community to revive the company, offer employment opportunities, and increase revenue for the county.

Mining Cabinet Secretary Salim Mvurya (second left)..



# Gov't Releases KSh3.2B Inua Jamii Cash For June Payment

*570,263 new beneficiaries have been onboarded into the programme*

By: Margaret Kalekye

The government has released Ksh3.2 billion for the Inua Jamii Cash Transfer Programme June 2024 payment.

State Department for Social Protection and Senior Citizens Affairs PS Joseph Motari announced Monday that Ksh3,215,992,000 had been disbursed to 1,607,996 beneficiaries up from 1,037,773 in May 2024.

570,263 new beneficiaries have been onboarded into the programme. The PS said payment will commence this week on Wednesday.

This follows the President's directive to upscale the programme to 2.5M beneficiaries which will be done in phases.

"The Ministry has onboarded 570,263 new beneficiaries. The total number of beneficiaries in the June payroll is 1,607,996 up from



1,037,733 in May 2024. All those new beneficiaries who have opened bank accounts will be paid from Wednesday" he said.

Inua Jamii programme is a Government cash transfer initiative that supports the most vulnerable members of the community by providing them

with a stipend to cushion them from poverty, and hunger and improve their lives.

It targets persons aged 70 years and

above, orphans and vulnerable children as well as people living with severe disability who have no other income nor pension.

# Two Charged For Burning Down Kikuyu NG-CDF Offices

By: KBC Reporter

Two people linked to the fire that razed down the Kikuyu NG-CDF offices valued at Ksh 20 million have been charged.

The two, identified as Naftary David Njama Gatuota, Joseph Kuru Waweru and others not before court are accused of having taken part in the setting on fire of the offices during the anti-Finance Bill protests last week Tuesday.

A statement from the Directorate of Criminal Investigations (DCI) said the two will be charged with the offenses of Arson and Malicious damage to property.

According to the DCI, also damaged during protests include a vehicle belonging to Kikuyu NG-CDF valued at Ksh 2.5 million and the office of Kikuyu Sub-County Deputy County

Commissioner valued at Ksh 600,000 were damaged.

"The two individuals who unsuccessfully vied for elective posts during the 2022 elections denied all the three counts and were released on Ksh 1 Million bond with a surety of a similar amount or a cash bail of Ksh 200,000," said the DCI through a statement on their X platform.

*The two were linked to the fire that razed down the Kikuyu NG-CDF offices on 25th, June, 2024.*



# Residents Of The Flooded Kihoto Estate In Naivasha Seek Help

By: Kenya News Agency

Kenya experienced heavy rainfall in March, April, and May, causing significant damage to the country.

Experts believe that disaster preparedness is crucial for mitigating future disasters and minimising the loss of lives and property.

The Kenya Meteorological Department predicts that most parts of the country will receive average rainfall in July, and August, providing relief for flood-prone areas.

Kihoto estate, a slum on Lake Naivasha, has been affected by flooding multiple times, with over 5,000 people displaced from their homes.

In 2020, the estate was also affected by rising water levels due to climate change, exposing residents to waterborne diseases and another potential

disaster.

Proposals are being presented to address the issue of flooding, including the relocation of affected people.

Water levels are gradually reducing, but the displaced residents are still not returning to their homes.

Learning institutions were also disrupted, with the only public primary school overrun by floods, disrupting the learning calendar of many school-going children.

Human-wildlife conflicts have escalated in the area due to rising water levels, forcing hippos and buffaloes to invade human settlements and adjacent flower farms, posing a security hazard to locals.

Lake View Member of County Assembly (MCA) Alex Mbugua emphasises the National and County governments's commitment to ensuring families are resettled.

In March, April, and May, over 300 people were killed by floods in 33 counties, causing over 200,000 fami-



lies to be displaced and tens of others to be missing.

The government is working on rehabilitating damaged infrastructure in

affected schools through the Ministry of Education and the National Government-Constituency Development Fund.

In the Maai-Mahiu area of Naivasha, victims of the floods continue to grapple with the aftermath of the disaster.

# The Mt. Kenya Times



# Is The Talk Of A Plot To Impeach DP Gachagua Real Or Imagined?



By: Joseph Mutua Ndonga  
mutuandong@gmail.com



Deputy President Rigathi Gachagua.



## Worth Noting:

- While roundly condemning the police for using excessive force against the protesters resulting to snuffing out of the lives of innocent youths, the DP observed. These are our children and had not broken any law.
- During the interview President Ruto avoided responding to the question and told Ageyo.
- The talk of a fallout between me and my deputy is neither here nor there.
- He is my deputy. He is not here and he is the one supposed to respond to that question.
- I cannot speak for him. You are free to look for him and engage him if there is something else you want to know.

I watched and listened to how President William Ruto responded to the questions posed by top editors of three mainstream media houses during a live interview at State House Nairobi.

One of them touched on his relationship with his deputy Rigathi Gachagua.

Joe Ageyo of Nation Media Group (NMG) wanted to know whether they were really reading from same script.

Ageyo referred him to a statement that the Deputy President had released while in Mombasa. Mr President, a few minutes earlier you had addressed a televised press conference at State House Nairobi.

Both of you focussed on the same subject matter of Generation-Z protests.

The DP contradicted you by distancing himself from sentiments that some of youths involved in these protests were criminal gangs.

While roundly condemning the police for using excessive force against the protesters resulting to snuffing out of the lives of innocent youths, the DP observed. These are our children and had not broken any law.

During the interview President Ruto avoided responding to the question and told Ageyo.

The talk of a fallout between me and my deputy is neither here nor there.

He is my deputy. He is not here and he is the one supposed to respond to that question.

I cannot speak for him. You are free to look for him and engage him if there is something else you want to know.

President Ruto's interview came at a time when a headline story appearing on Weekly Citizen newspaper stated that close allies of President Ruto had hatched a plot to impeach the DP.

The story also alleged that the DP had been blocked from accessing State House.

After reading this story, two questions came to my mind. Was the President aware of plans to impeach his deputy and he had seek an appointment before accessing him at State House? If a plot to impeach him is real, can his political enemies

manage to marshal enough votes in parliament?

The constitution provides that the motion to impeach a sitting DP can only sail through if it garners two-third majority or above in parliament.

There is also the issue of whether the grounds cited by his accusers meets the requisite threshold of law.

The motion of the impeachment can only be allowed if the mover manages to convince the house that the actions of DP amount to gross violation of the constitution and the international treaties.

I heard earlier listened to the remarks by Kiambu Senator Karungo Wa Thangwa. He seemed to confirm that President William Ruto and his deputy Rigathi Gachagua were not reading the same script.

We the people of the Mountain are asking President William Ruto to engage DP Gachagua in dialogue the same way he is engaging Generation-Z and millennials.

The senator, who spoke in presence of the Deputy President in Maragwa, stated. We have heard that the President has initiated a process of reaching out to the young people.

This is after they took to the streets to register their strong reservations with the way the country is being governed.

We want the President to use the same template to engage the DP.

While fondly referring Gachagua as Riggy-G, the senator further noted that Generation-Z and Riggy-G share one thing in common "letter G".

You can therefore ignore Riggy-G at your own peril.

He added: DP Gachagua is our kingpin in the Mountain. I'm therefore answerable to him. So this is what I want to tell the President. You cannot reach me without going through him.

The DP was also accompanied by a host of elected leaders from this region.

To me, Karungo's sentiments which were echoed by all the speakers including area MP Mary Wa maua, were weighty.

As we know, the people of Mount Kenya region voted for President Ruto to the last man and woman

during 2022 polls. He garnered 87 percent and these are the votes that catapulted him to the seat of president.

Kiambu senator's point was therefore clear. The DP was a force to reckon with. He helped the President to get those votes. He has not lost that popularity.

So, If the President opts to ignore him he was bound to lose this critical support base.

We recall that President Ruto made a raft of promises to the voters in this region during campaign.

The position of the DP is that most of these promises have not been fulfilled.

As a community, what we hate is betrayal, he was once quoted as saying.

I'm therefore sure the issue of unfulfilled promises would feature prominently if President agree to engage him in a formal and structured manner.

Besides the DP would demand to be respected and recognized as the senior most leader in the Mountain

In Mombasa, the DP emphasized. During the campaign and when we assumed office I and President Ruto said we will be listening to what the people of Kenya are telling us. So, the youths had a right to air their views. These madness of killing our youths should never happen again in our country.

I'm happy to note that the President has listened to the young people. This by refusing to sign the Finance Bill.

The DP laid the blame squarely on the doorstep of the Director General of National Intelligence Service Nordin Haji.

He had totally failed the President and misled him. If he gave the President the correct advice, this bloodshed could have been avoided. The President could have moved with speed to preempt the killings. Therefore, I call upon the head of NIS to resign with immediate effect.

The DP also conveyed messages of condolences to the families of those who lost their loved ones.

Some days earlier, the President had attended a church service in Nyahururu. He reiterated: "I have listened to what the young people are saying. These are our children and we have to listen to them. I'm going to engage them and I want to assure them of my commitment to address the concerns they had raised"

He spoke as Generation Z piled pressure on members of parliament (MPs) to reject the Finance Bill 2024.

They have also listed a raft of demands that they want President Ruto to address.

For the first time, the protests were digitally driven. Besides, thousands of young people under the banner of Gen Z demonstrated a high level

courage and boldness.

The youths who had turned up to oppose the Finance Bill 2024 were aged between 18-34 years.

It is worth to note some protesters were armed with smartphones and according to some politicians some had been dropped by Uber taxis.

The church service in Nyahururu was presided by ACK archbishop who was quoted in a post on social media as saying that his son was taking part in these protests.

A renowned political analyst had alleged the protests were being sponsored by a foreign power. He did name this power and what it intended to achieve.

But organizers were quick to dismiss these claims. By then, the protests had been held in 18 counties.

The protests started on a day the chairpersons of the two powerful committees of the National Assembly namely Budget and Appropriation and Finance and National Planning tabled their financial report in parliament.

In the report, we have clustered taxes in contention into three categories. We have removed some and we have proposed zero rating and exemptions on others.

They include proposed 16 percent VAT on bread; 2.5 percent motor vehicle tax. Eco levy will also be adjusted with baby pampers, sanitary towels and other products being zero-rated.

We have also listened to parents, guardians and other stakeholders in education sector. So, we have reinstated the school feeding programme. We have also allocated enough funds to employ Junior Secondary School (JSS) teachers on permanent and pensionable terms.

But Generation-Z and millennial would hear none of this. They maintained that the budget should be more leaner.

The protesters who carried placards and flyers with inscription 'Occupy Parliament' chanted anti-President William Ruto slogans.

This is not the first time we are witnessing this. Similar protests had rocked the country during the tenures of former Presidents Daniel Arap Moi, Mwai Kibaki and Uhuru Kenyatta.

During the public participation, many Kenyans reasoned; Yes, we agree paying taxes is a legal civic duty. However, some of the taxes contained in Finance Bill 2024 are very high.

The burden will be too heavy particularly to the low income earners.

So, we recommend they should be reduced.

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

# WHO Calls For More Funding To African Countries Hosting Migrants And Refugees

By: James Wakahiu  
 @themtkenyatimes



Dr Santino Severoni, Director of World Health Organization's (WHO) Department of Health and Migration receives a present from Mount Kenya University Vice-Chancellor Prof Deogratius Jaganyi (right) at the close of the 8th international health migration conference held at the university's Thika main campus in Kiambu County.

## Worth Noting:

- “These diseases emerge from our personal choices of life like smoking and drinking hence the need to invest in health promotion education for populations on nutrition, risk factors and other unhealthy behaviours like lack of exercise and how to avoid them.
- Dr Severoni, a keynote speaker at the forum, has worked for governments, NGOs, and foundations in Eastern Africa, Central Asia, the Balkans, and Europe. His areas of expertise include global health, health sector reforms, health systems strengthening, health diplomacy, aid coordination effectiveness and management of complex emergencies.
- Prof. Dr. Charles Mulli, founder of Mully Children's Family Trust (MCF) based in Machakos county, Kenya, was the second keynote speaker.

More funding is required to control communicable diseases particularly in Africa and other developing countries which host refugees.

Dr Santino Severoni, Director of World Health Organization's (WHO) Department of Health and Migration, is calling on the international community to channel more resources to such countries that are facing financial challenges. He spoke during the opening of an international conference on economic transformation for Africa at Mount Kenya University's (MKU) main campus in Thika, Kiambu County.

The 8th annual international conference of the Centre for African Research on Enterprise and Economic Development (CAREED) was held under the theme, “Fostering Economic Transformation in African Ecosystems: The Impact of Trade, Infrastructure and innovation.”

More than 70 papers from renowned global scholars were presented across several parallel sessions during the two-day conference.

“There is an ongoing discussion on health and immigration especially now that there are new infective vectors and the lack of essential protection where communicable diseases might appear like in the case of tuberculosis which is associated with poverty and living conditions. This is another area of concern,” said the WHO official.

Dr Severoni expressed concern that though there have been major improvements in the control of communicable diseases such as malaria, chronic ailments remain a major health challenge globally. There is rising mortality from lifestyle ailments such as cardiac-vascular diseases, diabetes and hypertension, among others, he noted.

“These diseases emerge from our personal choices of life like smoking and drinking hence the need to invest in health promotion education for populations on nutrition, risk factors and other unhealthy behaviours like lack of exercise and how to avoid them.

Dr Severoni, a keynote speaker at the forum, has worked for governments, NGOs, and foundations in Eastern Africa, Central Asia, the Balkans, and Europe. His areas of expertise include global health, health sector reforms, health systems strengthening, health diplomacy, aid coordination effectiveness and management of complex emergencies.

Prof. Dr. Charles Mulli, founder of Mully Children's Family Trust (MCF) based in Machakos county, Kenya, was the second keynote speaker.

Welcoming delegates to the forum, the MKU Chancellor who is also Director at CAREED for University of the West of Scotland (UWS), Professor John Struthers, said this year's meeting is significant as it was being held in Africa for the first time.

“This year's conference is also noteworthy because of the number and range of papers being presented and the many African countries represented,” he said.

He added that proper communication has been lacking on issues of migrants who are not just in Africa but all over the world including Europe.

Dr. Vincent Gaitho, chairman of Council and Pro-Chancellor Mount Kenya University said the seven previous conferences of CAREED took place in Scotland, Europe, at the University of the West of Scotland (UWS).

“The 8th International Conference marks the arrival of the “new being” or the “new entity”, “new baby”, within our larger community.

This is a milestone achievement for both CAREED and for UWS for having successfully nurtured the conference series at UWS through the past seven years or over, which included the dreadful time of the COVID 19 pandemic”.

Dr Gaitho said CAREED's five key areas of interest”, namely, commodities and exporting; logistics and supply chain management; enterprise and entrepreneurship (including gender enterprise); enterprise and entrepreneurship, governance and ethics”

as shall be reflected in the conference proceedings, should also be well earmarked as areas of future research and development in Africa by Africans.

“We must remind ourselves of the need to have the youth in African in all what comes with this new entity. Available literature supports this need of deliberate involvement (and not by chance!) of the youth on every socio-economic transformation engagements in African including the series of CAREED conferences,” he said.

The Pro-chancellor appreciated the WHO's migration health discourse guided more specifically, by the International Organization for Migration and the Center for Health and Migration as significant entities in international movements of goods and people and related logistics. “We look forward to receive recommendations from this conference that will be used in reaching out to more stakeholders to take advantage of the conference proceedings and publications as tangible, action areas in driving the future of the African Continent for the overall good of the African people,” he said.

MKU Vice Councillor, Prof. Deogratius Jaganyi said the University of the West of Scotland and MKU have continued to enjoy a synergetic partnership, exemplified by the recently concluded Knowledge Transfer Partnership (KTP) project. The project is funded by Innovate UK and partnered with Farmtrack Consulting, a private company in Kenya.

The VC said trade contributes to 15 per cent of Africa's GDP, infrastructure development can boost economic growth by 2-3 per cent annually, and innovation has the potential to increase productivity by up to 30 per cent.

“As we forge a united front towards fostering economic transformation in African ecosystems, the impact of trade, infrastructure, and innovation cannot be overemphasized,” he added.

Appreciating the delegates and speakers participating in the conference, Prof Jaganyi said these key themes are instrumental in supporting

livelihoods and promoting economic prosperity across sub-Saharan Africa.

According to Prof Struthers, the year since the 7th Annual Conference was held at the Paisley Campus of UWS in 2023 has been a busy and eventful period for Careeed, with many new members joining the centre. Highlights include: the first Distinguished Lecture presentation by Professor David Luke of the London School of Economics (LSE) based on his recently co-edited book How Africa Trades; more short papers written by CAREED colleagues for the centre's Policy and Practice Insights Series.

Last year, a new initiative by the renowned Royal Society of Edinburgh (RSE) to promote links between Scottish Universities and African Universities across a range of subject themes commenced. Prof Struthers said CAREED will lead this RSE initiative in the area of Enterprise and Economic Development.

Other key milestones during the past year have been the completion of the African Agriculture Knowledge Training Partnership (AAKTP) project in which MKU and Farmtrack Ltd in Kenya are partners.

A new agriculture project commenced in Nigeria at the end of 2023.

In the last one year, a significant number of doctorate degrees were awarded to CAREED research students, several of whom have joined the academic staff at UWS in the School of Business and Creative Industries.

On his part, Prof Mulli is a renowned social entrepreneur globally. He established the children's home, trust and Christian charitable organisation in 1989, dedicating to providing dignified livelihoods to children, youth, and marginalised members of society.

The joint planning committee for this year's forum includes Dr Henry Yatchi of MKU and Dr Ephias Ruhode and Dr Mbusiro Chacha of UWS and Deputy Director of CAREED, Dr Adebisi Adewole. The sponsors for this year's conference were Superior Homes (Kenya) Ltd; Henderson Properties (Scotland); Overseas Students House (Ghana); Grace Education (Kenya) and IEIS Ltd.



Some of the delegates

# CEMASTEA Rolls Out Training For Teachers On Climate Change And Mitigation

By: MKT Reporter  
 @themkenyatimes

The Centre for Mathematics, Science, and Technology Education in Africa (CEMASTEA) has launched a training programme for secondary school teachers to tackle climate change in their schools and classrooms.

The training covers topics such as environmental conservation, waste management, recycling, energy conservation, flood mitigation, and Indigenous knowledge.

The initiative aims to equip teachers with the necessary knowledge and skills to effectively teach climate change, countering misinformation and promoting a holistic understanding of the issue.

The training is part of a larger effort by the United Nations to include climate change studies in all schools

by 2025.

The training also emphasises the importance of integrating climate change into education programmes across multiple disciplines, including agriculture, environmental science, economics, and policy.

The training also aims to build capacity on policies around climate change, promote the implementation of policies, and increase budget allocation for climate mitigation and adaptation.

The initiative is part of a larger effort to educate the next generation on climate change and its impacts.



# High School, University Students To Benefit From Suss Ads' Tech-Led Program

By: Capital Correspondent

Suss Ads, a leading Marketing and Technology (MarTech) Agency has launched the Suss NextGen Program, a national initiative aimed at empowering students across high schools and tertiary institutions with essential tech-led platforms, knowledge, resources, and opportunities crucial for thriving in today's digital world.

Githumu Boys High School is among the pioneering schools to benefit from the program, securing a total commitment of half a million for the revitalization of their tech lab. As part of this initiative, Suss Ads has initiated a donation of Sh100,000.

Dennis Maina, the Managing Partner of Suss Ads and an alumnus of Githumu High School, highlighted that their donation exemplifies their belief in the transformative power of education and innovation.

"Recognising the pivotal role of technology in modern education, we are embarking on a journey to equip stu-

dents with the tools they need to excel in an increasingly digital landscape," he stated.

Vincent Mutuku, Deputy Principal at Githumu Boys, expressed that the assistance received in providing computers will greatly facilitate student learning, addressing previous challenges of inadequate computer access.

Maina's objective is to close gaps in technology access and educational opportunities while empowering the next generation digitally.

James Omollo, a student, commended the efforts of the school alumni, describing it as a significant example for all students. He further noted that it served as motivation, particularly knowing that one of the former students is among Africa's youngest entrepreneurs.

As Suss Ads commemorates its third anniversary Mr Maina expressed gratitude for the collaborations and partnerships that have fuelled the agency's growth and influence, envisioning a future where every student thrives in a digitally interconnected environment.



## Button (Story)



Once there is, once there is no. Once upon a time there was a button. He likes to go on trips, especially jumping in the grass. Almost every day, he first went to the ditch, then walked in the garden, playing with the rabbits until late at night. one day he went for a walk in the big garden. While he was walking, a group of animals came out in front of him. This button that I saw now screams in fear that they will eat me:

"Help me, my God, help me!"

But no one heard his moans. He ran away, jumped through the grass and entered an old house. When he entered the room, he saw the needle hanging on

the wall and said to him:  
- needle, dear needle, save me, please!!! A bunch of animals are chasing me.  
Then he saw the button and felt sorry for him and took it and pinned it to his shirt. When the animals entered the house looking for it, they did not find the button. They left the house and went in another direction, thinking that the key had run away to another place. So the button got rid of it. Since then, the button, the needle and the shirt have become friends.

Askarova Sitorabonu Askar's daughter was born on May 4, 2018 in Dehkanabad district of Kashkadarya region of the Republic of Uzbekistan. She is interested in memorizing poems, reading stories, fairy tales, and playing poetry games. Despite his young age, he can easily read books, knows how to count to 100 in Uzbek and Russian. She memorized many Russian and Uzbek poems. She stands out from other peers due to his great potential, thirst for knowledge, restlessness.

## Fresh Dream



The smell of soil, the smell of ground. Oh, so lovely and dear this smell. Especially, the soil of native land is closer to the heart. Repentance, the sun of homeland also seem special. After all, only one sun shines on the whole world. But, as if the sun caresses' the people with its rays, looks at them with special smile.

Barno stopped in the modern airport which crowded with people. Looked around one by one. The words resonated in her native language sounded very pleasant to her ears. Barno was coming back to Uzbekistan for missing her sister and village very much. Although she wanted to wander through Tashkent which is capital of Uzbekistan, she decided to go to Surkhandarya. She promised to return again to Tashkent before went to Surkhandarya. The roads were far away.. Barno remembered the past, leaning his face against the window of the car.

Barno was born in Surkhandarya region. She grew in anticipation of the scorching rays of the sun. Maybe so that, she was so beautiful girl like so many girls of Surkhandarya. Her childhood was very happy. She saw no grief, no worries. But at the age of 17, she lost his father and a year later her mother. They died.

She and her sister started living with their old grandmother. Barno's dream of being student at university also did not come true. The main reason for this is that, after finishing from school, she went to work abroad with aunt Robia who was both their neighbour and her mother's closest friend. Her sister was 10 years old and her grandmother was old. Moreover, it was also difficult to find a job. They hadn't got any relatives who can help, almost. Five years ago she left her homeland with deep sadness in his heart.

She began working with her aunt in confectionery factory. She worked a lot to earn much money. It will be much more difficult, if you do not have a person and a home that wait you when you return late from work. Sometimes, when Barno came from work, she was weeping remembering her country, village and loved ones. She would stop weeping, thinking that she would hurt her parents who were looking from the skies. She worked hard and sent a lot of money to her grandmother. One day, when she was talking with her sister on phone, her sister said that there were many new developments in New Uzbekistan, and youth had different chances to do business. Barno had hope in her heart. She decided to come back to her home. She wanted to live happy in her country.

She remembered her stories in her life. When she got up they almost arrived to destination. The taxi entered into the street which known for her. Barno was over the moon.

As long as, her sister and grandmother were waiting without sleeping. Barno was so happy to see them, to return to her country. That situation was impossible to describe in words. She hugged her grandma and sister with her heart, not with her hands. After she rested for few days, she began her work. "We always support youth who had a talent in their heart" they said to Barno, and they gave credit in very fast opportunities. Barno created her own confectionery factory in her village. Apart from she called it "Fresh dream". This name was similar to her life and feelings. The "Fresh dream" factory was opened in a lot of areas of her country. Her factory and her sweets were famous and lovely for everyone.

\*\*\*\*\*

Barno was invited to the forum of youth and students of Uzbekistan. The main reason for this is that she was one of the best business girl of her country. Now she was not unhappy girl who came back to her homeland with longing for her country. She was really happy!

Shahnoza Ochildiyeva  
Uzbekistan

## Indifference And Neglect



defects.

Therefore, indifference is often the cause of dissatisfaction of the people around, an indifference person can gradually be separated from society because he cannot share the sorrow and concern of others.

An indifference person not only stumbles in life, but also faces all kinds of problems in his life and work. This means that everything it doesn't mean that you need to pay attention, but every person is born to pay attention to everything and draw a conclusion.

Especially old people.

Attention is definitely required even when getting an important job.

We observe.

Various impacts on nature and air pollution are caused by people's carelessness.

Kengesbaeva Aynura

Indifference is a concept that expresses the absence of any interest and clear moral-emotional attitude towards society, life, surrounding people and events.

Indifference should be distinguished from self-restraint.

Due to self-control, a restrained person is able to press the knots in his heart and shows his strong will.

That is the dangerous aspect of such

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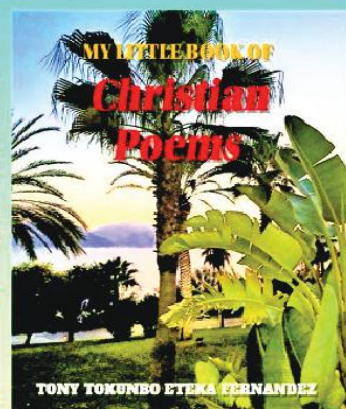
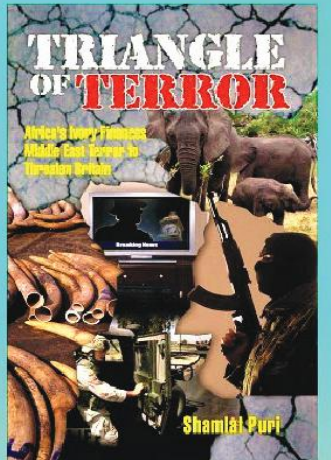
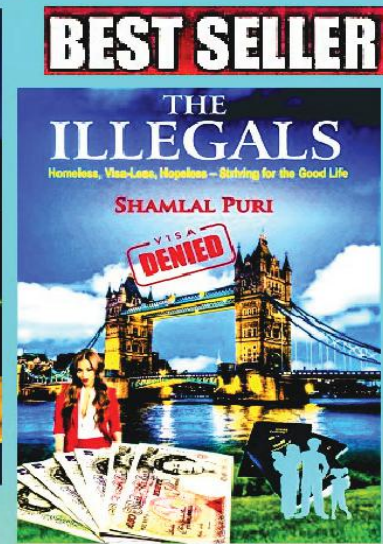
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# The Church And Clergy Association Of Kenya Reiterates Position Following Recent Developments

By: John Kariuki  
@themkenyatimes

The Church and Clergy Association of Kenya reiterates the contents of the press conference delivered on 26th June 2024. Following recent developments, including the concession by the President of the Republic of Kenya over the Finance Bill 2024 and the ruling by the High Court on the deployment of Kenya Defense Forces on Kenyan soil, The Association led by the Chairman Hudson Ndeda addressed the nation as follows:

“We sincerely thank you for the concession you made last week by rejecting the Finance Bill 2024 in its entirety. You have indeed demonstrated your statesmanship and your desire to unite this country as a symbol of national unity. However, we note that the concession came late after the deaths and injuries of many young people, which further caused the destruction of millions of prop-



The Association led by the Chairman Hudson Ndeda addressing the nation

erties, including public institutions and private businesses. We urge you, going forward, to please listen to the people of Kenya so that such occurrences do not repeat in the future. It will be in the best interest of your government to listen to dissenting voices, which the church believes is the hallmark of a strong democracy.

We also continue to condemn police brutality and the widespread abduc-

tions and deaths perpetrated by the uniformed forces. We urge you to exercise restraint by directing the KDF and the National Police Service to desist from using force, tear-gas, live bullets, and to abide by the Court Order.

We also laud your efforts in calling for a youth engagement forum, which is geared to have a national dialogue with civil society, religious

organizations, professional bodies, business community organizations, academia, student leadership, and others. We request you to expand the conversation to the young people of this nation who are clearly the majority in the current agitation.

To the youths, we once again congratulate you for rising to the occasion and fighting for your rights. The Church urges you to now come to the conversation table and allow for dialogue. As the Bible says, “Come let us reason together,” we request the youths to cease street demonstrations and engage the Government. The Church is concerned that the current demonstrations may have been infiltrated by goons and persons with ill intent, given the destruction and looting of property witnessed. In order to avert any further losses to the many hardworking men and women, we urge you to cease any further protests in the best interest of our country.

We also urge the youths to relent from unnecessarily attacking the church. The Church is a friend to

all, especially the young people of this nation. The Church is a place of refuge and solace where everyone runs to and feels safe. We therefore request you to safeguard places of worship as sacred and holy. Further, we also urge the youths to refrain from attacking the Judiciary as this remains the lifeline of any democracy. We request you to refrain from undermining the Judges and Magistrates who have been placed to adjudicate over the affairs of this country. To the Parliamentarians, we continue to remind you to exercise your donated mandate by the people in a manner that reflects the desires and wishes of your people. Kenya is bigger than all of us. Our youths and generations unborn depend on your honesty and fidelity to the Constitution and the people of Kenya. The Church shall continue to pray for you in this regard.

In conclusion, we affirm our support for dialogue between the Government and the youths. We pray that God will continue to guide all to peace, unity, and prosperity.

## What You Should Look Out For When Considering Using Generative AI In Low-Code Platforms



By: Veerakumar Natarajan  
@themkenyatimes

Business growth worldwide is increasingly being influenced by data-driven innovation. In Kenya, for instance, private and public institutions are also gradually turning to generative AI to take more control of their processes and data. This is particularly evident in the area of application development. With large language models (LLMs) trained on billions of coding parameters, Ge-

nAI helps developers by generating quick fixes for repetitive tasks such as boilerplate codes, database operations, and standard UI elements, allowing for a faster and better application development experience.

### Will Gen AI replace low-code development platforms?

It is important to note that even before GenAI entered the app development space, low-code and no-code development platforms had been offering a simplified development environment by helping businesses adopt agility in software development life cycles and go-to-market strategies. Consequently, it is not surprising that industry discussions have shifted to whether or not GenAI can completely replace low-code platforms, given its potential and steady uptake. The answer is no. While GenAI cannot completely replace low-code platforms without human involvement, it may greatly enhance the value that these platforms offer. For instance, based on your prompt, GenAI can easily generate a specific block of code in a specific programming language for

a particular functionality. However, what AI can't do seamlessly is tell you where a snippet should be plugged in, what would change if you tweaked a certain component, or if the generated snippet has the scope for optimisation in view of the desired result.

The better option is to select a suitable low-code/no-code platform with extensive GenAI integration and strong LLM capabilities in order to get the most out of everything. A loosely coupled low-code/AI approach may result in technical debt, poorly designed applications, and compliance challenges.

### What to keep in mind while using low-code platforms with AI capabilities.

**Platform maturity:** Be careful not to opt for a low-code platform solely for its AI capabilities because the tech itself is still fairly wet behind the ears. Instead, focus on choosing a mature low-code platform with a good breadth and depth of features to support different personas to build scalable custom applications.

**Privacy and security:** Apps built on

low-code platforms typically interact with all kinds of data residing within and outside an organisation, depending on the use case. Questions regarding how the data will be used in the context of LLM should be addressed upfront. A platform that has prioritised data privacy and security at its core will focus on extending the same for all of its provisions beyond LLM capabilities.

**Compliance:** Non-compliance is probably the fastest way to bankruptcy. On the one hand, heavy fines are a reality. On the other, it can (and will) drive away customers and prospects, making survival difficult. It's critical to choose platform vendors that comply with all major regulations from the regions they function in. For example, the platform should actively track the application progress and flag for GDPR non-compliance if the application is designed to be consumed in the EU.

**Governance:** With different developer profiles leveraging the platform to solve real-time business problems, having adequate governance measures at the platform level is important. Adding LLM-based capabilities to the mix further compounds

the governance issue because users will inevitably bring in foreign code blocks to build on top of the existing code base.

### Approach to adoption

In the near future, we will see all long-term low-code platforms that are reputable train and launch their proprietary LLMs to have better control over the outputs. In addition, we will see contextual domain-centric LLMs deployed with low-code platforms to build industry- or use-case-specific applications at scale.

Just as with the adoption of any new technology, it is not advisable to jump in head-first because of hype or for the sake of it. Rather, the approach should be a conscious effort towards starting small, assessing progress, and scaling.

A low-code platform alone can only do so much to strike a balance between abstraction and control. Offering comprehensive onboarding interventions is one method to bridge this gap.



# PROJECT CATALOG

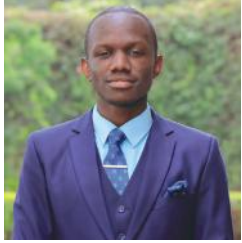
Malindi Phase 7	MALINDI	FROM AS LOW AS Kes.129,000	Kithimani Springs	MACHAKOS	FROM AS LOW AS Kes.1.50M
Great Oasis Gardens	NANYUKI	FROM AS LOW AS Kes.399,000	Ocean View Ridge Vipingo	VIPINGO	FROM AS LOW AS Kes.1.750M
Wema Gardens	NARO MORU	FROM AS LOW AS Kes.439,000	Vuyanzi Gardens	KITALE	FROM AS LOW AS Kes.1.995M
Love Gardens	KAJIADO	FROM AS LOW AS Kes.950,000	Achievers Paradise Phase 2	NGONG	FROM AS LOW AS Kes.1.995M
Ushindi Gardens	NAKURU	FROM AS LOW AS Kes.1.095M	Achievers Business Park	NGONG	FROM AS LOW AS Kes.3.95M
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# From Saba Saba To Sovereign Erosion: Decoding Kenya's Political Turmoil



By: Odhiambo Jerameel Kevins Owuor  
@themtkenyatimes

"The condition of our lives is that we live in a time of crisis, of change, and of hope." This profound statement from Ngugi wa Thiong'o's "Decolonising the Mind" encapsulates the current state of affairs in Kenya, a nation grappling with the unfulfilled promises of democracy and the erosion of civil liberties. The democratic aspirations that were ignited during the Saba Saba movement of 1990 continue to flicker, albeit dimly, in the hearts of Kenyans who yearn for a government that truly represents the will of the people and upholds the principles enshrined in their constitution.

The constitutional framework of Kenya, as established by the 2010 Constitution, was intended to usher in an era of participatory democracy, devolution of power, and protection of fundamental rights. However, the current political landscape paints a stark contrast to these lofty ideals. The nation finds itself embroiled in a state of turmoil, with widespread dissatisfaction permeating through all strata of society. This discontentment is not merely a fleeting sentiment but a deeply rooted frustration stemming from the perceived disconnect between the ruling elite and the everyday struggles of ordinary citizens.

At the epicenter of this maelstrom of public discontent lies the figure of the president, whose leadership style and policy decisions have come under intense scrutiny. The head of state, along with his coterie of advisors and the members of parliament aligned with the Kenya Kwanza coalition, stand accused of being out of touch with the realities on the ground. This disconnect is particularly egregious given that Article 1 of the Kenyan Constitution explicitly states that all sovereign power belongs to the people of Kenya and can only be exercised in accordance with the Constitution.

The erosion of democratic norms and the rule of law has manifested in deeply troubling ways. Reports of abductions and kidnappings of those who dare to voice opposition to government policies have sent shockwaves through civil society. These extrajudicial actions, often carried out under the cover of darkness at ungodly hours such as 2 AM, harken back to the dark days of authoritarian rule that many had hoped were consigned to the annals of history. Such blatant disregard for due process and human rights not only violates the letter and spirit of the Constitution but also contravenes international human rights treaties to which Kenya is a

signatory.

Perhaps even more alarming is the alleged merciless killing of protesters, a stark reminder of the fragility of civil liberties in the face of an increasingly autocratic regime. The right to peaceful assembly and protest, as guaranteed by Article 37 of the Constitution, appears to have been supplanted by a heavy-handed approach to quelling dissent. This use of lethal force against unarmed civilians not only represents a failure of the state to protect its citizens but also serves to further alienate the populace from their elected representatives.

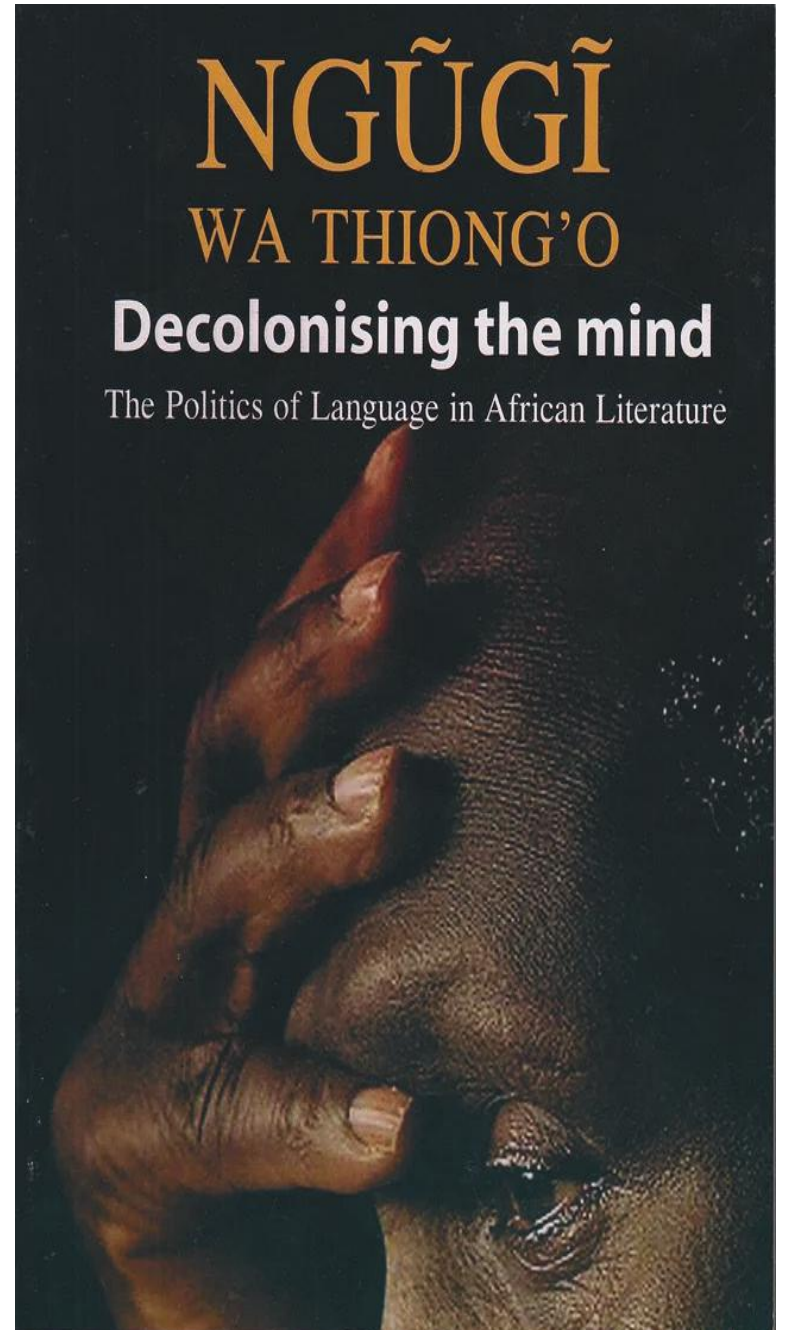
The behavior of the president in the face of these grave allegations has drawn comparisons to narcissistic and psychopathic tendencies. The apparent lack of empathy and the seeming indifference to the suffering of citizens until faced with significant pressure is indicative of a leadership style that prioritizes power retention over public service. This modus operandi stands in direct contradiction to the principles of servant leadership that are expected of those holding public office in a democratic society.

The disconnect between the leadership and the citizenry is further exemplified by the government's apparent disregard for the constitutional principle of public participation in governance. Article 10 of the Constitution enshrines public participation as one of the national values and principles of governance, yet the current administration's actions suggest a preference for top-down decision-making that sidelines the voices of ordinary Kenyans.

From a historical perspective, the current state of affairs bears unsettling similarities to periods of political repression that Kenya has experienced in the past. The echoes of the Moi era's authoritarianism can be heard in the tactics employed to silence dissent and consolidate power. This regression threatens to unravel the progress made in democratizing the nation since the reintroduction of multiparty politics in the early 1990s.

The legal implications of the government's actions are profound and far-reaching. The apparent disregard for the rule of law and due process not only undermines the judiciary's role as a check on executive power but also erodes public confidence in the institutions meant to safeguard democracy. The principle of separation of powers, a cornerstone of Kenya's constitutional order, appears to be under siege as the executive branch oversteps its mandate with impunity.

The socio-economic ramifications of



this political crisis cannot be overstated. The uncertainty and instability engendered by the government's actions have a chilling effect on investment and economic growth. Moreover, the diversion of resources towards suppressing dissent rather than addressing pressing issues such as unemployment, healthcare, and education further exacerbates the hardships faced by ordinary Kenyans.

In conclusion, the current trajectory of Kenya's political landscape is deeply concerning to those who hold dear the principles of democracy and constitutionalism. The spirit of Saba Saba, which called for a more inclusive and just society, seems to have been forgotten by those in power. The nation stands at a crossroads, and the choices made in the coming months and years will determine whether Kenya can reclaim its path towards true democratic governance or whether it will slide further into authoritarianism.

As we reflect on this critical juncture in Kenya's history, it is imperative that all stakeholders civil society, the international community, and most importantly, the Kenyan people themselves remain vigilant and active in defending the hard-won freedoms enshrined in the Constitution. Only through sustained pressure and a recommitment to the principles of democracy can Kenya hope to realign itself with the aspirations of its citizens and fulfill the promise of a nation where sovereignty truly resides with the people.

*The writer is a legal researcher and lawyer*

## Worth Noting:

- At the epicenter of this maelstrom of public discontent lies the figure of the president, whose leadership style and policy decisions have come under intense scrutiny.
- The head of state, along with his coterie of advisors and the members of parliament aligned with the Kenya Kwanza coalition, stand accused of being out of touch with the realities on the ground.
- This disconnect is particularly egregious given that Article 1 of the Kenyan Constitution explicitly states that all sovereign power belongs to the people of Kenya and can only be exercised in accordance with the Constitution.
- The erosion of democratic norms and the rule of law has manifested in deeply troubling ways.

# LETTERS TO THE EDITOR



## Simplifying Children Life

By: Irfan Khan

Facilitating and enlightening the life of children obviously manifests very crucial as they are always teemed 'our future treasure'. Children in most of developing countries, including Pakistan trench in extremely miserable and harsh conditions due to dearth of governmental support, indicating scarce facilities. Apart from this unfortunate, the life of many(children) moves towards deterioration due to their own parents' incessant negligence, appearing this feat harmful. In order to offer a bright and shining future, parents are first of all liable as they perennially live in the company of their children.

There are some vague mistakes that all members of society perpetrate in one form or the other, but these can engender unfavourable consequences in the long run, dire to bright future of children. Undeniably, parents, holding immense significance, are not solely responsible to glean food, clothes and shelter to children, but paramountly clinch the task to keep an eye on the company and daily routine of latter. Let's, with deep concentration, elaborate all those breached circles that

need to be amended, in order to shape an enlightened future for children. Safeguarding this precious segment of society requires fostering awareness, and significantly sheer attention from parents' side.

Amongst the greatest mistakes, putting children in the race of competition to yield good marks in academics during examinations, looms the most significant one, requiring prompt attention. Most of parents, may be literate or illiterate, who always exhort and motivate the former to endeavour, and work harder to clinch what they wish. This emanates good, but not at all, as this most of time remains unfeasible to achieve the parents desired objectives, depending on children's own interests. In this scenario, pressure and stress to some extent is also triggered out, grabbing the latter's internal contentment, and undermining the latter's naturally gifted skills.

In our most of homes, children confront a discouraging environment only for not securing remarkable marks in exams, highlighting family members' wrath and resentment. This feat surely devises bleakness, discouragement as well as mental stress. In this regard,

what manifests extremely imperative, in the best of children, is to recognise their natural skills and interests, as well as provide an inspiring environment that enhances and stimulates their natural potentials. Children should be enticed to swell self study habits, and it perports sublimely fruitful effort that can generate delighting and staggering consequences in the long run.

Likewise, as the world is getting advanced in technological development with each passing day, it can be observed that today every child holds an easy access to internet facilities and smartphone. According to Mental Health Experts, the latter is apparently good in promoting thinking level, fulfilling entertainment level and and thriving one mentally. However, the overuse of this productive tool unleashes a sort of perpetual addiction, debilitates thinking ability, affects eyes vision and devises laziness, underscoring its bashing impacts. Similarly, time, which is money, is top of all wasted imperceptibly.

All these crises, unfortunately, can be witnessed in our children, demanding tangible and substantial response. It is necessary to discourage the over-

use of this aforementioned tool in children, and kindle the latter's interest in other supporting and fruitful activities. What becomes really unfortunate is that we have always made this tool available to children, but have never provided them the opportunity to take participation in physical activities and sports games. The latter being beneficial assists in revamping the function of muscles inside the body and helps in eradicating a number of diseases. Appreciating the interest of children in sports is truly an indicative towards moulding a vigorous and healthy future for children, a bare reflection of an enlightened future.

The sublime words" Life without health is not a life, it is a state of languor and hunger, an image of death" said by Mahatma Buddha elaborate the unimaginable worth of this mentioned gift[Health] and entail attention to the latter as the fundamental task of every individual. These worthy words urge to head off unhygienic meals, and to remain careful in eating and drinking menus.

It is really regretting that most of parents accentuate monstrous carelessness in the form of not dispiriting

children from the overtaking of cool drinks (stealth to health) as the latter contain huge chunks of carbonates and glucose, fatal to body cells. Is it not our negligence that we have apparently deprived our offsprings from taking fruits and vegetables(extremely beneficial)? Is this not inevitable to abstain children from added sugar products and spicy meals?

Assuredly, first of all, parents and teachers need to apprise children about the negative impacts of aforementioned meals. Top of all, dissuading children from the increment use of soft drinks is quite necessary. All these mean that providing good and healthy life to children is an indicative of offering an enlightened future to children.

Let us all wrestle to enlighten and ease the life of our children in form equipping them with good health, sports activities, self confidence, discipline and study habits.

*The writer is a student, and can be reached at: irfankhantareen10@gmail.com*

## The Impact Of Social Media On Youth Mental Health

In a world where connectivity is just a click away, the impact of social media on the mental health of today's youth is becoming increasingly evident. The digital landscape, seen as a gateway to global communication and endless possibilities, has now assumed a more complex role in shaping the minds and emotions of a generation raised on constant virtual engagement.

With the rise of platforms like Instagram, Snapchat, and TikTok, young people are bombarded with a never-ending stream of curated content that often presents an unrealistic and unattainable standard of beauty, success, and happiness. The pressure to conform to these carefully crafted online personas can lead to feelings of inadequacy, comparison, and anxiety, fueling a phenomenon known as "social media-induced depression."

Recent studies have linked excessive social media use to a range of mental health issues among youth, including low self-esteem, body image dissatisfaction, cyberbullying, and even symptoms of depression

and anxiety. The constant need for validation through likes, comments, and followers has created a culture of approval-seeking that can have detrimental effects on the psychological well-being of impressionable minds.

Moreover, the addictive nature of social media, with its endless scrolling and inducing notifications, has been compared to a digital drug that keeps users coming back for more, often at the expense of real-world relationships, hobbies, and self-care activities. The blurred boundaries between the online and offline worlds have made it increasingly challenging for young people to disconnect and find moments of peace and solitude away from the pressures of the digital realm.

Despite these negative impacts, social media also offers a platform for positive change and community building among youth. From raising awareness about social issues to fostering connections with like-minded individuals, the digital space has the potential to empower young people to enact meaningful change and am-



plify their voices on a global scale.

As we navigate the complex terrain of the digital age, it is essential for parents, educators, and policymakers to support and educate young people on the importance of cultivating a healthy relationship with social media. Encouraging digital literacy, promoting mindfulness practices,

and fostering open conversations about mental health can help mitigate the negative effects of social media and empower youth to navigate the digital landscape with resilience and self-awareness.

By fostering a culture of digital wellness and self-care, we can help young people harness the transfor-

mative power of social media while safeguarding their mental health and emotional well-being for generations to come.

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# There Is More To Writing: The Role Of Handwriting In Achieving Academic Success

By: Salome Ngugi  
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Despite the evolving innovations around the world, and the adoption of fast advancing technologies, handwriting remains an important communication skill that helps develop and improve cognitive ability and motor skills. The evolution of handwriting throughout civilizations has been significant, from the ancient romans to the monastic era, until it was standardised. Handwriting is the fourth skill, following listening, speaking, and reading, and remains crucial to date.

In Kenya, students are required to take notes by hand, from the 8-4-4 curriculum to the new Competency Based Curriculum (CBC). However, as students progress to middle and senior school, the stress on handwriting reduces.

While good handwriting has tremendous positive effects on students, research done by Jakhongir Narmamatovich Shaturaev from Tashkent State

University of Economics, titled ‘The Importance Of Handwriting In Education’, states that handwriting has a received little attention from teachers, policy makers, and researchers into mainstream educational processes in recent years. The research states that handwriting should receive more attention due to the impact it could have on students’ composition abilities and progress.

Similarly, research by Berninger, titled ‘Multiple processes that matter in writing instruction and assessment,’ confirms that the effect of using a pen is stronger than that of using a keyboard amongst children.

According to research conducted in Norway and published in the Journal Frontiers in Psychology, handwriting builds confidence in students. It is also said to retain information and improve thinking skills by necessitating the brain to think first before forming the alphabet strokes and slants. The areas of the brain co-related with working memory and encoding new information are more active during handwriting.

Building off the challenges faced by students when it comes to hand-

writing, and a study that found that poor handwriting often carries a negative stigma, potentially hindering a child’s growth and development, BIC developed an initiative that helps build students’ confidence through handwriting. The ‘Express Myself with My BIC Pen’ campaign works with schools across Kenya to train teachers on creative handwriting – a skill they can then teach their students. The program aims to enhance students’ handwriting skills and facilitate a smooth transition from graphite pencils to the precision of ball-point pens as they embark on a new school phase.

Upon completion of their training program, teachers take students through a 26-day course that aims to enhance penmanship, and instil confidence and creativity in students. We have successfully worked with 160 primary schools; trained 480 teachers; and impacted 55,600 students.

Handwriting remains a gateway to academic and personal success. Studies continue to show that putting pen to paper enhances students’ cognitive development, strengthens motor skills, and boosts self-expression.



Pupils practice handwriting during the Express Myself With BIC handwriting session in the classroom.

Acquiring handwriting as a skill at an early age is crucial to a human’s development and academic success – impacting accomplishment beyond the academic journey.

Salome Ngugi, Marketing Manager, BIC East Africa

# More Than 200 DigiTruck Trainees Graduate In Trans Nzoia County

By: Mike Omuodo  
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Two hundred and twenty-one (221) youths from Trans Nzoia graduated last week after undertaking ICT courses offered by Huawei under its Huawei DigiTruck initiative, bringing close to 5,000 the total number of those who have been trained in over 30 Counties since 2019.

The event presided over by the Principal Secretary of Foreign Affairs Dr. Abraham Korir Singoei, saw 143 boys and 78 girls graduate. The graduands will now be able to study online, find jobs online, trade online, and work online.

“Education is of great importance and as we continue to construct schools, we shall prioritize the continued teaching and learning of digital skills. Thank you to the Huawei team for accepting to develop the capacity of our young people in digital

skills,” Dr. Korir said.

Steven Zhang, Deputy CEO for Public Affairs of Huawei Kenya emphasized the contribution Huawei has made to Kenya in providing ICT infrastructure especially in rural areas whilst also stressing Huawei’s commitment to providing digital skills.

“ICT is the fastest growing part of the economy, and is also critical for all other parts of the economy. Yet, just providing the technology is not enough if people don’t know how to use it; and today I have seen that some of you have been able to take your business online, making use of your skills to do online writing among other jobs, whilst others have been motivated to take up technological courses and programs,” Mr. Zhang said.

During the training 22 teachers also participated, enabling them to use technology better in the classroom to enhance learning and to teach digital skills to their learners in class.



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# SPORTS NEWS

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**Sports >>** \*Uefa is investigating England midfielder Jude Bellingham for a gesture he made following his late equaliser against Slovakia in the Euro 2024 last-16 tie on Sunday.

## UEFA Investigates Jude Bellingham Over Gesture

Uefa is investigating England midfielder Jude Bellingham for a gesture he made following his late equaliser against Slovakia in the Euro 2024 last-16 tie on Sunday.

European football's governing body says it is looking into a "potential violation" regarding "the basic rules of decent conduct" by Bellingham.

Bellingham was seen making a crotch-grabbing gesture towards the Slovakian bench after scoring an overhead kick in stoppage time.

The Real Madrid player denied it was aimed at England's opponents, saying on social media that it was an inside-joke directed towards some close friends.

If found guilty, the 21-year-old could face a suspension, a fine or both.

England won 2-1 after extra time to set up a quarter-final meeting with Switzerland on Saturday.

The rule in question is article 11 2b, which requires anyone subject to Uefa regulations to respect the "principles of ethical conduct, loyalty, integrity and sportsmanship."

Anyone whose conduct is "insulting or otherwise violates the basic rules of decent conduct" could be in breach.

Responding to the incident on social media, Bellingham said: "An inside-joke gesture towards some close friends who were at the game."

"Nothing but respect for how that Slovakia team played tonight."

Cristiano Ronaldo was fined but avoided a ban for making a similar gesture while celebrating a goal for Juventus against Atletico Madrid in a Champions League last-16 second leg tie in 2019.

Atletico boss Diego Simeone was also fined for making the gesture during the first leg.

BBC



England's Jude Bellingham (L) and Harry Kane celebrate. PHOTO/UEFA EURO 2024 X .

GET THE BEST OF WORLD

**Sports >>>** \*Lauren James, Lotte Wubben-Moy and Kayla Rendell will all miss England's final European Championship group qualifiers through injury.

# James Among Lionesses Trio Ruled Out Of Euro 2025 Ties



PORTO, PORTUGAL - MAY 29: Reece James of Chelsea celebrates with the Champions League Trophy with his Sister, Lauren James following victory in the UEFA Champions League Final between Manchester City and Chelsea FC at Estadio do Dragao on May 29, 2021 in Porto, Portugal. (Photo by Manu Fernandez - Pool/Getty Images).

Lauren James, Lotte Wubben-Moy and Kayla Rendell will all miss England's final European Championship group qualifiers through injury.

The trio have withdrawn from the squad travelling to the Netherlands on Monday for a preparation camp before the Lionesses face the Republic of Ireland on 12 July and Sweden on 16 July.

Chelsea striker James, 22, has been troubled by a foot injury, while Arsenal defender Wubben-Moy and Southampton goalkeeper Rendell have also been ruled out.

Mary Earps and Niamh Charles will travel with the team, though, to continue their rehab.

Goalkeeper Anna Moorhouse

has received her first call-up to the senior England team and will join her team-mates at St George's Park next Monday.

Midfielder Georgia Stanway is also named but will link up with England next Monday as club Bayern Munich have already started their pre-season.

Sarina Wiegman's side are third in their qualifying group, outside the automatic top two spots on goal difference.

France lead the standings, with Sweden second and the Republic of Ireland in fourth place.

If England finish third or fourth in the table they will be entered into the play-offs to reach Euro 2025.

Full squad

Goalkeepers: Mary Earps (unattached), Hannah Hampton (Chelsea), Khiara Keating (Man City), Anna Moorhouse (Orlando Pride), Lucy Thomas (Birmingham City)\*

Defenders: Millie Bright (Chelsea), Lucy Bronze (unattached), Jess Carter (Chelsea), Niamh Charles (Chelsea), Alex Greenwood (Man City), Maya Le Tissier (Man Utd), Esme Morgan (Washington Spirit), Millie Turner (Man Utd), Leah Williamson (Arsenal)

Midfielders: Grace Clinton (Man Utd), Missy Bo Kearns (Liverpool), Fran Kirby (unattached), Jess Park (Man City), Georgia

Stanway (Bayern Munich), Ella Toone (Man Utd), Keira Walsh (Barcelona)

Forwards: Aggie Beever-Jones (Chelsea), Lauren Hemp (Man City), Chloe Kelly (man City), Beth Mead (Arsenal), Jess Naz (Tottenham), Alessia Russo (Arsenal).

\*Player will return to her club after the preparation week is over

BBC

# SPORTS NEWS



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## Goodness



By: Shahnoza Ochildiyeva  
@themkenyentimes

### Worth Noting:

- The city was still asleep when the bus reached the city center in the early morning. This young woman, who brought her child to the hospital, searched for a hospital on the outskirts of the city for a long time. Three or four months after the birth of her son, the child was diagnosed with an illness. Even if her son is 9 years old now, he could not walk.
- During these nine years, there was no hospital that the woman did not go to, no doctor that did not try to treat the baby. All the doctors gave hope and said that he would be recovered.



The moment when the sky pours its pain on the earth. Raindrops fall in buckets. If there was a happy person who is grateful for his/her life, he/she would have already danced under this pleasant rain. Then, he would even smile with satisfaction, looking at his wet dress. But not everyone is happy with the sensational visit of the rain, especially a woman who was standing at the old roadside station with a child in her arms. She was always worried about her child, she didn't even show that she was thinking about herself. She had been sitting here for an hour and was thinking about today's difficult day.

The city was still asleep when the bus reached the city center in the early morning. This young woman, who brought her child to the hospital, searched for a hospital on the outskirts of the city for a long time. Three or four months after the birth of her son, the child was diagnosed with an illness. Even if her son is 9 years old now, he could not walk. During these nine years, there was no hospital that the woman did not go to, no doctor that did not try to treat the baby. All the doctors gave hope and said that he would be recovered. The woman was strong enough not to give up hope, even if she did not see any changes in her son after long treatments. When she heard about a new doctor through an acquaintance who lives in another region, she left without thinking. The wages she was saving for his

son came back to him. When she reached the hospital, the city have already woke up. But people wait in line for weeks, sometimes even months for this professor. Of course, the woman did not know this. She did not know what to do. Now, when she went to the hospital yard, the woman on duty ran after her and said that a patient had called a while ago to say that they can't come because of some reasons. The nurse gave the woman their turn. The woman was so happy that she thanked again and again. They had to wait in the yard until noon, but the woman was grateful for that. She sat down with her son on one of the beautiful seats in the yard. She whispered songs to her son and caressed him with kisses. At that moment, she saw a couple sitting on a seat a little further away, and her heart ached. The memories of the past came back to her scratching her tongue. Her childhood that playing and laughing at school, her sweet dreams, her unusual plans after graduation, her mother's friend's son who was chosen bride for her and her beautiful life after the wedding, her happiness at the birth of her son, and her little baby's illness. The pains that she heard, one after another passed before her eyes. Finally, the memories stopped in front of the emotionless, cold face of her husband. This face is very familiar to her. She knows him better than she knows her own name. Because he was a father who tried to treat

his son more or less when he heard about his illness, but when it didn't work, he left his son and had another family without shame! After the past events, the woman used to face this image twenty or thirty times a day, pouring out all her pain, anger and hatred. Even now, she was angry, her heart hurt so much that tears came out of her eyes. And she talked with her husband in her imaginations: "You have acted unscrupulously and unwillingly. You did not feel sorry for your son. How did your heart get used to leaving me alone in these difficult ways? Oh, you didn't have a heart, did you?! What kind of father have you become... You have no conscience!" At that moment, it was their turn and her anger was instantly crushed like dust on the dirt road where a heavy truck had passed by. All his pains went away again.

This time, as always, the professor examined her son for a long time. Then he gave a very beautiful hope and confidence. He followed by saying that she would prepare some documents and then she would have to stay for a week for treatment. The woman prepared all the documents and various analyzes of her son while running from here to there in a city she did not know well. It's late. She rushed into the hospital. The nurse on duty accepted the documents and said calmly that they would start the treatment from Monday. Only then, the woman's mind was struck by the question of how they would get home at such a late hour. If it was possible to stay in the hospital now, she was ready to stay. But it is not possible. Impossible. When the woman reached the station with a heavy bag on one shoulder and her nine-year-old disabled son in her hand, the bus had already left and there were no taxis. It's a 5-hour drive from the city till her home. She couldn't afford to hire a car. So the woman realized that she had to find a place to stay. She even knocked on several gates. They did not regret it. Then the rain started and the woman took refuge at this station. Now, while sitting at the station, she asked a true way and help from the God! God never left him alone. He always showed a good path to this strong and kind-hearted mother. He used it now! A young couple passed by here, having a nice

conversation under an umbrella. After walking for a while, they saw the woman and came back to her. When they found out about the mother's condition, they were very sorry. The young man took the mother's son, and the girl took her luggage and led the woman behind them. After walking for five or ten minutes, they knocked on a small gate. An old woman opened the door. She opened it and immediately invited them to go in after seeing the guests. When she saw that they were crushed in the rain, she ran in all directions. This old woman was still the grandmother of the young couple. The young man, who was orphaned by his parents, grew up with his grandmother. She got married recently. They are such open-minded and good people that they immediately became dear to the woman and her son. A beautiful table was prepared for the guests. They had a sincere conversation. Hearing the woman's worries, the old grandmother prayed to God for healing for the boy. Hearing that the woman would return home the next day, the grandmother stubbornly persuaded her to stay here. While the woman was lying on the bed while watching the rain from the window in the warm house, she kept thanking the Allah. "All people in this world should be friends and dear to each other. Because we are all created by the same God. We all had the same beginning and the same destination. There is no stranger in this life! There are many good people! In many worlds. She showed me another one that I created today. Thank you"- the woman thought. Her son had already fell asleep. Mother looked at his curled eyelashes and said: "Be such this young man in the future, my dear son, people will be happy because of you!" Let those who are in dire straits hope. Get strength. Because of you, let people believe that there are many good people in the world. Let them strive to be good like you! Be good even if there are no good people around you! Love Allah! May God loves you too!"

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