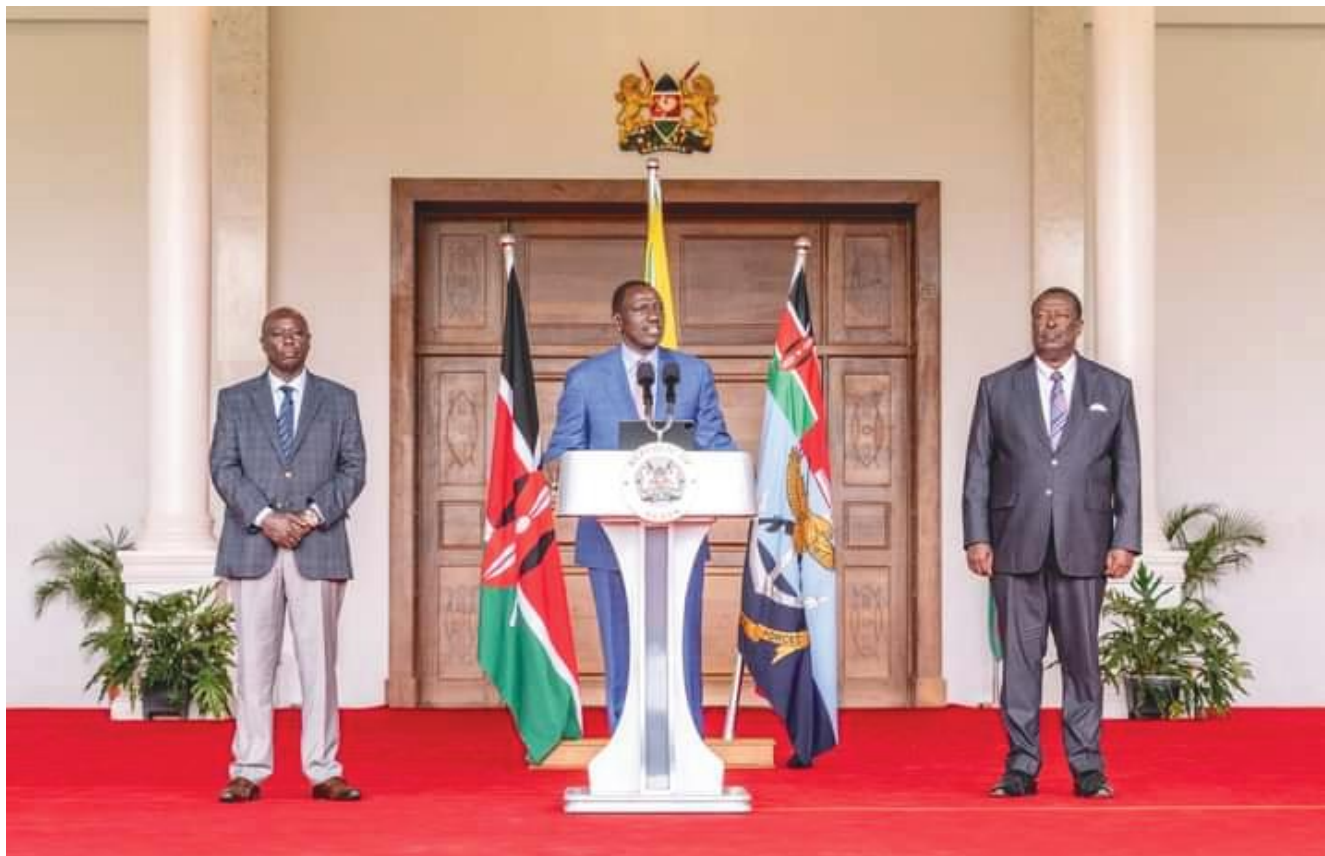


Mt. Kenya Reaps Big In Partial Cabinet



P.9 President William Ruto in the company of his deputy Rigathi Gachagua and Prime Cabinet Secretary Musalia Mudavadi on Friday



Politics: President Ruto Has Considered Gen-Z In His New Line-up Of Cabinet Nominees **P.11**



News: Rebeca Miano: First Female AG And How The Gender Narrative Is Set To Change **P.13**



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Dorcas Rigathi Launches Insurance Agency Marking Another Milestone For Church Sacco

By: ODP



Pastor Dorcas Rigathi (in white) receives a photo gift during 25th Anniversary celebrations for Dimkes DT Sacco, and launch of Dimsure Insurance Agency at the St Paul ACK Church Grounds on Friday 19th July 2024 from DIMKES CEO Benson Maina (on her left), Sacco Chairlady Caroline Gikonyo and Rev Esther Kagicha. Photo/ODP.

Worth Noting:

- “As a champion of the youth, and especially the Boy Child, I also urge the Sacco to invest in financial products that target the youth who comprise a big percentage of the country’s population, and encourage a saving culture from a young age,” said Pastor Dorcas.
- Principal Secretary, State Department of Cooperatives, Mr Patrick Kirimi confessed that while preparing to come for the event, he thought the Sacco was a ‘chama’ group but was shocked that Dimkes Sacco was worth billions of shillings in savings, asset base, and loan book.

More than 1000 delegates and members of the Dimkes DT Sacco on Friday attended the 25th Anniversary celebrations since the financial institution was started, which included the launch of Dimsure Insurance Agency.

In the event, attended by the Spouse of the Deputy President, Pastor Dorcas Rigathi, the strength of women in economic empowerment was celebrated.

The Sacco was established in 1999 by members of the Mothers Union who saved KSh100, but today the Sacco has an asset base of KSh2.8 Billion, loan book of KSh2.2 Billion, Savings Deposits of KSh2.1 Billion, and 33,000 members.

“The mothers, founders of this Sacco, understood the biblical principles of prosperity, increase, and dominion. They took an investment step that has made us proud, today,” said Pastor Dorcas.

She commended the Sacco board and

management for being deliberate, intentional and deliberate in investing in the lives of the delegates, members, and community.

She also asked the Sacco to have financial products targeting the youth who comprised a bulk of the country’s population.

“As a champion of the youth, and especially the Boy Child, I also urge the Sacco to invest in financial products that target the youth who comprise a big percentage of the country’s population, and encourage a saving culture from a young age,” said Pastor Dorcas.

Principal Secretary, State Department of Cooperatives, Mr Patrick Kirimi confessed that while preparing to come for the event, he thought the Sacco was a ‘chama’ group but was shocked that Dimkes Sacco was worth billions of shillings in savings, asset base, and loan book.

“The cooperative movement in Kenya

boasts of a membership of 15 million, 28,000 registered cooperatives, KSh1.7 trillion in asset base, KSh1 trillion in loans, and KSh1.1 trillion in savings and I am happy to see Dimkes DT Sacco is contributing to this success in the cooperative movement. I urge Saccos in the country to continue being innovative, as they serve their members, and remember the currency for this business is trust,” said PS Kirimi.

Deputy Commissioner for Cooperatives Development, Priscilla Maranga, said Dimkes DT Sacco was on the right trajectory, and would celebrate the Golden jubilee in coming years with even more might if they remained focused in their goals and objectives.

The 6th Mount Kenya South Bishop Charles Muturi said the Diocese was home to many Saccos, but Dimkes was the leading institution with an asset base of KSh2.8 Billion, and Ukristo Sacco fol-

lowing with KSh2.2 Billion.

Chairlady of the Sacco Caroline Gikonyo detailed the journey of the Sacco since 1999, commending the elderly first board members in attendance, while many others had died but their vision lived on. The Sacco, which was not technologically enabled, is today digitally fit with members accessing their savings and loans through MChipuka and Tupo Ulipo platforms.

The Deputy Governor Kiambu, Rosemary Kirika also commended the Sacco and members for their growth in savings.

The Sacco has won different national awards in the categories of service delivery, digitization and technology, savings and deposits among others.

Different organisations, clergy, companies, saccos, and banks attended the 25th Anniversary celebrations that were full of pomp and colour.

Editor's Desk

The Mt. Kenya Times



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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NEWS IN BRIEF



Comedy Kenya, in partnership with ADRA-Finland, has been using grammar to curb school dropouts and boost education standards in Migori county. The programme dubbed “Empower Her” has been using grammar to talk about school dropouts for child retention as well as re-entry for those that had dropped out. Tobias Awuor who works with Comedy Kenya explained that grammar can promote academics in school and through speech one can feel the emotions and feelings of people. Awuor who spoke during the Empower Her Grammar event that brought together various primary school children in Awendo Sub County said that the programme is being implemented in Awendo and Kuria Sub Counties where child dropout is high.



The Coast Civil Society Network for Human Rights (CSNHR) has condemned police brutality meted on journalists covering the anti-government protests. Speaking at a press conference in Mombasa, Peter Kiama, Director of Haki Yetu Organisation, criticised police for clawing back fundamental freedoms of journalists enshrined in the Constitution. Kiama said Kenya is a democratic country with a constitution that affirms the fundamental place of freedom of association, assembly, protest, media, expression and condemned police violations of these tenets against journalists and media houses.



The government launched a national mass vaccination campaign targeting sheep and goats to combat Peste des Petits Ruminants (PPR), a highly contagious viral disease in the country. The launching ceremony was held at Syokithumbi in Kwa Mutonga, Kitui West sub county, bringing together key stakeholders in the livestock sector, including government officials, veterinary professionals and representatives from international organizations.

While speaking during the ceremony, Livestock Development PS Jonathan Mueke, underscored that the livestock sector is a crucial component of Kenya’s economy, contributing up to 12 percent of the GDP and employing half of the agricultural labor force. “Livestock, including 22 million cattle, 63 million sheep and goats, 3 million camels and 1.8 million donkeys, forms the backbone of livelihoods for many rural communities, particularly in the arid and semi-arid lands (ASALs), where 10 million Kenyans depend on livestock,” said Mueke. The PS also added that sheep and goats, often referred to as small stock, play a vital role by providing livelihoods, income, employment, and export earnings.



Othaya constituency based Iria-ini Tea Factory on Friday held a special General Meeting at the facility headquarters where all the six newly elected tea directors took their oath of office by the Company Secretary Wakili Patrick Ngunjiri.

There is need to seek and increase funding for the Children Justice System in the country to enable stakeholders mitigate challenges affecting children and support childcare and welfare programmes. Speaking during the launch of the National Council on Administration of Justice (NCAJ) National Strategy on Justice for Children (2023-2028), Chief Registrar of the Judiciary (CRJ) Winfridah Mokaya said the recognition of the need for increased budgetary allocation for children in the justice system is key in the implementation of the strategy. “We understand that without adequate financial resources, our ambitions for child-friendly facilities, trained justice actors, and enhanced capacity to respond to children’s needs will remain unfulfilled,” said the Chief Registrar.



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End Of Water Rationing As Bulk Water Project Benefits 400,000 Kirinyaga Residents

By: MKT Reporter
 @themkenyaintimes



A technician test running the water systems..

Worth Noting:

- Governor Anne Waiguru has said that the project that has been actualized through collaborative efforts between the national and county government is a great milestone towards provision of universal access to clean and affordable water in the county.
- She said that some of the towns that are largely benefitting from the project include Kagumo, Kagio, Kerugoya, Sagana, Makutano, Kandongu, Kangai, Mutithi, adding that her administration is lobbying for extension of parallel line from the intake to serve upper Gichugu residents from Karumandi, Baragwi, Kabare and Njukiini wards.

About 400,000 residents of Kirinyaga County are now enjoying steady supply of clean water thanks to the new Kerugoya-Kutus Bulk Water Project.

The project that sources its water from Kiringa and Thiba rivers has increased water production from 10,000 cubic meters to 30,000 per day, thus ending perennial water shortages in most parts of the county.

Governor Anne Waiguru has said that the project that has been actualized through collaborative efforts between the national and county government is a great milestone towards provision of universal access to clean and affordable water in the county.

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include Kagumo, Kagio, Kerugoya, Sagana, Makutano, Kandongu, Kangai, Mutithi, adding that her administration is lobbying for extension of parallel line from the intake to serve upper Gichugu residents from Karumandi, Baragwi, Kabare and Njukiini wards.

The project that is being managed by the County Government through Kirinyaga Water and Sanitation Company (KIRIWASCO) has enabled a continuous 24-hour service up from the previous 18-hours service thus reducing water shortage and rationing.

The County Executive Committee Member (CECM) for Environment, Water and Irrigation, James Kinyua has noted that with an excess of

20,000 cubic meters of water produced per day, water services will now be extended to underserved areas.

“The project’s treatment plant at Muratiri has also enabled the reduction of water turbidity to zero and we can assure our residents that the quality of water has greatly improved and can be consumed from tap to mouth. We conduct monthly testing to ensure that the quality is maintained.” He said, noting that clean water will significantly reduce the prevalence of water-borne diseases and have a positive impact on socio-economic standards of the county.

Apart from enhancing water production and supply, the project has significantly addressed water loss during

distribution thus reducing non-revenue water which in turn increases the county’s revenue.

Residents have hailed the project as “the long-awaited solution to the water woes in the county” since they are now enjoying clean water which is critical to their health wellbeing.

Idd Abdul, a resident of Kerugoya town, thanked Governor Waiguru for addressing the water challenges that residents faced, including inadequate supply that occasioned rationing.

“We are grateful that the situation has changed and we can now access clean water every day which goes a long way in prevention of diseases such as typhoid,” he said.

His sentiments were echoed by James Wahome, a resident of Muratiri who noted that they are now assured of clean domestic water that has improved their hygiene.

Simon Wanjohi, a resident of Sagana town, expressed his gratitude to the County Government for addressing the water issues.

“As a user of the new supply line, I’m thankful that we now have a solution to water rationing problems that we faced constantly whereby we only had water once or twice a week,” he noted.

In its efforts to improve access to domestic and irrigation water, Kirinyaga County Government has invested in almost 100 water projects across all wards, including sinking boreholes, constructing and distributing water tanks, and providing water pipes and fittings for improved water connectivity.

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Women Chamas In Kenya's Arid North Lead In Food Security Promotion

By: KNA

Women from pastoral areas have embraced climate smart agriculture in a bid to promote food security and shun livestock dependability as the only source of livelihood.

The women who are from the counties of Isiolo, Samburu and Laikipia attribute their success in farming as opposed to livestock keeping through savings and loans which enables them to acquire the required tools and resources to aid in their new found venture.

According to Angeline Achoka from Isiolo county, they were working in groups which enabled them to save enough money where members could borrow for agricultural utilisation.

"We are pastoralists and we relied on livestock keeping, but they were all wiped out by drought. As women we developed a plan to salvage the situation by coming together through savings to raise capital for farming," she says.

She revealed that through farming and in partnership with other local women, she has been able to educate her children.

"We do kitchen gardens, that is where we get money to educate our children. I am very grateful for these women groups since initially we lived in poverty and were stressed due to lack of sustainable income," Achoka points out.

Janet Lemarun from Samburu county says that farming has reduced domestic conflicts since there is sufficient food in the Arid and Semi-Arid Lands (ASALs).

"My husband is not employed and we are comfortable at home, children are schooling, aside from that, we are restocking our livestock. We no longer move from place to place thanks to farming," she notes.

Lemarun adds that to promote farming in ASALs areas they plant drought resistant crops like Nyota beans variety and other indigenous plants which she reveals has seen them realise bumper harvest every season.

"We practice agribusiness, once we harvest and sell our products, we set



aside a small portion of the money for our chama which acts a pool and when need arise, you can easily get a loan to buy farm inputs," Lemarun adds, revealing this season, she has about four acres under farming on which she has planted maize and beans.

Lemarun is among over 1,000 women from pastoralist areas who have stepped in to be the breadwinners in communities that are yet to recover from the adverse effects of the severe drought of 2022/2023 where thousands of livestock perished.

The pastoral women in farming are

as a result of efforts by an initiative aimed at strengthening resilience among pastoralists, which is supported by the Netherland Government under the Laikipia, Isiolo, Samburu Transforming the Environment through Nexus (LISTEN) Project.

GVN Muthomi Njuki Lauds Reappointment Of Kindiki Kithure

By: Mwenda Njeru
@themtkenyatimes

Tharaka-Nithi Governor Muthomi Njuki has lauded President William Ruto for nominating Prof Kithure Kindiki to the Interior and National Administration docket.

In a press statement to media houses shortly after the announcement, Governor Njuki said the nomination clearly shows that Prof Kindiki worked well in the dissolved cabinet and expressed confidence that he will go through.

"On behalf of the great people of Tharaka Nithi County, I extend my heartfelt congratulations to Prof Kindiki on his nomination to the position of Cabinet Secretary for the Ministry of Interior and National Administration," said Governor Njuki.

He said in the dissolved cabinet, Prof

Kindiki became the first Cabinet Secretary from Tharaka-Nithi County.

He expressed confidence that if he goes through, Prof Kindiki will serve Kenya with utmost diligence and remember his roots in Tharaka Nithi as he carries out his national duties.

Njuki led the county leadership in urging President Ruto to reappoint Prof Kindiki arguing that he had managed to silence banditry and terrorists to a great extent and that he had always been rated the best performer by Kenyans in the dissolved cabinet.

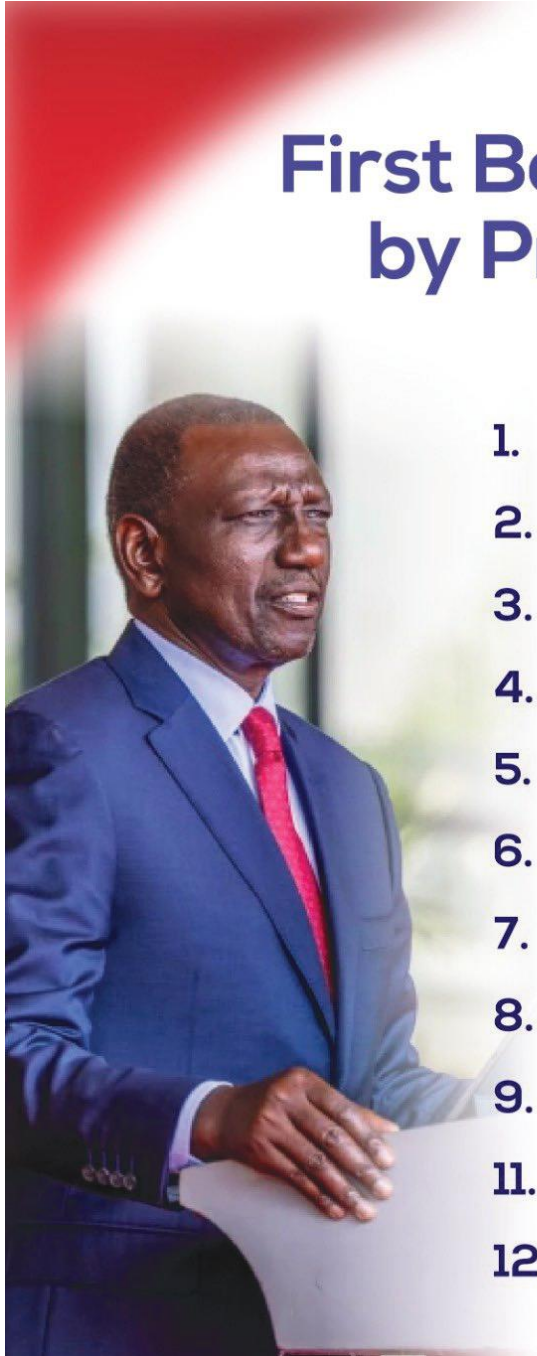


Tharaka Nithi County governor Muthomi Njuki (left) with Cabinet Secretary nominee Prof. Kithure Kindiki

Mt. Kenya Reaps Big In Partial Cabinet

By: MKT Correspondents
@themkenyatimes

First Batch of 11 CSs appointed by President William Ruto.



1. **CS Interior..... Kithure Kindiki**
2. **CS Health..... Dr Debra Mulongo Barasa**
3. **CS Public Works... Alice Wahome**
4. **CS Education..... Julius Ogamba**
5. **CS Defence..... Aden Duale**
6. **CS Agriculture..... Dr Andrew Karanja**
7. **CS Environment....Soipan Tuya**
8. **CS Water..... Eric Muriithi**
9. **CS Roads..... Davis Chirchir**
11. **CS ICT..... Dr Margaret Ndungu**
12. **Rebecca Miano..... Attorney General**

Worth Noting:

- “We gave William Ruto over 3.5m votes that translates to 47% of all the votes that he got and thus we should have similar percentage in government political appointments. Otherwise, why do we go to election if not for the winner to form government that is conforms to his/her manifesto?” emphatically queried in a recent radio interview.

- In the disbanded cabinet, the region had up to eight members with some of them running the most critical dockets including Interior, Finance, Water, Trade and Lands.

- In yesterday’s partial announcement, President Ruto returned Agriculture, Lands ,Water, Interior and the Attorney General to the region.

President William Ruto in the company of his deputy Rigathi Gachagua and Prime Cabinet Secretary Musalia Mudavadi on Friday announced a partial Cabinet Secretaries, in a move that drew mixed action from Kenyans.

Nyer governor Mutahi Kahiga’s cry for Mt Kenya’ region’s commensurate share in government seems to have reached the appointing authority’s ear as it got six out of the eleven slots.

Kahiga, a diehard supporter and sometimes the sole voice defending Deputy President Rigathi Gachagua has persistently insisted that the region’s share in government was by virtue of their votes and not a favour.

“We gave William Ruto over 3.5m votes that translates to 47% of all the votes that he got and thus we should have similar percentage in government political appointments. Otherwise, why do we go to election if not

for the winner to form government that is conforms to his/her manifesto?,” emphatically queried in a recent radio interview.

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In yesterday’s partial announcement, President Ruto returned Agriculture, Lands ,Water, Interior and the Attorney General to the region.

However, governor Kahiga faulted the presidents decision to return some of the disgraced ministers wondering why he had to kick them out if indeed they were delivering after only ten days.

In a response to this publication’s comment on the new appointments, Kahiga retorted, “ Let’s give the President time to nominate his cabinet. The mood on the ground is that he needed to appoint fresh blood

made up of untainted and forthright individuals. In his choice of those to serve , he was expected to be guided by Competence,Transparency and Accountability. Time will tell”.

A Nyeri activist and political analyst Festus Gachuri also wondered why the head of state had drug his lieutenants through the mud if he knew that he still had confidence in them.

Could the president just be testing waters before re-appointing others.

“What was all the fuss about former President Uhuru Kenyatta having a handshake with opposition chief Raila Odinga, an art he has perfected promising him cabinet seats for his cronies,” wondered Gachuri.

In the new appointments, Meru county that is a critical vote basket for any serious presidential contender had their son Mithika Linturi who was Agriculture minister in the disbanded cabinet got their millen-

nial Eric Muriithi Muga nominated to the equally critical Water docket previously held by Nakuru based Zachariah Mwangi Njeru, whose fate seems all but sealed.

Nyandarua had their daughter Rebecca Miano who was previously Trade and Investment minister nominated to replace Justin Bedan Muturi from Embu as Murang’a got back their daughter Alice Wahome in the same Lands and Housing dockets that she served in before cabinet dissolution.

The fate of the man from Gatundu better known for verbal dirhorea than service delivery appears sealed as another Gatundu son, Dr Andrew Mwiha Karanja secured nomination to the ministry of Agriculture. Karanja was Chief Economist at the department of livestock in the same ministry.

Look Into Demands Of Anti-Government Protesters, Ole Sapit Tells The President

By: MKT Correspondents
@themkenyetimes

The Anglican Church of Kenya led by the Archbishop Jackson Ole Sapit has called on President William Ruto to fulfil the demands of the Anti-government protesters.

Ole Sapit issued a strong demand for an end to extrajudicial killings, abductions, and police brutality against peaceful protesters urging that the rule of law must apply across the board adding that those held in police custody should be released immediately.

“Genuine protests have been infiltrated by goons who used the protests as a cover to carry out their malicious motives,” he noted while addressing the media on Friday.

The Archbishop called on the demonstrators to call off their protests and give the government adequate time to implement their demands adding that the President has already fulfilled most of their demands including



Anglican Church of Kenya led by the Archbishop Jackson Ole Sapit

sacking all his cabinet secretaries.

“Freedom of speech must be upheld by the government; interference with Media and harming journalists must cease,” he lamented.

Ole Sapit stated that the police should provide protesters with security and manage protests in a profes-

sional manner rather than use of firearms and making arbitrarily arrests.

He demanded that the government should come up with an implementation matrix of the demands made by the anti-government protesters within the next one week and make it available for public scrutiny and

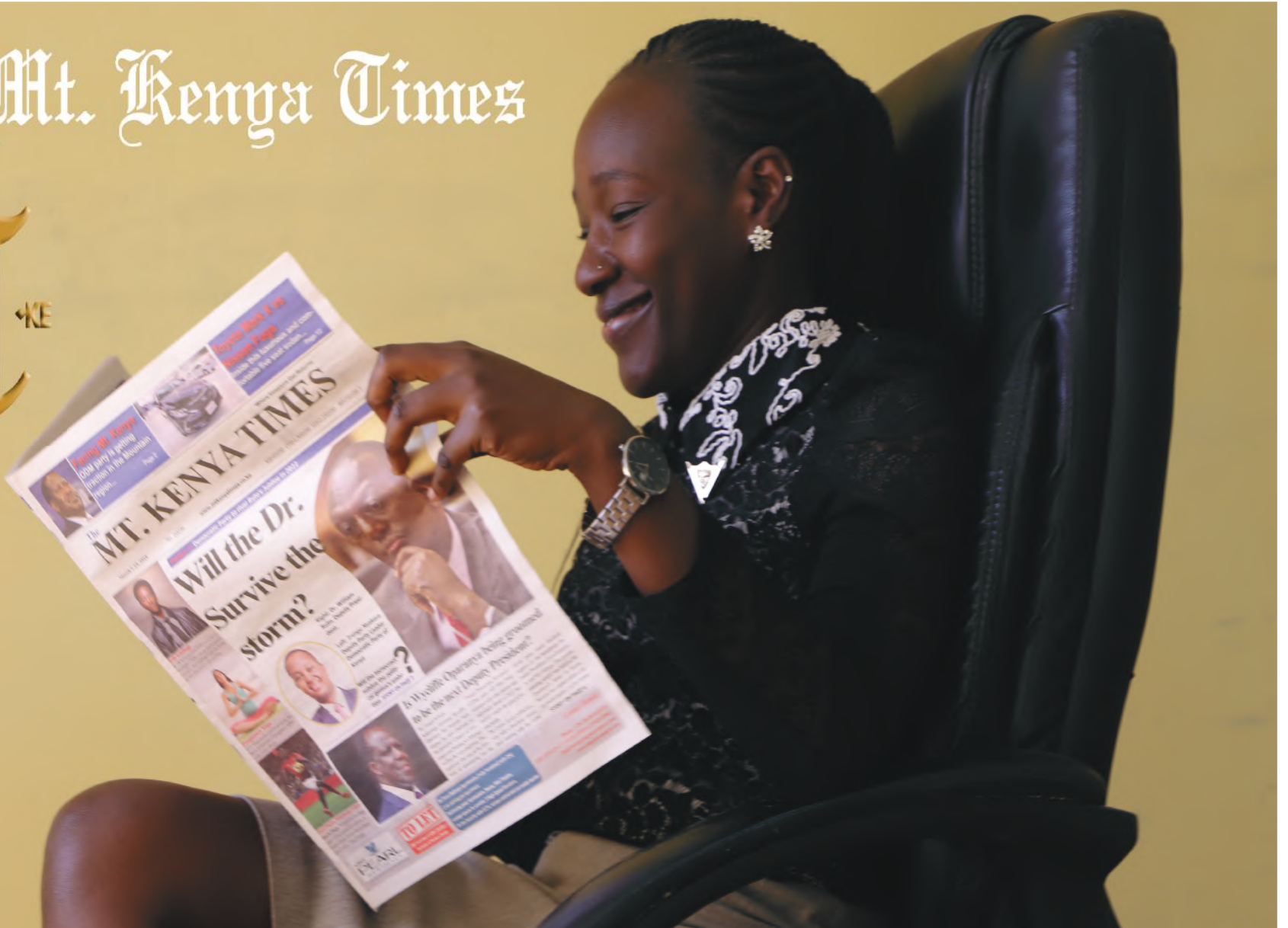
monitoring.

“The current crisis is not a revolution but an evolution, an opportunity for reforms and transformative change, the president should take this as a chance to fix all that is wrong with our governance,” he said, adding that they call for less talk and

more action.

Ole Sapit urged all Kenyans to work together in creating an all-inclusive engagement and support a rebirth of Kenya that serves all.

The Mt. Kenya Times



President Ruto Has Considered Gen-Z In His New Line-up Of Cabinet Nominees



By: Joseph Mutua Ndonga
mutuandonga@yahoo.com



Worth Noting:

- A few days earlier I had written an article in this column. These were my observations. When Generation-Z kicked off the protests, Kenyans were made to believe that their bone of contention was the Finance Bill, 2024.
- As a result, they turned up in large numbers to support them and show their solidarity. In the wake of mounting pressure, President Ruto was left with no option other than to come down.
- Then he stated: I have listened and heard message of the young people. They have come up with a raft of demands they want me to address.
- Topping the list is Finance Bill 2024. They have asked me not to sign it and I have conceded. I will not sign it into law.



Erick Muriithi Muga, the Cabinet Secretary nominee for Water, Sanitation and Irrigation .

President William Ruto unveiled the first batch of cabinet nominees. This comes three days after President William Ruto asked Kenyans to pray for him so that he can come up with a cabinet that reflect the face of Kenya and which will help him to fulfill the promises he made during the campaign.

Erick Muriithi Muga, a 32 years old, is the Cabinet Secretary nominee for Water, Sanitation and Irrigation

He falls in the age-group of Generation-Z.

Besides, he is well educated and with the required experience in the concerned ministry.

When the youths took to the streets, President Ruto told them, "I have heard your demands and I'm ready to address them".

So, by nominating Muri he proved that he is committed to walk the talk.

A few days earlier I had written an article in this column. These were my observations. When Generation-Z kicked off the protests, Kenyans were made to believe that their bone of contention was the Finance Bill, 2024.

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They have come up with a raft of demands they want me to address.

Topping the list is Finance Bill 2024. They have asked me not to sign it and I have conceded. I will not sign it into law.

President Ruto have since addressed the rest of the demands including dissolving the whole cabinet, unveiling a raft of austerity measures and scrapping of unconstitutional offices starting with those of the First Lady and spouse of Deputy President.

He also put on hold the appointment of Chief Administrative Secretaries (CASs).

Besides, he scrapped confidential accounts and immediately stopped the renovation of government offices. He also stopped top government officials from travelling outside the country. My office will only approve essential trips.

But it has since emerged these demands were just a trigger.

Some of the radical Generation-Z protestors had other plans.

As envisaged in the new #Ruto and Gachagua mustgonow, their ultimate goal is topple President William Ruto.

This game plan is ill-advised and bound to fail.

Let me explain why. First, the push by

the youths is widely perceived as being plan less, anti-infiltration strategy less and post Ruto/transitional less.

Kenyans have realized this. If we follow these young people blindly, we are going to regret.

These young people are exhibiting dangerous mentality of know-it-all, entitlement and dictatorship.

They have been telling off those who are older than them.

Turning to Politicians and religious leaders, they would tell them.

Stay away. You failed us. We are going to liberate this country and you will reap the fruits of our sweat and blood.

I have been listening to the narratives of Generation-Z and one thing is clear.

They do not understand the history of this country and most of them have little or no knowledge on matters of law and constitutional imperatives.

I heard one of them lecturing a group old people. "Our plan is to force President Ruto to resign. We are going to replace him with former CS Fred Matiangi (President) and former CS Muthahi Kagwe as DP".

This Gen-Z did not want to be corrected.

But for those who care to listen, this is what will happen.

The constitution provides that the Deputy President takes over and serve

for the remainder of the term. If Gen-Z does not want Gachagua, then it means the military will take over.

The constitution does not however anticipates a military de'tat.

Those who have been ruled my military in other countries would tell you. This is the worst form of governance. It is dictatorial, oppressive and ruthless

It is not a guarantee that the military will soon agree to hand over power back to civilians.

The crisis can worsen and take long before it is resolved.

Remember the military will have an upper hand during the negotiations.

So, the other question is. Who will they hand over power to? The power might end up in the wrong hands.

This is what happened in countries such as Egypt, Chad, Sudan, Mali.

The citizens thought they have won after toppling their respective President through popular uprising.

But alas, the worst form of dictatorship crept back.

Though Generation-Z and millennials have been reiterating that they have no time for the opposition leaders, the leaders are still supporting them.

To me, they are simply doing this for political reasons.

If the game plan of Gen-Z succeeds, they think they will immediately step out and fill the vacuum.

This is a wishful thinking. Who told them that Gen-Z will just step aside?

While being bouyed by the triumph, they will come out to fight for their space.

I'm sure they will still stood their ground that you are old and have been at helm of power. So, you are part of the problem. Your time is over.

This will create confusion and plunge our country into anarchy.

Let me give opposition leaders in Kenya free advice. As media reports indicated, Generation-Z were not alone. They were powerful people who were pulling the string from behind.

These are the same people who will advise them not to give way.

I'm happy majority of Kenyans have realized the danger of toppling President Ruto.

Their position is clear. President Ruto has heard you. He has so far addressed most of your demands.

Kenya is a democratic country and it is governed by rule of law.

We elected President Ruto to serve for a term of five years. We know Gen-Z has taught him a lesson. Let give him to time to do his job.

It is not too late in the day. He still have time to redeem and spruce up his image.

Come 2027 polls, you will ignore him at your own peril. He stands a high chance of getting re-elected to serve his second and final term.

Joseph Mutua Ndonga Is A Writer And Political Analyst Based In Nairobi

The Path To Positivity: Exploring The Science Of Happiness



By: David Ndirangu
@themkenyatimes



Worth Noting:

- Getting too much engrossed in this could lead to a need to keep others down and is not long lasting. Trying too hard to find happiness could have the opposite effect which can lead to one being overly selfish.
- The third level is Purpose – derived by a person's talents and skills that allow one to serve others for a larger good. It gives the person a sense of purpose, fulfilment and long term happiness.
- The fourth is the Ultimate Good. This is the desire for perfect truth, goodness, beauty and love. It is mostly found within religions. Research has shown that there is a linear relationship between religious involvement and happiness. Commitment to a faith is related to greater compassion.

Happiness is a state of emotional well-being that a person experiences when good things happen or after a positive evaluation of one's life and accomplishments.

There are basically four levels of happiness according to psychologists. Level one is Pleasure – this is mainly physical pleasure that gives immediate gratification, for example consumption of a sumptuous meal or various substances. Getting too much used to this happiness could lead to one always seeking satisfaction for temporary desires. Passion is the second level – derived from engaging in one's job or hobbies and is mainly based on satisfying one's ego.

Getting too much engrossed in this could lead to a need to keep others down and is not long lasting. Trying too hard to find happiness could have the opposite effect which can lead to one being overly selfish.

The third level is Purpose – derived by a person's talents and skills that allow one to serve others for a larger good. It gives the person a sense of purpose, fulfilment and long term happiness.

The fourth is the Ultimate Good. This is the desire for perfect truth, goodness, beauty and love. It is mostly found within religions. Research has

shown that there is a linear relationship between religious involvement and happiness. Commitment to a faith is related to greater compassion.

Persons who are compassionate or empathetic will be more inclined to give emotional support to others and those who provide emotional support will more often than not be happy. Nevertheless, even those who do not believe in a higher deity find happiness in pursuit of beauty, love, common goodness and helping others.

Happiness can be closely related to positive emotions derived from pleasurable activities. Thus training your mind to develop a positive attitude and mind-set will greatly help in experiencing happiness. It is a practice that brings abundant benefits to your own life and to your relationships. The positive energy and optimism will encourage and reinforce your positive attitude. Engage in meaningful positive conversations, share experiences and seek likeminded people who radiate positivity. Limit your exposure to negative news, social media toxicity and pessimistic talk. You should try to indulge in motivational resources like books and online groups that uplift you. This way your mind will flourish and maintain a positive mind-set.

Appreciate and express thanks to people who have done good things in your life. It will enrich their lives and also help you to develop a positive outlook to life. Happiness happens to be infectious. When you spend more time with happy people, you will very likely be happy as well.

You should practice self-love – treat yourself as you would treat your friend facing a similar situation. Cultivate self-encouraging and empowering thoughts to replace self-limiting ones. Practice telling yourself self-affirmation statements. Accept that making mistakes is part of being human and an opportunity to learn to do better next time.

To achieve everyday happiness as an individual you should also try to always find joy in simple pleasures, cultivate personal healthy habits and prioritise self-care.

There are some characteristics that are generally common in happy individuals; they portray a positive outlook towards life and they are tough enough in the face of life's challenges. They may be facing very difficult situations but will always look at them as opportunities or learning experiences. They have the ability to enjoy the present moment no matter how uncertain happiness in the future

may be.

Happy people tend to live healthier lives than unhappy people. They enjoy greater protection against stress as they release less of the stress hormone – cortisol. They are less prone to illnesses as their immunity to diseases is normally higher than that of unhappy persons and are thus likely to live longer. They have also been found to experience fewer aches and pains including dizziness, muscle pains and heartburn.

Happiness helps people to cope better with chronic pain like the one associated with arthritis. Happy people are less likely to suffer from high blood pressure and other heart related complications. They easily and almost effortlessly cultivate healthy and meaningful relationships with others. They practice gratitude and are able to engage in activities that align with their passions.

David Ndirangu Bsc. International Business Administration (USIU-A) CPA (K) Business Management Consultant and Author of the book; This is DAVE. Email: ndiranguda-vid2023@gmail.com

Rebeca Miano: First Female AG And How The Gender Narrative Is Set To Change

By: Enos Odero
 @themtkenyatimes

The typical traditional Kenyan woman was faced with plenty of plagues, from birth to growth until their marriage and even in their death.

Today, the Kenyan woman living in this modern world is a happy woman. First, because the world has changed and now advocates for equal rights and opportunities (social, economic and political opportunities) for both genders.

For six decades, Kenya has not had a female Attorney General.

Rebeca Miano is set to be the first female Attorney General in the independent Kenya. This comes after president William Ruto announced only eleven members for his first team of the cabinet secretaries, days after he disbanded the first board he had due to the pressure that came from the Gen Z protests.

As an experienced public servant,

Miano is now a darling of the people of her gender for her recent achievement and the entire country looks upon her as her name is mentioned for such a coveted position.

Her appointment comes with lots of expectations not only at the national level but also at the individual and the societal level.

Women empowerment and emancipation has been on the campaign trails of many African leaders and activists and as such, in the past few years, Kenya and other African countries have witnessed women competitively coming on the rise just as men.

Other women who have come to positions of influence are: Martha Karua, Wangari Maathai, Martha Koome, among other women who have been on the limelight, all from different walks of life.

This is because of the consistent girl child empowerment and the support that the civilized system has placed to girls through giving them equal opportunities, eradication of issues such as female infibulation, early marriages

and continued fight for Gender Based Violence as well as civic education in different villages.

Like their male counterparts, women too can achieve so much when the environment is set right for them.

Such avenues include advertising and promoting women's works in local magazines and TV stations such as citizen's mwanamke Bomba among other avenues.

Schools and other social gatherings should also give talks not only in emancipating the girl-child but also the boy child. This way, the whole society will grow uniformly.

Enos Odero is a Social critic and literary analyst



Rebeca Miano First Female AG

Kenya Asks Ford Foundation To Share Details Of Organizations It Finances

By: Eric Biegon

The government of Kenya on Wednesday wrote to the Ford Foundation over the possible involvement of some of the organizations receiving its financial backing in recent anti-government protests in the country.

In the letter, Foreign Affairs Principal Secretary Dr. Korir Sing'Oei raised the issue of violent protests that have recently rocked the country resulting in loss of lives and destruction of property.

While the protests began as efforts aimed at resisting the government's revenue-raising proposals contained in the Finance Bill, he said the demands of the protestors have "morphed and escalated into attempts at toppling the country's democratically elected and constitutionally sanctioned government" despite various concessions by the Government.

The PS noted that the government of Kenya was deeply concerned that most of the Ford Foundation's grant-



Foreign Affairs Principal Secretary Dr. Korir Sing'Oei

ees may have played a central role in the Anti-Finance Bill protests, using finances it has been receiving from the organization, which according to Sing'Oei, have sought to upend the peace and security of the state.

"It is noteworthy that several of Ford Foundation Grantees received a total of US\$ 5.78 Million (Ksh 752 Million) between April 2023 and May 2024 – with unexplained expedited funding amounting to US\$

1.49 M (Ksh 194 million) – over the last month alone," he said

The PS listed 16 organizations operating in Kenya and amount of money they have received from Ford Foundation recently, namely; •Africa Uncensored Limited (Project Mulika) (US\$ 250,000), Women's Link Worldwide; (US\$ 750,000), Centre for Resource Mobilization and Development; (US\$ 20,000), Transform Empowerment for Action

Initiative: (US\$ 220,000), Kenya Human Rights Commission; (US\$ 600,000), Open Institute Trust; (the US \$100,000), Africa Centre for Open Governance: (US\$ 200,000), Transparency International: (US\$ 300,000), The Institute for Social Accountability (TISA): (US\$ 200,000), National Coalition of Human Rights Defenders (K); (US\$ 257,000), Shinning Hope for Communities Inc.; (US\$2,050,000), Coalition for

Grassroots Human Rights Defenders Kenya (US\$ 250,000), Community Aid International; (US\$ 100,000), Mzalendo Trust; (US\$ 335,000), Usikimye (Femicide); (US\$ 30,000), and Citizens Advancement Initiative; (US\$ 150,000).

Sing'Oei told Walker that the said funds disbursed to non-state recipients are substantial and must be prudently used to serve legitimate purposes or risk abuse to aid nefarious ends.

"While we recognize the importance of maintaining an open civic space and respect for the principles of open government that we both share, the actions of some of your Grantees contravene the laws of Kenya, including a prohibition against incitement, hate speech, insurrection, and mobilization using disinformation," he said

"Their conduct also fundamentally flouts Ford Foundation's Non-Lobbying Policy begging the question whether your Foundation has abandoned this policy and is now intent on adversely influencing the internal political and policy processes within the Republic of Kenya," the PS told Ford Foundation's President

A Strange Poem



I'm sorry for myself
I am also upset with myself.
Between the two
The distance has increased.

I wonder how it is
If I laugh myself, I am silent.
To what I want
I have no desire.

If I hurt someone,
Arguing two.
I'm one side, I'm one side,
Never-ending pledge.

I say sorry
I am not used to it.
If I say a word,
It will not be possible.

I say "I", however
Far from manman.
I say that I am "my own".
They are arguing with me.

I'm happy from someone
I'm sad, I'm happy.
The debate never ends,
I'm on one side, I'm on the other side.

After thinking about it
This is the secret of the puzzle.
Giving up one
I took one.

I renounce myself
I have achieved my identity.
You also forget "I"
I came with myself.

© Ganijonova Dilnavoz

Ganijonova, the daughter of Dilnavoz Dilshodbek, was born on April 24, 2005 in Kurgantepa district of Andijan region. In 2016–2021, he graduated from Khanabad City School of Music and Art No. 8, and in the 2022–2023 academic year, she graduated from General Secondary School No. 34 of Kurgantepa district. In 2022, his first book "The First Page" was published. His poems were published in international magazines and newspapers. She is a laureate of several Science Olympiads. In the 2023–2024 academic year, she was recommended to be a student on the basis of Grand. Currently, he is a 2nd-level student of the Andijan State Pedagogical Institute

Importance Of Geography Today



By: Oktamova Marjona

Today, all sciences are modernized and divided into new branches is expanding. Modern students have become more intelligent, and accordingly which will be useful not only in life, but also in entering universities they learn science quickly.

Geography is not such a science. For some reason, higher education should form the basis of economic-geographic specialties in their countries Science is completely ignored by them. Although, in my opinion, a manager needs geography more than social sciences. We also use it in the profile specialization of the university of pedagogy, not geography, but the same social let's see science.

True, international relations without deep knowledge of geography It is difficult to imagine a qualified specialist or tourism manager. Major universities and academies bachelors, specialists and masters in their narrow fields are separate faculties that prepare The importance of school geography is its own is characteristic. The theme of the school is to make students understand the Earth as a complex, human planet. is an ideological character that forms a systematic and socially oriented view. Also with a regional approach as a special method of their scientific knowledge is the only introductory science. Geographical knowledge in personality formation importance allows to form the general goal of geographical education. Thus, students have a complete system of geographical knowledge and skills, applying them in life, in different situations, i.e. demonstrating skills has the ability. After all the empty points have disappeared From the map of the earth, the main geographers the task was to study

the laws of development of nature and human society. And today, new amazing discoveries are possible in geography. Geography on Earth studies existing objects, processes and events. Geographical objects are very diverse, they are natural (mountains and plains, seas and rivers) and artificial (cities and factories, power stations and irrigation canals). Geographic events and events that happen around us every day (time change) has a great role in nature and human life. Many geographical phenomena destructive: volcanoes and earthquakes, thunderstorms, etc. Geographers are theirs describes its origin and destructive power. The most important subject of geography is a process of interaction between man and nature. After all, every year a person is more natural changes objects, mining, deforestation, waste pollution, etc. The development of each subject and the expansion of its scope, this subject is a lot depends on the training. In this sense, you should also study in geography classes The use of new methods is the most important in the field of education today considering that it is one of the tasks, as a simple case to such aspects it is enough to look.

Here is the use of artistic creativity in geography lessons topics in an easy, simple and comprehensible way for all students can be delivered. First of all, artistic creation refers to the topics of geography it is necessary to understand a fragment, story or poem from any work. Come on, that's it firstly, if we remember the historical heritage left to us by our ancestors, in many cases the events and events of that time are works that are still considered the product of artistic creativity. We have witnessed many times that it has arrived through stories or poems. Moreover, the works of art presented in any books tell the reader about the events helps him understand as he wants. Because only the artistic way leads to these results can be achieved. So, to any topic in geography lessons Samples of dedicated artistic creations, students in all aspects of the topic is the basis for understanding and making lessons interesting.

Oktamova Marjona
Uzbekistan–Finland Pedagogical Institute,
1st-level student of Geography and
Economic Basics

The Memory Of The Greats Is Sacred



When I talk about memory, the first thing I remember is our great-grandfathers. This helps me to be an active and proactive daughter of the new UZBEKISTAN that I dream of. Courage, determination, and bravery help me overcome all difficulties and trials.

May 9 is the Day of Remembrance and Appreciation – the day of our pride and mourning, to show endless gratitude by each of our citizens to the real heroes of our time who fought bravely on the battlefield, showed patience and determination, kindness and compassion behind the front. day

I want to look at the young people who are making achievements and successes and say, "YOU ARE THE HIGH LEVEL HEROES OF OUR GREAT COUNTRY". Especially on this day of celebration, it is necessary to mention the work of the National Guard and defenders of the Motherland. For our peaceful life, the soil of our Motherland is at risk on the battlefield. They bravely and bravely fought without knowing what fatigue is. We feel the spiritual power of these unparalleled injuries more and more every

year, and we understand how important your courage and heroism are.

Almost every Uzbek family has people who personally contributed to victory. The soldiers sacrificed their lives for freedom, peace and the future of each of our citizens.

Our sacred duty is to understand and protect the value of peace. It is to receive news from our brave veterans and soldiers. We all always respect them. The "war" of that time brought grief and untold suffering to every Uzbek family. We always remember and appreciate the dignity of the Victory fighters as if we have not forgotten anything.

Today's holiday unites all generations, unites hearts and enlightens hearts. Today we do not hide our feelings, we remember and honor you, your memory is eternal.

We are proud of our unity, we are sure that the sacred memory of the heroic achievements of our fathers and grandfathers, their courage and victories will live forever.

Zakirova Maftuna Bakhtiyar's daughter,
AlFraganus University,
Faculty of Pedagogy,
Psychology student.

The head of the national values promotion club, Abdulhamid Cholpon, is the owner of the medal "Eastern Education Promoter".

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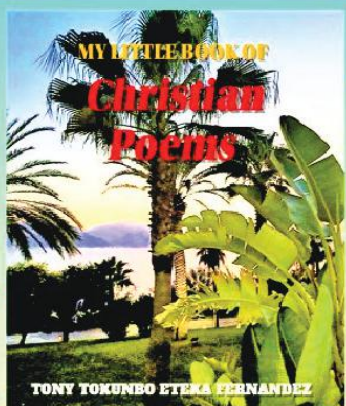
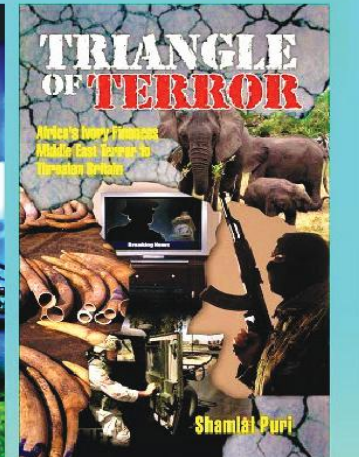
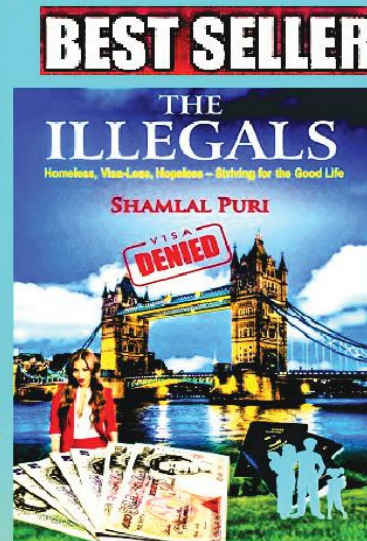
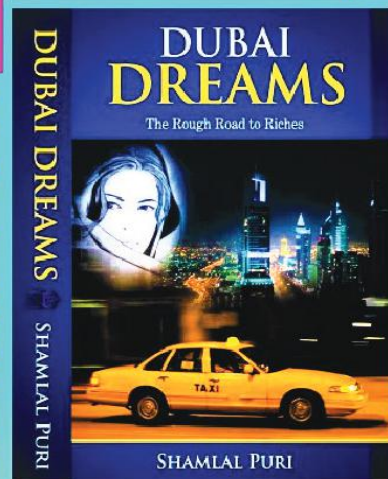
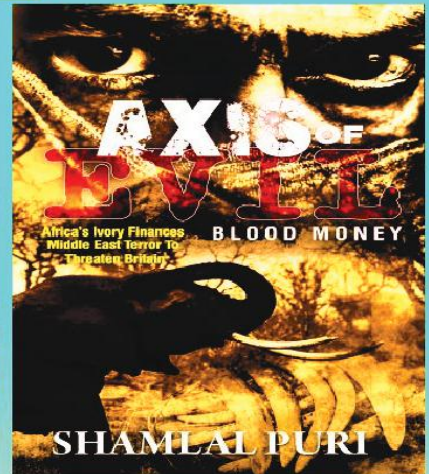
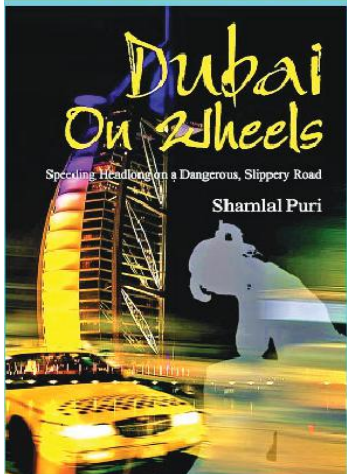
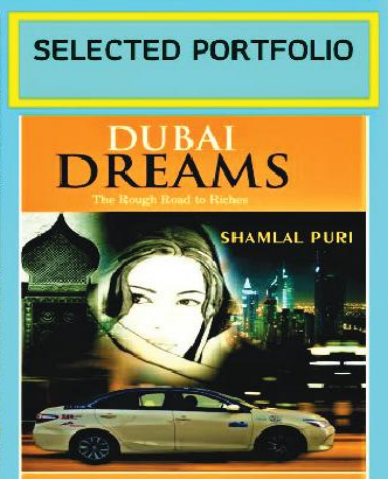
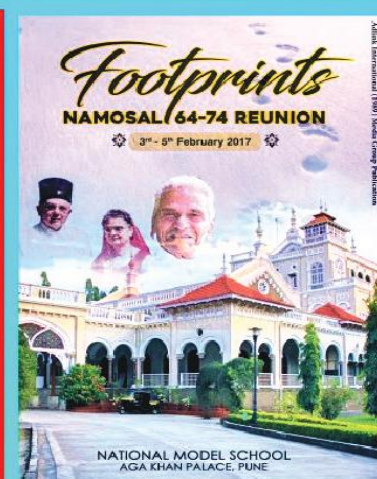
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Climate Change

Children's Rights In The Face Of Climate Change



By: Tonny O. Blair
@themkenyatimes



Climate Change.

Worth Noting:

- Climate change has become a major concern for the rights of children in today's society. One of the most affected rights is the right to education. The change in weather patterns, observed in most areas, has led to several disruptions in schools and learning environments.
- For instance, when there is drought and famine, or flooding, lives are lost, including those of children. The floods sweep away everything in their path, including children, while during droughts, children suffer from malnutrition leading to food insecurity and hunger, ultimately causing unnecessary deaths.
- It is heartbreaking to see that children are the most vulnerable victims of climate change.

The alarming phenomenon of climate change poses a serious threat to the effective enjoyment of a wide range of children's rights.

Among these rights are the rights to life, water and sanitation, food, health, housing, self-determination, culture, and development. The impacts of climate change are already being felt, and they have a significant impact on the enjoyment of children's rights.

Children's rights are a crucial aspect of human rights which are generally characterized by economic, social, and cultural rights. These rights include the right to education, the right to a decent standard of living, the right to health, and so on.

In addition to these, children's rights also encompass individual rights that are designed to protect their overall well-being.

Some of these individual rights include the right to live with his or her parents, the right to benefit from protection and many more.

Climate change has become a major concern for the rights of children in today's society. One of the most affected rights is the right to education. The change in weather patterns, observed in most areas, has led to several disruptions in schools and learning environments.

For instance, when there is drought and famine, or flooding, lives are lost, including those of children. The floods sweep away everything in their path, including children, while during droughts, children suffer from malnutrition leading to food insecurity and

hunger, ultimately causing unnecessary deaths.

It is heartbreaking to see that children are the most vulnerable victims of climate change.

It is important to remember that children are unique individuals with their own thoughts, feelings, and potential.

They are not the property of their parents or the state, nor are they simply individuals in the process of becoming adults. As members of the human family, children deserve the same rights and respect as any other person. For children to grow towards independence, they require a nurturing and supportive environment that allows them to develop their full potential.

This nurturing environment can be provided by family members. Unfortunately, due to the climate crisis causing more harm than good, many parents are forced to shift their roles, leading to the abandonment of important child rights.

The early experiences that children go through significantly influence their future development, which in turn affects their contribution to society over the course of their lives. Therefore, it is crucial to ensure that children receive the necessary support and care to promote their healthy development. Since children are still in the process of developing, they are particularly vulnerable to adverse living conditions such as poverty, inadequate healthcare, nutrition, safe water, housing, and environmental pollution which are great contributors to climate change. The conse-

quences of disease, malnutrition, and poverty can have a detrimental effect on the future of children.

It is important to note that the well-being of children is important not only for their own lives but also for the future of their societies.

The well-being of children is of utmost importance for the future prosperity of any society. It is imperative to provide them with a nurturing and supportive environment, failing which can lead to dire consequences for both the individual and the society as a whole. The recent shifts in societal structures, such as globalization, digitalization, mass migration, and evolving employment patterns, are having a disproportionate and mostly negative impact on children.

The transformation of family structures, coupled with a shrinking social welfare net in many countries, is also exacerbating the situation. These changes can have particularly devastating consequences in situations of armed conflict and other emergencies.

It is, therefore, crucial to prioritize the needs of children and ensure that they are provided with a safe and secure environment to grow and thrive.

One of the most pressing issues that the world is currently facing is the climate crisis. It has become an urgent matter that requires immediate attention from governments across the globe. However, it is not just the environment that is being affected by this crisis; the rights of children are also at stake. As such, governments must

prioritize protecting and upholding children's rights in the face of the climate crisis. To do this, governments must limit global warming as much as possible and adopt measures that protect the rights of children everywhere. Additionally, they must significantly increase investments in adaptation measures that protect the rights of all children. It is also important to integrate strong children's rights safeguards into all climate action to ensure that their rights are not neglected or compromised in any way.

In relation to the pressing issue of climate change. Governments have a responsibility to engage children fully in their strategies and actions to tackle the climate crisis. This requires providing children with ample opportunities to express their opinions and ideas on how to address the crisis, and ensuring that their voices are taken seriously. In addition, governments must take steps to integrate climate change education into formal education systems to ensure that children are equipped with the necessary knowledge and skills to participate meaningfully in decision-making on environmental issues. By doing so, we can make sure that children are not left behind in the transition to a sustainable economy.

In conclusion, protecting the rights of children in the face of the climate crisis requires a holistic approach that involves limiting global warming, investing in adaptation measures, integrating strong children's rights safeguards, and upholding their right to be heard and participate in decision-making processes. By failing to take appropriate measures to mitigate climate change, we risk erasing the development gains of recent decades, which have been hard-won through considerable effort and investment. The long-term consequences of climate change are dire, and we must take action now to ensure that future generations are not left with the devastating consequences of our inaction. Ultimately, it is only by involving children in the fight against climate change that we can ensure a better future for them and the planet as a whole.

Tonny O. Blair is an Environmental Advocate & SDGs Champion, Rongo University. Email: tonnyblairmon-di908@gmail.com

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Govt Requests Sh100mn For UHC Public Sensitization After Suspension

By: Capital Correspondent

The State Department of Medical Services is requesting at least a Sh100 million allocation by the National Assembly for sensitization and public participation on the Social Health Insurance Act (SHIA), which was declared unconstitutional by the court.

The High Court nullified the SHIA 2023, the Primary Healthcare Act 2023, and the Digital Health Act 2023, which had replaced the National Health Insurance Fund (NHIF), due to insufficient public participation.

A three-judge bench, comprising Justices Alfred Mabeya, Robert Limo, and Fredrick Mugambi, gave Parliament 120 days to make the necessary amendments. During this period, the acts will remain suspended.

Appearing before the National Assembly Departmental Committee

on Health on Wednesday, Medical Services Principal Secretary Harry Kimtai emphasized that the allocation would enable the department to conduct public and stakeholder sensitization on the relevant laws in compliance with the court judgment. “We are requesting a budget allocation of Sh100 million to undertake sensitization on the UHC laws in accordance with the court judgment,” said Kimtai.

Kimtai also stated that the Ministry intends to appeal the court’s decision to suspend the health laws after the 45-day stay order on implementation expires.

He stated that the ministry has reviewed the court’s ruling and believes there are sufficient grounds to appeal some of the directives issued. “We’ve agreed to form a joint team from the Ministry, Parliamentary Service Commission (PSC), and the Attorney General to strategize on how to appeal, and conduct public participation,” he said.

According to Kimtai, the two-pronged approach involves lodging



an appeal and conducting public participation and sensitization on the suspended laws.

“So far, we’ve agreed to use this two-pronged approach of appealing and then conducting public participation,” he noted.

In its ruling, the three-judge bench pointed out that some rights under the Act had been limited.

They cited sections 26(5) and 27(4) of SHIA. Section 26(5) makes reg-

istration and contribution a precondition for accessing public services from national and county governments or their entities.

Section 27(4) stipulates that a person can only access healthcare services if their contributions to the SHIF are up-to-date and active.

The judges stated that these sections could not withstand constitutional scrutiny because they did not make exceptions for the right to emergen-

cy medical services, thus violating Article 43 of the constitution, which guarantees every Kenyan the right to health services.

“The precondition set out in those two provisions infringes on the right to access emergency services, while the state aims to realize this right with the challenged acts,” the judges concluded.

SHOFCO’s Innovative Development Strategy Featured In Forbes Magazine

By: Capital Correspondent

Shining Hope for Communities (SHOFCO) community-led approach to change has been featured in the Forbes Magazine as a model on how non-governmental organisations can transform underprivileged communities in the world.

The article, authored by Kate Vitasek, explores some of the key learnings that has enabled SHOFCO to become Kenya’s largest grassroots organization as well as the leading example for other locally-led organizations around the globe.

Highlighting the extreme disparity between the \$50 billion (Sh6.4 trillion) philanthropic dollars provided to Africa and how little actually ends up in community-based organizations’ hands, Vitasek shares how SHOFCO has proven that when philanthropy is given to local leaders’ exponential change is possible.

The article also highlighted how measures taken by SHOFCO Founder Dr. Kennedy Odede have trans-



SHOFCO is currently operating in 40 counties in Kenya, impacting over four million lives.

formed lives in major slums in Kenya, earning him global recognition. “Odede’s success is nothing short of transformational, with SHOFCO impacting 2.4 million people each year and winning dozens of awards for its work impact. Odede himself was honored as one of TIME100’s Most Influential People of 2024,” Vitasek wrote.

Odede is also quoted in the article saying there is need to involve communities for a meaningful change to

be realized.

“Sustainable change comes from giving people agency and investing in collaborative, community-driven solutions. When change is driven from the local level, it is truly in tune with the needs of a community, leading to lasting change,” Odede said.

One reason SHOFCO has been so successful is because Odede has insisted on rethinking how success is measured in philanthropy.

“Success metrics are often defined

by scale and model replication. The problem is this doesn’t factor in where the greatest need is and the type of programs each community needs,” Odede explained.

This is not the first time SHOFCO is getting global recognition for its community-led change.

In 2022, SHOFCO’s community-driven change model became a benchmark for global NGOs following a case study by Bridgespan

Group, which highlighted SHOFCO’s effective community-driven approaches and lasting impact.

SHOFCO continues to embody its commitment to transforming lives and creating sustainable, community-driven development in Kenya.

In 2018 became the youngest-ever organization to receive the Conrad N. Hilton Humanitarian Prize, the world’s largest humanitarian prize awarded to non-profits that have made extraordinary contributions to alleviate human suffering.

SHOFCO is currently operating in 40 counties in Kenya, impacting over four million lives.

The organisation’s work is grounded in a holistic approach to community development, addressing multiple dimensions of poverty and inequality to create lasting change.

Its programs focus on education, healthcare, water and sanitation, economic empowerment, community mobilization, and youth development, with the overarching goal of improving the well-being and opportunities of residents living in urban slums and rural areas across Kenya.



LETTERS TO THE EDITOR

An Inspiration Story Of Sarah, A Survivor Of Gender Based Violence

By Ruth Saing'ieu

It is on a busy Monday that everybody is rushing to specific workplaces and I meet a woman named Sarah, a 32-year-old woman whose life has been defined by the silent struggles of gender-based violence.

Sarah's journey began like many others in the world, filled with hope and dreams of a brighter future. Yet, behind closed doors, she faced the harrowing reality of physical and emotional abuse at the hands of her husband. For years, she suffered in silence, trapped by fear and societal stigma.

Sarah says that she was born healthy without any complications in her body. However, she met a person whom she happened to love and eventually they got married. At first, the man looked innocent and humbled until when they sealed their relationship with a child. Sarah says that she has been abused emotionally, psychologically and mentally by her husband who is working as a director in a certain tea processing plant.

Statistics from the World Health Organization (WHO) shows that approximately 1 in 3 women worldwide have experienced either physical and/or sexual intimate partner violence or non-partner sexual violence in their lifetime. These statistics, while staggering, barely scratch the surface of the epidemic that plagues communities globally.

For Sarah, breaking free from the cycle of violence was not just an act of courage but a testament to her unwavering strength. With the support of local shelters and advocacy groups, she found the courage to speak out and seek help. However, her journey to healing was not that easy.

"I thought I was alone, that no one would understand," Sarah says, her voice trembling with emotion. "But reaching out was the best decision I ever made. I realized that I wasn't alone, that there were others like me, fighting to break free."



Varsities Should Invest In Research, Innovation And Training Of Self Employed Graduates

By: Ken Austine and Valentine Wesonga
@themtkenyatimes

Few decades ago, a degree certificate was a guarantee to employment. This saw many students putting more efforts in their studies with the aim of joining universities after secondary school. Afterwards, they sought that elusive white collar job as anything less was regarded as a failure. Surprisingly, that is no longer the case.

The emergence of numerous new opportunities in skill, knowledge and education in general has necessitated a change in thought, learning and relearning for the future generation.

Thanks to the rise of popularity of Technical, Vocational Educational Training (TVETs) and Research is a principal activity of universities. Institutions of higher learning should embrace more research grant portfolios to enhance the foundation of attaining their core mandate and national development goals.

Research, innovation and entrepre-

neurship hold the key to bringing the gap between institutions of higher learning and the industry.

This calls for more resources for its implementation. Furthermore, institutions of higher learning should adopt firm digital literacy courses which will highly help individuals to benefit from the digital revolution. "In order for learners to use variety of software and online tools, browse the internet safely and ethically, universities need to invest in state-of-the-art computer labs and other technology infrastructure," says Dr. Marren Akong'o, a media and communication specialist at Rongo University.

The institutions for higher learning have for a long time put great emphasis on equipping students for white-collar jobs, which is no longer sustainable as graduations have lost their glory due to scarcity of jobs.

Nevertheless, they have been blamed for churning out scientists who lack the ability to execute technical tasks and who are trained to understand the theoretical workings of machines.

The solution to overcome this is by

equipping the students with entrepreneurial skills so that they can set up their own businesses.

Universities should at all times try their best in order to stay relevant to the society by carrying out intensive research which in turn leads to wealth creation and sustainability. In addition to that, they should create a balance between research and teaching by reducing the teaching workload to students while increasing the time for research activities which should revolve around issues affecting the societal well-being.

For instance, climate change, global warming and others.

The required transformation in universities can only be achieved when there is adequate research funding and improved infrastructure and human resource. Therefore, the government through the Ministry of Education and its stakeholders should put this into action rather than keeping on procrastinating such great policies.

The Commission of University Education should again ensure that there is free and even distribution of resources such as funds to scientists



Research, Innovation And Training Of Self Employed Graduates

and scholars in order to facilitate the blue economy.

For our country's digital revolution to be realized in future, universities should allocate more funds of their budgets to research as this will enhance the advancement of science, technology and innovation in various sectors of the economy hence, lots of investments in our country. Moreover, it will be of great pleasure

if our universities produce graduates who resonate, connect and easily adapt with the job market.

Ken Austine and Valentine Wesonga are Communication and journalism students, Rongo University

Kalonzo, Four Azimio Constituent Parties Allege Betrayal

Wiper, Jubilee, DAP-K, PNU and Narc-Kenya parties have opposed an all inclusive government

By: KBC Digital

Sharp divisions have emerged within the Azimio coalition with four constituent political parties declaring that they will not work with the government.

Azimio la Umoja One Kenya co-principal Kalonzo Musyoka made the announcement moments before a State House address where President William Ruto unveiled a board-based cabinet with the nomination of the first batch of 11 cabinet secretaries.

Kalonzo said a section of the constituent parties namely the Wiper Democratic Movement (WDM), Jubilee Party, DAP-Kenya Party, Party of National Unity (PNU), and Narc-Kenya, will not participate nor support Kenya Kwanza-led Broad-Based Government of National Unity.

The rift between Kalonzo and Azimio la Umoja One Kenya leader Raila Odinga escalated after the latter supported calls for national dialogue

to end the current crisis following protests to push for better governance.

Raila who is also the ODM party leader with majority members in the coalition comprising 23 parties has conspicuously been absent in key meetings convened by the party leaders.

Kalonzo has termed the move as a betrayal. "We shall not join for the straightforward reason that such actions are a betrayal of the ideology, values, and tenets of both our coalition party and our constituent parties. Should any of our members opt to join the proposed Kenya Kwanza-led Broad-Based Government of National Unity, we shall not be a party to that decision".

The President revealed that further consultations are ongoing after which he will announce more names in due course.

"I have started the process of forming a new broad-based cabinet to assist in driving the urgently needed and irreversible transformation of our country... he said.

"While the events of the past month have caused tremendous anxiety,



concern and uncertainty, the crisis has presented us with a great opportunity, as a nation, to craft a broad-

based, and inclusive citizen coalition for national transformation and progress, made up of Kenyans from all

walks of life," he added. Six ministers who had been dismissed have made a comeback.

Global Compact Network Kenya Announces 2024 Country SDG Pioneers

By: KBC Digital

The Global Compact Network Kenya has announced its 2024 Country SDG Pioneers, recognizing Yvonne Kirigo, Strategy and Innovation Manager from MP Shah Hospital, and Kevin Getobai, Farm Project Manager from Ololo Farm.

The two have been honored for their exceptional commitment to advancing the Sustainable Development Goals (SDGs) and for inspiring others to further the 2030 Agenda for Sustainable Development.

Selected from a competitive pool of over 27 nominations, Ms Kirigo and Mr Getobai stood out in their respective categories of Large National and Multinational, and Small and Medium Enterprises (SMEs).

Ms Kirigo has been celebrated for her impactful green leadership at MP Shah Hospital. As a Go Green Cham-

pion, she has spearheaded initiatives that incorporate the Ten Principles of the United Nations Global Compact and the SDGs through innovative e-waste collection, energy efficiency advocacy, and the promotion of renewable energy solutions.

Mr Getobai's recognition stems from his innovative approach to integrating regenerative and sustainable agriculture principles at Ololo Farm by implementing insects-based composting, utilizing Black Soldier Flies to expedite the composting process from six months to 14 days, has been transformative.

The initiative has enabled Ololo Farm to save up to 47.5 tonnes of CO2 equivalence, divert 25 tonnes of food waste from landfills, and produce 2.5 tonnes of protein from waste annually.

Executive Director of Global Compact Network Kenya, Judy Njino commended the winners for their innovation and resilience in advancing the 2030 Agenda for Sustainable Development.

"We celebrate the two Country SDG Pioneers and business leaders for driving transformative change within their organisation and communities. Their commitment to the Ten Principle of the UN Global Compact exemplifies the spirit of innovation and resilience needed to advance the 2030 Agenda for Sustainable Development. Their work will inspire other participants in building a sustainable future for all," she stated.

As Country Round winners, Ms Kirigo and Mr Getobai will now advance to the Global round, where they will compete for the title of 2024 UN Global Compact SDG Pioneers.

The global winners will be announced in September during the UN Global Compact Leaders' Summit, held on the sidelines of the UN General Assembly week in New York.



Yvonne Kirigo, Strategy and Innovation Manager from MP Shah Hospital, and Kevin Getobai, Farm Project Manager from Ololo Farm..

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Sports >> *The men's 100 meters at the 2024 Olympics promises to be a scintillating adventure of speed and resilience, with a blend of seasoned champions and emerging stars.

Motivated Omanyala Unperturbed By Projected Stiff Competition In Paris Olympics



Africa's record holder in men's 100m Ferdinand Omanyala in action during training in Miramas, France for Team Kenya pre-Olympics camp. Photo/JAIRUS MOLA - NOC-K

The men's 100 meters at the 2024 Olympics promises to be a scintillating adventure of speed and resilience, with a blend of seasoned champions and emerging stars.

Each contender brings unique strengths to the competition, making the race highly unpredictable with 10 days left before the start of the Games of the XXXIII Olympiad.

Granted, the 100m race appears not to have any favorites even with a strong American presence of world champion Noah Lyles, Olympic silver medalist Fred Kerley and 200m Tokyo Olympics silver medalist Kenny Bednarek, Jamaicans led by world leader Kishane Thompson and the African trio of Ferdinand Omanyala, South African Akani Simbine and Letsile Tebogo from Botswana, also in the mix.

Speaking to Capital Sport from Miramas, France, Africa's fastest man Omanyala is unfazed by the projected cutthroat competition

in the upcoming Games.

"My management decided to reduce the races I will compete in before the Olympics. We would still be racing by now but they decided we needed to focus for three weeks before the Games which is working really well here in Miramas, so I'm more hungry going into the Olympics," Omanyala emphasized.

Omanyala was responding to this weekend's last Diamond League race before the Olympics, to be held in London where big wigs in the 100m; Lyles, Great Britain's duo of Hughes Zharnele and Jeremiah Azu, Jamaicans Ackeem Blake and Yohan Blake and Tebogo.

Omanyala (9.77), the ninth fastest man of all time after world record holder Usain Bolt (9.58), Tyson Gay/Yohan Blake (9.69), Asafa Powell (9.72), Justin Gatlin (9.74) and Christian Coleman/Trayvon Bromell/Fred Kerley (9.76), candidly admits that his race adversaries have been

fast lately.

"People are running fast. I'm the second fastest in the world this season (after Kishane Thompson) but when you get to the Olympic Stadium in Paris on August 3, none of that will matter. What really matters is how you get there... healthy both mentally and physically, all these times that have been done are going to be null and void when you step into that arena," Omanyala elaborated.

The men's 100 metres at the 2024 Summer Olympics is scheduled to be held in four rounds at the Stade de France in Paris, France, on August 3 and 4.

This will be the 30th time that the men's 100 metres is contested at the Summer Olympics.

— Low Attitude Training—

Omanyala is intensifying his sessions under the watchful eyes of his coach Geoffrey Kimani in the pre-Olympics camp in Miramas brimming with confidence.

He is happy with his progress so far in a low altitude.

"When you train in this kind of environment is a plus because most of the races happen in low altitude, so you get to adapt to this other than training in a higher altitude where there is less oxygen, which you don't really use when it comes to 100m."

Commenting on the current hot weather in Miramas, Omanyala continued: "We love hot weather, that's standard, since we have a lot of muscles in our bodies, so we need them stretched and they can obviously do in hot weather, just like a bladder when you put it in hot water, it's stretches more than in cold water."

"Coming into Miramas, it's been nice and we've been doing a lot of intensity work and less volume. I'm happy with the progress and my body is responding well," the Commonwealth Games champion underscored.

Omanyala was eliminated in the semifinals of the 2020 Tokyo Olympics belatedly held in 2021, but his career grew from stretch to strength.

In 2022, he won his first international championships, with victories in the 100 m at the Commonwealth Games, and African Championships in Athletics.

He concluded: "Previously in the last Olympics I had not competed with the big boys and not done any Diamond League and Continental Tours, so it was a hard fruit to pick, but now we are getting there having competed with the cream of the world's best. I'm not going to be amazed or intimidated with what I'm going to see in the Olympics village. I have been to Paris almost nine times, so nothing is going to scare me."

—Alex Isaboke is reporting from Miramas, France—

Capital Sport

GET THE BEST OF WORLD

Sports >>> *Kenyan Ambassador to France Betty Cherwon paid a courtesy call to Team Kenya at their pre-Olympics camp in Miramas, assuring maximum support.

Kenyan Ambassador To France Pays Courtesy Call To Team Kenya In Miramas Ahead Of Paris Olympics



Team Kenya in pre-Olympics camp based in Miramas, France taking a photo with Kenyan Ambassador to France Betty Cherwon, who paid them a courtesy call.
Photo/JAIRUS MOLA - NOC-K

Kenyan Ambassador to France Betty Cherwon paid a courtesy call to Team Kenya at their pre-Olympics camp in Miramas, assuring maximum support.

Cherwon arrived on Wednesday evening and was welcomed at the residential camp by General Team Manager, Dimmy Kisalu before sharing dinner with the team.

She then accompanied the team to training on Thursday morning where she witnessed Africa's fastest man Ferdinand Omanyala, the Kenya 7s team and Malkia Strikers sharpen their skills.

"I am here to make sure that our athletes feel at home. We will take care of them and provide the much support they need because they are our ambassadors," Ambassador Cherwon said.

"You have prepared well, now the only thing left is to represent your country... go out there and fly our Kenyan flag proudly and high," she added.

The Ambassador acknowledged that the partnership between Ken-

ya and France has been strengthened by the Memorandum of Understanding between Miramas and the National Olympic Committee of Kenya.

"Miramas has been of importance to our athletes to train and prepare for Olympics. Miramas and Kenya have a good relationship, they have generously hosted Team Kenya by going out of their way and this boosts the relationship between Kenya and France. Miramas is twinning with Elgeyo Marakwet County as part of the benefits," she underscored.

With Kenyans living in France and across Europe eagerly waiting to throw their support behind Team Kenya commencing with the Shujaa July 24 at Stade de France when they kick-off against Argentina, Ambassador Cherwon confirmed that a fan base will be set up in the stadium.

"Kenyans have already regrouped together to give our team the moral support they need. We will have a welcoming dinner in

Paris before the games hopefully July 25 in corroboration with the Ministry of Sports and Culture as well as our French hosts here to give the players oomph."

The Ambassador urged Kenyans to pay a visit to "Kenya House" where they will have an opportunity to meet and greet.

"We are taking advantage of the

Olympics to showcase Kenya's heritage and culture on the sidelines through "Kenya House" where Kenyans living in France will be able to come and interact with their stars."

-Alex Isaboke is reporting from Miramas, France-

Capital Sport



Kenyan Ambassador to France Betty Cherwon, encouraging Kenyan swimmer Maria Brunlehner during training in Miramas, France. Photo/JAIRUS MOLA - NOC-K

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The Educational Value Of The Work 'Costly Mistake'



By: Xabibullayeva Munavvar Ahmadjon

@themkenyatimes

Annotation: This article describes the educational significance of Kamil Sindarov's "Costly Mistake". Why the work is called "Costly Mistake" is also mentioned

Key words: Detective work, reader, educational aspects of the work, book, investigators, artistic features of the work.

A book is a friend that leads a person to a strange world. The more we read it, the more it amazes us. We learn what we don't know from it. A book is like a teacher of life, the person who reads it a lot knows how to live in life. A person who reads a book forgets his sorrows.

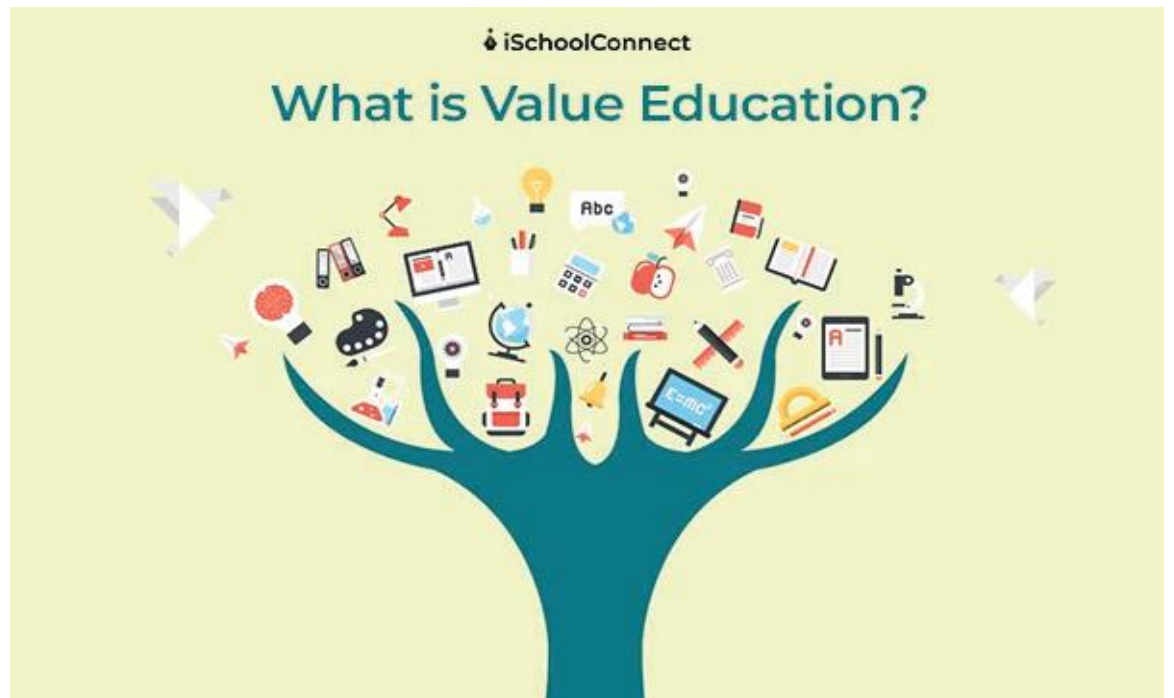
It is appropriate to say, because Finland has been on the first place in the list of the happiest countries in the world for several years. The reason for this is the book reading of the people of this country. We can achieve such a result.

Even today, special attention is paid to the promotion of book reading and increasing the reading culture of the population. In particular, the President's decision adopted on September 13, 2017 "Development of the system of publication and distribution of book products, increasing book reading and reading culture" and in the decision on comprehensive measures for promotion" set specific goals for creating a system of providing the population with effective information-library services and widely promoting reading among young people folded

It is gratifying to note that in our university the project "One month, one book" has been introduced, and it would not be wrong to say that all students have read more than 10 books. It's wintering.

Kamil Sindarov's works are so interesting that the reader who reads them will immerse himself in the realities of the work. I read Kamil Sindarov's work entitled "Costly Mistake" with great interest, like his other works. The work is not called "Costly Mistake" for nothing, because several families are in disarray due to Tashmurod Sobirov's one mistake.

Tashmurad Sobirov puts the bad deed he has done on the neck of the innocent doctor Ahad Botirov and locks him up. Even if Botirov says



during the investigation, "I didn't do this," no one believes him. The writer through the image of Tashmurad shows that there are people in life who ruin the life of an innocent person for their own benefit.

He strongly condemns lying. Ahad Botirov, who is considered one of the main characters of the play, is embodied in various characters. The fact that he pays Ahad in prison for the food he did not eat angers him.

No one believes him. because of the evidence, they lock him up without thoroughly investigating the criminal case. The death of his family in a car accident during his imprisonment ignites hatred in his heart. He decides to take revenge on the judge, prosecutor and investigators who did not thoroughly investigate his criminal case. He starts this work while in prison.

That is, he first gains the trust of the head of the prison and then begins to implement his plans. Ahad first kills Ikram Bozorov. In this way, he pretends that Bozorov died in a simple car accident. Later, Ahad Zakir Shakirov poisons his favorite drink, Samarkand cognac, and kills him.

He is satisfied that his plans are working. After being released from prison, he first goes to Tashmurad to take revenge. But Sobirov deceives Ahad once again. He says, "I didn't kill Azoda, I went to a sanatorium in Kazakhstan at that time" and shows the tickets to the sanatorium. Ahad is deceived by his words. His next prey

will be Bahrom Safarov.

Botirov kidnaps Bahrom in broad daylight. The writer describes how much a loving father changed due to one mistake, his eyes were blinded by revenge. But even so, the feeling of humanity has not left his heart. It can be seen from the fact that he did not kill Bahram, but hid him, and after many years, when the investigators were again looking for Bahram Safarov and interrogating him, he suffered a stroke, and when he regained consciousness, he told the investigators where he hid Bahram.

One of the main characters of the work is Vazira. Vazira is the wife of Bahrom Safarov. She does not believe that her husband is missing.

One day, after seeing her husband in a dream, she is sure that he is still alive. Before the death of her late mother-in-law, she told him she remembers the story she gave and realizes that her mother-in-law had told her such a story knowing about these things in advance, and that she should look for her husband herself.

Although it has been 3 years, from the evidence provided by the Minister, they start an investigation to find her, believing that she may still be alive.

Describes how she tried to find her husband. The writer describes the character of Bahrom Safarov in such a way that the reader who reads it cannot help but be amazed. We can use his actions to get his mother to agree to marry the Minister as an ex-

ample to the youth of today.

He does not just give up his love. The reason for his reluctance is that his son was spared one death because of the Minister, and on the other hand, what the soothsayer said to him upset him agrees to the wedding. Detectives Fakhriddin Karimovich and Sanjarbek solve this crime together. T

hey find out that Tashmurad Sobirov was involved in Ozada's death and arrest him. On one hand, Botirov is surprised to hear this, but on the other hand, he is happy. Because he knows the person who killed Ozada he was regretting that he did not find and punish him.

The work describes the hardships of the investigative profession, the fact that they do not return to their families until they solve the crime.

Through the work, the writer shows how the investigators solved the crime in the prosecutor's offices of our country, which had just gained independence. Even if he is an innocent person, because of trivial evidence, he was arrested and the case was quickly closed.

The writer strongly condemns this very thing. Through the realities of the work, it expresses the fact that investigators should not look at human life superficially. Anyone who reads this work will learn enough for himself.

Author: Xabibullayeva Munavvar Ahmadjon qizi.

Worth Noting:

- He strongly condemns lying. Ahad Botirov, who is considered one of the main characters of the play, is embodied in various characters. The fact that he pays Ahad in prison for the food he did not eat angers him.
- No one believes him. because of the evidence, they lock him up without thoroughly investigating the criminal case. The death of his family in a car accident during his imprisonment ignites hatred in his heart. He decides to take revenge on the judge, prosecutor and investigators who did not thoroughly investigate his criminal case. He starts this work while in prison.