



The Dark Shadow Of Authority: Unmasking Police Brutality And State-Sanctioned Terror In Kenya

"Power is the ability not just to tell the story of another person, but to make it the definitive story of that person." - Ngũgĩ wa Thiong'o
A dark and sinister chapter is unfolding in Kenya, one that threatens to cast a long shadow over the nation's hard-won democracy and the fundamental rights of its citizens. Page 18

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News>>Kenya Kwanza's Struggles: Is The Dream Over?

P. 8. Extracurricular activities present a multitude of benefits to kids of all ages. They help burn off extra energy, offer an opportunity to socialize, enhance their emotional wellbeing, build character and confidence.



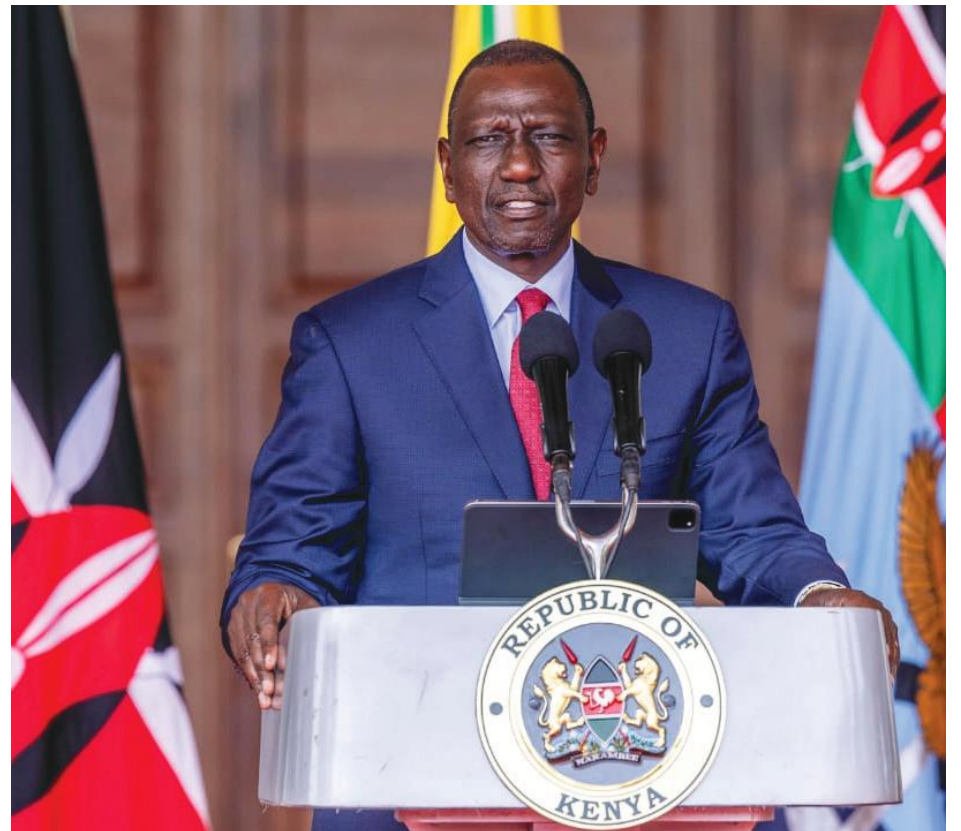
News>>Omudho's Rise Top Project Manager Position

P. 12. Pius Omudho was driven by his childhood experiences to establish a charity foundation aimed at improving the lives of his community members. Currently, the project manager at Malaika music Malaika Music Band, Omudho shared his life journey in an exclusive interview with our writer.

Ruto's 'Broad-based' Cabinet

 **President William Ruto has included members of the Opposition in his government, appointing key figures from the Orange Democratic Movement (ODM) to the Cabinet in an effort to form a broad-based administration.**

President Ruto nominated ODM Chairman John Mbadi as the new Treasury Cabinet Secretary and appointed Minority Leader Opiyo Wandayi as the Energy Cabinet Secretary.



President William Ruto

STORY ON PAGE 9



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Ruto's 'Broad-Based' Cabinet Stirs Fresh Criticism

By: Sharon Resian



Former State House Chief of Staff Nzioka Waita said the nomination of the new Cabinet indicates a disconnect from reality/FILE

Worth Noting:

- “This is how we have BROKEN OUR COUNTRY slowly and skillfully! Some of us will STAND to be COUNTED! I expected ODM to give the conditions why they are joining the government. They haven’t, so all shall move as it was before,” Onyonka stated.
- Ruto, in a national address on Wednesday, nominated Mbadi as Treasury Cabinet Secretary. He designated Joho for Mining and Maritime Affairs, Wandayi (Energy) and Oparanya (Cooperatives).

President William Ruto’s decision to nominate four high-ranking members of the opposition ODM party has stirred fresh criticism with several commentators terming it as anti-reform.

Senator Kisii County Richard Onyonka was among critics from within ODM, saying he expected the party to list conditions for joining the government.

He dismissed the nomination of John Mbadi, Opiyo Wandayi, Hassan Joho and Wycliffe Oparanya as regrettable.

“It is all about DEALS and sharing the LOOT!”

“This is how we have BROKEN OUR COUNTRY slowly and skillfully! Some of us will STAND to be COUNTED! I expected ODM to give the conditions why they are joining the government.

They haven’t, so all shall move as it was before,” Onyonka stated.

Ruto, in a national address yesterday, nominated Mbadi as Treasury Cabinet Secretary. He designated Joho for Mining and Maritime Affairs, Wandayi (Energy) and Oparanya (Cooperatives).

President Ruto nominated back to Cabinet Salim Mvurya designating him for Investment Trade and Industry, Rebecca Miano (Tourism and Wildlife), Kipchumba Murkomen (Youth Affairs, Creative Economy and Sports), Justin Muturi (Public Service) and Alfred Mutua (Labour and Social Protection).

He named Stella Lang’at as his nominee for Gender, Culture, Arts and Heritage.

Reacting to the announcement, Narok Kenya party leader Martha Karua who

deputised ODM leader Raila Odinga as running mate in 2022 vowed sustained defiance.

“Let every person stand by the courage of their convictions #AlutaContinua,” Karua said.

Former State House Chief of Staff Nzioka Waita said the nomination of the new Cabinet indicates a disconnect from reality.

“I can’t for the life of me surmise how this complete disconnection from reality came about,” Waita, an ally of former President Uhuru Kenyatta, commented.

‘Handchequeshakes’

“Is it a case of cognitive dissonance within ODM or what? From the frying pan into the fire. I pray for Kenya and I

pray for our young people that they see the future they so genuinely deserve in this lifetime,” Waita said.

Former Makueni Governor Kivutha Kibwana told off Odinga for bagging yet another “handchequeshakes” as he has done with previous governments.

“Raila you are no longer BABA. The GENZEE-MILLENNIAL MOVEMENT is now the OFFICIAL OPPOSITION. Now you are in your fourth -Moi, Kibaki, Uhuru & Ruto – handchequeshake. Always hid in plain sight. May the blood and tears of the young haunt you all your life,” Kibwana said.

Lawyer Donald Kipkorir also expressed his frustration with some members of the opposition joining the Cabinet.

He said it is up to Kenyans to do the oversight job by holding the government to account.

“Now that ODM has joined the government, together with UDA (Kenya Kwanza), they now own the success or failure of Kenya Project! It is now left to Gen Z, Kalonzo Musyoka, the Media (thee yonder, the 4th Estate) and the High Court (Constitutional and Judicial Review Divisions) to be the loyal opposition to hold the government to account,” he said.

President Ruto has nominated 21 CSs for vetting by parliament in two batches.

The first batch included Prof Kithure Kindiki (Interior and National Administration), Alice Wahome (Lands, Public Works, Urban Development and Housing), and Davis Chirchir (Roads and Transport).

Others were Dr Debra Mlongo Barasa (Health), Julius Migosi Ogamba (Education), Dr Andrew Muihia Karanja (Agriculture and Livestock Development), Eric Muriithi Muuga (Water, Sanitation and Irrigation) and Margaret Nyambura Ndung’u (Information, Communication and Digital Economy).

Ruto nominated former Garissa Town MP Aden Duale to take up the Defence docket and designated Soipan Tuya for Environment.

Editor's Desk

The Mt. Kenya Times



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NEWS IN BRIEF



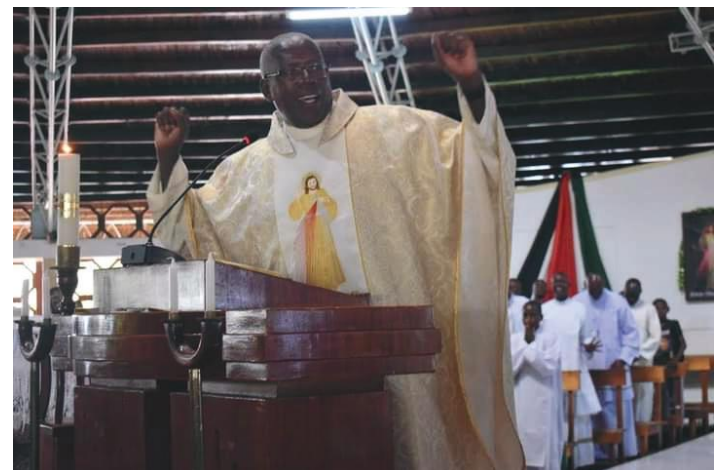
Journalists Johnson Mureithi from Kirinyaga (far right) and Macharia Mohammed from Embu (next) present a petition to Embu County Commissioner Jack Obuo after over 40 journalists from the two counties staged a peaceful demonstration to protest against police brutality. Yesterday, journalists from Embu and Kirinyaga counties joined their counterparts countrywide in holding a peaceful demonstration to protest against police brutality.



Nyeri County Commissioner Pius Murugu has assured journalists in the county of their safety and security during anti-government demonstrations. Murugu acknowledged the media's role in keeping the public informed and urged them to ensure proper identification. He emphasised the importance of wearing vests and displaying tags to distinguish them from protestors and criminal elements disguised as journalists. Murugu also reassured journalists of a cordial working relationship with the security team. As investigations into the violent anti-government protests in Karatina town continue, Murugu stated that the demonstrations, which left seven people injured, were politically instigated. The main motive is to loot and destroy property and taint the county's name. Murugu stated that the main goal of the protests was to loot businesses, and the authorities are focusing on those suspected financiers. The ultimate goal is to arrest those involved and identify the ring leader for action.



Nakuru County has begun drilling a borehole at Ndoswa area in Marioshoni Ward of Molo at a cost of Sh3 million to provide clean and safe water for over 2,000 residents. The development aims to eliminate the challenges faced by residents who often travel long distances to fetch clean water for domestic use and previously used shallow wells that were likely to be contaminated by pit latrines. Chief Officer for Water and Sanitation, Engineer Margaret Kinyanjui, stated that the new borehole will not only provide reliable access to clean drinking water but also reduce the burden on communities previously dependent on distant water sources. Once the project is completed in a week, residents will enjoy a constant supply of clean water free from contamination, allowing them to focus on other economic matters and improve their livelihoods.



Father Peter Kimani, a chaplain for the security forces, has urged Kenyan police to exercise restraint when handling Gen Z youth during protests. He emphasised that parents have a responsibility to discuss the consequences of their actions with their children. Kimani also urged Kenyan youths to listen to their parents and elders by not leaving their homes to go and destroy property during protests. He emphasised that the law should not be used to cause lawlessness and that everyone should be held accountable for their actions. The prayer service was held for various Kenyan agencies, including the Directorate of Criminal Investigations, Critical Infrastructure Police Unit, Kenya Forest Service, Kenya Wildlife Service, and National Youth Service. Homa Bay Deputy County Commissioner Charles Mwayaya called for adequate time for the government to address the issues raised by protesters and for the church to advocate for peace in the county.



The government is committed to advancing maritime education and training in the country through the construction of a state-of-the-art Maritime Survival Training and Certification Centre at the Bandari Maritime Academy (BMA). Professor Kinandu Muragu, Chair of the BMA Board of Directors, announced that the academy is expected to receive an enhanced allocation of Sh574 million, a significant increase from the Sh250 million received in the financial year 2023-2024. The project, which began on July 1st, 2024, and is set to be completed by December 31st, 2026, is designed to provide students with hands-on, realistic training experiences in areas such as navigation, marine engineering, and vessel management. The strategic plan, informed by the fourth MTP 2023-2027, the BETA agenda, Kenya Vision 2030, and the guidelines for the preparation of the fifth generation of strategic plans for ministries, departments, agencies, and counties (MDACs), aims to develop MET-relevant infrastructure, land-strengthening legal and partnership frameworks, sustainable revenue streams, competent skills for the maritime industry, and industry- and market-driven curricula.

Tharaka Nithi Leaders Backs President Ruto Ahead of Visit

By: MKT Reporter
@themkenyetimes

Tharaka Nithi Governor Muthomi Njuki has affirmed the county's strong support for President William Ruto and the Kenya Kwanza agenda, urging residents and leaders to stand firm and allow the government time to fulfill its election promises.

Governor Njuki emphasized the importance of patience, stating, "all that was promised in 2022 will be delivered. The government will treat these promises as debts to be paid. Elected leaders have some time left to honor their pledges or be ready to face the axe come 2027."

This statement came as President Ruto visits Tharaka Nithi today.

During his visit, the President is expected to inaugurate several key projects, including the Kibugua Health Center outpatient block, Marimanti Kenya Medical Training College, Maara Police Headquarters, Maara Huduma Centre, and NGCDF offices.

Additionally, he will commission the Kibung'a Kakimiki Water Project in Marimanti Ward, the Huduma



Tharaka Nithi County governor Muthomi Njuki after he officially commissioned the Medical Imaging Department at Kibung'a Level IV Hospital, Marimanti Ward which will reduce travel for diagnostic services and enable faster diagnosis and treatment for our people..

Centre, and the County Commissioner's office at Kathwana.

The President will also hand over the Kirumi Kiamunjari Irrigation Project to a new contractor.

Governor Njuki called for peace and calm during the president's visit, addressing rumours that some politicians had hired goons to disrupt the event.

"We have information that some

politicians have hired people to heckle certain politicians. When that happens, the President will assume the county is against his government, which will damage our relationship with him and paint a negative picture," he warned.

Njuki also criticized certain Members of County Assembly for inciting residents against county developments and urged leaders with

during commissioning of radiology department at Kibung'a Level Four Hospital in Tharaka constituency.

The County boss also opened Kajuki Vocational Centre in Igambang'ombe ward and launched heavy murruming of Kiracha -Gitogoto road in Magumoni ward.

Njuki said since his first term in 2017, the number of health facilities in the county has grown from 60 to 110.

He pledged to equip the new dispensary with laboratory equipment and hinted at future expansions, including a maternity wing and a dedicated ambulance for emergencies.

Further, the Governor announced plans to upgrade several hospitals—Kibugua, Mpukoni, Muthambi, Gatunga, and Kajuki—to Level 4, aiming to reduce patient influx at Chuka Hospital, which was recently upgraded to Level 5.

Deputy Governor Wilson Nyaga Muisrael, Speaker of the County Assembly John Mbabu, and other local leaders were also present at the event.

Ruto To Name AG Nominee After Reassigning Miano To Tourism

By: Bruhan Makong

President William Ruto has promised to name a new nominee for Attorney General "shortly" after reassigning his initial nominee Rebecca Miano to the Tourism docket.

Previously, Ruto had nominated Miano for the AG position in his first announcement, but her name was missing in Tuesday's communication to the Speaker of the National Assembly.

Ruto named the immediate former AG Justin Muturi who held position since September 2022 after the Kenya Kwanza Administration's ascension to power as the Cabinet Secretary for Public Service.

If okayed by Parliament, Muturi will take over from Moses Kuria who was kicked out of the position after Ruto dismissed his entire cab-



Rebecca Miano

inet and the AG following weeks of sustained protests that forced Ruto to drop the proposed Finance Bill 2024.

EAC Affairs CS unnamed
In the announcement made yesterday former Roads CS Kipchumba

Murkomen made a comeback as Cabinet nominee for Sports while his counterpart in the Tourism docket Alfred Mutua was nominated to the Labour Ministry.

The President has yet to name the Cabinet nominee for the East African Community, Arid and Semi-Arid Lands (ASALs) and Regional Development.

Commenting on the new nominees Ruto said he nominated the proposed Cabinet following consultations with "a broad spectrum of stakeholders from all sectors, levels and regions in order to constitute a broad-based government".

"In line with this undertaking, I will be forwarding additional names to Parliament for vetting prior to appointment based on the understanding of the Cabinet's essential role in driving the transformational agenda that makes Kenya a better, more just and more prosperous nation for all," Ruto said.

Once constituted, the president said the new Cabinet will steward the country's transformation agenda in providing effective and efficient public services, expanding opportunities for employment and wealth creation, and improve living standards of Kenyans.

"Our collective ambition is to turbocharge the performance of our economy to achieve our universal health coverage, which ensures that no one is left behind or impoverished on account of healthcare costs, offers an equitably funded education system which looks out for learners from vulnerable backgrounds and ensures that Kenyans from all walks of life live in safe and dignified housing, through our affordable housing programme," he said.

Kenya Kwanza's Struggles: Is The Dream Over?

By: Ndabari Njenga
@themkenyentimes

Worth Noting:

- Two years into the Kenya Kwanza regime, it is in troubled waters. What went wrong? Unkept Promises and Blatant Lies!!
- Trust levels are extremely low, and the restless youth want nothing to do with the presidency. Their utter refusal to join multi-sectoral reforms is a clear indication of the disdain they have for the government. Every promise has turned into a nightmare, and like in George Orwell's Animal Farm, the hustler government operatives have turned themselves into dynasties in a relatively short time, to the utter shock of hungry Kenyans.



The Kenya Kwanza administration

The Kenya Kwanza administration was brought to power by the hustler movement, capitalizing on high poverty levels among the populace. It painted itself as the messiah, promising a raft of measures to cure a nation that was teetering on the brink of economic apocalypse.

Led by the charismatic William Ruto, they made the hustlers believe in the Plan. The Plan; a blueprint to transform mama mboga and bodaboda riders from low-earning citizens to tech-savvy Nairobi Stock Exchange traders in their spare time.

It aimed to lower taxes on energy products to power national productivity, subsidize production (not consumption)

to make Kenya an industrial economy, elevate Kenya's global respect, and adhere to the rule of law without using security agencies for political expediency. However, it is now evident that the Plan is in total disarray.

Two years into the Kenya Kwanza regime, it is in troubled waters. What went wrong? Unkept Promises and Blatant Lies!!

Trust levels are extremely low, and the restless youth want nothing to do with the presidency. Their utter refusal to join multi-sectoral reforms is a clear indication of the disdain they have for the government. Every promise has turned into a nightmare, and like in

George Orwell's Animal Farm, the hustler government operatives have turned themselves into dynasties in a relatively short time, to the utter shock of hungry Kenyans.

President Ruto's government flagship projects have all run into trouble with the constitution, with the high court asking the government to realign them with the provisions of the supreme law.

This has thrown the government's pet projects into limbo halfway through the term.

The eminent end of government's darling project is plagued by non-repayment and massive corruption allegations. The Fund is running low at an

alarming rate.

In firing the cabinet, the nation expected a renewed start. However, by recycling his below-par ministers and appointing new faces that do not inspire confidence, the nation's morale has plummeted.

A new low by this regime is how it has handled protestors. In utter disregard for human life, the Kenya Kwanza regime has continued using security agencies to harm unarmed protestors, bringing untold suffering to many families and reawakening memories of the Moi dictatorship.

The president's formation of a broad-based government with members of the opposition, who are equally corrupt, only brings a sour taste to the citizens' mouths. Using old tactics to counter new challenges shows a government out of sync with current realities. The plan seems dead and the only option is survival politics.

The Kenyan populace is one step ahead of its government. Their unrelenting push for good governance, equity, and respect for human life is the bare minimum a government can give its citizens.

Responding with anger and high-handedness shows a government not in sync with current realities.

The crisis was a moment of rebirth, but indications show no child has been born yet. Instead, the old corrupted kid is being given a facelift by the midwife.

Will Kenyans take the bait, or is this the beginning of the end?

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Helping Children Balance School And Extra-Curricular Activities



By: Jerry Maosa
@themtkenyentimes

Extracurricular activities present a multitude of benefits to kids of all ages. They help burn off extra energy, offer an opportunity to socialize, enhance their emotional well-being, build character and confidence. These activities also provide a way of keeping the older children out of trouble and are an excellent means to help discover individual passions and pursue them.

Nowadays, more and more youngsters are involved in so many activities they don't seem to have time to relax and play with their friends.

On top of school and homework, many children also participate in



team sports, ballet, theatre, music lessons, and church activities.

Many parents look back on their childhoods with regret at the opportunities they never had and often vow to give more to their children. These good intentions often turn into childhood nightmares for kids who are overstretched, many of them will struggle to keep up with their school and extracurricular activity load. This leads to anxiety which in turn affects their mental health.

Here are a few ways that parents can help their children create a balance between school work and extracurricular activities.

Kids tend to do well when they have structure, and afterschool activities are a great way to get that. The key is to avoid overscheduling and to ensure that activities don't interfere with your child's life and that they have time for homework, play, friends and family and are able to get enough sleep.

Remember the activities are primarily for the child's enjoyment. Let them have fun as they participate in the activities even as they develop talents and passions and learn how to push themselves. Putting too much pressure on them to achieve or being over competitive takes the fun from the activities and stresses the child.

How many activities are enough? There's no magic number of activities. For some kids, even one intense activity like sports or theater might

turn out to be too many. Other kids can handle several without getting stressed. Understanding your child well enables you to know their limits and advise them accordingly.

Another downside to signing children up for too many activities is that if kids spread themselves too thin, they might not be able to improve their skills in any specific activity, which can be hard on their confidence. Help them assess the ones that they are good at and drop the ones that are just taking up time.

Whereas extracurricular activities like music, arts, and sports can play an important role in your child's development, too many activities might overwhelm the child. Talking openly to your child will help you to know if they are struggling and you can agree on which activities to keep and which can be removed.

Consider allowing your child time for self-directed activities. Independent work time is important as it gives kids a place to think for themselves, be creative and access their own internal resources. This is flexible as it is not scheduled and the child can use any extra time they may have

Explosion At Mandera Hotel Leaves Five Civilians Seriously Injured

By: MKT Reporter
@themtkenyentimes

Five civilians are nursing serious injuries following an explosion that occurred at a hotel in Mandera County yesterday.

Mandera County Police Commander Samuel Mutunga confirmed the incident, which took place around midday.

According to Mutunga, the attacker placed a paper bag containing an improvised explosive device (IED) outside the hotel.

The suspicious package was noticed by hotel workers shortly before it exploded, injuring five individuals, including some passersby.

The injured were promptly rushed to Mandera Referral Hospital for treatment.

The Police Commander assured res-

idents of their safety and pledged to continue the investigation until the perpetrators are brought to justice.

"We are committed to ensuring the safety of our community and will not rest until those responsible are held accountable," he stated.

Mandera County has experienced several attacks this year, raising concerns about threat surveillance and response capabilities.

In April, a donkey-borne IED placed outside an administration police camp in Elwak, Mandera County, claimed 12 lives and left several others injured



Ruto Co-Opts ODM Into Govt Naming Joho, Oparanya, Mbadi In Cabinet

By: Our Reporter
@themkenyatimes

President William Ruto has included members of the Opposition in his government, appointing key figures from the Orange Democratic Movement (ODM) to the Cabinet in an effort to form a broad-based administration.

President Ruto nominated ODM Chairman John Mbadi as the new Treasury Cabinet Secretary and appointed Minority Leader Opiyo Wandayi as the Energy Cabinet Secretary.

The nominations come after weeks of street protests by the GenZ youths who demanded an overhaul of the government citing rampant corruption and mismanagement of resources.

Additionally, former Mombasa Governor Hassan Joho has been named the new Mining Cabinet Secretary, while Wycliffe Oparanya is set to become the Cooperatives Development Minister.

The appointments also include Salim Mvurya as the new Investment and Trade Cabinet Secretary.

Kipchumba Murkomen has been nominated to lead the Youth Affairs and Sports Ministry, and former Attorney General Justin Muturi is set to head the Public Service Ministry.

Rebecca Miano, initially nominated to replace Muturi as Attorney General, has been reassigned to the Tourism and Wildlife Ministry.

President Ruto also nominated Stella Lagat to lead the Gender, Arts, and Heritage Ministry.

“I will be making more nominations in the coming days to fill the remaining slots,” President Ruto stated.

Last week, the president nominated 11 Cabinet members including Prof Kithure Kindiki (Interior and National Administration), Alice Wamohi (Lands, Public Works, Urban Development and Housing), Climate Change and Forestry) and Davis Chirchir (Roads and Transport).

He had retained Aden Duale in the Defence ministry and Soipan Tuya in the Environment ministry but swapped them on Tuesday.

Rebecca Miano who had been nominated as the Attorney-General to replace Muturi was yesterday reassigned to the Tourism Ministry.

The new faces nominated to Cabinet are Dr Debra Mulongo Barasa (Health), Julius Migosi Ogamba (Education), Dr Andrew Mwhia Karanja (Agriculture and Livestock Development), Mr Eric Muriithi Muuga (Water, Sanitation and Irrigation) and Margaret Nyambura Ndung’u (Information, Communication and Digital Economy).

“During this time, the country has engaged in a difficult public conversation, providing an opportunity to reflect on the relationship between fundamental rights and democratic freedoms, our collective aspirations for prosperity and efforts to secure opportunities for all, and the imperative to advance the security of the State,” said President Ruto.



Please Save My Life, Save My Land, A Kigumo Constituent Cries To The Government

By: Gitau Kung'u
@themkenyatimes

Land ownership has been a major cause of disputes that have escalated to even loss of life. In Murang'a County, for instance cases have been in rise of siblings killing each other over land inheritance. Many of these unfortunate endings have resulted after years, decades of pending court cases.

In Marumi Sub-location, Kigumo Constituency, an elderly man and his family are under serious threat after his three younger brothers broke into his compound and started wreaking havoc, adamant to evict him and his family.

“My younger brothers threaten me over this little piece of land. Together with their hired goons, they have destroyed my crops, the cowshed and I'm now going to my neighbour's toi-

let because they brought it down, as you can see!” Mr Chege cries.

The family 4.1 acre land dispute started around seven years ago. It all started when the existing land administrator, Mr. Peter Chege Kariuki aka Wa Joram stopped his three younger brothers from denying a rightful share of the land to their deceased brother's daughters, Ms Nancy Wanjirũ and Ms Esther Waitherero.

The trio was arguing that the daughters were not entitled to any share of their late father's land, citing that they were married. However, Ms Esther had long divorced.

The three brothers secretly colluded and got a title deed for the disputed 4.1 acres of land. They went ahead to arrive to a date when a government land surveyor would come to subdivide the land. All this happened without acknowledging the rightful land administrator.

Now, the 72 years old victim of now sibling rivalry escalated over land

cries to Murang'a County government to come to his aid.

The brothers have ignored court orders, including from Murang'a High Court. They are adamant to oppress their firstborn sibling.

“They forced me to sign on documents but they will only have the land over my dead body. I have even engaged the Kirere Location Chief but he has done nothing to protect me,” Mr Chege claims.

Efforts to reach the area chief were futile but a village elder from the area had this to comment, “I'm sad about this and I have done what I must to ensure justice. I delivered the court order to stop the wayward brothers from contravening the law. However, my will to help has been undermined by forces powerful to my position. I want justice for Wa Joram's family.” Mr Job Warui says.



Three younger brothers broke into his compound and started wreaking havoc

Divine Empowerment Pt 1



By: Eric Musa

EMEA.ericmusa@gmail.com

Divine empowerment is letting, or allowing God to enable you beyond your capabilities. It is asking God to strengthen you and having the relegation of tapping into the supernatural(yielding and connecting to it). There are cases where spiritual babies tap into this, and long standing Christian who fail to tap into the supernatural. You should have hunger, and God is faithful to fulfil the heart's desire.

I have come to know: "To grow and mature spiritually and to connect to the supernatural are two different things!" Our Key scripture is, "Seek the Lord and His strength; yearn for and seek His face and to be in His presence continually! (1 Chronicles 16:11)." It is one thing to seek the Lord, and another thing His strength(

empowerment). Seek His strength is what enable us operate in the supernatural. The Scripture says, "God has given us great promises, that we may share in the divine nature." He gave us the power to become His children, He says, "we are gods." There are hearts which needs to be cultivated to host God's presence, and the Scripture describes, "a contrite and a broken heart, the Lord can NOT despise."

We are spiritual beings living in physical bodies, and because God is Spirit(John 4:23) you can partner with Him for empowerment. Consider John 14:23: " Jesus replied, " If anyone loves me, he will obey my teaching. My Father will love him, and we will come to Him and make our home with him." This is a promise that you can host God in your life. When this happens there is divine speed(wepesi) of the things you engage in. We see this in the life of Moses(Exodus 34:28), Elijah (1 Kings 18:46, 1 King 19:8), Paul(Colossians 1:29 " To this end I labor will ALL HIS ENERGY, which so POWERFULLY WORKS in me").

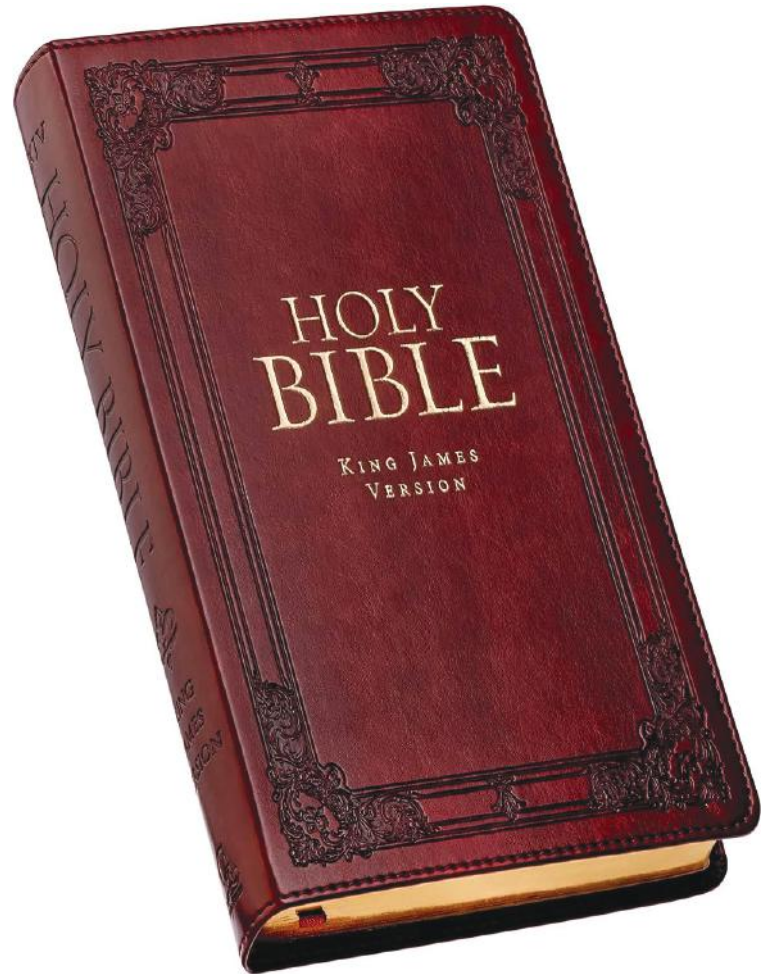
" The flesh profiteth nothing, but the spirit empowers."

TO GOD BE THE GLORY, HALELUJAH.

Reference: Apostle William Kimani(Kenya)

Evangelist Eric Musa:

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



The Mt. Kenya Times



Gen-Z Ought To Know Ruto Is Not The First President To Face IMF Conditionalities



By: Joseph Mutua Ndonga
mutuandonga@yahoo.com



Worth Noting:

- The writing was already on wall that the President was uncomfortable with several things that were happening in the country.
- To avoid a political back rash, he knew that he needed to undertake some of these reforms with caution.
- A case in point is the push to remove Agriculture Cabinet Secretary Mithika Linturi.
- Despite his name being adversely mentioned in procurement and supply of the fake fertilizer, he survived bid to oust him through impeachment.
- This is because the MPs from Mount Kenya region blindly rallied behind him. For them, the issue of integrity and other qualities of a good leader will not matter. Mr. Linturi is one of our own. So we cannot abandon him in this hour of need.



President William Ruto

During their protests I heard the Generation-Z accusing President William Ruto of succumbing to pressure from International Monetary Fund (IMF).

They would allege that the country was being run by Britton Wood institutions. In trying to justify the claims, they would cite Finance Bill 2024 claiming that it had drafted by IMF.

Gen-Z and their sponsors would further want Kenyans to believe that this is the first time that the IMF is interfering with internal affairs of this country.

I disagree. The successive governments of independent Kenya had been grappling with similar conditions.

During their respective tenures, Presidents Daniel Arap Moi, Mwai Kibaki and Uhuru Kenyatta faced public back-rashes.

This was because of insisting they had no option other than to implement the conditions set out by the IMF.

Though the same case is happening today, President Ruto has been assuring Kenyans that his main goal was to safeguard their interest.

Therefore, we are not going to embrace these conditionalities blindly.

We will only implement the reforms that are well spelt out in terms of uplifting the living standards of our people.

It is worth to note that Kenya is not the only country having engagements with IMF.

The IMF is a global financial body. Therefore, It engage all countries across the world including developed nations

For me, GenZ protests were a blessing in disguise for President William Ruto.

The writing was already on wall that the President was uncomfortable with several things that were happening in the country.

To avoid a political back rash, he knew that he needed to undertake some of these reforms with caution.

A case in point is the push to remove Agriculture Cabinet Secretary Mithika Linturi.

Despite his name being adversely mentioned in procurement and supply of the fake fertilizer, he survived bid to oust him through impeachment.

This is because the MPs from Mount Kenya region blindly rallied behind him.

For them, the issue of integrity and other qualities of a good leader will not matter.

Mr Linturi is one of our own. So we cannot abandon him in this hour of need.

This is the reasoning even in other parts of the country.

You would hear elected leaders defending top government officials who hails from their tribe and region.

So, the Gen-Z protests were timely trigger. Going by his latest pronouncements, President Ruto is committed to address this recurring problem.

In the initial stages the protests were peaceful. The President was happy to see young people coming out in big numbers to speak their mind. He in particular admired these protests because they were tribe less and party less.

Their message is clear. Kenya belongs to all of us. As your President, I have been reiterating this. So, when he dissolved the entire cabinet, he minced no word in stating.

The new-look cabinet will be broad based, all-inclusive and one that will help him to fulfill a raft of pre-election promises. He has lived to his word.

Unlike his predecessors, President Ruto is running the country in the era of advanced digital technology. This explains why the mobilization of Gen-Z protesters happened very fast. As President Ruto noted, the issue of youth bulge also came into play.

On IMF prescriptions, there was no doubt that he was opposed to some of them.

His decision to reject the Finance Bill 2024 was a bold move.

On reconstitution of his cabinet, the President had earlier read several riot acts to his cabinet secretaries (CSs).

In the eyes of the public, your performance is below expectation.

Some of you are totally clueless about what you are supposed to do.

I even know more than you regarding the mandate of your respective ministries.

So, I don't see the point of having you in my cabinet.

With this, the President had drawn the line and it was only a matter of time before the he cracked the whip and sent them home.

As per the constitution, the prerogative to hire and fire members of the cabinet lies squarely with the President. The role bestowed on them is delegated. The President is the CEO of Kenya and he hires them to help him discharge the constitutional mandate of his office.

Since he assumed office, the President curves a niche of being a strong believer in the tenet of democracy and rule of law.

Already, the talk is rife that he is poised to form a government of national unity. If this happen, President Ruto will follow the footsteps of former President Mwai Kibaki.

In the aftermath of 2007/2008 post election violence, Kibaki caved in to pressure and agreed to form a unity government with ODM leader Raila Odinga.

The only difference at the time was that the pressure came from the international community.

For President Ruto, he has so far managed to use his wisdom to contain pock-

ets of violence and prevent Kenya from sliding into a full blown anarchy.

The other key demand raised by Generation-Z and millennials touched on reconstitution of the Independent Electoral and Boundaries Commission (IEBC).

A few days ago, the President signed the IEBC Bill into law paving the way for the recruitment of the commissioners.

The Bill emanated from the talks held at the Bomas of Kenya.

The 10-member national dialogue committee (NADCO) was co-chaired by national assembly majority leader Kimani Ichungwah and Wiper leader Kalonzo Musyoka.

The President was flanked opposition leaders led by Raila Odinga during the signing ceremony held at KICC.

The new law to reform the IEBC is a product of the views and memoranda presented by the people of Kenya during the public hearings.

So, we have no reason to doubt that this process will lead to formation of a truly independent commission.

We want to assure Kenyans that the commissioners will conduct a free, fair and credible polls in 2027, the opposition leaders reiterated.

I have heard some members of Gen-Z expressing reservations to the steps that President Ruto has so far made.

A friend of mine told me. Those were extremists who had coined a Hastag of 'RutoMustGoNow'.

We know their ultimate goal was to attempt to overthrow President Ruto through popular uprisings.

So, they won't see anything good that the President was doing.

Why their bid won't see the light of day? Majority of Kenyans abhor use of unconstitutional means to remove a democratically government from power.

It is worth to note the protests were triggered by Finance Bill 2024.

After Gen-Z failed to stop MPs from passing the Bill they turned the heat on the President. The President conceded and declined to sign the Bill into law. Besides, he rolled out a raft of austerity measures.

But some of the young leaders, who were perceived to be hardliners, would not call off protests.

For two days, the protests were infiltrated by goons and criminal gangs. The turnout was however low.

As majority of young leaders distanced themselves from these protests, they would pose. These criminal minded protestors, what were they up to?

The President has already conceded. We are contented.

He is our President until 2027 general election. In these elections, we will either renew his contract of five years or terminate it.

Joseph Mutua Ndonga is a Writer and Political Analyst based in Nairobi

Omudho's Rise Top Project Manager Position



By: Peter Aowa
@themtkenyetimes

Worth Noting:

- Omudho highlighted that growing up in such circumstances not only motivated him to strive harder but also inspired him to provide solace to vulnerable individuals in society.
- Founded in May 2024, the Ko'mudho foundation has already constructed three homes for needy families and is currently sponsoring six students in various secondary schools across Siaya County.
- "We have started with basic projects and are working towards larger initiatives," Omudho stated, expressing optimism about future endeavors.
- A former student of Hono Secondary School, Omudho acknowledged that limited funds pose a significant challenge to their foundation's ambitions but remains hopeful about securing substantial support in the coming months.



Ko'mudho: Childhood Experience Moves Musician to Start a Charity Foundation.

Pius Omudho was driven by his childhood experiences to establish a charity foundation aimed at improving the lives of his community members.

Currently, the project manager at Malaika music Malaika Music Band, Omudho shared his life journey in an exclusive interview with our writer.

"It has always been my dream to assist the less fortunate. I recall my humble beginnings vividly. We often went without food, and none of my family members had a stable income," he recounted.

Omudho highlighted that growing up in such circumstances not only motivated him to strive harder but also inspired him to provide solace to vulnerable individuals in society.

Founded in May 2024, the Ko'mudho foundation has already constructed three homes for needy families and is currently sponsoring six students in various secondary schools across Siaya County.

"We have started with basic projects and are working towards larger initiatives," Omudho stated, expressing

optimism about future endeavors.

A former student of Hono Secondary School, Omudho acknowledged that limited funds pose a significant challenge to their foundation's ambitions but remains hopeful about securing substantial support in the coming months.

"The foundation is primarily funded by myself and a few dedicated friends. I am committed to sharing whatever resources I have with the vulnerable," he affirmed, crediting his supporters for their unwavering commitment since the foundation's inception.

The youngest of nine siblings, Omudho firmly believes in the importance of serving humanity and remains steadfast in his charitable pursuits.

Before founding the Ko'mudho Foundation, Omudho collaborated with Endless Mountains Medical International, a U.S.-based organization that conducted free medical camps in his region. This year, the program will run under Ko'mudho Foundation

Drawing from his success in the music industry, he understands the value of nurturing talent.

"As a musician, my income comes

solely from music. I recognize the importance of nurturing talent and aim to establish an academy to support local talents, an area that has been neglected," Omudho explained.

His philanthropic efforts have garnered local recognition, with many urging him to consider a political career.

"Many locals have urged me to run for political office due to the challenges they face. I am seriously considering this call," he revealed.

Omudho emphasized the need for effective leadership, especially at the grassroots level, where promises made during campaigns often go unfulfilled.

"The issues shared with our foundation by locals—such as lack of school fees and inability to afford medical expenses—are fundamental. Addressing these requires accountable leadership," he stressed.

Currently pursuing a Diploma in Business Administration and Management at Daystar University, Omudho has announced his intention to vie for the MCA seat in North Alego Ward during the 2027 general elections.

"Driven by the encouragement of friends and the community, I am dedicated to representing them at the Siaya County Assembly," he affirmed.

He looks forward to collaborating with like-minded individuals and organizations to uplift the lives of vulnerable people in North Alego.



Photo whose description is within the article.

Aga Khan University In Global Top 100 List For Advancing SDGs

By: John Kariuki
@themtkenyatimes

The Aga Khan University (AKU) has been ranked in the top 5 per cent of higher education institutions globally for SDG 3 ‘Good Health and Well-Being’, according to the Times Higher Education (THE) 2024 Impact Rankings.

AKU is placed at an impressive 55th position out of 1,498 institutions worldwide.

The university has been acknowledged for its overall contributions to research, education, and health services.

AKU researchers publish extensively on various SDGs, with a strong focus on SDG 3 (Good Health and Well-being).

The University scored highly in three categories: research, number of students graduating in health-related areas and collaboration with health services. According to a bibliometric analysis by AKU, SDG 3 received the



The Aga Khan University.

highest attention from faculty with over 2,500 publications between 2017 and 2023.

Sustainable Development Goals have been integrated across the University through inclusion of optional education modules such as SDG courses offered at the Institute for Global Health and Development, Institute

for Educational Development, and inclusion of SDGs in the postgraduate curriculum at the School of Nursing and Midwifery. AKU also supports national government policies and curriculum development.

Other prominent scholarly contributions are to SDG 2 (Zero Hunger) and SDG 10 (Reduced Inequalities).

“The global relevance of AKU scholarship is further demonstrated by the fact that nearly 80 percent of faculty publications in 2022 were aligned with the United Nations Sustainable Development Goals,” said Dr Salim Virani, AKU Vice Provost, Research in a statement in the University’s Research Magazine.

“If we examine the past, we see that research at AKU has grown rapidly in volume, quality, diversity, recognition, impact and reach. If we examine the present, it is clear that the University’s research capacity is impressive, especially given its youth compared to many universities and the fact that it operates in resource-limited environments.”

AKU is dedicated to fostering future leaders who are equipped to tackle multidimensional challenges. Through its academic programmes, the University encourages creative and critical responses to development issues, preparing students to make meaningful contributions to their communities and beyond.

As part of the Aga Khan Development Network (AKDN), AKU works closely with the Aga Khan Health Services to advance the goal of health for all in the regions it serves.

AKU’s ranking in SDG 3 mirrors the ranking in 2022, showing the University’s commitment to excellence, quality, and health care, which is now recognised globally.

Experts Recommended Use Of Herbicides For Higher Yields

By: MKT Correspondent
@themtkenyatimes

Agriculture experts are urging Kenyan farmers to adopt chemical farming as a viable alternative to traditional weeding methods.

Maize, a staple food in Sub-Saharan Africa, has the lowest yield worldwide, averaging only 1.5 metric tonnes per hectare.

Maize farmers face challenges such as weed infestations, insect attacks, and disease pathogens. Chemical farming can effectively manage these challenges.

In Kenya, hand weeding is the most common method used by small-scale maize farmers, but labour shortages during the early stages can lead to delayed weeding, resulting in significant losses. Prolonged weed competition can cause even higher losses.

The adoption of chemical farming has been slow among small-scale farmers due to ignorance and a lack of awareness about the availability

of affordable herbicides.

Pamela Odhiambo, a small-scale maize farmer in Suna East, Migori County, attributes this slow adoption to ignorance and a lack of awareness about the availability of affordable herbicides.

According to the International Maize and Wheat Improvement Centre (CIMMYT), effective weed control through herbicides can have significant benefits, such as improving maize yield.

Herbicides suppress weed competition, allowing maize plants to access vital nutrients, water, and sunlight, leading to healthier and more productive crops.

They also offer time- and labour-saving advantages, allowing farmers to focus on other essential farming activities.

By embracing chemical farming, farmers in Migori can enhance their agricultural practices and optimise maize production.



Ramadan Is Here, Friends



Thank you it's raining.
Open your hands and pray quickly,
Ramadan is here, Friends.

Cleanse your heart right now,
Gina – no power left.
Forgive each other
Ramadan is here, Friends.

Bobonazarova Gulzoda Alisherovna was born on June 15, 2002 in the Gurlan district of the Khorezm region. She currently resides in the Khorezm region and is studying philology and languages at Urgench State University, majoring in Uzbek language. She is an active member of the All India Council for Technical Skill Development and serves as a Global Education Ambassador. Her scientific and journalistic articles have been published in several Russian journals and she has also participated in international scientific forums, earning more than 5 international certificates. She is a member of the International the Love of Mother Teresa organization and the "Juntos Por las Letras" writers association in Argentina. She has a special interest in literature and poetry, and has published several poems. She is currently conducting scientific research in the field of literature and is particularly interested in classical literature.

How many hearts miss
Patiently waiting
Making everyone happy
Ramadan is here, Friends.

This month is the season of purification,
Time to have fun,
A time of mercy
Ramadan is here, Friends.

This month is from the sky,

Summary



Night fell in my hut
It didn't leave my body
A time when my heart was crushed

From this day I learned the value of time,
Eyes wide open today,
I used even the night
The knot that bound it was not resolved.

The end is invisible
Time is still running out

Time flies without looking back
Rushing like a man without passion
Without combing his loose hair
He runs too fast

Taking a day of childhood
I don't know where it went?
Put it in a bag called life
Goes along the beach

I called again and again, but
He didn't even turn around.
A big problem in the heart,
He quickly got on a horse and ran away

Light's eyes grew dim

Mashhura Ahmadjonova was born on October 25, 1999 in Uychi district of Namangan region. The winner of the 2nd place in the regional stage of the "Most Active Reader" Republican competition. Member of the Indian organization "All India Council for Technical Skill Development", the Argentinean organization "Juntos por las letras"

Four Seasons

My Identity



In which note, in which rhythm
Actually, in whose hands is it?

My imagination is confused because I
can't understand myself
Dreams seem to be connected to the
universe
My feelings seem to be in the silence
The sea is floating in my mind.

Ex these dreams invite sadness
What he wants, what he wants
The fire burning my heart
When does it sound, when does it stop?

Ruziyeva Sevinch

Born in 2007 in Surkhandarya region

Please excuse me for a moment
How the time flies
In my mind or apart from me
How am I feeding the world?

As I think, my dreams are far away
The winds blow and play the notes



There is no hot time like summer
The fruits are overripe
Melon, watermelon, peach
Young people love them.

As soon As autumn comes
Leaves also fall
Resistance to golden autumn
We really like it.

We know the silver winter
Everyone loves it
It is snowing all around
Everywhere is white.

Dilmurodova Dilnura Jamshidovna was born on October 17, 2013 in Kogon district of Bukhara region. He is a student of the 4th grade of the 1st school in the Kogon district of the Bukhara region. He has successfully completed the 4th grade and is currently on vacation. He reads books in his spare time. Poems "Four seasons" and "Bahor" were published in Bukharai Sharif "newspaper. Its ultimate goal is to introduce Uzbekistan to the world and achieve its future dreams

All seasons are great too
I really like it
They come one after another
It makes us happy.

Spring comes trees
Flower buds open
The surroundings are green
Covered with grass.

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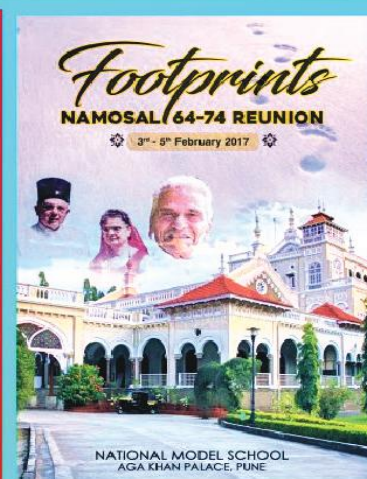
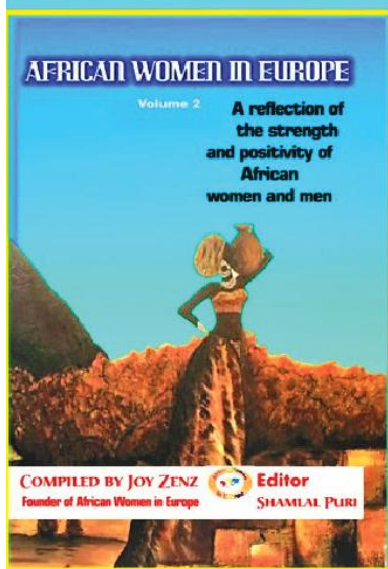
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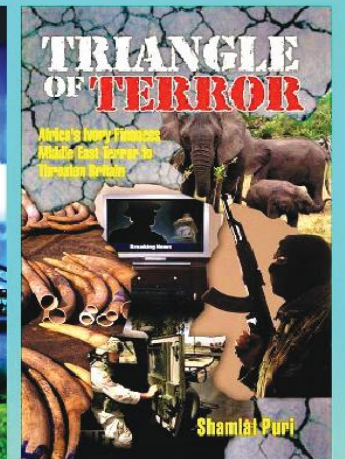
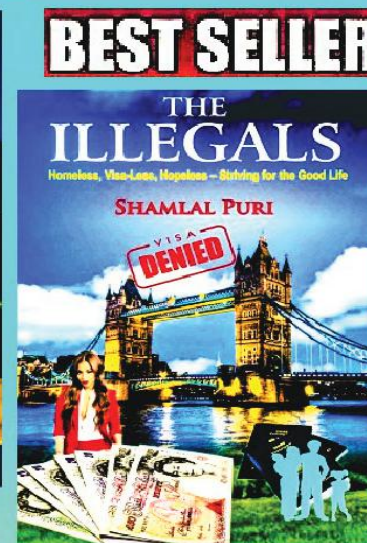
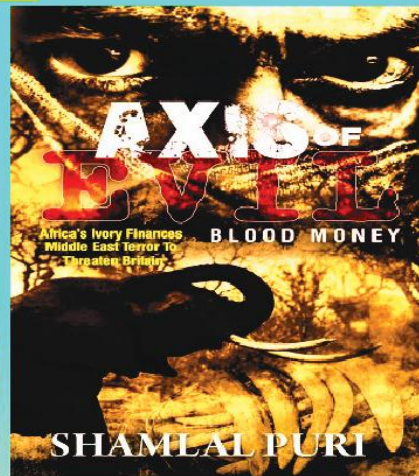
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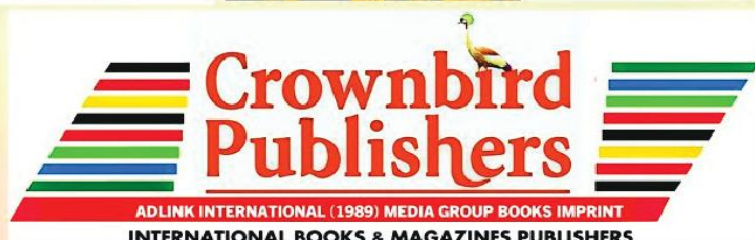
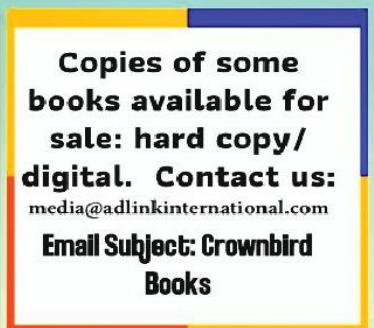
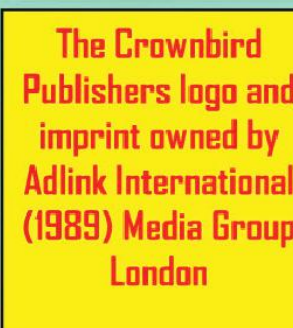
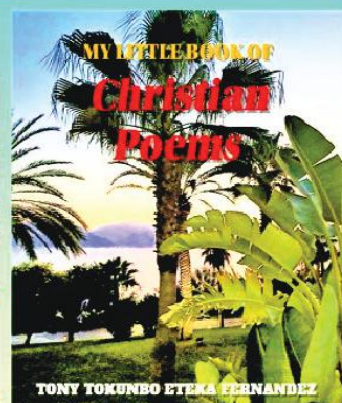
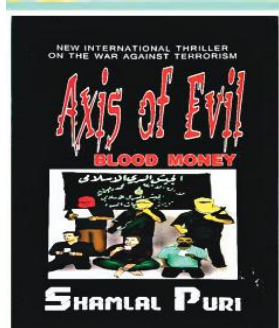
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The Senate Passes Motion Addressing Protesters' Concerns

By: PSCU



Worth Noting:

- Additionally, the House resolved that Parliament should implement guidelines to actualize Article 37 of the Constitution, ensuring citizens enjoy the right to picket without resulting in loss of life or property.
- It directed several Select Committees to engage relevant stakeholders, including the public, on pressing issues. The Standing Committee on Finance and Budget was tasked with auditing the national debt in consultation with the Parliamentary Budget Office and present the actual status to Parliament.
- The committee was also asked to engage the National Treasury to submit a roadmap on its strategy to reduce public debt to not more than 55% of the Gross Domestic Product (GDP) in present value terms, as per Section 50 (2) (c) of the Public Finance Management Act.

The Senate has passed a Motion that will help initiate a national conversation and foster an amiable environment following protests witnessed across the country over the last five weeks.

In the resolutions, the Senate called for the National Police Service (NPS) to acknowledge and apologize for all deaths resulting from peaceful demonstrations. The Senate also demanded compensation for all victims of police brutality related to peaceful protests between 2023 and 2024 by the Government of the Republic of Kenya.

Senators argued that the steps were essential in restoring trust between the public and law enforcement.

The lawmakers called on the NPS to extend amnesty to all peaceful protesters unlawfully detained during these demonstrations, urging the Director of Public Prosecutions to withdraw all cases in court involving peaceful protestors against the Finance Bill.

To ensure accountability, the Senate called upon the Independent Police Oversight Authority (IPOA) to investigate and recommend appropriate action against police officers found culpable of using excessive force against peaceful protestors.

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guidelines to actualize Article 37 of the Constitution, ensuring citizens enjoy the right to picket without resulting in loss of life or property.

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The Standing Committee on Justice, Legal Affairs and Human Rights was tasked to repeal sections 2 and 12 (a) of the National Government Administration Laws (Amendment) Act, which established the position of Chief Administrative Secretaries. In addition, it was directed to introduce legislation to cap the number of Principal Secretaries appointed pursuant to Article 155 of the Constitution of Kenya and establish a legal mechanism for merging parastatals and state agencies with duplicate functions to achieve a lean

government.

On security sector reforms, the Standing Committee on National Security, Defence and Foreign Affairs was tasked to engage with the National Police Service on matters of security and standard operating procedures for handling demonstrations.

It was also tasked with ensuring compensation for all persons whose property was damaged or lost due to the demonstrations and fast-tracking insurance compensation to police officers who lost their lives or suffered injuries as a result of the protests.

To combat corruption, the Standing Committee on Justice, Legal Affairs and Human Rights was directed to engage the Ethics and Anti-Corruption Commission (EACC) to scale up efforts to address corruption, especially in county governments.

The Standing Committee on National Cohesion, Equal Opportunity and Regional Integration was tasked to audit employment in the public service, including county governments, and propose strategies to ensure meritocracy, equality and equity of opportunities.

The Senators also prioritised effective public participation and stakeholder engagement in their resolution.

The Standing Committee on Jus-

tice, Legal Affairs and Human Rights will implement mechanisms ensuring broader citizen concerns, especially from the youth, were considered in public affairs decisions with integration of "new media" as a medium for public participation in legislative processes.

With regards to Health sector reforms that were termed 'urgent', the Standing Committee on Health was asked to expedite public participation in re-enacting the Social Health Insurance Act, the Digital Health Act and the Primary Health Care Act, in compliance with a High Court judgement.

Furthermore, the Standing Committee on Education was directed to address concerns regarding Junior Secondary School (JSS) education, the new funding model for university education, and the Competence-Based Curriculum. The committee is expected to report their findings and recommendations to the Senate within 30 days.

According to the legislators, the resolutions marked the Senate's commitment to healing a fractured nation, fostering dialogue and implementing reforms to ensure justice, equity and prosperity for all Kenyans.

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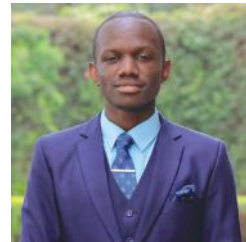
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The Dark Shadow Of Authority: Unmasking Police Brutality And State-Sanctioned Terror In Kenya

“Power is the ability not just to tell the story of another person, but to make it the definitive story of that person.” - Ngugi wa Thiong’o



By: Odhiambo Jerameel Kevins Owuor
@themkenyetimes



Police Brutality And State-Sanctioned Terror In Kenya.

Worth Noting:

- The transformation of the National Police Service from a force dedicated to serving and protecting the public to one that appears to prioritize the interests of the political elite represents a profound betrayal of the trust placed in it by the Kenyan people.
- This shift in focus, from safeguarding the rights and freedoms of all citizens to becoming an instrument of oppression wielded by those in power, strikes at the very heart of Kenya’s democratic aspirations.
- The use of police resources to cow and intimidate those who dare to speak out against government policies or expose corruption is a clear violation of the principles of freedom of expression and association enshrined in the Kenyan Constitution.

A dark and sinister chapter is unfolding in Kenya, one that threatens to cast a long shadow over the nation’s hard-won democracy and the fundamental rights of its citizens. The recent abduction of veteran journalist Macharia Gaiitho serves as a chilling reminder of the insidious nature of state-sponsored violence and the erosion of civil liberties in a country that once stood as a beacon of hope in East Africa. This heinous act, perpetrated by those sworn to protect and serve, is not an isolated incident but rather a manifestation of a deeply entrenched culture of impunity within the National Police Service. The abduction of Gaiitho, a respected voice in Kenyan journalism, represents a flagrant violation of press freedom and a direct assault on the pillars of democracy that countless Kenyans have fought and died to establish and preserve. It is a stark reminder that the journey towards true democracy and the rule of law is far from complete, and that vigilance must be maintained lest the hard-won gains of the past be swept away in a tide of authoritarianism and state-sanctioned terror.

The abduction of Macharia Gaiitho is but the latest in a long and troubling series of incidents that have seen Kenyan citizens forcibly disappeared, their fates unknown and their families left to grapple with unimaginable anguish and uncertainty. These abductions, carried out with a chilling efficiency that speaks to their system-

atic nature, represent a grave threat to the very fabric of Kenyan society and the principles enshrined in its constitution. The methods employed in these abductions are nothing short of barbaric, with victims often subjected to physical and psychological torture that violates not only Kenyan law but also international human rights conventions to which Kenya is a signatory. The use of such inhumane tactics by those entrusted with upholding the law is a damning indictment of the state of law enforcement in Kenya and raises serious questions about the values and priorities of those in positions of power. It is a stark reminder that the legacy of colonial-era policing, with its emphasis on control and subjugation rather than service and protection, continues to cast a long shadow over Kenya’s law enforcement institutions.

The transformation of the National Police Service from a force dedicated to serving and protecting the public to one that appears to prioritize the interests of the political elite represents a profound betrayal of the trust placed in it by the Kenyan people. This shift in focus, from safeguarding the rights and freedoms of all citizens to becoming an instrument of oppression wielded by those in power, strikes at the very heart of Kenya’s democratic aspirations. The use of police resources to cow and intimidate those who dare to speak out against government policies or expose corruption is

a clear violation of the principles of freedom of expression and association enshrined in the Kenyan Constitution. It represents a dangerous slide towards authoritarianism, where dissent is silenced not through the force of argument but through the argument of force. This perversion of the police’s mandate raises troubling questions about the future of democracy in Kenya and the ability of citizens to hold their government accountable without fear of reprisal.

In a nation where the specter of extrajudicial killings looms large, the question of safety becomes paramount. Who, indeed, can Kenyans turn to when those tasked with their protection become the very source of their fear? The grim reality that some of those abducted in a manner similar to Gaiitho have been found dead speaks volumes about the extent to which the rule of law has been eroded in Kenya. These deaths, often shrouded in mystery and met with official indifference or obstruction, represent not just individual tragedies but a collective trauma inflicted upon the Kenyan people. They serve as a stark reminder of the vulnerability of citizens in the face of unchecked state power and the urgent need for comprehensive reform of Kenya’s law enforcement and justice systems. The fact that such atrocities can occur with apparent impunity is a damning indictment of the current state of accountability within the National Po-

lice Service and the broader government apparatus.

The actions of the National Police Service in these abductions and extrajudicial killings stand in stark contradiction to the letter and spirit of the Kenyan Constitution, as well as numerous statutes designed to protect the rights and freedoms of citizens. Article 29 of the Constitution explicitly guarantees every person the right to freedom and security of the person, including the right not to be subjected to torture in any manner, whether physical or psychological. The systematic violation of these rights by the very institution charged with upholding the law represents a constitutional crisis of the highest order. Furthermore, Kenya’s ratification of international human rights treaties, such as the International Covenant on Civil and Political Rights and the Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment, places a legal obligation on the state to prevent and punish such acts. The failure to do so not only undermines Kenya’s standing in the international community but also betrays the trust placed in the government by its citizens.

The need for a comprehensive overhaul of the National Police Service has never been more urgent or apparent. The current state of affairs, where the police force appears to operate as an extension of political power rather than as an independent institution dedicated to serving the public, is untenable in a democratic society. This reform must go beyond superficial changes and address the deep-rooted cultural and structural issues that have allowed human rights abuses to become endemic within the force. It requires a fundamental reimagining of the role of law enforcement in Kenyan society, one that prioritizes professionalism, dignity, and service to the community over loyalty to political masters. This transformation must be underpinned by robust accountability mechanisms, including an independent oversight body with the power to investigate and prosecute officers involved in human rights abuses. Only through such radical reform can the National Police Service hope to regain the trust and respect of

LETTERS TO THE EDITOR



The Imperative of Prioritizing Essential Sectors Amid Budget Cuts



By: Deborah Monari
@themtkenyatimes

The recent rejection of the finance bill in Kenya has necessitated propositions for budget cuts across all sec-

tors to ensure the continued functioning of essential services. While this move is understandable, it is crucial for the government to recognize that some sectors must take precedence over others. Healthcare, education, and agriculture are an example of areas where quality and service provision cannot be compromised. Kenya's healthcare system in particular is still striving to achieve standard levels of accessibility and affordability. For instance, reproductive health services are not yet comprehensively covered in public institutions despite significant progress over the years. Any substantial budget cuts in these crucial areas will have adverse effects on women's physical, emotional, and

economic well-being, ultimately impacting the broader economy and the well-being of families. Reducing the healthcare budget will exacerbate existing challenges. It will hinder efforts to improve maternal and child health, reduce access to essential medications, and compromise the quality of care. The repercussions will not only be felt by individuals but will also ripple through communities and the national economy. One of the persistent issues in Kenya has been the misallocation and embezzlement of public funds by politicians and private contractors. This has long been a barrier to the effective utilization of allocated resources. To navigate the inevitable

budget cuts, the government must implement stringent measures to ensure that funds are used for their intended purposes. To maintain essential services despite budget constraints, the government needs to enforce strict accountability and transparency measures. There should be rigorous auditing and monitoring to track the use of funds and ensure they are directed toward healthcare, education, and agriculture. Public reporting of financial activities is also crucial to increase transparency and allow citizens to hold officials accountable. Establishing severe penalties for the misappropriation of funds will deter corruption and ensure compliance. While budget cuts may be necessary,

they should not undermine the critical sectors of healthcare, education, and agriculture. The government must prioritize these areas to safeguard the well-being of its citizens and ensure sustainable development. A step towards not only maintaining current standards but also improving the quality and accessibility of essential services for all Kenyans. Deborah Monari is a Nurse and advocate for medical and social justice

The Importance Of Interns And Attaches In Kenyan Organizations

By Ustadh Andayi

Interns and attaches form an integral part of an organization's growth and development. These young professionals, fresh from various institutions of study, bring fresh ideas, up-to-date knowledge, and a youthful enthusiasm that can significantly benefit organizations. However, in Kenya, many organizations fail to appreciate the value these individuals bring, often misusing them and underestimating their potential. This article aims to highlight the importance of interns and attaches, the challenges they face, and the role employers should play in fostering a supportive and productive environment for them. Interns and attaches enter the workforce armed with the latest knowledge and skills from their educational institutions. This fresh perspective can introduce innovative ideas and methodologies that can revitalize an organization's operations. Young professionals are often tech-savvy, adaptable, and eager to learn, making them invaluable assets in an ever-evolving business landscape. In addition to their technical skills, interns and attaches bring a sense of curiosity and a willingness to chal-

lenge the status quo. Their fresh eyes can spot inefficiencies and suggest improvements that seasoned employees might overlook. By tapping into this potential, organizations can stay ahead of the curve and foster a culture of continuous improvement. Despite their potential, interns and attaches in Kenya often face significant challenges that hinder their ability to contribute effectively. Many organizations view them as cheap labor, assigning them menial tasks that do not align with their skills or career aspirations. This not only demotivates these young professionals but also wastes the opportunity to leverage their fresh ideas and enthusiasm. Moreover, interns and attaches often encounter a lack of proper mentorship and guidance. Without experienced professionals to learn from, they struggle to navigate the complexities of the workplace. This lack of support can lead to frustration and a sense of disillusionment, ultimately affecting their performance and growth. For interns and attaches to thrive, it is essential for employers to lead by example. The culture and values of an organization are often reflected in the behavior and attitudes of its leadership.

By setting a positive example, employers can create an environment where interns and attaches feel valued, respected, and motivated to contribute. Employers should ensure that interns and attaches are assigned meaningful tasks that align with their skills and career goals. This not only helps them apply their knowledge in real-world scenarios but also gives them a sense of purpose and achievement. By involving them in important projects and decision-making processes, organizations can benefit from their fresh perspectives and innovative ideas. Mentorship is crucial for the growth and development of interns and attaches. Experienced professionals should take the time to guide these young individuals, providing them with insights, feedback, and support. This helps interns and attaches build their confidence, develop new skills, and understand the nuances of the industry. A strong mentorship program can also foster a sense of belonging and loyalty, encouraging these young professionals to stay with the organization in the long run. A positive work environment is essential for the productivity and well-being of all employees, including interns and attaches. Employers



should foster a culture of inclusivity, respect, and collaboration. By recognizing and appreciating the contributions of interns and attaches, organizations can boost their morale and motivation. Additionally, providing opportunities for professional development, such as training sessions and workshops, can help them grow and succeed. Interns and attaches are valuable assets to any organization. Their fresh ideas, enthusiasm, and up-to-date knowledge can drive innovation and growth. However, for them to realize their full potential, organizations

in Kenya must recognize their value and create an environment that supports their development. By providing meaningful work, offering mentorship, and fostering a positive work environment, employers can not only enhance the productivity of interns and attaches but also contribute to the long-term success of their organizations. It is time for Kenyan organizations to appreciate and invest in these young professionals, unlocking the untapped potential that lies within them.

The Dark Shadow Of Authority: Unmasking Police Brutality And State-Sanctioned Terror In Kenya

Contd from page 18



Police Brutality And State-Sanctioned Terror In Kenya

Worth Noting:

- The path forward for Kenya in addressing the crisis of police brutality and state-sanctioned violence is neither easy nor straightforward. It requires political will, sustained public pressure, and a fundamental reimagining of the relationship between the state and its citizens.
- The reform of the National Police Service must be seen not as an end in itself but as part of a broader process of democratic renewal and institutional reform.
- This process must include strengthening civilian oversight mechanisms, improving police training and professionalism, addressing systemic corruption, and fostering a culture of respect for human rights within law enforcement. It also requires a commitment to addressing the root causes of crime and social unrest, including poverty, inequality, and political marginalization, which are often used to justify heavy-handed policing tactics.

the Kenyan people.

The independence of the National Police Service from political interference is not merely a desirable goal but an essential prerequisite for the functioning of a healthy democracy. The current subservience of the police force to the political class and the government of the day represents a dangerous concentration of power that threatens the very foundations of democratic governance in Kenya. This lack of independence not only undermines the ability of the police to carry out their duties impartially but also erodes public trust in law enforcement institutions. It creates a climate of fear and intimidation where citizens are reluctant to exercise their constitutional rights, knowing that doing so may invite retribution from a police force that acts as the enforcer of political will rather than the guardian of public safety. The restoration of police independence must therefore be a top priority for any reform effort, with clear legal and institutional safeguards put in place to insulate law enforcement from undue political influence.

The abduction of Macharia Gaitho and others like him must be seen not as isolated incidents but as symptoms of a deeper malaise afflicting Kenyan society. They are manifestations of a governance model that prioritizes control over service, repression over dialogue, and impunity over accountability. This model, rooted in colonial-era practices and perpetuated by successive post-independence governments, is fundamentally at odds with the aspirations of the Kenyan people for a free, just, and democratic society. It represents a betrayal of the sacrifices made by countless

Kenyans in the struggle for independence and the subsequent fight for multiparty democracy. The continued use of abduction, torture, and extrajudicial killing as tools of state control is not only a moral abomination but also a strategic blunder that threatens to undermine the very stability and prosperity that such tactics purportedly aim to protect.

The role of the judiciary in addressing these grave human rights violations cannot be overstated. Kenyan courts have, on numerous occasions, demonstrated their willingness to stand as a bulwark against executive overreach and police brutality. Landmark decisions such as the decision in the case of Willie Kimani, which saw police officers convicted for the murder of a human rights lawyer, his client, and a taxi driver, serve as powerful reminders of the importance of an independent judiciary in safeguarding the rule of law. However, the persistence of police abuses despite such rulings highlights the need for more systemic reforms and the strict enforcement of court orders. The judiciary must continue to play a proactive role in holding law enforcement accountable, issuing clear guidelines on the use of force and detention procedures, and ensuring that victims of police brutality have access to justice and reparations.

The international community also has a crucial role to play in addressing the crisis of police brutality and state-sanctioned violence in Kenya. As a signatory to numerous international human rights treaties, Kenya has obligations that extend beyond its borders. The United Nations Human Rights Council, the African Commis-

sion on Human and Peoples' Rights, and other regional and international bodies must exert pressure on the Kenyan government to address these systemic abuses. Economic partners and donor countries should consider making aid and trade agreements contingent on demonstrable progress in police reform and human rights protection. International civil society organizations and media outlets must continue to shine a spotlight on these abuses, ensuring that they remain at the forefront of global attention and preventing the Kenyan government from sweeping them under the rug.

The case of Macharia Gaitho and others like him underscores the urgent need for a comprehensive national conversation on the role of law enforcement in a democratic society. This dialogue must involve all stakeholders, including government officials, police representatives, civil society organizations, legal experts, and, most importantly, ordinary citizens who bear the brunt of police misconduct. It should aim to address not only the immediate issues of police brutality and abductions but also the deeper structural and cultural factors that have allowed such abuses to flourish. This conversation must grapple with difficult questions about the legacy of colonialism in Kenya's governance structures, the militarization of law enforcement, and the relationship between security and human rights. Only through such an open and honest dialogue can Kenya hope to chart a path towards a law enforcement model that truly serves and protects all its citizens.

The path forward for Kenya in addressing the crisis of police brutality and state-sanctioned violence is nei-

ther easy nor straightforward. It requires political will, sustained public pressure, and a fundamental reimagining of the relationship between the state and its citizens. The reform of the National Police Service must be seen not as an end in itself but as part of a broader process of democratic renewal and institutional reform. This process must include strengthening civilian oversight mechanisms, improving police training and professionalism, addressing systemic corruption, and fostering a culture of respect for human rights within law enforcement. It also requires a commitment to addressing the root causes of crime and social unrest, including poverty, inequality, and political marginalization, which are often used to justify heavy-handed policing tactics. Only by tackling these underlying issues can Kenya hope to build a truly effective and humane law enforcement system that serves the needs of all its citizens.

In conclusion, the abduction of Macharia Gaitho and the broader pattern of police brutality and state-sanctioned violence in Kenya represent a grave threat to the nation's democratic future and the fundamental rights of its citizens. These acts stand as a stark reminder of the ongoing struggle to transform Kenya's law enforcement institutions from instruments of oppression into true guardians of public safety and individual liberty. The path forward requires not only comprehensive reform of the National Police Service but also a broader societal commitment to the principles of democracy, human rights, and the rule of law. It demands courage from citizens to continue speaking truth to power, resilience from civil society to persist in its advocacy for justice, and wisdom from leaders to recognize that true security can only be achieved through respect for human dignity and the rights of all. As Kenya stands at this critical juncture, the words of Ngũgĩ wa Thiong'o serve as both a warning and a call to action, reminding us of the power of narrative in shaping reality and the urgent need to reclaim the story of Kenya's future from those who would write it in the ink of oppression and fear.

The writer is a legal scrivener and writer

Renewing National IDs Every 10 Years: Modernization Or Burden?

By: James Kilonzo Bwire
@themkenyatomes

The Kenyan government's recent announcement that citizens will need to renew their National Identity Cards (commonly known as Maisha Cards) every 10 years has sparked a mix of reactions.

While the stated goals of modernizing the ID system, enhancing security, and keeping personal data current are reasonable, the policy raises some concerns that merit further discussion.

Principal Secretary Julius Bitok justified the move by noting that it aligns with practices in other African countries like Uganda, Tanzania, Nigeria, Senegal, and international standards.

The Maisha Card features a microchip with security features and personal details, similar to ATM cards, which have a 10-year lifespan.

Bitok emphasized that the expiration date is not tied to election cycles.

One positive aspect is that applicants renewing expired IDs will not need to provide fresh biometrics, only updated passport photos. This avoids the burden of repeated biometric data collection. However, it



Maisha Cards.

raises questions about the long-term integrity of the biometric database if it is not periodically refreshed. Facial features can change over a decade, potentially reducing the accuracy of facial recognition systems. The Maisha Card's microchip technology promises enhanced security compared to the previous ID cards. But the 10-year expiration could be perceived as a financial burden on citizens, especially those in lower income brackets.

While the government has not announced renewal fees, past attempts to introduce charges for ID applications and replacements faced public backlash and court challenges.

To address these concerns, the government should:

- Clearly communicate the rationale and benefits of the 10-year renewal

- policy to citizens, emphasizing how it improves security and service delivery.
- Ensure the renewal process is efficient, accessible and affordable for all, with minimal bureaucratic hurdles.
- Provide options for citizens to update their photos and other details more frequently if desired, to maintain the integrity of the biometric database.
- Explore ways to subsidize or waive renewal fees for economically disadvantaged groups to make the policy equitable.
- Continuously monitor and audit the system to identify and address any privacy or security vulnerabilities.

Potential Benefits of the 10-Year Renewal Policy

Proponents argue that the 10-year

renewal policy offers several benefits:

- Enhances security by regularly updating ID cards with new security features and reducing the circulation of expired cards that could be misused.
- Keeps personal data current, ensuring the government has accurate information on its citizens for planning and service delivery.
- Aligns Kenya with international best practices on ID card validity periods, facilitating cross-border recognition and transactions.
- Provides an opportunity to gradually phase out old ID cards and transition to the new Maisha Card system.
- Generates revenue for the government through renewal fees to sustain the ID system, although this should be balanced against affordability concerns.

Potential Drawbacks and Risks

Critics argue that the 10-year renewal policy has several potential drawbacks and risks:

- Imposes a recurring financial burden on citizens, especially the poor, to maintain a mandatory ID.
- Increases the risk of exclusion if citizens fail to renew their IDs due to lack of awareness, resources or access to renewal centers.
- Creates a backlog of renewal applications every 10 years, potentially

overwhelming the ID issuance system and causing delays.

- Raises privacy concerns if the government fails to properly secure the personal data collected through the renewal process.
- Erodes trust in the ID system if the renewal process is perceived as inefficient, corrupt or politically motivated.

Conclusion

The Kenyan government's decision to require 10-year renewals for National IDs is a significant policy shift that aims to modernize the ID system and enhance security. While the goals are reasonable, the policy must be implemented transparently, efficiently and equitably to gain public trust and support. The government should address concerns about affordability, data integrity, and exclusion to ensure the Maisha Card serves all citizens effectively. Ongoing monitoring, evaluation and public engagement will be crucial to refine the policy and make it a success.

The writer is a communication and Media personality from Nakuru County

Kitui EACC Imposters arraigned In Court

By: KNA

Five suspects, including Anne Mutheu, who is attached to Muthangari police station in Nairobi County, were arrested last week for allegedly purporting to be officers from the Ethics and Anti-Corruption Commission (EACC).

The suspects were arraigned before Magistrate Maureen Kimani at Kitui Court, where the detectives were granted seven more days to detain them as they carried out investigations into their conduct.

The suspects will take a plea on Monday next week.

The suspects were nabbed while carrying out a fake search of the home of a county government officer working as director of revenue col-

lection at Kitui County government headquarters.

The suspects impersonating EACC had picked up the officer at her office and ordered her to accompany them to her house over alleged involvement in corruption. They claimed a huge sum of money was hidden in her house.

According to the prosecution, the suspects may be charged with several crime counts, including forgery of identification documents and forcibly raiding a county officer's house.

The court ordered the suspects to remain in police custody for seven days as the Directorate of Criminal Investigation (DCI) completes investigations. The DCI also sought more time to process the phones confiscated from the suspects and track the suspects' communication to uncover further details of the crime.

The magistrate noted that the accused persons' request to reduce



the number of detention days due to their parental duties was taken into consideration.

However, the court maintained the seven-day detention order, balancing

the need for thorough investigations with the suspects' personal circumstances.

The prosecution is expected to present a comprehensive case, supported

by clear and compelling evidence, essential to securing a conviction and delivering justice.

SPORTS
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Sports >> *Rising star Rajveer Thethy believes his new navigator Linet Ayuko will bring a wealth of experience to the team having already accomplished significant feats.

Youngster Rajveer Banks On Navigator Ayuko's Experience In Next Month's Nakuru Rally



Rajveer Thethy

Rising star Rajveer Thethy believes his new navigator Linet Ayuko will bring a wealth of experience to the team having already accomplished significant feats.

Ayuko, a multiple Safari Rally finisher and Kenya's Navigator-of-the-Year 2021, will team up with Rajveer for Nakuru Rally, the fourth round of the Kenya National Rally Championship slated for Baringo on the weekend of August 2-3.

The event will be organized by Rift Valley Motor & Sports Club (RVMSC) run with the theme of "Racing For Peace In Baringo".

Rajveer has decided to offer a seat opportunity to an experienced lady co-driving star Ayuko to join him on Nakuru Rally to deliver the much-needed guid-

ance and mentorship.

Helping develop young budding talent into the KNRC has been a long-time objective of Ayuko who has co-driven several drivers on the KNRC front and achieved a number of accolades.

While eager to see how their partnership pans out in Baringo in a race dubbed "c", Ayuko was quick to exalt the efforts of Rajveer, who has contested eight career KNRCs alongside Wayne Fernandes.

Ayuko: "The opportunity to mentor a rising star is truly remarkable. It allows me to contribute my knowledge and experience to the development of a promising driver. His potential is evident, and I am eager to witness his continued growth in the sport. I look forward to working

closely with him and providing guidance as he navigates his journey."

Ayuko continued: "My expectations are consistently focused on ensuring the driver successfully completes the race and reaches the ramp. I prioritize fostering a collaborative and enjoyable work environment that enables us to deliver an exceptional performance and create a positive impression for our sponsors. My primary objective for the forthcoming Nakuru Rally is to witness the driver excel and achieve an outstanding finish."

Rajveer, on his part, said he is thrilled to be partnering with Ayuko in the fabled Nakuru round.

"It will be my first time partnering with her (Linet) and I'm overly excited because she brings a wealth of experience and has achieved significant feats in the rally world. I've heard that there will be a tarmac stage in the rally, which sounds very exciting," said Rajveer.

Rajveer added: "This will be a fun new challenge, especially since our car is set up for gravel stages. It will be tricky to make up time on the tarmac stage, but we're looking forward to the challenge and the opportunity to adapt and perform under different conditions."

Nakuru will be Rajveer's first rally of the 2024 KNRC season, and his plan is to get more seat-time in the car and secure good finishing positions.

He quipped: "One of my goals is to achieve a podium finish alongside the R5s."

In 2022 Rajveer became the youngest competitor to take part and finish the Mini Classic Rally in Eldoret.

It's was a surprise drive, as he took over Evans Kavisi's place in the event driving a Datsun PA10,

It was Rajveer's first time driv-

ing a car with a weber engine and no power steering and also his first time sitting with Absalom Aswani.

Rajveer has participated in seven career KNRCs so far. He's a two times junior autocross champion in 2015 and 2016.

In 2021 Rajveer was crowned the Autocross champion in the 2WD NT Car Category.

He made his KNRC debut during the season- closing KCB Guru Nanak Rally in Il-Bisil finishing 8th overall and 2nd in Division Two Class.

RAJVEER'S RALLY STATS 2023

- SUC Guru Nanak Rally with Fernandes Wayne *Subaru Impreza) Retired
- Eldoret Rally with Fernandes Wayne (Subaru Impreza) 5.th overall
- RSC Machakos Rally with Fernandes Wayne (Subaru Impreza) Retired
- 2022
- East African Mini Classic Rally with Aswani Absalom (Datsun Violet 160J) -24th overall
- RSC Machakos Rally with Fernandes Wayne *Subaru Impreza) -6th overall
- Nanyuki Rally with Fernandes Wayne (Subaru Impreza) -Retired
- KMSC Kajiado Rally with Fernandes Wayne (Subaru Impreza) -Retired
- 2021
- KCB SUC Guru Nanak Rally with Fernandes Wayne (Subaru Impreza) 8th

KBC

GET THE BEST OF WORLD

Sports >>> *The national men’s rugby 7s team lost 31-12 to Argentina in their opening game of the Paris Olympics at the Stade France yesterday afternoon.

Shujaa Lose To Argentina In Paris Olympics Opener



Kenya 7s team posing for a photo at the symbolic Olympics rings at the Paris 2024 Olympic Games Village where the boys were handed competition kit by rugby legendary Humphrey Kayange

The national men’s rugby 7s team lost 31-12 to Argentina in their opening game of the Paris Olympics at the Stade France yesterday afternoon.

Shujaa took the lead in the fifth minute through Chrisant Ojwang, the Nakuru RFC player piercing through the Argentine defence to go over the try line after a perfect layoff from co-captain Vincent Onyala.

Fellow co-captain Tony Omondi then converted successfully for the extras as Kenya received the rightful dues for piling pressure in the opening minutes.

The South Americans replied almost immediately via Agustin Fraga after a period of pressure in

Kenya’s 22.

Fortunately, the Argentines could not convert between the posts — ensuring that Shujaa went into the break with a 7-5 lead.

Argentina came back into the game guns blazing, scoring right from the kickoff courtesy of Agustin.

However, Shujaa were not to be cowed; Onyala’s intercepted a pass in the middle of the park and passed it off to Ojwang who sprinted down the right flank before laying off to Kevin Wekesa to level the scores.

Sadly, the homeboys undid their hardwork when the Argentines similarly intercepted their pass in the middle to score their third try

of the game through Tomas Elizalde.

Joaquin Pellandini then converted for the extras as the Latin Americans surged ahead 19-12.

For all the Kenyan pressure, it was the opponents who next got on the scoreboard thanks to a brilliant piece of play by Luciano Gonzalez, the Argentine legend cutting through from the left flank to put the ball over the white chalk.

With the game all but dusted, Marcos Moneta drove the final nail into Shujaa’s coffin, latching onto a cross-field pass from the left to sprint down the right side for an easy try.

Pellandini’s conversion put a

gloss to what had been a fine performance by Argentina.

Shujaa’s next match is against Australia at 8:00 p.m. with their Pool C opponents already boasting a win in the tournament courtesy of a 21-14 triumph over Samoa.

Capital Sport

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The Importance Of Protecting Nature



By: Rakhimov Lazizbek
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Worth Noting:

- Beyond its tangible benefits, nature holds profound cultural and spiritual significance for communities worldwide. Indigenous peoples and local cultures often derive identity, traditions, and knowledge from natural landscapes and wildlife. Access to green spaces and natural environments also enhances mental health and well-being, fostering a deeper connection to the natural world and a sense of belonging.
- Despite its intrinsic value, nature faces unprecedented threats from human activities. Deforestation, habitat destruction, pollution, overexploitation of resources, and climate change pose grave risks to biodiversity and ecosystem health. Loss of species diversity diminishes nature's resilience and compromises its ability to provide essential services, threatening global food security and human health.



The Importance Of Protecting Nature.

Nature, in its vast and intricate complexity, sustains life on our planet in ways both visible and profound. From the smallest microbes to the towering forests, every element plays a crucial role in maintaining the delicate balance of ecosystems worldwide. As human activity continues to exert unprecedented pressures on these natural systems, the imperative to protect and preserve nature has never been more urgent.

Ecological Balance and Biodiversity

At the heart of the natural world lies a web of interdependencies that ensure ecological balance. Biodiversity—the variety of life forms—underpins this balance by supporting ecosystem services essential for human well-being. Forests, wetlands, oceans, and grasslands not only harbor diverse species but also regulate climate, purify air and water, and enrich soil fertility. Preserving biodiversity safeguards these vital functions, securing our planet's resilience against environmental shocks.

ing Natural Disasters

Natural habitats act as buffers against climate change impacts, absorbing carbon dioxide and stabilizing global temperatures. Forests, in particular, sequester carbon and mitigate the intensity of natural disasters like floods and landslides. Mangroves and coral reefs protect coastlines from storm surges, highlighting nature's role in enhancing community resilience to climate-related risks.

Economic Benefits and Sustainability

Nature forms the bedrock of economies worldwide, providing livelihoods through agriculture, fisheries, and tourism. Ecosystem services, such as pollination and nutrient cycling, underpin agricultural productivity and contribute billions to global economies annually. Sustainable management practices ensure the continuity of these benefits, promoting long-term economic stability and reducing vulnerabilities to environmental degradation.

cance

Beyond its tangible benefits, nature holds profound cultural and spiritual significance for communities worldwide. Indigenous peoples and local cultures often derive identity, traditions, and knowledge from natural landscapes and wildlife. Access to green spaces and natural environments also enhances mental health and well-being, fostering a deeper connection to the natural world and a sense of belonging.

Threats to Nature

Despite its intrinsic value, nature faces unprecedented threats from human activities. Deforestation, habitat destruction, pollution, overexploitation of resources, and climate change pose grave risks to biodiversity and ecosystem health. Loss of species diversity diminishes nature's resilience and compromises its ability to provide essential services, threatening global food security and human health.

Conservation Efforts and Success Stories

Efforts to conserve nature have

yielded promising results globally. Conservation initiatives, supported by governments, non-governmental organizations, and local communities, have restored habitats, reintroduced endangered species, and promoted sustainable land-use practices. Protected areas, like national parks and marine reserves, serve as sanctuaries for biodiversity and hubs for scientific research and eco-tourism.

Personal and Global Responsibilities

Individual actions play a pivotal role in nature conservation. Adopting sustainable lifestyles, reducing carbon footprints, supporting conservation organizations, and advocating for policy changes are crucial steps towards protecting nature. At a global level, international cooperation and policy frameworks are essential to address transboundary environmental challenges and ensure equitable access to nature's benefits.

Conclusion

Preserving nature is not merely an option but a fundamental necessity for current and future generations. As stewards of this planet, we hold the responsibility to safeguard nature's richness and resilience. By embracing sustainable practices, advocating for conservation, and valuing the intrinsic worth of biodiversity, we can forge a path towards a harmonious coexistence with nature—one that ensures prosperity, health, and happiness for all.

I, Rakhimov Lazizbek Ravshanovich, was born in 2003 in Kogon district of Bukhara region. In 2021, I graduated from school with excellent grades and was accepted to study at the Faculty of Philology of Bukhara State University. Currently, I am working on poetry and writing, some of my poems have been published in newspapers.

Climate Regulation and Mitigat-

Cultural and Spiritual Signifi-