

A man whose vision of a singular African identity mirrored the sentiments of fellow luminaries such as Thomas Sankara and Ahmed Sekou Touré, Gaddafi's dream

Fearless African Presidents

Traoré's military strategies echo Sankara's revolutionary fervor :



Few Fearless African Presidents Who Refused To Be Puppets Of The West:
A discourse on the indomitable spirit of African leaders striving for unity amidst adversity and the shadows cast by Western intervention

By: Midmark Onsongo

In the sprawling Africa's history, certain figures emerge like brilliant stars in an otherwise tumultuous sky, illuminating the path to unity and self-determination. Among them, Muammar Gaddafi—Muammar Muhammad Abu Minyar al-Gaddafi—stands tall as a prophetic voice, one who foresaw the potential for a united African continent long before the echoes of his demise in 2011.

A man whose vision of a singular African identity mirrored the sentiments of fellow luminaries such as Thomas Sankara and Ahmed Sekou Touré, Gaddafi's dream was rooted in the soil of Pan-Africanism, a movement that



Burkina Faso's Ibrahim Traoré

sought to weave together the diverse threads of African nations into a single, resilient fabric. His prediction was more than mere rhetoric; it was a clarion call, reverberating through the annals of history, urging his compatriots to shed the shackles of colonial legacy and embrace their shared heritage. Gaddafi believed that the African Union, formed in 2001, was the key to unlocking the continent's vast potential—a potential stifled by decades of external exploitation and internal discord.

In the eloquence of his speeches, he painted a vivid picture of an Africa where

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Putting the "men" back in menstrual health on International Day of the Girl



"The Diaspora Times Global"

Gates Foundation Warns of Climate Change Impact on Child Health

The Gates Foundation has issued a stark warning that climate change threatens to exacerbate child malnutrition, hunger, and disease, potentially affecting millions by 2050 if immediate action is not taken.

This warning was emphasized during the annual Goalkeepers event, held

alongside the United Nations General Assembly (UNGA) in September, where global leaders, health experts, and advocates gathered to address the pressing threat of malnutrition, a key issue impacting child health worldwide.

The foundation's latest Goalkeepers

Report, titled "A Race to Nourish a Warming World," warns that climate change is already jeopardizing food security and nutrition across the globe. Declining global crop productivity and rising food prices have forced families to shift to cheaper, less nutritious food options, which

threaten the health and development of children.

Decline in Child Mortality Rates at

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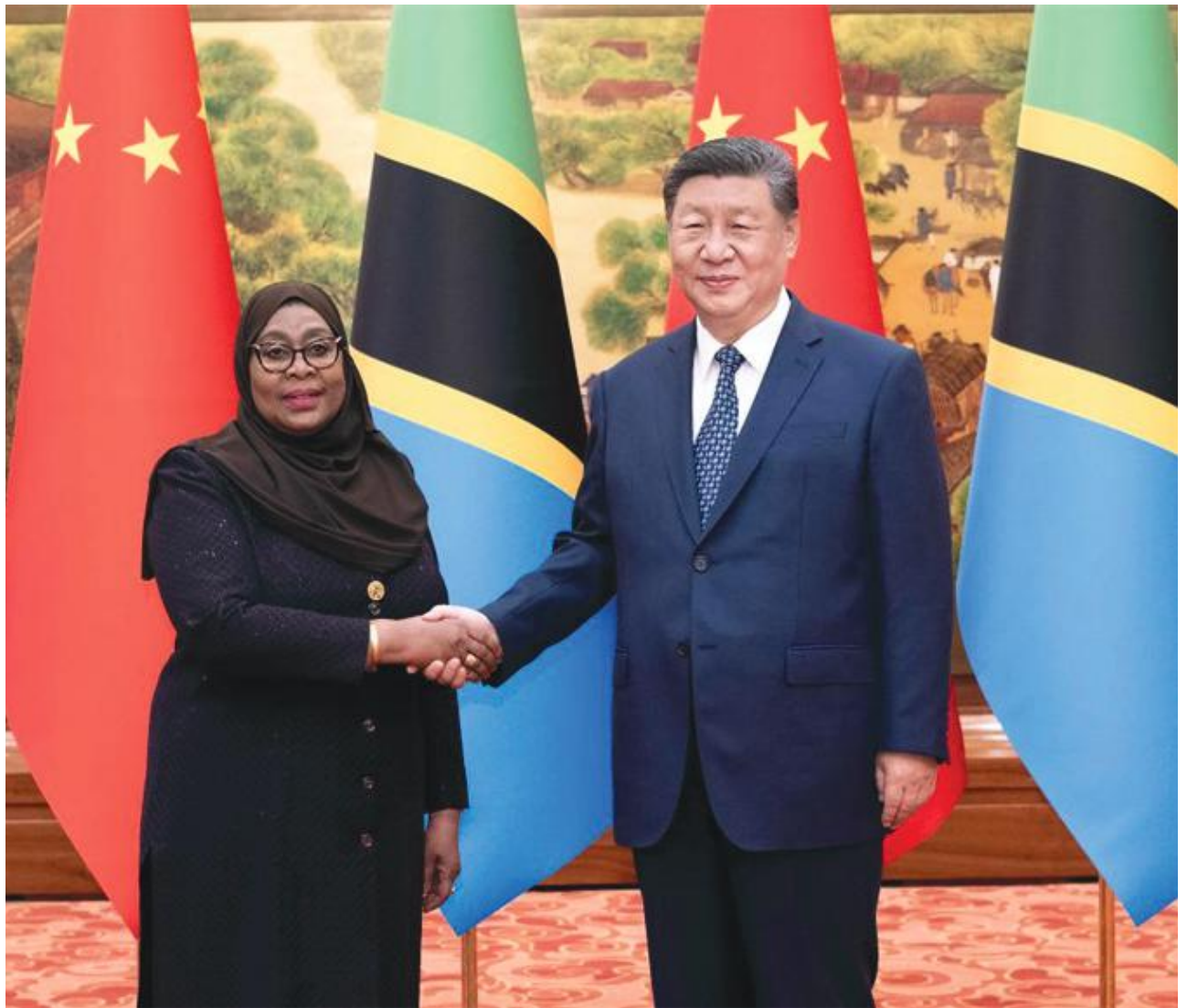
Revamped China-Tanzania Relations Affirm Suluhu's Eastward Strategy

By Maina Kimondo
xxxxxxxxxxxx

Worth Noting:

- Experts in international relations point to the close rapport between President Suluhu and Ambassador Cheng as a driving force behind the accelerated cooperation. Cheng's background as Deputy Director-General of the Department of External Security Affairs at China's Ministry of Foreign Affairs has allowed her to swiftly implement key projects, including the establishment of a Chinese military base in Dar es Salaam. This marks the largest Chinese military footprint in Africa to date.
- While Suluhu's administration may lack the political clout of previous Tanzanian leaders, she is positioning her country to benefit from extensive infrastructure development through her "Looking East" policy. However, some Tanzanians, particularly those who remember the socialist era under Julius Nyerere, express concern that China's growing influence could be more than economic.

Tanzania has emerged as a key partner in China's East African strategy, as bilateral ties between the two countries expand beyond infrastructure development to include significant military cooperation. A Beijing military base on Tanzania's Indian Ocean coast has solidified the relationship, reflecting a deepening partnership under President Samia Suluhu Hassan's administration. Chinese Ambassador to Tanzania, Cheng Mingjian, recently highlighted the growing military collaboration as a cornerstone of the relationship. This cooperation marks a notable evolution in Tanzania-China relations, which have flourished since Suluhu took office in March 2021, following the death of her predecessor, John Magufuli. Ambassador Cheng, who began her tenure in December 2021, has played a pivotal role in fostering these ties, with China now the largest source of foreign investment in Tanzania. The bilateral engagements encompass infrastructure projects such as roads, ports, and the electric Standard Gauge Railway, all critical to Tanzania's development. Educational exchanges and cultural programs have also grown, with more Tanzanian students receiving scholarships to study in China. Experts in international relations point to the close rapport between President Suluhu and Ambassador Cheng as a driving force behind the accelerated cooperation. Cheng's background as Deputy Director-General of the Department of External Security Affairs at China's Ministry of Foreign Affairs has allowed her to swiftly implement key projects, including the establishment of a Chinese military base in



Chinese President Xi Jinping meets with Tanzanian President Samia Suluhu Hassan, who is in Beijing for the 2024 Summit of the Forum on China-Africa Cooperation (FOCAC), at the Great Hall of the People in Beijing, capital of China, Sept. 4, 2024. [Photo/Xinhua]

Dar es Salaam. This marks the largest Chinese military footprint in Africa to date. While Suluhu's administration may lack the political clout of previous Tanzanian leaders, she is positioning her country to benefit from extensive infrastructure development through her "Looking East" policy. However, some Tanzanians, particularly those who remember the socialist era under Julius Nyerere, express concern that China's growing influence could be more than economic. Bradley Ouna, a law graduate from the University of Dar es Salaam, reflects on the nostalgia for Nyerere's Ujamaa socialism, which

emphasized collective work and reduced tribalism but at significant economic cost. Ouna suggests that China is subtly appealing to Tanzania's socialist past to deepen its influence, drawing parallels between the intertwined roles of the state and ruling party in both nations. Mutatina Oswald, a Tanzanian lawyer, acknowledges the benefits of Chinese investment, particularly in job creation and technology transfer in areas like Dar es Salaam's Kariakor district. However, he cautions that the widespread Chinese presence in strategic sectors, coupled with mounting loans, could make Tanzania overly dependent on

China. China's military presence is officially aimed at enhancing security and protecting maritime trade routes, but it has raised concerns among Tanzania's neighbors. Some East African nations fear that Tanzania's military clout, boosted by Chinese support, could eclipse that of other regional powers. There are also concerns about environmental impacts from the military base, including pollution and habitat destruction. Western diplomatic observers warn that China's growing influence in Tanzania could attract increased surveillance and competition from the United States and

other global powers, wary of China's expanding reach in Africa. As Tanzania's relationship with China continues to grow, only time will tell how deeply the partnership will evolve, particularly if President Suluhu secures another term in the upcoming elections.

The writer is an international studies scholar specializing in diplomatic relations.

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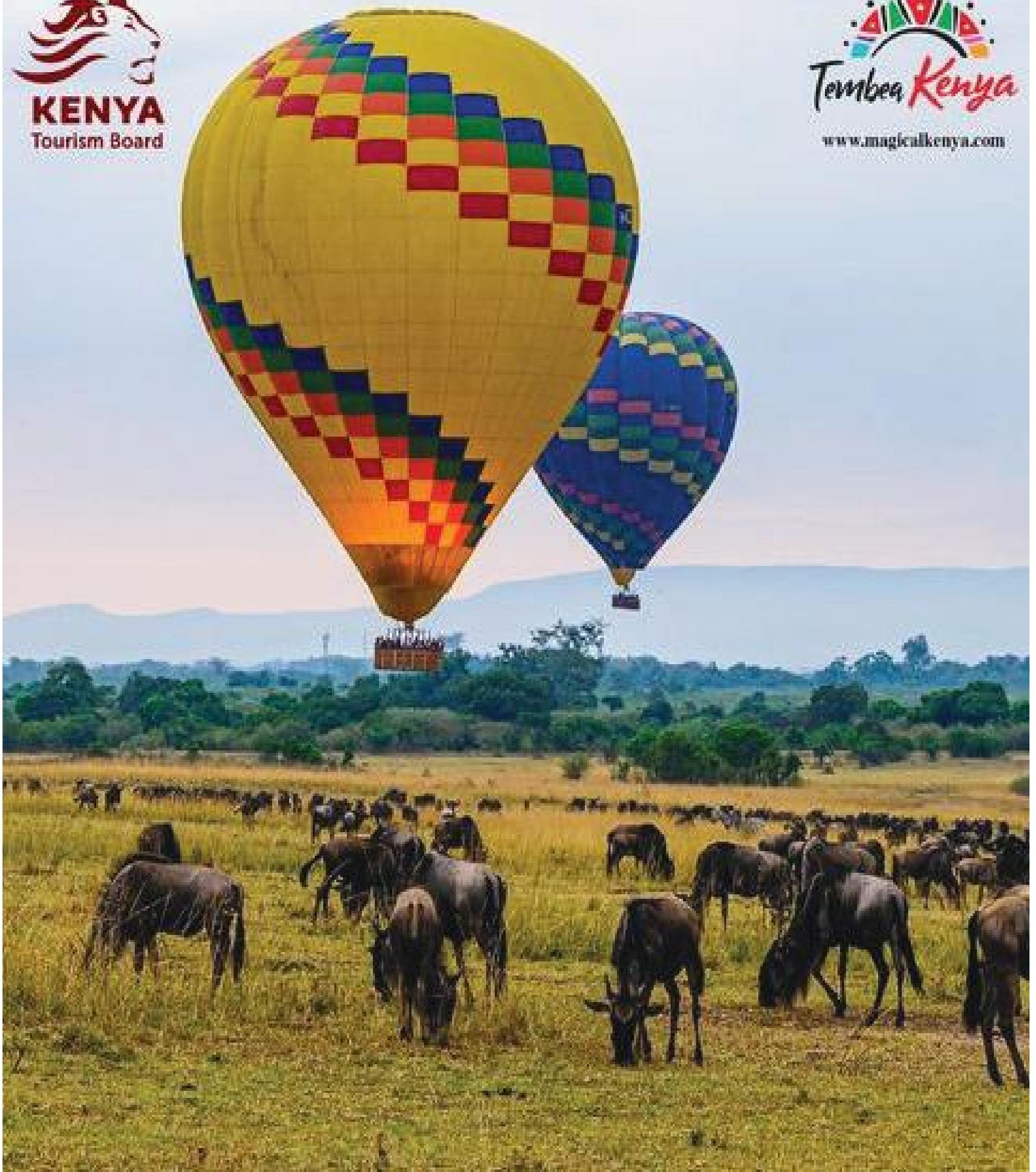
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South Africa

Global Unity Day



By: Themba Emanuel Mashobane
themba.mashobane@gmail.com

Worth Noting:

A moment of silence worldwide to honour lives that we lost, candle light can be made everywhere depending on how you wish to celebrate and remember the lost ones.

- Proteas Flowers will be used to symbolize the holiday since they also come in so many different colors and varieties and also they symbolize strength, courage and resilience.

- Asanda is hoping to convey message to the Global Community through Global Unity Day?

~ Global Unity Day is a call to action, reminding us that we are stronger together, and aim to show that every individual has a role to play in creating a more compassionate inclusive world.



Lesego Asanda Bianca Mnisi

Meet Lesego Asanda Bianca Mnisi, 20 years of age from South Africa in Mpumalanga at KwaNdebele.

She went to Vukuzame Senior Secondary School.

Her dream is to create a celebratory worldwide public holiday for Corona Virus African Continent.

Her motive of Global Unity day and what is its objective. Global Unity Day is a desire to bring people together

to celebrate/honour/embrace, the same struggles, Covid-19 pandemic and GBV have affected countless lives worldwide.

The objective is to raise awareness, honour lives of those we've lost and inspire collective action to address these issues.

Asand inspiration is the creation of Global Unity Day?

~History is an inspiration, we have never experienced

anything like Corona Virus before, the implementing of Global Lockdowns which includes Schools, businesses & Travelling restrictions, Many diseases, viruses came but they have never put our lives in pause like the Covid-19 Pandemic did. We need to embrace ourselves for being strong. This should be done during the Global Unity day?

A moment of silence world-

wide to honour lives that we lost, candle light can be made everywhere depending on how you wish to celebrate and remember the lost ones.

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Asanda is hoping to convey message to the Global Community through Global Unity Day?

~ Global Unity Day is a call to action, reminding us that we are stronger together, and aim to show that every individual has a role to play in creating a more compassionate inclusive world. By standing united, we can overcome even the most daunting challenges.

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NATURE, LOVE, WORLD, AND HUMAN

By: Jakhongir NOMOZOV
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Gulnara Kahhorova, talented poetess, winner of the “Shuhrat “ medal, analysis of poems

Enter

Gulnara Kahhorova’s work attracts special attention with its emotional and nature-oriented soul and high paths that quickly affects hearts. Nature, love, the world, and human relationships in the poems, external and internal connections and ties between the world and man are shown in the form of bright symbols.

Nature and love in the poem “Desire”.
the beauty of nature and the process of human acceptance are expressed. Clear water falling from the mountain, fire of love, full moon, stars and other elements of nature are used as symbols to free the human spirit and experience the mysterious experiences of life.

“It is clear water that falls from the mountain,
I’ll play in the hills.”

These lines reflect the relationship

between nature and humanity, that is, man finds himself in nature and fills his feelings.

Realism in the poem “The World”.

In the poem “Dunyo” Gulnara Kahhorova expresses the real problems of the world and human’s reaction to them.
In this work, it clearly reveals the struggle of the human world against trials, difficulties, and oppression.

“Bringing a man to his knees,
You are the world where the snake asked for your life.”

At the same time, man’s weaknesses, worldly horizon and painful feelings are clearly shown. The poem aims to call people to understand their own nature and the complexity of their world.

Family and traditions in the poem “Autumn”.

In the poem “Autumn” represents the connection of family traditions, parents, and generations. The poem describes the beauty of autumn, the value of our grandfathers and grandmothers in a unique way.

“Whatever is in your heavenly bosom,
Hide your tiredness, vicar.
In these lines, the description of

autumn has many meanings. It is important to feel the sense of joy in one’s family, intergenerational unity, and holiday scenes.

Summary

The poems of Gulnara Kahhorova’s works appear like a castle of feelings, embracing nature, love, and the mysterious aspects of life.
In these works, a person’s desire for freedom, dreams, and facing the complex world are described in an elegant art. Seasons in the land of poems are not only seasons, but also images of various states of the human psyche, scenes of joy and sorrow, victory and defeat.

Emotions are breathing in each line, as if the human heart is talking with nature and family... For example, the prayers of ancestors, patience of mothers and bright hopes for the future are embedded in the whispers of the poem “Autumn”.

“You look like my mother, generous autumn...”

Such lines are filled with joy in the heart, but at the same time, human struggles against great trials also show an extraordinary pain, which is reflected in the poem “Dunyo”. These poems glorify the spiritual wealth and patience of a person, despite the cruelty of life.

Gulnara Kahhorova’s work not only expresses her passions and pains,



but also encourages readers to share these feelings.
These poems are a violent river of feelings, flowing in it, we develop a new meaning of life with each drop. They remind us of the inextricable connection between man and nature, and thus, despite all trials, our faith rises and our hopes burn.

Therefore, these poems become not only a beautiful expression, but also a “source” of inspiration, wisdom and emotional freedom.

Jakhongir NOMOZOV,
Uzbekistan correspondent of “Butov Azerbaijan” newspaper.

Huawei

Huawei opens registration for the 2024-2025 ICT Competition in Kenya

- *The competition targets university and technical college students studying ICT-related courses*

By: Mike Omuodo
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Huawei Kenya has kicked off the registration for the 2024-2025 ICT Competition in collaboration with leading universities and TVET institutions in Kenya.

This annual competition is part of Huawei’s ongoing commitment to nurture digital talent and enhance ICT skills among the youth, aligning with Kenya’s digital transformation agenda.

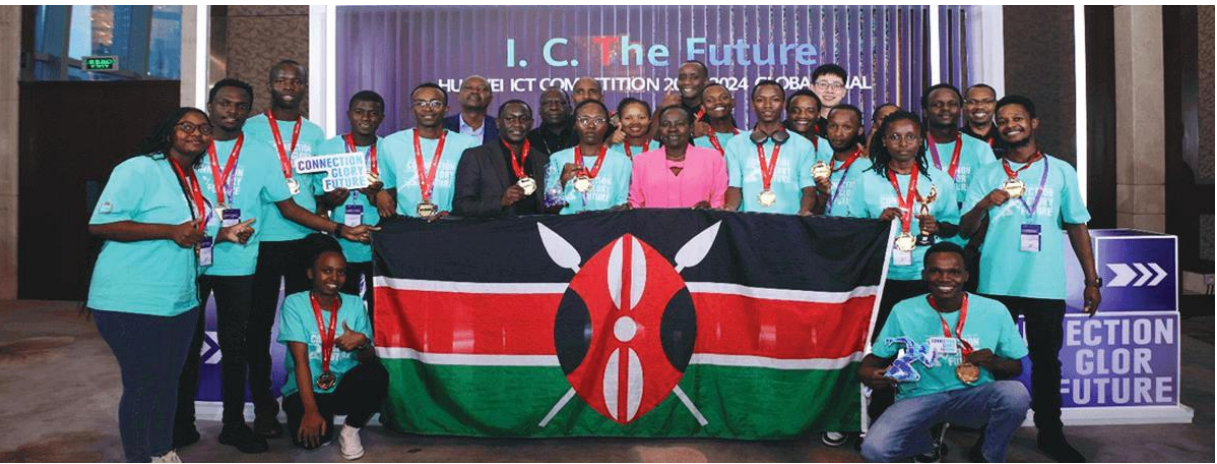
The Huawei ICT Competition is designed to offer a platform for students to demonstrate their knowledge in key ICT areas such as networking, cloud computing, artificial intelligence (AI), 5G, and cybersecurity. The competition gives students the opportunity to gain hands-on experience, access training resources, and network with industry professionals, ultimately contributing to the development of Kenya’s ICT sector.

“As we embark on the journey to create a digitally empowered Kenya,



Michael Kamau - Partnerships and Corporate Affairs Manager at Huawei Kenya

this competition is an integral part of developing the next generation of ICT leaders. Through initiatives like the ICT Competition, we are offering students in Kenya a platform to showcase their talent, gain practical skills, and contribute to the country’s digital economy,” said Michael Kamau, Partnerships and Corporate Affairs Manager at Huawei Kenya. The competition offers participants a unique opportunity to sharpen



Kenyan student at the Huawei-ICT Competition 2023-2024 global finals in China

their ICT skills, with access to free learning materials, expert mentorship, and industry-recognized certifications. Top-performing students also stand to win, and potential job offers at Huawei and its partners. It also offers winners the chance to represent Kenya on the global stage in the final rounds, competing against other bright finalists from across the world.
“The competition is also part of Huawei’s broader collaboration with Kenyan universities to integrate

practical ICT training into academic curricula,” Mr. Kamau said.

Registration

The registration exercise for the 2024-2025 ICT Competition will run until November 30, 2024, with several rounds of the competition taking place, including a national qualifier, regional semifinals, and the global finals in mid-2025.

University and technical college students studying ICT-related courses are encouraged to register

for the competition via the link: <https://e.huawei.com/en/talent/ict-academy/#/ict-contest?companyId=85131998>

Huawei has been a key partner in Kenya’s digital transformation efforts, providing cutting-edge ICT solutions and nurturing local talent through training programs such as the Huawei Seeds for the Future and the ICT Academy, alongside the annual ICT Competition.



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Relationship

15 Signs of Emotional Intimacy in a Relationship

By : MAUREEN OJUNGA
xxxxxxxxxxxxx

Worth Noting:

- Emotional intimacy is the foundation of any solid relationship. It is a connection based on emotional safety, vulnerability, and trust. It is the allowing of self to connect more deeply with your partner through actions that express feelings, vulnerabilities, and trust.
- Emotional intimacy is very crucial in any relationship. A couple will be generally happier when both parties can share without fear of being judged and even better when they feel understood. This is keeping in mind that part of a relationship is about sharing secrets, talking about your relationship and ways to make it better, and sharing important news with each other.



Emotional intimacy, Physical intimacy, Intellectual intimacy, and Spiritual intimacy are the four main types of intimacy. Intimacy usually denotes mutual vulnerability, openness, and sharing and is often present in close, loving relationships such as marriages and friendships.

Emotional Intimacy
Emotional intimacy is the foundation of any solid relationship. It is a connection based on emotional safety, vulnerability, and trust. It is the allowing of self to connect more deeply with your partner through actions that express feelings, vulnerabilities, and trust. Emotional intimacy is very crucial in any relationship. A couple will be generally happier when both parties can share without fear of being judged and even better when they feel understood. This is keeping in mind that part of a relationship is about sharing secrets, talking about your relationship and ways to make it better, and sharing important news with each other.

Signs Emotional Intimacy is present in a relationship

1. You engage in deep and meaningful conversations.
2. You feel safe sharing your insecurities and dreams.
3. You have space to show up as you are...warts and all.
4. You feel genuinely seen, heard, and understood.
5. You feel accepted and appreciated.
6. You encourage and support each other to grow.
7. Your autonomy is celebrated.
8. You are comfortable being imperfect and vulnerable.
9. You share inside jokes.
10. You have shared experiences.
11. You are at ease with silence and giving each other space.
12. You value non-sexual touch as much as sexual touch.
13. You hold each other accountable.
14. You have space to express emotions (both high and low) freely.
15. You have deep respect for one another.

Written By : MAUREEN OJUNGA
Maureen Ojunga is the newest Health enthusiast in town. She is also a gadget freak and a lover of all things WINE! Besides being a lover of life, she enjoys writing Relationships and Sex pieces and is also an Interior design junkie.



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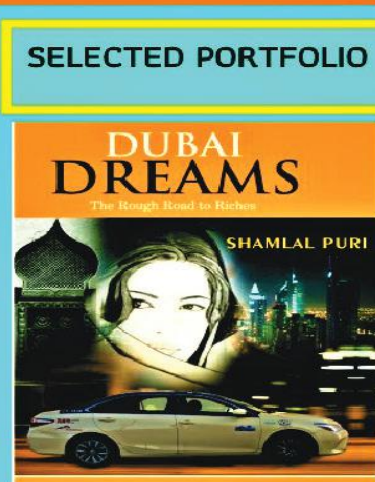
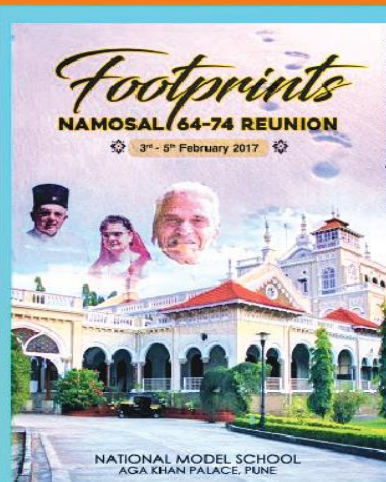
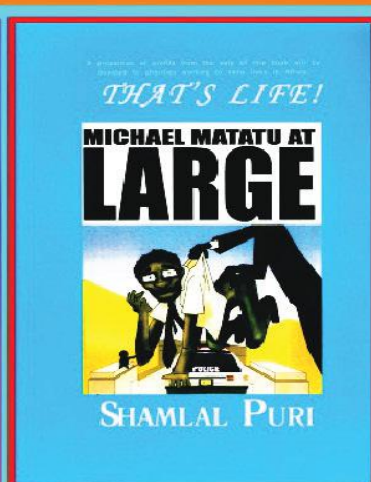
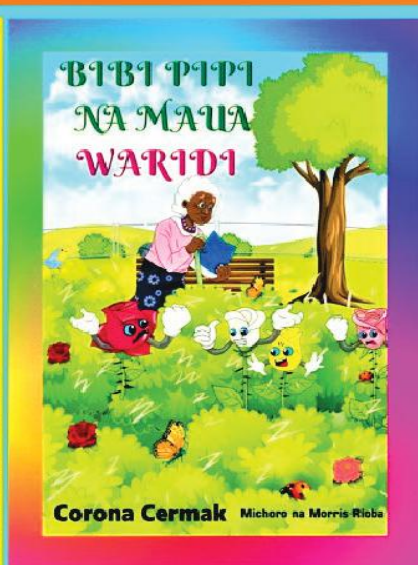
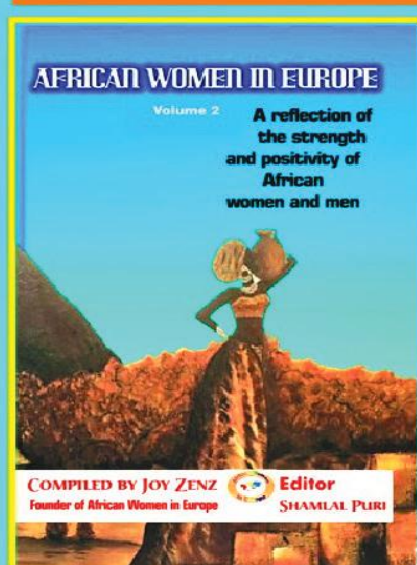
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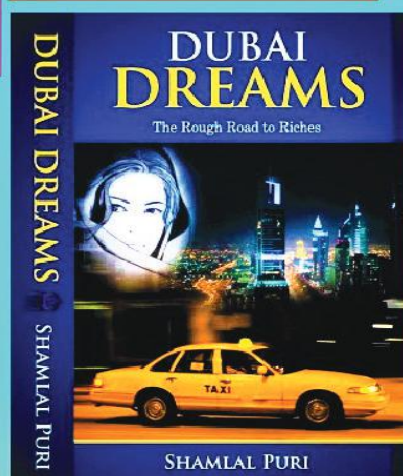
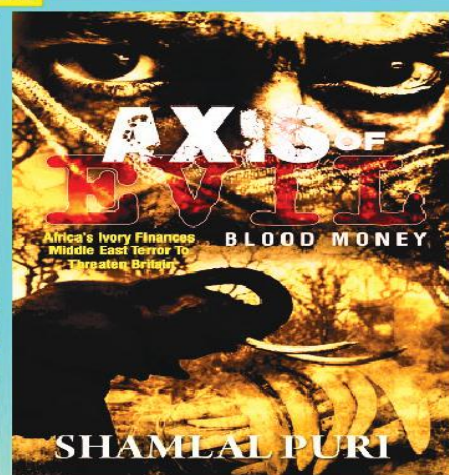
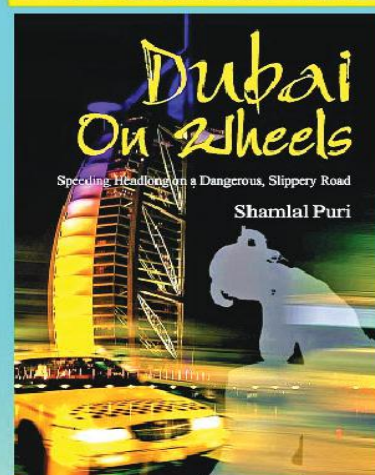
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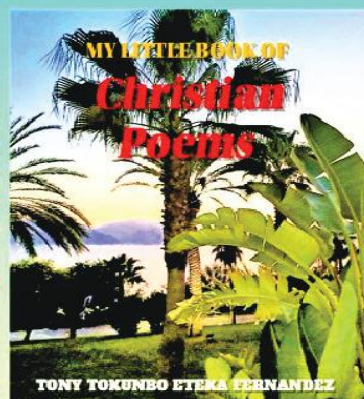
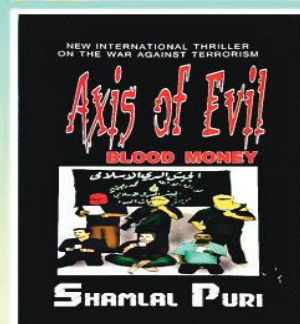
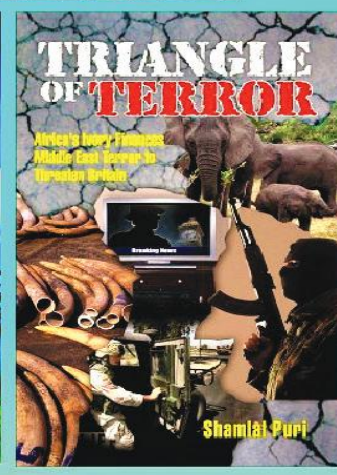
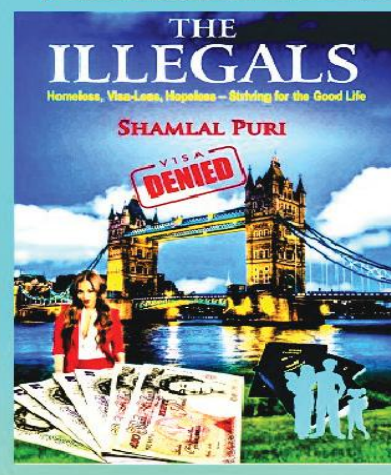
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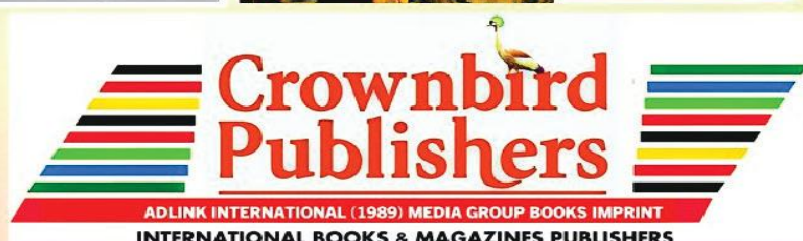


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Africa News

Few Fearless African Presidents Who Refused To Be Puppets Of The West: A discourse on the indomitable spirit of African leaders striving for unity amidst adversity and the shadows cast by Western intervention



By: Midmark Onsongo
@themtkenyatimes

Contd from Page 1

Worth Noting:

- Traoré, who ascended to power amid the turbulence of 2022, encapsulates the spirit of his predecessors, blending their visions with the urgency of today's challenges. Under his leadership, Burkina Faso has witnessed a resurgence of national pride, with efforts to fortify the country's sovereignty against external pressures.
- Traoré's military strategies echo Sankara's revolutionary fervor, as he tackles the dual threats of terrorism and economic instability, not merely as challenges to be managed but as opportunities for rallying the nation's strength. He stands firm against the narrative of dependence, asserting that true progress stems from within, a testament to the unyielding spirit of Africanism. Yet, amidst this resurgence of African leadership, the shadow of Western influence looms large.

the lion of liberation roared loudly, overpowering the whispers of division and discord. Gaddafi's grand vision was steeped in the understanding that unity was not merely a dream, but a necessity for survival in a world where the West, with its duplicitous charms, sought to orchestrate conflict and division.

However, the legacy of Gaddafi's dream did not fade with his passing. It found resonance in the ideals championed by Thomas Sankara, the revolutionary leader of Burkina Faso, who embodied the spirit of African socialism and self-reliance.

Sankara's bold declaration, "We cannot swim in the ocean of liberation and remain content with the flotsam of dependence," echoed Gaddafi's calls for unity. He inspired a generation to look beyond their borders, urging nations to collaborate and foster a sense of belonging within the broader African community. With sweeping reforms in education and agriculture, Sankara exemplified the profound changes that could stem from collective ambition, his legacy woven into the fabric of African resilience.

Similarly, Ahmed Sekou Touré, the first President of Guinea, embraced the ethos of African independence with fervor. He understood that the liberation struggle required not just military might but a robust sense of national identity and pride. Touré's stance against neocolonialism was a direct challenge to Western interference, as he boldly declared, "We must put an end to the western exploitation of Africa." His leadership inspired many, showcasing that unity and independence was not mere aspirations but achievable realities. In contemporary discourse, we find a kindred spirit in Ibrahim Traoré, the transitional leader of Burkina Faso.

Traoré, who ascended to power amid the turbulence of 2022, encapsulates the spirit of his predecessors, blending their visions with the urgency of today's challenges. Under his leadership, Burkina Faso has witnessed a resurgence of national pride, with efforts to fortify the country's sovereignty against external pressures. Traoré's military strategies echo Sankara's revolutionary fervor, as he tackles the dual

threats of terrorism and economic instability, not merely as challenges to be managed but as opportunities for rallying the nation's strength. He stands firm against the narrative of dependence, asserting that true progress stems from within, a testament to the unyielding spirit of Africanism. Yet, amidst this resurgence of African leadership, the shadow of Western influence looms large.

History is replete with instances where Western powers have stoked the flames of conflict in Africa, manipulating tribal tensions and political rifts for their gain. The 1994 Rwandan genocide, a catastrophic event marked by ethnic divisions exacerbated by foreign interference, serves as a harrowing reminder of the consequences of external meddling.

Similarly, Libya's descent into chaos following Gaddafi's removal by NATO forces in 2011 illustrates the perilous outcomes of misguided interventions that disregard the complexities of African societies. The irony is palpable: while these Western interventions are often cloaked in the guise of liberation, they frequently leave a trail of destruction and division in their wake, a paradox that continues to haunt the continent.

As we traverse this intricate landscape of African leadership, the juxtaposition of visionary leaders and the insidious nature of Western intervention invites reflection. The relentless cycle of conflict, often orchestrated by foreign interests, serves as a backdrop against which the aspirations of figures like Gaddafi, Sankara, Touré, and Traoré must be viewed. Their efforts to unite Africa against the tide of external pressures stand as a testament to their unwavering resolve, a symbol of hope amidst despair.

The notion of unity, however, is not merely an abstract concept. It requires tangible actions, a commitment to collaboration across borders, and a rejection of the narratives that seek to divide. As Gaddafi once proclaimed, "We must unite and stand together or we will be conquered separately." This call to action resonates deeply today, as African nations grapple with the repercussions of historical injustices and the pervasive

influence of neocolonialism.

The journey towards African unity is fraught with challenges, yet it is propelled by the indomitable spirit of leaders who dared to dream. From Gaddafi's audacious predictions to the revolutionary zeal of Sankara, the steadfast resolve of Touré, and the contemporary vision of Traoré, the quest for unity remains a vibrant and pressing endeavor.

As the echoes of their voices reverberate through time, they remind us that the lion's roar can still drown out the cacophony of division. The collective ambition of Africa, rooted in its rich tapestry of cultures and histories, holds the promise of a brighter future—one that transcends borders, fosters solidarity, and ultimately culminates in the realization of Gaddafi's prophetic vision.

In this light, the path ahead may be challenging, but it is illuminated by the unwavering determination of a continent poised to reclaim its narrative and forge a united destiny. The pursuit of African unity, then, is not just a dream but a necessity—a rallying cry for all who believe in the power of togetherness to overcome adversity.

The tragic deaths of leaders like Muammar Gaddafi, Thomas Sankara, and Ahmed Sekou Touré highlight a common theme of betrayal often orchestrated by Western powers. Gaddafi was brutally killed in 2011 during a NATO-backed uprising, a clear manifestation of how former allies turned enemies were manipulated into turning against him.

His closest confidants and generals, once loyal, were co-opted by Western interests, leading to his downfall. Similarly, Thomas Sankara was assassinated in 1987 by a coup led by his close associate, Blaise Compaoré, who was reportedly backed by foreign powers eager to quash Sankara's socialist agenda. Ahmed Sekou Touré faced betrayals from within as well, as his authoritarian regime alienated potential allies, ultimately leading to his downfall amidst internal dissent.

As for Ibrahim Traoré, the question of loyalty looms large. In an environment fraught with external pressures and potential betrayals, Traoré's ability to navigate these treacher-



Muammar Gaddafi



Thomas Sankara



Ahmed Sekou Touré

ous waters will be crucial. Whether he can cultivate genuine loyalty among his inner circle remains uncertain. If he surrounds himself with dedicated allies who share a vision of African unity and independence, he may indeed break the cycle

of betrayal that has plagued his predecessors.

This article was scripted by;
MIDMARK ONSONGO,
SGS
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China News

Celebrating Patriotism and Progress During China’s “Golden Week”

Patriotism in China is shaped by its unique historical experience, including struggles against colonial powers, efforts toward modernisation, and the collective pursuit of economic development.

By Stephen Ndegwa
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Worth Noting:

- The first National Day celebration in 1949 was a grand military parade, signifying the consolidation of the Communist Party’s power and its vision for China’s future. Since then, National Day has grown into an annual celebration of China’s achievements, featuring elaborate parades, cultural exhibitions and patriotic displays. The modern National Holiday Week is characterised by widespread travel, family reunions and spending, contributing significantly to China’s domestic economy.
- One of the core themes of National Holiday Week is patriotism – a value deeply ingrained in the fabric of Chinese society. China’s National Holiday Week is more than just a period of relaxation and travel – it is a vital reflection of the country’s patriotic spirit and historical legacy. The week embodies the unity, pride and collective sacrifice that define Chinese patriotism through grand celebrations, military parades, cultural exhibitions, and domestic tourism.



Every year from October 1st to October 7th, China celebrates its National Holiday Week, commonly known as the “Golden Week,” marking the founding of the People’s Republic of China (PRC) in 1949. This week-long celebration is not just a holiday filled with parades, festivities and travel. It is also a profound reminder of the significance of national unity, patriotism and China’s meteoric rise as a global power. October 1st is a landmark date in Chinese history. On this day in 1949, Mao Zedong, the founding father of the PRC, stood at Tiananmen Square in Beijing to proclaim the establishment of a new nation. This culminated decades of struggle, including the fall of imperial China, a period of warlordism, and the Chinese Civil War between the Communist Party of China (CPC) and the Nationalist Party (Kuomintang). The success of the Communist Revolution represented not only a shift in power but also a nationalistic victory, solidifying China’s return to sovereignty after years of foreign imperialism and internal strife. The first National Day celebration in 1949 was a grand military parade, signifying

the consolidation of the Communist Party’s power and its vision for China’s future. Since then, National Day has grown into an annual celebration of China’s achievements, featuring elaborate parades, cultural exhibitions and patriotic displays. The modern National Holiday Week is characterised by widespread travel, family reunions and spending, contributing significantly to China’s domestic economy. One of the core themes of National Holiday Week is patriotism – a value deeply ingrained in the fabric of Chinese society. China’s National Holiday Week is more than just a period of relaxation and travel – it is a vital reflection of the country’s patriotic spirit and historical legacy. The week embodies the unity, pride and collective sacrifice that define Chinese patriotism through grand celebrations, military parades, cultural exhibitions, and domestic tourism. Patriotism in China is shaped by its unique historical experience, including struggles against colonial powers, efforts toward modernisation, and the collective pursuit of economic development. During Golden Week, the government and citizens come together to

celebrate the state’s achievements, including economic progress, scientific advancements and military prowess. The grand military parades held on National Day, especially in Beijing’s Tiananmen Square, showcase China’s military strength and remind citizens of the sacrifices made to protect the nation’s sovereignty. These patriotic sentiments are not only expressed through state-organised events but also personal and community activities. Families visit historical sites, museums and monuments that are dedicated to China’s revolutionary history. This connection with history fosters a strong sense of national pride and shared identity among Chinese citizens. In many ways, Golden Week serves as an annual renewal of the social contract between the state and its citizens. The Chinese government, through its rapid economic growth, improved infrastructure, and advancements in technology, reassures its people that their sacrifices and loyalty to the nation have been rewarded. In return, the citizens’ participation in the festivities reflects their support and allegiance to the state. Patriotism is also reflected in the form of “red tourism,”

where citizens visit sites associated with China’s revolutionary history, such as the Yan’an Revolutionary Base or Mao Zedong’s birthplace in Shaoshan. These trips connect individuals to China’s national narrative and inspire pride in the country’s transformation over the last seven decades. By promoting such tourism, the government encourages citizens to internalise the achievements of the Communist Party and the sacrifices of past generations. Golden Week also highlights the importance of Chinese culture and heritage. Cultural pride is displayed through large-scale performances, parades and exhibitions of traditional Chinese arts, literature and history. In cities across the country, festivals showcase China’s rich history, from Confucian philosophy to revolutionary struggle, blending the past and present into a shared cultural identity. Despite its vast geographical size and diversity, China has managed to foster a strong sense of national identity and unity. During Golden Week, citizens from different ethnic backgrounds and regions come together to celebrate their shared identity as Chinese citizens. Patriotism in China is deeply

tied to the idea of collective effort and sacrifice for the greater good. From the revolutionaries who fought in the civil war to the engineers and scientists driving China’s modernisation, patriotism is seen as a long-term investment in the future of the nation. This emphasis on collective sacrifice resonates in the country’s response to modern challenges, such as economic development and technological advancements. China’s patriotism is often tied to its economic success. The growth of the economy over the past few decades is a major source of national pride. Other nations can learn from China’s model, which ties economic achievements to a broader sense of national identity, fostering both pride and a shared sense of responsibility for maintaining the country’s development trajectory. The Chinese government has been adept at integrating the country’s historical experiences – both positive and negative – into a larger narrative of national strength and resilience. Honouring historical struggles, such as the fight against imperialism or the Long March, creates a narrative that binds citizens across generations.

Youth Festival 2024

International Youth Festival 2024: Empowering Global Youth

Uganda has recently hosted the International Youth Festival 2024, bringing together over 10,000 young people from across the globe.

By: KBC Digital
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Worth Noting:

- Prominent leaders and experts from 45 countries lent their voices to the discussions. Distinguished speakers who participated in the opening ceremony and panel discussions included Sidronius Okaasai Opolot, Uganda’s Minister of State for Energy; Judith Obina Okumu, Private Secretary to the President of the Republic of Uganda in charge of Political Affairs; Davis Akampurira, Advisor to the President of Uganda. International experts, including Alexey Semenov from Rusatom International Network, discussed the prospects of nuclear energy for Africa and environmental solutions.
- The Russian State Atomic Energy Corporation Rosatom, the general partner of the festival, says it is committed to empowering youth through such events that focus on education and skills development.



Uganda has recently hosted the International Youth Festival 2024, bringing together over 10,000 young people from across the globe. Held in the vibrant cities of Kampala and Jinja, the festival was poised to offer a unique experience, combining cultural exchange, knowledge sharing, and discussions on pressing global challenges. The two-day event was designed to empower youth from diverse fields including business, media, international cooperation, science, education, healthcare, and culture. Representatives from the largest African companies, young innovators, entrepreneurs, government officials, volunteers, influencers, and representatives of children’s organisations also participated, making it a dynamic, inter-generational event that emphasised collaboration and progress. The festival highlighted some of the most critical global challenges, with a special focus on topics particularly relevant to Africa. The agenda covered issues such as nuclear energy for Africa, ecology, healthcare, education, and culture – areas where young people can drive innovation and lead the way toward positive change. Prominent leaders and ex-



perts from 45 countries lent their voices to the discussions. Distinguished speakers who participated in the opening ceremony and panel discussions included Sidronius Okaasai Opolot, Uganda’s Minister of State for Energy; Judith Obina Okumu, Private Secretary to the President of the Republic of Uganda in charge of Political Affairs; Davis Akampurira, Advisor to the President of Uganda. International experts, including Alexey Semenov from Rusatom International Network, discussed the prospects of

nuclear energy for Africa and environmental solutions. The Russian State Atomic Energy Corporation Rosatom, the general partner of the festival, says it is committed to empowering youth through such events that focus on education and skills development. “The International Youth Festival unites young people from diverse backgrounds, giving them a platform to collaborate and shape the future they envision. At Rosatom, we are deeply committed to engaging with

youth. We continuously offer a wide range of educational opportunities for foreign students and young professionals, empowering them with knowledge in various scientific fields,” said Ryan Collyer, CEO of Rosatom Central and Southern Africa. We support the aspirations of talented young individuals, as their success is important to us. Rosatom’s mission extends beyond constructing nuclear power plants; we are a multifaceted organisation, just like the young people we work

with. Our goal is to help them learn, grow, and make meaningful contributions to society,” he added. The festival has indeed fostered connections among global youth, providing them with a platform to enhance their cultural expertise and business acumen, build networks, and collaborate on innovative solutions for global challenges. The event highlighted the importance of nurturing young talent in Africa and beyond to meet future challenges and drive peaceful collaboration.

Uzbekistan News

Youth's Favorite Teacher

Paying special attention to the education and upbringing of children and the development of the young generation into perfect human beings is one of the noble qualities of our people.

By: A'zamov Samandar
xxxxxxxxxxxxx

Worth
Noting:

- After all, knowledge is a priceless wealth, and it is not an easy task to acquire it. Scholars compared learning to digging a well with a needle. A teacher's role is incomparable in a person becoming the owner of such a priceless treasure. The fact that the saying "The teacher is as great as your father" is not in vain in our people is a proof of our words.
- Candidate of biological sciences, associate professor Komilova Bakhmal Odilovna, a skilled pedagogue, selfless and passionate about her profession, who has been providing knowledge, education and the right path to many people with such knowledge. Kutlug turns 60 years old.
- Komilova Bakhmal Odilovna was born in 1963 in the village of "Arabon" of Qiziltepa district of Navoi region in the family of a worker. From 1970 to 1980, he studied at secondary school No. 20 in the district.

Paying special attention to the education and upbringing of children and the development of the young generation into perfect human beings is one of the noble qualities of our people. That is why in our people sincere respect for teachers and coaches is expressed in the proverb "A teacher is as great as your father". It is an exaggeration to say that when a teacher is mentioned, deep respect - feelings of respect and infinite gratitude arise in the heart of every person, and at the same time, a sense of debt that cannot be measured or fulfilled with any wealth. a will not.

First of all, along with his parents, a person always has a feeling of gratitude towards his teachers and mentors who opened the way to the world of knowledge and enlightenment, who worked hard to instill in his heart a sense of high human qualities. He always bows before them. It is also necessary to remember the devotees of the field of education, who worked in such a happy way, who spent all their efforts in the field of education even in the most difficult times. Because a people or a nation that has forgotten its identity, lineage, and moreover, its past, will not have a future. And we are a nation of great breeds whose names are written in golden letters in the history, and at the same time, we have made a worthy contribution to the civilization of the world.

After all, knowledge is a priceless wealth, and it is not an easy task to acquire it. Scholars compared learning to digging a well with a needle. A teacher's role is incomparable in a person becoming the owner of such a priceless treasure. The fact that the saying "The teacher is as great as your father" is not in vain in our people is a proof of our words.

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Youth's Favorite Teacher

Qiziltepa district of Navoi region in the family of a worker. From 1970 to 1980, he studied at secondary school No. 20 in the district. In 1981, he was admitted to the preparatory department of the Faculty of Soil Science of Tashkent State University (now the National University of Uzbekistan). In 1982-1987, he was a student of this educational institution, then in 1987 he was sent to the Navoi State Pedagogical Institute on the basis of a referral. The teacher works here as a teacher at the "Primary Education Methodology and Pedagogy" department. In 1991, he was accepted to the department of "Normal Physiology" of the Bukhara State Medical Institute on the basis of a competition. Along with working here, he is studying for postgraduate studies. In 1994, he

entered the department as an aspirant and was sent to the "Digestive Physiology" laboratory of the Institute of Physiology and Biophysics of the Academy of Sciences of Uzbekistan for scientific work. Here, under the leadership of K.R.Rahimov, the head of the "Digestive Physiology" laboratory, they will start scientific work on the topic "Effect of some exogenous and endogenous factors on lactase activity in the ontogenesis of mammals." On July 2, 1998, after successfully defending the scientific work, in October they received the scientific degree of candidate of biological sciences. From 1999 to 2002, he worked as a senior lecturer at the "Normal Physiology" department of the Bukhara State Medical Institute and at the same time as the deputy dean at the "Treatment"

faculty. Between 2009 and 2017, he taught students as an associate professor of the "Biology" department of Bukhara State University. In 2017-2022, they will work in various positions at the Bukhara State Medical Institute. During their activities at the institute, the teacher conducts lectures and laboratory sessions to the students of "Physiology" in the departments of medical treatment, stomatology, medical biology, medical pedagogy and folk medicine. Since September 2022, he has been working as an associate professor of the "Natural Sciences" department of the Bukhara State Pedagogical Institute. Biology is a complex of sciences about living nature, all forms of life: the structure and function of living or-

ganisms and natural communities, the origin and distribution of living beings, their interaction with each other and with living nature, and is one of the complex and complex and at the same time interesting science fields. Komilova Bakhmal Odilovna, a person who perfectly mastered such a field of science, is the author of about 100 scientific articles, 22 methodological and 7 training manuals, 1 monograph and the textbook "Physiology" for students of medical institutes. A dear person, a beloved teacher and coach of students, Bakhmal Odilovna taught many students the secrets of physiology during his career, and made them become mature specialists of their profession in the future is coming.

Climate

Gates Foundation Warns of Climate Change Impact on Child Health

By: BERNARD MOMANYI
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Contd from Page 1

Worth Noting:

- Mark Suzman, CEO of the Gates Foundation, articulated the foundation's commitment to addressing malnutrition through innovative solutions. He noted that advancements in agricultural technologies and food fortification present promising strategies to significantly reduce child stunting and wasting by 2050. For instance, new agricultural techniques can produce two to three times more nutritious milk, which is essential for healthy child development.
- During the Goalkeepers event, Gates highlighted the alarming reality that over 400 million children globally are not receiving the essential nutrients they need to grow and thrive. He stated, "Millions of children are dying today because of malnutrition, and the world needs to work together to solve this challenge." Gates stressed that malnutrition is a critical underlying cause of half of all child deaths worldwide, reinforcing the urgent need for collective action.



Bill Gates speaks at the Goalkeepers annual event that took place during United Nations General Assembly week in New York on September 23, 2024.

Risk

Between 2000 and 2020, a significant decline in child mortality rates was observed, largely driven by what the report describes as a "global health boom."

However, progress has come to a "screeching halt" since the onset of the coronavirus pandemic, compounded by increased military spending in response to conflicts in Ukraine and the Middle East. These factors have contributed to a reduction in willingness among Western countries to donate humanitarian aid.

The report predicts that without urgent intervention, 40 million additional children will experience stunting—a condition that inhibits physical and mental growth—while 28 million more will suffer from wasting, a condition characterized by severe weight loss and weakness, by the year 2050. Currently, the World Health Organization estimates that 148 million children are affected by stunting, while 45 million suffer from wasting.

Vulnerability in Africa

Children in African countries are particularly vulnerable to hunger-related conditions. The report indicates that the overall decline in foreign aid to the continent is worsening the crisis. Only 25% of foreign aid currently goes to Africa, down from 40% in 2010, leaving many

countries unable to adequately address the malnutrition epidemic.

The economic implications of malnutrition are staggering. According to the World Bank, low-income countries lose between 3% and 16% of their gross domestic product due to the effects of undernutrition. The report emphasizes that addressing malnutrition is not only vital for saving millions of children's lives but is also crucial for stimulating economic growth and development.

Innovative Solutions to Combat Malnutrition

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malnutrition, and the world needs to work together to solve this challenge." Gates stressed that malnutrition is a critical underlying cause of half of all child deaths worldwide, reinforcing the urgent need for collective action.

The report emphasizes the effectiveness of specific interventions, including the fortification of staple foods—such as salt and bouillon cubes—with essential nutrients like iodine, folic acid, iron, and zinc. In Ethiopia, fortifying salt could lead to a 4% reduction in anaemia and eliminate up to 75% of deaths and stillbirths caused by neural tube defects. In Nigeria, fortifying bouillon cubes could avert up to 16.6 million cases of anaemia and prevent around 11,000 deaths.

Importance of Prenatal Care

Another critical intervention highlighted in the report is the provision of high-quality prenatal vitamins for pregnant women. Scaling up the use of multiple micronutrient supplements (MMS), which cost as little as \$2.60 per pregnancy, could save nearly 500,000 lives and improve birth outcomes for 25 million babies in low- and middle-income countries by 2040.

Gut Health and Malnutrition

The report also delves into

promising research concerning the human microbiome, suggesting that improvements in gut health can lead to breakthroughs in the treatment of malnutrition. Studies indicate that enhancing gut health enables children to absorb nutrients more effectively, develop robust immune systems, and achieve healthy growth. Gates emphasized that a deeper understanding of the microbiome could revolutionize how both malnutrition and overnutrition are treated worldwide, including in wealthier nations where overnutrition has become a growing concern.

Economic Impact of Malnutrition

Beyond the human toll, malnutrition has extensive economic repercussions. Gates highlighted that "Countries cannot grow if their people cannot," pointing to the staggering \$3 trillion annual global economic cost associated with undernutrition. He warned that without action, the long-term economic costs of malnutrition would be devastating, particularly for low-income countries.

"One in every five of the world's children suffers from stunting, and climate change threatens to increase that number," Gates noted. He urged global leaders to invest in nutrition as part of a broader strategy to combat climate change, highlighting

the intertwined nature of health and climate challenges, particularly in the poorest countries located near the equator.

A Call to Action

Gates called for increased funding for nutrition initiatives, particularly through a new platform led by UNICEF, known as the Child Nutrition Fund, aimed at coordinating donor financing. He emphasized that while additional resources for nutrition are essential, they should not come at the expense of proven initiatives, such as routine childhood vaccinations. "Nutrition was under-researched; it's eye-opening how important this is," he added, asserting that strategies like food fortification and improved access to prenatal vitamins could be as effective as some vaccines in enhancing child health in the world's poorest countries.

The foundation's report underscores the urgent need for immediate and sustained global action to ensure that children receive the nutrition they need to thrive, especially as climate change continues to pose a significant threat to their health and well-being.

"The world must unite to tackle malnutrition, as it is not just a health issue but a moral obligation and economic necessity for a sustainable future," Gates said.

NEWS PAPER

IN BUSINESS



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America

US urges Israel to stop shooting at UN peacekeepers in Lebanon

By: BBC
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Worth Noting:

- The head of UN peacekeeping said there was reason to believe some firing on UN positions in southern Lebanon had been direct, though he did not ascribe responsibility for the incidents.
- “For example we have a case where a tower was hit by a fire and also damages to cameras at one of the positions – which obviously to us very much looked like direct fire,” Jean-Pierre Lacroix told the BBC’s Newshour programme.
- As Israel’s invasion of southern Lebanon continues, the IDF and the Lebanese armed group Hezbollah continued to fire missiles and rockets across the Israel-Lebanon border.
- The IDF said it had detected about 100 rockets crossing into northern Israel from Lebanon within the space of half an hour on Friday. Two unmanned aerial vehicles (UAVs) were detected crossing from Lebanon, one of which was intercepted, the IDF said.

US President Joe Biden has said he is “absolutely, positively” urging Israel to stop firing at UN peacekeepers during its conflict with Hezbollah in Lebanon, following two incidents in 48 hours.

On Friday, the Israel Defense Forces (IDF) said its troops were responsible for the incident, in which two Sri Lankan soldiers for the UN Interim Force in Lebanon (Unifil) were injured. IDF soldiers operating around the Unifil base in Naqoura identified a threat and opened fire, the Israeli army said, adding the incident would be investigated “at the highest levels”.

On Thursday, Unifil’s two Indonesian soldiers were injured falling from an observation tower after an Israeli tank fired towards it. The leaders of France, Italy and Spain issued a joint statement condemning Israel’s actions, saying they were unjustifiable and should immediately come to an end. Sri Lanka’s foreign ministry said it “strongly condemns” the IDF attack which injured two of its soldiers.

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The Lebanese ministry of health said three people, including a two-year-old girl, were killed in an Israeli raid on the city of Sidon in southern Lebanon. Two Lebanese soldiers were killed after Israeli forces targeted an army post in the town of Kafra in southern Lebanon, the Lebanese army said.

In the capital, Beirut, emergency workers continued to comb through the wreckage of buildings hit by two Israeli air strikes on Thursday. Lebanese Prime Minister Najib Mikati said the attacks came with no warning and killed 22 people, all civilians, and injured another 117. Israel has not commented.

Israeli forces launched a ground invasion into south-

ern Lebanon last month as they escalated their response to rocket fire from Hezbollah.

Hezbollah and Israel have been trading near-daily cross-border fire since last October, when the Palestinian armed group Hamas in the Gaza Strip carried out a deadly attack in southern Israel.

The IDF has said the UN post struck in Naqoura on Friday was about 164ft (50m) away from the source of the threat identified by soldiers. It said it had told peacekeeping troops to stay in protected spaces at the time.

Unifil said Israeli military vehicles had knocked over barriers at another UN site in Labbounneh, closer to the border with Israel.

The incidents represented a “serious development”, it said.

Mikati said Friday’s attack was “a crime which is directed at the international community”.

Israel argues that Unifil has failed to stabilise the region, and has asked peacekeepers to withdraw northwards so it can confront Hezbollah.

The Israeli ambassador to the UN, Danny Danon, has reiterated Israel’s call for Unifil personnel to withdraw north by 5km (3 miles) to “avoid danger,” but the UN’s Jean-Pierre Lacroix said they would remain in position.

About 10,000 peacekeepers from 50 countries are stationed in Lebanon, alongside around 800 civilian staff.

Since 1978, they have patrolled the area between the Litani River and the UN-recognised boundary between Lebanon and Israel, known as the “Blue Line”.

Hezbollah began firing rockets into northern Israel on 8 October last year, the day after Hamas’s deadly attack on southern Israel. The Iran-backed group says it is acting in solidarity with the Palestinians and has said it will stop firing if there is a ceasefire between Israel and Hamas in Gaza.

Over the past three weeks, Israel has dramatically escalated its campaign against Hezbollah, intensifying air strikes against southern Lebanon and southern parts of Beirut, assassinating Hezbollah’s leader Hassan Nasrallah and launching a ground invasion.

Lebanon says more than 2,000 people have been killed, mainly in the recent escalation, and hundreds of thousands have been displaced. This week Hezbollah rocket fire has killed two Israeli civilians and a Thai national, Israeli authorities say.

In a separate development on Friday, Gaza’s Hamas-run civil defence agency was quoted by the AFP news agency as saying at least 30 people were killed in Israeli

strikes in the Jabalia town and refugee camp in the north of the Palestinian enclave.

The IDF has not commented on the issue.

Meanwhile, the medical charity Doctors Without Borders (MSF) said “thousands are trapped” in the Jabalia refugee camp, including five of its staff.

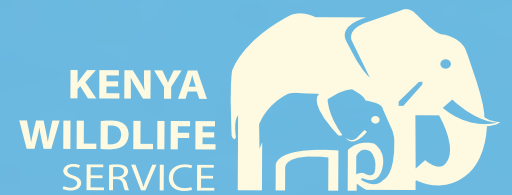
The MSF said Israeli forces had issued evacuation orders on 7 October in Jabalia, “while carrying out attacks at the same time”, meaning people could not leave safely.

Dr Mohammed Salha, the acting director of the al-Awda Hospital in Jabalia, told the BBC’s Newshour programme the area had been under siege for seven days.

He warned that the hospital would run out of fuel on Saturday, as Israeli forces were “cutting Jabalia from the rest of Gaza”.

“No medication, no medical supplies, no healthy water, no fuel, so pressure, pressure on these people to move and go directly to the south,” Dr Salha said.

Israel has been conducting a new ground operation in the area, saying it is targeting regrouping Hamas fighters who aim to launch attacks, with dozens of people reportedly killed or wounded in northern Gaza in recent days.



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Japanese atomic bomb survivors win Nobel Peace Prize

Nihon Hidankyo, a Japanese group of atomic bomb survivors, has won the 2024 Nobel Peace Prize.

By: BBC
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Worth Noting:

- The group has been nominated for the Nobel Peace Prize “many times” in the past, including in 2005 when it received a special mention by the Norwegian Nobel Committee, its website says.
- On 6 August 1945, a US bomber dropped the uranium bomb above the city of Hiroshima, killing around 140,000 people.
- Three days later a second nuclear weapon was dropped on Nagasaki. Two weeks later Japan surrendered, ending World War Two.
- Speaking to reporters in Japan, a tearful Toshiyuki Mimaki, the co-head of the group, said: “Never did I dream this could happen,” the AFP news agency quotes him as saying.
- Mr Mimaki criticised the idea that nuclear weapons bring peace. “It has been said that because of nuclear weapons, the world maintains peace. But nuclear weapons can be used by terrorists,” Mr Mimaki said, according to reports by AFP.



Nihon Hidankyo, a Japanese group of atomic bomb survivors, has won the 2024 Nobel Peace Prize. Known as hibakusha, the group is made up of survivors of the 1945 bombings of Hiroshima and Nagasaki. It has been recognised by the Norwegian Nobel Committee for efforts to rid the world of nuclear weapons. Nobel Committee Chair Jørgen Watne Frydnes said the group had “contributed greatly to the establishment of the nuclear taboo”. Frydnes warned the “nuclear taboo” was now “under pressure” – and praised the group’s use of witness testimony to ensure nuclear weapons must never be used again. Founded in 1956, the organisation sends survivors around the world to share their testimonies of the “atrocious damage” and suffering caused by the use of nuclear weapons, according to its website. Their work began almost a decade after the devastation of Hiroshima and Nagasaki. The group has been nominated for the Nobel Peace

Prize “many times” in the past, including in 2005 when it received a special mention by the Norwegian Nobel Committee, its website says. On 6 August 1945, a US bomber dropped the uranium bomb above the city of Hiroshima, killing around 140,000 people. Three days later a second nuclear weapon was dropped on Nagasaki. Two weeks later Japan surrendered, ending World War Two. Speaking to reporters in Japan, a tearful Toshiyuki Mimaki, the co-head of the group, said: “Never did I dream this could happen,” the AFP news agency quotes him as saying. Mr Mimaki criticised the idea that nuclear weapons bring peace. “It has been said that because of nuclear weapons, the world maintains peace. But nuclear weapons can be used by terrorists,” Mr Mimaki said, according to reports by AFP. In a BBC interview last year, he said despite only being three years old at the time the nuclear bomb hit Hiroshima – he could still remember dazed and burnt

survivors fleeing past his home. The prize – which consist of a diploma, a gold medal and a sum of \$1m (£765,800) – will be presented at a ceremonies in Oslo in December, marking the anniversary of the death of the scientist and prize creator Alfred Nobel. The decision to recognise Nihon Hidankyo means the Nobel committee has steered away from more controversial nominees for the peace prize. There had been widespread speculation the United Nations agency supporting Palestinians – UNWRA – was being considered for the prize. Although the organisation is the main provider of humanitarian aid to civilians in Gaza, nine of its members were fired for alleged involvement in the Hamas attack on Israel on October 7 last year. More than 12,000 people had signed a petition urging the committee not to award UNWRA the prize. There were equal concerns about the nomination of the

International Court of Justice. The UN’s main judicial organ is currently considering allegations that Israel has committed genocide in Gaza and has already issued a statement urging the Israeli authorities to refrain from genocidal acts. But while giving the prize to Nihon Hidankyo may be a non-controversial choice, it could also focus global attention on the threat of nuclear conflict which overshadows the fighting in both Ukraine and the Middle East. Throughout Russia’s invasion of Ukraine, its leaders have repeatedly hinted that they may be ready to use tactical nuclear weapons if western allies increase their support for Ukraine in a way Russia considers unacceptable. These threats have succeeded in restraining western support for fear of escalation. In the Middle East, the subtext for much of Israel’s strategy is the fear that Iran is seeking nuclear capability, something Tehran denies.

The Nobel committee’s decision may renew a debate about the use of nuclear weapons at a time when some countries look enviously at their deterring power. This year’s peace prize had 286 nominations, a number comprising 197 individuals and 89 organisations. Nominations can be made by people in positions of significant authority, including members of national assemblies, governments and international courts of law. Iranian human rights activist Narges Mohammadi won the prize in 2023, when she was honoured for her work fighting the oppression of women in Iran. Ms Mohammadi is currently being held in Evin prison in Tehran, having already spent 12 years in jail serving multiple sentences related to her activism.

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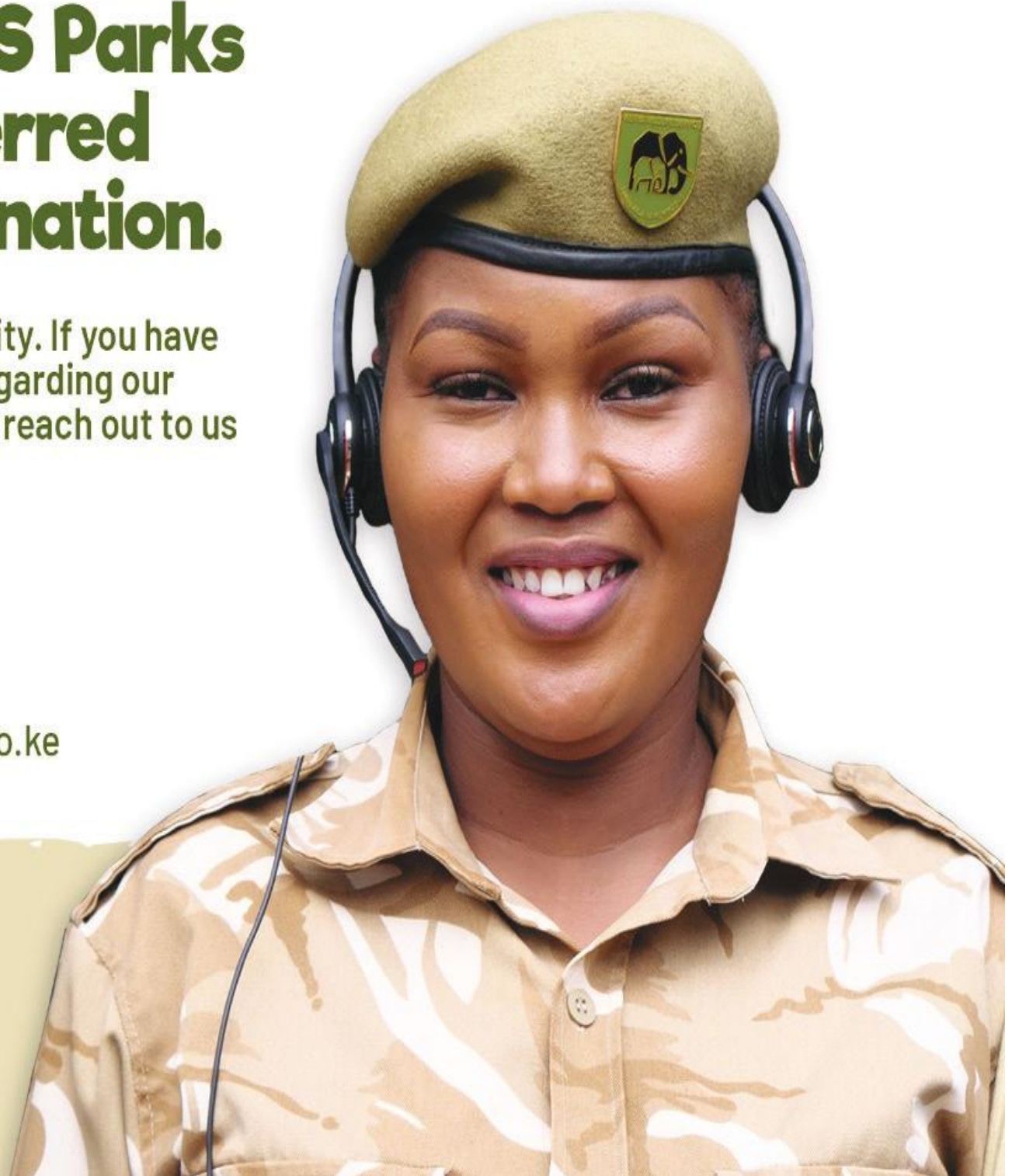
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Two Visions, One Mission: The Lives of Dr. Fayyaz and Dr. Tanvir

Dr. Fayyaz is like a fragrance—his presence is gentle yet impactful. Known simply as Dr. Fayyaz, he and Dr. Tanvir, who later transitioned into a career in law enforcement, were close friends.



By: MUHAMMAD ADNAN GUJJAR
xxxxxxxxxxxx

Worth Noting:

• Dr. Fayyaz is like a fragrance—his presence is gentle yet impactful. Known simply as Dr. Fayyaz, he and Dr. Tanvir, who later transitioned into a career in law enforcement, were close friends. However, they had slightly different approaches to life. As I mentioned earlier, Dr. Fayyaz was always clear about his goal of making a name for himself in the medical field. While he progressed in his career, Tanvir, who was initially somewhat aimless, eventually joined the Punjab Police as a constable. He is now a head constable and will soon be promoted to ASI. Despite their different paths, both have left their mark on me in unique ways.

• Dr. Fayyaz left a deep impact on my mindset. He was a true lover of Prophet Muhammad (PBUH). I still remember his visits to the “Darood Corner,” also known as ‘Gosha Darood,’ in Sadar Bazaar, Mandi Bahauddin.

Dr. Fayyaz Chaudhry seemed to have emerged from nowhere. Since I met him in 2006, he has always been cultured and clear in his thoughts. I was in my first year of intermediate when the sudden demise of ‘Abba Ji’ jolted my world, and I came into contact with several people in the medical field. Though I did not choose that path, a few individuals left a lasting impression on me due to their visionary and humanistic approach during that difficult time. They were truly humane, and I have remained in touch with them through the ups and downs of life. Among them were Dr. Fayyaz Chaudhry and Dr. Tanvir.

Dr. Fayyaz is like a fragrance—his presence is gentle yet impactful. Known simply as Dr. Fayyaz, he and Dr. Tanvir, who later transitioned into a career in law enforcement, were close friends. However, they had slightly different approaches to life. As I mentioned earlier, Dr. Fayyaz was always clear about his goal of making a name for himself in the medical field. While he progressed in his career, Tanvir, who was initially somewhat aimless, eventually joined the Punjab Police as a constable. He is now a head constable and will soon be promoted to ASI. Despite their different paths, both have left their mark on me in unique ways.

Dr. Fayyaz left a deep impact on my mindset. He was a true lover of Prophet Muhammad (PBUH). I still remember his visits to the “Darood Corner,” also known as ‘Gosha Darood,’ in Sadar Bazaar, Mandi Bahauddin. He had an amazing and pure personality, with his spirituality, punctuality, regularity, and purity standing out as masterful traits. As a spiritual soul, he loved reciting ‘Darood Sharif.’ Every Monday, he would bring a bunch of roses and commemorate the day as the birthday of the Prophet (PBUH). I sometimes think his modest background was blessed by the exaltation of Darood Sharif and his closeness to the beloved Prophet (PBUH). Today, he is a well-known name in his community.

Dr. Fayyaz, B.Sc, BHMS (IUB), DHMS (PU), RHMP

(PU), and former House Officer of Pakistan Homeo Hospital, Lahore, left Mandi Bahauddin after completing his DHMS and enrolled in the prestigious Islamia University Bahawalpur to further his medical education. He was a bright and distinguished student among his peers. Even today, his classmates and teachers remember his visionary and mission-driven spirit. During his time at Islamia University Bahawalpur, he led an exemplary academic career. He was not only a standout among the crowd but also highly admired by both his peers and faculty. He completed his studies with thought-provoking and revolutionary insights.

After obtaining his degree, Dr. Fayyaz began his professional career at Homeo Hospital, Lahore. He quickly made a name for himself. With dedication and enthusiasm, he soon became a prominent figure in the hospital. One striking quality he has carried since the beginning is his deep concern for humanity. As a true revolutionary in his medical field, he worked for the welfare of his hometown. His humanistic and visionary approach is reflected in his actions and has left a lasting impression on the hearts of the people he has helped.

Currently, Dr. Fayyaz practices in Mandi Bahauddin, focusing on infertility and kidney-related issues. As an expert in homeopathic medicine, he effectively treats chronic diseases such as kidney stones and infertility in couples. In addition to this, he is also an expert psychotherapist, treating and curing many patients with stress and anxiety disorders. His contributions to homeopathy are truly exceptional. On the other hand, Dr. Tanvir was also loyal to his profession. Although institutions in Pakistan are often defamed due to nepotism, corruption, and lawlessness, there are still some people who remain honest to their profession, and Dr. Tanvir is one of them. He had a passion for joining the Punjab Police. Though he began his career in the medical field, he soon grew disillusioned and aspired to join the Punjab Police after completing his DHMS from Punjab. Unlike Dr. Fayyaz, he was a



Dr. Fayyaz Chaudhry

jolly person, always wearing a smile and maintaining an optimistic outlook on his future in law enforcement. His dream eventually came true when he, like his elder brother Mr. Aqeel, an ASI, who had been his inspiration and motivation, joined the same institution. I remembered Dr. Tanvir, who was always enthusiastic about his work in the Punjab police. Before joining the police, he used to say, “Danya, start running! Do it daily! Exercise and stay fit because you know it’s essential for the fitness test to become a constable. If you pass the fitness test, the rest will be much easier. So, stay energetic and punctual. The rest is in God’s hands, and soon, we’ll both join the Punjab Police.” I was a bit reluctant, but he went ahead and joined.

After joining the police force after a few years I contacted him as Once, a friend of mine had his motorbike stolen by robbers at the west gate of Wahiddudin Park, Mandi Bahauddin. He filed an FIR, but no action was taken. Suddenly, Fortunately, I telephoned him, explaining that my friend’s motorbike had been stolen and that the authorities had been unresponsive. To my surprise, Dr. Tanvir used his professional skills to track



Dr. Tanvir

down and arrest the robbers, and my friend got his stolen bike back. That day, I truly admired his professional abilities and told him, “Yaar, you were genuinely born for this profession.” My friend was also happy and changed his opinion about the Punjab police.

Now, both doctors are quite vigilant in their respective fields—one as a head constable and the other as a dedicated man of medicine. They were once classmates and friends, but one became a guardian of the law while the other guards the health of people. And just when memories begin to

fade from my mind, I was traveling to my university, the University of Chenab, Gujrat, when both of my friends came to mind, and I wove together their unforgettable memories. May God bless them with more love, empathy, and respect.

MUHAMMAD ADNAN GUJJAR

The writer is a full-time lecturer in the Department of English Language and Literature at the University of Chenab, Gujrat, and is currently working on the third edition of the literary magazine *The Wordsmith E-Magazine*.

Kenyans in Lebanon Urged to Register for Evacuation By Saturday As Crisis Escalates

Kenyans in Lebanon have until the end of Saturday to register for evacuation as the crisis in the Middle Eastern country escalates.

In a communiqué on Saturday, Roseline Njogu, Principal Secretary for the State Department for Diaspora Affairs, urged Kenyans who have not yet registered to seize the remaining opportunity. As of this morning, the government is finalizing plans to airlift 6,907 Kenyans who have registered.

“We’ve made arrangements for the 6,907 who have registered, with some scheduled to leave this coming week,” she stated.

The ongoing conflict in Lebanon follows more than a year of hostilities between Israel and the Palestinian militant group Hamas. On October 7, Hamas launched a surprise attack on southern Israel, resulting in approximately 1,200 deaths and at least 240 hostages, according to Israeli authorities. As Israel began its military response in Gaza, Hezbollah militants commenced rocket attacks on Israel in support of Hamas, leading to increased military operations in southern Lebanon, which have raised concerns from the U.N. Njogu emphasized that the gov-

ernment is closely monitoring the situation and collaborating with international partners to ensure the safe return of all Kenyans wishing to leave Lebanon.

Earlier, Prime Cabinet Secretary Musalia Mudavadi informed the Senate that the government has allocated Sh100 million for the evacuation of Kenyans stranded in Lebanon due to the escalating tensions. “The government has set aside Sh100 million, and a committee in the Ministry of Foreign Affairs is coordinating with security and other agencies to determine how best to utilize these funds for the evacuation,” he disclosed.

The evacuation efforts are being organized amid a deteriorating security situation in Lebanon, prompting several countries to facilitate the return of their citizens.

In related developments, U.S. President Joe Biden has called for Israel to cease fire against U.N. peacekeepers in Lebanon following two incidents in 48 hours, in which Sri Lankan and Indonesian soldiers were injured by Israeli fire.

Israeli Defense Forces (IDF) stated they would investigate the incidents, while the head of U.N. peacekeeping



UN peacekeeping force UNIFIL has been deployed in south Lebanon since 1978

noted that there is evidence of direct fire on U.N. positions.

As cross-border exchanges between the IDF and Hezbollah continue, the situation remains tense, with reports

of civilian casualties and significant damage in Lebanon, including recent airstrikes that killed 22 civilians in Beirut. Lebanese Prime Minister Najib Mikati condemned the attacks

as “a crime directed at the international community.”

UN Human Rights Council

Kenya Elected to UN Human Rights Council for 2025-2027 Term

Kenya has been elected to the United Nations Human Rights Council for a three-year term starting in January 2025.

The 47-member Council, established in 2006, is tasked with promoting and protecting human rights worldwide.

Foreign Affairs Principal Secretary Korir Sing'oei confirmed Kenya's election for the 2025–2027 term, emphasizing the country's commitment to advancing and protecting human rights for all.

“Pleased to announce Kenya's successful election to the United Nations Human Rights Council during elections held today in New York,” Sing'oei said.

Kenya now joins other African nations on the Council, including the Democratic Republic of Congo, Ethiopia, Gambia, and Benin.



Kenyan President William Ruto addresses the United Nations General Assembly in New York on September 22, 2024, calling for urgent reforms in global governance and financing to meet the 2030 Sustainable Development Goals. /September 2024.

Classics Revisited: The Eternal Impression On Contemporary Poets

Step into the timeless realm of classical literature, where the echoes resonate through the pages that whisper tales of love, conflict, and the eternal quest for meaning.



By: Tajalla Qureshi
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Worth Noting:

- On the flip side, the world of poetry is a rich tapestry woven from the threads of both traditions and innovations. Classic works have shaped not only the form and structure of poetry but also its profoundly demonstrative and sensational refrains. As Contemporary poets engage with classic forms, they not only recompense homage to their literary predecessors but also reinterpret these structures to imitate modern refrains and sensibilities.
- Intertextuality creates a door to enter the Greek dimension. Many Modern Poets engage with classic works, reinterpreting and responding to them in their contemporary pieces of writing, creating layers of meaning that resonate with their presence. As Muhammad Adnan beautifully highlights the chain of emblems in classical dimension in his essay “Classics classically classifies the cases of English Poetry”



Step into the timeless realm of classical literature, where the echoes resonate through the pages that whisper tales of love, conflict, and the eternal quest for meaning. These timeless works, crafted by masters of the written word, invite readers to traverse diverse landscapes of humanistic experiences—from Homer’s heroic epics to Jane Austen’s poignant imitations. Each Classic severs a door that opens into a sensual dimension, illuminating the values, struggles, and dreams of exploration with various universal themes. As I dwell on these legendary literary treasures that are captivated by the richness of language, traditions, depth, and enduring truths that continuously shape my understanding. On the flip side, the world of poetry is a rich tapestry woven from the threads of both traditions and innovations. Classic works have shaped not only the form and structure of poetry but also its profoundly demonstrative and sensational refrains. As Contemporary poets engage with classic forms, they not only recompense homage to their literary predecessors but also reinterpret these structures to imitate modern refrains and sensibilities. Intertextuality creates a door to enter the Greek dimension. Many Modern Poets engage with

classic works, reinterpreting and responding to them in their contemporary pieces of writing, creating layers of meaning that resonate with their presence. As Muhammad Adnan beautifully highlights the chain of emblems in classical dimension in his essay “Classics classically classifies the cases of English Poetry”

As I stepped into the moonlight, my poem Appraisal of Her Beauty, wondrously woven the essentials of Greek mythological typescripts to unveil the aura of highlighted wisdom, relishing beauty, and magnificence of love. The Great Greeks are reinvited with the essence of creativity and color in contemporary times. The artistic portrayal of Greek gods and goddesses like Apollo, Aphrodite, Athena, Hera, and Selena. I highlight the aroma of physical allure and affectional art of Aphrodite. Being a contemporary poet, I adore Athena’s wisdom, power of peace, Selena’s Celestial presence, Apollo’s admiration, and Aphrodite’s love. Beyond the blue clouds and white ocean Poetry switches and swings with the Greek notion High up in the sky, Apollo whispers her artistic aura Even beguiles the wariness of Hera, keeping in flora And Aphrodite loves her

love, acclaims the veiling devotion
Dance in dazzle, her imprints utter, gentle compels in motion
Vehemently, Venus often invites her beauty,
So far, Athena adores her victorious duty
Apollo offers her, his arrow, yet, to conquer the sparrow
Wisdom bows before her knees bamboozle the rough and narrow
She befriends Aphrodite and Athena for the scent of loveliness
All, with Selena, who clicks her on the moon for a dress
Appraise her aroma, in sliver stars, Selena opens art.
Appraisal of Her Beauty by Tajalla Qureshi

As I ventured into the unknowns, another poem, Athena’s Apollo, also drew me to revisit and revive classical forms by capturing the rich tapestry of Greek mythology, particularly through the characters of Athena and Apollo. By intertwining wisdom, art, knowledge, and esthetical admiration the classical images evoke and choke the timeless ideals that beautifully define the beauty and virtue of the classical era. It whispers the language of acceptance love, freedom of admiration, and understanding yet bounded in forms. I highly weigh the beauty of wisdom and sense of divine affection in

Athena and Apollo’s characters, as seen in the line “Cherish the preponderance of love at miles” which reveals the concept of transcending both distance and time, echoing the enduring relevance of classical ideas. Moreover, I showcase love and beauty as an ever-lasting canvas of possibilities as the intimacy of texts changed in the quiet of midnight. “Hovering over the sky, he often replies to the veracity of wisdom, she, Athena Cherish the preponderance of love at miles Apollo retains the luxurious arena” Hence, contemporary poets are exceedingly influenced by Greek elements: Wisdom as ever turning compass, Beauty as the mirror with many facets, and Love as the fragmented flame. Additionally, the reflection of Greek belief in the transformative power of art, not just as a visual or auditory experience, but it a force that awakens the senses and stirs the soul. “Sometimes, green adores your heart and Apollo dances with mirth and March She, the Starfire encircles the melodious art An affection, a reflection, Apollo owns the starch” Athena’s Apollo by Tajalla Qureshi

Every Sunrise brought a chance to rewrite, Respected: Muhammad Adnan, as a transnational poet, juxtaposes Eastern and Western influences. He artistically deploys Greek myths in his poetry, explicitly bridging evocative images from both traditions. This approach reflects T.S. Eliot’s belief in the importance of tradition in a poet’s growth. Adnan’s poetic dynamics are rooted in the richness of traditional poetry, drawing upon the art of Homer, Virgil, Pindar, Dante, and Boccaccio. Respected Adnan artistically crafted expression, full of classical allusions and vivid imagery. It seems to me that classics are swinging with a thread that knots the approbation and reassurance of Beauty, Love, and Wisdom from Great Greeks with contemporary embers magnificently. His artistic creations like “My Greek Warrior”, “Tangible Trance”, “A Light Jill”, “To Consistency”, “You are my untold tale”, “Lioness of Grace”, A song sung by Telemachus”, “On his 24th birthday” and “You deserve more” holds the classical inspirations. I mention the selected verses below.
#1
“Your vanity is the vanity of

Classics Revisited: The Eternal Impression On Contemporary Poets

On the flip side, the world of poetry is a rich tapestry woven from the threads of both traditions and innovations.



By: Tajalla Qureshi
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Contd from Page 22

Worth Noting:

- As I ventured into the unknowns, another poem, Athena's Apollo, also drew me to revisit and revive classical forms by capturing the rich tapestry of Greek mythology, particularly through the characters of Athena and Apollo. By intertwining wisdom, art, knowledge, and esthetical admiration the classical images evoke and choke the timeless ideals that beautifully define the beauty and virtue of the classical era.
- It whispers the language of acceptance love, freedom of admiration, and understanding yet bounded in forms. I highly weigh the beauty of wisdom and sense of divine affection in Athena and Apollo's characters, as seen in the line "Cherish the preponderance of love at miles" which reveals the concept of transcending both distance and time, echoing the enduring relevance of classical ideas. Moreover, I showcase love and beauty as an ever-lasting canvas of possibilities as the intimacy of texts changed in the quiet of midnight



Athena
Your pride is the pride of
Odysseus
Your heart seems to be Castle of Calypso
Your aura is Palace of Cerci;
You are my Greek Warrior"
Coupled with that, I showcase the harmony between intellect and creativity, an essential theme in classical literature. I reckon the beauty, wisdom, and creativity in classics are living testaments for contemporaries. However, the interdisciplinary approach of blending poetry with visual arts and music reflects the holistic appreciation of beauty found in classical. By way of time encore, the emblem of love is a mosaic of fleeting moments, scattered like sparks from a campfire, each flame has a different hue. Respected Adnan's Classical influence continues to cast a long and luminous shadow over contemporary expressions. The Tale of Odysseus's voyage becomes a metaphor that exemplifies resilience through the characters and impressions. Here, I extracted the influential verses from these thought-provoking poems. "You are the fairy of Spencer's Queen
You are a dazzling wing of Spleen
Eye blinks in the search for Helen
Parris cherishes the sight



even fallen"
My Greek Warrior by Muhammad Adnan
Furthermore, I telltale that contemporary poets have evolved while retaining echoes of classical ideals. In ancient Greece and Rome, poets were seen as voices of truth, visionaries, and a sense of admiration for divinity, unity, and healing power, and contemporary poets continue to echo back and unearth those traditions to inspire changes and provoke thoughts like an electric connection between the souls of different eras.
#2
"Facing the stormy storm
She stands firm and never fads
standing like Penelope, she sips transparency
Athena she is, I call her Con-

sistency;
A thing of beauty is forever
Hymn to commoners she whispers ever"
To Consistency by Muhammad Adnan
#3
In an age flooded with information and knowledge, "Hear! Classic Hera
How do you refuge in this era
walking like a peacock, you pace delicately
Birds stop twittering in the tree hastily"
As turned over, the back-and-forth between contemporary poets and classic forms highlights the dynamic nature of poetry. By reimagining traditional structures, poets continue to reconnoiter and reinterpret classic forms, they tell that poetry is a living art

that evolves while remaining rooted in the rich tapestry of human emotion and expression.
"Athena shies before your aura.
Hera cherishes your visage"
You are my untold tale by Muhammad Adnan
As I pondered through the veil again in the contemporary era, love, beauty, and wisdom are like threads weaving through the fabric of our values of divinity and infinity. Love becomes the courage to connect and accept the phrases and mazes; Beauty renovates into the aptitude to find elegance and embrace the authentic phase and face; and Wisdom chaperons the genuine to live with openness, and adaptability to admit imper-

fection. I reckon Love seeks beauty in the honest and the real as purity hits the purity, Through their creative endeavors, contemporary poets ensure that the legacy of tradition remains vibrant and relevant, inviting new generations to engage with the beauty and complexity of poetry. The fusion of classical and contemporary is not a mere echo of the past but a vibrant dialogue that pushes the boundaries of what poetry can be, bridging the centuries with the timeless language of verse.

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Putting the “men” back in menstrual health on International Day of the Girl

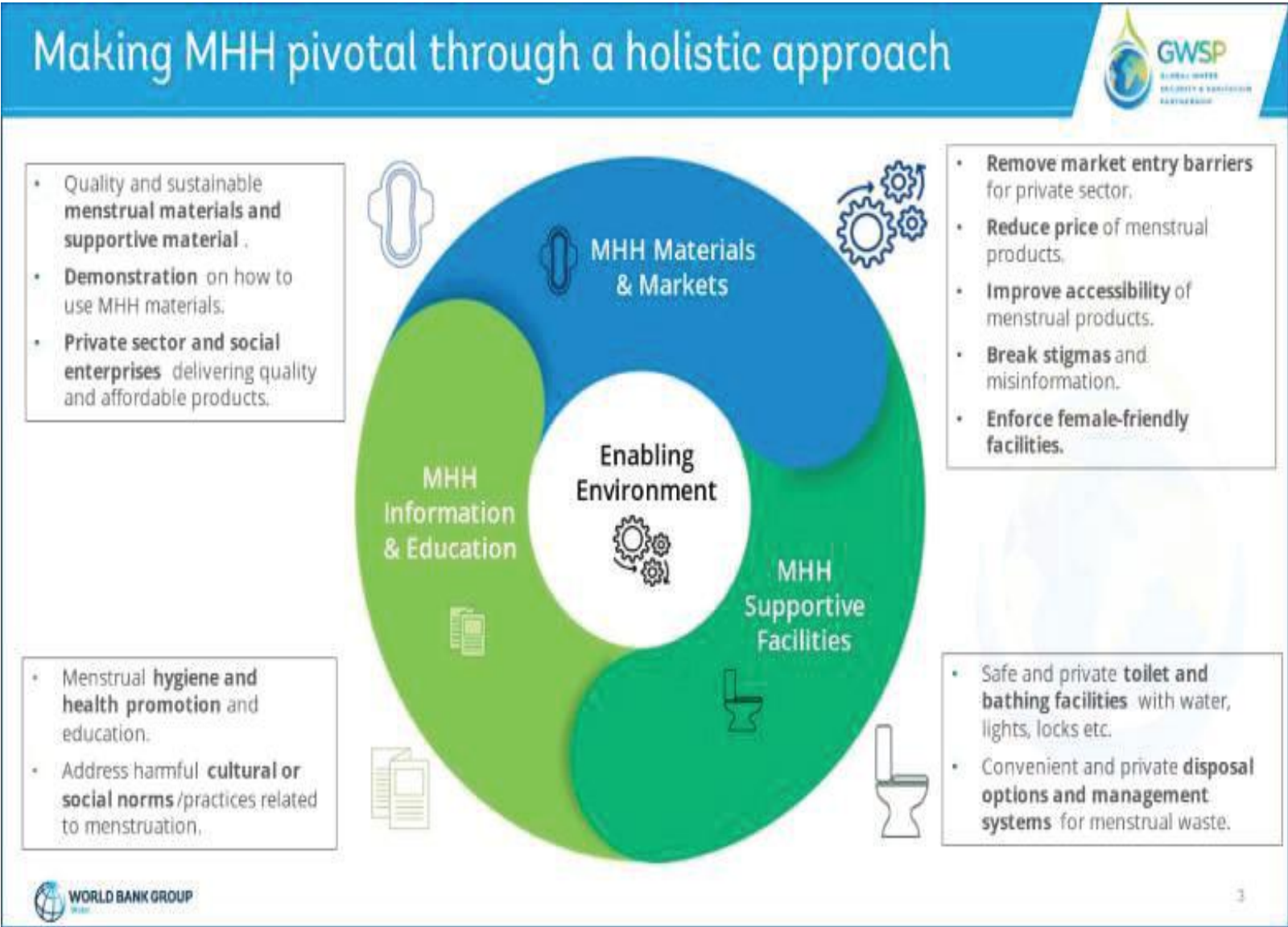
In Kenya, the World Bank estimates that 95% of adolescent girls miss between one and three days of school every month due to their period.

By: Joseph Gachira and Adam Lewis

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Worth Noting:

- To disrupt this narrative and usher us closer to a gender-equal world, it is incumbent upon men – especially those in traditional positions of authority – to create space for girls to practice safe menstrual health and hygiene. In other words, it’s time to put the “men” back in menstruation.
- Contrary to common perception, periods are natural biological functions that are a sign of a healthy female body undergoing its normal monthly cycle. While girls and women can experience their cycles differently – with symptoms ranging from mild to severe – it’s important to remember that menstruation needs to be managed like any other bodily process: hygienically, privately, comfortably, and safely. That’s where men can come in.



11th October marks the International Day of the Girl – a worldwide celebration of the girl child and an opportunity to call attention to the many social, cultural, and economic factors keeping girls from reaching their full potential. As co-founders of a women’s health startup here in Kenya, this awareness day is particularly important to us; its aims are our aims: to bring about a more equal, prosperous future for the underserved female majority. One place to start is menstrual health – a topic that men like us often shy away from. In Kenya, the World Bank estimates that 95% of adolescent girls miss between one and three days of school every month due to their period. Suppose you apply that rate to the country’s nearly six million adolescent girls who are in school for nine months a year. In that case, that’s roughly 100 million

days of school missed every year – nearly a billion hours of missed learning – simply because of menstruation. We don’t need to look far beyond these statistics to understand why Kenyan girls are still less likely complete their education or secure a well-paying job than their male counterparts. To disrupt this narrative and usher us closer to a gender-equal world, it is incumbent upon men – especially those in traditional positions of authority – to create space for girls to practice safe menstrual health and hygiene. In other words, it’s time to put the “men” back in menstruation. Contrary to common perception, periods are natural biological functions that are a sign of a healthy female body undergoing its normal monthly cycle. While girls and women can experience their cycles differently – with symptoms

ranging from mild to severe – it’s important to remember that menstruation needs to be managed like any other bodily process: hygienically, privately, comfortably, and safely. That’s where men can come in. Even if girls are more likely to talk to mothers, sisters, aunts, and other women about their period, men can play countless other roles critical to girls’ health and wellbeing. Fathers and brothers can always offer to get menstrual health supplies, whether it requires running to the kitchen for a hot water bottle or going to the store to pick up sanitary pads. School administrators, policymakers, and teachers can create educational environments more conducive to girls’ hygiene, so they don’t have to risk missing school or falling behind every month. Male community leaders – from pastors and imams to chiefs

and coaches – can provide platforms or resources that help menstruating girls participate in religion, sports, and other social activities as freely and fairly as boys do. We are also proud to be part of a new menstrual health initiative that’s being launched today, called Pamp’her. Designed specifically for modern-day Kenyan girls and women, Pamp’her is a portfolio of innovative “period packs” complete with everything a girl might need to manage her period symptoms and stay engaged in her day-to-day activities. Pamp’her solutions are also paired with wellness and educational resources to help girls stay in touch with their bodies as they undergo changes. In honor of International Day of the Girl, we are partnering with Ms. Understood to host a series of Friday live streams about different aspects of menstrual

health and hygiene, where we will be introducing expert guests, announcing special Pamp’her giveaways, and curating conversations that about periods that go beyond “free pads” and euphemisms. It’s also an opportunity for men like us to learn more about the girls and women in our lives and understand how we can better support their menstrual health. For too long, men have steered clear of topics like menstrual health, which are considered too “female” or “icky” to be their business, preventing them from being the support systems and role models that can be invaluable to girls on their path to equality and success. If there was ever a day to break one unhealthy cycle by celebrating a healthy one, what better than International Day of the Girl?