

Gov't Initiates Process To Terminate Adani Deals

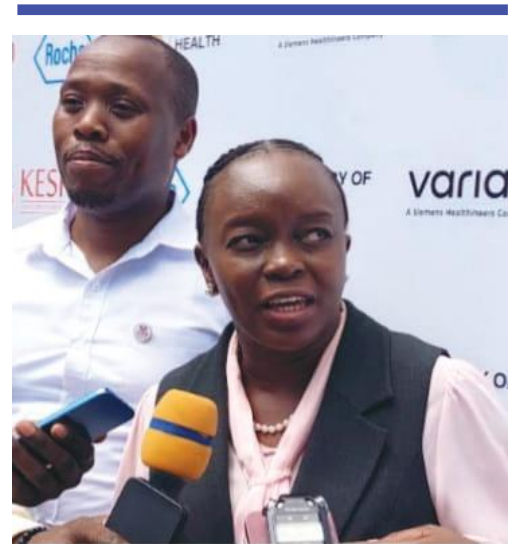


P.8

A collage photo of Gautam Adani and President William Ruto



Opinion: Understanding Conflict: Types of Conflict **P.11**



News: Ministry Rolls Out Plan To Decentralise Cancer Treatment Services **P.13**

CHAI NI KETEPA

Organisations Urged To Embrace New Technologies For Operational Efficiency

By: Hussein Abdullahi
@themtkenyatimes

Worth Noting:

- Nyokabi, who is a recognised thought leader in HR circles, was speaking in Mombasa during the 8th Annual Talent Summit organised by the College of Human Resource Management (CHRM) at the PrideInn Paradise Beach Resort and Convention Centre.
- She delivered a powerful keynote address on navigating the future of talent with her insights focusing on adapting to a world in constant flux and preparing for the challenges of tomorrow.



CHRM Principal Margaret Kinyanjui (l) with Safaricom Plc Chief Human Resources Officer Florence Nyokabi during the 8th Annual Talent Summit organised by the College of Human Resource Management (CHRM) at the PrideInn Paradise Beach Resort and Convention Centre.



Florence Nyokabi

Safaricom Chief Human Resources Officer Florence Nyokabi is calling on organisations to embrace new technologies for operational efficiencies.

Nyokabi says the introduction of new technologies has allowed HR to play a much larger role in shaping a company's operational efficiencies and leveraging opportunities.

She says that in the current workspace, organisations cannot afford to ignore the rapid technological advancements and the rise of automations.

The Safaricom HR top official says as the world is rapidly shifting towards the digital space, it's no longer optional but vital for organisations to embrace it for business survival and growth.

"In the rapidly evolving landscape of business and technology, the role of HR is evolving at an unprecedented level," she said.

Nyokabi, who is a recognised thought leader in HR circles, was speaking in Mombasa during the 8th Annual Talent Summit organised by the College of Human Resource Management (CHRM) at

the PrideInn Paradise Beach Resort and Convention Centre.

She delivered a powerful keynote address on navigating the future of talent with her insights focusing on adapting to a world in constant flux and preparing for the challenges of tomorrow.

The HR guru stated that new technologies such as Artificial Intelligence (AI), Data Science and Cloud Computing can help businesses to be more efficient, productive, and profitable.

She says once such new technologies are deployed, they boost businesses' efficiencies by automating repetitive tasks, enhancing data analytics, and improving cyber security.

"The emerging technologies are today pushing the boundaries of what's possible in the digital world space," she said, adding that embracing digital transformation will provide a pathway to future successes.

"For any organisation to remain relevant and effective in their pursuits, it must tap into technological advancements to respond to changes within the markets and

progress for good," she said.

Nyokabi says the telecommunications provider is aspiring to become Africa's purpose-led technological company by 2030, and to achieve this, 'we need to build on the technological capabilities that we already have'.

She dispelled the anxieties around emerging technologies that they could lead to huge job losses at the workplace or taking over some aspects of work across disciplines.

"Organisations need to overcome such fears by adopting and implementing watertight strategies in their workspace automation endeavours," she said.

Joan Mbesya, founder and CEO of Tech Mindset Africa Ltd., says technology is constantly evolving and with it the way human beings approach work.

"The reality is that emerging technologies such as AI, the Internet of Things, Machine Learning and Edge Computing are here with us, but the good news is that they can't handle the part of jobs which require a human touch," she said.

Mbesya says new innovations in robot-

ics and AI can be powerful tools for businesses and a big enabler but at the same time be a source of fear and anxiety for employees.

The Tech Mindset Africa Ltd. CEO noted that the emerging technology penetration in Africa stands at about 5 per cent as African countries are yet to heavily invest in the research and development of new technologies.

"From automating tasks to enhancing decision-making, AI and other emerging digital technologies are revolutionising the way we work, and so we need to embrace them as the future of work," she said.

CHRM Principal Margaret Kinyanjui says the annual talent summit provides an opportunity for organisations to engage with thought leaders and industry experts in insightful conversations about talent, leadership, innovation, and unmatched networking opportunities.

Kinyanjui noted that the delegates to the summit engaged deeply, exchanging insights that are set to redefine the HR landscape.

Editor's Desk

The Mt. Kenya Times



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

Group Executive Chairman
M. Danson

Our Contacts
P. O. Box 101 675 - 00101 Nairobi, Cell: 0700 161 866, 0705 215 262
Editorial Desk: editorial@mountkenyatimes.co.ke, Adverts: ads@mountkenyatimes.co.ke,
News Desk: news@mountkenyatimes.co.ke, Web: www.mountkenyatimes.co.ke

Facebook: facebook.com/themtkenyatimes, Instagram: instagram.com/themtkenyatimes/, Twitter: twitter.com/themtkenyatimes
LinkedIn: <https://www.linkedin.com/in/the-mt-kenya-times/>



NEWS PAPER

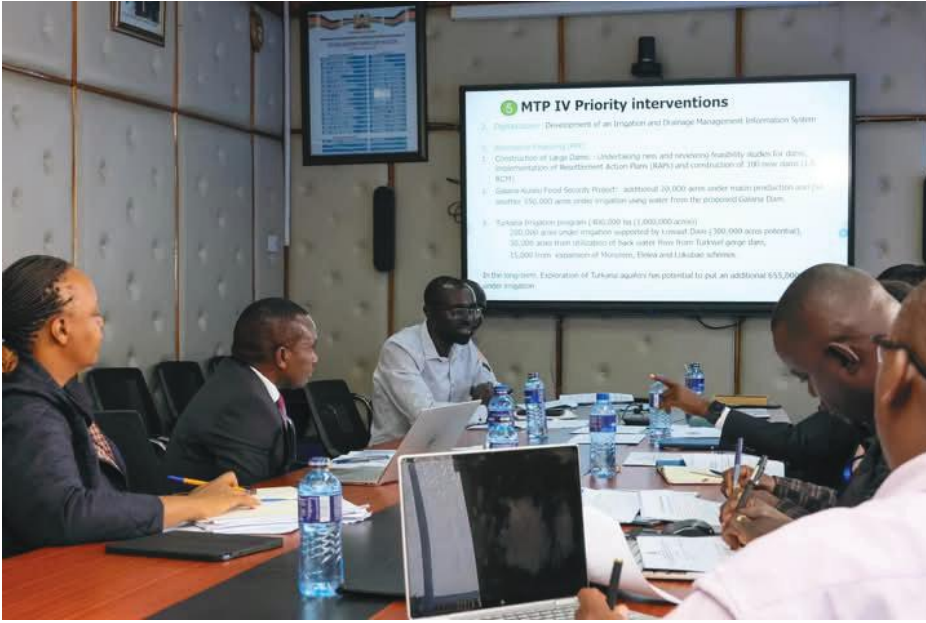
IN BUSINESS

The Mount Kenya Times

+254 724 439 949, +254 720 918 828, +254 721 103 040, +254 713 318 438

website: <https://mountkenyatimes.co.ke>

NEWS IN BRIEF



Cabinet Secretary Eng. Eric Mugaa on Friday chaired a meeting focused on advancing Kenya's irrigation and water harvesting projects. The meeting discussed strategies to increase the area under irrigation from 664,000 acres to 1.2 million acres by 2027, with a particular focus on large-scale and community-managed systems. Additionally, the discussion highlighted the need to improve water storage, with a target to increase capacity from 128.6 million to 728.6 million cubic meters by 2027. The CS was joined by key stakeholders, including Eng. Charles Muasya, CEO of the National Irrigation Authority, David Kipkemei, Secretary Administration (Irrigation), Eng. Julius K. Mugun CEO National Water Harvesting and Storage Authority (NWHSA), Eng. Jaims Sorede, Joanne Ogolla, M. Oduor Opondo, and Eng. Loise K. Together, they addressed challenges such as water scarcity, the need for enhanced irrigation technologies, and the importance of legislative support for efficient project implementation. The CS stressed the importance of collaboration between government agencies, the private sector, and development partners to achieve the nation's irrigation goals, which are critical for food security, climate resilience, and economic growth. The meeting concluded with a commitment to allocate more resources and enhance coordination to ensure the success of these vital initiatives.



Former Health Cabinet Secretary Mutahi Kagwe on Friday held a consultative meeting with a section of Kiama Kia Ma elders from his home County of Nyeri. During the meeting, the elders expressed their support for Mutahi Kagwe's future political decisions, affirming their commitment to backing his initiatives. The meeting comes days after speculations started to emerge that the former Mukurwe-ini Member of Parliament was being touted as the possible replacement of Deputy President Prof Kithure Kindiki's former docket of Interior Cabinet Secretary in the Broadbased government.



Education Cabinet Secretary Julius Ogamba said 621 malpractice cases were reported from 198 examination centres across the country, adding that all cases are under investigation as the Kenya Certificate of Secondary Education (KCSE) examinations which ended on Friday transitioned into marking.



The Principal Secretary for Public Health and Professional Standards, Mary Muthoni, paid a courtesy call to the Kiambu Assistant County Commissioner, Mr. Wilson Mwangi, accompanied by the County Executive Committee Member for Health, Dr. Elias Maina. The discussions centered on advancing primary healthcare programs and strengthening service delivery within Primary Health Care facilities in Kiambu County. The PS commended Kiambu for being among the top five counties in Social Health Insurance (SHI) registration, highlighting its commitment to Universal Health Coverage (UHC). To sustain this progress, the meeting explored strategies to achieve 100% SHI registration, including enhanced community engagement, leveraging technology, and strengthening collaboration between county and national government stakeholders. The PS reaffirmed the government's commitment to ensuring accessible and equitable healthcare for all Kiambu residents.

Principal Employment Officer at Nyeri County NEA, Sheila Kiganka, has announced that the State Department for Labour and Skills Development through the National Employment Authority (NEA) will launch a recruitment drive for job seekers in the area on February 3, 2025. The recruitment drive will focus on 57 skills, including nursing, carpentry, driving, plumbing, beauticians, engineering, and teaching. As of now, 1,690 persons from Nyeri County have registered on the authority's recruitment portal.



CELEBRATING EAST AFRICA BUSINESSES & CEOs

Connect: Network : Market : Expand : Awards Gala

I will be Attending - 500+ Delegates



EAST AFRICA EDITION
AWARDS NIGHT & GALA DINNER

HAPPENING
6TH DECEMBER 2024
SAFARI PARK HOTEL, NAIROBI

+254 797 679 101 • +256 746 565 182
biz@keonline.biz • www.keonline.biz
www.digitallyfitawards.com

Register / Scan To attend bit.ly/DFAEastAfrica




Scan to Register

 Senabulya Shafic CEO - LANE PRODUCTION LTD	 HON. JOSEPHINE WANGUI MCA - KIAMBU COUNTY	 Jok Adam Mayen Mabior Technician - South Sudan Satellite Digital Installation
 Abdulahman Yusuf Hassan CEO & Founder - SOOMA Academy	 Akankunda Veronicah Karuhanga	 Abiyah David CEO & CO-FOUNDER
 Epinique Marigona	 Joanne Mtui	 SHINGIRO MUGISHA EMMANUEL
 Arrow Dental Centre	 DREYZ INTERIOR UGANDA LTD	 Aquila East Africa

Participating Countries:        

KEOnline **oracom**
SEARCH ENGINE & LEADS GROUP

 **Palcity**
Connect . Share . Discover



Mybigorder
promoting local brands

NGOs Partner To Enhance Sustainable Conservation And Community Development

By: Sharon Atieno

@themtkenyentimes

Worth Noting:

- The Memorandum of Understanding convenes the different and complementary skill sets from the partners in collaboration to fundraise, develop, and implement projects that will improve community livelihoods, enhance habitat connectivity, and promote sustainable development.
- Speaking on Thursday during the signing ceremony in Nairobi, IFAW Africa Director James Isiche emphasised the need for strong alliances to address the impacts of climate change and biodiversity loss that are already devastating communities in the country.



Putting talks to pen.



The officials displaying copies of MoUs

The International Fund for Animal Welfare (IFAW), The Nature Conservancy (TNC), and the World Wide Fund for Nature Kenya (WWF-Kenya) have entered a five-year partnership agreement to strengthen collaboration and boost nature conservation impact for the benefit of citizens.

Leveraging on over half a century of combined experience and expertise, the coalition plans to accelerate the delivery of biodiversity and socio-economic outcomes that will ensure communities reap more benefits from conservation, find nature-based solutions to enhance human-wildlife coexistence, and curb wildlife crime.

The Memorandum of Understanding convenes the different and complementary skill sets from the partners in collaboration to fundraise, develop, and implement projects that will improve community livelihoods, enhance habitat connectivity, and promote sustainable development.

Speaking on Thursday during the signing ceremony in Nairobi, IFAW Africa Director James Isiche emphasised the need for strong alliances to address the impacts of climate change and biodiversity loss that are already devastating communities in the country.

“Over the next five years, the partnership will enhance deeper community engagement interventions to secure connectivity of large landscapes and build climate resilience,” Isiche said.

“I am thrilled about this partnership because it strengthens cooperation in conservation to drive tangible benefits for communities and safeguard connected landscapes,” he added.

WWF-Kenya CEO Mohamed Awer reiterated that the tripartite collaboration is not only timely but also a huge opportunity to achieve greater impact. “Here in Kenya, we recognise that our national development is linked to the health of our environment. We

cannot ignore this truth, because if our ecosystems collapse, so will our economy and our society,” Awer cautioned, adding that it is a symbiotic relationship that demands harmony and a sustainable alignment of the people, planet, and profit.

Awer said that achieving this requires more than just ambition since the endeavour demands transformative partnerships and climate action investment for a greater impact.

He noted that an inclusive approach to conservation provides an opportunity to ensure that communities have access to their rights and ownership of natural resources by integrating indigenous knowledge and developing sustainable finance mechanisms.

Government Relations and Policy Director-TNC Kenya Munira Bashir argued that Kenyans will be better equipped to counter threats to natural resources through training and mentorship.

The Nature Conservancy is a global conservation organisation dedicated to conserving the landmass and waters on which all life depends. They are involved in tackling climate change, ensuring sustainable use of natural resources, and helping make cities sustainable.

IFAW is a global non-profit that helps animals and people thrive together by rescuing, rehabilitating, and releasing animals back into the wild, thereby restoring their natural habitats.

The World Wide Fund for Nature-Kenya (WWF-Kenya), on the other hand, is an independent, locally registered non-governmental conservation organisation that collaborates with communities, the government, civil society, and the private sector to create a healthy natural environment supporting people and sustainable development in Kenya.

The

MT. KENYA TIMES

Where Investors Get Returns

To advertise in Mt. Kenya Times read by discerning Kenyan professionals and the business community contact our exclusive **UK & Europe** Advertising and Marketing representatives.



ADLINK INTERNATIONAL (1989) MEDIA GROUP
 16 Upper Woburn Place, London WC1H 0AF
 Phone: 0330 606 1438 (44 330 606 1438)
 Email: media@adlinkinternational.com
www.adlinkinternational.com
 Contact: Mr Shamlal Puri

The Africa Largest eCOMMERCE



www.gotyou.co.ke

NOW
OPEN

Call/Text/WhatsApp: +254 714 090 155

Gov't Initiates Process To Terminate Adani Deals For JKIA And KETRACO

By: Ayub Abdikadir
@themtkenyatimes

The government has allayed fears of possible cost implications following the cancellation of all deals with the Adani conglomerate, following President William Ruto's directive during Thursday's State of the Nation Address.

Citizen TV has established that the line ministries of energy and transport and the Directorate of Public-Private Partnerships, domiciled at the National Treasury, have started the termination process.

The Directorate of Public-Private Partnerships and the Opiyo Wanyo-led Ministry of Energy have started examining the legal issues, costing, and pull-out process from the deal signed with Adani Energy Solutions.

The government says there may not be cost implications in the cancellation of the deal.

"My team at the Directorate for Public-Private Partnerships will give me

a brief after that meeting. As at now, I want to leave it generally, because we are in the process of termination. My final brief will include if there is any possible cost implication, which I think in my view there shouldn't be," said National Treasury and Economic Planning CS John Mbadi.

Adani's indictment in New York, the United States, may have been a key factor in President Ruto's decision to pull out of a controversial deal Kenyans said violated the Public-Private Partnerships Law and was allegedly marred by corruption.

The government says Adani's bribery scheme and corruption to raise money from investors, to invest in energy projects, including in Kenya, and fictitious dealings, gives it the liberty to terminate the contract, which it says after all will not qualify as a binding contractual agreement.

"The contract was signed on the basis of the presentation by Adani. And that presentation, if it was fictitious if it was false, then there is no contract. When you do a contract, it must be with clean hands. And that is a very basic principle in law," Mbadi said.

Appreciating the role of public participation, the National Treasury says



views by the public have aided the state and should be considered.

"We must now, as a matter of necessity, also anchor this public participation much better, in terms of this procurement method. So, as part

of government agencies, we need to also anchor very strongly as the law requires and give this a high pedestal. Some may even come as a form of gossip," Mbadi stated.

The cancellation of the Adani deals follows months of public pressure.

The two controversial and high-profile deals suffered a similar fate as the Finance Bill, 2024, which sparked countrywide demonstrations, compelling the president to withdraw it despite approval by Parliament.

Nakuru County To Implement Stricter Fresh Produce Safety Standards

By: MTK Correspondents
@themtkenyatimes

Nakuru County is set to introduce new regulations requiring retailers of fresh produce to ensure it meets pesticide residue standards and is free from other harmful contaminants.

Agriculture Chief Officer Mr. Newton Mwaura announced that all vegetables and beans will now be subjected to the same quality checks as those destined for export markets before they hit the shelves.

"We are working on standards to ensure that we enforce mandatory quality checks to ensure that all fresh produce comply with the minimum required pesticide residues," said Mr. Mwaura.

The county has already received a pesticide residue analyser, donated by Micro Enterprises Support

Programme Trust (MESPT), which can detect organophosphates, carbamates, and heavy metals like mercury, arsenic, and lead in fresh produce.

The equipment, set to be installed at the Agricultural Training Centre (ATC), will also be used at the county's Public Health Food Laboratory to address food safety concerns.

Mwaura stressed the importance of tackling pesticide overuse, noting that excessive spraying—driven by consumer demand for perfect-looking produce—has become a significant concern.

He pointed out that unsafe food contributes to disease and malnutrition, which can strain healthcare systems and affect national economies.

"Unsafe food creates a vicious cycle of disease and malnutrition," Mwaura said, highlighting the need for a coordinated national response to food safety challenges.



National Syndemic Diseases Control Council Tackles HIV Spike In Prisons

By: Erastus Gichohi and Paul Wainaina

[@themkenyatimes](#)



National Syndemic Diseases Control Council CEO, Dr. Ruth Laibon

Worth Noting:

- According to the Council CEO, Dr. Ruth Laibon, prisons have recorded a higher prevalence of inmates being infected with HIV, which has prompted the government to integrate its response services within the institutions.
- Dr. Laibon said the government has been spending over Sh1 billion to provide opioid substitution therapy care to the affected drug users within the prisons to manage their addiction and lower rates of new infections.
- “Injectable and shareable drug users have a five times higher rate of being infected with HIV, and we have introduced 11 centres across seven counties to provide therapy care for users,” said Dr. Laibon.

The National Syndemic Diseases Control Council has introduced opioid substitution therapy as one of the measures to contain a spike in new HIV infections within the country’s prison institutions.

The move comes after the council raised an alarm over increased rates of new infections among inmates that have mostly been occasioned by the use of shareable injectable drugs.

The new developments continue to pose a big challenge to the country’s response and containment of new HIV infections which are currently affecting the youth.

Furthermore, the council said over 46,000 Kenyans were using injectable drugs, with alcohol and other substance abuse contributing to higher infections recorded by the relevant government authorities.

According to the Council CEO, Dr. Ruth Laibon, prisons have recorded a higher prevalence of inmates being infected with HIV, which has prompted the government to integrate its response services within the institutions.

Dr. Laibon said the government has been spending over Sh1 billion to provide opioid substitution therapy care to the affected drug users

within the prisons to manage their addiction and lower rates of new infections.

“Injectable and shareable drug users have a five times higher rate of being infected with HIV, and we have introduced 11 centres across seven counties to provide therapy care for users,” said Dr. Laibon.

Speaking in Naivasha during a stakeholder’s engagement with the Judiciary, Dr. Laibon said necessary reforms are needed, including reviewing the Aids Control Act (2006) to enhance rights of access to HIV/AIDS services for prisoners.

In addition, the CEO raised concerns over the reduction of global donor funding to the country, which has seen Kenya lose up to 12 billion for commodities this year alone.

Dr. Laibon said the huge cut in donor funding, which contributes 80 per cent of commodities used in the fight against HIV, has led to a shortage of condoms for users as well as the suspension of critical education programmes for Kenyans.

The cut in funding Laibon said has been occasioned by Kenyans being reclassified as middle-income countries from low-income status as well as donor countries redirecting part funds to their economic recoveries.

The CEO said the country recorded 16,000 new HIV infections this year, with 1.4 million people living with the virus, of whom 98 per cent have been put on treatment.

In addition, Dr. Laibon said the council is in trace for more than 44,000 HIV-infected persons who are yet to be on boarded to the government treatment programme to ensure all infected persons access fully health services for their conditions.

According to the council statistics, the CEO regretted that HIV/AIDS-related illnesses continue to rob the country of energetic individuals from the age of 49 years and above who continue to record higher death rates.

Consequently, Dr. Laibon regretted that men and children have been left behind in the fight against HIV, adding that the Arid and Semi-Arid counties continue to record low access to treatment services.

On her part, Annerita Murungi, the CEO of the HIV/AIDS Tribunal, said people living with HIV continue to experience stigma and discrimination in work environments.

Murungi said there’s a need to create more awareness of violations of the rights of people living with HIV/

AIDS to ensure they are key players within Kenyan society.

Further, Hortense Minishi, the Deputy Executive Director at KELIN, a Health and Human Rights NGO, said the organisation has been at the forefront in providing legal support to people affected by discrimination due to their health status.

Minishi said there is a need to enhance access to justice for those affected by stigma and discrimination to ensure their health rights are respected.

Kenya has in the last decade made major progress in the fight against HIV/AIDS, with a 53 per cent decrease in new infections since 2010 and over 60 per cent on related deaths.

The remarkable progress in suppressing new infections and achieving the government commitment to end the pandemic by the year 20230 maybe threatened by pronouncements by officials of higher infections recorded recently among young people.

Engineering Board In Training and Capacity Building

By: MKT Reporter
 @themtkenyatimes

The Engineering Board of Kenya hosted a week-long training workshop for Graduate Engineers from various agencies, including the National Construction Authority, the National Police Service, Kenya Institute of Highways and Building Technology (KIBHT) and the State Department of Housing and Urban Development.

The workshop is designed to guide these Graduate Engineers in preparing their professional examination reports.

Speaking at the opening on behalf of the EBK Chairman, Eng. Benjamin Maingi emphasized the vital role engineers play in national economic development and sustainability.

“The number of registered engineers in Kenya is significantly below the UNESCO-recommended ratio of one engineer for every 5,000 people in middle-income countries,” Eng.

Maingi stated.

To address this shortfall, the Board has set several strategic goals, including increasing the number of registered engineers, enhancing their competency, and fostering collaborations to create job opportunities.

He said that the board’s goal is to ensure safety in engineering infrastructure and to establish a pathway for the transition to professional engineers,” he added.

The board Registrar and its Chief Executive Officer Eng. Margaret Ogai stated that the Board is dedicated to enhancing the registration process for professional engineers by tackling key challenges and implementing strategic solutions.

She highlighted that the Board has developed measures to streamline the registration process and provide support for graduate engineers.

“Last year, over 500 graduate engineers participated in our training workshops,” Eng. Ogai revealed, adding, “We are committed to improving the efficiency of the interview process to help more engineers achieve professional status.”



Understanding Conflict: Types of Conflict



By: David Ndirangu
@themkenyatimes



Worth Noting:

- When Catechist Nicholas got out the church, he almost dropped in shock. His new bicycle was not there. He even went and literary groped with his hands around the place where he had left it but to no avail. He ran around the church building like he was out of his mind.
- There was no one else around. With both hands on the chin, he sat under the tree where he had parked the bicycle, wondering what to do next. It was then that he made a decision to go back to the church and pray for the return of his bicycle. He was back on his knees but this time it was really difficult to concentrate on his prayers.

Many years ago when I was in Chinga Boys' High School (fondly called Baraki or Barracks by the boys), I had a friend and classmate called Maina Kangema. He hailed from that place in Muranga County known as Kangema. So in short we just used to call him Kangema. So Kangema told me a story about a Catechist from their area. A catechist is that person in the Catholic Church who is tasked with teaching religion to new members so that they can be baptised. This was the equivalent of one Wamubunge - our no nonsense elderly catechist in Tetu where I was born and brought up. For Kangema and his village mates, their Catechist (or Gatethiki - their tongues had a bit of a challenge pronouncing Catechist) was called Nicholas.

Catechist Nicholas who was around forty years old then had served his church since his early days as an altar boy. His job involved crisscrossing the hilly countryside, uphill and down valleys on foot since there was no other means of transport. He had for about a decade prayed to God to help him afford at least a bicycle to make his work easier and also safe him from the hardship of covering miles and miles on foot in search of new converts. His prayer was answered through one new Christian

who offered to buy a bicycle for Gatethiki as a way of showing gratitude. So one Saturday morning, Catechist Nicholas set off to Muranga town to collect the Black Mamba bicycle which had already been paid for by the new Christian.

He could not believe his eyes. It was like a day dream when he jumped on to the gleaming new machine. He cycled straight to the church to thank God for answering his prayers. When he got to the church, being a Saturday, there was no one else around. So he leaned the bicycle under a tree just a few footsteps from the church door, went inside and on his knees got into a fervent thanksgiving prayer. He could have been engrossed in prayer for close to forty five minutes when he felt he had prayed enough. He was now looking forward to the maiden Black Mamba ride across the village to everyone's amazement. But alas,

When Catechist Nicholas got out the church, he almost dropped in shock. His new bicycle was not there. He even went and literary groped with his hands around the place where he had left it but to no avail. He ran around the church building like he was out of his mind. There was no one else around. With both hands on the chin, he sat under the

tree where he had parked the bicycle, wondering what to do next. It was then that he made a decision to go back to the church and pray for the return of his bicycle. He was back on his knees but this time it was really difficult to concentrate on his prayers. After about twenty minutes, he stealthily walked out of the church and from the door, peeped at the place where he had left the bicycle in the first place. He could not believe his eyes, his Black Mamba was proudly resting on the tree as if it had been there all the time. He was overjoyed... The first thought that came to his mind was to go back to the church to thank God for making the thief return his bicycle. "But wait a minute...what if the thief comes for the bicycle again and this time takes it away for good..." these thoughts were going through the mind of Catechist Nicholas like a whirlwind. He felt the need to go into the church to thank God but there was the risk of losing his new bicycle. In technical terms this is known as Intrapersonal Conflict. This is where an individual's own goals, values and roles play against one another. It is a dilemma of choice where one is confronted by competing alternatives. Remember conflict is a disruption caused by differing or opposing thoughts, interests, wants, ideas and

actions that threaten to disrupt the status quo. The second type of conflict is called Interpersonal Conflict. This is conflict between two individuals. It arises as a result of the individuals pursuing seemingly incompatible goals, having different preferences, interests, values and needs or just having a communication breakdown.

At a group level we have Intragroup Conflict when members of the same group have differences resulting in conflict and Intergroup Conflict which is conflict between two or more groups.

At the country level - we have Intra-national Conflict. This is where one community has a conflict with another within the same country. For example in Kenya, there was a time the people who live in the big valley could not see eye to eye with those who live around the big mountain. Finally, International Conflict is one that involves a nation against another.

I guess you wanted to know what Catechist Nicholas did thereafter...unfortunately we have run out of space. Let us try some other time. Sawa..

David Ndirangu BSc. CPA (K). Certified Professional Mediator Email: ndirangudavid2023@gmail.com

16 million Kenyans Have Registered With SHA



By: Joseph Mutua Ndonga
mutuandonga@yahoo.com

Worth Noting:

- I had a few days earlier written an article in this column focusing on the same topic. These were my observations. Social Health Insurance Fund (SHIF) is making a big difference. For the first time in our history, all Kenyans are entitled to each get a comprehensive medical cover. This cover has been catering for medical expenses of both inpatient and outpatient in public and private hospitals that have signed contract with SHA.
- Contrary to the impression created, the biggest beneficiaries are those suffering from critical/chronic illnesses such as cancer, diabetic and high blood pressure.
- For Doubting Thomases and critics of President William Ruto, I wish to refer them to Makueni Level-Five Hospital.

A few days ago, President delivered the State of Nation address to a joint sitting of parliament. This is in line with Article 132 (1) of the constitution which required him to address the house once every year and may address parliament at any other time.

The President took this opportunity to enumerate his government's achievements, the work in progress and challenges.

He cited the rollout of Social Health Authority (SHA) and Social Health Insurance Fund (SHIF) as a game changer. Yes, some teething problems have been highlighted. The normal in any transition but we are working very hard to fix them. Kenyans should see the big picture.

The President disclosed that 16 million Kenyans have so far registered with SHA.

I had a few days earlier written an article in this column focusing on the same topic. These were my observations. Social Health Insurance Fund (SHIF) is making a big difference. For the first time in our history, all Kenyans are entitled to each get a comprehensive medical cover. This cover has been catering for medical expenses of both inpatient and outpatient in public and private hospitals that have signed contract with SHA.

Contrary to the impression created, the biggest beneficiaries are those suffering from critical/chronic illnesses such as cancer, diabetic and high blood pressure.

For Doubting Thomases and critics of President William Ruto, I wish to refer them to Makueni Level-Five Hospital.

There were a number of patients suffering from cancer who were currently being admitted there.

The medical reports prepared by the Oncology department show that they were responding well to treatment. Some had recovered and were waiting for the doctors to approve their discharge.

The patients interviewed were upbeat about the services offered by SHA.

Since SHA came, things have changed for better. SHA through Social Health Insurance Fund (SHIF) is not only paying our bills but also ensuring we are getting quality treatment.

Makueni hospital is just one of the success stories. SHA is making a difference in many hospitals across the country.

These success stories came in the wake of the recent media campaign apparently sponsored by those opposed to SHA/SHIF.



One of the station showed an image of an old man, who is battling a chronic terminal ailment, and narrated his story.

It alleged that the man had gone for days without taking drugs and receiving critical treatment.

This is because his family did not have the cash for these services.

This TV station wanted Kenyans to believe that his woes started soon after the government rolled out Universal Health Coverage (UHC).

Before, the National Health Insurance Fund (NHIF) cover was allegedly catering for his medical expenses.

To me, this story had been cooked and reeked of sheer/cheap propaganda and rumors.

By showing the images of this man and disclosing his name to show he hailed from Kalenjini community, this left no doubt the station was championing the narrative of the critics of President William Ruto.

One would have expected this station to carry out investigations on this matter before airing the story.

For instance, visiting the hospital where this mzee was treated and find out.

First, why he was discharged? Secondly, did he have a medical cover? Had his personal data been successfully transferred to SHIF? Had that hospital signed a contract with SHA? Notably, Social Health Authority (SHA) and Social Health Insurance Fund (SHIF) are key pillars of UHC. In a simple language, the two are the

main houses.

Since the transition to SHA, we have had a number of successful stories on patients suffering from critical/illnesses receiving proper and quality treatment and their medical bills cleared by SHIF fund.

Just two days ago, doctors at Kenyatta National Hospital (KNH) conducted a delicate surgery of kidney transplant. The patient is now recuperating and SHIF is catering for all needs of this patient via its numerous packages.

If iNooro TV, one of the stations under Royal Media Service (RMS) means well, one would have expected its reporters to visit this patient and other patients admitted in other hospitals who were benefiting from SHA.

Consequently, the station should have aired these as success stories.

I'm sure many would agree with me that the rollout of SHA revolutionizes healthcare in Kenya.

This confirms President William Ruto is delivering on the promises he made during the campaign.

Ensuring that Kenyans access affordable and quality healthcare stood out as one of his top priorities.

When presiding over the launch of UHC, Health Cabinet Secretary Dr Debra Barasa minced no word in congratulating President Ruto for keeping his word.

Dr Debra later admitted that the transition has been encountering some teething problems but as a Ministry

we are not leaving anything to chance in addressing them.

SHA/SHIF are created by an Act of Parliament. Kenyans are now required to register as members of SHIF.

Under SHIF, the monthly payment is not pegged on a flat rate. The deductions from the payslips of those in formal employment is high. The rates for the poor and vulnerable Kenyans now ranges from Sh300 and Sh500. The government will pay monthly bills for the elderly and those with severe disabilities.

Unlike the National Hospital Insurance Fund (NHIF) which only catered for bed expenses for the in-patients, the new SHIF card is all-inclusive.

It is worth noting that the previous governments of President Mwai Kibaki and his successor Uhuru Kenyatta shared a similar dream. But they had made very little progress by the time each completed his two-five-year constitutional terms.

The critics of President Ruto are envious of this success. This is because they know SHA will shape up his legacy in a big way. Their efforts to sabotage this noble course have continued to hit a dead end. This is because majority of Kenyans fully support the President.

Joseph Mutua Ndonga Is A Writer And Social Commentator

Ministry Rolls Out Plan To Decentralise Cancer Treatment Services

By: Chris Mahandara
 @themtkenyatimes

The Ministry of Health has rolled out an elaborate plan to decentralise cancer treatment services to give impetus to the fight against the disease.

Health Cabinet Secretary Dr. Deborah Barasa, said the move also targets to ease pressure on Kenyatta National Hospital (KNH), Moi Teaching and Referral Hospital (MTRH), and Kenyatta University Referral Hospital, which are overwhelmed by a huge number of cancer patients.

To operationalise the programme, the CS said the Ministry has already opened regional centres in Mombasa, Garissa, and Nakuru, with plans to open additional centres in Kisumu, Meru, Nyeri, and Kakamega.

Through the initiative, she added, the Ministry plans to strengthen the capacity of the former Provincial General Hospitals to scale up access to cancer screening, treatment, and care. “We are on course in the setting up of these centres, and we are hopeful that by mid-next year all the centres we



Health CS Dr Deborah Barasa briefing journalists on Friday

have earmarked shall be operational,” she said.

This, she added, was set to scale up cancer screening and treatment with patients in the regions receiving quality radiotherapy, chemotherapy, cancer medication, and palliative care.

Speaking during the Kenya International Cancer Conference (KICC) in Kisumu, the CS said the programme will run concurrently with the capacity building and training of cancer health professionals to enhance clinical experiences.

The Ministry, she said, would work with partners and local and international training institutions to build capacity for the cancer workforce in the country.

“We are looking to train and build capacity for oncologists, radiologists, oncology nurses, and physicists, among others, so that we can have a good cancer care workforce,” she said.

Cancer, she said, was the third leading cause of death in the country, with about 44,726 cases reported in the



Some of the stakeholders who attended the forum at KICC on Friday.

country annually.

The CS called for the strengthening of partnerships to build an institutional framework, workforce, and infrastructure to tackle the disease.

She called on the county governments to integrate their data with the National Cancer Registry to ensure an evidence-based approach to tackling the disease.

The cost of treatment, she added, remained a challenge, calling on all Kenyans to register with the Social Health Authority (SHA) to cushion

them against the treatment burden.

The Social Health Insurance Fund (SHIF), which has been renamed Taifa Care, she said holds the key to addressing the huge costs involved in treating the disease.

“This is going to ensure affordable and accessible health care with minimal costs involved. We are just 50 days old, and we are gradually improving the programme,” she said.

Lack Of Accurate Data Hindering Resource Allocation For PWDs

By: MKT Reporter
 @themtkenyatimes

The absence of up-to-date and precise data on the number and types of Persons with Disabilities (PWDs) in Garissa County is being cited as a significant challenge for effective planning and resource distribution for this group.

According to the 2019 census, around 900,000 Kenyans live with various disabilities. However, stigma and discrimination faced by PWDs, particularly in some communities, have prevented many from registering with the National Council for Persons with Disabilities, making it difficult to account for all affected individuals.

Mohamed Siyad, a PWD in Garissa, emphasized on the need for providing need-based support to persons with disabilities instead of the general donation of equipment without knowing if it will benefit the PWDs.

“I want to challenge all the relevant government institutions and partners to have reliable data for PWDs. Data and research are very essential so that we can know everyone’s needs, level of education, and what kind of assistive devices they need,” Siyad said.

“Some people need wheelchairs; others need hearing assistive devices, while others need frequent medical attention. Without knowing who wants what, we cannot fully support PWDs,” he added.

Siyad, at the same time, called on all persons with disabilities in the county to avail themselves at the Garissa County Referral Hospital, where assessment exercises are being carried out so that they may be able to be registered.

“I want to urge my fellow persons with disabilities to tap on the opportunities that the government, both national and county, the National Council for persons with disabilities, and even non-governmental organisations are offering towards their support,” he said.



Mohamed Siyad, a PWD in Garissa addressing journalists

“They should register to get their disability cards, apply for bursaries, and pursue their education to

achieve their life goals. Disability is not inability and should not limit anyone from becoming whom they

want to become in life,” he added.

A Voice Of Modern Poetry: The Timeless Essence Of Coşkun Karabulut



Joshkun Karabulut is a distinguished poet and essayist whose unique voice resonates within the realm of contemporary literature. His works delve into the most delicate layers of the human psyche, exploring the profound complexity of emotions and uncovering the philosophical essence of life itself. Born in 1980 in the town of Sarıkamış, Karabulut graduated from Hacettepe University's Department of Sociology. Currently residing in Fethiye, he continues his creative journey, having authored over 20 volumes of poetry and essays.

Widely celebrated for their emotive depth, captivating style, and artistic refinement, his works have transcended linguistic and cultural boundaries, earning admiration not only in Turkey but also in Azerbaijan, Kazakhstan, Kyrgyzstan, and Uzbekistan.

Karabulut's poetry reflects themes of love, loss, the transience of time, and the poignant beauty of existence with exceptional sensitivity. Blending personal feelings with profound philosophical insights, he invites readers on an introspective journey into the depths of their own souls. His poetry, rooted in universal themes, portrays love and pain as shared human experiences, creating a resonance that connects hearts across cultures. Through vivid imagery and heartfelt expression, Karabulut not only stirs emotions but also inspires profound reflections on the essence of life. The artistic legacy of Joshkun Karabulut reveals the intricate patterns of human emotions, showcasing the interplay between time and human connections as one of the most beautiful manifestations of art. His powerful and sincere expressions bring a unique spirit and aesthetic elegance to modern literature. A poet of enduring artistry, Karabulut leaves an indelible mark on contemporary poetry, ensuring his place not only in the present literary world but also in the hearts of future generations.

Jakhongir NOMOZOV,

A member of the International Union of World Talents.

A poet and the Uzbekistan correspondent for the newspaper "Butov Azerbaijan."

Joshkun Karabulut was born in Sarıkamış in 1980.

He graduated from Hacettepe University, Department of Sociology in 1980.

He lives in Fethiye.

He published 20 books of poetry and essays.

His poems were translated into Azerbaijan, Kazakhstan, Kyrgyzstan and Uzbekistan languages and published as a book.

LEAVE ME TIMELESS

Was it too hard to share
As you've left me carrying ages on my back
And looking at me recklessly now
I cannot afford this without you

Either come
Involve in the time being
Or
Take this back from my back
And leave me timeless

...
I'm tired

ALWAYS WITH YOU

I watched the sea with you yesterday
Without you noticing
Sea has never been this blue
Waves have never been this tender before
I loved the sea
Without you knowing

Today I was there again
I feasted my eyes on the sea
All I was seeing was you, though
Waves were bringing you in a row
Without the sea knowing

You've never been this close to me before
Neither for this length of a time
Have I watched the sea
I loved you
I stared at the horizon while leaning on you
Without the sea noticing

Thus, I deceived the waves
Deceived the sea
Being true to you
Who never loved me

THIS LOVE WILL ALSO END SOME DAY

I know, this love will also end some day
Just like any other love does
Life will lose its magic
Everything will be back to its origin
The World will be in its order again
While wise dealers return from exile
One by one

However
The sun will rise without me
The wind will blow without me
The world will revolve on its own
In a way that everyone has known

Even so
Is it that trivial
Me blending all love affairs
Myself and the world
Turning them into your pretty face

And squeezing every cloud
In a pair of eyes
Throwing glances
Tasting like rain

Is it that trivial, my beloved
I know, this love will also end some day
And I will walk away by myself
Like any other poet does

LINE

Everyone has an attitude in life
In their own line
Their life flows away

Laughing is a line
Crying is a curved one
Love is an up-going
Hatred is a down-going line

How nice a line
Walking delicately is
Meeting your beloved
Is a crossing line

Reading, analyzing are fine lines
Carelessness
Is yet another line

Living is a bunch of lines
Death is a line above it all

FIG SEEDS

As they were the pettiest things in the world
I wonder why they are also underestimated
Fig seeds

Although I know many people
Whose worlds are
Pettier
Than a fig seed

LOVE

Love happens
When one disregards gravity
And tries to fly

Then
His head is broken
And heart falls into pieces

LOVE SOUP

I felt like it many times

Sitting in the time's diner
Having a bowl of
Love soup

I felt sick many times
When I found a bug in it
And I was left with a fork
Every time

COST

You taught me how to fly
And the ropes
Taking my wings away in return
Where are you going?

A CHANGE

I came to this world crying and am leaving it
everyone crying behind
Strange to say

Next time
I'll come laughing
And you'll be burst into laughters
As I leave

NIGHTS

I'm walking
Struggling
Covered in dust
Through the night desert
Where everyone passes galloping

This is why I'm late to mornings
You should be grateful that I even make it

Translated by: Esra ILGAT

Every Home Tells A Story



The stopped wall clock was telling how
her world paused,
Due to the disaster that was cursed.
The faded colours of the wall were
portraying how her life became
colourless,
When the person she loved the most

became emotionless.
The torn curtains of the windows were
indicating how her heart was torn apart
into pieces,
When he started to ignore with cold
freezes.
The withered flowers in her balcony
were narrating how her cheerful soul
shrank,
When he considered her love as junk.
The grime on the floor was depicting
how her tears wiped out her love-dust,
When he showed his true colours
shattering her trust.

© Dr. Sudhanya Nath
@dr.sudhanya_scribbler_hub

DO YOU WANT TO GET PUBLISHED?

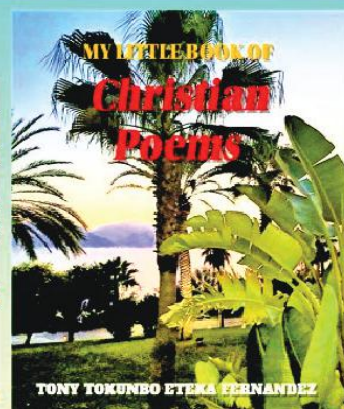
ARE YOU A WRITER OR CORPORATE?

Let Professional Editors and Authors turn your story into a Dream Book.

THRILLERS - FICTION - FACTION - BIOGRAPHIES - TRAVELOGUES - HUMOUR- COFFEE TABLE - BROCHURES

London-based contract Publishers for independent and self-publish authors.

We offer one-stop top notch Editing, Expert Design, Proof Reading, Book Covers, Artwork, Digital, Litho Printing, E-Books, Corporate Brochures and UK ISBN number. Reasonable costs. We print and deliver books. Authors retain 100% sales profits.



The Crownbird Publishers logo and imprint owned by Adlink International (1989) Media Group London

Copies of some books available for sale: hard copy/digital. Contact us: media@adlinkinternational.com Email Subject: Crownbird Books



ADLINK INTERNATIONAL (1989) MEDIA GROUP
Books Division
16 Upper Woburn Place, London WC1H 0AF (UK)
Tel: 44 330 606 1438
Email: media@adlinkinternational.com
www.adlinkinternational.com

Small Arms

Kenya Urges RECSA Members To Take Action Against Illicit Arms

By: Sharon Atieno
@themtkenyatimes

Worth Noting:

While reiterating the importance of aligning national laws with the Nairobi Protocol, Mudavadi noted that the overview of the security status highlights the devastating impacts that the unregulated flow of illicit small arms continues to have, such as fuelling armed conflicts, illegal exploitation of natural resources, terrorism, cattle rustling, and other serious crimes.

According to the Acting CS, these destabilising forces are undermining the peace, security, and development of our states.

“The Agreement Establishing RECSA clearly outlines our shared responsibility to identify and prioritise areas of common interventions,” he argued.

The Ministry of Interior and National Administration has held the 15th Technical Advisory Committee (TAC) meeting of the Regional Centre on Small Arms (RECSA) with the aim of addressing the persistent challenge of Small Arms and Light Weapons (SALW) proliferation in the Great Lakes Region and Horn of Africa.

Additionally, the meeting was also intended to combat illicit arms proliferation, ensuring a safer and more secure future for the region.

The event marks a milestone in regional cooperation, aligning with the resolutions of the 3rd Extraordinary Council of Ministers meeting as the country reaffirms its leadership in addressing the proliferation of SALW in the Great Lakes Region and Horn of Africa.

Speaking on Friday in Nairobi, Interior and National Administration Acting Cabinet Secretary Musalia Mudavadi emphasised the urgent need for RECSA Member States to enhance cooperation, stockpile management, and harmonise arms control policies.

He also called on partners to bolster RECSA’s capacity to address regional security challenges effectively.

While reiterating the importance of aligning national laws with the Nairobi Protocol, Mudavadi noted that the overview of the security status highlights the devastating impacts that the unregulated flow of illicit small arms continues to have, such as fuelling armed conflicts, illegal exploitation of natural resources, terrorism, cattle rustling, and other serious crimes.

According to the Acting CS, these destabilising forces are undermining the peace, security, and development of our states.

“The Agreement Establishing RECSA clearly outlines our shared responsibility to identify and prioritise areas of common interventions,” he argued.

Mudavadi called upon all RECSA Member States to redouble their efforts and support towards the effective implementation of the Nairobi Protocol, including strengthening cooperation and information-sharing between their governments as well as with regional and international partners.

He at the same time mentioned that the RECSA Secretariat plays a critical



Prime Cabinet Secretary Musalia Mudavadi, Interior Principal Secretary Raymond Omollo, Inspector General of Police Douglas Kanja with other officials pose for a photo after the meeting.

coordinating role that must be empowered and aligned with the objectives of the Nairobi Protocol, particularly Article 2, which calls for enhanced regional cooperation, information sharing, capacity building, and policy harmonisation.

Further, Mudavadi stressed that investing in national control mechanisms and stockpile management systems ensures the responsible and accountable control of state-held small arms.

In addition, he argued that securing weapons stockpiles is crucial to stemming the diversion of arms into illicit channels; hence, he acknowledged the RECSA Secretariat for spearheading the Regional Physical Stockpile Management Training of trainers.

The Acting CS further rallied all RECSA member states to support the implementation of the Nairobi Protocol through enhancing regional harmonisation of small arms policies, legislation, and regulatory frameworks.

“Effective implementation begins with strong, comprehensive national laws that align with the Nairobi Protocol. These laws must provide a framework for arms control and impose penalties on illicit arms trafficking and possession,” affirmed Mudavadi.

He added that the Technical Advisory Committee should drive the effective

implementation agenda forward by empowering the secretariat to undertake collective research, analysis, and policy development.

Still in support of the Protocol, Mudavadi urged the RECSA member states to mobilise adequate and sustained financial and technical resources to fund RECSA’s vital work and programs.

“I urge the Member States to fulfil their financial obligations. I appreciate the Development Partners, Donors and Civil Societies for their great support to RECSA and Member States towards the implementation of Small Arms and Light Weapons control programmes,” he expressed, noting that the challenges faced are significant; hence, through a shared vision, stability and having a secured peace must be strengthened in order for the challenges to be resolved.

“The Nairobi Protocol embodies a vision of cooperation, shared values, and collective action. Let us commit ourselves today to honour this vision, not just through words but through actions and policies,” he added.

Concurrently, the Principal Secretary for Interior and National Administration and TAC Chairperson Dr. Raymond Omollo reaffirmed Kenya’s progress in marking firearms and ammunition.

“As prescribed by RECSA, Kenya is nearing completion of its ambitious

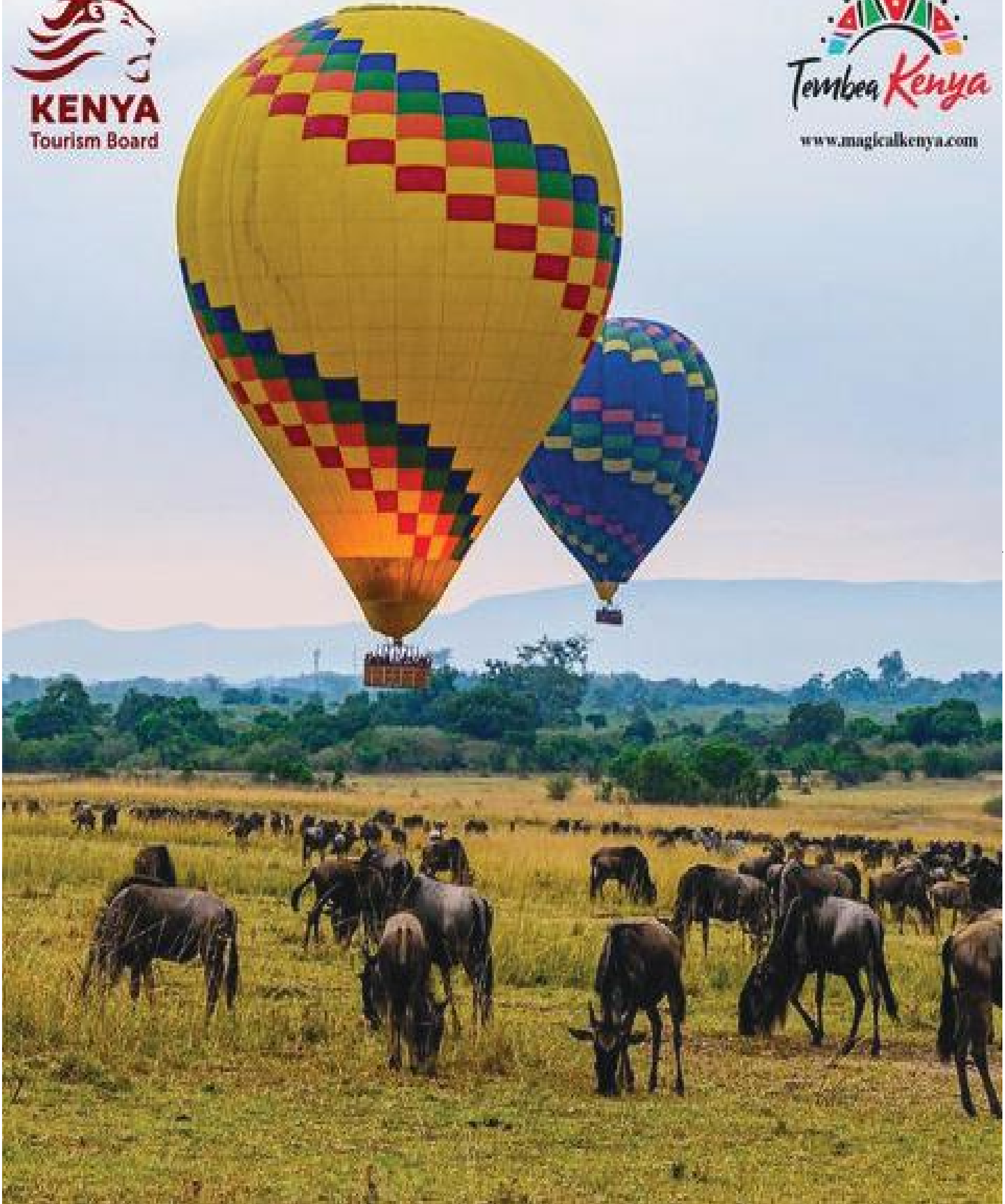
marking of firearms and ammunition. The National Police Service (NPS) has already marked 98 per cent of its firearms stock, while the Kenya Defense Forces (KDF) is at 70 per cent,” disclosed the PS.

Alluding to the status of implementation of previous Council of Ministers resolutions, Dr. Omollo reiterated that member states must recommit themselves to the principles and objectives of the Nairobi Declaration and the Nairobi Protocol.

In his remarks, RECSA Executive Secretary, Jean Betindji, emphasised the importance of strengthening partnerships, advancing research, and enhancing advocacy for arms control.

He highlighted achievements such as securing funding under the Silencing the Guns Initiative and facilitating capacity-building programmes, including a regional Physical Security and Stockpile Management training initiative supported by Austria.

The Regional Centre on Small Arms (RECSA) is an intergovernmental organisation established to address the proliferation and illicit trafficking of Small Arms and Light Weapons (SALW) in the Great Lakes Region, the Horn of Africa, and bordering states.



The Architecture Of Constitutional Democracy: A Critical Analysis Of Judicial Review's Essential Function In Modern Governance Systems. Part 2



By: Odhiambo Jerameel Kevins Owuor
@themkenyatimes

Empirical evidence from established democracies demonstrates the crucial role of judicial review in maintaining constitutional integrity. The courts' oversight function has repeatedly proven essential in preventing governmental overreach and rights violations. The sophisticated development of constitutional jurisprudence through judicial review has enhanced rather than diminished democratic governance. The practical experience of various jurisdictions confirms the compatibility of robust judicial review with democratic principles. The courts' interpretative function provides essential guidance for legislative and executive action within constitutional boundaries. The evolution of constitutional systems demonstrates the practical necessity of independent judicial oversight. The complex interplay between judicial review and democratic processes reflects the sophistication of modern constitutional governance. The practical implementation of constitutional principles requires meaningful enforcement mechanisms. The judiciary's review power serves as a fundamental guarantor of constitutional democracy.

The theoretical justification for judicial review extends beyond traditional separation of powers doctrine into fundamental principles of constitutionalism. The sophisticated nature of modern constitutional systems necessitates complex mechanisms for ensuring constitutional compliance. The courts' role in constitutional interpretation provides essential clarity and consistency in the application of constitutional principles. The historical development of constitutional jurisprudence demonstrates the crucial importance of independent judicial oversight. The practical experience of democratic systems confirms the necessity of meaningful constitutional review. The complex interaction between judicial review and democratic governance reflects the evolution of modern constitutional theory. The judiciary's unique institutional competence makes it particularly suited for constitutional interpretation. The practical implementation of constitutional principles requires sophisticated enforcement mechanisms. The alternative would effectively undermine the foundational principles of constitutional democracy.

The procedural aspects of judicial review serve to enhance rather than diminish democratic legitimacy through structured constitutional dialogue. The sophisticated mechanisms



developed by courts for constitutional review reflect a deep understanding of democratic processes and constitutional principles. The evolution of judicial review doctrines demonstrates increasing sensitivity to both democratic values and constitutional imperatives. The courts' methodological approach to constitutional interpretation provides essential predictability and consistency in governmental operations. The practical experience of constitutional courts reveals the development of nuanced frameworks for balancing competing constitutional interests. The judiciary's review function incorporates sophisticated analytical tools for evaluating constitutional compliance. The complex nature of modern governance necessitates detailed judicial scrutiny of constitutional questions. The practical implementation of judicial review reflects careful consideration of institutional competencies and limitations. The development of constitutional jurisprudence through judicial review enhances the overall quality of democratic governance.

International comparative analysis reveals the universal recognition of judicial review as an essential element of constitutional democracy. The sophisticated development of constitutional review mechanisms across different legal systems demonstrates their fundamental importance. The practical experience of various jurisdictions confirms the necessity of independent judicial oversight for constitutional compliance. The courts' role in protecting fundamental rights transcends national boundaries and legal traditions. The evolution of constitutional systems globally reflects increasing emphasis on effective judicial review mechanisms. The complex interplay between national and international legal norms necessitates sophisticated judicial interpretation. The practical implementation of

constitutional principles requires robust enforcement mechanisms across jurisdictions. The judiciary's review function serves as a crucial safeguard for democratic values in diverse legal contexts. The development of transnational constitutional principles further emphasizes the importance of effective judicial review.

The institutional design of constitutional courts reflects careful consideration of their essential review function in democratic systems. The sophisticated mechanisms for judicial appointment and tenure serve to enhance independence and effectiveness in constitutional review. The practical experience of constitutional courts demonstrates the importance of institutional safeguards for meaningful review. The courts' organizational structure facilitates comprehensive evaluation of constitutional questions through specialized expertise. The evolution of judicial institutions reflects growing recognition of their crucial role in constitutional governance. The complex nature of constitutional adjudication requires carefully designed institutional frameworks. The practical implementation of judicial review necessitates appropriate institutional support and resources. The judiciary's organizational independence strengthens its capacity for effective constitutional review. The development of specialized constitutional courts in many jurisdictions underscores their essential function.

The philosophical rationale for judicial review extends to fundamental questions of political morality and constitutional justice. The sophisticated theoretical frameworks developed by constitutional scholars provide robust justification for judicial oversight. The practical necessity of constitutional review emerges from deep reflection on the nature of democratic governance. The courts' role in protecting constitutional values re-

fects essential principles of political philosophy. The evolution of constitutional theory demonstrates increasing recognition of judicial review's normative foundations. The complex relationship between constitutional democracy and judicial oversight requires sophisticated theoretical analysis. The practical implementation of constitutional principles necessitates philosophical justification for judicial review. The judiciary's function as constitutional arbiter reflects fundamental principles of political justice. The development of constitutional jurisprudence incorporates sophisticated philosophical reasoning about democratic legitimacy.

The future trajectory of judicial review in constitutional democracies suggests continued evolution and refinement of review mechanisms. The sophisticated development of new analytical frameworks will enhance the effectiveness of constitutional review. The practical challenges of modern governance necessitate ongoing adaptation of judicial review doctrines. The courts' role in constitutional interpretation will likely expand to address emerging democratic challenges. The evolution of constitutional systems requires continuous development of review methodologies. The complex nature of contemporary governance demands increasingly sophisticated judicial oversight mechanisms. The practical implementation of constitutional principles will require innovative approaches to judicial review. The judiciary's review function must adapt to changing social and political contexts while maintaining core constitutional principles. The development of constitutional jurisprudence will continue to reflect the dynamic nature of democratic governance.

The writer is a legal researcher and lawyer

Worth Noting:

- The theoretical justification for judicial review extends beyond traditional separation of powers doctrine into fundamental principles of constitutionalism. The sophisticated nature of modern constitutional systems necessitates complex mechanisms for ensuring constitutional compliance.
- The courts' role in constitutional interpretation provides essential clarity and consistency in the application of constitutional principles. The historical development of constitutional jurisprudence demonstrates the crucial importance of independent judicial oversight.
- The practical experience of democratic systems confirms the necessity of meaningful constitutional review. The complex interaction between judicial review and democratic governance reflects the evolution of modern constitutional theory. The judiciary's unique institutional competence makes it particularly suited for constitutional interpretation.



LETTERS TO THE EDITOR

Coping New Strategies For University Students Amid The Ongoing Lecturer Strike

University students in private institutions are left grappling with the disruption of their academic calendar by the ongoing strike of the lecturers. However, with this advancement in technology, learning is not only administered in classroom but through the online tutors. Besides learning, students should take this as an advantage too, for engaging in different opportunities for their growth and development mentally, spiritually and maybe financially too. Campus students should not just waste this time engaging in non-productive activities, they should start embracing different opportunities that may up to date with education and other.

Firstly, with this digital era, students should embrace the use of online learning materials such as Alison applications, and other revision sites on social media. Also may keep on sharing tasks and materials through online

platforms, that will help in maintaining that learning community like in lecture rooms. These digital way of learning will keep them stay on track and they might also learn more in their courses of interest, because online materials are wider and overload.

Embrace the use of libraries for revisions and doing researches. Students should take the advantage of availability of libraries in their institutions. This libraries provides a quite and conducive environment for studying. Besides that it is equipped with materials such as academic journals, online databases, and other resources which are computers with internet connectivity that can be easily accessed remotely. Students should utilize the library resources to continue with their studies.

Also they should embrace the study group discussion meeting for assignments and project. By doing this, it will allow them to share resource, keep

each other motivated and maintaining that sense of learning community. This study groups, provides emotional support and a sense of normalcy during the strike. They allow students to discuss their concerns, share strategies for coping, and stay connected with their peers. This sense of community can be crucial in maintaining morale and motivation.

The strike period has also come up with different opportunities that university students should engage in besides studying to gain practical life skills. They should seek part time jobs and internships that relates to their career course of study. This will not provide them with financial support but also gaining professional skills and knowledge. Through this part time jobs and internships it will enable them to employ what they have learnt in class to the real world situation. Building them more professionally in their ca-

reer field.

Also this time, students should use it to nature their talents and learning new skills which are of beneficial to them. This is by perfecting their talents and hobbies. Also trying new activities that are positive and help in life time. Through this it will allow students to focus on their personal growth and development. Which is the best positive and productive use of this downtime period.

Students should remain informed with the current issues around the campus environment. Such to be connected with the management and administration and remain active in seeking information and resources support from them. Also be aware of any changes, available supports and any potential solutions to the ongoing strike across the country.

As this strike remains a challenge to campus education, it offers an oppor-

tunity for them to stand up, grow and develop resilience. By implementing the use of internet materials, utilizing library facilities, study groups, skills development, nurturing talents and hobbies, part time jobs and internships. This could make them remain more productive and up-to-date with their studies. Also with part time jobs, it will give them support financially hence not overdepending on parents and guardians. Campus students should turn this challenging time into a period of growth and development that will benefit them now and later on in future.

Sibiya Ezekiel - Media And Journalism Student Rongo University

Kenya's Healthcare On The Brink: Counties Struggle To Meet Doctors' Demands

Kenya is on the brink of another nationwide doctors' strike after governors admitted that counties are unable to meet their financial obligations to medical practitioners. The devolved healthcare system, which places the responsibility for managing health services on county administrations, has been plagued by chronic underfunding and inefficiencies, leaving doctors increasingly frustrated.

County leaders have cited strained budgets and competing priorities as reasons for their inability to address the doctors' grievances. These include salary increments, improved working conditions, timely payment

of wages, and implementation of previous collective bargaining agreements. Despite past negotiations, delays in fulfilling these agreements have persisted, fueling resentment among medical professionals.

The Kenya Medical Practitioners, Pharmacists, and Dentists Union (KMPDU) has warned that the failure to address these issues undermines not only the morale of doctors but also the quality of healthcare services in the country. According to the union, public hospitals are already overstretched, and the lack of commitment from county governments risks collapsing essential services.

A doctors' strike would paralyze Kenya's public healthcare system, leaving millions of patients without access to critical care. Private hospitals may become overburdened as patients seek alternatives, worsening healthcare inequities and creating a national health crisis. Ongoing efforts to manage public health challenges, including infectious disease outbreaks, would also suffer significantly.

Stakeholders have called for urgent national intervention to mediate the impasse and secure a sustainable solution. Experts argue that the devolved healthcare system re-

quires systemic reforms, including increased funding and better management of resources, to prevent recurring disputes. Without immediate action, the country risks plunging into another healthcare crisis, with devastating consequences for millions of Kenyans.

Penina Kyalo, Rongo university.



Court Suspends Communication Authority's Directive On Tax Compliance By Phone Dealers

The High Court in Nairobi has suspended the notice issued by the Communication Authority of Kenya directing phone dealers to declare their International Mobile Equipment Identity (IMEI) Number to ensure tax compliance.

Justice Chacha Mwita in a notice dated Friday, November 22, issued a conservatory order suspending the notice issued by the Authority on October 24 titled, "Public Notice on Enhancing Tax Compliance of Mobile Devices in Kenya."

"A conservatory is hereby issued suspending implementation of the notice issued by Communication Authority of Kenya on 24th October 2024 titled "Public Notice on enhancing tax compliance of mobile devices in Kenya," read the court order.

"Take notice that any disobedience or non-observance of the order of the court served herewith will result in penal consequences to you and any other person(s) disobeying and not observing the same," the judge added.

*Nathan Mburu
Rongo University*

When The Mastermind Sows Thorns To Divide The Mountain

The Agikuyu must not scatter their sons for a plan woven by outsiders to weaken their stronghold.



By: Midmark Onsongo
@themkenyatimes



Worth Noting:

- Why should Mount Kenya turn its back on Kindiki, a son of the soil, simply because he was appointed? Why should Gachagua, elected by the people, become a source of derision simply because he speaks boldly? The mastermind behind this division is none other than political expediency.
- Let us not forget that the mountain, in its history, has always been united when faced with threats from without. From the Mau Mau resistance to the Kikuyu Council of Elders' wisdom, the mountain has stood as a symbol of defiance. Will the Agikuyu now let a modern-day Trojan horse infiltrate their fortress?

The old Kikuyu men said, “Kagutui ka mucii gatihakagwo ageni.” Loosely translated, this means the oil skin preserved in the household should never be rubbed on strangers. It was a reminder that homegrown values, loyalty, and unity should never be squandered in favor of outsiders' whims. But today, it seems the wisdom of the forefathers is being tested. The mountain, solid and unyielding, faces a subtle, sinister plot designed to fracture its rock. A plot so cunning that its makers think the people of Mount Kenya will not see through the smoke and mirrors. However, the Agikuyu are no strangers to resilience; they've seen seasons of drought and torrents of rain. They know when a storm is political and when it's natural. The question now is, will they let themselves fall into the trap of division?

Let's call it what it is—a charade to tear apart the sons of the mountain. Kithure Kindiki, born in Tharaka-Nithi County on July 16, 1972, is one of Mount Kenya's own. By every measure, his roots dig deep into the region's soil, and his story mirrors the mountain's spirit of struggle and triumph. The man served as Senator and is now Deputy President, having been appointed by President William Ruto. On the other hand, Rigathi Gachagua, born in Mathira, Nyeri County, on February 28, 1965, is no stranger to the Agikuyu. Gachagua is a man who has clawed his way to prominence, representing his people fiercely as an elected Deputy President. But here's where the fire burns: a clever puppeteer is orchestrating discord between these two sons, hoping to split the mountain into valleys of suspicion and mistrust.

Why should Mount Kenya turn its back on Kindiki, a son of the soil, simply because he was appointed? Why should Gachagua, elected by the people, become a source of derision simply because he speaks boldly? The mastermind behind this division is none other than political expediency. Let us not forget that the mountain, in its history, has always been united when faced with threats from without. From the Mau Mau resistance to the Kikuyu Council of Elders' wisdom, the mountain has stood as a symbol of defiance. Will the Agikuyu now let a modern-day Trojan horse infiltrate their fortress? Somewhere in the shadows, an agenda is unfolding. On December



Deputy President Kithure Kindiki and former Deputy President Rigathi Gachagua.

5, 2022, whispers began to circulate, painting Kindiki as an outsider and Gachagua as the only rightful voice of the mountain. It's laughable, really, for anyone to claim that one son of Mount Kenya is more authentic than the other. Kindiki and Gachagua are as different as night and day, but isn't that the beauty of a united mountain? Diversity in character but unity in purpose. A wise man once said, “When two bulls fight, it is the grass that suffers.” The Agikuyu must ask themselves, who benefits when Gachagua and Kindiki are pitted against each other? Who gains when the mountain fractures?

The mountain's people have a choice: to listen or to lose. When Kindiki speaks at rallies, lending his voice to matters of national importance, why turn a deaf ear? After all, isn't he one of your own? And when Gachagua thunders, rallying the people behind economic revival and regional empowerment, isn't it the mountain that stands taller? A divided mountain is a weak mountain, and a weak mountain is ripe for exploitation. Let us remember how colonialists once sought to divide and rule. They knew the power of unity and worked tirelessly to dismantle it. Today's political architects are no different. They come with pens instead of swords, promises instead of chains, but the goal remains the same: divide to conquer.

Picture this: a rally in Nyeri on January 28, 2024. Kindiki steps onto the podium, his words measured but firm, addressing youth unemployment, infrastructure, and agri-

culture. His vision resonates with hope. But a section of the crowd, influenced by divisive rhetoric, jeers him. How does that strengthen the mountain? Fast forward to March 15, 2024, in Kirinyaga. Gachagua, fiery as ever, calls for unity and warns against external interference. Yet murmurs persist, questioning his leadership style. Do you see the irony? The mountain's sons are being weaponized against each other, and the people are falling for it.

The Agikuyu must ask themselves: what is the endgame? Who benefits when the mountain fights itself? In 2017, the Jubilee government stood as a testament to Mount Kenya's unity, but the cracks began to show soon after. By the 2022 elections, the cracks had widened into chasms, and now, in 2024, the mountain stands on the brink of collapse. Will you let history repeat itself? Will you let outsiders dictate who is worthy of your cheer and who isn't? Remember, “Gūtiri mūtī ūtarī magwa”—there is no tree without knots. Both Kindiki and Gachagua have their flaws, but does that make them any less your own?

Let us not forget that unity has always been the mountain's greatest weapon. When Dedan Kimathi fought for freedom, did he do so alone? When Wangari Maathai planted trees for a greener Kenya, was she not supported by her people? The mountain thrives when it stands together. Even in disagreements, the Agikuyu have always found a way to rise above. So why let a divisive agenda succeed now?

Kindiki and Gachagua, whether by design or destiny, are the sons of the mountain. To reject one in favor of the other is to weaken the entire mountain. It is said, “If you want to go fast, go alone. If you want to go far, go together.” The mountain cannot afford the luxury of speed; it needs endurance. It needs unity. The Agikuyu must see through the smokescreen and refuse to be pawns in a political chess game.

The old Kikuyu men were wise, weren't they? “Kagutui ka mucii gatihakagwo ageni.” The oil skin belongs to the household. It nourishes, heals, and strengthens the family. So, let Kindiki speak. Listen to him not as an outsider but as one of your own. Cheer Gachagua not out of obligation but because he, too, is your son. Let the mountain rise above petty politics, for the Agikuyu are more than just a voting bloc; they are a legacy, a force, a people bound by history and destiny. Unity is the only answer. For when the mountain speaks with one voice, the nation listens. Let the Agikuyu remember their roots, their strength, and their purpose. For in their unity lies not just the future of Mount Kenya but the destiny of Kenya itself. The choice is yours, Mount Kenya: to divide and fall or to unite and rise.

*This article was scripted by;
MIDMARK ONSONGO, SGS
(Socio-Geographic Scholar)*

Dozens Of Participants To Attend IGAD Economy Fair

By: MKT Reporter
@themtkenyatimes

Over 150 participants from the Inter-governmental Authority on Development (IGAD) member states, including representatives from the private sector, international organisations, and NGOs, will gather in Djibouti for the 2nd Knowledge Share Fair on the Blue Economy from Tuesday to Thursday next week.

The event, organised by IGAD with support from the Swedish International Development Cooperation Agency (SIDA), will be held under the theme “Investing in Blue Economy for Regional Integration.”

According to the IGAD secretariat, it aims to promote sustainable Blue Economy development and strengthen regional cooperation to harness marine and aquatic resources for food security, socio-economic growth, and poverty reduction in the Horn of Africa.

The fair will feature exhibitions showcasing the results of regional projects, knowledge-sharing sessions on themes like biodiversity, blue tourism, financing the blue economy, and climate change, as well as field visits.

Discussions from the fair will be compiled into a report to guide future

policy and economic decisions for Blue Economy development in the region.

The fair aligns with IGAD’s Blue Economy Strategy and Implementation Plan (BESIP), adopted by member state ministers in 2022. It also supports the African Union’s Blue Economy Strategy, which aims

to contribute to sustainable development and economic growth across the continent.

IGAD’s Blue Economy strategy, developed with the financial backing of SIDA, emphasises inclusive growth, aiming to transform the Horn of Africa by leveraging its rich marine and inland water resources.

Kenya, Djibouti, Ethiopia, Somalia, South Sudan, Sudan, Uganda, and Eritrea are the member states participating in IGAD’s efforts to drive Blue Economy initiatives for regional prosperity.



Curtain Falls On KCSE Exams With Fewer Malpractice Cases

By: Adan Ibrahim
@themtkenyatimes

The month-long Kenya Certificate of Secondary Education (KCSE) examination has come to a close, with the Ministry of Education reporting a decrease in exam malpractice cases.

Basic Education Principal Secretary Dr Belio Kipsang, who dispatched the final examination papers in the early hours of Friday, credited the success to enhanced security features in the exam papers and the formation of a multi-agency team to monitor and detect cheating.

Dr. Kipsang praised the team for successfully infiltrating and blocking all online platforms that had previously been used to compromise the exams.

He also revealed that a few cases of impersonation were reported in private schools within Nairobi County.

According to the examination timetable, November 22 was the last day of the national exams, with candidates sitting for the Physics practical.

965,501 candidates sat for this year’s examination, an increase of 66,048 from 2023.

State Department for Basic Education Principal Secretary Dr Belio Kipsang hands over examination papers to the Principals



SPORTS NEWS

PHOTOS
SCORES
OPINIONS
STATISTICS
SCHEDULES
BREAKING NEWS



Sports >> *Lewis Hamilton on Wednesday said he had shrugged off deep disappointment after the Sao Paulo Grand Prix and pledged to give his all for Mercedes in his final three races before joining Ferrari.

Hamilton Thinks Positive As End Of Mercedes Era Nears



Mercedes' British driver Lewis Hamilton arrives at the Autodromo Internazionale Enzo e Dino Ferrari race track in Imola, Italy, on May 16, 2024, ahead of the Formula One Emilia Romagna Grand Prix. (Photo by ANDREJ ISAKOVIC / AFP).

Lewis Hamilton on Wednesday said he had shrugged off deep disappointment after the Sao Paulo Grand Prix and pledged to give his all for Mercedes in his final three races before joining Ferrari.

The seven-time world champion admitted he had felt like "not coming back" in a radio reaction at the end of the race in Brazil where he finished 10th but had recovered and now wanted to give his best for "a team I love".

Speaking to reporters ahead of this weekend's Las Vegas Grand Prix, the first of a triple-header on successive weekends, he was asked about a team radio exchange in which he suggested he was ready to walk away.

In the radio transmission, he said "that was a disaster of a weekend guys, the worst the car has ever been. Thank you for contributing

to try and great job to all the guys at the pit-stop.

"If this is the last time I get to perform, it was a shame it wasn't great, but (I am) grateful for you."

Hamilton, 39, will end a hugely-successful 12-year spell with Mercedes after the Qatar and Abu Dhabi Grands Prix next month (December).

- Drivers are United -

"In the moment, that's how I felt, like I didn't really want to come back after that weekend," he explained.

"In the heat of the moment, for sure, I would much rather be on the beach and chilling... And I don't need to do this, but I'm here, I love this job and I'm going to give it my all in these last few races and finish strong.

"That was always the plan."

In candid mood, he told Sky Sports he had shaken off those feelings.

"Honestly, I feel in the best place I've been all year, mentally, and considering how bad the last race was I think that says enough.

"I've been around this game for a long time. There's been so many things that are said about me.

"I'm still here, still fighting and I'm going to continue to push.

"I've got a team that I genuinely still love and even though I'm leaving, I want to make sure I give them the best I can in these next races.

"If they provide a car that wants to stay on track then hopefully we'll have a better result."

Hamilton also added his weight to a call from the drivers, through the Grand Prix Drivers

Association (GPDA), to the International Motoring Federation (FIA), the sport's governing body, for greater communication and transparency over the use of money paid in driver and team fines.

He said they would 'chase them up' if there was no response from the FIA to a joint statement sent earlier this month.

"I know they've got a lot going on at the moment, but I think it just shows that more than ever the drivers are united which is perhaps not something you've seen in the past," he said.

"There are some things that need addressing and the FIA needs to be better at working and collaborating with us."

AFP

GET THE BEST OF WORLD

Sports >> *

Chelsea's James Hit By Fresh Injury Blow



FILE PHOTO: Soccer Football - Champions League - Group E - Chelsea v AC Milan - Stamford Bridge, London, Britain - October 5, 2022 Chelsea's Reece James acknowledges fans after the match REUTERS/Dylan Martinez/File Photo.

Chelsea captain Reece James has suffered a new injury setback after being ruled out of Saturday's clash against Leicester with a hamstring problem.

James only returned to action in October after missing the start of the season.

But Chelsea boss Enzo Maresca revealed on Thursday the 24-year-old England right-back will not be available for the trip to the King Power Stadium in the Premier League this weekend.

Maresca hopes the problem won't keep James out for too long, but given the Chelsea captain's recent history of injury woes, the Italian is not willing to take any risks.

"Reece, unfortunately, felt something small and we don't want to take any risks this weekend,"

Maresca told reporters.

"Hopefully it's not something longer. He felt something, he has to be out and then we'll see. It's his hamstring, a muscle problem."

James has struggled to stay fit for much of the last two seasons, but Maresca is still confident he can eventually shake off his injury-plagued reputation.

"For sure," he added. "But in this moment it is not happening."

Cole Palmer and Levi Colwill pulled out of England duty over the international break due to fitness concerns, while Maresca also has doubts over Romeo Lavia, Malo Gusto, Wesley Fofana and Jadon Sancho.

"Some of them are better, some of them we'll test today," he said of Chelsea's walking wounded.

England captain Harry Kane criticised the nine players who opted out of England duty, insisting playing for the Three Lions should come before anything else.

There were suggestions that managers had persuaded their England players to stay away to avoid injuries at a busy time of the season.

But, asked if he had any contact with the England camp over the withdrawals of Palmer and Colwill, Maresca said: "To be honest we played Arsenal and then I left for a week."

Maresca will be making his first trip back to Leicester since guiding the Foxes to promotion from the Championship last season, before quitting to replace Mauricio Pochettino at Stamford Bridge.

It will be an emotional occasion

for Maresca, who said: "First of all I'm excited and also thankful.

"It was a fantastic season because I met good people and in terms of players it was fantastic.

"We had a fantastic connection between the players and staff, this is something you need to create when you want to make something important.

"I will be thankful to them all my life, we have a special connection."

AFP

SPORTS NEWS



PHOTOS
SCORES
OPINIONS
STATISTICS
SCHEDULES
BREAKING NEWS



SPORTS AS THEY HAPPEN



Meet Sahitya Sparsh Award Winner, Dr David Soh Poh Haut From Singapore



By: Wanjohi. P. Mugambi
@themkenyaintimes

Worth Noting:

- When my books was published in 2021 the positive international reviews and awards prompted me to ask myself what am I doing all these while and subsequently I published the second editions. In 2021 I tried writing poems and posted online and to my surprise I discovered God has given me the gift in writing. A teacher once told me writing poems is what you feel from your heart and Grammer is secondary. I thank God for this gift and am currently working on two books and Anthology of my poems.
- What motivated me to write the book Nature Gifts of the Soursop Leaves is when My late sister had cancer and a friend recommended to boil the leaves and drink the tea.

Meet Sahitya Sparsh Award Winner, Dr David Soh Poh Haut From Singapore

1. Briefly tell us who you are and what you do?

My name is David Soh Poh Huat from Singapore. I am 68 years, married for 23 years and my full-time occupation is an Independent Financial Adviser Representative for the past twenty years. I discovered my passion writing and in 2021 published two books Nature Gifts of the Soursop Leaves and Caregiving Gift of Unconditionoal Love. (www.davidsoh.com) Nature Gifts of the Soursop Leaves is the first book to be published internationally. These books have received international recognition and in 2024 received the 'Sahitya Sparsh Awards' Was awarded Doctorate in Literature in 2022/2023 by two renowned International Poem groups.

2. What motivated you to become who you are now

When my books was published in 2021 the positive international reviews and awards prompted me to ask myself what am I doing all these while and subsequently I published the second editions. In 2021 I tried writing poems and posted online and to my surprise I discovered God has given me the gift in writing. A teacher once told me writing poems is what you feel from your heart and Grammer is secondary. I thank God for this gift and am currently working on two books and Anthology of my poems.

What motivated me to write the book Nature Gifts of the Soursop Leaves is when My late sister had cancer and a friend recommended to boil the leaves and drink the tea. It helps reduce the cancer cells and other illness like diabetes, cholesterol, ghout etc I thank published the book first of its kind worldwide. If you Google soursop book you will see mine This will be \$b business and I am praying that someone will approach me to embark on this feasibility study before going full scale production.

3. What does your ideal day look

like

I normally wake up about in the morning at 5am daily and sometimes I am being prompted to write a poem either dedicated to an occasion or generic. After my morning routine of writing i will proceed to my meetings with clients, caregiver assignments or spend time working on my books.

4. What is the favorite aspect of your work

The most favorite thing about me getting to writing about something is knowing that whatever I had written someone's life will be touched as I always believe we are never ALONE in anything and we ought to impact a life with whatever we do in our lives.

5. What is the hardest part of what you do

Everyone of us have problems whether big or small and I always know that we are not ALONE. Whatever faith we believe, we know each encounter in our life make us stronger and will always lead us to new light like my case gift in writing. It becomes easier when we get unconditional love just as my book Caregiving Gift of Unconditional Love

6. Have you ever incurred challenges in your work.

Publishing books and writing poems yes there are challenges and we know we cannot please everyone. I always shared my philosophy so long you write from your heart no one can fault you as it is the spirit that guide us to write.

Everyone has their views,all we need as artist or writer and everyone in the creative industry we need to acknowledge the positive and negative views and move on irregardless of whatever it is. We do not need to stay stagnant at a particular place because we were never appreciated or they never saw the value of whatever we do. We are supposed to continue doing our best and remember when you stop working on being better you stop becoming good.

7. How do you foster yourself to



David Soh Poh Huat

keep moving

Everyday there will always be new challenges and this will keep us moving no matter what. Sometimes I know by sharing my journey and experiences people will be touched and sometimes may open their eyes and mind to look at life differently.

8. Do you advertise your work. If yes. Tell us how it has helped you

I do not advertised aggressively through paid advertisements but all through Facebook Like I have a Facebook group by a title 'Nature Gifts of the Soursop Leaves' which has 40000 members. With this I am able to reach a great number of the fans of my work. I periodically will mention my books in the course of my sharing in Facebook, TikTok, Instagram and Twitter.

9. What advice would you like to give someone that wants to be you

Speak from your heart unconditionally and do not be suprised because this will sometimes make you vulnerable and people will use you but still hold on to that. It is alright as these people will face their karma by doing bad or using to others. The law

of consequences still applies here. Whatever you do to someone will surely come back to you.

10. Given a chance what impact would you bring to the world, nation and to yourself

By writing my first book 'Nature Gifts of the soursop leaves' I feel convinced to have impacted the world. First book to be published worldwide and very controversial as it is alternative to cure illness. My book has testimonials and am looking forward to the day to be invited to either share my experience in the world Podium or embark in an international research to see it's viability.

11. If someone wants to check your work and what you do, where can they find you? Your handles?

Someone can get me on my FB group for my poems under 'Gifts in Writing'

You can as well get me on my website 'www.davidsoh.com'

Also someone can Google my books title to read the reviews Written by Dr David Soh Poh Huat Singapore