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Mount Kenya ASK Show, Nanyuki Hosts Governors Kahiga and Badilisha

By: MKT Reporter
 @themtkenyatimes

Some Of The Moments As Captured In Pictures

Laikipia County Governor Joshua Irungu on Friday hosted his colleagues; Mutahi Kahiga (Nyeri) and Kiarie Badilisha (Nyan-darua) who graced the official opening of the Agricultural Society of Kenya (ASK) Show in Nanyuki town. The host and guests noted that this year's theme: "Promoting Climate-Smart Agriculture and Trade Initiatives for Sustainable Economic Growth," calls for a significant step toward transforming our agricultural sector. The show attracted over 70 exhibitors, offering diverse solutions across agricultural technology, value addition, banking, and manufacturing. Their participation enriched the occasion and emphasized the importance of collaboration in advancing agriculture within the CEREB economic bloc.



Editor's Desk

The Mt Kenya Times

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NEWS IN BRIEF



Health Cabinet Secretary Aden Duale on Friday held a consultative meeting with the Council of Governors, represented by Governor Muthomi Njuki, Chair of the CoG Health Committee, and CEO Ms. Mary Mwititi. The meeting focused on advancing key health priorities, including the implementation of Universal Health Coverage (UHC), the Building Resilient and Responsive Health Systems (BRRHS) programme, and the transition from the Medical Equipment Services (MES) to the National Equipment Services Programme (NESP). Discussions also addressed intergovernmental issues such as the absorption of UHC staff and the rollout of the BRRHS initiative. Both levels of government reaffirmed their commitment to collaborative reform efforts aimed at strengthening health systems and improving service delivery across the country.



The National Gender and Equality Commission (NGEC) Assistant Director for Legal and Investigations, Mr. Desire Njamwea, partnered with She's Afrique Hub to engage the youth of Githunguri, Kiambu County, in a transformative grassroots civic awareness initiative. This impactful engagement, held under the Building Futures Initiative: Empowering Young People through Holistic Leadership Development, aimed to educate and inspire young people to become champions of gender equality and inclusion within their communities. Mr. Njamwea sensitized the youth on the Commission's mandate and functions, highlighted the critical role they play in advancing gender equality, and provided guidance on how to report violations of the right to equality and freedom from discrimination.



The Principal Secretary for Child Welfare Services Carren Agen'go alongside Suba North MP Milly Odhiambo commemorated International Missing Children's Day, held at St. Joseph Catholic Church in Ngong. The event brought together children, families, child protection officers, community leaders, stakeholders, and Government officials to honor the memory of missing children and to advocate for stronger measures to prevent child disappearances. The PS emphasized the importance of community involvement, urging parents, schools, and local authorities to collaborate in creating a protective environment for children. Every missing child is a tragedy that affects the entire nation.



Public Service Cabinet Secretary Geoffrey Ruku has said that the government is planning to increase the annual intake slots for the youth joining the National Youth Service (NYS) from the current 20,000 to 40,000 in the next financial year. The CS revealed that they are in the process of realigning the NYS to ensure that it generates income through various programmes to be able to cater to the increased numbers. He was speaking during a relief food distribution exercise at the Jara jara ward, Balambala Sub County in Garissa. At the same time, the CS urged young people from Garissa County to register in large numbers during the next recruitment to avoid being left out of the process. He was accompanied by Garissa Woman Representative Udgoon Siyaad, MPs Shurie Omar (Balambala) and Mohamed Abdikadir Hussein (Lagdera) among other local leaders.



Two suspects of terrorism who were found guilty on two terror-related charges over Dusit D2 attack. The charges were; conspiracy to commit a terrorist act and facilitation of a terrorist act contrary to Section 9A of the Prevention of Terrorism Act. Mohamed Abdi Ali and Hussein Abdille Mohamed were found culpable in connection with the 2019 Dusit D2 terror attack in Nairobi, which claimed 21 lives and left dozens injured and traumatised. During the ruling, the court found that one of the suspects facilitated the attack by transferring Ksh836,900 through mobile money to an accomplice who was also a member of the Al Shabaab militia. In the case heard and determined by Lady Justice Diana Kavedza of Kahawa Law Courts, the duo was found guilty after the prosecution proved beyond reasonable doubt that the two individuals committed the offence. The will be sentenced on June 19.



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State Funds Spur Business Growth For Small-Scale Traders In Kiambu

By: John Kamau
@themkenyatimes

Worth Noting:

- Young business owners in sectors such as butchery, carpentry, welding, and boda boda transport have welcomed the initiative, expressing hope that it will help them expand their businesses and improve their livelihoods.
- Speaking from their respective business premises, several entrepreneurs praised the government's commitment to economic empowerment through the Sh50,000 financial grant.

A wave of optimism is sweeping through the small and medium enterprise (SME) sector in Kiambu County as local entrepreneurs voice their support for the government's NYOTA program, which they believe will be a game-changer for youth-led businesses.

The program — National Youth Opportunities Towards Advancement (NYOTA) — is a government initiative funded by the World Bank aimed at enhancing youth employment, boosting income, and promoting savings.

It targets vulnerable youth between the ages of 18 to 29, and up to 35 for persons with disabilities, across all 47 counties in Kenya.

Young business owners in sectors such as butchery, carpentry, welding, and boda boda transport have welcomed the initiative, expressing hope that it will help them expand their businesses and improve their livelihoods.

Speaking from their respective business premises, several entrepreneurs praised the government's commitment to economic empowerment through the Sh50,000 financial grant.

They said the support would not only help upscale their businesses but also inject much-needed cash flow into the local economy.

"This program is timely. With the rising cost of materials and tools, this boost will allow us to increase productivity, take on more jobs, and possibly hire more workers," said Alice Nyambura who hawks watermelons.

However, the entrepreneurs also called on the government to expand the number of beneficiaries under the program.

Currently, only 70 businesses per ward are set to benefit, which many feel may leave out deserving appli-



DP Prof Kithure Kindiki with leaders at Limuru Dairy in Kiambu County.

cants.

"While we are grateful, we urge the government to consider increasing the number of beneficiaries per ward. The demand is overwhelming and many youths are eager to grow their businesses," noted Patrick Onyango, a bodaboda operator.

They also called on the government to ensure there is transparency in the distribution of funds and fairness in the selection process so that only deserving applicants benefit from the initiative.

"If the process is transparent, then the funds will truly serve their purpose and uplift genuine businesses," noted Samuel Githae, a butcher in Limuru, Kiambu County.

Launched with the aim of enhancing

youth empowerment, NYOTA seeks to increase employment, earnings, and financial savings among Kenya's vulnerable youth population.

According to Deputy President Kithure Kindiki, the Sh 28 billion program aligns with national efforts to combat unemployment and promote inclusive economic growth.

"This money will go into growing small businesses such as salons, butcheries, barber shops among others. The money will help increase job opportunities and grow our economy," Kindiki said recently during an economic empowerment tour in Gatundu, Kiambu County.

The DP spoke at Limuru Dairy in Limuru, Kiambu County. He reiterated that the Government is supporting

milk farmers to increase yield and get better incomes as part of the Bottom up Economic Transformation Agenda.

Limuru Dairy which was struggling a year ago due to inability to keep its fresh milk on the shelves for long is now producing 32,000 litres of long life UHT milk, as a result of 172 million shillings support of the National Government enabling the factory to acquire an ultra modern long life UHT milk and yoghurt processing plant for sale within Kenya and the East African regional market.

Legislators who have been participating in the empowerment programmes have defended it saying that it is designed to transform income generating activities by 'hustlers' at the grassroots levels.

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CJ Koome Retains DCJ Mwilu's Bench In Gachagua Case

By: Olive Burrows
@themtkenyatimes

Chief Justice Martha Koome has appointed the same bench that her deputy, Philomena Mwilu, had previously selected to hear petitions on the impeachment of Rigathi Gachagua as Deputy President.

This means that Justices Eric Ogola, Anthony Mrima, and Freda Mugambi are once again handling the same matter.

In keeping with a Court of Appeal judgment that instructed her to appoint a bench to handle three consolidated matters on the impeachment of Rigathi Gachagua, Chief Justice Martha Koome has tapped Principal Judge of the High Court Eric Ogola and Justices Anthony Mrima and Freda Mugambi.

This action is not unusual in itself, except that it was done on the instruction of the Court of Appeal, which, on May 9, allowed an appeal lodged by former Deputy President Rigathi Gachagua challenging the empanelment of the same bench by the Depu-

ty Chief Justice.

President of the Court of Appeal Daniel Musinga, along with Justices Mumbi Ngugi and Francis Tuiyott, agreed with Gachagua's legal team that it was not within the Deputy Chief Justice's mandate to empanel the bench, particularly in the absence of an explanation as to why Chief Justice Koome could not do so herself.

The appellate court held that, while the Judicial Service Act permits the Chief Justice to delegate duties to the Deputy Chief Justice, the function in question—empaneling a bench for matters raising substantial constitutional questions—is a constitutional responsibility.

Article 165(4) of the Constitution states that "any matter certified by the court as raising a substantial question of law under clause (3)(b) or (d) shall be heard by an uneven number of judges, being not less than three, assigned by the Chief Justice."

However, the Court of Appeal declined the appellants' request to direct the Chief Justice to exclude the three judges from any newly constituted bench. The court ruled that only the Chief Justice has the authority



Chief Justice Martha Koome.

to assign judges to a bench and also declined to compel her to expand the bench to five judges.

Regarding whether the judges should have recused themselves due to alleged bias or the appearance of bias, the appellate court found the arguments insufficient.

The court determined that Justice Mrima's acceptance of a wedding gift from now Senate Speaker Amason Kingi three years before the petitions began did not amount to a conflict of interest.

Similarly, the court found that the appointment of an individual said to

be Justice Ogola's wife to the Kenya Water Towers Agency Board by Cabinet Secretary Soipan Tuya in June 2023 did not justify recusal.

LSK Opposes Finance Bill 2025 Clause Allowing KRA Access To Personal Data

By: Seth Olale
@themtkenyatimes

The Law Society of Kenya (LSK) and audit firm KPMG East Africa are among entities that have opposed a clause in the Finance Bill 2025, which seeks to grant the Kenya Revenue Authority automatic access to trade secrets and personal data.

In a separate objection, Ernst & Young Public Accountants and CDH Law Firm rejected another proposal in the same bill, one that seeks to hold the spouses of tax defaulters personally liable for outstanding obligations.

A controversial provision in the Finance Bill 2025 seeking to compel the spouse of a tax defaulter to shoulder tax liability has been unanimously rejected by entities presenting their memoranda to the National Assembly's Finance and Planning

Committee.

The Law Society of Kenya, audit firm KPMG East Africa, Ernst & Young, and CDH Law Firm opposed the clause, arguing that it undermines individual financial autonomy and accountability.

"Someone seeking credit facilitation and defaults is a personal venture," the legal body said.

Subsequently, the Law Society of Kenya and audit firm KPMG East Africa also opposed a separate provision in the bill that would allow the Commissioner to automatically access trade secrets and personal data, and to issue agency notices even when a taxpayer has lodged an appeal against a decision by the Tax Appeals Tribunal or the courts.

The two entities argued that granting such powers would significantly undermine taxpayers' rights to due process and fair adjudication.

Clause 50b of the Finance Bill 2025, which seeks to extend the timelines



for processing tax overpayment claims from 90 to 120 days for ascertaining claims, and from 120 to 180 days for reviews has also faced opposition. Critics argue the move would negatively impact cash flow and economic stability.

The Law Society of Kenya has further opposed the proposed removal of the 15% income tax rebate for

companies that build at least 100 residential units annually, a measure introduced on January 1, 2017, to promote affordable housing in place of the standard 30% corporate tax. They contend that scrapping the rebate could discourage both local and foreign investment.

"We will consider your views as stated," Kuria Kimani, National As-

sembly Finance Committee chairman, stated.

The public hearings on the Finance Bill 2025 are being conducted concurrently with those for the Virtual Assets Providers Bill 2025, which aims to regulate tax measures related primarily to cryptocurrency transactions.

Kenya Proposes Bold Ocean Governance Agenda Ahead Of UN Conference

By: Christine Muchira

[@themkenyentimes](#)

The government has proposed three landmark outcomes to be adopted at the upcoming third United Nations Ocean Conference (UNOC-3).

The outcomes are aimed at maintaining the Ocean health and optimizing the marine economy.

Speaking while unveiling the proposals, Prime Cabinet Secretary Musalia Mudavadi urged UNOC-3 to prioritize: The establishment of an Ocean Science-Policy Panel to bridge scientific research and policy-making.

Similarly, he proposed the adoption of robust instruments for sustainable ocean governance, moving beyond the creation of Sustainable Ocean Plans.

This as well as the ratification and rapid implementation of the BBNJ Agreement and the Fisheries Subsidies Agreement, along with the creation of a UN Ocean Finance Facility to support marine restoration and strengthen coastal community resilience.

CS Mudavadi who was speaking during the Second Nairobi Envi-

ronmental Diplomacy Symposium (NEDS-2), held at the United States International University-Africa noted that pollution has become a major threat to the ocean, leading to ocean acidification, death of corals, and loss of aquatic species.

“Worrying statistics by UNEP reveal that between 19-23 million metric tonnes of plastic waste are dumped each year into aquatic ecosystems. It is more perturbing that the world continues to produce over 460 million tonnes of plastics each year. It is projected that by 2040, about 23 to 37million tonnes of waste will be yearly dumped in the ocean.” He noted.

The proposals were delivered as part of Kenya’s wider call for coordinated global action to reverse the degradation of marine ecosystems.

Kenya also took a strong stance on plastic pollution, urging the adoption of a legally binding international treaty to end plastic waste during the upcoming INC5.2 talks in Geneva.

“Turning to INC5.2, I recommend the following. First, we should aim to adopt an International Legally binding Instrument to End Plastic Pollution this August in Geneva.” He remarked.

According to Nairobi, the instrument should cover the full life cycle



Prime Cabinet Secretary Musalia Mudavadi

of plastics backed by provision of requisite financial resources, technology and capacity building.

Mudavadi also noted that the world needs to adopt multifaceted approaches that can power the much-needed just transitioning to green development pathways.

Thirdly, he stressed the need to phase out single use plastics while

promoting use of biodegradables and circular economy.

The CS reaffirmed Kenya’s call for bold global action to safeguard oceans and reform environmental governance, and welcomed the UN’s decision to expand its footprint in Nairobi with three new global offices, cementing the city’s growing stature as a UN hub.

The Third UN Ocean Conference (UNOC) will convene in Nice, France, in June 2025. The Governments of France and Costa Rica will co-chair the Conference, which aims to generate transformative action and provide solutions the ocean needs, supported by ocean science and funding for SDG 14 (life below water).

Counties Uneasy With Ksh 405B Proposed Allocation

By: Regina Manyara

[@themkenyentimes](#)

Counties are likely to share out Ksh 405.1 billion over the next one year if the proposed 2025/2026 budget is adopted in its current form.

This amount will be complimented by an additional Ksh 69.8 billion in conditional allocations, bringing total transfers to about Ksh 474.9 billion.

In the current fiscal year, counties received an equitable share of Ksh 400.1 billion, along with Ksh 8.76 billion in conditional allocations from the National Government and Ksh 35.66 billion from development partners.

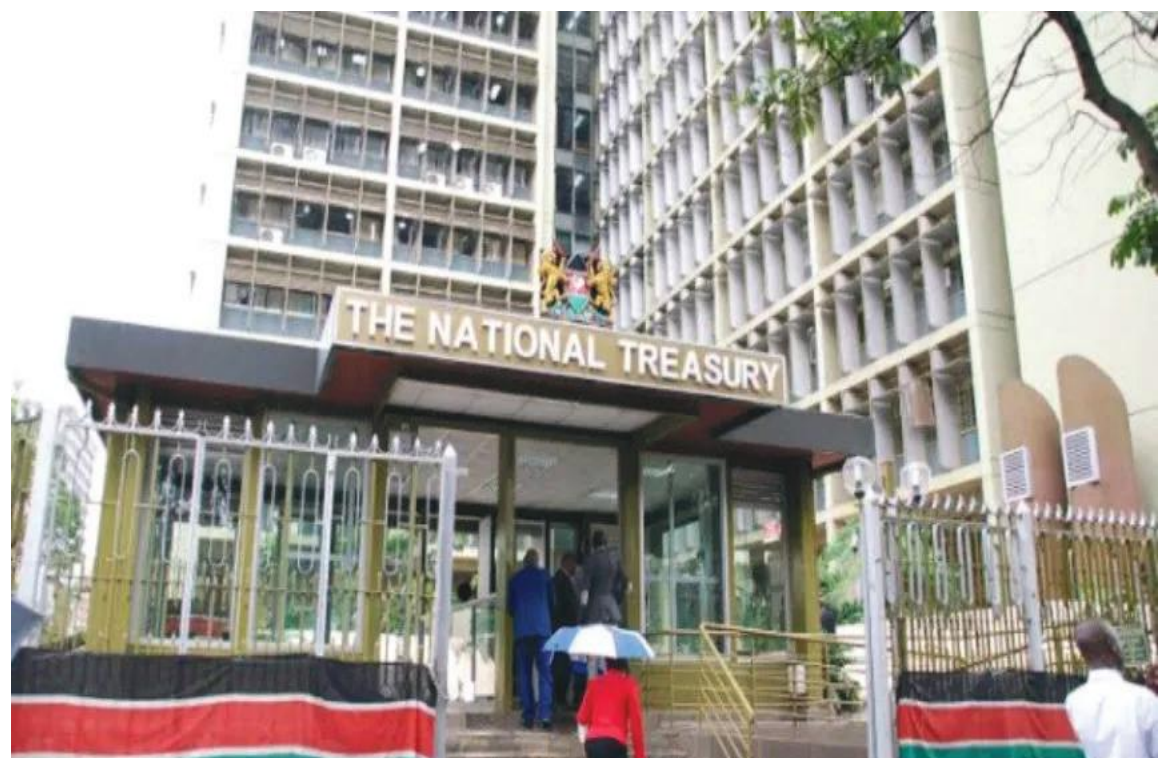
The 1.25pc increase in equitable share is meant to provide counties with much needed core funding to de-

velop services including healthcare, education and road maintenance.

Budgetary allocations for counties in the 2025/2026 reflects an increase in the equitable share but a significant rise in conditional allocations, indicating a shift towards more targeted funding.

However, the Council of Governors has termed the proposed Ksh 405.1 billion equitable share to devolved units as insufficient.

Under the proposed equitable share, Nairobi County gets the highest allocation amounting to Ksh 21.2 billion while Lamu gets the least amount of Ksh 3.41 billion.



US-Based Charity Honours Sonko's Humanitarian Efforts

By: Correspondent
@themtkenyetimes

Former Nairobi Governor Mike Sonko has been recognized for his unwavering dedication to supporting disadvantaged communities throughout Kenya.

Margaret Heighton, the President and founder of the US-based charity No End to Love, conferred Sonko the honour on Thursday during a ceremony held at Sonko's offices in Upper Hill, Nairobi.

Margaret Heighton, accompanied by her husband and organization co-founder Dave Heighton, praised Sonko's extensive philanthropic work, particularly through the Sonko Rescue Team.

The team has played a key role in delivering vital services such as healthcare, education, and emergency assistance to vulnerable families and children.

"They acknowledged my commitment and urged me to persist in my mission of helping those in need,"

Sonko noted in a social media update after the event.

He also quoted Margaret Heighton describing him as "a role model to Kenya and an inspiration to many for his compassion."

Humanitarian outreach

Though no longer in political office, Sonko continues to be an active force in humanitarian outreach.

His mobile rescue operations and emergency support services have drawn widespread acclaim, both locally and abroad, for their swift response in times of crisis.

Among the distinguished guests at the award ceremony was Ambassador Dominic Obadiah, Founder and President of Civility Voice Diplomats (CVD) and an internationally recognized advocate for peace and civility.

Obadiah, who has championed humanitarian efforts across Africa, applauded Sonko's work in fostering peace and uplifting struggling communities.

Manduku McKay Daudi, a project assistant with CVD, also attended the event and lauded Sonko's enduring



Margaret Heighton, accompanied by her husband and organization co-founder Dave Heighton, praised Sonko's extensive philanthropic work, particularly through the Sonko Rescue Team/Handout

commitment to humanitarian service. In his acceptance speech, Sonko expressed heartfelt appreciation for the recognition and reiterated his resolve

to continue serving the needy. "This recognition renews my determination to press on with this work. The journey of compassion is far from

over," he said. The latest accolade adds to a growing list of awards acknowledging Sonko's charitable work.

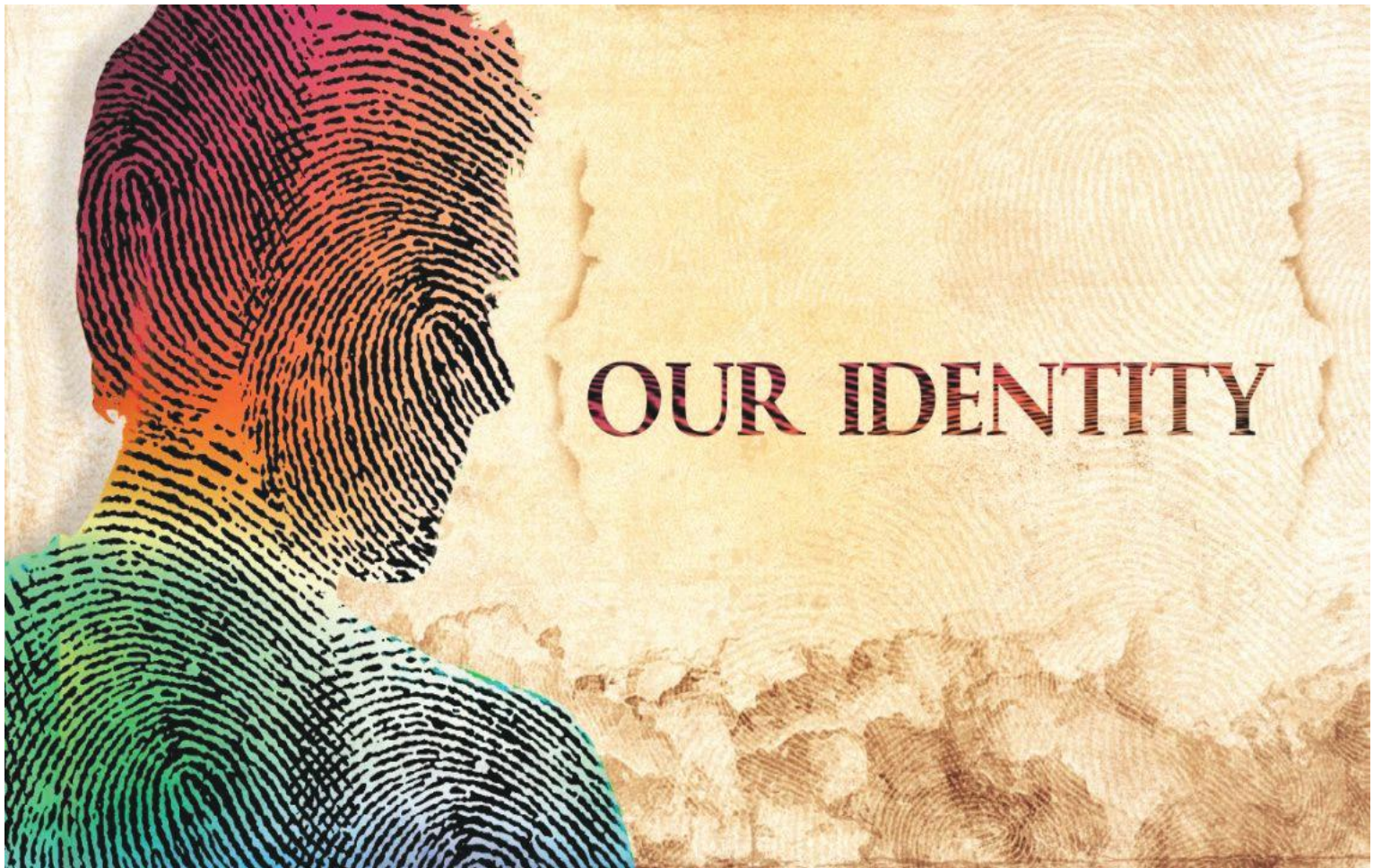


How Relationships Shape Our Identity, And Our Lives



By: Mary Karau Ngethe

@themtkenyatimes



Worth Noting:

- Is the key hidden in a locker somewhere? Is it written in a book waiting to be purchased and read? Is it packed in the office of a therapist or a life coach?
- No. The key is right inside the person who needs transformation. The giant inside the person is just asleep, waiting to be woken up. The Awakening can come in any form. In a dream, by a visit to a therapist or a life coach, by attending a healing mass in a retreat, or from a still small voice of God talking powerfully through the Holy Spirit. That is why some alcoholics suddenly decide to stop drinking alcohol, or a deviant son loses a parent, and from then on, he transforms to the son the deceased prayed for.

Each of us is shaped by the forces of our past, be it biology of our genes from our known or unknown parents, our early relationships including those of our childhood and how we related with our mother and our father, the untold stories we carry, the patterns of behavior we have developed over time in order to navigate life. These factors influence who we are, and how we behave. Yet, at birth, each of us has an authentic "ME", who is then shaped by these other factors, in a healthy or an unhealthy way. The healthy factors strengthen the personality that was born, and the unhealthy factors take us further and further away from the personality that was born creating a void to be filled, or an unknown need to be met.

In our daily lives, there is a natural craving to be this "ME" that was born. Nature is created such that each of us has the capacity to bounce back to our born self even after an unhealthy relationship or experience. In some cases, these relationships are so positively powerful that they help us utilize all the potential we were born with, making us very fulfilled and peaceful. But in some cases, the relationship gives us such negative experiences, that they remain strong negative marks in our lives. The leave a hole to be filled, an unknown need always waiting to be met. The void leaves us always chasing something that never seems to come. Peace in such a life becomes a mirage!

Positive relationship on one's life
Some people are very lucky to have people who affirm them to use their full

potential in life. One of the best examples is the story of the American tennis champions, Venus and Serena Williams, and how they are who they are today, because of the intentional relationship with their two parents.

Mr. Richard Williams, the American former tennis coach and father of the two world tennis champions, partnered with his then wife Ms. Oracene Price to nurture and coach their girls to fame. Richard was the girl's dad, coach, mentor and fan from their childhood to fame, while his then wife, Oracene, is best known for being both a mother and a coach to the two girls. The combined bull's eye-focused effort of the two parents resulted with the girls becoming widely regarded as among the best tennis players of all times, who are also wealthy and global influences in global sports. This story reveals determined and intentional parenting, and of course, God being the force behind the whole parental mission. Nothing can become that successful without God's power.

Negative relationship on one's life

It is very easy to give a case study like the one above, when the results a cerebration. However, it is not always easy to give a case study of bad situations, so I will just give general scenarios. We are well aware that a couple can have very good, much focused and intelligent children growing in the safe haven of a mother, father and a warm home, whether rich or poor. Home to these kids is heaven. Then, the marriage breaks down, and the two parents manage the break-up poorly, leaving

the family totally broken. Home becomes hell to the same kids. Children who were top level performers become deviants in the society, and people start pointing fingers at a history of potential children. Marriage is not the only negative impact. Others could be affected by death of the main bread winner, and the parent left behind fails to manage grieve properly, and by the time grieve is over, all the family resources are finished. Other cases are where a person is raised very positively, and succeeds in life, but marry the wrong partner. The relationship fails to nurture each other, and the victim spouse ends up losing all his or her potential, waking up too late in life, and dies miserably. Others are traumatic cases like rape, domestic violence, gender based violence, political violence, to mention a few.

Capacity within us for profound transformation

God has created a human being with capacity to turn naturally from confusion to clarity, hopeless to hope, void to wholeness. Capacity to bounce back to the authentic self, despite environment. Capacity to be in human shit, and yet smell perfume, because of powerful inner strength that is unshakable. This is brought about by an awakened determination to bounce back.

What is the key to bouncing back?

Is the key hidden in a locker somewhere? Is it written in a book waiting to be purchased and read? Is it packed in the office of a therapist or a life coach?

No. The key is right inside the person

who needs transformation. The giant inside the person is just asleep, waiting to be woken up. The Awakening can come in any form. In a dream, by a visit to a therapist or a life coach, by attending a healing mass in a retreat, or from a still small voice of God talking powerfully through the Holy Spirit. That is why some alcoholics suddenly decide to stop drinking alcohol, or a deviant son loses a parent, and from then on, he transforms to the son the deceased prayed for.

Action:

Take action at whatever stage you are in. Are you financially sound? Take stock to see the gap in your life. Is your marriage sound? Take stock to see how you relate with your children as an intentional parent. Take stock. Any human being is likely to have a void. Awaken and fill it. Fill voids daily. Make a heaven on this earth, even as we await the heaven in the next life!

Book a Life Coach session with the author of this article

Mary Karau Ngethe Programs Director/Life Coach Central Kenya Development Network (CKDN) Contacts: WhatsApp +254 722 652111. Email: marykaraugethe@gmail.com

Trump Admin Revokes Harvard's Right To Enroll Foreign Students

By: AFP

Donald Trump's administration has revoked Harvard University's ability to enrol foreign nationals, putting the future of thousands of students at risk, with China on Friday slamming the "politicisation" of educational exchanges.

The US administration's decision on Thursday threatened the prestigious university with a huge financial blow.

The school in Cambridge, Massachusetts, quickly slammed the decision as "unlawful" and said it would hurt both the campus and the country, while one student said the community was "panicking."

Trump is furious at Harvard -- which has produced 162 Nobel prize winners -- for rejecting his demand that it submit to oversight on admissions and hiring over his claims that it is a hotbed of anti-Semitism and "woke" liberal ideology.

The loss of foreign nationals -- more than a quarter of its student body -- could prove costly to Harvard, which charges tens of thousands of dollars a year in tuition.

"Effective immediately, Harvard University's Student and Exchange Visitor (SEVIS) Program certification is revoked," Homeland Security Secretary Kristi Noem wrote in a letter to the Ivy League institution, referring to the main system by which foreign students are permitted to study in the United States.

"This administration is holding Harvard accountable for fostering violence, antisemitism, and coordinating with the Chinese Communist Party on its campus," Noem said in a separate statement.

Chinese students make up more than a fifth of Harvard's international enrollment, according to university figures, and Beijing said the decision will "only harm the image and international standing of the United States."

"The Chinese side has consistently opposed the politicization of educational cooperation," foreign ministry spokeswoman Mao Ning said.

- 'Threatens serious harm' -

Harvard, which has sued the US government over a separate raft of punitive measures, fired back at the Trump administration's move, calling it "unlawful."

"We are fully committed to maintaining Harvard's ability to host our international students and scholars," the university said in a statement, adding that it was working to offer students guidance and support.

"This retaliatory action threatens serious harm to the Harvard community and our country, and undermines



A view of the Business School campus of Harvard University in Cambridge, Massachusetts, US, on April 15, 2025. FAITH NINIVAGI / REUTERS.

Worth Noting:

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- "Effective immediately, Harvard University's Student and Exchange Visitor (SEVIS) Program certification is revoked," Homeland Security Secretary Kristi Noem wrote in a letter to the Ivy League institution, referring to the main system by which foreign students are permitted to study in the United States.
- "This administration is holding Harvard accountable for fostering violence, antisemitism, and coordinating with the Chinese Communist Party on its campus," Noem said in a separate statement.

Harvard's academic and research mission."

Karl Molden, an international student from Austria, said he had applied to study at Oxford in Britain because he feared such measures.

"It's scary and it's saddening," the 21-year-old government and classics student told AFP, calling his admission to Harvard the "greatest privilege" of his life.

"It's definitely going to change the perception of... students who (might) consider studying there -- the US is getting less of an attractive spot for higher education."

Leaders of the Harvard chapter of the American Association of University Professors called the decision "the latest in a string of nakedly authoritarian and retaliatory moves against America's oldest institution of higher education."

"The Trump administration is unlawfully seeking to destroy higher education in the United States. It now demands that we sacrifice our international students in the process. Universities cannot acquiesce to such extortion," it said.

- 'Everyone's panicking' -

Last month, Trump threatened to stop Harvard from enrolling foreign students if it did not agree to government demands that would put the private institution under outside political supervision.

"As I explained to you in my April letter, it is a privilege to enroll foreign students," Noem wrote.

"All universities must comply with Department of Homeland Security requirements, including reporting requirements under the Student and Exchange Visitor Program regulations, to maintain this privilege," she said.

More than 27 percent of Harvard's enrollment was made up of foreign students in the 2024-25 academic year, according to university data.

Fourth-year US student Alice Goyer told AFP "no one knows" what the development would mean for international students already enrolled.

"We just got the news, so I've been getting texts from a lot of international friends, and I think everyone's just -- no one knows," she said.

"Everyone's panicking a bit."

On whether students would willingly

transfer to other institutions, as suggested by Noem in her letter, Goyer said she doubted classmates would pursue that path.

"I would hope maybe there's going to be a legal battle that'll take place."

A federal judge on Thursday ordered a nationwide halt to any terminations of international students' legal status, although it was not immediately clear how the ruling would impact those enrolled at Harvard.

Judge Jeffrey White said US officials have "wreaked havoc" on people's lives, and the injunction would provide "stability" for them to continue their studies.

It follows aggressive moves by the Trump administration against universities where student activists have protested Israel over the war in Gaza.

The administration has revoked "thousands" of visas, Secretary of State Marco Rubio said Tuesday, under an obscure law that allows removals for activities deemed counter to US foreign policy interests.

Kindiki: We Will Not Tolerate Politics Of Division

By: James Wanjiku and William Muchiri

@themtkenyatimes

Deputy President Prof Kithure Kindiki has warned against the return of divisive politics, stating that the government will not allow hatred and disunity to take root in the Mt Kenya region or across the country.

Speaking during empowerment events in Kiawara and Naromoru towns in Kieni Constituency, Nyeri County, Kindiki affirmed the region's longstanding unity and called on leaders to prioritize service delivery over political wrangling.

"Mt Kenya has always been united and it will continue to remain so," Prof Kindiki said.

"President William Ruto has supported leaders across the country. It is now our duty to focus on delivering services to Kenyans."

The Deputy President used the events to reaffirm the Kenya Kwanza administration's commitment to uplifting low-income earners through its bottom-up economic model, a central campaign promise.

"When we campaigned, we promised a bottom-up approach to economic transformation. This is it," said Kindiki, as he presented financial support to small-scale traders and boda boda operators to help boost their livelihoods.

The initiative, part of a national constituency-level program, operates through a public-private partnership aimed at supplementing formal government efforts to support informal workers at the grassroots.

Unlike previous campaign-period gestures such as the distribution of reflector jackets or aprons, Kindiki emphasized that the administration's initiatives are designed for long-term impact.

"We are here to fulfil pledges beyond elections. Our goal is to build structures that enable hustlers to thrive in the long term," he said.

The two initiatives are among several under the Kenya Kwanza administration.

Others include the NYOTA (National Youth Opportunities Towards Advancement) Program, which provides Sh50,000 grants to 70 small businesses per ward.

Target sectors include agribusiness, tailoring, and retail.

The grants are coupled with financial literacy training to promote sustainability and job creation.

The government has also introduced economic reforms aimed at stabilizing the economy and increasing household incomes.

These include improved coffee prices, the Affordable Housing Program — which provides low-cost housing and construction jobs — and efforts



Deputy President Prof Kithure Kindiki addressing residents of Kieni West subcounty in Kieni Constituency at Kiawara township on Friday. Photos/Courtesy.

to revitalize local markets.

Additionally, Kindiki highlighted the expansion of social protection measures such as the Taifa Care medical coverage, now extended to informal workers.

"A healthy, housed, and financially secure population is the foundation of a productive economy," he said, linking the government's efforts to a broader vision of inclusive growth.

With over 15 million Kenyans engaged in the informal sector, he stressed that such programs are essential for reducing unemployment and bridging income inequality.

During the functions, the DP who was hosted by area Member of Parliament Njoroge Wainaina was accompanied by several leaders from the Nyeri County and beyond.

They included MPs Wambugu

Wainaina (Othaya), Maina Mathenge (Nyeri Town) Eric Wamumbi (Mathira) Mwangi Kiunjuri (Laikipia East) Senator Wahome Wamatinga, Women Representative Rahab Mukami.

The leaders supported the initiative, telling its critics that it was not a bribe but incentives aimed at uplifting the lifestyle of the citizens.



Deputy President Prof Kithure Kindiki and other leaders in a jig at Naromoru stadium, Kieni East subcounty, Kieni Constituency on Friday.

Worth Noting:

- The Deputy President used the events to reaffirm the Kenya Kwanza administration's commitment to uplifting low-income earners through its bottom-up economic model, a central campaign promise.
- "When we campaigned, we promised a bottom-up approach to economic transformation. This is it," said Kindiki, as he presented financial support to small-scale traders and boda boda operators to help boost their livelihoods.
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- Unlike previous campaign-period gestures such as the distribution of reflector jackets or aprons, Kindiki emphasized that the administration's initiatives are designed for long-term impact.

Indian World View



Diamonds and pearls, Ramakrishna's name,
marked on the world stage
This is the beginning of history, Vedanta, Shiva,
power, energies
This is the undivided India, wind, world guru, world
Family
Happy Family, Fair, disease-free wind, devotional
thoughts

This is the slogan, Gita, Ramayana, world,
happiness and peace, the basis
Green earth, restructuring, introduction,
development, desire, love
Pure introduction, spreading Ramrajya in the
world environment
Develop humanity, desire, negative Lanka will fall

Awaken the feelings like flames, lamps nourished
by the people
Eradicate the sufferings, atrocities, terrorized
discrimination, feelings
Change the war, Harappa policy, cheap deception,
looting
New definitions, interesting thoughts, desires,
welcome

In this fleeting life, you will constantly smell good
in the future
Consider it your right to plant a tree in the
name of your life
Flow in this ocean of existence, birds, animals,
love, touch, development
Let these links keep getting connected, penance,
religion, peace, victory

By shedding the compassion of Buddha,
Brahma's hymns echo in the name of victory
Indianness, Annapurna Mata, mantra, follow-up,
vision, this is the earth
Flame, radiance, new power, Jai Shri Ram,
auspicious greetings.

Anjali Saxena Prabal

Navi Mumbai Maharashtra.

Years Under The Mulberry Shade



Author: To'rayeva Sadoqat Qahramonovna

climbing trees, dropping stones into the
well to see whose went deeper, collecting
water droplets on mulberry leaves... Such
simple games, yet such immense joy!

2

One evening, Nodir and I went to the edge
of the garden, near the stream. He gave
me a stone – small, but smooth. He said,
"This stone brings luck, but you must see
it with your heart."

I laughed. It was just an ordinary stone.
But later, I realized: it wasn't an ordinary
stone – it was a symbol of attention,
affection, and sincerity.

The next day, Nodir left for the
mountains. I returned to the city. That
turned out to be our final meeting.

3

Years passed. School ended. University,
work, the whirlwind of life... My
grandmother, that mulberry tree, the
swing – all slowly disappeared. But the
memory remains alive in my heart.
Today, after many years, I returned to
that place. A shopping center now stands
there. The old yard, the bone-dry stream,
the cotton-stem bouquets – all now live
only in my heart.

4

I held that stone in my hand again. I still
have it. Clear, calm. It trembles in my
palm. Its weight holds not only its physical
mass, but also childhood memories, pure
joy, friendship, and the ache of loss.

Again, Nodir's words echo in my heart:
"See this stone with your heart."

Now I understand.

Childhood is not a time that becomes
lighter as it passes, but one that grows
heavier in your heart – and yet, at the
same time, it's the period that makes you
the purest and truest version of yourself.

Sadoqat Qahramonovna To'rayeva was
born on March 26, 2005, in Gurlan district
of the Khorezm region. She graduated
from School No. 23 in Gurlan district
and studied at the academic lyceum of
Urgench State University from 2021 to
2023. Currently, she is a second-year
student at the Faculty of Philology and
Art of Urgench State University named
after Abu Rayhon Beruni.

The Supremacy Of Holding Hands



By Misbah Waqar

As I observe people strolling hand in hand, I
often find myself pondering the significance
of this simple yet profound gesture. Perhaps
it's because I've never experienced this level
of physical affection and closeness in my
life, having grown up without anyone holding
my hand. However, everything changed
when I found a true friend during my most
challenging times. This friend, who has
become my confidant and partner, would
hold my hand while we walked together.
In that moment, I realized the depth of
emotion and connection that comes with
holding hands with someone who is dear
to you. It's a feeling of safety, security,
and trust that is hard to put into words.
As we walked side by side, I felt an energy
and sense of motivation that I had never

experienced before. It was as if the world
had come alive, and I felt seen, heard, and
understood.

Holding hands is often associated with
romantic relationships, but my experience
taught me that it's also a powerful symbol
of friendship and camaraderie. For someone
like me, who tends to be reserved and
guarded, it's remarkable that my best
friend was able to breach my defenses and
establish a connection that is both precious
and profound.

Their closeness is a treasure that I cherish
deeply, and I am grateful for the trust and
belief they have placed in me. I feel seen,
valued, and appreciated in ways that I never
thought possible. Our bond is built on mutual
understanding, respect, and empathy, and I
am thankful for the sense of security and
assurance that comes with knowing that
they are always by my side.

To my dear friend, I want to say that you
are different to me. You are a source of
comfort, strength, and inspiration. Your
presence in my life has awakened feelings
and emotions that I never knew existed.
I am grateful for your love, support, and
acceptance, and I look forward to nurturing
our bond and creating many more memories
together.

The sun used to rise the same way every
morning, but the mornings of childhood
felt different. Back then, even the sun
seemed to shine more warmly. Everything
– fallen leaves, the water flowing through
the ditch, the familiar household sounds –
resonated with a magical meaning.

There is a garden I carry in my heart
through the years. It no longer exists. The
homes have been demolished, the garden
replaced by concrete, the wooden benches
by asphalt. But it was in that garden
where we grew up. That garden is the
heart of my childhood.

1

Every summer, I would visit my
grandmother's house, usually in June,
when school had ended and notebooks
were packed away in a chest. My
grandmother's house wasn't big, but her
yard... it was a true wonder.

Grapevines trailing along the walls, the
cool shade of the mulberry tree, the well,
the stream – that garden was a world of
its own.

Every morning, I would wake up to the
smell of bread. The clucking of chickens,
birds chirping, the soft tunes sung by cart
drivers on the street – all of it became a
morning ritual for me.

At that time, I was eight years old. Hasty,
yet full of dreams. I used to wander the
garden with Nodir, the neighbor's grandson.
Every day, we would invent new games:

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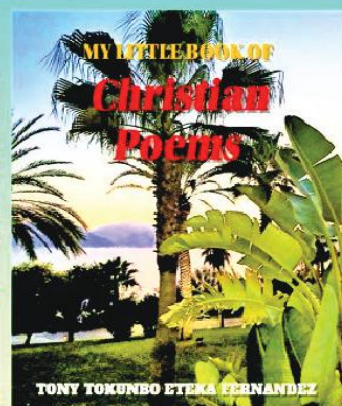
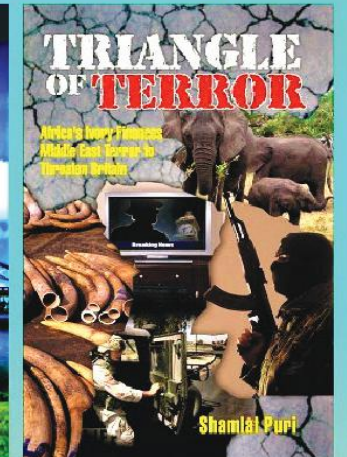
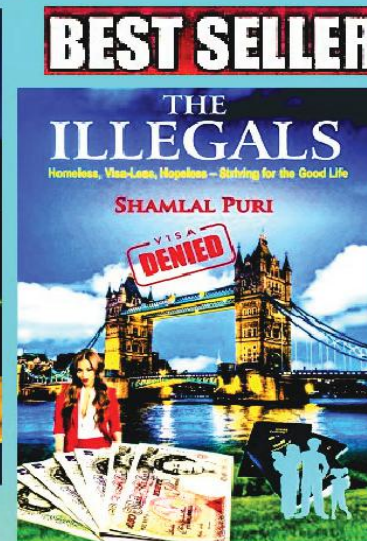
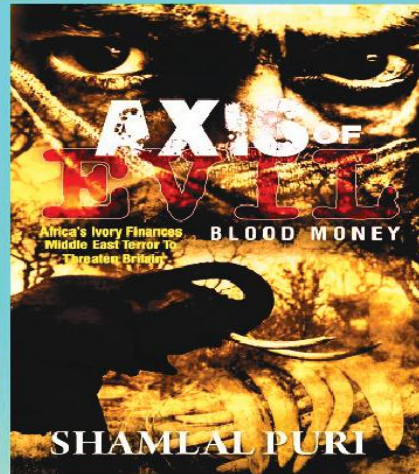
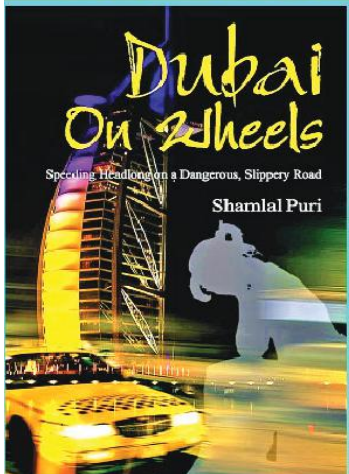
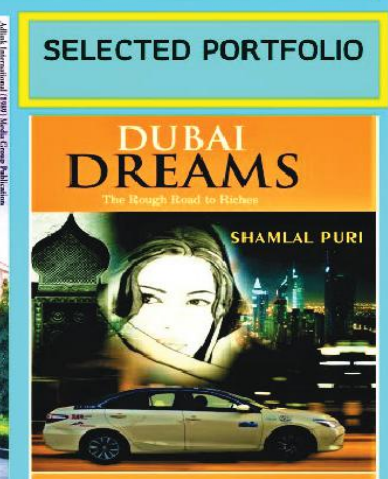
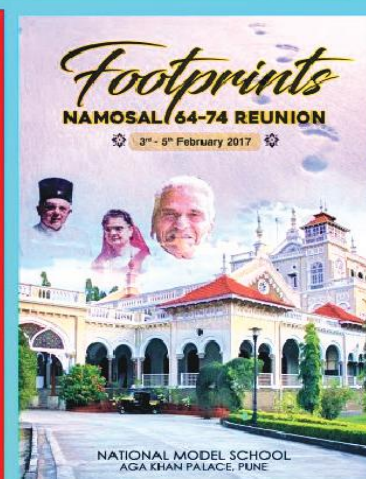
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ENERGY

Community Energy For Justice: Standing Together For A Fossil-Free Future

By: Mary Blessing Ahairiirwe
 @themtkenyatimes



Worth Noting:

- In addition to that, we join hands and demand justice for the 11 climate activists arrested by KCB Bank while demanding climate justice. Their unjust detention highlights the lengths to which those in power will go to silence voices advocating for environmental protection and a sustainable future.
- Climate justice advocates often face significant security risks, including threats, surveillance, and physical violence. These risks stem from powerful interests, such as governments and corporations, who seek to silence dissent and protect their operations. Adequate security measures, including personal protection, digital security training, and legal support, are crucial for safeguarding advocates and enabling them to continue their work.

On Friday, as Women for Green Economy Movement Uganda, we joined other communities under the Afrika Vuka banner to demand and advocate for a fossil-free future. The celebrations being held at Multi-purpose hall today in Kasese District.

We use this day to reflect on what each of us is doing about the climate change brought about by fossil fuels.

Furthermore, we stand in solidarity with communities like those along the South African coast, who are directly resisting oil activities. This solidarity means amplifying their voices, providing resources, and actively participating in their struggles, recognizing that their fight is a fight for all of us.

We've witnessed the impact of the EACOP project on oil-hosting communities. Hundreds of innocent Ugandans are being displaced with unfair compensation, leading to family displacement, school dropouts, increased teenage pregnancies, and early marriages.

These issues are escalating because a minority of companies and individuals want to exploit oil at the expense of the safety of the majority, particularly marginalized women. The burning of these fossil fuels also exposes pregnant women to higher infant mortality rates and miscarriages,

leaving affected families traumatized.

In addition to that, we join hands and demand justice for the 11 climate activists arrested by KCB Bank while demanding climate justice. Their unjust detention highlights the lengths to which those in power will go to silence voices advocating for environmental protection and a sustainable future.

Climate justice advocates often face significant security risks, including threats, surveillance, and physical violence. These risks stem from powerful interests, such as governments and corporations, who seek to silence dissent and protect their operations. Adequate security measures, including personal protection, digital security training, and legal support, are crucial for safeguarding advocates and enabling them to continue their work.

We continue to highlight such intimidations faced by leaders who participate in climate justice movements. These intimidations can take various forms, from subtle pressure and harassment to direct threats and attacks. Such actions aim to discourage leaders from speaking out and mobilizing their communities. Protecting these leaders is essential, as they play a pivotal role in organizing and advocating for climate justice.

Bureaucratic processes frequently create significant obstacles for climate justice. Complex regulations, lengthy permit applications, and lack of transparency can delay or derail projects. This bureaucratic red tape can be deliberately used to frustrate activists and communities, making it difficult to achieve their goals. Streamlining these processes and ensuring transparency is critical.

Moreover, villagers often face significant burdens in the climate justice process. They may be required to report weekly to distant sub-county offices, which can be time-consuming and costly. This reporting requirement can be a form of intimidation and control, as it drains resources and limits the ability of villagers to participate fully in climate justice efforts. Simplifying reporting procedures and reducing the burden on villagers is vital.

Climate activists must shift their focus to include a deeper understanding of community rights and the legal frameworks that protect them. This involves not only advocating for policy changes but also actively supporting and empowering local communities affected by climate change and the actions of the government and oil companies.

A vital part of this is ensuring that governments conduct comprehensive literacy training for grassroots women before asking them to sign compensation papers. This will help them fully understand the implications and repercussions of what they are agreeing to.

Fair compensation from both the government and oil companies is a non-negotiable demand, ensuring that communities are justly treated and can rebuild their lives.

Going beyond fossils, we advocate for a transition from non-renewable energy to renewable sources. These alternatives can include biogas, which utilizes organic waste to generate energy, harnessing the sun's power through solar energy, and hydropower, which generates energy from the flow of water among others. This shift will improve the environment and the livelihoods of citizens.

We must all join hands for Community Energy for Justice.

Mary Blessing Ahairiirwe
 Volunteer
 Women for Green Economy Movement Uganda
 maryblessingahairiirwe@gmail.com

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Enact And Enforce The Persons Living With Disabilities Act, 2025



By: Dennis Wendo
Email: dambehi@gmail.com



Worth Noting:

- In 2022, the Parliamentary Committee on National Cohesion and Equal Opportunity, through its audit inquiry report, revealed that compliance with Article 54(2) regarding the representation of PLWDs in public institutions was significantly below expectations.
- The committee recommended that public institutions revise their internal human resource policies to meet a minimum threshold of 5% job opportunities for PLWDs. It also urged the National Council for Persons with Disabilities (NCPWD) to: Initiate amendments to the Persons with Disabilities Act, 2003 to align with the 2010 Constitution; Undertake comprehensive registration of PLWDs in its database; Promote PLWD participation in decision-making processes and Challenge cultural stereotypes through public awareness campaigns and education programs.



President William Ruto with Nominated Senator Crystal Asige after he assented to the Persons with Disabilities Bill on 08/05/2025.

The Constitution of Kenya, 2010 acknowledges the rights of persons living with disabilities (PLWDs), mandating inclusive policies in education, health and governance. Article 54 (1)(e) and (2) of the supreme law provide the legal foundation for these rights.

It is the responsibility of the state to progressively implement this principle by enacting and enforcing appropriate laws, policies and regulations.

Since independence, Kenya has made legislative strides, including the enactment of the Persons with Disabilities Act, 2003 and the constitutional provisions under Article 54. However, enforcement remains a persistent challenge.

In 2022, the Parliamentary Committee on National Cohesion and Equal Opportunity, through its audit inquiry report, revealed that compliance with Article 54(2) regarding the representation of PLWDs in public institutions was significantly below expectations.

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2010 Constitution; Undertake comprehensive registration of PLWDs in its database; Promote PLWD participation in decision-making processes and Challenge cultural stereotypes through public awareness campaigns and education programs.

Additionally, public institutions were advised to formulate and implement disability mainstreaming policies across all areas of the workplace.

The recent assenting of the Persons Living with Disabilities Act, 2025 by H.E. President Dr. William Samoei Ruto should mark a transformational shift in addressing the long-standing marginalization of PLWDs in Kenya.

However, government efforts must go beyond symbolism. Policy gaps and weak enforcement mechanisms remain major obstacles to the actualization of disability rights.

Historically, across regimes, the absence of clear guidelines and regulations, sometimes due to socio-economic or political interests, has hindered the implementation of progressive laws. The resulting stagnation undermines the very intent of constitutional provisions and parliamentary acts aimed at promoting effective governance. The long-overdue PLWDs Act, 2025 must avoid falling into the same trap.

Kenya can draw lessons from coun-

tries like South Africa, the USA, Canada, Sweden and Japan, which have successfully institutionalized frameworks for protecting PLWDs. These nations have emphasized strong enforcement, intersectional inclusivity and digital accessibility, critical pillars for meaningful inclusion in a modern society.

The PLWDs Act, 2025 primarily seeks to address the historical and structural exclusion of persons with disabilities, many of whom have faced legal invisibility, institutional neglect and cultural stigma for decades.

Though often stated but rarely internalized: disability is not inability. No one chooses to become disabled and causes range from natural (genetic or medical) to superficial (accidents, conflict or neglect).

Tragically, disability in Kenya is still associated with stigma, curses or bad omens. Many children with disabilities remain hidden at home, denied fundamental rights such as education and healthcare. The enforcement of this new law has the potential to eliminate systemic barriers in education, economics, politics and civic participation.

This law champions inclusivity by ensuring that PLWDs have representation in public decision-making. It

promotes equality through mandated quotas, reflecting the Constitution's spirit of equal opportunity for all. It also fosters affirmative action to ensure that the unique needs of PLWDs are prioritized in public policy.

As we commend the President's commitment to PLWD inclusion, sustainable progress will require more than legislation. It will depend on: A cultural shift in societal attitudes; Adequate funding; Strong political goodwill and Empowerment of PLWDs at the grassroots level.

The pivotal role played by the National Gender and Equality Commission (NGEC) in championing disability reforms is commendable. Independent commissions like NGEC must be supported through adequate resources and shielded from undue political interference. Civil society and advocacy groups must also remain vigilant in promoting disability rights and public awareness.

Dennis Wendo
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‘We Were Told To Strip Naked, Crawl And Go Wash Off The Blood’: Boniface Mwangi Opens Up On Tanzania Ordeal

By: Ian Omondi
@themtkenyatimes



A photo collage of activists Boniface Mwangi (Kenya) and Agather Atuhaire (Ugandan). PHOTOS | COURTESY

Worth Noting:

- Mwangi claims that the torture was orchestrated by a Tanzanian state security officer who followed them from Immigration offices to the Central Police Station and ordered their removal to a secret location for what was termed as “Tanzanian treatment.”

- “That man assaulted me in the presence of three lawyers from Tanganyika Law Society and identifying him might help us find where Agather is being kept,” he said. “He scared the three lawyers, and they left us at Central Police Station, where we were removed while handcuffed and blindfolded.”

- He described the said man as overweight, of average height, light brown skin, with wavy short hair and a sagging potbelly. On the day in question, Mwangi said, he wore a black suit, black shoes, and a white shirt without a tie, and that he allegedly reports directly to President Samia Suluhu Hassan.

Activist Boniface Mwangi has delivered a chilling and unfiltered account of the brutal torture he and fellow Ugandan activist Agather Atuhaire allegedly endured while in Tanzanian custody, calling out President Samia Suluhu by name.

Mwangi, who was released on Thursday after being held since Monday, revealed that he and Atuhaire had travelled to Dar es Salaam in solidarity with Tanzanian opposition leader Tundu Lissu, but ended up victims of what he describes as a politically motivated and inhumane ordeal.

He narrated that the last time he was in the same space as Atuhaire was on the morning of Tuesday, May 20, 2025. Atuhaire has since been found dumped at the Mutukula border of Tanzania and Uganda.

“We had been tortured, and we were told to strip naked and to go bathe. We couldn’t walk and were told to crawl and go wash off the blood,” Mwangi said. “We were handcuffed and blindfolded, so I didn’t even see her, but I heard her groaning in pain as they barked orders at us.”

He added: “Any attempt to speak to each other during the night we were tortured was met with kicks and insults. We were removed from the torture location in different vehicles.”

Mwangi claims that the torture was

orchestrated by a Tanzanian state security officer who followed them from Immigration offices to the Central Police Station and ordered their removal to a secret location for what was termed as “Tanzanian treatment.”

“That man assaulted me in the presence of three lawyers from Tanganyika Law Society and identifying him might help us find where Agather is being kept,” he said. “He scared the three lawyers, and they left us at Central Police Station, where we were removed while handcuffed and blindfolded.”

He described the said man as overweight, of average height, light brown skin, with wavy short hair and a sagging potbelly. On the day in question, Mwangi said, he wore a black suit, black shoes, and a white shirt without a tie, and that he allegedly reports directly to President Samia Suluhu Hassan.

In a separate and equally raw statement, Mwangi offered gratitude to those who pushed for his release while reiterating that Atuhaire still remains unaccounted for.

“Words can’t express my gratitude to all of you for raising your voices to get me released. I say ‘me’ because we are yet to know the whereabouts of my friend and comrade, Agather. We went through the worst form of torture and were threatened

with public humiliation if we revealed what they did to us,” he narrated.

“You cannot torture us, however, and then dictate how we should react. We were detained, tortured, and treated worse than rabid dogs in the name of President Suluhu.”

Mwangi recounted his history of cross-border solidarity, attending court hearings and visiting jailed activists across the continent.

“We were there peacefully as members of East African Community to attend a court hearing in solidarity with Chadema’s party leader, Tundu Lissu,” he said.

“When the then Chadema’s Freeman Mbowe was in jail in the same Tanzania, I visited him. When Dr. Stella Nyanzi was jailed in Uganda, I went to see her. And when Bobi Wine was under house arrest, I went to visit him, too.”

Referencing Pan-Africanist ideals, Mwangi quoted Ghana’s first President: “As Kwame Nkrumah said, ‘I’m not African because I was born in Africa, but because Africa was born in me.’”

“I’m a Pan-Africanist, and I have trained and mentored activists in all four corners of our continent – from Arab to French-speaking and from English to Swahili-speaking nations,” he said.

Mwangi emphasized that their visit

to Tanzania was intended to be brief — a one-day show of solidarity before heading to Uganda for another case involving opposition leader Kizza Besigye. But that plan was violently interrupted.

“Our arrest and detention should not stop the solidarity among African activists or deter us from showing up for each other. Dictators are united, and only our own unity can help democratize our respective countries.”

He laid responsibility squarely at President Suluhu’s feet: “Everything that happened to us in Tanzania was done in Samia Suluhu’s name, and we will ensure the world gets to know. We shall speak for the Tanzanian victims who are too afraid to speak.”

“What Suluhu did to us will be revealed to the world. We shall not be silenced by a torturous dictator who has her foot on the necks of the Tanzanian people.”

Work Performance vs. Peace Of Mind: Striking The Right Balance



By: Silas Mwaudasheni Nande
@themkenyaintimes

Introduction

In today's fast-paced world, employees often find themselves caught between two competing priorities: delivering high work performance and maintaining peace of mind. While productivity is essential for career growth and organizational success, mental well-being is equally crucial for long-term sustainability. The tension between these two aspects has sparked debates on whether employees should prioritize professional excellence or personal tranquility. This article explores the intricate relationship between work performance and peace of mind, arguing that an optimal balance is necessary for both individual and corporate success.

The Case for Work Performance

1. The Competitive Nature of the Workplace

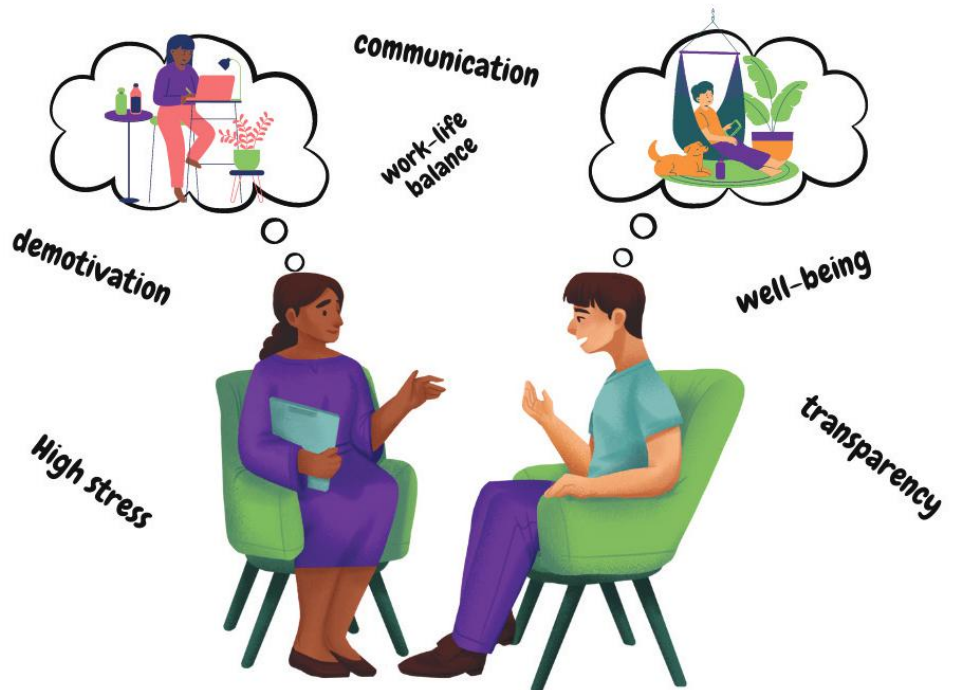
The modern workplace is driven by competition, where employees are expected to meet deadlines, exceed targets, and constantly innovate. Organizations thrive on efficiency, and those who consistently deliver high performance are rewarded with promotions, financial incentives, and career growth. In industries such as finance, technology, and healthcare, the pressure to excel is immense, leading individuals to prioritize work over personal well-being.

However, this relentless pursuit of excellence often comes at a cost. Employees who push themselves beyond their limits may experience burnout, fatigue, and diminished job satisfaction. The competitive nature of the workplace fosters a culture where individuals feel compelled to sacrifice their peace of mind for professional success. While high performance is desirable, the absence of mental well-being can lead to long-term consequences that affect both employees and organizations.

2. The Link Between Productivity and Economic Growth

Studies show that nations with high productivity levels experience economic prosperity. Employees who work longer hours and push their limits contribute to corporate success, which in turn drives national development. Countries with strong work ethics, such as Japan and Germany, have demonstrated how a commitment to productivity can lead to economic stability and global competitiveness.

However, the correlation between productivity and economic growth does not always translate to indi-



vidual well-being. Employees in high-performance cultures often struggle with stress-related illnesses, reduced job satisfaction, and strained personal relationships. While economic growth benefits society at large, the individual cost of excessive work demands must be carefully considered.

3. The Psychological Satisfaction of Achievement

Many professionals derive personal fulfillment from their accomplishments. The sense of achievement that comes with meeting deadlines, exceeding targets, and receiving recognition can boost self-esteem and motivation. Employees who take pride in their work often experience a sense of purpose and satisfaction that enhances their overall well-being.

However, when work becomes overwhelming, this satisfaction can turn into stress. The pressure to maintain high performance can lead to anxiety, self-doubt, and a fear of failure. Employees who tie their self-worth to their professional achievements may struggle with emotional instability when faced with setbacks. While achievement is a powerful motivator, it must be balanced with self-care and personal fulfillment.

The Case for Peace of Mind

1. The Impact of Stress on Job Performance

While high performance is desirable, excessive stress can lead to burnout, reduced efficiency, and poor decision-making. Studies in-

dicating that employees experiencing chronic stress are more prone to errors, absenteeism, and disengagement. Stress-related illnesses, such as hypertension, anxiety, and depression, have become prevalent in high-pressure work environments.

Organizations that fail to address employee stress often experience high turnover rates, decreased morale, and reduced productivity. Employees who feel overwhelmed by work demands may struggle to maintain focus, creativity, and motivation. While short-term stress can enhance performance, prolonged exposure to workplace pressure can have detrimental effects on both individuals and businesses.

2. The Role of Work-Life Balance

Peace of mind is closely linked to work-life balance. Employees who have time for family, hobbies, and relaxation tend to be more focused and productive at work. Organizations that promote work-life balance often see higher retention rates and employee satisfaction.

Work-life balance is not just about reducing work hours; it involves creating an environment where employees feel valued, supported, and empowered. Companies that offer flexible work arrangements, mental health programs, and wellness initiatives foster a culture of well-being that enhances overall performance. Employees who feel emotionally and physically healthy are more likely to contribute positively to their organizations.

3. The Long-Term Consequences of

Neglecting Mental Health

Ignoring mental well-being can have severe consequences, including anxiety, depression, and physical health issues. Employees who prioritize work over peace of mind may experience diminished quality of life, affecting their overall happiness and longevity.

Studies have shown that chronic stress can lead to cognitive decline, weakened immune function, and increased risk of cardiovascular diseases. Employees who neglect their mental health may struggle with interpersonal relationships, reduced job satisfaction, and decreased motivation. Organizations that fail to address employee well-being risk losing valuable talent and facing reputational damage.

Finding the Balance

1. Organizational Responsibility
Companies must recognize the importance of employee well-being. Implementing flexible work policies, mental health programs, and realistic performance expectations can create a healthier work environment. Organizations that prioritize employee satisfaction often experience higher productivity, lower turnover rates, and improved workplace morale.

2. Employee Strategies for Balance
Individuals must take proactive steps to maintain their peace of

Worth Noting:

- Many professionals derive personal fulfillment from their accomplishments. The sense of achievement that comes with meeting deadlines, exceeding targets, and receiving recognition can boost self-esteem and motivation. Employees who take pride in their work often experience a sense of purpose and satisfaction that enhances their overall well-being.
- However, when work becomes overwhelming, this satisfaction can turn into stress. The pressure to maintain high performance can lead to anxiety, self-doubt, and a fear of failure. Employees who tie their self-worth to their professional achievements may struggle with emotional instability when faced with setbacks. While achievement is a powerful motivator, it must be balanced with self-care and personal fulfillment.

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Met Department Warns Of Strong Winds, Large Waves In 15 Counties This Weekend

By: Nivah Kiriimi
 @themkenyatimes

The Kenya Meteorological Department has warned of strong winds and large waves expected to affect several regions across the country from Friday to Sunday, with the severity being moderate to high.

The Met. department predicts powerful southerly winds exceeding 30 knots (15.4 meters per second) will impact Coastal areas, South Eastern lowlands, and North Western regions. Wind conditions are anticipated to intensify significantly during the weekend, with speeds climbing above 35 knots (18.0 meters per second) on both today and tomorrow.

Relief is expected by Monday, May 26th, when wind speeds should decrease to approximately 25 knots (12.9 meters per second).

The weatherman stated that Kenya's coastal waters face particularly dangerous conditions, with wave heights

projected to exceed 2.0 meters from Friday through Sunday.

It also noted that maritime activities may be severely impacted during this period, with waves expected to subside below the 2.0-meter threshold by Monday.

Fifteen counties have been identified as areas of concern for this weather event: Marsabit, Turkana, Samburu, Isiolo, Mandera, Wajir, Garissa, Kitui, Makueni, Taita Taveta, Tana River, Lamu, Kilifi, Mombasa, and Kwale.

The Met. department is urging residents throughout the affected regions to remain vigilant for potentially destructive gale (very strong winds) and large waves over the Indian Ocean.

"Strong winds may blow off roofs and cause structural damage. Large waves may lower visibility and affect marine activities," the weatherman said in a statement.



Branches of trees sway during a heavy downpour. | FILE/REUTERS

Work Performance vs. Peace Of Mind: Striking The Right Balance

Contd from page 20

mind while excelling at work. Setting boundaries, practicing mindfulness, and prioritizing self-care can help employees sustain high performance without compromising their well-being. Employees who engage in stress management techniques, such as meditation, exercise, and time management, can enhance their overall quality of life.

3. The Future of Work Culture

The evolving workplace demands a shift in mindset. Organizations and employees alike must embrace a culture that values both productivity and mental health. The future of work should not be about choosing between performance and peace of mind but integrating both for sus-

tainable success.

Companies that invest in employee well-being will gain a competitive advantage in attracting and retaining top talent. Employees who feel supported and valued are more likely to remain engaged, motivated, and committed to their organizations. The future of work must prioritize holistic success, where individuals thrive both professionally and personally.

Conclusion

The debate between work performance and peace of mind is not about choosing one over the other but finding a balance that ensures long-term success. While high performance drives career growth and economic prosperity, mental well-being is essential for sustainability. Organizations and employees must work together to create an environment where productivity and peace of mind coexist harmoniously.



Sports >> *Sports Journalists Association of Kenya has moved in to support former Harambee Stars head coach Tom Olaba.

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Ailing Tactician Olaba Receives Support From Sports Journalists Association

Sports Journalists Association of Kenya has moved in to support former Harambee Stars head coach Tom Olaba.

Through the association's CSR arm SJAK paid the visit to the former head coach as a way of extending its reach and impact in the society.

SJAK President James Waindi, during a visit to former Harambee Stars tactician Tom Olaba noted that the essence of SJAK CSR initiative lies in the idea that "the Association should not only focus on sports coverage.

"We also purpose to consider our broader impact on stakeholders, including communities, payers, coaches as well as other individuals who interact with scribes on the field of play. Currently we are running the Coach of the month and also the Sports personality of the month that has not only whipped up the enthusiasm of sporting personalities and teams, but awarded some of Kenya's high-riding athletes and coaches."

Coach Robert Matano, who deputized Olaba at Harambee Stars in 2006, called on corporates and well-wishers to emulate SJAK's CSR initiative to visit and honor legends while they are alive.

"I had not met Olaba for some time, but then again, I didn't expect his condition to be that bad. It is my hope that well-wishers will come forward and help Olaba meet his medical bill," said Matano who was flanked by football official Noordin Taib.

During Olaba's visit, SJAK donated foodstuffs and essential household products worth Ksh 50,000 to help the former coach manage the turbulent times he has had to contend with, by and large.

"We are rolling out a quarterly philanthropic CSR program to reach out to vulnerable sporting



personalities, but then again we are appealing to sponsors and well-wishers to extend their goodwill gestures to Olaba who has already pleaded with Kenyans to come to his aid and help him regain his walking abilities after he underwent a spinal cord surgery that has since left him paralysed," Waindi highlighted.

Olaba, who served as Harambee Stars coach in 2006 for one year before former Tusker coach Jacob 'Ghost' Mulee took over, admitted to facing financial constraints to honor physiotherapy lessons as recommended by his doctors.

"I can't do anything, I cannot move, my body is intact, my legs and hands are intact, I can't do anything anymore, but the only thing I have is the feeling for the body, according to what my doctors told me, my spinal cord cracked, so they had to put a cage, to help support it," the former U17 coach said.

Olaba thanked SJAK for reach-

ing out to him at the hour of need, adding that the donation will go a long way in supporting his family meet their day to day obligations.

"I think I got the problem through football, even when I told my doctors it was because of football I injured my spine, they could not agree, but to me, I think it is because of football, I loved football very much, I played football from a very tender age, and I got injured then, but those days, I could not feel the pain because I was still a young boy," Olaba explained.

The experienced tactician served as an assistant coach for Harambee Stars under the late Reinhard Fabisch in 1997.

He is currently confined to using a wheelchair at his Nairobi home and confirmed a session for physiotherapy goes for Sh3,000 and he needs the session daily.

"For now, doctors come to attend to me in the house once a week, for physiotherapy (but the

one per day visit is not enough), because it was recommended though, I do it three times a week, it is the best way to treat spine injury, if I can get further help, I will go back and see the doctor, who did the surgery and get to know what he can do more to help me get back to my fit," explained Olaba.

Olaba had a stint in Tanzania when he led Ruvu Shootings Stars to be promoted to the Premier League, and also coached FKF Premier League side AFC Leopards twice.

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Sports >>> *Sports Cabinet Secretary Salim Mvurya has reiterated the government's commitment to implement the recommendations arising from the assessment of the visiting Confederation of Africa Football

Kenya Reaffirms Commitment To Host Successful CHAN



Sports Cabinet Secretary Salim Mvurya has reiterated the government's commitment to implement the recommendations arising from the assessment of the visiting Confederation of Africa Football, CAF inspectors ahead of the 2025 Africa Nations Championship.

The CAF officials are in the country for a three day inspection tour to assess the country's readiness to co-host the African Nations Championship(CHAN) in August 2025, alongside Uganda and Tanzania.

"We welcome the support that CAF has accorded Kenya, Uganda, and the United Republic of Tanzania during this critical preparation period, we do not take it for granted. I want to assure CAF that Kenya is ready, and we have aligned our systems to fully support CAF in delivering a stellar event," said CS Mvurya.

The Cabinet Secretary made these remarks during a high-level meet-

ing with Mr. Pierre Alain Moun-guengui, CAF 3rd Vice President and President of the CHAN Organizing Committee, as the CAF delegation assessed infrastructure and logistical arrangements.

CS Mvurya noted that the three co-hosting countries are in advanced discussions on the facilitation of free movement for fans, players, and CAF officials across their borders to ensure seamless coordination during the tournament.

"The tripartite countries have progressed well in mobility discussions aimed at removing logistical bottlenecks, both at a regional level and for individual participants. We will be updating CAF soon with feedback on the decisions reached by our respective governments," he said.

Mounguengui commended the progress and commitment demonstrated by Kenya, Uganda, and Tanzania, while urging stakehold-



ers to fast-track the remaining works at the designated hosting facilities to ensure full readiness ahead of the continental tournament.

The ongoing inspection tour is part of CAF's standard protocol to evaluate venue readiness, security, infrastructure, accommodation, and coordination mechanisms.

The CHAN tournament is expect-

ed to attract thousands of fans, athletes, and officials, and serves as a key opportunity for the East African region to showcase its capacity to host international sporting events and promote regional collaboration and sports development across the continent.

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Police Warn Against Hooliganism

By: KBC Reporter

The National Police Service is warning against acts of hooliganism during political and public gatherings.

In a strong-worded statement, the Deputy Inspector General of Police, Eliud Lagat, fired a warning shot at politicians and individuals bankrolling criminal gangs to cause chaos during gatherings, saying that they will be dealt with accordingly.

Lagat, who was speaking during a high-level security meeting bringing together officers commanding police stations across Nairobi County, said acts of hooliganism have left several

people nursing injuries, and that they will not be tolerated.

Lagat at the same time revealed NPS has put in place strategies to counter bandit attacks, as well as fight illicit brew and narcotics trade within informal settlements in Nairobi.

He added they were clamping down on incidences of graft within police stations as well as addressing mental health concerns among police officers.

Deputy Inspector General of Police, Eliud Lagat



Letters to the editor

Kirinyaga County MP Wakili Njeri Maina Leads Economic Empowerment Drive with Issuance of Cheques

By: John Kariuki
@themkenyatimes

In a powerful demonstration of responsive and people-first leadership, Kirinyaga County Member of Parliament Wakili Njeri Maina has once again proven why she is one of Kenya's most dynamic and visionary young leaders. Through a robust economic empowerment initiative, she, alongside Senator Kamau Murango and Baragwi MCA David Mathenge, has begun issuing vital financial support to local residents aimed at lifting communities, encouraging entrepreneurship, and sparking sustainable economic growth.

These empowerment cheques are not just about funding; they symbolize a leadership that listens, acts, and delivers. For too long, many in the grassroots have waited for real

change. With Njeri Maina at the helm, that change is no longer a promise but it is a reality.

What sets her apart is not only her intellect and legal acumen but her deep empathy and unwavering commitment to those she represents. She has emerged as a true servant leader, one who understands the struggles of Wanjiku and goes the extra mile to bring meaningful solutions.

Njeri Maina's presence on the ground, engaging with locals and ensuring transparency in every step, speaks volumes about the kind of leadership Kenyans deserve present, purposeful, and people-driven. Her initiatives consistently aim to empower, not hand out; to uplift, not merely appease.

As economic cheques reach various constituencies, families now have the opportunity to invest in small businesses, educate their children, and live with renewed hope. This effort is a clear reflection of a leader who envisions a better future



Kirinyaga County MP Wakili Njeri Maina

for all, not just through words, but through deliberate, measurable action.

In Njeri Maina, Kirinyaga has not just elected a Member of Parliament,

they have entrusted a torchbearer for transformation. Her boldness, vision, and commitment continue to raise the standard of public service in Kenya.

She is not only planning for tomorrow, she is building it today.