



A Comprehensive Analysis Of Beauty Exploitation Among African Women

In the modern world, beauty standards continue to be dictated by industries far removed from the cultural identities of African women. The influx of synthetic hair, skin-lightening products, and other cosmetic enhancements promoted by international markets reflects a disturbing pattern: African women are pressured into altering their appearance to conform to Eurocentric beauty ideals. Page 18

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News>>Governors Dismisses Egerton's Report On Nyandarua Potato Farming

P. 8. Governors from the Mt Kenya region have dismissed a recent report from Egerton University that indicates that farmers used harmful pesticides in their potato farming.



News>>Outrage In Nyeri As Residents Demand Justice For Murdered Girl

P. 10. Tension gripped Nyeri town on Monday afternoon after enraged residents stormed Nyeri Central Police Station, demanding the release of a suspect alleged to have brutally murdered a seven-year-old girl.

Gachagua: Juja MP Tortured By State Agents

Former Deputy President Rigathi Gachagua claims Juja Member of Parliament (MP) George Koimhuri was tortured by his captors before they dumped him.

Koimhuri was allegedly abducted outside a church in Mugutha, Kiambu County, on Sunday. He was later found dumped at a coffee plantation in Kiambu yesterday.

Addressing a press conference in Nairobi after visiting the legislator in hospital, Gachagua claimed the MP was found with soft-tissue injuries from being "badly beaten".



Former Deputy President Rigathi Gachagua led others leader to visit Juja Member of Parliament George Koimhuri at hospital

STORY ON PAGE 9



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President Ruto Launches Human-Wildlife Conflict Compensation Scheme

Some Of The Moments As Captured In Pictures

President William Ruto yesterday launched the 3rd Phase of the Human-Wildlife Conflict Compensation Program at Kenya Wildlife Service (KWS) Meru National Park where he was hosted by the agency officials led by its Director General, Prof. Erustus Kanga. The initiative marks a significant milestone in Kenya's commitment to resolving human-wildlife conflict - an issue that continues to impact thousands of families living near our protected areas. The Head of State was accompanied by among others; his deputy Kithure Kindiki, Cabinet Secretaries; Rebeca Miano, Hanna Wendot Cheptumo and Geoffrey Ruku. Others were Meru governor Isaac Mutuma; Principal Secretary, State Department for Wildlife, Ms. Silvia Museiya; Chairman KWS Board of Trustees, Lt. General (Rtd) Walter Raria Koipaton and Senator Meru Kathuri Murungi. Under the Kenya Wildlife Service Strategic Plan 2024-2028, KWS continue to intensify the field response and support for affected communities. So far, teams have managed 3,857 conflict incidents, including tragic losses of 40 lives and 77 serious injuries, as well as extensive crop and livestock damage. The KWS response is bold and multi-faceted; Over 2,400 patrols, 355 wildlife drives, and 237 conservation education sessions have been conducted in high-risk areas. A specialized Problem Animal Management Unit is now on call to rapidly address emerging threats. Investments in electric fencing, predator-proof bomas, solar deterrents, and water pans are already reducing conflict and Community livelihoods like beekeeping, fish farming, and fodder production are being supported to create sustainable alternatives.



Editor's Desk



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NEWS IN BRIEF



Health Cabinet Secretary Aden Duale yesterday inaugurated the Benefits Package and Tariffs Advisory Panel and its Secretariat, to spearhead the development of inclusive, evidence-based health benefits and tariff structures critical to the implementation of Universal Health Coverage (UHC) in Kenya. The Panel was established through Gazette Notice No. 5044 of 23rd April 2025. The Advisory Panel, chaired by renowned public health expert Prof. Walter Jaoko, will provide technical guidance to the Ministry of Health and the Social Health Authority (SHA) on key areas including the design and regular review of health benefits packages through Health Technology Assessment (HTA), updating healthcare tariffs to ensure cost-effectiveness and affordability, and identifying priority interventions that are currently unavailable but urgently needed. Speaking during the inauguration, the CS underscored the importance of a structured, data-informed approach to health policy. He noted that the Panel will assess disease burden, population health needs, and service accessibility to inform decision-making, while also fostering inclusive stakeholder engagement across the healthcare ecosystem.



At the 92nd World Organisation for Animal Health (WOAH) Annual Delegates Meeting in Paris, Cabinet Secretary Mutahi Kagwe detailed Kenya's groundbreaking initiative to vaccinate over 70 million livestock against Peste des Petits Ruminants (PPR) and Foot-and-Mouth Disease (FMD). He underscored the campaign's strategic importance in safeguarding livelihoods, boosting regional trade, and securing Kenya's position as a leader in livestock health. The CS also highlighted the government's multi-faceted approach, which includes robust stakeholder engagement, cutting-edge vaccine production through KEVEVAPI, and innovative public-private partnerships to ensure last-mile delivery. He stressed Kenya's commitment to regional collaboration, working closely with AU-IBAR, IGAD, and neighboring nations to harmonize vaccination efforts and strengthen cross-border disease surveillance.



The government has released the first batch of 200,000 bags of maize from the National Strategic Grain Reserve (NSR) to registered millers to help stabilize flour prices and curb a potential shortage. The stocks held by the National Cereals & Produce Board will be allocated to Miller Associations and individual millers in 90 Kg bags at a subsidized rate of Ksh

4,250 per bag. The first batch will be distributed through select depots in the North and South Rift regions.



The Ministry of Health (MOH), in collaboration with other health stakeholders, has officially launched the Obstetric Fistula Routine Services Playbook. The event took place during the national celebrations of the International Day to End Obstetric Fistula held at Gusii Stadium in Kisii town. The playbook is a strategic user-friendly guide developed to support counties in effectively delivering routine obstetric fistula prevention, treatment and comprehensive care services. Speaking at the event, the Ministry of Health Representative Dr Denver Mariga said the playbook will empower health managers and providers to strengthen service delivery models for fistula prevention and repair, enhance early detection and referral mechanisms, improve community awareness and reduce stigma and monitor and evaluate outcomes for continuous improvement.



The Kwale County Government has taken a significant step towards modernizing revenue collection by introducing a digital revenue management system (RMS). Counties are increasingly automating their revenue management processes to generate adequate revenues that can sustain their administrative and development obligations to the citizens, which currently cannot be met by the fiscal transfers from the national government. This initiative aims to simplify the payment of business licenses, land rates, and other county charges to cashless making the process more efficient and convenient for residents. Governor Fatuma Achani says that the digitalization of the revenue collection in the county will not only ease the burden for the business owners but also boost the county economy through the business charges.

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TRANS NZOIA COUNTY
1ST JUNE 2025 HISTORICAL VENUE
THERE AFTER HOT LUNCH AT
ELGON LODGE**

GATE PASS

0001

Government Waives KSh700M Debt Owed To An Investor By Meru County

By: Dickson Mwiti
@themkenyentimes

The national government has waived a KSh700 million debt owed to the owners of Leopard Rock Hotel by the county government of Meru.

The owner of the lodge, which was located in Meru National Park filed a suit in 2019 after the administration of the then governor Kiraitu Murungi forcibly took over the lodge after issuing a second notice of termination of a lease contract with the hotelier.

The first notice was issued by the first Governor Peter Munya.

Speaking in Meru County during the launch of Human-Wildlife Conflict Compensation Programme at Mure-ra Grounds near Meru National Park President William Ruto said he has held talks with the Meru leadership and resolved to settle the debt in order to cushion the region from financial problems as well as protect its reputation as a tourist destination.

“There were issues with an investor, Leopard Rock and we will negotiate with him on how to make the payment. My government will pay the money instead of Meru to avoid them getting into financial problems,” said the president.

The president said the waiver of the debt will enable the county government to carry out other interventions, including construction of facilities that will attract more tourists and raise revenue from the park.

To mitigate conflict with wildlife and human beings in the county, the president directed Wildlife and Tourism Cabinet Secretary Rebecca Miano to look for resources that will be used to fence the entire Meru National Park.

To raise revenues from national parks and national reserves, President Ruto said the government was construct-



President William Ruto with Deputy President Kithure Kindiki, Tourism CS Rebecca Miano, Meru Governor and KWS Director General in Meru yesterday.

Worth Noting:

Speaking in Meru County during the launch of Human-Wildlife Conflict Compensation Programme at Mure-ra Grounds near Meru National Park President William Ruto said he has held talks with the Meru leadership and resolved to settle the debt in order to cushion the region from financial problems as well as protect its reputation as a tourist destination.

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ing about 40 facilities that will attract more tourists to the parks.

He said the government is also keen to improve infrastructure leading to Meru National park and in this regard, Sh250 million has been set aside to renovate Mulika airstrip.

He said the money will not be enough but more will be added to unlock the potential in Meru National park for the good of Meru and Kenya in general.

“Not only foreign tourists will be coming to the park, we also need to encourage local tourists and there is need to facilitate them by ensuring there is proper infrastructure,” said the president.

“We have directed that the revenues from the parks be collected through

e-citizen, which has enabled us to realise Sh7 billion from the previous Sh5.3 billion and we are targeting Sh7.5 billion in the next financial year. This money will be used to pay our rangers and enhance sustainability since conservation requires a lot of resources,” said the President.

He added: “We have agreed and Kenya Wildlife Service has given leases to three hotels at Meru National park and local investors will also be engaged. I know we have people who can do this here because we can’t get tourists without somewhere they can be accommodated.”

The president said his government was passionate about compensating victims of human-wildlife conflict

and this was evidenced by the fact that they have released about Sh2.8 billion in two years as opposed to Sh2.7 billion which has been released between 2013 and 2022.

“It’s our responsibility as a government to ensure that Kenyans don’t wait for many years to be compensated. That is the reason I advised that we need to compensate in the shortest time possible through digitization,” said the president.

To make this a success, we have officers to work with rangers to ensure reports about the destruction of crops or injuries are complete within 90 days so we can see whether we can do the compensation within four months.

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Governors Dismisses Egerton's Report On Nyandarua Potato Farming

By: Muturi Mwangi
@themkenyatimes

Governors from the Mt Kenya region have dismissed a recent report from Egerton University that indicates that farmers used harmful pesticides in their potato farming.

The leaders, led by Nyeri County Governor Dr Mutahi Kahiga, termed the research titled 'Influence of On-farm Pesticide Practices and Processing Methods on Pesticide Residue Levels in Potato Tubers in Nyandarua County, Kenya', as 'unfounded rumours' about Nyandarua's cash crop. "Let us stop making unconfirmed rumours about Mt Kenya, and it is very unfortunate that issues of potatoes are splashed all over the newspapers. Even the people who are talking about it even think potatoes grow from the sky," said Kahiga, while speaking at the Nanyuki Agricultural Show last Friday.

Nyandarua Governor Dr Kiarie Badilisha decried that the potato farmers in his county were under threat and

they were not consulted when the research was being conducted.

Added that "after some time you claim you have a report, you are selling to the social media and mainstream media claiming that potatoes are poisoned; its wrong and farmers are here to be trained on good farming methods."

He said that it was demonizing the work of hardworking farmers from the region which they would not permit.

"We are not going to entertain anyone who uses any platform to demonise the work that our farmers are doing since they are doing great work and they have no capacity to produce chemicals," said the Nyandarua boss. "They only use chemicals that have been approved by the relevant government agencies."

The governor highlighted that the county and national governments were working in partnership aimed at ensuring the farmers produce quality and healthy food for the country.

Laikipia Governor Joshua Irungu urged other higher institutions of learning to verify the report aimed at instilling confidence in the potato



Potato Farming

farming sector.

"We are focusing on sustainable agriculture and when information gets out without a good research background, it is worrying. Laikipia is on the verge of producing potatoes on a large scale beyond Nyandarua," said Irungu.

He called on Chuka, Embu and

Laikipia universities to do their own study in order to verify the research findings.

The study report had indicated that 11.85 percent of farmers heeded the recommended manufacturer's application rate, while 74.63 per cent relied on advice from agrochemical retailers and 13.32 percent sought ad-

vice from their counterpart farmers. The research has since gained widespread criticism from Nyandarua farmers.

Potatoes are Kenya's second most produced crop after maize and on average, 1.35 million tonnes of produced annually in the country.

Challenges Facing Animal Feeds Industry In Nyahururu Town

By: Eunice Wanjiru
@themkenyatimes

High cost of animal feed coupled with lack of knowledge on the right animal feed for dairy animals are the main challenges facing dairy farmers in Kenya.

Duncan Njoroge, a renowned veterinarian in Nyahururu town, while speaking to journalists, said it is important for a dairy farmer to know the right animal feed for animals for enhancing milk production.

"For example, animals which are meant to produce milk are fed on hybrid dairy animal feeds so as to boost milk production to about 40 litres especially with a good milk-producing animal," Njoroge said.

"These feeds should be comple-

mented with vitamins and mineral salt for extra nutrition."

However, Njoroge pointed out that some of his customers desired to keep many animals while feeding them poorly, a trend, he said, that often resulted in low profits.

Njoroge said he gets most of the animals from crops such as cotton, soya, maize jam and sunflowers, which are local as well as from Uganda.

"I ensure the animal feed is well sealed and does not have any aflatoxins which can harm the animals, as well as ensuring it is well stored in the store awaiting customers," added Njoroge.

Njoroge advised farmers to avoid storing their animal feeds on the floor saying feeds should be stored on a raised platform for proper ventilation.



Gachagua Claims Juja MP Koimburi Tortured, Given Dangerous Chemical By Captors

By: Melita Ole Tenges

@themkenyatimes

Former Deputy President Rigathi Gachagua claims Juja Member of Parliament (MP) George Koimburi was tortured by his captors before they dumped him.

Koimburi was allegedly abducted outside a church in Mugutha, Kiambu County, on Sunday. He was later found dumped at a coffee plantation in Kiambu yesterday.

Addressing a press conference in Nairobi after visiting the legislator in hospital, Gachagua claimed the MP was found with soft-tissue injuries from being "badly beaten".

"It is not known where he was taken to, but after a serious search, he was found in a coffee plantation badly beaten. He was taken to hospital and doctors have confirmed that Koimburi was tortured by professionals. He has serious soft tissue injuries," the former DP told reporters.

He added that the MP lost his voice

from the incident due to a dangerous chemical the captors allegedly made him inhale.

"He has lost his voice and some chemical was administered through inhalation; doctors say that chemical has interfered with his vocal cords," claimed Gachagua.

"Doctors have taken samples to different laboratories and are doing everything within their power to ensure he is out of danger."

Gachagua, who was impeached last October after falling out with President William Ruto, blamed the reported abduction on "undercover agents" he claims are working for the government to silence opposition politicians.

"We have confirmation that the government has put up a squad to deal with leaders who are against this regime," he told the press.

Video footage of Sunday's incident showed Koimburi being driven away in a silver Subaru Forester bearing civilian registration plates after he was captured.

His wife, Ann Koimburi, was also injured during the scuffle.



Juja Member of Parliament George Koimburi was found in a Kiambu coffee plantation after Sunday's abduction.

The Directorate of Criminal Investigations (DCI) denied involvement in the abduction but confirmed that Koimburi has been sought since Friday in connection with alleged land fraud

and misuse of Constituency Development Funds (CDF).

Mrs Koimburi has said authorities previously took her husband's phone and vehicle during investigations but

failed to provide clarity on his whereabouts.

Blue Economy, New Frontier For Growth, Job Creation, Says PS

By: Christine Muchira

@themkenyatimes

The government has underscored blue economy as the new frontier for Kenya's economic transformation, job creation as well as social inclusion.

According to Betsy Muthoni, the Principal Secretary for Blue Economy, the sector encompasses "any activity done within the blue space," including sports fishing, eco-tourism, and aquaculture. "We have communities empowered to do sports fishing and eco-tourism. The Blue Economy is the new frontier," she said.

The PS who was speaking during an interview with the government SpokesPerson Isaac Mwaura on Sema Na Spokes, streamed on KBC Channel 1 yesterday evening, spelt out what the Kenya Kwanza government is doing to harness aquatic resources, empowering communities as well as tackling the long standing social injustices like sexual exploita-

tion of women in the fisheries sector.

"We are supporting women in the fisheries sector to have quality working conditions... and we are also working on tackling issues such as sexual exploitation, which has plagued women in this sector for years," said the PS.

As the country gears up to celebrate Madaraka Day on June 1st at the Raila Odinga Stadium in Homa Bay County, the PS noted that government has developed key policy frameworks and is finalizing master plans for Lake Victoria and Lake Turkana to ensure long-term sustainability and equitable access to marine resources.

She noted that Cage Aquaculture farming contributes to almost Ksh.8.7 Billion of the GDP, but overall GDP contribution of the blue economy for the last financial year was Ksh.37.4 Billion.

Adding that the government has set up Kabonyo a Ksh.1.3 Billion Aquaculture Centre for Excellence which is meant to produce 7 million fingerlings per quarter for aquaculture,



Principal Secretary for Blue Economy, Betsy Muthoni

cage culture, and restocking of Lake Victoria.

The government is also working with other sectors to see how they can do carbon touch, which is the last mile connectivity for container

terminals.

Similarly, to reinforce oversight and sustainability, the Blue Economy department is deploying patrol boats and advanced monitoring systems to safeguard Kenya's waters the PS

revealed.

The artisanal miners are also being organized into cooperatives, and urged to acquire new licensing requirements so as to enforce county governments to curb illegal mining.

Outrage In Nyeri As Residents Demand Justice For Murdered Girl

By: James Wanjiku
 @themkenyentimes

Tension gripped Nyeri town on Monday afternoon after enraged residents stormed Nyeri Central Police Station, demanding the release of a suspect alleged to have brutally murdered a seven-year-old girl.

The suspect, identified as Nick Macharia, is accused of luring the girl to his rented house in the Kiawara slums on Saturday, where he reportedly defiled and murdered her. He then allegedly buried the body beneath his bed.

Residents, acting on a tip-off, exhumed the child's body from the suspect's house and carried it to the police station, where they clashed with officers while demanding to lynch the suspect.

The protest quickly escalated, with residents pelting the station with stones and lighting bonfires in various streets.

Police responded by firing tear gas to

disperse the crowd.

The victim's body was later moved to the Nyeri County Referral Hospital mortuary.

According to police sources, Macharia works as a porter at Nyeri town's open-air market.

The deceased, Tamara Blessing, went missing around 6 pm on Saturday while playing at the market where her mother, Susan Wanjiru, and grandmother, Jane Kabura, work as traders.

Speaking to the media, a grief-stricken Wanjiru recounted how the suspect pretended to help in the search.

"He was with us, actively helping to look for her. Little did we know he was the one behind it," she said.

CCTV footage from buildings around the market showed the suspect walking with the girl towards Kiawara slums.

This footage, provided by local business owners, proved crucial in the investigation.

Kabura, the girl's grandmother, said she was in shock.

"I can't believe Macharia would



Susan Wanjiru is consoled by a friend after learning that her seven-year-old daughter had been brutally murdered and her body buried inside a house in Nyeri. PHOTOS BY JAMES WANJIKU

do something so cruel to my granddaughter. We want justice."

Nyeri Town MP Maina Mathenge condemned the incident and urged calm among residents.

"I thank the business community for sharing the CCTV footage with police. Let us allow the law to take its course," he said.

Police recovered a hoe and a spade

beneath the suspect's bed, believed to have been used in the burial.

Investigations into the gruesome incident are ongoing.



ICCASA Unveils A Gender-Transformative Strategic Plan

By: Anita Omwenga
 @themkenyatimes



Worth Noting:

- Gikunda said the plan emphasizes gender-transformative climate policies, capacity-building initiatives and inclusive strategies and actions to build resilience in a resolve to ensure that climate action reaches communities, acknowledging that climate change impacts us in profoundly different ways.
- “We believe that women, youth, persons living with disabilities, rural agrarian-based population among other marginalized groups are key actors in driving the transformation needed for a climate resilient and equitable Africa” she said.
- She divulged that climate change is one of the most critical challenges of our time, with severe consequences for vulnerable communities, particularly in Africa, and the need for gender-transformative and inclusive climate solutions is urgent.

The Center for Inclusive Climate Change Adaptation for a Sustainable Africa (ICCASA) has unveiled its gender transformative strategic plan 2025-2030, a bold initiative aimed at building an inclusive, gender transformative, and climate resilient Africa.

Speaking during the launch in Nairobi, ICCASA Communication and Advocacy Manager Faith Gikunda described the plan as a transformative roadmap for the next five years that aligns with ICCASA’s vision and mission committed to bridging gender gaps and fostering social inclusion in evidence-based climate change adaptation.

“This strategic plan marks a significant milestone in championing inclusive and gender-transformative climate action by building climate resilience in Kenya and Africa as a whole through gender-transformative and inclusive action and policy,” said Gikunda.

Gikunda said the plan emphasizes gender-transformative climate policies, capacity-building initiatives and inclusive strategies and actions to build resilience in a resolve to ensure that climate action reaches communities, acknowledging that climate change impacts us in profoundly different ways.

“We believe that women, youth, persons living with disabilities, rural agrarian-based population among other marginalized groups are key actors in driving the transformation needed for a climate resilient and equitable Africa”

she said.

She divulged that climate change is one of the most critical challenges of our time, with severe consequences for vulnerable communities, particularly in Africa, and the need for gender-transformative and inclusive climate solutions is urgent.

“We are inspired by a vision where every voice matters, where every community is empowered and where our collective efforts forge a path towards lasting, transformative change,” she said, adding that marginalized groups, including women, youth and persons with disabilities, bear the greatest climate risks despite contributing the least to the crisis.

She said the strategic plan is not just a roadmap for the organization, but a call to action for all stakeholders dedicated to advancing gender equality, inclusivity and climate resilience.

She said the plan provides an opportunity for us to unite in ensuring that gender equity is embedded into climate policies, that vulnerable groups are empowered and that sustainable livelihoods are created for those most affected by climate change.

“We call on all stakeholders- government, civil society, development agencies, the private sector and communities to collaborate, adopt and implement policies and actions that priorities gender equality, social incidents, and climate justice,” she said

She said the strategic plan funded by the African Capacity Building Foundation (ACBF) is grounded on strengthening institutional capacity for equitable governance of climate action, expanding economic opportunities for marginalized groups, promoting gender mainstreaming in climate actions and policies and legal frameworks to reduce gender inequalities.

“The need for gender transformative and inclusive climate solutions is urgent, and immediate action is essential to ensure no one is left behind she said adding that by creating enabling environments where these groups can participate and lead in climate action, we will move closer to building a sustainable resilient country and Africa for all

Director Gender State Department for Gender and Affirmative Action in the Ministry of Public Service, Gender and Affirmative Action, Jackline Makokha, said ICCASA’s efforts in incorporating gender-transformative approaches into climate policies will significantly contribute to ensuring Kenya remains a leader in inclusive climate resilience and policy development.

“The strategic plan is a significant milestone not only in advancing gender equality within climate action but also in ensuring that these climate policies are inclusive, equitable and responsive to the needs of marginalised communities,” she said.

Makokha said the Ministry’s

long-standing mandate is to promote gender equality and ensure that women and marginalized groups are adequately represented in national development processes, including those related to climate change.

She said climate change disproportionately affects women, particularly those in rural areas, and marginalized communities such as persons with disabilities and indigenous peoples.

“The impacts of climate change, such as drought, floods and food insecurity, tend to worsen existing gender inequality, under bring the need for gender-responsive climate policies,” she said.

The Director said the government advocates for the integration of gender considerations into climate decision-making, ensuring that the voices of vulnerable groups such as women, youth, and persons with disabilities are heard.

Heads Of Department To Fast-Track Tree Growing

Exercise

By: Anita Omwenga
@themkenyatimes

The Increased tree coverage country-wide will boost the country's forest cover, biodiversity, wildlife conservancies and water catchment areas among others in line with the National Tree Planting Initiative by President Dr. William Ruto.

Speaking during a meeting with Heads of Departments (HODs) for State Department for Broadcasting and Telecommunication yesterday at the State Department Headquarters in Nairobi, the Secretary for Administration for Broadcasting and Telecommunications Kimani Waweru who was chairing the meeting on behalf of Principal Secretary State Department for Broadcasting and Telecommunications Stephen Isaboke, said that the State Department is on course in strengthening its tree planting efforts to achieve the set target of planning five million trees this

financial year.

Waweru urged the Heads of Departments to come up with strategies to execute tree planting exercises in regions of Kisii and Nandi Counties where the Ministry of Information, Communications and The Digital Economy is overseeing tree planting exercises in order to achieve their targets for the financial year.

"Let us come up with better strategies for achieving the set target of the number of trees we are to plant as a department in line with the National Tree Planting Initiative," he said.

He called for concerted efforts from the HODs in implementing the Tree Planting exercise urging them to fast-track the process to meet set targets before the end of the financial year.

The National Tree Planting Initiative targets planting of 15 billion trees by 2032 during the long and short rainy seasons with the goal of increasing the country's forest cover and boosting the overall ecosystem management.



Harvard Business School scholars Urged To Position Africa As A Necessary Partner For Global Economic Sustainability

By: Michael Omondi
@themkenyatimes

Visiting Harvard Business School scholars have been urged to rewrite the African narrative not just as the next frontier but as a necessary partner for global economic sustainability.

Equity Group Holdings Managing Director and CEO, Dr James Mwangi, implored the visiting students to be advocates for Africa in their respective countries, to rewrite the narrative insisting that with 27 percent of the world's population by 2050 and most of its natural resources, the world cannot grow without Africa.

He was speaking to Master of Business Administration (MBA) scholars from Harvard Business School who visited Equity Head Office in Nairobi for engagement on 'Linking Global Academia with Enterprise'.

The students, led by Professor Hakeem Belo-Osagie, a member of the Harvard University Global Advisory Board, were on a study tour in Kenya exploring African-led development

models and private sector impact.

The highlight of the visit was a thought-provoking panel discussion between Dr. Mwangi and Prof. Belo-Osagie, who is also the Chairman of Etisalat Nigeria, where the two captains of industry reflected on their disruptive leadership journeys, the future of banking in Africa, and the broader role of business in shaping inclusive growth.

The CEO illustrated how Equity's success is rooted in a mission-led model focused on socio-economic transformation.

"We were not just building a bank; we were building dignity. Our mission has always been to democratize access to finance and empower the underserved," said Dr Mwangi, who also serves as the Executive Chairman of Equity Group Foundation.

He continued, "We measure success not by profits alone, but by impact: how many lives have been changed, how many youths empowered, how many small businesses unlocked."

Dr Mwangi further discussed how technology deployed equitably holds the key to closing Africa's productivity gap stressing that Artificial Intelligence, data analytics, and digital infrastructure must become tools of



inclusion, not exclusion.

Concurrently, Prof. Belo-Osagie drew parallels between their careers, acknowledging Dr. Mwangi's transformation of Equity from a struggling rural building society to the largest financial institution in Eastern and Central Africa, with a balance sheet of over US\$15 billion. "We both began as outsiders, coming into industries we were told we had no place in; but perseverance and purpose redefined the rules," as-

serted the professor.

Additionally, the scholars engaged Dr. Mwangi on subjects ranging from ethical leadership and sustainability to digital disruption and fraud prevention.

When asked about fraud incidents, Dr. Mwangi was forthright in establishing that no institution is immune to challenges.

"Integrity lies in how we respond, adapt and fortify our systems," he added, reaffirming Equity's invest-

ments in cybersecurity, AI-driven risk systems, and customer education to mitigate threats in a rapidly digitizing environment.

Meanwhile, Prof. Belo-Osagie maintained that Equity is one of the most compelling examples of how purpose, resilience, and vision can rewrite Africa's narrative in reflection of the proposed advocacy journey for Africa as the continent that will shape a sustainable world.

Understanding The Importance Of School Counseling Services



By: Lucy Simiyu
@themtkenyatimes

al, social, and career development. Counselors are there to guide students through challenges, provide individual and group counseling, teach valuable life skills, and collaborate with parents and teachers to ensure the well-being of the students.

Gachenia, L. & Mwenje, M. (2021) further state that school counseling is intended to help students overcome problems that affect their academic performance in school by helping them adjust emotionally, physically, mentally and socially. School counseling services are rooted in the idea that a healthy, well-adjusted student is better positioned to succeed in their learning journey.

What is the role of school counseling?

1. To support the mental and emotional wellbeing of students when faced with challenges that can affect them e.g. depression, anxiety, stress, bullying, family issues, or personal struggles.
2. To provide academic guidance and support by helping students set realistic goals, plan their academic paths, and develop strategies to overcome arising obstacles.
3. To help students develop

healthy interpersonal, relational and conflict resolution skills which help foster a culture of respect and a sense of community.

4. To inspire students to embrace a culture of diversity, equity and inclusion, while addressing any issues of discrimination or prejudice that may arise.

5. To prevent and address behavioural challenges that are common in school-aged children by providing strategies that encourage self-regulation, responsibility and respect for others. School counselors offered tailored support to address these challenges as there is no one-size fits all strategy.

6. To provide support during crises such as a personal tragedy, a natural disaster, or a traumatic event within and outside the school.

School counselors do not work in isolation. The success of any school counseling program relies on collaboration between counselors, parents, and teachers. Parents and teachers play an important role in identifying when a child may need counseling and in reinforcing the strategies and skills taught by the counselor. Open communication and teamwork ensure that the child's needs are being met



both at school and at home.

Counselors also serve as a bridge between the school and parents, providing guidance on how to support a child's emotional and academic needs at home. Engaging parents in the counseling process helps create a holistic approach to the child's well-being.

Indeed, the role of school counseling services cannot be underrated. Schools that are willing to provide professional counseling services to enhance a child's academic experi-

ence must be highly commended. Investing in school counseling services is a worthwhile investment because each child is viewed as a whole individual rather than just an academic statistic. By providing holistic counseling services, schools help to foster well-rounded, confident individuals who are better equipped to thrive in both their school years and beyond.

Ms Lucy Simiyu is a Psychologist at Crawford International School



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Silent Battles



We stand strong in the outer world,
Because that's what we're supposed to do.
We smile all day, we play our roles,
Looking bold, unshaken, true.

But no one sees the war inside,
The demons, anger, pain we hide.
We lock them up, we push them deep,
Because no one asks, no one speaks.

No one talks about the weight we bear,
Providing, protecting, always aware.
No one speaks of the fear of loss,
Or the cost of winning at all costs.

No one offers a shoulder to lean,

No safe place to let pain be seen.
No one sees how love can break,
Or how some wounds refuse to fade.

We hold on, though it makes us bleed,
Afraid to let go, yet longing to be freed.
We never cry, we never bend,
Always smiling, yet we pretend.

But it's time we change the way we feel,
To face our truths, to start to heal.
It's okay to break, it's okay to cry,
To let go of rage, to question why.

Pain is fleeting, fear will pass,
Our struggles do not have to last.
Mental health is just as real
As the smiles we force to feel.

And if no one stands beside us still,
We must be there for ourselves,
And heal.

By Cathren Gathoni

World Environment Day



Let's increase awareness in life, June 5th, a day for environmental protection, sustainability, land restoration, and empowered transformation. The theme of community and individual empowerment through collective collaboration is 'Our Land. Our Future.

We are #GenerationRestoration.' Let's remove plastic pollution, reduce waste, and plant trees. Each one of us should take responsibility for protecting our

breath, health, and local environment. By planting seeds in mud balls and making the earth fertile, we can create a world full of life, animals, trees, and climate balance. It's essential to understand our duty and responsibility towards living beings and the environment. Let's make sure every home gets two square meals a day, and our earth remains lush green. Let's create a world where girls swing on neem branches in the monsoon, where animals get food, and rivers flow with milk. Let's make our environment so pure and Shivamay that animals and birds thrive.

The environment at home should be joyful and free from noise pollution. Let's make the earth shine and be known as Vasundhara. Rise, O sons of the earth, and let's create a skilled lifestyle for a better future. Let's spread the green revolution, provide quality housing, and possibilities for a pure environment.

By
Anjali Saxena, Prabal,

Navi Mumbai, Maharashtra.

The Blackboard Of A Nation



In the heart of the land where the sun
kisses soil,
Where dreams are planted through
sweat and toil,
Lies a classroom dusty, dimly lit...
Where knowledge and hope silently sit.

The teacher stands with chalk in hand,
A lone crusader in a promised land.
But desks are broken, books are few,
And uniforms fade from red to blue.

The bell still rings, the children come,
Barefoot steps beat like a drum.
Their eyes hold questions, deep and
wide...
Of futures yet to be supplied.

Curriculums change like seasons' tide,

Yet purpose and vision seem to hide.
What good are tests and endless
grades,
When hunger and fees dim learning's
shades?

Digital dreams are sung in song,
But rural schools still wait too long.
For screens that glow and nets that
bind

A global village to every mind.

We speak of value, speak of pride,
But do we walk the talk, or hide?
A nation's soul is carved and cast
In every lesson from its past.

Yet still, amid the cracks and flaws,
Education fights with noble cause.
The pen remains a mightier tool...
In every child, in every school.

So rise, O leaders, take your part,
Invest in minds, ignite the heart.
For nations fall or nations grow,
Where books are opened...
So minds may glow.

Evans (the poet)

Best Friend



Author: Orzigul Sherova

If I do something wrong,
He corrects it when he finds
With him, I am always strong,
I have a best friend who is kind.

I am his and he is mine,
He is my soul, he is my home.
When I see him, I will be fine,
I have a friend who is handsome.

I know, he loves me forever,
His words are food for my mood.
He takes care of me when I have fewer,
I have a best friend who is good.

He is strong, he is my wing,
He is the best in my mind.
He brings me everything,
I have a best friend who is kind.

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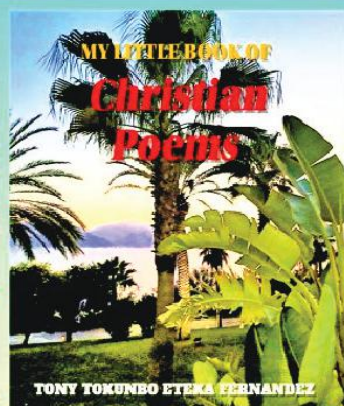
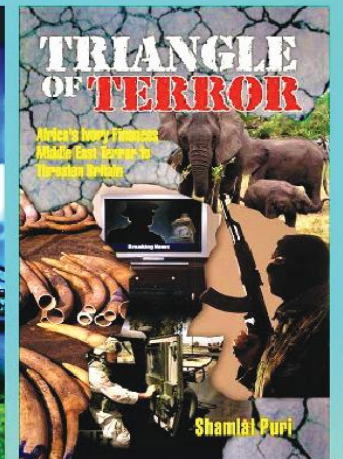
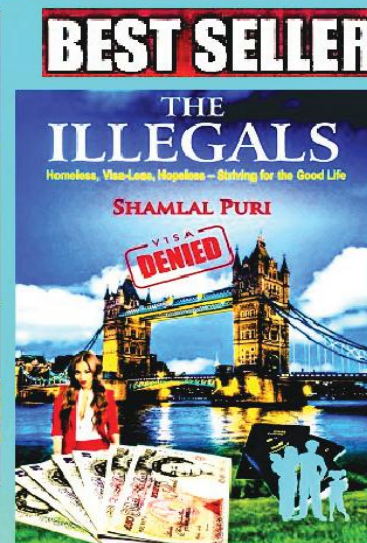
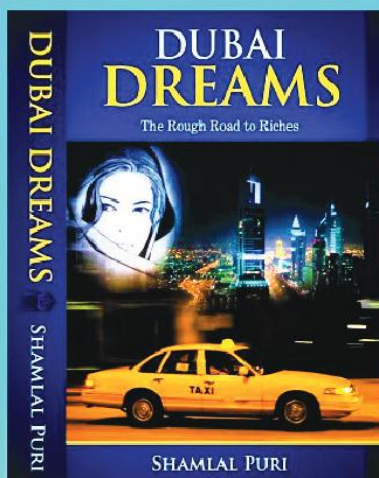
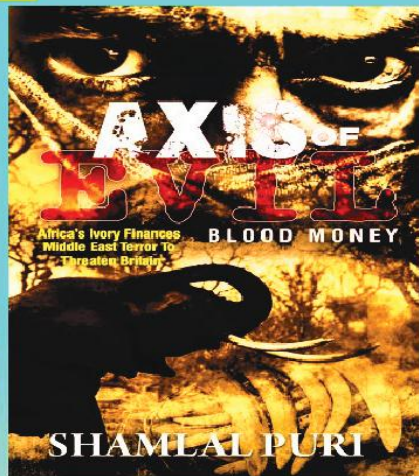
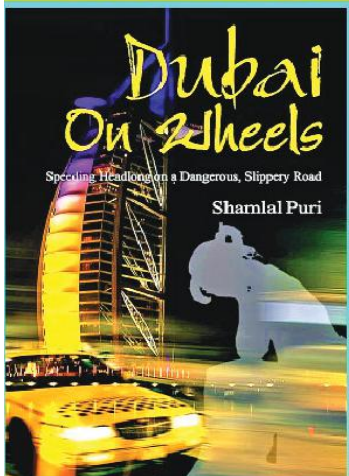
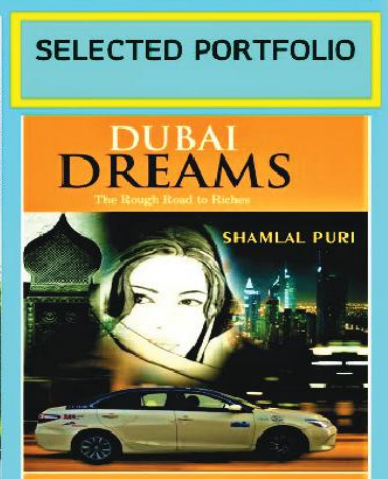
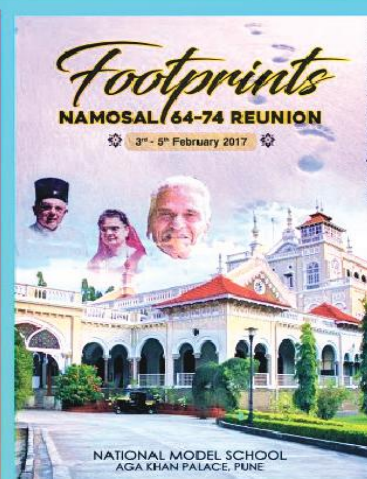
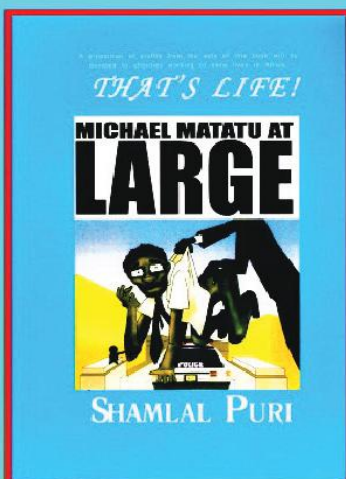
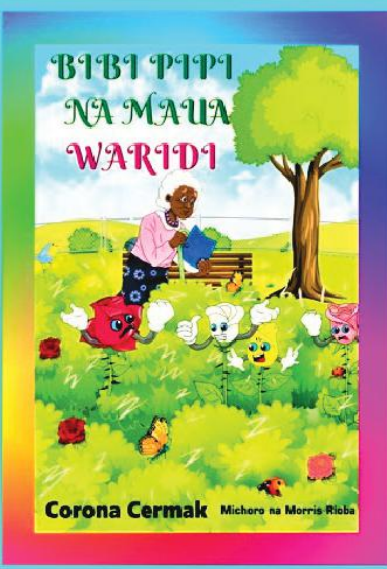
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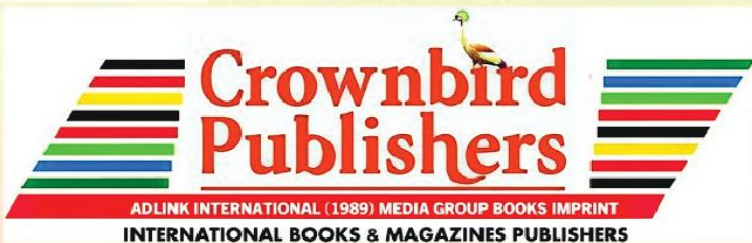
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BUSINESS

Importance Of Real-Time Tracking In Modern Transportation Of Goods



By: Patrick Omulo
@themtkenyentimes

Worth Noting:

Real-time tracking of goods provides unmatched visibility into the flow of items throughout the supply chain. When it comes to tracking, businesses are able to get a complete picture of their logistics operations with real-time data on shipment whereabouts. Companies may also monitor items from point of origin to the destination, enabling proactive control of possible problems.

For instance, some security firms have cargo and courier tracking systems which use advanced GPS technology and real-time data analytics to help in providing comprehensive visibility into each shipment or delivery's position and condition. Business owners can therefore be at peace as there is always someone keeping an eye on their freight with technological accuracy, from the time it leaves the warehouse until arrival to the determined destination.

We have all experienced the anxious moments of uncertainty that come with waiting for that delivery notification or a call from the courier about our much-anticipated package. This everyday situation highlights the importance of real-time tracking in modern goods transportation.

In today's fast-paced world, real-time tracking is an essential component of logistics, providing transparency and peace of mind to both businesses and customers. It allows stakeholders to monitor shipments at every stage, anticipate delays, and optimize delivery schedules. By ensuring timely and efficient deliveries, real-time tracking improves customer satisfaction and enhances the overall efficiency of supply chain operations. Below are a few reasons why tracking is important in the transportation of goods:

Enhanced visibility and control

Real-time tracking of goods provides unmatched visibility into the flow of items throughout the supply chain. When it comes to tracking, businesses are able to get a complete picture of their logistics operations with real-time data on shipment whereabouts. Companies may also monitor items from point of origin to the destination, enabling proactive control of possible problems.

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Improved security and risk management

Businesses that regularly monitor shipments can quickly identify and address any possible dangers or abnormalities, which lowers the likelihood of theft, tampering, or unauthorized access to valuable packages and cargo. For example, geofencing alerts the logistics team if a shipment takes an unforeseen diversion enabling the team to look into the matter promptly and decide whether the deviation



is due to an emergency or a security risk taking the necessary precautions to protect the cargo. In addition to reducing the possibility of theft or loss, this proactive strategy makes sure that any occurrences are dealt with quickly to minimize damage and preserve the integrity of the supply chain.

Increased customer satisfaction

Businesses may greatly improve the shopping experience and establish enduring trust by giving customers real-time updates on their orders. Take into consideration an online storefront that incorporates real-time tracking into its shipping procedure. Customers may track their packages with this function from the time they are shipped until they reach their delivery addresses. Customers can also receive precise predicted delivery windows and track the exact location of their orders at any given time with real-time updates.

Businesses' interactions with their

customers are revolutionized when real-time tracking is integrated into the customer experience. This fosters confidence, offers certainty, and raises satisfaction levels with the delivery process.

Operational efficiency

Route optimization is a major way that real-time tracking increases productivity. By utilizing real-time data on variables such as road closures and traffic conditions, firms may make dynamic adjustments to their delivery plans. For instance, the real-time tracking system can recommend different routes to prevent delays if a truck is traveling and comes into unanticipated traffic congestion. This not only contributes to on-time delivery but also helps manage fuel use. Businesses benefit from shorter transit times and reduced operating expenses as a result. Real-time tracking not only optimizes routes but also offers insightful data on the performance and patterns of transportation.

Businesses may detect trends, assess the effectiveness of their logistics operations, and make well-informed decisions to enhance overall performance by analyzing this data.

Real-time tracking is not just about knowing where shipments are; it is also about utilizing that information to drive continuous improvement, enhance customer experience, and ensure secure and efficient movement of goods. To fully capitalize on these benefits, businesses should consider integrating security solutions with advanced cargo and courier tracking systems which have integrated technology. Embracing real-time tracking with security firms will not only enhance your logistics strategy but also position your business for success in an increasingly competitive market.

The writer Patrick Omulo is the Courier Manager SGA Uganda

Kenya's Real Estate Sector Needs A Mindset Shift



By: Samuel Kariuki
 @themkenyatomes

Kenya's real estate sector is booming, cranes stretch across Nairobi's skyline, new gated communities rise in the suburbs, and high-rise apartments are reshaping the urban horizon. In 2024 alone, the sector contributed 5.3% to GDP and supported more than 200,000 formal jobs. It's an engine of growth but one that must now evolve.

The next phase of real estate growth in Kenya can't just be about speed and scale. It must be responsible, and community-driven. Delays in project approvals are more than lo-

gistical headaches they stall private investment, disrupt job creation, and bleed the public purse. Tax revenues from stamp duty, VAT, and capital gains are lost when developments stall. In today's tight fiscal environment, this matters.

What's often missing? Real engagement. Planning disputes and resistance from residents signal a deeper issue: lack of trust and collaboration. And yet, therein lies the opportunity. Urban centres like Nairobi face undeniable pressure; more people, more businesses, more demand. Densification is no longer a choice; it's a necessity. But it must be done right. Without strong infrastructure, thoughtful zoning, and early community input, density becomes chaotic.

We can learn from others. Addis Ababa brings residents into urban planning through Public Participation Development Offices. In South Africa's Western Cape, Lynedoch EcoVillage shows the power of shared vision — developers, authorities, and residents building a sustain-



able community together.

Here in Kenya, some promising examples are already taking root. In Kiambu and Machakos, developers are co-investing with residents' associations in roads and drainage. These grassroots partnerships offer a scalable model, when backed by policy support and structured frameworks.

Residents are not obstacles, they are stakeholders. Associations can advocate for long-term value: liveability,

and infrastructure adequacy. Developers who engage early gain more than approvals, they gain insight, and better outcomes.

The real estate sector is a multiplier, touching construction, manufacturing, finance, and retail. When it slows down, everything does. And when it flourishes, the economy flourishes.

The models exist at home and abroad. What we need is a mindset

shift:

- From siloed planning to shared vision
 - From reactive approvals to proactive engagement
 - From building projects to nurturing communities
- Let's move beyond just constructing buildings. Let's build neighbourhoods. Let's build cities that work for everyone.

Breaking The Period Poverty: Addressing Menstrual Health In Marginalized Communities

By: Mary Blessing Ahairiirwe
 @themkenyatomes

Menstrual hygiene is about taking care of your body and staying healthy during your period. It involves keeping clean and managing your period in a way that feels comfortable and safe.

The menstrual cycle is a monthly process where the lining of the uterus sheds, and this is what we know as a period.

It's true that menstrual health and hygiene are often overlooked in marginalized communities, and it's a beautiful complex issue.

Globally, around 500 million women and girls don't have access to proper menstrual hygiene management. Only about 35% of women have everything they need to manage their periods comfortably.

This means a significant 65% face challenges, especially in communi-

ties where it's hard to get the necessary supplies.

Girls in these areas start their periods without knowing much about it, which can lead to fear and confusion about hormonal changes, cramps, and the risk of pregnancy. Whether this is the fault of the girls or their parents is a tricky question. It's more about a lack of information and resources.

In these communities, girls often struggle with a lack of sanitary products and clean water, which makes managing their periods difficult. Stigma from peers, male students, and even teachers can also be a big problem, especially for girls in primary school.

Having worked in schools in these communities, I have seen firsthand how these challenges lead to girls missing school and struggling academically during their periods.

Since menstruation is a natural process, it's important to find ways to support these girls so they can stay in school.



Addressing menstrual health in marginalized communities requires a multi-faceted approach. Government intervention is crucial, particularly through partnerships with Non Governmental Organisations and Community Based Organisations like Women for Green Economy Movement Uganda to offer solutions, such as training girls to create reusable sanitary towels.

Additionally, the government should prioritize improving access

to clean water in local communities and schools, which is essential for girls' hygiene during their periods.

Comprehensive sensitization programs are also needed, targeting students, teachers, and the broader public, especially in marginalized schools and communities, to break down the stigma associated with menstruation that leaves girls in fear of speaking up and seeking support during their periods.

By working together, we can create

an environment where menstrual health is a shared responsibility, and the stigma surrounding it is eliminated.

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

A Comprehensive Analysis Of Beauty Exploitation Among African Women



By: Silas Mwaudasheni Nande
@themkenyatimes

Worth Noting:

- Across African societies, it is evident that women have abandoned their authentic beauty in pursuit of standards imposed by foreign industries. Instead of embracing rich skin tones and textured hair that embody heritage, women are flooding markets with demands for Brazilian, Peruvian, and other synthetic hair extensions. The result? A mass illusion where African women themselves contribute to the erasure of their own identity.
- It is not only corporations that exploit African beauty - it is the African women who willingly participate in their own destruction. When a woman spends her earnings on products that strip away her natural features, she unknowingly strengthens the very system that devalues her. Governments, too, have failed to act decisively against this epidemic, permitting toxic products into the markets while international manufacturers rake in profits at the expense of African consumers.

Introduction

In the modern world, beauty standards continue to be dictated by industries far removed from the cultural identities of African women. The influx of synthetic hair, skin-lightening products, and other cosmetic enhancements promoted by international markets reflects a disturbing pattern: African women are pressured into altering their appearance to conform to Eurocentric beauty ideals. This phenomenon is not merely a matter of personal choice - it is deeply embedded in economic structures, colonial legacies, and global consumerism.

Historical Context: The Root of Beauty Bias

The origins of beauty exploitation among African women are closely linked to colonial influence. During European colonization, African features were systematically marginalized, and traits associated with whiteness were elevated as superior. The legacy of these messages persists in media portrayals, corporate advertisements, and social perceptions. Eurocentric ideals of beauty - lighter skin, straightened hair, and thinner body structures - have been ingrained as aspirational, pushing many African women toward costly and harmful cosmetic alterations.

Economic Exploitation: A Market Built on Insecurity

The global beauty industry, valued at billions of dollars, thrives on selling insecurity. African women have become a prime market for skin-bleaching creams, synthetic hair extensions, and other beauty-enhancing products. Many of these products originate from regions where they are banned due to health risks, yet they are aggressively marketed to African consumers. These industries target women's self-perception, reinforcing the idea that their natural beauty is inadequate.

Health & Legal Concerns: The Toxic Truth

Scientific studies have exposed the dangers of many skin-bleaching and hair products. Ingredients such as hydroquinone, mercury, and corticosteroids - found in several skin-lightening creams - pose severe health risks, including liver damage, kidney failure, and increased susceptibility to skin cancer. Many African governments have attempted to regulate these products, yet illegal markets continue to thrive,



fueled by high demand. Similarly, certain synthetic hair types contain harmful chemicals that can cause scalp conditions, yet they remain widely popular.

Case Studies: The Impact Across Africa

In countries like Nigeria and South Africa, skin-bleaching is a multimillion-dollar industry. Studies show that over 75% of Nigerian women use skin-lightening products, despite governmental warnings. In Ghana, similar trends persist, with widespread media advertisements glorifying lighter skin tones. The synthetic hair industry has also permeated many regions, with products labeled as Brazilian, Peruvian, or Indian hair dominating local markets despite questionable sourcing.

A Condemnation of Beauty Deception Targeting African Women

African women have been deceived. They have been made to believe that their natural features are inadequate, compelling them to indulge in dangerous schemes of self-alteration. The relentless push for synthetic hair and skin-whitening products is not merely a reflection of preference - it is evidence of a manipulated consciousness. The industries profiting from this deception thrive on self-rejection, capitalizing on insecurity while selling poison disguised as beauty. This condemnation is based on the following:

1. The Betrayal of Identity

Across African societies, it is evident that women have abandoned their authentic beauty in pursuit of standards imposed by foreign industries. Instead of embracing rich skin tones and textured hair that embody

heritage, women are flooding markets with demands for Brazilian, Peruvian, and other synthetic hair extensions. The result? A mass illusion where African women themselves contribute to the erasure of their own identity.

2. Complicity in Harm

It is not only corporations that exploit African beauty - it is the African women who willingly participate in their own destruction. When a woman spends her earnings on products that strip away her natural features, she unknowingly strengthens the very system that devalues her. Governments, too, have failed to act decisively against this epidemic, permitting toxic products into the markets while international manufacturers rake in profits at the expense of African consumers.

3. Economic Waste: The Price of Insecurity

Millions of dollars are spent annually on hair and skin products that offer nothing but short-lived illusions. These funds could be invested in wealth-building enterprises, education, or self-sustaining industries - yet they are squandered on fleeting aesthetic modifications. African women must realize that economic empowerment cannot coexist with financial recklessness fueled by self-denial.

Reclaiming African Beauty

To dismantle this destructive cycle, African women must be empowered to embrace their natural beauty. Education plays a pivotal role in reversing ingrained perceptions. Media representation should shift towards celebrating African features, promoting self-confidence

rather than conformity. Economic restructuring is also necessary - investment should be redirected toward industries that uplift African women rather than exploit them. Governments must enforce stricter regulations against harmful products while supporting local businesses that promote authentic beauty.

A Rebellion Against Beauty Slavery

It is time for African women to rebel against these toxic standards. Rejecting skin-bleaching products and synthetic hair is not only a matter of personal empowerment but an act of resistance against an exploitative system. A unified rejection of these industries will force a shift in markets, compelling businesses to focus on celebrating, rather than erasing, African beauty.

Conclusion

The journey toward self-acceptance and cultural pride is far from over, but awareness is the first step. African women must reject exploitative beauty trends and reclaim their identity with confidence. Economic, social, and legislative actions must align to challenge existing standards, ensuring future generations embrace their heritage rather than erase it.

Enough is enough. African women must recognize the deception they have been subjected to and refuse to participate in the destruction of their identity. Beauty should never come at the cost of health, dignity, or financial security. It is time to redefine standards, reclaim heritage, and dismantle exploitative industries that thrive on self-rejection.

This Menstrual Hygiene Day, Activists Raise Clarion Call For Inclusive Period Products In Kenya

Nguvu Collective's report 'Echoing Voices from the Grassroots on Dignified Period for All' raises serious concerns about period poverty gaps, especially in rural communities

By: Rachel D'souza
@themtkenyatimes

In 2025, one of Kenya's fundamental challenges is to build a progressive, gender-equal society while addressing issues like persistent period poverty, child marriage, and femicide. Experts say that while the nation has adequate policies and frameworks in place, grassroots implementation leaves much to be desired.

Something as basic as access to menstrual literacy is missing in counties like Siaya despite the presence of a Menstrual Hygiene Management (MHM) Policy. Activists hope that the theme of Menstrual Hygiene Day 2025 (Together for a #PeriodFriendlyWorld) will inspire policymakers to bridge gaps in implementing menstrual hygiene policies, particularly in rural communities.

While attempts are being made to ensure that menstruation does not limit access to education, healthcare, or opportunity, there is an urgent need to break cultural taboos and promote better menstrual health practices through concrete action. This was illuminated in a recent study titled 'Echoing Voices from the Grassroots on Dignified Period for All,' released by the feminist organisation Nguvu Collective. It drew insights from nearly 10,000 girls and women across 45 Counties in Kenya to reveal how period poverty continues to deny them dignity, disrupt their education, compromise safety, and limit their choices. Nguvu Change leaders in Kenya are amplifying the findings of the report with powerful campaigns at the grassroots level.

"In 2017, Kenya introduced a program under the Basic Education Amendment Act to provide sanitary pads to schoolgirls, aiming to reduce absenteeism. Although funding increased from KES 30 million to KES 960 million over the years, the distribution remains deeply flawed, with the nationwide survey revealing that only 23% of recipients found the supply adequate, while the majority either received too little or none at all," says Nguvu change leader Amina Guyo of Isiolo County, the lead architect of the report.

Through her online campaign, Amina calls upon the Ministry of Gender to be transparent in how sanitary pads are distributed through the free school distribution programme, to ensure that the girls receive the support they need during their menstrual cycles.

Change Leader Frida Karani from



Amina Guyo



Harriet Afandi



Frida Karani



Veronica Mwende

Embu County, a menstrual hygiene activist, through another online campaign, urges the Chairperson of the Women Representative Caucus to direct concerned authorities to use the allocated budget to establish accessible pad banks across all 47 counties of Kenya. Frida, who was part of the team behind the report, reiterates the need to strengthen partnerships, promote collaboration, and encourage knowledge sharing on best practices, innovations, and evidence-based solutions to achieve menstrual equity. Another Change Leader, Harriet Afandi from Vihiga County, drawing on

her personal experience with period poverty, is leading a campaign to prioritise menstrual equity across Kenya's 47 counties. She is urging local governments to integrate menstrual health into budgets, policies, and public service delivery.

Another influential voice is that of Change Leader Veronica Judith Mwende, a public health advocate from Makeni who uses Menstrual Hygiene Day to highlight a closely linked issue. Through her campaign, she is calling for policies that require technical institutions to admit and support teen mothers, many of whom

are excluded from the education system due to stigma and a lack of care.

Referring to the Nguvu survey report, she points out that many respondents reported facing or being at risk of sexual harassment, exploitation, or abuse due to limited access to menstrual products. "It's time to act and build a more inclusive society where teenage parenthood, period poverty, and gender disparities no longer deny women their right to live safely with their dignity intact," she concludes.

Worth Noting:

- "In 2017, Kenya introduced a program under the Basic Education Amendment Act to provide sanitary pads to schoolgirls, aiming to reduce absenteeism. Although funding increased from KES 30 million to KES 960 million over the years, the distribution remains deeply flawed, with the nationwide survey revealing that only 23% of recipients found the supply adequate, while the majority either received too little or none at all," says Nguvu change leader Amina Guyo of Isiolo County, the lead architect of the report.
- Through her online campaign, Amina calls upon the Ministry of Gender to be transparent in how sanitary pads are distributed through the free school distribution programme, to ensure that the girls receive the support they need during their menstrual cycles.

Great Literature Does Not Turn Away From The Truth

By: MKT Reporter
@themtkenyatimes

Our interviewee is Nasir Aijaz – editor of the literary website Sindh Courier in Pakistan, a prominent poet and journalist, recipient of international awards, and author of more than ten books.

—How do journalism and literature complement each other for you?

—For me, journalism and literature are two sides of the same coin—both rooted in the desire to understand and communicate human truths.

Journalism keeps me grounded in facts, clarity, and the urgency of real-world issues. It trains me to be precise, objective, and responsible in my storytelling. Literature, meanwhile, allows me the freedom to explore the depths of human emotion, consciousness, and imagination. It offers a space for reflection, beauty, and nuance that often can't be captured in a factual report.

Over the years, I've found that journalism informs the authenticity of my stories, while literature teaches me empathy, creativity, and the importance of narrative craft. Together, these fields help me serve both truth and art—balancing analysis with aesthetic and emotional depth.

—What does “truth” mean to you, and how should it be expressed in literature?

—To me, truth is fundamentally about authenticity—about honestly representing life as it is, with all its contradictions, uncertainties, and imperfections. It's not just about factual accuracy but about capturing the essence of human experience. In literature, truth can be expressed in the sincerity of voice, the depth of insight, and the fidelity to emotional life. Great literature doesn't shy away from uncomfortable realities; instead, it bravely explores them through storytelling that resonates deeply with readers. True expression in literature involves careful observation, empathy, and integrity—telling stories that reflect the multifaceted nature of life, not just a simplified or idealized version of it.

I believe that honest storytelling has the power to foster understanding, spark change, and connect us across differences.

—What role do philosophy and spirituality play in your literary and journalistic style?

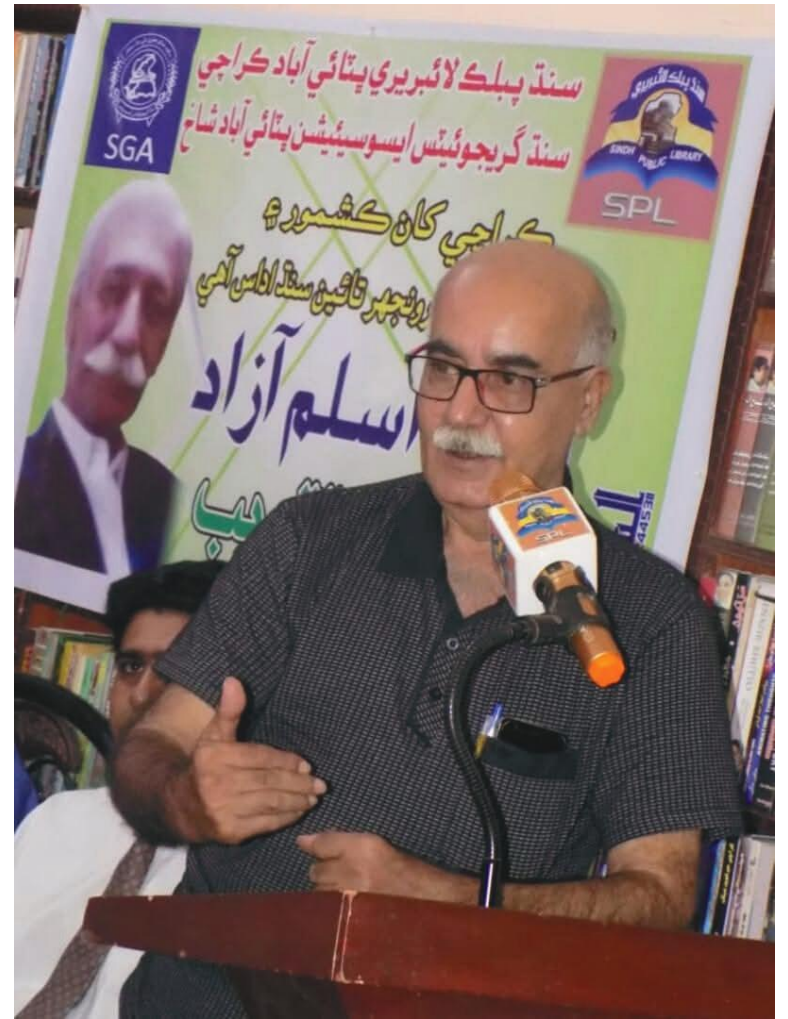
—Philosophy and spirituality are like the moral compass and the soul of my work. Philosophy prompts me to question assumptions, seek underlying truths, and consider multiple perspectives—challenging my mindset and encouraging critical thinking. It pushes me to probe deeper into issues rather than settling for surface solutions. Spirituality, on the other hand, fuels my compassion and sense of interconnectedness. It reminds me that beyond the political, social, or cultural layers, there is a shared human experience—an intrinsic need for meaning, hope, and connection. Both influence my style by making my writing more reflective and humane. They inspire me to look for the moral and spiritual dimensions of stories, to listen more intently, and to communicate with a sense of empathy and genuine concern for others' well-being.

—How should truth be understood and expressed in poetry or articles?

—In poetry, truth is often conveyed through metaphor, rhythm, and emotion—through an intuitive sense of what resonates beyond words. Poetry allows for ambiguity, layers of meaning, and a focus on the aesthetic and emotional truth of a moment or idea. It's about capturing the essence of an experience in a way that touches the reader's heart. In articles, truth demands clarity, accuracy, and fairness. It's about investigating thoroughly, presenting multiple viewpoints, and avoiding bias. While journalistic truth seeks objectivity, I believe it also requires honesty in acknowledging what is unknown or uncertain. Both forms, however, aim to shed light on reality—whether through the lyrical power of poetry or the analytical rigor of journalism—and both serve the ultimate goal of fostering understanding and awareness.

—Is there a life philosophy that inspires you?

—Yes, I am deeply inspired by the philosophy of humility—believing that no matter how much we know, there is always more to learn. Life, for me, is a continuous journey of growth, reflection, and service. I try to see every story as a chance to learn something new and every encounter as an opportunity for genuine connection. Compassion and integrity are central to my approach—not just in my work but in how I view the world. I believe that each of us has a responsibility to listen more than we



speak, to seek understanding rather than judgment, and to realize that humility opens doors to empathy and wisdom.

—How would you evaluate the reading culture of the younger generation today?

—The reading culture among young people today is complex. On one hand, digital media has created an environment where attention spans are short, and many are drawn to quick, easily digestible content. This can sometimes lead to a decline in deep reading practices. However, I also see a passionate cohort eager for meaningful knowledge and storytelling—many are craving books that challenge, inspire, and broaden their horizons. There are thriving online communities, book clubs, and literary festivals that promote reading, even in the digital space. The challenge is in nurturing this curiosity and guiding it towards substantial literature that can influence their worldview positively. Encouraging critical thinking, providing access to diverse voices, and making reading more engaging and relevant are essential.

—Can translation be called “the second birth of creativity”?

—Absolutely, I see translation as

a kind of rebirth—an act of creative resurrection that allows ideas, stories, and cultures to live anew. When I translate, I am simultaneously a guardian and a creator—I must understand deeply the original text while also reimagining it in a new language and context. It's a delicate balancing act that involves artistic sensitivity and cultural insight. Through translation, I gain new perspectives, learn different narrative styles, and experience the beauty of language as a living, evolving craft. It's constantly enlightening—each translation feels like a new life infused into existing words, opening my mind to new possibilities and enriching my own creative voice.

—How do you assess the current literary environment in Pakistan?

—Pakistan's literary scene is vibrant and resilient, full of diverse voices—from poetry and fiction to essays and cultural critique. Despite economic hardships, political challenges, and limited infrastructural support, writers here continue to produce powerful and relevant work.

Worth Noting:

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Great Literature Does Not Turn Away From The Truth

Contd from page 20

Worth Noting:

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ful, provocative work that reflects our complex society.

There is a hunger for stories that challenge oppression, explore identity, and celebrate cultural roots. However, the environment also faces obstacles like censorship, limited publishing opportunities, and a need for broader platforms for emerging talents. Still, I remain optimistic because the spirit of creativity and resistance is strong. We are witnessing a new wave of writers who are using their voice to bring global attention to Pakistan’s rich cultural tapestry.

— What horizons have international literary projects opened for you?

—Participating in international projects has been eye-opening—it has expanded my understanding of global issues and introduced me to a wide array of literary traditions and styles. These experiences have fostered cross-cultural dialogue, broken down stereotypes, and nurtured friendships across borders. They’ve also helped me see the universality of stories and the unique ways different cultures express their truths. Such exchanges have made my own writing more nuanced, socially aware, and internationally connected. They’ve also shown me how literature can be a bridge for peace, understanding, and solidarity beyond political boundaries.

—Which award or recognition do you value most?

—All awards carry personal significance, but the ones that acknowledge my efforts to promote cultural understanding and amplify marginalized voices resonate most deeply with me. These honors affirm that storytelling can be a force for positive change—helping to build empathy across differences. They remind me that my work is part of a larger responsibility to listen, amplify, and advocate through words.

— Do you have creative plans or dreams yet to be realized?

—Yes, I dream of writing a memoir that captures not only my personal journey but also the broader social and cultural currents I’ve witnessed. I want to explore my experiences in journalism, literature, and intercultural exchange, sharing lessons learned along the way. I also dream of writing novels, based on history. It would be a mix of history and fiction.

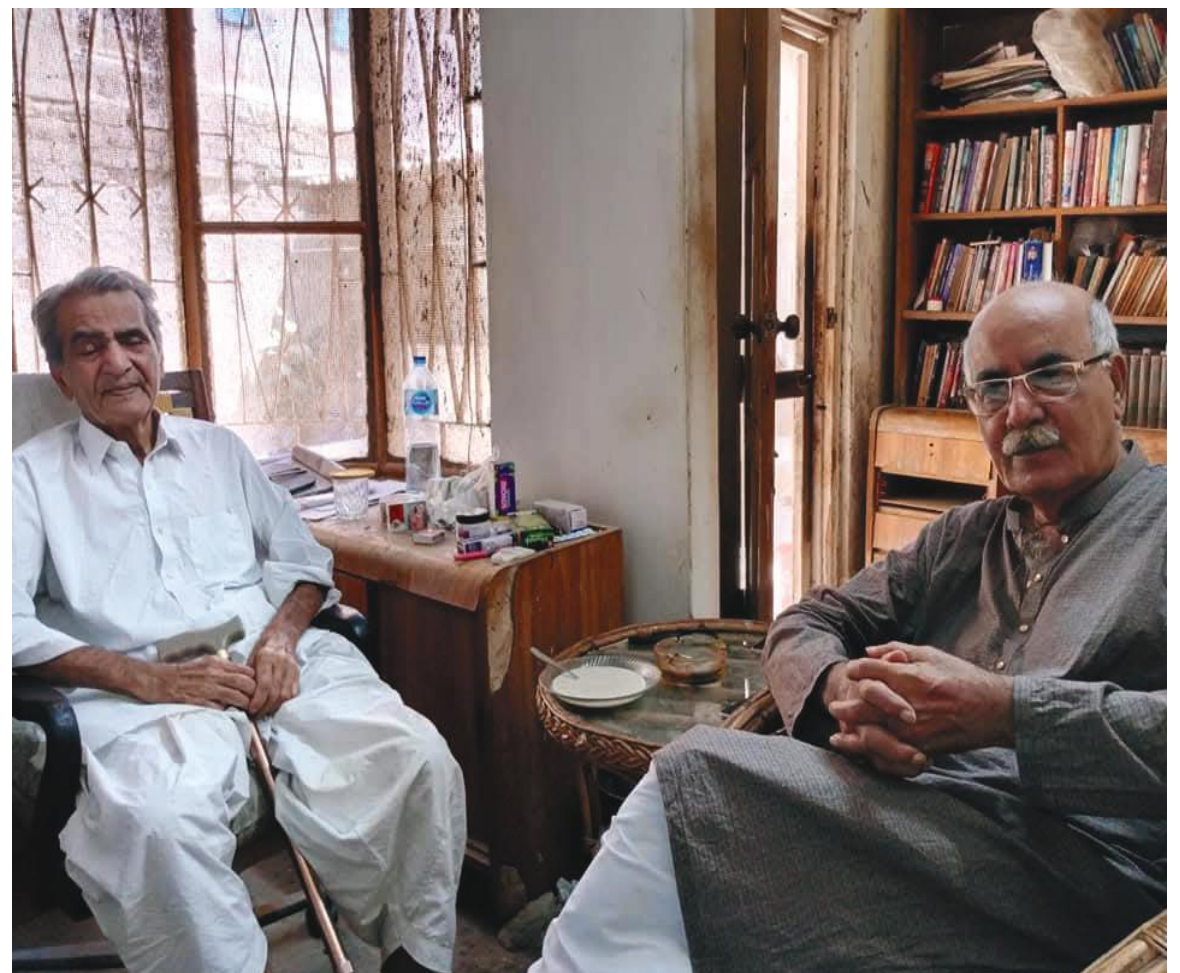
Additionally, I hope to mentor young

writers, especially from underrepresented backgrounds, to help them find their voices and navigate the literary landscape. I believe storytelling is a lifelong pursuit, and I look forward to contributing new works that challenge and inspire.

— In today’s global literary field, which directions or schools are most important?

—The future belongs to stories rooted in authenticity and diverse voices. I see great importance in supporting indigenous narratives, postcolonial perspectives, and experimental literary forms that push traditional boundaries. Without naming any particular country, I would say several countries are producing vibrant, energetic work that challenges dominant paradigms and broadens our understanding of human experience. I believe cross-cultural exchanges and collaborations will be key to shaping a more inclusive, innovative literary landscape—one that values local voices but speaks to global concerns.

Interview conducted by: Jakhongir NOMOZOV,
Member of the Azerbaijan Journalists’ Union.



SPORTS NEWS

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BREAKING NEWS



Sports >> *It was a day of top-tier golf as William Kaguta and Mary Kandu emerged as the overall gross winners at the NCBA Golf Series hosted at the Nyali Golf & Country Club.

Kaguta And Kandu Win NCBA Golf Series Leg In Mombasa



It was a day of top-tier golf as William Kaguta and Mary Kandu emerged as the overall gross winners at the NCBA Golf Series hosted at the Nyali Golf & Country Club.

Over 200 golfers took part in the event.

Leading the charge in the gross category was William Kaguta, playing off handicap 2, who posted an excellent round of 68 gross to emerge as the Overall Gross Men Winner.

He was closely followed by Henry Kamau, who secured the runner-up spot with a score of 74 gross. The third position went to Gurbux Singh, who finished with 76 gross.

Speaking after his win, Kaguta expressed his joy and gratitude: "I'm truly delighted to have come out on top. The course was challenging but enjoyable. Winning here at Nyali and booking my spot in the Grand Finale is a big achievement".

In the women's gross category, Mary Kandu impressed with a

score of 78 gross to clinch the Overall Gross Lady Winner title. Joyce Radtke followed with 80 gross as runner-up, while Susan Stokes (hcp 10) settled for third place with 88 gross.

"I'm incredibly proud of this win. The course was in great condition, but it definitely tested every part of my game. It's always a special feeling to compete at home with such a strong field. I truly appreciate NCBA for their consistent support of women's golf and for giving us this platform to shine and improve," said Kandu after her win.

In Division A Omar Lewa claimed top honors with 40 points. Vishnu Dhutia followed in second place with 36 points, while Martin Wahome completed the podium with 35 points.

Division B saw Michael Mbugua win with 40 points on countback, followed by Hitendra Halai with the same score, and Tom Soigwa third with 38 points.

On the ladies' side in the same

division, Florence Karimi won with 34 points on countback, edging Joyce Kamau, while Truphena Oyaro also finished with 34 points in third.

Division C (hcp 25-54) was claimed by Virginia Flora (hcp 45) with 40 points. Kabir Kakkar (hcp 36) and Jayne Githere (hcp 27) followed with 39 and 38 points, respectively.

Naomi Kikulu (hcp 12) claimed the Guest Winner title with 38 points, while Fidelis Wasike (Jnr) (hcp 9) impressed in the juniors' category, taking top honors with 32 points.

In the special prizes, Charles Rob claimed the Longest Drive among the Men, while Mary Kandu added to her tally by winning the Longest Drive among the Ladies.

Dr. Rohit Devani was closest to the pin for the men with a remarkable shot landing at 6 feet 3 inches, while Sandrah Githere won the ladies' nearest to the pin at 16 feet 0.16 inches.

NCBA Mombasa Regional

Manager Yasir Ashur, speaking during the prize-giving ceremony, emphasized the bank's vision: "At NCBA, we are committed to supporting platforms that nurture talent, bring communities together, and create impact. Golf is a sport of discipline and precision, values we strongly resonate with. We're proud of the journey this series has taken since 2021, and even more proud to be back here at Nyali where the energy, competition, and camaraderie are always incredible."

Nyali Golf Club Captain, Omar Lewa, lauded the partnership and the competitive spirit on the course: "It was a fantastic day of golf. We are truly grateful to NCBA for being a loyal partner to Nyali over the years. Their continued support has elevated our golfing calendar and helped us host tournaments that rival any in the country."

KBC

GET THE BEST OF WORLD

Sports >>> *Cabinet Secretary for Sports Salim Mvurya has affirmed that the Ministry of Sports has embarked on the process of preparations for national soccer team Harambee Stars ahead of the Africa Nations Championship

Kenya Is Ready To Host CHAN, Says Mvurya



Cabinet Secretary for Sports Salim Mvurya

Cabinet Secretary for Sports Salim Mvurya has affirmed that the Ministry of Sports has embarked on the process of preparations for national soccer team Harambee Stars ahead of the Africa Nations Championship (CHAN), set for August this year.

Kenya, together with Uganda and Tanzania, will be hosting the continental event for the local-based

players and also the 2027 Africa Cup of Nations.

With the renovation and construction works of football grounds in the country ongoing, the Ministry of Sports is now shifting focus to national team Harambee Stars preparations for the Africa Nations Championship to kick off in August this year.

CS Mvurya has challenged the

national team to lift the CHAN title in their build-up to the 2027 Africa Cup of Nations.

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SPORTS AS THEY HAPPEN



REVIEW OF FATHERS OF NATIONS



By: Cathren Gathoni
@themtkenyatimes

Worth Noting:

- **Poor Leadership:** The novel portrays African leaders as ineffective, indecisive, and disconnected from the realities of their citizens. Their inability to make informed decisions leads to disarray and missed opportunities for development.
- **Corruption:** Corruption is depicted as a pervasive issue undermining the continent's progress. Instances of election rigging, bribery, and misuse of power are prevalent throughout the narrative.
- **Poverty and Economic Challenges:** The novel highlights the economic struggles faced by African nations, exacerbated by international debts and exploitative financial systems. Characters like Professor Kimani experience the disparity between academic achievement and financial compensation.

Fathers of Nations is a satirical novel by Paul B. Vitta that delves into the political and social issues facing contemporary Africa. The narrative unfolds during a summit in Banjul, Gambia, where African leaders convene to discuss the adoption of "Way Omega," a development strategy proposed by 20 Nobel Laureates. However, a group of conspirators introduces a rival plan, "Path Alpha," aiming to derail the original proposal. The novel explores themes such as poor leadership, corruption, poverty, and the challenges of post-independence Africa.

SUMMARY

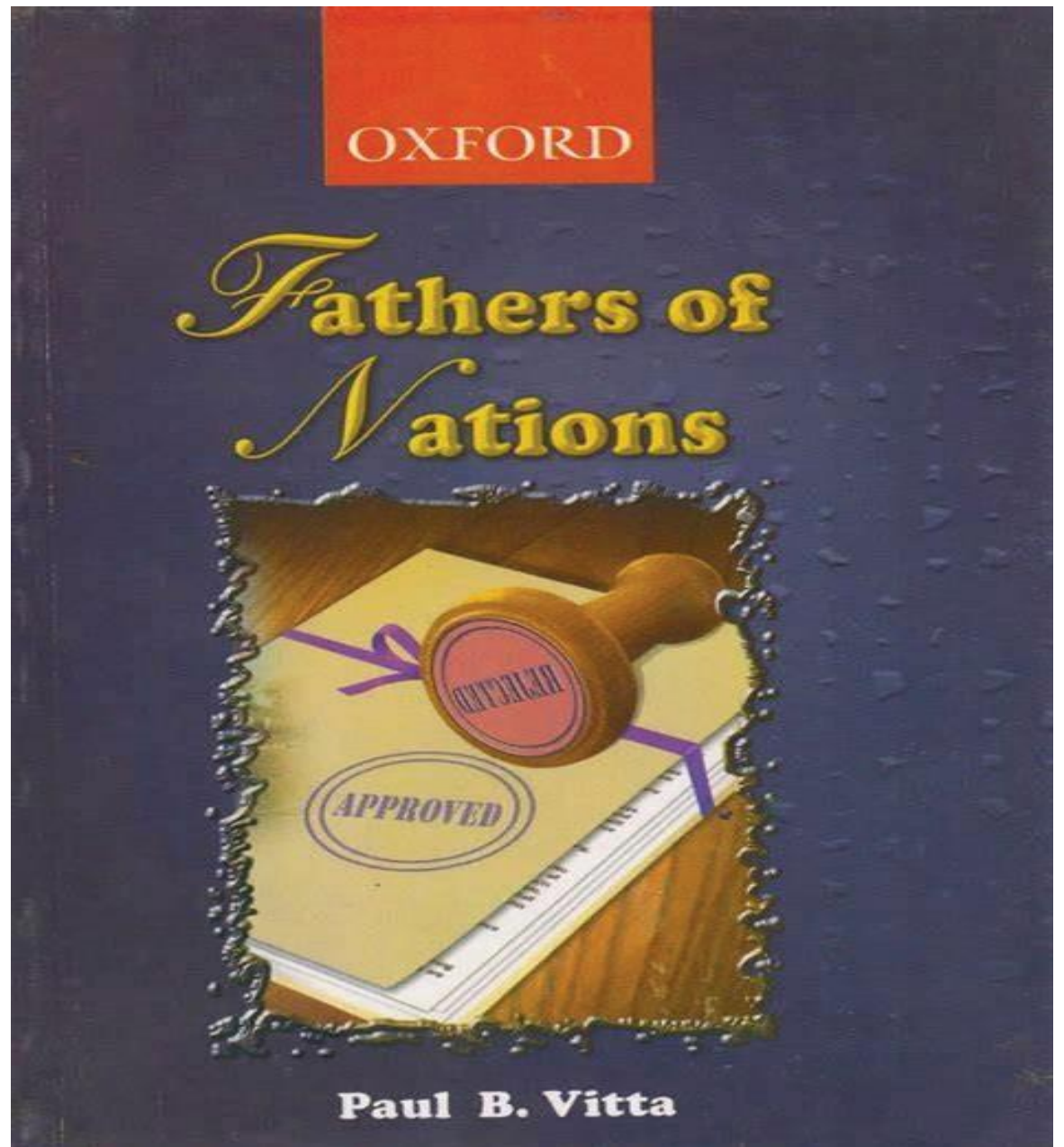
The plot centers around the African Union Summit in Banjul, where the main agenda is to discuss "Way Omega." Unbeknownst to the summit participants, a group led by Thaddeus Longway, Director of Special Projects at the Agency for Governance and Development in Africa (AGDA), conspires to introduce "Path Alpha" as a substitute. Key figures in this conspiracy include Professor Karanja Kimani, Comrade Melusi, Engineer Seif Tahir, Pastor Chineke Chiamaka, and Dr. Afolabi. Despite initial resistance, "Path Alpha" is adopted, highlighting the dysfunctionality and challenges within African leadership.

THEMES AND SOCIETAL ISSUES

Poor Leadership: The novel portrays African leaders as ineffective, indecisive, and disconnected from the realities of their citizens. Their inability to make informed decisions leads to disarray and missed opportunities for development.

Corruption: Corruption is depicted as a pervasive issue undermining the continent's progress. Instances of election rigging, bribery, and misuse of power are prevalent throughout the narrative.

Poverty and Economic Challenges: The novel highlights the economic struggles faced by African nations, exacerbated by international debts and exploitative financial systems. Characters like Professor Kimani experience the disparity between



academic achievement and financial compensation.

Betrayal and Political Machinations: The introduction of "Path Alpha" symbolizes the betrayal of the public's trust for personal or political gain. The characters' actions reflect the complexities and moral ambiguities in political maneuvering.

CHARACTER ANALYSIS

Professor Karanja Kimani: An academic who becomes disillusioned with the political system, reflecting the challenges faced by intellectuals in a corrupt society.

Comrade Melusi: A character who symbolizes the frustration of the

common citizen with the political elite's failures.

Engineer Seif Tahir: Represents the technocrats whose expertise is often sidelined in favor of political agendas.

Pastor Chineke Chiamaka: Embodies the moral dilemmas faced by religious leaders in a corrupt society.

Vitta employs satire, humor, and irony to critique African political systems. The use of vivid descriptions and dialogue enhances the narrative, making complex political issues more accessible and engaging. The novel's style encourages readers to reflect on the socio-political landscape of Africa.

CONCLUSION

Fathers of Nations offer a compelling critique of African leadership and governance. Through its satirical lens, it exposes the challenges and contradictions within the continent's political systems. The novel serves as both a cautionary tale and a call to action for reform and accountability. Its relevance remains significant as it mirrors ongoing issues in many African nations.