



### Right To Be Forgotten: Towards Digital Dignity In An Age Of Viral Information In Kenya

We live in an era where a single tweet can define a career and a Facebook post can haunt someone for decades, the concept of digital forgetting has become as essential as digital remembering. Kenya's journey toward establishing a robust "right to be forgotten" framework represents a fascinating intersection of constitutional privacy rights, modern data protection legislation

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### News>> President Ruto Announces Cost Reduction For Sexed Semen

P. 8. President William Ruto has announced a reduction in the cost of sexed semen in order to boost dairy farming.



### News>> Kenya's KSh4.2 Trillion Budget Amid Economic Uncertainty And Public Concerns

P. 12. The National Treasury Cabinet Secretary, John Mbadi, on June 12, 2025, presented to Parliament a KSh 4.2 trillion budget for the fiscal year 2025/2026. It is themed "Sustainable Economic Recovery for Improved Livelihoods, Job Creation, Business and Industrial Prosperity."

# Gachagua: How Gov't Organized Goons To Stop Meru Tour

⚡ The DCP Party Leader Rigathi Gachagua has criticized the government for hatching a plot to drail his tour of Meru county.

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Gachagua claimed that a section of lawmakers from the county received more than Sh5 million each for use to stop his tour in the region.



DCP party leader Rigathi Gachagua

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**DEMOCRATIC ACTION PARTY**  
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# Riggy-G's Tour Of Meru County, Amid Plans Of Disruption

By: MKT Reporter  
@themtkenyatimes

*Some Of The Moments As Captured In Pictures*


Former Deputy President Rigathi Gachagua pitched tent in Meru from Friday where he had an extensive tour of the populous County. The Democracy for the Citizens Party (DCP) leader covered all the constituencies despite failed attempts to stop him.

Gachagua, accompanied by several Meru leaders, aspiring politicians as well as some of his allies from other regions addressed scores of meetings where they gave the locals in particular and Kenyans in general, hope that all will be well in the next administration.

He repeated his call that President William Ruto will make history as a one term President for failing Kenyans.



Editor's Desk




The Mt. Kenya Times

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# NEWS PAPER

IN BUSINESS



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## NEWS IN BRIEF



Trans Nzoia governor George Ntembeya last week met student leaders from across all 47 counties during a high-level engagement forum held at Westwood Hotel in Westlands, Nairobi, where he urged them to rise beyond campus politics and prepare for impactful leadership on the national stage. Addressing the diverse group of young leaders drawn from institutions of higher learning across the country, Ntembeya commended them for their courage to lead, saying their willingness to serve was a powerful symbol of responsibility and vision. The governor encouraged the student leaders to think critically about the legacy they intend to leave, challenging them to use their positions to champion issues that directly affect the youth, including job creation, mental health, inclusivity, and education reform. He reaffirmed his commitment to working with the youth, pledging to create platforms for dialogue and long-term partnerships that would drive sustainable and inclusive development. The governor urged the student leaders to lead with purpose and integrity, reminding them that their generation holds the key to unlocking Kenya's full potential.



A multi-agency security team has intercepted over 8,000 litres of ethanol worth Sh 14 million, believed to have been smuggled into Kenya from neighbouring Uganda through a porous border section near Busia Town. Western Regional Police Commander Issa Mohamood, who led the operation, said the contraband was concealed under bags of chicken feed in a lorry, Isuzu registration number KDB 287U, which is now detained at Malaba Police Station. The driver of the truck escaped using a motorcycle and police have mounted a manhunt. Mohamood warned against smuggling and the use of ethanol in illicit brews, citing health dangers and revenue loss. Samples of the substance have been taken to the government chemist laboratory for analysis.



Women in Sigor, West Pokot County, are set to benefit from a KSh7 million economic empowerment programme launched by Farouk Kibet, President William Ruto's aide, in line with the Kenya Kwanza government's promise to uplift marginalized groups. The initiative was unveiled during a colourful ceremony at Sigor Centre, attended by a host of national and county leaders. The leaders rallied the community to embrace government programmes such as the Hustler Fund and other affirmative initiatives targeting women. Kibet emphasised the administration's commitment to inclusive development, while leaders called for political stability, criticising opposition protests for disrupting national progress.



The Kenya Institute of Primate Research (KIPRE) has launched its 5-Year Strategic Plan (2025–2030). The event that took place in Nairobi signifies an important milestone in Kenya's pursuit of cutting-edge research, health security, and environmental conservation. The plan sets out a focused agenda to enhance biomedical and preclinical research, strengthen ethical primate conservation, and drive innovation in addressing both local and global health challenges. Anchored in Kenya Vision 2030, the Bottom-Up Economic Transformation Agenda (BETA), and the goal of Universal Health Coverage (UHC), the strategy affirms KIPRE's critical role in delivering on Kenya's sustainable development aspirations. It is a bold step forward for science, sustainability, and public health in Kenya. The event was graced by, among others, the Secretary for Administration at the Ministry of Health Hassan Harakhe.



Leaders and residents of Kangema Constituency, Murang'a, gathering for prayers at the home of 22-year-old Boniface Kariuki, the hawker who was allegedly shot by police during last week's demonstrations in Nairobi last week. They urged the Independent Policing Oversight Authority (IPOA) to conduct a swift and impartial investigation to ensure justice is served.



The National Treasury and the African Development Bank (AfDB) are close to finalising an agreement for an additional Sh9.6 billion to complete Phase 1 of the Thwake Multi-Purpose Dam, located at the confluence of Athi and Thwake Rivers on the border of Makueni and Kitui Counties. Once completed, the dam is expected to be a game changer in the Lower Eastern Region, benefiting over 1.2 million people and supplying water to Konza City. The announcement was made during an inspection tour of the dam by officials from the National Treasury, AfDB, and the Ministry of Water, Sanitation and Irrigation, who reiterated their commitment to the critical infrastructure project. Mtchera Chirwa, Director of AfDB's Water and Sanitation Department noted that Thwake Dam symbolises Kenya's ambition for sustainable development, offering improved water security, agricultural productivity, and clean energy for the region. Currently at 94.2% physical completion, the dam is a pillar in Kenya's development agenda.



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# Waiting To Graduate, Worried To Begin: Final-Year Students Fear The Future

By: Stanley Mmasi and Alex Njeru  
@themkenyentimes

As final-year students complete their last semester at university, what should be a season of celebration is instead clouded by anxiety, fear, and a deep sense of uncertainty.

For many, the thought of graduation no longer represents triumph or a gateway to success, but rather, a looming entry into a world of joblessness, rejection, and unrealized dreams.

Edwin Marindi, a Bachelor of Arts in Criminology student, reflects on the tough road he has walked. "It has been four years of struggles and challenges, but I am happy to have reached the end. I'm grateful to my parents and everyone for their support," he said.

But his joy is quickly shadowed by uncertainty. "I have fears because I don't know what to expect out there after graduation. I used to depend on my parents for everything. Now, I have no idea what to do since it will be me versus the world with no jobs."

Like many others, Edwin is already thinking of survival. Without a job or income, he plans to start a small 'mali mali' business to stay active as he awaits graduation. "I know it's not easy to get a job in this field without knowing someone at the top, but I've kept my hopes up. I hope it will be well."

Weddy, another final-year student, shares a different but equally heavy concern: poverty. "My biggest fear is being poor. I'm afraid of having financial struggles.

But I believe that I will get a job soon. Meanwhile, I have a lot of plans for myself, such as starting a business that will keep me busy and sustained."

For many students, the reality of Kenya's job market is already hitting



A photo taken during Chuka University graduation ceremony.

## Worth Noting:

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hard. They are being asked for years of work experience for entry-level jobs. The irony is not lost on them.

"Getting a job in this country after graduation is very difficult for fresh university graduands," lamented another student. "Tell me, why would a company or organisation ask for two years' work experience from a newly graduated youth? It is very unfortunate that our government is not trying hard enough to create jobs for comrades."

Indeed, unemployment rates among young people in Kenya remain alarming. According to recent surveys, a large percentage of graduates remain jobless for years after completing their studies.

The situation is even worse for those who pursued courses in humanities or social sciences fields often overlooked by employers.

Many students express frustration with a system that feels rigged against them. Without powerful networks, most feel locked out of meaningful opportunities.

They graduate into a society that measures their worth by their connections rather than their capabilities.

"We are told education is the key to success, but we're out here with our degrees and no doors are opening," said one student bitterly.

As November approaches, hope battles despair among these soon-to-be

graduates. They walk through campus for the last time not with excitement, but with silent questions. What next? What if nothing comes? What if, after all the sacrifices, they still end up with nothing?

For many, graduation is no longer the end of a journey, it's the beginning of a battle. A battle to be seen, to be heard, and to survive in a country that has promised much but delivered little.

The

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# Asia-Pacific News Agencies Seek Cooperation To Tackle Global Changes, Tech Challenges

*The 19th General Assembly of the Organization of Asia-Pacific News Agencies began in St. Petersburg, Russia, on Thursday, where members will discuss addressing global changes and tech challenges during the two-day meeting.*

By: Xinhua, Editor: huaxia

ST. PETERSBURG, (Xinhua) -- The 19th General Assembly of the Organization of Asia-Pacific News Agencies (OANA) kicked off in St. Petersburg on Thursday.

During the two-day event, representatives of member news agencies will hold in-depth discussions on how news agencies can respond to global changes and technological challenges.

Dmitry Peskov, press secretary of Russian president, read out Russian President Vladimir Putin's congratulatory letter to the conference at the opening ceremony. Putin noted that currently, objective and timely information is vital for enhancing mutual trust and understanding among countries and their peoples.

As the world's largest alliance of news agencies, OANA has long played a significant role in global news dissemination. He said that he hopes this conference, through constructive exchanges, would explore and formulate promising cooperation projects, pushing mutually beneficial cooperation to a new level.

In his opening remarks, Fu Hua, president of Xinhua News Agency, pointed out that the Asia-Pacific region is the locomotive driving economic globalization, the hub of world economic growth, the anchor of global development and stability, and a highland for cooperation, with an important role in addressing global challenges.

Xinhua calls on news agencies in the Asia-Pacific region to join hands to enhance mutual trust, advocate inclusiveness, promote cooperation, and contribute to win-win outcomes, Fu said.

Fu said that Xinhua will earnestly perform its duties, deepen partnership with member organizations, and well establish and utilize multilateral mechanisms like the World Media Summit, the Global South Media and Think Tank Forum and the China-Central Asia News Agency Forum to jointly write a new chapter in news agencies' exchange and development.

Andrey Kondrashov, director general of Russia's TASS news agency, said that the world is in a critical period of profound transformation and information environment transition, with cyber threats and disinformation



Fu Hua, president of Xinhua News Agency, attends the 19th General Assembly of the Organization of Asia-Pacific News Agencies (OANA) in St. Petersburg, Russia, June 19, 2025. (Xinhua/Cao Yang)

testing the public trust in media.

In-depth exchanges and cooperation among Asia-Pacific news agencies, along with joint exploration of new technologies such as AI and big data to drive media industry transformation, will not only bolster their own development but also hold significant importance for safeguarding regional and global security and prosperity, he added.

Melissa Fleming, UN under-secretary-general for global communications, said in a video address that the current world is volatile, and news organizations and practitioners are facing multiple severe challenges, making strengthened media dialogue and exchanges particularly crucial.

She expressed her hope that while abiding by journalistic ethics, media outlets around the world can provide global audience with more valuable and positive news information.

Vu Viet Trang, general director of Vietnam News Agency, told Xinhua that the world is changing rapidly, with technological transformation advancing at an unprecedented pace. As important sources of information, news agencies need to enhance efficiency of information delivery through technological innovation while ensuring the accurate and timely transmission of information, she said.

The Asia-Pacific region is playing

an increasingly prominent role on the international stage, and regional news agencies should voice more strongly on regional and international issues, she said, noting that this is the common mission shouldered by news agencies in the Asia-Pacific region.

Dzhaldinov Askar Muratovich, deputy director of the Kazakhstan President's TV and Radio Complex, said as global news media face multiple common challenges, cooperation and exchanges offer opportunities to tackle these challenges. News organizations should not only fulfill

their responsibilities in information dissemination, but also actively influence social development and policy-making, he added.

During the conference, the delegates visited an OANA photo exhibition, where Xinhua News Agency's photographic works were on display.

OANA consists of 41 news agencies from 33 countries and has its origin in the Organization of Asian News Agencies established in Thailand in December 1961.



Fu Hua, president of Xinhua News Agency, attends the 19th General Assembly of the Organization of Asia-Pacific News Agencies (OANA) in St. Petersburg, Russia, June 19, 2025. (Xinhua/Cao Yang)

## Worth Noting:

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# President Ruto Announces Cost Reduction For Sexed Semen

By: Dickson Mwiti  
 @themtkenyatimes

President William Ruto has announced a reduction in the cost of sexed semen in order to boost dairy farming.

Speaking on Saturday during the 10th Meru Dairy Cooperative Union Annual Dairy Farmers' Field Day at Gitoro ASK showground, President Ruto said the prices will go down from the current Sh4000 to Sh1000.

"Starting 1st of July this year, the prices of sexed semen will go down to Sh1000 from Sh4000. I don't want to hear that farmers are being overcharged. Let's maintain the price so as to support our farmers" said Ruto.

He urged farmers to embrace sexed semen to improve their production, and be sure of the calves they expect.

He also noted that his government is committed to ensuring that animal feeds' prices are also lowered.

"We expect the animal feed manufacturing plant to be ready by end of the year. Through this, we will be able to reduce the cost of animal feed

to the benefit of farmers," said President Ruto.

In his bid to support dairy farming and reduce wastage of milk, he promised 230 coolers across the nation.

"Through the department of livestock, we have purchased 230 coolers. Already, we have released 15 coolers for Meru Dairy, 13 for Tharaka Nithi and others for Embu and Kirinyaga. This will be a big boost to the dairy sector in this region," he noted.

To address challenges faced by dairy farmers in selling their livestock at fair prices, the union launched a new website aimed at marketing cows on behalf of farmers.

The union CEO, Kenneth Gitonga, said that farmers have long struggled with low market prices for their cows, often forced to sell them at a loss.

"It has become increasingly hard for farmers to find reliable buyers, and when they do, the cows are sold at a very cheap price that does not reflect their value," Gitonga explained.

To help change this, the union has now created an online platform that will enable the cooperative to sell



President William Ruto with Meru Dairy Cooperative Union officials on Saturday..

cows directly on behalf of its members.

The initiative is expected to connect farmers to better markets and ensure they receive fair compensation for their livestock.

"This platform will not only give farmers better visibility but also ensure transparency in pricing. Our

goal is to help farmers get the value they deserve," added Mr Gitonga.

The move is part of a wider effort by the Meru Dairy Union to embrace technology and improve the livelihoods of its members.

It has also been exploring other digital solutions to streamline milk collection, payments, and access to

veterinary services.

Farmers within the cooperative have welcomed the initiative, expressing hope that it will improve their income and reduce exploitation by middlemen.

# Tharaka Nithi Raises Alarm Over Rising Cases Of Child Abandonment Amid Fears Of Possible Syndicate

By: Alex Njeru ad Victoria Mwende  
 @themtkenyatimes

The County Government of Tharaka Nithi has raised a red flag over a disturbing rise in the number of children—specifically infant boys—being abandoned under mysterious circumstances, with officials now warning of the possible existence of a syndicate involved in child dumping or infanticide within or outside the county.

In a worrying trend that has seen six boys found abandoned within just two months, some of them dead, authorities are now demanding immediate investigations into what could be an organised group or individuals targeting children.

The county's Chief Officer in charge of Children and Gender Affairs, Kelly Rwigy Karimi, has decried the spate of abandonment cases, pointing to the possibility of a criminal syndicate engaging in coordinated child dumping or worse, ritualistic killings.

"This is not normal. Six children in two months, all boys, some mutilated, others dumped while still alive. Something is going on. And if we don't act now, we risk setting a dangerous precedent where such heinous acts go unpunished," said Karimi, after visiting the latest scene where a newborn was dumped near Precious Bonanza School in Chuka on Friday night.

According to Karimi, the alarm was raised when she received a distressed phone call:

"She just screamed, 'Si Kelly wametupa mtoto hapa kwa gate ya shule yetu!' I only asked if the baby was alive, and on hearing it was, I sprang into action," she narrated.

The child was quickly rescued by the school management and handed over to the official and the Chuka Police Gender Office, then rushed to Chuka County Referral Hospital, where medical teams managed to save his life.

This comes barely two weeks after another harrowing discovery—a fetus with missing eyes, followed by an-

other dead infant found dumped in a toilet, and yet another one reportedly maimed and left for dead.

"No one has been arrested. No one has even been questioned. We cannot allow this to go on," Karimi said. "Three things stand out here: all victims are boys, no suspects have been brought to justice, and six is not just a number—it's a crisis."

She thanked the Precious Bonanza School, Chuka Referral Hospital, and the county's Communication, Rescue, Gender, and Children departments for their swift and life-saving response.

The Bonanza Children's Home in Chuka has become a common site for the dumping, suggesting a possible pattern. Karimi now urges residents to remain vigilant and report any suspicious neighbours—especially those who were recently pregnant but now have no child.

A toll-free number—1513— has been issued to the public to anonymously report any suspected cases of child abuse, dumping, or disappearance.

"We don't know if this is a cult, a



Chuka County Referral Hospital in Tharaka Nithi County where the abandoned baby was taken for treatment. Photo/Alex Njeru.

crime ring, or some twisted new trend. But to those doing this: your days are numbered. If you are even thinking about it—DON'T," Karimi warned.

The county is also calling on the National Police Service to prioritise investigations and bring those responsible to justice before more children are harmed.

"We are willing to listen and walk the

journey with anyone going through challenges. Don't abandon your child—call us. We are here," she added.

As the county rallies to protect its youngest and most vulnerable residents, a firm message rings clear: This is a battle for the soul of our community—and we must win it.

# Gachagua: How The Government Organized Goons In A Bid To Stop Our Meru County Tour

By: MKT Correspondents  
@themkenyatimes

The DCP Party Leader Rigathi Gachagua has criticized the government for hatching a plot to derail his tour of Meru county.

The former DP claimed that the State, through a senior official dished out millions of shilling for goons who were to ensure he did not have a chance to meet the local residents during his three day tour that began on Friday.

Gachagua claimed that a section of lawmakers from the county received more than Sh5 million each for use to stop his tour in the region.

Speaking during a church service at AIPCA St. Mary's church in Buuri Constituency, Meru County, the former Deputy President said despite the president illegally removing him from office he has accepted his fate.

He said that despite hounding him out of office, President Ruto through state machinery has continued to harass him blocking from attending church services.

"He is a dictator and is desperate, he has shown the highest form of dictatorship, that not even Moi interfered with the clergy," he said.

The former DP also hit out at Members of Parliament from Meru for mobilizing youth to cause Mayhem and chaos during his visit of the region while thanking the people of Meru for standing with him.

However, he noted that despite hiring goons, the local residents embraced his team and turned out in large numbers during the scores of public meetings that he held in various parts of the county.

Some of the hired goons, Gachagua noted, abandoned the illegal mission



DCP leader and other leaders listening to the sermon in Meru yesterday. Photos/Courtesy.

and joined the public in his meetings

Gachagua started his tour of the county on Friday where he launched a charm offensive in Imenti region before proceeding to Nyambene region. He had mammoth crowds especially in Igembe which is former Cabinet Secretary Mithika Linturi's backyard, where residents even sang praises to him comparing him with a lions cab.

On Saturday when he attended the 10th annual farmers field day in Meru, President Ruto claimed the opposition has no plan on how to move the country forward.

However, Gachagua said the government is desperate and has resorted to using goons as it has failed its electoral ploys.

Yesterday, he was accompanied by several leaders, led by Linturi and MPs Maoka Maore, James Gakuya, Kamau Murango, Nyeri Assembly Speaker Gichuhi Mwangi and dozens of aspirants of various political seats from different parts of the country.

Linturi criticized Deputy President Kithure Kindiki for betraying Gachagua saying it was a matter of time before Ruto uses and dumps Kindiki like he did to him and Gachagua.

"President Ruto has been my friend for a long time I realized he has tendency of using and duping, so Kindiki don't be used to split Mount Kenya," Linturi said.

Gachagua clarified that he has no problem with the president investing

in the county, saying that his main problem is that the only project ongoing in Meru is the construction of his hotel.

On the concerns that IPOA has not put in public the statement of DIG Eliud Lagat, Gachagua alleged that President Ruto is protecting Lagat from the allegation of being the mastermind of the Killing of Albert Ojwang.

On the Unity of the region, the DCP Party leader said that the tour has confirmed that the mountain is one and the attempts by the president to divide the region has bowed no fruits.

He told the president to forget ever redeeming his image amongst the region's electorate for betraying them

## Worth Noting:

- Speaking during a church service at AIPCA St. Mary's church in Buuri Constituency, Meru County, the former Deputy President said despite the president illegally removing him from office he has accepted his fate.
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- The former DP also hit out at Members of Parliament from Meru for mobilizing youth to cause Mayhem and chaos during his visit of the region while thanking the people of Meru for standing with him.



DCP leader and other leaders in Meru yesterday. Photos/Courtesy.

# Nyandarua County MCA Beth Wahito Dies In Tragic Road Accident

By: MKT Correspondent  
@themkenyatimes

Nyandarua County is in mourning following the untimely death of long-serving nominated MCA Beth Wahito, who perished in a tragic road accident along the Nairobi-Nakuru highway.

Wahito, a fourth-term MCA, died on the spot when her private vehicle collided with a Guardian Bus near the Naivasha-Kinangop junction at around 1:00 am yesterday.

The bus, en route to Western Kenya, left several passengers with minor injuries who were treated and discharged at Naivasha Sub-County Hospital.

Naivasha Directorate of Criminal Investigations Officer (DCIO) Isaac Kiama confirmed that the MCA was attempting to join the highway after exiting Naivasha town when the accident occurred.

“The MCA was on her way home



The vehicle in which the late MCA was driving in. Photos/Courtesy.

when she was hit by a bus while joining the highway and, unfortunately, lost her life,” he said.

The tragedy has drawn widespread grief, with colleagues, friends, and family gathering at the hospital mortuary to pay their respects.

Leader of the Majority in the County Assembly, Mwangi Nyaga, described Wahito as a dedicated legislator who was returning from a budget committee meeting.

He noted that she was returning home after attending a budget committee meeting in Naivasha.

“As a county, we have lost one of the most dedicated MCAs and on behalf of the assembly, we extend our heartfelt condolences to her family,” Nyaga said.

Naivasha MP Jayne Kihara also mourned her terming her as a dedicated servant of the people.



Beth Wahito.



# PBO Act: An Analysis Of The High Court Ruling Against Some Sections



By: Ndung'u Wainaina

The Constitutional petition was filed by David Calleb Otieno, the Civil Society Reference Group and the National Public Benefit Organizations Consortium where I played a pivotal role.

It challenged provisions of the PBO Act that came into force in May 2024 after a decade-long dormancy.

The High Court ruling is a major victory for the civil society in declaring several provisions of the Public Benefit Organizations (PBO) Act, 2013 unconstitutional. The ruling is a significant win for the freedom of association, privacy and fair administrative action.

The court's decision strikes at the heart of sections that threatened to undermine the independence of public benefit organizations through re-registration requirements, forced association, lack of institutional independence in regulatory bodies, and overreach into privacy.

## A win against regressive regulation

The court nullified Paragraphs 5(1) and 5(2) of the Fifth Schedule, which required NGOs previously registered under the old NGO Co-ordination Act to apply afresh for recognition under the new PBO Act.

Justice Mwamuye found the requirement "an unjustified, unreasonable, and procedural unfair limitation" on the freedom of association and administrative justice, declaring it violated Articles 36(3)(a), 47, and 27 of the Constitution.

"Requiring already compliant organizations to re-register afresh on pain of deregistration undermines legal certainty and fair process," the court noted.

The Petitioners argued that such re-registration was discriminatory, pointing out that entities under similar legal reforms, such as companies and political parties, were not subjected to such treatment.

The court agreed, terming the provision an unnecessary burden and a violation of legitimate expectations.

Justice Mwamuye ordered the PBO Authority to "automatically and unreservedly transition and register" all NGOs previously registered under the repealed law without requiring new applications.

## Protection of privacy

In another decisive finding, the court declared Section 32 of the PBO Act unconstitutional for infringing on the right to privacy.

The section had mandated broad disclosure of private information including member lists, donor identities, and internal records.

"While transparency is important," the judge stated, "privacy and accountability must be balanced."

The Court found that the provision failed to align with the Data Protection Act, lacked sufficient safeguards, and could discourage participation in sensitive causes due to fear of exposure.



## THE NEW PBO ACT: KEY HIGHLIGHTS FOR NON-PROFITS

### Independence of regulatory bodies questioned

The judgment also invalidated Section 35, which governs the composition of the PBO Authority Board, ruling that its structure gave undue influence to the Executive.

"The Board's lack of independence renders it unsuitable to discharge quasi-judicial functions affecting rights of PBOs," the court declared, citing Articles 50(1), 160, and 172 of the Constitution.

Justice Mwamuye further faulted the appointment structure of the PBO Disputes Tribunal under Section 50.

The Court found that bypassing the Judicial Service Commission in appointments and allowing the PBO Authority to determine remuneration compromised the tribunal's independence.

These flaws, the judge ruled, rendered Sections 50(1), 50(5), and 50(6)(c) unconstitutional for violating Articles 50(1), 160(1), 172(1)(c), and 230(4)(a).

### Freedom of association upheld

Sections 21(1) and 21(9) of the Act, which appeared to compel all PBOs to join the National Federation, were also struck down.

The court ruled that any implication of compulsory affiliation violated Article 36(2) of the Constitution.

"The Federation may continue to exist

and operate... but the State shall not by law or policy impose it as an exclusive or compulsory representative of the PBO sector," the ruling read.

Section 23(2), which restricted recognition of PBO forums based on an undefined "significant number" of members, also failed the constitutional test.

The court termed it vague, arbitrary, and an unjustifiable limitation on the freedom of association.

### Fair hearing and administrative justice

The court declared Sections 18(1)-(3) and 19(1)(b), which allowed the PBO Authority to suspend or cancel registration based solely on its own determination, unconstitutional.

"These provisions fail to provide a fair hearing prior to suspension or cancellation," the judge ruled, noting that the same authority acting as investigator, accuser and judge violated natural justice and the right to an impartial hearing.

Justice Mwamuye observed that the penalties could be imposed for even minor infractions without an oral hearing, making the process "neither fair nor proportional."

### A pushback against autocracy

The High Court has delivered a timely and significant win for the Freedom

of Association, the Right to Fair Hearing/Fair Administrative Action and the Right to Privacy in the face of an increasingly autocratic regime.

The ruling is a much-needed push back by civil society organisations that were on the cusp of being regulated by some extremely regressive sections of the Public Benefit Organizations Act."

### Court orders

In total, the court issued seven declaratory orders, including nullifying the re-registration requirement, invalidating the provisions compelling federation membership and declaring the regulatory board and tribunal structures unconstitutional.

Additionally, the court invalidated the privacy-invasive disclosure obligations and ordered automatic recognition of previously registered NGOs.

*The writer is executive director, International Centre for Policy and Conflict, a Nairobi-based independent regional not for profit research, education and advocacy, larger human rights, human security and democratic development institute*



### Worth Noting:

- The court nullified Paragraphs 5(1) and 5(2) of the Fifth Schedule, which required NGOs previously registered under the old NGO Co-ordination Act to apply afresh for recognition under the new PBO Act.
- Justice Mwamuye found the requirement "an unjustified, unreasonable, and procedural unfair limitation" on the freedom of association and administrative justice, declaring it violated Articles 36(3)(a), 47, and 27 of the Constitution.
- "Requiring already compliant organizations to re-register afresh on pain of deregistration undermines legal certainty and fair process," the court noted.
- The Petitioners argued that such re-registration was discriminatory, pointing out that entities under similar legal reforms, such as companies and political parties, were not subjected to such treatment.

# Kenya's KSh4.2 Trillion Budget Amid Economic Uncertainty And Public Concerns

By: Benson Maina and Alex Njeru  
 @themtkenyentimes

The National Treasury Cabinet Secretary, John Mbadi, on June 12, 2025, presented to Parliament a KSh 4.2 trillion budget for the fiscal year 2025/2026. It is themed "Sustainable Economic Recovery for Improved Livelihoods, Job Creation, Business and Industrial Prosperity."

The budget reflects the government's commitment to the Bottom-Up Economic Transformation Agenda (BETA) aimed at rebuilding the economy from the grassroots.

The budget is grounded on a mixed economic performance between 2022 and 2024, with average growth recorded at 5.0%. However, 2024 saw a slowdown to 5.3% from 5.6% in 2023.

The challenges included a weak shilling that slumped to KSh159 per US dollar in early 2024 before strengthening to KSh129.2 in February, an inflation rate of 5.0%, and reduced private sector activity. Externally, climate-related shocks, political unrest due to anti-finance bill protests, and ongoing fiscal consolidation weighed heavily on economic momentum.

Despite these challenges, the 2025/2026 budget sets an optimistic tone. The Treasury projects a 5.3% GDP growth driven by improved agricultural output, favourable weather, a stabilised exchange rate, declining interest rates, and inflation contained within 2.5%–5.0%.

Yet, not all is rosy. The biggest concern remains Kenya's growing debt burden, which has reached between KSh11.0 and 11.5 trillion as of March 2025. A staggering KSh 876.1 billion to KSh 923 billion of the budget will go towards debt servicing.

This will be financed through net external borrowing of KSh 284.2 billion and net domestic borrowing of KSh 591.9 billion. In response, the government has developed a Medium-Term Debt Strategy (MTDS) aimed at reducing the debt-to-GDP ratio to 63% by 2028.

A breakdown of budget allocations reveals the Executive receiving KSh 2.428 trillion, the Judiciary KSh 26.7 billion, Parliament KSh 42.5 billion, County Governments KSh 405.1 billion, and Consolidated Fund Services KSh 1.337 trillion. While these allocations show an intent to fund governance and devolution adequately, the budget faces several hurdles.

One major challenge is social tension. Despite government efforts to support households, Kenyans remain vocal about the high cost of living, rising unemployment, and perceived over-taxation. The disconnect between government projections and citizen expectations is evident.



Treasury Cabinet Secretary John Mbadi in Parliament on June 12..

Political sensitivity is another sticking point. Disputes over equitable revenue sharing are emerging across counties. In Tharaka Nithi County, Members of the County Assembly (MCAs) have rejected the proposed budget allocation.

Speaking to vernacular station Gauru TV after a heated county assembly session, Mukothima MCA Marengo Luke Nyaga declared, "We shall put the budget down based on how we have read."

Debt sustainability and fiscal deficit concerns persist as Kenya continues to rely heavily on both domestic and external borrowing. While Treasury maintains this strategy is under control, many remain skeptical of its long-term viability.

Experts have also weighed in. Speaking on KBC, Robert Maina, a member of the Public Finance and

Tax Committee, acknowledged the budget's limitations. "I do appreciate the government for listening to the people, but I also recognize there is major concern among the general public that we are probably living beyond our means," he said.

The International Monetary Fund (IMF) has also reiterated the need for Kenya to boost domestic revenue collection, prioritize essential spending, and sustain medium-term growth through a strong macroeconomic framework.

On the legislative front, Parliament passed the 2025 Finance Bill on June 19. Notably, lawmakers rejected a proposal by the Kenya Revenue Authority (KRA) to directly access taxpayer data, citing privacy and constitutional safeguards. The bill instead focuses on increasing revenue through stronger tax compliance

mechanisms rather than new taxes—an effort projected to raise an additional KSh 30 billion.

This approach comes in the wake of deadly anti-tax protests last year that resulted in more than 60 deaths. The government has since opted for caution in tax reform to avoid further unrest.

The Finance Bill now awaits presidential assent, after which it will be enacted into law as the 2025 Finance Act. As the country waits for this final step, a pressing question remains: Is Kenya prepared to weather the economic headwinds ahead, and can the government maintain fiscal discipline while responding to the people's voices?

Only time will tell if this ambitious budget will truly transform Kenya's economic fortunes—or deepen its fiscal woes.



Treasury CS with other senior ministry officials before presentation of the budget estimates on June 12. Photos/Courtesy.

**Worth Noting:**

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- Despite these challenges, the 2025/2026 budget sets an optimistic tone. The Treasury projects a 5.3% GDP growth driven by improved agricultural output, favourable weather, a stabilised exchange rate, declining interest rates, and inflation contained within 2.5%–5.0%.
- Yet, not all is rosy. The biggest concern remains Kenya's growing debt burden, which has reached between KSh11.0 and 11.5 trillion as of March 2025. A staggering KSh 876.1 billion to KSh 923 billion of the budget will go towards debt servicing.

# Gachara Kamanga: How An Ideal Governor Should Lead And Inspire County Growth

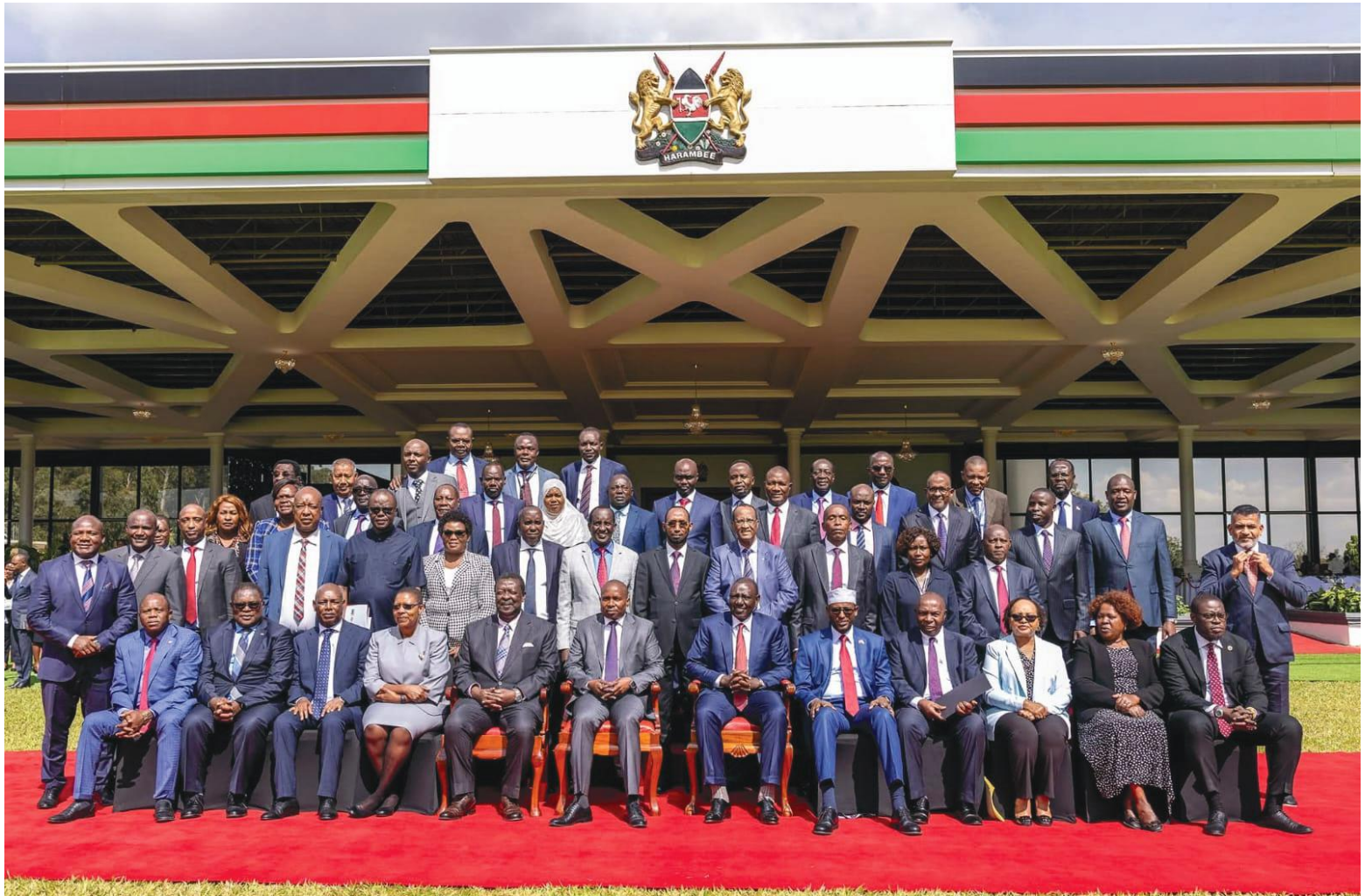


By: Gachara Kamanga  
@themkenyatimes



## Worth Noting:

- Why is it that most African leaders can not see that real power comes from being selfless and honourable?
- Now let me paint a picture of a practical, constitutionally faithful and results-driven governor, the kind we desperately need for devolution to deliver on its promise.
- First, they must be morally grounded and intellectually sound. This governor does not weaponise tribe, nor does he dance to the tune of local kingpins or business cartels.
- Their personal political philosophy must be clear, intentional and built on values; commitment to policy over petty politics, zero tolerance for corruption, appointments based on merit, and a culture of simplified transparency.



Governors in a group photo with some members of the Executive, led by President William Ruto. Photo/Courtesy..

Every election season, Kenyans flock to the ballot with hopes as high as the peaks of Mount Kenya. We elect governors with dreams drawn from the golden promises of the 2010 Constitution: equity, accountability, grassroots empowerment, and transformation.

But a decade later, the reality across most counties stands in bitter contrast to this vision. Devolution, though a beautiful child of our constitutional revolution, has too often been choked by greed, tribalism and mediocrity.

The main reason why Asian countries have registered phenomenal growth is because they put their best minds forward to lead them, while Africa generally elect the worst to lead them.

Why is it that most African leaders can not see that real power comes from being selfless and honourable?

Now let me paint a picture of a practical, constitutionally faithful and results-driven governor, the kind we desperately need for devolution to deliver on its promise.

First, they must be morally grounded and intellectually sound. This governor does not weaponise tribe, nor does he dance to the tune of local kingpins or business cartels.

Their personal political philosophy

must be clear, intentional and built on values; commitment to policy over petty politics, zero tolerance for corruption, appointments based on merit, and a culture of simplified transparency.

That means translating county strategic plans into simple dashboards, publicly displaying budgets, using open procurement processes, and exercising strict control over every shilling of public expenditure.

Imagine a county where every project is aligned to a clear plan, and every cent spent is visible to residents via digital public noticeboards in towns and wards, from roads to bursaries to fertilizer subsidies.

That is not a dream. It is possible.

This kind of leader is fiercely committed to evidence-based policy-making, not the kind that ends with flashy PowerPoint slides, but the kind rooted in serious, multi-partner engagement. They invite local universities, seasoned technocrats, think tanks, and even brilliant minds from the diaspora to help analyse county problems and design real and revolutionary solutions.

Before implementing any intervention, they ask three hard questions: Is this intervention eliminating harmful, retrogressive norms in county man-

agement? Is it being done the right way and at the right scale, to meaningfully improve people's lives as envisioned in our Constitution?

And is it bold and innovative enough to transform the county rather than simply tweak the status quo?

A transformative governor must also harness all forms of capital, not just financial.

Social capital, intellectual capital, technological innovation, and trust capital from communities must be mobilised. Think of a county that turns youth groups into co-owners of innovation hubs, where they receive training on agri-business, digital skills, and light manufacturing.

Or one where retired professionals and technocrats mentor ward-level administrators and oversight committees. Under this governor, no public expenditure occurs without a signed contract. Any county official who issues an illegal or collusive contract is held personally and criminally liable.

Take agriculture, the economic lifeline of most counties. This governor ensures the approach is wholistic from production to the markets. He or she ensures that ward-level data determines where to channel subsidised seeds, training, or extension officers.

They create digitised supply chains

for milk, bananas, potatoes, or fish, linking farmers directly with urban markets.

In healthcare, they push beyond Level 2 clinics that barely stock paracetamol. They introduce biometric tracking for patients, ensure medicine stocks are visible to the public online, and reward health workers based on outcomes, not just attendance. Clinics are upgraded using output-based budgeting, not guesswork.

Politically, this governor decentralises real power. Ward Development Committees are not rubber stamps; they are decision-makers with budgets, oversight, and direct reporting mechanisms.

Local voices shape local priorities. That is the very spirit of devolution.

This, dear reader, is how an ideal governor should look like. Not a messiah, but a manager. Not a populist, but a planner. Not a looter, but a leader.

*Gachara Kamanga is Development Expert. He is widely expected to contest the Nyeri gubernatorial seat in the 2027 General Elections*

14 POEMS

# Life After Life



Giving life to others, with a helping hand.

Let us honor, the memories we hold,  
By giving life, to those who grow old.  
Let our legacy, be one of love and light,  
Guiding others forward, through the darkest night.

May our hearts beat as one, with a loving creed,  
And may our kindness, be the greatest gift we need.

For in the end, it's not the years we live,  
But the love we share, and the lives we give.

-Murali Krishna Boddula,  
Hyderabad,  
Telangana State,  
India.

A gift of life, a love so bright,  
Shining on, a guiding light.  
Organ donation, a selfless deed,  
Helping others, in their time of need.

With every heartbeat, a story is told,  
Of lives connected, young and old.  
A thread of kindness, a chain of love,  
Binding hearts together, sent from above.

A liver, kidney, or heart so true,  
A gift to the living, a gift anew.  
The ultimate act of love, a sacrifice so grand,

# New Day, New Start!



Urge to seize the day whatsoever may come.  
Let's ride the waves and get the crowns.  
Every single step leads to solving the sum.  
Let's smash the ups and downs.

Every day is a gift wrapped with wonder.  
As we're the architect of our fate,  
let's smash the thunder.  
Let's stay pausitive towards a brighter state.

M. DEVIKA  
PGT ENGLISH TEACHER  
FIITJEE GLOBAL SCHOOL, CHENNAI.

Everyday a fresh start brings a chance to rise.  
As the sun shines with its new dawn light.  
We are born again with a little hope in our eyes.  
Finding a prospect to set things right.

# F.E.A.R. has two meanings:



Anchor yourself in courage.

Life's journey is not about distance,  
But about experiencing its treasures.  
Before your time runs out,  
Seize every moment and rise above fear.

Thousands of problems may arise,  
But the solution lies in staying calm,  
Making wise decisions at life's crucial turns.  
Embrace both sorrow and joy equally,  
And live life fully.

J.H.Aasiya,  
10th std ,  
G.H.S. melpattampakkam ,  
Cuddalore district ,  
Tamil nadu,  
India

Forget Everything And Run  
or  
Face Everything And Rise

The life is yours don't be confused . Life is to live  
not to be scared and feel fear.  
The choice is yours, and it's your life.  
Don't let fear dictate your path.  
Life is meant to be lived and not hidden.  
Though situations may make your fear,  
Let 'F.E.A.R.' motivate you to remove obstacles,

# And Athena's Untold Trance



high,  
continually encircles the blazing sights, a glory  
untie

Lyricaly cuddles, sounding the unsounded  
rattles  
and more often cherishes the unseen, unread  
letters  
in great solace and lived the chosen allowance  
as above poeticality—a melody serves as an  
affluence

Joyous the pleasure—all that the Athena ears  
through her heavenly sacred eyes, hidden  
heartiness  
thou gulping energy, embracing  
wholeheartedness  
Astonishingly appeals—every potion thou plea.

Tajalla Qureshi

The moments  
where the fingers prom, the heart clasps  
and the eyes invite for enchantment to fully  
grasp;  
where delight, dignity, and divine altogether  
lavish  
the unheard, unveiled bottom—telltaling a  
ravish  
there between the spring and summer—  
seasons of brightness and blinkingness—a  
chamber;  
declares openly, a fragrance tinkles and tingles

# Uraibu Wa Kutunga



Mizengwe inoachuka, inaibuwa maswali  
Uraibu wa kutunga, tiba yake sijapata

4.

Nalijaribu kupaka, nyekundu rangi ya niili  
Mwisho niilitatizika, kuukiuka ukweli  
Kalamu ninaposhika, ujumbe kwao ratili  
Uraibu wa kutunga, tiba yake sijapata

5.

Mengi yanayotendeka, matendo ya ukatili  
Stara ya wahusika, ni kufuru kwa Jalali  
Nimeshindwa kufunika, uozo wa hawa nduli  
Uraibu wa kutunga, tiba yake sijapata

6.

Kukoma kuwaanika, wauaji kwenye seli  
Ni sawa na kuumbuka, na kuishia kufeli  
Hili dhahiri naweka, kukoma sitakubali  
Uraibu wa kutunga, tiba yake sijapata

Mtunzi: Paul Ndeti  
Lakabu: Mshairi Msi Shari  
Nairobi

1.  
Nalitishwa na vibaka, na vizito wenye hali  
Mwanzoni nilikereka, madadi kanikabili  
Kunizima wanataka, wajuji wa idhilali  
Uraibu wa kutunga, tiba yake sijapata

2.  
Tungo zinazilomulika, maovu huku na mbali  
Kwazo nimevurugika, fuadi wakanidhili  
Vitisho vingi vyafika, mkondo niubadili  
Uraibu wa kutunga, tiba yake sijapata

3.  
Wanan'ambia andika, usifu makabaili  
Washakiri wakwazika, ziwajiapo laili

# I Feel Relieved When



hospitals  
Closure of all pending court cases  
All will have three-time meals  
No more death news in any channels  
No more orphanages and old age homes  
No physically challenged persons  
All happily married with children  
Treating all as sisters and brothers  
That day I'm totally relieved of stress  
and tension  
No more fight within and outside Nation

I feel relieved when I see the smile  
OF the innocent face of kids for a while  
Guiltless people with laughter  
Makes a magical relief from all life  
shatter

Sound sleep will release free from stress  
Free from all problems and troubles  
World sans natural disasters, never in a  
mess

Make me relaxed it really matters  
Where there is no patient in any

MRS. BRINDA D  
CREATIVE WRITERS  
GRADUATE TEACHER,  
GOVT HIGH SCHOOL,  
MELPATTAMPACKAM  
CUDDALORE,  
Tamilnadu India

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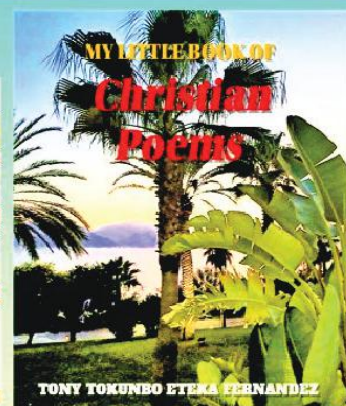
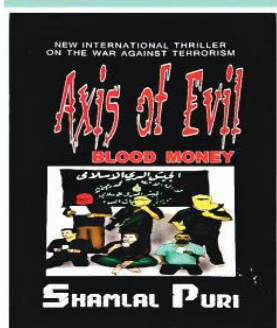
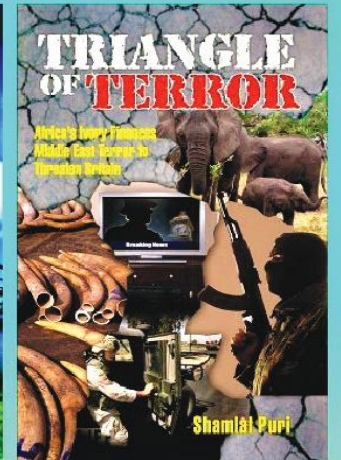
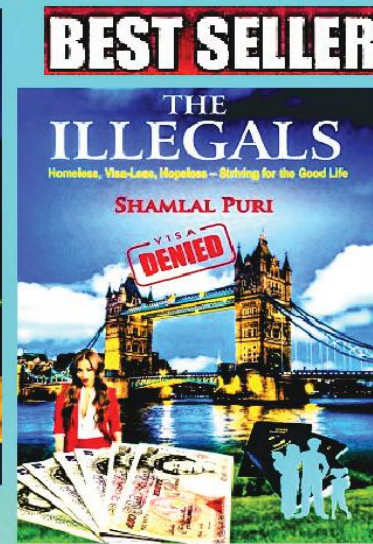
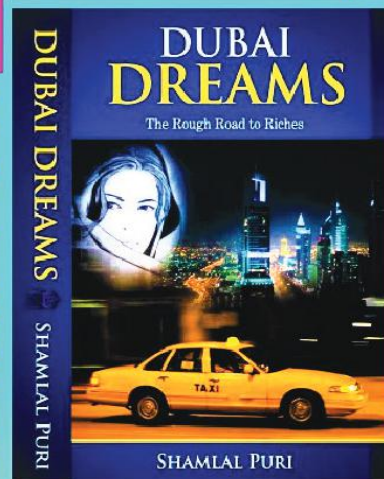
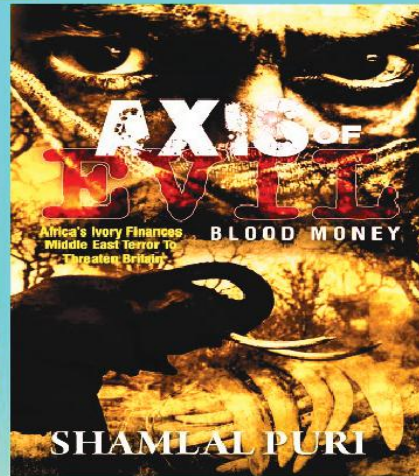
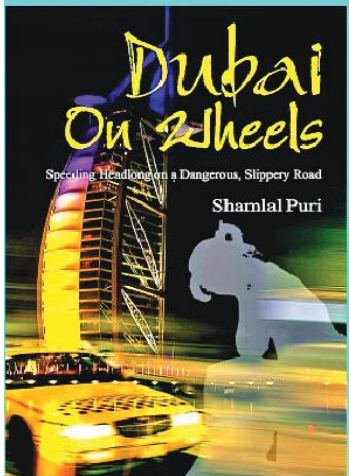
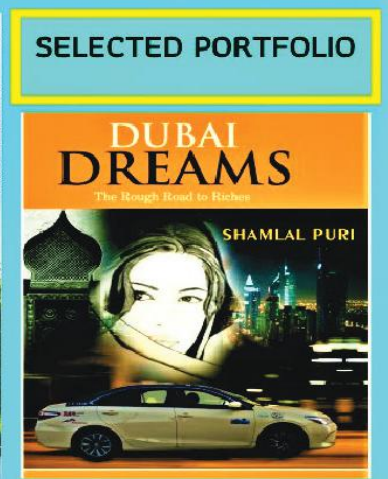
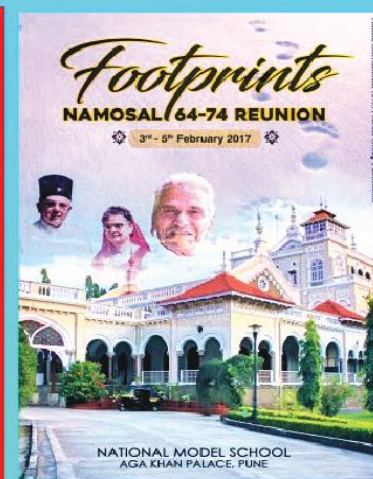
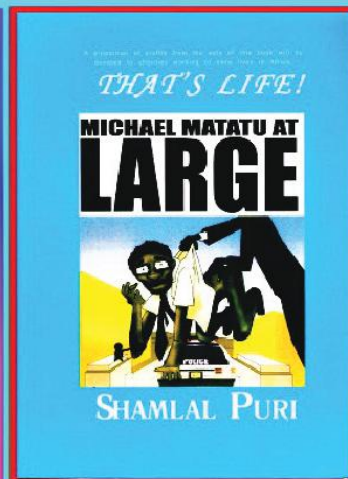
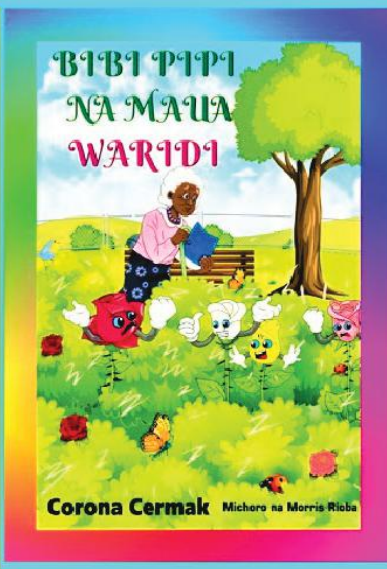
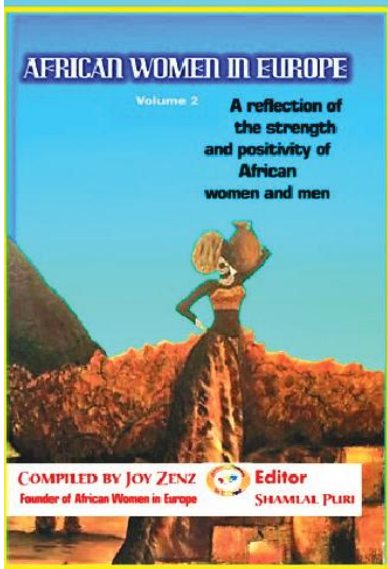
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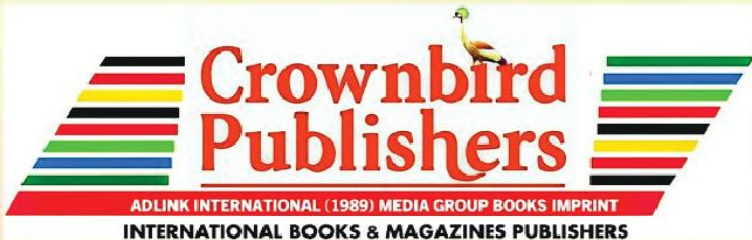
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# Cummins Power Train Symposium In Nairobi

By: Raphael Ndakala Atanda  
@themkenyatimes

Cummins Car & General Limited organized a training dubbed 'Cummins Power Train Kenya Symposium' on Friday, June 20, 2025. The training, conducted by a team from Cummins Africa and Middle East PowerGen specialised technical leaders, was meant for engineers and consultants from the entire East African region. The attendees included the Cummins C&G appropriate staff and key clients, including banks, data centres and oil companies, consulting engineers and service teams.

The training offered valuable knowledge on how to handle the Cummins equipment from generator set settings and transient performance, genset paralleling, installation layout and design, data center power systems design considerations, alternator and generator acoustic closures.

The Power Train Kenya Sympo-

sium was also used to introduce BESS, Battery Energy Storage System that stores excess energy generated during periods of low demand and released during demand periods.

Speaking after the symposium, Erick Sangoro, the Cummins C&G Managing Director said, "This is very important to us. BESS, apart from enhancing energy efficiency, it also improves the stability and reliability of the grid."

Car & General became a distributor of Cummins products in 2007. In 2017, Cummins C&G was formed as a 50:50 joint venture between C&G and Cummins Inc. In 2023, Car & General bought back the Cummins Inc shares and fully acquired Cummins CG from the joint venture. It is now owned 100% by C&G and is the Cummins distributor for generators, engines and power solutions in Kenya, Uganda, Tanzania, Rwanda, Burundi and Somalia.

Car & General is a diversified distributor of Cummins generators, TVS motorcycles, Piaggio three wheelers, Kubota tractors, Toyo-



Erick Sangoro (left), Managing Director of Cummins Car & General Limited, hands over a certificate to Allen Borondo of Faraja Tech Limited for attending the Cummins Power Train Kenya symposium held at the EKA Hotel in Nairobi on June 20 2025

ta forklifts, Develon earthmovers among other equipment in East Africa.

Raphael Atanda works at Car & General (Kenya) Plc as Head of Communications. Email: raphael.atanda@cargen.com

# Dr. Jyotee Trivedy A Life of Vision, Service, and Resilience Captured in New Memoir Wings of Hope

By: Brenda Asugu  
@themkenyatimes

Dr. Jyotee Trivedy, one of Kenya's most distinguished ophthalmologists and the recipient of the prestigious Order of the Grand Warrior (OGW), has launched her memoir Wings of Hope, a moving account of her journey from rural India to the forefront of eye care in East Africa. The event, held at Dr. Agarwal's Eye Hospital in Nairobi, marked more than just a book launch it was a celebration of a life dedicated to restoring sight, dignity, and hope.

Unveiled by Mr. Sushil Prasad, Acting High Commissioner of India to Kenya, the book has already been hailed as a beacon of inspiration. "Dr. Trivedy is a bridge between two nations India and Kenya not only in medicine but in values of compassion, service, and perseverance," said Mr. Prasad. "Her story uplifts us all."

Dr. Trivedy's memoir chronicles over two decades of clinical and surgical milestones. With more than

65,000 cataract surgeries, 2,700 corneal transplants, and 4,500 glaucoma operations to her name nearly half of them free of charge her contribution to eliminating preventable blindness is unmatched. The book also sheds light on the personal challenges she overcame, including gender bias, cultural expectations, and self-doubt.

"This is a story for anyone who ever felt unseen," Dr. Trivedy told the audience. "A reminder that your worth is not defined by the world's filters."

Her story is more than just a personal triumph. As Medical Director at Dr. Agarwal's Eye Hospital, she oversees 18 branches across Africa, working to ensure that world-class eye care reaches both urban centers and the most remote communities.

Dr. Trivedy's service was formally recognized on December 12, 2023, when she was awarded the OGW during Kenya's Independence Day celebrations. Her work in the Seychelles where she led a historic campaign that rendered the country cataract-free by conducting 283 surgeries in three days earned her presidential honors and the title "Angel for the Vision Impaired."

She has also spearheaded training programs for over 60 clinical officers and 34 ophthalmologists across Africa, in collaboration with NGOs like Right to Sight. A champion of skill development, Dr. Trivedy introduced East Africa's first LASIK unit and has performed over 300 LASIK and 15,000 corneal crosslinking procedures.

Beyond surgery, she is a dedicated educator and researcher, with nine academic publications, multiple international conference presentations, and a faculty role at Kenya Medical Training College. She recently earned an Executive MBA in Healthcare Leadership from the University of Guglielmo Marconi in Italy, adding strategic depth to her vision for accessible healthcare.

True to the spirit of her memoir, Dr. Trivedy announced the rollout of new free eye camps across Kenya. Her ongoing outreach efforts have already screened thousands and treated hundreds at more than 100 camps, making eye care accessible in areas where it was once unimaginable.

"Hope is not just a feeling, it's an action," she said during the launch.



Dr. Jyotee Trivedy giving insight during the launch of her book wings of home.

"We must meet people where they are in villages, towns, wherever the need is greatest."

Outside the operating room, Dr. Trivedy is a marathoner and mountaineer who has completed 23 marathons and summited Mount Kenya, Mount Kilimanjaro, and Everest Base Camp often in efforts to raise awareness and funds for blindness eradication.

Her multifaceted life as a healer,

teacher, athlete, and leader is beautifully captured in Wings of Hope, offering a compelling portrait of a woman whose legacy is as much about compassion as it is about skill.

Wings of Hope is available in limited print editions at Dr. Agarwal's Eye Hospital and select distribution outlets. It is a stirring read for anyone who believes in the power of service, resilience, and purpose-driven leadership.

# MKU Gearing Up To Hold 27th Graduation Ceremony In August

By: James Wakahiu  
 @themtkenyatimes

Mount Kenya University (MKU) Chancellor, Prof John Struthers has announced the conferment of degree and various university awards at the 27th Graduation ceremony will be held on 8th August.

“On behalf of the University Council, Management Board and the University Senate, I wish to inform all all prospective graduands that the event will be held at the graduation pavilion, Happy Valley ground, along Garissa Road,” he said.

The graduation ceremony will be presided over by the University Chancellor, Prof. John Struthers, who will award Diplomas and Certificates. The list of prospective graduands who have cleared with the university, will be posted on the university website.

“Any potential graduand whose name is not on the list should immediately notify the respective school through emails posted on the university website,” he revealed.

Online clearance for graduation should be done through the University Management Information System. Graduands should have cleared academically and financially, with the University by Friday next week for their names to be included in the graduation booklet and certificate list, he cautions the students.

The administration has also requested graduands to verify their names by the same day, Friday, 4th July. “Any requests for changes in spellings and orders of names should be done within this period at the respective campus admissions office. Any changes should be accompanied by relevant academic documents,” the notice further read.

MKU is expected to conduct rehearsals to graduands intending to participate at the graduation pavilion on Thursday, 7th August as the institution gears up for a grand ceremony.

Last year, it was pomp and colour at university’s 26th Graduation Ceremony when more than 7,000 graduands received the power to read and do all that appertains to their different qualifications. The ceremony was held on December 6 took place at the Happy Valley Graduation Pavillion in Thika, Kiambu county. MKU Vice-Chancellor Prof. Deogratius Jaganyi noted that a total of 7,448 students graduated from the Commission for University Ed-

ucation accredited institution that received its charter in January 2011.

Of the 7,448 graduands; 12 were PhD students, 617 were Masters Degree students, 120 were Post-Graduate Diploma students while 5,087 were Bachelors Degree students. “Today, we are graduating 7,448 graduands who we are celebrating their academic achievement. We have 12 PhDs, 617 Masters Degree, 120 Post-Graduate Diploma, 5,087 Bachelor’s Degree, 1,353 Diplomas and 253 Certificates,” Prof Jaganyi during the ceremony.

Prof. Jaganyi thanked all graduands, parents and university staff for embracing the MKU brand wholeheartedly, promising to “unlock the infinite possibilities” together.

He, however, exuded confidence that the graduands had been given the opportunity to attain all the necessary competencies needed in their specific areas of specialisation.

The event, held under the theme “Internationalisation of University Education towards Development of a competitive Global Workforce” was attended by, among others, the Chief Guest Ambassador Eunice Kigenyi, who is Uganda’s Deputy High Commissioner in Nairobi, Kenya. Ambassador Kigenyi hailed MKU and its leadership for advancing higher education beyond the Kenyan borders.

“Since its inception, MKU has endeavoured to create campuses within and outside Kenya. MKU’s sister institution, the Mount Kigali University in Kigali, Rwanda is a good international player.

MKU is internationalising university education,” the envoy said.

Dr Vincent Gaitho, the chairperson of the university council and pro-chancellor, assured the board of management’s continued support for research advancement, corporate social responsibility and local and international partnerships. “To all graduands... Your graduation is testament to your hard-work, resilience, confidence and commitment. Going forward, this virtues will be invaluable assets as you turn pages in your life, nurture them,” Dr Gaitho said.

MKU Co-founder Dr Jane Nyutu outlined the institutions quest to set base in the region, highlighting that MKU had a marketing office in Uganda, and was building an office block in Kampala.

“This will serve as a strategic point of expanding access to quality education to wider region covering South Sudan, parts of Burundi and the DRC.”

Passionate about mental health, Dr



Prof. John Struthers, Chancellor, MKU

Jane Nyutu also delivered a speech that centred around why mental health is important to all, urging everyone to be observant and be their brother’s keeper when it comes to issues of mental health.

“Anybody can be a victim, and there is help. This help should be sorted early. Let us be observant as

parents, lecturers and be your brother’s keeper when it comes to issues of mental health. Anybody can be a victim, and there is help.” she said.

A proud MKU Chancellor Prof Struthers hailed the institution for producing high-quality work-force that is capable of innovative ideas and tech-savvy tools that are neces-

sary for every economy world over. “Every economy needs a workforce that is capable of producing innovative ideas and tech-savvy, for the betterment of society. MKU is producing this workforce,” Prof John Struthers said.



MKU 26th graduation ceremony: A guest, Victoria Vas, Chief Executive Roadstar, a logistics firm with some of the graduates. Photos/Courtesy.

# Right To Be Forgotten: Towards Digital Dignity In An Age Of Viral Information In Kenya



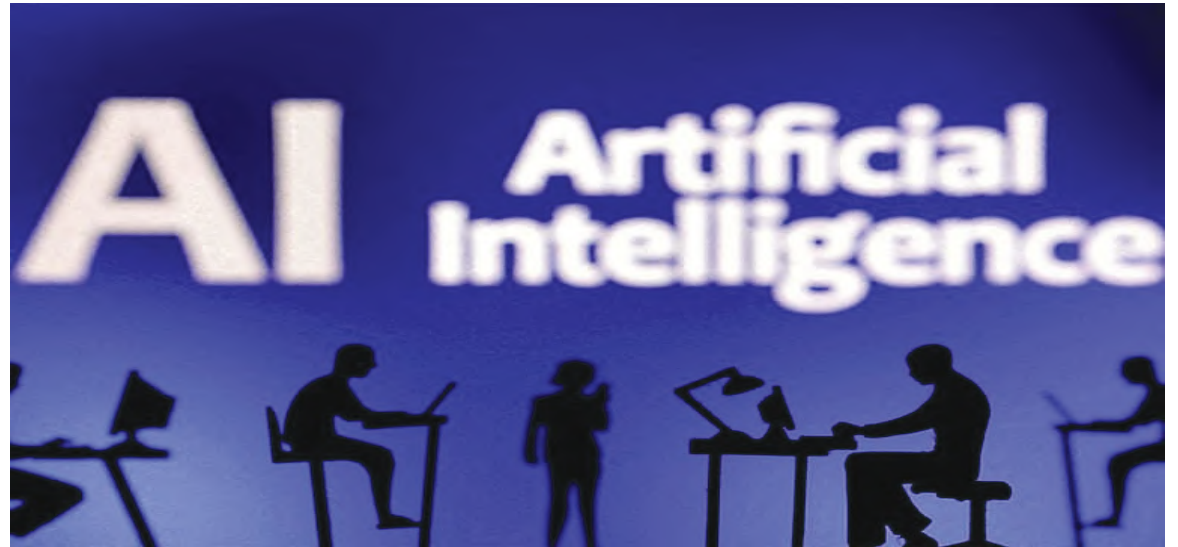
By: Odhiambo Jerameel Kevins Owuor  
@themkenyatimes

We live in an era where a single tweet can define a career and a Facebook post can haunt someone for decades, the concept of digital forgetting has become as essential as digital remembering. Kenya's journey toward establishing a robust "right to be forgotten" framework represents a fascinating intersection of constitutional privacy rights, modern data protection legislation, and the practical realities of social media governance. This right, fundamentally about human dignity in digital spaces, challenges us to reconsider how we balance individual privacy with public interest in an interconnected world.

The constitutional foundation for Kenya's right to be forgotten lies in Article 31 of the 2010 Constitution, which guarantees every person the right to privacy, including protection against unnecessary disclosure of personal information. This broad constitutional principle finds its practical expression in the Data Protection Act of 2019 (DPA), which operationalizes these guarantees through specific provisions on data subject rights. The DPA grants individuals the right to erasure commonly known as the right to be forgotten allowing them to request deletion of personal data when it is no longer necessary for its original purpose or when consent has been withdrawn. This legislative framework positions Kenya among progressive jurisdictions recognizing that privacy is not merely about hiding information but about maintaining control over one's digital narrative.

The mechanics of exercising this right under the DPA involve a structured process that balances individual requests with legitimate data processing needs. When a Kenyan citizen believes their personal data should be erased, they must submit a formal request to the relevant data controller, who is legally obligated to respond within a reasonable timeframe. The law requires that when personal data has been made public, data controllers must take reasonable steps to inform third parties about the erasure request. However, the right is not absolute data controllers may refuse requests if the data is necessary for legal compliance, serves a public interest, or supports the exercise of freedom of expression. This nuanced approach prevents the right from becoming a tool for censorship while protecting legitimate privacy interests.

Social media platforms present perhaps the most complex challenges for implementing the right to be forgotten in Kenya. The viral nature of social



media content means that information can be copied, shared, and reposted across multiple platforms within minutes, making complete erasure technically difficult and sometimes impossible. A recent example that highlighted these challenges occurred during political protests when Kenyans shared phone numbers of public officials on social media platforms. The Office of the Data Protection Commissioner issued warnings about the legal implications of sharing personal data without consent, illustrating how quickly private information can become public in the digital age. This incident underscores the tension between legitimate political expression and privacy rights, particularly when social media becomes a tool for civic engagement.

Blog platforms and online publications add another layer of complexity to the right to be forgotten discourse in Kenya. Unlike social media posts that may be ephemeral in nature, blog content is often designed for permanence and searchability. When personal information appears in blog posts whether in news articles, opinion pieces, or user-generated content the question of erasure becomes more complicated. Search engines index this content, making it discoverable years after publication, and the information may have legitimate public interest value. The challenge lies in distinguishing between content that serves the public good and that which unnecessarily violates individual privacy. Kenyan courts must navigate these waters carefully, considering factors such as the public figure status of individuals involved, the continuing relevance of the information, and the potential harm caused by its persistence online.

Kenyan jurisprudence has begun to establish important precedents in right to be forgotten cases, particularly involving non-consensual sharing

of intimate content. The landmark case of Roshanara Ebrahim v Ashleys Kenya Ltd & 3 others (2016) saw the High Court award damages to a former Miss Kenya whose intimate images were shared without consent, explicitly affirming her right to privacy and ordering the removal of such content from public platforms. Similarly, in MWK v AG, the court protected a minor whose images were shared online, awarding significant damages for rights violations. These cases demonstrate judicial recognition that the right to be forgotten extends beyond mere data deletion to encompass broader concepts of human dignity and protection from digital harassment.

The enforcement challenges facing Kenya's right to be forgotten framework are particularly acute when dealing with international platforms and cross-border data flows. Many social media companies and blog platforms operate from jurisdictions outside Kenya, complicating efforts to compel data removal or enforce local data protection laws. While the DPA explicitly applies to entities processing data about Kenyan citizens regardless of their location, practical enforcement remains problematic. The global nature of the internet means that content removed from one platform may persist on mirror sites, cached pages, or other platforms beyond Kenyan jurisdiction. This reality requires Kenya to engage in international cooperation on data protection enforcement while developing domestic capacity to address violations effectively.

The balancing act between the right to be forgotten and freedom of expression represents one of the most intellectually challenging aspects of Kenya's data protection regime. Not all personal information qualifies for erasure data controllers may legitimately refuse requests when deletion

would impair legal compliance, public safety, or legitimate journalistic purposes. For instance, information about criminal convictions may remain accessible if it serves public safety purposes, and journalistic content may be protected under freedom of expression principles even when it contains personal information. This balance ensures that the right to be forgotten does not become a mechanism for rewriting history or escaping accountability for past actions. The challenge for Kenyan courts and regulators lies in developing nuanced approaches that protect individual dignity while preserving legitimate public interests.

Looking forward, Kenya's right to be forgotten framework will likely evolve as digital technologies advance and social behaviors change. Emerging challenges include the use of artificial intelligence in content generation and curation, the rise of decentralized social media platforms, and the increasing sophistication of data analytics that can reconstruct deleted information from remaining digital traces. The success of Kenya's approach will ultimately depend on its ability to adapt legal frameworks to technological realities while maintaining core principles of human dignity and privacy. As Kenyans increasingly live their lives online, the right to be forgotten will remain central to ensuring that digital participation does not come at the cost of perpetual vulnerability to past mistakes or malicious sharing of personal information. The ongoing development of this right reflects Kenya's commitment to creating a digital environment where citizens can engage meaningfully while retaining control over their personal narratives.

*The writer is a lawyer and legal researcher*

## Worth Noting:

- The mechanics of exercising this right under the DPA involve a structured process that balances individual requests with legitimate data processing needs. When a Kenyan citizen believes their personal data should be erased, they must submit a formal request to the relevant data controller, who is legally obligated to respond within a reasonable timeframe.

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## LETTERS TO THE EDITOR

### Building Resilient Infrastructure And Encouraging Partnerships

Sustainable development of the Kenya economy is a call to action to realize through growing infrastructure and inclusive partnerships. SDG 9 and 10, or creating favorable infrastructure and sustainable industrialization and innovation and eliminating global and intra-national inequalities, are leading the way in prescribing the prosperous future. progress towards attaining the goal opens the way to a robust and more even world.

Think of a Kenya with robust infrastructure linking it, which increases trade and economic development. It is the opener of keys to markets, schools, and health. Yet much of Kenya still lingers on bad roads, poor transit, and limited access to digital technology. Investing in robust infrastructure allows us to close gaps that hinder us and al-

low communities to thrive, making life favourable.

Industrialization has to be good to keep on stimulating economic growth. As Kenya's utmost importance is that the industries not only be efficient but also clean. Technology and innovation can be the thrust behind accelerating this revolution and employment generation while productivity and self reliance increases. Through brings a culture of collaboration between the government, private institutions, and universities, we have a channel to stimulate research, development, and deployment of other technologies.

Besides that, there is a call for greater access to digital technology for entrepreneurship and innovation. As much as the world depends on technology more, it is important that all Kenyans

are supported through access to digital technologies and the internet. Access can be the driver of education, remote work, and global markets and enable people and communities to succeed in a changing economy.

The aim of SDG 10 is to ensure inequalities within and between countries are addressed. In Kenya, there are disparities in wealth, assets, and opportunities. Ensuring an inclusive society requires us all to put policies into place that will end these inequalities. Investing also marginalized people and involving them in decision-making is essential in attaining economic stability and social cohesion.

Education and training are the most critical key to closing the gap of inequality. Giving struggling groups an opportunity to develop skills that will

advance them, tldisplace them from the power of poverty. Initiatives that develop vocational education, entrepreneurship, and access to capital hold the greatest promise for expanding economic opportunities for historically oppressed groups.

It needs to partnerships for all this to be accomplished. These private-public, civil society, and international organization partnerships can lead to consistent advancement toward building resilient infrastructure and more inclusive growth. Through the sharing of resources and ideas, we are able to come up with innovative solutions to address the unique needs of different communities. Proper infrastructure fosters economic development and also enables the sealing of inequality by the provision of essential services.

Secondly, reducing inequality allows social stability upon which to build sustainable development.

The vision of a Kenya, whose growth is driven by proper and growing infrastructure and equal partnerships is therefore feasible. Implementing Sustainable Development Goals can bring a world where opportunity is accessible to all, and economic growth extends to the farthest reaches of society.

*Tonny Kyule a Media and Communication student in Rongo University, Migori county and a writer of the Journalism student association of Kenya, JSAK.*

### Kenya Must End Extra Judicial Killings

In a country where the Constitution boldly proclaims the right to life, dignity, and security, the persistent cases of extrajudicial killings by government security agencies paint a deeply disturbing picture of injustice and impunity. Kenya is bleeding—not just from economic challenges and corruption scandals—but from the silent, systematic execution of its own citizens under the guise of law

enforcement.

The recent spike in cases involving suspicious deaths at the hands of police officers and security agencies should alarm every Kenyan who values democracy, rule of law, and human rights. From the mysterious disappearances of young men in informal settlements to the brutal murders of activists, the list continues to grow—unanswered, unpunished, and

unapologetic.

What is even more damning is the silence or, worse, justification offered by state institutions. Government officials, instead of ensuring accountability and justice, often turn a blind eye or offer blanket endorsements to rogue elements within the police force. Such silence is not neutral—it is complicity.

We cannot talk about building a

prosperous Kenya while allowing state-sanctioned murder to thrive. We cannot expect young people to trust in the system while they live in fear of being profiled, harassed, or killed simply because of where they live or what they look like. Kenya is not at war with its people, so why are our own security forces treating innocent civilians as enemies?

Let it be clear: crime must be fought

with law, not lawlessness. No matter the offense a person is suspected of committing, the Constitution guarantees them a fair trial. We must never allow ourselves to justify murder under any pretext—be it anti-terrorism, anti-gang operations, or political expediency.

*By Jane wangui Bungoma*

### President Ruto's Firm Stand Against Former DP Gachagua Signals A Crucial Turning Point In Kenya's Political Landscape

The exchange between President William Ruto and former Deputy President Rigathi Gachagua has sent ripples through Kenya's political arena, highlighting a deeper crisis in the nation's leadership discourse. President Ruto's sharp and unapologetic response to Gachagua's threats over his leadership is more than just a personal rebuttal—it is a powerful call to refocus Kenya's political dialogue on substance rather than spectacle. By boldly declaring that Gachagua "has no agenda to Kenyans," Ruto is challenging the opposition to abandon empty rhetoric and instead present concrete, actionable plans that genuinely address the aspirations and needs of ordinary citizens.

Kenya's democracy has always

thrived on robust debate and the contestation of ideas. However, when political disagreements descend into threats and personal attacks, the nation's attention is diverted from pressing issues that affect millions—such as job creation, economic recovery, healthcare, education, and security. President Ruto's condemnation of Gachagua's intimidation tactics underscores the urgent need for political leaders to engage constructively, fostering an environment where ideas can be debated on their merits rather than drowned out by fear or hostility.

The assertion that Gachagua "has no agenda" resonates deeply within the broader context of Kenyan politics, where personality-driven cam-

paigns often overshadow clear policy frameworks. For too long, political contests have been dominated by ethnic loyalties, populist slogans, and power struggles, leaving the critical questions of development and governance inadequately addressed. This moment should serve as a wake-up call for all political actors—including Gachagua—to articulate well-thought-out, comprehensive agendas that tackle Kenya's most urgent challenges. These include tackling youth unemployment, modernizing agriculture, enhancing financial inclusion, and ensuring equitable access to quality education and healthcare.

As Kenya prepares for upcoming elections, the electorate deserves leaders who prioritize vision and

practical solutions over threats and political theatrics. President Ruto's firm stance can inspire a shift toward a more mature and issue-driven political culture, where policies and governance take precedence over divisive tactics. It is incumbent upon all political leaders to rise above personal attacks and intimidation, committing instead to transparent, inclusive, and accountable leadership that uplifts every Kenyan.

This confrontation between President Ruto and former DP Gachagua is more than a mere political spat; it reflects the crossroads at which Kenya currently stands. The country's democratic future and the well-being of its citizens hinge on whether leaders choose to engage in mean-

ingful dialogue and policy-driven leadership or continue to rely on empty threats and vague promises. It is time for all political figures to demonstrate the courage and clarity necessary to lead Kenya toward sustainable development and unity. The people of Kenya deserve nothing less than leadership grounded in purpose, integrity, and a genuine commitment to their progress.

*James Kilonzo Bwire is a Media and communication practitioner.*

# PS Wang'ombe Vows To Dismantle Kangaroo Courts Enabling GBV And Femicide

By: James Kabotia  
@themtkenyatices

Gender and Affirmative Action Principal Secretary (PS) Ann Wang'ombe has raised concern over the rising cases of gender-based violence (GBV) and femicide, many of which she says are either unreported or settled illegally through informal community structures.

Speaking to the media on Sunday, Wang'ombe decried the use of "Kangaroo courts" to handle such sensitive matters, noting that the practice is detrimental to the future and safety of children and vulnerable persons.

On Saturday, Wang'ombe chaired a stakeholders' meeting held at the Nyeri County Commissioner's office.

"It is sad that many cases of GBV and femicide go unreported, while others are settled out of court by community elders. This must stop. There is nothing like settling such a matter out of court," she said.

Wang'ombe said she had directed gender officers across the country to work with officials from the Minis-

try of Interior and National Administration to map and follow up on such cases for appropriate legal action.

"I sit in the National Council on the Administration of Justice (NCAJ), where this matter is receiving serious attention," the PS added.

She noted that she had received permission from Chief Justice Martha Koome to engage the Judiciary on how to effectively tackle GBV and femicide cases.

"Trust me, this is a societal crisis. We must confront it through all available means," she said.

Wang'ombe thanked President William Ruto for his leadership on the matter, saying he has demonstrated commitment by appointing a 42-member Technical Working Group on GBV to develop practical recommendations.

"The task force has conducted countrywide public participation, and we expect its report in the next two weeks. The government has committed significant resources to support this initiative," she said.

The PS emphasized that a country is judged by how well it protects its most vulnerable, especially women and children.

The Nyeri meeting brought togeth-

er officials from the Ministry of Interior, Ministry of Education, the County Government of Nyeri, civil society organizations, and members of the clergy.

Nyeri Woman Representative Rahab Mukami and Nyeri Town MP Maina Mathenge were also in attendance.

The stakeholders discussed the rising cases of defilement in Nyeri County and resolved to engage school principals in awareness campaigns targeting students and parents.

"Many children do not know their rights or how to respond when they are inappropriately handled. In most cases, they are defiled by people known to them and are often threatened into silence. This is a major crisis," Wang'ombe noted.

She called on parents to play a more active role in educating and protecting their children, adding that stigma and silence around GBV must be broken.

"It is unfortunate that some Nyumba Kumi members have not been helpful in this fight. We have disbanded the Nyumba Kumi Council in Witemere area and asked the public to begin selecting new members.



Gender and Affirmative Action Principal Secretary Ann Wang'ombe addressing the media.

We must strengthen our community security systems and reporting mechanisms," she said.

Wang'ombe emphasized that the multi-agency team is not just condemning the vices, but has resolved to take deliberate, urgent, and coordinated action.

The PS also addressed the growing mental health crisis in the country, particularly among men.

"Mental illness is real, especially among men. This is a conversation we've avoided for too long. The pressure from unaddressed issues is

contributing to rising cases of suicide and murder," she observed.

She attributed the situation to societal norms that discourage boys from expressing emotions.

"From a young age, boys are taught to be tough and suppress their feelings. But when life becomes overwhelming, many suffer in silence, until it is too late," she said, urging the nation to start addressing the issue from the family level.

# Nakuru ASK Show Introduces Livestock Sales, Eyes Year-Round Revamp

By: Suleiman Mbatiah  
@themtkenyatices

For the first time in its century-long history, the Nakuru National Agricultural Show will allow visitors to buy livestock on-site, transforming the annual event into a live marketplace for farmers, breeders, and agribusiness enthusiasts.

The bold move by the Agricultural Society of Kenya (ASK) aims to modernize the event and make it more commercially relevant.

This year's show runs from Wednesday to Sunday next week at the Nakuru Showground and is themed "Promoting Climate-Smart Agriculture and Trade Initiatives for Sustainable Economic Growth." It will feature over 200 exhibitors and is expected to draw thousands of visitors from Nakuru and neighboring counties including Kericho, Nyanjiru, Baringo, Laikipia, Narok, and

Bomet.

Traditionally a showcase of pedigree livestock, modern farming practices, and agricultural technology, the Nakuru ASK Show is now expanding its scope. Visitors will for the first time be able to buy animals exhibited at the event, a development that ASK Nakuru Chairman Dr. Perminus Migwi has described as a "game-changer" for Kenya's agricultural sector.

"For years, visitors admired high-quality dairy cows, resilient indigenous breeds, and champion bulls without an option to buy. That changes this year. They can now take home what they see to boost productivity on their farms," said Dr. Migwi during a media briefing.

All livestock on sale have been vetted by the Kenya Livestock Breeders Organization (KLBO) to ensure only healthy, well-bred animals are available. Buyers must register at the KLBO pavilion, where catalogues detailing breed, age, and health information will be available.

Sales will be facilitated by licensed brokers, with prices determined by pedigree and market demand. Previous ASK auctions have seen bulls sell for over KSh 1 million and dairy cows fetch up to KSh 300,000.

The livestock sale also ties directly into the show's climate-smart agriculture theme. According to Dr. Migwi, the breeds available are well-suited to drought-prone areas and offer farmers a path to build resilience against climate shocks while improving yields and livelihoods. Farmers will also benefit from expert-led training by Egerton University, KALRO, and leading breeders during the show.

Beyond the annual five-day event, the Agricultural Society of Kenya is working on a larger plan to transform the Nakuru Showground into a vibrant year-round hub for agriculture, learning, and community engagement.

Marketing Committee Chairman David Mwangi revealed that ASK is finalizing a masterplan—now 80



A dairy cow being showcased a past event at the Nakuru ASK Show. Photo/Courtesy.

percent complete—that will convert the currently underused space into a dynamic centre for farmers' clinics, student tours, agribusiness expos, innovation fairs, and livestock markets.

"We want this space to serve the region beyond just one week a year. The goal is to create ongoing opportunities for farmers, youth, and agribusiness players to learn, connect,

and trade," said Mwangi.

He noted that while the grounds are occasionally rented out for private events and commercial stalls, these uses are irregular and limited in scope. The proposed changes will expand access to services, open new business avenues, and align with national goals to modernize agriculture and promote agri-tech, especially among young people.

# We Must End It Now: Nyamira Woman Rep Jerusha Momanyi Rallies Community Against Gender-Based Violence

By: Elizabeth Angira  
 @themtkenyatimes

In a strong and emotional appeal, Nyamira Woman Representative Jerusha Momanyi has called on residents to unite in ending sexual and gender-based violence (SGBV), a vice she says continues to rob girls and women of their dignity, safety, and future.

Speaking during a women's empowerment forum in Borabu constituency, Jerusha warned perpetrators that the law would catch up with them, urging community members to break the culture of silence and report abuse wherever it occurs whether in homes, schools, or places of work. "We cannot develop as a county when our daughters are being defiled, our wives battered, and our mothers living in fear," she told a cheering crowd. "It is time we say enough is enough."

The forum, which brought together survivors of gender-based violence, women leaders, local administrators, and youth groups, also served as a safe space to share stories of survival and resilience.

### A County Under Siege

Recent statistics from Nyamira

County Gender Department show a worrying increase in gender-based violence cases, with over 300 cases reported in the past year alone. Most of the victims are adolescent girls between the ages of 13 and 19, many of whom suffer in silence due to fear of stigma or reprisal.

Jerusha, visibly moved by the testimonies shared by survivors during the event, called for urgent multi-sectoral collaboration including churches, schools, health facilities, and law enforcement to combat the vice.

"When a child is raped and no action is taken, we are all complicit. Justice delayed is justice denied," she said.

### Voices of Survivors

Among the attendees was 18-year-old Janet (not her real name), who shared how she was sexually abused by a relative and became pregnant at 16

"My family wanted to keep it quiet. They told me it would bring shame. But I chose to speak out," Janet said, drawing tears and applause from the audience. "Today, I want to help other girls find their voice."

Her courage has inspired Jerusha and other women leaders to push for safe houses in Nyamira where survivors can access psychosocial support, legal aid, and temporary shelter.



Nyamira Woman Rep Jerusha Momanyi

### Prevention Through Empowerment

Jerusha also emphasized that empowering women economically is one way to curb gender-based violence.

"Most women stay in abusive relationships because they have nowhere to go," she said. "That's why I am supporting table banking groups, girls' mentorship programs, and vocational training to help women become financially independent."

During the event, over 100 women received seed capital for small businesses and sanitary pads were distributed to schoolgirls, part of the Woman Rep's wider push to eliminate period poverty and restore girls' confidence in schools.

### A Call to Action

The Woman Rep urged area chiefs and nyumba kumi elders to remain vigilant and act swiftly when cases of abuse arise.

"Our culture should not be a shield for violence. The Constitution protects every Kenyan, regardless of gender. Let us uphold it," she said.

As Nyamira gears up for more community dialogues, Jerusha Momanyi pledged to continue leading the charge until SGBV is no longer a shadow hanging over the county.

"We will keep knocking on every door, speaking in every village, and standing with every survivor. We owe it to our daughters."

# How To Overcome The Impediments Of The Exams?



By: P. Ezhilan  
 @themtkenyatimes

### TIPS TO CRACK ANY SORT OF EXAM

Often, students of all grades are dread of exams and do not have known the tactical solution to overcome that fear. Now I will provide some of the tactical method, psychological and motivational tips about learning. Learning is not just reading the content and inscribing it in the exam. Learning should be done in a

happy mood, one should be happy to learn anything as if it could help him to get the summit of his life. Psychologists says that the main objective of the exam phobia are inadequate preparation, pressure to perform well, and negative self-talk. The main objective is concentration, if one concentrates during his preparation, he would be confident and will have no fear about the upcoming exam. How to be concentrated? A question will arise, concentrating is being conscious about what you are studying and how you are studying. Even a couple of hours if you are concentrated, you could make the top outcome. You can use the famous method so called Pomodoro technique, and so on.

Next is negative thinking, one should be mentally strong to face the exams, and should not have any negative thought about the exam. Even a sin-

gle thought could ruin your results. Alike the mental health your physical health should also be strong and sound for a better outcome. Sleeping plays a vital role in your exam preparations, have a sound sleep nearly 6 to 7 hours before the exam. Don't avoid any healthy foods during exam preparations, it nourishes your memory power.

"Education is not just about going to school and getting a degree. It's about widening your knowledge and absorbing the truth about life - Shakuntala Devi

The common question from the students is what is the right time to study, it's simple, for that one should know which time he is active, whether in the morning or in during night time. But my effective idea is, you should complete most of the difficult topics and concepts during day time and during night you can complete



the lighter concepts, which would help you to complete the syllabus. Also, some common mistakes should be avoided, like watching movies in between preparation and of course using mobile phones, it may affect your memory power. Lastly, don't even ponder learning as a task, instead just think it as a game and just play it.

### ABOUT THE AUTHOR

Ezhilan is a high school student of Petit Seminaire Higher Secondary School, he has been recognised as a NCC Air force Sergeant of Puducherry state. He is a poet, author, participated in many reading clubs and an artist. A biology lover, and had made many animated videos for kids. Also participated in social activities.

# SPORTS NEWS

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Sports >> \*Police FC were on Sunday evening crowned the Football Kenya Federation Premier League Champions for the 1st time in the club's history.

## Police FC Crowned FKF Premier League Champions



Police FC were on Sunday evening crowned the Football Kenya Federation Premier League Champions for the 1st time in the club's history.

Police FC were awarded the trophy in a colourful ceremony after their 1-1 draw against Gor Mahia in the last match of the season played at the Ulinzi Complex.

The coronation ceremony was attended by ODM leader Raila Odinga, Interior CS Kipchumba Murkomen and his PS Dr Raymond Omollo and FKF Vice President McDonald Mariga.

Police FC finished the season with 65 points from 34 matches, winning 18, drawing 11 and losing 5 matches.

Gor Mahia finished 2nd on 59 points, followed by Kakamega Homeboyz on 58, a point ahead of 4th placed Tusker FC, while Shabana FC completes the top 5 on 53 points.

Coached by Burundian Etienne Ndayiragije, Police FC won their



maiden league title barely four since earning promotion after being crowned the NSL champions in September 2021.

The team will represent the country in the CAF Champions

League next season after competing in the CAF Confederation Cup this season, where they were eliminated by Egyptian side Zamalek FC in the 2nd preliminary round last September.

Kakamega Homeboyz forward Moses Shumah won the golden boot award after bagging 17 goals.

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GET THE BEST OF WORLD

Sports >> \*Communications Authority of Kenya-sponsored team Talanta FC and Kawangware-based Nairobi City Stars have been officially relegated from the FKF Premier League

# Tanta FC, Nairobi City Stars Officially Relegated As Murang'a Seal Survive On Last Day Of FKF Premier League



Communications Authority of Kenya-sponsored team Talanta FC and Kawangware-based Nairobi City Stars have been officially relegated from the FKF Premier League after the conclusion of the 2024/2025 season on Sunday evening. City Stars finished bottom of the table with 35 points after being held to a barren draw by Mathare United in round 34 matches, while Talanta were relegated by fellow relegation contenders Murang'a Seal after losing 1-0 at the Sport-Pesa Arena.

Posta Rangers, who finished 16th on 35 points after holding Bandari to 1-1 in Mbaraki, will now face Naivas FC, who finished 3rd in the National Super League, for a chance to play in top-flight football next season. Police FC were crowned champions with 65 points after playing to 1-1 with the reigning champions, Gor Mahia, in the match played at the Ulinzi Complex. Gor finished 2nd with 59 points, a point ahead of Kakamega Homeboyz, who shared spoils with Tuskers FC in Kakamega, while

Tusker finished the season on 57 points. Shabana finished 5th on 53 points. Police FC will now represent the country in the CAF Champions League next season, while Gor can still redeem themselves and earn a confederation cup ticket should they win the Mozzartbet Cup final against NSL Champions Nairobi United. Nairobi United and Administration Police Service FC, who finished in 1st and 2nd positions in the NSL, have been promoted to

the FKF PL next season. **KBC**

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# SPORTS AS THEY HAPPEN



# Noy Lis Taniya's Journey Of Self-Discovery And Service



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## Biography:

Noy Lis Taniya is a holistic wellness advocate, fashion technologist, and beauty pageant titleholder who has made a name for herself in the world of wellness, fashion, and service. Hailing from the vibrant southern part of India, Kerala, Noy is passionate about blending culture, fashion, and holistic wellness to inspire positive change.

## Early Life and Education

Noy's journey began in Kochi, a historic and tourist-rich city in Kerala, where she developed a deep love for her roots and the natural beauty of her homeland. She pursued a Bachelor's degree in Fashion Technology, which laid the foundation for her future endeavors in fashion and wellness.

## Professional Journey

In 2017, Noy founded Norma Fashion, a sustainable and eco-friendly fashion brand that reflects her passion for style and commitment to environmental responsibility. Alongside her fashion pursuits, Noy is a certified holistic wellness coach and international yoga teacher with 585 hours of training. Her expertise includes prenatal and postnatal yoga, chakra healing, sound therapy, reiki, and law of attraction coaching.

## Achievements and Contributions

Noy's achievements are a testament to her dedication to beauty, wellness, and service. Some of her notable achievements include:

- Mrs. Kerala 2nd Runner-Up: Noy represented South Asia at Mrs. World Universal in Phuket, securing the position of 2nd Runner-Up in Mrs. Kerala in the Gold category.

- Mrs. World Universal South Asia Representative: Noy's participation in the pageant showcased her commitment to beauty, wellness, and service.

- Finalist at Ms. World: Noy's experience as a finalist at Ms. World further solidified her passion for empowering others through wellness



Noy Lis Taniya

## Worth Noting:

- Noy's journey began in Kochi, a historic and tourist-rich city in Kerala, where she developed a deep love for her roots and the natural beauty of her homeland. She pursued a Bachelor's degree in Fashion Technology, which laid the foundation for her future endeavors in fashion and wellness.
- In 2017, Noy founded Norma Fashion, a sustainable and eco-friendly fashion brand that reflects her passion for style and commitment to environmental responsibility. Alongside her fashion pursuits, Noy is a certified holistic wellness coach and international yoga teacher with 585 hours of training. Her expertise includes prenatal and postnatal yoga, chakra healing, sound therapy, reiki, and law of attraction coaching.

and beauty.

- Charity Work: Noy is an active supporter of charitable causes, including Sunshine Village in Phuket, where she donated artwork for a charity auction that raised 11,000 Baht to support children's education and welfare.

## Mission and Vision

Noy's mission is to empower individuals and communities through holistic practices that balance mind, body, and soul. She is dedicated to promoting natural, purposeful living by offering wellness education, organic lifestyle products under SPARSH ESSENTIALS, and community service initiatives. Through her work, Noy aims to touch lives and foster a better world, believing

that every small action contributes to global well-being.

## Passion for Art and Service

Noy's passion for art and service is evident in her charity work and wellness initiatives. She has conducted yoga sessions focused on mental health, stress relief, and wellness for diverse groups, including women, prisoners, and retail employees. Through her art and holistic healing practices, Noy continues to inspire others to embark on their own journeys of self-discovery and service.

## Collaboration and Contact

Noy is open to partnerships, collaborations, and initiatives that align with her purpose of serving

and healing. Together, we can make this world a kinder, healthier place. If you're interested in collaborating with Noy or learning more about her work, you can reach out to her through her website or social media channels.

In conclusion, Noy Lis Taniya is a shining example of what it means to live a life of purpose, passion, and service. Her journey is a testament to the power of dedication, hard work, and a commitment to empowering others. As she continues to share her gifts with the world, her impact will only continue to grow, inspiring countless individuals to embark on their own journeys of self-discovery and service.