

Murkomen U-Turn On Shoot To Maim Order



P.9 *Interior Cabinet Secretary Murkomen*



Politics: Mt Kenya MPs Condemn Violent Protests, Call For Accountability **P.11**

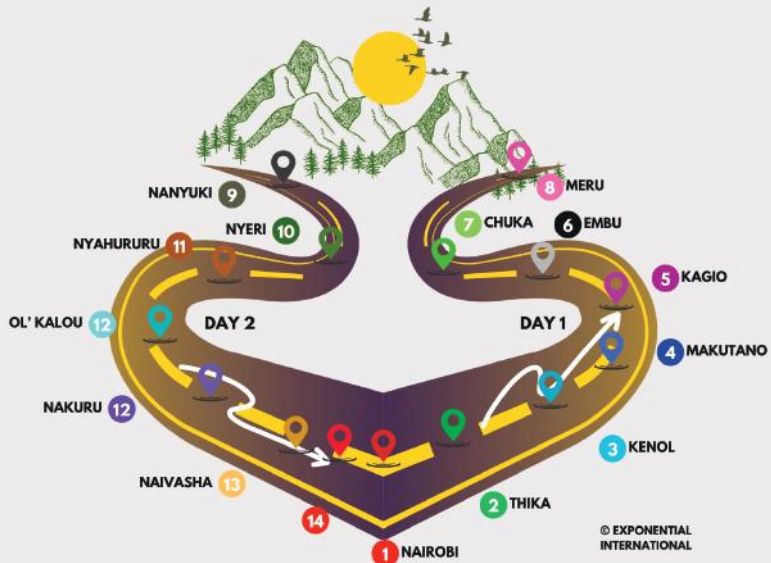


Opinion: Success From Broken Pieces **P.12**



News: Public Benefits Organizations (PBO) Regulatory Authority Wounds Open Forums **P.13**

NAIROBI - MT KENYA CIRCUIT ROADSHOW ROADMAP (17-18 SEPT 2025)



SCAN TO REGISTER



NAIROBI INTERNATIONAL DIGITAL **CONFERENCE,**
 10TH ANNIVERSARY ROADSHOW

Gala Dinner

Contact Us:

+254 720 918 828 / +254 712 642 274
 +254 713 318 438 / +254 721 461 431
 conference@exponentialinternational.com

exponentialinternational.com

DP and PCS In Joint Community Empowerment Initiatives In Kakamega And Busia Counties

By: MKT Reporter
@themtkenyatimes

Some Of The Moments As Captured In Pictures

Deputy President Prof Kithure Kindiki and Prime Cabinet Secretary Musalia Mudavadi alongside other leaders from various parts of the country on Friday pitched tent in Western Kenya for the Empowerment programme. The duo led leaders in Kakamega and Busia counties where scores of locals were empowered through various initiatives.



Editor's Desk

The Mt. Kenya Times



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

Group Executive Chairman
M. Danson

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

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



MT KENYA BUSINESS CONFERENCE CIRCUIT

NAIROBI INTERNATIONAL DIGITAL BUSINESS CONFERENCE, 10TH ANNIVERSARY ROADSHOW

Gala Dinner

Nairobi Edition



Roadshow

17-18 SEPTEMBER 2025



8.00 AM - 5.00 PM



Nairobi
Mt. Kenya
Central Rift

Exhibit | Dine | Engage | Directory

Exhibition

19-21 SEPTEMBER 2025



8.00 AM - 5.00 PM



Nairobi

Register Now

<https://t.ly/U30xm>

Scan Here
to Register



Exhibition



Dinner



Roadshow



Directory



Close Deals

Gala Diner

21 SEPTEMBER 2025



7.00 PM - 10.00 PM



Muthaiga
Golf Club

**Don't miss this opportunity; 'Where Great
Business Minds Connect and Grow'**

Sponsorship package:

Names shall appear in our Daily ePaper, Websites, Event Main banner, Panel Discussions & Keynote Speech, Adverts on local radio and TV stations

| | | | | |
|----------------------------|------------------------|----------------------------|----------------------------|---------------------------|
| Platinum: KES 2M | Gold: KES 1M | Silver: KES 500K | Bronze: KES 250K | Brass: KES 100K |
|----------------------------|------------------------|----------------------------|----------------------------|---------------------------|



Gala Dinner Charges:

| | | |
|-----------------------------------|--|---|
| KES 10,000/- Per Person | VIP: KES 13,000/- Per Person | VVIP: KES 15,000/- Per Person |
|-----------------------------------|--|---|

Contact Us:

+254 720 918 828 / +254 712 642 274
 +254 713 318 438 / +254 721 461 431
 +44 7432 220184 - UK / Europe
 +27 82 702 5203 - South Africa
 +264 81 260 3654 - Namibia
 +267 77 458 029 - Botswana

exponentialinternational.com

conference@exponentialinternational.com

NEWS IN BRIEF



KTDA National Chairman Chege Kirundi has emphasized the importance of building a strong African Orthodox tea brand, noting that KTDA has the capacity and expertise to produce high-quality orthodox teas. Speaking during the African Orthodox Tea Festival for orthodox tea processors and buyers, Kirundi said the push for orthodox teas aligns with KTDA's commitment to add value to Kenyan teas and increase earnings for smallholder tea farmers. He said Orthodox teas will help diversify tea offerings and unlock new international markets.



Agriculture and Livestock Development Cabinet Secretary Mutahi Kagwe together with Principal Secretary for Livestock Jonathan Mueke on Friday attended the 18th Ministerial Session of the Sectoral Council on Agriculture and Food Security at the EAC Headquarters in Arusha, Tanzania. Ministers are reviewing key reports on Regional Food and Nutrition Security, Harmonization of Farm Inputs, Livestock Development, and the Implementation of EAC SPS (Sanitary and Phytosanitary) Programmes.



Central Supermarkets (CentralMart) has opened a fourth branch located in Skuta area, along Nyeri-Nairobi highway near Nyeri town. The ceremony overseen by director John Warui (far right in the picture) his family, relatives and friends was graced by several Catholic priests. Other branches are located in Othaya, Kiriaini and Mukurweini towns. The Supermarket chain has a workforce of over 250, most of them GenZs. Warui advised the youth to refrain from participating in vandalising businesses as they are the biggest beneficiaries in form of employment. He pledged to open more branches across the country. Photo/Joseph King'ori.



The Ministry of Health, through the State Department for Public Health and Professional Standards on Friday rolled out the Epuka Uchafu, Afya Nyumbani initiative in Kisumu County—advancing efforts to promote clean and healthy households as a key pillar of preventive healthcare. Speaking on behalf of the Ministry, Mr. Benjamin Murkomen, Head of Port Health Services, affirmed the Ministry's commitment to scale up the initiative across all 47 counties. He noted that the campaign has already been activated in five counties, with plans for national expansion underway. Mr. Murkomen explained that Epuka Uchafu, Afya Nyumbani is a national behaviour change drive focused on improving sanitation, waste management, and environmental hygiene at the household level.



Principal Secretary for Agriculture Paul Ronoh and his Energy counterpart Alex Wachira on Friday led in strengthening Kericho's agricultural landscape while fostering inter-sector collaboration. They flagged off the distribution of pyrethrum seedlings, a strategic agricultural milestone aimed at revitalizing farming communities and boosting local economic growth. In parallel, electricity connectivity projects were advanced, expanding access to reliable energy across the region. They noted that the collaborative strides reflect the government's commitment to sustainable development, infrastructural resilience, and empowering the great people of Kericho and Kenya at large.



As the 20th Session of the African Ministerial Conference on the Environment (AMCEN-20), officially concluded on Friday, a high-level event was held to commemorate 40 years since the establishment of the AMCEN. This milestone marks four decades of Africa's unified environmental leadership, strategic diplomacy and unwavering commitment to sustainable development. During the commemorative event, the President William Ruto delivered his speech through Cabinet Secretary for Ministry of Environment, Climate Change & Forestry, Dr. Deborah Barasa. The president extended heartfelt congratulations to the State of Libya on assuming the AMCEN presidency and commended the newly elected Bureau members for their commitment and leadership. Reflecting on the journey of AMCEN, he described the launch of the forum as both visionary and timely, highlighting its legacy in strengthening Africa's voice in global environmental diplomacy. The President also highlighted AMCEN's role in advancing key initiatives like the Great Green Wall and the Africa Green Stimulus Programme, and noted its significant contribution to shaping major multilateral environmental agreements, including the Rio Conventions and the Sustainable Development Goals.

Save the date!

WAMBUGU ATC EXHIBITION

A CENTRE OF EXCELLENCE FOR TRAINING FARMERS & OTHER STAKEHOLDERS.

Promoting Climate Smart Agriculture and Trade Initiatives for Sustainable Economic Growth.

FREE ENTRY



25th - 26th JULY 2025

WAMBUGU AGRICULTURAL TRAINING CENTRE NYERI
(Wambugu farm along Nyeri-Karatina Highway)

[wambuguATCfieldday](#)

0758357396

wambugufieldday@gmail.com

[wambugufieldday](#)

[#wambugufieldday](#)

[@wambugufieldday](#)

Nurses Back Crackdown On Illegal Health Facilities

By: Chris Mahandara
@themkenyaintimes

Worth Noting:

- Panyako warned that continued abuse of the healthcare system where some clinics and hospitals bill multiple patients for a single hospital bed must stop to restore sanity in the sector.
- “We want quality healthcare services for our clients. We will not compromise on that. There is no way you can charge a patient for a bed when three people are on it. We support the CS Duale fully on this one. If you want more patients, buy more beds and employ more nurses,” Panyako asserted.

The Kenya National Union of Nurses (KNUN) has expressed strong support for Health Cabinet Secretary Aden Duale’s intensified crackdown on illegal and substandard health facilities. KNUN General Secretary Seth Panyako on Friday affirmed that the union is solidly behind the push to enforce healthcare standards and dismantle cartels within the system.

Panyako warned that continued abuse of the healthcare system where some clinics and hospitals bill multiple patients for a single hospital bed must stop to restore sanity in the sector.

“We want quality healthcare services for our clients. We will not compromise on that. There is no way you can charge a patient for a bed when three people are on it. We support the CS Duale fully on this one. If you want more patients, buy more beds and employ more nurses,” Panyako asserted.

Healthcare fraud, he said, was being facilitated by corrupt practices in billing systems, and called for increased recruitment of health workers to meet the demands of Kenya’s public healthcare sector.

Panyako spoke during a two-day training for over 180 union leaders at Tom Mboya

Labour College, drawn from all 47 counties and parastatal branches gathered for capacity building on negotiations, alternative dispute resolution, and labour law compliance.

The training, he said, was critical in empowering county-level leaders to engage

effectively with the more than 50 different employers across Kenya’s devolved health system.

“We have postponed our strike for 30 days because the government appointed conciliators. This training will prepare our members to negotiate constructively,” he said.

Panyako reiterated that the union’s



Seth Panyako briefing journalists.

long-standing grievances including the non-implementation of the 2017 return-to-work formula remained unresolved in several counties.

“The most outstanding dispute for nurses is the 2017 return-to-work formula. Only a few counties have complied. We are happy that CS Duale is committed to ensuring it is implemented across board,” he said.

The Kisumu forum is part of KNUN’s broader strategy to decentralize decision-making and improve engagement with employers at the grassroots level. “We are not in normal times. With 2027 politics already heating up, our approach must be pragmatic. This is how we will protect the interests of our members,” he said.

KNUN National Chair Joseph Kwasi underscored the importance of the training, saying it will go a long way in reducing the recurrence of costly court disputes between counties and the union.

He criticized non-cooperative coun-

ty governments and emphasized the importance of strengthening internal dispute resolution mechanisms.

“Our officials must be better equipped. The goal is to reduce disharmony and avoid unnecessary back-and-forth with employers,” Kwasi said.

Speaking during the same meeting, National President of the Nurses Association of Kenya (NNAK), Collins Ajwang, delivered a scathing critique of mushrooming nursing colleges operating without adequate facilities nor adhering to requisite training standards.

He said the profession was under threat from unregulated institutions established by private individuals for profit, warning of a nursing education crisis.

“We condemn the trend where every philanthropist wants to start a nursing school. We want the Nursing Council of Kenya strengthened. Cartels must not be allowed to dilute this profes-

sion,” he said.

He also demanded that the national and county governments provide equal access to training opportunities and scholarships across all cadres, warning that the nursing workforce was demoralized and overstretched.

“There can never be quality care without properly trained nurses. One nurse cannot handle 40 patients. That’s abuse,” he said.

Ajwang further raised alarm over safety concerns in healthcare facilities, citing increasing attacks on nurses during unrest and demonstrations.

He urged the government to guarantee physical protection for nurses both at work and in their homes.

“The security of our members is not negotiable. Our workstations are porous. Even political leaders are attacking nurses verbally and physically. We will not allow this to continue,” he stated.

The MT. KENYA TIMES

Where Investors Get Returns

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



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

The Africa Largest eCOMMERCERCE



www.gotyou.co.ke

**NOW
OPEN**

Call/Text/WhatsApp: +254 714 090 155

HIV Response: Lenacapavir Approved Amid PrEP Initiation Decline In Kenya

By: Anita Omwenga
@themkenyatimes

The fight against HIV in Kenya has received a major boost following the approval of lenacapavir, a long-acting injectable HIV prevention drug.

Kenya is among the first nine African countries set to introduce lenacapavir by early January 2026, after WHO approved the twice-yearly jab as a highly effective method in curbing new HIV infections.

Lenacapavir received approval from the U.S. Food and Drug Administration (FDA) in June 2025 and has been subsequently endorsed in the updated World Health Organisation (WHO) guidelines on long-acting HIV prevention, released in July 2025.

Lenacapavir is a twice-yearly injectable form of pre-exposure prophylaxis (PrEP) and it will complement existing PrEP options like taking daily pills and provide additional choices to meet diverse needs. It is designed to be discrete and convenient and also helps fight stigma.

The national HIV prevalence stands at 3.7 percent, with 1.4 million people living with HIV, and a disquieting 41 percent of new infections among youth under 24 years; hence, the urgency for impactful and tailored solutions has never been greater.

This groundbreaking innovation comes on the backdrop of data from Kenya Health Information System that shows Kenya has seen a sharp decline in PrEP initiation of about 49 percent in a period of one year.

PrEP initiation refers to the process of starting someone on medication to prevent HIV infection before they are exposed to the virus. This typically involves assessing an individual's risk factors, confirming they are HIV-negative, and then prescribing and educating them on the appropriate PrEP regimen.

Policy Lead LVCT Health, Patriciah Jeckonia, while speaking during a science café organized by Media for Environment, Science, Health and Agriculture (Mesha) in a Nairobi hotel, said that the data revealed PrEP initiation in the country declined by 49 percent from 55,876 in January-March 2024 to 28,648 in the January-March 2025 period.

"Looking at the numbers we had in the previous year, the quarter of January to March and what we have this year, January to March, we see a decline in PrEP initiation in the country," she said.

She said that it is an issue of concern

because last year the country still recorded about 16,735 new infections at a time when we had committed that by 2020 we would have less than 8,000 new infections.

"The numbers show that there is still a lot of work to be done, especially amongst adolescents and young people, mostly adolescent girls and young women and there are new technologies that have come on board," she said.

Jeckonia said that the country is looking forward because Kenya has been selected as one of the nine early adopter countries for the rollout of the lenacapavir drug, adding that with a two-yearly injection every six months, one is properly covered when it comes to HIV prevention needs.

She observed that the HIV landscape in Kenya, given the major funding cuts from donors, makes it critical that stakeholders come together and have a discussion on what our HIV response should look like.

"I request the government to increase the domestic resource allocation, let us have the private sector come to the table with us, and let us figure out what the solution is. Let us also not leave behind the voices of communities," she said.

Jeckonia noted that the funding decline in the country is a blow to the HIV response adding that we need to look more internally at how we can resource the HIV response domestically from the government.

"We know that a number of them are costly, but also as a country we have to take stock of our priorities and really ensure that we can close the tap for new HIV infections," she said.

Meanwhile, she said that data from Kenya Health Information System also showed that compared to January-March 2025 to the same period the previous year, HIV testing declined by 38 percent from 2,072,922 in Jan-March 2024 to 1,285,560 in Jan-March 2025.

HIV positivity increased from 1.2 percent to 2.2 percent in the same period. Females aged above 10 years accounted for 76 percent of all HIV tests conducted between Jan and March 2025.

She observed that since we have the funding cuts it has also impacted the mental well-being of people, and that there is a direct correlation between mental health and HIV response.

"If your mental status is not okay, you are likely to miss your appointments or miss taking your medication, and it can affect your overall well-being," she said.

She stated that Kenya is one of those



Ms Patriciah Jeckonia

countries that is recognised for our progress in providing services to key populations, and these are populations that are at a higher risk of getting HIV.

"Now, with the transition, where the country has to take responsibility for the response, we have to find ways of providing services that are responsive to key populations in the spirit of universal health coverage, leaving no one behind," she said.

Jeckonia said that it is high time that we have more of a social and behaviour change approach to how we do our messaging, communicating in a way that influences deci-

sion-making for the people who need the service but also ensuring that the surrounding communities are supportive of whoever wants to access the service.

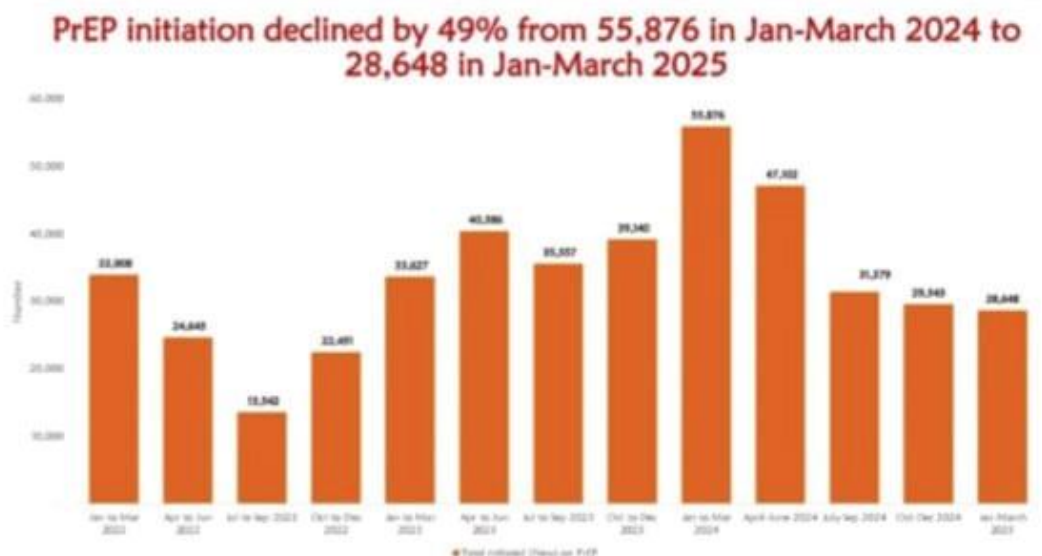
Meanwhile, Cabinet Secretary for Health Aden Duale has said that the ministry, through NASCOP and partners, is working to ensure that Lenacapavir is accessible to Kenyans by January next year

"The government is committed to ensuring equitable access, strengthening community engagement, and integrating lenacapavir into our national policies to reach priority populations effectively," Duale said

in a press release from his office on Tuesday.

The CS said this milestone underscores the government's collective determination to expand access to effective, discreet, and sustainable HIV prevention options across the region noting that it has developed an implementation plan to facilitate a smooth rollout of Lenacapavir.

A report from the Ministry of Health in 2024 showed that an estimated 1.378 million Kenyans are living with HIV, with 97 percent receiving treatment through a robust network of treatment centres.



A bar graph showing statistics of the data on PrEP initiation in Kenya for the period between the years 2022 to 2025. Source: Kenya Health Information System

Force Must Never Be Used As A Form Of Extrajudicial Punishment: Murkomen On New Policy

By: Irene Mwangi
@themtkenyatimes



Interior Cabinet Secretary Murkomen

Worth Noting:

- The “Policy Directive No. 1 of 2025 on the Use of Force and Firearms”, signed by Murkomen and circulated to all police formations, sets strict guidelines for when and how officers may use force, with focus on necessity and accountability.

- “Force must never be used as a form of extrajudicial punishment. The use of force shall be no more than the minimum reasonably necessary in the circumstances,” the directive reads.

- Dozens of young protesters were shot or injured in Nairobi, Mombasa, Kisumu, and other towns across the country with civil society organizations and religious leaders demanding answers from the government, accusing the police of violating the Constitution and turning peaceful protests into battlegrounds.

Interior Cabinet Secretary Murkomen has issued his inaugural policy directive aimed at ending the excessive and unlawful use of force by police officers in the wake of public outcry over police violence during recent anti-government protests which have left dozens dead and hundreds maimed.

The “Policy Directive No. 1 of 2025 on the Use of Force and Firearms”, signed by Murkomen and circulated to all police formations, sets strict guidelines for when and how officers may use force, with focus on necessity and accountability. “Force must never be used as a form of extrajudicial punishment. The use of force shall be no more than the minimum reasonably necessary in the circumstances,” the directive reads.

Dozens of young protesters were shot or injured in Nairobi, Mombasa, Kisumu, and other towns across the country with civil society organizations and religious leaders demanding answers from the government, accusing the police of violating the Constitution and turning peaceful protests into battlegrounds.

Fire-arm use

According to the directive, a police officer may only use a firearm if there is a real and immediate threat to life or serious injury and only when there is no other alternative.

“A police officer is not entitled to discharge a firearm against a person unless the officer has reasonable grounds to believe that the person is committing or about to commit an act likely to endanger life,” it states.

Police officers are also required to first apply non-violent means, such as verbal warnings, negotiation, or de-escalation, before resorting to physical force.

The Ministry of Interior has reaffirmed the right to peaceful assembly under Article 37 of the Constitution, and obliges police to provide security to lawful demonstrators.

“The National Police Service shall take all reasonable measures to shield peaceful assemblies from violence, intimidation or other interference by third parties,” the policy directive reads.

Murkomen’s policy also makes it clear that unlawful but non-violent protests do not justify violent disper-

sal. In such cases, police must avoid using force where possible and if necessary, limit it to the minimum extent required.

“In determining the proportionality of force to apply of force to apply the police officers shall consider the person’s behavior and their level of resistance, if the person refuses to comply or exhibits body language exhibiting non-compliance any assaults where there exists the possibility of great bodily harm or death,” the policy directive reads.

Medical Aid

Police Officers will now be required to provide medical aid immediately to the affected persons incase of injuries during the protests with the intention being to preserve human life at all times.

In case of deaths, the police officers will be required to notify the Independent Policing Oversight Authority (IPOA) with failure to adhere to the directive amounting to misconduct or possible criminal liability.

“Law enforcement officials shall not use force or firearms against persons expect on self defense or

defence of others against imminent threat of death or serious injury,” the document reads.

The directive also stresses that police must exercise extra caution when dealing with children, persons with disabilities, the elderly, and vulnerable women. Any force used must be non-discriminatory, proportional, and respectful of dignity.

In a statement accompanying the directive, CS Murkomen said the new rules reflect the government’s commitment to uphold the rule of law and restore public trust in law enforcement.

“We will not allow rogue officers to undermine our Constitution. The era of impunity in the use of force is over. The police must serve the people firmly but fairly,” he said.

He also directed all county commanders and station officers to ensure their teams are trained and briefed on the new policy without delay.

UK, Turkish Governments Support ECDE In Wajir With Classrooms And Learning Materials

By: Hamdi Buthul
 @themtkenyatimes

The governments of the United Kingdom and Turkey, on Thursday commissioned newly constructed ECDE classrooms and flagged off learning materials in Hodhan and Barwako Primary Schools in Wajir County.

The education aid implemented through the UK Foreign, Commonwealth and Development Office (FCDO) and the Turkish Cooperation and Coordination Agency (TIKA) is intended to assist improve access to early childhood education across the county in partnership with the Wajir County Government.

Speaking during the launch, Wajir County Commissioner Karuku Ngumo thanked the donors on behalf of the national government, noting that their support in the foundational stage of education would yield long-term benefits.

“The foundation of education begins



at the ECDE level. Once we create a conducive environment for learners, we reduce early marriages, school dropouts and teenage pregnancies,” said Ngumo.

Ngumo added that the initiative would boost enrollment and instill the value of education among young children.

FCDO Deputy Development Director Eduarda Mendonça Gray said the UK was committed to supporting edu-

cation in Wajir County through teacher training and learning materials.

“We are here to help children get quality education so that one day they can become governors or even presidents. This partnership is the first of its kind globally, with the UK providing teacher training and TIKa supporting infrastructure,” Gray said.

She said the partnership under the Inspire Programme had trained over 500 teachers and supported 264 schools in

Wajir with learning materials.

Wajir Governor Ahmed Abdullahi on his part said that 368 ECDE centers in Wajir County currently serve 28,686 learners, with 543 trained teachers.

He added that the county plans to recruit 120 more teachers, including 20 for learners with special needs.

Governor Abdullahi called on development partners to continue supporting infrastructure and water access, especially in remote areas.

“We still face challenges in some areas where learners study in harsh conditions without access to clean water. No child should be denied education because of their location,” he added.

The Inspire project, implemented through the Wajir Peace and Development Agency, has also supported the training of 13 instructional coaches and 19 master trainers to mentor teachers across the county.



Mt Kenya MPs Condemn Violent Protests, Call For Accountability

By: Suleiman Mbatiah
@themtkenyatimes

A section of Members of Parliament from the Mount Kenya region have raised concern and condemned the recent wave of violent protests that have left behind a trail of destruction, deaths, and economic losses.

Speaking in Naivasha, Nakuru County, over 40 lawmakers under the Mount Kenya Parliamentary Caucus said no cause, political ambition, or grievance, however legitimate, should ever come at the cost of innocent lives.

“As we speak, families are mourning their loved ones, businesses lie in ruins, and whole communities are nursing deep wounds, both visible and invisible. This is not the Kenya we want,” said Dagoretti South MP John Kiarie.

While condoling with affected families, the MPs said the violence had trampled on the dignity and livelihoods of ordinary people, caught in what they termed the crossfire of political irresponsibility.

They vowed to do everything in their power to prevent such incidents from happening again. Kiarie said the violence and mayhem recently witnessed in parts of the region were instigated by

“reckless, selfish politics” that had left deep scars.

He noted that acts of arson and looting had destroyed businesses relied upon by Mount Kenya residents, worsening youth unemployment and discouraging investment in the area.

“Enough is enough. We note with utter disgust the attempted attacks on critical economic facilities in Mount Kenya,” he stated, while reading a joint statement on behalf of the regional MPs.

Without naming individuals, he questioned why anyone would incite the destruction of enterprises that provide jobs and feed families, warning that such actions only erode the region’s economic strength and future prospects.

The MPs demanded thorough investigations into the chaos, calling for the arrest and prosecution of those directly involved, as well as the exposure and accountability of those who planned and financed the violence.

“There can be no sacred cows. Kenya is a democracy governed by the rule of law – no one is above it. We cannot allow a few agents of chaos to hold our nation hostage,” Kiarie said, adding that leaders must safeguard the region’s future.

They pledged to resist and defeat what they called a “toxic brand of politics” that threatens the aspirations of future

generations.

The legislators referenced the development legacy of President Mwai Kibaki, whom they described as a son of the Mountain and one of Africa’s most respected statesmen, saying his achievements were once nearly derailed by hate speech, reckless politicking, and ethnic division.

“We must learn from history and pull back from that dangerous brink. Never again shall we allow personal egos and dangerous rhetoric to burn down the very fabric that holds us together as a nation,” he said.

While expressing confidence in the government’s direction, the MPs affirmed that Mount Kenya, like every other region, has the right to associate politically as it deems fit.

The lawmakers, allied to President William Ruto’s Kenya Kwanza administration, said they had exercised that right by choosing to work with the current government for unity and development.

“We are free citizens in a free country – and Kenya belongs to all of us. No amount of intimidation should be allowed to force us into surrendering our freedom to associate with our fellow Kenyans,” Kiarie emphasized.

He added that they would work with any leaders who advanced both the region’s and the country’s interests, and



Dagoretti South MP John Kiarie reading the statement on Thursday evening as his colleagues look on..

would not be boxed into parochial or ethnic politics.

The Caucus reaffirmed its commitment to defending the interests of the Mount Kenya region and protecting the rights of their electorate, saying they would continue working with national leadership to ensure promises made to the people were delivered.

Despite the current challenges, Kiarie said the Mount Kenya region remains optimistic that continued stability and focus will see the Kenya Kwanza government deliver its pledges.

“The projects to improve infrastructure, create jobs, lower the cost of liv-

ing, and uplift our farmers and businesses will materialize. Mount Kenya will receive its fair share of development – as is already happening – and more. We will not rest until the lives of our people are improved in tangible ways,” he said.

The MPs urged residents in the region, and across the country, to reject what they termed politics of hate, fear, intimidation, and destruction, and instead channel their frustrations and energy into constructive engagement that preserves national peace.

Approach The By-Election With Caution, Mudavadi Tells Malava Electorate

By: OPCS Press Service
@themtkenyatimes

Prime Cabinet Secretary Musalia Mudavadi has called on the people of Malava to approach the upcoming by-election with wisdom and caution, urging them to elect a leader with national stature and integrity.

Speaking in Malava on Friday as he intensified the Kenya Kwanza campaign efforts, Mudavadi expressed confidence in the reconstituted Independent Electoral and Boundaries Commission (IEBC), which is expected to announce the poll date soon. The by-election follows the untimely death of Malava MP Malulu Injendi earlier this year.

“This is a critical moment for Malava,” Mudavadi told residents.

“You have always scrutinized and elected leaders who are respectful, principled, and who can speak on behalf of the people in a way that commands national attention. I urge you not to make a mistake at the ballot.”

The by-election is shaping up to be a litmus test not just for the new IEBC

commissioners but also for the Kenya Kwanza coalition’s hold in Western Kenya.

Mudavadi, a key ally of President William Ruto, is expected to play a leading role in the campaign, signaling the high stakes surrounding the mini-poll.

Reflecting on Malava’s long history of choosing distinguished leaders, Mudavadi cited past MPs such as Jonathan Masinde Welengai, Burudi Nabwera, Joshua Mulanda Angatia, and the late Soita Shitanda.

He praised the late Malulu Injendi, who was serving his third term, as a “respectable leader” and a friend to both him and President Ruto.

“Injendi’s re-election showed the trust and love the people had in him,” Mudavadi said. “Now, you must choose someone who can carry forward his legacy and continue to champion the welfare of the people.”

Mudavadi also shared a personal anecdote from his political journey in Malava, recalling how, during one of his earlier campaigns, residents—angered over an issue—threw stones at him in the market.

“I escaped, but I learned a big political lesson,” he said, noting that



Deputy President Kithure Kindiki and Prime Cabinet Secretary Musalia Mudavadi during the Economic Empowerment Programmes in Shinyalu, Kakamega County.

despite the incident, Malava went on to give him more votes than even his home constituency of Sabatia during his presidential bid.

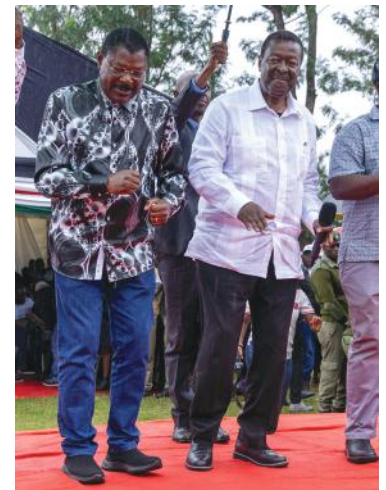
Reaffirming his support for Ruto, Mudavadi urged the Mulembe nation and the broader Western Kenya community to remain united behind the President’s development agenda.

Drawing parallels to the 2022 election, where he backed Ruto with his now-famous “Earthquake” declara-

tion, Mudavadi predicted another win for Ruto in 2027.

“I told you in 2022 that William Ruto would win, and it happened. Now I’m back to say it again—come 2027, Ruto will win through the ballot, not chaos or empty rhetoric,” he said.

He called on voters to reject political jokers and those lacking respect or national credibility. “You’ve never



Prime Cabinet Secretary Musalia Mudavadi enjoys a dance with National Assembly Speaker Moses Wetangula in Busia during the women empowerment programme

chosen a leader who disrespects the people. Let’s not start now. Elect someone who will defend Malava, represent you in government, and deliver real development.”

Success From Broken Pieces



By: Mary Karau Ngethe
@themtkenyatimes

Worth Noting:

- The key aspects of resilience include ability to cope with difficult situations and challenges; bouncing back from setbacks, failures, and disappointments; adapting to changing circumstances, such as unexpected events or new situations; and learning from experiences, including failures and setbacks.
- People try to bring such survivors down, but they can never succeed in bringing down a person who has built-in resilience. Critics should not fool themselves by trying to pull down a survivor. They are never defeated again after the healing. Never again!
- Survivors will rise from the dead. They acquire Lazarus-like strong will, after going through hell and back. They have burnt their feet in the flames time and time again, and always survive to tell yet another tale, even if they have to crawl back to life.

This article focuses on picking the broken pieces of your life, and rebuilding a new you, to find peace and success.

Here is truth often untold. We are usually told how people who are traumatized suffer in life. But rarely are we told that they have the potential to become the most powerful people in the world. They are mostly branded as “damaged” people. But they turn out to be the most powerful people in the world. Ask Coach MaryK why!

Most of once traumatized people get wounded by the trauma, but refuse to be damaged. They become trauma survivors. Survivors because a moment came when they became victims. Something happened, and life fell on the tarmac, and broke down into many pieces, leaving a deeply wounded soul. They became victims of that moment. They started talking of life before the moment, and life after the moment. The moment became their life reference. These victims refused to be damaged, even though deeply wounded. They walked the journey of healing and transformation, and acquired the most dangerous advantage in life-RESILIENCE!

From Life-Coaching experiences, available literature and observations, allow the author to define Resilience as indicated below:

A person’s ability to withstand, recover, and adapt in the face of adversity, trauma, or significant stress

The key aspects of resilience include ability to cope with difficult situations and challenges; bouncing back from setbacks, failures, and disappointments; adapting to changing circumstances, such as unexpected events or new situations; and learning from experiences, including failures and setbacks.

People try to bring such survivors down, but they can never succeed in bringing down a person who has built-in resilience. Critics should not fool themselves by trying to pull down a survivor. They are never defeated again after the healing. Never again!

Survivors will rise from the dead. They acquire Lazarus-like strong will, after going through hell and back. They have burnt their feet in the flames time and time again, and always survive to tell yet another tale, even if they have to crawl back to life.

Such persons were, may be, not given love or approval on a sliver platter, so, in order to survive, they had to love themselves in a way others could only dream of. Self-love is their game. They fought tooth and nail to accept themselves. May be a girl was raped in childhood, and was



blamed for being raped. This girl gets condemned for being a victim instead of being protected. In the process, she learns to hate herself, feeling unworthy. As time goes by, she then slowly realizes that she has no one to love her but herself. She therefore starts to love herself. Perhaps no one cuddled some of them as children, and no one told them pretty childhood niceties. At times, the parental abandonment was due to favoritism of one child to the sibling, may be resulting from birth situations. Parents did it unknowingly, the abandoned child complained but was never heard. They waded through the childhood journey, even in a functional home. And they developed in-built resilience after a lengthy struggle with low self-image and rejection, with one un-answered question: Why is my brother/sister loved more than me? or any other type of trauma, whether home-based, school based, or just life based. Trauma is just trauma. Period.

Survivors are aware that survival in distress is doable. They succeeded in the past, and they are aware that if they succeeded in the past, they can and will succeed yet again. This chorus is well known to them. They are known to say, “Watch this space”. And their critics become spectators to their success. They are constantly on a rebirth journey. Survivors are given every reason to give up, not to believe in themselves, but they always surprise their critics, some of

them being spouses, parents, siblings, teachers, or other significant others. They possess magic acquired in their tough journey of survival, and belief in themselves. Their dreams are tightly hidden in their souls. They have inner-hidden strength tied together with that dream, hence they just need to take the first step, and they thrive and conquer, despite. The past traumas are transformed into unstoppable energy that outsiders are unaware of.

Such transformed survivors have an Unstoppable passion to succeed since they have nothing left to lose. They play life the way life has played them. They are actually not damaged but wounded, and once the wounds heal, their healing becomes the source of incredible energy, pot of unbelievable potential for abundance and change.

They possess the power to use the healed wounds for the greater good and highest well. They are able to build their own success and become their own rugged heroes. They use every stone life has ever thrown to them to build the foundation for their empire. Brick by brick, they build, rebounding with every fall. They vow to disrupt the status quo.

Perhaps they remained voiceless for years, and the renewed energy covers up for the number of years lost. They stayed silent for so long, that when they finally spoke, the world erupted, and cracks opened widely, releasing them to fly. All along, they were cocoons, waiting to metamorphosis into

butterflies. Their pent-up magnificent energy, born and bred in the pressure cooker called life, is that of thunderstorms and lightning. Where once hopelessness was the default brand, now abundance becomes their birthright. Their generations call them blessed, and emulate their renewed energy.

The survivors become warriors, who later get awards, and even Nobel Prizes, or they become presidents, or famous authors, or even global evangelists, musicians, actors, or whatever else the society calls success.

Where once they were timid, now unleash thunder in every action always bringing a storm with a bang

When you hear the voice of a powerful survivor, there is nothing else you can do, but to stop and listen, to the newfound voice. Where once there was self-hatred, an ever flowing well of self-love overflowing to self and to others.

Action, Success and Blessed become the new brand!

Dare to heal or to be a healer, To Transform Lives

The author; Mary Karau Ngethe is the Director of Programs at Central Kenya Development Network (CKDN). She is also a Certified Life Coach. She can be reached on; Whatsapp: +254 722 652 111 or marykaraungethe@gmail.com

Public Benefits Organizations (PBO) Regulatory Authority Wounds Open Forums

By: MKT Reporter
 @themkenyatimes

Worth Noting:

- The public participation sessions started on June 19 and saw the team convene 12 forums in various parts of the country.
- Apart from the public forums, the team has held several sessions with some stakeholders. They are also set to hold such sessions next week.
- Despite having closed the public forums, members of the public have until Friday next week to air their views through sending Memorandum or petitions to the Authority's offices.
- During the Friday session, the Authority chairman Moses Mwambu Mabongah and Director General Laxmana Kiptoo thanked Kenyans for volunteering to air their views on new regulations.
- Once the 2013 Act takes effect next year, it will replace the 1990 Act that has been governing the Non-Governmental Organisations.

Public forums that have been taking place across the country over Public Benefits Organization regulations came to an end on Friday.

This is after the team from Public Benefits Organizations Regulatory Authority, in collaboration with several stakeholders, criss-crossed the seeking the citizens on its regulations that are meant to facilitate the Act's commencement.

The last forum took place on Friday at Ufungamo House for the PBOs in Nairobi.

The public participation sessions started on June 19 and saw the team convene 12 forums in various parts of the country.

Apart from the public forums, the team has held several sessions with some stakeholders. They are also set to hold such sessions next week.

Despite having closed the public forums, members of the public have until Friday next week to air their views through sending Memorandum or petitions to the Authority's offices.

During the Friday session, the Authority chairman Moses Mwambu Mabongah and Director General Laxmana Kiptoo thanked Kenyans for volunteering to air their views on new regulations.

Once the 2013 Act takes effect next year, it will replace the 1990 Act that has been governing the Non-Governmental Organisations.

In Nairobi, dozens of groups and organizations presented their views, both orally and through petitions.

The Authority leadership noted the exceptional effort by former freedom fighters, whose caucus has been making presentations in all the 12 forums, across the country.

The caucus; Mau Mau War Veterans Association (MMWVA) through the leadership of its Director General James Njuguna Mahuria has been presenting their petitions which they hope that once accommodated, it will ease their compensation demands for the atrocities meted against the former freedom fighters.

On Friday, MMWVA presented a written petition through its Secretary General Pius Nguyo while its Patron, Bishop Jane Mumbi Ngethe did an oral summary.

They called for reduction of taxes and levies saying most of their members, who run in thousands, are vulnerable, aged and others sickly and thus, they deserved special recognition.

Bishop Ngethe further urged Kenyans to uphold integrity, be transparent and accountable in their doings.

She thanked President William Ruto

for keeping his campaign pledge of ensuring the act that was assented by President Mwai Kibaki in 2013 was implemented.

Among the other Organizations that made their presentations were; Civic Freedom Forum, Act, Kangemi Human Rights Movement, Karura/Parkland Residents Association and Kenya Human Rights Organization.

Among the other areas that the team held similar forums were; Garissa, Machakos, Meru, Nyeri, Lodwar, Kakamega, Eldoret Kisumu, Nakuru, Mombasa and Lamu.



MMWVA Secretary General Pius Nguyo addressing the forum as the PBORA chairman Moses Mwambu Mabongah waits to receive the petition.



Some of the people who attended the forum at Ufungamo House, Nairobi on Friday.

MMWVA Patron Bishop Jane Mumbi Ngethe making her presentation on Friday. Photos/Courtesy.



Realizing That My Life Is For Only One Day

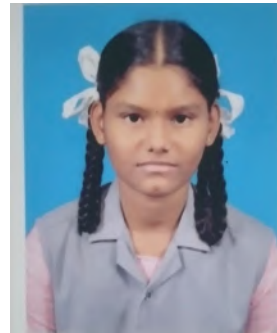


Thoughts overflow in my mind, but words
nothing to say.
Recall my old memories with happiness gay.
Will be with my family, and wish to stay.
But in my inner mind, I always pray.

Oh God! I give my family in your hands all way.
Love and take care of them anyway.
Thank you for giving me a day more to stay.
To hand over my family in your hands today.
And fulfill my duties and responsibilities that
play.
Protect them from all negatives that fury.
As I am no more and leave them midway.
This is what I wish to convey.
And I am lucky and thankful for giving me life
for one more day.

Susi Jean R
Help Desk Executive
Thiruvananthapuram
Kerala.

Save Nature



Nature is indeed very beautiful, and as a nature lover, I appreciate its many wonders. Trees, plants, animals, birds, and more are all part of the natural world that sustains us. However, human activities are harming the environment. We are building schools, colleges, factories, houses, and buildings, which are affecting the natural habitats of trees, birds, animals, and land animals. These natural elements are crucial for our survival. Trees provide oxygen, while plants give us food, vegetables, and fruits. It's illogical to destroy nature when we depend on it so heavily. Nature's beauty is abundant, with flowers, plants, mountains, rivers, waterfalls, and more.

Our Duty is to Save Nature

It's essential that every person thinks about the importance of preserving nature. We must grow more trees, conserve water, and protect wildlife. If we continue to destroy nature, the consequences will be severe. Our earth is at risk, and it's our responsibility to act.

There are many ways to save nature. We can start by growing more trees, saving birds and animals, and reducing our impact on the environment. Every small action counts, and collective efforts can make a significant difference.

Let's Act Now

Let's take action to save nature. Let's grow trees, protect wildlife, and preserve the natural world for future generations. We must work together to ensure a sustainable future.

Priya S,
Class. 10A.
Govt. High school Melpattampakkam
Cuddalore district
Tamil Nadu, India

Home Treatment Of Anemia: An Overview



By: Abdurahmanova Dilnoza

Introduction Anemia affects millions worldwide and manifests as fatigue, pallor, dizziness, and decreased physical capacity. It arises due to various causes including iron deficiency, vitamin B12 or folate deficiency, chronic diseases, and blood loss. Early management is essential to prevent complications. In many cases, especially iron deficiency anemia, home-based interventions can significantly improve hemoglobin levels and overall health. **Causes and Symptoms of Anemia**

The most common cause of anemia globally is iron deficiency, often due to inadequate dietary intake, blood loss, or impaired absorption. Other causes include chronic infections, genetic disorders, and vitamin deficiencies. Typical symptoms include weakness, shortness of breath, palpitations, and cognitive disturbances. **Home-Based Management Strategies** 1. **Nutritional Interventions Iron-Rich Diet:** Consuming foods high in heme iron such as lean meats, poultry, and fish, and non-heme iron sources like legumes, spinach, and

fortified cereals can enhance iron levels. **Vitamin C Intake:** Vitamin C improves non-heme iron absorption; thus, including citrus fruits, tomatoes, and bell peppers in meals is beneficial. **Folate and Vitamin B12:** These vitamins are critical for red blood cell production. Sources include leafy greens, eggs, dairy, and fortified grains. 2. **Herbal and Natural Remedies Nettle Leaf:** Rich in iron and vitamins, nettle tea may support hematopoiesis. **Beetroot Juice:** Contains nitrates and antioxidants that may improve blood quality and circulation. **Blackstrap Molasses:** A natural iron source often used as a supplement. 3. **Lifestyle Modifications Avoidance of Tea and Coffee During Meals:** These beverages contain polyphenols that inhibit iron absorption. **Regular Physical Activity:** Moderate exercise can improve circulation and stimulate erythropoiesis. **Stress Management:** Chronic stress negatively impacts nutrient absorption and overall health. **Monitoring and When to Seek Medical Advice** Home treatments should be complemented by regular monitoring of symptoms and hemoglobin levels. If symptoms worsen or persist despite interventions, professional medical evaluation is necessary to rule out underlying conditions requiring specific treatment.

Conclusion Anemia management at home focuses on nutritional support, natural supplements, and healthy lifestyle habits to restore hemoglobin levels and reduce symptoms. These methods are effective for mild to moderate cases and serve as preventive measures. However, severe anemia warrants prompt medical attention.

Medical work of the medical faculty of
AlFraganus University 3rd student
Abdurahmanova Dilnoza

Those who get favor from humans, may miss God's favour



Those who get favor from humans, may miss
God's favour
For human favors, are based on external show
Partiality and bias, are human nature
But God sees the heart, and the soul's true spirit

Humans see the surface, the external frame,
But God looks deeper, at the heart's true claim,
He values sincerity, and a genuine heart,
Not just outward appearances, that may depart.

No need to seek favour in temples or churches
Work is worship, and service is the only way
Without effort and action, prayers will not work
God expects dedication, and a willing heart's
device.

God is impartial, with no favoritism shown,
He judges the heart, and the actions
Human favor's based on name, fame, and glory
and petty help
But God's favor is based on a humble heart's
pure light.

Don't seek the praise of men, it is waste and
vain,
Seek the favor of God, and His love will remain,
For His favor lasts forever, and brings true peace,
And happiness that comes, from a heart that
releases.

God's favor is more valuable and lasting than
human favor,
it is based on a genuine and humble heart.

BRINDA.D
CREATIVE WRITERS
GRADUATE TEACHER,
GOVT HIGH SCHOOL,
MELPATTAMPAKKAM
CUDDALORE,
Tamil Nadu India

Public Benefits Organization Authority Advocates PLWDs Inclusion In Policy Formulation

By: Anita Omwenga
@themtkenyatimes

Worth Noting:

- Kiptoo said that it was a targeted public participation in conjunction with Christian Blind Mission (CBM) and partners and that PBORA has managed to get good insights that will be taken into consideration during the preparation of the Regulation.
- He said the Authority is subjecting the Regulation to public participation, where the people and institutions give their inputs, where they critique what we have, and then for us to be able to come up with a document that will benefit the public.
- "This process is very important because the PBO Act of 2013 had been shelved for over 11 years, and the previous government did not implement this act because there were some areas that needed to be amended," he said.

The inclusion and participation of Persons With Disabilities (PWDs) in public participation forums and policy formulations promotes democracy and the PWDs constitutional rights.

Speaking during a one-day targeted public participation exercise for PWD on the Draft PBO Regulations 2025, held at Jacaranda hotel in Nairobi, the Public Benefit Organizations Regulatory Authority (PBORA) formerly NGOs Coordination Board, PBORA Director General, Dr. Laxmana Kiptoo said that the Authority is purposeful to ensure that the views of PWDs are catered for and included, as it is stipulated in the Constitution.

"It is okay to be different, and that is the diversity that our community and our populace have. We want to ensure that everyone is included," he said, adding that the Authority has listened to views of PWDs, including organizations dealing with people with disabilities.

Kiptoo said that it was a targeted public participation in conjunction with Christian Blind Mission (CBM) and partners and that PBORA has managed to get good insights that will be taken into consideration during the preparation of the Regulation.

He said the Authority is subjecting the Regulation to public participation, where the people and institutions give their inputs, where they critique what we have, and then for us to be able to come up with a document that will benefit the public.

"This process is very important because the PBO Act of 2013 had been shelved for over 11 years, and the previous government did not implement this act because there were some areas that needed to be amended," he said.

Kiptoo observed that a section of organizations, civil societies, and NGOs went to court with an argument that the Act cannot be amended before it is implemented; hence, the process of implementing this Act currently.

The Director General noted that after the regulation has been done with, it would be imperative to amend some sections with inputs from government and all the sector players on the sections of the Act that have been declared by the court of law as unconstitutional.

He said that with the enactment of the PWDs Act of 2025, it would be crucial to synchronize it with the regulations, to ensure that PWD are encompassed and get accessible services from organizations and from the government.

Country Director for Christian Blind Mission (CBM Kenya), David Munyendo, said that occasionally, the



Dr Laxmana Kiptoo

PWDs sector, if not targeted, tend to be left out of many decision-making processes.

The forum raised issues and concerns that are important to the sector and that need to be taken into consideration under the regulations.

He divulged that the experience and the perceptions around disabilities have to be demystified, adding that while participating, they should also be provided with an enabling environment including inclusion of sign language interpreters and other assistive devices.

"Even as we focus on disability, we are also stressing that people with disabilities are citizens of Kenya, which therefore means they are concerned about everything which is in the regulations," he said.

Munyendo said that Persons with Disabilities Act of 2025 became law and urged the Authority to frame the amendments in such a way that any potential conflict between the provisions on registration in the Disability

Act and those with similar provisions in the PBO Act does not occur.

"CBM will prepare a memorandum, which we shall be submitting to the PBORA team to ensure that the discussion points and the agreements from this exercise are captured," he said.

He commended PBORA for organizing the exercise, saying it is through such platform and partnerships that there will be transformation of lives, in particular for those people segregated

The Country Director lauded the government for providing the space for the sector to operate in a way that there is collaboration and synergy to transform lives.

Prof. Lawrence Mute, Faculty of Law, University of Nairobi, stressed that people with disabilities are citizens of Kenya, and need to be treated as any other citizens hence the need to have in place appropriate regulations.

He said that the regulations need to be framed in such a way that any po-

tential conflict between the provisions on registration in the Disability Act and those similar provisions on registration in the PBO Act does not clash. "Even as we are discussing registration of PBOs under the PBO Act, the Persons with Disabilities Act also entitles organizations to seek registration from the National Council for Persons with Disabilities," he observed.

PBORA has been carrying out public participation exercises of the Draft PBO Regulations across the country in counties including Garissa, Meru, Nyeri, Machakos, Turkana, Kakamega, Kisumu, Nakuru with Nairobi forum being held on Friday.

The public has until Friday next to forward their views and memoranda to the Authority via their official email address and also visit any of the PBORA regional offices in, Kisumu, Garissa, Nakuru, Lodwar and Mombasa.



Christian Blind Mission Board member, Dr. Daniel Muia (left), Public Benefit Organisations Regulatory Authority Dr Laxmana Kiptoo (center) and Country Director Christian Blind Mission, David Munyendo (right) conversing during a Disability Sector Stakeholders Consultation Forum that was held Jacaranda Hotel, Nairobi. Photos/Bonface Malinda..

Octagon Africa Marks 18 Years Of Transforming Lives Through Financial Empowerment

By: James Ndolo
@themtkenyatimes

Octagon Africa Financial Services Limited, a leading provider of financial services in East and Southern Africa, today marked 18 years of empowering lives through innovative pension, insurance, actuarial, and training solutions.

Founded in 2007, the company has grown its footprint from Kenya to Uganda and Zambia, with bold ambitions to expand across the continent. Through its strategic partnership with South Africa's Alexforbes Financial Services Limited, Octagon Africa has built a reputation for reliability, innovation, and people-centric financial solutions.

Speaking during a stakeholder engagement forum in Nairobi, Group CEO Fred Waswa hailed the milestone as a testament to the trust and impact the company has built over the years.

"Celebrating 18 years is not just a milestone but a testament to the lives we have touched, the futures we have secured and the trust we have earned," said Waswa. "Our journey has been more than just business, it is about impact, dignity in retirement and peace of mind."

At the heart of the celebration was the spotlight on the Octagon Umbrella Retirement Benefits Scheme (OURBS) — Octagon Africa Marks 18 Years of Transforming Lives Through Financial Empowerment

Octagon Africa Financial Services Limited, a leading provider of financial services in East and Southern Africa, today marked 18 years of empowering lives through innovative pension, insurance, actuarial, and training solutions.

Founded in 2007, the company has grown its footprint from Kenya to Uganda and Zambia, with bold ambitions to expand across the continent. Through its strategic partnership with South Africa's Alexforbes Financial Services Limited, Octagon Africa has built a reputation for reliability, innovation, and people-centric financial solutions.

Speaking during a stakeholder engagement forum in Nairobi, Group CEO Fred Waswa hailed the milestone as a testament to the trust and impact the company has built over the years.

"Celebrating 18 years is not just a milestone but a testament to the lives we have touched, the futures we have secured and the trust we have earned," said Waswa. "Our journey has been more than just business, it is about impact, dignity in retirement

and peace of mind."

At the heart of the celebration was the spotlight on the Octagon Umbrella Retirement Benefits Scheme (OURBS) — a flagship pension solution designed to democratize access to retirement savings for small and medium-sized enterprises (SMEs), startups, and informal sector workers.

Registered by the Retirement Benefits Authority (RBA) in 2014, OURBS recorded a return of 13.8% in 2024, demonstrating the value of professionally managed, high-performing pension schemes for a wider base of employees. The scheme allows employers — even those with as few as three staff — to provide structured retirement benefits without the complexity of running stand-alone funds.

"Today, OURBS is not just a product, it is a movement," said Waswa. "A movement that enables even the smallest businesses to offer retirement solutions with professional fund management, flexible rules, and bundled insurance."

The umbrella scheme is especially attractive to employers seeking to contract out of NSSF Tier II contributions, as permitted under Kenya's pension regulations. Through this arrangement, employers can redirect Tier II contributions into the umbrella scheme while remaining fully compliant with the law. This model not only allows employers to meet their statutory obligations under the NSSF Act 2013 but also unlocks additional value by offering customized investment strategies, bundled insurance products, and reduced administrative costs.

For employees, the scheme ensures a stable income in retirement, tax benefits, financial literacy support, and protection for nominated beneficiaries. For employers, it enhances staff morale, boosts retention and recruitment, increases productivity, and supports more tax-efficient compensation planning.

Members of the scheme can choose an investment portfolio aligned to their life stage and risk appetite — whether aggressive, balanced, or conservative. The fund uses a multi-manager investment strategy to ensure diversification and strong risk-adjusted performance, supported by a robust investment policy reviewed every three years and ongoing fund manager evaluations.

The scheme's independent trust structure ensures separation from sponsor assets and full regulatory compliance, with an independent corporate trustee providing oversight and accountability. This structure



Octagon Group CEO, Mr. Fred Waswa, during the company's 18th anniversary celebration at the Panafric Hotel, Nairobi.

gives members and employers peace of mind, knowing their contributions are professionally managed and secure.

Octagon Africa's digital-first approach has also played a critical role in broadening pension access. Through the Octagon Pension Administration System (OPAS), members can track their contributions and investment performance in real time. Digital onboarding, mobile access, and simplified interfaces have made retirement planning more accessible to Kenya's youthful and tech-savvy workforce.

"Retirement is not a privilege; it is a right," Waswa emphasized. "A pension is more than a fund it is a promise and a form of deferred gratitude." Looking ahead, Octagon Africa's focus is on expanding its reach across Africa. The company is leveraging strategic partnerships, digital platforms, and tailored products to ensure more people, regardless of income or employment status, can access dignified retirement solutions.

"Our ambition is Pan-African, but our impact is deeply personal," concluded Waswa. "We're building not just better pensions, but better lives." flagship pension solution designed to democratize access to retirement savings for small and medium-sized enterprises (SMEs), startups, and informal sector workers.

Registered by the Retirement Benefits Authority (RBA) in 2014, OURBS recorded a return of 13.8% in 2024, demonstrating the value of professionally managed, high-performing pension schemes for a wider base of employees. The scheme

allows employers even those with as few as three staff to provide structured retirement benefits without the complexity of running standalone funds.

"Today, OURBS is not just a product, it is a movement," said Waswa. "A movement that enables even the smallest businesses to offer retirement solutions with professional fund management, flexible rules, and bundled insurance."

The umbrella scheme is especially attractive to employers seeking to contract out of NSSF Tier II contributions, as permitted under Kenya's pension regulations. Through this arrangement, employers can redirect Tier II contributions into the umbrella scheme while remaining fully compliant with the law. This model not only allows employers to meet their statutory obligations under the NSSF Act 2013 but also unlocks additional value by offering customized investment strategies, bundled insurance products, and reduced administrative costs.

For employees, the scheme ensures a stable income in retirement, tax benefits, financial literacy support, and protection for nominated beneficiaries. For employers, it enhances staff morale, boosts retention and recruitment, increases productivity, and supports more tax-efficient compensation planning.

Members of the scheme can choose an investment portfolio aligned to their life stage and risk appetite whether aggressive, balanced, or conservative. The fund uses a multi-manager investment strategy to ensure diversification and strong

risk-adjusted performance, supported by a robust investment policy reviewed every three years and ongoing fund manager evaluations.

The scheme's independent trust structure ensures separation from sponsor assets and full regulatory compliance, with an independent corporate trustee providing oversight and accountability. This structure gives members and employers peace of mind, knowing their contributions are professionally managed and secure.

Octagon Africa's digital-first approach has also played a critical role in broadening pension access. Through the Octagon Pension Administration System (OPAS), members can track their contributions and investment performance in real time. Digital onboarding, mobile access, and simplified interfaces have made retirement planning more accessible to Kenya's youthful and tech-savvy workforce.

"Retirement is not a privilege; it is a right," Waswa emphasized. "A pension is more than a fund it is a promise and a form of deferred gratitude." Looking ahead, Octagon Africa's focus is on expanding its reach across Africa. The company is leveraging strategic partnerships, digital platforms, and tailored products to ensure more people, regardless of income or employment status, can access dignified retirement solutions.

"Our ambition is Pan-African, but our impact is deeply personal," concluded Waswa. "We're building not just better pensions, but better lives."

Mudavadi Vows Free And Fair Elections, Rebukes Vote-Rigging Claims

The Prime Cabinet Secretary Who Was Also By Deputy President Kithure Kindiki, Among Other Leaders From Different Parts Of The country Warned Against Casting Aspersions On The Electoral Body

By: OPCS PS

@themtkenyatimes

Prime Cabinet Secretary Musalia Mudavadi has cautioned politicians against casting aspersions and doubt on the newly reconstituted Independent Electoral and Boundaries Commission (IEBC) ahead of the 2027 general election.

Mudavadi said that the commission will hold free, fair and credible elections in which Ruto will win a second term democratically through the ballot.

“Let us stop casting aspersions and doubt on the integrity of the Independent Electoral and Boundaries Commission (IEBC). IEBC is an independent commission and it will conduct a free and fair election. It represents the the Republic of Kenya and it is not a tool for either part of the Kenyan political formation.” said Mudavadi.

He has warned those spreading falsehood that the elections will be rigged in favour of President Ruto.

Speaking at the Western Kenya during the women and youth empowerment programmes ni Malava and Shinyalu in Kakamega and Busia , the Prime CS delivered a firm rebuttal to these claims and reassure the public of the government’s commitment to democracy and the credibility of elections.

“We are not in the business of stealing votes. It’s cheap politics to tell Kenyans that Ruto will steal the election. We are in the business of asking each Kenyan for their vote. President William Ruto will win legitimately and we are confident that he will easily secure his 2nd term. President Ruto is not going to steal votes, and he has not assigned anybody to steal votes.” he regretted.

“Mimi nataka kuambia wale wanasiasa wa upinzani na pia wale wanaongea wakiwa mrengo wetu wa Kenya Kwanza, wanaosema ati kura ya Rais Ruto itaibwa ama Rais Ruto ataiba kura muache kuzungumza upuzi,” added Mudavadi.

Mudavadi’s comments come amid growing public unease and anxiety over the integrity of the upcoming 2027 general elections, sparked by recent statements from a section of politicians hinting at potential vote manipulation.

Mudavadi’s assurance is now being seen as an important move to restore confidence in the electoral system ahead of the upcoming by-elections which will be the first litmus test for the newly constituted commission and later preparations for the 2027 elections.



Deputy President Kithure Kindiki, Prime Cabinet Secretary Musalia Mudavadi and other leaders in Kakamega county on Friday.

“Unasimama kwa platform speaking to very serious people, intellectuals, international media, local media, the church and everybody alafu unasema ati hata kama ni kuiba tutaiba, what kind of nonsense is that, mbona unaharibu jina ya Kenya Kwanza.” noted Mudavadi.

Mudavadi has once again asserted that it will be “very difficult” to defeat Ruto in the 2027 general elections, citing the president’s growing political influence and development track record.

He urged the Western Kenya region to remain focused and united and continue rallying behind Ruto’s residency reminding the public of his past political foresight, referencing his role in the NASA coalition in 2017, the “Earthquake” declaration in 2022, and the current realignment.

He urged the Western region to prepare for the next political direction he will offer ahead of the 2027 elections and beyond.

“Nataka niwaambie mchana tumsaidie Rais Ruto aingie awamu yake ya pili in 2027. Kisha akishaingia mnitafute mimi Musalia Mudavadi niwaambie ni nini napanga na mwelekeo baada ya 2027 ni upi.” hinted Mudavadi.

Mudavadi also urged residents of Western region to embrace co-operatives, saying that that was the surest way to fast-track development of the region.

He said the region lags behind in comparison to other regions and the ongoing empowerment programs are a game changer moving into the future of supporting Small and Medium Enterprises, SMEs.

“This is how we’re going to change our economy and assist our people,” he said.

“President Ruto has appointed our own son Benard Chitunga from Malava to be the Chancellor for Co-operative University of Kenya and Wycliffe Oparanya the Cabinet Secretary for Cooperatives and MS-MEs also hails from Western Kenya, which is a good gesture for jus to embrace this collaboration and build strong cooperatives in the Western Kenya region.” he added.

Mudavadi called on the political leadership of the larger Western Kenya region present at the 3 events and drawn from the counties of Kakamega, Bungoma, Busia, Vihiga and Trans Nzoia to unite to achieve faster and maximum development.



Prime Cabinet Secretary Musalia Mudavadi chatting with President Ruto’s aide Farouk Kibet

Worth Noting:

• Speaking at the Western Kenya during the women and youth empowerment programmes ni Malava and Shinyalu in Kakamega and Busia , the Prime CS delivered a firm rebuttal to these claims and reassure the public of the government’s commitment to democracy and the credibility of elections.

• “We are not in the business of stealing votes. It’s cheap politics to tell Kenyans that Ruto will steal the election. We are in the business of asking each Kenyan for their vote. President William Ruto will win legitimately and we are confident that he will easily secure his 2nd term. President Ruto is not going to steal votes, and he has not assigned anybody to steal votes.” he regretted.

The Constitution As Political Convenience: How Kenya's Leaders Weaponize The Supreme Law For Power

“The constitution is not a suicide pact, but neither is it a convenience store where political actors can pick and choose which provisions to honor based on their immediate needs.”

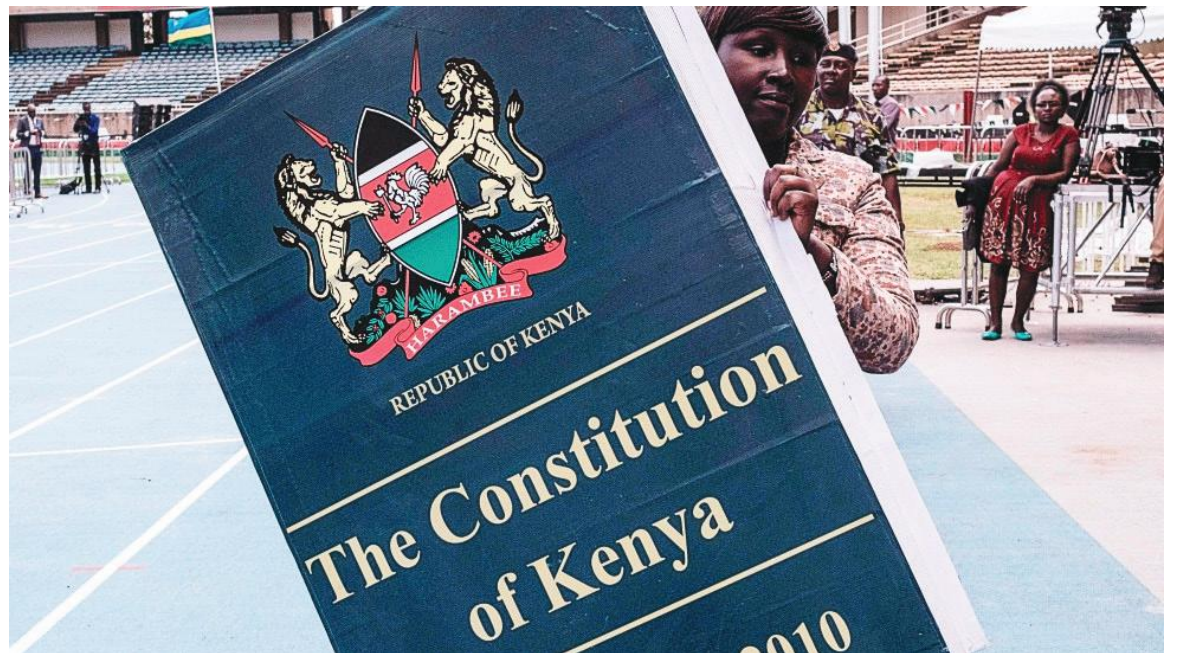


By: Odhiambo Jerameel Kevins Owuor
@themkenyatimes

Kenya's constitutional journey since independence reveals a troubling pattern: the supreme law serves as a political tool rather than an immutable framework for governance. The 2010 Constitution, hailed as a transformative document that would usher in a new era of democratic governance, has instead become a selective reference point for those in power. Political leaders invoke constitutional provisions when they serve their interests while conveniently ignoring others that constrain their authority. This selective application undermines the very foundation of constitutionalism and the rule of law. The constitution's authority derives from its consistent application, not from its convenience to those who wield power. When leaders treat the constitution as a menu from which they can order only what suits their appetite, they fundamentally alter its nature from supreme law to political convenience. This transformation represents one of the greatest threats to Kenya's democratic project.

The historical context of Kenya's constitutional development provides crucial insights into this pattern of selective adherence. From Jomo Kenyatta's systematic dismantling of the Lancaster House Constitution to Daniel arap Moi's manipulation of constitutional amendments, Kenya's leaders have consistently demonstrated a utilitarian approach to constitutional provisions. The independence constitution contained elaborate checks and balances designed to prevent authoritarian rule, yet these were gradually eroded through strategic amendments and political maneuvering. Kenyatta's government argued that certain constitutional provisions were impediments to development and national unity, using these justifications to concentrate power in the presidency. Similarly, Moi's regime invoked constitutional provisions when they served to legitimize his rule while systematically undermining those that challenged his authority. The pattern was clear: constitutional provisions were valid only insofar as they served the immediate political needs of those in power. This historical precedent established a dangerous norm that continues to influence contemporary constitutional practice.

The 2010 Constitution was designed to break this cycle of selective constitutional adherence through elaborate checks and balances, devolution of



power, and strong oversight institutions. Chapter Six on leadership and integrity, for instance, establishes clear ethical standards for public officers, requiring them to demonstrate honesty, selflessness, and accountability. Article 73 specifically mandates that public officers must act in accordance with the constitution and the law, placing constitutional compliance at the center of public service. The constitution also established independent commissions and oversight bodies to ensure adherence to constitutional principles. These provisions were not mere aspirational statements but binding legal requirements designed to constrain executive power. The drafters understood that constitutional provisions are meaningless unless they are consistently enforced regardless of political convenience. Yet the implementation of these progressive provisions has revealed the same pattern of selective adherence that characterized previous constitutional dispensations.

Executive power provides the clearest illustration of this selective constitutional approach, particularly in the realm of appointment powers and oversight mechanisms. Article 155 requires the president to appoint persons who are suitable and qualified for office, yet political considerations often override merit-based selection. The constitutional requirement for public participation in key appointments is frequently reduced to mere formality, with predetermined outcomes disguised as consultative processes. When parliamentary oversight becomes inconvenient, the executive invokes separation of powers doctrine to shield itself from scrutiny. Conversely, when the same executive needs parliamentary approval for its agenda, it suddenly discovers the importance of inter-branch cooperation. The constitution's provisions on public participation and accountability are celebrated when they legitimize government actions but dismissed as procedural technicalities when they pose obstacles. This selective invocation extends to emergency powers, where constitutional provisions are interpreted expansively when they serve executive interests but narrowly when they constrain government action. The result is a constitutional framework that bends to accommodate power rather than constraining it.

Parliamentary behavior mirrors this pattern of constitutional convenience, with legislators invoking constitutional provisions strategically based on their political positions. Members of parliament cite Article 95 on the role of the National Assembly when they seek to assert parliamentary supremacy, yet ignore the same provisions when party loyalty demands compliance with executive directives. The constitutional requirement for reasoned debate and deliberation is honored when it serves political theater but abandoned when expedience demands quick passage of controversial legislation. Opposition members invoke constitutional provisions on minority rights and representation when they are excluded from key decisions, while the same members dismiss these provisions when they join the government. Parliamentary com-

mittees cite their constitutional mandate for oversight when investigating political opponents but develop sudden constitutional amnesia when examining allies. The constitution's provisions on public participation in legislation are celebrated when they provide political cover but ignored when they threaten predetermined outcomes. This selective application reduces the constitution to a political weapon rather than a binding legal framework.

The judiciary, despite its constitutional mandate for independence, has not escaped this pattern of selective constitutional interpretation. While the courts have made significant strides in asserting judicial independence, political pressure and executive influence continue to shape constitutional interpretation. Landmark cases like the Building Bridges Initiative ruling demonstrated judicial courage in upholding constitutional provisions, yet other decisions reveal a more accommodating approach to executive power. The constitutional provisions on judicial independence are invoked when courts resist political interference but downplayed when judicial decisions align with government interests. Lower courts sometimes defer to executive power in the name of national security or development, selectively applying constitutional provisions based on perceived political consequences.

Worth Noting:

- The 2010 Constitution was designed to break this cycle of selective constitutional adherence through elaborate checks and balances, devolution of power, and strong oversight institutions. Chapter Six on leadership and integrity, for instance, establishes clear ethical standards for public officers, requiring them to demonstrate honesty, selflessness, and accountability.
- Article 73 specifically mandates that public officers must act in accordance with the constitution and the law, placing constitutional compliance at the center of public service. The constitution also established independent commissions and oversight bodies to ensure adherence to constitutional principles.
- These provisions were not mere aspirational statements but binding legal requirements designed to constrain executive power. The drafters understood that constitutional provisions are meaningless unless they are consistently enforced regardless of political convenience.

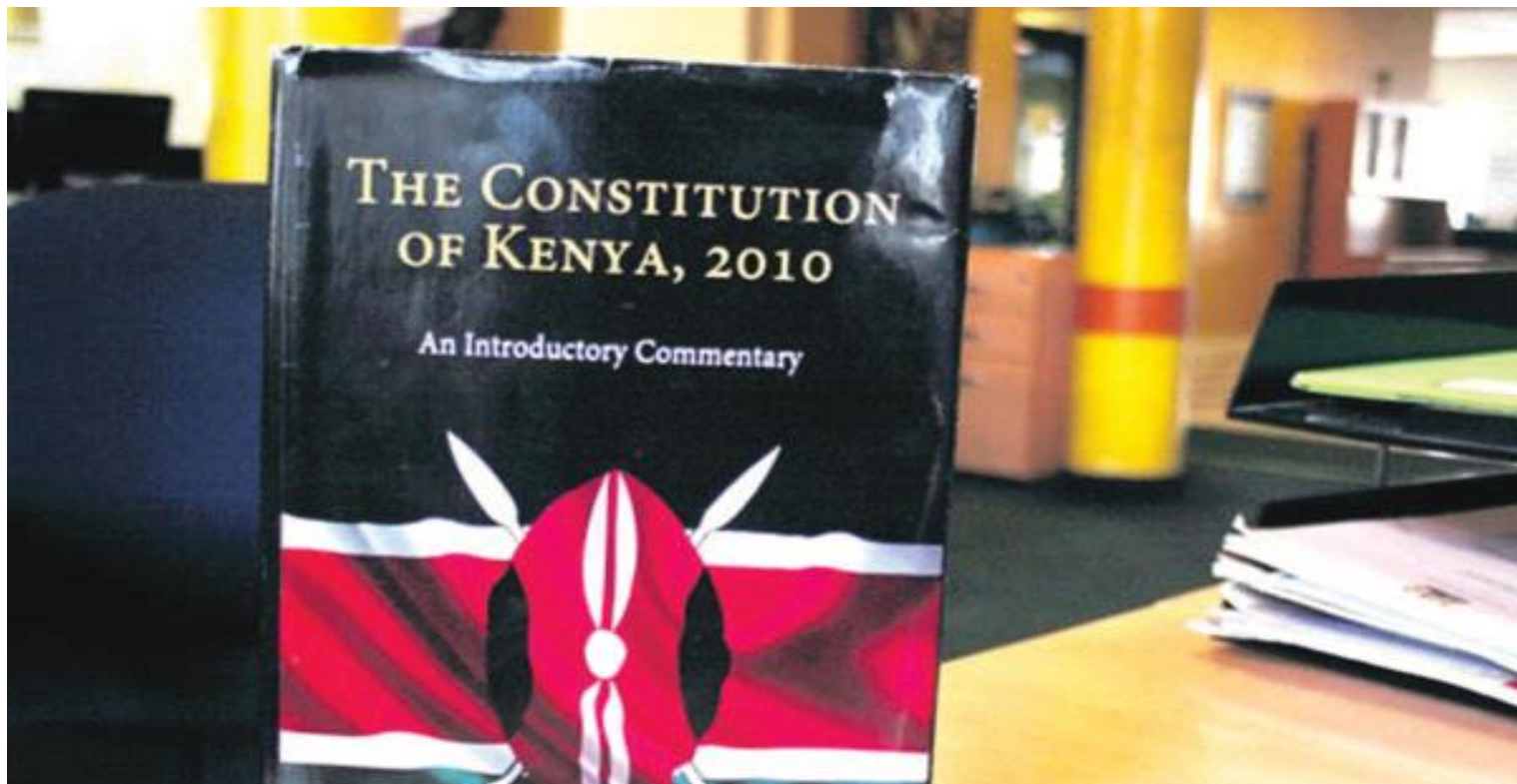
The Constitution As Political Convenience: How Kenya's Leaders Weaponize The Supreme Law For Power

Contd from page 18

The Supreme Court's jurisprudence shows instances of bold constitutional interpretation alongside moments of judicial restraint that appear politically motivated. Even within the judiciary, constitutional provisions are sometimes treated as flexible guidelines rather than binding commands. This judicial ambivalence undermines the constitution's role as the supreme law that binds all branches of government.

Constitutional implementation reveals perhaps the starkest evidence of selective adherence, particularly in the realm of socioeconomic rights and devolution. Article 43 guarantees every person the right to adequate housing, healthcare, and education, yet these provisions are treated as aspirational goals rather than enforceable rights. When citizens invoke these constitutional guarantees, the government cites resource constraints and progressive realization, effectively nullifying constitutional obligations. Conversely, when the same government needs to justify increased taxation or reduced services, it invokes constitutional provisions on fiscal responsibility and sustainable development. The devolution provisions in Chapter Eleven are celebrated when they provide political cover for decentralization but ignored when they constrain central government control. County governments invoke constitutional provisions on devolution when demanding resources but dismiss the same provisions when they mandate accountability and transparency. The constitution's environmental provisions are cited when they support development projects but ignored when they require environmental protection. This selective implementation reduces constitutional rights to political bargaining chips rather than fundamental entitlements.

The role of constitutional commissions and independent institutions further illustrates this pattern of selective adherence and political convenience. The Constitution establishes numerous commissions and independent offices designed to ensure constitutional compliance and protect citizen rights. When these institutions produce reports that align with government interests, their constitutional mandate is celebrated and their recommendations embraced. However, when the same institutions



challenge government actions or expose constitutional violations, they suddenly face budget cuts, political interference, and questions about their legitimacy. The Independent Electoral and Boundaries Commission is praised for its constitutional role when it validates electoral outcomes but criticized as partisan when it raises concerns about electoral integrity. The Commission on Revenue Allocation is celebrated when it supports government fiscal policies but dismissed as unrealistic when it demands adherence to constitutional fiscal principles. The Kenya National Commission on Human Rights is lauded when it focuses on non-political issues but attacked as biased when it investigates government violations. This selective validation of constitutional institutions based on their political utility undermines the entire framework of constitutional governance.

Civil society and public participation mechanisms face similar patterns of selective constitutional recognition and political manipulation. Article 10 establishes public participation as a fundamental value and principle of governance, yet this provision is applied selectively based on political convenience. When public participation supports government initiatives, it is celebrated as evidence of democratic governance and constitutional compliance. However, when public participation challenges government actions or exposes constitutional violations, it is dismissed as foreign interference or political manipulation. The constitution's provisions on freedom of expression and assembly are

invoked when they serve government interests but restricted when they threaten political stability. Civil society organizations are praised for their constitutional role when they support government programs but investigated and harassed when they advocate for constitutional accountability. The constitutional framework for public participation is reduced to a legitimacy-generating mechanism rather than a genuine constraint on government power. This selective application of participatory constitutional provisions undermines the democratic foundations of the 2010 Constitution. The result is a hollow constitutional framework that provides the appearance of democratic governance while preserving authoritarian practices.

The international dimension of Kenya's constitutional practice reveals additional layers of selective adherence and political convenience. When international standards support government positions, constitutional provisions on international law and treaties are invoked to legitimize domestic actions. Article 2(6) requires Kenya to enact legislation to fulfill its international obligations, yet this provision is applied selectively based on political convenience. International human rights standards are celebrated when they support government narratives but dismissed as foreign interference when they challenge domestic practices. The constitution's provisions on international cooperation are invoked when they facilitate beneficial partnerships but ignored when they require adherence to uncomfortable international standards. Regional integration provisions are

praised when they support economic interests but downplayed when they demand political reforms. The African Charter on Human and Peoples' Rights, domesticated through the constitution, is selectively applied based on its political utility. This instrumental approach to international constitutional obligations reduces Kenya's constitutional framework to a tool for diplomatic convenience rather than a binding commitment to global standards.

The cumulative effect of this selective constitutional adherence represents a fundamental threat to Kenya's democratic project and constitutional governance. When the supreme law becomes a convenience store for political actors, it loses its binding authority and transformative potential. The constitution's legitimacy depends on its consistent application across all branches of government and political circumstances. Selective adherence creates a dangerous precedent where constitutional provisions are valid only when they serve immediate political interests. This approach undermines the rule of law, erodes public trust in institutions, and perpetuates the very governance problems the 2010 Constitution was designed to address. The pattern of constitutional convenience reveals a deeper problem: the absence of a genuine constitutional culture that recognizes the supreme law as binding on all actors regardless of political consequences. Until Kenya's leaders embrace the constitution as a binding framework rather than a political tool, the country's democratic consolidation will remain

incomplete and fragile.

In conclusion, Kenya's experience with constitutional governance since 2010 demonstrates that progressive constitutional provisions alone cannot guarantee democratic transformation without a corresponding commitment to consistent implementation. The pattern of selective adherence reveals how political actors across all branches of government treat the constitution as a convenience rather than a binding supreme law. This approach undermines the very foundations of constitutionalism and the rule of law, reducing the constitution to a political weapon rather than a framework for democratic governance. The historical precedent of constitutional manipulation continues to influence contemporary practice, suggesting that changing constitutional texts without transforming political culture yields limited results. The selective application of constitutional provisions across executive, legislative, and judicial branches demonstrates a system-wide failure to internalize constitutional supremacy. Kenya's constitutional journey illustrates the broader challenge facing African democracies: the need to move beyond formal constitutional adoption to genuine constitutional culture and practice. Only through consistent adherence to constitutional provisions, regardless of political convenience, can Kenya realize the transformative potential of its progressive constitutional framework.

Kisii County's Bold Cashless Move Spurs Sh 1.9 Billion Revenue Boost

By: Elizabeth Angira
 @themkenyatimes

Kisii County has recorded a significant increase in its revenue collection rising from KSh 1.1 billion in the 2023–2024 financial year to KSh 1.9 billion in 2024–2025. This remarkable growth has been largely attributed to the county's shift to a fully cashless revenue collection system.

Speaking during an award ceremony held at cultural hall, to honour revenue and enforcement officers for their outstanding performance, Conrad Stephen Michael Owino, the Chief Officer for Revenue Management, praised the team's efforts in surpassing previous financial achievements. "We have seen our revenue officers and enforcement teams step up in an extraordinary way. Through their dedication and discipline, we have managed to move from KSh 1.1 billion last year to KSh 1.9 billion this financial year," Owino stated, emphasizing the impact of digitizing

revenue streams and enforcing transparency.

According to Owino, the county's transition to a cashless revenue collection model has not only sealed previous loopholes but also built public trust and accountability in the system.

"We are no longer dealing with cash. All payments are now made digitally, which has helped curb fraud and misuse of public funds," he explained.

The initiative, which was rolled out across all ten sub-counties and culminated with the municipality, has seen over 270-revenue staff members play a key role in implementing the new system.

Revenue from facilities such as the Kisii Teaching and Referral Hospital (KTRH), liquor licensing, street parking, and market fees were all collected digitally a move credited for the sharp rise in earnings.

The Chief Officer further highlighted the importance of recognizing the efforts of county staff who ensured compliance and dedication throughout the year.

"These are officers who have given their all to make sure the county's revenue reaches the bank for development use. They deserve our gratitude and recognition," he said.

Certificates of appreciation were awarded to outstanding staff, and plans are underway to introduce further incentives to motivate the workforce.

Owino also pointed out that the county had set a revenue target of KSh 2.2 billion and came close with the KSh 1.9 billion mark an achievement seen as a stepping stone toward full target realization.

He called upon the officers to maintain their discipline and work ethic, reassuring them of continued support from the county leadership under Governor Simba Arati.

"Where money is involved, integrity is always tested. But these officers have remained true to their calling, and their performance reflects that," he added.



Conrad Stephen Michael Owino during the interview with the press on the increase revenue collection. Photo | Elizabeth Angira.

National Drowning Prevention Week: Staying Safer Together

By: Mary Blessing Ahairirwe
 @themkenyatimes

This year, the Lifesaving Society has designated the third week in July 20-26, 2025 as National Drowning Prevention Week (NDPW) under the theme SAFER TOGETHER to alarm and alert communities and media on the issue of drowning and its prevention.

Drowning, a sudden and often silent killer, occurs when submersion in water leads to the failure of respiratory function, resulting in death. While drowning can occur in any body of water, from swimming pools to oceans, certain environments and circumstances elevate the risk.

In countries like Uganda, the prevalence of drowning incidents in rivers and lakes, especially within local communities, is a significant concern. Tragic examples include children fetching water who lose their footing, or the capsizing of boats and ships on

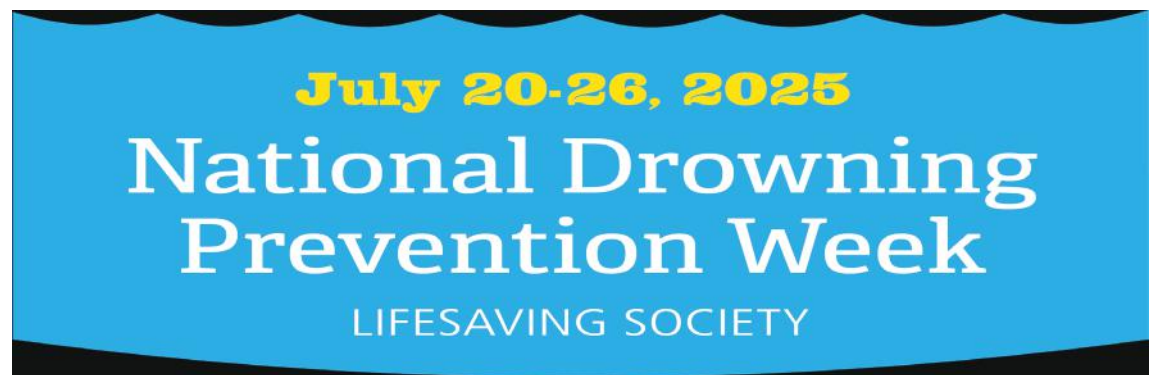
larger bodies of water.

The speed at which drowning can occur, and the lack of immediate assistance, often make it a fatal event.

The World Health Organization (WHO) estimates that approximately 300,000 drowning deaths occur annually worldwide. Alarmingly, children under the age of five account for nearly a quarter of these cases. The frequency of such incidents underscores the urgent need for preventative measures.

Recent events, such as the discovery of an unidentified body in River Rwizi in Mbarara district, and the tragic floods from Nyamwamba River last September, highlight the ongoing risk. Furthermore, incidents in Lake Victoria continue to claim lives, painting a grim picture of the widespread nature of this issue.

These reported cases, however, may only represent a fraction of the actual number of drowning incidents. How many more go unreported, unnoticed, and unacknowledged? Are we truly doing enough to protect our communities from this preventable tragedy?



The silence surrounding these unreported deaths is a stark reminder of the need for greater awareness and action.

To combat this, a multi-faceted approach is essential. Firstly, the government must prioritize and promote basic swimming skills training in schools and educational institutions. Equipping individuals with these skills provides a critical defense mechanism in aquatic environments.

Secondly, the widespread dissemination of first aid knowledge is crucial. Many bystanders are unable to assist drowning victims due to a lack

of training. Public awareness campaigns through various media platforms, including radio, television, and newspapers, can effectively educate the public on life-saving techniques.

Technological advancements can also play a vital role. Investing in technologies that facilitate rapid rescue and body retrieval can significantly improve outcomes.

Finally, a collective commitment to safety is paramount. Parents and guardians must take responsibility for supervising children near water bodies, and communities must fos-

ter a culture of vigilance and mutual support.

Together, through education, technological advancements, and community engagement, we can strive to reduce drowning incidents to zero. It is our collective responsibility to ensure that no more lives are lost to this preventable tragedy.

Mary Blessing Ahairirwe
 maryblessingahairirwe@gmail.com

The writer is a research and statistics analyst



LETTERS TO THE EDITOR

Kenya Sugar Board's Awards: A Milestone For Reform, Leadership, And Sustainable Growth

By: James Kilonzo Bwire

[@themkenyatimes](#)



Worth Noting:

Despite these commendations, the awards should be considered a springboard rather than a finish line. Kenya's sugar industry faces persistent challenges: intense global competition, fluctuating market prices, the impact of climate change on agricultural productivity, and most critically, the need to support smallholder farmers who remain the backbone of the sector. Eng. Gumbo's leadership and the credibility gained from these awards position KSB uniquely to advance sustained, farmer-centered reforms. Priority areas must include fair pricing frameworks, climate-smart farming practices, and stronger institutional mechanisms to curb illicit sugar imports, which have historically undermined local producers.

Additionally, KSB has an unprecedented opportunity to champion modernization—encouraging investment in enhanced milling technologies, mechanization, and the diversification of sugarcane products through value addition.



The Kenya Sugar Board's (KSB) recent triumph in winning multiple prestigious awards—Best Sugar Industry Stand, Best Agricultural-based Statutory Board Stand, and runner-up for the Second Best Regulatory Authority & Corporation Stand—marks a significant milestone in the sector's ongoing transformation. The presence of KSB's top leadership, including Chairman Eng. Nicolas Gumbo, Directors Ms. Everlyne Omondi and Mr. Adan S. Abdullahi, CEO Mr. Jude Chesire, and Legal Director Mr. Andrew Oso, at the award-winning stand was more than a formality; it symbolized a shared commitment to advancing the industry. These awards represent an important validation of the board's renewed dedication to transparency, innovation, and meaningful stakeholder engagement—factors critical in restoring confidence in a sector often marred by inefficiencies and unresolved farmer grievances. Publicly celebrating this success is a strategic move that not only boosts the morale of KSB's team but also signals to industry partners and the broader community that progress is real and achievable.

Central to this achievement is the transformative leadership of Eng.

Nicolas Gumbo, whose stewardship has been widely commended for driving reforms in Kenya's sugar industry. Gumbo combines his extensive technical expertise as an engineer with political acumen and a deep commitment to transparency, which has fortified KSB as a stronger and more accountable institution. His approach is hands-on, ensuring the board is actively engaged not only in policy formulation but also in diligent execution and oversight. This has challenged entrenched perceptions of bureaucratic inertia, fostering a culture of accountability and operational excellence that is crucial for sustainable growth in the sugar sector.

Despite these commendations, the awards should be considered a springboard rather than a finish line. Kenya's sugar industry faces persistent challenges: intense global competition, fluctuating market prices, the impact of climate change on agricultural productivity, and most critically, the need to support smallholder farmers who remain the backbone of the sector. Eng. Gumbo's leadership and the credibility gained from these awards position KSB uniquely to advance sustained, farmer-centered reforms. Priority areas must include fair pricing frameworks,

climate-smart farming practices, and stronger institutional mechanisms to curb illicit sugar imports, which have historically undermined local producers.

Additionally, KSB has an unprecedented opportunity to champion modernization—encouraging investment in enhanced milling technologies, mechanization, and the diversification of sugarcane products through value addition. Such innovation is key to elevating Kenya's sugar industry beyond domestic consumption and towards competitive exports. Maintaining transparency and constant engagement with all stakeholders—farmers, processors, government, and consumers—will be essential to deepening trust and fostering collective ownership of the sector's development journey.

This defining moment should inspire not only celebration but also sober reflection and resolute action. It signals a pivotal shift where Kenya's sugar industry shows clear signs of shedding past inefficiencies to embrace openness, professionalism, and futuristic ambition. Eng. Nicolas Gumbo's blend of technical expertise and reformist vision makes him the right leader for navigating this complex landscape.

However, the board's pledge for continued excellence must be met with sustained vigilance from all stakeholders to ensure these accolades are transformed into substantial, far-reaching reforms. Only then can Kenya's sugar industry realize its potential as a driver of economic growth, rural development, and social upliftment.

In conclusion, the KSB's recent success is emblematic of an industry at the cusp of renewal. While awards are meaningful recognition, the true measure of progress will be seen in tangible improvements in farmer livelihoods, market stability, regulatory transparency, and global competitiveness. This transformative journey demands bold leadership, collaborative governance, and unwavering public accountability—a vision Eng. Gumbo and his board appear ready to champion in the coming years.

James Kilonzo Bwire is a Media and communication practitioner.

SPORTS
NEWSPHOTOS
SCORES
OPINIONS
STATISTICS
SCHEDULES
BREAKING NEWS

Sports >> *The National Olympic Committee of Kenya (NOC-K) will hold its long-awaited elections on Monday (July 21) at the Ole Sereni Hotel in Nairobi.

NOC-K Announce New Date For Turbulent Elections



NOCK secretary general Francis Mutuku addresses the press. PHOTO/RAYMOND MAKHAYA

The National Olympic Committee of Kenya (NOC-K) will hold its long-awaited elections on Monday (July 21) at the Ole Sereni Hotel in Nairobi.

In a communication sent to newsrooms, the committee indicated that the electoral exercise will begin at 8:00 a.m, with 10 positions up for grabs.

It will be the third time NOC-K will be attempting to hold their quadrennial polls, following two failed efforts to do so.

The first time — on April 30 — the Electoral Congress at the Pride Inn Hotel in Westlands was aborted after four federations failed to agree on which of their officials would be eligible to vote

at the polls.

The federations include the Taekwondo Federation of Kenya (TFK), the Kenya Volleyball Federation (KVF), the Kenya Triathlon Federation (KTF), and the Kenya Handball Federation (KHF).

However, the polls were allowed to proceed after the High Court vacated an order that had earlier barred the Independent Electoral Boundaries Commission (IEBC) from proceeding with the exercise without the four federations.

Subsequently, NOC-K set June 19 as the new date for the elections, but that also became a cropper after the High Court in Eldoret issued an injunction on

the morning of the polls.

This was in response to an appeal by Kenya Table Tennis Association (KTTA) president Andrew Mudibo, who had been barred a day earlier by the Sports Disputes Tribunal (SDT) from the election after ruling that his federation had complied with the Sports Act of 2013.

The tribunal further pointed out that Mudibo — who is vying for the secretary general's post — was irregularly nominated for the position by KTTA.

Since then, KTTA secretary general Fahd Daim has successfully applied for a judicial review of the ruling even as the High Court in Eldoret gave the go-ahead for

the polls on Thursday.

It remains to be seen whether there will be one last twist to the tale or the storm that has afflicted NOC-K for the last two months will finally abate.

Capital Sport

GET THE BEST OF WORLD

Sports >> *It is a great opportunity for the East African community countries which are Kenya, Uganda And Tanzania as they have a chance to co-host one of the major tournaments in Africa

Let's Go In Large Numbers And Fill The Stadia During CHAN

By Cornelius Nasong'o

It is a great opportunity for the East African community countries which are Kenya, Uganda And Tanzania as they have a chance to co-host one of the major tournaments in Africa but this chance can look wasteful if fans will not turn out in large numbers to beautify the moment of the game during this African championship games.

Take a look at Anfield, San Siro, Camp Nou, Santiago Barnabeu And Old Trafford, these are some of the iconic stadia in Europe with a certain D.N.A dictated by their fan base.

This aspect can also be evidenced at Moi Sports Center kasarani during our national team's matches this august where fans can come out in large numbers and form good cheering squad which will bring chaos to the opponent thus taking away the timing and mentality.

The Only Thing That The Harambee Stars need is large fan turn out and support from Kenyans, it is our moment as a nation to pull out a surprise due to the home advantage.

This Chan competitions will also measure our preparations for hosting the african cup of nations 2027 edition ,Therefore Benny MCarthy and his boys needs to give Kenyans a good show and create loyalty with the fans.



SPORTS NEWS



PHOTOS
 SCORES
 OPINIONS
 STATISTICS
 SCHEDULES
 BREAKING NEWS



SPORTS AS THEY HAPPEN

Backpage



BRICS Media, Think Tanks Convene To Promote BRICS Cooperation, New Vision For Global South

By: Xinhua
@themkenyatimes

RIO DE JANEIRO, (Xinhua) -- Over 250 representatives from nearly 150 media outlets, think tanks, government agencies, and regional organizations across 36 countries gathered here on Wednesday for the BRICS Media and Think Tank Forum, an event focusing on how to advance BRICS cooperation and strengthen solidarity across the Global South.

In his keynote remarks, Fu Hua, forum chair and president of Xinhua News Agency, said greater BRICS cooperation has played a critical role in unifying Global South countries, boosting their influence in global affairs, and driving reform in global governance.

As the forum enters its second decade, Xinhua is committed to working with its BRICS counterparts to tell the Global South's stories more effectively, promote joint research on major issues, and deepen professional collaboration, Fu added.

Zhu Qingqiao, Chinese ambassador to Brazil, in a congratulatory letter, praised the forum's inclusion of discussions on artificial intelligence and highlighted its role in advancing the outcomes of the 17th BRICS Summit.

Zhu expressed hope that the event would further position BRICS as a platform for South-South cooperation and a voice for reform in global governance.

Other speakers echoed their calls. Carlos Hernandez, president of the Central American Parliament, said global governance is in urgent need of new models and new voices.

"The countries represented here today have shown the way forward: one grounded in equitable development, dignity, and multilateralism," he said.

Mikhail Gusman, first deputy director-general of TASS Russian News Agency, noted that BRICS nations reflect the diversity of emerging economies.

Facing growing global media chal-

lenges, BRICS media cooperation has an important role in defending truth, justice and peace, he said.

Tia Ju, vice president of the Legislative Assembly of the state of Rio de Janeiro in Brazil, praised China's efforts to unite Global South countries and emphasized the need for media collaboration to increase international visibility and influence for BRICS.

Yeidckol Polevnsky Gurwitz, chair of the Asia-Pacific Foreign Relations Committee of the Mexican Senate, said that Mexico shares with BRICS a vision of inclusive growth and fair trade.

"We cannot allow external interference in our development paths. Together, we must build a multipolar world," she said, referencing China's concept of building a community with a shared future for humanity.

The forum concluded with the release of a think tank report titled "BRICS Cooperation: Advancing the Collective Progress of the Global South" and the launch of two major initiatives: Global South Joint Communication Partnership Program and "Tapping into BRICS, Voices from the South" Content Collaborative Project.

The forum marked the first full meeting of the BRICS media mechanism since the bloc's historic expansion and was co-hosted by Xinhua News Agency and Brazil Communication Company under the theme "BRICS United: Forging a New Chapter for the Global South."



Fu Hua, forum chair and president of Xinhua News Agency, delivers a keynote speech at the BRICS Media and Think Tank Forum in Rio de Janeiro, Brazil, July 16, 2025. The forum was held in Rio de Janeiro on Wednesday. (Xinhua/Yao Dawei)



Guests attend the BRICS Media and Think Tank Forum in Rio de Janeiro, Brazil, July 16, 2025. (Xinhua/Wang Tiancong)



The BRICS Media and Think Tank Forum is held in Rio de Janeiro, Brazil, July 16, 2025. (Xinhua/Wang Tiancong)



Guests attend the BRICS Media and Think Tank Forum in Rio de Janeiro, Brazil, July 16, 2025. (Xinhua/Wang Tiancong)



The BRICS Media and Think Tank Forum is held in Rio de Janeiro, Brazil, July 16, 2025. (Xinhua/Li Mengxin)