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WEEKEND ePAPER

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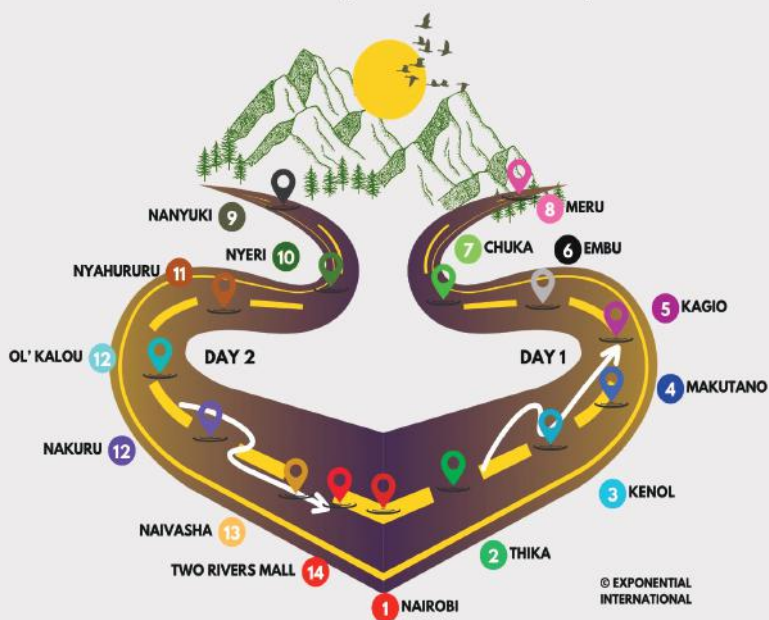


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NAIROBI - MT KENYA CIRCUIT ROADSHOW ROADMAP (17-18 SEPT 2025)



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Gala Dinner

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Central Kenya MPs Launch Public Engagement Forums

By: MKT Reporter
 @themtkenyentimes

Some Of The Moments As Captured In Pictures

A section of Members of Parliament from central Kenya have launched a new way of engaging the public in a bid to know their needs and expectations.

Seasoned politician and Laikipia East MP Mwangi Kiunjuri on Friday led the lawmakers in holding a special public engagement forum at Kirichu area in Njeri Town constituency where they were hosted by area MP Duncan Maina Mathenge. They also held another session with Boda Boda operators at the constituency offices which is adjacent to Ruring'u stadium. During the forums, the MPs outlined what President William Ruto's government had achieved, what was going on and what the future holds. They discussed issues to do with infrastructure like roads and electrification, water projects, on health matters and agricultural activities like incentives and improving prices for milk, tea and coffee. Other MPs who attended the forum included; Githua Wamashukuru (Kabete), Mary Maingi (Mwea), Dorothy Muthoni (Nominated MP), Njoroge Wainaina (Kieni), Wambugu Wainaina (Othaya) and Jane Kagiri (Laikipia Women Representative).



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.

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NEWS IN BRIEF



The national chairman of a peace lobby caucus has passed on. Mzee Paul Julius Kariuki Mwati (centre in the picture) died last week while receiving treatment at Mwai Kibaki Level VI hospital in Othaya. Mzee Mwati, who was the chairman of Amani Kwa Wote Association, will be buried at his Biricha home in Gatarakwa, Kieni West Sub-County on Monday. In the picture, taken on June 16, this year at The National Archives, Nairobi, Mzee Mwati is with other officials of the caucus who are also officials of former freedom fighters group; Mau Mau War Veterans Association [Gikonyo Githiga (left) and Pius Njogu (right)].



Safaricom Foundation, in partnership with the Busia County Government, has launched a free fistula treatment camp targeting at least 100 women in need of surgery and specialized care. Speaking during the launch, Safaricom Foundation Chairman Joseph Ogutu emphasized the Foundation's commitment to restoring the dignity of women affected by fistula. He revealed that the M-PESA Foundation has allocated Sh 100 million for fistula camps across Kenya, aiming to reach over 700 women in the next year. An additional Sh 232 million has been earmarked to treat 2,000 women over the next three years. Ogutu also highlighted the "Uzazi Salama" initiative, designed to promote safe deliveries and prevent fistula, in partnership with county governments.



The Kenya Tea Development Agency (KTDA Holdings) Limited National Chairman Chege Kirundi has urged the Parliamentary Committee for Agriculture & Livestock Development to remove the proposed 1 per cent levy on tea sales from the Tea (Amendment) Bill, 2023. During the stakeholder engagement on Friday, Mr. Kirundi emphasized that smallholder tea farmers are already overburdened by existing taxes, and the primary goal is to maximize their returns.



The President of the AGRA-Sustainably Growing Africa's Food Systems., Ms. Alice Ruhweza, on Friday paid a courtesy call on Agriculture and Livestock Development CS Mutahi Kagwe. Ms. Ruhweza, who was accompanied by Director of Policy and State Capability Boaz Blackie Keizire and Kenya Country Director John Macharia, highlighted AGRA's nearly two-decade presence in Kenya and reaffirmed the organization's commitment to supporting the government in driving agricultural transformation across the continent. Kagwe welcomed AGRA's continued support and emphasized the importance of aligning donor efforts with Kenya's national priorities. "For too long, donors have been telling us what to do. We are now clear on what we want and how partners can support us," he said. Key areas of discussion included AGRA's investment of \$900,000 towards seed policy implementation, support for transitioning to an e-voucher system from manual subsidies, and funding programs targeting post-harvest losses. The AGRA President also announced Kenya's inclusion in a new youth focused program aimed at creating agricultural jobs, as well as the ongoing training of Kenyan experts in seed breeding at Master's and PhD levels.



The famous "Big Five" are among the top attractions in Kenya's wild habitats. However, with over 30,000 species of mammals, birds, and marine life, they represent just a small part of the country's wildlife diversity. Starting Friday, the Chinese media outlet, CGTN will camp at the heart of various wild landscapes across Kenya to immerse you in these ecosystems. They have also assembled a knowledgeable guest list, including conservationists, wildlife authorities, and government officials, to provide valuable insights on everything related to wildlife.

Former Lands Cabinet Secretary Ms Farida Karoney has joined TV47 Parent Company Cape Media Limited as Growth Strategy Consultant. In her new role, Dr. Karoney (centre in the picture) will spearhead the strategic and policy changes aimed at positioning Cape Media as a digital-first media house and strengthening its competitiveness in the rapidly evolving media landscape. With her is the company chairman and Mount Kenya University founder Prof. Simon Gicharu (left) and the Cape Media CEO Mwenda Njoka (right).



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THEME: "Promoting Climate Smart Agriculture and Trade Initiatives for sustainable Economic Growth"

AUDA-NEPAD Unveils Plan To Transform African EdTech

By: Ian Chepkuto
@themtkenyentimes

Worth Noting:

- Dr. Barbara Glover, Programme Officer at AUDA-NEPAD, said the framework seeks to accelerate education transformation by leveraging African innovation and leadership to build inclusive, resilient, and future-ready learning systems.
- “The framework aims to catalyse an accelerated transformation in education by leveraging local innovation and continental leadership to make Africa’s education systems more inclusive,” she divulged.

The African Union Development Agency-NEPAD (AUDA-NEPAD) has unveiled the draft African EdTech 2030: Vision, Plan, and Policy Framework for consultation and stakeholder input, charting a bold course to transform education through a homegrown digital innovation.

The strategy, unveiled during the STEMtastic Adventures! Africa 2025 Symposium at the Centre for Mathematics, Science, and Technology Education in Africa (CEMASTEA) in Karen, Nairobi, aims to position Africa as a global leader in mobile-first, locally relevant Education Technology (EdTech).

Dr. Barbara Glover, Programme Officer at AUDA-NEPAD, said the framework seeks to accelerate education transformation by leveraging African innovation and leadership to build inclusive, resilient, and future-ready learning systems.

“The framework aims to catalyse an accelerated transformation in education by leveraging local innovation and continental leadership to make Africa’s education systems more inclusive,” she divulged.

Aligned with Agenda 2063, STISA-2024, CESA 2026–2035, and the AU Digital Transformation Strategy, she said, the policy blueprint advocates for vendor-neutral platforms, shared infrastructure and equitable digital access across the continent.

Dr. Glover likened the potential of EdTech to the success of mobile money in Africa. “Just as mobile money leapfrogged traditional banking systems, mobile-first EdTech could be Africa’s next major leap forward,” she noted.

Framework developers emphasised

the power of offline-capable, mobile-first technologies to reach marginalised learners: solutions designed for intermittent connectivity and low-cost smartphones that can be replicated globally in similarly underserved environments.

“Schools can harness online and mobile-first technologies to reach marginalised learners,” noted the framework developers.

John Kimotho, EdTech consultant with Spix Foundation and Head of RESPECT Africa Office, stressed that, “Just as mobile money succeeded in Africa before other regions due to limited traditional banking infrastructure, digital education can surpass conventional classroom-based systems because the continent isn’t constrained by legacy educational infrastructure.”

With teacher smartphone ownership exceeding 90 per cent in South Africa and ranging from 30 per cent to 65 per cent in Ghana, Nigeria, and Kenya, the expert said the continent already has strong foundations for scalable digital learning.

“Every African learner, regardless of gender, location, disability, or background, should have affordable access to high-quality, localised digital learning resources on reliable devices within an inclusive ecosystem that fosters innovation and entrepreneurship.

“This means a student in rural Tanzania could access quality chemistry lessons in Kiswahili on an offline-capable device, while teachers across Africa seamlessly share resources,” added Kimotho.

Kimotho also highlighted the potential of African-developed educational apps to serve local needs while competing globally.



“A harmonised digital environment would allow a teacher in Kenya to use courseware developed in Nigeria, with student data remaining nationally secure while contributing to continental learning insights,” he explained.

The framework comes at a critical time, as Africa’s population is projected to reach 2.5 billion by 2050, with over 60 per cent under the age of 25 according to the paper.

Despite this demographic advantage, the continent faces major challenges: an estimated 30 million children in Sub-Saharan Africa are currently out of school, and at least 17 million additional teachers will be needed by 2030 just to maintain current access levels.

Digital gaps also persist. Only about 40 per cent of primary schools in Africa have internet access, and according to UNICEF, 75 per cent of young people lack the digital skills required by today’s workforce.

The Covid-19 pandemic further exposed these gaps, as many countries struggled to pivot to remote learning.

“It is time for a Pan-African EdTech transformation, one that turns connectivity and content into improved learning, inclusion, and opportunity

for every learner,” Kimotho stressed.

He pointed out that the draft marks a potential turning point in leveraging technology to deliver inclusive, relevant and resilient education across the continent.

AUDA-NEPAD therefore is calling on all stakeholders, including governments, educators, private sector actors, communities, and development partners, to review and comment on the document to help shape a shared roadmap for action.

“Through coordinated policy, local innovation and equitable infrastructure, Africa can leapfrog legacy education barriers and build a globally competitive digital learning ecosystem,” said Kimotho.

“By learning from frontrunners like Kenya, Rwanda, and Mauritius and sharing lessons across borders, Africa has the opportunity to lead a new era in global EdTech,” he said.

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RESPECT Unveiled To Transform Learning In Africa

By: Ian Chepkuto
@themtkenyatimes

Africa has taken a bold leap towards achieving its education transformation goals with the official launch of RESPECT, a new Digital Public Infrastructure (DPI) for Education.

The platform was unveiled during the STEMtastic Adventures! Africa 2025 Symposium at the Centre for Mathematics, Science and Technology Education in Africa (CEMAS-TEA) in Karen, Nairobi.

Developed by the Spix Foundation, RESPECT is designed to make it easier for African Ministries of Education and EdTech stakeholders to align with AUDA-NEPAD's Africa EdTech 2030 Vision and Plan, which calls for every African student to have access to high-quality, interactive digital courseware developed in Africa by Africans.

Speaking during the launch, John Kimotho, EdTech Consultant, Spix Foundation, and Head of the RESPECT Africa Office, said the platform solves long-standing structural problems in EdTech development.

The EdTech expert emphasised the importance of RESPECT's app integration, noting, "Much of EdTech is pilot-driven and disconnected from education systems, leaving developers without clear growth pathways and teachers with tools that don't last." adding that "RESPECT makes it easier for policymakers, educators, and developers to build solutions that align with real classroom needs and can grow and last."

Kimotho assured the delegates that with the release of RESPECT Version 1, Africa is now taking the lead in the global conversation on educational digital public infrastructure (DPI).

"Every African student should have access to the world's best interactive digital courseware, developed in Africa by Africans, on smartphones already in their pockets, homes, or schools," proposes the AUDA-NEPAD Vision.

While institutions such as the United Nations have only recently begun discussing the need for such infrastructure, Africa has already implemented one, positioning the continent to fast-track inclusive, scalable digital learning models.

The launch comes as AUDA-NEPAD released new data showing that only 40 per cent of African primary schools have internet access, 30 million children of primary-school age remain out of school, and the continent will require an additional 17 million teachers by 2030 to maintain universal access.

The experts argued that, despite bil-



ions invested in EdTech, most solutions remain unsustainable, fragmented, and limited to short-term pilot projects.

Kimotho noted that RESPECT aims to turn that around by offering an interoperable, policy-aligned system that rewards scale and relevance.

Africa has a unique opportunity to simultaneously drive access to free localised EdTech solutions that can reach all parts of the education ecosystem, even those offline, while making it profitable and sustainable to develop the world's best interactive digital courseware right here in Africa, added Kimotho.

He said the system has been failing the innovators, not the other way around, but assured delegates that RESPECT will make it easier for developers to deliver the solutions Africa's children truly need.

The analysis by the mEducation Alliance shows the scale of the fragmentation problem, as developers have to navigate different rules, requirements, and procurement protocols in nearly every African country, resulting in what researchers term "small-batch deployment."

The experts argue that whilst Africa has produced world-class educational technology, from Kenya's classroom management systems to Senegal's Wolof-language XamXam platform, serving 1.2 million users, these innovations remain largely isolated within their countries of

origin.

Teachers are experiencing 'tool fatigue' from juggling multiple siloed applications with no central access or data integration, the Alliance noted in its 2024 report. This discourages adoption, even when individual apps are excellent.

To solve the problem, AUDA-NEPAD's Vision and Plan identifies two root causes: Lack of real-time data on what works for which learners and systemic barriers to scale.

According to the Vision and Plan, "AUDA-NEPAD observes that if Africa solves these two problems by making it easy for courseware to generate real-time data for ranking and research and by lowering policy, technical, and commercial barriers, then market forces will do the rest."

And that all RESPECT Compatible apps transmit anonymised data on learner-app interactions to the relevant education authority, enabling data-driven teaching techniques such as Structured Pedagogy and Teaching at the Right Level.

The expert said this real-time data, aggregated at a continental level, supports ranking, research, and future development.

In addition, RESPECT implements AUDA-NEPAD's newly released draft Policy Framework for Standards-Based, Vendor-Neutral EdTech, which is aimed at lowering policy barriers and improving collaboration between public education

systems and private developers.

On the technical front, RESPECT offers built-in support for offline and low-connectivity environments through on-device caching, mesh networking, proxy servers, and data compression, making it possible for developers to create one app that works everywhere.

It also enforces international interoperability standards like xAPI, OneRoster, and OAuth and supports early-stage features for text localisation and curriculum alignment.

Significantly, RESPECT lowers commercial barriers by allowing all RESPECT Compatible™ apps to be accessed for free by students and educators, while developers and localisers are compensated based on usage and eventually educational impact.

The platform's sponsor-funded model has been described as a hybrid of "YouTube meets PBS Kids" for EdTech, providing reach and sustainability without compromising public access.

Kimotho emphasised the urgency of seizing this moment. "The opportunity is historic, but time is short. We need to stop lamenting the barriers and start dismantling them systematically."



Worth Noting:

• Speaking during the launch, John Kimotho, EdTech Consultant, Spix Foundation, and Head of the RESPECT Africa Office, said the platform solves long-standing structural problems in EdTech development.

• The EdTech expert emphasised the importance of RESPECT's app integration, noting, "Much of EdTech is pilot-driven and disconnected from education systems, leaving developers without clear growth pathways and teachers with tools that don't last." adding that "RESPECT makes it easier for policymakers, educators, and developers to build solutions that align with real classroom needs and can grow and last."

• Kimotho assured the delegates that with the release of RESPECT Version 1, Africa is now taking the lead in the global conversation on educational digital public infrastructure (DPI).

KMPDC Orders Chiromo Hospital Closure, Patient Evacuation After CEO's Mysterious Death

By: Irene Mwangi
@themkenyatimes

The Kenya Medical Practitioners and Dentists Council (KMPDC) has ordered the immediate closure of Chiromo Group of Hospitals' Brae-side branch and the evacuation of all patients following the mysterious death of Toto Touch CEO, Susan Kamengere Njoki.

In a directive issued Thursday, the council instructed the facility to cease all clinical operations and evacuate patients within 24 hours, citing fresh reports into Njoki's death, which occurred just a day after her admission on July 14.

"Following further reports on the death of Susan Kamengere Njoki, you are hereby instructed to evacuate all patients within 24 hours of receipt of this letter," the KMPDC stated.

The regulator also demanded the hospital submit, without delay, comprehensive documentation including the post-mortem report, Njoki's full

medical records, and any other files relevant to the ongoing investigation.

A post-mortem conducted by government pathologist Dr. Peter Ndung'u revealed that Njoki died as a result of manual strangulation.

"There were clear features of compression to the neck, consistent with manual strangulation," said Dr. Ndung'u, noting the cause of death was hypoxia—lack of oxygen in the blood—due to pressure applied to the neck.

The autopsy further showed Njoki had eaten shortly before her death, with food contents still present in her stomach, suggesting she died approximately four hours after her last meal.

Although additional medical signs were detected, Dr. Ndung'u said they appeared related to a pre-existing condition she was managing at the time of admission. However, he confirmed the fatal incident occurred while Njoki was inside the hospital.

Her death has sparked national outrage, with her family now pushing for toxicological tests to further establish the circumstances surrounding her death.



Toto Touch CEO, Susan Kamengere Njoki.

KMPDC, in its directive, underscored its commitment to patient safety and accountability, and instructed Chiromo Hospital to submit a detailed report outlining corrective

measures to prevent similar occurrences.

Police, in conjunction with KMPDC investigators, are continuing to probe the events leading to Njoki's admis-

sion and death, as scrutiny intensifies over the hospital's handling of the case.

Government Takes TVET Recruitment To The Ground In Igambang'ombe To Empower Youth

By: Kenya News Agency
@themkenyatimes

The government has rolled out a massive recruitment drive targeting over 1,500 Form Four leavers in Igambang'ombe Sub-County in partnership with Chuka Technical and Vocational College.

The spirited grassroots mobilisation campaign is spearheaded by local administration in the sub-region directly engaging local communities, in what is viewed as a paradigm shift and change of strategy in Technical and Vocational Education and Training (TVET) recruitment.

The new strategy aims at reaching the youth where they live and encourage them to join Technical and Vocational Education and Training (TVET) to benefit from various academic programs offered therein.

Chuka Technical and Vocational College, Principal Peter Rubia, said the institution is committed to supporting the government's goal of

enrolling 2 million youth in TVET institutions nationwide.

He noted that Chuka TVC currently has over 4,500 students but wants to increase the enrollment by reaching more youth directly at the grassroots.

"We are going to the ground to meet the youth face-to-face, encourage them, and help them register. We want to ensure no one is left behind."

"With programs like Mkulima Majuu and Kazi Majuu, we are offering life-changing skills that lead to real employment opportunities," said Mr Rubia

He called on local leaders to support the mobilization efforts, saying their involvement is key to driving up enrollment numbers and ensuring youth acquire the skills necessary for national development.

Mwonge Location Chief, Henry Mugambi, applauded the initiative, noting that it would steer young people away from social vices.

"This program is timely. It keeps our youth engaged and gives them hope. It will reduce idleness, drug and substance abuse, and alcoholism," said



Ian Murithi, one of the prospective students, expressed appreciation to the college and the government for physically reaching out to youth.

"I'm grateful that they came to the ground to talk to us directly. It shows

face challenges like accommodation costs. We hope the government can consider allowing students to enroll and settle fees later," he said.

The outreach campaign is part of the government's broader push under the

tion Agenda (BETA) to make vocational training accessible, practical, and responsive to labor market needs.

CS Wandayi Underscores The Importance Of Connectivity To Electricity

By: Jane Naitore
@themkenyatimes

Energy and Petroleum Cabinet Secretary Opiyo Wandayi has underscored the importance of electricity connection for economic development of the country.

Speaking after commissioning Rural Electrification Project in Marani and Sensi wards in Kitutu Chache North constituency, Kisii County, Wandayi said electricity would open up the rural villages of Chimo and Irianyi for economic growth and education advancement in the area.

The CS expressed optimism that the area, which previously had minimal connectivity, will never again lag in development and applauded area Member of Parliament Japheth Nyakundi for raising the need at the national level.

Wandayi pledged to do his work well, helping the president deliver by working with leaders at all levels.

On challenges facing the youth, the CS said connectivity to electricity would help the unemployed young people to become self-reliant.

Appealing to the residents to seek alternative means of resolving disputes, Wandayi noted that many counties were trailing behind in development due to destruction of property during demonstrations.

He urged residents in the region to maintain peace and unity and embrace hard work for faster economic growth in the area, adding that 250 other areas will also be connected to electricity.

Nyakundi applauded the government for development projects in the constituency including roads totaling over 64 kilometres at a cost of over Sh7 billion.

The MP cited some roads that have



been completed, while others were ongoing including Kegogi-Marani-Ititi-Gesieka-Gesabakwa and Nyaore, among others.

He noted that at least 31 km of the roads that were commissioned last

year were already completed.

He urged residents to support the government of the day and also called for mass registration to the Social Health Authority (SHA).

Other leaders present included En-

ergy PS Alex Wachira, area woman Representative Doris Donya Aburi and the Deputy Governor Elijah Obebo.

Lower Kuja Irrigation Scheme Production Above The National Average

By: MKT Reporter
@themkenyatimes

Farmers from the Lower Kuja Irrigation Scheme in Nyatike Sub County, Migori county have been praised for the rice productivity that has surpassed the national average production per acre.

According to the Chief Executive Officer (CEO) National Irrigation Authority (NIA), Eng. Charles Muasya, the Lower Kuja Rice scheme has been producing 3.6 tonnes per acre as compared to the national average production of 2.8 tonnes per acre.

Muasya, who spoke during the issuance of cheques worth 15.2 million to compensate farmers affected by the infrastructural expansion of the Kuja Irrigation, said that the scheme's rice productivity surpassed all the rice schemes in the country, making it a major productive system in rice production.

The 152 million compensation package will benefit 177 farmers after a wayleave agreement between farmers and NIA for the canal passages in the Lower Kuja Irrigation Scheme.

In April this year, NIA gave out a land compensation package of 17 mil-

lion to 77 farmers in the Lower Kuja Irrigation scheme, bringing the total cash compensation to 36 million.

The government, through NIA, had promised to pay 68 million to compensate all the affected farmers in the scheme to open up the 19,000-acre scheme for irrigation.

The current 7,200-acre scheme under rice production is able to generate an annual income of 3.7 billion, making it one of the viable economic ventures in Migori County.

The official, however, disclosed that the remaining compensation package of 32 million can be paid before the end of the 2025/2026 Financial Year (FY) if the court cases by affected farmers are withdrawn and consent forms signed.

Muasya encouraged farmers to invest the money in the project to ensure the revenue generated from the scheme benefits the Nyatike community and Migori County.

Already, farmers in the scheme have a ready market with the National Cereal and Produce Board (NCPB) opening a depot in the area.

He also said that the NIA will continue partnering with the county government to ensure all roads within the scheme are accessible and in good condition to boost rice productivity in the region.



“We have a vibrant workforce working for NIA, Lower Kuja Irrigation Scheme, farmers and the county government to advise, help and improve productivity to revamp rice production in the Nyatike,” said Muasya.

The chair, National Irrigation Authority (NIA) Eng. Gilbert Maluki explained that NIA has a strategic plan to ensure all the 19,000 acres in the Lower Kuja Irrigation Scheme are placed under production.

Maluki disclosed that in the next two to three years, they will be doing infrastructure with a budget of around 700 million to realize the full potential of the Migori-based irrigation scheme.

Already, farmers in the scheme are paying operational and maintenance costs of around 4,000 per acre per year to ensure roads, canals, on-farm roads and culverts are passable.

He, however, called upon those farmers who received the compensation fee to reinvest in the scheme to empower themselves economically as well as retain the cash flow in the county.

Meanwhile, the Chairperson of the Lower Kuja Irrigation Scheme, Okeyo Oremo, urged the residents to do land succession to rightfully claim the compensation package.

Oremo also called upon the government to improve on infrastructure like

the inroads, access roads, check gates and access culvert to boost a good transport network for better productivity in the scheme.

Grace Akinyi, a beneficiary of the compensation fee, said that she will reinvest the cash in the rice scheme to empower herself economically and secure a monetary future for her children.

She thanked the NIA team for processing the cash in time, while at the same time, encouraging farmers who took NIA to court to withdraw the cases, so as to benefit from their rightful and birthright inheritance of the scheme.

Mudavadi: It's Time To Have A Conversation With The Youths

By: OPCS Press
@themtkenyatimes



Worth Noting:

- Mudavadi urged fellow politicians and leaders to change how they engage with the youth, saying the biggest challenge in national discourse is the lack of respectful and inclusive communication.
- “We, the politicians, are the biggest culprits. We have been talking down to young people instead of engaging them in meaningful conversations,” he said.
- He called for a more deliberate effort to listen to the youth and include them in decision-making processes, rather than merely lecturing or sidelining them.
- To affirm the capability of young people, the PCS cited several examples from history. He mentioned William Pitt, who became Prime Minister of the United Kingdom at the age of 24, and Jesus Christ, who lived and spread the gospel before he died at 33.

Prime Cabinet Secretary Musalia Mudavadi has called for a national paradigm shift and for the country to engage in a conversation with the youth.

Mudavadi observed that the young people at the age of 35 years and below were over 35 million, which is about 75 percent of Kenya's population, and that called for robust engagement with them and their involvement in the decision-making.

Speaking on Thursday evening during a fundraising dinner hosted by the A-Kili Foundation in Nairobi, Mudavadi said the shift should be on how the country approaches youth empowerment, and advocating for intellectual investment as the most sustainable tool for building Kenya's future.

He rallied support for initiatives focused on equipping young people with the knowledge, skills, and values necessary to transform not only their own lives but also the communities around them.

“Let us embrace the journey ahead with courage, compassion, and a shared commitment to the Foundation's mission,” Mudavadi, also the Cabinet Secretary for Foreign and Diaspora Affairs, said.

Mudavadi urged fellow politicians and leaders to change how they engage with the youth, saying the biggest challenge in national discourse is the lack of respectful and inclusive communication.

“We, the politicians, are the biggest culprits. We have been talking down to young people instead of engaging them in meaningful conversations,” he said.

He called for a more deliberate effort to listen to the youth and include them in decision-making processes, rather than merely lecturing or sidelining them.

To affirm the capability of young people, the PCS cited several examples from history. He mentioned William Pitt, who became Prime Minister of the United Kingdom at the age of 24, and Jesus Christ, who lived and spread the gospel before he died at 33.

“I became a Cabinet Minister at 28, and Minister for Finance at 33. I think I can exercise some bragging rights, I was at the centre of opening and liberalising the economy of this country. Many of the benefits we enjoy today, including services like Safaricom, emerged from those reforms,” he said.

Mudavadi noted that the time had come for Kenya to recognize its youth not merely as dependents but as strategic assets who must be nurtured and entrusted with national development.

“Let us change the narrative. Let us stop portraying young people as a problem. They are the solution. They will be the ones to define and build Kenya's future,” he said.

Recalling his earlier years in public life, the Premier shared an encounter with a former Member of Parliament from Aldai Constituency, whom he described as one of the towering political figures of his youth. He narrated how, during a harambee event, the MP intro-

duced a new concept called “BSS,” the Brain Settlement Scheme.

“He told us, land is becoming increasingly scarce and expensive. At independence, there were settlement schemes that allowed families to move and acquire land. But today, the only viable settlement scheme for young people is BSS,” said Mudavadi.

He elaborated that this scheme, unlike land, is in unlimited supply, affordable, can be distributed democratically, and is free of tax. Most importantly, it offers every young person an opportunity to succeed through intellectual effort and personal initiative.

“If you fail to plough, you cannot blame the hoe. To me, that's what the A-Kili Foundation is doing in empowering young people to till their minds and move forward,” he said.

He, however, cautioned the youth against the growing misuse of digital platforms and emerging technologies, including Artificial Intelligence, warning that they are increasingly being used to distort reality and mislead the youth.

“There are hard truths we must confront. Artificial Intelligence is now being used to spread falsehoods and manipulate facts. Let us not fall into the trap of allowing our youth to be swayed by lies or illusions,” he said.

Mudavadi also warned against attempts to glorify violence or militarism as a form of alternative leadership.

“Let us not mislead our young people into believing that someone with a pistol around their waist is providing better leadership. That path leads to instability,” he said.

He stressed that despite its imperfections, civilian and constitutional governance is always superior to military regimes. He reminded the audience that Kenya's Constitution, passed by 70 percent of voters in a national referendum, guarantees regular elections and orderly governance.

“With civilian government, you can predict when elections will be held. That predictability is the strength of democracy. Let us protect our Constitution, reform our institutions, and strengthen them to serve the people more effectively,” he said.

Mudavadi noted that the collapse of public institutions poses the greatest threat to any nation, and urged Kenyans to work towards institutional account-



ability, transparency, and reform, not abandonment.

The fundraising dinner, organised by the A-Kili Foundation, brought together a cross-section of national and county leaders, development partners, civil society organisations, and private sector players committed to youth development and social innovation.

Mudavadi encouraged Kenyans to support such initiatives and avoid complacency in the face of growing social and economic challenges facing the youth.

“Take a deep breath, take one step backward, and then move forward. But let us never allow ourselves to create the wrong perception or lose direction,” he said.

He expressed his appreciation to the Akili Foundation for its impactful work since 2011, and to all who contributed, not just through pledges, but through a

heartfelt commitment to real change.

“A special word of gratitude to Dr. Hosea Kili, Founder, Chairman, and Trustee of the Foundation, whose unwavering dedication to philanthropy has been transformative. Alongside his wife, Mama Secilia, Dr. Kili has led countless initiatives that continue to touch lives across our nation, with passion, resolve, and an enduring spirit of service,” said Mudavadi.

Since its establishment, the A-Kili Foundation has reached over 5,000 young people across Kenya through structured mentorship programmes, digital skills training, entrepreneurship incubation, and community leadership development. The Foundation continues to expand its partnerships and programmes, with a vision to create a generation of conscious, capable, and future-ready citizens.



Family Mediation In Kenya



By: Mary Karau Ngethe
@themtkenyatimes

Worth Noting:

- Mediation to achieve peaceful divorce. The parties can agree, through mediation, that the only way out is divorce. The parties agree the agreement amicable, and they are then advised to take the next step of filing for divorce thru the court. Mediation does not give divorce. Only the courts have that power.
- Mediation to discuss issues around divorce: Divorce is very final, and it has a number of consequences. Mediation can help discuss these matters like childcare, property among others. Some can be registered in the courts and some can be agreed during mediation, depending on the parties involved.
- Mediation for parenting duties after divorce: After divorce, if children are involved, then discussions will be needed to mutually agree on roles around these children. Mediation allows this to be done in peace, and the parties agree to maintain peace for the benefit of the children and peace of every one involved.

Mediation has increasingly gained popularity as a method of dispute resolution in Kenya. This is a practice that can be compared very well with the African, including Kenyan culture where different communities had ways of resolving conflict; long before the Judicial systems were introduced to us by colonialism. Kenyan families are quickly embracing mediation after realizing its key benefits. The new Constitution of Kenya (CoK) 2010 provided a framework for mediation by mandating the judiciary to promote Alternative Dispute Resolution mechanism in Kenya. In 2016, the Court Annexed Mediation (CAM) was first implemented in Kenya, starting with the Commercial and family Divisions of the Court. In 2018, the Chief Justice issued a practice direction on mediation, encouraging parties to arrive at an amicable settlement enforceable as a judgment or order of the court.

Family Mediation

In this article, certified Professional Mediators from Central Kenya Development Network (CKDN) give insights into the benefits of family mediation in Kenya, the process, and why you need mediation professional, for family and other disputes. Contact us through WhatsApp chats through +254 722 652 111 for mediation services or for more information on mediation.

Family Mediation is a voluntary process where a neutral third party facilitates communication and negotiation between disputing families to help them reach a mutually acceptable resolution in family oriented conflicts.

There are very many types of family oriented conflicts, which, if not well handled, can tear families apart, weakening community

Types of family oriented conflicts calling for mediation

Marriage Mediation:

- Mediation to resolve simple conflicts within marriage: Marriages should be upheld and all efforts used to ensure a man and his wife live in peace, for themselves and for their children. effective conflict resolution will reduce GBV, separation, and disrespect in the family
- Mediation to resolve toxic conflicts within marriage. When simple disputes are not handled well, they escalate to toxic levels. If this toxicity is not handled, it will lead to marital breakdown, and all consequences related to marital breakdown. When a marriage is undergoing a tumultuous period, Mediation steps in to help



resolve the conflict and balance the toxicity. During sessions, the parties might decide to resolve and med their marriage, separate or divorce. achieve conflict resolution and spouses get back their fast love

- Mediation to achieve a peaceful separation: The mediator facilitates an effective communication, and if they agree to the only way to deal with toxicity is to separate, then mediation helps them to discuss and agree on issues regarding separation. The mediator does not advise but oversees their discussion. Mediation agreement can be informal separation or separation through the court.
- Mediation to achieve peaceful divorce. The parties can agree, through mediation, that the only way out is divorce. The parties agree the agreement amicable, and they are then advised to take the next step of filing for divorce thru the court. Mediation does not give divorce. Only the courts have that power.

Mediation to discuss issues around divorce: Divorce is very final, and it has a number of consequences. Mediation can help discuss these matters like childcare, property among others. Some can be registered in the courts and some can be agreed during mediation, depending on the parties involved.

- Mediation for parenting duties after divorce: After divorce, if children are involved, then discussions will be needed to mutually agree on roles around these children. Mediation allows this to be done in peace, and the parties agree to maintain peace for the benefit of the children and peace of every one involved.

Other types of family oriented conflict calling for mediation

- Estate sharing after death of a family member: Mediation helps the parties to amicably agree on how to share property, after which they can file the agreement in the courts for legal position
- Widow related conflicts: Conflicts arising upon death of a husband, where the widow and her in laws enter into conflict.
- Sibling Conflicts: Mediation to resolve conflicts between siblings and/or their parents
- In Law related conflicts: Disagreements between in laws polarizing family dynamics

Benefits of Family Mediation in Kenya:

1. Families safe money: Mediation is cost effective compared to taking the case to court, compared to litigation
2. Families save on time: Mediation can resolve disputes quickly, sometimes in just one session, unlike court cases that can drag on for years. Many families are aware of this scenario where a case can drag in court for over 20 years.
3. Families get privacy: Mediation offers confidentiality since sessions and discussions are held privately and families bring only the desired parties.
4. Families have control of the process: parties in conflict have more control over the outcome, allowing for creative innovative solutions tailored to the family needs based on win-win approach

5. Family's safeguard relationships: Mediation fosters a collaborative approach, helping different family members to maintain or even improve relationships. Peace within families is African, and mediation fosters that

The purpose of this article was to create awareness among families on the existence of mediation practice, it is a profession recognized by the Laws of Kenya. The Chief Justice has been very instrumental in ensuring different counties have access to mediation services. Families have a choice to either engage mediators through one of the mediation types listed below:

1. Court Annexed Mediation
2. Private Mediation

The choice is purely up to the families requiring resolution. The choice is as straight forward as a family choosing to go to a private hospital or to a public hospital, or a private school verses private school.

Taking Action

Once you read this article, please engage a Mediator if you have a family conflict, or share the information to your friends going through a family conflict. The method is applicable for any other type of conflict, both individual and corporate.

Mary Karau Ngethe Program Director/Certified Professional Mediator Central Kenya Development network (CKDN) marykaraungethe@gmail.com

Tharaka-Nithi To Equip All 115 Health Facilities With Cancer Screening Tools, Says Governor Njuki

By: Alex Njeru
@themtkenyatimes

Worth Noting:

- The governor made the announcement at Mpukoni Hospital, where he also commissioned Complexity construction of a KSh45 million Mother and Child Complex and a Modern Outpatient Block.
- He reiterated his administration's commitment to decentralizing and strengthening healthcare systems to ensure residents have access to quality services close to home.
- "As a county, through the Department of Health, we are prepared to invest in early testing for cancer. In the next few months, cancer testing will be done even at the dispensary level," he said.
- Governor Njuki noted that cancer remains a growing national concern, particularly in the Mt. Kenya region, and unfortunately, most cases are diagnosed at advanced stages.

In a bold move to advance healthcare access and combat late cancer diagnosis, Tharaka Nithi Governor Muthomi Njuki has announced that all 115 public health facilities in the county will be equipped with cancer screening equipment.

This landmark development marks another significant milestone in the county's continued transformation of the health sector under Governor Njuki's leadership.

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Governor Njuki noted that cancer remains a growing national concern, particularly in the Mt. Kenya region, and unfortunately, most cases are diagnosed at advanced stages.

To address this, the county government is intensifying efforts to improve both infrastructure and personnel across its health facilities.

He emphasized that early detection is key to saving lives and reducing the financial strain on families.

To increase affordability, cancer screening is usually costing around KSh3,000 will be offered free of charge to all residents registered under the Social Health Authority (SHA) medical scheme.

The Governor encouraged residents to register and take advantage of the new "Lipa SHA Pole Pole" payment model, which allows flexible daily, weekly, or monthly contributions. This initiative, also known as "Lipa SHA Mos Mos," is tailored to accommodate residents in the informal sector who may struggle with bulk annual payments.

As the Chairperson of the Health Committee at the Council of Governors, Governor Njuki has consistently championed universal health coverage while opposing the commercialization of health services.

He issued a strong warning to unlicensed medical practitioners and businesspeople operating unauthorized clinics, saying that their actions are endangering lives. "We are losing many mothers through Cesarean sections induced by business people operating without credentials. We will not allow quacks to put lives at risk. We must protect Kenyans by advocating for professionalism in healthcare," he said.

He further revealed that the county government, in collaboration with the Ministry of Health, would crack down on facilities and individuals flouting medical regulations.

He condemned the use of forged doc-



Tharaka Nithi Governor Muthomi Njuki (left) with Safaricom's Patrick Kuria Mburu during the launch of construction of Maternal Unit and Outpatient block at Mpukoni Health Centre in Magumoni ward. Photos/Alex Njeru.

uments to run clinics and emphasized the need to eliminate quack doctors and unethical medical practices.

Since taking office, Governor Njuki's administration has made tremendous progress in revamping the county's healthcare landscape. Some of the most notable achievements include the upgrading of Mpukoni Health Centre to Level 4 status.

This is being achieved through the construction of a 40-bed maternity wing, ICU unit, and theatre—projects supported through a partnership with Safaricom Foundation.

Additionally, a modern outpatient block is under construction to support the new maternal unit and alleviate congestion. The county has also unveiled plans to elevate Muthambi Health Centre to Level 4 beginning in January, again with the support of Safaricom. Plans are also underway to upgrade Gattung Hospital to ease pressure on Mari-

manti Level 4 Hospital.

Across the board, the county is investing in modern medical equipment and deploying trained staff to ensure comprehensive healthcare delivery.

These projects reflect Governor Njuki's broader vision of an equitable, accessible, and well-staffed healthcare system that meets the needs of all residents, including those in remote areas.

"We are not only improving hospitals but also building systems that support preventive healthcare, community health, and economic empowerment through health insurance," he said.

Safaricom's Regional Business Lead, Patrick Mburu, lauded the county's dedication to improving healthcare outcomes. "We want to connect the community, uplift health and education standards, and improve the economic well-being of our people.

This partnership with Tharaka Nithi County is a model of what public-pri-

vate collaboration should look like," he said.

The commissioning event was attended by several senior county officials, including Deputy Governor Wilson Nyaga Muisrael, Health CECM Dr. Gichuiya Nthuraku, CECM Muthini Karangi, and Members of the County Assembly such as Godfrey Gaturo, Anita Mbae, and Justin Kithinji.

Governor Muthomi Njuki's administration continues to lead from the front in healthcare transformation, with visionary policies, strategic partnerships, and a firm commitment to the welfare of the people.

With the upcoming rollout of cancer screening equipment to all public health facilities, coupled with continuous hospital upgrades, Tharaka Nithi is steadily positioning itself as a national model in public health development.



Tharaka Nithi Governor Muthomi Njuki laying a stone

14 POEMS

Mind Cleaning Is The Toughest Task



Mind cleaning is the toughest task we face,
A personal struggle and a challenging task
It is a life long struggle for all
In the inner world, plenty of emotions and
Feelings are there
These thoughts will hamper our feelings
Certain things, our minds can't understand

Other dust and dirt, can be washed away,
But the mind's dirt can't be cleaned

It lingers in our mind ever night and day,

Fears, doubts, and worries will be there
And peace of mind vanishes off

In mind emotions, peace is hard to find,
The storm rages in the heart and mind
It is difficult to clean the mind,
and the impact of emotions in our inner peace.

Brinda. D
CREATIVE WRITERS
GRADUATE TEACHER,
GOVT HIGH SCHOOL,
MELPATTAMPAKKAM
CUDDALORE,
Tamilnadu India

No Teacher Can Teach Experience



Experience the teaching of nature
The sun and the moon as the architecture
It is dutifully playing the role of equality
The trees feed and oxygenate selflessly
The rain recharges all the life on the earth
Genuinely for greenery to mirth

And so does some creatures impact as
great teacher
The crow shares food & mourns together
The ants are active though light as feather
The butterflies are always in gray
Forgetting it's black days.

So experience is a good teacher
Learn it from nature
And all your personal falls
Lifts you up correcting yourself to
enthrall.

G. Sarala
Creative writers
Tamil Nadu
India

Cheers to Love

Our love is beautiful,
Our love is special,
Our love is precious,
Our love is a sweet love song,
Our love is a long lasting romance movie.
Our love makes us feel like
we are on top of the world with joy,
the best of lovers and best friends.
Our love is unique meant just for us,
Our love is exceptional.
Our love is the warmest feeling
we will ever share with each other.
Our love is filled with sweet kisses and
romantic nights with just us.
Cheers to the greatness of our love.



As Innocent As I May Seem



They told me not to cry
But invisible tears fall and make me dry
Pain encroaches my soul
I feel empty
I feel hated
Betrayed, misunderstood, unloved and unseen
I feel dead
As innocent as i may seem

I recall mama saying to me
"Happiness will come son
Love will enrich your soul"
But mama
Sadness lurks within me
Yet my smile never fades
And tears fill my pillows
As innocent as i may seem

My heart is already wounded
It may not see the light of day
It is heavy
It is sad
But my masks are on
No one notices
My invisible tears
As innocent as i may seem

I long to be understood
I long to be heard
To be seen and noticed
And given the rights i deserved
Only one to listen to my words
And see the pain that i hide
I cry, my invisible tears
As innocent as i may seem

Don't judge me i plead
I'm hurt inside
I may seem okay you see
But inside i want to be real
Just for only once to be me
And for a second to be free
And the smile you see
Not to carry a broken soul
A soul that needs love and care
As innocent as i may seem

Reach out and hug me
Embrace my imperfection
Kiss my perfection and not tell
Help me heal
Help me have me again
I need it within
Your sweet love and care
I need that listening ear
To understand me
As innocent as i may seem

Dr. Wanjohi. P. Mugambi
The Weeping Onion
Nairobi Kenya

They Can't Understand



I heard them say
Don't get tied to him since he left you
You will find someone better
But i didn't want better
I didn't want even the best if it existed
I wanted you

I sat listening to them
Nodding to every word they spoke with awe
Letting them say anything they wished to
Thinking it was helpful
Yet i was even heart broken more

All they said
Never filled the void left in my heart

All they did to make me happy
Never filled the sweet memories you left
behind
All they said
Never filled the words of your affirmation

I didn't just lose you
I lost my life
I lost the future i thought we would have
I lost the person i believed i was ok with
Ok with my imperfection

I lost the me and the one who believed in it
The knowing that my love was enough
For when you left
I knew it wasn't ever enough
I can't feel safe anymore
Even near anyone i tremble
I thought i had someone i belonged to

They can't understand
Nor do they know
Neither can they get it
That i didn't just lose you
I lost my life
Which i was building with you

Dr Wanjohi. P. Mugambi
The Weeping Onion

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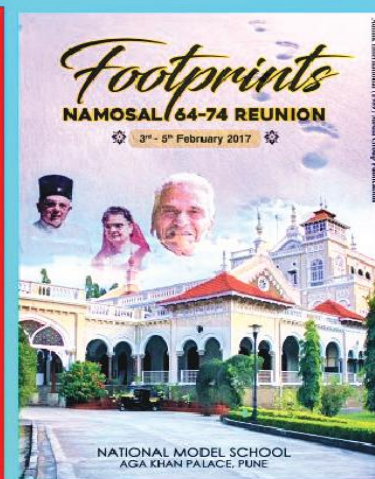
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BUSINESS

Survey Reveals 28 Per Cent Of Young Women Experience Intimate Partner Violence

By: Bernadette Khaduli
@themtkenyatimes

Worth Noting:

- “Nearly one in five partnered young women reported that they experienced physical violence while over one in five reported sexual violence in the past year,” said Prof. Gichangi.

- The Deputy Vice Chancellor who was speaking during the dissemination of PMA Agile 2.0 Nairobi Youth Cohort 2024, held at Githurai grounds in Roysambu Sub County, said the gender-based violence (GBV) data collection, which took place from October to December 2024, focused on pressing issues such as gender norms, sexual and reproductive health and family planning among young women.

- Prof. Gichangi, who is also the PMA Agile Principal Investigator, also referred to technology-facilitated abuse which the findings indicated affects nearly half of the youth with digital access and economic control and reproductive coercion.



Prof. Peter Gichangi

A survey undertaken by Performance Monitoring for Action (PMA) Agile 2.0 Nairobi Cohort 2024 has revealed that intimate partner violence (IPV) is the most prevalent form of violence, affecting at least 28.4 percent of partnered young women.

According to the survey findings, within the year 2024 young women affected by IPV have been reporting physical and sexual assault cases while those suffering from non-partner sexual violence (NPSV), which is less common, were 5.8 percent.

Releasing the findings, the Deputy Vice Chancellor, Academic Affairs, Research and Extension at the Technical University of Mombasa, Prof. Peter Gichangi, said the survey has shown that one in five young women in Nairobi have experienced physical violence yet over 20 percent remained silent.

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The Deputy Vice Chancellor who was speaking during the dissemination of PMA Agile 2.0 Nairobi Youth Cohort 2024, held at Githurai grounds in Roysambu Sub County, said the gender-based violence (GBV) data collection, which took place from Oc-

tober to December 2024, focused on pressing issues such as gender norms, sexual and reproductive health and family planning among young women.

Prof. Gichangi, who is also the PMA Agile Principal Investigator, also referred to technology-facilitated abuse which the findings indicated affects nearly half of the youth with digital access and economic control and reproductive coercion.

He observed that technology facilitated abuse quietly strips young women of autonomy and opportunity to progress thereby leading others to depression and committing suicide.

“Menstrual stigma also remains alarmingly widespread with over 75 percent of young women reporting having experienced it, an issue that has shown only a marginal decrease between 2023 and 2024,” he said.

Prof. Gichangi said, “This issue of menstruation is not just a health issue. It is a barrier to attending school, participating in work, and engaging fully in community life,” adding that it should never be a source of shame or reason for one to miss opportunities.

He noted that the data released underscores the urgent need for comprehensive, youth-centered interventions and support systems to address all forms of gender-based violence,

particularly within intimate relationships.

He singled out fear, shame, distrust, obstructions by family and community members, and cultural practices as some of the barriers that discourage a quarter of survivors from seeking help.

The Deputy Vice Chancellor called upon Kenyans and those in leadership positions to embrace the survey findings and use them to plan and allocate resources, as well as to design interventions that are driven by evidence in order to end all forms of violence.

“Ending gender-based violence is not a solo mission; it requires collective resolve. Together we must unite, strategize and act decisively to eliminate all forms of violence against our youth,” he urged.

Prof. Gichangi urged all stakeholders and partners to combine efforts and raise awareness on GBV and ensure that all women are fully empowered, equipped with knowledge, confidence and support systems they need to enable them have the courage to speak out and report GBV cases to relevant authorities.

The survey was spearheaded by International Center for Reproductive Health Kenya (ICRHK) in collaboration with Kenyatta University and Johns Hopkins University from Unit-

ed States of America and National Council for Population and Development.

Nairobi Youth Cohort is a study initiated in 2019 to generate data on adolescents and youth aged 15 to 24 years living in Nairobi with the aim of uncovering insights into their sexual and reproductive behaviors, use of family planning services, topics often considered underexplored.

The Director General, National Council for Population and Development, Dr. Mohamed Sheikh, in a speech read on his behalf by Maurice Oduor, a senior officer from NCPD said there is need for those generating exploratory research data to provide more insights on hows and whys to avoid gaps.

“It is our duty as stakeholders to promote generation and utilization of accurate, complete, consistent, timely and relevant data and information,” said Sheikh.

He commended ICRHK and PMA Agile for their immense contribution in promoting data generation and utilization in the county, noting that NCPD is ready for partnerships and collaboration with state and non-state actors in aspects related to population and development.

TVET Reform To Boost Kenya's Skilled Labour Exports

By: KNA
 @themtkenyatimes

Kenya's High Commissioner to Australia, Dr. Wilson Kogo, has commended the strides made in modernizing Technical and Vocational Education and Training (TVET) in Kenya, noting that upskilling the country's human capital is critical to tapping into international opportunities.

He welcomed the partnership agreement signed between the State Department for Technical Vocational Education and Training (SDTVET) and the Australia-based Signet Institute, saying it would not only deepen bilateral relations but also support both countries' economies through enhanced labour mobility.

"Regions such as Europe, America, and Australia are actively seeking skilled labour," Dr. Kogo said. "The key question for us is whether the training provided in Kenya aligns with the needs and expectations of

these international labour markets."

He cited examples of Kenyan professionals facing barriers abroad despite their training. "Why is it that a nurse trained here may not be allowed to practice in Australia? Or that our plumbers, despite being well-trained, face limitations when they go abroad?" he posed.

While applauding the quality of TVET training in Kenya, Dr. Kogo stressed the importance of aligning local curricula with global standards through strategic linkages and partnerships with institutions such as Signet Institute.

He pointed out that Australia, facing an ageing population, has a growing demand for skilled labour—an opportunity Kenya must be prepared to seize.

He also hinted at expanding such collaborations to include other countries where Kenya's training systems may not fully meet market demands, saying this would help fill existing gaps and enhance the country's role as a source of skilled labour globally. "Australia is just the beginning,"



Dr. Kogo noted. "Our goal is for Kenya to become a reliable source of skilled professionals for countries in need.

"We've made significant progress, but we must now ask: can we go a step further to meet these higher expectations? That's the journey we must take."

Garissa County Government Accelerates Projects To Ease Water Access

By: MKT Correspondent
 @themtkenyatimes

Prolonged droughts as a result of climate change have exacerbated access to clean water in Garissa County and the larger northeastern region.

Coupled with the frequent breakdown of water systems in the region, the situation has left area residents desperately searching for unsafe water sources despite being near the huge River Tana.

Garissa town, which borders the River Tana, experiences severe water challenges with only 24.8 percent of the population having access to piped water a situation aggravated by frequent breakdowns of the main water intake and treatment plants as well as high electricity bills.

In remote areas, the residents depend on boreholes, water pans and dams for water. However, some people are forced to trek very long distances to reach these boreholes.

To ease some of these challenges,

both the national and the county governments together with development partners have accelerated efforts to launch water projects in the most vulnerable areas.

In the last three months alone, the county has commissioned three water projects benefiting more than 5000 households in Modogashe, Masalani and Maalimin areas.

The Baraki-Maalimin is the latest water project, which was commissioned yesterday by Garissa governor Nathif Jama.

The project, expected to hold about 50,000 cubic liters of water is a multipurpose water pan and fully funded under the Financing Locally-Led Climate Action Program in Kenya (FLLLoCA) in partnership with the County Government of Garissa.

It consists of a 10-metre-high water tower with a 20,000m³ storage capacity, 3 water troughs for livestock and a public water kiosk.

Speaking during the launch, the governor termed the project, which is promising to transform livelihoods and ecosystems in Lagdera Sub-County, "a climate-smart in-



vestment that turns dryland potential into real prosperity."

"This development is a major boost to local pastoralist communities who will benefit from improved water access for livestock, household, and small-scale agriculture use. My administration is committed to inte-

grating climate adaptation with economic opportunities," Nathif said.

"This project aligns with our climate resilience vision under the FLLLoCA framework. It is about water, health, dignity—and a better future for our youth," he added.

The governor further called on lo-

cal leaders and residents to take full ownership of the facility, protect it from vandalism, and maximize its potential for sustainable growth.

"This pan is not just for today—it is for generations. Let's guard it, use it wisely, and make it work for everyone," he said.

An Unforgotten Dream



By: Urazaliyeva Sarvinoz
Saidakhmadovan
@themtkenyatimes

Worth Noting:

- The village was located in the farthest corner of the country, surrounded by forests and valleys, and it had fallen far behind in terms of development. It was as if this place had been left behind by time, frozen and forgotten. Things that were invented long ago in the city would only reach their village a year or two later. Life itself – and the government too – seemed to have forgotten this place. The people lived and died in their own way, unnoticed by the world.
- Whenever Idil and Imir went to the city, it felt as if they had entered an entirely different world.

In a small village lived two little brothers, Idil and Imir. Alongside the brothers were their elderly grandfather, a fat cow, and a constantly meowing kitten. Both brothers were very mischievous children. While their grandfather worked in the fields, they would jump and play around him, and the old man, watching their joy, would smile to himself.

Days passed, and for twelve months of the year, the grandfather never rested. Every autumn, he would take Idil and Imir to the city and buy them new clothes and toys. The children were always thrilled to go to the city. Surrounded by forests, the village was so isolated that they would wait an entire year for that one trip to town. They would pester their grandfather constantly:

“Grandpa, when will autumn come? Why doesn’t autumn come twice a year?”

They never let the old man rest with such questions.

The village was located in the farthest corner of the country, surrounded by forests and valleys, and it had fallen far behind in terms of development. It was as if this place had been left behind by time, frozen and forgotten. Things that were invented long ago in the city would only reach their village a year or two later. Life itself – and the government too – seemed to have forgotten this place. The people lived and died in their own way, unnoticed by the world.

Whenever Idil and Imir went to the city, it felt as if they had entered an entirely different world.

Seasons changed, and finally, autumn came. The old grandfather joined the other villagers, and together with Idil and Imir, they set out for the city. After eight days of travel, they arrived in the city just in time for lunch. As they reached the central school, the bell began to ring.

“Jingle-jingle”

Like a dam bursting through the river, the children poured into the schoolyard.

Idil and Imir stood in awe, watching the children – clean, neat, and dressed identically. Their old grandfather tugged at their sleeves.

“Come on, let’s not fall behind. We still have a lot to buy.”

“Grandpa, what is that?”

As the children followed their grandfather, they couldn’t take their eyes off their peers. Their games seemed completely different, fascinating. Had they ever seen such things before?

The grandfather and the boys wandered around the market. They bought everything they needed. But neither Idil nor Imir could forget the children in matching uniforms.

The villagers began preparing for the journey back home. The boys longed to pass by that same place again, to see those children one more time, but the guide led them down a completely different street.

At last, everyone returned home, riding carts full of gifts and purchases, satisfied. Yet this time, Idil and Imir were not jumping for joy as they usually did.

“Grandpa,” Idil nudged the old man, “what was that place, where the children were?”

The grandfather’s expression darkened. His already wrinkled face tightened further in thought.

“That... that’s a school.”

“A school?!”

“Yes.”

“What do they do there?”

“They study.”

“What is studying?”

“Studying is...” the old man’s face scrunched even more, “...where they write, draw, and do things like that.”

Others joined in the conversation between the old man and the boys. Everyone started talking about things they had never seen with their own eyes.

“They say they beat children in school!”

“No way...”

Sitting on the edge of the cart was a small-framed young man whose face was covered with large blotches. He started an intriguing conversation.

“Could it really be that they beat them?!”

“Yes, with a long stick, they say,” someone replied.

Idil was intrigued by this.

“Does everyone go to school?” he asked.

“Everyone does,” the same young man answered.

“Then why don’t we go? We’re people too, aren’t we?”

“Because we don’t have a school,” said a fat man with a large belly, laughing as if he had just told the funniest joke. But when he saw that no one else was laughing, he gave a little cough and fell silent.

The cart rolled along slowly. Stars twinkled above. Just like their owners, the horses pulling the cart walked with their heads lowered. Everyone was quiet, walking with their heads down. Even Idil and Imir could feel deep inside that it wasn’t the right moment to ask any more questions.

The cart driver finally lost his patience and flicked his whip, urging the horses forward.

“Chuv! Move, you creatures, chuv!”

“Where are the spirited young men of this golden valley?”

Where are the beautiful maidens of these homes...?”

He began to sing the familiar song



at the top of his voice. The others joined in chorus. It was such a relief – everyone had secretly longed to escape the heavy burden of those difficult questions. As if released from a weight pressing down on their shoulders, their faces lit up. Cheerfully, they continued on their way. There was bread, there was water – the days passed. Who really needed school anyway?

Only Idil, Imir, and the old grandfather did not smile. His stern face grew darker still. A sorrowful look settled in his eyes.

Finally, they arrived home. Idil and Imir fell asleep. But the old grandfather did not sleep. Early in the morning, the children woke to a stir of noise. Something was happening.

Their grandfather was gathering things into a sack. From outside came the voice of the cart driver:

“Hey, old man! Why are you bothering me at the crack of dawn? I haven’t even recovered from yesterday’s exhaustion.”

“Take me to the city.”

“To the city? But we just came back yesterday.”

Just then, the fat man from yesterday entered, holding a small bag. He handed it to the grandfather.

“Your house wasn’t really worth this much – but since you’re my neighbor, fine. Still, why are you selling it?”

“I’m leaving.”

“Seriously? Where to?”

“To school!”

At the grandfather’s words, both the neighbor and the cart driver burst out laughing.

But the old man ignored them and began dressing his grandchildren. The boys were overjoyed.

At last, the cart driver, sensing the seriousness of the situation, tried to talk the old man out of it.

“Come on now, could we really go to school? Look at those who left before – none of them came back. The city’s not like the village. The city is heartless.”

“Are you taking us or not?” the grandfather stared straight at him.

Realizing it was useless to argue, the cart driver gave in.

“Fine... but you’ll pay me more.”

“Alright.”

The villagers came out to see them off. Some, with tears in their eyes, wished them good luck; others scoffed and chuckled with disbelief.

On the cart sat Old Grandpa, the little brothers Idil and Imir, their constantly meowing kitten, and the cart driver. The fat cow had been sold to the fat neighbor.

The old man turned to look at the village fading into the distance and said: “Someone has to begin...”

But no one heard his voice except himself. Then, glancing at his two hopeful, dream-filled grandchildren who reminded him of his younger days, he smiled.

“They’re not like me,” he whispered.

With pride, the old man raised his humble head – something he had never done before. The road was long ahead, but now it was time to prove to the world that they too existed, that they too mattered.

At that very moment, in a small home back in the village, a young bride hung a tiny clock on the wall – a wedding gift from her husband.

“Tick.” “Tick.”

Time began to count the seconds.

Urazaliyeva Sarvinoz Saidakhmadovan was born on December 27, 2002, in Sirdarya region. She is currently pursuing an incomplete higher education. In 2020, she graduated from the specialized boarding school for English language in Mirzaobod district. She is now a 4th-year student at the Nizami Tashkent State Pedagogical University. In 2021, she became the winner of the regional stage and a participant of the national stage in the prose category of the “Duel” Republican Creative Contest.

Education CS Migos Assures Public On Funding, Staffing And Reforms In Schools

By: Elizabeth Angira
@themkenyatimes

Education Cabinet Secretary (CS) Julius Ogamba Migos has assured Kenyans that the government is taking swift and deliberate action to address the ongoing funding challenges facing schools across the country.

Speaking during a thanksgiving ceremony at Riokindo Boys' National School in Kisii County, CS Migos acknowledged the financial constraints that many learning institutions are currently grappling with, attributing the situation to national cash flow issues caused by competing funding priorities.

"It does bother me. Yes, there have been delays in disbursement due to cash flow constraints. However, we are working closely with the National Treasury to ensure capitation funds are released on time. No child should miss learning due to lack of resources," said Migos.

Government Committed to CBC and Infrastructure Support

The CS reaffirmed the government's commitment to the Competency-Based Curriculum (CBC),

noting that efforts are underway to improve learning environments in under-resourced public schools.

"To support CBC implementation, the government has embarked on massive infrastructure development, including the construction and equipping of new laboratories across the country. Already, 1,600 laboratories are under construction to support the new senior secondary school pathways," he said.

Teacher Recruitment and Rationalization

CS Migos announced that the government has already recruited 24,000 new teachers to address staffing shortages and improve the teacher-to-student ratio in public schools.

He further revealed that plans are underway to hire over 100,000 additional teachers over the next two years.

"This aligns with the United Democratic Alliance (UDA) party manifesto, which aims to recruit 116,000 teachers by 2027. We are well on course to achieving that target," he said.

To ensure equitable distribution of staff, the Ministry of Education, in collaboration with the Teachers Service Commission (TSC), will carry out a rationalization and redeployment exercise.

"Some schools are overstaffed, while others are critically understaffed. Redeployment will ensure fairness and that no school is disadvantaged," Migos explained.

Improved Data Systems and Accountability

To strengthen planning and accountability, the Ministry of Education is set to unveil the Kenya Education Management Information System (KEMIS) IT platform. The new system will streamline data collection and management for learners, school infrastructure, staffing, and performance metrics.

"KEMIS will help us make informed decisions and respond swiftly to emerging challenges. Accurate data is key to transforming the education sector," he stated.

Strengthening Stakeholder Relations

CS Migos also announced that the government has signed new Memoranda of Understanding (MOUs) with teachers' unions to reduce the frequent standoffs that have historically disrupted learning.

"We are fostering a collaborative environment with education stakeholders. A harmonious relationship with unions is critical for maintaining stability in the education sector,"



Education Cabinet Secretary Julius Ogamba Migos

he said.

Looking Ahead

With Form One and Grade 7 admissions around the corner, the CS urged school administrators to prepare adequately to accommodate the incoming learners, especially in junior secondary under the CBC model.

He emphasized the need for financial prudence and accountability,

urging school heads to ensure that every coin disbursed by the government is spent responsibly to benefit learners.

"The education sector had sunk into challenges, but we are doing everything possible to lift it out of the doldrums and make it robust, inclusive, and globally competitive," CS Migos concluded.

Ruto Allies Defend Source Of Empowerment Funds

By: Elizabeth Angira
@themkenyatimes

Allies of President William Ruto have come out strongly to defend the source of funds being disbursed during a series of empowerment programmes across the country, amid growing scrutiny from critics and opposition leaders.

Speaking during an empowerment drive held in Bobasi Constituency, Uriri MP Mark Nyamita stated that the funds are not from public coffers but are pooled through a merry-go-round system among like-minded leaders aligned with the ruling United Democratic Alliance (UDA) party.

The event saw hundreds of women groups and boda boda saccos benefit from financial support meant to boost their small businesses.

"We want to clarify that these empowerment programmes are self-funded by leaders through a merry-go-round. This is a community-based strategy to uplift those at the grassroots level, especially women and youth," said Nyamita.

He emphasized that the initiative allows leaders to take turns hosting empowerment events across constituencies while creating opportunities to educate residents about ongoing

government projects under the Bottom-Up Economic Transformation Agenda (BETA).

Critics Should Provide Alternatives, Not Condemn

Kericho Senator Aaron Cheruiyot, who also attended the event, challenged critics to propose alternative solutions instead of attacking those engaged in empowerment.

"To those whose stomachs are full don't mock the needy. If you can't help them, then at least let us do it," said the senator. "These projects are helping vulnerable Kenyans put food on the table and expand small businesses."

Cheruiyot dismissed allegations that the Kenya Kwanza administration was deviating from its development manifesto in favour of populist handout programmes. He insisted that the empowerment model was a practical response to economic hardship at the household level.

Leaders Insist Empowerment Is Key to Grassroots Transformation

President Ruto's close aide, Farouk Kibet, said the administration's allies were committed to directly reaching out to communities, particularly those in rural areas, to promote sustainable economic activities.

He maintained that the empowerment efforts complement the government's broader economic blueprint by enhancing access to capital

among underserved groups.

"We are going to the grassroots, not for show, but to empower people with resources they can use to generate income and improve their livelihoods," said Kibet.

South Mugarango MP Sylvanus Osoro, who is also the National Assembly Majority Whip, vowed that leaders aligned with Ruto would not retreat from supporting communities through empowerment.

"This is not politics it's about the people. We won't stop empowering the youth, women, and hustlers just because some people don't understand our methods," said Osoro.

Calls to Support President Ruto's Second Term

Several other leaders, including Nyamira Woman Representative Jerusha Momanyi and Bomachoge Chache MP Alfa Miruka, West Mugarango MP Steve Mogaka, used the opportunity to rally support for President Ruto's second term bid in 2027. They cautioned the Kisii community against being misled by divisive politics that, according to them, aim to derail development.

"We have seen roads, job creation, and now grassroots empowerment. Let's support the President fully so that we're not left behind in the next phase of national development," said Momanyi.

Kisii Woman Representative Dorice Aburi, who hosted the event, said



the government had already shown commitment to the region, and it was only fair for the community to reciprocate by backing Ruto.

"The President needs our unwavering support to complete his term and initiate more development programmes in our region. We are committed to his leadership and vision," said Aburi.

Concerns Raised Over Minimal Disbursements

Despite the high-profile nature of the empowerment programmes, murmurs of discontent have emerged from some beneficiaries, who claim that the amounts disbursed are too little to make meaningful impact.

Some women's groups reported

receiving as little as KSh 2,000 to share among members, with individuals receiving as little as KSh 64 after distribution.

This has raised questions about the transparency and sustainability of the initiative, with civil society calling for more structured economic empowerment interventions backed by clear monitoring mechanisms.

Nonetheless, the leaders insisted that the empowerment drive will continue in various counties, with promises to increase support levels and enhance accountability.

A Region In Distress: Unraveling The Silent Crisis Among Ohangwena's Educators



By: Silas Mwaudasheni Nande
@themkenyatimes

The heart of Namibia's education sector, particularly in the Ohangwena region, is heavy with grief and alarm. In a tragic span of just one week, three dedicated teachers have succumbed to suicide, sending shockwaves through the community and igniting urgent conversations about mental health, financial well-being, and systemic support for the country's educators. These heartbreaking losses are not isolated incidents but symptoms of a deeper, more pervasive crisis, primarily fueled by overwhelming debt, complex social issues, and a critical failure to detect distress signals early. As a nation, we must confront the uncomfortable truths these tragedies expose and collectively forge a path towards healing and resilience.

The teaching profession, often romanticized as a noble calling, carries immense responsibilities and pressures. Teachers are not just imparters of knowledge; they are mentors, confidantes, and often the first line of defense for learners facing their own challenges. Yet, who is safeguarding the mental and financial well-being of those who tirelessly shape the future of our nation? The recent suicides in Ohangwena tragically underscore the urgent need to expand our understanding of "safe schools" beyond physical security to encompass the psychological safety and holistic well-being of our teachers.

The Crushing Weight of Debt and Social Isolation

The recurring theme in these tragic cases – debt overwhelming and social issues – paints a grim picture of the struggles faced by many within Namibia's workforce, especially its younger members and, significantly, its public servants. The allure of consumer credit, often coupled with limited financial literacy, can quickly spiral into an unbearable burden. For teachers, whose salaries, while stable, may not always keep pace with rising living costs and personal aspirations, debt can become a silent, relentless tormentor.

The psychological toll of financial stress is well-documented. It manifests as anxiety, depression, sleeplessness, and a pervasive sense of hopelessness. The shame and stigma often associated with debt can lead to social withdrawal, isolating individuals from potential sources of support, whether from family, friends, or colleagues. This isolation then exacerbates existing men-



Photo for illustrative purposes only

tal health vulnerabilities, creating a dangerous feedback loop that can lead to desperate measures.

Furthermore, social issues, often intertwined with financial distress, play a significant role. Relationship problems, family pressures, community expectations, and even the feeling of being undervalued in a demanding profession can compound the mental burden. For young teachers, particularly those from Generation Z, who are navigating the complexities of early career life, establishing financial independence, and often supporting extended families, these pressures can feel insurmountable. The communal fabric, traditionally a source of strength in Namibian society, can sometimes inadvertently become a source of pressure, where expectations for supporting relatives or maintaining certain lifestyles can push individuals into deeper financial quagmires.

Policy Frameworks: A Foundation, Not a Panacea

Namibia is not without policy frameworks designed to address these critical issues. The Namibia's Safe Schools Framework, while primarily focused on combating violence, explicitly aims to "promote healthy, supportive, and conducive teaching and learning" environments. This framework, in its spirit, should extend to the mental well-being of teachers. However, as evidenced by the recent tragedies, there appears to be a disconnect between policy aspiration and practical implementation, particularly concerning proactive mental health support for educators. Are schools adequately resourced to identify and address teacher distress? Do teachers feel

comfortable and safe seeking help within their professional environment?

Similarly, the National Policy for Mental Health, launched in 2005 by the Ministry of Health and Social Services, was a commendable step towards recognizing and addressing mental health challenges nationwide. Its objectives, including improving mental health care through comprehensive services and community-based programs, are crucial. Yet, nearly two decades later, implementation challenges persist. These include limited skilled mental health professionals, inaccessibility of services, and persistent stigma surrounding mental illness. The very fact that individuals are reaching a point of extreme desperation, like suicide, suggests that the existing safety nets, however well-intended, are not fully catching those who fall.

The ongoing development of a new Mental Health Bill is a promising sign, signaling a legislative intent to modernize and strengthen mental health provisions. This bill is critical to align with current policy and international human rights standards, ultimately aiming to equip society, especially the labor force, with better tools to manage mental health issues and prevent devastating outcomes like suicide. It is imperative that this Bill moves from "advanced stage" to enactment without further delay, and that its implementation is robustly funded and monitored.

The Generational Divide and Financial Literacy Gaps

The observation that "financial management seems also to be an issue that is lacking in most of the labor movement, mostly the gener-

ation Z," is a poignant one. While not exclusive to this generation, it highlights a critical vulnerability. Generation Z, having come of age in a rapidly evolving digital landscape, often faces unique financial pressures and influences. The prevalence of instant gratification, social media showcasing aspirational lifestyles, and aggressive marketing of credit facilities can contribute to poor financial habits if not counterbalanced by strong financial literacy. Formal financial education in schools and tertiary institutions may not always adequately prepare young adults for the realities of managing personal finances, particularly when faced with unexpected life events or the temptations of consumerism. This gap in practical financial skills, coupled with limited awareness of how debt can impact mental health, creates a fertile ground for distress. It underscores the need for proactive interventions that teach not just budgeting and saving, but also critical thinking about financial decisions and the psychological impact of debt.

A Call to Action: Beyond Policy Statements

The suicides of three teachers in Ohangwena are a stark, painful reminder that policies, however well-crafted, are only as effective as their implementation. This crisis demands a multi-pronged, immediate, and sustained response:

1. Strengthening Mental

Worth Noting:

- The psychological toll of financial stress is well-documented. It manifests as anxiety, depression, sleeplessness, and a pervasive sense of hopelessness. The shame and stigma often associated with debt can lead to social withdrawal, isolating individuals from potential sources of support, whether from family, friends, or colleagues. This isolation then exacerbates existing mental health vulnerabilities, creating a dangerous feedback loop that can lead to desperate measures.
- Furthermore, social issues, often intertwined with financial distress, play a significant role. Relationship problems, family pressures, community expectations, and even the feeling of being undervalued in a demanding profession can compound the mental burden. For young teachers, particularly those from Generation Z, who are navigating the complexities of early career life, establishing financial independence, and often supporting extended families, these pressures can feel insurmountable.

A Region In Distress: Unraveling The Silent Crisis Among Ohangwena's Educators

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Health Support within the Education Sector:

2. Proactive Screening and Early Intervention: Develop and implement routine, confidential mental health screenings for teachers, perhaps annually, integrated into general health check-ups. Train school management and fellow teachers to recognize early signs of distress (changes in behavior, withdrawal, performance decline) and equip them with protocols for compassionate intervention and referral.

Accessible and Confidential Counseling Services: Establish easily accessible, free, and confidential mental health counseling services specifically for teachers. This could involve dedicated counselors within regional education offices or partnerships with private practitioners, ensuring anonymity and trust.

Mental Health First Aid Training: Provide mandatory "Mental Health First Aid" training for all teachers and school administrators. This equips them with the skills to identify, understand, and respond to signs of mental illness and substance use disorders.

Promoting a Culture of Openness: Actively work to destigmatize mental health challenges within the education sector. Create spaces where teachers feel safe to discuss their struggles without fear of professional repercussions or judgment. Leadership within the Ministry of Education and teachers' unions must lead by example, openly discussing the importance of mental well-being.

Peer Support Networks: Facilitate the creation of teacher peer support networks, where educators can share experiences, offer advice, and provide emotional support in a safe and understanding environment.

2. Addressing Financial Literacy and Debt Management:

Mandatory Financial Literacy Programs: Integrate practical, comprehensive financial literacy programs into teacher training curricula and ongoing professional development. These programs should cover budgeting, saving, responsible borrowing, debt management strategies, and understanding the psychological impact of financial stress.

Debt Counseling Services: Establish partnerships with financial institutions or non-governmental organi-

zations to provide free or subsidized debt counseling services for teachers. This would offer practical solutions for managing existing debt and preventing future financial distress.

Union Involvement: The Namibia National Teachers' Union (NANTU) has a crucial role to play. Beyond advocating for salaries, NANTU should expand its mandate to actively promote financial literacy and provide direct support or referrals for members struggling with debt. Collective bargaining could include provisions for financial wellness programs as part of employee benefits.

Responsible Lending Advocacy: Advocate for stricter regulations on predatory lending practices and raise awareness among teachers about the dangers of high-interest loans.

3. Enhancing the National Mental Health Response:

Expediting the Mental Health Bill: The government must prioritize the swift finalization and enactment of the Mental Health Bill. This is not merely a bureaucratic exercise; it is a matter of life and death.

Increased Funding and Resources: Allocate significantly more resources to the National Mental Health Programme. This includes increasing the number of skilled mental health professionals (psychiatrists, psychologists, social workers) across all regions, particularly underserved areas like Ohangwena.

Decentralization and Integration: Ensure that mental health services are genuinely decentralized and integrated into primary healthcare, making them more accessible at the community level. This includes providing adequate training and supervision for general healthcare providers to handle common mental disorders.

Public Awareness Campaigns: Intensify public awareness campaigns to combat mental health stigma, promote help-seeking behavior, and educate the public on the warning signs of mental distress and suicide. The "Talk, Listen, Save a Life" campaign is a good start, but needs sustained and widespread reach.

Alternatives for Youth to Overcome Social Issues and Prevent Suicide

For young people, particularly Generation Z, navigating complex social landscapes and immense pressures, proactive strategies are essential to build resilience and prevent suicide.



These alternatives center around fostering strong support systems, developing coping mechanisms, and promoting a positive self-image:

Cultivating Authentic Connections:

Prioritize In-Person Interactions: While social media offers connectivity, encourage young people to invest in face-to-face interactions with friends and family. Real-life relationships provide deeper emotional support and reduce feelings of isolation.

Join Community Groups and Clubs: Encourage participation in sports, arts, volunteer work, or other interest-based groups. These provide a sense of belonging, shared purpose, and opportunities to build a supportive network outside of school or work.

Mentorship Programs: Connect young people with positive adult mentors who can offer guidance, share experiences, and provide a stable, supportive presence.

Developing Emotional Intelligence and Coping Skills:

Emotional Literacy: Teach young people to identify, understand, and express their emotions in healthy ways. This includes recognizing signs of stress, anxiety, or depression in themselves and others.

Stress Management Techniques: Introduce and encourage practices like mindfulness, deep breathing exercises, regular physical activity, and creative outlets (art, music) as healthy ways to manage stress.

Problem-Solving Skills: Equip youth with practical problem-solving strategies to approach challenges systematically rather than feeling overwhelmed. This includes breaking down large problems, brainstorming solutions, and seeking advice.

Resilience Building: Help young people understand that setbacks are

a part of life and teach them how to bounce back from adversity. This involves fostering a growth mindset and focusing on learning from mistakes.

Promoting Digital Well-being and Media Literacy:

Mindful Social Media Use: Educate youth about the potential negative impacts of excessive social media use, including comparison culture, cyberbullying, and unrealistic portrayals of life. Encourage mindful consumption and setting boundaries.

Critical Media Literacy: Teach young people to critically evaluate information and images they encounter online, recognizing that not everything is authentic or beneficial.

Digital Detoxes: Encourage periodic breaks from screens to reconnect with the real world and engage in non-digital activities.

Fostering Financial Literacy and Realistic Expectations:

Early Financial Education: Introduce basic financial concepts from a young age, including saving, budgeting, understanding value, and the dangers of debt.

Realistic Expectations: Help young people develop realistic expectations about finances, career progression, and material possessions. Challenge the notion of instant wealth or perfect lives often portrayed online.

Value-Based Spending: Encourage spending that aligns with personal values rather than societal pressures, promoting contentment over endless consumption.

Access to Mental Health Resources:

School-Based Counseling: Ensure that schools have accessible and well-publicized counseling services, and that students are encouraged to utilize them without stigma.

Youth-Friendly Helplines: Promote awareness of and access to youth-specific mental health helplines and online resources like Lifeline/Childline Namibia.

Parent and Community Education: Educate parents, community leaders, and religious figures on how to recognize signs of distress in young people and where to direct them for help. Create safe spaces within communities where young people feel comfortable discussing their struggles.

Empowering Agency and Purpose: Goal Setting: Encourage young people to set realistic personal and academic goals, fostering a sense of purpose and achievement.

Volunteering and Contribution: Engage youth in activities that allow them to contribute to their communities. This can foster a sense of purpose and self-worth.

Skill Development: Encourage the development of diverse skills, whether academic, vocational, or artistic, which can boost confidence and open up future opportunities.

Conclusion

The tragic loss of three teachers in Ohangwena is a resounding alarm. It is a moment for introspection, a demand for immediate action, and a call for a fundamental shift in how we prioritize the mental well-being of our workforce, especially those who educate our children. Namibia's policies provide a foundation, but it is in their robust implementation, coupled with a societal commitment to open dialogue, destigmatization, and proactive support, that we can truly build a healthier, more resilient nation where no one feels so overwhelmed that suicide becomes their only perceived escape. The time for action is now.

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Sports >> *Julius Yego says he is taking it in as he prepares for a seventh appearance at the World Athletics Championships in Tokyo, Japan, later on in the year, making him one of the most experienced members of Team Kenya.

'No Pressure' For Yego Ahead Of Seventh World Champs Appearance



Kenya's Julius Yego celebrates after confirming qualification into the men's javelin final. PHOTO/TEAM KENYA

Julius Yego says he is taking it in as he prepares for a seventh appearance at the World Athletics Championships in Tokyo, Japan, later on in the year, making him one of the most experienced members of Team Kenya.

Speaking exclusively to Telecomasia.net, Yego says he is excited at the prospect of heading to another global showpiece, espe-

cially after a good season, and is looking forward to do well.

"Just being there for me is a win. Seven world championships is no joke because not many people can afford to do it. The discipline and hard work that comes with it is immense. I am looking forward to a good outing and possibly fighting for a medal spot. I have had a very good campaign

in the competitions I have been in this season, especially the two out of the country, so I feel pretty confident heading to Tokyo," the veteran trailblazer told Telecomasia.

Yego is historically remembered for winning Kenya's first ever gold medal in a field event when he clinched the title at the 2015 Worlds in Beijing, China.

Capital Sport

GET THE BEST OF WORLD

Sports >>> *Newly crowned Africa Under 20 champion Clinton Aluvi has credited Commonwealth Games champion Ferdinand Omanyala for encouraging Team Kenya ahead of last week's continental championships in Nigeria.

Newest Sprints Sensation Thanks Omanyala For Motivation Ahead Of Africa Under 18/20 Championships



Clinton Aluvi after winning the men's Under 20 100m race. PHOTO/ATHLETICS KENYA

Newly crowned Africa Under 20 champion Clinton Aluvi has credited Commonwealth Games champion Ferdinand Omanyala for encouraging Team Kenya ahead of last week's continental championships in Nigeria.

Aluvi says Omanyala's words gave them strength to go all out and fight for medals, as sprinters. "He was of great help to us...he came into the camp and talked to us. He gave us courage by telling us that indeed we could win medals in the sprints," the 19-year-old said.

The Team Kenya co-captain led from the front, clocking 10.42 to win gold in the men's Under 20 100m in Abeokuta, last week.

He finished ahead of Botswana's Letebele Karabo (10.54) and Nigeria's John Caleb (10.61) who came second and third respectively.

Also shining for the country in the sprints was Simeon Araka who clinched the under-18 men's 400m.

Reflecting on the performance, the youngster believes there is a lot of potential in sprints in Ken-

ya, which can elevate the country's profile if properly harnessed.

"We are coming up as a country with great talents in sprints. I hope Athletics Kenya (AK) can continue to support us, especially in the female category, where there is also a lot of talent," he said.

Personally, youngster says his excellent performance in Nigeria has whetted his appetite for more success.

"I thank God for the opportunity to compete in the men's 100m and 200m and to set a personal best in both races. I don't want to stop at

that but to continue working hard to get more opportunities to represent the country," he said.

Team Kenya finished the competition with 13 gold, 12 silver and nine bronze — their highest ever tally in the history of the championships.

Capital Sport

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The Inspiring Journey Of Dr Petya Belcheva-Gemuenden



By: Anila Bukhari

@themkenyatimes

Worth Noting:

- Dr. Petya's work spans over 30 countries, and she regularly collaborates with leaders, entrepreneurs, and influencers who seek both personal depth and relationship success. Her global presence is a testament to her dedication to helping individuals from diverse backgrounds achieve their relationship goals.
- Dr. Petya's philosophy is centered around the idea that love is the new superpower in life and business. She believes that by cultivating emotional intelligence, self-awareness, and a deep understanding of relationship dynamics, individuals can create conscious, fulfilling relationships that bring joy and fulfillment to their lives.
- Dr. Petya lives between Seychelles, Dubai, and Europe with her husband and son, and continues to champion love as the new superpower in life and business. Her personal experiences and insights inform her work, allowing her to connect with clients on a deeper level.

Biography

Dr. Petya Belcheva-Gemuenden is a globally recognized relationship mentor, clinical psychology PhD candidate, and the visionary founder behind Next Level Love®, a transformative platform empowering high-achieving individuals to create conscious, fulfilling relationships. With a rich background in clinical psychology, NLP hypnotherapy, and cross-cultural mentoring, Dr. Petya's work bridges science, emotional intelligence, and deep inner transformation.

Early Life and Education

Dr. Petya's journey into the world of relationships and psychology began with a passion for understanding human behavior and a desire to help others. She pursued a PhD in Clinical Psychology, which laid the foundation for her expertise in relationship dynamics and emotional intelligence.

Career and Achievements

As the founder of Next Level Love, Dr. Petya has created a signature 12-week mentorship program, "Invite Love Into Your Life," designed to help clients release limiting patterns and attract emotionally mature, high-value partners. Her approach is deeply rooted in psychological insight, high-performance coaching, and soul-aligned strategy, making her one of Europe's most sought-after voices in love, leadership, and emotional empowerment.

Dr. Petya has been featured in numerous international publications, including Forbes Bulgaria, ELLE Ukraine, Passion Vista, and L'Officiel Monaco. She has also been recognized among the Top 30 Inspirational Women to Watch in 2025 by NYC Journal and is a co-author of the Amazon bestselling book "Transforming Your Life IV."

Global Presence and Impact

Dr. Petya's work spans over 30 countries, and she regularly collaborates with leaders, entrepreneurs, and influencers who seek both per-



Dr. Petya Belcheva-Gemuenden .

sonal depth and relationship success. Her global presence is a testament to her dedication to helping individuals from diverse backgrounds achieve their relationship goals.

Philosophy and Approach

Dr. Petya's philosophy is centered around the idea that love is the new superpower in life and business. She believes that by cultivating emotional intelligence, self-awareness, and a deep understanding of relationship dynamics, individuals can create

conscious, fulfilling relationships that bring joy and fulfillment to their lives.

Personal Life

Dr. Petya lives between Seychelles, Dubai, and Europe with her husband and son, and continues to champion love as the new superpower in life and business. Her personal experiences and insights inform her work, allowing her to connect with clients on a deeper level.

Conclusion

Dr. Petya Belcheva-Gemuenden is a trailblazing relationship mentor who has dedicated her life to helping others achieve their relationship goals. Through her work with Next Level Love, she continues to inspire and empower high-achieving individuals to create conscious, fulfilling relationships. With her expertise in clinical psychology, NLP hypnotherapy, and cross-cultural mentoring, Dr. Petya is a true leader in her field.