

The Decline Of Pakistan's Unofficial Dictatorship
 For decades, Pakistan's democracy has operated under a shadow not always visible, but always present. While elected governments have come and gone, the locus of real power has largely remained unelected, unchecked, and unaccountable. That shadow now seems to be shrinking and the public is beginning to look where they were once told not to.

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NAIROBI INTERNATIONAL DIGITAL CONFERENCE, 10TH ANNIVERSARY ROADSHOW
Gala Dinner
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 WHEN: 17-21ST SEPTEMBER 2025

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News >> Government Urges Investment In Job-Creating Industries

P. 8. The Kenyan government, through the Kenya Industrial Authority (KIA), is ramping up efforts to support investors across the country in a bid to create jobs and spur economic growth—especially among the youth.



News >> MKU Hosts Key Reunion For Alumni Based In North Rift Region

P. 12. Mount Kenya University (MKU) has held a top-drawer Champions Region Alumni Reunion in Eldoret City, bringing together its former students from the Eldoret Campus and Kitale Centre.

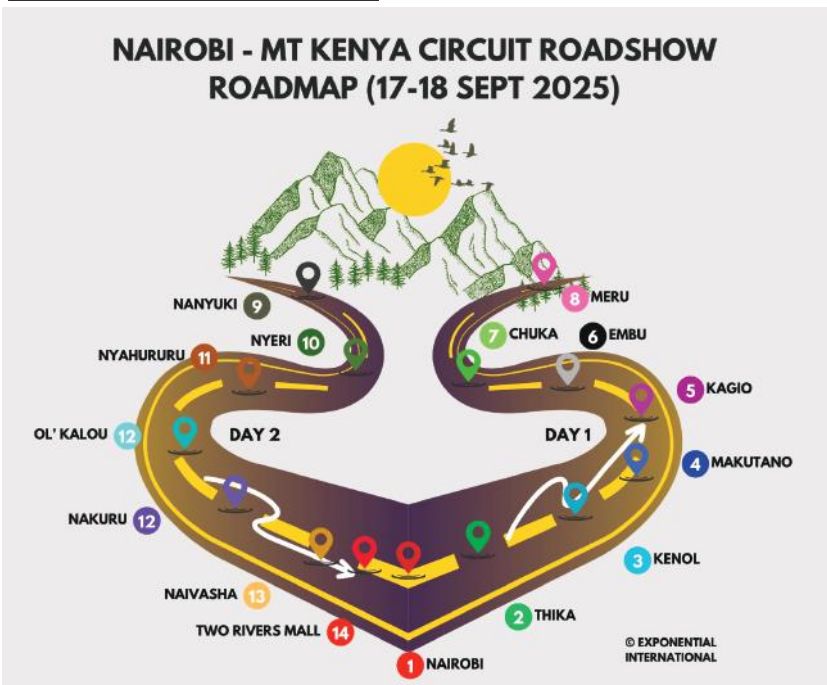
Sifuna To Quit ODM If Party Backs Ruto

Orange Democratic Movement (ODM) Secretary-General Edwin Sifuna has declared that he will leave the party if it chooses to support President William Ruto's re-election bid in the 2027 general election. Speaking yesterday at an event in Sabaoti, Trans Nzoia County, Sifuna said that party loyalty should not override personal conviction, especially on matters as significant as endorsing a presidential candidate. "I assure ODM supporters that my stance remains," Sifuna said.



Orange Democratic Movement (ODM) Secretary-General Edwin Sifuna.

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Harambee Stars's Win During CHAN Opening Match

By: MKT Reporter
 @themtkenyentimes

Some Of The Moments As Captured In Pictures

Harambee Stars players spent last night a million shillings richer after beating DRC Congo team. Their fortune came from President William Ruto's pledge of a KSh1 million for every player, upon winning any of the matches. Following the win, President Ruto posted, "I salute Harambee Stars for an outstanding and entertaining display of talent. Your victory today against the Democratic Republic of the Congo is the beginning of what promises to be a historic chapter in Kenyan football. Thank you, Austin Odhiambo, for sealing the win. We are living up to the rallying cry Stars Must Win. We are behind you all the way." President Ruto was among thousands of Kenyans at Nairobi's Kasarani Stadium who cheered on the national team.



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



Deputy President Prof. Kithure Kindiki has reaffirmed the government's commitment to fully fund free basic education, assuring that there will be no turning back on the program launched in 2003. Speaking in Laikipia during an economic empowerment forum, the DP said the Kenya Kwanza administration is investing heavily in education by constructing classrooms, employing over 76,000 teachers, and planning to recruit 24,000 more by December. He also announced a 40% reduction in university fees and increased HELB funding from Sh36 billion to Sh41 billion to boost access to higher education and TVETs. Kindiki emphasized that quality and affordability remain top priorities. He also presided over the graduation of over 100 technical students from Overflow College and announced the national rollout of the Climate WorkS Mtaani youth employment program. Local leaders present pledged support for President Ruto's 2027 re-election bid and opposed the proposed regulation of the bodaboda sector, warning it could harm livelihoods.



After addressing organic enthusiastic crowds at Kiahungu, Mukurweini, DCP leaders led by Nyandarua senator John Methu took time off to drown the cold with a cup of tea at a local eatery. Methu also showed his prowess at the pool table.



Medical Services Principal Secretary Dr. Ouma Oluga presiding over the inaugural Project Oversight Committee meeting at the Ministry Headquarters, Afya House, Nairobi, to coordinate the Health Emergency Preparedness, Response and Resilience (HEPRR) Project, a major step in enhancing Kenya's health security and disaster response capacity. The move is aimed at strengthening the country's ability to anticipate, manage and recover from health emergencies while building resilience across sectors.



Correctional Services PS Dr. Salome Muhia has announced plans to improve prison infrastructure nationwide, focusing on increasing bed capacity and enhancing inmate dignity. Speaking during a visit to Bungoma GK Prisons, she emphasized the importance of field engagement by senior officers and lauded the facility's tree planting and agricultural efforts. The government is also registering inmates under the Social Health Authority, despite delays caused by lack of ID cards. Dr. Muhia urged society to support reintegration of ex-inmates without discrimination.



The Senate Energy Committee has lauded the Kenya Maritime Authority for its preparedness and multi-agency coordination in responding to oil spills. Led by Chairperson Dr. Oburu Odinga, the committee visited KMA's Mombasa offices to assess Kenya's readiness in managing maritime pollution. The Authority showcased recent oil spill containment efforts and shared plans for a major rescue centre in Kisumu.

Former Lands Commissioner Sammy Mwaita was yesterday arrested Over Land Fraud in Nairobi West, Faces Multiple Charges. Detectives arrested at Kilimani area for the offences of conspiracy to commit a felony, making a document without authority, abuse of office and giving false information to a person employed in the public service. His arrest follows further directions by ODPP in a case involving two plots located at Nairobi West along Mai Mahiu road; both valued at millions of shillings.



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

Kihika Banks On SGR To Unlock Trade, Investment In Nakuru

By: Suleiman Mbatiah
@themkenyentimes

Worth Noting:

- The Governor spoke when she joined the Chinese Ambassador to Kenya, H.E. Guo Haiyan, and other stakeholders for an investment forum held aboard the SGR train from Nairobi to Suswa.

- The unique mobile meeting was organized by the Ministry of Foreign Affairs in collaboration with the Chinese Embassy and led by the Principal Secretary for Foreign Affairs, Dr. Korir Sing'oei.

- The session focused on positioning the SGR corridor as a key enabler of industrial growth and economic transformation.

The County Government of Nakuru is banking on the optimization of the Standard Gauge Railway (SGR) to expand trade, attract investors, and grow the local economy.

Governor Susan Kihika said a key focus is on leveraging Special Economic Zones (SEZs) to stimulate industrial growth and create jobs along the corridor.

The Governor spoke when she joined the Chinese Ambassador to Kenya, H.E. Guo Haiyan, and other stakeholders for an investment forum held aboard the SGR train from Nairobi to Suswa.

The unique mobile meeting was organized by the Ministry of Foreign Affairs in collaboration with the Chinese Embassy and led by the Principal Secretary for Foreign Affairs, Dr. Korir Sing'oei.

The session focused on positioning the SGR corridor as a key enabler of industrial growth and economic transformation.

Discussions centred around how counties, especially those located along the SGR route, can benefit from increased use of the railway infrastructure to drive economic development.

Governor Kihika emphasized the importance of integrating Nakuru's economic strengths with the opportunities presented by the SGR.

"For Nakuru County, the SGR is a gateway to new markets. It will allow our farmers to access broader export channels for our avocados, potatoes, and flowers," said Kihika.

She said her administration was focused on tapping into Special Economic Zones to create jobs and boost the region's industrial base.

Ambassador Haiyan, described the SGR as a successful China-Kenya Belt and Road project that advances Kenyans' hopes for improved livelihoods and development.



An investment forum held aboard the SGR train from Nairobi to Suswa. Photo/ Courtesy

"Let's work together to leverage the SGR to build a prosperous economic development belt," she stated.

The SGR contributes up to 2% of Kenya's GDP, moving 14 million passengers and 40 million tonnes of cargo yearly, reinforcing its growing role in national development.

Kihika added that enhancing logistics and freight efficiency could transform livelihoods across counties like Nakuru.

"The more we optimize this infrastructure, the more we unlock the potential of our local economy. This is about creating real opportunities for our youth and increasing the competitiveness of our produce," she said.

Stakeholders underscored the potential of building logistics hubs and SEZs along the corridor to make Kenya more competitive in regional and global markets.

Kajiado Deputy Governor, Martin Moshisho said the SGR has opened

major business opportunities, giving Kajiado, Nakuru and Narok fresh access to local and international markets.

"We are committed to maximize on this great infrastructure that passes through our County, in terms of investment along its way to open up and boost the economy," he noted.

Narok Deputy Governor, Tamalimye Koech said Narok town is poised to become a key transport and investment hub, boosting markets, and expanding its economic potential.

With the SGR contributing up to 2% of Kenya's GDP, he explained, Narok County, being on this corridor, was set to become a key transport and investment hub.

Foreign Affairs PS, Dr Korir Singoei said the government would work towards the conclusion of preferential market access agreements as well as address existing inefficiencies.

"We spotlighted constraints faced by companies including non-tariff barriers and costs of energy and agreed to do more," he stated.

ers and costs of energy and agreed to do more," he stated.

Kihika expressed interest in hosting future investment roadshows to attract partnerships in agro-processing, manufacturing, and logistics along the SGR corridor.

William Ruto successfully negotiated a new financing model with China to extend the SGR from Nakuru to Kisumu, a long-awaited milestone for the Lake Region and beyond.

The deal, secured during Ruto's recent four-day state visit to China, marks a significant step toward unlocking economic opportunities for millions of Kenyans, particularly in Western Kenya.

The new SGR Phase 2B line will eventually connect Kisumu to Malaba, linking Kenya's rail network to Uganda and strengthening regional trade routes across East Africa.

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Government Urges Investment In Job-Creating Industries

By: Felix Njenga
 @themtkenyatimes

The Kenyan government, through the Kenya Industrial Authority (KIA), is ramping up efforts to support investors across the country in a bid to create jobs and spur economic growth—especially among the youth. Speaking during the official opening of TopKing Auto Garage in Kiambu, KIA Director Florence Wangui emphasized the government’s commitment to facilitating industrial development. “Our goal is to empower investors by linking them with viable locations and accessible markets through government-established economic zones,” Wangui said. “This is part of our broader strategy to generate stable, well-paying jobs, particularly for our youth, who are the backbone of our economy.” TopKing Auto Garage is among the latest enterprises to benefit from this supportive climate. The facility offers modern automotive services,

including an AI-powered car wash, tire services, and a variety of vehicle accessories. Francis Kamau, the Managing Director of TopKing, revealed that the business has already created employment for nearly 20 young graduates, with plans to expand the workforce in the coming months. “We’re proud to contribute to youth employment and are optimistic about scaling up as business picks up,” Kamau stated. Kamau also called on the government to reconsider the taxation of solar panels, noting the increased burden on small and medium-sized businesses. “Solar panels were previously tax-exempt. Reinstating that exemption would greatly ease operational costs for growing businesses like ours that rely on solar energy,” he added. Wangui reiterated that the government remains focused on creating a favorable business environment to attract more investments that can boost manufacturing and support inclusive economic development



TopKing MD Francis Kamau (2nd left) with KIA diirector Florence Wangui participate in a Jig with Investors Jack Wang and Hu Xiaojie during the official launch along Kiambu road

NEWS IN BRIEF



The KALRO Board of Management, led by Chairman Dr. Thuo Mathenge and comprising esteemed board members, including Director General Dr. Eliud Kireger convened a pivotal meeting with KALRO Management and Headquarter staff to bridge communication gaps, boost morale, and garner invaluable operational insights. This strategic engagement underscores KALRO’s dedication to fostering staff unity, driving innovation, and nurturing a culture of growth and excellence. By prioritizing open dialogue and collective goal-oriented focus, KALRO is poised to tackle challenges and seize opportunities, ultimately enhancing its impact on agricultural research and development.



Interior Cabinet Secretary Kipchumba Murkomen has ordered a renewed security operation in Kerio Valley, targeting criminals and illicit brews. Speaking at a fundraiser for AIC Mission Hospital Kapsowar in Elgeyo Marakwet, the CS declared a zero-tolerance approach to banditry, drug abuse, and insecurity, saying peace must prevail in the region. He warned that government officers showing laxity would be replaced and announced a review of terms for chiefs and assistant chiefs to boost accountability. Murkomen emphasized that national administrators must focus on eliminating illicit alcohol, bhang cultivation, and banditry to restore safety in Kerio Valley, which spans Elgeyo Marakwet, Baringo, and West Pokot counties.

Farmers from Kakuma, Kalobeyei, Letea, and Lopur are calling on the Turkana County Government to improve efficiency in agricultural operations by mechanizing large parcels of land and adopting climate-smart technologies like drip, flood-based, and sprinkler irrigation. Speaking during a public engagement forum on the proposed Turkana County Agriculture Policy 2025, they emphasized that modernizing agriculture will boost productivity, reduce farm losses, and increase income, allowing farmers to diversify into livestock and other ventures. They also urged the government to invest in youth training, regulate farm input supplies, and prioritize civic education. Stakeholders from organizations like World Vision, Plan International, and various county departments stressed the importance of integrating community feedback, safeguarding farmers’ interests, and aligning efforts through partnerships to enhance food security across Turkana.



Sifuna Threatens To Quit ODM If Party Backs Ruto In 2027

By: Carren Waraba
 @themtkenyatimes

Orange Democratic Movement (ODM) Secretary-General Edwin Sifuna has declared that he will leave the party if it chooses to support President William Ruto's re-election bid in the 2027 general election.

Speaking yesterday at an event in Sabaoti, Trans Nzoia County, Sifuna said that party loyalty should not override personal conviction, especially on matters as significant as endorsing a presidential candidate.

"I assure ODM supporters that my stance remains," Sifuna said.

"Raila himself has said that this is a democratic party and any member is free to speak their mind, yet some thugs are saying I cannot hold views independent of the party just because I am the secretary-general, that I represent the party at all times," he added, referencing the party's leader, Raila Odinga.

Some critics have labelled Sifuna an

ODM rebel for his sustained criticism of Ruto's government despite his party boss's working agreement with the ruling United Democratic Alliance government that saw top opposition figures appointed to government.

Sifuna yesterday maintained that while he is willing to read and disseminate any statement ODM releases, no matter how controversial, he will not be the one to read a statement backing President Ruto's candidacy.

"I am willing to read whatever statement ODM comes up with for dissemination, even if they were to insult me. But the day the party decides it wants to support Ruto come 2027, that one I will not read."

"Some have said [Nyando MP] Jared Okelo is better than I am at it because he speaks good English; Okelo, be ready if you want to take up my role. If they endorse Ruto, I won't be a part of that."

Sifuna has openly admitted that ODM has failed to put its house in order and it lacks ideological clarity, leaving members and supporters unsure about the party's stance on criti-



Orange Democratic Movement (ODM) Secretary-General Edwin Sifuna. | FILE

cal national issues.

He says the party no longer speaks with a single voice, blaming the formation of the 'broad-based' government agreement.

As a result, some of the party's defenders have criticised Sifuna and called for his resignation. The former Prime Minister has, however, defended his party secretary-general,

saying that while the Nairobi Senator is ODM's official spokesperson, the lawmaker is also allowed to speak his mind in a personal capacity.

CHAN 2024: Hundreds Of Fans Breach Barricades, Gain Entry Into Kasarani Stadium

By: Jathan Kamau
 @themtkenyatimes

Football fans stormed into Kasarani Stadium on Sunday afternoon after hours of waiting in queues ahead of the much-anticipated African Nations Championship (CHAN 2024) match between Kenya and DR Congo.

Videos seen by media show a mammoth crowd waiting in line as some passed through a checkpoint but the barricades were knocked down moments later. Crowds entered through various sections of the field.

The security officers were overwhelmed as they watched the crowd jog past them, heading into the packed stadium.

Inside the stadium, however, securi-

ty was tight as fans marched inside the 48,000 seater arena awaiting the football showdown.

Earlier reports had indicated that citizens were complaining about challenges in purchasing tickets as some accused the government of filling the stadium with supporters to avoid hostile chants.

Head of the local organising committee Nicholas Musonye told AFP that tickets had been sold out since Monday evening.

Kenya plans to co-host CHAN 2024 competitions with Tanzania and Uganda this month.



Fans knock down barricades at Kasarani Stadium yesterday.

Police Service Disowns OCS Behind Push To Cut Women Recruits To 20 Per Cent

By: Bruhan Makong
@themkenyatimes

The National Police Service (NPS) has distanced itself from remarks by a junior police commanding officer calling for a reduction in the number of female recruits, saying the comments do not reflect the official position of the Service or the government.

Nyahururu-based officer Isaac Kimutus had suggested that female recruitment should be scaled down to 20 percent, arguing it would make law enforcement more effective.

He cited the recent Gen Z protests, claiming they would have been better managed by male officers, and controversially remarked that some female officers “vomit while on duty.”

In a statement released Saturday, NPS Spokesperson Muchiri Nyaga clarified that the comments were made during the 23rd Jukwaa la Usalama Forum held in Laikipia County on July 31 and represented the offi-

cer’s personal views.

“These remarks, which were shared across various social media platforms, expressed his personal views on the need to, as he termed it, ‘scale down’ the future recruitment of women into the National Police Service,” said Nyaga.

“The NPS further emphasizes that the officer’s remarks were personal and do not reflect the official stance of the government.”

Committed to gender inclusion

The forum was attended by Interior Cabinet Secretary Kipchumba Murokomen, Inspector General of Police Douglas Kanja, and other senior government officials.

Both the CS and the IG reportedly reaffirmed the government’s commitment to gender inclusion in all sectors, including security.

Nyaga stressed the critical role women continue to play in law enforcement, policing, and service delivery both in Kenya and in international assignments.



“A significant number of women officers are serving internationally — an achievement attained through merit, dedication, and professional competence, not chance,” he said.

He further reaffirmed the Service’s commitment to upholding the constitutional requirement that no more than two-thirds of employees in pub-

lic institutions be of the same gender. “The NPS remains committed to achieving and upholding the constitutional one-third gender rule in national employment and representation,” the statement added.

The Service also commended all its officers, regardless of gender, for their dedication to promoting safety and se-

curity across the country.

This clarification comes amid growing public concern over gender representation in security agencies and renewed calls for strict adherence to constitutional provisions on equality and inclusion.

The Mt. Kenya Times



Ministry Of Health Director General Tours Mount Kenya University's Science College

By: James Wakahiu
 @themkenyatimes

The Director General of Health Dr. Patrick Amoth, made a courtesy call to the Vice-Chancellor, Mount Kenya University through an invitation by MKU College of Health Sciences. He was apprised of the various programmes offered by the college. The university is committed in training healthcare professionals as well as complying with relevant regulatory agencies. The team visited the 2 ultra-modern nursing skills laboratory that hold 2 high fidelity maniquine and an operating theatre among other teaching models.

The Director General was briefed on university collaboration with JICA in the malaria elimination project- Japan constructed Malaria Elimination Centre at a cost of KSh100 million. MKU has synergetic public-private partnership with Kiambu County Government at Thika level 5 Hospital where the University has constructed a Funeral home cum Anatomy laboratory at a cost of KSh300 M and renovated a Dental clinic at the hospital as part of the university Community engagement initiatives.

The Director General informed the Vice-Chancellor of the four pillars of universal health coverage (UHC); one of which is human resource training and recruitment of healthcare workforce where the university plays a big role. He called for continued consultation by the university when mounting health academic programmes with the Ministry



of Health.

He emphasised the need to train more health professionals to bridge the shortage especially in the sub-Saharan Africa. He highlighted the challenges facing the scope of practice of oral health graduates, internship challenges for Dental Technologists and community oral health officers.

He also committed to support the University with advice when launching new programmes like Bachelor's Degree in Dental surgery which is in the pipeline. He toured the university laboratories and Thika level v Dental clinic. MKU college of Health sciences houses 5 schools- Medical School, School of Pharmacy, School of Clinical Medicine,

School of Nursing, and School of Public Health.

MKU has continued to partner with industry and institutions to offer practical training to the students.

Worth Noting:

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MKU Hosts Key Reunion For Alumni Based In North Rift Region

Held Under The Theme; Together Again: Honouring The Past, Building The Future, The Champions Region Alumni Meeting Featured Eldoret Campus And Kitale Centre

By: James Wakahiu
@themkenyatimes



Worth Noting:

- Congratulating the former students, MKU Vice-Chancellor, Prof Deogratius Jaganyi said it marked the inaugural physical reunion of a community that has always been strong, but is now becoming intentional—formally connected, deeply committed, and future-focused.
- “You are champions of your fields. Champions of change. Champions of the values MKU holds dear: integrity, responsibility, excellence, teamwork, inclusivity an innovation,” he said.
- The VC said that with over 100,000 alumni around the world, the MKU Alumni community represents an extraordinary resource of diverse talents, experiences, and stories that can inspire and support each other in countless ways. He appreciated the MKU Alumni Directorate, whose dedicated work, he said, has created a stable and supportive bridge connecting you to the university.

Mount Kenya University (MKU) has held a top-drawer Champions Region Alumni Reunion in Eldoret City, bringing together its former students from the Eldoret Campus and Kitale Centre.

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Prof Jaganyi urged the alumni to give back to the institution by offering to mentor current students, offering internships and job opportunities that

open doors for the next generation, and contributing to scholarships, research, and campus development. “Volunteer your time in events, advisory roles, and alumni activities. By giving back, you empower others to succeed and ensure that our university continues to grow as a place of innovation, learning and opportunity,” he said.

Prof Jaganyi said the university has set aside Sh5 million to launch a special alumni award dedicated to recognising an outstanding MKU graduate who is making a significant impact in the community. The call for nominations will be announced in the coming weeks, with the award scheduled to be presented in December 2025. This initiative highlights MKU’s strong commitment to social responsibility and its confidence in the power of alumni to lead positive change.

Dr. Emily Kirwok, Director of MKU Eldoret Campus and Chair of the Champions Cluster, emphasized the reunion’s core goals—reflecting on the past, reconnecting and inspiring alumni to support current students. She called on alumni to actively contribute through mentorship, internships, and employment opportunities.

The event was held under the theme: “Together Again: Honouring the Past,

Building the Future. “As an institution that once mentored you, we now turn to you—our proud alumni—with a call to action. Let us collectively mentor the next generation, open doors to opportunities, and support graduates in finding meaningful employment,” added Dr Emily.

Keynote speaker, Ms Mercy Wanjiru, Regional Coordinator of the Kenya Private Schools Association (North Rift) and an alumnus of MKU’s MBA and BBM programmes, expressed appreciation for the university’s sustained support of alumni engagement. “This is not just an event; it is a coming home, a celebration of who we were, who we’ve become, and who we’re yet to be,” she said.

Wanjiru honoured the visionary leadership, administration and various faculties of MKU. “We belong to a powerful network of professionals, leaders, and visionaries with one thing in common—MKU. You gave us grit, courage, and a reason to dream bigger,” she said.

She pleaded with the alumni to support mentorship programmes, and help place students in internships and industry spaces. “We appreciate the commitment of MKU leadership that has enabled impactful programs that benefit both alumni and the broader

MKU community. We are happy to be associated with our alma mater, and we promise to give back through mentorship and other forums,” she said.

The reunion highlighted the vital role of alumni as champions in their fields—whether in business, healthcare, education, public service, or innovation. Their continued involvement through webinars, forums, and mentorship initiatives was acknowledged as a driving force behind MKU’s expanding impact.

Virginia Musawa, Director of Alumni Relations at MKU, thanked the alumni for keeping the MKU spirit alive. She reminded them that MKU is more than an institution—it is a lifelong community. She urged continued involvement, adding: “As we honor our past, let us walk boldly into the future, together.”

She appreciated the university leadership for investing in alumni engagement, which has enabled the directorate to initiate programmes that make a lasting difference not only for alumni but for the entire MKU

Natembeya Stirs Rebellion In DAP As Sifuna, Amisi Plot Showdown In ODM

By: Phidel Kizito
 @themtkenyatimes

Trans Nzoia Governor George Natembeya has set off a political storm within the Democratic Action Party of Kenya (DAP K), as youthful Western Kenya politicians mount bold challenges to the region's traditional political order.

In developments viewed as a rebellion against entrenched leadership, Natembeya has been accused of orchestrating a coup within DAP K against party leader Eugene Wamalwa — a move that has exposed deep fractures in the outfit's hierarchy.

DAP K Secretary General Eseli Simiyu on Friday confirmed that the party's National Management Committee (NMC) has acknowledged the rift, announcing plans to establish a disputes resolution committee to address the crisis.

"The national management committee has deliberated and found that there [is] a serious dispute between

members of the party," Simiyu said, adding that a national executive council meeting would soon convene to appoint the committee.

Old vs new

Party Leader Wamalwa, the apparent target of Natembeya's restructuring calls, insisted the party's internal mechanisms will handle the matter.

"We are a democratic party and we have very democratic institutions and mechanisms of resolving any disputes, and we have agreed that that [be] done democratically and peacefully," Wamalwa said.

The wrangles escalated after Natembeya and his allies publicly questioned Wamalwa's continued leadership, with talk of a looming takeover gaining traction in recent weeks.

Natembeya, who also serves as the party's deputy leader, has denied staging a coup or planning to form a rival outfit, instead framing his push as an effort to expand DAP K's appeal beyond its Western Kenya base and reposition it nationally.

Natembeya's offensive comes as



Trans Nzoia Governor George Natembeya

youthful politicians from Western Kenya also stir their respective parties.

In ODM, Saboti MP Caleb Hamisi — backed by Secretary General Edwin Sifuna — has announced plans

for the "mother of all declarations" in Lukhome, Saboti, on Sunday, rallying disillusioned party members unhappy with ODM's working arrangement with President William Ruto's UDA.

The twin developments signal a

generational pushback in Western Kenya politics, as emerging leaders challenge long standing party structures and demand bolder reforms to reposition their parties in the national conversation.

MKU Hosts Key Reunion For Alumni Based In North Rift Region

Held Under The Theme; Together Again: Honouring The Past, Building The Future, The Champions Region Alumni Meeting Featured Eldoret Campus And Kitale Centre

Contd from page 12

community. She also thanked the former students for participating in webinars, reunions and volunteering to mentor students and engaging in various other campus initiatives. "As alumni, you are our brand ambassadors, mentors, and partners in change," she said.

The director also emphasized the need for enhancing mentorship programmes, career guidance, student attachments and internship placements. "We are committed to building a strong and active Kitale-Eldoret alumni network that collaborates, connects, and contributes meaningfully to society," she said. The event served as a powerful re-

minder of the strength of the MKU alumni network and the university's enduring mission to educate, connect, and inspire. As the community looks ahead, alumni are encouraged to continue engaging, contributing, and leading by example—fueling a legacy of excellence that extends far beyond graduation.

The reunion was attended by, among others Uasin Gishu Governor Hon. Dr. Jonathan Bii, who was represented by County Attorney Mr. Silvester Metto, former MKU council chairman Prof. David Serem, university leaders, and alumni representatives. In their addresses, the dignitaries expressed gratitude for the alumni's continued loyalty and recognized the pivotal role they play as ambassadors of the university.



U For Me



U are my treasure
 U are my un-give-up measure
 U are my life
 With U there is no strife
 U are my precious, my heart's desire
 U make my world a love-filled fire
 U are my everything forever
 U are the reason, I smile
 Our love is an endless mile
 Sufferings are no, with U dear Mano

T. Vasugi,
 B.T Asst,
 Kamaraj Matriculation Higher
 Secondary School,
 Kovilpatti.

Happiness starts with H for some ones
 Why does mine starts with U?
 Because...

Walk With Your Friendly Enemy



Dumped my energy forthwith
 Fluctuated my breath
 To abnormal wavelength
 Knitted not from my birth
 Will it walk unto my death?
 But I do believe in faith
 So sometimes patted me to be in mirth
 Stimulating to succeed in right path
 Yes! it's my "EGO" I walked with...

G. Sarala.
 Creative writers
 Chennai
 Tamil Nadu
 India

Walk with your Friendly enemy
 I was annoyed embracing with-
 My sense was buried to the depth
 Fired my humanity growth
 Felt ill & not worth
 To live on earth
 Lead my positives dearth

To A Friend...



immerse
 The words of you having
 quartz.
 Your spontaneous response
 Make me enjoy the essence .
 I feel that the words or calls from you
 consoling me with peacock feathers .

You are my favourite
 Fantabulous fairy
 The talks and memories
 Keep us privileged Friends 🙏 .
 I am Rajesh Kanna B N
 B T Asst,
 From Government Model High School, Tirur.
 Tiruvallur District.
 Tamil Nadu, India.

I am not a poet as you
 After seeing yours I too.
 I dig and searched for the best
 I got finally you as the prettiest.
 I think for a while to impress
 But it takes me for a long .
 I don't know why I am

The Fourth Monkey Is The Present Generation



The Fourth monkey is the present
 generation,
 Lost in screens, with no human interaction,
 They don't see anyone, hear anyone, or talk
 to anyone
 But they are ever-engrossed in digital worlds
 Mobile phones and laptops, they crave,
 They are Harmful and dangerous in ways
 They don't understand this now.
 They are Mentally lost, in a virtual world,
 digitally
 Their eyes are fixed on screens, with no
 human face.
 This situation loses all good relationships
 dear,

No love, care, or concern for anyone near,
 No emotional bonding, no empathy or
 sympathy too,
 No laughter or smile, just in a digital world
 Let's break Free From screens, and look into
 each other's eyes,
 Let's smile at others, and show we care and
 care .
 Let's share our love, and build humanity
 Make human connections strong,
 And avoid being like the Fourth monkey,
 where we all went wrong.
 Let the present generation take digital fast

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

Increase In Engage Through Social Media



By Nafasova Sabina
 With the rise of technological advancements
 and the increasing penetration of internet,
 it has become increasingly commonplace
 for individuals to engage with social media,
 particularly in the modern world. While
 this can be attributed to a confluence
 of factors such as global connectivity
 and entertainment, I firmly assert that
 social media has not only revolutionized
 communication but also brought challenges
 to personal well-being.
 First and foremost, proponents of social
 media argue that it plays an essential
 role in today's life by providing a platform
 for communication and information-
 sharing. Social media stands out as a vivid
 example to illustrate how individuals can

stay connected regardless of geographic
 boundaries. Thereby, it fosters a sense of
 community, allowing people to collaborate,
 share ideas, and exchange knowledge in real-
 time. For instance, platforms like Twitter and
 Facebook enable people to stay updated on
 news, follow trending topics, and voice their
 opinions on global matters.
 However, meanwhile, critics argue that social
 media has a negative impact on mental
 health and personal relationships. It can
 lead to isolation, addiction, and unrealistic
 expectations due to constant exposure to
 curated content. A good case in point can
 be my country, Uzbekistan, where excessive
 use of social media has contributed to a
 decline in face-to-face interactions. Many
 young people spend hours online, thus
 neglecting offline connections, which are
 essential for emotional well-being. Social
 media has also been linked to issues such as
 cyberbullying and privacy violations, which
 further raise concerns about its influence.
 To sum up, although social media offers
 many benefits in terms of connectivity and
 information sharing, I strongly believe that
 its negative effects on mental health and
 personal relationships cannot be ignored. Not
 only does it contribute to online addiction,
 but also it distorts our perception of reality.
 Thus, a balanced approach is needed to
 ensure that social media serves as a tool for
 improvement rather than a source of harm.

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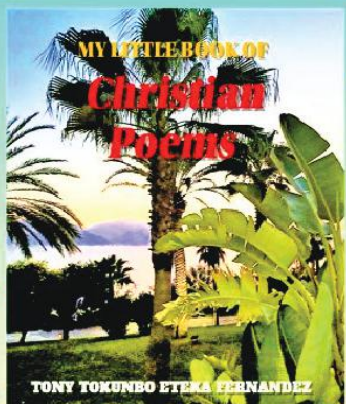
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OPINION:

Conquering Global Markets Through Forward And Backward Integration

By: Tobias Alando
 @themtkenyatimes

Worth Noting:

Agriculture and horticulture have consistently topped Kenya's export list over the last decade. According to the KNBS Economic Survey 2025, tea and coffee account for 25% and 5% of Kenya's total exports, respectively. Our tea and coffee industries have grown steadily, supported by favourable climate conditions, progressive policies, and global marketing strategies. Similarly, the horticultural sector has flourished thanks to modern technology adoption, value chain training, and improved market access.

Yet persistent challenges continue to constrain Kenya's rise as a global powerhouse. These include multiple levies and licences, high energy and operational costs, low market diversification, inadequate export market intelligence, and an unpredictable business environment. Added to this is stiff competition from producers like India, Sri Lanka, China, and Vietnam, who enjoy lower production costs and government subsidies.

Kenya has long distinguished herself as a leading producer of agricultural and horticultural products, including tea, coffee, avocados, and flowers. Yet, despite consistent growth and strong international demand, we remain far from being recognised as a world leader in these sectors. The question we must now confront is: how can Kenya carve a niche in global markets, deliver exquisite quality produce, and derive maximum value from our agricultural exports and their value chains?

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Integration Is Key

To compete effectively, Kenya must pursue full value chain integration—bringing farmers, manufacturers, service providers, and government together to ensure fair returns for all. This requires targeted policy support, deliberate regulatory reforms, and strategic initiatives that expand market access.

Take packaging, a critical component of agricultural exports. Kenya has a well-established packaging industry capable of producing world-class solutions for both domestic and export markets—paper, plastic, glass, tins. Yet, policy barriers threaten this progress.

In the Finance Act 2025, government imposed excise duty of KSh 25% or KSh 50 per kilogram (whichever is higher) on kraft paper, a crucial in-



put for packaging. This material is not produced locally and is mostly imported, with 30% sourced from within the EAC. Within three years, cumulative taxes on kraft paper have skyrocketed to 111%, combining excise duty, the Export and Investment Promotion Levy (10%), import duty (25%), VAT (16%), Import Declaration Fee (2.5%), and Railway Development Levy (2%).

This tax regime effectively makes local manufacturing uncompetitive, favouring finished packaging imports and pushing Kenya to a disadvantage against regional peers and global exporters such as Ecuador, Colombia, and Peru. The result is reduced competitiveness of our tea, coffee, avocados, and flowers on international markets, with potential revenue losses for both producers and the exchequer. VAT exemptions on raw materials for local packaging manufacturers—not finished products—are urgently needed to reverse this trend.

Buy Kenya, Build Kenya

Local sourcing of packaging and other inputs would not only cut costs but also safeguard supply chains against global disruptions. Government must

set clear policies that promote the 'Buy Kenya, Build Kenya' agenda, ensuring that export packaging and related services are produced locally to strengthen domestic industries.

Innovation, Research, and Diversification

Global competitiveness will also depend on research and innovation. Value-added products fetch higher returns, yet Kenya largely exports bulk tea. China, the world's leading tea exporter, has invested heavily in R&D, producing herbal infusions, ready-to-drink teas, and other high-value varieties. Kenya can replicate this approach by diversifying its tea products, exploring new flavours, formats, and markets.

Beyond production, agritourism presents untapped potential. Ventures like Kiambethu Tea Farm in Limuru demonstrate how farm visits, tea tastings, and immersive experiences can create additional revenue streams. South Africa's thriving wine tourism industry provides a similar example of agricultural products being transformed into cultural and experiential exports.

The Way Forward

Value chain integration promises better controls, pricing stability, improved access to raw materials, and enhanced manufacturing processes. This translates to higher quality, efficiency, and profitability, enabling Kenya to stand tall on the global agricultural stage.

For this to happen, government, private sector players, researchers, and farmers must work in synergy—removing bottlenecks, investing in innovation, and pursuing deliberate policies that put Kenya's agricultural and horticultural exports among the most competitive worldwide.

The time to act is now. Kenya cannot afford to remain a supplier of raw commodities while other nations capture the real value of the products that originate from our fertile soils.

The writer is the Chief Executive of Kenya Association of Manufacturers and can be reached at ceo@kam.co.ke.

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The Decline Of Pakistan's Unofficial Dictatorship

By: Najeeb Ullah

[@themtkenyatimes](#)



Worth Noting:

- Civilian institutions appear increasingly paralyzed, while military-backed narratives dominate state media. Critics argue that under Munir's leadership, Pakistan has entered a new phase of "soft martial law" without uniformed soldiers on the streets, but with institutions acting under invisible compulsion.
- Several high-profile journalists have been silenced or forced into exile. Civilian dissent, particularly from Khan's supporters, has been met with mass arrests, internet blackouts, and even military trials for civilians a deeply troubling departure from constitutional norms. In May 2023, violent protests erupted after Khan's arrest and the establishment's response was swift and unforgiving. Entire political movements were dismantled overnight. Yet, the state's heavy-handed tactics have only fueled public resentment.



General Pervez Musharraf's media-savvy military rule

For decades, Pakistan's democracy has operated under a shadow not always visible, but always present. While elected governments have come and gone, the locus of real power has largely remained unelected, unchecked, and unaccountable. That shadow now seems to be shrinking and the public is beginning to look where they were once told not to.

Pakistan's post-independence history reads like a loop brief democratic interval, interrupted by military takeovers, followed by civilian governments with clipped wings. From General Ayub Khan's martial law in 1958 to General Zia-ul-Haq's ideological engineering in the 1980s and General Pervez Musharraf's media-savvy military rule in the early 2000s every era has carried the same underlying theme: the military establishment defines the red lines.

Even after the last official martial law, the military did not retreat into the barracks. Instead, its influence persisted behind the scenes, guiding key appointments, shaping foreign policy, and controlling large swathes of the economy through business conglomerates. Democracy in Pakistan has long functioned like a stage

play actors change, but the script remains the same.

But something is shifting.

A more informed and frustrated population is beginning to ask uncomfortable questions. Social media has cracked open the echo chamber that traditional media once reinforced. Every act of censorship now sparks more attention than silence. Political manipulation that once happened discreetly is now publicly dissected by journalists, vloggers, and ordinary citizens. The sacred cows of the past are no longer spared criticism.

At the center of this moment is the controversial tenure of the current Chief of Army Staff, General Asim Munir. Since assuming office in late 2022, Asim Munir has been accused both openly and indirectly of overstepping constitutional boundaries. Under his watch, former Prime Minister Imran Khan was removed through a questionable no-confidence vote, later arrested and now remains politically sidelined through court decisions widely viewed as engineered.

Civilian institutions appear increasingly paralyzed, while military-backed narratives dominate state

media. Critics argue that under Munir's leadership, Pakistan has entered a new phase of "soft martial law" without uniformed soldiers on the streets, but with institutions acting under invisible compulsion.

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Despite this, the control is fraying. The more the establishment tightens its grip, the more cracks appear. Judicial independence, once dormant, has shown flickers of revival. Some judges have refused to toe the line. Public discourse, once dominated by curated talking points, now thrives on skepticism. Most tellingly, the younger generation disillusioned by years of political puppetry is no longer afraid

to name names.

History shows us that authoritarian structures often collapse not with a bang, but with a slow, undeniable erosion. Ayub Khan left in disgrace. Zia-ul-Haq's legacy turned into chaos. Musharraf's fall marked the end of overt military rule. Each time, the system insisted it was in control until it wasn't.

Pakistan now stands at a similar precipice. The army's overreach is no longer whispered in drawing rooms it's debated in public forums. The people are watching. And this time, they may not be willing to look away.

If democracy is to survive in Pakistan, it must be more than a ceremonial concept. Civilian supremacy, judicial independence, and press freedom cannot remain optional luxuries. The state must learn that dissent is not treason, that criticism is not a threat, and that authority must come with accountability.

Pakistan's future depends not on how long one can maintain control, but on how soon the country's powerful institutions learn to let go.

ANTÓNIO Guterres: Supercharging The Clean Energy Age

By: Antonio Guterres

@themtkenyatimes



Worth Noting:

- Countries that cling to fossil fuels are not protecting their economies, they are sabotaging them – undermining competitiveness, and missing the greatest economic opportunity of the 21st century.
- Clean energy also delivers energy sovereignty and security. Fossil fuel markets are at the mercy of price shocks, supply disruptions, and geopolitical turmoil, as we saw when Russia invaded Ukraine. But there are no price spikes for sunlight, no embargoes on wind, and almost every nation has enough renewable resources to be energy self-sufficient.
- Finally, clean energy spurs development. It can reach the hundreds of millions of people still living without electricity – quickly, affordably and sustainably, particularly through off-grid and small-scale solar technologies.



Antonio Guterres, United Nations Secretary General.

Energy has shaped humanity's path –from mastering fire, to harnessing steam, to splitting the atom. Today, we're at the dawn of a new era. The sun is rising on a clean energy age.

Last year, nearly all new power capacity came from renewables. Investment in clean energy soared to \$2 trillion – \$800 billion more than fossil fuels.

Solar and wind are now the cheapest sources of power on Earth, and clean energy sectors are creating jobs, boosting growth and powering progress — despite fossil fuels still receiving far greater subsidies.

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Finally, clean energy spurs development. It can reach the hundreds of millions of people still living without electricity — quickly, affordably and sustainably, particularly through off-grid and small-scale solar technologies.

All this makes the clean energy era unstoppable. But the transition is not yet fast or fair enough. Developing countries are being left behind. Fossil fuels still dominate energy systems, and emissions are still rising when they must plummet to avoid the worst of the climate crisis. To fix this, we need action on six fronts.

First, governments must fully commit to the clean energy future. In the coming months, every country has pledged to submit new national climate plans – known as Nationally Determined Contributions – with targets for the next decade. These plans must align with limiting global temperature rise to 1.5 degrees Celsius, cover all emissions and sectors, and lay out a clear path to clean energy. G20 countries, responsible for around 80% of global emissions, must lead.

Second, we must build 21st century energy systems. Without modern grids and storage, renewable power

can't fulfill its potential. But for every dollar invested in renewable power, just 60 cents go to grids and storage. That ratio needs to be one- to-one.

Third, governments must aim to meet the world's surging energy demand with renewables. Major tech companies must also play their part. By 2030, data centres could consume as much electricity as Japan does today. Companies should commit to power them with renewables.

Fourth, we must embed justice in the energy transition. This means supporting communities still dependent on fossil fuels to prepare for the clean energy future. And it means reforming critical minerals supply chains. Today, they're riddled with rights abuses and environmental destruction, and developing countries are trapped at the bottom of value chains. This must end.

Fifth, we must make trade a tool for energy transformation. Clean energy supply chains are highly concentrated and global trade is fragmenting. Countries committed to the new energy era must work to diversify supplies, cut tariffs on clean energy goods, and modernize investment treaties so they support the transition.

Sixth and finally, we must drive finance to developing countries. Africa received just two percent of renewables investment last year, despite having 60% of the world's best solar resources. We need international action – to prevent debt repayments sucking developing country budgets dry, and to enable multilateral development banks to substantially increase their lending capacity, and leverage far more private finance. We also need credit rating agencies and investors to modernize risk assessments, to account for the promise of clean energy, the cost of climate chaos, and the danger of stranded fossil fuel assets.

A new energy era is within reach – an era where cheap, clean abundant energy powers a world rich in economic opportunity, where nations have the security of energy autonomy, and the gift of electricity is a gift for all.

This is our moment of opportunity to supercharge the global shift. Let's seize it.

The Hug-A-Tree Generation: Why Survival Skills Are The Most Important Lesson We Can Teach Our Children



By: Silas Mwaudasheni Nande
@themkenyaintimes



Worth Noting:

- Before a child can learn to navigate the physical world, they must first learn to navigate their internal one. The most critical survival tool is not a knife or a compass, but a well-trained, situationally aware mind. This training begins not in the wild, but in the car on the school run, in the aisles of Checkers at The Grove Mall, and in the quiet moments before bed. It starts with the patient, melodic repetition of a phone number until it becomes as familiar as a nursery rhyme.
- For a young child, the world is an abstract canvas. The concept of being 'lost' is a terrifying void. We give that void shape and structure by providing anchors.

The late afternoon sun, a uniquely Namibian gold, filters through the broad leaves of a camelthorn tree in a quiet Ludwigsdorf garden. The air hums with the drone of cicadas and the distant, rhythmic splash of a pool cleaner. A child, no older than seven, runs across a patch of green lawn, her laughter a bright, uncomplicated sound in the tranquil air of Windhoek's suburbia. Here, behind high walls and blooming bougainvillea, the world feels safe, contained, predictable. It is a bubble of serene domesticity, meticulously crafted to insulate our children from the harshness that lies beyond the city's edge.

But the bubble is an illusion. It is a beautiful, necessary fiction we create as parents, but a fiction nonetheless. The real world, with its unpredictable currents and sudden emergencies, exists just beyond the garden gate. It is present in the flicker of a faulty wire, the splash of a child who ventures too close to the pool's edge, the wrong turn on a dusty farm road, the momentary distraction in a bustling shopping centre. To truly protect our children, we cannot simply reinforce the walls of the bubble; we must equip them with the tools to navigate the world when the bubble, inevitably, bursts.

Teaching children survival skills is not about raising a generation of alarmists, perpetually braced for disaster. It is not about filling their minds with fear of the unknown. On the contrary, it is about systematically replacing fear with knowledge, panic with purpose, and helplessness with resilience. It is the most profound act of empowerment a parent can undertake. It is the quiet, consistent lesson that says, "The world is vast and sometimes challenging, but you are capable. You are strong. You know what to do." From the fundamental life-or-death skill of swimming to the simple, confidence-building act of knowing their own phone number or that of their parents, teachers and other important persons in their lives, these lessons form a foundational education in self-reliance. This is the story of how we raise a generation that doesn't just survive, but thrives, equipped with the quiet confidence that comes from knowing how to save themselves.

The First Fortress: Building Awareness in the Mind

Before a child can learn to navigate the physical world, they must first learn to navigate their internal one.



The most critical survival tool is not a knife or a compass, but a well-trained, situationally aware mind. This training begins not in the wild, but in the car on the school run, in the aisles of Checkers at The Grove Mall, and in the quiet moments before bed. It starts with the patient, melodic repetition of a phone number until it becomes as familiar as a nursery rhyme.

For a young child, the world is an abstract canvas. The concept of being 'lost' is a terrifying void. We give that void shape and structure by providing anchors. Teaching a child their full name, their parents' full names, and their home address is the first act of charting their personal map. It transforms them from a lost child into a person with an identity and a destination. Imagine the difference in an emergency responder's mind between a crying, anonymous toddler and a small, seven-year-old girl who can clearly state, "My name is Freya, my dad is Thomas, and we live on Nelson Mandela Avenue." The first is a mystery to be solved; the second is a person to be returned home.

This internal fortress is built, brick by brick, with layers of observation and intuition. We must teach our children the power of their own feelings. Every parent knows the challenge of explaining a "bad feeling" to a literal-minded child. We call it the "uh-oh feeling" or the "funny tummy" – the internal alarm bell that rings when a situation or a person feels wrong. It's the man in the park who is too friendly, the car that slows down for no reason,

the sudden silence in a previously noisy space. We teach them that this feeling is their own personal superpower. It requires no explanation or justification. When it rings, the rule is simple and non-negotiable: you move away, you run if you have to, and you tell a trusted adult immediately.

But who is a trusted adult? The traditional advice to "find a policeman" is woefully outdated in a world where uniforms can be faked and authority can be misused. The lesson must be more nuanced. A trusted adult is someone they know well—a teacher, a friend's parent, a family member. And if no one they know is around? The next lesson is a masterclass in situational profiling, simplified for a child's mind: in a public place, the safest stranger to approach is a mother with her own children.

Picture it: a child, momentarily separated from a parent in the weekend bustle of the Swakopmund waterfront or the jungle forests of Okavango where the only sounds are for birds and wild animals. Panic begins to set in. But instead of freezing or running blindly, the trained child scans the crowd. They bypass the single man, the group of teenagers, the hurried couple. Their eyes search for a specific image: a woman pushing a pram, holding a toddler's hand, managing the chaotic, familiar energy of parenthood. This woman is statistically the most likely to help, to understand the terror of a missing child, and to stay with them until they are safe. This is not a lesson in prejudice; it is a lesson in prob-

ability, a survival calculation of the highest order.

The final piece of this mental armour is knowing how to summon help. In Namibia, the emergency numbers can feel like a confusing jumble. Is it 10111? 211-111? We must make it concrete. We program it into phones, we write it on a card in their schoolbag, we practice dialling it on a toy phone. And we practice what to say. The script is simple: "My name is... My location is... The emergency is..." Knowing what to say transforms a panicked, incoherent cry into a clear, actionable report. It is the difference between chaos and control.

The Backyard Ocean: Conquering Water

In a land defined by its aridity, water holds an almost mythical status. It is the shimmering blue heart of a Windhoek backyard, the promise of relief on a scorching December afternoon. Dams like Von Bach and Hardap are weekend meccas, oases of recreation in a parched landscape or the oshanas, ponds and wells are part of the world for children in the villages. But this casual intimacy with water breeds a dangerous complacency. Every swimming pool is a potential ocean, every dam a deep, dark lake. For a child, learning to swim is not a sport or a hobby; it is the most immediate and essential

The Hug-A-Tree Generation: Why Survival Skills Are The Most Important Lesson We Can Teach Our Children

Contd from page 20

The Great, Wide Classroom: First Aid and Outdoor Skills

survival skill we can teach them.

The process itself is a lesson in resilience. It is the shock of cold water on warm skin, the sting of chlorine in the eyes, the frustrating battle between sinking and floating. But the moment a child learns to control their breath, to kick their legs and propel themselves through the water, a fundamental shift occurs. They have tamed an element that was, moments before, a source of fear. They have learned that panic makes you sink, but calm, controlled movement makes you float.

This lesson extends beyond their own safety. The most dangerous moment at any poolside gathering is not when one child is in trouble, but when another child tries to become the hero. The instinct to jump in after a struggling friend is powerful, primal, and often fatal. This is where the mantra must be drilled in until it is an automatic reflex: "Reach, Throw, Don't Go."

We turn it into a game. From the edge of the pool, we practice reaching with a pool noodle, a towel, or a stray branch. We practice throwing a flotation device, a ball, anything that floats. We teach them that their feet must stay firmly on the ground. We create a scenario: a friend is coughing, sputtering, their arms flailing. Describe the surge of adrenaline, the desire to help, and then the trained, deliberate action of grabbing the life ring. The child becomes not a second victim, but a first responder. They have learned the hardest lesson of all: sometimes, the bravest thing you can do is to stay safe yourself so you can effectively help someone else.

This respect for water must also encompass an understanding of its scarcity and its dangers when sourced from the wild. A child raised in Windhoek, accustomed to clean, potable water from a tap, might not understand that the invitingly clear water in a dry riverbed after a flash flood is teeming with bacteria. The lesson is simple and stark: unless it comes from a tap or a sealed bottle, we don't drink it. This teaches not only safety but also a profound appreciation for the precious, life-sustaining resource that we so often take for granted. It connects the safety of the swimming pool to the survival reality of the vast, dry land that surrounds our city.

To live in Namibia is to be perpetually aware of the horizon. The city of Windhoek is an island in a sea of immense, rugged, and unforgiving beauty. A weekend trip to Spitzkoppe or the Erongo mountains is not just a drive; it is a journey into a landscape where the nearest clinic might be hours away and a mobile signal is a forgotten luxury. It is here, in this magnificent wilderness, that the lessons of self-reliance take on their most profound meaning.

The education begins with the smallest of injuries. A child stumbles on a rocky trail at Daan Viljoen Game Reserve, scraping a knee. The instinct is to cry and wait for a parent to produce a plaster from the depths of a backpack. The lesson is to empower the child to be their own medic. We teach them to take out their own water bottle, pour a little to wash away the dust and grit, and open their own small, personal first-aid kit. The act of cleaning and bandaging their own wound, however minor, is a powerful declaration of independence. It says, "I am hurt, but I can handle it."

This sense of capability is most critical in the terrifying scenario of being lost. Every parent's heart clenches at the thought. A child, captivated by a colourful lizard or a line of marching ants, wanders just a few metres off the path. They look up, and the familiar figures of their family are gone. The world, once friendly, becomes a confusing maze of identical-looking rocks and thorn bushes. Panic is a hot, rising tide.

This is the moment for the single most important rule of outdoor survival: "Hug a Tree." Or, in our landscape, "Hug a Rock." It means stay put. Do not wander. The urge to find your parents is overwhelming, but every step you take could be a step further away, making the search area exponentially larger. We practice this. We play a game of hide-and-seek where the goal is not to hide well, but to stay in one place until found. We explain that their parents will never stop looking for them, and the easiest way for them to be found is to become a stationary target.

Once they have anchored themselves, the next lessons are about reading the environment. Survival in the Namib is less about building elaborate shelters and more about intelligent submission to the elements. The number one enemy is the sun.



We teach them to see the landscape not as empty, but as full of potential shade. The deep shadow cast by a granite boulder, the dappled coolness beneath a shepherd's tree, the eastern side of a dune in the afternoon – these are the natural shelters. They learn that staying still in the shade is an active survival strategy.

Fire, the centrepiece of every Namibian braai, is another crucial lesson. For a child, the lesson is not about starting a fire, but about respecting it. They learn the geometry of a safe campfire. They learn that wind is fire's messenger. And they learn, through playful drills on the lawn, to "stop, drop, and roll" if a spark ever catches their clothes. It is a kinetic, memorable lesson that replaces the terror of flames with a clear, life-saving action plan.

This environmental literacy must include the local inhabitants. We teach them to see with their eyes, not their hands. The thick, patterned coil of a puff adder sunning itself on a rock is not an object of curiosity to be prodded, but a creature to be given a wide, respectful berth. The sleek, black form of a scorpion under a piece of wood is a warning. The lesson is simple: "Don't touch, just tell." This fosters not fear, but a healthy, observant respect for the wild creatures whose home we are visiting.

Finally, while staying put, they must learn how to be found. We teach them to use their voice not in a single, panicked scream that will leave them breathless, but in rhythmic, spaced-out shouts of three – the universal signal for distress. We give them a small whistle for their backpack, explaining how its high-

pitched sound travels further than a voice. We show them how the screen of a phone or a small mirror can flash a signal, a tiny star of hope in the vast landscape. These are the tools that bridge the distance between being lost and being found.

The Resilient Spirit: The True Meaning of Survival

As we bring these lessons together, a remarkable picture emerges. The child who can confidently state their address, who can treat their own scraped knee, who knows to stay put when lost, is not a child living in fear. They are a child freed from it. The true goal of teaching survival skills is not to prepare for a litany of disasters, but to cultivate a resilient, resourceful, and confident spirit that can handle life's inevitable challenges, big and small.

The child who knows what to do when a friend is in trouble at the pool is not just safer; they are a better friend. The child who can identify a potentially dangerous situation and remove themselves from it is not just avoiding harm; they are developing critical thinking and self-respect. The child who can navigate a minor injury on their own is not just more independent; they are learning that they are capable of overcoming adversity. These skills bleed into every aspect of their lives, building a foundational confidence that will serve them in the classroom, on the sports field, and in their future relationships.

The parent's role in this education is that of a calm, patient guide, not a drill sergeant. It is about turning lessons into games, and conversations

into habits. It is the "what if" game played in the car: "What if we got separated in the store, where would you go?" "What if you scraped your knee on the playground, what's the first thing you'd do?" These are not meant to frighten, but to normalise preparedness, to build mental muscle memory so that in a real emergency, the trained response can override the initial wave of panic.

Let us return to that garden in Windhoek. The sun is lower now, casting long shadows across the lawn. The same seven-year-old girl is there, but now we see her through a different lens. We notice she is wearing a hat, a simple, learned defence against the sun. We see her instinctively walk around a thorny acacia bush instead of pushing through it. We see her glance up from her play, a quick, subconscious check to confirm her parent's location. She is not afraid. She is aware. She is not just playing; she is practicing life.

Ultimately, the greatest inheritance we can give our children is not a world free from danger, for such a world does not exist. It is the unshakeable, internal knowledge that they possess the skills to face that danger. It is the gift of resilience, the quiet confidence to navigate the world on their own terms, knowing that they have the strength, the knowledge, and the spirit to survive and to thrive—whether in the familiar comfort of their home city, or in the vast, beautiful, and wild heart of Namibia that will forever be their heritage.

Sports >> *The 8th edition of the African Nations Championships CHAN tournament will entered its 2nd day yesterday with two Group A matches in Kenya and 1 Group B fixture in Tanzania.

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CHAN 2024: Group A Teams Profile

The 8th edition of the African Nations Championships CHAN tournament will entered its 2nd day yesterday with two Group A matches in Kenya and 1 Group B fixture in Tanzania.

Co-hosts Kenya will be making their tournament debut as they face two-time champions DR Congo at Kasarani Stadium from 3pm, before paving the way for another two-time winner, Morocco, who will be up against Angola at the Nyayo Stadium from 6pm.

Group A Team Profile

Kenya
 Nickname: Harambee Stars
 Appearances: 1st
 FIFA Ranking: 109
 Qualification
 Kenya secured their place in the CHAN 2024 tournament as one of the three co-hosting nations. This historic opportunity offers the Harambee Stars a chance to showcase their talent on one of Africa's biggest stages.

Coach: Benni McCarthy
 Head coach Benni McCarthy brings valuable experience to the team, having coached several teams in the South African top flight as well as working with some top clubs in Europe, including Manchester United. His tactical acumen will be crucial in navigating Kenya's CHAN campaign.

Morocco
 Nickname: Atlas Lions
 Appearances: 5 (2014, 2016, 2018, 2020, 2024)
 Best Finish: Champions (2018, 2020)
 CHAN Titles: 2
 FIFA Ranking: 14
 Head Coach: Tarik Sektioui
 Former international Tarik Sektioui brings considerable experience to his role as head coach of the Atlas Lions. Sektioui, who has previously managed Morocco's U19 and



Olympic teams, faces the considerable challenge of maintaining the nation's dominance in the competition.

His extensive experience with local football, having managed several top-tier Moroccan clubs and won both domestic and continental titles, positions him well for this task.

Qualification
 The Atlas Lions qualified automatically for CHAN 2024 as the only representative so far from the North African Football Union zone.

They enter the tournament sharing the record for most titles (2) with DR Congo, making their fifth appearance in the competition since their debut in South Africa in 2014.

DR Congo
 Nickname: The Leopards
 Appearances: 7 (2009, 2011, 2014, 2016, 2020, 2022, 2024)
 Titles: 2 (2009, 2016)
 Coach: Otis N'Goma
 Otis N'Goma brings a modern tactical approach to DR Congo, emphasising disciplined defence and swift counterattacks. His preference for ball possession,

quick transitions, and adaptability ensures his team remains competitive against the toughest opponents.

Qualification
 The Leopards demonstrated their resilience during qualification. After being held to a 1-1 draw by Chad in the first leg, they turned the tables with a convincing 3-1 home victory to secure their spot in the tournament.

Zambia
 Nickname: Chipolopolo
 Appearances: 5 (2009, 2016, 2018, 2020, 2024)
 Best Finish: 3rd (2009)
 FIFA Ranking: 83
 Qualification

Zambia qualified as a result of a walkover following the pulling out of Mozambique.

Previous TotalEnergies CAF CHAN performance:

The 2024 finals will mark Zambia's fifth appearance at the continental showpiece, with their last appearance being in 2020.

Their best performance came in the inaugural edition, where they finished in the top three with a bronze medal following their 2-1 victory over Senegal.

Following their third-place fin-

ish in 2009, Zambia have since advanced from the group stages in all their appearances (2016, 2018, 2020) but failed to advance further than the quarter-final.

Angola
 Nickname: The Sable Antelopes
 Appearances: 5 (2011, 2016, 2018, 2022, 2024)
 FIFA Ranking: 85
 Qualification

Angola had a tricky opponent in Lesotho, who have been on an impressive rise of form of late.

The Sable Antelopes advanced to the finals after overcoming Lesotho over two legs to secure their fifth TotalEnergies CAF CHAN appearance.

Head coach: Pedro Gonçalves
 Angola will be under the tutelage of Pedro Gonçalves, a man who has grown in leaps and bounds over the years with the Angolan national team.

The 48-year-old caused a number of upsets in Côte d'Ivoire, where he guided Angola to an impressive quarter-final finish at the TotalEnergies CAF Africa Cup of Nations.

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GET THE BEST OF WORLD

Sports >>> *Austin Odhiambo scored the all-important goal as Harambee Stars clipped DR Congo 1-0 yesterday, to kickoff their African Nations Championship (CHAN) on a positive note at the Moi Sports Centre - Kasarani.

Odhiambo The Hero As Harambee Stars Edge Congo DR In CHAN Opener



Austin Odhiambo controls the ball during Kenya's CHAN 2024 opening match against DR Congo on August 3, 2025. Kenya won 1-0. Photo by Sportpicha.

Austin Odhiambo scored the all-important goal as Harambee Stars clipped DR Congo 1-0 yesterday, to kickoff their African Nations Championship (CHAN) on a positive note at the Moi Sports Centre - Kasarani.

The win not only meant crucial three points for the Benni McCarthy coached-side, but ensured the players earn Ksh. 1 million each as promised by President William Ruto, who watched the match at the newly refurbished MISC Kasarani.

On Saturday, Ruto promised the team Ksh. 1 million (each player) for every win in the tournament. After the match, the president went straight to the dressing room to congratulate Harambee Stars.

McCarthy trusted Bryne Odhiambo between the sticks, guarded by a back-four composed of captain Aboud Omar (LB), Daniel Sakari (RB), Alphonse Omija and Sylvestre Owino as centre-backs.

The South African coach handed

teenager Manzur Okwaro a defensive midfield role, just behind Gor Mahia's Alpha Onyango and Austin, who completed the midfield matrix in the starting 11.

On the right wing was Tusker's Ryan Ogam, while on the left channel, played Bandari's Wekesa.

New Migori Youth striker Masoud Juma led the attack as the centre-forward.

Kenya tried to assert dominance early but struggled to find the breakthrough until Odhiambo's crucial moment just before half-time.

Odhiambo's decisive strike came after a strong run of play. Following a brilliant tackle and interception, he surged into the box and clinically fired past Congolese keeper Brudel Liyongo, finishing off a sharp assist from David Sakwa.

The stadium erupted in celebration, with Kenyan fans jubilant over the history-making moment.

Earlier, DR Congo thought they had taken the lead through Jephete Bola, only for South African referee Jelly Chavani to consult VAR and disallow the goal due to a foul in the buildup on Kenyan captain Omar.

That decision proved pivotal in maintaining parity and gave Harambee Stars the belief they needed.

The first half saw Harambee Stars create several chances, with Sakwa and Ogam particularly dangerous down the flanks.

Juma came closest to scoring before the breakthrough, forcing a superb save from Liyongo after a well-worked move involving Odhiambo and Omar.

In the second half, DR Congo made tactical changes, introducing Helton Kayembe and Josou Kazema to inject fresh energy. The Leopards pushed forward in search of an equalizer, but Kenya's defense, led by short stopper Bryne Omondi and Omija, re-

mained solid under pressure. Coach Benni McCarthy was forced into substitutions after Manzur picked up an injury, bringing on Boniface Muchiri and Marvin Nabwire.

Despite DR Congo's attacking pressure, Kenya held their ground through seven tense minutes of stoppage time.

With this win, Harambee Stars now hope to build their momentum and carry the hopes of an entire nation as CHAN 2024 continues.

In the second group A match played at the Nyayo National Stadium later Sunday, Morocco sunk Angola 2-0 to shoot to the top of the pool.

Kenya's next match will be on Thursday against Angola at the MISC Kasarani.

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Hygienic And Epidemiological Principles Of Healthy Nutrition



By: Mukhtorova Zuhrahkhon Shuhratjon

@themkenyentimes

Worth Noting:

The quality of nutrition directly affects the development of children and adolescents, the working capacity of the labor force, the ability to resist adverse environmental factors, and average life expectancy. Since children and adolescents are in a stage of growth and development, their diets should be rich in vitamins, proteins, calcium, and iron. It is beneficial for their health to avoid consuming harmful products such as sweets, carbonated drinks, and chips.

For adults, nutritional hygiene depends on work activity. In older individuals, metabolic processes slow down, so they should avoid consuming fatty and heavy foods. Their meals should be easily digestible, light, and served warm. Nutritional requirements also change for pregnant and breastfeeding women, who are advised to consume foods rich in iron, calcium, folic acid, and omega-3 fatty acids.

Abstract. This article focuses on the study of the impact of healthy eating on human health, the rules of food hygiene, and epidemiological measures to prevent related diseases. Information is provided on the composition of food products, their proper use, foodborne diseases and their prevention, and the importance of complying with sanitary and hygienic standards, food safety, a healthy eating model, and modern approaches are also emphasized.

Keywords: Healthy eating, food safety, food hygiene, sanitary rules, rational nutrition, food culture, disease prevention, epidemiology, nutrition physiology, biological and chemical hazards, prevention, nutritional energy, expertise, atherosclerosis, hypertension, obesity, stress, metabolism, pathology.

In the Republic of Uzbekistan, significant efforts are being made to further improve healthy and proper nutrition among the population. Since 2006, the "Plan for the implementation of rational and proper nutrition among the population of Uzbekistan until 2010" has been carried out. This plan included three main directions:

- Organizing nutrition according to the health status of the population;
- Ensuring the quality of food products;
- Maintaining the integrity of providing the population with safe food products.

Healthy nutrition ensures physical and mental well-being by delivering all essential nutrients to the body in proper amounts.

The purpose of nutrition hygiene is to develop skills among the population to prevent nutrition-related diseases, monitor nutritional status, study health issues associated with nutrition, and develop comprehensive medical and preventive measures aimed at increasing the nutritional value of food products. Nutrition hygiene has social significance: on the one hand, it involves measures to meet the physiological needs for food and energy and ensure food quality; on the other hand,

it includes developing measures for sanitary-hygienic and epidemiological examination of food quality and safety.

The quality of nutrition directly affects the development of children and adolescents, the working capacity of the labor force, the ability to resist adverse environmental factors, and average life expectancy. Since children and adolescents are in a stage of growth and development, their diets should be rich in vitamins, proteins, calcium, and iron. It is beneficial for their health to avoid consuming harmful products such as sweets, carbonated drinks, and chips.

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are advised to consume foods rich in iron, calcium, folic acid, and omega-3 fatty acids.

To maintain good health and work capacity, attention to hygienic nutrition is essential. From an epidemiological perspective, nutrition helps identify the causes of nutrition-related diseases, their patterns of spread, and ways of prevention. Nowadays, in many developing countries, including Uzbekistan, the number of non-communicable diseases is increasing due to poor nutrition and the consumption of semi-finished products. As a result of metabolic disorders and excess body weight, the following pathological conditions are observed: atherosclerosis, hypertension, decreased glucose tolerance, and secondary immunodeficiency. These diseases are not only related to nutrition but also to other factors such as the presence of artificial and chemical additives in basic food products, reduced physical activity, and increased stress levels.

Through the epidemiology of healthy nutrition, practical recommendations are developed to promote a healthy lifestyle, prevent diseases, and improve overall health.

Adherence to the hygienic and epidemiological principles of healthy nutrition is not only a guarantee of health but also an important step towards raising a healthy generation and strengthening public health. It is recommended to increase public awareness about healthy nutrition through education and information campaigns, improve the knowledge level of the population about proper eating habits, and develop good dietary practices as an effective solution to long-standing public health problems.

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