



**Stakeholders call for concerted efforts to protect water catchment areas**

Various stakeholders have called for concerted efforts to protect and conserve water catchment areas across the country ahead of the International Day of Forests.

Page 12



**State strengthens HIV response through integration into Universal Health Coverage**

The Ministry of Health is stepping up efforts to strengthen Primary Health Care (PHC), positioning it as the backbone of the country's health system while integrating HIV prevention and treatment into a comprehensive package of care

Page 16

**THANK YOU FOR ADVERTISING WITH US**

For any news you would wish us to publish,

email us: [news@mountkenyatimes.co.ke](mailto:news@mountkenyatimes.co.ke)

**For Adverts & Sponsorship**

email us: [ads@mountkenyatimes.co.ke](mailto:ads@mountkenyatimes.co.ke)

# The Mt. Kenya Times

Daily ePAPER

**Politics** "Do not call people thieves. When theft is discussed in Kenya, everyone knows who the chief thief is. - Gachagua

## Ruto and Gachagua trade barbs in Kenya's ugliest political clash

### Dirty Politics

The clash began in Kiambu, where Gachagua launched a blistering attack on the President. "We will make sure William Ruto you are not going to sleep for the next six months... we will expose you with these young men. Haven't you seen how he has grown so thin that even his ears are showing?" Gachagua declared, in remarks that critics described as both personal and unbecoming of a national leader.



A photo collage of President William Ruto and DCP leader Rigathi Gachagua. Photo | Courtesy

Kenya's political stage has witnessed many fiery exchanges, but rarely has the country's top leadership descended into such raw mudslinging. In a week that will be remembered as one of the darkest chapters in national discourse, President William Ruto and his former deputy Rigathi Gachagua traded insults, accusations, and body shaming remarks that stunned the public and drew condemnation from across the political spectrum.

Page 9

## NEXT GENERATION CLASSIFY

"ONE-STOP NATIONAL BUSINESS DIRECTORY"

**Contact Us:**

+254 720 918 828 / +254 713 318 438

+254 706 237 040 / +254 724 613 401

[business@exponentialinternational.com](mailto:business@exponentialinternational.com)



SCAN TO REGISTER



"ALL BUSINESSES ONE PLATFORM"

# Government unveils Multi-Billion development drive in Meru and Embu

BY MKT Correspondent  
@themtkenyatimes

*Some Of The Moments As Captured In Pictures*

Deputy President Kithure Kindiki has announced an ambitious multi-billion shilling infrastructure and economic transformation programme targeting Meru County and Embu County. Speaking during a development tour, Kindiki revealed that 736 kilometres of roads are under construction in Meru at a cost of KSh 39 billion, alongside additional urban roads worth KSh 3.7 billion.

In Buuri Constituency, a key 45-kilometre road project is underway to enhance connectivity and market access for farmers. The Deputy President emphasized timely completion and quality delivery to boost local trade and livelihoods.

Accompanied by leaders including Isaac Mutuma and Mugambi Rindikiri, Kindiki also highlighted ongoing rural electrification projects worth KSh 2.3 billion, set to connect 27,000 households. Additional investments include markets, affordable housing, and the expansion of Meru Teaching and Referral Hospital.

In Embu, 419 kilometres of roads valued at KSh 25 billion are under construction, alongside electrification and market projects aimed at improving trade and incomes. Governor Cecily Mbarire noted the projects will spur industrial growth and job creation. The government says the initiatives will accelerate regional economic growth and uplift living standards.



**Editor's Desk**

The Mt. Kenya Times

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

**Group Executive Chairman**  
M. Danson  
LinkedIn: <https://www.linkedin.com/in/dan-mwangi-1b47446b/>

**Our Contacts**  
P. O. Box 101 675 - 00101 Nairobi, Cell: 0700 161 866, 0705 215 262  
**Editorial Desk:** editorial@mtkenyatimes.co.ke, **Adverts:** ads@mtkenyatimes.co.ke,  
**News Desk:** news@mtkenyatimes.co.ke, **Web:** [www.mtkenyatimes.co.ke](http://www.mtkenyatimes.co.ke)

**Facebook:** Mt. Kenya Times, **Instagram:** Mt. Kenya Times, **Twitter:** @themtkenyatimes  
LinkedIn: <https://www.linkedin.com/in/mt-kenya-times-a07999115/>

# NEXT GENERATION CLASSIFY

"ONE-STOP NATIONAL BUSINESS DIRECTORY"



"ALL BUSINESSES  
ONE PLATFORM"



SCAN TO REGISTER

## Contact Us:

+254 720 918 828 / +254 713 318 438



+254 706 237 040 / +254 721 274 369

+254 724 613 401 / +254 100 423 971

+254 724 613 401



business@exponentialinternational.com



[www.businessavaibale.com](http://www.businessavaibale.com)

## NEWS IN BRIEF



Kiambu Level 5 Hospital, in partnership with global health tech company Proximie, has installed advanced telemedicine equipment in its operating theater. The Proximie digital surgical platform allows real-time connection between in-theater surgeons and remote specialists worldwide for guidance, observation, and recording of procedures for training and research. The technology enables live mentorship during surgery, enhances collaboration among medical teams, and creates a library of surgical procedures for continuous learning and quality improvement. Kiambu CECM for Health, Dr. Elias Maina, noted that this integration places the hospital in a global network of facilities leveraging telemedicine to improve surgical outcomes, expand access to expertise, and strengthen healthcare delivery through digital innovation.



Alida Kaneza from GIZ (Deutsche Gesellschaft für Internationale Zusammenarbeit) makes her remarks during a workshop convened by the International Conference on the Great Lakes Region (ICGLR) in Nairobi on 16th March, 2026, to discuss strategies for strengthening the Women, Peace, and Security (WPS) agenda in the region. Alida echoed that the plan reflects the collective commitment of the region to strengthening women's leadership in peace and security processes. She disclosed that Germany supported the development of the framework through the Integrated Women, Peace, and Security project funded by the German Federal Ministry for Economic Cooperation and Development and implemented by Deutsche Gesellschaft für Internationale Zusammenarbeit in collaboration with ICGLR institutions.



Kenya has reaffirmed its commitment to boosting women's participation in peace and security across the Great Lakes Region during a regional workshop in Nairobi, which also marked the launch of the Second-Generation Regional Action Plan on Women, Peace, and Security (2026–2030). The workshop, convened by the International Conference on the Great Lakes Region (ICGLR), brought together representatives from member states, civil society, development partners, and women's networks to discuss strategies for strengthening the Women, Peace, and

Security (WPS) agenda. The Principal Secretary for Gender and Affirmative Action Kenya, Anne Wang'ombe, emphasized the importance of integrating local perspectives, particularly those of women, into regional peace and security initiatives. She noted that the workshop comes at a critical time when countries in the Great Lakes Region are seeking practical ways to incorporate community experiences into policies that promote sustainable peace.



Learners and parents of the Kambirwa area in Kiharu Constituency have reasons to smile following the opening of a new senior secondary school that is expected to ease access to education for many learners in the area. St Peter's Kambirwa Senior School, which will host students from Grade 10 to 12, was fully funded through the National Government Constituencies Development Fund (NG-CDF). Commissioning the institution, area MP Ndindi Nyoro said the project reflects the constituency's continued commitment to strengthening education infrastructure. He explained that the school was built on land that had been set aside from a nearby primary school, a decision aimed at ensuring that learners transitioning to senior school ease the burden on many day-scholars who previously had to walk long distances to attend neighbouring secondary schools.



The County Government of Kisumu has rolled out a Sh35 million Geographic Information System (GIS) aimed at transforming land governance, urban planning and service delivery as the lakeside city accelerates its transition to digital administration. The modern system, established with support from the Food and Agriculture Organization (FAO) and partners, will enable the county to digitize land records, monitor development in real time and strengthen planning across multiple sectors. Speaking during the launch in Kisumu, County Executive Committee Member (CECM) for Lands, Physical Planning, Housing and Urban Development Charles Konyango said the technology marks a major shift from the manual land management systems that have historically slowed development control and decision-making.

# The Africa Largest eCOMMERCE



[www.gotyou.co.ke](http://www.gotyou.co.ke)

**NOW**  
**OPEN**

Call/Text/WhatsApp: +254 714 090 155

**Politics** Wiper Leader Kalonzo Musyoka characterized the assembly as an “Alternative Government in waiting,” focusing his speech on the erosion of the rule of law.

# Political storm erupts at burial of Senator Thangw’a’s mother as opposition unveils ‘Alternative Government’

BY Felix Njenga  
@themkenyatimes

The burial of 93-year-old Lucia Wangui, mother to Kiambu Senator Karungo wa Thangw’a, shifted from a somber farewell to a fierce political arena on Saturday. Top opposition figures utilized the event in Mitahato village to launch a scathing broadside against the Kenya Kwanza administration, accusing it of orchestrating “strategic assassinations” and presiding over the “auctioning” of the nation.

In a rare show of defiance and unity, former Deputy President Rigathi Gachagua, Wiper Leader Kalonzo Musyoka, DAPK’s Eugene Wamalwa, and Cleophas Malala of the Democracy for Citizens Party (DCP) formally signaled the formation of a “United Alternative Government.” The leaders vowed to halt what they described as “injury time looting” by President William Ruto’s government.

The atmosphere grew tense when DCP Secretary General Cleophas Malala alleged a pattern of targeted eliminations against critics of the current regime. Malala claimed that the administration was rushing burials to cover up foul play.

“We are witnessing a dangerous trend where leaders posing a threat to this regime end up dead and are buried within 72 hours,” Malala alleged.

He demanded transparency regarding the death of General Francis Ogolla and the mysterious accident involving Cyrus Gironko. Malala noted that Gironko died just two

weeks after signing a consent form regarding the disputed Ruai land. He further pressed for a detailed investigation into the helicopter crash that killed Hon. Ng’eno, questioning the late legislator’s last-minute change of aircraft.

Making a high-profile public appearance, former DP Rigathi Gachagua accused the President of disposing of national assets—including state corporations and hospitals—to private entities. He alleged that the government is in a “selling spree” because they anticipate a loss in the 2027 polls.

Gachagua specifically pointed to a railway project where he claimed a Sh29 billion tender was favored over a Sh22 billion bid, alleging the Sh7 billion discrepancy was misap-

“

**In a rare show of defiance and unity, former Deputy President Rigathi Gachagua, Wiper Leader Kalonzo Musyoka, DAPK’s Eugene Wamalwa, and Cleophas Malala of the Democracy for Citizens Party (DCP) formally signaled the formation of a “United Alternative Government.” The leaders vowed to halt what they described as “injury time looting” by President William Ruto’s government.**



Opposition leaders during the burial

propriated. Turning his focus to his fallout with Ruto, Gachagua issued a stern warning regarding the Mt. Kenya voting bloc.

“In the mountain, betrayal has no remedy; it is punished,” Gachagua declared. “Decide on one reason why you betrayed our people and stick to it, because this will be the defining issue of the next election.”

Wiper Leader Kalonzo Musyoka characterized the assembly as an “Alternative Government in waiting,” focusing his speech on the erosion of the rule of law. He criticized the legal harassment of medical professionals and dismissed the government’s Sh2 billion fund for victims of police brutality as an insult.

“You cannot put a price tag on the lives of Kenyan children,” Musyoka said. He warned international investors against entering “unconstitutional” infrastructure deals, stating that a future administration would not honor the auctioning of the country’s sovereignty.

DAPK Leader Eugene Wamalwa drew a literary parallel, comparing President Ruto to the protagonist in Leo Tolstoy’s *How Much Land Does a Man Need?*, who dies from exhaustion while trying to claim more land than he can use.

“The President wants to accumulate more wealth in five years than his predecessors did in decades,” Wamalwa claimed. “From the air-

ports to the ports and the energy sector, his footprints are everywhere. He has become the central problem facing this nation.”

Despite the charged rhetoric, the leaders paused to pay tribute to Mama Lucia Wangui, describing her as a pillar of the community who raised a courageous son in Senator Thangw’a. Senator Thangw’a was praised for being a steadfast voice for Kiambu residents.

The local clergy, led by Father Michael, called for national reconciliation and prayer, even as the political class made it clear that the road to 2027 would be marked by intense confrontation.

The **MT. KENYA TIMES** Where Investors Get Returns

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

**ADLINK INTERNATIONAL**  
(1989) MEDIA GROUP  
GLOBAL PRINT, BROADCAST OUTDOOR & DIGITAL ADVERTISING  
SERVING YOU SINCE 1989

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

# INSIDE TAX



## Income and Expenses Validation Notice



**Contact Centre:**

Call us on: +254 20 4 999 999, +254 711 099 999 or Email us: [callcentre@kra.go.ke](mailto:callcentre@kra.go.ke)

# NEWS PAPER



## IN BUSINESS

# The Mount Kenya Times

+254 724 439 949, +254 720 918 828, +254 721 103 040, +254 713 318 438

website: <https://mountkenyatimes.co.ke>

## RAINS

# NPS reports 71 flood deaths as MET warns of intensifying long rains



A Kenya Defence Forces (KDF) officer assists residents during severe flooding in Nairobi | Photo: KDF

BY MKT CORRESPONDNT

@themtkenyatimes

The death toll from ongoing floods has climbed to seventy-one, with five additional fatalities reported by the National Police Service (NPS) as search and rescue operations continue nationwide.

Nairobi has recorded the highest number of deaths at thirty-six, followed by the Eastern region with nineteen, Rift Valley eight, Nyanza four, Coast three, and Central one.

The floods, triggered by heavy rainfall, have displaced approximately 2,622 families, destroyed homes, and caused widespread damage to infrastructure and property.

“The National Police Service, in collaboration with all relevant partners, continues to undertake arduous search and rescue operations across the country,” the police said on Tuesday.

“We commend all responders, volunteers, and partners for their swift and selfless actions.”

Authorities warned that the heavy rains are set to continue, coinciding with the onset of the March–May long rains season, which typically brings heavier precipitation to many regions.

The Kenya Meteorological Department (KMD) said rainfall is expected across the highlands east and west of the Rift Valley, Lake Victoria Basin, Rift Valley, south-eastern lowlands, and the coastal region.

Some areas may experience isolated heavy downpours, which could disrupt travel, farming, and other outdoor activities.

“The week of March 17 to March 23 is expected to be dominated by rainfall across much of the country. Residents should remain alert to updates as precipitation patterns develop and intensify throughout the week,” KMD said.

While northeastern and northwestern Kenya are expected to remain mostly dry, occasional showers cannot be ruled out, and residents are advised to stay vigilant.

Temperatures above 30°C are expected along the Coast, northeastern, and northwestern Kenya, while high-altitude areas such as the Highlands East of the Rift Valley, North Rift, and areas near Mount Kilimanjaro could experience night-time lows below 10°C.

The NPS urged the public to exercise extreme caution, follow official advisories, and report emergencies through toll-free numbers 999, 911, 112, or via Fichua kwa DCI on 0800 722 203 / WhatsApp 0709 570 000.

“The National Police Service remains resolute in its commitment to serving and protecting the public,” said Muchirinyaga, Director of Corporate Communications for the NPS.

With the long rains intensifying, authorities continue to monitor flood-prone areas and urge residents to take precautions against flooding, landslides, and other hazards.



Deputy President Kithure Kindiki at Timau in Buuri Constituency yesterday. | Photo: Dennis Dibondo

# You are a novice in politics Kindiki tells Gachagua

BY Dennis Dibondo

@themtkenyatimes

Deputy President Kithure Kindiki has said that former Deputy President Rigathi Gachagua is a one term MP and he is not on the same level with him.

“I was senator for Tharaka Nithi for ten years in which i was leader of majority in the senate and deputy speaker and then Interior Cabinet Secretary. He only served one term as MP and then he became Deputy President where he failed to do any development and concentrated on tribal politics,” Kindiki said. Kindiki spoke in Timau, Buuri constituency after inspecting Mumero-Mia Moja-Kithithina-Timau-Kiambogo-Rururandi-Mutarakwa-Ngushishi.

Kindiki said Gachagua should respect him as he is noty in the same level with him politically.

“I want the people to judge us according to the development we have done and not a lot of political rhetoric,” Kindiki said. Kindiki vowed to diminish oppo-

sition influence in the region by making sure they have a tangible development record to seek reflection next year together with President William Ruto.

“For every trip they will be making in Meru to tell the people rhetoric and empty talk, I will be making 20 trips with development goodies for our people. I am telling them to watch this space,” Kindiki said.

Kindiki said they started showing opposition they have no influence in the mountain region when they won the Mbeere North parliamentary seat.

“We showed them dust despite them chest thumping how they are going to win. Furthermore we also won two MCA seats there after and even in 2027 we will still trounce them,” Kindiki said.

Kindiki urged Meru to rally behind President William Ruto where they are in government instead of seeking a new government they are not guaranteed that their interest will be catered for.

Kindiki was accompanied by Meru governor Mutuma M’ethingia and Buuri MP Mugambi Rindikiri.

Governor Mutuma said that he has united Meru County since he took over as governor after former governor Kawira Mwangaza was impeached.

“We only have so much development going on that was not possible before I became governor. We did not have housing projects and many road projects and even Meru Level Five Hospital Upgrade into Level Six,” Mutuma said.

Buuri Mugambi Rindikiri said they will support the government, he urged the government to hasten and to allocate Timau residents with title deeds which is a major issue the government is working on.

Rindikiri said that Gachagua was too ambitious and concentrated too much on his own political interest when he was Deputy President instead of bringing development to the people.

Rindikiri also took a swipe at former agriculture cabinet secretary Mithika Linturi who he said failed as bacinet secretary by orchestrating the fertilizer scandal.

**Politics** “A man possessed by the spirit of tribalism, hatred, and bitterness has nothing to tell us as Kenyans,” - Ruto

# Ruto and Gachagua trade barbs in Kenya’s ugliest political clash

BY MKT REPORTER

@themkenyaintimes

Kenya’s political stage has witnessed many fiery exchanges, but rarely has the country’s top leadership descended into such raw mudslinging. In a week that will be remembered as one of the darkest chapters in national discourse, President William Ruto and his former deputy Rigathi Gachagua traded insults, accusations, and body shaming remarks that stunned the public and drew condemnation from across the political spectrum.

The clash began in Kiambu, where Gachagua launched a blistering attack on the President. “We will make sure William Ruto you are not going to sleep for the next six months... we will expose you with these young men. Haven’t you seen how he has grown so thin that even his ears are showing?” Gachagua declared, in remarks that critics described as both personal and unbecoming of a national leader.

President Ruto, visibly enraged, responded with equal venom. “A man possessed by the spirit of tribalism, hatred, and bitterness has nothing to tell us as Kenyans,” he retorted. His tone sharpened further as he accused his former ally of corruption and worse: “You cold blooded thief stealing from your own brother, stealing from orphans, stealing from widows, and you want to lecture us. You impregnate young girls the age of your own child, then kill those children, and still want to speak to us. You cold blooded murderer, you cold blooded thief.”

The exchange shocked even seasoned observers. Political analyst Dr. Wanjiru Kamau noted, “This is not political competition—it is character assassination at the highest level. It erodes the dignity of the presidency and undermines public trust.”

Gachagua, undeterred, fired back with references to past violence. “Do not call people thieves. When theft is discussed in Kenya, everyone knows who the chief thief is. You talk about killings—let us start with Kiambaa church in 2007, Gen Z shot dead, murders that Kenyans know well,” he alleged, drawing gasps from the crowd.



A photo collage of President William Ruto and DCP leader Rigathi Gachagua | Photo: Courtesy

Ruto widened his attack, mocking rivals for their lifestyle choices. “People go to the gym, eat too much food, their heads almost bursting, then sleep in meetings and pollute the air,” he said, without naming names. The remark prompted a sharp response from former Interior Cabinet Secretary Fred Matiang’i: “First of all, I don’t know why you are bothered by how I eat. I don’t eat at your wife’s table. You have never seen me looking for food from your wife. I eat in Kisii, so if that bothers you, that is your problem.”

The President then turned his attention to unnamed figures in Kitale. “There is another one from Kitale who inherited wealth from his brother while the children suffer. He should first know the price of diapers,” Ruto remarked, in what appeared to be a thinly veiled jab at another political rival.

Back in Kiambu, Gachagua escalat-

ed further. “We will not allow you to steal Nairobi Hospital. If we leave you, you will even steal Lee Funeral Home,” he charged, drawing laughter from supporters but deepening the sense of political decay.

Civil society leaders have condemned the exchanges. “This is gutter politics,” said Transparency International’s Kenya director. “When leaders resort to insults and body shaming, they betray the electorate and trivialize the serious issues facing the nation.”

The Kenya Human Rights Commission echoed the sentiment, warning that such rhetoric risks inflaming divisions. “Words matter. When leaders normalize indecent language, they set a dangerous precedent for younger generations,” the commission stated.

International observers have also weighed in. A senior diplomat based in Nairobi told The Mt Kenya Times:

“Kenya has long been seen as a beacon of democratic stability in the region. These remarks damage that reputation and raise questions about the maturity of its political leadership.”

The fallout has been swift. Editorial boards across the country have urged restraint, while religious leaders have called for repentance and reconciliation. Archbishop Anthony Muheria of Nyeri said, “Leadership is about service, not insults. Our leaders must remember that they are role models for millions of young Kenyans.”

Yet the damage may already be done. The spectacle of Kenya’s highest offices trading barbs has left many citizens disillusioned. University student leader Jane Mwangi summed up the mood: “We want leaders who debate policies, not who insult each other like schoolchildren. This is embarrassing.”

As the dust settles, one truth remains: Kenya deserves better. The presidency and deputy’s office are institutions meant to inspire, not degrade. When leaders abandon dignity for insults, they drag the nation down with them.

The Mt Kenya Times believes that political competition must be anchored in ideas, not indecency. Kenya’s future cannot be built on body shaming, name calling, or reckless allegations. It must be built on respect, accountability, and vision.

The country has seen dark days before, but this week’s exchanges mark a new low. If Kenya’s leaders cannot rise above petty insults, then it is the people who must demand better.

Because in the end, politics should be about progress—not mud.

**Politics** Makadara MP George Aladwa yesterday said the decision was a culmination of consultations over the past two months.

# ODM Nairobi delegates endorse Winnie Odinga for Deputy Party Leader ahead of March 27 NDC

**BY MKT Correspondent**  
@themtkenyatimes

Delegates of the Orange Democratic Movement (ODM) in Nairobi have settled on Winnie Odinga as their choice for deputy party leader citing lack of representation of the capital in senior leadership ahead of the March 27 National Delegates Conference (NDC).

Representatives from all seventeen constituencies in

Nairobi backed the endorsement amid calls for equitable regional representation within the party's top leadership.

Makadara MP George Aladwa yesterday said the decision was a culmination of consultations over the past two months.

"We have had several meetings in the last two months to look for a representative. Every region has representation in the party. Former Prime Minister Raila Odinga left us

with no representative in the Nairobi region. We as 17 constituencies in Nairobi County have proposed to have our EALA MP Winnie Odinga to represent us as deputy party leader."

'Regional balance' Winnie Odinga currently serves as a Member of the East African Legislative Assembly (EALA), a position she was elected to on 17 November 2022 and formally



Winnie Odinga

sworn in on 19 December 2022 in Arusha, Tanzania.

Her five-year term runs through December 19, 2027, marking a significant step in her political career.

The endorsement comes as ODM's top organ reaffirmed Siaya Senator Oburu Odinga as party leader in October 2025, following the passing

of his brother, the late Raila Odinga.

"This being the first meeting of the committee since the passing of the party leader, the top party organ endorses Oburu Odinga as the new party leader and urges the party rank and file to accord him all necessary support and cooperation to guide the party

through this difficult time," ODM Secretary General Edwin Sifuna said at the time.

With Winnie Odinga poised to represent Nairobi, delegates say the move addresses the city's absence in top party leadership and strengthens regional balance within ODM ahead of the NDC.

**Where Moments Become Memories**

Use Promo Code **TOURISM26**

Sales valid until 15th March 2026  
Travel valid until 30th June 2026

ENJOY **6% OFF** DOMESTIC ROUTES

Book on: [www.kenya-airways.com](http://www.kenya-airways.com), or via KQ Mobile App

[www.kenya-airways.com](http://www.kenya-airways.com)

Kenya Airways The Pride of Africa

**PDAVIES**

**Carpet Carwash & Uphostery Cleaning**

Expertly Crafted Cleanliness

**OUR SERVICES**

- ✓ Carpet Cleaning
- ✓ Sofa Cleaning
- ✓ Mattress Cleaning
- ✓ Cabro Cleaning
- ✓ Post-Construction Cleaning
- ✓ Car Interior Cleaning
- ✓ Fumigation

**FREE PICK-UP & DELIVERY**

**OPENING HOURS**  
8AM - 7PM

Free Quotation

0716 986 935 / 0719 678 943

@pdaviescleaning

**Insurance** Insurance agents affiliated to BIAK have criticised the IRA for the abrupt closure of three insurance companies

# Agents protest Regulatory Authority decision to close three insurers

**Ndegea said that the regulator ought to have engaged the industry players first and given the affected insurance companies time to prepare the policyholders to seek alternative insurance cover before taking the drastic decision.**

**BY MKT REPORTER**

[@themtkenyatimes](#)

Insurance agents affiliated to the Bima Intermediaries Association of Kenya (BIAK) have criticised the Insurance Regulatory Authority (IRA) for the abrupt closure of three insurance companies, warning that the move has left thousands of policyholders in limbo.

According to BIAK Chairman Washington Ndegea, the decision by the regulator to place KUSCCO Mutual Assurance Limited, Corporate Insurance Company Limited, and Trident Insurance Company Limited under statutory management was carried out in an unethical and unprofessional manner.

In an interview with journalists, Ndegea said that the regulator ought to have engaged the industry players first and given the affected insurance companies time to prepare the policyholders to seek alternative insurance cover before taking the drastic decision.

“This goes against the mandate of the IRA of taking care of the industry players. It puts the clients under insurance risk because the customer is not covered and there was also no warning regarding what the regulator did,” said Ndegea.

“By shutting down those three insurance companies, the agents and brokers were left with no way of

preparing their clients to look for insurance elsewhere, and that is why we are saying it was unethical and unprofessional for the regulator to do that,” he added.

Ndegea was responding to the March 10 decision by IRA to shut down operations for the three insurance companies, citing continued financial instability and failure to meet IRA solvency requirements.

The regulator also barred the three companies from writing new policies, effectively putting them out of business.

In a statement, the Authority also appointed the Policyholders Compensation Fund (PCF) as the statutory manager for the three insurance companies.

The Policyholders Compensation Fund will be responsible for compensating the affected claimants and will advise the long-term policyholders on the resolution of the outstanding obligations of the companies to the clients.

The authority noted the action was taken with the view of safeguarding the interests of policyholders, creditors, and the general public. Further, according to the IRA, the decision would allow for an orderly assessment and stabilisation of the companies’ financial and operational positions.

“KUSCCO Mutual Assurance Limited, Corporate Insurance Company Limited, and Trident Insurance

“

**“This goes against the mandate of the IRA of taking care of the industry players. It puts the clients under insurance risk because the customer is not covered and there was also no warning regarding what the regulator did,” said Ndegea.**



**BIAK Chairman Washington Ndegea**

Company Limited are not authorised to enter into any new insurance contracts from March 11, 2026.

The insurer’s existing policyholders are advised to immediately seek alternative covers from other licensed insurers to ensure there is no unnecessary exposure,” read the statement by the Commissioner of Insurance Godfrey Kiptum.

Ndegea said that the actions by the regulator will have far-reaching implications on the insurance sector. He said that already, the closure has eroded the public’s confidence in the insurance sector and caused unnecessary alarm among policyholders.

In addition, he said that close to 600 employees who depended on the

companies for income are now starting at unemployment.

“The regulator should have first warned us and given us a three-month grace period to ensure that the clients look for insurance elsewhere,” he said and called on IRA to reverse the decision and allow the companies to resume operations temporarily to allow existing policies to mature.

He vowed to escalate the matter to consumer protection bodies if the situation is not addressed.

“The only thing that we are asking for right now is for the authority to make sure that these companies resume business until they complete whatever policies were active or at

least for the next one year so that people can continue enjoying their cover.

What we are saying is that our clients and brokers should not get inconvenienced by the actions of IRA,” said Ndegea.

**Water** Various stakeholders have called for concerted efforts to protect and conserve water catchment areas across the country ahead of the International Day of Forests.

# Stakeholders call for concerted efforts to protect water catchment areas

BY MKT Correspondent  
@themkenyatimes

Various stakeholders have called for concerted efforts to protect and conserve water catchment areas across the country ahead of the International Day of Forests.

Led by a non-governmental organisation, Mazingira Sustainability Village, the stakeholders have launched an extensive campaign aimed at bringing together different groups to support conservation and reforestation of the Aberdare Forest, one of the country's largest water catch-

ment towers.

Mazingira Sustainability Village is targeting local communities living near the forest and along major rivers as key partners in raising awareness on environmental conservation.

The organization's chairman, Gachau Njoroge, said the campaign is aimed at restoring water towers to ensure adequate supply amid rising demand.

Speaking in Murang'a County during the flagging off of the Ndakaini Source Trek, Njoroge said proper environmental conservation would ensure adequate water flow in

rivers for both domestic use and irrigation.

He said the walk will traverse Murang'a, Kiambu and Nairobi County, which largely depend on the Aberdare water tower.

"We aim to create awareness among communities and individuals so that they understand that environmental conservation is their personal responsibility," he said.

"In Murang'a we have Ndakaini dam, which serves residents in about four counties, and its source is the Aberdare Forest. That is why we are focusing on it," he added.

Murang'a County Forest



**The organization's chairman, Gachau Njoroge, said the campaign is aimed at restoring water towers to ensure adequate supply amid rising demand.**



Conservator Eunice Njoroge said the county has made significant strides in increasing forest cover, which currently stands at 27 percent.

"We are targeting to reach 35 percent forest cover by 2030, but this will require concerted efforts from the community and other stakeholders," she said.

Njoroge noted that poor farming practices along riverbanks and planting the wrong tree species have contributed to the drying up of some rivers.

"We are encouraging all those planting trees to consult with our offices so that they can plant the right species suitable for the ecosystem," she said, calling upon Kenyans to take advantage of the ongoing rains to plant trees.

Murang'a Deputy Governor Stephen Munania underscored the need to involve local communities in conservation efforts as key stakeholders.

"If we empower farmers to take part in conservation, we will ensure sustainability by encouraging them to plant trees that are both economically beneficial and environmentally friendly," he said.

Managing Director of Murang'a Water and Sanitation Company, Eng. Daniel

Ng'ang'a, said environmental conservation through tree planting will help reduce siltation in dams.

"We are working closely with communities to conserve the environment and reduce siltation in dams," he said.

Chief Executive Officer of the Water Services Providers Association (WASPA), Anthony Njaramba, noted that water resources in the country are becoming increasingly scarce, calling for prudent measures to manage them.

Njaramba said environmental conservation is one of the key interventions needed to ensure water towers do not dry up.

"There is a possibility that after 2035 the amount of water accessible for use will be scarce, and this should be a wake-up call for all of us to take urgent measures to avert a crisis," he said.

Njaramba noted that the association is supporting conservation efforts in all water catchment areas because everyone needs this resource not only for now but also for future generations.

International Day of Forests is marked every year on March 21, 2026. This year, Murang'a county will mark the day through a tree planting exercise on March 20.

**Let's PLAN YOUR SAFARI!**

For Best Rates, Reservations & Inquiries

0202020220 | 0704562970 | info@bundiezsafaris.co.ke

www.bundiezsafaris.co.ke | Emperor Plaza 5th Flr, Kenyatta Avenue

T & C Apply



# PS Bitok seeks KSh66bn in urgent appeal to pay KNEC supervisors, capitation

BY MKT CORRESPONDENT

@themtkenyatimes

Basic Education Principal Secretary Julius Bitok has appealed to Members of Parliament to urgently intervene to secure Sh66 billion in a supplementary budget for the 2025/26 fiscal year, citing immediate funding needs in the education sector.

Speaking before the Departmental Committee on Education during the presentation of the Supplementary Estimates on Tuesday, PS Bitok said the funds are critical to paying Kenya National Examinations Council (KNEC) exam supervisors and other contracted professionals.

He also cited the urgent need to cover capitation grants to public schools, support the school feeding program in ASAL counties, and financing other essential education

initiatives.

“The supplementary budget of Ksh. 66 billion is urgently needed to ensure that we meet our obligations to KNEC supervisors, maintain capitation payments, and sustain the feeding program for our children in ASAL regions,” Bitok told MPs.

The plea comes amid growing concerns over delayed payments to contracted professionals engaged in the 2025 National Examinations and Assessments, including supervisors, invigilators, examiners, and security personnel.

A Ministry of Education statement issued in February acknowledged that budgetary and cash flow constraints had affected disbursements but assured that payments remain a priority:

“The Ministry, in collaboration with the National Treasury, is actively working to resolve the matter and

expedite the release of the requisite funds within the shortest time possible,” said Education Cabinet Secretary Julius Migos Ogamba.

PS Bitok emphasized that timely release of the supplementary funds is crucial to avoid disruptions in education services, particularly as the school calendar moves toward end-of-term examinations.

He warned that delays could negatively affect thousands of students, especially those in vulnerable ASAL areas who rely on school meals for daily nutrition.

The supplementary budget request is part of the government’s broader effort to ensure that education delivery across the country remains uninterrupted, safeguard the integrity of national examinations, and maintain critical support programs for public schools.



Basic Education PS Julius Bitok | Photo: File

The Mt. Kenya Times



## Two homes one heart



There is no one heart to follow  
There is no hollow

The struggle is the fellow  
We are mellow

No flying sparrow  
No option to marrow  
We are not shallow

The powder is not around  
But our picture is surround

With no one beyond  
Not bestound

No question has answer  
There is no dancer  
There is no romancer

But only glitter

No bitter but butter  
There is no letter

There is no teacher  
Because we are reacher  
There is no preacher

Newspaper feature  
We hate the creature

There is no taste  
Everything with go waste  
We will do paste  
To show there is no grace  
More face or lace  
No race

She cleared the test  
Left the rest  
There is no fest  
There are also no pest

No remedies to be legal  
Because we know regal  
There is no little  
But increase the title  
Natural belittle

By: Dr Daksha Udhani  
Ahmedabad

## Blackboard



In the heart of our classroom you stand so bold,  
Carrying lessons more precious than gold.  
Because of you, we learn and grow,  
You help our knowledge clear to show.  
White chalk writes your daily story,  
Turning darkness into glory.  
Though you look simple,  
dark and plain,  
You fill our minds with knowledge and brain.

- S. Harshini  
Grade 7  
GHSS Kandigai  
Chengalpattu district

## Every problem as a purpose



Problems arrive without warning.  
They sit quietly on our shoulders.  
Some feel heavier than our courage.

Some stay longer than we expect.  
But every struggle sharpens the mind.

Every tear teaches silent strength.  
Step by step, we learn to carry them.

One day we look back and realize—  
The problems built the person we became.

V. S. NITHIYASRI  
VII  
JJOHN DEWEY MATRIC HIGHER SECONDARY  
SCHOOL, PANRUTI, CUDDALORE DISTRICT.

## Women broke the shell



Yes! women are the pearls from broken shells  
Her beauty glows in all channels  
Not only as a homemaker  
But strong in all wings by nature.  
Women broke her shell as illiterate  
Swam across the shallow domination to  
penetrate  
With her waverly attitude  
Inspiring in gracious beatitude.  
She designs herself to shine  
Throwing away the obstacles behind  
Being her soul transformed as oyster  
Ever soft & always moisture.  
She moulds skillfully with humanity  
Wishing it to transform her children the same  
quality.  
I am proud to be a woman  
Though surviving as a laywoman.

G. Sarala.

## Success



progress;  
Turn every stress into strength and success."  
"Dream high, try hard, never make excuses;  
Courage and effort always bring success."  
"Step by step you climb the hill,  
With hope and courage, success you will."  
"Work each day with will and power,  
Success will bloom like a shining flower."  
"Don't stop when the road is tough,  
Success will come if you try enough."

By M.R.Hanshiga  
VII-C  
John Dewey Matric Higher secondary school  
Panruti,  
Cuddalore, Tamil Nadu.

## My father saravanavel



He may not always say the words,  
But love is clear in all he does.  
Through silent care and patient way,  
He lights the dark and leads the day.

A shield in storms, a steady guide,  
With endless hope he stands beside.  
Through every fall and every start,  
A father holds his child in heart.

S.P. Ambuja  
VII - D  
John Dewey Matric Higher secondary school  
panruti cuddalore district

A father's love is quiet and deep,  
A promise he works hard to keep.  
With gentle strength and guiding hand,  
He helps his child to proudly stand.

**Politics** Political analysts say the clash reflects the intensifying competition as the 2027 race takes shape

# Matiang'i fires back: "I don't eat at your wife's table"

President Ruto had earlier mocked his opponents' weight and eating habits, telling a crowd: "First of all, I ask others to go to the gym... stop eating too much food... stomachs are almost bursting." The comments, seen as a thinly veiled attack on opposition figures, drew criticism for lowering the dignity of political discourse.

BY MKT REPORTER

@themkenyatimes

Kenya's political theatre took a dramatic turn this week as former Interior Cabinet Secretary and presidential hopeful Fred Matiang'i hit back at President William Ruto over remarks widely interpreted as body shaming. The exchange, delivered in Narok before Jubilee Party delegates, underscored the rising tension ahead of the 2027 elections and raised fresh questions about the tone of national leadership.

President Ruto had earlier mocked his opponents' weight and eating habits, telling a crowd: "First of all, I ask others to go to the gym... stop eating too much food... stom-



Presidential hopeful Fred Matiang'i

achts are almost bursting." The comments, seen as a thinly veiled attack on opposition figures, drew criticism for lowering the dignity of political discourse.

Matiang'i, who has long positioned himself as a candidate of discipline and respect,

responded with sharp words but insisted he was defending principle rather than trading insults. "First of all, I don't know why you are bothered by how I eat," he said. "I don't eat at your wife's table. You have never seen me looking for food from your wife or

your people."

He went on to stress that his restraint was deliberate. "I respect the office of the President. Our Constitution clearly shows that the person in that office is a symbol of national unity," Matiang'i told delegates. "I don't like talking about personal things or attacking other leaders. We must be the change that we desire."

The former minister warned that Kenya risks eroding the dignity of leadership if politicians continue to indulge in insults. "Kenyans expect those who seek leadership to be measured, mature and decent—even in the language we use," he said. He added that young people are watching closely: "Our children cannot wake up every morning and find us insulting each



President William Ruto

other. That destroys the image of leadership."


Political analysts say the clash reflects the intensifying competition as the 2027 race takes shape. Professor Macharia Munene, a governance expert, noted: "When leaders resort to personal attacks, it often signals pressure. It suggests that the political temperature is rising and that some feel cornered."

Matiang'i himself suggested that Ruto's tone betrayed desperation. "If he is going this low, it means he is cornered and desperate," he claimed. He urged religious leaders and senior government officials to counsel the President. "Tell him to calm down... you are carrying a very heavy re-

sponsibility," Matiang'i said.

Civil society groups have echoed the call for restraint. The Kenya Human Rights Commission warned that "language of insult and body shaming undermines democracy and sets a poor example for the youth." Religious leaders have also urged sobriety, with Bishop David Oginde remarking: "Leadership must be about ideas, not insults."

As the campaign season gathers pace, the exchange between Ruto and Matiang'i has become a defining moment in Kenya's political narrative. It is a reminder that words carry weight—and that the dignity of leadership is measured not by insults, but by vision.



**Arichum Consulting**  
Accelerating Your Business Success

## UNDERSTANDING YOUR BUSINESS TAXES 2026

Compliance is Cheaper Than Penalties – Join Us.

**Saturday, 28 March 2026**  
09:00am - 1:00pm  
ONLINE VIA ZOOM


**What You'll Learn:**

- ✓ Understanding the Taxes That Affect Your Business
- ✓ 2026 Tax Updates & Regulatory Changes You Must Know
- ✓ Common Tax Compliance Risks Facing Businesses Today
- ✓ How to remain tax compliant in your Businesses

**Who Should Attend:**

- ✓ Business Owners
- ✓ Company Directors
- ✓ Business Managers
- ✓ Accountants & Bookkeepers

**Book Your Seat. Protect Your Business.**



**CPA JOSEPH WAMBUGU**  
TAX CONSULTANT

TILL NO: 3273469  
ACC NAME: ARICHUM CONSULTING

**KSH 4,999**

**SECURE YOUR SPOT NOW!**

<https://shorturl.at/ZMOoT>

+254 723 298 117 | info@warichum.com | www.warichum.com

Arichum Consulting



**BEST CAR RENTAL DEAL**

## EXCEPTIONAL CAR HIRE SERVICES

We meet all your car needs!

**HIRE AND DRIVE.**

- AUTO/MANUAL
- CLEAN & COMFORT INTERIOR
- COOL AIR CONDITIONING
- DISCOUNT FOR REPEATING CUSTOMERS

2nd Parkland Avenue  
**BOOK NOW**

0723 889 371 | @exceptionalcarhireservices  
<https://www.exceptionalcarhireservices>

## PROJECT MANAGEMENT ACCREDITED CONSULTANT


**PMAC®**



**Mastering Project Consulting.**

**PMAC®**

PMO GLOBAL INSTITUTE



**PROGAM DATES**

**Weekends Option:**  
8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup> March 2026

**Weekdays Option:**  
13<sup>th</sup> – 16<sup>th</sup> April 2026

**Physical Session:**  
21<sup>st</sup> – 23<sup>rd</sup> April 2026


**Contact Us:**

+2547-0726-0205

+2547-1852-1211

info@launchhub.africa

launchhub.africa/pmac.php



APCT, PMAC are registered trademarks of PMO Global Institute

**Health** The CS noted that Kenya has recorded significant progress, achieving 97-87-83 toward the United Nations Programme on HIV/AIDS (UNAIDS) 95-95-95 targets.

# State strengthens HIV response through integration into Universal Health Coverage



Cabinet Secretary for Health Aden Duale (C)

**BY MKT REPORTER**  
@themtkenyatimes

The Ministry of Health is stepping up efforts to strengthen Primary Health Care (PHC), positioning it as the backbone of the country's health system while integrating HIV prevention and treatment into a compre-

hensive package of care, as Kenya continues to carry the seventh-largest HIV epidemic globally.

Cabinet Secretary for Health Aden Duale said the holistic approach will enable the ministry to address comorbidities such as non-communicable diseases and mental health within the same care setting, improving efficiency and pa-

tient outcomes.

The CS noted that Kenya has recorded significant progress, achieving 97-87-83 toward the United Nations Programme on HIV/AIDS (UNAIDS) 95-95-95 targets.

The global targets aim to ensure that 95 per cent of all people living with HIV know their status, 95 per cent of those diagnosed receive an-

tiretroviral therapy (ART), and 95 per cent of those on treatment achieve viral suppression by 2030.

"We remain vigilant against emerging challenges, including rising mother-to-child transmission rates and shifting international funding priorities," said CS Duale in Mombasa during the opening of the Health Integration Summit 2026.

The four-day high-level national summit, held under the theme "Health without Barriers for a Holistic HIV Response", is convened by the Ministry of Health through the National AIDS and STI Control Programme (NAS COP).

It brings together government leaders, health professionals, development partners and civil society organisations.

The summit focuses on integrating HIV services into PHC and Universal Health Coverage (UHC) to ensure long-term sustainability for Kenya's HIV response.

The CS observed that the global health financing landscape is shifting away from vertical, disease-specific programmes toward broader health systems strengthening.

"This transition is not a threat but an opportunity to reimagine our approach. We must move beyond the parallel systems of the past, which, while

effective for rapid scale-up, often resulted in high operational costs and fragmented care," he said.

He affirmed that the ministry was anchoring the HIV response within the framework of Universal Health Coverage adding the transition to the Social Health Authority and the rollout of the Social Health Insurance Fund (SHIF) have so far recorded a remarkable enrolment of 29,952,890 Kenyans.

"We are expanding financial protection and ensuring that every Kenyan can access essential services without the fear of financial ruin," the CS stated.

"Integration is the key to sustainability. By embedding HIV services within our domestic systems and SHIF benefit structures, we reduce fragmentation and optimise the use of our shared infrastructure and human resources. This is essential for safeguarding our progress as external donor support continues to evolve," he added.



Get Online With a  
**Website**  
That Works For You.



## Services that we offer:

- Custom built website
- Website redesign
- Website maintenance
- E-commerce solutions

Let's build a website that reflects your brand and achieves your goal

Call/WhatsApp 0115690990

W: [www.bluxelafrica.com](http://www.bluxelafrica.com)

# DO YOU WANT TO GET PUBLISHED?

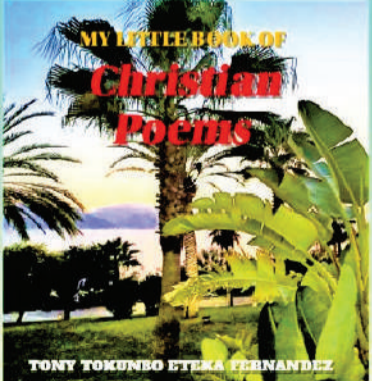
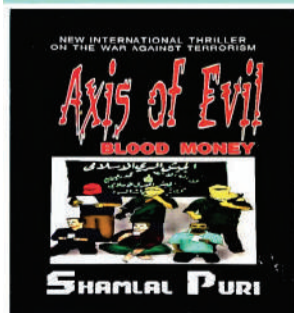
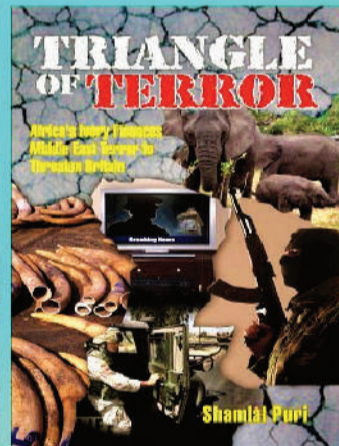
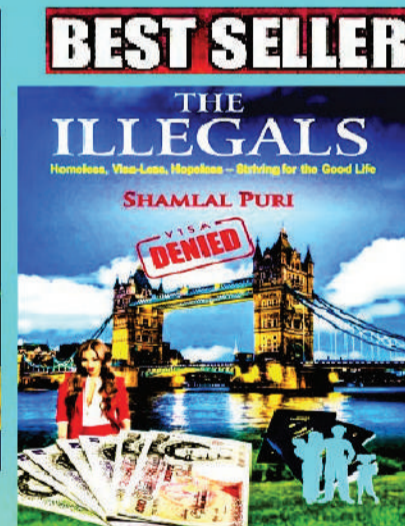
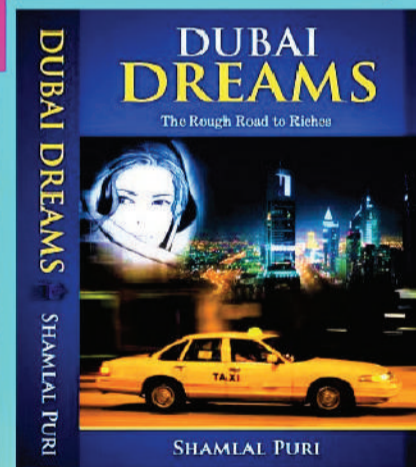
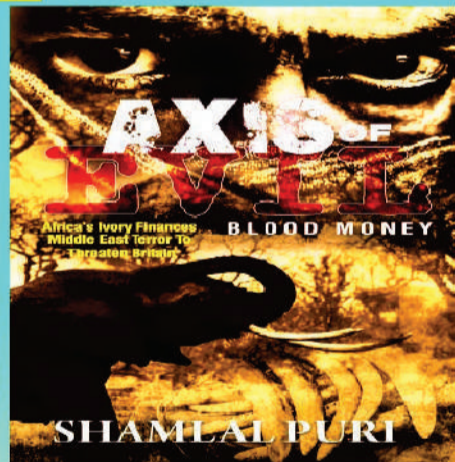
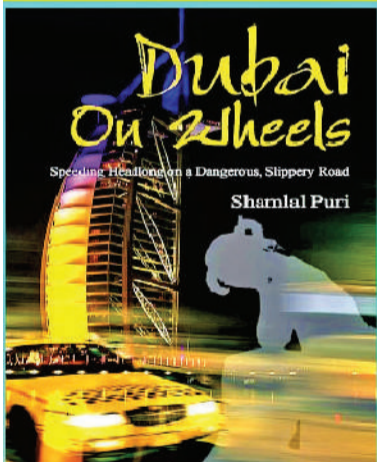
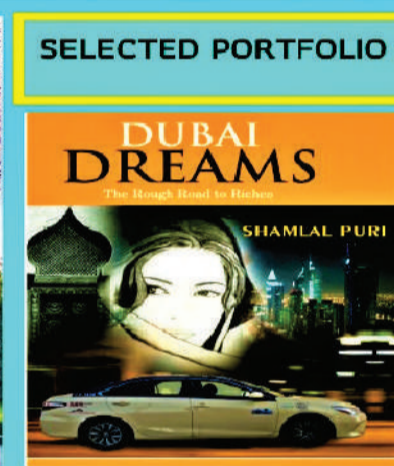
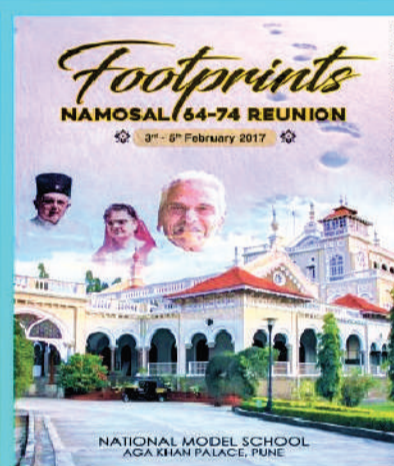
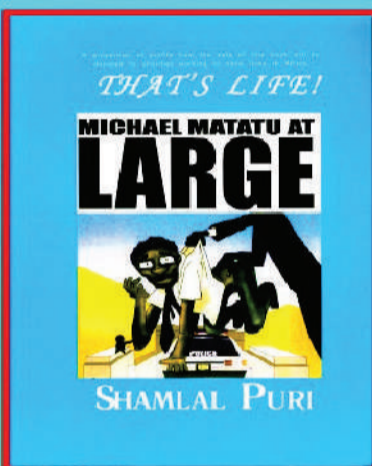
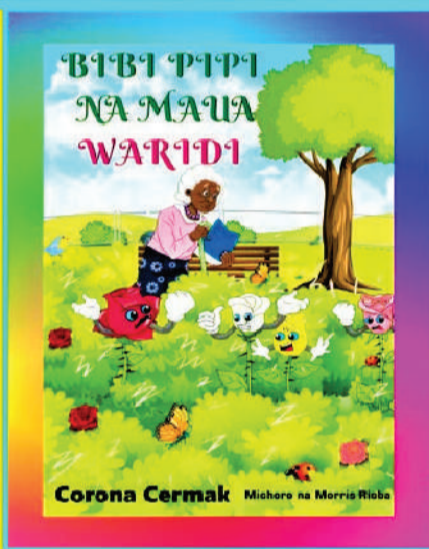
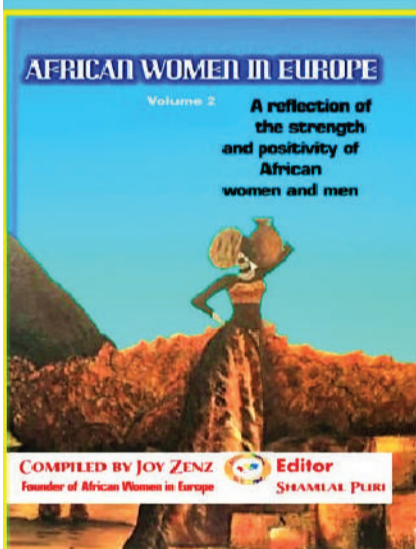
## ARE YOU A WRITER OR CORPORATE?

Let Professional Editors and Authors turn your story into a Dream Book.

THRILLERS - FICTION - FICTION - BIOGRAPHIES - TRAVELOGUES - HUMOUR- COFFEE TABLE - BROCHURES

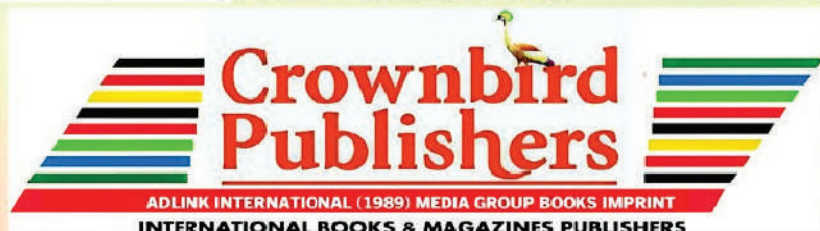
London-based contract Publishers for independent and self-publish authors.

We offer one-stop top notch Editing, Expert Design, Proof Reading, Book Covers, Artwork, Digital, Litho Printing, E-Books, Corporate Brochures and UK ISBN number. Reasonable costs. We print and deliver books. Authors retain 100% sales profits.



The Crownbird Publishers logo and imprint owned by Adlink International (1989) Media Group London

Copies of some books available for sale: hard copy/digital. Contact us: media@adlinkinternational.com Email Subject: Crownbird Books



ADLINK INTERNATIONAL (1989) MEDIA GROUP Books Division 16 Upper Woburn Place, London WC1H 0AF (UK) Tel: 44 330 606 1438 Email: media@adlinkinternational.com www.adlinkinternational.com

**Jobs** Mudavadi explained that many of the affected individuals voluntarily signed contracts, hence complicating the repatriation process.

# Kenyans who joined Russia war without gov't approval broke the law - Mudavadi

BY Brian Kimani  
@themkenyatimes

Foreign Affairs Cabinet Secretary Musalia Mudavadi has clarified that Kenyans who travelled to Russia to participate in the ongoing war against Ukraine will not receive compensation from the government, citing the legal and contractual circumstances surrounding their involvement.

Speaking during an interview on Citizen TV's The Explainer via livestream from Moscow, Mudavadi explained that many of the affected individuals voluntarily signed contracts, hence complicating the repatriation process.

He noted that Kenyans seeking to fight for a foreign country must first obtain approval from the Kenyan government before participating.

"One of the things we have to emphasize here is that these Kenyans signed contracts, but we are alive to the fact that we are here to stop the enlistment of Kenyans into the special military operations," Mudavadi stated.

"Some Kenyans are facing either possible charges or they have had to write statements with some of our investigative agencies in Kenya for having been part of a process and the details are going to emerge as they face the law in Kenya. What has been happening is illegal. We are dealing with a situation where there has been a breach of law."

He, however, added that the government would explore options, including amnesty, after repatriating the Kenyans, noting that the State is not indifferent to their plight.

On how the Kenyans managed to travel to Russia undetected, the CS acknowledged lapses in the law and systems that provide an opportunity for third-party companies to exploit.

"The Constitution of Kenya allows freedom of movement. Kenyans are not restricted when they want to travel; it is their right. There are those who were lured or found their way out through fraudulent agencies, and there are those who knowingly went out there with a very clear intention to enlist in this conflict," he added.

"There are lapses both in law and in



Foreign Affairs CS Musalia Mudavadi shakes hands with his Russian counterpart, Sergey Viktorovich Lavrov, in Moscow on March 16, 2026. | Photo: Mudavadi

processes that we have to address as a country. Lapses in law in the sense that we need to have tighter immigration laws for those who wish to migrate when it comes to moving

“

**“There are lapses both in law and in processes that we have to address as a country. Lapses in law in the sense that we need to have tighter immigration laws for those who wish to migrate when it comes to moving out of Kenya and going to seek jobs outside.”**

**The CS further disclosed that Kenya has already facilitated the return of dozens of its citizens, with more seeking assistance through official channels.**

out of Kenya and going to seek jobs outside.”

The CS further disclosed that Kenya has already facilitated the return of dozens of its citizens, with more seeking assistance through official channels.

“Kenya has already supported 44 Kenyans to get back home. Our mission here, led by Ambassador Mathuki, they have been receiving messages from the families in Kenya, sending messages and requests. They have put out a website for Kenyans to indicate where they are. Some of the Kenyans on the front-line have also been sending signals that they are in distress, and they are guided as to how to get to the mission and supported,” he noted.

Mudavadi added that an agreement has now been reached to halt any further recruitment of Kenyans into the conflict, even as efforts to evacuate those already involved continue.

“It was agreed that there shall be no further enlisting of Kenyans into the special military operations. We are putting closure to any more Kenyans finding their way into this hostility. However, the process of getting them back is not an instant process; they are in a war zone,” he remarked.



**Nairobi Hospital** For decades, it has been the sanctuary of the elite and the bedrock of private healthcare in Kenya.

# Intervention or hijack? President Ruto's authority as patron in Nairobi Hospital fight explained

BY Brenda Wanga  
@themkenyatimes

It is a battle for the soul of one of East Africa's premier health facilities. The Nairobi Hospital, long a symbol of medical excellence, is currently embroiled in an ownership and corruption saga that has now caught the attention of State House.

But as the President vows to protect the Nairobi Hospital from what he terms charlatans and fraudsters, legal experts are raising a red flag.

Does the President, in his capacity as Patron, actually have the teeth to intervene?

For decades, it has been the sanctuary of the elite and the bedrock of private healthcare in Kenya.

But lately, the Nairobi Hospital has been making headlines for all the wrong reasons. Allegations of corruption and a high-stakes tug-of-war over its management have reached a fever pitch.

Stepping into the fray, the President, speaking as the Patron of the Kenya Hospital Association (KHA)-owned facility, has issued a stern warning.

He maintains that he will not sit idly by while those he terms as fraudsters attempt a hostile takeover of the institution.

"Senior doctors, senior professionals from Nairobi



President William Ruto during a rally in Western Kenya on March | Photo: PCS

Hospitals approached me to save Nairobi Hospital from conmen, fraudsters and charlatans who wanted to expropriate it. Nairobi Hospital is a premier medical institution that serves the region. There is no way I am going to allow Nairobi Hospital to be taken hostage by fraudsters," he said on Tuesday.

But the President's intervention in this murky affair is raising more legal question than answers.

Dr. Martin Oloo, Assistant Dean at Daystar University's Faculty of Law, argues that the President's Patron title carries more prestige than power.

According to Dr. Oloo, the

Companies Act is clear, one is either a member or a director, there is no middle ground for a Patron.

"The Companies Act as it sits does not give a non-member any powers. The role of the President as Patron is ceremonial; it is not even in the stature of the Nairobi Hospital. The Act does not have the room for a Patron, you are either a director or holding the share as a guarantor."

At the heart of the dispute is the unique structure of the Kenya Hospital Association (KHA). Unlike typical private hospitals, the KHA runs the Nairobi Hospital as a non-profit entity. It doesn't have shareholders looking for

dividends.

"KHA is registered as a company limited by guarantee. It is not a company registered in shares. It does not make profits; it simply serves charitable purposes. It makes money and spends money against the purpose for which it was established," says Dr. Oloo.

While the President may want to root out mismanagement, Dr. Oloo warns that any direct intervention would be standing on shaky legal ground. In the eyes of the law, the President is a friend of the hospital, not its boss.

"Having been invited as a patron, he cannot exercise any authority or powers over this company because there is no

footing in the Act that allows him. So any attempt to say, 'as President, as Patron,' quoting the Company Act—that is a new law we would need to examine," he said.

Instead of the hammer deployed by the President in this saga, legal scholars suggest a softer approach, stating that the President's true power may lie in diplomacy.

"He can come in as an arbitrator, as an impartial person. Because the Patron must listen to the board, the doctors, and the members. He must seek to find out what the problem is—is it corruption, or is it mismanagement?" Posed Dr. Oloo.

As the Nairobi Hospital and its board navigates these turbulent waters, it remains to be seen if the presidency and the patronage of the hospital will ward off the perceived detractors if the matter will be resolved in the courtrooms, where many other battles over the management of the hospital continue to be fought.



## Nyakundan Technologies

### Our Services

- ✓ Custom Websites and Hosting
- ✓ SEO & Digital Marketing
- ✓ Computer repair & Software Installation
- ✓ Email setup & access
- ✓ Web browsing assistance
- ✓ Typing & data entry services
- ✓ Resume/CV writing & editing
- ✓ Document formatting
- ✓ KRA Returns filing
- ✓ Proofreading & editing
- ✓ Computer Training & 24/7 IT support

0790539929

[www.nyakundan.com](http://www.nyakundan.com)  
 Westlands Commercial Centre Nairobi  
 @nyakundan

24/7 Support & Free Consultation

**War** Observers believe Tokyo's current predicament is the result of its long-standing policy of closely aligning with Washington

# Trump's call for escort in Strait of Hormuz puts Japanese PM Takaichi in dilemma

Japan has no plan to dispatch naval vessels for escort missions in the Middle East, Prime Minister Sanae Takaichi said on Monday

BY Xinhua News Agency  
@themtkenyatimes

Japan has no plan to dispatch naval vessels for escort missions in the Middle East, Prime Minister Sanae Takaichi said on Monday, after U.S. President Donald Trump demanded in a social media post that nations, including Japan, deploy warships to the Strait of Hormuz to keep the vital oil shipping route "open and safe."

Despite the remarks, Japanese media and analysts say that the U.S. request has placed the Takaichi administration in a difficult position. On the one hand, it's hard for the prime minister to reject Washington outright, given the importance of the Japan-U.S. alliance. On the other hand, sending Self-Defense Forces (SDF) vessels to the region would face significant legal, diplomatic and security hurdles. Some observers have described the U.S. demand as a "suicidal proposition." How Takaichi responds to Washington's call has sparked growing concern within Japan.

## Caught in an uncomfortable bind

Speaking during a parliamentary session on Monday, Takaichi said no decision had been made on whether to dispatch SDF vessels. She added that the United States has not made a formal request, and that the government is examining what Japan itself should do and what can be done within the legal constraints.

Analysts say both the Japanese government and the ruling coalition remain cautious about joining the escort operations. Torn between the reluctance to be drawn into the Middle East conflict and the pressure of U.S. demands, the Takaichi administration is caught in an uncomfortable

bind. Takayuki Kobayashi, policy chief of the ruling Liberal Democratic Party, called for a "careful" decision last Sunday, adding that the threshold for dispatching SDF vessels as expected by Trump is "very high." Japanese media widely believe that the Strait of Hormuz issue is likely to be a key topic when Takaichi is scheduled to visit the United States later this week, raising questions about how she will respond if Trump presses the issue directly. Mitsunari Okamoto, policy chief of major opposition party Centrist Reform Alliance, said he hopes Takaichi will not make any "rash promises" on matters that Japan may not be able to fulfill. Taku Yamazoe, policy chief of the Japanese Communist Party, said Japan should avoid making commitments at the summit with the U.S. president and instead should urge the United States to stop its attacks on Iran.

## Multiple hurdles

Analysts say the U.S. request has effectively placed Tokyo in a dilemma. If Japan complies with Washington's call, it could face legal, diplomatic and security complications. First, there are legal issues. Some Japanese media outlets have pointed out that any deployment under the new security laws passed in 2015 would require the government to determine two key issues: whether Iran's blockade of the Strait of Hormuz constitutes a "survival-threatening situation" for Japan, and how to assess the nature of the U.S. military strike against Iran. Chief Cabinet Secretary Minoru Kihara said at a press conference on March 11 that the Japanese government has not determined that the current situation involving Iran constitutes such a crisis threatening the nation's survival. At the same time, Tokyo has avoided stating whether the

U.S. attack on Iran complies with international law.

The Nikkei newspaper noted that the "legal threshold is extremely high" for Japan to carry out escort operations in the Strait of Hormuz under current conditions. Diplomatic considerations also complicate the issue. In 2019, when oil tankers were attacked in the Strait of Hormuz, the United States attempted to form a multinational escort coalition and asked Japan for support. Shinzo Abe, then prime minister, declined the request, with the cabinet saying that while Japan maintains an alliance with the United States, it has also long preserved friendly relations with Iran. Japanese media now warn that joining a U.S.-led escort mission would effectively treat Iran, once regarded as a friendly partner, as an adversary, marking a major shift in Japan's Middle East diplomacy. Security concerns form another major barrier. Japanese commentator Hiroshi Minegishi noted that even large Japanese vessels such as destroyers could be vulnerable to attacks by high-speed boats in the current conflict environment. Escort operations would carry extremely high risks, and some officials within the government have reportedly described the mission as a "suicidal task."

## Dilemma of Japan's own making

Observers believe Tokyo's current predicament is the result of its long-standing policy of closely aligning with Washington to pursue its own strategic interests, highlighting its double standards and hypocrisy. Japan has treated the Japan-U.S. alliance as the cornerstone of its diplomatic and security policies, relying on the partnership with Washington to strengthen its military capabilities and even attempt to revise its pacifist constitution in order to



USA president Donald Trump

completely break free from the constraints of the post-war order. Such dependence on the alliance, analysts say, leaves Tokyo reluctant to openly reject U.S. demands, even when dispatching the Japan Self-Defense Forces to the Strait of Hormuz would involve significant risks. Critics have also pointed to contradictions in Tokyo's rhetoric. The Japanese government frequently emphasizes the importance of a "free

and open international order based on the rule of law," yet it has avoided making a legal judgment on the U.S. attack against Iran, which many observers consider a violation of international law. Historically, Japan has used overseas missions linked to conflicts such as the Gulf War, the War in Afghanistan and the Iraq War to expand the operational scope of its SDF, often in relatively safe areas. Critics say such deployments

gradually eroded the "exclusively defensive" principle embedded in Japan's pacifist constitution. Some Japanese commentators warn that sending SDF to escort ships in the Middle East would effectively breach Japan's long-standing peace principle. Kozo Akino, head of the policy research council of the Komeito party, stressed that any Japanese action "must not be perceived as support for war."

# LETTERS TO THE EDITOR

## Concern over misuse of Artificial Intelligence in Kenya's political space

Artificial Intelligence is no longer a distant frontier—it is here, shaping medicine, communication, and creativity. Yet in Kenya's political arena, the same technology is being twisted into a weapon of distortion.

Manipulated images of leaders are flooding social platforms, crafted with AI and photo editing tools to mislead, mock, or malign. President William Ruto, Governor Gladys Wanga, MPs Peter Salasya, Esther Passaris, Linet Toto, and Doris Donya Aburi have all found themselves targets of doctored visuals. In one case, several leaders were grotesquely fused into a single image, sparking outrage and underscoring the dangers of unchecked digital manipulation.

Observers point to sections of the youth experimenting with these tools, sometimes for



mischief, but increasingly with political intent—eroding reputations and shaping perceptions in ways that bypass accountability. What begins as satire quickly mutates into misinformation, feeding cynicism and corroding trust in institutions.

Experts warn that while AI offers immense promise, its misuse risks poisoning the democratic well. Defamation spreads faster than correction, and once public trust is fractured, repairing it becomes a herculean task. Kenya cannot afford to let

innovation become an accomplice to disinformation.

The challenge is clear: harness AI for progress, not propaganda. Regulators, educators, and tech platforms must act decisively to safeguard truth in the digital space. Otherwise, the promise of AI will be overshadowed by its peril.

Innovation should illuminate Kenya's future—not darken it with deception.

*By Eliud Khisa, Laikipia University*

## Political rhetoric and public tension in Kenya

Kenya's political stage has become a theatre of insults. What should be a contest of ideas is increasingly reduced to a shouting match of abuse, fueling division and eroding trust. Citizens are left wondering whether leaders are more interested in scoring points than solving problems.

The hunger for power drives this toxic discourse. Politicians deploy inflammatory language to discredit rivals, while social media amplifies every insult at lightning speed. Weak enforcement of laws against hate speech emboldens offenders, and ethnic politics adds fuel to the fire, as leaders exploit divisions to mobilize support.

The consequences are grave. Abusive rhetoric heightens tension among communities, sometimes spilling into violence during elections. It corrodes public trust, painting leaders as self-serving rather than nation building. Worse, it distracts from urgent poli-



cy debates—on jobs, health-care, education, and economic growth—leaving citizens with noise instead of solutions.

Kenya cannot afford this cycle of hostility. Leaders must embrace issue based dialogue and take responsibility for their words. Stronger enforcement of hate speech laws is essential, alongside civic education that empowers citizens to reject divisive language. Media houses must resist sensationalism and promote balanced reporting. Inter party dialogue and national cohesion initiatives can help bridge di-

vides before they harden into conflict.

Political competition is natural; political contempt is destructive. Kenya's future depends on leaders who elevate discourse, not degrade it. Respectful dialogue is not weakness—it is the foundation of unity and progress.

Kenya deserves politics that build, not break.

*By Collins Kibet, Koitalel University*

## When illness becomes a financial sentence

Cancer in Kenya is not just a medical diagnosis—it is a financial verdict. For countless families, the disease drains savings faster than chemotherapy drains strength, leaving households fighting on two fronts: survival and solvency.

The moment a loved one is diagnosed, fear grips the family. But soon, another reality arrives—towering medical bills. Chemotherapy, radiotherapy, surgery, and endless tests pile up costs that even insurance rarely covers fully. Families with modest incomes are forced into desperate measures: selling land, livestock, or property, borrowing heavily, or turning to public fundraisers. Dreams of education, business, or security vanish under the weight of treatment.

The crisis deepens when patients, often breadwinners, can no longer work. Income collapses while expenses soar,



creating a vicious cycle of debt and despair. The choice becomes cruelly simple: continue treatment and risk financial ruin, or protect the family's stability and gamble with a life.

This is not just a private tragedy—it is a systemic failure. A nation cannot claim progress while its citizens are bankrupted by illness. Governments, insurers, and health institutions must step up: expand cancer facilities, subsidize essential drugs, and strengthen public

insurance. Early screening and prevention must be prioritized to cut costs and save lives.

Cancer should never mean poverty. Illness is already a heavy burden; it must not also become a lifetime sentence of debt. Kenya must act decisively—because no family should lose both health and hope at the same time.

*By Beatrice Chepkemoi, Laikipia University*

## The rise of youth voices in community media

Youth are no longer waiting for permission to speak—they are seizing the microphone. Across Kenya, young people are turning community media into a powerful stage for storytelling, activism, and change. From radio and television to podcasts and social platforms, their voices are reshaping public conversations and challenging the status quo.

Community media outlets have become training grounds where aspiring journalists gain confidence and practical skills. Students of journalism and mass communication are not only learning theory in classrooms but also stepping into studios, visiting media houses, and engaging directly with professionals. Exposure to equipment and newsroom culture is giving them a hands-on understanding of how the industry works.

Media experts argue that youth participation is not just



desirable—it is essential. Young reporters bring fresh perspectives, a sharp awareness of issues affecting their generation, and a willingness to experiment with new formats. Podcasts, in particular, have become a space where young people can express themselves freely, bypassing traditional gatekeepers and connecting directly with audiences.

The involvement of youth in journalism also strengthens the industry's future. Their energy, creativity, and digital fluency

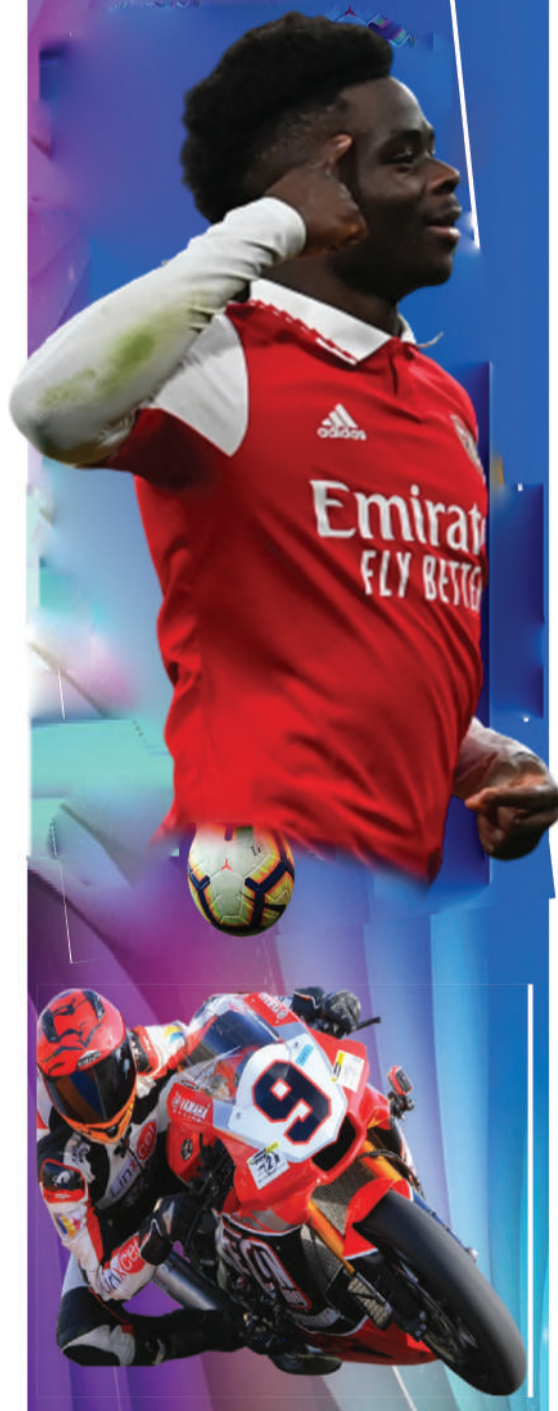
are vital assets in a media landscape that is rapidly evolving. As social media blurs the line between producers and consumers, young voices are ensuring that community media remains relevant, inclusive, and dynamic.

The message is clear: when youth speak, communities listen. And if Kenya's media industry wants to thrive, it must keep amplifying those voices—not silencing them.

*By Hannah Njeri Gikandi, Laikipia University*

# SPORTS NEWS

PHOTOS  
SCORES  
OPINIONS  
STATISTICS  
SCHEDULES  
BREAKING NEWS



**Sports >>** \*Kenya's Lionesses and Shujaa are gearing up for a strong showcase in the second and third rounds of the HSBC SVNS 2, as they aim to secure promotion to the top-tier HSBC SVNS 1 next season.

## Lionesses, Shujaa gear up for HSBC SVNS 2 rounds in Montevideo and São Paulo

Kenya's Lionesses and Shujaa are gearing up for a strong showcase in the second and third rounds of the HSBC SVNS 2, as they aim to secure promotion to the top-tier HSBC SVNS 1 next season.

The Montevideo tournament in Uruguay takes place on March 21–22, followed by São Paulo, Brazil, on March 28–29.

Both events mark crucial opportunities for the teams to build on their performances from the opening leg in Nairobi.

The Lionesses announced a 13-player squad featuring Faith Livoi and Christabel Lindo, who missed the Nairobi leg, alongside captain Sheila Chajira, Naomi Amuguni, Charity Nillah, Stellan Wafula, Edith Nariaka, Judith Auma, Sinaida Mokaya, Moreen Muritu, Janet Okello, Freshia Oduor, and Marvel Oswago.

"We are grateful for our fans' incredible support in Nairobi. Our focus now shifts to Uruguay and Brazil, where we aim to win our matches and secure qualification for Division One. We also thank Safaricom, through M-PESA, for their continued support in elevating our game both on and off the pitch," said captain Sheila Chajira.

-Shujaa-

Shujaa named a 14-man squad including regulars George Ooro, Samuel Asati, Vincent Onyala, Kevin Wekesa, Nygel Amaita, Dennis Abukuse, John Okoth, Kevin Wambua, and Patrick Odongo.

Brian Tanga returns after a long injury layoff, while Gabriel Ayimba earns his first call-up to the national sevens side. Other squad members are Chrisant Ojwang, Festus Shiasi, Floyd Wabwire, and David Nyangige.

The opening leg at Nyayo



Kenya Lionesses' Grace Adhiambo in a past action. PHOTO/RUGBY AFRIQUE

National Stadium saw Shujaa finish third behind the United States and Germany, while the Lionesses placed fifth.

"Shujaa and the Kenya Lionesses have once again shown the grit, discipline, and fighting spirit that define Kenyan rugby. With M-PESA supporting the teams through our partnership with the Kenya Rugby Union, the players can focus fully on their game," said Safaricom CEO, Peter Ndegwa.

He added, "I wish them the

very best as they head to Uruguay and Brazil for the next rounds of the HSBC SVNS 2, where they will showcase the skill and determination that have made Kenya a force on the global rugby stage."

Under a two-year partnership with the Kenya Rugby Union, M-PESA supports both teams with monthly allowances, comprehensive medical insurance, airtime, and financial literacy programs, ensuring players can focus on rugby while enjoying

reliable financial backing.

The HSBC SVNS 2 is part of the global HSBC SVNS series, bringing fast-paced, high-intensity rugby sevens action to the international stage.

*Capital Sport*

GET THE BEST OF WORLD

**Sports >>** \*The president of Iran's football federation says the organisation is negotiating with Fifa to move the country's World Cup matches from the United States to Mexico

## Iran 'In Talks' to move FIFA World Cup Games to Mexico



President Donald Trump and Gianni Infantino, pictured at December's World Cup draw, have been in discussions over tournament preparations

The president of Iran's football federation says the organisation is negotiating with Fifa to move the country's World Cup matches from the United States to Mexico in order to ensure the safety of their players.

The discussions are taking place amid the US and Israeli strikes on Iran, which has responded with attacks on Israel and US-allied states in the Gulf as part of the conflict.

The US is co-hosting the World Cup, which takes place between 11 June and 19 July, with Canada and Mexico.

Iran are scheduled to face New Zealand on 16 June and Belgium on 21 June, both in Los Angeles, and Egypt in Seattle on 27 June.

Last week US President Donald Trump said that while Iran are "welcome to the World Cup", he does not think "it is appropriate" they attend "for their own life and safety".

"When Trump has explicitly

stated that he cannot ensure the security of the Iranian national team, we will certainly not travel to America," said Iranian football federation president Mehdi Taj in a post, external on a social media account belonging to the Iranian embassy in Mexico.

"We are negotiating with Fifa to hold Iran's World Cup matches in Mexico."

A Fifa spokesperson said: "Fifa is in regular contact with all participating member associations, including Iran, to discuss planning for the World Cup."

"Fifa is looking forward to all participating teams competing as per the match schedule announced on 6 December 2025."

Iran, who have qualified for a fourth consecutive World Cup, decided not to pull out of the competition last summer when the US bombed three nuclear facilities in the country.

A recent message on the national team's Telegram account said

that Fifa is the organiser of the World Cup and "not any single country".

It added that "the country that should be removed is the one that merely carries the title of host but does not have the ability to ensure security for the teams participating in this event".

Previously, Trump has said he "does not care" if Iran take part in the World Cup.

Fifa president Gianni Infantino subsequently said the US President had told him Iran are "welcome to compete" at this summer's finals, despite the countries being at war.

Iran's Minister of Sports and Youth, Ahmad Donyamali, then said that "under no circumstances do we have the appropriate conditions to participate in the World Cup".

When have matches previously been moved?

If Iran's games are relocated to Mexico, it would not be the first

time matches have been moved for safety and geopolitical reasons.

In recent times, Belarus have played their competitive home games in Hungary because of their support of the Russian invasion of Ukraine.

This included a World Cup qualifier against Scotland last year, which was played at the ZTE Arena in Zalaegerszeg.

In cricket, political tensions between India and Pakistan mean that the two countries will only play each other at neutral venues when they meet at ICC events.

India refused to travel to Pakistan to play in the Champions Trophy in 2025, while Pakistan played their matches in the recent T20 World Cup in Sri Lanka.

BBC

# SPORTS NEWS



PHOTOS  
SCORES  
OPINIONS  
STATISTICS  
SCHEDULES  
BREAKING NEWS



# SPORTS AS THEY HAPPEN



# Anne-Marie Pereira: Reframing Fertility, Restoring Safety, and Returning Women to Their Inner Power



By: Anila Bukhari  
@themkenyatimes

Anne-Marie Pereira is an emotional support therapist and hypnotherapist whose work is gently transforming the way many women understand stress, burnout, and fertility. Through a deeply compassionate and holistic approach, she guides women back into a sense of connection with their bodies, helping them calm their nervous systems and rediscover clarity, safety, and self-trust — qualities that are often lost in the fast pace and pressures of modern life.

Anne-Marie's work is shaped not only by professional training but also by a profound understanding of the emotional realities many women carry. Over the years, she observed how deeply stress, pressure, and emotional overload can influence a woman's physical and mental wellbeing. This awareness gradually drew her toward supporting women in a more intentional and meaningful way, guiding them to listen to their bodies rather than viewing their experiences as something that must simply be "fixed."

Trained in Rapid Transformational Therapy® (RTT), Clinical Hypnotherapy, and systemic approaches to emotional healing, Anne-Marie combines scientific knowledge with emotional intelligence and embodied awareness. Her work reflects the belief that emotional wellbeing and physical health are inseparable. Many of the challenges women face — particularly those surrounding fertility — are often influenced not only by biological factors but also by patterns of chronic stress, emotional suppression, and long-standing disconnection from the self.

A defining element of Anne-Marie's philosophy is her broader understanding of fertility. In her perspective, fertility is not limited solely

to the ability to conceive a child. Instead, it reflects a woman's overall vitality and creative life force. It is the natural capacity to create — whether that creation takes the form of life, ideas, meaningful work, relationships, or personal growth.

When women live under constant pressure or emotional strain, this creative energy can become blocked. Many begin to feel disconnected from their bodies and uncertain about their own inner signals. Anne-Marie's work focuses on helping women gently release these blocks and restore alignment between mind, body, and emotional truth. Through this process, women often rediscover a deeper sense of self-trust and inner balance.

A central aspect of Anne-Marie's work is nervous system regulation. She recognizes that many women live in a prolonged state of "fight or flight," driven by external expectations, internal pressure, and the demands of modern living. Over time, this constant state of alert can influence hormonal balance, emotional wellbeing, and the body's natural ability to heal and regulate itself.

Through hypnotherapy and carefully guided emotional support techniques, Anne-Marie helps women access deeper states of calm and safety. When the nervous system begins to relax and rebalance, the body



**Anne-Marie's work is shaped not only by professional training but also by a profound understanding of the emotional realities many women carry. Over the years, she observed how deeply stress, pressure, and emotional overload can influence a woman's physical and mental wellbeing. This awareness gradually drew her toward supporting women in a more intentional and meaningful way, guiding them to listen to their bodies rather than viewing their experiences as something that must simply be "fixed."**

often responds with greater resilience and clarity. For many women, this shift becomes a turning point not only in their fertility journey but also in their overall sense of wellbeing.

Equally important in Anne-Marie's work is restoring the relationship between women and their bodies. Many women experiencing fertility challenges or burnout develop feelings of frustration, disappointment, or even betrayal toward their own physical experience. Anne-Marie approaches this delicate relationship with great care and respect.

Rather than encouraging women to fight against their bodies, she guides them toward listening and understanding. By creating space for compassion and curiosity, women begin to reconnect with their physical and emotional signals. This renewed relationship often becomes transformative, influencing not only fertility outcomes but also confidence, emotional stability, and self-worth.

Anne-Marie works with women around the world through private one-to-one sessions, longer-term therapeutic programmes, and accessible educational content. Her international work reflects the universal nature of the challenges women face across cultures and backgrounds. Each woman's journey is unique, and Anne-Marie honours this individuality by offering guidance that respects personal history, emotional needs, and individual goals rather than relying on rigid solutions.

Anne-Marie is the founder of Free in Fertility, a name that reflects her belief that fertility is inseparable from a woman's overall health, vitality, and creative life force. This perspective developed through years of supporting women whose bodies were not failing them, but responding intelligently to prolonged stress, pressure, and emotional overwhelm. Within this philosophy, fertility becomes part of a larger conversation about wellbeing, emotional safety, and the restoration of inner balance.

Through her work, Anne-Marie offers women both understanding and practical tools that support emotional healing, nervous system regulation, and deeper self-awareness. Her



Anne-Marie Pereira

approach encourages women to take an active role in their healing journeys while feeling supported and understood.

Importantly, Anne-Marie does not see herself as someone who "fixes" women. Instead, she describes her role as that of a guide — someone who helps create the conditions in which women can access their own inner wisdom and capacity for healing. This perspective restores agency and reminds women that the answers they seek are often already present within them.

At the heart of Anne-Marie Pereira's work lies a simple but powerful intention: helping women feel safe within themselves again. Safe in their bodies. Safe in their emotions.

Safe to rest, to create, and to move forward with clarity.

By reframing fertility as a reflection of vitality and creative life force, Anne-Marie offers a compassionate and empowering narrative that resonates deeply with women across the world. Through her guidance, many women begin to move from survival toward wholeness — from emotional exhaustion toward renewed trust in themselves and their bodies.

In a world that often asks women to push harder and ignore their inner signals, Anne-Marie Pereira's work stands as a gentle but powerful reminder that true healing begins with safety, understanding, and reconnection with the self.