

More than 200 members of the community attended. The guest list included well-known East African Asian names from the British national newspaper Sunday Times Rich List

Britain's East Africans

Hosted by the Tanzanian-born career Chartered Accountant Harshad Kothari, FCCA, founder and inspiration behind the East African Asians:



A unique jamboree: BRITAIN'S EAST AFRICANS REKINDLE FOND MEMORIES OF LIFE BACK HOME

By: Shamlal Puri
Associate Publisher
& Senior Editor – UK
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Several hundred members of the East African Asian diaspora turned up in full force in the heart of London on Monday for a unique gathering that brought back plenty of nostalgia of their younger days growing up in Kenya, Uganda and Tanzania, renewed old friendships and forged new ones. More than 200 members of the community attended. The guest list included well-known East African Asian names from the British national newspaper Sunday Times Rich List: Billionaires, decorated with British national honours, top professionals



Her Excellency Nimisha Madhvani, Uganda's High Commissioner to the UK was the honoured guest at the East African Asians Organisation meeting. Photo Courtesy.

ranging from doctors to lawyers and even a Nairobi-born diaspora member of the British Army with 40 years of service - converged on the packed iconic Skyline at Tower Suites, a posh rooftop restaurant, facing the Tower of London and the River Thames on a warm British summer evening with velvet blue skies as a welcome mild cool wind fanned the trees on the ground several floors below. Among the honoured guests were Her Excellency Nimisha Madhvani, Uganda's High Commissioner to the United Kingdom, Rt. Hon. Shailesh Vara, born in Uganda, a former Member of Parliament for Cambridgeshire North West between 2005 and 2024, and a former Cabinet Minister who served as Secretary of State for Northern Ireland, led the proceedings at Monday's event. Distinguished guests from the who's who of the East African Asian community included the media magnate Mr C B Patel, the veteran publisher of Britain's leading diaspora newspapers,

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THE UTILITY OF FORCE IN THE AGE OF PLUNDER: How Rupert Smith's Theory of War amongst the People Explains the New Scramble for Africa and the Middle East

By Silas Mwaudasheni Nande
Introduction
In 2005, a retired British general published a book that quietly re-wrote the grammar of modern conflict. General Sir Rupert Smith, a veteran commander of operations in Northern Ireland, the Gulf, Bosnia

and Kosovo, argued in The Utility of Force: The Art of War in the Modern World that the kind of warfare which had defined the twentieth century, mass armies clashing on defined battlefields to achieve a decisive military victory, had ended. In its place had emerged a different paradigm, one

he termed war amongst the people. Twenty years later, that paradigm has become the operating manual, whether consciously borrowed or independently rediscovered, for the manner in which powerful states pursue wealth and natural resources in Africa and the Middle East. From

the cobalt mines of the eastern Democratic Republic of Congo to the gold fields of Mali, from the oilfields of northern Iraq to the shattered cit-

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Prof. Sam Ongeru Retires from Elective Politics, Endorses Dr. Fred Matiang'i as Leaders Condemn Keumbu Violence

By: Elizabeth Angira
xxxxxxxxxxxxx

Worth Noting:

- **Speaking in Keumbu, Kisii County, Prof. Ongeru said his political journey had come to an end and that it was time for a new generation of leadership.**
- **"I have retired from seeking elective political positions. Today, I present Dr. Fred Matiang'i to you. Support him and give him the opportunity to serve this nation," Prof. Ongeru said.**
- **His endorsement came during a high-profile meeting attended by Jubilee Party leaders, where calls for peace and political tolerance dominated the proceedings following the recent violence in Keumbu that claimed one life and left several others injured.**

Prof. Sam Ongeru Retires from Elective Politics, Endorses Dr. Fred Matiang'i as Leaders Condemn Keumbu Violence

Former Cabinet Minister Prof. Sam Ongeru has officially announced his retirement from elective politics and endorsed former Interior Cabinet Secretary Dr. Fred Matiang'i, urging the Gusii community to rally behind him as a national leader.

Speaking in Keumbu, Kisii County, Prof. Ongeru said his political journey had come to an end and that it was time for a new generation of leadership.

"I have retired from seeking elective political positions. Today, I present Dr. Fred Matiang'i to you. Support him and give him the opportunity to serve this nation," Prof. Ongeru said. His endorsement came during a high-profile meeting attended by Jubilee Party leaders, where calls for peace and political tolerance dominated the proceedings following the recent violence in Keumbu that claimed one life and left several others injured.

Prof. Ongeru strongly condemned the clashes, describing them as unfortunate and unnecessary. He urged political leaders and their supporters to reject violence and embrace peaceful coexistence, warning that political differences should never result in the loss of human life.

"There is no reason why Kenyans should lose their lives because of politics. Violence only divides our people and hinders development. Let us conduct our politics peacefully," he said. Dr. Matiang'i also denounced the violence, expressing sorrow over the death and calling on residents to reject political intolerance.

He urged leaders across the political divide to exercise restraint, promote dialogue,

and avoid inflammatory rhetoric that could fuel further tensions.

Dr. Matiang'i emphasized that no political contest is worth the loss of human life and appealed to young people not to allow themselves to be manipulated into engaging in violence. Instead, he encouraged them to focus on education, entrepreneurship, and community development.

The former Interior Cabinet Secretary further called on security agencies to conduct thorough investigations into the incident and ensure that those responsible are brought to justice. He said accountability is essential in restoring public confidence and preventing similar incidents in the future.

Dr. Matiang'i reiterated that Kenya's democratic space should allow every leader to engage freely with citizens without fear or intimidation.

He stressed that leadership must be anchored on peace, respect for the rule of law, and service to the people, adding that violence has no place in a democratic society.



Dr Fred Matiang'i addressing residents at Keumbu has urged leaders across the political divide to exercise restraint, promote dialogue, and avoid inflammatory rhetoric that could fuel further tensions. Photo/Elizabeth Angira



Prof Sam Ongeru addressing the residents at Keumbu, pleads to the residents to support Dr Fred Matiang'i. Photo /Elizabeth Angira

ety.

Leaders who accompanied Matiang'i were, Jubilee National Chair Vincent Kemosi, Okong'o Omongi (Nyamira Senator), MP Anthony Kibagendi (Kitutu Chache South), Clive Gisairo (Kitutu Masaba North), Obadiah Barono (Bomachoge Borabu), Former Kisii woman rep Janet Ongeru, City Lawyer Cliffe Ombeta, Gloriah Orwoba among other leaders. Leaders who addressed the

Gusii community.

The Keumbu meeting is widely viewed as part of growing political mobilisation by Jubilee leaders ahead of the 2027 General Election. Prof. Ongeru's endorsement is expected to bolster Dr. Matiang'i's support in the Gusii region, where the former Interior Cabinet Secretary continues to receive strong backing from local leaders and residents.

Leaders who addressed the

meeting appealed to residents to maintain peace, respect differing political opinions, and participate in democratic processes without fear or intimidation.

They also emphasized that political competition should be based on ideas and policies rather than violence, insisting that no election or political ambition is worth the loss of a single life.

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Zimbabwe

Zimbabwean workers deserve dignity, fair wages, and the protection of the law

Reports of a Chinese employer allegedly threatening to replace workers who refuse a US\$90 monthly wage demand an urgent response from the Ministry of Labour

By: Alice Nyamande
xxxxxxxxxxxx

Worth Noting:

• No worker should be subjected to intimidation, or forced to choose between accepting wages that cannot cover the basic cost of living and losing their livelihood. Employment must be founded on mutual respect, fairness, and compliance with the laws of Zimbabwe.

• The cost of living continues to place enormous pressure on ordinary families. It is therefore entirely reasonable to ask whether a monthly wage of US\$90 enables a worker to put food on the table, keep a roof over their family's head, and meet the costs of transport, education, and healthcare. These are not fringe concerns — they are urgent ones that deserve urgent answers.

Reports circulating on social media — including a video allegedly showing a Chinese employer telling Zimbabwean workers to either accept a monthly wage of US\$90 or be replaced — have sparked widespread public concern. If these reports accurately reflect what happened, they raise serious questions about the protection of workers' rights, the enforcement of our labour laws, and the dignity afforded to Zimbabwean citizens in their own country.

No worker should be subjected to intimidation, or forced to choose between accepting wages that cannot cover the basic cost of living and losing their livelihood. Employment must be founded on mutual respect, fairness, and compliance with the laws of Zimbabwe. The cost of living continues to place enormous pressure on ordinary families. It is therefore entirely reasonable to ask whether a monthly wage of US\$90 enables a worker to put food on the table, keep a roof over their family's head, and meet the costs of transport, education, and healthcare. These are not fringe concerns — they are urgent ones that deserve urgent answers.

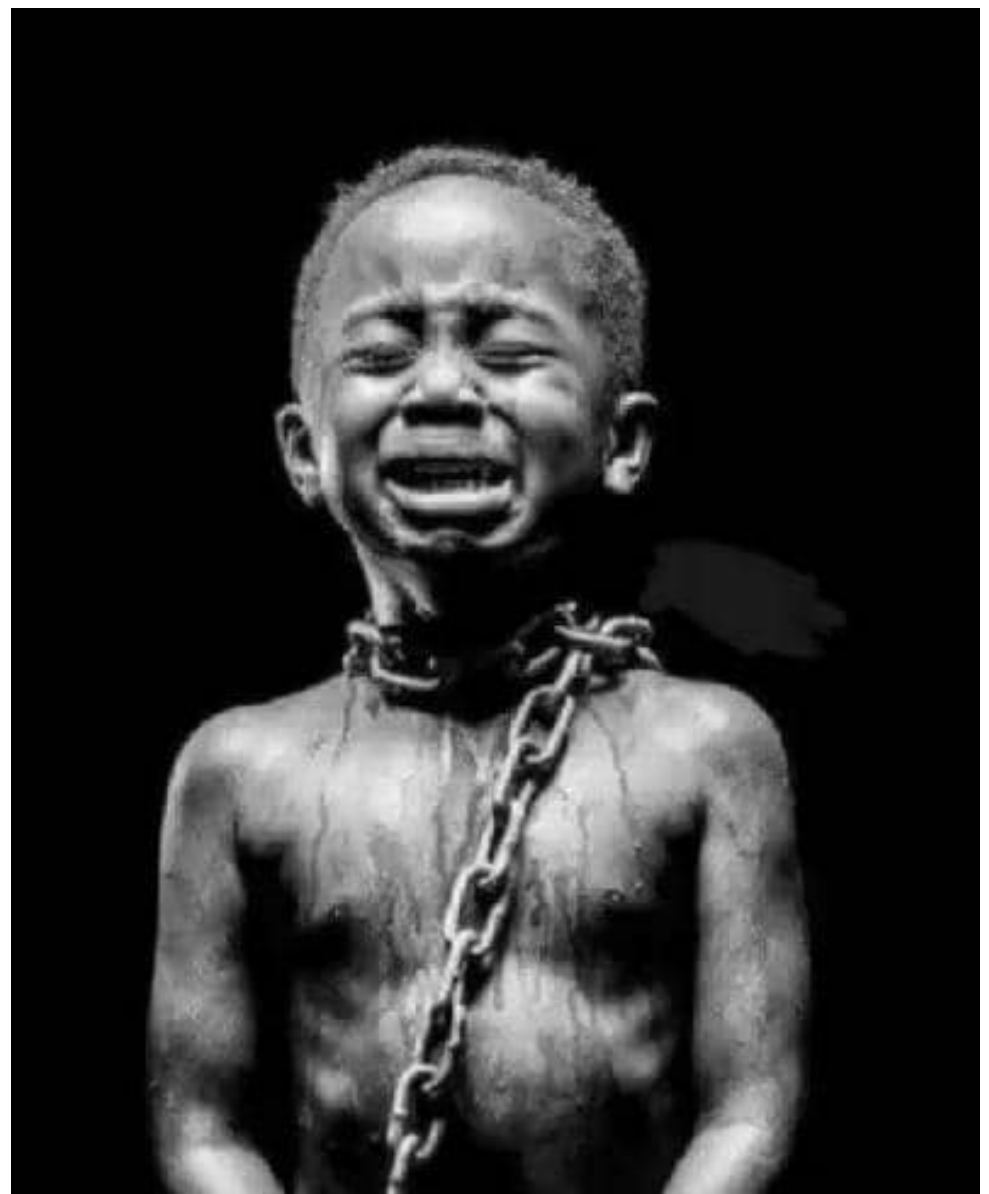
The Ministry responsible for Labour and Employment has a duty to establish the

facts surrounding this incident and, where any labour laws have been breached, to act without fear or favour. Labour inspectors and the relevant authorities must ensure that every employer operating in Zimbabwe — regardless of nationality — complies fully with our labour legislation and respects the rights of Zimbabwean workers.

Zimbabwe welcomes investment that creates jobs, transfers skills, and contributes to national development. But investment must never come at the expense of the dignity, rights, and welfare of our people. Every investor who operates in Zimbabwe should respect our laws, our institutions, and the citizens whose labour contributes to their success.

This incident has also prompted broader public questions about the extent of foreign influence in Zimbabwe's economy. Such concerns should not be brushed aside. They require transparency, accountability, and leadership that places the interests of Zimbabwean citizens first.

The Action Democratic Movement believes that Zimbabweans deserve decent working conditions, fair remuneration, and workplaces free from intimidation or degrading treat-



Illustration

ment. Our nation's workers are not disposable. They are the backbone of our economy, and they must always be

treated with the dignity and respect they deserve.

of the Action Democratic Movement (ADM).

Alice Nyamande is President

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Which way, Kenya? Ol Kalou sends a political earthquake across the nation

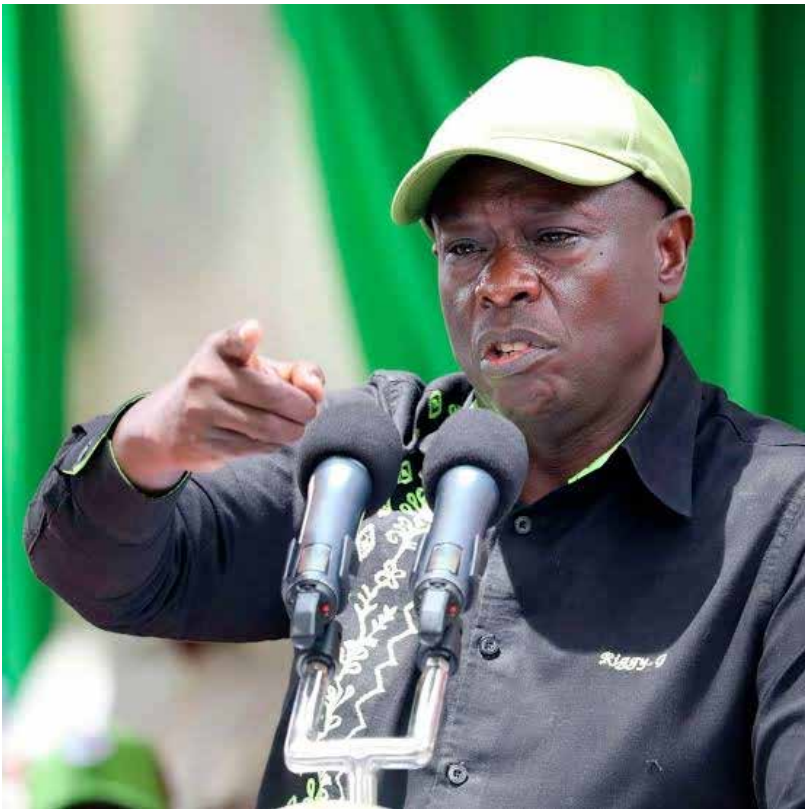
The Ol Kalou by-election result has thrust Rigathi Gachagua back into the national spotlight — and reopened every question about the road to 2027

By: Kipkemoi Brian
xxxxxxxxxxxxx
.....

The ballots have been counted. The celebrations have begun. Yet one question now hangs over Kenya like a gathering storm: which way is the country headed? From the quiet hills of Ol Kalou has emerged a result that has seized national attention. What was expected to be a routine parliamentary by-election quickly evolved into a defining political contest — with one man at the centre of it all: former Deputy President Rigathi Gachagua. When the final results were announced, the message from voters was unmistakable. Gachagua’s Democracy for the Citizens Party secured a commanding victory, leaving its closest rival far behind. The outcome was more than an electoral win. It was a political statement — one that immediately reignited de-

bate about the shifting balance of power in Kenya. For months, Gachagua has insisted that the Mt Kenya region remains firmly behind him. In Ol Kalou, his supporters believe the ballot box has now given substance to that claim. The by-election has become both a symbol of his political resurgence and an early stress test of his influence ahead of the 2027 General Election. Yet the story does not end in Ol Kalou. In many ways, it begins there. Is this the first ripple of a wave that will sweep across the country, or simply a local victory whose significance will fade with time? That question is now dominating political conversations from village trading centres to the corridors of Parliament. Supporters describe the result as the dawn of a new political era. Opponents argue that it reflects the mood of one constituency, and caution against drawing sweeping national conclusions. Between celebration and restraint lies the uncertainty

that makes politics both compelling and unpredictable — and Kenya’s political landscape is, at this moment, deeply uncertain. What is beyond dispute is this: Ol Kalou has thrust Rigathi Gachagua back into the national spotlight with a force that even his critics cannot easily dismiss. Whether this victory marks the beginning of a broader political realignment, or remains a notable but contained local triumph, will not be settled by speeches or press conferences. It will be settled by the Kenyan people — in the polling booths, in the months and years that lie ahead. For now, Kenya watches. The road to 2027 has taken an unexpected turn. And the nation is left asking the same question the hills of Ol Kalou have already answered in their own way: which way, Kenya?



Rigathi Gachagua

The Role of Artificial Intelligence in Journalism



By: Tumaris Sagindikova
xxxxxxxxxxxxx
.....

Author: Tumaris Sagindikova
Third-Year Student
Faculty of Journalism and Uzbek Philology
National University of Uzbekistan
named after Mirzo Ulugbek

Introduction

Many people believe that artificial intelligence became popular only with the emergence of ChatGPT. In reality, however, we have been interacting with AI for much longer. From the earliest computing machines to the characters that respond to us in video games, many systems have operated automatically. However, these systems were not considered artificial intelligence in the modern sense. Early computers were designed to solve complex mathematical problems through pre-programmed instructions, such as performing calculations and pro-

cessing large numbers. Since they worked only according to fixed algorithms, they were more accurately described as “automated systems.” Today’s neural networks have reached a completely different level. They are no longer limited to fixed commands; instead, they are adaptive. They can communicate with users, adjust to their preferences, and provide responses in different styles depending on the user’s needs. More importantly, they continuously analyze conversations and generate new information in real time, much like the human brain processes information and responds quickly. This is why modern AI is often compared to human intelligence. The emergence of such advanced technology naturally caused concern among many people. Some feared that artificial intelligence might eventually replace or even dominate humans. These concerns have also been reinforced by numerous science fiction films.

Main Part

Today, artificial intelligence is becoming increasingly common in journalism. We have heard about AI news anchors in China, and some sports websites are already developing AI systems capable of writing and publishing news articles automatically. At first glance, this may seem as if AI is taking over journal-



ism. However, this does not mean that journalism can be entirely carried out by artificial intelligence. For example, AI still cannot fully understand or express human emotions. It can deliver information efficiently, but it cannot communicate the emotional depth or human perspective that journalists provide. Therefore, artificial intelligence still depends on human involvement, and it is essential for journalists to use it appropriately. AI can be effectively applied in several important areas. First, it can rapidly analyze large volumes of information. AI can process archives and extensive databases within seconds, identify key points,

and summarize the main content. This allows journalists to save significant amounts of time. Second, AI is highly useful in combating the growing spread of fake news. When journalists receive new information, AI can quickly analyze its source and help determine whether it is reliable or false. Many modern fact-checking platforms already use artificial intelligence for this purpose, making the verification process much faster. Third, AI can recreate historical events and personalities through advanced technologies such as 3D animation. For example, realistic digital representations of Amir Temur and other historical figures

have become popular on social media. Such technologies help journalists visualize historical events and present audiences with approximate reconstructions of scenes that were never recorded.

Conclusion

In conclusion, artificial intelligence should not be viewed as a technology that will replace journalists. Instead, it should be regarded as a powerful tool that assists them in their work. At present, no artificial intelligence system can fully replace the human factor in journalism.

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Memory

IN LOVING MEMORY: ARCHBISHOP EMERITUS
PAUL KAMUZA BAKYENGA

3 Years On - 18th July 2023



By: Mukama Phillip Kahigiriza
mukphix@gmail.com

Worth
Noting:

- Ordained priest on 11th July 1971. Appointed Archbishop of Mbarara in 1999. He served for 32 years.
- But if you asked him in private, he would wave his hand and laugh:
- “Me? A bishop? That was never close to my hopes. I even studied Protestant courses — Sacred Scriptures. And I did my further ecclesiastical studies in a Protestant country, Scotland. I thought I would just teach and disappear.”
- Yet God had other plans. And Mbarara got a shepherd who preached with depth and cracked jokes with delight.
- To restless people after Mass:
- “My children, even God rests on the 7th day... so why are you gossiping instead of going home to rest?”

You could hear him before you saw him.

That laugh from Bumbaire Village, Igara, Bushenyi District — the home where he was born on 30th June 1944 to Sipirano Kaamuza and Maria Gakibayo. A home of 10 children, yellow bananas, and prayers on banana leaves.

He would sit you down and say, “My children, I am from Bumbaire. We were poor, but we were rich in faith. My father never went to school, my grandfather was not baptized, but my mother prayed us into the Church.”

And then he'd grin:

“So if God could pick a boy from Bumbaire to wear this hat, He can pick anyone.”

Early Life and Education

After Ibaare Primary and Ibanda Preparatory (currently St. Mukasa Preparatory Seminary Mushanga), he joined St. Francis Xavier Kitabi Seminary in 1961.

It was there that resilience found him. During Senior Four national exams, all his classmates were expelled. He alone remained. So they took him to Maryhill High School to sit his O-Levels. To this day he holds the record as the only Kitabi old boy to sit O-Levels at Maryhill.

He loved to joke about it:

“Kitabi made me, Maryhill tested me, and God kept me.”

Kitabi formed giants around him — Bishop John Baptist Kakubi, Archbishop Lambert Bainomugisha, Bishop Callist Rubaramira, Bishop Egidio Nkeijanyo, Bishop Edward Baharagate, Bishop Dr. Deogracious Byabazaire, Bishop Barnabas Halem'Imana, and Bishop Serapio Magambo.

Years later he returned not with a school bag, but as Rector of Kitabi Minor Seminary from 1973 to 1974, forming the boys he once laughed with in the dorm.

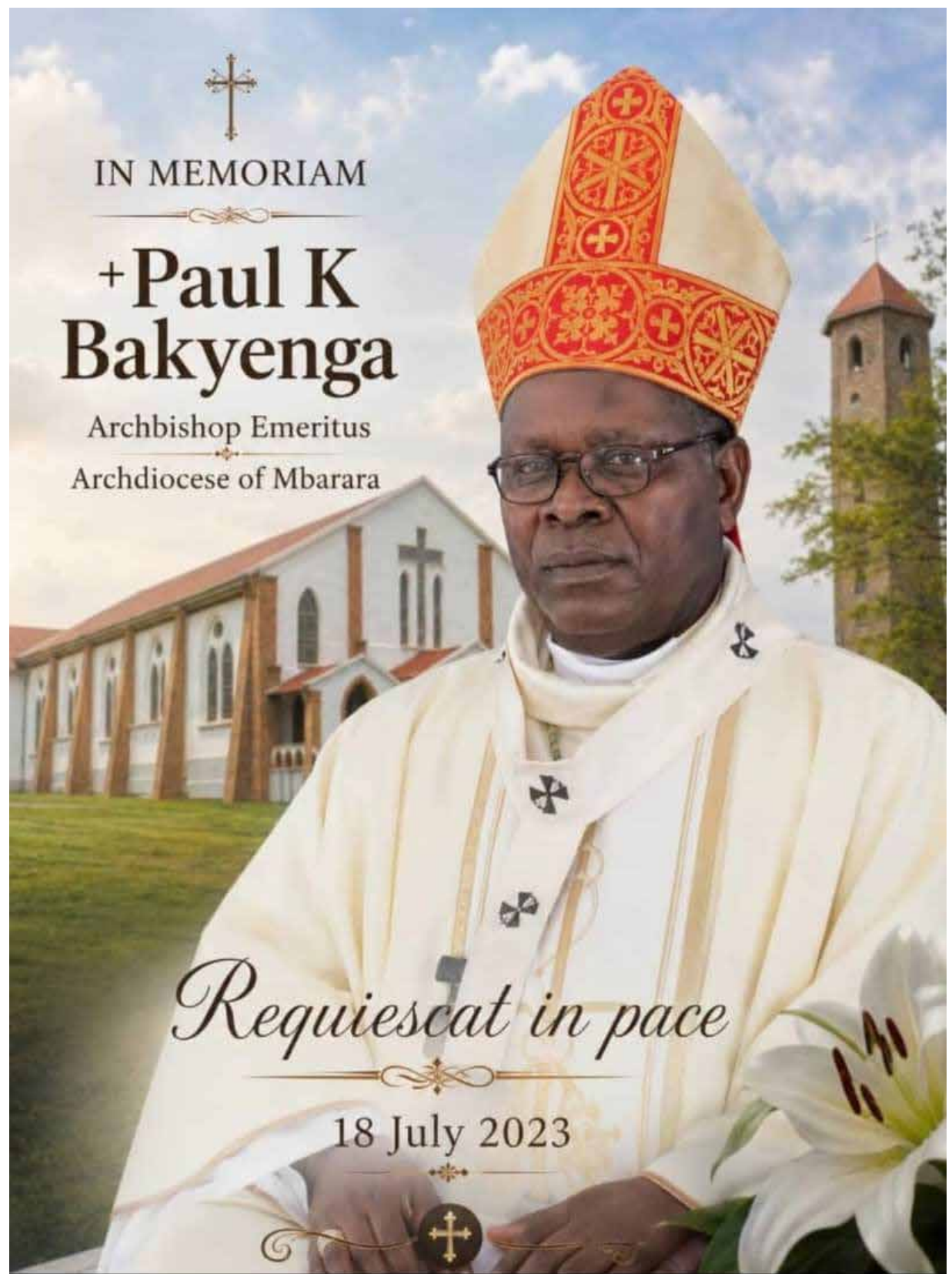
“I DIDN'T PLAN TO BE BISHOP”

Ordained priest on 11th July 1971. Appointed Archbishop of Mbarara in 1999. He served for 32 years. But if you asked him in private, he would wave his hand and laugh: “Me? A bishop? That was never close to my hopes. I even studied Protestant courses — Sacred Scriptures. And I did my further ecclesiastical studies in a Protestant country, Scotland. I thought I would just teach and disappear.”

Yet God had other plans. And Mbarara got a shepherd who preached with depth and cracked jokes with delight.

To restless people after Mass:

“My children, even God rests on the 7th day... so why are you gossiping



instead of going home to rest?”

To confirmands:

“If the Holy Spirit doesn't change you today, I will come back and check your homework.”

And he did.

In Runyankole he would shake his head:

“Eshi abaana ba St Mukasa nimunyesimisa.”

Against corruption he thundered: “Abarezi erigyenda batandikire kunywa amate gabaana, hatyo babagaburira amaizi.”

And to those who knew football more than faith:

“Nikigashaki kushanga omusigazi ninga empangare erikumanya squad ya Arsenal ninga Manchester United, konka atarikumanya za diocese eziri omwitare rwaitu?”

He called himself “the driver of souls” and said,

“In Mbarara, I don't need a GPS, the people are my map.”

THE HEART OF BUMBAIRE

That generosity started early. As a young priest at Kitabi, the Bwanda nuns would give him yellow bananas after work at Rurengye plantation. He never forgot.

One day at the Cathedral, a woman came crying over school fees. A Christian handed the Bishop an envelope. He didn't open it. He just gave it to her. Inside was 2 million Ugandan Shillings — more than her need.

“God sent it through you to her,” he would later say, smiling.

Under his leadership, parishes, schools, and institutions grew. But his real project was people. He visited the sick, the poor, prisoners. He

wept with them. He taught us that leadership is service.

GOODBYE, BUT NOT GONE

Three years on, his voice still echoes in our churches. His Runyankole proverbs still correct us. His laughter still warms our memories. “Well done, good and faithful servant.”

Run your race, Archbishop from Bumbaire. We are still running ours. May the Lord whom you served with humility, humor, and holy zeal grant you eternal rest. We love you. We miss you. We thank God for you. Rest in Peace, +Paul K. Bakyenga #PaulKBakyenga #3YearsOn #BumbaireBoy #MbararaArchdiocese #KitabiSeminary #CatholicUganda

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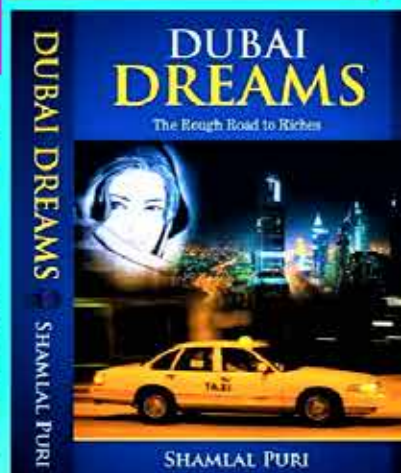
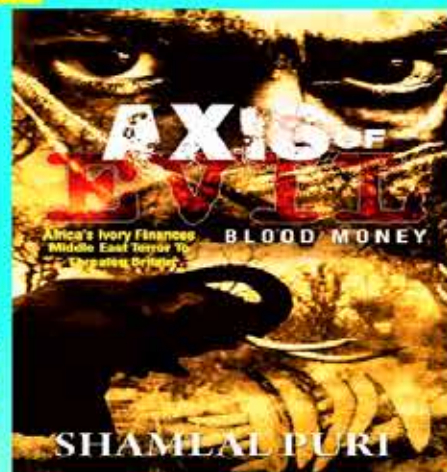
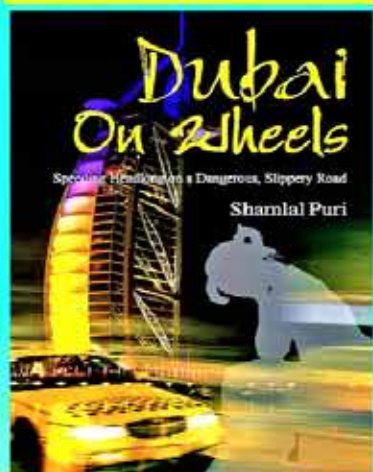
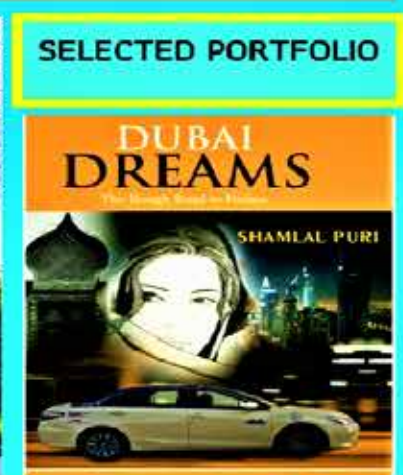
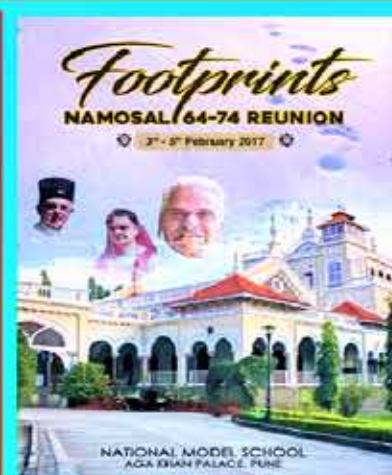
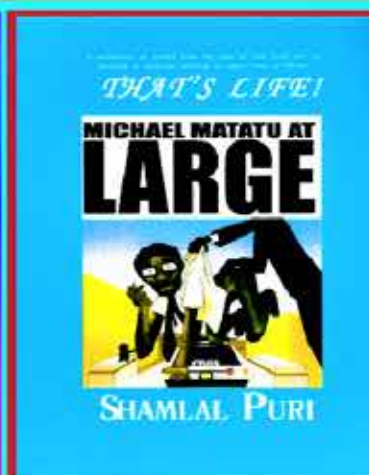
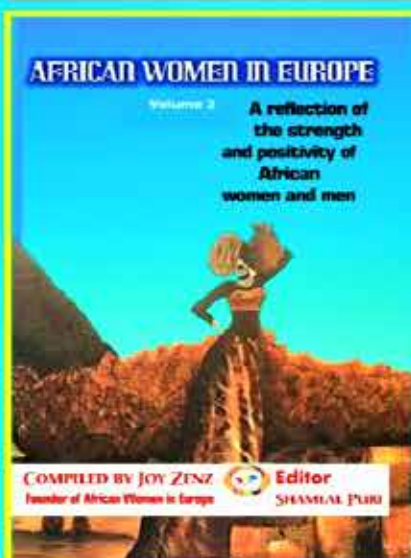
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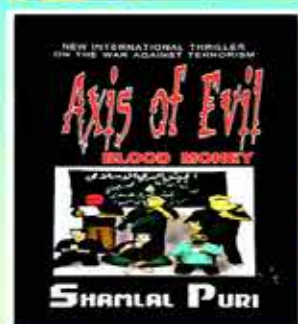
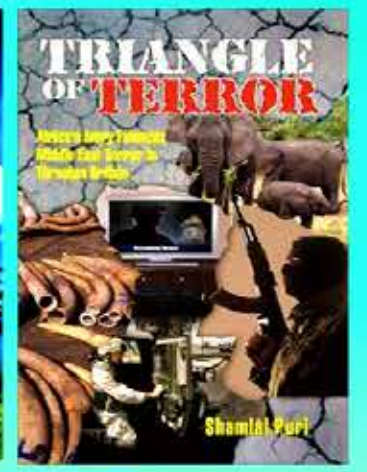
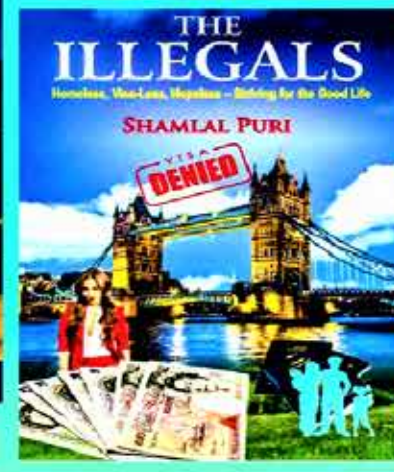
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UK News

A unique jamboree: BRITAIN'S EAST AFRICANS REKINDLE FOND MEMORIES OF LIFE BACK HOME



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Contd from Page 1

Asian Voice and Gujarat Samachar, who lived and worked in Dar es Salaam, Tanzania, in his earlier years.

Others included Dr Vijay Patel, OBE, co-founder of Waymade Group and one of Britain's most respected entrepreneurial philanthropists, who built a global healthcare enterprise with his brother, Dr Bhikhubhai Patel, spanning over 149 countries from a single pharmacy near London – an impressive record, especially given that the family, who lost their father while still young and were raised by their single mother, in comparative poverty. This is a real-life rags-to-riches story.

Mr Tony Matharu, Founder and Chairman of the Integrity International Group, an award-winning hotelier, philanthropist, and remarkable Guinness World Record Holder for his 2023 feat, when he was one of the four who played nearly 35 hours of continuous padel at a pop-up court near Tower Hill in the city of London, shattering the previous world record of longest marathon playing Padel. Padel is a fast-paced racket sport that blends elements of tennis and squash. Played in doubles on an enclosed glass and wire-mesh court about a third the size of a tennis court, it uses underarm serves and allows players to rebound the ball off the walls, making it highly strategic.

Others included Nairobi-born Bali Brahmabhatt, a Gujarati music director and playback singer who mainly performs Bollywood songs. He is currently an RJ at Lyca Gold Radio London in the UK. Brahmabhatt is also a hip-hop rapper and is popular for his songs. Also present were Nilesh Shah, Vee Bharkhanda, Kaushika Chavda, Pragna Hay, Nish Krishnamurthy of KLSA, distinguished lawyer Dinesh Raja, Raj Yadav from HSBC-UK, and Chartered Accountant J

K Shah.

The MC for the event was Dr Manny Vasant, MBE.

Hosted by the Tanzanian-born career Chartered Accountant Harshad Kothari, FCCA, founder and inspiration behind the East African Asians: Past – Present – Next Gen. (EAA).

The organisation, still in its infancy, was founded to recognise, preserve, and celebrate the extraordinary journey and achievements of the East African Asian community in the United Kingdom and around the globe, where they have settled.

This week's event featured a networking reception followed by a lively seminar on critical financial and family law issues, with many guests in attendance.

The impressive list of panellists included Rt. Hon Shailesh Vara, Tony Matharu, Nish Kurnanaithy of KLSA Chartered Accountants, Jonathan Kelly, a director and financial adviser at PK Partnership, and Shandip N Shah, a Fellow of the Society of Will Writers.

Mr Kothari said the seminar marked the third of its kind since EAA was established. Speaking on behalf of the EAA Committee, Mr. Kothari said "The purpose of today's event," he said, "is threefold: to host the seminar on current and topical issues, bringing together interesting and engaged business people and professionals for networking in a feature of a Fireside Chat with prominent and successful East African Asians and to launch a Guide Book covering the topics discussed at the seminar together with other related areas, which we hope readers will find interesting and relatable."

He said the aim of hosting the event "is to promote the East African Asians organisation, which is still in its infancy and relies on the support of the Asians connected to East Africa in any way."

"We hope you find today's event both interesting and useful."

In her message of congratulations, Her Excellency Nimisha Madhvani, Uganda's High Commissioner to the United Kingdom, said, "I am reminded of how much the East African Asians Organisation has come to mean: not merely as a forum for networking but as a living testament to the enduring spirit, enterprise

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The lively panel of experts led by Rt. Hon Shailesh Vara, former MP and Cabinet Minister (seated third from the left) covered various aspects . Photo SHAMLAL PURI



Diaspora Media magnate C B Patel (right) with a guest at the event. Photo SHAMLAL PURI



Prominent achievers in their fields were given awards by the EAA. Photo SHAMLAL PURI



EAA Founder Harshad Kothari, addresses the guests during the evening proceedings. Photo SHAMLAL PURI



Popular British Singer Bali Brahmabhatt (left) with our senior editor Shamlal Puri at the event Photo Courtesy



Prominent achievers in their fields were given awards by the EAA. Photo SHAMLAL PURI



Motivational speaker Dr Paresh Gandhi's take on life in alphabets A to Z raised a chuckle. Photo SHAMLAL PURI

UK News

A unique jamboree: BRITAIN'S EAST AFRICANS REKINDLE FOND MEMORIES OF LIFE BACK HOME

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and unity of our community." She said the EAA Organisation was both unique and indispensable. "Founded with vision and dedication, it brings together East African Asians from every walk of life- creating space to engage with our shared past, a changing present, and a future full of possibilities meaningfully." Ms Nimisha Jayant Madhvani is a granddaughter of the founder of the renowned Madhvani Group of Companies. The recently released five-volume book, Uganda Asians: Then and Now, here and there. We contributed; We contribute by the late Dr Vali Jamal, profiles the Madhvani family in 46 pages. The five-volume book is published by Crownbird Publishers, the publishing arm of Adlink International (1989) Media Group Ltd, London. Reflecting on Monday's gathering, she said, "Events such as these are far more than social gatherings. They are celebrations of an extraordinary legacy – occasions for the younger generations to reconnect with their roots, pay tribute to the courage, resilience, and achievements of those who came before them, and carry forward the enduring values of enterprise, education, hard work, and community services that transformed lives across East Africa, and indeed, around the world."

She added, "As a Ugandan – born and bred in that remarkable country – and as High Commissioner of the Republic of Uganda to the United Kingdom, I am delighted to share that Uganda today presents extraordinary opportunities across every sector of the economy." She revealed that Uganda is pursuing an ambitious strategy for tenfold economic growth, aiming to reach an economy of US\$500 billion by 2040. "This vision unlocks significant potential across agricultural, tourism, manufacturing technology, infrastructure, and services – and this Business Event is a timely invitation to rediscover Uganda and explore what it has to offer." She added: "For many East Africans, Uganda is not merely a destination – it is woven into the fabric of their family's story. Visiting the country of

their parents' and grandparents' heritage offers a chance to reconnect with their roots while engaging in dynamic investment and business opportunities emerging across Uganda and the wider East African region."

The occasion also marked the launch of Shanti: Now and After 2026, a fascinating 116-page guide conceptualised by Mr Kothari and produced by the organisation's media partners, Asian Business Publications.

The panellists, led by Rt Hon Shailesh Vara, discussed critical issues related to family law, Inheritance Tax, Charitable Giving, vital planning and the pitfalls.

Other subjects included what happens if someone is unexpectedly left out of a loved one's will.

Other subjects covered in the seminar included issues arising from the Renters Rights Act of 2025 and what Landlords must do to comply with the law.

The critical questions of wills and disputes in estate administration, as well as disputes over existing wills, also featured in the discussions.

The Shanti Guide also features vital issues such as travel insurance and its importance, with a write-up by Harshad Kothari,

The question of Inheritance Tax in the UK generated considerable interest among the guests, and the guide discussed it in some detail with Shaileen Shah and Palak Tewary of Price Mann. The weighty issue of Probates in the UK was also well explained.

As our generation of the 1940s and 1950s considers the advantages and pitfalls of discretionary trusts, which specifically impact inheritance tax liability. The crucial point that comes out is planning, as they are still useful. The guide noted that using a limited company to provide pensions and certain insurance arrangements can be a highly tax-efficient way to reward directors. Still, there are different rules on whether the payment is for a pension or for insurance. But even these have certain drawbacks.

Another interesting subject covered in the Guide was the advantages of relocating to Dubai, appropriately titled 'Dubai Dreams', which must have caught the attention of many guests, highlighting the benefits it brings. However, the ongoing political problems in Iran arising

from Donald Trump's war in the Middle East will, without doubt, make any Britons planning to relocate to the Shangri-La of the Middle East postpone their plans until peace returns to the affected areas.



In deep discussion, guest K. Bhadresa talks to a guest flanked by an official of the EAA (left). Photo SHAMLAL PURI



Nairobi-born British Army Warrant Officer Ashok Kumar Chauhan, MBE, who has served for 40 years, was a guest at the event. Photo SHAMLAL PURI



Guests networking and forging new contacts during a break in the proceedings. Photo SHAMLAL PURI

The information, as all other pertinent planning tips in the Guide, is, no doubt, handy for anyone interested in following it up, of course, with the added professional assistance. Losing a loved one can be heartbreaking and traumatic, with many families getting

lost on what to do next.

The Guide, without a doubt, touches on every aspect of life, including the dignified sending off of the departed. It outlines death and rituals across different faiths – Hindu, Christians, Catholics, Islam, Jainism and Sikhs. It also outlines bereavement benefits, a subject many families do not touch until a professional advises them to. A guest appearance by Tanzania-born motivational speaker Dr Paresh Rughani raised a lot of mirth and laughter with



Fireside chat...Host Tony Matharu (left) and Dr Vijay Patel (right) discussed the ups and downs of life and the philanthropy of the Patel family. Photo SHAMLAL PURI



A view of guests networking during the event at the rooftop, Photo SHAMLAL PURI



Guests were entertained with live Bollywood music during the evening. Photo SHAMLAL PURI

the way it was delivered. He went through the A to Z of life's alphabet with the speed of a missile, leaving many guests chuckling. The memorable event drew

close after a lively networking session.

UN

New York's mayor mulls Netanyahu arrest as UN summit looms — and the world holds its breath

New York City Mayor Zohran Mamdani has confirmed his administration is actively reviewing whether it holds the legal authority to detain Israeli Prime Minister Benjamin Netanyahu during September's UN General Assembly, setting the stage for one of the most extraordinary diplomatic confrontations in American municipal history

By: Diaspora Times Team
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NEW YORK — It is a question that would have seemed unthinkable in any previous era of American politics: can the mayor of New York City order the arrest of a sitting Israeli prime minister on United States soil? Under Zohran Mamdani, that question is no longer hypothetical.

New York City Mayor Zohran Mamdani confirmed this week that his administration is actively examining whether city authorities could detain Prime Minister Benjamin Netanyahu if he arrives in New York for the United Nations General Assembly in September. The disclosure, made during an appearance on The New York Times podcast The Interview, has detonated a political firestorm that stretches from City Hall to Jerusalem — and has thrust the intersection of municipal governance, international criminal law, and Middle East diplomacy into territory that no American mayor has dared to enter before.

"I believe that Prime Minister Netanyahu belongs in The Hague," Mamdani told the programme. "He's a war criminal who has been charged by the International Criminal Court. And what you will find is that it is an opinion held by many, purely because of what his actions have wrought over these last many years."

Mamdani confirmed he is in "an active conversation" with the city's Law Department over whether he possesses the legal authority to order the New York Police Department to detain the Israeli leader. Yet the mayor was careful to define the boundaries of his ambition. "Whatever the law allows me to do in New York City, that's what we will do — but we won't be writing our own laws to that end," he said. The backdrop to this stand-off is the ICC's arrest warrant for Netanyahu, issued in November 2024 on the grounds that there were reasonable grounds to believe the prime minister bore responsibility for alleged war crimes and crimes against humanity during Israel's military offensive in Gaza, which followed the Hamas-led attack of 7 Oc-

tober 2023. Israel has rejected both the allegations and the court's authority over its affairs.

Netanyahu is specifically accused of charges including the use of starvation as a method of warfare and the deliberate targeting of civilians in the Gaza Strip. He has consistently dismissed the allegations as politically motivated and legally invalid. The legal obstacles facing Mamdani are formidable — and his own allies have not been slow to say so. The United States is not a party to the Rome Statute, the treaty that established the ICC, and does not recognise the court's jurisdiction. New York Governor Kathy Hochul has previously stated plainly that the mayor lacks the authority to detain a foreign head of government. Legal experts have echoed that assessment, and a separate federal law prohibits the imprisonment or obstruction of foreign officials, including sitting heads of state.

Democratic congressman Jerry Nadler of New York was blunt during the mayoral campaign when the pledge first surfaced. "The City of New York has no jurisdiction to do such a thing," Nadler said. None of that has silenced Mamdani, who has spent months building a political identity as one of America's most outspoken progressive critics of Israeli policy. He has repeatedly condemned Israel's military campaign in Gaza, while also denouncing Hamas's October 7 attack. His election as mayor — the first of South Asian and Muslim heritage to hold the office — was itself a seismic moment in New York politics, and his stance on Israel has remained a defining, if divisive, element of his tenure.

Netanyahu's response has been characteristically combative. Appearing on the New York radio programme Sid & Friends in the Morning, the prime minister accused Mamdani of championing Hamas, saying: "Who does he champion? Hamas, that calls openly to massacre every Jew on earth, that conducted that horrible massacre, the worst massacre on Jews since the Holocaust." On the question of the mayor's power to detain him, Netanyahu

has expressed no concern. He has repeatedly confirmed that he intends to visit New York while Mamdani is mayor, and with Israeli elections scheduled for October 2026, a September appearance at the UN General Assembly could serve as one of his most prominent final platforms on the world stage.

Israel's Ambassador to the United Nations, Danny Danon, was equally unsparing. Writing on X, Danon accused the mayor of using the controversy for personal headlines rather than addressing the needs of the city he governs. "Instead of focusing on his responsibilities as mayor and confronting the rising wave of antisemitism in his city, he has chosen to incite hostility and generate headlines by attacking the State of Israel," Danon wrote. "It will not change a thing. Prime Minister Netanyahu will come to New York, address the United Nations General Assembly with pride, and stand before the world to state Israel's truth and its unwavering right to defend its citizens." He went further, suggesting it was Mamdani himself who should face legal scrutiny.

Mamdani, for his part, has



Prime Minister Benjamin Netanyahu

drawn a pointed contrast with President Donald Trump, saying: "Unlike Donald Trump, I'm someone who looks to exist within the confines of the laws that we have. I will look to exhaust every legal possibility, not create my own laws."

Whether those legal possibilities amount to anything enforceable remains, for now, the central uncertainty. Analysts have noted that even if Mamdani were to issue such an order, Trump's previous willingness to deploy federal

resources in Democrat-led cities suggests the White House would move swiftly to block any attempt to detain an allied head of state.

What is not in doubt is the political energy this confrontation has generated, both domestically and across the world. For the global diaspora communities watching from afar — many of them with deeply personal stakes in the conflict in Gaza — Mamdani's willingness to even raise the question carries a symbolic weight that tran-

scends the narrow legal debate. For others, it represents the dangerous blurring of a city mayor's proper role with the realm of international diplomacy and foreign policy. The UN General Assembly convenes in New York each September. Netanyahu is expected to attend. Mamdani will be waiting — with his lawyers, his convictions, and a question the law has not yet answered.

When September comes, the world will be watching New York very closely indeed.



New York City Mayor Zohran Mamdani

NEWS PAPER

IN BUSINESS



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WORLD

THE UTILITY OF FORCE IN THE AGE OF PLUNDER: How Rupert Smith's Theory of War amongst the People Explains the New Scramble for Africa and the Middle East



By: Silas Mwaudasheni Nande
@themtkenyatimes

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ies of Libya and Sudan, the pattern Smith described two decades ago has become the dominant method by which external powers extract value from fragile states without ever declaring war upon them. This article examines Smith theory in depth, traces its intellectual foundations, and demonstrates, with reference to documented and ongoing conflicts, how the United States, China, Russia, and a widening circle of regional powers apply its logic to secure minerals, energy and strategic position across two of the resource-rich regions on earth.

Understanding Rupert Smith Theory of War Amongst the People

From Industrial War to a New Paradigm

Smith divides the modern history of organised violence into two broad eras. The first, which he calls industrial war, began with the mass conscript armies of the Napoleonic period and reached its terrible maturity in the two World Wars. Industrial war was fought by states, through uniformed armies, for clearly defined political objectives, and it was decided through the destruction of an opposing army in battle. Victory in this era depended not only upon generalship but upon the industrial capacity of a nation, its factories, its population and its wealth, all of which were mobilised toward a single, total effort. The advent of nuclear weapons brought this era to a close, since a war capable of annihilating both sides ceased to be a rational instrument of policy between major powers.

Since 1945, and with growing clarity since the end of the Cold War, a different paradigm has taken hold. Smith calls it war amongst the people, and it rests upon a set of characteristics markedly different from the industrial model. First, the objectives for which force is used have become more fluid and less absolute. Confrontation and conflict, in this model, become a continuous condition of policy rather than a discrete event bounded by declaration and armistice. Wars amongst the people, in other words, do not end. Second, conflict now occurs directly among civilian populations rather than upon a separated battlefield. There is no longer a clear zone of combat set apart from ordinary life, since

the contest is waged for the loyalty, cooperation or acquiescence of the people themselves. Third, these conflicts tend to be open-ended, without a clear terminal point, and they are fought with a degree of restraint intended to preserve the force employed rather than expend it entirely in pursuit of the aim, since domestic and international audiences will not sustain heavy losses indefinitely. Fourth, the belligerents are frequently non-state actors, militias, insurgencies, private military companies and armed factions, operating alongside or instead of formal state militaries. Fifth, old industrial-era weapons are repurposed for new uses, since heavy armour and airpower designed for state-on-state battle are often irrelevant against a dispersed adversary. Sixth, and most significant for the purposes of this analysis, coalitions of external actors tend to intervene as loose, multinational groupings rather than as a single coherent force, each pursuing distinct national interests beneath a shared humanitarian, counter-terrorist or stabilising rationale.

The most quoted formulation of the theory captures its essence succinctly: the adversary hides among the population, and the object of using force, together with every other instrument of state power, becomes distinguishing that adversary from the wider population and winning the latter toward oneself. Smith memorably declared that war, in the sense understood by most people, war as a decisive clash between armies that settles a dispute between nations, no longer exists. What per-

sists instead is a continuous condition of confrontation, conflict and combat that blurs into the fabric of everyday life for millions of people.

Why the Paradigm Matters Beyond the Battlefield

Smith wrote primarily as a soldier reflecting upon operations in Northern Ireland, the Balkans and Iraq, concerned above all with how military commanders should adapt doctrine to a changed reality. Yet the deeper insight of his theory extends well beyond questions of tactics. If the object of modern conflict is the will of a population rather than the destruction of an opposing army, then military force becomes only one instrument among several, alongside economic pressure, information operations, diplomacy, development aid and covert support to proxies. Political and economic objectives that once required outright conquest can now be pursued through sustained, low-intensity engagement that never crosses the threshold of formally declared war. It is precisely this feature of the theory, the dissolution of the boundary between war and peace, between military and civilian instruments, and between state and non-state actors, that makes it so useful for understanding how twenty-first century powers pursue wealth beneath the surface of ongoing local conflicts.

Why War Amongst the People Suits the Extraction of Resources

A conventional, industrial-style in-

vasion of a resource-rich state carries enormous costs. It requires a declaration of intent, invites international condemnation, triggers formal alliances of collective defence, and risks the kind of decisive military defeat that toppled colonial empires in the twentieth century. War amongst the people carries none of these costs, and this is precisely why it has proved so attractive to external powers seeking access to African and Middle Eastern wealth without assuming the political liability of conquest.

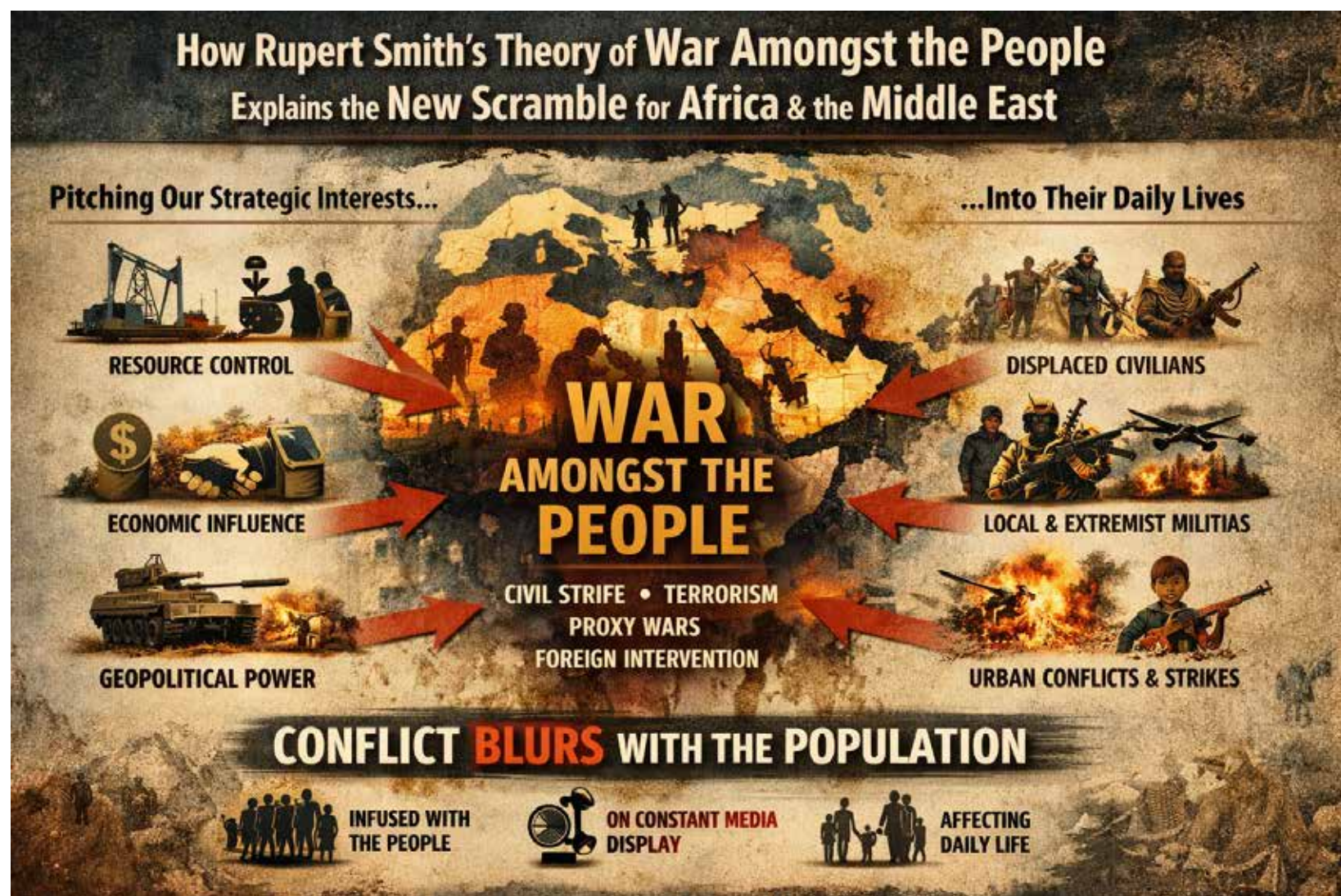
Consider Smith six characteristics as applied to resource extraction. Because the objectives of the intervening power are malleable rather than absolute, an external actor need not declare an intention to control a mine, an oilfield or a trade corridor. It can instead frame its involvement as counter-terrorism support, peacekeeping, stabilisation, or protection of civilians, objectives flexible enough to be redefined as circumstances demand, while resource access is secured as a quiet by-product. Because conflict occurs among the people rather than upon a defined battlefield, external powers can embed economic actors, mining companies, security contractors and infrastructure firms, directly within a conflict zone under the cover of reconstruction or development. Because these wars are effectively timeless, an external power gains sustained, renewable access rather than a single transaction, extracting wealth for years or decades under conditions of low-grade, tolerable instability rather than risking

the finality of outright annexation. Because belligerents are frequently non-state actors, a sponsoring power can achieve its aims through proxies, whether private military companies, allied militias or partisan army factions, while retaining what analysts term plausible deniability, denying formal responsibility for actions taken in its interest. And because interventions occur as loose multinational coalitions, several external powers can simultaneously extract different forms of value from the same conflict, security contracts, mining concessions, arms sales, infrastructure loans, without any single power bearing full responsibility for the resulting instability. This is not a claim that Smith personally intended his theory as a manual for resource extraction; his own concern was the ethical and doctrinal use of force to protect populations and resolve conflict. Rather, it is an observation that the structural features he identified in modern conflict happen to align, almost precisely, with the operational requirements of covert or semi-covert resource acquisition. A theory built to describe how the will of a population becomes the true object of war has proven equally descriptive of how the wealth beneath that population land becomes the true object of intervention.

The Democratic Republic of Congo, a Textbook Case

No - where is the

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fusion of population-centred con-

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lict and mineral extraction more starkly visible than in the eastern Democratic Republic of Congo. The country holds mineral wealth estimated by some analysts at roughly twenty-four trillion United States dollars, including the largest reserves of cobalt on earth, together with substantial deposits of coltan, copper, tin, tungsten, gold and rare earth elements essential to batteries, aerospace components and consumer electronics. For more than three decades, armed militias operating in North Kivu, South Kivu and Ituri have financed their campaigns through the mining and cross-border smuggling of these minerals, sustaining what has become one of the deadliest and most protracted conflicts since the Second World War.

In January 2025, the Rwandan-backed M23 rebel movement launched its most intense offensive in over a decade, capturing the major cities of Goma and Bukavu within a matter of weeks and displacing millions of people. United Nations investigators have documented the systematic smuggling of coltan, tin and gold from Congolese territory into Rwanda, from where these minerals enter international supply chains under falsified certification. The M23 seized control of the Rubaya mining site, among the largest coltan deposits in the world, reportedly earning several hundred thousand United States dollars each month through taxation of the site alone. Analysts caution, correctly, that the conflict cannot be reduced to a simple contest for minerals; longstanding ethnic tensions between Congolese Tutsi communities and other groups, rooted in the aftermath of the 1994 Rwandan genocide, remain a central driver of the violence, and mineral wealth alone did not initiate the current offensive. Yet resource control has become deeply entangled with the conduct and financing of the war, whatever its original causes, and this entanglement is precisely the pattern Smith theory anticipates: conflict without a clear terminal point, waged amongst a civilian population of many millions, in which external actors extract sustained value while never formally declaring themselves belligerents.

The involvement of great powers in this dynamic has intensified rather than diminished since 2025. As global demand for electric vehicle batteries and renewable energy technology has driven a race for what policymakers now openly term critical minerals, both Washington and Beijing have moved to secure their

position. Chinese firms already control the majority of foreign-owned cobalt, copper and uranium mining assets in the country, a position built through a minerals-for-infrastructure agreement signed with Kinshasa in 2007 and reinforced through subsequent investment. Congolese army units have reportedly been deployed to protect Chinese-owned mining sites in the east of the country. The United States, for its part, has pursued a parallel strategy, with the Congolese president offering American companies preferential mineral access in exchange for security assistance against the M23 advance, and Washington reportedly supporting restrictions on cobalt exports to China as a means of limiting Beijing dominance of the battery supply chain. Neither Washington nor Beijing has deployed conventional armies to fight for these minerals. Both instead compete through investment, security assistance, diplomatic pressure and, in the American case, a proposed minerals-for-security arrangement explicitly linking access to Congolese wealth with continued American backing against Rwandan-supported forces. This is war amongst the people conducted by proxy and by contract rather than by declared invasion, precisely the paradigm Smith described two decades before it reached its current form in the Kivu provinces.

The Sahel and the Privatisation of Resource War

If the Congo illustrates how established great powers pursue minerals

through diplomacy and corporate investment layered atop a proxy war, the Sahel illustrates a more direct and increasingly militarised variant of the same paradigm, the use of private and quasi-state paramilitary forces to secure resource access in exchange for regime protection. Following the withdrawal of French counter-terrorism forces from Mali in 2022, and the collapse of a decade-long Western-led stabilisation effort, the ruling military junta in Bamako turned to Russia for security support. The Wagner Group, a private military company with long-standing ties to the Russian state, deployed several thousand personnel to Mali under an arrangement reportedly costing the junta around ten million United States dollars each month. Wagner forces fought alongside the Malian army against Tuareg separatists and Islamist insurgents, and in February 2024 seized control of the Intahaka gold mining site in the Gao region, among the largest artisanal gold operations on the continent, reportedly charging local miners an access fee to work the site. Mali holds an estimated eight hundred and eighty tonnes of gold reserves across roughly three hundred artisanal mining sites, an industry upon which more than ten per cent of the population depends for its livelihood, and gold has become the dominant export commodity of the Malian economy.

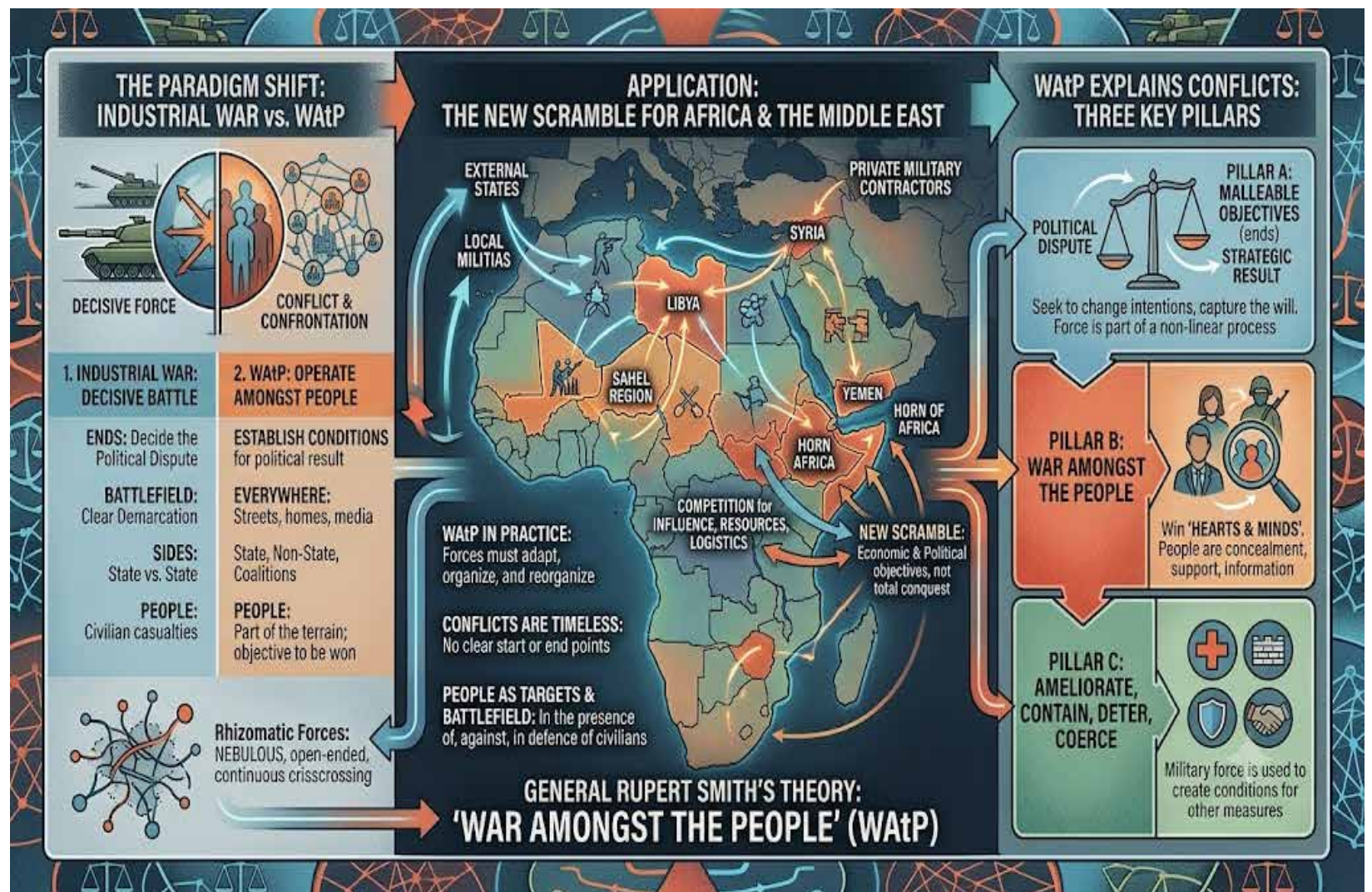
Following the reorganisation of Wagner under direct control of the Russian Ministry of Defence, a successor formation known as the Africa Corps assumed responsibility for Russian operations in Mali

by mid-2025, alongside expanding deployments to Burkina Faso, Niger, the Central African Republic, Equatorial Guinea, Sudan and Libya. Investigators tracking these deployments describe a consistent transactional pattern, security assistance to embattled juntas and presidential regimes offered in exchange for preferential access to mining concessions, timber, and other extractive assets, an arrangement one investigative body characterised as Russia strategy for power and resource extraction across the continent. In Niger, Russian forces arrived in 2024 to fill the vacuum left by the withdrawal of more than one thousand American troops, expelled under pressure from the ruling junta, and by early 2026 had reportedly helped repel an attack on the capital international airport. In the Central African Republic, Russian-linked security personnel have provided close protection to the presidential leadership through a re-election secured after the removal of constitutional term limits, while affiliated commercial entities remain active across mining, timber and other sectors of the domestic economy. What makes this dynamic so precisely illustrative of Smith theory is the explicit rejection, by the actors themselves, of any resemblance to conventional interstate war. There has been no declaration of hostilities between Russia and any Sahelian state, no formal annexation of territory, and no acknowledgement by Moscow that its forces are fighting for resource access rather than counter-terrorism. Instead, a continuous, open-ended condition of

low-intensity conflict persists across a population of tens of millions, waged through proxies operating beneath the threshold of formal war, in which the ultimate prize, gold, uranium, bauxite, timber and political influence, is secured incrementally rather than through a single decisive campaign. Even the failures of this approach, and the record in Mali has been decidedly mixed, with continuing insurgent attacks and reports of atrocities against civilians documented by independent investigators, reinforce Smith central observation that in this paradigm, force alone rarely resolves the underlying contest; it merely sustains the conditions under which the contest continues indefinitely.

The Middle East, Energy Corridors and the Reordering of Borders

The application of war amongst the people to the Middle East follows a related but distinct logic, one centred less upon extractive minerals than upon control of energy infrastructure, transit corridors and the political architecture through which oil and gas move to global markets. The region has been convulsed since early 2026 by a direct confrontation between the United States, Israel and Iran, following coordinated strikes in February against Iranian nuclear and military infrastructure. Yet even this conflict, more closely resembling conventional interstate war than most contemporary con-



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flict, has been fought substantially through the proxy and population-centred methods Smith describes. Iranian-aligned militias in Iraq have struck at oil and energy infrastructure, including refineries and oilfields in the north of the country, together with bases hosting American and allied forces, without Tehran ever formally declaring war upon Washington or Baghdad. The Popular Mobilisation Forces, nominally integrated into the Iraqi state military yet retaining substantial operational autonomy from factions such as Kataib Hezbollah, illustrate precisely the blurred distinction between state and non-state belligerent that defines the paradigm. American retaliatory strikes have targeted these factions directly, even though they claim formal status within the Iraqi armed forces, exposing the incapacity of the Iraqi government to exercise a genuine monopoly on the use of force within its own territory, a condition Smith identifies as characteristic of war amongst the people. Beyond the current Iran-focused confrontation, the broader reordering of the Middle East since the collapse of the Assad government in Syria has proceeded through precisely the same logic. Analysts tracking the region describe the current period as a transition from conventional interstate warfare toward sustained proxy competition and resource-driven unrest, in which control over the movement of gas, weapons, money and political influence, rather than territory in the traditional sense, has become the central object of contest. A weakened and fragmented Syria complicates Iranian efforts to sustain a land corridor toward the Mediterranean, while simultaneously offering external powers, Turkey prominent among them, additional points of leverage along that same corridor. Turkish forces have established what amounts to a permanent administrative presence in northern Syria and Iraq under the framing of a buffer zone, a formulation that avoids the language of annexation while achieving comparable strategic effect. Meanwhile, the resurgence of Islamic State remnants, exploiting the security vacuum left by the collapse of the Syrian state and the fracturing of Iraqi border control, has itself become entangled with the wider contest for the substantial weapons caches and territory left behind by the former regime.

Gulf states, which for years pursued a careful posture of strategic neutrality between Washington and Tehran following the 2019 attacks on Saudi oil facilities and the 2022 Houthi drone strikes on the United Arab Emirates, found that posture

effectively dismantled by the events of 2026. The structural interconnection of proxy networks spanning Iran, Lebanon, Syria, Iraq, Yemen and the Gulf states meant that no state in the region could remain fully insulated from a confrontation nominally confined to Tehran and Washington. This is the essential character of war amongst the people at regional scale, a condition in which no formal front line exists, in which the population of an entire region becomes implicated in a contest waged through drone strikes, militia attacks, sanctions and energy infrastructure sabotage, and in which external powers pursue durable strategic position over oil, gas and transit corridors without ever fighting a conventional war against one another directly.

Sudan, the Gold War Bridging Two Regions

Sudan occupies a unique position in this analysis, since it sits geographically and politically at the hinge between the African and Middle Eastern theatres, and its ongoing civil war illustrates the gold-financed variant of war amongst the people with unusual clarity. Since fighting erupted in April 2023 between the Sudanese Armed Forces and the paramilitary Rapid Support Forces, the conflict has displaced millions of people and, following the fall of El Fasher in Darfur to the Rapid Support Forces in late October 2025, has entrenched a de facto partition of the country, with the army controlling the east and north around the interim capital of Port Sudan, and the paramilitaries dominant across much of the west.

Gold sits at the centre of the war economy sustaining both sides. Sudan ranks among the largest gold producers on the African continent, and the metal now accounts for more than seventy per cent of national revenue, functioning less as a national development asset than as a currency for the purchase of weapons and drones. The Rapid Support Forces control major mining operations across Darfur and Kordofan, extracting gold through industrial and artisanal sites and moving it along smuggling corridors through Chad, Libya and South Sudan, corridors that investigators note were established with early assistance from Russian mercenaries when the group known today as Africa Corps first entered Sudan around 2015. The United Arab Emirates has emerged, according to multiple independent investigations and United Nations panel reporting, as the principal destination for this smuggled gold, importing roughly ninety per cent of it either directly or through intermediary companies based in Dubai, even as Abu Dhabi maintains formal diplomatic and economic relations with the army-aligned government in Port Sudan and denies the accu-



sations of backing the paramilitary faction levelled against it by Sudanese officials, accusations serious enough that Port Sudan has filed proceedings against the Emirates at the International Court of Justice.

The strategic logic here mirrors the Sahel and the Congo with striking precision. No outside power has declared war upon Sudan, or upon either faction within it. Instead, gold smuggled through porous desert corridors converts into the weapons, salaries and political alliances that allow both the army and the paramilitaries to sustain a war with no clear military resolution in sight, while external actors positioned along the supply chain, trading companies, refineries and gold markets in the Gulf, extract enormous value from a conflict they did not initiate and for which they claim no formal responsibility. Analysts increasingly describe the confrontation less as a purely domestic civil war than as a regional proxy contest, with the

rivalry between the United Arab Emirates, Saudi Arabia and Egypt over influence in Port Sudan and Darfur reproducing, in miniature, the same pattern of externally sponsored, resource-financed, formally undeclared conflict visible from Bamako to Baghdad. It is, in the most literal sense available, a war fought amongst the Sudanese people for the value beneath Sudanese soil.

The Instruments of a Bloodless Conquest

Across both regions, a recognisable toolkit has emerged through which powerful states apply the logic Smith identified. Private military companies, whether the Russian Wagner Group and its Africa Corps successor or the constellation of Western security contractors operating across the Sahel and Middle East, provide the deniable military instrument. Security-for-resources agreements, whether formal, as

with proposed American minerals-for-security arrangements in the Congo, or informal, as with Russian gold mining access in Mali, provide the economic mechanism. Information operations and strategic communication shape the perception of these interventions among domestic and international audiences, framing extraction as counter-terrorism, stabilisation or development. Arms sales and military training programmes bind local security forces to external patrons without requiring the deployment of the patron own conscript army. Sanctions, export restrictions and control of certification schemes, such as the contest between Washington and Beijing over cobalt export limits, function as an economic complement to the physical contest over mining sites. And multinational

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Contd Page 17

WORLD

THE UTILITY OF FORCE IN THE AGE OF PLUNDER: How Rupert Smith's Theory of War amongst the People Explains the New Scramble for Africa and the Middle East

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its own commercial terms, generat- function of external plunder can than opaque security-for-minerals resource-rich but militarily weak-

coalitions, whether formal alliances such as the counter-Islamic State coalition or looser, competing constellations of external patrons as seen in the Sahel, allow several powers to pursue distinct interests within a single theatre of conflict without direct confrontation between them. It is worth noting that this toolkit is not the exclusive property of any single power or ideological bloc. Russia has pursued mineral and political access through the Africa Corps model in Mali, the Central African Republic and beyond. China has pursued comparable access through infrastructure financing, long-term mineral concessions and, increasingly, security cooperation with African militaries protecting Chinese-owned assets. The United States, whatever its stated commitment to democratic governance and the rules-based international order, has pursued a security-for-minerals arrangement in the Congo strikingly similar in structure to the arrangements Russia has pursued elsewhere, even as Washington frames its involvement in the language of counter-terrorism and strategic competition with Beijing. Gulf states, Turkey and other regional powers have pursued their own variants of the same approach across Libya, Sudan and the wider Sahel. War amongst the people, in this sense, has become less a description of how any single power behaves than a shared operating grammar available to any actor willing to accept a condition of sustained, low-intensity engagement in exchange for durable access to wealth.

Necessary Caution, Counter-Arguments and Local Agency

A rigorous analysis of this kind must resist the temptation to reduce every conflict in Africa and the Middle East to a simple morality tale of external powers manufacturing violence for the sake of plunder. Serious scholars of the Congo conflict caution against what they term economic determinism, the assumption that mineral wealth alone explains a war rooted equally, and arguably more fundamentally, in ethnic grievance, contested citizenship and the unresolved legacy of the 1994 Rwandan genocide. The M23 offensive of 2025 cannot be explained solely as a contest for coltan and cobalt, since the movement long predates its capture of major mining sites and draws much of its support from genuine communal grievance among Congolese Tutsi populations. Independent investigators examining Wagner operations in Mali have likewise documented a strategy that frequently failed on

ing limited resource revenue relative to its cost, while inflicting severe harm upon Malian civilians and the broader counter-terrorism effort the junta initially sought. Local African and Middle Eastern actors, moreover, are not merely passive victims within this framework. Congolese and Rwandan authorities pursue their own strategic and economic interests, Malian and Sahelian juntas invited Russian involvement deliberately as an alternative to Western partnership they regarded as insufficiently supportive of their sovereignty, and Gulf states have proven adept at extracting concessions from all the great powers competing for their favour rather than functioning as passive terrain upon which outside contests unfold. Any honest application of Smith theory to these regions must therefore hold two propositions together without contradiction: that external powers structure their engagement in ways which systematically favour resource access over durable peace, and that local elites, militaries and populations retain genuine agency, pursuing their own interests within and sometimes against the frameworks that outside powers construct. Critics of the resource-war framing argue, with some justification, that treating African and Middle Eastern conflicts primarily as a

itself repeat a colonial-era habit of denying meaningful political agency to the societies in question. The most defensible position recognises resource competition and local agency as operating simultaneously, each shaping and reinforcing the other, rather than treating either as the sole explanation.

Sovereignty, Resistance and the Path Beyond Perpetual Conflict

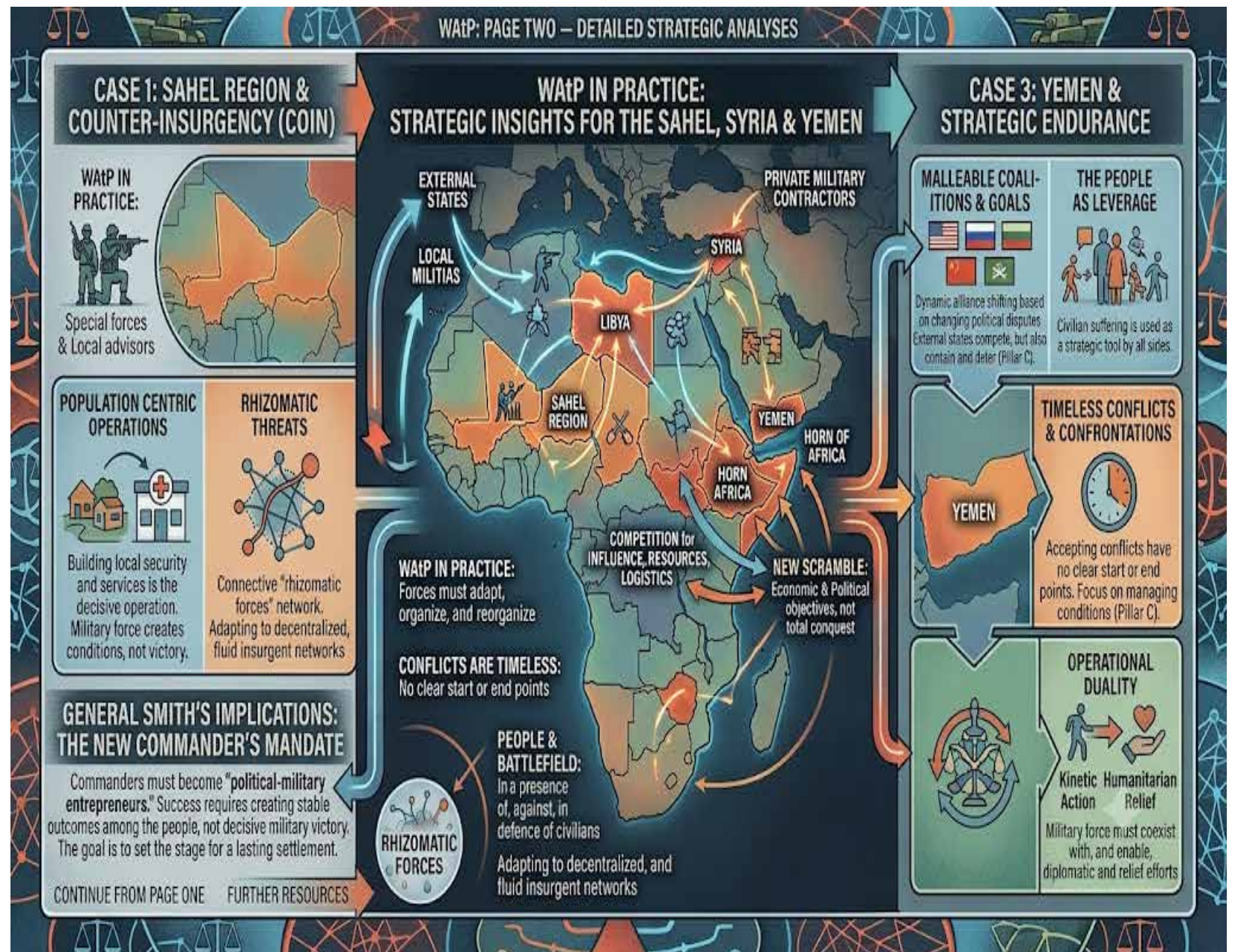
If war amongst the people has become the preferred method by which external powers secure African and Middle Eastern wealth beneath the threshold of formal conquest, then resistance to this pattern must operate at a comparable level of sophistication. Purely military responses, strengthening national armies alone, have repeatedly proven insufficient, since the paradigm Smith describes is designed precisely to exploit the limits of conventional military power. More promising avenues include regional institutions, such as the African Union and the Southern African Development Community, asserting genuine authority over mineral certification and cross-border trade in order to close the smuggling routes through which conflict minerals reach global markets. Transparent, competitively negotiated resource agreements, rather

arrangements struck under conditions of military duress, would allow African and Middle Eastern states to capture a greater share of the value extracted from their own territory. Diversified partnerships, in which states retain the ability to negotiate simultaneously with Washington, Beijing, Moscow, Ankara and Gulf capitals, offer a measure of leverage unavailable to any single client relationship, though this strategy carries its own risk of intensifying the very multinational, proxy-driven contest the theory describes. Ultimately, the resolution of war amongst the people, as Smith himself argued, depends less upon the destruction of an adversary force than upon establishing political and economic conditions that render continued conflict unattractive to all parties, a threshold that remains distant across much of the Sahel, the eastern Congo and the wider Middle East as this analysis is written.

Conclusion

Twenty years after its publication, Rupert Smith theory of war amongst the people offers something considerably more durable than a historical account of how conflict evolved during his own career as a soldier. It offers a precise and, in retrospect, prophetic account of how power would be exercised over

er states in an age when outright conquest had become politically and legally untenable. The mineral wealth of the eastern Congo, the gold of Mali, and the oil and gas corridors of the Middle East are being contested today not through the industrial-era clash of armies that Smith consigned to history, but through precisely the diffuse, population-centred, proxy-driven and formally undeclared confrontations his theory anticipated. Understanding this pattern does not, by itself, resolve the underlying conflicts or restore full sovereignty to the states affected by it. It does, however, equip African and Middle Eastern policymakers, and the international public that observes these conflicts largely through the distorting lens of counter-terrorism and humanitarian framing, with a clearer vocabulary for identifying what is actually taking place beneath the surface of the wars they read about. In an age in which war, in Smith own formulation, no longer exists in its old industrial form, the struggle for the wealth of Africa and the Middle East continues nonetheless, waged amongst the people, and largely at their expense.



Diaspora

Social Control in Society and Its Types

The stable functioning and continuous development of society are closely linked to the maintenance of social order and discipline.



By: Abduvaliyeva Jasmina Jahongir
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Worth Noting:

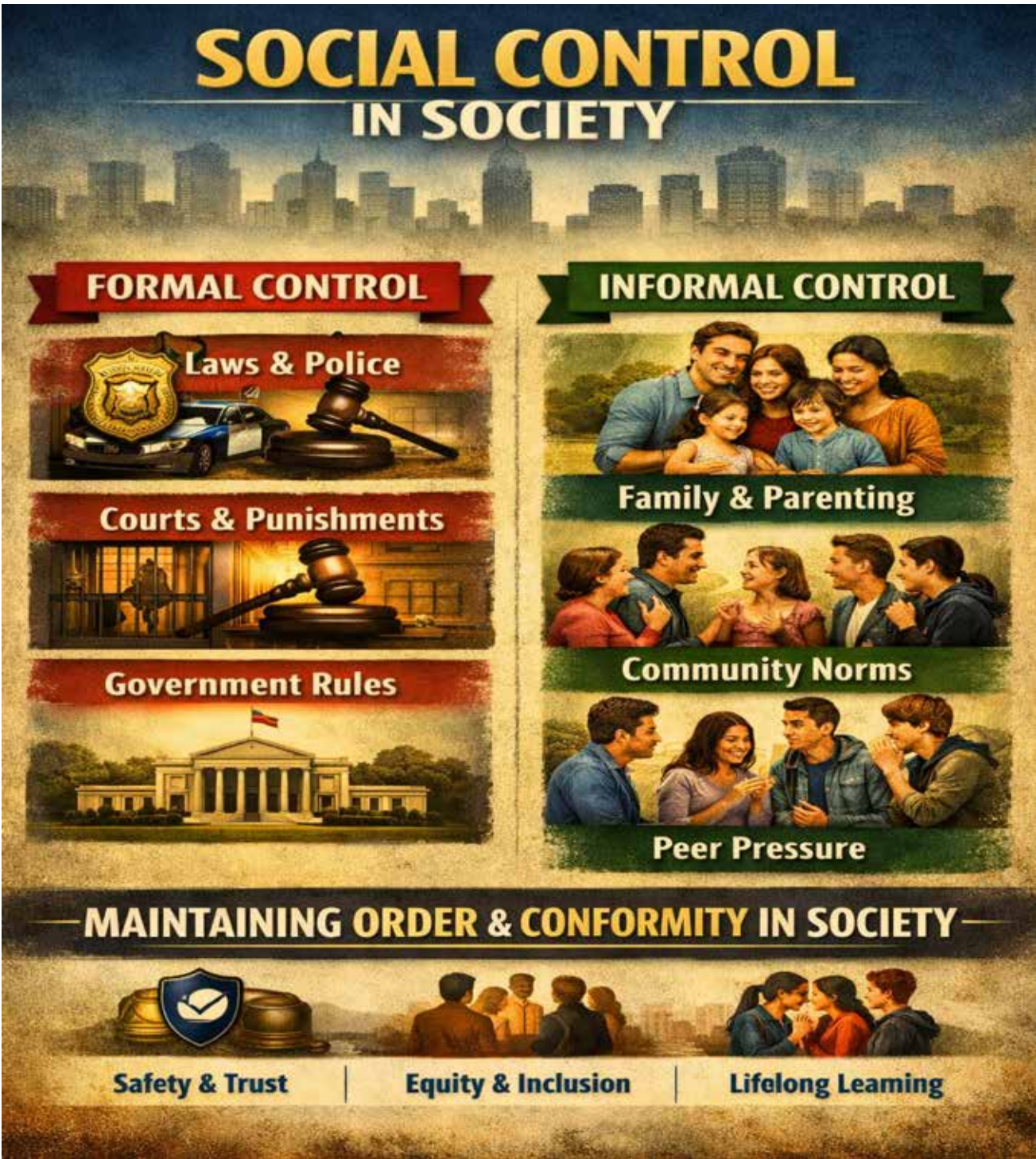
- Social control strengthens social order by ensuring compliance with accepted moral, legal, and cultural norms. It coordinates the relationship between individuals and society and plays a significant role in preventing deviant behavior. Various social problems, including crime, deviant behavior, and social instability, require effective social control mechanisms for their prevention and resolution.
- In the context of globalization, digitalization, and the rapid development of information technologies, social relations are becoming increasingly complex. This situation requires the study of new forms and methods of social control. In particular, family, educational institutions, the state, and public organizations play a crucial role in regulating youth behavior and ensuring adherence to social norms. Formal and informal social control exercised through these institutions serves as an important guarantee of social stability.

Abstract
This article examines the concept of social control, its essence, and its role in social life. The main functions of social control, as well as its formal and informal, positive and negative types, are analyzed. The article also highlights the importance of the family, educational institutions, the state, and public organizations in ensuring compliance with social norms.

Keywords: Social control, Social norms, Formal control, Informal control, Positive control, Negative control, Social order.

Introduction
The stable functioning and continuous development of society are closely linked to the maintenance of social order and discipline. Every society regulates human behavior through specific social norms, values, and rules. In this process, social control serves as an important mechanism that helps preserve social balance and ensures that individuals act in accordance with societal expectations. Social control strengthens social order by ensuring compliance with accepted moral, legal, and cultural norms. It coordinates the relationship between individuals and society and plays a significant role in preventing deviant behavior. Various social problems, including crime, deviant behavior, and social instability, require effective social control mechanisms for their prevention and resolution. In the context of globalization, digitalization, and the rapid development of information technologies, social relations are becoming increasingly complex. This situation requires the study of new forms and methods of social control. In particular, family, educational institutions, the state, and public organizations play a crucial role in regulating youth behavior and ensuring adherence to social norms. Formal and informal social control exercised through these institutions serves as an important guarantee of social stability.

Main Part



The Concept and Essence of Social Control			
Social control is the process by which society regulates the behavior of individuals and social groups according to established social norms, values, and rules. This process contributes to maintaining social stability, balancing social relations, and strengthening social order. The essence of social control lies in ensuring the practical implementation of moral, legal, and cultural norms accepted by society. Deviations from these norms are regulated through various sanctions. Therefore, social control is considered an essential component of social order.			
Main Functions of Social Control			
Social control performs several important functions			
Types of Social Control			
• Formal Control	Social Control		
• Informal Control	Social Control		
• Positive Control	Social Control		
• Negative Control	Social Control		
The Role of Social Institutions in Social Control			
Social institutions play a vital role in implementing social control. The family provides the primary environment for socialization and serves as the foundation for the formation of moral values. Educational institutions help educate young people in accordance with social values and norms. The state and public institutions ensure that social control is carried out systematically and continuously.			
Conclusion			
Social control is an important mechanism for maintaining social stability and social order. By regulating individual behavior accord-			
ing to social norms, values, and rules, it contributes to the development of balanced social relationships. The formal and informal, positive and negative forms of social control collectively strengthen social order. Furthermore, the role of family, educational institutions, the state, and public organizations is invaluable in ensuring compliance with social norms and preventing deviant behavior. Therefore, improving social control mechanisms remains an important factor in promoting the sustainable development and progress of society.			
Abduvaliyeva Jasmina Jahongir qizi 3rd-Year Student, Sociology Department, Faculty of Social Sciences, Namanagan State University, Group SOG-AU			

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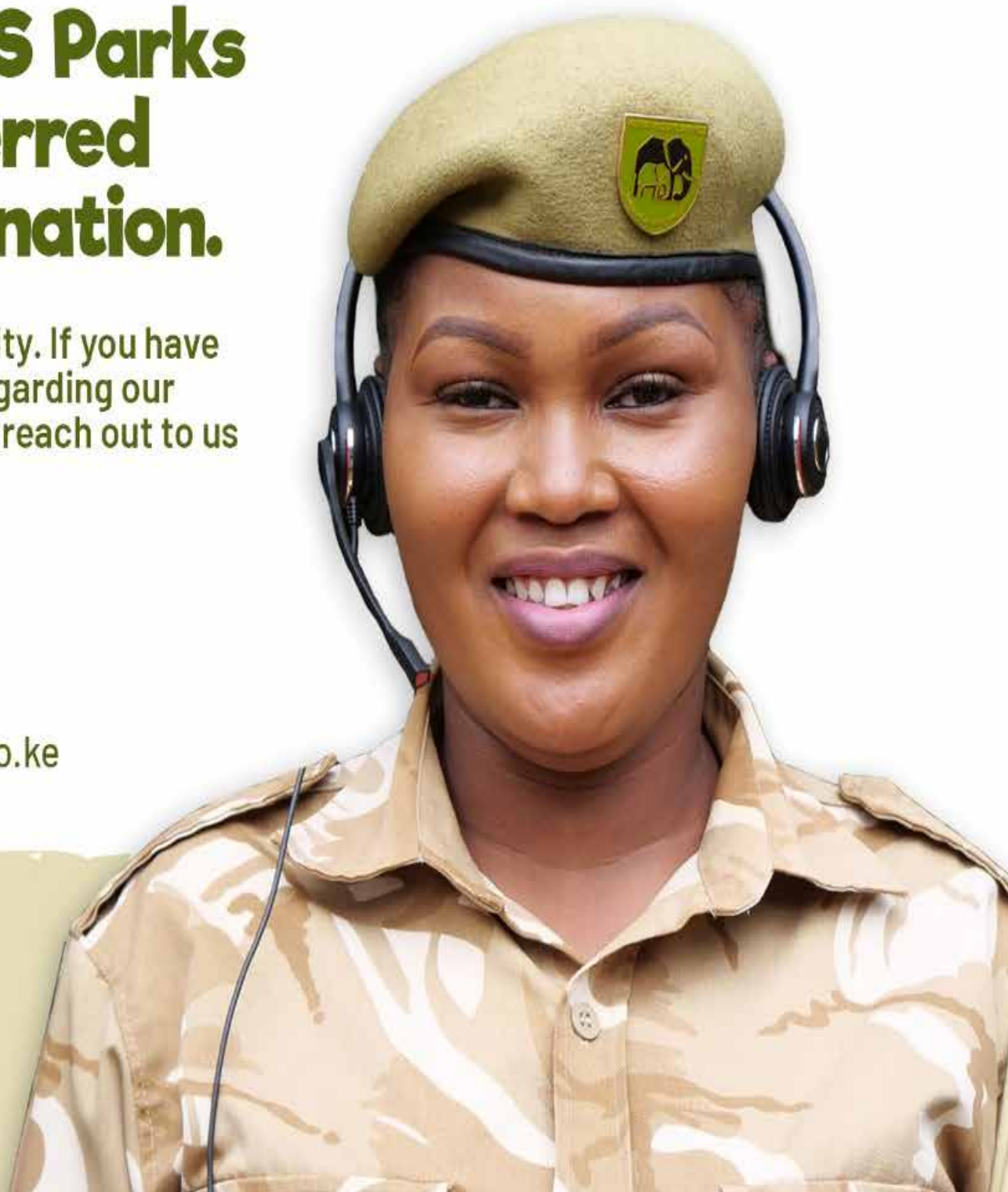
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Diaspora

RESPONSIBLE USE OF AI: Shaping Modern Teaching for the Future

Education has always evolved alongside the tools and technologies available to society. From the introduction of printed textbooks to the rise of digital classrooms, each shift has required educators to rethink how they deliver knowledge, engage students and assess progress

By: Diaspora Times Team
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Worth Noting:

- To understand why responsible AI use matters, it is important to recognize the pressures and opportunities shaping modern education. Classrooms today serve a diverse range of learners, with varying abilities, backgrounds and needs. Teachers are often tasked with managing large groups, covering extensive curricula, providing personalised feedback, and keeping pace with rapidly expanding fields of knowledge, all within limited time and resources. For decades, this has led to a model that often favors standardized instruction over individual growth, leaving many students either unchallenged or unsupported.
- Artificial intelligence offers a way to bridge these gaps. Modern AI systems can process vast amounts of information, generate content, analyze student work, and adapt learning materials to different paces and styles. What was once considered science fiction is now accessible: tools that create lesson plans, mark assignments, identify areas where students struggle, and even simulate conversations to reinforce concepts.

Education has always evolved alongside the tools and technologies available to society. From the introduction of printed textbooks to the rise of digital classrooms, each shift has required educators to rethink how they deliver knowledge, engage students and assess progress. Today, artificial intelligence stands as the most transformative development yet, one that promises to redefine nearly every aspect of teaching and learning. Yet with this potential comes significant responsibility. The question facing educators today is no longer whether to adopt AI, but how to use it ethically, critically and effectively. This article argues that teachers must take ownership of this technology, integrating it responsibly into their practice to enhance learning outcomes, while also addressing its limitations, risks and broader implications for education.

The Changing Landscape of Education

To understand why responsible AI use matters, it is important to recognize the pressures and opportunities shaping modern education. Classrooms today serve a diverse range of learners, with varying abilities, backgrounds and needs. Teachers are often tasked with managing large groups, covering extensive curricula, providing personalised feedback, and keeping pace with rapidly expanding fields of knowledge, all within limited time and resources. For decades, this has led to a model that often favors standardized instruction over individual growth, leaving many students either unchallenged or unsupported. Artificial intelligence offers a way to bridge these gaps. Modern AI systems can process vast amounts of information, generate content, analyze student work, and adapt learning materials to different paces and styles. What was once considered science fiction is now accessible: tools that create lesson plans, mark assignments, identify areas where students struggle, and even simulate conversations to reinforce concepts. However,

technology itself is neutral. Its impact depends entirely on how it is applied. Without thoughtful guidance, AI risks reducing education to a transactional exchange of information, replacing human insight with automated outputs, and creating new divides between those who use it well and those who do not.

The Benefits: Why Teachers Should Embrace AI

When used responsibly, AI serves as a powerful assistant rather than a replacement for the teacher. It frees educators from routine and time-consuming tasks, allowing them to focus on the core elements of teaching that machines cannot replicate. Administrative work such as grading multiple-choice assessments, organizing student records, or generating initial drafts of lesson materials can be automated, giving teachers more time to interact directly with students, listen to their concerns, and guide their intellectual development. Personalized learning is perhaps the greatest advantage. Traditional teaching often follows a “one size fits all” approach, but AI can help tailor content to individual needs. For a student who finds mathematics difficult, the technology can provide additional examples, simpler explanations, and targeted exercises. For advanced learners, it can suggest more complex problems or supplementary reading. In this way, AI supports the principle that every student deserves an education suited to their potential. Furthermore, AI expands access to knowledge and resources. It can translate materials into multiple languages, explain complex theories in simpler terms, and provide instant references across subjects. For teachers working in under-resourced schools or remote areas, these tools can level the playing field, bringing high-quality educational content within reach regardless of location or budget. Used well, AI becomes a multiplier of effort, allowing skilled teachers to extend their influence and improve outcomes across their entire classroom.



The Risks: Understanding the Limits and Dangers

However, the promise of AI comes with significant caveats, and this is where responsibility becomes essential. One of the most immediate concerns is accuracy and reliability. AI systems work by identifying patterns in large datasets, but they do not understand the content they produce. They can generate plausible-sounding but incorrect information, distort historical facts, or present biased interpretations drawn from the data they were trained on. If teachers rely blindly on AI-generated materials without reviewing and verifying them, they

risk passing misinformation to students, undermining the very purpose of education. Equally important is the risk to critical thinking and creativity. Education is not just about acquiring facts; it is about learning how to analyze, question, reason, and create original ideas. If students are encouraged to use AI to complete assignments without proper guidance, they may develop a habit of accepting ready-made answers instead of working through problems themselves. Over time, this can weaken their ability to think independently, a skill that remains essential in every field of work and life. There are also ethical and

privacy considerations. Many AI tools require input of personal data, including student performance, learning habits, and even demographic details. If not used in compliance with regulations and ethical standards, this data can be misused, shared without consent, or analyzed in ways that reinforce stereotypes or discriminate against certain groups. Additionally, there is the risk of widening the digital divide: schools and teachers with the resources and training to use AI effectively will likely produce better outcomes, while those without access may fall further behind.

The Teacher's Role: Guidance, Not Substitution

Diaspora

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This brings us to the central argument: the responsible use of AI depends entirely on the judgment and professionalism of teachers. Technology cannot decide what values to teach, what moral frameworks to apply, or how to balance efficiency with depth. That remains the responsibility of the educator. A responsible approach begins with clear purpose. Teachers must first define what they want their students to learn and achieve, and then decide how AI can support those goals, not the other way around. Instead of asking what AI can do, they should ask what it can help them do better. For example, AI can help draft questions for an essay assignment, but the teacher must decide the theme, assess the quality of the response, and guide the student in refining their argument. AI can provide feedback on grammar or structure, but only the teacher can evaluate the originality of thought, the depth of analysis, and the student’s personal growth. Next comes verification and adaptation. No AI output should be used directly without review. Teachers must act as gatekeepers, checking facts, correcting errors, adjusting language to suit the age and level of their students, and ensuring that materials align with educational standards and ethical principles. This process also provides a valuable learning opportunity: by showing students how to evaluate and edit AI-generated work, teachers help them develop the critical thinking skills needed to use technology responsibly themselves. Transparency is another key principle. Students should know when AI is being used, how it works, and what its limitations are. This helps demystify the technology and prevents it from becoming a crutch. Teachers can turn AI use into a lesson in itself, discussing how algorithms function, what biases might exist, and how to use the tool as a support rather than a substitute for one’s own abilities. Finally, responsible use requires continuous learning. The field of artificial intelligence evolves rapidly, and teachers must keep their own knowledge up to date. Schools and education authorities have a role to play here by providing training, setting clear guidelines, and ensuring that all educators have access to safe, reliable, and appropriate tools. When teachers feel confident and informed, they can use AI to its full potential while minimizing its risks.

Interrogating the Debate: Between Fear and Blind Acceptance

Critics often argue that AI will erode the role of the teacher, reduce human interaction, and lead to a generation overly dependent on machines. These concerns are valid, but they are not inevitable outcomes. They are risks that arise from poor use, not from the technology itself. Throughout history, new tools have always raised similar worries. When calculators entered classrooms, many feared students would no longer learn mathematics; when the internet became widely available, concerns grew that research skills would decline. In each case, the result was not replacement but adaptation: the tools were integrated in ways that enhanced learning while preserving the core purpose of education. On the other hand, those who view AI as a universal solution also risk missing its true value. To treat it as a shortcut or a replacement for planning, explanation, and interaction is to misunderstand what teaching is. The relationship between teacher and student remains central; it is through this relationship that trust, motivation, and character development are fostered. AI can support that relationship, but it cannot create it. Thus, the path forward lies in balance. Teachers must neither reject AI out of fear nor embrace it without caution. Instead, they must engage with it critically, applying their professional judgment to determine where it adds value and where it falls short. This approach ensures that education remains human-centered, even as it becomes more technologically supported.

using AI responsibly, to save time, personalise learning, and expand access, they can create richer, more inclusive, and more effective educational experiences. At the same time, by understanding its limitations, verifying its outputs, and emphasizing critical thinking and human values, they ensure that technology serves education rather than defining it. Ultimately, the goal of teaching remains unchanged: to help students become knowledgeable, thoughtful, ethical, and capable individuals. AI is simply a new instrument in service of that goal. When teachers take ownership of its use, they shape not only how technology is applied in classrooms today, but also the quality of learning and the future readiness of the next generation.

Conclusion

The arrival of artificial intelligence marks a turning point in education, presenting both unprecedented opportunities and complex challenges. The responsibility to guide this change rests primarily with teachers. By

Application Of Extrusion And Micronization Technologies For The Production Of Functional Grain Flours Enriched With Bioactive Compounds

The concept of nutrition has evolved considerably over the last two decades as consumers increasingly seek foods that provide health benefits beyond basic nourishment.



By: Shomirzayeva Madinabonu
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Worth Noting:

- The concept of nutrition has evolved considerably over the last two decades as consumers increasingly seek foods that provide health benefits beyond basic nourishment. Functional foods, which contain physiologically active compounds capable of supporting health and reducing the risk of chronic diseases, have become one of the fastest-growing sectors of the global food industry. Grain-based products occupy a central position in the human diet, making cereal flours an ideal raw material for developing functional foods with enhanced nutritional properties.
- Cereal grains naturally contain numerous bioactive compounds, including dietary fiber, phenolic acids, flavonoids, carotenoids, tocopherols, resistant starch, β -glucans, vitamins, and essential minerals. These components contribute to antioxidant protection, regulation of blood glucose, improvement of intestinal microbiota, reduction of cholesterol levels, and prevention of cardiovascular and metabolic disorders. Nevertheless, a substantial proportion of these compounds remains embedded within the complex cellular structure of grain tissues or is associated with antinutritional substances that limit their bioavailability.

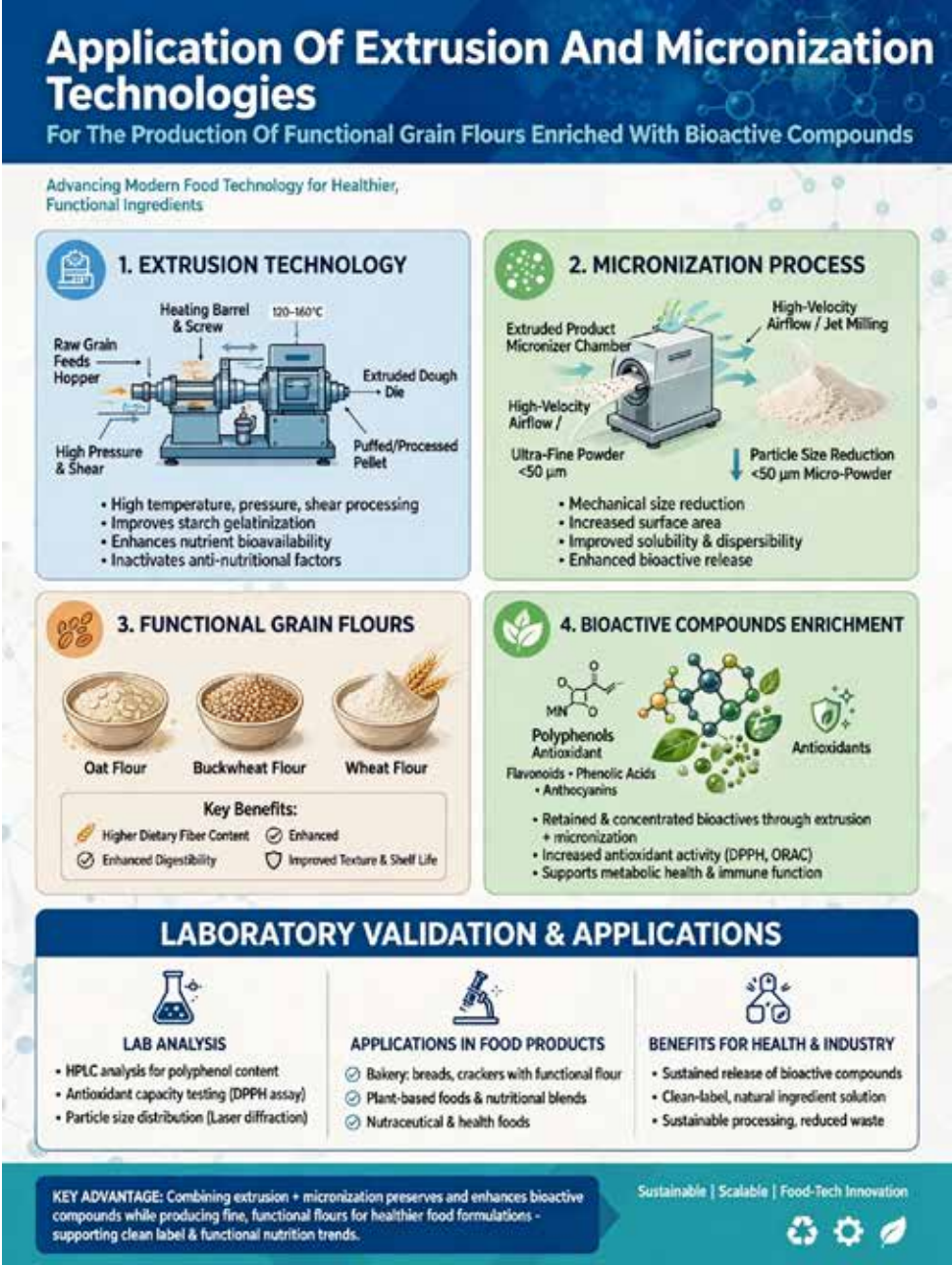
Abstract:

The increasing demand for healthy and functional foods has encouraged the development of innovative grain-processing technologies capable of improving the nutritional value of cereal products. Grain flours are among the most widely consumed food ingredients worldwide and represent an effective carrier of biologically active compounds, including dietary fiber, phenolic compounds, vitamins, minerals, and natural antioxidants. However, conventional milling technologies do not always ensure the preservation or bioavailability of these valuable components. Modern physical processing methods, particularly extrusion and micronization, have demonstrated significant potential for enhancing both the technological and nutritional characteristics of grain flours. Extrusion modifies starch and protein structures, improves digestibility, reduces antinutritional factors, and enhances product safety, whereas micronization decreases particle size, facilitates the release of bioactive compounds, and improves hydration and functional properties. The combined application of these technologies creates favorable conditions for producing functional dietary flours with improved nutritional quality, higher antioxidant activity, and better processing performance. This article reviews the scientific basis of extrusion and micronization technologies and discusses their role in the production of functional grain flours enriched with bioactive compounds. The integration of these technologies offers promising opportunities for developing innovative cereal products that meet current consumer expectations for healthy and sustainable nutrition.

Keywords: functional grain flour, extrusion, micronization, bioactive compounds, cereals, dietary nutrition.

The concept of nutrition has evolved considerably over the last two decades as consumers increasingly seek foods that provide health benefits beyond basic nourishment. Functional foods, which contain

physiologically active compounds capable of supporting health and reducing the risk of chronic diseases, have become one of the fastest-growing sectors of the global food industry. Grain-based products occupy a central position in the human diet, making cereal flours an ideal raw material for developing functional foods with enhanced nutritional properties. Cereal grains naturally contain numerous bioactive compounds, including dietary fiber, phenolic acids, flavonoids, carotenoids, tocopherols, resistant starch, β -glucans, vitamins, and essential minerals. These components contribute to antioxidant protection, regulation of blood glucose, improvement of intestinal microbiota, reduction of cholesterol levels, and prevention of cardiovascular and metabolic disorders. Nevertheless, a substantial proportion of these compounds remains embedded within the complex cellular structure of grain tissues or is associated with antinutritional substances that limit their bioavailability. Consequently, improving the accessibility of naturally occurring bioactive compounds has become an important objective in modern cereal-processing research. Traditional flour production primarily focuses on obtaining desirable baking characteristics through mechanical milling. Although this process efficiently produces flour suitable for bread and other cereal products, it often removes nutrient-rich bran and germ fractions or fails to maximize the functional value of whole grains. As a result, researchers have increasingly focused on innovative processing technologies capable of preserving valuable nutrients while simultaneously improving technological properties. Among these technologies, extrusion and micronization have attracted particular attention because they combine high processing efficiency with relatively low environmental impact and broad industrial applicability. Extrusion technology utilizes controlled temperature, pressure, moisture, and mechanical shear to modify the physical and chemical characteristics of cereal materi-



als within a short processing time. This process promotes starch gelatinization, partial protein denaturation, and structural modification of dietary fiber while reducing microbial contamination and several antinutritional compounds. At the same time, properly optimized extrusion conditions can increase the release of bound phenolic compounds and improve antioxidant availability, thereby enhancing the biological value of grain flour. Micronization complements these effects by reducing particle size and disrupting grain cellular structures through infrared or other advanced thermal treatments. Finer particles exhibit larger surface areas, improved hydration capacity, and greater accessibility of nutrients during digestion. Consequently, micronized grain flour demonstrates superior technological behavior and enhanced functional properties compared with conventionally milled flour. Recent scientific evidence

indicates that integrating micronization with extrusion may produce synergistic effects, allowing greater preservation and utilization of biologically active compounds than either technology alone. For these reasons, the application of extrusion and micronization technologies has become a promising direction in the development of innovative functional grain flours intended for health-oriented food products. The nutritional quality of grain flour depends not only on the botanical origin of cereals but also on the technological processes applied during production. Modern food engineering increasingly emphasizes physical processing methods capable of improving nutritional functionality without relying on synthetic additives. Extrusion represents one of the most effective high-temperature, short-time technologies currently employed in cereal processing. During extrusion, starch granules

undergo gelatinization, proteins experience controlled denaturation, and dietary fibers are partially modified, resulting in improved digestibility and enhanced technological functionality. The process also reduces microbial contamination and inactivates naturally occurring enzyme inhibitors and phytates that negatively influence mineral absorption. These structural changes increase the accessibility of nutrients and create favorable conditions for producing functional flour suitable for bakery products, breakfast cereals, instant foods, and specialized dietary formulations. Besides improving digestibility, extrusion significantly influences the antioxidant profile of cereal products. Mechanical shear and thermal treatment disrupt the cell wall matrix, releasing phenolic compounds that

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were previously bound to insoluble polysaccharides. Consequently, moderate extrusion conditions frequently increase the measurable antioxidant activity of grain flour. However, excessive processing temperatures may degrade heat-sensitive vitamins and certain phenolic compounds, highlighting the importance of carefully optimizing extrusion parameters to achieve an appropriate balance between technological performance and nutritional preservation.

Micronization further strengthens these improvements by producing finely dispersed flour particles with increased specific surface area. Infrared micronization rapidly heats grain kernels, reducing moisture while minimizing prolonged thermal exposure. This technology facilitates milling, improves flour uniformity, enhances water absorption, and contributes to better dough formation. From a nutritional perspective, smaller particle size increases the exposure of intracellular bioactive compounds during digestion, thereby improving their bioavailability. The combination of enhanced hydration and greater nutrient accessibility makes micronized flour particularly attractive for developing functional cereal products intended for consumers requiring high nutritional quality.

The combined application of extrusion and micronization has recently emerged as an effective strategy for producing grain flours with improved nutritional and technological characteristics. Micronization applied before extrusion disrupts the grain structure and produces a more homogeneous particle-size distribution, allowing heat and moisture to penetrate more uniformly during extrusion. As a result, starch gelatinization and protein modification occur more efficiently, while valuable bioactive compounds become more accessible. Compared with the individual application of each technology, the integrated approach has been reported to improve antioxidant activity, increase the availability of phenolic compounds, enhance protein digestibility, and provide better functional properties such as water absorption, swelling

capacity, and dough stability.

These improvements create opportunities for manufacturing a wide range of functional foods. Grain flours processed through extrusion and micronization can be incorporated into bread, biscuits, breakfast cereals, snack products, pasta, instant porridges, and gluten-reduced formulations. Such products are particularly suitable for consumers seeking healthier diets because they contain higher levels of dietary fiber and naturally occurring antioxidants while maintaining desirable sensory characteristics. Furthermore, these technologies support clean-label production by improving product quality through physical processing rather than chemical modification.

From an industrial perspective, extrusion and microni-

zation are attractive because they are continuous, energy-efficient, and relatively environmentally friendly processes. They require shorter processing times than many conventional thermal treatments and contribute to improved microbiological safety and longer shelf life. These advantages reduce production costs and increase the competitiveness of functional cereal products in rapidly growing health-food markets. Countries with substantial grain resources can therefore utilize these technologies to develop value-added products with greater nutritional quality and export potential. Future research should focus on optimizing processing parameters for different cereal species, including wheat, barley, oats, maize, millet, and locally cultivated grains. Additional investigations into the stabil-

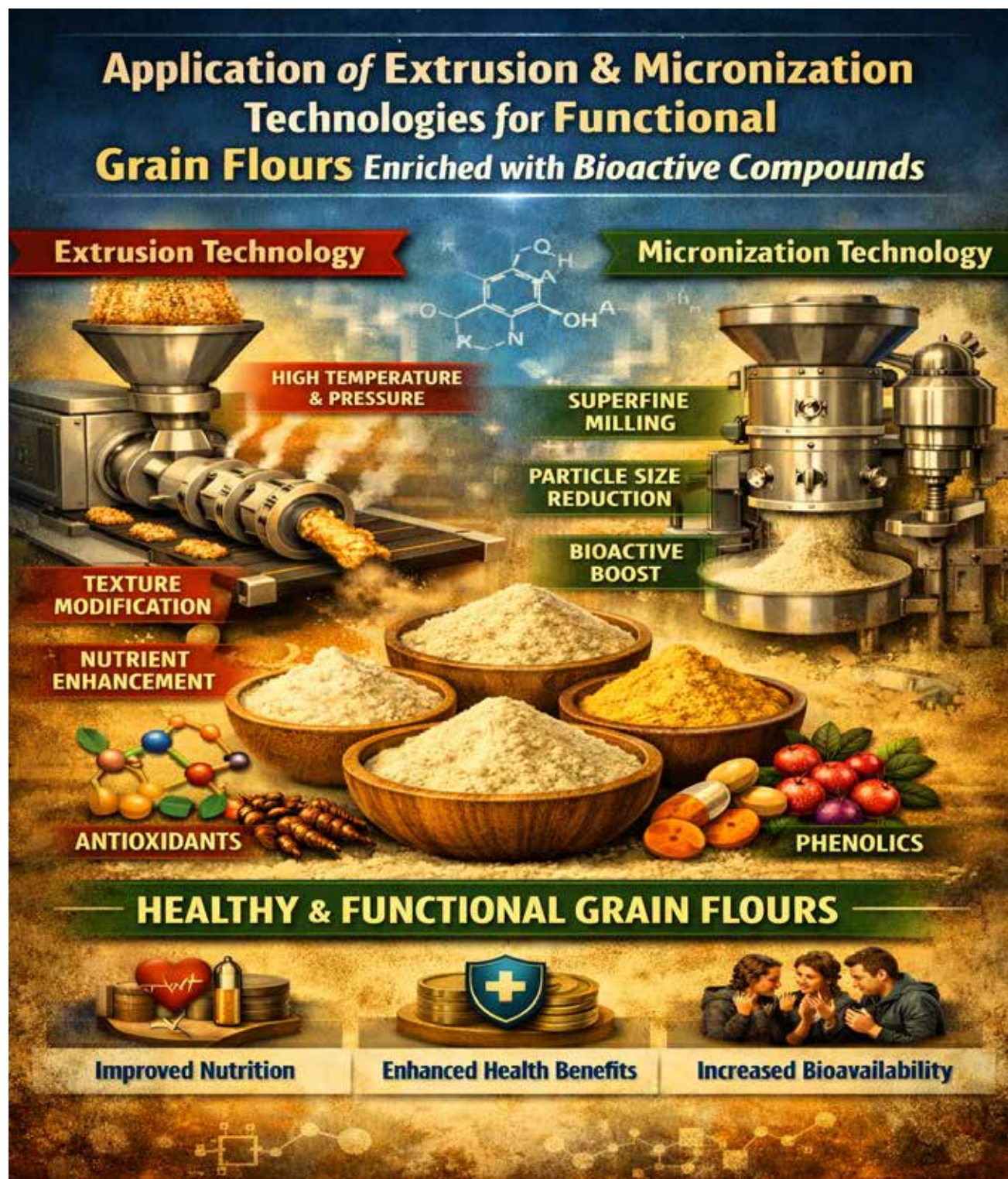
ity of bioactive compounds during storage and the sensory acceptance of products prepared from functional flours will further support their commercial application. Integrating advanced processing technologies with nutrient-rich local raw materials may also contribute to sustainable food production and improved public health.

Conclusion:

Extrusion and micronization represent complementary processing technologies that significantly improve the nutritional and functional quality of grain flours. Their combined application enhances the release and bioavailability of bioactive compounds, improves digestibility, reduces antinutritional factors, and strengthens the technological properties required

for high-quality food production. Functional grain flours produced using these technologies have considerable potential for the development of innovative bakery products and other cereal-based foods that meet the increasing demand for healthy nutrition. Continued optimization of processing conditions and further scientific research will facilitate the wider industrial implementation of these technologies and contribute to the production of safe, nutritious, and sustainable functional food products.

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When the hills sent a mother

“She Had No Uniform, No Salary, No Camera — Only a Heart That Ran Toward Broken Children in Kapchorwa”



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Worth Noting:

- When the metal screamed and the bus broke open on that Kapchorwa road, when childhood was scattered on the tarmac, she did not stop to ask, “Are these my children?” She dropped whatever was in her hands. And she ran.
- In that moment, she became what those children needed most. She became the mother for the boy calling for mum in Bushenyi. She became the aunt for the girl crying for home in Mbale. She became the sister for the child too afraid to speak. She became the friend for the one who thought he would die alone.
- Because their own mothers were far away — on buses, in traffic, on their knees in prayer, begging God for just one more breath from their babies.

“She Had No Uniform, No Salary, No Camera — Only a Heart That Ran Toward Broken Children in Kapchorwa”

The Unseen Heroine

Everyone is talking about the nurses. Everyone is praising the doctors — those warriors in white, whose hands are stained with blood and mercy, fighting hour after hour to keep the children of King David Schools alive after that heartbreaking accident in Kapchorwa as they returned from their trip. Yes. Honor them. Stand up and clap for them. But tonight, I need to tell you about another hero. She was not on the duty roster. She was not wearing a white coat. She was not being paid to care. She was not waiting to be called. She was a Sebei woman. An ordinary daughter of these mountains. A woman whose name the news has not yet spoken.

The Moment of Courage

When the metal screamed and the bus broke open on that Kapchorwa road, when childhood was scattered on the tarmac, she did not stop to ask, “Are these my children?” She dropped whatever was in her hands. And she ran. In that moment, she became what those children needed most. She became the mother for the boy calling for mum in Bushenyi. She became the aunt for the girl crying for home in Mbale. She became the sister for the child too afraid to speak. She became the friend for the one who thought he would die alone. Because their own mothers were far away — on buses, in traffic, on their knees in prayer, begging God for just one more breath from their babies.

A Mother’s Touch

So this woman did what only a mother can do. She tore her gomesi to wipe blood from small faces. She took hands rough from digging and farming, and used them to hold trembling, broken fingers. She knelt in the dust and whispered, voice break-

ing but steady: “My child, breathe with me. It’s okay. I am here. You are not alone.” She found water for cracked lips. She found food for empty stomachs. She sat on cold ground beside those who could not be moved, and she sang. Softly. Like a lullaby over pain. As if her voice could stitch their bodies back together.

The Language of Humanity

The Banyankole have words for moments like this: “Entasiima ebuura owagiiha.” “Kyokugaburira otakwiguta nobwe ogaburira arikwirukaana.” And that is exactly what she did. She poured out her heart where no one was watching. No pay. No cameras. No recognition. Only the loud, holy command of humanity.

The Lesson

What a rebuke to us. What a lesson in what it means to be human. She is not a doctor. She is not a nurse. But on that day in Kapchorwa, she was both. She was the first bandage. She was the first prayer. She was the first home.

The Medal of Memory

That woman deserves more than our applause. She deserves a golden medal — not of metal, but of memory. So that every time we tell the story of King David Schools, we also tell the story of the Sebei mother who ran toward the pain instead of away from it. To the world, she is “some lady at the scene.” To those children, she will forever be Mother.

A Blessing for Her

May the God who sees in secret lift her in public. May her kindness return to her a hundredfold. And may we never forget her — even if we do not yet know her name.

#KapchorwaHeroine #KingDavidSchools #EntasiimaEbuuraOwagiiha #HumanityInAction

