



NUST Eenhana Campus Celebrates 2025 Staff Wellness Day With Purpose And Unity
Under the warm skies of Eenhana, the Namibia University of Science and Technology (NUST), Eenhana Satellite Campus, hosted its much-anticipated 2025 Staff Wellness Day at Eembaxu under the theme: Bloom together - A spring of wellness for team NUST Eenhana.

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NAIROBI INTERNATIONAL DIGITAL CONFERENCE,

WHERE: TWO RIVERS MALL - NAIROBI
WHEN: 17-21ST SEPTEMBER 2025

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Monday, September 8, 2025

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News>> PS Muthoni Roots For Preventive Health

P. 6. Public Health and Professional Standards Principal Secretary Mary Muthoni has emphasized the need for preventive measures in tackling diseases, urging Kenyans to prioritize handwashing and early health screening.



News>> Parents Of Nyeri Hillside Endarasha Academy Oppose Government's Plan For Open Public Inquest

P. 12. Parents of the 21 boys who perished in a dormitory fire at the Hillside Endarasha Academy, Nyeri county have opposed plans by the State to subject investigations into the tragedy to a public inquest.

Ndindi Nyoro Warns Against Rising Debt

Nyeri County over the weekend played host to the third edition of the CITAM Business Forum and Expo, an event that brought together dozens of exhibitors, entrepreneurs, and investors from across the region. The forum, held at CITAM Nyeri at GameRock area was graced by Kiharu Member of Parliament Ndindi Nyoro as the chief guest, Nyeri Town MP Duncan Mathenge, and leadership consultant Dr. Wale Akiyemi.



Kiharu MP Ndindi Nyoro (centre) flanked by his Nyeri Town counterpart Dunn Mathenge (right) officially opens Third CITAM Business Forum near Nyeri town.

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NAIROBI INTERNATIONAL DIGITAL CONFERENCE,

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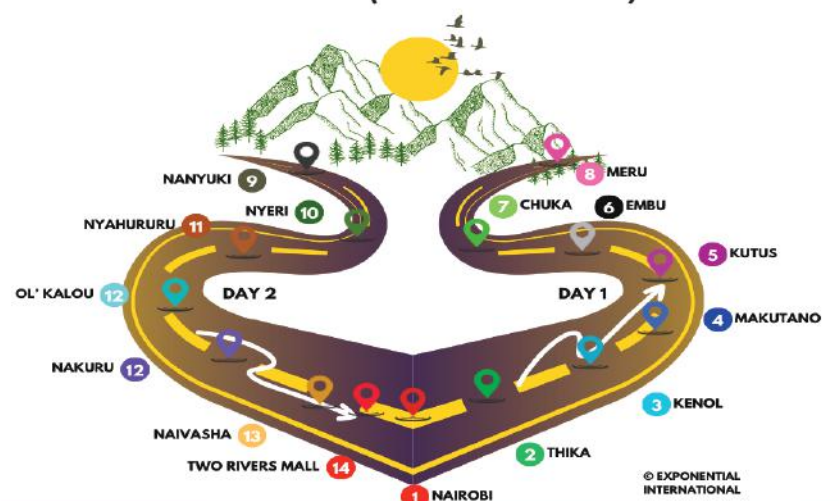
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NAIROBI - MT KENYA CIRCUIT ROADSHOW ROADMAP (17-18 SEPT 2025)



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President Ruto In Ethiopia For The Second Africa Climate Summit

By: MKT Reporter
@themtkenyetimes

Some Of The Moments As Captured In Pictures

President William Samoei Ruto travelled to Addis Ababa, Ethiopia, for the second Africa Climate Summit (ACS). Kenya hosted the inaugural ACS in September 2023.

The second ACS aims to position Africa as a global climate solutions' leader by accelerating African led adaptation, mitigation, and green growth as well as address climate finance challenges.

The summit was preceded by the second Africa-CARICOM Summit. The Africa-CARICOM Summit seeks to strengthen political, economic, cultural, and diplomatic ties between Africa and the Caribbean for shared prosperity and cooperation.



Editor's Desk

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NEWS IN BRIEF



An intense security operation is underway in Kurkum area in Loiyangalani sub county, Marsabit county, with police in hot pursuit of suspected armed criminals, accused of causing the death of three people on Saturday, at a water point using illegal firearms. Marsabit County commissioner James Kamau said the incident, which occurred at Gathabi Ergek after two groups of herders differed over method of accessing water for their livestock, also left another herder with gunshot injuries. He warned that possession of illegal guns was serious crime, adding that a multi-agency team of security personnel dispatched to the area was pursuing those behind the skirmish.



Principal Secretary for Internal Security and National Administration, Dr Raymond Omollo (holding hands) visited mobile clinics during a public medical clinic held in Tulu Primary School in Nyakach Sub-County on Saturday. The free medical camp was sponsored by Dr Felix Osano, CEO Nairobi Hospital and Kabol Community members.



Nyaribari Chache Member of Parliament Jhanda Zaheer (in the photo addressing) handed over five renovated classrooms to Nyanchwa Comprehensive School and two others at Nyanguru Comprehensive Primary School before joining his South Mugirango counterpart Silvanus Osoro for a Public Baraza where they outlined Kenya Kwanza administration's development record in the constituencies in particular and Kisii county in general.



Kenya Tea Development Agency (KTDA) has signed a strategic marketing deal With Robert Colson & Company of America. In a move to strengthen its global reach, the KTDA signed a Memorandum of Understanding (MoU) with US the based firm to promote Kenyan tea in the American market. In the picture is KTDA National Chairman Chege Kirundi (centre), Group Chief Executive Officer Wilson Muthaura (left) and the CEO of Robert Colson & Company during the MOU signing ceremony last week.



The affordable social housing projects and modern fresh produce markets in Kwale county are evolving rapidly. The Affordable Housing Programme (AHP) championed by the national government seeks to create opportunities for better living conditions in urban centres. The housing project, under the Bottom-Up Economic Transformation Agenda (BETA) is a transformative initiative by the Kenya Kwanza government, aimed at addressing the country's housing shortage. The ongoing AHP construction projects in Kwale include the Matuga 200 units, Diani Whitehouse 200 units, Mbokoni smart city 155 units and the construction of the Diani modern fresh produce market. The site agent at the Matuga affordable housing project, Samson Kiaarie said the project is at 50 percent completion and would be fully finalized by December 2025.



Othaya constituency parliamentary aspirant in the 2027 General Elections and International Scouts Commissioner in Kenya, Anthony Gitonga alias Antogito, over the weekend visited and gave a motivational talk to Othaya Boys Secondary School students. During the visit, Gitonga, who was honouring an invitation by the institution where he was hosted by top management led by the Chief Principal, spoke to the students on matters related to discipline, leadership, and civic responsibility. He also presided over the official opening of the Scout Den at the school. In the picture, Gitonga (in a black suit) is with some of the scouts and their teacher.

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PS Muthoni Roots For Preventive Health

By: Fredrick Maritim
@themtkenyentimes

Worth Noting:

- Muthoni noted that government through the Community Health Promoters (CHPs) program, was offering household-level health services including blood pressure checks, diabetes screening, child health assessments and referrals for hospital treatment.
- She further encouraged citizens to register with the Social Health Authority (SHA), cautioning against politicizing health issues.
- Muthoni pointed out that those discouraging registration often rely on private medical insurance abroad.

Public Health and Professional Standards Principal Secretary Mary Muthoni has emphasized the need for preventive measures in tackling diseases, urging Kenyans to prioritize hand-washing and early health screening.

Speaking during a women empowerment programme at Murgor primary school grounds in Kesses constituency, Uasin Gishu County, the PS noted that many illnesses spread because they were detected too late.

Muthoni noted that government through the Community Health Promoters (CHPs) program, was offering household-level health services including blood pressure checks, diabetes screening, child health assessments and referrals for hospital treatment.

She further encouraged citizens to register with the Social Health Authority (SHA), cautioning against politicizing health issues.

Muthoni pointed out that those discouraging registration often rely on private medical insurance abroad.

The state has cushioned registered citizens against extra costs, she added, noting that government hospitals at Level 2 and 3 are not supposed to charge patients who are already registered with SHA.

At the same time, the PS raised concern over the rising inflow of illicit drugs into the country through various entry points.

She condemned some unscrupulous traders for exposing school children to harmful substances such as narcotics, nicotine and tobacco products, warning that such illicit products cause cancer and other life-threatening conditions that endanger the future of young people.

"The government will not tolerate the importation of nicotine and tobacco products that are killing our children,"

she warned.

The PS stressed that diseases know no borders whether under the national or county governments and called on all Kenyans to play an active role in combating them.

Muthoni reaffirmed that the government is working with county administrations to ensure hospitals operate effectively, insurance matters are well managed and that every Kenyan receives quality healthcare.

She further emphasized that President Dr. William Ruto's administration is committed to its Bottom-Up Economic Transformation Agenda (BETA) for the country, aimed at ensuring better livelihoods for the people.

The PS who was accompanied by several area leaders also highlighted the government's postgraduate training program for doctors, where medical graduates receive specialized skills before being deployed back to their counties to strengthen health services.

"Efforts are also underway to increase the number and expertise of doctors through specialized training programs and their eventual deployment to counties," she added.

The PS remarked that collaboration between the national and county governments remains vital in enhancing healthcare and insurance across the country.



Principal Secretary for Public Health and Professional Standards Mary Muthoni addressing the gathering at Kesses constituency.



Some of the leaders who attended the forum. Photos/Courtesy.

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Sh 231 Million Rural Electrification Project To Benefit Households In Kakuzi-Mitubiri, Gatanga

By: Kenya News Agency
@themkenyaintimes

Residents of Kakuzi-Mitubiri ward in lower Gatanga constituency, Murang'a County, have a reason to smile as more than 2,500 households in one of the region's most marginalized and semi-arid areas, were officially connected to electricity.

The milestone came with the launch of the Matunda Electrification Project presided over by Energy Principal Secretary Alex Wachira, who assured residents that the government was committed to achieving universal access to electricity and uplifting communities that had long been left behind.

"Today is a testament that we are leaving no region behind in last mile connectivity," he said.

"In Gatanga alone, we have allocated Sh231 million for 38 electrification projects and today we have launched all the 18 projects being implemented by REREC. The rest will be executed by EFBC and KPLC, and by December 2025, all the targeted households will be connected," said Wachira.

The PS noted that a further Sh880 million had been allocated to connect more than 110,000 households to electricity in Murang'a county.

"This is not just about power in homes. It is about poverty eradication, spurring growth, and creating opportunities because with electricity, residents can run businesses, power boreholes and even contribute to reducing carbon emissions from diesel and kerosene," he said.

Wachira also acknowledged previous challenges surrounding the provision of meters, assuring residents that every home connected to the grid would receive a meter without delay.

Murang'a Woman Representative Betty Maina welcomed the project, saying it would greatly benefit women and families who had long been disadvantaged.

"Electricity means empowerment for a society. Women will now be able to open salons, baking businesses and other small enterprises that improve their incomes," she said.

"Genuine leadership is about solving the people's problems. In this regard, we sincerely thank the Kenya Kwanza administration for the continued support towards the electrification of our once marginalized homes," Betty said.

Maragua MP Mary Wamaua echoed the sentiments, stressing that electricity is a foundation for development.

"There is no development without electricity. But with power, a lot can be achieved from creating jobs to reducing pollution from diesel generators that we have seen here. Today is



Some of the leaders during the session.

the beginning of real transformation for Gatanga," she said.

For residents, the launch was more than a ribbon-cutting event as it was the fulfillment of a long-awaited dream.

Joseph Kimani, a farmer, described how electricity would change his life and transform his family's standards as budding agripreneurs in the area.

"I have fish, cows, goats and also grow mangoes and oranges, using a borehole which was previously powered by diesel.

Now with electricity, I will save a lot of money and I plan to use power for a chaff cutter to mill fodder and bones, as well as maize cobs for my animals and for other farmers.

With electricity and water, this place will continue developing, notably

even the price of land has gone up compared to a few years ago. The economic outlook of this area will change," he said.

Kimani added that electricity would also open opportunities for maize milling and other small industries.

Another beneficiary, Prisca Njeri, said the project was life-changing for families, especially mothers and children.

"We are happy because even during sickness, when we had bedridden people in the house, we relied on kerosene lamps. Now we have electricity. Our children will be able to study properly without being affected by smoke from lamps," she said.

Security will also improve because the place is well lit. In the past, darkness brought many cases of mug-

gings," said Njeri, noting that this time round, the connections had reached more households than in previous projects.

"This time most households have benefited, unlike before when only a few were connected. We will now be able to rear chicken, grow more crops, and open salons and barber shops for empowerment," she said.

Meanwhile, as the cables were switched on and bulbs lit up in Kakuzi-Mitubiri, Friday evening, a sense of joy and optimism surged through the community.

For a region once left behind, the electrification project marked not just access to power, but a promise of a more fulfilling brighter future.



Worth Noting:

- "In Gatanga alone, we have allocated Sh231 million for 38 electrification projects and today we have launched all the 18 projects being implemented by REREC. The rest will be executed by EFBC and KPLC, and by December 2025, all the targeted households will be connected," said Wachira.
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Ndindi Nyoro Warns Against Rising Debt As Nyeri Hosts 3rd CITAM Business Forum

By: Rodgers Wagura
@themtkenyatimes

Worth Noting:

- Together, the trio challenged participants to think differently about business, entrepreneurship, and investment while also reflecting on Kenya's broader economic challenges.
- But even as he urged Nyeri residents to seize opportunities in business, Ndindi Nyoro raised alarm over what he termed the government's "overreliance on securitization," warning that the practice was simply "borrowing by another name" and a danger to future generations.
- Speaking during his keynote address, the legislator criticized the securitization of public revenues such as fuel levies and road maintenance funds to raise as much as KSh100 billion monthly. He questioned the logic of committing future revenues to current borrowing needs, noting that such measures sidestep deeper questions of fiscal mismanagement.

Nyeri County over the weekend played host to the third edition of the CITAM Business Forum and Expo, an event that brought together dozens of exhibitors, entrepreneurs, and investors from across the region.

The forum, held at CITAM Nyeri at GameRock area was graced by Kiharu Member of Parliament Ndindi Nyoro as the chief guest, Nyeri Town MP Duncan Mathenge, and leadership consultant Dr. Wale Akiyemi.

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"Kenya's public debt is now over KSh12.1 trillion. In the last three years alone, we have borrowed more than KSh3.5 trillion. When you securitize levies meant for roads and fuel, you are not solving the problem, you are postponing it while mortgaging the future of our children," he told the gathering.

Ndindi further expressed concern that these new securitized bonds and deals were being pursued without sufficient parliamentary oversight, warning that such "back door arrangements" would lock the country into long-term financial obligations.

Proponents of securitization argue that the mechanism unlocks funding for critical projects such as roads and solar electrification without increasing the official debt figures. Critics, however, maintain that the approach undermines fiscal transparency by disguising borrowing while still committing public revenues far into the future.

The Nyeri Town MP, who co-hosted the event, hailed the forum as a landmark opportunity for Nyeri residents to connect with business opportunities within their county.

"This expo is about more than



KTDA's Iriaini Tea Factory chairman Paul Muturi presents a gift to the Chief Guest at CITAM Business Expo Ndindi Nyoro (right) at GameRock in Nyeri town. Photos/Joseph King'ori.

showcasing products; it is about bringing businesses together, creating networks, and exposing Nyeri residents including Christians and the wider community to the opportunities that already exist here," he said.

Mathenge emphasized the need to build a referral network among Nyeri entrepreneurs to strengthen local trade.

"When we know what businesses exist in our county, we can support each other, refer each other, and keep the money circulating here at home," he said.

He praised CITAM for curating an event that not only displayed local innovation but also connected Nyeri's small and medium enterprises to new markets. "The real opportunity in business is stepping out of our comfort zones" he said.

This expo has proven that Nyeri people are ready to compete, innovate, and prosper," the MP noted.

Turning back to the day's theme, Ndindi Nyoro drew a distinction between three categories of wealth creators—business people, entrepreneurs, and investors.

"Whether you are in business, entrepreneurship, or investment, the ultimate goal is the same, making money and creating wealth. But each path is different. Businesspeople trade to earn profit, entrepreneurs innovate to solve problems, while investors take calculated risks to multiply returns," he explained.

He emphasized that entrepreneurship required careful market study and long-term vision, warning participants against rushing into ventures without adequate planning. "You cannot wake up and make business decisions in a hurry. Real opportunities come when you step

out of your comfort zone," he added.

Ndindi cited the disruption brought by artificial intelligence tools such as ChatGPT, unknown just a few years ago, as examples of how innovation could redefine industries and create new opportunities.

The CITAM Business Forum, now in its third year, has grown into a significant platform for local businesses. This year's edition attracted more than 50 exhibitors, ranging from agribusinesses and manufacturers to service providers and startups. The event sought to expose Nyeri residents to the diversity of businesses in the region, create referral networks, and open up opportunities for collaborations.

According to the organizers, the annual expo provides an avenue for Christian entrepreneurs and the wider Nyeri business community to network, showcase products, and learn from industry leaders.

Dr. Wale who co-headlined the forum with Nyoro, challenged participants to rethink their approach to opportunities.

"The big question is: where are you not looking? Many times opportunities are hidden in the places we ignore. Business growth requires shifting our perspective and breaking mental barriers," he said.

Among the exhibitors was Iria-ini Tea Factory from Othaya, a Kenya Tea Development Agency (KTDA) affiliate supporting about 7,000 smallholder farmers. Its chairman, Paul Muturi, said the expo offered a unique platform to promote the factory's premium tea brands directly to consumers.

"As farmers, we depend on sales to sustain livelihoods. Currently, only about 3% of our sales are through factory door sales, but with such ex-

posure, we are targeting to grow this to 10%, while another 10% comes from direct sales, and the rest goes to the Mombasa auction," Muturi explained.

He added that selling more directly to consumers would cushion farmers from price fluctuations and delays at the auction. "We have no stocks lying idle in Mombasa anymore. That means farmers can expect better and faster earnings," he said, noting that Ndindi Nyoro was gifted samples of Iria-ini's premium tea bags during the event.

Muturi praised CITAM for organizing the expo, calling it a landmark opportunity for businesses in Nyeri. "This kind of initiative has given us the chance to showcase what we produce and to interact with new markets. It is our hope that it will become a permanent feature in the Nyeri business calendar," he said.

As the curtains came down on the two-day forum, the mood was one of optimism. Organizers hailed the event as a success, noting that it had deepened networks among local businesses and challenged mindsets on entrepreneurship and investment.

For Nyoro, the lessons went beyond profit margins. "The true opportunity lies in innovation, discipline, and long-term vision. Whether in business or government, we must make decisions that yield growth without mortgaging the future," he concluded.

With over 50 exhibitors, thought-provoking sessions, and a renewed call for fiscal responsibility, the 3rd CITAM Business Forum reaffirmed its place as one of Nyeri's most significant annual gatherings for business leaders, entrepreneurs, and investors.

Kindiki Lauds Mbeere North UDA Aspirants For Endorsing One Candidate



By: DPCS
@themtkenyatimes

Deputy President Kithure Kindiki has lauded candidates seeking the United Democratic Alliance ticket in the upcoming Mbeere North Constituency by-election for agreeing to sup-

port one candidate. Prof. Kindiki said the aspirants had shown enviable leadership for stepping down their ambitions and endorsing Mr. Leonard Muriuki aka Leo to carry the ruling party's flag in the November 27 by-election. "As a party we are happy to see the candidates have all agreed to endorse one candidate," DP said. Speaking on Saturday during an en-

gagement with youth and grassroots leaders at Karambari Centre, Mbeere North Constituency, Embu County, the DP said the party will fully support the candidate to ensure he clinches the seat. Prof. Kindiki said Mr. Muriuki will be handed the UDA nomination certificate next week as he unveiled him during the event.



The Deputy President revealed that the former Area MP Charles Muriuki Njagagua who was among the eight candidates who stepped down, has been tasked with leading the campaign secretariat for the UDA candidate. "We are grateful to Njagagua for his selflessness. He will be in charge of the secretariat that will also have the other eight candidates. The seat fell vacant after former MP Geoffrey Ruku was appointed Cabinet

Secretary for Public Service and Human Capital Development. "We respect the decision by Njagagua and the others because it is the greatest sacrifice you have made for the people of Mbeere North and you will be rewarded," DP stated. Mr. Muriuki promised to work with the former aspirants to deliver landslide victory for the ruling party saying he will work with all residents to ensure development in the constituency.



Gachagua: United Opposition To Field One Candidate Against Ruto

By: William Muchiri
@themkenyatimes

Democracy for the Citizens Party (DCP) Party Leader and former Deputy President Rigathi Gachagua has reiterated that the opposition remains united in its efforts to remove President William Ruto from office. Speaking during a church service at PCEA Miharati Parish in Kipipiri Constituency, Nyandarua County, Gachagua emphasized that the opposition coalition will stay cohesive for the sake of the nation. He has further stated that the opposition plans to present a single presidential candidate to run against President Ruto, urging residents of Nyandarua to support whoever the opposition selects as their flagbearer. Addressing concerns raised by his Deputy Party Leader, Cleophas Malala, over the appointment of



Former Deputy President Rigathi Gachagua with other leaders during the Sunday Service yesterday. Photos/Courtesy.

Dr. Mukhisa Kituyi as chair of the United Opposition Secretariat, Gachagua highlighted the importance of balancing youthfulness with experience. “While it’s vital to include young leaders, we also need seasoned voices to guide the team,” he said.

Gachagua assured that many young leaders will be integrated into the secretariat, fostering a mix of experience and youthful energy. Gachagua was accompanied by a host of national and local leaders, including Nyandarua Senator John Methu, Kipipiri MP Wanjiku Muhia,



Embakasi Central MP Benjamin Gathiru MejjaDonk addressing Nyandarua residents yesterday.



Nyandarua County Senator John Methu who hosted former DP and other leaders addressing his constituents yesterday.

Kajiado North MP Onesmus Ngogoyo, Tetu MP Geoffrey Wandeto, Embakasi Central MP Benjamin Gathiru MejjaDonk, Naivasha MP Jayne Kihara, among others. After the Church service, Gachagua with the other leaders addressed members of the public at Miharati,

Mawingu and Murungaru where they urged residents to remain steadfast amidst harsh economic times. They affirmed that the course to get rid of corruption and other vices remained undeterred.

Lenny Kivuti Appointed As Bus Party Leader

By: William Muchiri
@themkenyatimes

Former Embu County Senator Lenny Kivuti is the new Devolution Empowerment Party (Bus Party) boss. The party’s National Executive Committee ratified the move on Saturday, paving a way for him to take over the leadership from former Cabinet Minister Kiraitu Murungi. “I take this opportunity to sincerely thank the National Executive Committee (NEC) of the for entrusting me with steering the Party in the capacity of Party Leader,” Kivuti said after the meeting. He added, “I take over from the H.E. Hon. Kiraitu Murungi, whom I thank for steering the Party to unprecedented growth. Hon. Kiraitu remains a valued member of our journey. I will serve diligently and courageously with a renewed call for Unity of Purpose for all existing and prospective Bus Party members, uniting all Kenyans for devolution



Lenny Kivuti being congratulated for being appointed the new party leader. Photos/Courtesy.

and prosperity.” He said the party is targeting to establish offices in 40 counties by the next year and that by the time of the next elections in 2027, they will have representation in all 47 counties. During the NEC meeting, the party reiterated its resolve to among other things; Listen to the grassroots

communities and move with their common popular wishes, Unite the BUS Party with the popular United Opposition movement, but without any merger with any party and Field candidates and win all positions in Embu County, i.e., MCA, Parliamentary, Senatorial, and Gubernatorial posts, a resolution that should be



Some of the Bus Party's NEC officials.

replicated in all other counties countrywide in the future. Other resolutions were; Champion and be actively involved in all development initiatives at all levels and sectors in our society, including Agriculture, Education, Health, Trade, Transport, Industrial Development, Youth Empowerment, ICT, and Creative Arts, among others, Engage the young people and Gen-Z and incorporate them in all party activities and development initiatives where Youth and Gen-Z will be an

integral component of the BUS party’s decision-making and leadership and Actively champion the rights of women’s advocacy, including persons living with disabilities, and the marginalized in our society to help them live active, productive, and dignified lives. Kivuti called upon aspirants and citizens to join the re-energized party to build a stronger, united Kenya.

Parents Of Nyeri Hillside Endarasha Academy Oppose Government’s Plan For Open Public Inquest

By: KNA
 @themtkenyatimes

Worth Noting:

- Before we go for the inquest, we need to get the inconclusive report because the investigating agency DCI was there for almost a month and it means this public inquest is an after-thought, maybe there is something they are trying to cover up,” said Cyrus Chege, whose son Roy Victor Muturi died in the fire.
- The parents are also demanding for the release of DNA results as well as postmortem results of the 21 boys who lost their lives in the night inferno on September 5,2024 at the school.
- They said that they were shortchanged. They said that the government asked them to inter the remains with the promise of surrendering the DNA and postmortem results immediately after the funerals.

Parents of the 21 boys who perished in a dormitory fire at the Hillside Endarasha Academy, Nyeri county have opposed plans by the State to subject investigations into the tragedy to a public inquest.

The parents have asked the government to first make public the findings from the investigations, which were conducted by the Directorate of Criminal Investigations.

They said that it was only fair that they are given an opportunity to interrogate the report, establish if there are any gaps, before deciding whether or not a public inquest into the incident is necessary.

“We have been told that the file has been recommended for public inquest and as a parent, I object that because a public inquest means that the investigations that had been going on for one year have failed.

Before we go for the inquest, we need to get the inconclusive report because the investigating agency DCI was there for almost a month and it means this public inquest is an after-thought, maybe there is something they are trying to cover up,” said Cyrus Chege, whose son Roy Victor Muturi died in the fire.

The parents are also demanding for the release of DNA results as well as postmortem results of the 21 boys who lost their lives in the night inferno on September 5,2024 at the school.

They said that they were shortchanged. They said that the government asked them to inter the remains with the promise of surrendering the DNA and postmortem results immediately after the funerals.

“The games started on that day, when they took us to the dormitories to view the remains because they knew all along they wanted to take advantage of us.

We were told in three months heads would roll but months passed. In January I walked into the DCI office to ask for my DNA results and postmortem, but I was told that because of the seriousness of the matter, the investigations were being handled from Nairobi. They took us for granted, they treated us like fools. All we were demanding for and what we are demanding is justice for our sons which has not been served even today,” said Victor Kiragu.

The parents spoke during a memorial and candle lighting service which was held last Friday at the Nyeri Catholic Secretariat Hall to mark the first anniversary of the tragedy.

The service was organized by the inter-religious Council of Kenya, a co-



Parents in a precession last Friday.

alition of all major faith communities in Kenya.

Emotions ran high as parents and relatives of the victim’s decried frustration and neglect from the government agencies, the school administration and political leaders, despite numerous pledges for support for the bereaved families.

“The government abandoned us after the burial. What really hurts is that we have never gotten justice. These are young innocent souls that the government should have stopped at nothing to ensure that justice was

served. To be honest, we would have held protests to demand justice, but these are children. I would plead with the government to ensure that justice is served,” said Vivian Maina, who lost her brother in the fire.

“We are not going to get justice, unless we fight. And fighting means speaking out. All the 21 boys were innocent, their friends cannot fight for them, it is up to us the parents and we are not going to stop.

We are saying we are not even looking for compensation; we just want to know the truth of what happened.

When we know the truth we will be able to heal and the souls of the 21 boys we lost will rest in peace,” said Timothy Gikonyo, another parent.

Religious leaders present promised to continue providing support to the parents until the truth into what transpired is unearthed.

They also called on the state agencies responsible to expedite the administration of justice for the families of the victims.



CS Kagwe: Packaging Tea In Kenya Key To Freshness, Traceability And Farmer Gains

By: MTK Correspondent
@themtkenyatimes

Agriculture and Livestock Development Cabinet Secretary Mutahi Kagwe has called on countries and investors to package tea in Kenya for export, saying it is cheaper and guarantees a higher value for both producers and buyers.

Speaking at the North America Tea Conference in South Carolina, Kagwe announced that the government has removed taxes on packaging materials for agricultural products. The move, he said, allows Kenyan exporters to package tea at source according to international market specifications, delivering direct-to-shelf products with assured freshness, traceability, and better returns to farmers.

“By packaging at origin, we eliminate unnecessary costs, improve competitiveness, and strengthen Kenya’s position in the global tea market,” Kagwe told delegates.

Accompanied by Tea Board of Kenya Chief Executive Officer (CEO) Willy Mutai, KTDA Chairman Chege



Cabinet Secretary for Agriculture and Livestock Development Mutahi Kagwe addressing the forum last week.

Kirundi and his CEO Wilson Muthaura, together with the Kenyan ambassador to the US David Kerich, CS Kagwe also highlighted Kenya’s leadership in global tea production, noting that the country produced 598.47 million kilograms in 2024, a 4.95 percent increase from the previous year.

The growth was driven by favorable weather, subsidized fertilizer programs, and expanded processing capacity.

Kagwe further pointed to Kenya’s diversification into Orthodox and specialty teas, with purple tea, developed at the Tea Research Institute, standing out as the only variety of its kind in the world. Celebrated for its health benefits and antioxidant content, purple Orthodox tea fetches three to four times the price of black tea.

“Kenya’s innovation in tea not only



From left; Tea Board of Kenya CEO Willy Mutai, Kenyan Ambassador to US David Kerich and CS Mutahi Kagwe following proceedings. Photos/Courtesy.

secures better earnings for farmers but also places us ahead in meeting shifting global consumer demands,” he said.

The Cabinet Secretary underscored tea’s environmental and cultural importance, describing it as both a livelihood and a crop that conserves ecosystems by preventing soil erosion, supporting biodiversity, and sequestering carbon.

Kagwe concluded by urging the U.S. market to embrace Kenyan black, green, and purple teas, noting that quality would always find a market.

Others who accompanied the CS in the US tour who mission was to increase Kenya’s tea exports there which currently account for just 2% of total shipments were Vincent Mwingirwa, the General Manager for Sales and Marketing at KTDA and Engineer Ngatia, the KETEPa Managing Director.

Activist Blames “Recycled Leaders” For Entrenched Corruption, Rights Abuses

By: Suleiman Mbatiah
@themtkenyatimes

Corruption and human rights abuses will persist in Kenya if voters continue to elect the same political class, analysts warn, raising doubts about the potential for meaningful reform under recycled leadership.

Dr. Isaac Newton Kinity, a Kenyan unionist and activist based in the United States, argues that this practice has entrenched corruption and impunity for decades, with ordinary citizens bearing the burden of failed governance.

Dr Kinity pointed to a consistent estimate of Kenya’s losses: in 2021, then-President Uhuru Kenyatta stated the country was losing two billion shillings daily to corruption. Treasury Cabinet Secretary John Mbadi cited the identical figure this year, confirming the hemorrhage of public funds has not abated.

“That is an enormous amount of money. For the last 50 years, the

same individuals who plunder public resources have been recycled into leadership, while ordinary Kenyans continue to suffer,” Dr. Kinity said in a statement.

He argued that corruption spares no sector, equally impacting workers, farmers, business owners, and youth. This looting, he claimed, is perpetuated by a system of political brokers—many whom he described as ‘descendants of colonial-era chiefs and home guards’—who protect entrenched interests and shield leaders from accountability.

“These people do not care about children, mothers, or the elderly. Their only goal is to get money, money stolen from public coffers, so they can extort more in the name of political campaigns,” Dr Kinity said.

He dismissed the idea that veteran politicians bring valuable “experience,” stating that what they recycle is a legacy of “land grabbing, corruption, extrajudicial killings, and abductions.”

Dr. Kinity urged Kenyans to break the cycle by rejecting both the leaders and the power brokers who sustain them. He insisted transformative change is possible by electing patriotic and bold leaders ready to sacrifice for the country.

“In just two years, corruption can be dismantled. In two years, land grabbing can be stopped. In two years, extrajudicial killings and abductions can end,” he said, arguing that effective leadership does not require decades in office.

A committed president, he said, could restore normalcy within five years. Instead, he lamented, Kenyan leaders cling to power for decades, enriching themselves while the country stagnates.

His comments come amid renewed government focus on graft. Last week, President William Ruto called widespread corruption the biggest threat to the 2010 Constitution, stating it prevents Kenyans from enjoying the charter’s full benefits.

“It is a fact that corruption exists in all arms of government – the Executive, the Legislature, and the Judi-



Dr Isaac Newton Kinity

ciary, and each must confront this menace with honesty and resolve,” he said during the constitution’s 15th-anniversary commemoration.

However, President Ruto’s newly unveiled Multi-Agency Team on War Against Corruption has been temporarily halted by the High Court. On August 20, Justice Bahati Mwamuye suspended the presidential proclamation establishing the 11-member task force pending a full hearing on its constitutionality, following a petition by four citizens.

Don't Underestimate Efforts



do,
When nature shows the strength lies in
you.
Never underestimate by height, weight, or
age,
With willpower, you can triumph on any
stage.

If a little bird can carry twigs to build a
nest,
An ant can lift a burden and give its best,
A child can walk with a backpack so hefty,
And a bird can fight a storm and fly
deftly....

Why should a human doubt what he can

Break the hurdles and let your spirits soar,
To attain victory and strive for more.

Raddhika. M
Creative Writers
Content Writer
Sivakasi
Tamil Nadu, India

All The Secrets I Keep Within Myself



I wanna lock my trust one's happiness faults all
together in me,
Happiness is not just for one, but it should be
right in all ways of be.
No one can let them know,
They'll know if time comes to show.
It is easy to let someone go,
But not always need them to do.
I know it is not right,
But leaves it on for...
Not to let those eyes filled with blues to get
wet with sight,
I'll keep it bright till my eye can be wide open,
see far.

All the secrets I keep within myself,
Don't know how to let it out to hurt someone
else.

Though I gotta know all little pieces,
It pricks me inside like those glass of pieces.
I still wanna leave everything out my head,
But stuck in my mind telling me to sleep dead.
Those secrets are awaiting to come,
But it goes in back me panicking the love some.
It stays inside me forever in me,
Even in depth of the world I could be.

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INDIA

Water



You are Life giving liquid
Drop by drop dripping fluid
It is God's wonderful creation
Let's save water without pollution

Water in the world 75 percent
Pure water is just only 3 percent

Our duty is to save water
Don't make life shatter

Any amount of money Can't buy a drop of
water
Precious liquid it is,
Save water now or our generation will suffer

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

Folk Instrumental Performance: The Dutar Direction



through various regional schools and traditions,
each with its unique style, repertoire, and
technical approaches. These schools have
preserved ancient melodies while also encouraging
creative improvisation. Today, dutar playing
continues to serve as a bridge between past and
present, combining classical folk heritage with
modern interpretations.

The importance of dutar performance lies in its
educational, artistic, and cultural role: it nurtures
national identity, transmits values to younger
generations, and enriches the global musical
scene with authentic Uzbek sounds. Sustaining
and developing this tradition through pedagogy,
research, and contemporary performance
practice remains an essential task.

Usmonova Yulduz
Freshman Gulistan state university
Uzbekistan, Gulistan city.

Folk instrumental performance occupies a central
place in the cultural heritage of Uzbekistan, and
the dutar direction is considered one of its most
significant branches. The dutar, a two-stringed
plucked instrument, serves not only as a means
of musical expression but also as a symbol of the
spiritual identity of the Uzbek people. Through
its simple structure yet rich sound palette, the
dutar reflects emotions ranging from lyrical
tenderness to heroic spirit.

Dutar performance has historically developed

And ages upon ages
Athena conquered the heart—
sometimes with sensitivity and trust,
sometimes with affection and art

And agets upon ages
Odysseus lay prisoned in her awe
She mentored him through thick and thin,
and stood firm in the lawless law

Athena's Grace



Showing her consistency and purity,
conquering the unconquered land,
ecstatically she sifts the sand,
standing tall before the majority

She remained pure among the beautiful gods,
ruling and swaying at Helicon
Proved an unshakeable milestone,
And creativity and artistry she owns

Smiling at Circe and Calypso
Athena remains persistent since ages ago,
and years upon years Odysseus adores;
yet still she stands consistent and pure.

—Muhammad Adnan

and visages
where the world weaves, preeminence peeps into
transparency
Speak through the sage, her eyes— an innocent
accuracy

Truths dwell into, unwritten bells turn blue,
she, where through, the windowsills unfurl the
hue
Ineffable, they are—strength, sensitivity, and
spark, high and huge
motivation they wink, a long river where the
emotions sink—breathfully blinks, drinks the blues

Murmur compassion, whisper attention—
embroidered lashes, peeping pearls—light flashes;
that dress for dazzling delights, chosen charm
and tranquility that warms,
Yes, Athena of the modern Odyssey, they
murmur.

—Tajalla Qureshiq

Eyes of Athena



—Muhammad Adnan

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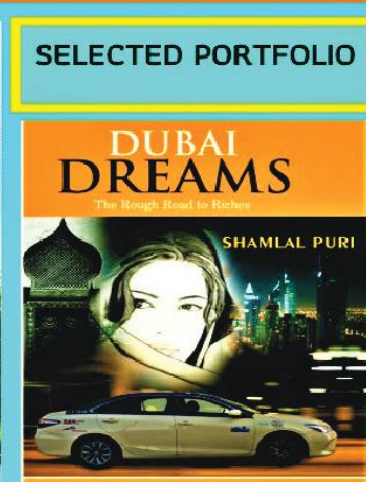
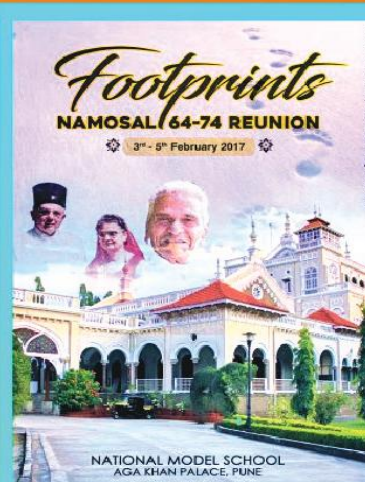
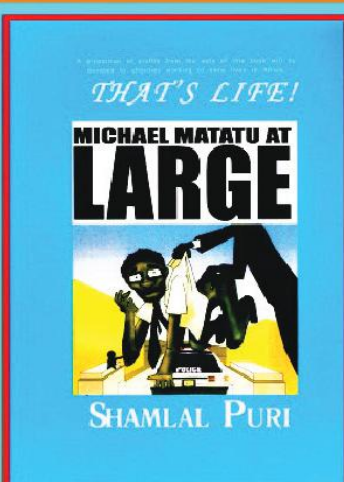
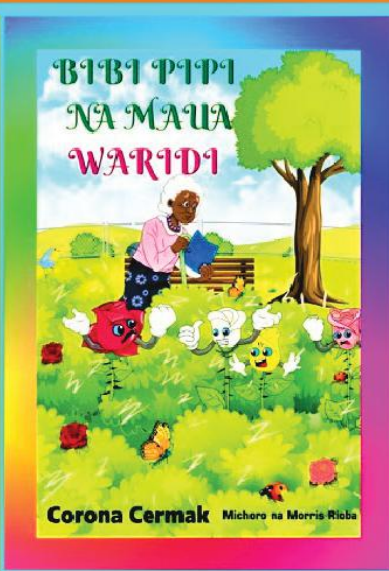
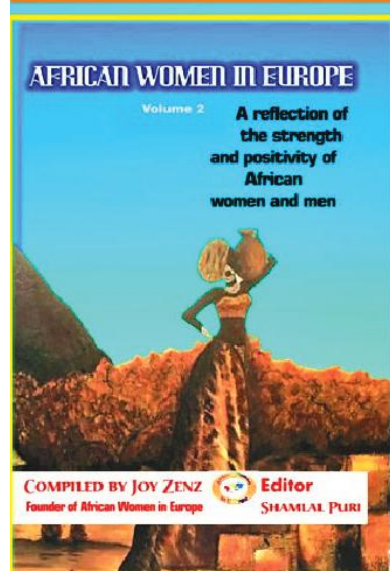
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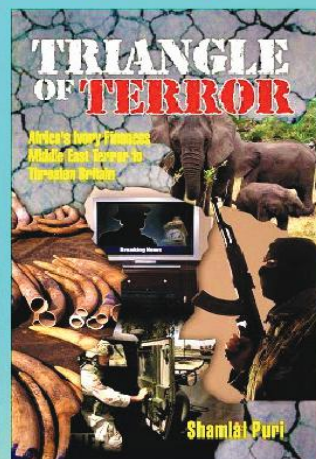
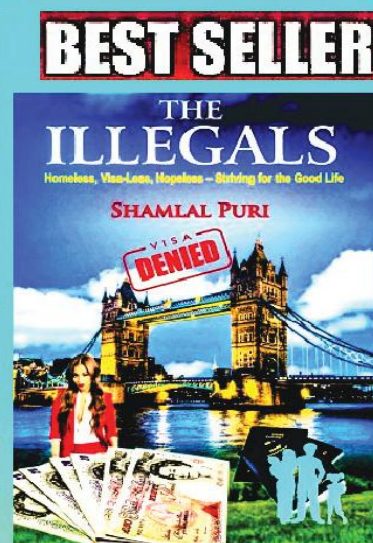
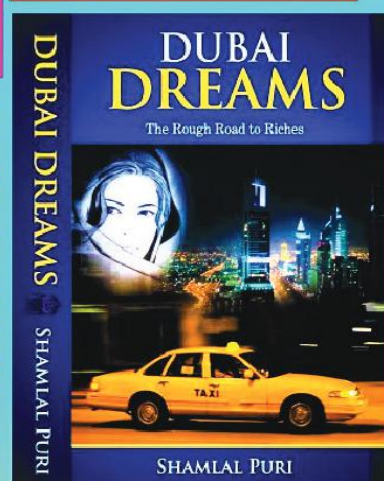
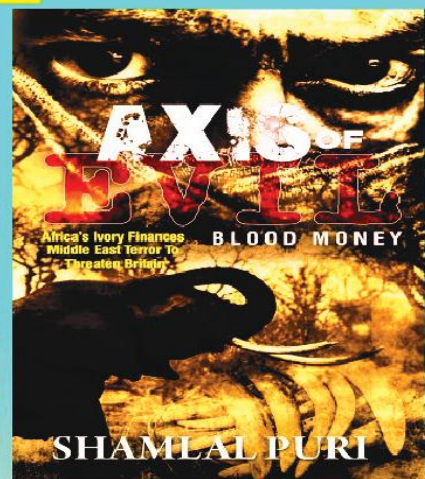
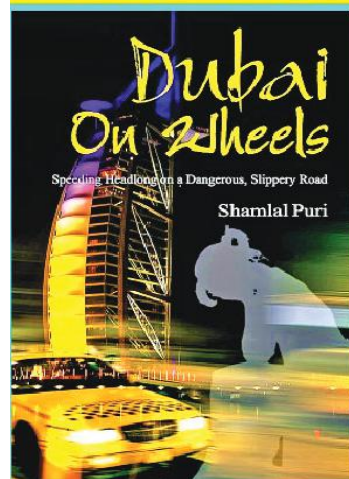
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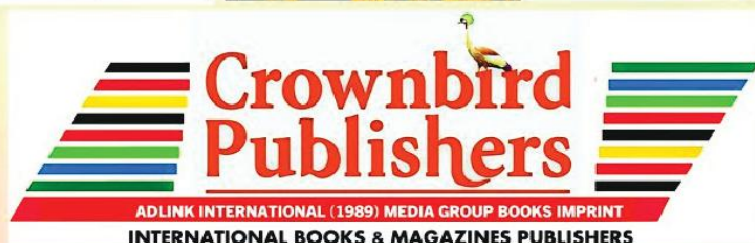
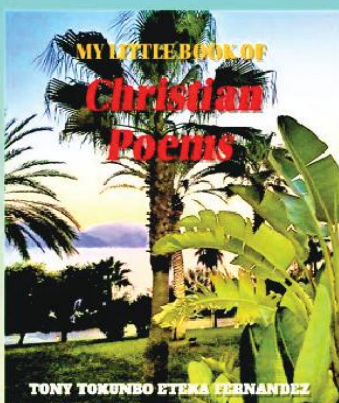
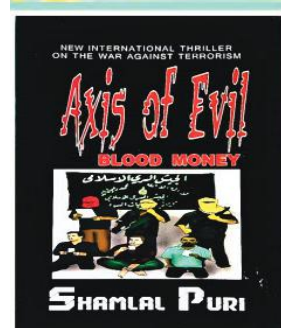
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The Art of Winning Hearts: Diana Belek writess

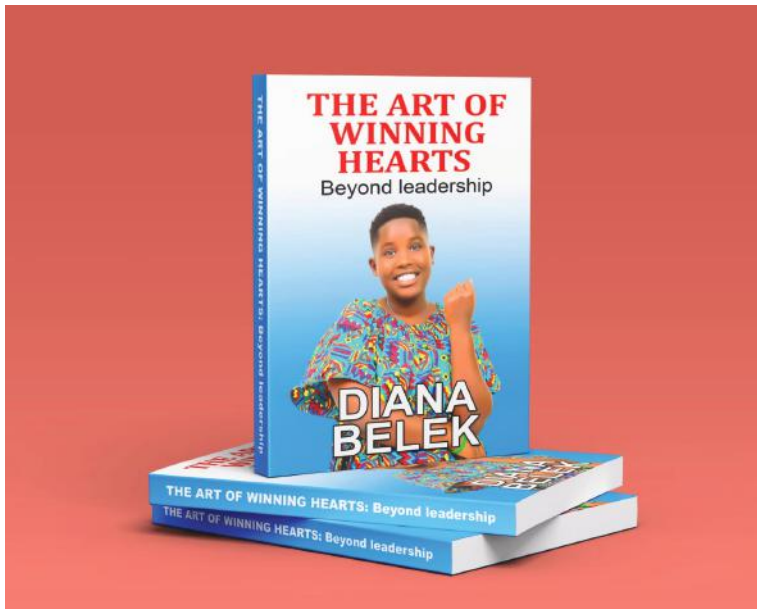


By: Nagwere Gerald
nagwereg@gmail.com
@themtkenyatimes



Worth Noting:

- As a nurse, Diana heals bodies; through her books, she touches souls. Imagine Diana's stories as rays of sunshine, spreading warmth and hope wherever they touch. Her books are more than just pages turned; they're gateways to empathy, understanding, and transformation. With each sentence, Diana crafts a bridge between hearts, fostering connection and community.
- Diana's dream is contagious: a world transformed by the power of stories and care. As we read her book, we're not just entertained – we're inspired. We're reminded of the importance of kindness, compassion, and love. We're encouraged to spread these values in our own lives, creating a ripple effect of positivity that can change the world.



In a world where kindness and compassion are often overlooked, Diana Belek's story shines like a beacon of hope. As a medicine student at Bomet KMTTC, she tenderly cares for the sick, her hands cradling hope and her heart beating with kindness. But there's more to Diana than meets the eye, she's also the gifted author behind "The Art Of Winning Hearts," a book that promises to touch souls and inspire hearts.

A Vision of Love and Empathy

Imagine a world where love and empathy reign supreme, where every word written and spoken brings people closer together. That's the world Diana envisions, and she's sharing it with us through her writing. Her book is a labor of love, a testament to the transformative power of kindness and compassion.

The Launch of a Literary Masterpiece

The launch of "The Art Of Winning Hearts" on November 7th at Bomet Fg is more than just a book release; it's a celebration of the human spirit. It's an opportunity for us to come together, to share stories, and to remind each other of the power of love and kindness. As we gather to witness the birth of this literary masterpiece, we're not just launching a book – we're launching a movement. A movement of love, of kindness, and of hearts beating as one.

A Passion for Writing

Diana Belek's literary journey is just beginning, and the world is eagerly waiting! Beyond "The Art Of Winning Hearts," a constellation of stories, ideas, and inspiration awaits. With manuscripts brimming with promise, Diana's passion for writing knows no bounds. Her vision? To illuminate hearts and minds through the written word, nurturing a world where love, kindness, and compas-

sion thrive.

Healing Bodies and Soul

As a nurse, Diana heals bodies; through her books, she touches souls. Imagine Diana's stories as rays of sunshine, spreading warmth and hope wherever they touch. Her books are more than just pages turned; they're gateways to empathy, understanding, and transformation. With each sentence, Diana crafts a bridge between hearts, fostering connection and community.

A Contagious Dream

Diana's dream is contagious: a world transformed by the power of stories and care. As we read her book, we're not just entertained – we're inspired. We're reminded of the importance of kindness, compassion, and love. We're encouraged to spread these values in our own lives, creating a ripple effect of positivity that can change the world.

The Impact of "The Art Of Winning Hearts"

"The Art Of Winning Hearts" is more than just a book – it's a movement. It's a call to action, a reminder that we all have the power to make a difference. Through her writing, Diana Belek is inspiring a new generation of readers, encouraging them to spread love, kindness, and compassion. Her book is a testament to the transformative power of stories, and the impact they can have on our lives.

A Bright Future

As Diana Belek continues to write and inspire, the world looks forward to a brighter future. A future where love, kindness, and compassion thrive. A future where stories bring people together, fostering connection and community. With "The Art Of Winning Hearts," Diana is paving the way for a new era of literary excellence, one that will touch hearts and



Diana Belek

minds for generations to come.

Gratitude

Diana Belek's heart overflows with gratitude as she acknowledges the profound impact of her mentor, Kelvin Kipkoech Salim, author of "How To Own The Game And Become Unstoppable." Like a guiding star in the night sky, Kelvin's wisdom and expertise have illuminated her writing journey, shaping her style and voice into a masterpiece of authenticity. His meticulous edits and constructive feedback have been the gentle rains that nurtured her manuscript, helping it bloom into a work of art that touches the soul.

Kelvin's unwavering support and motivation have been the warm sunshine that has accompanied Diana every step of the way, inspiring her to push beyond her limits and strive for excellence. As she basks in the radiance of his mentorship, Diana feels seen, heard, and understood – a testament to the transformative power of Kelvin's guidance. With every word, every sentence, and every story, Diana knows that Kelvin's influence will continue to resonate through her

writing, a reminder of the profound impact he's had on her life and work.

In Kelvin, Diana has found not only a mentor but a friend, a kindred spirit who understands the intricacies of the writing journey and offers guidance with empathy and compassion. As she embarks on the next chapter of her literary journey, Diana looks forward to continuing to learn from Kelvin's wealth of experience and expertise, knowing that his mentorship will remain a vital part of her growth as a writer.

As she reflects on the journey that has brought her to this moment, Diana also extends her deepest gratitude to her parents, whose unwavering love and support have been the bedrock of her every endeavor. Their encouragement, sacrifices, and belief in her dreams have been the wind beneath her wings, lifting her up and carrying her forward. With profound appreciation, Diana thanks her parents for being her pillars of strength, her safe haven, and her guiding lights – their love and support mean the world to her.

Meru National Park: A Hidden Gem Calling Local And International Tourists

By: Alex Njeru
@themkenyentimes

Worth Noting:

- What makes this gate unique is the thrill that begins the moment one drives in—visitors are greeted almost instantly by wildlife, including the iconic Big Five.
- At Ura Gate, guests are welcomed not only by wildlife but also by vibrant cultural expressions. The Ura Gate Traditional Dancers treat tourists to breathtaking songs and dances, while displays of Tharaka community artifacts give a glimpse into the region's rich heritage.
- Every August, the entrance becomes a hub of celebration during the Ura Gate Tharaka-Nithi Cultural Festival, organized by the County Government of Tharaka-Nithi in partnership with the Kenya Wildlife Service (KWS) and other stakeholders.

Remote, rugged, and strikingly beautiful, Meru National Park remains one of Kenya's most enchanting yet least crowded safari destinations.

Stretching across 870 square kilometers of wilderness, the park is often described as the "complete wilderness," offering a raw, authentic African safari experience that is both captivating and serene.

For travelers journeying from Nairobi, the Ura Gate entrance in Tharaka-Nithi County is the most convenient and shortest route into the park.

What makes this gate unique is the thrill that begins the moment one drives in—visitors are greeted almost instantly by wildlife, including the iconic Big Five.

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Every August, the entrance becomes a hub of celebration during the Ura Gate Tharaka-Nithi Cultural Festival, organized by the County Government of Tharaka-Nithi in partnership with the Kenya Wildlife Service (KWS) and other stakeholders.

This year, the festival will run from September 17 to 20, attracting more than 20,000 local and international visitors with the aim of promoting both culture and conservation.

To boost awareness, the Tharaka-Nithi Press Club has partnered with KWS to promote the gate, which has recorded fewer visitors in the recent past.

Club chairperson Mr. Alex Njeru and the park's Assistant Director Mr. Kaloki Kitavi have urged both Kenyans and international tourists to choose the Ura Gate route, which also offers scenic views of hills such as Kijegge along the Chiakariga-Marimanti-Gatunga road.

"Many locals, including school children, have never stepped inside the park. We must change that," said Mr. Njeru, calling for increased domestic tourism.

During a familiarization tour, journalists guided by Mr. Kaloki explored the park's unique attractions, including the rhino sanctuary, hippocampus sanctuary, lion stones and dedicated bird-watching sites.

With over 400 species of birds, the park offers an unrivaled ornithological experience, complete with a viewing facility that can comfortably host 20 visitors at a time.

Meru National Park has also overcome past conservation challenges. Once ravaged by poaching, the park has made a remarkable comeback. Today, it hosts thriving populations of elephants, giraffes, buffaloes, lions, leopards, cheetahs, and rhinos. Climate change, however, remains an ongoing challenge, according to Mr. Kaloki.

The park is deeply tied to conservation history through George and Joy Adam-



Tharaka-Nithi Press Club visiting Meru National Park through Ura Gate entrance in Tharaka-Nithi County. Photo/Alex Njeru..



son, who raised and released the famous lioness Elsa, immortalized in the book and film Born Free. This story continues to draw safari lovers from across the globe.

For tourists, access remains affordable. Kenyan citizens pay Ksh300 for adults and Ksh215 for children, while non-residents pay USD 52 for adults and USD 35 for children.

The park's interior roads are well maintained, ensuring smooth game drives, although the stretch between Gatunga market and Ura Gate requires government intervention to improve accessibility.

Inside the park, visitors can unwind at top safari accommodations, including Elsa's Kopje Lodge, Rhino River Camp, Leopard Rock Lodge, and Ikwe-ta Safari Camp—all offering comfort in the heart of the wilderness.

Bordering Bisanadi National Reserve to the northeast and Kora National Park to the southeast, Meru stands apart with its 13 permanent rivers, lush landscapes of grasslands, swamps, and forests, and its quieter, less-crowded atmosphere



compared to Maasai Mara or Amboseli. It is also one of the few places in Kenya where fishing is allowed, thanks to its riverine ecosystem.

For both local and international visitors, Meru National Park is more than a safari, it is a cultural, historical, and natural journey.

Whether drawn by the Big Five, Elsa's legacy, the cultural festival, or the tranquility of untouched wilderness, every traveler leaves with unforgettable memories.

As Mr. Njeru aptly put it: "Meru National Park is our pride. Let us all, from within and beyond Kenya, experience it and keep its story alive."

NUST Eenhana Campus Celebrates 2025 Staff Wellness Day With Purpose And Unity



By: Silas Mwaudasheni Nande
@themtkenyetimes

Under the warm skies of Eenhana, the Namibia University of Science and Technology (NUST), Eenhana Satellite Campus, hosted its much-anticipated 2025 Staff Wellness Day at Eembaxu under the theme: Bloom together - A spring of wellness for team NUST Eenhana. The event brought together faculty, administrative staff, and wellness advocates in a vibrant celebration of health, connection, and institutional care. With a well-curated program of speeches, activities, and reflections, the day underscored the university's commitment to holistic staff wellbeing.

Opening the Day with Vision: Dr Lukas Shikulo

The event commenced with welcoming remarks from Dr Lukas Shikulo, Head of Campus, whose presence set a tone of warmth and leadership. In his address, Dr Shikulo emphasized the critical importance of wellness in academic institutions, noting that staff wellbeing directly influences productivity, morale, and institutional success. He acknowledged the pressures faced by university personnel and called for a culture of care, empathy, and proactive support.

Dr Shikulo's message was not merely ceremonial - it was a call to action. He reminded attendees that wellness is not a luxury but a necessity, especially in environments where intellectual and emotional demands are high. His remarks laid the foundation for a day that would blend reflection, education, and joyful movement.

Framing the Purpose: Ms Saara Shilongo

Following the opening, Ms Saara Shilongo, Director of the Program and Secretary to the Campus, took the stage to articulate the objectives of the Wellness Day. With clarity and poise, she outlined the event's goals: to foster mental, physical, and emotional wellbeing among staff; to encourage open dialogue about health challenges; and to build camaraderie across departments.

Ms Shilongo also handled house-keeping matters, ensuring that par-



Ms Saara Shilongo

ticipants were informed about the day's logistics, safety protocols, and activity flow. Her role was pivotal in maintaining the event's structure and ensuring that every participant felt welcomed and informed. Her leadership behind the scenes and on stage reflected the organizational excellence that made the day a success.

A Deep Dive into Mental Health: Mr Silas M. Nande

The heart of the day's intellectual engagement came from Mr Silas Mwaudasheni Nande, Principal of Kornelius Combined School and a respected advocate for educational and institutional wellness. In his Health and Wellness Talk, Mr Nande addressed pressing issues such as mental health, stress management, personal hygiene, and self-care.

His presentation was both informative and emotionally resonant. Drawing on recent societal events, Mr Nande spoke candidly about the rise in suicide cases across workplaces, homes, and communities - particularly among youth. He urged institutions like NUST to develop and implement wellness policies that guide staff and students in recognizing and responding to mental health challenges.

Mr Nande's talk was not only a diagnosis of current issues but a prescription for change. He emphasized the need for early intervention, peer support systems, and institutional accountability. His message was clear: wellness must be embedded in the DNA of every educational institution.

During his presentation, Mr Nande also took a moment to express heartfelt appreciation to Dr Lukas Shikulo for his visionary leadership and belief in youth. He noted with admiration that the team of lecturers and support staff at the Eenhana Campus consisted largely of young professionals - a refreshing shift from traditional institutional norms where leadership platforms were often reserved for the old guard. Mr Nande emphasized that while seasoned professionals remain an essential part of the success equation, it is equally vital to empower emerging leaders and thinkers. He commended NUST for embracing this balance, stating that such inclusivity fosters innovation, relevance, and long-term sustainability in higher education.

Following Mr Nande's powerful presentation, the floor was opened for a group discussion, allowing staff members to share their own perspectives and experiences related to mental health. The conversation was vibrant and deeply engaging, with participants emphasizing the importance of creating safe spaces for dialogue, destigmatizing mental health challenges, and establishing institutional support systems. Several contributors highlighted the need for regular wellness check-ins, peer counseling initiatives, and clear referral pathways for staff and students facing psychological distress. The discussion reinforced the idea that mental health is not just a personal concern - it is a strategic priority for any institution that values its people. The collective insights added depth



Dr Lukas Shikulo



Mr Simon Amunime

to the day's theme and demonstrated the campus's readiness to take meaningful steps toward a healthier, more **compassionate work environment**.

Energizing the Body and Mind: Coach Mike

After the reflective sessions, the energy shifted as Coach Mike led the crowd in a series of coordinated workout activities. From Zumba and squats to tug-of-war and balloon popping, the activities were designed to rejuvenate the body and uplift the spirit.

Coach Mike's charisma and enthusiasm were contagious. Participants laughed, danced, and competed in friendly challenges that reminded

everyone of the joy found in movement. The physical activities were not just fun - they were a symbol of unity, breaking down hierarchical barriers and allowing staff to connect on a human level.

The workout session also served as a reminder of the importance of physical health in the workplace. Coach Mike encouraged staff to incorporate movement into their daily routines and to view exercise as a form of self-respect and resilience.

An Exploration Of Love In “The Dove And The Muse”



By: Nagwere Gerald
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In her debut poetry collection, *The Dove and the Muse*, Nabude Constance Prima opens the doors of the human heart and lets readers wander through the many rooms of love—its joy, intimacy, and inevitable ache. Divided into three parts, the book offers a progression of emotions that reflect the life cycle of love: its blossoming, its flowering, and its lingering presence even after loss.

The first part, “Love Songs,” celebrates the wonder of love in lyrical and narrative form. In ‘A Love Like No Other,’ the speaker declares: “Like a running brook that sings its melody at night, / Like a victorious soldier who returns home with gratitude... Love poured a cup of passion into my soul.” Such imagery elevates

love beyond mere feeling, portraying it as a force that animates life itself. In another poem, ‘I Fell for You,’ the persona confesses: “Between your heart and mine was a bridge / Linking two paths that would help another / Reach their destination.” Other poems celebrate love’s depth with intimate comparisons. In ‘Thinking of You,’ she muses: “If you were a song, you’d be my ringtone, / and every time my phone rings, / I’d be reminded of rhythmic pulses.” And in ‘A Letter to My Future Husband,’ she promises a love rooted in destiny: “The future will unbosom our encounter, / A brand-new leather covered book you will be, / And as we flip each page, we shall grow in knowing each other.” These verses portray love as both everyday joy and an extraordinary destiny.

Part two, dubbed as ‘The Lovey-Dovey Series’ draws inspiration from the Japanese phrase “the moon is beautiful,” a subtle yet profound way of saying “I love you.” These twenty-five poems are written in the style of intimate letters, brimming with vulnerability and devotion. In Episode 2, the poet reveals: “You are the dream I never want to wake up from, / And by that, I find myself sleeping more every passing day.” In Episode 4, she emphasizes perma-

nence: “Even when you cease your presence, / You’ll remain my constant thought... / Even when dead, those who will carry my body to the grave / Will see your reflection on my face.” The series also highlights intensity and surrender, as in Episode 5: “The earth trembles every time you cross my mind... All my prayers carry your name, / Take me as you will, / Make me your slave!” Through such epistolary poems, Prima channels the private tenderness of letters while inviting readers into the rawness of love confessed without restraint.

‘The Muse Series,’ the final part of the collection shifts to a tone of longing and reflection, capturing the essence of love that endures even after separation. In *Dear Muse* (Episode 7), Prima admits: “I thought things would be different this time, / I woke up with a river of poems again, / And when I picked my pen to write / Without thinking, I wrote your name again!” The pain of transience is hauntingly captured in *Dear Muse* (Episode 4): “You were my adorable Dove, / How I rejoiced seeing you fly away! / I was your Baby Moon... / But as short as summer fun, / We were just for a season!” Other pieces elevate memory into myth. In *Dear Muse* (Episode 10), she immortal-



izes her beloved: “I have created a constellation of you, / Thousands of years from now, / A young girl will flip these pages, / View the stars we once viewed / And she, too, will fall for you.” These poems reveal that while the lover may vanish, the love remains—etched in words, memory, and art.

What makes *The Dove and the Muse* remarkable is its fusion of timeless literary echoes with intimate personal truths. By referencing Shakespeare’s lovers, Keats’s melodies, and Fitzgerald’s romantic fervor, Prima places her voice in conversation with centuries of poet-

ic tradition, while still anchoring her lines in lived experience.

This collection is not only a personal outpouring but also a universal mirror. As Prima reminds us in ‘Immortal Love I’: “Someday, you and I shall be a love song, / And the verses shall become a triumphant melody / Of sacred vows of the rising sun and waning moon.”

Through passion, vulnerability, and eloquence, *The Dove and the Muse* proves that love—whether joyous or sorrowful—remains one of humanity’s most enduring truths.

NUST Eenhana Campus Celebrates 2025 Staff Wellness Day With Purpose And Unity

Contd from page 18

Closing with Gratitude: Mr Simon Amunime

As the day drew to a close, Mr Simon Amunime, Faculty Officer, delivered closing remarks that captured the spirit of the event. He spoke passionately about the need for staff to come together - not just to work, but to celebrate, reflect, and support one another.

Mr Amunime thanked every individual who contributed to the success of the day, from organizers to participants. His words were filled with appreciation and a sense of shared purpose. He reminded everyone that wellness is a collective responsibility, and that events like these are essential in building a thriving academic community.

Lunch and Networking: A Shared Table of Connection

The formal program concluded with a lunch and networking session, where participants gathered to share meals, stories, and laughter. The atmosphere was relaxed and joyful, with conversations flowing across tables and departments. It was a moment of human connection, reinforcing the idea that wellness is not just about individual health, but about community care.

Reflections and Way Forward

The 2025 Staff Wellness Day at NUST Eenhana Campus was more than an event - it was a statement of values. Through thoughtful speeches, engaging activities, and heartfelt conversations, the campus reaffirmed its commitment to the wellbeing of its staff. The day served as a blueprint for how institutions can integrate wellness into their culture, not as an afterthought, but as a

cornerstone of excellence.

As the sun set over Embaxu, participants left not only with refreshed bodies and minds, but with a renewed sense of belonging. The message was clear: wellness is not a destination - it’s a journey, and NUST is walking it together.



General Assembly Adopts Resolution On UN-SCO Cooperation With Overwhelming Support

By: Xinhua
@themtkenyentimes

The UN General Assembly on Friday adopted a resolution with overwhelming support on cooperation between the United Nations and the Shanghai Cooperation Organization (SCO).

The resolution, introduced by China and co-sponsored by nearly 40 countries, including all SCO member states, highly commends the constructive role of the SCO in promoting regional peace, development, mutual trust and cooperation. The resolution speaks highly of the SCO's efforts in supporting the work of the United Nations and expresses support for strengthened dialogue and collaboration between the UN and the SCO.

Geng Shuang, charge d'affaires of the Permanent Mission of China to the United Nations, introduced the draft resolution at the General Assembly. Geng noted that since its founding 24 years ago, the SCO has continued to grow under the guidance of the Shanghai Spirit and has

become the world's largest regional organization. The most significant highlight of the SCO Tianjin Summit, he said, was Chinese President Xi Jinping's proposal of the Global Governance Initiative, which was warmly welcomed and actively supported by all parties, who agreed that the world urgently needs more effective governance visions and systems, making China's initiative most opportune and relevant.

At Friday's General Assembly session, representatives of Russia, Kyrgyzstan, Belarus, Pakistan, Iran, Cambodia, Cuba, Venezuela and Serbia spoke highly of the SCO Tianjin Summit and the work carried out by China during its rotating presidency. They emphasized that the resolution's adoption by the General Assembly with overwhelming support reflects the international community's recognition and support of the SCO. The representatives added that the Global Governance Initiative proposed by President Xi meets the needs of the times and will play a crucial role in addressing global challenges and enhancing global governance.



This photo taken on Sept. 5, 2025 shows the voting result displayed on screens at the General Assembly at the UN headquarters in New York. The UN General Assembly on Friday adopted a resolution with overwhelming support on cooperation between the United Nations and the Shanghai Cooperation Organization (SCO).

Rwanda's Gorilla Naming Ceremony Celebrates 40 Newborns

By: Xinhua
@themtkenyentimes

Rwanda's annual gorilla naming ceremony, known locally as Kwita Izina, took place Friday, with 40 baby gorillas named by global leaders, artists, football legends, conservationists, and Rwandan rangers.

Now in its 20th edition, the event was held at the foothills of Volcanoes National Park in Kinigi, Musanze District, northern Rwanda. Prime Minister Justin Nsengiyumva, who presided over the ceremony, reaffirmed the government's commitment to expanding the park by 25 percent to secure a future for the species. Eighteen of the baby gorillas named were born in 2024. Nsengiyumva noted the story of the mountain gorillas has not always been one of celebration, as years ago, their population had alarmingly decreased,

and their survival seemed uncertain. "However, thanks to the leadership of Rwanda, the dedication of passionate conservationists, the daily sacrifices of rangers, and the commitment of our communities, the gorillas came back from the brink," he said.

He added that the expansion of Volcanoes National Park would also improve the lives of the surrounding communities. "Conservation and development can go hand in hand. We call on the world to join us in this ambitious project as we share this responsibility," he said. Through initiatives like the tourism revenue-sharing program, which allocates 10 percent of revenues back to local communities, residents have benefited from improved schools, roads, and access to clean water. The dedication of rangers, trackers, and researchers, alongside global and local champions, has helped increase the mountain gorilla population in



the Virunga Massif from 880 in 2012 to more than 1,060 today, according to the Rwanda Development Board (RDB). First introduced in 2005, Kwita Izina

celebrates Rwanda's conservation achievements, engages communities, and raises global awareness. "This year, we celebrate the naming of 40 baby gorillas, bringing the total since

2005 to 438. Their names, rooted in Rwanda's culture and conservation values, symbolize hope and continuity," said Jean-Guy Afrika, RDB chief executive officer.

Katito Boda Boda Rider Becomes Millionaire In Coca-Cola’s Funua Flava Promotion

By: James Wanjiku
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A boda boda rider from Katito in Kisumu County has become the second millionaire in Coca-Cola’s ongoing Funua Flava Under the Crown promotion.

Jacob Ochieng Liech, 43, from Konyuro village, was awarded Sh1 million at a colourful ceremony held at Katito Market on Thursday, drawing cheers from friends, fellow riders, and shoppers.

For years, Liech had relied on hired motorcycles, surrendering a significant share of his daily earnings to owners. The father of five said the win would transform his livelihood.

“I will use this cash to buy my own motorcycle so that I can make good money. Before, I had to part with at least Sh300 daily to the owner of the bike, which left me with very little,” he said.

He added that part of the prize would be invested in his wife’s traditional mat-making business.

Liech said his winning journey began when a friend encouraged him

to try his luck in the promotion. His first reward was 50MB of data, but he persisted until he received a call confirming his grand prize.

“At first, I didn’t believe it. I even disconnected the call. But after several follow-ups, I realized it was true,” he recalled.

The Funua Flava Under the Crown promotion, launched on August 15 by Coca-Cola Beverages Africa (CCBA) in Kenya, will run until November 15.

Consumers stand a chance to win instant airtime, data bundles, cash prizes, and a weekly Sh1 million reward.

To participate, consumers buy a 300ml glass bottle of Coca-Cola, Sprite, Fanta, Stoney, Krest, or Schweppes, check under the yellow cap for a unique code, and SMS it to 40111.

Juliana Kituma, Director of Front-line Marketing for Coca-Cola East and Central Africa Franchise, said the promotion was designed to create memorable experiences.

“With this promotion, we have made it easy for people to win real prizes in real time. Airtime is delivered instantly, and cash prizes are



L-R: Coca-Cola Bottler Kenya(CCBA) Regional Sales Manager for Nyanza region Winnie Maina, Funua Flava Pata Mita second winner and boda boda rider Jacob Ochieng with his wife Caroline Ochieng and Coca-Cola Bottler Kenya (CCBA)Experiential Manager Amphfer Apidi at the handover of the One Million Shillings cheque at Katitu, Kisumu County. PHOTO BY JAMES WANJIKU

securely transferred to mobile wallets, making the process seamless,” she said.

Alfred Mabu, CCBA Kenya’s Revenue Growth and Trade Marketing Director, added that the campaign reflects the company’s commitment to rewarding loyal consumers and giving back in meaningful ways.

Liech follows Lauryne Jemutai Birir, a honey trader from Baringo County, who was the first Sh1 million winner in the campaign.

Kenya’s Digital Highway Has A Gender Barrier



By: Davidson Otieno Omondi
@themtkenyentimes

Kenya proudly calls itself the Silicon Savannah, a leader in the digital revolution that has transformed Africa. Our mobile money systems are a global marvel, and our internet penetration is the envy of the continent. We have built a digital superhighway to the future, but we have left millions of women standing on the dirt path.

This is the new frontier of inequality: the digital gender divide. The gap is not just about owning a smartphone;

it is about access to the modern economy itself.

According to the global mobile industry body, GSMA, women in sub-Saharan Africa are significantly less likely to use mobile internet than men. This gap is a chasm of lost opportunity. When a woman is offline, she is locked out of digital financial services, online markets for her produce, vital health and agricultural information, and educational resources for her children.

The barriers are well-known: the high cost of data and devices, a gap in digital literacy, and concerns over online safety and harassment. These are not technical issues; they are economic and social barriers that we can and must dismantle.

The solution requires a deliberate, nationwide effort. Telecom companies can lead with targeted programs to make smartphones and data more affordable for women. The government, through initiatives like the



Ajira Digital Program, should ensure its training reaches women in rural areas. We must champion and create online spaces that are safe and relevant for women.

A Silicon Savannah that only serves half its population is an unfinished project. To unleash the full innovative potential of our nation, we must ensure that the digital highway is open to everyone, regardless of their gender.

By: Davidson Otieno Omondi
Author, The Unfinished Revolution
Student, Rongo University

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Sports >> *Peter Mwangi and Fridah Ndida claimed top honours in the 21km warm-up race for the 22nd Standard Chartered Nairobi Marathon, held at Parklands Sports Club in Nairobi, where more than 1,500 athletes participated.

Mwangi, Ndida Shine In Warm-Up Race Ahead Of Standard Chartered Nairobi Marathon



Standard Chartered Head of Corporate Affairs, Brand and Marketing, Joyce Kibe, and Parklands Sports Club Sports Convener, Adip Singh award the winner of the 21km Parklands Warm Up race, Fridah Ndida (centre) on Sunday 7th September, 2025. The race is a trailblazer to the Standard Chartered Nairobi Marathon, set for 26th October, 2025..

By James Wanjiku

Peter Mwangi and Fridah Ndida claimed top honours in the 21km warm-up race for the 22nd Standard Chartered Nairobi Marathon, held at Parklands Sports Club in Nairobi, where more than 1,500 athletes participated. Mwangi crossed the finish line in 65 minutes to win the men's category, while Ndida clocked 77 minutes to dominate the women's race. Mwangi described the victory as a key boost in his preparations for the main marathon. "Winning today has given me confidence as I prepare for the October race. The course was competitive, and I am happy with my performance. I believe this momentum will carry me into the Standard Chartered Nairobi Marathon, where I hope to

achieve an even better result," he said. The main event is scheduled for October 26, 2025, at Uhuru Gardens and is expected to draw more than 30,000 participants. Organisers have confirmed that over 18,000 runners have already registered ahead of the October 10 deadline, including more than 60 elite athletes. Among the elite names are Kenyans Lazarus Too, the 2025 Orange Phikwe National Marathon champion, and Donald Sambu, winner of the 2021 MTN Kampala Marathon, alongside Ugandan international competitor Stephen Mugabe and Cecilia Alonyo. David Mwindi, chairperson of the Local Organising Committee (LOC), said the strong turnout at the warm-up event reflects the growing stature of the marathon.

"The strong turnout today from both runners and sponsors demonstrates the growing energy around this year's marathon. It is encouraging to see how individuals and corporates are rallying behind the Standard Chartered Nairobi Marathon, not just as a sporting event, but as a platform that empowers communities through initiatives like Futuremakers," said Mwindi. This year's marathon targets to raise more than Sh70 million for Futuremakers by Standard Chartered, the bank's global initiative that equips young people—especially women and persons with disabilities—with skills in education, employability and entrepreneurship. In 2024, the marathon raised Sh48 million for the programme. The Parklands event is the first in a series of build-up activities

that include another warm-up run in Karura Forest, a medical camp in Kibera, and a satellite race in Mombasa. To enhance the race-day experience, organisers have announced several improvements. The 42km marathon will, for the first time, feature a separate finish-line channel for elite runners. The 21km and 10km races will end at different points inside Uhuru Gardens to ease congestion, while the walk-off area after the finish has been expanded by 30 per cent to improve flow and safety. Medal and hydration teams have also been reinforced, and a new photo-finish zone will give participants high-quality images without blocking movement.

GET THE BEST OF WORLD

Sports >>> *KCB Rugby asserted their dominance on the National Sevens Circuit after storming to the Kabeberi 7s title with a 20–10 victory over Daystar Falcons in the main cup final at the RFUEA Grounds yesterday.

KCB Crowned Kabeberi 7s Champions, Mwamba Stun Impala In Women’s Final

KCB Rugby asserted their dominance on the National Sevens Circuit after storming to the Kabeberi 7s title with a 20–10 victory over Daystar Falcons in the main cup final at the RFUEA Grounds yesterday.

The bankers, who have now opened a nine-point gap at the top of the standings, produced a blistering first-half display to lead 20–0 before resisting a spirited second-half comeback from the youthful Falcons.

Elvis Olukusi gave KCB the perfect start with an early try before Vincent Onyala stretched the lead, profiting from a powerful carry by Bob Muhati.

Samuel Asati then crossed the whitewash to make it 15–0 before Elvis Olukusi pounced on a loose ball to secure a commanding half-time advantage.

Daystar Falcons fought back after the break with two tries but KCB’s defensive structure held firm to seal a 20–10 win and the Kabeberi crown.

In the semis, KCB edged rivals Kabras 21–17 in a thrilling contest. Asati and Michael Lukusi crossed for the bankers with Rayvon Ambale also on the scoreboard.

Kabras responded through Kevin Wekesa and Brian Mutua but a late try from Floyd Wabwire, converted by Festus Shiasi, proved decisive.

Daystar booked their spot in the final after edging Strathmore Leos 12–10.

Speedster Patrick Odongo dotted down before Clinton Amakuwachi added a second try.

Strathmore rallied through Victor Mola late on but Arnold Mwita’s conversion drifted wide, denying the Leos extra time.

Kabras defeated Strathmore Leos 29–12 to settle for bronze.

Brian Mutua and a double from Kevin Wekesa handed the sugar millers a 17–0 halftime lead, and despite Strathmore’s fightback through Samule Wafula and Victor Mola, Kabras sealed the win



Bob Muhati in action for KCB RFC. Photo/Handout. .

with a late Mathias Osimbo try.

Menengai Oilers beat Catholic Monks 17–12 to claim fifth place while Impala hammered Homeboyz 29–0 in the ninth place final.

Nakuru defeated Embu RFC 27–5 to secure 13th place as Non-descripts lifted the Division Two crown after beating Zetech Oaks.

Mwamba ladies delighted the home crowd with a dramatic comeback in the women’s final, stunning Impala 17–12 in sudden death.

Impala led 12–0 at halftime, but Naomi Amugune turned heroine for Kulabu, chasing down a kick from inside her own 22 before slicing through Impala’s defence to score the golden try.

Victory takes KCB to 104 points, nine clear of Strathmore Leos.

The bankers now only need to reach the main cup semifinals at next weekend’s Dala 7s to clinch the overall National Sevens Circuit crown.

| | |
|---------------------------------------|---------------------------------------|
| Kabeberi 7s collated results | |
| Kabeberi 7s main cup quarter finals | |
| Impala 22 Nakuru RFC 17 | 5th place Semifinals |
| MMUST 29 Kisumu RFC 7 | Catholic Monks 24 Mwamba 17 |
| Kenya Harlequins 19 Mean Machine 12 | Menengai Oilers 52 Mombasa RFC 7 |
| Homeboyz 34 Embu RFC 5 | |
| Main Cup quarter finals | |
| KCB 35 Mwamba 7 | Main cup semifinals |
| Kabras 20 Catholic Monks 5 | KCB 21 Kabras 17 |
| Strathmore Leos 36 Mombasa RFC 0 | Daystar Falcons 12 Strathmore-Leos 10 |
| Daystar Falcons 24 Menengai Oilers 19 | |
| 13th-place semifinal | |
| Nakuru 20 Kisumu RFC | 13th place Final |
| Mean Machine 20 Embu | Nakuru 27 Embu RFC 6 |
| Challenger Cup Semifinal | |
| Impala 12 MMUST 7 | 9th place final |
| Homeboyz 31 Kenya Harlequins 26 | Impala 29 Homeboyz 0 |
| 5th place final | |
| Menengai Oilers 17 Catholic Monks 12 | |
| 3rd Place final | |
| Kabras 29 Strathmore Leos 12 | |
| Cup final | |
| KCB 20 Daystar Falcons 10 | |

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Dr. Dawn Menge A Trailblazer In Education And Literature



By: Anila Bukhari
@themkenyatimes

Worth Noting:

- Dr. Menge's family is her rock, and she's grateful for the love and support of her three children and seven beautiful grandchildren. Her family inspires her work and reminds her of the importance of education and inclusion.
- Through her work, Dr. Menge continues to inspire and empower students, educators, and families around the globe. Her legacy is a testament to the power of education and the impact one person can have on the world.
- As Dr. Menge's story comes to a close, it's clear that her dedication, passion, and love for education have made a lasting impact. Her work will continue to inspire future generations of educators, students, and families, leaving an indelible mark on the world of education and literature.

Meet Dr. Dawn Menge, a visionary educator, author, and advocate who's been making waves in the world of literacy and special education for over two decades. With a passion that's contagious and a heart that's full of love, Dr. Menge has become a celebrated figure in the literary world, inspiring countless students, educators, and families around the globe.

A Champion of Literacy and Inclusion

Dr. Menge's impressive credentials are a testament to her dedication and expertise. With:

- 90+ international literacy awards
- 200+ film festival awards
- Special Recognition Champion Award from Conquering Disabilities with Film
- Best Written Word from Miracle Makers Film and Hollywood Dreams Film
- International Author Boss Award from Power Conversations Magazine
- Success Magazine's 2023 Women of Influence

Dr. Menge has proven herself to be a leader in her field, pushing boundaries and breaking down barriers for students with special needs.

Published Works That Inspire

Dr. Menge's published works are a reflection of her creativity and commitment to education. Some of her notable publications include:

- Queen Vernita's Educational Series
- Queen Giggles Kingdom
- The six federal individual education plan goals and the effectiveness of their implementation in preparing for transition

These works showcase Dr. Menge's ability to craft engaging stories and educational materials that cater to diverse learning needs.

Academic Excellence

Dr. Menge's academic background



Dr. Dawn Menge

is a reflection of her commitment to excellence:

- PhD in Education, specializing in Curriculum and Instruction
- Master's degree and Clear Credential in Moderate/Severe Disabilities
- Bachelor's degree in Human Development

With over 20 years of experience teaching students with severe cognitive delays, Dr. Menge has developed a unique approach that's both effective and compassionate.

Teaching and Mentoring with Love

Dr. Menge's teaching philosophy is centered around empathy, understanding, and inclusivity. She mentors graduate students, inspiring them to make a difference in the world of education. Her approach has earned her a reputation as a dedicated and passionate educator.

A Family Woman

Dr. Menge's family is her rock, and she's grateful for the love and support of her three children and seven beautiful grandchildren. Her family inspires her work and reminds her of the importance of education and inclusion.

A Legacy of Love and Learning

Through her work, Dr. Menge continues to inspire and empower students, educators, and families around the globe. Her legacy is a testament to the power of education and the impact one person can have on the world.

As Dr. Menge's story comes to a close, it's clear that her dedication, passion, and love for education have made a lasting impact. Her work will continue to inspire future generations of educators, students, and families, leaving an indelible mark on the world of education and literature.