



Kenya University newsletter

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A Fortnightly Publication of the Office of the Vice-Chancellor

Kenya University Vision: To be a dynamic, inclusive and competitive centre of excellence in teaching, learning, research and service to humanity.

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Confucius Institute at KU 'to be the best in Africa'



Mr. Wang Gang, the Vice-Chairman of Chinese People's Political Consultative Conference (CPPCC) unveils the plaque to launch KU's Confucius Institute at the Kenya International Conference Centre, Nairobi, on June 3, 2010. With him are (from left) Vice President, Mr. Kalonzo Musyoka, Prof. Zhao Yanxiu, (partly-hidden) who is the President of China's the Shandong Normal University, and Ku's Ag. Deputy Vice-Chancellor (Administration) Prof. Paul Wainaina.

Kenya University Confucius Institute (KU-CI) was launched in a colourful ceremony with Mr. Wang Gang, the Vice-Chairman of the Chinese People's Political Consultative Conference (CPPCC), describing the launch as "another milestone" that would help to "set up a new future" for the people of Kenya and China. "The Kenya University Confucius Institute will help to strengthen ties between Kenya and China," said Mr. Wang, at the Kenya International Conference Centre in Nairobi on June 3, 2010. Mr Wang received a giraffe statue

from KU to symbolise vision and prosperity between Kenya and China. The KICC event was followed by an equally lively ceremony at the KU's Main Campus the following day, where Prof. Zhao Yanxiu, who is the President of the China's Shandong Normal University that sponsors the Institute, described KU as a "prestigious" university in Africa. "We cherish the cooperation with Kenya University. We hope, through our efforts, to make Confucius Institute at Kenya University the best in Africa. The Institute opens a new chapter between the two institutions," said Prof. Zhao, who

was given an elephant carving to symbolise the strength of the relationship between the two universities. Those who graced the Nairobi event include Kenya's vice President Kalonzo Musyoka, Minister for Justice and Constitutional Affairs, Mr Mutula Kilonzo, and Kangundo Member of Parliament Johnstone Muthama. Their host was the Ag Deputy Vice-Chancellor, Prof Paul Wainaina, represented the Vice-Chancellor as the CV, Prof. Mugenda. Prof. Mugenda was in the United States where she had led the President of Kenya University Students' Association

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US, KU Ties Grow as US V-P Biden meets KU Student

Just about the time Kenya University Students' Association (KUSA) President and Vice-President were in United States, the US Vice-President Joe Biden was in Kenya and had a rare meeting with a KU99.9FM presenter and newscaster.

Mr. Biden, who was in the country for a three-day State visit, met KU's George Koome at the Kenya International Conference Centre in Nairobi, where the VP gave a public lecture on June 9, 2010. Mr. Koome, who presents morning and evening shows, had travelled there courtesy of the University.

Perhaps his brief chat with the Vice-President of the most powerful person in the world, President Barack Obama,

goes a long way to show how strong the ties between US and KU are. It is worth noting that the US Ambassador, Mr. Michael Ranneberger, who was present at the KICC, has been a valuable guest at KU functions. and that, the US government had organised the three-week tour of KUSA President, Mr. Anthony Maina and his Vice-President, Ms. Renalda Mwanyuma.

The KUSA top officials toured leading universities in the US to share knowledge on non-violent-conflict management strategies. The students were led by the KU Vice-Chancellor, Prof. Olive Mugenda, the Dean of Students, Dr. Edwin Gimode, and the head of teaching programmes unit, Dr. Stephen Nyaga. The theme of the tour, dubbed the International Visitor Single Country Project

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US VP Joe Biden with KU 99.9 FM presenter George Koome at KICC, Nairobi, as a US Secret Service agent keeps watch.

From the Editor's Desk

The official opening of the Confucius Institute by Mr. Wang Gang, the Vice-Chairman of the Chinese People's Political Consultative Conference demonstrated unequivocally, the strength of the bond between Kenya and the Peoples' Republic of China, and in particular, KU and Shandong Normal University. It is notable that the post-modern library is also being constructed by a Chinese firm. Perhaps, borrowing a leaf from US President Obama's "The Audacity of Hope," George Koomey, a KU student and newscaster and presenter with KU99.9FM, managed somehow to have a brief chat with the visiting US Vice-President Joe Biden in Nairobi. The VP was obviously charmed by the young man's chutzpah and received him warmly. We have caught the moment on the front page. This issue also carries a special update of infrastructural development (see Page 5) at the Main Campus. We should have several new structures in place by the end of the first quarter next year.

David V. Karanja
Editor

KU Confucius Institute 'to Be the Best in Africa'

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(KUSA), Mr. Anthony Maina, and the Vice-President, Ms. Renalda Mwanyuma, on a tour of US universities to learn more about non-violent conflict management. Those who accompanied Prof. Mugenda were the Dean of Students Dr Edwin Gimode, and KU's head of teaching programmes unit, Dr Stephen Nyaga.

The V-P, Mr. Musyoka, requested Mr. Wang to open KU's post-modern library (being built by a Chinese firm) as well as to lay the foundation stone for the proposed Kenyatta University teaching and referral hospital. "This is our wish and our humble request," said Mr. Musyoka on behalf of the Vice-Chancellor, Prof. Mugenda.

The KU Council Chairman, Mr. Benson Wairegi, said the KU-CI sought to contribute towards breaking the

language barrier, between the peoples of Kenya and China. In a speech read on her behalf by the then acting Prof. Wainaina, Prof. Mugenda said that KU was "lucky to have a Confucius Institute," among more than 300 such institutes around the world. She thanked Hanban, the Confucius Headquarters, and Shandong Normal University for their support, and looked forward to stronger partnership leading to the



Top: Ag. DVC (Administration) Prof. Wainaina makes a point before presenting Mr Wang (left) with a giraffe carving. He said the carving symbolises vision and prosperous relationship between KU and Shandong University. On Prof Wainaina's left are Justice and Constitutional Affairs Minister, Mr. Mutula Kilonzo, the V-P, Mr. Kalonzo Musyoka and KU Council Chairman Mr. Benson Wairegi.

exchange of research programmes, staff and students.

Who was Confucius?

The best-known Chinese philosopher outside the Orient, K'ung-fu-tzu (551-479 BCE), or Confucius (the Westerners' corruption of his name), was a scholarly all-rounder, who excelled in fields as diverse as music, calligraphy and political theory.

Perhaps, his greatest legacy was the system of civil service examinations that he devised a transparent selection of state employees. Not only did it ensure that the best minds ran the imperial bureaucracy, but that they were selected from the whole population regardless of

social.

In reverence to Master Kung (the meaning of Confucius), all Chinese cultural centres throughout the world are called Confucius Institutes.

KU Opens Wellness Centre as Pioneer Trainers Crowned

KU has opened a wellness centre in a bid to improve the delivery of health-related programmes and services for students and staff.

The Kenyatta University Wellness Centre (KUWC), located at the new ultra-modern Sh150 million-Business and Student Services Centre at the Main Campus, seeks to intensify the campaign against alcohol and drug abuse among the staff, students and the neighbouring communities. It will also offer consultancy services.

At the same time, the 44-member pioneer group of the Kenyatta University Wellness Cells has been trained to help intensify the fight against drug and alcohol abuse within the university and its neighbouring communities. The group has 39 students and five members of staff.

The Vice-Chancellor, Prof Olive Mugenda, has appointed Dr Sammy Tumuti, the KUWC's first director to spearhead the campaign as well as help to transform the centre into a rehabilitation hub. His role includes counselling staff and students on industrial



KU Human Resources Manager, Mr. Nderitu Gikaria presents a certificate to Maximillah Chemutai, one of the 44 members of the KU Wellness Cells. With them is the Director of the newly-created KU Wellness Centre, Dr. Sammy Tumuti (centre).

issues, marriage and family life, gender and sexual harassment, as well as providing retrenchment and retirement support systems.

The first task of the KU Wellness Cells will be to come up with research projects on drug and substance abuse. The members have since been placed in two committees — broadcasting and editorial. The broadcasting committee is expected to come up with programmes to be aired on the KU 99.9FM as well as national radio and television stations in order to reach the wider public.

Dr Tumuti, and the University's Human Resources Manager, Mr Nderitu Gikaria urged trainees to lay a strong foundation for the Cells.

"This pioneer group will lead the fight against drug and substance abuse at KU. Being a pioneer group, you have a big role to play... Let's fight drug and substance abuse from all angles," Mr Gikaria told the



Dr. Sammy Tumuti (seated second left) and Mr. Nderitu Gikaria with members of KU Wellness Cells after the training.

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KU, Shandong Normal University Strengthen Links

The Ag. Deputy Vice-Chancellor (Administration), Prof. P.K. Wainaina, has lauded the launch of the Confucius Institute (KU-CI) as a major milestone especially in realization of internationalization of the University. Prof. Wainaina noted that the (KU-CI) was having impact with a lot of people showing interest in Chinese language and culture. This, he added, "has further been attributed to the increasing number of Chinese firms operating in the Country".

Prof. Wainaina thanked the President of Shandong Normal University, Prof. Zhao Yanxin for the continued support in terms of personnel and resource materials for the Confucius Institute. The President hailed the partnership between the two institutions, adding that the



President of Shandong Normal University, Prof. Zhao Yanxin (left) and Ag. Deputy Vice-Chancellor (Administration), Prof. P.K. Wainaina sign an MoU to strengthen partnership between the two institutions.

Institute provided a platform for future collaborations. Prof. Yanxin was leading a delegation from Shandong Normal University that paid a courtesy call on the Vice-Chancellor. The two institutions later signed a Memorandum of understanding to strengthen the Collaboration.

According to the Director, Confucius Institute, Dr. Martin Njoroge, a group of students will graduate in the forthcoming graduation ceremony on July 2010 while over 300 students are expected to join the Confucius Institute in September for the various courses. "We are very happy to have a Confucius Institute at KU, which is indeed a link between Kenyatta University and China", said Dr. Njoroge.

VC: KU Committed to Promotion of Girl-Child Education

KU is committed to the promotion of the girl child education, the VC, Prof. Olive Mugenda, has said.

The education of the girl child holds a special place at the University, she said and urged the society to be more dedicated to educating young women.

Prof. Mugenda said it was due to that commitment that the University set up a project that seeks to enhance girls' improvement and participation in science and Mathematics-based subjects. The VC said this in a speech read for her by the Director of the City Campus, Prof. Wangari Mwai, during the prayer and prize giving day at Mugoiri Girls' High School in Kiharu District on May 29, 2010.

She said the success of the project was evidenced by the high enrolment of girls in science-based disciplines. She was impressed Mugoiri Girls' was among the schools that were encouraging girls to take the sciences. The school offers pure sciences: chemistry, physics and biology and has expanded the curriculum to include agriculture, home science and, lately, computer science.

Prof. Mugenda said it was encouraging that the stakeholders of Mugoiri Girls' had been commended over the years for upholding the virtues of sound management, hard work, sacrifice and self-discipline. From its formation as a primary school in 1938, through the Intermediate stage between 1940 and 1956, to becoming a secondary school in 1957, then known as gati-iguru – (on top of the seat), Mugoiri continues to excel in both academic and co-curricular activities.

Prof. Mugenda commended the teachers, parents and students for the continued good performance. Since 1996 there has been an upward trend in the number of candidates who attain the minimum university entry grade of C+ and above. The VC challenged the current Form Four girls to aim at surpassing the 2004 record in which the candidates had a mean score of 8.16.

Prof. Mwai, who proudly inspected a guard of honour staged by the Girl-Guide troupe, presided over a colourful prize-giving ceremony, where top students walked away with valuable gifts. The audience was left yearning



From top clockwise: Mrs. Veronica Waweru, the Principal Mugoiri Girls High School in Kiharu District, and students welcome KU City Campus Director, Prof. Wangari Mwai, at the school on May 29, 2010. The Director joins students in the *Munjiari* tune. Prof. Mwai presents a top student with a gift.

for more after the girls performed captivating games derived from children's rhymes and games such as *Mama Milka*. Parents shed tears when the Fourth Form girls staged a performance of the famous *Munjiari (Parent)* tune in thanksgiving to their parents for all they have done for them.

Prof. Mwai, urged the girls to study hard and make KU their university of choice where they would study and sharpen their skills not only for their own good but for the entire nation.

Use Sports to Promote Education – UN Envoy

A United Nations top official has asked governments and institutions to use sport and promote education.

The UN Under-Secretary General, Mr. Wilfried Lemke, said sport could help not only fight crime but advance education among the youth. He asked governments to do more and support sports projects among the youth. Most people, he said, were more interested in sports than in politics.

"Sport is not luxury. It is a very good tool to educate young people," said Mr. Lemke when he officially opened the two-day 17th biennial International Society for Comparative Physical Education and Sport (ISCPEs) conference at



Mr. Wilfried Lemke, the United Nations Special Advisor to the Secretary General on Sport for Development and Peace, addresses the 17th ISCPEs conference at KU.

Kenyatta University between June 6 and 8, 2010. This is the first time the conference is being hosted in the African continent.

He said, Governments should not be interested only in helping top athletes get gold medals to take home from top international events. Instead, they should not only support sports models, but help tap the talents of young boys and girls right from the slums.

Mr. Lemke, who is the UN Special Advisor to the Secretary General on Sport for Development and Peace, asked governments worldwide to use sport to promote peace and development. "Sport can give hope. I believe in the power of sport. Governments should use

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KU, KETEPa May Soon Package Research Programmes

KU and the Kenya Tea Packers (KETEPa) may soon come out with a package on research and training in the tea industry. Ag. Deputy Vice-Chancellor (Academic) Prof. Reuben Muasya and KETEPa head of sales and marketing, Mr Frederick Kamuzyu, agreed the two institutions had a lot to share. "Private and public institutions have a lot to share in terms of research and training. There is so much we can gain from interacting with KETEPa," said Prof. Muasya when he received a donation from the company for the 17th the edition of the International Society of Comparative Physical Education and Sport (ISCPES) conference held at the Main Campus between June 6 and 8, 2010.

Prof. Muasya, who received the donation on behalf of Kenyatta University, which hosted the conference, urged KETEPa to enter into a memorandum of understanding with KU on research and training in the tea industry. Such an exchange, he said, would help the University's undergraduate students to learn how business enterprises are run. The company too,

he said, would benefit from ready manpower. He said such a MoU should be drawn up before September so that students, who would resume that month from their long vacation, could start benefiting early.

Mr. Kamuzyu, who was accompanied by the company's brand assistant, Ms. Elizabeth Maina as well as brand executive Ms. Judy Kabugi, said KETEPa welcomed the proposal and would work towards achieving it, especially on marketing research. "What KU is doing in terms of research is commendable," said Mr. Kamuzyu.

KETEPa donated 2,500 bottles of mineral water and 50 bags of tea for the just concluded three-day conference, whose theme was: "Physical Education and Sport for Global Peace and Development." More than 100 delegates from 23 countries around the world there participated.

Those who accompanied Prof. Muasya, included, Dr. Wanderi Mwangi, who is ISCPES conference Local



The Kenya Tea Packers (KETEPa) head of sales and marketing, Mr. Frederick Kamuzyu (right), presents Kenyatta University's Ag. Deputy Vice-Chancellor (Academic), Prof. Reuben Muasya, with a donation of refreshments for the ISCPES conference, at the Main Campus on May 31, 2010. With them is the University's sports and games coordinator, Ms Peninah Wahome.

Organising Committee chairman; Dr. Andanje Mwisukha, the Committee secretary; and, Prof. Fredrick Gravenir, who is the Director of the University Advancement. Prof. Gravenir said, it was time public universities partnered more with the private sector in a bid to advance.

Environment: EAMKUE project Enters Second Phase

The second phase of the Environmental Awareness and Management at Kenyatta University and its Environs (EAMKUE) is underway. The project, undertaken by the Directorate of Community



Members of EAMKUE at work along the Mareng'eta River.

replacing the dried trees, and planting more. The project engages students from Kenyatta University (KUNEC), women groups from around KU, neighbouring primary and secondary schools as well as hired labour in carrying out these activities. The project implementation

would require support from stakeholders including the National Environmental Management Authority (NEMA) and forest officers. This would help to stop the damping of effluent from the neighbourhood.

The project will act as a teaching/demonstration site on environmental conservation to the students and the neighbouring communities.

Outreach and Extension Programmes (COEP) in collaboration with the School of Environmental Studies and funded by the Ministry of Environment and Mineral Resources, involves the rehabilitation and maintenance of the Mareng'eta river which runs from Gicheha Farm to Kenyatta University. The first phase, between July 2009 and December 2009, involved clearing the bush, identifying the hot spots as well as planting water-friendly tree species along the river. The second phase will mainly involve

US, KU Ties Grow as US V-P Biden meets KU's Radio Presenter

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for Kenya, is *Non-Violent Conflict Resolution in Higher Education*.

Though the Biden-Koome meeting took less than three minutes, the KU student had a memorable moment with the VP. He recalls their encounter: "Meeting the second most powerful person in the world was not only humbling, but an exciting life time moment." After the VP's speech, the KU student, just like everybody else, was about to walk out to the Tsavo Ball Room, only for a US Secret Service agent to ask him to meet the VP. He got a chance to hug the guest.

The two chatted for a moment about the students activities at Kenyatta University. Koome is currently studying community

development in KU, where he is also a presenter with KU99.9 FM. After the encounter with the VP, Koome had this to say, "He told me he believed I had great potential being the first youngest Kenyan to ever meet the powerful man on African soil. I heard a TV journalist saying our meeting was broadcast live on world channels. It was a memorable moment for me to me. I believe I could not have had the rare chance of meeting such a humble and influential leader, were it not for KU arranging for students to attend the KICC event."

Community Service: Early Childhood Education Students Tour Samburu, Maralal

Students from KU's Community Outreach and Extension Programme (KU COEP) toured Samburu and Maralal to learn more about community service.

The Director Kenyatta University Community Outreach and Extension Programme Dr. Dinah Tumuti led Early Childhood Education students on the tour that sought to familiarise the learners with the unique local Loipi early childhood curriculum for pastoralist children, sponsored by Child Fund Kenya.

The delegation that included the

Ag. Department of Early Childhood Studies chairman Dr. Rachel Kamau-Kang'ethe, as well as lecturers Dr. Teresa Mwoma and Dr. Juliet Mugo of Early Childhood Studies, also donated foodstuff, clothing, teaching and learning materials to the area's pre-school children.

Dr. Tumuti and Dr. Kamau-Kang'ethe also held talks with the Samburu DEO and top Child Fund North Rift Region officials, aimed at exploring ways in which KU and the Samburu community could work together to enhance children's lives.



The Director Kenyatta University Community Outreach and Extension Programme Dr. Dinah Tumuti with Early Childhood Education students and staff when they toured Samburu and Maralal. Below: Dr. Tumuti interacts with the area's pre-school pupils during the tour.



Research Update



Maternal Health Care Still Inadequate

A new project entitled "The Enhancement of East African Universities' Contribution towards the Attainment of Millennium Development Goal -5 for Maternal Health" has been set up.

This follows reports that mortality rates have declined. Statistics show that Maternal deaths are still on the increase but it is not yet clear whether there are diverse groups on the alert about this and what they are doing to respond to the problem.

The purpose of this project which is funded by the Mobilizing Regional Capacity Initiative (MRCI) fund of the Association of African Universities (AAU), is to assess the contribution of universities in the attainment of Millennium Development Goal 5 (improvement of maternal health), and to promote the contributions of universities in achieving it. The project is intended to provide recommendations for the establishment of an information gathering and sharing platform on maternal health among East African universities and maternal health key stakeholders. This includes a baseline survey of University programmes, curricula and resources related to safe motherhood. Through this platform, the programme will contribute to the capacities of universities to carry out policy-oriented research and provide recommendations for strengthening the development of policy frameworks. This proposal will explore the important role of



An Expectant mother awaits attention at a hospital

universities in addressing the lack of progress for Millennium Development Goal Five, namely the reduction of maternal mortality.

Universities can strengthen the social dimensions of maternal health in a country through

policies, research and education that promote women enrolment and retention, safe motherhood; nutrition and maternal health; early childhood care and development; and gender studies. The extent to which

this has been done is not clearly documented. There is limited evidence of the contribution of universities in Africa on knowledge and skills development towards the social dimensions of the MDG-5 on maternal health.

The project involves sampled universities from the East African Region. The research team is led by Dr. Jean Chamberlain, Assistant Professor at The Christian University of Uganda and also the Executive Director of Save the Mothers. It comprises three research experts from Kenyatta University, namely Isaac Mwanzo, a medical anthropologist, Prof. Jane-Dorcas Wangari Mwai, a gender and oral communication expert, and Bonaventure Michael Okello Agina, an obstetrician/ gynecologist.

Farmers' Voice Radio



Fiona Mwaniki (centre) from the FVR country office discussing the pre-test report with research assistants, Emily Nge'he (left) and Grace Wangari (right)

Kenyatta University together with Jomo Kenyatta University of Agriculture and Technology (JKUAT), Kenya Broadcasting Corporation (KBC), Kenya Federation of Agricultural Producers (KENFAP) and FIT Resources are involved in a research project Farmers' Voice Radio. The project goal is to develop agricultural extension solutions through radio to small scale farmers in sub-Saharan Africa. Already, there are radio agricultural tips on KBC English service, idhaa ya Kiswahili, Cooro FM and Pwani FM. The project aims to extend the broadcasts to other stations and use mobile telephony to reach and give agricultural solutions and tips to small scale farmers.

Kenyatta University has the monitoring and evaluation, gender mainstreaming, and university radio interns training components of the research project.

The monitoring and evaluation component carried out a pre-test baseline survey in Gatanga and Kiari districts in Central Kenya. The purpose of the baseline survey was to assess the needs and create awareness of the research project to the local residents of these districts.

The actual baseline survey all over the country has just been concluded and the data is being entered and analysed. The monitoring and evaluation component team is at the moment writing the pretest report that will be handed to the FVR country office by the end of this month. The gender component has developed a gender mainstreaming in agriculture training toolkit. This will be used to train agricultural extension officers, project partners and farmers as well as Radio Agriculture Advisory Committees (LRAAC) on gender issues. LRAAC have been set up in 8 districts across the country. The districts are Kirinyaga, Kisumu, Nakuru, Kiambu, Eldoret, Meru and Machakos.

KU to Participate in IAU Research Project

A team of scholars from Kenyatta University is conducting a pilot project to gather information profiling the changing nature of doctoral programmes in Sub-Saharan Universities. The study, a collaboration with International Association of Universities (IAU), will be conducted in six African Universities reflecting the local educational contexts of the respective countries.

This project will focus on the situation that prevails at Kenyatta University as one of the Sub-Saharan universities selected for the study. In order to analyse the actual status of doctoral programmes in

Sub-Saharan Africa, the IAU seeks to identify major changes taking place in doctoral programmes at Kenyatta University, including reforms that are being undertaken, and developments concerning doctoral research and its management.

The purpose of the project is to understand if and how Kenyatta University is reforming its institutional practice and how this impacts on the management and functioning of its doctoral programmes.

In a meeting with IAU Representatives, the Vice-Chancellor, Prof. Olive Mugenda, reiterated the

University's efforts to encourage staff to pursue or finish their Ph.D programmes in order to raise the number of Ph.D holders in the University. This, she added, was key to ensuring that the University attains its objective of becoming a world-class status. Dr. Hillingte van Land of IAU commended the KU researchers for their "enormous effort and incredible work" which was quite impressive. The KU research team is being led by Dr. Lucy Maina who is also the Chairperson of the Department of Sociology

Recent Publications

1. When the Sun Goes Down and Other Stories
Edited by Prof. Emilia Ilieva and Dr. W.H. Olemba
— Literature Department, KU
ISBN 978-9966-36-453-6
Longhorn Publishers, Nairobi, 2010
2. (Re)Membering Kenya Vol. 1 — Identity, Culture and Freedom
Edited by Dr. George Gona and Dr. Mbugua wa Mungai — Literature Department, KU
ISBN 9966-7244-7-8 Goethe-Institut Kenya, Ford Foundation and Twaweza Communications, Nairobi, 2010.

Library: e-Books Online Trial

KU library is offering students and staff a one-month free access to e-books, KU's Deputy University Librarian Mrs Maryanne Muiruri-Gichuhi, says.

The online trial access is to full text e-books, e-journals and e-reference works from Springer publishers at <http://www.springerlink.com>. The books, Mrs Muiruri-Gichuhi says, cover the entire range of subjects offered at the University. They include, Architecture and Design; Behavioral Science; Biomedical and Life Sciences; Business and Economics; Chemistry and Materials Science; Computer Science; Earth and Environmental Science; Engineering; Humanities, Social Sciences and Law; Mathematics and Statistics; Medicine Physics and Astronomy; and, Professional and Applied Computing.

The offer is valid until July 8, 2010. Access is limited within KU intranet. Readers are able to preview the entire e-book by browsing the chapters, which are available in downloadable PDF.



June 21 - July 4 2010

KU Confucius Institute Launch at the KICC, Nairobi

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Mr. Wang Gang, the Vice-Chairman of Chinese People's Political Consultative Conference signs the visitors book moments before he launched KU's Confucius Institute at Kenyatta International Conference Centre, Nairobi, on June 3, 2010. With him are (from left) Vice President, Mr. Kalonzo Musyoka, KU's Ag. Deputy Vice-Chancellor (Administration) Prof. Paul Wainaina and KU Council Chairman Mr. Benson Wairegi is behind Mr. Wang



Mr. Wang (centre) with KU Confucius institute Director Dr. Martin Njoroge and the Ag. DVC (Administration) Prof. P.K. Wainaina and Prof. Zhao. Others are from left Prof. Zhao and KU-CI Chinese Director, Prof. Pang Hui.



Mr. Wang Gang interacts with students of KU Confucius Institute. On his left are the Vice-President, Mr. Kalonzo Musyoka and the Ag.DVC (Administration) Prof. P.K. Wainaina.



President of Shandong Normal University, Prof. Zhao Yanxiu (centre), with the KU Chinese Director Confucius Institute Prof. Pang Hui (second left), a Confucius Institute Lecturer Jia Bing bo (left), Prof. Lv. Zhihong of Shandong Normal University (second right) and Wu Sheng zheng



Mr. Wang receives a giraffe carving from the Ag. DVC (Administration) Prof. P.K. Wainaina. With them are a KU Lecturer Mr. Kamau Wango (left) and Justice and Constitutional Affairs Minister, Mr. Mutula Kilonzo (right)



Students from Shandong Normal University perform a Chinese dance..



June 21 - July 4 2010

KU Confucius Institute Launch Celebrations at the Main Campus

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KU-Confucius Institute students join their Chinese peers and guests in a song.



Prof. Zhao Yanxu plants a tree seedling at the KU Main Campus, as the Ag. DVC (Administration) Prof. P.K. Wainaina holds it in place.



Prof. Zhao presents the Ag. DVC (Administration) Prof. P.K. Wainaina with a portrait of Confucius, the Chinese sage after whom the Confucius Institutes worldwide are named.



Students from Shandong Normal University and Kenyans sing the tune *Hakuna Matata* (No Problem)



Members of the KU Travelling Theatre (KUTT) perform a traditional dance.



Students from Shandong Normal University perform a Chinese dance

Infrastructural Developments

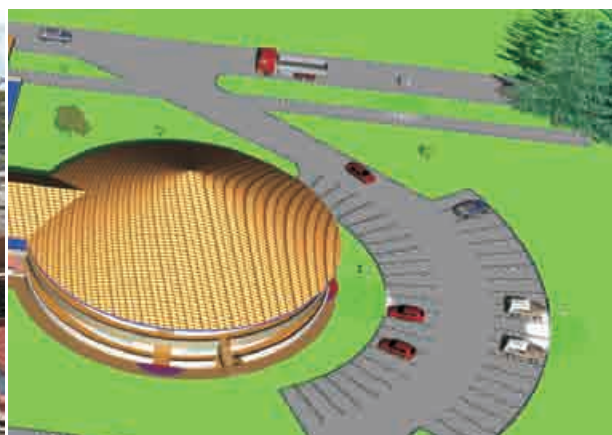
Coming up fast in the wake of the Onesmo Ole- Moi Yoi Lecture Halls as well as Business and Student Services Centre (BSSC) are three more imposing structures on the Kenyatta University skyline. They are School of Engineering, Post Modern Library and the Amphitheatre, which is an extension of the BSSC. The structures under construction appear on the left below. On the right are their respective finished models



The School of Engineering – This futuristic edifice will, in one wing, have a workshop to accommodate fifty students at a time; the other wing will consist of laboratories, lecture halls and offices. All indications point to a September, 2010 opening.



The Post-Modern Library – perhaps the most ambitious of the ongoing projects, this library is designed to serve 30,000 readers at a time ; 10,000 of them seated. Apart from space for thousands of items of printed materials, it will have the latest in contemporary electronic technology in library science.



The Amphitheatre – Inspired by classical Greco-Roman models, this structure, nestled on the northern end of the Business and Student Centre, is indeed rare in the country and pays deserved homage to the scores of creative performers and renowned writers that KU has produced, and will be a launching pad for future stars . The completed theatre will comfortably hold an audience of 3000. The projected opening date is December, 2010.



NAKURU CAMPUS

KU's new kid on the block

KU's new kid on the block is the former Hyrax Complex building which the University acquired in Nakuru town to be the first ever KU campus in the Rift Valley Province. The facility is situated on the busy Nairobi-Eldoret Highway just a few metres from the Kenya Farmers' Association roundabout. The Campus has been registering an overwhelming number of inquiries from potential students and their parents, thanks to its central location and proximity to the Nakuru Central Business District. The Campus is set to roll out its inaugural programmes in September this year. Full-time courses will consist of Bachelor of Education (Arts) under the Departments of English/Literature/History/Philosophy and Religious Studies; Bachelor of Commerce and Bachelor of Arts in Disaster Management.



The Front view of Kenyatta University Nakuru Campus

Evening /Weekend classes will offer MBA and MA in Counselling Psychology. Meanwhile, ODEL students concluded their first semester Continuous Assessment Tests (CATs) at the new premises. Those interviewed said they were greatly impressed by the Campus as it is within easy reach of basic facilities and services, including eateries. The Campus offers a good opportunity for KU to make its presence felt within the region and with the array of courses that we offer, large student numbers are expected to be realised.

NYERI CAMPUS

Plans for full campus

The Regional Coordinator, Mr. Cosmas Kathungu, says the Vice-Chancellor, Prof. Olive Mugenda, and the University Management Board are committed to the establishment of a full campus in Nyeri. The University has already taken up three floors of the Tabby Plaza.

Plans were underway to give the building the much needed refurbishment. The work would be complete before students report for the First Semester of the next academic year in September.

Mr. Kathungu said this when he addressed Open, Distance and e-Learning

students pursuing various undergraduate programmes. The students sat their CATs between May 29 and 30, 2010. A team of three invigilators from the main campus supervised the administration of the exams. While addressing the students before the start of the exams, the Director highlighted dates for key university events, including end of semester exams, special exams and the forthcoming graduation ceremony at the Main Campus. He enjoined the students to help in marketing the centre. Meanwhile, the students are very excited about the new library, which is equipped with Internet connected computers aimed at helping them to download supplementary study materials.

CITY CAMPUS

Significant strides

Each passing day marks some element of growth in the City Campus. From her inception day marks some element of growth in the City Campus. From her inception to-date, the Campus has made significant strides towards being the gateway to Kenyatta University at the City Centre. The available space at the campus is currently fully utilized with then undergraduate day classes running from 8.00am – 5.00pm, before the part-timers; undergraduates and postgraduates, troop in just in time

for their evening classes that begin at 5.30pm. Lectures for the pioneers (February intake), have already started. This semester will run until August 27, 2010, when exams are expected to end. This arrangement has greatly pleased the students and raised their hopes of graduating next year as promised by the Vice Chancellor Prof. Olive Mugenda when she addressed them on March 19, 2010. The VC had told the students the University would endeavour to ensure those who worked hard would graduate in the shortest time possible.

MAIN CAMPUS

Thika Road: New Gates to Ease Traffic Flow

In addition to the stately Gate A, KU Main Campus now boasts three more portals. The first one reads: Kenyatta University Funeral Home and is for the exclusive use of the School of Health Sciences as well as funeral corteges. It affords mourners essential privacy.

Gates B and C are for use during occasions that involve huge crowds with the attendant heavy traffic. Drivers will enter the Campus through Gate A, collect an identification token, proceed to a new

spacious parking lot, and surrender the token at Gate C as they depart. With this new traffic management system, the traffic nightmares that have characterised graduation ceremonies will soon be history.



Gate B (left) and Gate C which have been built to ease traffic flow to KU Main Campus.

PARKLANDS CAMPUS

Semester Opens on a High Note

Various activities have taken place since the start of the semester on May 3, 2010. First Year students (Freshers) joined the continuing students who had reported back from vacation.

Then there were high-profile lecture series on selected topics. Guest speakers had been invited by KUSA. The guests included Prof. Yash Pal Ghai, former chairman of the Constitution of Kenya Review Commission;

Mr. Hassan Omar, the former Ag. Chairman of the Kenya National Human Rights Commission; Ms. Priscillah Nyokabi, who is the Kituo Cha Sheria

Director.

Kenyatta University Law Students Association (KULSA) was launched with pomp and colour on May 31, 2010. The occasion was graced by Hon. Martha Karua, Member of Parliament for Gichugu and former Justice and Constitutional Affairs Minister. KUSA (Parklands Chapter) held a Freshers' Night to welcome First Year students.

On June 3, 2010, the Intellectual Property Rights Unit, held a seminar for students and staff on the importance of protecting their innovations.

The school has since acquired a new generator to solve the problem of frequent power interruptions. The Campus also extended the dining room, and has since annexed the library to

create a more spacious

"Reading Room." In addition, the Campus acquired 25 more computers bringing the total number to 55. The move has since eased congestion in the computer labs.

Examinations began on June 7, and continue through June 18, 2010. Plans are underway for Second year Second Semester and Third year First Semester students to proceed for judicial attachments at various courts countrywide.

Social Anxiety Disorder: The Crippling Case of Many... (Part 1)



By Sr. S. Nganda.

People with Social Anxiety Disorder (SAD) have an irrational fear of being watched, judged or evaluated, or of embarrassing or humiliating themselves. The anxiety and discomfort become so extreme that it interferes with daily functioning. SAD is one of the most common mental disorders with up to 13% of the general population experiencing symptoms at some point in their life. With proper treatment, symptoms can be managed and quality of life greatly improve.

This disorder usually begins in the teenage years although it may start in childhood. It is believed that SAD is the result of a combination of factors, both **genetic** and **environmental**.

There is on-going research to determine whether

specific genes are linked to anxiety and fearfulness. And because SAD tends to run in families, it is likely that part of the underlying causes of the disorder is genetic. Important to note is that the imbalances in brain chemistry have been linked to SAD. It's not surprising then, that the use of medication in treating SAD is based on the notion that chemicals in the brain need to be regulated.

Several environmental risk factors may increase your risk of developing SAD. These include but are not limited to: having an overly critical, controlling or protective parent, being bullied or teased as a child, family conflict or sexual abuse, a shy, timid or withdrawn temperament as a child.

The difference between normal shyness and SAD relates to the severity of and persistence of the symptoms that are experienced. People with SAD have both emotional and physical symptoms. If you suffer social anxiety, you may wonder whether your symptoms are severe enough for you to be diagnosed with social anxiety disorder (SAD). Only a trained mental health professional can provide a diagnosis. However, knowing the symptoms of the disorder can help you learn whether what you are feeling is typical of those with SAD.

People with SAD fear being embarrassed or humiliated in front of others. They may be afraid of one or many different social situations that trigger their anxiety: giving a speech, going on a date or to a party, job interview, work meetings, business lunches and conferences, having a conversation,

music performance or athletic competitions.

The **Physical Symptoms (what you feel)** of SAD are real and extremely distressing. Some of these include: blushing, profuse sweating, shaking, muscle tension, trembling voice, dry mouth, disorientation and a racing heart.

Emotional Symptoms of SAD include: intense fear of situations where you don't know people, fear of situations where you feel judged, anxiety about being embarrassed or humiliated, fear that others will notice your anxiety, and fear and dread of upcoming events weeks in advance.

Cognitive Symptoms (what you think) of SAD are the dysfunctional thought patterns that accompany the disorder. People with SAD are plagued with negative thought patterns and self-doubt when it comes to social situations. Unless treated on time, these negative thought patterns may erode one's self-esteem over time.

Behavioural Symptoms (what you do) – People with SAD tend to make choices based on fear and avoidance rather than preferences, desires or ambitions. If you have SAD, this problem may sound familiar. You may have dropped a class to avoid doing a presentation or turned down a job promotion because it meant increased social and performance demands. (*Part 2 - 'Coping Strategies,' Next Issue*).

KU, US Varsities Seek Hospitality and Tourism Pact

KU's School of Hospitality and Tourism has opened new partnerships with leading universities in the United States. The Dean, School of Hospitality and Tourism, Dr. Alice Ondigi, and the Coordinator of Hospitality Programmes in Mombasa Campus, Ms Alice Nzioka, toured the US last month and held fruitful discussions with high-calibre staff of four US universities on five key collaborative areas.

The two faculty members toured East Carolina State University in North Carolina State; North Dakota State University (North Dakota State); James Madison University (Virginia State), and Oklahoma State University (Oklahoma State).

They had meetings with Staff ranging from the university provost, associate provost, vice president of divisions, deans of colleges, directors of schools and heads of departments.

The scholars agreed the collaborative linkages would focus on

student and exchanges; joint degree programmes ; e-supervision for both Masters and Ph. D programmes; as well as joint research and publication.



Dean, School of Hospitality and Tourism, Dr. Alice Ondigi and Alice Nzioka, Coordinator of Hospitality Programmes in Mombasa Campus with international affairs specialist Rhoda Brown and Education abroad Advisor Chris Brown at East Carolina State University during their Linkage tour of the United States



Dean, School of Hospitality and Tourism, Dr. Alice Ondigi and Alice Nzioka, Coordinator of Hospitality Programmes in Mombasa Campus with Dean, Michael O'Fallon, Prof. Judy Cohen and Prof. Jennifer Coffman both of International office programmes during their Linkage trip in James Madison University, Virginia State, USA



Dr. Alice Ondigi and Alice Nzioka, Coordinator of Hospitality Programmes in Mombasa Campus with Associate Dean and Director of academic programmes, college of Human and Environmental Sciences, Prof. Shiretta Ownbey during their Linkage trip in Oklahoma State University, Oklahoma, USA



Associate Vice President of Equity, Diversity and Global outreach, Prof. Kerri Spiegl presenting some literature to Dr. Ondigi. With them is Ms. Nzioka at North Dakota State University in USA

President Kibaki to Preside over Graduation Ceremony



H.E. Mwai Kibaki, MP, EGH

President Mwai Kibaki, is expected to preside over KU's 28th Graduation Ceremony on Friday, July 2, 2010. The Chancellor will confer certificates, diplomas as well as undergraduate and post-graduate degrees, to around 2,000 students

KU Opens Wellness Centre as Pioneer Trainers Crowned

continued from pg 2

trainers of trainers (TOT) when he presented them with certificates on May 28, 2010, where he was representing the Ag. DVC (Administration) Prof. P.K Wainaina.

Mr Gikaria, who is the Kenya National Sports Council chairman, said the biggest worry when the council was selecting athletes to world events was not about their performance but to ensure

none was involved in drugs and substance abuse. Dr Tumuti urged the TOT pioneers to start projects directed at sports with a view of providing consultancy services from national sports bodies.

Use Sport to Promote Education – UN Envoy

continued from pg 3

sport to change the lives of boys and girls in the slums, refugee camps and poor townships," said Mr Lemke,

The ISCPES President, Prof Walter Ho, described KU "as our partner" in the development of sport. He asked scholars to intensify research on sport.

Prof. Olive Mugenda, in her speech read for her by the acting VC, Prof Paul Wainaina, KU Vice-Chancellor, said: "As sport becomes highly competitive, it is



Mr. Lemke (centre), chats with Kenya's former middle-distance runner Prof. Mike Boit (right), now a professor at KU, and Prof. Darwin Semotiuk from The University of Western Ontario, during the conference.

upon researchers and professionals in the realm of sports to generate scientific knowledge and technology that can be applied to enhance athletic performance.."

Meanwhile, participants from Africa launched an organisation that seeks to manage sport in the continent. "The age of ignorance and exploitation should end," said Prof. Kihumbu Thairu, who is the Vice Chancellor of Kenya's PCEA University. He was elected the founding chairman of the African Sport Management Association (ASMA). KU's sports academics Dr. Andanje Mwisukha, is the secretary, Dr. Peter Wanderi (organising secretary) and Kenya's celebrated former athlete, Prof. Mike Boit, the East and central African representative.

Don't be Trapped by Dogma

You are not an accident. Your birth was no mistake or mishap, and your life is no fluke of nature. Make it your daily appointment on your schedule to know what exactly on earth you are here for. Commit yourself to this and let's sign a covenant together to fight failure and all that accompanies it. There is something significant about knowing that we have one life hence we must make the best within the brackets of that one life. Excerpt from A Purpose Driven Life. Don't be trapped by dogma; living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice,

and most important, have the courage to follow your heart and intuition; they somehow already know what you truly want to become. Everything else is secondary. Chris Gardner once said, "Don't ever let somebody tell you that you can't do something, not even me, you've got to dream, you've got to protect it, people can't do something themselves and so they want to tell you that you can't do it. If you want something, go get it. Period!" Know exactly what you want and go for it. "It's not what is happening to you now or what has happened in your past that determines who you become. Rather, it's your decisions about what to

focus on and what you are going to do about them that will determine your ultimate destiny." Anthony Robbins. The trumpet is blaring, let us arise. The thumping of life firmly in your chest and the flow of blood in your veins shows that you are not different from others and hence we can do what others have done before. Straighten your shoulders, hold up your head, flex your muscles and with all your might and strength, let's go for it.

- By Victor Kiplagat

Appointment



Mr. Geoffrey Manyara

Mr. Geoffery Manyara has been appointed the Chairman, Department of Toursim Management

KU Scores Another First in Sports

KU scored another "first" when it hosted the 17th edition of the International Society of Comparative Physical Education and Sport (ISCPES) conference that took place for the first time ever in Africa.

The event, at Kenyatta University was held between June 6th and 8th 2010, was addressed by Wilfried Lemke, who is the United Nations Special Advisor to the Secretary General on Sport for Development and Peace. Key speakers included the ISCPES President, Prof Walter Ho, and KU Vice-Chancellor, Prof. Olive Mugenda, who was represented by then Ag. VC, Prof P.K. Wainaina.

During the conference, participants from Africa launched an organisation that seeks to manage sport on the continent. "The age of ignorance and exploitation should end," said Prof. Kihumbu Thairu, who is the Vice Chancellor of Kenya's PCEA University. He was elected the founding chairman of the African Sport Management Association (ASMA).

Other board members are KU's sports academicians, Dr. Andanje Mwisukha (Secretary), Dr. Peter Wanderi (Organising Secretary) and Kenya's veteran international athlete, Prof. Mike Boit (East and Central African representative).

The conference was attended by 101 delegates from more than 20 countries around the World. The conference theme was "Physical Education and sport for Global Peace and Development", and over 90 papers were presented. The UN envoy Mr. Lemke challenged universities worldwide, especially in Africa, to undertake academic activities that promote sport for peace and development as well as gender equity.



The members of the new African Sport Management Association (ASMA) formed during the 17th Biennial International Society for Comparative Physical Education and Sport (ISCPES) conference at Kenyatta University on June 7th, 2010. Prof. Kihumbu Thairu (seated second left), the Vice-Chancellor of Kenya's Presbyterian Church of East Africa (PCEA) University, was elected ASMA's founding chairman. The secretary is KU's Dr. Andanje Mwisukha (standing second left) and the Organising Secretary Dr. Peter Wanderi (seated left)



Dr. Peter Wanderi, a KU Senior Lecturer, presents Mr. Lemke with an African traditional basket, kiondo, after he opened the ISCPES conference at the Kenyatta University Conference Centre, on June 7th, 2010.



Breaktime: Mr Lemke chats with KU's Ag.DVC (Administration) Prof.P.K. Wainaina (right), Prof. Mike Boit (centre), who is Kenya's celebrated international athlete and a professor at KU and a Nigerian ISCPES conference delegate Bello Odunola.

BEREAVEMENT

Mrs. Joyce Kilonzo of the School of Humanities and Social Sciences lost her husband Mr. Jacob Kilonzo. He was laid to rest in Machakos on May 22, 2010.

FAITH CORNER

A PRAYER

Oh God my dear
You give me ideas
That sounds so clear
To my mind & ear
But then I fear
That I won't persevere
To bring them to life

As I sleep everyday
I promise and pray
That from the following day
I won't do things the same way
But then wake up feeling like
yesterday
Was the better day
Or probably it should wait for
the following day

Now God,
May this millionth time be the
last
For from today I wanna change
And take charge

By Lewis Maina

Mind bender

No.3/14

1. What is the missing number ?

9	2	6	8	7	8
7	6	7	5	1	?

2. What is the odd one out ?

IRON, HELIUM, OXYGEN,
HELIX, ARSENIC

3. Find the missing letter

OURFA

THERW

HICHA

RTINH

EAVE

Answers in the next Issue

From 'Improve Your IQ', By Glenn Wilson

Mind Bender answers to previous puzzle

1. GOD: for the first letter, add as indicated alphabetically, for the second letter, retain letter ; for the last letter, subtract as indicated alphabetically.

2. Number is 3 : Curie Radium

3. Chances are 50 %

Inspiration

“Self help is the best help, and if you cannot help yourself, you cannot expect others to help you. It is only you who can make you successful, though a bit of luck always help, but luck should be a bonus and you should first help yourself achieve what you yearn for ”



Editorial Board: Mary Nge'the (Chairperson & Editor-in-Chief), Charles Nderitu (Co-Chairman), Margaret Otolo (Member), Janet Muthimi (Member), Grace Muchiri (Member), Erica Mwololo (Member), Julius Maore (Member), Isaac Mwangi (Member), Mercy N. Kanyi (Member), Kaniaru Ndirangu (Photographer), Enock Kiprono (Design & Layout), Susan Ndichu (Secretary), David Karanja (Editor), Stephen Mburu (Media Liaison Officer)

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The Editorial Board reserves the right to edit/shorten articles and or determine what is to be published and when.

You may email the articles to: pro@ku.ac.ke or drop them in soft copy at ROOM 109 or 106 in the main Administration Block