



Kenyatta University newsletter

A Fortnightly Publication from the Office of the Vice-Chancellor

The vision of Kenyatta University is to be a dynamic, inclusive and competitive centre of excellence in teaching, learning, research and service to humanity.

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Dr. Okello Agina, Dean School of Health Sciences gives his remarks during the arrival of Seeding Labs Equipment



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KU Receives Multi-Million Lab Equipment from Seeding Labs



Dr. Martin Mwangi Thuo explains the operations of one of the donated equipment. Looking is the VC Prof. Olive Mugenda, Seeding Labs CEO, Dr. Nina Dudnik and other KU Staff.

Kenyatta University has received a consignment of top-of-the-range laboratory equipment and supplies from Seeding Labs International of Boston, Massachusetts, USA.

The consignment, which arrived at the university in a container shipped from the US, was donated to the university by several leading scientific research institutions and manufacturers that include Harvard University, Vertex Pharmaceuticals, and Millennium Pharmaceuticals.

The equipment worth about Kshs 63million, arrived on March 23rd, 2010. The project is an initiative of Dr Nicholas Gikonyo, Chairman of the Department of Pharmacy and Alternative Medicine at Kenyatta University, and Dr Martin Mwangi of Harvard University. Dr. Gikonyo said the donation was the first consignment under the Seeding Labs International Partnership for Scientific Advancement initiative.

The equipment will help stock the new Science Laboratories Complex opened late last year. Thanking Seeding Labs for facilitating the success of the initiative and commitment to partnering with Kenyatta University, the Vice-Chancellor Prof Olive Mugenda, said the objective of the initiative that started way back in 2009, was to make Kenyatta University "a vibrant

research centre with innovative outputs that have real impact on society in terms of problem-solving and industrial solutions in addition to enhancing the University's capacity for teaching and research in chemistry and pharmacy."

Dr. Nina Dudnik, the Chief Executive Officer and Founder of Seeding Labs Organization, which supports

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Seeding Labs CEO Dr. Nina S. Dudnik (centre) hands over the Norvatis Fellowship award to Dr. Nicholas Gikonyo of the Department of Pharmacy and alternative Medicine. Looking on is Dr. Martin Mwangi Thuo Board Member Seeding Labs

*Wishing You All The Blessings of The Easter Season
and A Safe and Happy Holiday*



From the Editor's Desk

Kenyatta University entered a new era after the Sixth Kenyatta University Council convened on Tuesday, 9th March 12, 2010 under the new Chairman of Council Mr Benson Wairegi.

Mr Wairegi took the helm from Professor Onesmo ole Moi-Yoi who has steered this University for many years through many calm sometimes, inevitably, troubled waters. The KU honoured Prof. Moi-Yoi by KU by naming the new classroom complex for him.

We now have Onesmo ole Moi-Yoi Lecture Halls. The university fraternity owe Prof Moi-Yoi deep and lasting gratitude for his sagacious and profound leadership. We wish him the best of luck in his still productive life.

The incoming chairman, Mr Wairegi, is a seasoned captain of corporate leadership, as his CV speaks for itself. We look forward to a smooth transition and continuing and accelerating impetus that has characterised Kenyatta University's recent historic growth.

In the same week, the alumni spirit was enlivened by a reunion and, as if to crown the occasion, it coincided with a story one of the largest widely-circulated national daily newspaper. The Daily Nation headlined the story of the alumnus: "Rookie Teacher Records Highest Mathematics Marks for His Class in KCSE."

This teacher was no other than Benjamin Kimuyu, a 2008 Bed (Science) KU graduate. Congratulations, Benjamin, you have done us proud and we expect other alumni and current students to emulate you to prove our worth as an aspiring world-class University.

As upbeat as we would like to keep this issue following the recent procession of personnel traumas, we cannot hide our heads in the sand to hard realities of life. That is why we have featured the problem of suicide among youth. This sad phenomenon has become pervasive among the youth of all classes from both developing and industrialised nations.

It is especially pathetic in Japan where primary school pupils have been known to kill themselves to avoid the shame of academic failure that would expose their families to social embarrassment.

We have many other interesting stories for you. And, as always, we welcome your contributions. The Editorial Board wishes the new University Council a memorable and gratifying tenure.

David V. Karanja

Alumni Pledge Support for Their Alma Mater

Saturday, March, 13th 2010 was the Third Kenyatta University Alumni Reunion Day. Former students, most holding high-profile professions, marked the day in style. This year's theme was: "Moving into the future with all our Alumni."

The chief guest during the auspicious occasion was the Nominated Member of Parliament and Chairman of the Parliamentary Select Committee on Equal Opportunities, the Mr Mohammed Affey who, aptly, is an alumnus of Kenyatta University.

Mr Affey commended the university management, under the leadership of the Vice-Chancellor, Prof. Olive Mugenda, for the tremendous infrastructural growth and expansion of the institution. He praised Kenyatta University for being one of the fastest growing universities in Africa. The MP challenged the alumni to support their Alma Mater, saying, they, too, had a crucial role to play in the development of the University.

Prof Mugenda updated the alumni on the progress at the university and its plans. The proposed Alumni Centre received massive financial support from the alumni who contributed around Sh49,000 in cash. Besides there were pledges of around Sh400,000. The



The VC Prof. Olive Mugenda (left), shakes hands with nominated M.P Mohammed Affey after presenting him with a gift during the 3rd Alumni Day on March 13, 2010. Looking on is a Mombasa Alumni representative. The Mr Affey, a KU alumnus, was the chief guest.

alumni also donated textbooks to the proposed Kenyatta University Teaching, Research and Referral Hospital.

The Assistant Minister for Labour and Member of Parliament for Teso, Mr Sospeter Ojamoong, also an alumnus, asked the university to develop flexible programmes for the Members of Parliament. Mr Ojamoong said he would be part and parcel of any deliberations towards the growth of his former institution.

Central Bank Governor tips students, universities



Central Bank Governor Prof Njuguna Ndung'u gives a lecture to students and KU Staff at SZ 39 Hall after he paid a courtesy to the V-C, Prof Olive Mugenda, on March 16, 2010

Kenyatta University Centre for Career and Development and Placement (CCDP) in collaboration with Kenyatta University Economic Students Association (KUESA) organised a public lecture at Kenyatta University's Science Zone 39 hall on March 16, 2010.

The theme of the talk was: "East African Integration as a Solution to Economic Growth in the member

Counties." Professor Njuguna Ndung'u, the Central Bank of Kenya Governor took a broad view of the East African Community Integration. He talked of potential benefits that would accrue to the member countries as well as various challenges they are likely to face.

He highlighted the major avenues that could be used to demystify the region's integration. They included, the provision of a wider market; a larger investment outlay; diversified sources of

income flow; an adjustment of the financial services to a higher platform; and, a larger demands for the regional infrastructure to facilitate trade and production.

The CBK boss expressed his optimism in Kenya's economic growth saying: "We can still catch up with the envisioned 10% growth rate per annum, as per vision 2030, despite the distortions we have encountered in the recent past. He said the government had, through favourable policies, managed to cushion the country against adverse effects of the economic crisis and that the economy was slowly but surely coming back to normalcy."

The students had an opportunity to ask Kenya's chief banker questions on broad economic issues, including from currency integration, and special economic zones to even out the discordant economic structures of the member countries to realize maximum from integration.

The Prof Ndung'u took the opportunity to encourage institutions including Kenyatta University to take advantage of the ongoing countrywide infrastructural developments, such as the Thika Road Project, and develop themselves. Such growth, he said, could be achieved through

Envoy Gives lecture on Israel

Mr Noam Bedein, a renowned diplomat and media expert from Israel, visited Kenyatta University on March 17, 2010, to give a public lecture on Israel, its relations with its neighbours and the world.

Mr Bedein's speech was very informative about Israel, its history, diverse cultures and security challenges. And the students had an opportunity to view a video on challenges of living under "rocket fire," — a recurrent security threat in Israel.

Mr Bedein's talk also dwelt on one of Israel's greatest achievements: a desert country that has managed to turn itself into a productive arable land through advanced technology. The diplomat said Kenya and the rest of Africa had a lot to learn from Israel, especially on food security.

There was a spirited question-and-answer session after the lecture as enthusiastic students sought to know more about Israel, its thriving dry-land agriculture, and strategies for tackling security challenges.



Mr. Noam Bedein, a renowned diplomat from Israel gives a public lecture to students on Israel at KUCC on 17th March 2010.

Gender Balance Seminar Success

Kenyatta University Social Engineers club hosted a seminar on gender balance and development at the institution recently.

The seminar, whose theme was "*The role of Gender Mainstreaming in Government Structures and Vision 2030*," took place on March 19th, 2010, at the AVU Main hall. It attracted a huge turnout of students. Guest speakers were Dr Regina Karega, the Chairperson, National Commission on Gender and Development; Mrs. Jane

Macharia, representing Dr. K'oyugi, the C.E.O of National Coordinating Agency on Population and Development, and Nominated MP Millie Odhiambo. University staff who attended, included Prof P.W Achola, the club patron; Prof Oluoch Obura, Dean School of Humanities and Social Sciences and Prof Catherine Ndungo, Chair, Department of Gender.

The guests stressed the importance of gender mainstreaming, equal opportunities and active participation of women in

development. They reiterated the importance of gender balance in the attainment of sustainable development.

Later, the guests paid a courtesy call on the Vice-Chancellor, Prof Olive Mugenda, in her office. They expressed their satisfaction with the university's efforts to attain gender mainstreaming. They commended the V-C and the management for propelling K.U to impressive development. Prof Mugenda thanked the guests for their much-needed contributions, and encouraged students to

Video Conferencing Facility



An official of the Skytech Communications Resources Ltd demonstrates how video conferencing technology equipment works.

Kenyatta University is in the process of implementing virtual classrooms between the Main campus and its outlying campuses by integrating video conferencing technologies into the e-learning process.

The ICT directorate has already invited video-conferencing service providers to showcase their technology offerings with a view to creating a shortlist of qualified providers. The first demonstration was carried out by Skytech Communications Resources Ltd on March 15, 2010.

Other demos are expected to follow soon, after which the University will identify and contract a provider to install the facility.

focus on students

Model Home Established

The Directorate of Community Outreach and Extension Programmes (COEP) established a Model Home in Kenyatta University in June 2009.

The Model Home is expected to act as a demonstration-cum-teaching site for communicating knowledge and skills in the areas of food security and sustainable poverty reduction among Kenyans. The farm is currently planted with maize crops, expected to be used for preparation of silage. Plans are underway to make a master plan on the site to incorporate a model house, animal houses and a home garden.

The director and the COEP team recently visited Gicheha farm, commonly known as Mama Ngina farm, in Nakuru, to learn more about silage and fodder preparation with a view to transferring skills learnt to the Model Farm.



COEP Director Dr Dina Tumuti (left) accompanied by other programme officials tour the Gicheha farm, commonly known as Mama Ngina farm, in Nakuru, as a learning experience.

Environmental Awareness Project

The Directorate of Community Outreach and Extension Programmes in collaboration with School of Environmental Sciences is undertaking an Environmental Awareness and Management Project in Kenyatta University and its Environs (EAMKUE).

The project, funded by the Ministry of Environment and Mineral Resources, targets rehabilitation of Marengata River where the Kenyatta University Students' Clubs including Kenyatta University Environmental Club, Medical Students, and Christian Union toured and planted water-friendly trees recently.

The project team that also involved women groups, pupils and students neighbouring Kenyatta University, not only cleaned the river and identified the hot spots, but cleared nearby bushes and marshes along its course.

The project kicked off by educating women groups pupils and secondary and university issues on environmental conservation and pollution.

On March 3, 2010, the MEMR officials visited the university to monitor and evaluate the project. They expressed satisfaction with the project activities, and promised to support, and collaborate with the university.

Kenyatta University on a winning streak

KU teams presented convincing results in various disciplines over the weekend -Ku soccer team "*hardnuts*" walked over Daystar University at USIU ground -Hockey (M&W) "*Vultures & Titans*" and volleyball women "*Sparrows*" won all their matches and are one match away to clinch their respective championship. -Handball had mixed fortune. They managed to beat JKUAT and lost narrowly to Kenya Polytechnic University College. -Basketball (m) "*Pirates*" humiliated Daystar University (82-49)

Boxing (KU students selected to Nairobi Province squad)

Geoffrey kubayi a student and a member of boxing team earned himself a calling to Nairobi province boxing team. He impressed a panel of selectors after being crowned

Students Training for Community Service Held

The third group of students selected for Students' Community Service Programme under Kenyatta University and Equity Bank collaboration will undertake their projects during the April 2010 vacation.

Around 1,200 second and third year students, who qualified for the programme, underwent their training from March 13-20, 2010, and were sensitised on various issues that affect the communities they were expected to visit. The issues included, HIV/AIDS awareness; drugs and substance abuse; peer pressure and self-worth; food and nutritional security; tree planting, environmental conservation and management; and, peace building initiatives. Others included motivational talks in schools and student empowerment; basic financial skills-cum entrepreneurship; income generating activities; and, sports and games.

The chief guest was Dr Wahome Gakuru, who is Equity Bank's director, marketing, advocacy and policy. Dr Gakuru, who represented Equity Bank CEO, Dr James Mwangi, was accompanied by the bank's human resources director, Dr. Catherine Munene, marketing manager, Mr Stephen Ireri, and Mr. David Mukaru, UNDP, Fanikisha Maisha and Equity Bank.

A number of COEP board members were among facilitators who gave motivational talks to the students.

the championship in the middle weight category. Kubai earned the championship when he sent his opponent to the rope by a knock-out (ko) in the second round.

East Africa University games 2010

Meanwhile, invitation letters to the East Africa University Games 2010 has been dispatched to over 56 institutions in the region; the invitation has been extended to southern Sudan and Somalia.



Double Representation of KU in United Nations Model Conferences



David Wainaina, Clare Cheptume, Philip Maina and Lawrence Ndambuki, New York delegates



David Kimaro, Peking delegate

Four KU students are participating in the ongoing Model United Nations Annual Conference in New York City. They are, as pictured, David Wainaina, Head of Projects; Clare Cheptume; Philip Maina, Secretary General, Parklands; and Lawrence Ndambuki, Secretary General, Main Campus - who heads the delegation.

Meanwhile, David Kimaro, a veteran of last year's outstanding Zain Challenge team, will leave shortly for Peking. This time as the sole KU delegate to yet another Model UN conference to be held from 31st March to 4th April, 2010.

On behalf of the University, the Editorial Board takes pride in these visionary youngsters in their dedication to the noble quest for World Peace.

focus on students

Orientation for Post-graduate Students at City Campus



The VC Prof. Olive Mugenda addresses staff and post-graduate students at the KU, City Campus. With her are from (left), Dr. Tom Kimani, the City Campus steering Committee Chairman, and Director City Campus Prof. Wangari Mwai, and Prof. Judith Waudu, Dean Graduate School.

Kenyatta University City Campus held her inaugural orientation exercise for her pioneer students, fondly referred as 'first borns', on March 19, 2010.

The chief guest was the Vice Chancellor, Prof. Olive Mugenda, whose presence sent a wave of joy to all in attendance, who included deans of various schools, lecturers

and students.

And by the end of the ceremony that had started at 5pm, it was clear Kenyatta University is becoming the University of Choice for many aspiring post graduate students.

The master of ceremonies was Dr. Ombuki, the Deputy Director. He kept the audience glued to their seats, entertained and yet well informed through his

humorous quips. The city campus marked 20 days of its nascent existence on March 19, 2010.

The climax was a captivating and thought-provoking speech by the VC. Focusing on post-graduate studies, Prof Mugenda challenged students to adhere to rules and regulations governing post-graduate work.

Chief among them, she said, is hard work, self-discipline and honesty in the academic pursuits so as to avoid plagiarism, which is considered as an academic crime. In her capacity as a researcher and long serving academic supervisor, the Vice Chancellor, took the opportunity to advise students it was best for them to collect their own data, analyze and interpret it so they practically acquire skills that are in demand at the university to enable them teach post-graduate students effectively.

Prof. Mugenda promised to do her best to ensure hard working students completed and graduated on record time. The university, she

said, was putting in place strategies in a bid to track interactions between students and supervisors to ensure Kenyatta University policy that all post graduate students complete programmes as planned is strictly implemented.

During the open forum, an opportunity was availed to students to air their views. Most students expressed their satisfaction at the facilities available and especially the establishment of the Campus at the nick of time. This has made it possible for them to achieve their dream of studying while working.

Thereafter, the Vice Chancellor entertained all present with refreshments and snacks. This session was highly interactive for the VC with students, lecturers and the administrative staff at the campus as they enjoyed the cocktail setting of the session.

Thereafter, all left at their pleasure with smiling faces and hopes for a bright future at the City Campus.

Seeding Labs' International Donates Lab Equipments

cont'd... from pg 1



Seeding Labs CEO Dr. Nina S. Dudnik (second from left) and Board Member, Dr. Martin Mwangi Thuo (Far left) Accompanied by Chairman Dr. Nicholas Gikonyo (far right) Department of Pharmacy and alternative Medicine, escort the truck carrying labs Equipment.

scientific research in developing countries by providing laboratory equipment and facilitating connections within the global scientific research community, said: "Our project with KU will be the largest shipment in Seeding Labs' history, with equipment contributed by local universities, biotechnology firms, and scientific manufacturers."

Speaking during the grand reception, the VC said Kenyatta University was honoured and privileged to be the beneficiary of "this remarkable contribution." She was grateful to the US government, donor institutions as well

as organisations involved, for providing the university with "very useful equipment that will go a long way in improving training and research. We applaud your efforts in serving the people of Kenya through your generous contribution in science for development," said Prof. Mugenda.

The donation, she added, would go towards the training of more than 3,500 students taking various undergraduate and post-graduate courses at the university's departments of pharmacy and chemistry.

Dr. Dudnik said she hoped the equipment would be shared by all to enhance scientific discovery. The CEO said she was confident the donation was the beginning of what Kenya and Africa could do through partnerships to present new images to the world. "It is time to showcase discoveries from African labs," she said, and praised Kenyatta University for being "an incredibly special place with an ambitious environment full of dynamism".

4 KU Staff to Benefit From USA Fellowship

Four members of staff from the School of Pure and Applied Sciences are the lucky beneficiaries of the Seeding Labs-Norvatis Fellowships. The four will proceed to the Norvatis Institute for Biomedical Research, USA, for a two-month intensive training. They are Dr. Nicholas Gikonyo, Chairman, Department of Pharmacy; Dr. Harrison Nyambaka, Dr. Evans Changama, and Dr. Sauda Swaleh, all of the Department of Chemistry. The VC was grateful to the Government of USA and the Donar institutions under the facilitation of

ON the move

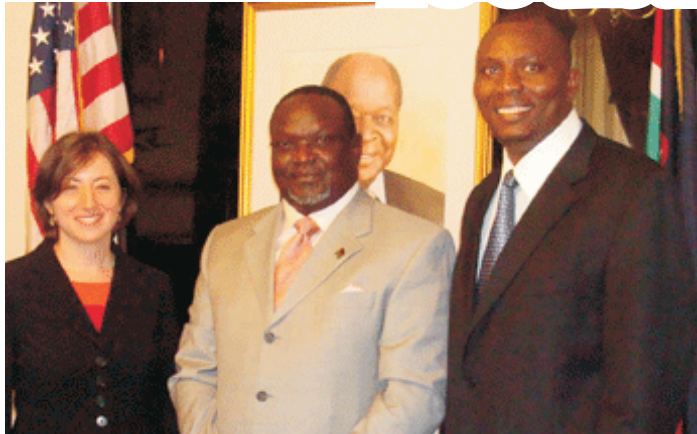


KUSA President Anthony Maina

Through what students termed as peaceful, free and fair elections, a new students leadership was brought to power.

In the new KUSA constitution the highest office is occupied by President. Anthony Maina is the KUSA President. Other executive leaders include Ronald Mwanyuma (Vice-President), Victor Kiplagat (Academic Secretary), John Kariuki (Finance Secretary) and Mwaboza Mwasambu (Secretary General)

Details of the just concluded KUSA elections will be covered in the next issue



Seeding Labs founder Nina Dudnik (*left*) and Board of Directors member Martin Mwangi (*right*) had the pleasure of meeting His Excellency Peter Ogego, Kenyan Ambassador to the United States (*centre*) pose for a photograph in Boston, USA before the Lab equipment donation was



K.U dancers move to the beat as they acknowledge arrival of the truck ferrying the Scientific Equipment enters the Kenyatta University Gate A along Thika Road



The Truck ferrying Scientific Equipment donated by Seeding Labs enters the home stretch at the KU gate escorted by the VC Prof. Olive Mugenda (*front right*) with her team, Seeding Labs officials and KU dancers



The V.C Prof. Olive Mugenda (*2nd right*) Seeding CEO Dr. Nina S. Dudnik (*partly hidden by VC*), Martin Mwangi Thuo, Board Member Seeding Labs (*left*) and Finance Officer Joseph Gitahi (*2nd left*) discuss during the arrival of the truck carrying the Equipments from Seeding Labs



Seedings Laboratories CEO, Dr. Nina S. Dudrik presents the Labs Equipments after the truck carrying the goods arrived at KU.



Seedings Laboratories Member of Board, Dr. Martin Mwangi Thuo, gives his speech after the arrival of the equipments.



The VC Prof. Olive Mugenda (*centre*) Seeding Labs CEO Dr. Nina S. Dudnik (*behind VC*) Dr. Martin Mwangi Thuo (*right*) and Finance Officer Joseph Gitahi applaud as the doors of the truck with Equipment are opened.



The seal of the containers carrying the donated Lab equipment is being broken as the VC Prof. Olive Mugenda and Seeding Labs officials look on



Chairman Department of Pharmacy and alternative Medicine Dr. Nicholas Gikonyo receives books from CEO Seeding Labs Dr. Nina S. Dudnik during the arrival of the Lab Equipment



V.C and guests participate in the Alumni 3rd Re-Union Day



The VC Prof. Olive Mugenda (*centre*) poses for a photograph with Seeding Labs officials and KU Senior Staff Members after the arrival of the Seeding Labs Scientific Equipment. From left, Ag. DVC (Administration) Prof. P. Wainaina, Ag. DVC (Academic) Reuben Muasya, Seeding Labs CEO Dr. Nina S. Dudnik, Dean School of Health Sciences Okello Agina, Seeding Labs Board Member Dr. Martin Mwangi Thuo and Dr. Nicholas Gikonyo, Chairman Department of Pharmacy and Alternative Medicine.



Dr. Martin Mwangi Thuo, bids farewell to the VC Prof. Olive Mugenda at the end of the event at KUCC. Looking on is Seeding Labs CEO Dr. Nina S. Dudnik and other Members of KU staff.

Research Update

KU Participates in The 12th International Education Fair

Kenyatta University participated in this year's International Education fair at the Sarit Centre.

The exhibition which also had conference presentations was officially opened by the Nigerian High Commissioner Dr. Chijokwe W. Wigwe on 12th April. Several national and international institutions participated.

These included, among others: University of Sunderland, Representatives from the Universities of Germany, China and Seychelles. Numerous local institutions included University of Nairobi, United States International University, Catholic University among others.

The event was highly attended by fresh High School leavers, parents/guardians, educationalists and the general public. Kenyatta University display was unequaled. The University scooped two trophies in best Public University category and the best overall stand. The exhibition was officially closed by the Chairman of Council, University of Nairobi.

KU Represented in the Pan-African Media Conference

Kenyatta University was represented in the Pan African Media conference 2010 held recently. The event, which was held at Kenyatta International Conference Center (KICC), brought together elite media owners and practitioners from all over Africa for discussions on topical issues affecting media.

The theme of the conference 'Reflections on the past, present, and prospects for the future' aimed at exploring the journey African countries have taken as far as media freedom and diversity is concerned. It was also a forum to deliberate on the effects media reporting can have on such phenomena as culture, crisis in Africa, hate speech and the environment.

The conference was officially opened by H.E the President Mwai Kibaki and attended by high profile delegation which included Rwandan President, H.E Paul Kagame, Former Presidents Joachim Chissano and William Mkapa and Nobel Laureate Wangari Maathai among others. K.U students who attended the conference got a chance to network and exchange ideas with other delegates as well as contribute to the debates which will ultimately shape the future of Africa.

Nation Media group, which sponsored the K.U delegation to the event, was also celebrating 50 years since its foundation. The delegation consisted of 10 students and a staff member, Mr. Kenneth Njoroge, the careers advisor.

Promoting Macro Propagation Technology



A banana plant low cost project for propagating and producing banana seedlings whose main objective is to alleviate food deficiency

In Kenya, the persistent food insecurity situation can be partly remedied by diversifying the range of crops grown. According to a team of

researchers working on a project dubbed *"Promoting macropropagation technology to improve small-scale farmers' access to affordable high quality seedlings of banana cultivars with high quality demand"*, bananas are a suitable crop as they have high nutritional value and produce all year round.

Recently, the University won a research grant from RUFORUM worth \$59,938 towards this agriculture based project focusing on the banana plant. The objective of this project is to promote the adoption of alternative low cost macro propagation technology for producing banana seedlings.

The Principal Investigator is Dr. Maina Mwangi. The participating researchers in the project are Prof. Reuben Muasya, DVC (Academic), Mr. Njuguna Kori, a Research Scientist based at KARI and Dr. S. Mwaura a researcher based at Farm and Community Technologies (FACT) Ltd.

This project will fill the existing gaps in scientific knowledge regarding efficiency of macro propagation as it is affected by banana genotype, agroecology and biotic constraints.

The generated knowledge is necessary for demonstrating compliance with existing regulatory requirements for seed production and marketing in Kenya, and also will enhance adoption of technology by farmers and other seed chain stakeholders.

The project will commence with a survey to determine the main banana

KU to Host 1st Pan-African Family Conference

Kenyatta University will host the first Pan-African Family Strength International Conference in Africa. International Family Strength Conferences have been held for the last 3 decades in all other continents save for Africa. The 3 day Conference, which will be held at the North Coast Beach Hotel in Mombasa from 21st to 23rd July 2010, has attracted participants from all over the world. The overall theme of the conference is: African Family Strengths: Opportunities in the Context of Change. The world needs to know about the strengths of African families, communities, and the strengths of the myriad cultures in Africa. These strengths are the foundation for positive growth and change. The Pan African Family Strength International Conference (the first of its kind in Africa) will put in focus these strengths as well as guide future developments in African families.

The Vice-Chancellor, Prof. Olive Mugenda together with other prominent scholars from within and outside the country will give keynote addresses. Keynote addresses and conference presentations will focus on the following topics: Trends in family formation and structure, Family values and rituals in the changing cultural context, Parenting and child well-being, Technology and family relationships, Family involvement in schooling, Family and community functioning in the era of HIV/AIDS, Aging and families: Trends and responses, Family finance and well-being and The future of the African family and community

Preparations for this high level conference are in top gear. Abstracts not exceeding 250 words on any of the outlined themes can be sent to panafricanfamilyconference@gmail.com. The submission deadline for abstracts is 30th April 2010 while that of full papers is 30th May 2010. For more information, please visit www.panafricanfamilyconference.or.ke or www.ku.ac.ke/conference

For Details see our next Issue



Dr. Lucy Maina
Chair, Organizing Committee

DID YOU KNOW?

That the less people sleep, the more likely they are to be overweight, develop diabetes and heart diseases?

When you're in a rush to meet work, school, family, or household responsibilities, do you cut back on your sleep? Like many people, you might think that sleep is merely a "down time" when the brain shuts off and the body rests. Think again!

Thanks to sleep studies done over the past several decades, it is now known that sleep has distinctive stages that cycle throughout the night. Your brain stays active throughout sleep, but different things happen during each stage. For instance, certain stages of sleep are indeed a resting phase so that one can feel energetic the following day while the other stage helps us learn or make memories.

Some people believe that adults need less sleep as they get older, but there is no evidence to show that older people require lesser sleep than younger people. As people age, however, they often get less sleep or they tend to spend less time in the deep, restful stages of sleep. Older people are also more easily awakened!

Does it really matter if you get enough sleep? Absolutely! Not only does the quantity of your sleep matter, but the quality of your sleep. People whose sleep is interrupted a lot or is cut short might not get enough of certain stages of sleep. In other words, how well rested you are and how well you function the next day depends on your total sleep time. We need sleep to think clearly, react quickly, and create memories. In fact, the pathways in the brain that help us learn and remember are very active when we sleep. Studies show that people who are taught mentally challenging tasks do better after a good night's sleep. Other research suggests that sleep is needed for creative problem solving.

Sleep also affects mood. Insufficient sleep can make you irritable and is linked to poor behavior and trouble with relationships, especially among children and teens. People who chronically lack sleep are also more likely to become depressed.

In addition, during sleep, your body produces valuable hormones. Deep sleep triggers more release of growth hormone, which fuels growth in children, and helps build muscle mass and repair cells and tissues in children and adults. So guys, if you have these signs, you are sleep deprived!

- Difficulty waking up in the morning
- Poor performance in school, on the job, or in sports
- Increased clumsiness
- Difficulty making decisions
- Falling asleep during work or class
- Feeling especially moody or irritated

"Sleep is the golden chain that ties health and our bodies together"
(Thomas Alexander Dekker, 1987)

Part II

So Serious, So Treatable, So Do Something



By Sr. S. Nganda
for people expressing suicidal thoughts, behavior and self-harm.

Suicide is a tragic, yet largely preventable global health problem. Suicide and suicidal behavior arise from complex social situations, illness and other individual causes which isolate people and erode their hope. Understanding risk and protective factors is vital to effective response.

Suicide prevention is 'everyone's business', and it encompasses a range of interventions, especially health promotion for people expressing suicidal thoughts, behavior and self-harm.

Effective suicide prevention requires a systems approach, since one human can not effectively control another from engaging in any willful act such as crime, drug abuse or self injury. However, some humans can introduce change, create obstacles or inspire hope.

What You Can Do to Help a Suicidal Person

1. Take it seriously for anyone expressing suicidal feelings needs immediate attention.
2. Remember suicide behavior is a cry for help and suicidal persons are ambivalent. The fact that a person is still alive is sufficient proof that part of him/her wants to remain alive.
3. Be willing to give and get help sooner rather than later. Suicide prevention is not a last minute activity. Unfortunately, suicidal people are afraid that trying to get help may bring them more pains: rejection, punishment, being told they are manipulative or stupid, etc. Constructively involving yourself on the side of life as early as possible will reduce the risk of suicide.
4. Listen. Give the person every opportunity to unburden his/her troubles and ventilate feelings. Patience, Empathy, and Acceptance are essential components of active listening.

Avoid arguments and advice giving.

5. Ask: 'Are you having thoughts of suicide?' By this question, you show the person you care and you are willing to let him/her share the pain with you. You are giving the person further opportunity to discharge pent up and painful feelings.
6. If the person is acutely suicidal, do not leave him/her alone. If the means are present, try to get rid of them.
7. Urge professional help. Persistence and patience may be needed to seek, engage and continue with as many options as possible.
8. No secrets. It is the part of the person that is afraid of more pain that says, 'Don't tell anyone'. It is the part that wants to stay alive that tells you about it. Respond to that part of the person and seek out a mature and compassionate person with whom you can review the situation. Distributing the anxieties and responsibilities of suicide prevention makes it easier and much more effective.
9. From crisis to recovery: Most people have suicidal thoughts at some point in their lives, yet less than 2% of all deaths **are** suicides. Nearly all suicidal people suffer from conditions that will pass with time or with assistance of a recovery program.

Remember, challenging misconceptions about suicide and the stigma associated with self-harm and suicide is essential to broad educational and advocacy campaigns about suicide. More importantly, your willingness to talk about suicide with a friend, family member, or a coworker can be the first step in getting help and preventing suicide.

ORBITUARY



The Late
Dr. Olukoye

The Kenyatta University community regrets the death of Dr. Godfrey Alati Olukoye of the department of Environmental Sciences. The late Dr. Godfrey Olukoye passed away on Wednesday, 26th 2010, at Mp Shah Hospital. He is survived by his widow and four children. The University expresses heartfelt condolences to his relatives and friends.
May his soul rest in eternal peace!

BEREAVEMENT

1. Mr. Joseph G Mbataru of the Sports and Games Department lost his mother Mrs. Tabitha Mbataru on 8th March 2010. Mrs. Mbataru was laid to rest in her home in on 16th March 2010.

The Vice-Chancellor, Prof. Olive Mugenda, sent separate messages of condolence to the bereaved families on behalf of the University Community.



It is through our growing spiritual experiences that we learn to overcome despair and meaninglessness of life which are brought about by the complexity and boundless weariness in our society today. For one to acquire true spirituality, one has to surrender one's life to

Christ and make him Lord over your life and your affairs. (Mathew 6:33). Just as physical food gives life to our bodies, so does spiritual food nourish our spirit. God uses his word to transmit His thoughts, to illuminate our minds, to reveal His will and wisdom to us and give life. "my son, attend to my words, consent and submit to my sayings, let them not depart from your sight; keep them in the centre of your heart. For they are life to those who find them, healing and health to all their flesh. Keep your heart with all vigilance and above that you guard, for our of it flows the spring of life" (Pro. 4:20-23).

Rev. Dr. G. P. Ngumi
Chaplain: Protestant Staff & Community



The United Nations in Nairobi and Headquarters in Africa through the Department of Public Information has awarded the University a trophy in an event held at the headquarters in Gigiri on 11th March 2010.

These were the fruits of the Kenyatta University Model United Nations participation in the "Stand Up, Take Action, End Poverty Now" campaign held in October last year. The event took place both at the Main and Parklands campus saw A total of 173,045,325 people around the world stood up against poverty in various activities.

The over two thousand students who took part in the event got to learn proactive ways of dealing with poverty in the context of the achievement of the Millennium Development Goals.

Universities Sports Kenya Leagues.

The Universities Sports Kenya league for hockey, soccer and basketball is at an advanced stage. Kenyatta University Hockey teams (men and women) managed to beat their arch- rivals Strathmore University over the weekend. The score line was as follows:-

1. KU (men) 3 Strathmore (men) 2
2. KU (women) 1 Strathmore (women) 0
3. Soccer men managed to hammer USIU and Day Star at a goal aggregate of 20 each.
4. Basketball men managed to beat catholic University convincingly with 3 baskets (57 – 54)

KU Women Teams Honor Inaugural JKUAT Women Sports Day

The inaugural JKUAT sports day took place on 13th – 14th 2010. KU managed the send the following women disciplines to represent the University:-

Soccer, Badminton, Basketball, Netball, Volleyball, Table Tennis, Hockey, Tennis Athletics and Handball.

Out of the above teams the following teams managed to outwit their opponents in the finals to scoop the winner's award:-

1. **Netball** beat JKUAT 51 – 10.
2. **Volleyball** trashed the host JKUAT 3 sets to nil.
3. **Soccer** beat Kenya Methodist University 10 – 9, in penalties.



4. **Badminton** women team beat JKUAT at the finals to win the gold medals.

The women athletics team also managed to post good results as tabulated below:

Boxing (Nairobi Intermediate Championship)

KU entered five boxers in the above tournament: 1 lost in the preliminaries, 2 in quarters and 1 in the semi finals. KU was ranked 7th out 10

Sn	Name	Position	Time
1.	Florence Kimaiyo	2	16:20:00
2.	Nelly Jerop	4	18:11:50
3.	Sharon Kiprotich	5	18:11:60
4.	June Jerop	6	18:59:60
5.	Felisters Kapsowe	8	20:29:40
6.	Purity Mutwiri	9	22:50:40



Kenyatta University Students Association (KUSA) has revised its constitution. The move which is aimed at sealing loopholes and getting rid of ambiguous clauses has seen the introduction of major changes in the terms, titles and structures

of the office bearers. The position of Chairman and Vice-Chairman has been scrapped off and will be replaced by President and Vice-President respectively. Similarly, the treasurer will henceforth be known as Finance Secretary, while campus representative acquire a new title of Campus Chairman.

In a major step towards, efficiency satellite campuses will be run semi autonomously under the Campus Chairman, supervised by the Deputy Dean of Students. The speakers office has also being strengthen making him or her an ex-officio member of the student governing council, now to be known as Executive Council (EC).

Meanwhile campaign for the position left vacant after the dissolution of the previous Congress took place in earnest prior to the election. The Electoral Commission which is

chaired by Fr. Lance Nadeu, the Catholic Community Chaplain was appointed to oversee the elections. The campaigns this year took to a slightly a new dimension with alliances based on national politics or ethnic divide being shunned and instead a greater emphasis being placed on manifestos and ability to deliver. Similarly candidates were given an opportunity to defend their manifestos in interviews hosted by the community radio, 99.9Fm, giving the electorate a chance to ask questions and raise concerns via studio call-ins.

Elections for School Congressmen took place on 25th March 2010, while the hostel representatives and Executive council positions were voted for on 31st March 2010. The Newsletter editorial board wishes the new office a prosperous term.

KU To Host The 7th Edition Of The East Africa University Games

Kenyatta University competitively won the bid to host the 7th Edition of the East Africa University Games in December 2010.

The university won the bid based on her strength on various grounds namely, the vastness of her facilities, it's record for good performance in the previous meets both locally and in the region and also given solid experience and strong staff base.

Kenyatta University has for a long time been the only University within the region that offered degree courses in Physical Education, Sports Science and Recreation management

The East Africa University Games are held under auspices of the East Africa Universities Sports Federation who awards the bid to a member University after having been recommended by the National Universities Association. These games

brings together participating teams from amongst universities from Kenya, Uganda, Tanzania, Zanzibar, Rwanda, Burundi, Southern Sudan. This festival is expected to be the biggest yet with participation from Somalia.

The games are held biannual, the 6th Edition was held in Uganda. This is the second time Kenyatta University is hosting these games, the time was in 2004.

This year, it is anticipated that over 3000 athletes will converge at Kenyatta University to compete for honours in the following disciplines;

Athletics-Field and Track (Men and Women), Basketball (Men and Women), Badminton (Men and Women), Body Building (Men Only), Chess (Men & Women), Football (Men & Women), Handball (Men & Women), Hockey (Men & Women), Karate (Men

& Women), Netball (Men & Women), Rugby 7's (men only), Scrabble (Men & Women), Swimming (Men And Women), Tennis (Men & Women), Table-Tennis (Men & Women), Tae-Kwon-Do (Men & Women), Volleyball (Men And Women)

The theme of this edition is "Promoting Regional Integration and Development through Sports"

These games are a milestone in the lives of the University students and go a long way in enhancing sports competition standards and socialization in the institutions.

The games promote unity amongst the East African countries through sports as a universal language to promote interaction amongst students within the Universities.

On Track with Infrastructural Growth

In recent times, libraries are not just musty places to store books with librarians shushing anyone who makes a peep. They've become much more than that!

The modern library is often home to sleek architecture and the latest technology.

Kenyatta University's state-of-the-art five (5) storied ultra modern Library which is being constructed at the space between Chancellor Road and the African Virtue University (AVU) will boast of e-library facilities (e-research, e-books and e-journals), up-to-date Information Communication Technologies (ICTs) which will facilitate instant access to information throughout the world.

Other facilities will include photographic studio, Seminar room, cafeteria where users can relax and have coffee, group study rooms, research rooms among others.

With a sitting capacity of 10,000 students, it is expected to serve at least 30,000 persons (students and staff).

New Library to Offer More Space

"To study the phenomena of disease without books is to sail an uncharted sea, while to study books without patients is not to go to the sea at all,"

Dr. William Osler.



The Up-coming State-of-The-Art Library

FAITH CORNER

BY: GEORGE MONAYO

The Judgement

Paul has reminded us that, "we shall all stand before the judgement seat of God ——— so each of us shall give account of himself or herself to God" [Romans 14:10–12]. In the Epistle to the Hebrews we are advised not to forget that, "there is nothing that can be hid from God, everything in all creation is exposed and lies open before his eyes. It is to him that we must all give an account of ourselves"

We can be right, if we obey the Law of the Kingdom which is found in the scripture, "love your neighbour as you love yourself" if you treat people according to their outward appearances, you are guilty of sin, the law condemns you as a law breaker. When a Lawyer asked Jesus, "which is the great commandment in the law?" The Lord simply quoted the teachings of Moses (Matthew 22:34–40) he summarized all the commandments by indicating that "He who loves his neighbour has fulfilled the law ——— love does no wrong to a neighbour; therefore love is the fulfilling of the law (Romans 13:8,10).

To make us understand the meaning of real love, Paul wrote in 1 Corinthians 13: "Love is patient, love is kind and envies no one. Love is never boastful, nor conceited, nor rude, never selfish not quick to take offence. Love keeps no score of wrongs; but delights in the truth. There is nothing love cannot face; there is no limit to its faith.

The Lord will judge his people. It is wonderful and delightful to fall into the hands of the living God.



Mind Bender answers to previous puzzle

- 1) Sun-Opposite slot has name of class
- 2) 2/3 : deduct 2/3 at each step
- 3) Night

Quotable Quote

"A cynic is a man who knows the price of everything but the value of nothing"

Oscar Wilde

Mind bender

No.3/10

1. What is the missing word?
TREE (LIFE) ORANNGUTANG
BOTANY (BIOLOGY) ECOLOGY
STARLING (_____) PARROT
2. What is the missing number ?



3. $2\frac{1}{2}$ is to a Quintuple as 2 is to

Answers in the next issue

What is Sin?

Sin is not merely doing wrong things like stealing, or committing adultery, or getting drunk, or committing murder. Sin is basically separation from God, and is anything against the holy will of God. Not only is an evil deed sin; pride and envy and hatred and lustful thoughts also are sin. Jesus Christ said that the two greatest commandments of God are to love God with all one's heart, and to love one's neighbour as one's self.

Since these are God's chief commands, then failure on our part to love God perfectly and to love others as we love ourselves, are the greatest sins. Is there anyone who has kept these commandments perfectly? No, all have broken them except the sinless person, Jesus Christ. He lived a perfect life, and that is what God requires of us. His commandment is: "You, therefore, must be perfect, as your heavenly Father is perfect." (Matthew 5:48).

But how can we sinners, whose hearts are full of evil, become perfectly pure and good as God commands us to be? A man who has a cancer does not need good advice about keeping the laws of health. What he needs is a skilled doctor who is able to cure him.

Just so, a man sick with the disease of sin needs more than good laws and good moral sayings telling him what to do and what not to do; rather, he needs a spiritual doctor who is able to create in him a new mind and heart and will, and to give him the power to do what God requires of him. It is evidence that all men everywhere need someone who is able to save them from sin and make them into children of God.