



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.

— INSIDE —

New KUSA Executive Council Takes Office

Pg 2



History is made as Ms Renalda Mwanyuma takes oath as the first female KUSA Vice President.

Pg 3



Prison officers participate at the just ended training for trainers offered by KU for prison staff.

Pg 4



One of the VCT tents erected during the annual HIV testing Week at the Main Campus.

Pg 5



KU Students during the G-AMINI Talent Exploration



The new Student Council with the VC-(from left front row) Victor Kiplagat, Academic Secretary; David Kyalo, Deputy Secretary General; Boniface Asise, Ruiru Campus Chairman; Rundu Olweny, Parklands Campus Chairman; Peter Kamathi, Special Needs Secretary; Renalda Mwanyuma, Vice-President; Kigesho Gathendu, Mombasa Campus Chairman; the VC, Prof. Olive Mugenda; Githinji Mwai, Kitui Campus Chairman; Dorcas Kinyua, Gender and Social Welfare Secretary; Anthony Maina, KUSA President and John Kariuki, Finance Secretary.

The Kenyatta University Students Association (KUSA) has new office bearers. In what has been termed as the most peaceful and fair elections, 11 new Executive Council and 48 Congress officials, were elected during democratic elections on March 29, 2010. The officials come from the Main, Parklands and Ruiru campuses.

The hotly contested elections, conducted under the revised constitution, reflected a calm and mature electorate that rose above tribal and regional affiliations to consider the candidates' ability to deliver. And in a move likely to redefine student politics, hooliganism and

propaganda were shunned in favour of leadership qualities and vision as outlined in the candidates' manifestos. The losers accepted the results calmly with joy and promised to work with the new office bearers.

And during the inauguration of the new KUSA Executive Council Seventh Congress at the university's main campus, the Vice Chancellor Prof. Olive Mugenda, asked the leaders to help protect the institution's image. The council, she said, had a great responsibility to work closely with the administration and help make the second-largest public university an envy of many.

"As elected officials, you are expected to provide sound

continued on pg 3

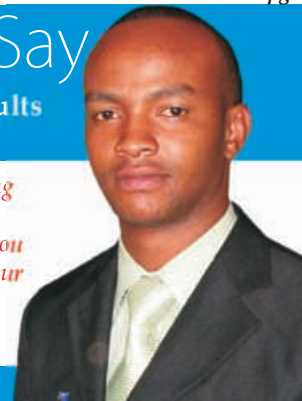
What the Winners Had to Say

Here are some of the reactions of the winners after the results were announced

"I am thrilled by your sense of commitment to Kenyatta University. By electing me as your president, you have honoured me, and I will not let you down. I am willing to put in this job everything I have because I believe this is a sacred duty you have entrusted in me. Together let us join hands to take the 'KU experience' and our University to the highest of heights". Thank you everyone for your support. Long live KU!



Anthony Maina-KUSA President



From the Editor's Desk

We congratulate the new KUSA Executive Council for not only winning the elections but for doing so through a dignified campaign.

Gone were the scurrilous partisan and ethnocentric innuendoes that marked the campaigns of yesteryear, the unsightly leaflets that used to assault the eyes at every corner of the campus were replaced by professionally-rendered posters that were placed unintrusively on notice boards.

The student electorate behaved equally well. Supporters did their bit with muted enthusiasm and bonhomie and the results were received with maturity. Indeed, one can only wish that this time the elders will emulate the young, for a change, so that KUSA 2015 elections will be the prototype for Kenya's 2010 National elections. Congratulations KUSA

David V. Karanja
Editor

What the Winners Had to Say

Here are some of the reactions of the winners after the results were announced



Renalda Mwanyuma
Vice-President

"To God be all the glory. Comrades you have spoken loud and clear. Today, I see further than others because I am standing on the shoulder of giants. That is you, comrades. I am elated and thank you for making history. Thank you for giving me the opportunity to serve as the first Female Student Vice President in the history of KU."

"Thank you again and again. You made the right decision and will never regret it. It was a tremendous win ... 3,539 votes against 2,124 and 1,144 votes respectively. And to my opponents, thanks for the worthy challenge. I look forward to working with you. You are resourceful."



Dorcas Kimyua
Gender & Social Welfare Secretary

"Comrades, I am very grateful for your trust in me and your massive votes that gave me a landslide victory. May God bless you all."



Mwaboza Mwasambu
Secretary General

"The Lord Almighty has graced us with a deserved victory in this small battle for humanity. We thank Him for the credible Leadership He has thrown our way. I love you all, and will always be your humble servant. Thank you supporters, voters and fans, and May the Almighty bless you all."



Martin Githinji
Organizing Secretary



Victor Kiplagat,
Academic Secretary

"I believe in the greatness of power that lies within us as KU community. Our potential is beyond measure and not even ourselves can stop us from scaling the highest heights of our academic endeavours. I promise to do all within my discretion to champion the right environment and resources for our studies. With God's grace, I believe we will achieve it."

"I send my heartfelt gratitude to comrades for electing me KUSA Mombasa Campus Chairman 2010/2011. We will deliver our campaign promises by cooperating with the comrades & KU management. May God Bless you all."



Kigesho Gathendu,
Mombasa Campus Chairman

Other Executive Council Officials Are;



Kyalo David
Deputy Secretary General



Peter K. Macharia
Special Needs Secretary



Kariuki John
Finance Secretary



Rundu Olweny
Parklands Campus, Chairman



Githinji Daniel Mwai
Kitui Campus, Chairman



Boniface A. Akulia
Ruiru Campus, Chairman

Message From The Outgoing Leaders



"KUSA elections were well conducted and this is as a result of the able chair of the ECKU. We wish our elected leaders all the best as they work to make KU a world class University."

Nixon Matisio,
Chairman Central Committee

"I take this chance to thank the whole University Community for the time I was in office. I congratulate the new leaders on their victory and wish them well in office. I would like to urge them to encourage consultative approach to leadership and help the University achieve its strategic plan. Thank you and may God bless you."

Tom Bwana, Outgoing KUSA Secretary General



continued from pg 3

New KUSA Executive Council Takes Office

leadership to the student community. This can only be done by the Executive Council and the congress working as a team to ensure Kenyatta University's reputation is respected and protected both within and outside the institution," said Prof. Mugenda at the colourful ceremony on April 9, 2010.

The VC said student leaders had a big role to play toward the success of the institution. "Indeed, a measure of success of your tenure will involve an assessment of what Kenyatta University will have achieved," she said, adding she hoped the new KUSA leaders would be "credible" and leave a legacy of sound leadership.

"To be able to leave a legacy, you will both individually and collectively have to domesticate values that inform sound leadership. You will need to have a high sense of responsibility, personal integrity,

a drive for results, a high level of self-discipline, and a commitment to teamwork. I have no doubt if you internalise and apply these values, you will be credible leaders," she said.

Prof. Mugenda praised the outgoing Sixth KUSA Congress for helping restore order, "at a time of crisis precipitated by the Governing Council," which led to the closure of the university last year.

The students leaders, she said, "were able to rise above personal interests and differences, and provided leadership to the student community."

She in particular, praised the outgoing Secretary-General Tom Bwana "for responsibly co-ordinating the affairs of KUSA during the year." The VC said the university "recognises students as the focal point of its vision and mission. All our

processes are essentially geared towards making the life of the students better and value-added. Consequently, as elected leaders, you have the privilege of representing the students in key decision-making processes in the university."

She said this year's KUSA elections were "unique" as candidates were self-discipline. "Consequently, we were spared the spectacle of rowdiness, name-calling and drunkenness that has characterized past elections," she said.

The electioneering, she said, was issue-based and candidates "articulated well their knowledge and competence on matters related to the vision and mission of the university." The losers, she said, also conceded defeat with dignity.

KU Trains Prison Staff

Kenyatta University is committed to working closely with the Ministry Home Affairs and help reform prison service countrywide, the Vice-Chancellor, Prof. Olive Mugenda, says.

At the same time, she has urged prison staff to participate at the University's Annual Career Week and not only interact with the public, "starting with the Kenyatta University community," and educate the public on the role of prisons, but also learn about the variety of courses offered at the University.

"Such a forum will help change people's perceptions towards Kenyan prisons," Prof. Mugenda said in a speech read for her by the Deputy Vice-Chancellor (Administration), Prof. P.K. Wainaina, at the Prisons Staff Training College, in Ruiru, on April 6, 2010, during the presentation of certificates to 60 top prison officers countrywide, after they completed a five-day training for trainers (TOT) course that included public relations and curriculum development. The course was conducted by four Kenyatta University lecturers: Dr John Maundu, Dr Jacinta Kwena, Dr Sr Wilfrida Itolondo, and Mr Bernard Mugo.

The VC urged more prison staff to seek further education and enhance their career. The

University, she said, would support officers seek "quality training that will have an impact not only on the trainees but also the overall societal development."

Prof. Mugenda said since prisons were meant to help reform offenders, the country's rehabilitation centres should change to match with the wind of reforms worldwide. The prisons, she said, should be more open and inform the public about what happens within the jails.

"Our prisons should move with the times. We will all be happy to see our rehabilitation facilities provide quality services," Prof. Mugenda said, adding "the nature and quality of training" of senior officers had great influence on how their juniors interacted with prisoners on the ground.

In a speech read for him by acting senior deputy commissioner of prisons Benjamin Njoga, Commissioner of Prisons, Mr Isaiah Osugo said the society should expect changes soon after the country's 18,000 prison officers



Deputy Commandant Wairimu Thangate receives her certificate from from the Ag. DVC (Administration), Prof P. K. Wainaina at the Kenya Prisons Staff Training College, Ruiru.

start implementing skills learnt. "Expect to see a difference among our officers," said Mr Osugo.

The college commandant Daniel Mutua, who is also the Deputy Commissioner of Prisons, asked KU to come up with tailor-made diploma and degree courses targeting prison officers to help them access higher learning leading to promotions.

Graduate School Staff Inducted



KU Graduate School staff during the workshop at a Nakuru hotel recently.

The Graduate School staff have been inducted on new guidelines on processing examinations, approved by the University Senate last year.

The staff, led by the Graduate School Dean, Prof. Judith Waudo and Associate Dean, Dr Michael Wainaina, went through the exercise during a five-day workshop at a Nakuru hotel between March 6 and 7, 2010.

The workshop was part of the School's efforts to enhance efficiency in service delivery to the increasing number of postgraduate students. The participants revised the School's brochure, drafted the institution's 2010-2015 Strategic Plan, and discussed the School's expanded mandate that includes examinations, admissions, and monitoring/quality assurance.

They were not only prepared for the automation of the School's systems and procedures, but briefed on the Partnership in Higher Education - Education Technology Initiative (PHEA-ETI) project that aims to develop a common unit on research methodology set to be offered to postgraduate students on-line.

New and current supervisors were taken through their responsibilities as academic advisors of students attached to them. Besides, committee chairmen of School and Departmental Boards of Postgraduate Studies (BPS) discussed the processing of students' proposals with the Dean, and Associate Dean.



focus *on* students

Blood Donation Drive Takes Place

Kenyatta University Students' Association (KUSA), in partnership with K.U Red Cross Society and Rotaract Club organised a blood donation drive.

The event on March 23, 2010 saw the involvement of Bloodlink Foundation in the philanthropic exercise.

A large number of students turned up and participated in the noble cause. The Foundation is expected to release details of the volume and quantities donated soon. The organisers have thanked the donor as well as those who made the exercise a success.

KU students donate blood during the drive held at the KU Main Campus. ▶▶



Phase One Ends as Examinations Begin



It was a busy weekend between April 2, and 5, 2010 at KU Main Campus, as the first and second year students ended their first phase of the second semester and took their Easter and April vacation.

This end paved the way for the entry of the Institutional Based Students (IBPs), who will be at the University for their April session. Third and Fourth Year students began their end of term two-week examinations between April 6 and 16.

For Fourth Year students, the examinations were historic as they marked the end of their long academic journey under the 8-4-4 education system.

The Ag Registrar, Academic, Dr John Koga, wished the students success in their examinations and life.

KU First and Second Year students leave for their Easter and April holidays after their exams. ◀◀

Aids Control Unit Holds 7th Annual HIV Testing Week

AIDS Control Unit-ACU held its annual HIV testing week and hosted the G-Amini Talent Explosion last month.

The testing week at the Main, Ruiru and Parklands campuses was between March 15 and 19, 2010 when the two-day Explosion started. It ended in March 20.

The testing, conducted by counsellors from Liverpool VCT, and Hope Worldwide Kenya, covered more than 2000 students. The exercise is expected to spread to other campuses.

The exercise was marked with various activities including candle-lit walk, movie night, as well as a football match between the Main and Ruiru campuses, where Ruiru carried the day. Besides, there were empowerment talks, and the Exclusive and Elegant Mr and Miss Status. And for the first time, since the event started in 2003, the ceremony was in an enclosed hall, SZ 39, and attended by invites-only as well as selected guests.

A Liverpool VCT counsellor attends a KU student during the annual HIV testing week. ▶▶





focus on students

G-AMINI Annual Talent Explosion (GATE)



Community-based youth groups participants during the extravaganza.

Kenyatta University through the AIDS Control Unit (ACU) was nominated to host the two day extravaganza on the basis of its leadership role in creative arts, outreach programmes, a vibrant ACU, youth-friendly collegial atmosphere, experience in holding similar cultural events and more importantly, a leading and highly regarded institution of higher learning in the region.

The GATE is a youth initiative aimed to scale up the use of traditional magnet theatre for Behaviour Change Communication by identifying, recognising, nurturing and promoting talent/creative excellence in communicating HIV prevention, care and treatment.

The event brought together community-based youth groups comprising school leavers from Rift Valley, Nairobi, Coast, Central, Eastern and Nyanza provinces. It brings together mentors, role models and talent scouts. Organisations which support the festival include APHIA II Kenya through the USAID, NPI-SHARP, NOPE, LVCT, HWWK, IMPACT.

The winners were:

The Mr Status 2010 title went to Warui Dennis Muchege, while Michelle Abitu Nasibi became the new Miss Status 2010. Ken M. Mundia was the Mr Status first runners-up, while Maganju Caroline Wanja emerged the Miss Status first-runners up. Mr Status second runners-up was Paul Kamau Njoroge while Miss Status second-runners-up was Asha Bahati Salumu.

French Widens Its Partnership with KU

France has promised to widen its partnership with Kenyatta University, the French Cooperation attaché in Nairobi, Dr Severine Fogel, has said.

Dr Fogel said the partnership would include, staff exchange through collaborative research programmes with institutions in France. The new partnership, he said, would include joint supervision and mentoring; establishment of linkages with French institutions in Kenya; as well as participation of

France in KU's Culture. France has a rich cultural background and joint training sessions between its institutions and Kenyatta University.

Dr Fogel, disclosed this when he toured KU's main campus on March 29, 2010. He had fruitful discussions with the Ag. DVC (Academic), Prof. Reuben Muasya. He said scholarship opportunities for postgraduate students and other possible areas of association between the university and institutions of higher

learning in France would be increased.

France had offered four scholarships to KU students. Previously, it used to grant scholarships only to students taking French. But it has since widened the scope of scholarships to include research.

Prof. Muasya, who hosted Dr Fogel on behalf of the Vice Chancellor, described the initiative as timely. KU, he said, was working towards increasing the number of Ph.D holders in its faculty.

KUSA Campaigns: A Revolution

The Kenyatta University Students' Association (KUSA), elections 2010, went down as the most distinguished in the history of the University.

Apart from the fact that they were carried out within the guidelines of a revised constitution, they stood out as the most peaceful and moderate elections in the recent past. If fact, the exercise was clearly an example on the kind of democracy other institutions as well as the nation should emulate.

To begin with, campaign posters, banners and manifestos were more realistic and practical in scope and aspirations. This was a wide departure from the excessively cheeky and overly ambitious ones promising the electorate of things out of reach of student leaders' capacity.

For instance, in the past, some candidates had promised to construct a fly-over from Kilimambogo to Ngong' hostels! This time around, candidates considered the needs and priorities of the electorate rather than lambasting their opponents with innuendos and



Some of the posters during the KUSA campaigns.

aspersions. This time aspirants gave a wide berth to past tactics that included outrageous propaganda, name-calling and smear campaigns and instead concentrated on marketing their capabilities.

Perhaps, the most commendable thing was the shunning of tribal, regional and campus divides in favour of consideration of candidates' capabilities. And in a historical move, the secretary general now comes from a satellite campus while the Executive Council has a number of self-sponsored students.

There was also a change of tactics as candidates chose to go from door to door convincing potential voters to support them rather than chanting and screaming names and slogans. Of greatest significance were the question-and-answer sessions where the electorate got to vet the candidates as they tried to outdo one another in a bid to defended their respective policies. The sessions were at open-air forums as well as on the KU 99.9 FM.



19th April - 2nd May 2010

Volume 6, Issue 4



The VC, Prof. Olive Mugenda, with the Management Board Members and the President of the China Jianxi Construction Company, Mr Jiang Mingkai (third right), and senior company officials after Mr Jiang made a courtesy call on the VC at her office recently.



The VC, Prof Olive Mugenda (left), with Prof. J. B. Kun'gu (centre), and Prof. S. G. Njuguna, Dean School of Environmental Studies, during the funeral service for Dr Godfrey Alati Olukoye.



Participants in the e-Learning conference at the Kenya Institute of Education(K.I.E).



Institutional Based Programme students register for the April Semester at the Students' Computer Centre.



A team from the Kenya Power and Lighting Company toured Kenyatta University on April 9, 2010 on a fact-finding mission on electricity challenges the institution faces, with a view to addressing them. The KPLC Customer Care Manager, Ms Faith Njuguna (left), led the team that held fruitful discussions with the University management.



Mr Daniel Mutua, Prisons Staff Training College Commandant and Ag. DVC (Administration), Prof. P. K. Wainina, arrive for the presentation of certificates to prison officers after they completed a five-day training course organised by KU.



The VC, Prof. Olive Mugenda (*centre back row*) with the new KUSA Electoral Commissioners. (*From left front row*) Sylvia Kabaka, James Masika, David Ngetich and Dean of Students, Dr. Edwin Gimode. (*Back row from left*) Fr. Lance Nadeau, who is the Chairman of the Committee, Dr Ruth Ndungu, Mr Riungu, Mr Simeon Nyachae and Mr. Isaac Kariuki.



The VC, Prof. Olive Mugenda with the outgoing 09/10 KUSA officials during the Inauguration ceremony of the incoming 2010/2011 KUSA leaders.



The VC Prof. Olive Mugenda, with the incoming Campus chairmen (*from left*) Boniface Asise, Ruiru Campus; Rundu Olweny, Parklands Campus; Kigesho Gathendo, Mombasa Campus; a KUSA supporter; Anthony Maina, KUSA President; and John Kariuki, Finance Secretary.



Mr Peter K. Macharia, Special Needs Secretary is sworn in by Mr Moses Kurgat, a KU lawyer. Looking on is the new KUSA President, Mr Anthony Maina.



The outgoing KUSA Deputy Speaker and Chair for Gender and Social Welfare Committee, Clare Cheptumo (*left*), hands over the instruments of office to the incoming chairperson, Dorcas Kinyua.



Mr Kigesho Gathendu, is sworn in as Mombasa Campus chairman by Mr Moses Kurgat who is a KU lawyer.



Research Update



KU to Lead Research on Retired Professors in EA

Kenyatta University is the lead institution in the research project funded by a global organisation aimed to trace retired professors in East Africa with a view to tapping their skills again.

The project: *Baseline survey on the utilisation of retired professors in the East African region*, funded by the respected Rockefeller Foundation, seeks to trace retired professors in Kenya, Uganda, Tanzania and Rwanda, and find out **if their current careers are related to their former university jobs**. During the one-year project, universities in the region would also be asked to state to what extent they would re-involve the retired dons.

The director of Kenyatta University's City Campus, Prof. Wangari Mwai, who initiated the project, said the Rockefeller Foundation has already released US\$47,000 (about Sh3.6 million) to KU, as the initial funding for the first phase that included recruiting 12 researchers and coordinators in the region. The survey involve University of Dar-es salaam, Makerere University, National University of Rwanda as well as all Kenya's seven public universities.



Prof.. Wangari Mwai

Prof. Mwai will be assisted by Prof. Rosalind Katapa from the University of Dar-es salaam, and Makerere University's Dr Nassanga Goretti Linda.

The researchers would try to trace retired professors and find out what **activities they are engaged, with a view to finding out if their post-university career is related to their former jobs**. Universities in the region would asked to

what extent they would re-involve the retired professors.

The baseline survey seeks to trace retired professors from the region in terms of gender, age, areas of specialisation, geographical distribution and as well as socio-economic factors. Data would be collected on where the retirees are, the activities they are engaged in including academics, farming, and community work. The research would attempt to find out if the retired dons wish to be involved again in university work and if so, in which areas.

The information collected will be documented in both print and electronic medium. A report on the best practices in the four countries will be documented and disseminated and promoted through workshops and seminars with current faculty of the various universities across the region. This will not only help to address challenges that might emerge from the existing faculty regarding the proposal, but also help map the best scenarios for different universities, the different challenges facing them and the diverse needs they are required to address.

KU Msc and Ph.D Students Win Scholarships

Kenyatta University students were among the recipients of scholarships in the Science, Technology and Innovations (STI) grants by the national council for science and technology.

The grant seeks to support applied and policy oriented research and innovations, on development targets of the Kenya Vision 2030. The STI has been identified as a foundation for Kenya Vision 2030 and will be central to the development of the existing economic sectors as well as the creation of new ones with high growth potential.

It will also play a critical role in ensuring that productivity growth occurs, and that the economy is progressively transformed into knowledge based one.

Mr Wekunda B. Z. Buya from the School of Pure and Applied Sciences in the Department of Physics, and Ms Rose Bhoke Oyugi from the Department of Chemistry were among 20 students from all the seven public universities, as well as science colleges in Kenya, who got the Msc scholarships.

Those who got Ph.D scholarships were Mr Nickson K. Langat and Elias Onyango Ako, both from the School of Engineering.



Mr Nickson Langat, a Ph.D student who was among the scholarship winners.

Name	Title of Proposal	Category awarded
Nickson KLangat	Development of an improved fluid bed dryer for green tea drying in Kenya	PhD
Elias Onyango Ako	Development and optimisation of a solar water pasteurisation system for use in rural areas	PhD
Rose Bhoke Oyugi	Assessment of methomy and acephate pesticide residues in selected vegetables planted after tobacco and farmers' awareness of their side effects	Msc
Wekunda B.Z.Buya	In _x se _y alloy thin films for phase change random access memory(pram)applications	Msc

Congratulations to the four students. We wish them all the best in their studies.

Campus Round Up

Kitui Campus

Kitui Campus is rapidly changing the face of Kitui town and its environs.

Infrastructural growth is at a high pace, with a lot of construction work in progress. The students can surf the Internet at the new, spacious computer laboratories. Students registration will soon be on-line once the UNI-PLUS system is installed.

Four science laboratories are almost complete, paving the way for the admission of students to pursue B.Ed (Science), BSc (Biochemistry, Chemistry, Physics, Mathematics, Biological Sciences and Environmental Science degree programmes during the May 2010 intake.

Other programmes already advertised include BA (Psychology); BSc (General); BA (General); Bachelor of Economics and Finance; and, BSc. (Dry Land Agriculture and Enterprise. The campus will start Dry Agriculture and Enterprise programme soon. Already, local goats, being reared on a pilot project, would be cross bred with high milk yielding ones in a bid to produce a disease-resistant breed.

Meanwhile, students were involved in community service work at Kitui School For The Deaf on March 6, 2010, where they interacted with the pupils. The students, who donated items including clothes, balls, shoes, sanitary towels,



Students browsing internet at Kitui Campus.

shoe polish and toiletries, participated in tree planting exercise, general cleaning, motivational talks. And on March 13, 2010 students competed against teams from various institutions during the campus sports day.



Above:
The Kitui
Campus Guest
House. Inset:
an inside view
of the Guest
House)

The campus guest house is now open and offers competitive rates. Come and enjoy the comfort of home away from home. For more information call; 0202310960, Fax; 0202300127.

Campus Greening

The campus has embarked on an aggressive greening project through tree planting. Tree nurseries have been set up to help increase the production of seedlings for the project.



Some of the tree nurseries at the Kitui Campus.

Visit for a Worthy Cause Mombasa

The students at the Mombasa Campus students, led by the director, Prof Edwin Wamukoya, visited Likoni School for the Blind recently interacted with the pupils and encouraged them to study hard. They also donated foodstuff. And as part of community outreach programme, the Christian Union Club visit the Diani Beach for a clean-up exercise, while the Catholic students toured Tom Mboya School for Cerebral Palsy and the Little Sisters for the Poor, and donated foodstuff and clothing. Meanwhile, the Muslim Students Association (Mombasa Campus) hosted various Muslim scholars on March 19, 2010. They guests gave talks and held discussions with the students on several issues facing Muslim youth.



Pupils from Likoni School for the Blind listen to a speech by a KU student.

In a separate event, the Campus Peer Group organized for an inter-university symposium on March 20, 2010. The symposium brought together students from different Universities and Colleges at the Coast for a one day meeting focusing on HIV/AIDS and the challenges facing the youth. In Sports, the Mombasa Campus football team played against Mombasa Polytechnic University College where they lost 3-2 and then drew 3-3 against Football Academy. The basketball team participated in the two-day Coast Open Tournament held at Voi, and the Mombasa Open Tournament at the Baptist High School Mombasa. They played against Baptist High School and Jomo Kenyatta University of Agriculture and Technology.

Sports Day and Bash for Mombasa Campus

During the sports day on March 29, 2010, the students, as part of the USA sponsored activities, invited Mombasa Aviation College, Islamic College, Mikindani and KPA (Estates). The teams took part in Basketball (men and women), handball (men), badminton (men and women) and football.

Nyeri Campus

Nyeri Campus is beginning to get in the limelight as it makes major strides towards the establishment of a fully-fledged Kenyatta University campus. On Friday February 19, 2010, the campus hosted a delegation of lecturers and administrators from leading Universities in Somaliland. The team, drawn from Mogadishu University, University of Hargesa and Green Hope University of Hope, Mogadishu was received by the Co-ordinator, Mr Cosmas Kathungu. The delegation, led by Mr Mohamed Osman Hussein and Romano Salama, was on a fact-finding mission on how to improve their Open, Distance and e-Learning (ODEL) programmes. The campus staff were proud to have been among Kenyatta University ODEL Centers, selected to host the guests.

City Campus Update

During the recently concluded application period for May intake, the City Campus received over 300 applications for the few programs which will be offered in May.

Many more applications are being brought in for the September intake. In this category, over 30 post-graduate applications have already been handed in, showing the great esteem with which K.U. programs are held.

It's our belief that we shall be the leading campus in town once renovations in the entire K.U. Plaza are complete in the month proceeding September.

Mombasa Campus

All academic activities for the semester are going on smoothly. The students started their end of semester examinations on April 6, 2010. Mombasa Campus Scouts Club recently received a donation of three tents from Ms. B. W. Kariuki who paid a courtesy call on the Mombasa Campus Director Prof Edwin Wamukoya. Ms Kariuki works in the USA with community groups and scouts movement.



The Mombasa Campus Director, Prof. Edwin Wamukoya, receives the donation of tents from Mr Richard Iyaya, the Kenya Scouts Association National Director, Programme Development.



One of the tents donated to the Scouts Club of Mombasa Campus.

Stress and Drug Abuse: A Manageable Correlation



By Sr. S. Nganda

Stress is a term we all know and use often, but what does it really mean? It is hard to define stress because it means different things to different people. Stress is a normal reaction to life for people of all ages. It is caused by the body's instinct to protect itself from emotional or physical pressure, or, in extreme situations, danger.

Researchers have long recognised the strong correlation between stress and drug use, particularly relapse to drug use. Exposure to stress is among the most common human experiences and also one of the most powerful triggers for relapse to substance abuse in addicted individuals even after long periods of abstinence.

Many clinicians and addiction medicine specialists suggest that stress is the number one cause of relapse or a return to drug use after periods of abstinence. It is also a major contributor to the initiation and

continuation of addiction to alcohol and other drugs. Other studies report that individuals exposed to stress are more likely to abuse alcohol and other drugs.

In both people and animals, stress leads to an increase in the brain levels of a peptide known as corticotrophin releasing factor (CRF). The increase of CRF levels in turn triggers a cascade of biological responses. Animal and human research has implicated this cascade in the pathophysiology of both substance use disorders and Posttraumatic Stress disorder (PTSD).

It is important to note that, the administration of CRF in people produces an increase in stress-related behaviours. Such behaviours may make individuals more prone to stress-related illnesses, and prompt them to relapse to drug use. PTSD is a diagnosable psychiatric disorder that is a known risk factor for substance abuse and addiction. This disorder may develop in people after they experience or witness life-threatening event(s). Symptoms of PTSD include: re-experiencing the trauma, avoidance of people, places, and thoughts connected to the traumatic event(s), and arousal, which may include trouble sleeping, and exaggerated startle responses. People who develop such symptoms may be more prone to

escape from the realities of the day by self-medicating with drugs. In fact, clinical observations suggest that PTSD patients may use psychoactive substances without a physician's direction to relieve traumatic memories and other symptoms associated with PTSD.

The most recent thinking about the association between PTSD and substance use disorders suggest that patients with PTSD commonly have substance use disorders, particularly abuse of, and dependence on central nervous system depressants. This frequent co-occurrence of PTSD and substance use, suggests that the two are related.

Researchers have shown that, among drug-free cocaine abusers in treatment, exposure to personal stress situations led to consistent and significant increases in cocaine craving, along with activation of emotional stress and a physiological stress response. Additionally, a follow-up study of smokers who had completed a national smoking cessation program showed that there is a strong relationship between stress coping resources and the ability to sustain abstinence. Further research is, however, needed to determine whether chronic drug abuse alters the individual's ability to cope with



stress or makes individuals more vulnerable to stress-induced relapse. It is, however, important during stressful times that we focus on restoring our emotional well-being. We must be attentive to how we, as individuals are responding to stress and, also to how our family, friends, and colleagues are responding. Be alert for increases in substance use and make sure that substance abusers seek professional help.

Email: schonganda5@yahoo.com
Cell: 0721 68 68 00

Dean Praises Students for "Unique Elections"

The Dean of Students, Dr Edwin Gimode, while welcoming into office the new students' Executive Council and Congress, praised the students for conducting peaceful and democratic elections which, he said, were done in "mature and disciplined" manner.

"The election of student leaders this year was unique in more than one respect. Firstly, there was a high level of discipline exemplified by the overwhelming majority of students. Incidents of name-calling, rowdiness and drunkenness were minimal. Secondly, campaigns substantially shifted from sloganeering and arousing of voter emotions to issue-based moderated debate," he said.

"It is clear," he added, "that students politics at KU is undergoing a paradigm shift. Judging by the quality of campaigns and debates that preceded the elections, student leadership at KU may be on the threshold of redefining itself within the framework of three variables: individual students, and their studies, inspiration of fellow students to greater ideals of self and community, and the place of the brand-name KU. I congratulate the winners for a good fight, and thank the losers for conceding defeat with dignity" – Dr. Edwin Gimode, Dean of Students' Affairs.



(From left front row) Bernard Wanjala, Chairman, Organizing Committee, Denis Njariaro, Special Needs Secretary, Hamisi Masese, Chairman, Catering & Accommodation Committee, Prof. Olive Mugenda, Vice-Chancellor, Shadrack Kiema, Chairman, Finance Committee, John Kariuki, Finance Secretary (re-elected), John Paul Oriedi, IBP Representative, Dean of Students, Dr. Edwin Gimode. (From left back Row) Nixon Matasyo, Chairman, KUSA, Jared Owuor, Rep-School of Humanities, Claire Cheptumo, Chairlady, Gender Committee, Naftalil Kathurima, Congressman, Menengai Hostels, Tom Bwana, Secretary General, Christine Onyoni, Chairlady, Health Committee, Steve Ogoni, Speaker of Congress.

ORBITUARY



**The Late
Dr. Godfrey Olukoye**

Dr Godfrey Olukoye joined Kenyatta University in 1997 on his first appointment as a Tutorial Fellow in the Department of Environmental Sciences. He was promoted to the position of lecturer in 2002, and attained his Doctor of Philosophy degree from Kenyatta University in 2003. He was later promoted to the position of Senior Lecturer in 2006.

Dr Olukoye has served the University in various capacities, including Departmental Examination Coordinator, departmental representative to the Graduate School, and Acting Chairman of the Department of Environmental Sciences. He was also involved in

the development of the University's Teaching Programmes, including Environmental Health and the School of Agriculture and Enterprise Development.

Apart from having supervised post-graduate students, some of whom he helped to secure research funds and scholarships, Dr Olukoye, also served on several task-forces and committees where he exhibited high level of diligence, commitment and sacrifice.

The Vice Chancellor, Prof Olive Mugenda, attended the lecturer's funeral service at the University's Protestant Chapel on April 1, 2010. "In his work and service to Kenyatta University, Dr. Olukoye was a humble, dedicated and reliable person, qualities that earned him the high respect of his seniors, colleagues, and students" said the VC in her tribute.

The Kenyatta University fraternity will miss an exceptional worker. We all wish Dr Olukoye's family strength to overcome the challenges that come with this trying moment.



**The Late
Eunice Wairimu
Njomo**

Mrs Eunice Wairimu Njomo passed away on Sunday March 28, 2010 at MP Shah Hospital. Until her sudden death, Mrs. Njomo was a secretary to the Director, Catering Services.

She joined Kenyatta University in 1987 as a clerk and worked in various departments. Eunice loved her work and was a very dedicated and hard working employee. She was highly respected by her colleagues.

May the Almighty God rest Mrs Njomo's soul in eternal peace and bind the broken hearts of all who knew and loved her.

Jane Wanjiku Bangua passed away on Wednesday March 24, 2010 at Kenyatta National Hospital after a short illness. She was a cleaner in the Department of Educational Foundations, having worked in several other departments.

She was a hard working employee, who performed her duties with zeal and diligence. Her death is not only a loss to her family but also to colleagues and friends. The University appreciates Jane's services, having worked with the university for 22 years.



**The Late
Jane Wanjiku Bangua**



**The Late
John Ayiro Akivaga**

Mr John Ayiro Akivaga passed away on Saturday March 27, 2010 at Kenyatta National Hospital after a long illness.

Until his demise, Mr. Akivaga worked as a Supervisor in the Directorate of Catering, having joined the University in April 1980 as a Kitchen Assistant.

The death of Mr. Akivaga has robbed the University of a reliable and honest employee who was dedicated to his work. Mr. Akivaga served the University for 30 years.



Kenyatta University made an impact in various sports event they participated in last weekend.

Boxing:

Five boxers represented the University in the 12-team Nairobi Boxing League. KU took the fifth position with Geoffrey Kubayi registering another win in the welterweight category.

Tae-Kwon-Do:

Ruiru Campus team had a successful grading session last weekend.

Rugby:

Blak Blad showed a great improvement in their performance during the Great Rift Series in Nakuru. They lost narrowly in the plate finals.

Athletics:

Kenyatta University athletics team competed among the Kenyan elite athletes during the Athletics Kenya Rift Valley meeting at the Rift Valley Institute of Science and Technology. It was exciting to note a KU student running along Jelimo, the world athletics queen.

Meanwhile, Vince Ombiji a coach in the sports and games department, has been named the national Under 20 coach. His task will be to lead the team to the 2011 Youth Championship scheduled for Libya next year.

East Africa University Games 2010:

Preparations are in top gear. The games launch will be after the delegates' meeting on May 14. The event's mascot will also be unveiled then.

Message from the Outgoing IBP Student Leader

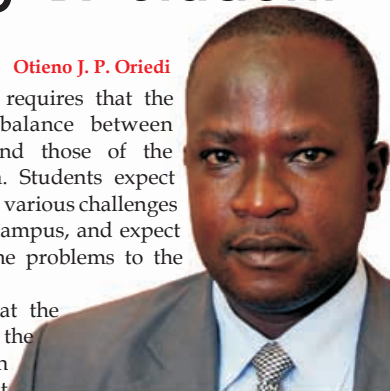
Otieno J. P. Oriedi

Student Leadership requires that the leaders strike a balance between students' views and those of the University administration. Students expect their leaders to listen to the various challenges they encounter while on campus, and expect the officials to channel the problems to the relevant authorities.

The Administration, at the same time, is guided by the University policies which do not discriminate against any student on age, tribe or race. It is important that student leaders be conversant with these policies to avoid embracing issues — from students — which go against the guiding principles.

Honesty should be the anchor of students' leadership, and KUSA should not raise hopes and aspirations of students before thorough consultation. KUSA's key mandate is to liaise with the authorities to resolve these challenges.

I urge all student leaders to work as a team and channel their problems to the authorities with sobriety.



Shairi

Makoti mlivalia, katangaza yenu nia,
Siasa mkapigia, uongozi kuingilia,
KUSA mlitania, kwa wingi mkawania,
Ni zaidi ya **'MAKOTT'**, kuwepo katika KUSA.

Ahadi mlitajia, wenyewe kujisifia,
Ruwaza kuandikia, na kulinda yenu nia,
Ushindani lipopia, mlizidi shikilia,
Ni zaidi ya **'MAKOTT'**, kuwepo katika KUSA.

Kura tulipopigia, baadhi kajishindia,
Ushindi kajipatia, ndoto zao kutimia,
Yale mloahidia, ni macho twawakazia,
Ni zaidi ya **'MAKOTT'** kuingia hiyo KUSA.

Orodha bila udhia, washindi kajivunia,
Hakuna haja kulia, kushindwa mloshuhudia,
Kushindwa sokubalia, mshindani kujitia,
Ni zaidi ya **'MAKOTT'**, kuingia hiyo KUSA.

Tena isijie tukia, mloshinda kusinzia,
Shimoni mkafukia, yale mloahidia,
Nawapa wangu wosia, msibadili tabia,
Ni zaidi ya **'MAKOTT'**, kuwepo katika KUSA.

Ibilisi avizia, mbegu mbaya kupandia,
Kwake MOLA shikilia, HEKIMA kuwajalia,
Sera bora kutungia, sharti wivu kufifa,
Ni zaidi ya **'MAKOTT'**, kuwepo katika KUSA.

Mind Bender answers to previous puzzle

1. BIRD - The word that describes the words on either side.
2. 3 - The inner number is the sum of the numbers at the points.
3. Quadruple - in this case four halves.

Quotable Quote

“A quality life is an example of what can be accomplished when thoughtful attention, careful planning, and purposeful action come together without compromise”

Anonymous

Kenversity Holds AGM - Highest-Ever Dividends Declared

The Kenyatta University Savings and Credit Cooperative Organization (popularly known as Kenversity) held its Annual General Meeting on April 10, 2010. The turnout at SZ39 was so big that there was hardly standing room in a hall that accommodates than 2,000 people. The turnout was no surprise because the organization has been recovering from a staff shake-up that prompted the replacement of practically all the officials. The new team has already proved its metal by providing excellent service that has resulted in members being granted dividends of 9.8 % of their share holding – an all-time high. The new manager, Mr. Alfred Korir said of his staff: *“They are committed, work as a team and the results are obvious. But this could not have been possible without the cooperation and moral support of the members. The University administration, led by the Vice-Chancellor, has been instrumental in the success we now enjoy. We are very thankful to her.”*

Mind bender

No.3/11

1. What is the Missing letter?
HAM ERG
HUM RIFF
HAP LET
ICE OUR
MID KIND
MAN LESS
2. What is the missing number is the series?
10, 12, 32, 34, 54, 56, ?
3. What is the odd one out?
HALF, ZERO, QUARTER, EQUAL,

Answers in the next Issue



Kenyatta University

...the place to be



Different vistas of the Northcoast Beach Hotel



1. LOCATION 25 Kms North of Mombasa at Kikambala
2. Set in a serene environment with well manicured lawns gently sloping towards the ocean with a sandy beach front off the shores of the Indian Ocean.
3. University training hotel for students taking courses in the School of Hospitality and Tourism Management.
4. Are you a discerning business traveller, an avid holiday maker, a great family experience seeker? We will give you a treat of your life time. The hotels
 - Directly facing the Indian Ocean on an 11 km long white sandy beach.
 - 82 well-furnished standard rooms with en-suite bathrooms and WC.
 - Air-conditioned room with telephone and private balcony.
 - 29 family rooms with lounge.
 - Exquisitely tastefully furnished rooms.
 - Great child-minding facilities, special entertainment for children.
 - Water sports base for snorkelling, sailing, diving, windsurfing etc.
 - Beautiful and clean beach front.
 - Olympic size swimming pool.
 - Indoor and outdoor games.
 - Beach volley ball
 - Aqua aerobics
 - Coconut climbing
5. For business people and workshops, our Northcoast Beach Hotel spoils you for choice. The top class conference facilities are available to accommodate from 15 people to more than 150 people.
 - Different set-ups to match the customers needs
 - State-of-the-art business Centre open 24 hours.

The Northcoast Beach Hotel

...the place to be

Editorial Board: Mary Nge'the (Chairperson/Editor-in-Chief), Charles Nderitu (Co-Chairman), Margaret Otolu (Member), Janet Muthimi (Member), Grace Muchiri (Member), Mrs. Erica Mwololo (Member), Julius Maore (Member), Isaac Mwangi (Member), Mercy N. Kanyi (Member), Kaniaru Ndirangu (Photographer), Patrick Minai (Design & Layout), Susan Ndichu (Secretary), David Karanja (Editor/Proofreader), Stephen Mburu (Media Liasion Officer) Simon Kirwa (Student Representative).

The Kenyatta University Newsletter is published by the Office of the Vice-Chancellor. The Editorial board welcomes brief comments/articles of news and events on topical issues.

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

You can send the articles to the pro@ku.ac.ke or drop them (in hard or softcopy) in ROOM 109 or 106 at the main Administration Block