

Kenyatta University

newsletter

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A Fortnightly Publication of the Office of the Vice-Chancellor

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

Good News

Referral Hospital Under Way



An artistic impression of the first fully-fledged 500-bed Kenyatta University Teaching, Research and Referral Hospital.

Thursday, 21st April 2011

The Chinese government signed an MOU with the Kenya Government to construct a 500-bed hospital at Kenyatta University at a cost of Kshs. 8 billion.

The signing of the agreements at State House, Nairobi, was witnessed by President Kibaki and visiting member of the Standing Committee of the Political Bureau of the Central Committee of the Communist Party of China, Li Changchun. The first agreement was on the concessional loan to finance the

Kenyatta University Teaching, Research and Referral Hospital.

The 500-bed hospital will be the first fully-fledged university hospital. Currently the University of Nairobi's School of Medicine uses the facilities of the Kenyatta National Hospital while Moi University's School of Medicine utilises the facilities of Moi Referral Hospital in Eldoret. Mr. Changchun announced the allocation of Sh8 billion for the Kenyatta University hospital. The money will be used to construct teaching and research facilities at the school of Health Sciences as well as providing

equipment and training.

The MOU which was signed by the Minister of Finance, Hon. Uhuru Kenyatta on behalf of the Government, is as result of a proposal which was written by Kenyatta University three years ago. Kenyatta University will be the implementing agent and the construction of the hospital which will start soon will be undertaken by China Jiangxi Company who are currently completing the new Library.

The project, which will take three years to complete, covers the construction of a hospital, a medical school complete with laboratories,

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Well Done & Welcome to KU – VC tells 1st years

Freshers started streaming into the University early on 3rd May 2011 for the 2011 May intake. The intake is a historic one for Kenyatta University. The 2009 KCSE candidates admitted under JAB are among the students who reported to the University for their first semester.

This is significant in that this year; the JAB students are reporting five months earlier than usual thereby reducing the time they would have stayed at home waiting to join university. A total of 6673 new students are expected to register for various courses offered at Kenyatta University. Out of this 3611 are JAB candidates while 3062 are Self-Sponsored Students (SSP).

In her message to the new students, the Vice-Chancellor, Prof. Olive Mugenda said "Dear students, welcome to Kenyatta University, We are delighted that you chose to pursue

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1st Year students go through registration at the Main Campus on 3rd May 2011 for the 2011 May intake.

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Editorial

Hard on the heels of the new post-modern library, the acme of the VC's development agenda is finally in sight.

KU's Teaching, Research and Referral Hospital is to be constructed by the same firm that is putting finishing touches to the imposing library. Going by the proven record of the China Jongxi Company, we should have a functioning hospital in three year's time.

After a few inevitable hiccups, given the immensity of the project – the building of the Ksh. 8 billion hospital is finally under way. It is the first of its kind in the country in that it is tailor-made as a university hospital, having particular emphases on teaching, research and referral purposes. We are all looking forward to the realization of this dream.

Elsewhere, the University has just completed training of its first batch of police trainers, thus underscoring our avowed determination to contribute to national security management.

We heartily congratulate our biological scientists on their breakthrough in identifying a biological agent in the control of the 'mathenge' menace. Thank you for keeping us on the global map.

And as we go about our duties, we need heed Sister Nganda's insightful advice in her article 'Emotional Intelligence'. Please enjoy this issue, and to the new students: We Welcome you to KU.

David V. Karanja
Editor

Referral Hospital Coming up

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state-of-the-art medical equipment and capacity development. It is envisaged that the doctors and other medical personnel will be trained as the construction work goes on.

The Vice-Chancellor, Prof. Olive Mugenda, said that the University's dream of having a university hospital has finally come true with the signing of the MOU. She noted that the University had developed a very good proposal whose aim is to decongest Kenyatta National Hospital as well as provide exceptionally specialized treatment. "A university hospital which combines scientific research with practice and which will foster collaboration with other University Hospitals in the world will make a great contribution to health care delivery in the country," said the VC.

Adding that medical services provision is a strong component of the social pillar of the Kenya Vision 2030, the VC noted that the establishment of the University Hospital is therefore timely.

The Hospital will have a Cancer Unit, a Geriatric Unit to treat the diseases associated with aging, and a Dental school. In addition,

a significant component of the Hospital will be the availability of tele-medicine facilities to enable doctors to consult with their peers in reputable hospitals in the world for a second opinion.

This will reduce the need for seeking treatment abroad. The architectural design of the hospital provides for a landing pad/strip where helicopters and small planes carrying patients can land.

The Team That Worked On The Proposal.

The VC has thanked all those who worked with her on the proposal for the development of the Hospital.

These are: the current Dean, School of Health Sciences - Dr Okello Agina; Prof Ephantus Kabiru and their doctor colleagues; Prof Frederick Gravenir, the Director, University Advancement; Dr George Kosimbei, Dr Julius Korir and Dr Nelson Wawire who worked on the Socio-economic impact aspect of the proposal; Prof Charity Gichuki, who was key in data collection; Mr. David Kanja and Mr Kabuthi Muiruri who helped in the design; Dr John Muriuki and Dr Caleb Mireri, who worked on the Environmental Impact Assessment of the project; Mr Aaron Tanui, the Legal Officer; Dr Lucy Maina, the Chairperson, Department of Sociology; and Mr. Joseph Gitahi, the Finance Officer who helped with the costing of the hospital.

Government support

The Vice-Chancellor also thanked all the Ministers and Permanent Secretaries who listened to the proposal presentations at the early stages and gave their support.

These include: Hon Charity Ngilu, Minister for Water and Irrigation; Hon. Peter Anyang Nyong'o, Minister for Medical Services; Hon. Sam Onger, Minister for Education; Hon William Ruto; Hon. Uhuru Kenyatta, Deputy Prime Minister and Minister for Finance; Prof James Ole Kiyapi, Permanent Secretary, Ministry of Education; Prof Crispus Kiamba, Permanent Secretary, Ministry of Higher Education, Science and Technology; Prof Karega Mutahi, Permanent Secretary, Ministry of Local Government; Mr Joseph Kinyua, Permanent Secretary, Ministry of Finance, among many others who believed in the project.

The Vice-Chancellor singled out Prof Onesmo ole Moi-Yoi, the former Chairman of Council, who was instrumental in the conceptualization of the unique training model.

**Kshs
8 Billion**
Cost of Project

VC Begins 2nd Term With a Promise for Better Times for KU

Tuesday, 19th April 2011 marked 5 years since the inauguration of Prof. Olive Mugenda as the 5th Vice-Chancellor of Kenyatta University. On that chilly morning

of 19th April 2006, Prof. Mugenda made history by becoming the 1st woman to head a public university in Kenya and indeed in the Region. During the last 5 years under the leadership of Prof. Olive Mugenda, Kenyatta University has made remarkable progress towards becoming the country's greatest research-intensive and quality-focused university.

Her leadership has contributed to a particularly positive atmosphere throughout the University that is conducive to learning, research and intellectual discourse. She has also succeeded in creating a sense of pride in the Kenyatta University community as a world-class university with a truly significant global presence.

During her first term, Prof. Mugenda has overseen significant growth in academic programmes and infrastructural modernization



Vice-Chancellor, Prof. Olive Mugenda, Kenyatta University.

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The University had developed a very good proposal whose aim is to decongest Kenyatta National Hospital as well as provide exceptionally specialized treatment."

**-Prof. Olive Mugenda, Vice-Chancellor
Kenyatta University**

Kigali Institute of Education on a Learning Tour of KU

A team of officials from Kigali Institute of Education, Rwanda, visited the University recently to learn more about Income Generating Activities at Kenyatta University. The purpose of the visit was to learn how to set up and manage income generating activities in their institution with an aim of attaining financial independence.

The team was briefed about the various activities that contribute to the third stream income at KU that include: the Kenyatta University Conference Centre, an ultra-modern conference centre located at the Main Campus that offers serene and comfortable venue

for meetings, workshops seminars and other activities; Northcoast Beach Hotel which also serves as a training centre for Hospitality and Tourism programmes; Thika Road Funeral Home that is managed by the School of Health Sciences; and the Business and Students Services Centre among others.

The guests were hosted by the Ag. DVC (Finance, Planning & Development), Dr. Tom Kimani on behalf of the Vice-Chancellor.

The team was lead by Mr. Ali K. Alphonse from the Department of Economics and Business Studies at Kigali Institute of Education.

Mr. Ali K. Alphonse of Kigali Institute of Education signs the visitor's book during a courtesy call to the Vice-Chancellor Prof. Olive Mugenda.



(left) The Commissioner of Police, Mr. Mathew Iteere addresses participants during the award of certificates after the training.

Senior Police Officers Conclude Training in KU

A total of 43 Senior Officers from the Kenya Police Service recently concluded their training at Kenyatta University. The capacity building

training was a culmination of the signing of an MOA between Kenyatta University and the Kenya Police Force in 2010 and is aimed at enhancing service delivery within the force.

Twenty three of the officers were trained in Mentoring and Coaching. They were exposed to skills that will enable them to become role models and to engage in the mentoring of other police officers. Another ten officers were trained in Setting, Marking and Moderating Examinations, an important course that will go along way in helping in the evaluation of competencies and skills in the training of police officers. The final group comprising of Directors of Directorates in the Headquarters was trained in Organizational Restructuring and Change management. The skills acquired are very crucial because they will put these senior officers a step ahead in understanding the nature of changes taking place within the Kenya Police arising from the changes in their external environment.

During the ceremony to award certificates to the officers, the Vice-Chancellor, Prof. Olive Mugenda, reiterated the University's commitment to offer the Kenya Police Service more training in order to enhance its reform efforts. The VC further added that

the University was exploring the possibility of offering some training programmes on-line, in order to increase access by many police officers.

The Commissioner of Police, Mr. Mathew Iteere who was the Chief Guest at the ceremony, expressed satisfaction in the speed at which the negotiations between the two institutions to actualize the MOA were conducted. Mr. Iteere commended the dedication and determination exhibited by KU to play the important role in improving the style of security management in the country.

The Commissioner of Police noted that the three categories of training undertaken by the officers formed a substantial base in the quest to better the capacity of trainers in Kenya Police to offer the best to students who they handle routinely. He challenged trained officers to put into practice the knowledge acquired in order to bring change in their respective departments.

More training will be conducted for other officers in various areas as efforts to completely reform the police service continue to gain momentum. It is expected that the trainings will also spearhead attitude change within the police service.

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VC Begins 2nd Term

in all campuses of the University, and in particular expanding opportunities for access to higher education by establishing new campuses as well as building facilities to absorb the increasing numbers of students seeking to join Kenyatta University.

She has spearheaded major campus operational and academic sustainability programmes, new research initiatives, and has substantially increased community engagement in the university, especially amongst alumni. She has also achieved financial stability of the

University in challenging economic times. Her second term as Vice-Chancellor will be driven by the University's Strategic and Vision Plan revised in 2010.

Prof. Mugenda said her second term objectives include building on the university's strengths and achievements recorded so far which include "A strong and responsible student body, first-class lecturers and researchers, a committed body of staff and an engaged alumni – these are all prerequisites for building a globally influential university, Kenyatta University is

truly blessed with these strong attributes in abundance". Prof. Mugenda said.

"During my second term, I will focus even more on expanding the learning opportunities for all students, building up Kenyatta University's research profile internationally, enhancing capacity building and growth for faculty and staff and creating even more vibrant partnerships with the wider community. Kenyatta University's fundamental commitment to excellence, creativity and self-reliance will underpin all my efforts" added Prof. Olive Mugenda.

Three categories of training formed a substantial base in the quest to better the capacity of trainers in Kenya Police to offer the best to students who they handle routinely."

**-Mr. Mathew Iteere
The Commissioner of Police**

FOCUS

ON STUDENTS

Be Positive Outliers, VC Advises Pioneer Students

Vice-Chancellor, Prof. Olive Mugenda, has asked students to be role models and stand out from the rest in whatever they do. Prof. Mugenda advised them: *"Be positive outliers in whatever you do. You should be the roles models."* Prof. Mugenda said this when she formerly welcomed the pioneer First Year students at the Nakuru Campus recently.

Prof. Mugenda said that in the past five years, the University has established new schools and departments in a bid to offer *"relevant and market-responsive programmes."* There are now 14 schools with the latest being the School of Hospitality and Tourism. *"The University has expanded its infrastructure tremendously and we now have an elaborate infrastructure to cater for our population of over 32,000 students in our campuses in Mombasa, Kitui, City, Parklands, Ruiru, Nakuru and Nyeri as well as in our Open Learning Centres distributed all over the country,"* she said.

The VC asked the students to be good ambassadors

The pioneer first year students at the Nakuru Campus listen to the VC's address.



of the University. *"In whatever you do, and wherever you are, always bear in mind that you represent Kenyatta University. You should always uphold the good name and image of the University. Always build and protect the brand of Kenyatta University,"* she said adding that the University was committed to making their learning comfortable and eager to help them make the most out of the *"great opportunity"* of being selected to join the institution. *"We each bear a great responsibility and obligation to live up to the mission of Kenyatta University. Each one of you has a unique strength, and*

as we selected you to join us, we believe that you can, and will grow to excel in your studies," said the VC.

Prof. Mugenda, who is the chairperson of the Joint Admissions Board (JAB), asked the students to exercise self-discipline and stay away from trouble so that they can complete their studies in time. *"Use your time purposefully and constructively. Do not be distracted from the objectives that have brought you to Kenyatta University,"* said the VC, adding that *"Self-discipline is always a sign that you are in control of your life."*

Plan Your Careers While in School

–VC Tells Students Leaders



Prof. Olive Mugenda, receives a gift from one of the student leaders.

The Vice-Chancellor, Prof. Olive Mugenda has called on secondary school students to plan wisely for their future careers and work towards achieving the qualifications demanded by the respective courses rather than going through secondary school blindly with a view to selecting careers when the final KCSE results are released.

She noted that many students are not aware that their careers paths are shaped right from the beginning by the subjects they choose in form one. For instance, the VC said, there is no way a student would study medicine without obtaining good grades in Biology and Chemistry even if their mean grade was B+ obtained mainly from good performance in the arts subjects.

The VC was speaking during the 3rd Secondary Schools Students Leaders Conference held at the Bomas of Kenya on Wednesday, 20th April 2011 where she was the guest speaker.

The presentation by the VC to the

students titled *"Career Planning and Advancement"* was well received by the students amid cheers and thunderous applause.

Prof. Mugenda told the students that career planning is a lifelong process which requires serious self-assessment, hard work and focus on the most important things of life prioritized by their ability to contribute to one's overall vision or career. *"With increased competition among KCSE candidates and the realization that for one to get into a top career, one has to score very good grades. It is very important that you as student leaders lead from the front both in your academic work as well as your other responsibilities"* said the VC adding that competition for university places under JAB was becoming quite stiff and in the future only students with the very best results would be taken through JAB while those with C+ and above would have to join the University as self-sponsored students.



IBP KUSA Elections

Mr. Moses Opudo Ochieng (pictured) was elected as the new IBP Student Representative in the just concluded IBP KUSA Elections held on Wednesday 27th April 2011. Upon election, Mr. Opondo thanked the IBP students for electing him.

"I know it has been a trying moment but you showed solidarity by turning up to vote irrespective of pressure of work and time. You have given me the power and legitimacy to serve you. I promise that I will do my best to improve your academic and social welfare."

I wish you the best in your exams and safe journey home," said the IBP Student Representative.



FOCUS ON STUDENTS CONTINUED

VC Welcomes 1st Years

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your university studies at KU. As one of the most progressive and internationally-renowned Universities in Kenya and the Region, we are confident that you will thrive personally and academically during your time at KU. I wish you all the best and I hope that you will thoroughly enjoy your experience of studying at Kenyatta University. We look forward to giving you quality

KU Registration Officials evaluate documents from the new students.



education and also helping you to realize your potential beyond your expectations”.

According to the VC, Kenyatta University will continue to reduce the time the students wait to join the University drastically so that in future KCSE candidates will be able to join the University in May of the year after the results are announced in February.

The only students who are to wait till September 2011 are those admitted to the Schools of Health Sciences, Engineering and Law due to the unique requirement of their programs.

The Kenyatta University Newsletter Editorial Board wish them well as they join the University to start their academic life.

KU in a Ph.D Facilitation Project



Dean, Graduate School, Prof. Judith Waudo addresses lecturers during the Ph.D. facilitation project meeting, an initiative of the Vice-Chancellor Prof. Olive Mugenda.

Kenyatta University has embarked on a project to increase the number of Ph.D holders among the teaching staff in order to enhance the quality of teaching, learning and research at the University.

The project which is an initiative by the Vice-Chancellor, Prof. Olive Mugenda is aimed at supporting the teaching members of staff without Ph.D to pursue study and graduate within the stipulated time.

The Ph.D facilitation support includes; 75% tuition waiver, study leave of up to six months and research grant of Ksh 150,000.00. Fund have also been allocated to appropriate votes created to support the facilitation. These include; Partial tuition scholarship, School research grants, Vice-Chancellor's Next Generation of Academics research grants and Vice-Chancellor's Research grant.

While addressing the non-Ph.D holders recently, the VC urged them to take advantage of the 75% tuition waiver and other facilitation in order to complete their studies in time.

KUSA Induction Seminar 2011/2012

The induction took place from April 10th, 2011 to April 15th, 2011 at Mombasa Polytechnic University College for the newly elected KUSA officials. All the new KUSA officials attended apart from the officials from Parklands Campus who were doing their end of semester examinations.

During the induction seminar the officials were addressed by former KUSA officials led by Mr. Anthony Maina, immediate former KUSA President. A powerful delegation of speakers also addressed the seminar. They include Prof. E. Wamukoya (Director Mombasa Campus); Dr. F. Njoka (Deputy Dean of students, Ruiru Campus); Prof. J. Okumu (DVC Academic), Dr. D. Muindi - (Registrar Academic), Mr. Gitahi - (University Finance Officer), Dr R. Ndung'u - (Director Accommodation), Prof. H. Mwanzi - (Department of History), Dr. C. Wasanga - (Chairperson, Counseling and Psychology), Dr. E. Gimode - (Dean of Students Affairs), Mr. S. Makome - (General Manager, Risk (Equity Bank), Cllr. C. Mutinda and Mr. T. Bwana KUSA alumni.

The official opening of the induction seminar was conducted by the Vice-Chancellor, Prof. Olive Mugenda who urged the KUSA officials to faithfully serve the students and promised her support for the new team. The VC gave the officials a treat at the prestigious North Coast Beach Hotel owned by Kenyatta University.



(From left) Chairperson, Kitui Campus, John Kavele, Chairman, Ruiru Campus, Hillary Spencer, Academic Sec. Mathias Shipeta, DVC (Academic), Prof. John Okumu, KUSA President, Anthony Akoto, VC, Prof. Olive Mugenda, Secretary Gen. Joseph Osongo, KUSA Vice-President, Said Munawwar, Organising Sec. William Maingi, Finance Sec, Eric Mutwiri and Deputy Secretary Gen, Eric Keter.



Picture Speak



H.E. President Mwai Kibaki and Mr. Li ChangChun witness the signing of bilateral project deals agreements by Finance minister Uhuru Kenyatta and Mr. Zhong Shan at State House, Nairobi. The Kenyatta University Teaching and referral hospital deal was also signed on that day.



Prof. Olive Mugenda, with some of the Secondary School Students during the 3rd Secondary Schools Students Leaders Conference.



Prof. Augustine Karugu, Director, Teaching Practice addresses students during Teaching Practice Orientation Day on 9th April 2011.



The Commissioner of Police, Mr. Mathew Iteere signs the visitors book as the Vice-Chancellor, Prof. Olive Mugenda looks on.



(L-R) The Chairman of Council, Mr. Benson Wairegi, Mr. and Mrs. Eliud Mathiu and Vice-Chancellor, Prof. Olive Mugenda during the memorial service of the late Ken Munene Mathiu.



Prof. Erick Aseka addresses students during the Opening of a one week Transformational leadership training programme (11th to 16th April 2011).



Picture Speak



Some of the new KUSA Officials outside Mombasa Campus when they attended the KUSA Leaders Seminar.



some of the 43 Senior Police Officers during the end of their training at KU.



Ms. Gladys Muhunyo, Africa Programme Manager, Computer Aid International hands over computers donated by Computer Aid International to Kenyatta University. Receiving the Computers is Prof. C. Okumu, DVC (Academic) and Mr. J. Gitahi, Finance Officer.



Gender and Affirmative Action Programme Director Dr. Phillomena Mwaura (3rd left) hands over a gift to the Vice-Chancellor Prof. Olive Mugenda (3rd right) in recognition of her as one of the women achievers during the womens' day celebration on 8th March 2011.



Prof. Johansen from IOWA State University receives a souvenir from the Vice-Chancellor, Prof. Olive Mugenda.



Institutional Based Programme Students register for the April 2011 session.



Research Updates

Research Partnership

A team of officials from the Georgia Institute of Technology, USA visited the University recently to explore possible areas of collaboration. Key among the areas of collaboration included ICT, Social media and its application and Supervision of students in Engineering.

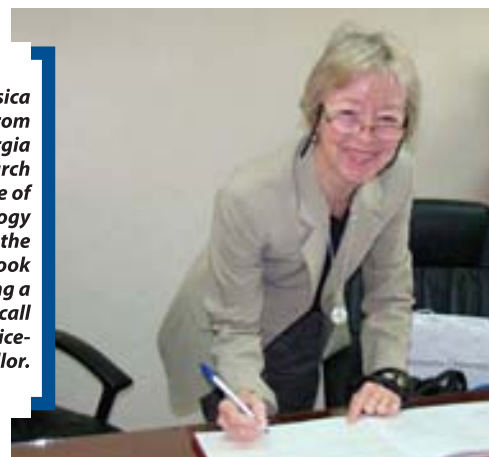
Others included partnerships in the Business Incubation and Innovation Centre which is an initiative

by the University to encourage good ideas and entrepreneurship, Professional development of Teachers, Postgraduate Diploma in Leadership and Management for headteachers, Fulbright Scholars and Collaborative proposals.

The Vice-Chancellor, Prof. Olive Mugenda, welcomed the initiative adding that KU was keen on collaborations of mutual interest as part of the Strategic Plan to internationalize the University.

KU already has several collaboration and partnerships with different institutions from different parts of the world.

Prof. Jessica Pater from Georgia Research Institute of Technology sign the visitors book during a courtesy call to the Vice-Chancellor.



KU Hosts Research Methodology Workshop



Participants keenly following the proceedings at the HIV/AIDS research Methodology Workshop.

Kenyatta University recently hosted a research Methodology Workshop focusing on HIV and AIDS. The participants came from various universities in Eastern Africa. They were taught on various methods of data collection such as interviews, questionnaires, focus group discussions, sampling methods which aimed at assisting them in selecting the best method of data collection which will enable them to achieve the goals and objectives of the study.

The workshop which focused on HIV/AIDS also dealt with the following:

- Mobilizing through advocacy, higher education leaders and managers to address the effects of HIV/AIDS

- Managing and mitigating the impact of HIV/AIDS
- Carrying out research and sharing results on HIV prevention and mitigation

The Workshop Highlighted among other things ethical issues concerning research. These were:

- Principles to follow when carrying out research such as respect of persons, beneficence and Justice
- Forms of unethical behavior like plagiarism. Data fabrication, breach of existing legislation, conflict of interest.

The participants were also enlightened on monitoring and evaluation in HIV/AIDS. At the end of the workshop the participants expressed their satisfaction towards the way the workshop was organised by Kenyatta University.

New Research Findings

Research on "Impact of Longhorn Beetles on the growth and survival of *Prosopis juliflora* in Bura Irrigation Scheme, Kenya" in 2010, established that the beetles feeding on *Prosopis juliflora* commonly known in Kenya as "Mathenge" weed were *Taurotagus griseus* that belongs to the family Cerambycidae and Order Coleoptera. The beetle larvae were found to be the ones responsible for tunneling and probably contribute a lot to the deaths of *P. juliflora* in Bura, Kenya. Therefore, the beetles have the potential to be used as a biological control agents for the weed.

The beetles were found to be native natural enemy of "Mathenge" weed and are able to spread very fast since their eggs are laid singly. This was a ground breaking research as it was the first time a possible biological control agent for the deadly "Mathenge" was discovered in Kenya. The research was carried out by Kariuki Naftal Gicheru, Dr. Kairu Waitherero Eunice and Prof. Mbugua Paul Kamau, all from the School of Pure and Applied Sciences, Kenyatta University

Cutting down of the "Mathenge" weed in Bura - Tana.



Campus NYERI Round-Up

KU Marches Into Nyeri Town

Kenyatta University students and staff conducted a procession to mark their entry into the Mt. Kenya region in style. The campus students, staff members, members of public and the Kiganjo police band walked in harmony around the town creating awareness on the Programmes on offer at the Campus. This activity has contributed a lot to the visibility of the Campus. Since then, there has been an upsurge in the number of enquiries about our programmes. This has since attracted many potential students and inquiries for courses as well as admissions grows by the day.



The campus students, staff members, members of public, walked around town creating awareness on the Programmes on offer at the Campus.

Community Services

To impact their neighbourhood, Nyeri Campus students paid a visit to Huruma Children's Home which is situated few kilometres from Nyeri town. This home has a combination of needy children at Primary School and Secondary School level. Various activities took place i.e. games, questions and answers session, distributing gifts to those giving the right answers, motivational talk, dancing, and finally the campus representative presented gifts to the school administrator.



Nyeri Campus students at Huruma Children's Home

RUIRU

Campus Now Has Alcohol and Drug Abuse (ADA) Training of Trainers (TOT)

The fight against Alcohol and Substance Abuse is a battle that has gone on for a while. Life carried on and all were oblivious to that fact that ignoring and not addressing this matter would only propel it. However in the 1990s, that bubble erupted and it became evident that Alcohol and Substance Abuse issue was a thorn that needed immediate attention. The agitation could no longer be ignored thus leading to the establishment of the National Campaign Against Drug Abuse Authority (NACADA).

In the just completed Training of Trainers (TOT) that was held in the Ruiru Campus during the week of January 24th -29th, 2011, one hundred and two (102) students and five (5) staff members were trained. The topics that were covered ranged from classification of drugs, drugs of choice, drugs and spirituality and the rehabilitation processes. The drugs of choice that are commonly used

are; alcohol, marijuana, miraa, inhalants and prescription medicines. The participants were taught about the common side effects from the various drugs which range from short to long term and they include: loss of appetite, creation of euphoria, elevated blood pressure, concentration, memory impairment, and life-threatening conditions which include but not limited to: heart problems and certain cancers.

During the training session there was a segment that included real life experience sharing that captivated the attention of the Students and staff. This exploded myths and cleared misconceptions that the participants may have had. It brought to light the theory of survival by showcasing how determination and a positive support system have changed the ill-fated course of life. He stood from a place where there was hopelessness, to a place where he is in the last leg of completing his degree. There was also a proposal writing component whereby the students were given guidelines on how to compile a proposal. The facilitator segmented the various categories that are a must for a proposal and what specifically enables the proposals to receive funding.

KITUI

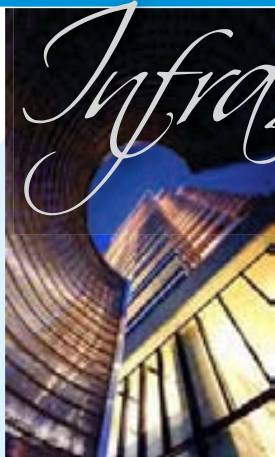
Quality Management Systems Training Held for Kitui Campus

A three day quality management systems (QMS) training was held for Kitui Campus staff by the Directorate of Quality Management Systems and Performance Contracts from 23rd – 25th February, 2011. The training, conducted by the Director, Mr. Justin Murani, with the assistance of directorate staff and a consultant covered three main areas. These included awareness and sensitization on the ISO processes and procedures, Documentation and Document Control. The key outputs of the training, held at the Kitui Campus Boardroom within the new administration block, included the selection and training of a QMS team. Those selected to serve on the team include Dr. Peter Karanja (Deputy Director, Kitui Campus), Mr. Philip Wambua, (member of teaching staff as Team Leader), Mr. Levi Ouma (School of Economics), and Ms. Joy Murathi (ICT Section). Others are Ms. Leah Njagi, (Health Unit), Ms. Constance Kambua (Catering), Ms. Faith Mutheu (Secretary to the Director, Kitui Campus), Mr. Simon Katumo (Library), Mr. Duncan Kitema (Caretaker), and Mr. Wambua Mbono (Maintenance).

Since the training and installation of the QMS team, all campus staff in all sections have embarked on serious efforts to ensure that every aspect of work in Kitui Campus conforms to required standards. Consequently, work processes, procedures, as well as documentation and document control activities have improved a great deal. Under the leadership of the Director, Prof. Njue and the QMS team, every responsible officer is putting in extra effort to ensure our campus is not left behind among the sisterhood of campuses in so far as standards are concerned.

Visit by Deans of Education and Economics.

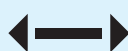
Kitui campus has in the last two months benefited from high profile visits by both the Dean of the School of Education as well as the Dean of the School of Economics accompanied by the respective chairpersons of Departments in the two schools. The Dean, School of Education, Dr. Jackson Ogeno was the first one to come calling on 21st February, 2011. In his visit, he was accompanied by Dr. S. N. Waweru (Associate Dean), J.R. Njuguna (Library and Information Science), Dr. G. Adino Onyango (Educational Management, Policy and Curriculum Studies), Dr. Mary Runo (Special Education), Dr. Tabitha Wangeri (Early Childhood Studies), Dr. Kisilu Kombo (Educational Foundations), and Mrs. Rose N. Mworira (Administrator, School of Education).



Infrastructural

Development Updates

Changing Face of
Kenyatta University



An artist Impression of the new Administration Offices block currently under construction



New Administration Block in progress.



Artistic Impression of the new Library.



The new Library nearing completion.



School of Economics currently under construction.



The newly completed School of Engineering.

Bereavement

Mr. Eliud Mathiu, the Treasurer, Kenya University Council lost his son Mr. Ken M. Mathiu. Mr. Munene was laid to rest on Saturday 23rd April 2011 at their home in Tigania West.

The Vice-Chancellor and the Newsletter Editorial team send heartfelt condolences to the bereaved families and pray for their peace and comfort.

Appointments



Mr. Reuben Njuguna has been appointed Coordinator, Kenyatta University Website.

Emotional Intelligence:

A Measure For Quality Relationships.

By. Sr. S. Nganda.



Emotional Intelligence (IE) is the capacity for effectively recognizing and managing your own feelings and those

of other people, to motivate yourself, to manage emotions in your life and in your relationships. Some people are better than others at things like identifying their own feelings, identifying the feelings of others, and solving problems involving emotional issues.

Research and experience demonstrate that while some aspects of our personalities are fixed, the way we act out those qualities is ours to choose. In other words:

- We do not choose our characteristics, but we do choose our characters
- We do not choose many of the events of our lives, but we do choose how to react to them.

Emotions have the potential to get in the way of our most important business and personal relationships. According to Professor John Cotter of the Harvard Business School, 'because of the furious pace of change in business today, difficulty to manage relationships sabotages more business than anything else. It is not a question of strategy that gets us into trouble, it is a question of emotions'.

Profile

My name is Lu Ming (Sharon). I am a lecturer from China, I currently work at the Confucius Institute here at Kenyatta University. I really love it here at KU. The life here is very good, the environment is serene and the students are very friendly. The staff is also very supportive. Kenya is really a good place, the environment is good, the people are friendly, and everything is just enjoyable. I recently had a chance to visit the Maasai Mara, and I was so excited and awed to see the wild animals. When I go back to China, I will definitely recommend my friends to come to Kenyatta University and Kenya because it is such a wonderful place.



On a daily basis, unaware and even unwittingly accepting, we experience a roller coaster of emotions brought on by today's varied and face-paced demands. Yet it is awareness of our emotions that is critically necessary in order for us to enhance our emotional competence.

We've become so accustomed to the pressures of today's world that we barely notice when the heat is turned up. Our stress levels rise when we experience negative emotions and are unable to cope with the challenges of our environment. While the damaging effects of stress are well-known, it's surprising to realize many people don't recognize that they're experiencing negative emotions. If you don't know what emotion you're feeling, you don't have the information you need to decide whether to stay in that emotion, change or transform it.

Many of us lack an awareness of our feelings and how those feelings may be affecting our work and our relationships. Disregarding emotions and focusing on the work done, especially in technical roles, seems to be a cultural predisposition. What we don't realize is that disregarding emotion is detrimental to effectiveness and productivity.

Without the awareness of the importance of emotions, we don't have insight into how our responses to negative feelings are affecting us and those around us. On a personal level, emotions spark a cascade of 1400 biochemical events, some of which result in physiological changes such

as increased adrenaline, heart rate, blood pressure and cortisol (the stress hormone). Your mental clarity, physical energy and personal effectiveness are negatively affected.

As we experience these negative emotions, we may become short with people, defensive and sometimes angry. And when others observe this response, we may lose their valuable suggestions, insight and help as they start avoiding us.

What Can You Do?

Start by identifying typical situations at work and at home in which you feel negative emotions such as anxiety, frustration, anger, fear, or sadness. Identifying these situations helps you to realize those events that trigger negative emotions. Next, pay attention to, and name the emotions the identified triggers evoke. Also, recognize and name the positive emotions you experience during fun moments. What stops you from starting to develop an emotional vocabulary and expanding upon it as the occasion permits?

Remember, there are many ways to approach mastery over your life and creating integrity in your emotions is a core element in this process. Self-mastery over your emotions might appear daunting. However, consider the alternative: to let emotional reactions determine the direction of your life.

Sports

KU STUDENT MAKING WAVES IN THE SPORTING INDUSTRY

Contrary to common belief sports can make for a steady source of income and one KU student is proving this beyond reasonable doubt.

Soyinka Oyombe 4th year (B.A. Math and Economics) sacrifices his weekends to avail his services as a sports analyst for a local rugby club.

The job of a team analyst is to advise a team's technical bench on how to capitalize on the teams strengths and how to minimize their weaknesses. This can only be done after careful scrutiny of a team's method of play and a strict analysis of their on-pitch sessions. This information is vital for success if any meaningful advancement is to be made in a team's quest for supremacy. It is no wonder why Impala RFC in the just concluded Kenya Rugby League were able to attain 2nd place an improvement from last year's 3rd place finish.

Working under the company Top Sports Activities (TSA), Soyinka balances school work and his job by spending long hours in the library on weeknights to compensate for his weekend outings. *"It is all about working smart. Plan well for your time ensuring ample time for all your activities. It also helps to prioritize, we are in KU to get a degree and that is most important."* He says.

Though one may wonder why an economist by profession should engage in sports science related work Soyinka is quick to clarify, *"it is important to distinguish between a career and a profession; a profession is what you are trained for while a career is something you love, something that comes naturally, something that is inborn. Economics may be my profession but sport is my career."*

As he works Soyinka faces many hurdles. He recalls when he first began back in 2010 the more experienced technical bench were a little bit adamant and did not take his advice seriously. Fortunately results speak for themselves and now they rely on his input. Also, he cites travelling with the team for away games as a challenge. *"As big teams like Impala travel across the country they generate a lot of hype around them and one could easily get carried away with the wrong type of fun."*

Though the domestic rugby league has come to an end there will be no rest for Soyinka as there are numerous tournaments and friendly games to play in the off-season.

Spiritual Lines

- In times of Stress or Crisis

Courage

When you go to war against your enemies and see horses and chariots and an army greater than yours, do not be afraid of them, because the LORD your God, who brought you up out of Egypt, will be with you. 2 When you are about to go into battle, the priest shall come forward and address the army. 3 He shall say: "Hear, O Israel, today you are going into battle against your enemies. Do not be fainthearted or afraid; do not be terrified or give way to panic before them. 4 For the LORD your God is the one who goes with you to fight for you against your enemies to give you victory."

BY GEORGE MONAYO

Poem

FAMILY

Our family is the proverbial egg that we were hatched from. Everything about who we are, both our nature and nurture comes from our family.

Often in western society, we stray far from our family and may not talk to them for years at a time. We may feel that we have nothing in common with them.

We may choose to run away from our roots because they are too painful to face. Ultimately however, our past holds the key to our future.

If we do not face where we come from, we will have difficulty understanding our present and future.

Wisdom



“The price of greatness is responsibility.”

1940-1945 — **Winston Leonard Spencer Churchill** (1874-1965), Prime Minister of Great Britain from 1940-1945 and again from 1951-1955, led Britain through World War II and later wrote about his experience and that of his country. He won the Nobel Prize for literature in 1953.

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