



Kenyatta University newsletter

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A Fortnightly Publication from 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.

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Prof. Fredrick Gravenir addresses New Generation of Academics Network (NGAN) workshop at KU.

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A scientist at work in KU's Plant Transformation Laboratory.

Scholars Asked to Strengthen Integrity



Dr Smokin Wanjala, former Kenya Anti-Corruption Commission Assistant Director of Preventive Services, addressing the Kenya DAAD scholars conference at KU on April 15, 2010.

Kenyan Scholars have been asked to involve themselves fully in the fight against graft. Key speakers at a two-day anti-corruption seminar at Kenyatta University challenged scholars to speak out against any form of corruption in either private or public institutions.

The war against corruption — they said during the seminar for scholars drawn from Kenyan universities — should not be left only to the media and the civil society.

The theme of the seminar — held at the KU Main Campus, between April 15, and April 16, 2010 — was: *"Intellectual Social Responsibility and the Fight Against Corruption in Kenya."* The event was sponsored by the

German Academic Exchange Service (DAAD), and organised by Kenya DAAD Scholars Association, KU Chapter. The DAAD awarded scholarships to six students from both Kenyatta University and University of Nairobi.

The speakers included KU Vice Chancellor, Prof Olive Mugenda, who delivered the keynote address; the Kenya Anti-Corruption Commission acting Assistant Director of Preventive Services, Dr Arbogast Akidiva; former KACC Assistant Director Smokin Wanjala; and, Prof Okoth Okombo, a communications lecturer as well as social and political analyst at the University of Nairobi.

Prof Mugenda said the most effective way to fight

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TV Africa to Work with KU

A leading media house in the country has promised to work with Kenyatta University to promote education in the region.

Two chief executive officers from TV Africa Holdings, told the Vice-Chancellor, Prof Olive Mugenda, the media house would partner with KU and help protect the institution's image as a world-class university.

Ms Rose Kimotho and Ms Ivy Chege, paid Prof Mugenda a

courtesy call at her office, and said their mission was to explore ways in which TV Africa Holdings, which owns three local media houses, could work with KU in the advancement of education.

Prof Mugenda welcomed the initiative, saying KU would always embrace any media house whose aim was to present information, associated with the University, objectively. She said KU and TV Africa would sign a memorandum of understanding soon to formalise

the new partnership.

Ms Kimotho, a member of Media Owners Association, said TV Africa would soon change the way events were reported in the local media. "We are committed to being objective in the way we present news. Objectivity is greater than making money," she said.

She is the CEO of Media Max, which operates Kameme FM, and K24 radio and television stations respectively. Her colleague, Ms Chege, is the CEO of People Media

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From the Editor's Desk

What basically frustrates most efforts to eradicate corruption is its very nature: like adultery, it is consummated by two willing parties. Most other crimes such as theft or murder require a culprit and a victim.

There is a clear winner and loser. In the first case the victim will spare no effort to expose the thief; in a murder, mostly wananchi will help apprehend the murderer. But in a corrupt deal the loser is, unfortunately to most of our people, a remote abstraction called 'society' or 'serikali'.

That is why a lot of speakers who wax eloquent against corruption will blithely bribe a traffic policeman to avoid the inconvenience of 'wasting' time in court or paying a fine.

They do not bother to contemplate the larger implication of their action propagating a greedy unreliable police force incapable of enforcing the laws of the land.

How to make corruption repugnant in the eyes of Kenyans is the task that was laid before scholars at the seminar that was held at KU, courtesy of Kenya DAAD Scholars Association. It is a daunting challenge and we hope our intellectuals will prove equal to it.

David V. Karanja
Editor

Mentors for KU Next Generation Network of Academics

Kenyatta University's Next Generation of Academics Network (NGAN) is set to develop a scheme to encourage non-PhD holders to start or complete their degrees programmes.

The network's steering committee Co-Chairman, Prof Mohammed Hassanali, said NGAN would also strive to ensure new PhD holders went through an internship programme to enhance their research capability.

The mentees, he said, would be matched with suitable mentors, who are KU staff with rich exposure in research and academics. "The proposed mentors are drawn from various schools and disciplines at the University," said Prof Hassanali during NGAN's first consultative meeting with the would-be mentors on April 21, 2010. The forum offered



A section of participants at the NGAN workshop. At (right) is Dr Ireri Kamuti, Mathematics Department and Prof Judith Waudu, Dean Graduate School.

the would-be mentors an opportunity to present their views on how to raise the next generation of the University faculty.

The network, an initiative of the Vice-Chancellor Prof Olive

Mugenda, aims to mentor newly-qualified PhD holders and enhance the level of research at the University. The programme involves mentorship and internship.

TV Africa, KU Partnership on Way

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Group, which publishes *The People Daily*. Both companies, as well as Stellavision TV (STV), are owned by TV Africa Holdings.

Ms Chege said TV Africa would strengthen the existing partnership between it and Kenyatta University. "We want to get into partnership with KU across the media," she said.

The two CEOs, who were taken around the institution, said they were impressed by the infrastructural growth at the University. They were, in particular, impressed by Phase One of the Sh200-million Business and Students' Service Centre. The project, funded and supervised by the University, started in 2007. It is set for official opening soon. Phase Two, comprising a Sh100-million 3,000-capacity amphitheatre, is underway.



Ms. Rose Kimotho, CEO, Media Max, signs the visitors book when she paid a courtesy call on the VC.

VC: KU happy with Equity Bank Support

Kenyatta University Vice-Chancellor, Prof Olive Mugenda, has expressed her gratitude to the Equity Bank for its financial support towards the University's Students' Community Service Programme (SCSP).

She, at the same time, thanked the bank's CEO, Dr James Mwangi, for his personal involvement in the SCSP's activities.

The VC also appealed to the bank for Sh10 million more to facilitate SCSP's activities for 2010/2011 academic year.

While submitting SCSP's performance report to Dr Mwangi, Prof Mugenda expressed her appreciation for the bank's staff, including senior management, for supporting the programme. The staff, she said, not only helped to train the students, but interacted with them in field projects. "This has added value to this noble

programme," she told Dr Mwangi in a letter dated April 22, 2010.

"More importantly, I acknowledge your personal involvement in the activities pertaining to the SCSP. You personally trained pioneer group of students on Basic Financial Skills and Entrepreneurship and participated in the tree planting ceremony that marked their successful completion of the projects in October 2008," said Prof Mugenda in the cover letter accompanying the performance and financial report for SCSP's activities ending April 2010.

"The University is humbly requesting for the second installment of Sh10 million to facilitate Students' Community Service activities for 2010/2011 academic year," she said.

The VC said KU would continue to work closely with Equity Bank "on this programme and others which are of mutual interest between the two institutions."

Scholars Asked to Intensify Fight Against Corruption

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corruption, both in private and public institutions, was to start from the chief executive officers.

"Corruption undermines good governance, hinders economic and social development, and often has the most serious ramifications for the most underdeveloped countries. The fight against corruption should start from the top. From the CEOs," said the VC, and challenged scholars to "come up with an action-oriented strategy towards the fight against corruption in our country." She added: "There is need for public education in this field, and the need to strengthen institutional structure to help contain this blight upon the public life of our nation. Intellectuals have a critical role to play in the fight against corruption."

KU, Prof Mugenda said, fully supported initiatives by Kenya DAAD Scholars Association aimed to fight corruption. The University would not shy away from "critical discussion which can bring about active participation expected from the academic fraternity."



Prof. Chris Shisanya (left) of Geography Department with the Kenya Anti-Corruption Commission Assistant Director of Preventive Services, Dr. Arbogast Akidiva, during the seminar.

The VC said globally, "universities are meant to provide free inquiry, academic freedom, diversity, dialogue, and tolerance."

Dr Akidiva, a former KU literature lecturer, presented a paper: *Corruption and Fraud: Academia's Intellectual Social Responsibility*.

He said: "Intellectuals, as practitioners in public and private sectors, are expected to uphold the highest

professional standards to serve as role models. They should be honest, keep time, and provide good and unbiased advice even where corruption issues may affect family or business associates. Intellectuals should avoid conflict of interest at all times."

Dr Wanjala, who represented a German aid agency, GTZ, asked scholars not to leave the fight against graft to the media and the civil society. "Time is now for the intellectuals to accord more time to discourse on corruption and its effects on society," he said.

Prof Okombo, who presented a paper: *Defining and Unpackaging Corruption into its Myriad Dimensions*, said corruption was the greatest threat to the country's economic growth. "Just like bones keep our physical body together – in shape as one whole – integrity represents our moral wholeness in the world of values. What is broken when we are corrupt is our integrity – our moral wholeness as human beings," said Prof. Okombo.

Northcoast Beach Hotel Wins Top Prize, Hosts First 'Easter Guests'

Northcoast Beach Hotel, owned by Kenyatta University, won the top prize at the recent Kenya Tourist Board Holidays Tourism Fair.

At the same time, Northcoast Beach Hotel hosted its first Easter guests since KU acquired the resort last year. The hotel was tastefully decorated with live chicks and rabbits, a century long symbol of Easter. Guests, who came in plenty enjoyed the sumptuous meals, and capped it all an interdenominational fellowship, to mark the death, crucifixion and resurrection of Jesus. The local PCEA and Baptist churches gave the guests-cum faithful spiritual nourishment.



Mr Robert Kinyua, Northcoast Beach Hotel Manager.

The hotel scooped the Best Stand Award in the hospitality category, beating the more than 100 exhibitors in the hotly-contested Hospitality and Tourism Industry Fair between March 17 and 21 2010. The event was graced by the Permanent Secretary in the Ministry of Tourism. The KU team came out with the theme: "Sun, Sand & Sea- holiday at the Coast." There were entries from outside Kenya, and many people thought the top award would go to a foreign exhibitor. However, there



Northcoast Beach Hotel Staff entertain guests during the Easter holidays.

was pin-drop silence for a moment after the relatively little-known, but fast-growing Northcoast Beach Hotel, was declared the winner. "What a sweep surprise for KU!" said Northcoast Beach Hotel manager Robert Kinyua (pictured left).

The Vice Chancellor, Prof Olive Mugenda, was just elated on receiving the good news: "What else would we have expected except the best!... The KU style!" The VC said the award should motivate the hotel staff as well as KU fraternity to translate the victory into "real business."

VC Tells Schoolgirls: You can make it in Science, Maths

The Vice-Chancellor, Prof. Olive Mugenda, has asked secondary school teachers to do more to encourage girls to take seriously Mathematics and other science subjects.

She said the move would enable the girls to access top careers in the job market, which, she said, mainly required very high grades in Mathematics, chemistry, biology and other science-related subjects. The VC was speaking at Uringu Girls Secondary School in Meru North District, where she was the chief guest during the school's open day recently.

Prof. Mugenda told parents, teachers and students present that a research to

establish some of the causes of poor performance by girls at Mathematics and in science-related subjects showed that influence by teachers, students' attitudes and peer influence were some of the greatest factors that made most girls dislike the sciences.

The VC urged students to have a positive attitude towards the subjects, saying, sciences were not different from the arts. "Sciences need just a little more effort and concentration to understand," she said, and asked students not to listen to their peers who claim the subjects are difficult.



The VC with Hon. Dr Kilemi Mwiria, Asst. Minister for Higher Education Science & Technology (centre) and the Minister for Higher Education Science & Technology Hon. William Ruto (left) at a recent function. Hon. Kilemi Mwiria is a Patron of Uringu Girls School and also the area MP.



focus on students

Delay Gratification, Equity Bank CEO urges students

Equity Bank Managing Director and CEO, Dr James Mwangi, has urged Pre-University students to delay gratification for future, sweeter gratification.

Speaking during the official inauguration of this year's Equity Bank pre-university internship programme, Dr Mwangi urged the students not to indulge in activities which may bring hurried gratification and lose better opportunities which will bring steady, more fulfilling gratification both in their social and economic endeavors.

The pre-university programme, he said, sought "to create social transformational leaders who will act as change agents from the grassroots to national level."

The students had undergone a two-week intensive transformational leadership training, sponsored by the bank, and hosted by Kenyatta University. The mentoring programme, which started 12 years ago, will benefit 200 students countrywide who topped their districts in last year's Kenya Certificate of Secondary Education examination.

The students went through an that was hosted at Kenyatta University and will work at the various Equity Bank branches countrywide. The beneficiaries, who include the top girl and boy in every district will receive a sponsorship of KShs 720,000 from bank. The funds would help them go through the mentorship programme and university education.

KU Vice Chancellor, Prof. Olive Mugenda,



Equity Bank pre-university students during their internship programme listen to address by the bank's CEO Dr. James Mwangi at the Equity Bank Centre in Nairobi.

who had a day earlier talked to the students at the university, urged them to uphold leadership values. "If you adopt these virtues, I am sure you will not only be an excellent worker at Equity Bank but also be successful in whatever you do in future," she said, and asked the students to serve clients with respect and tolerance.

"As potential employees you will be expected to develop integrity in order to succeed and rise through the ranks in the job market," she told them. Education Minister, Prof. Sam Onger, was the chief guest at the launch.



Equity Bank CEO Dr James Mwangi gives a talk on Vision 2030 to the Institutional-Based Programme students as well as Open and Distance Learning students on April 28, 2010.



April 16, 2010 will remain indelibly etched in my memory. The IBP students turned out in their numbers to make their voices heard. I am humbled by this noble task and will forever remain faithful to our aspirations.

Hardly had the dust of the elections settled than we

KUSA IBP Elections

travelled to Mombasa for an invaluable induction exercise. It was a well thought out programme that gave us not only a relaxing encounter but also a leadership clinic that served its purposes. Thanks to the VC for such a prudent seminar. We left Mombasa armed to the teeth to face the enormous challenges that face us.

On behalf of the IBP students, we will

seek guidance from the management on issues that affect those who braved showers to see us in office.

True to the words of the great Mahatma Gandhi's "A small body of determined spirits, fired by their unquenchable faith in their mission; can alter the course of history." You made it happen trust me; I will speak for you.

Dickens Belle, IBP Executive Representative

Sweet Victory, Great Challenges

I am greatly honoured to have been elected an IBP postgraduate congressman (2010/11). I thank you all for giving me a chance to

serve you. As my campaign promise was, I shall honestly represent you. Though IBP students are highly pressured due to time constraints, they clearly showed their wish to be part of the wonderful Kenyatta University Students Community. This is evident in the numbers that turned out to vote on April 16, 2010. We are proud to be members of this beautiful University.

Johnston Muriungi Kimencu, IBP Postgraduate Congressman



It was an exciting moment when we read an advert that KUSA IBP students elections would be held on Friday April 16, 2010. Thanks to colleagues who braved the chilly weather to participate in the elections. We will do everything possible with the help of Almighty God to let Kenyatta University achieve its aspirations. As a students body we will consult closely with the management to protect the welfare of IBP students.

A very important point to note is the taking of students' leaders to Mombasa for induction. We learnt a lot concerning operations at the University and we feel the same should be rolled down to the entire students to create awareness on various issues that may affect them due to ignorance.

Opudo Moses Ochieng, IBP Undergraduate Congressman





focus on students

New KUSA Leaders Inducted Into Office

The newly-elected Kenyatta University Students' Association (KUSA) leaders have been inducted into office.

Both the KUSA executive (Cabinet) and Congress (Parliament), are led by Mr Anthony Maina as president. They comprise representatives from KU campuses, schools, hostels, as well as Institutional-Based Programme students.

The detailed programme, organized by the University management, was conducted at the Government Training Institute (GTI) in Mombasa. The Vice-Chancellor, Prof. Olive Mugenda, opened the workshop, and her talk revolved around various issues on KUSA - KU management relationship. The VC talked at length on the role of student leadership towards the growth of the University.

Selected speakers, included Standard Group CEO Paul Wanyaga and Mr Kibiru Irungu who is Equity Bank's senior relations manager, education sector. Their topics included



Standard Group CEO, Mr Paul Wanyaga (centre) and KU Finance Officer Mr. J. I. Gitahi (second left) with KUSA leaders during the Mombasa retreat. (Right) Mr Kibiru Irungu, Equity Bank senior relations manager, education sector, addresses the students.

emotional responsibility of leadership, leadership in an evolving world, the relation between student leadership and the KU statutes, team-building, conflict resolution, the premium of moral probity in leadership, as well as the interface of various offices in student welfare.

Former KUSA leaders, including Charles Mutinda and

Martin Luther, also tipped the new officials on the secrets of successful student leadership.

The workshop aimed to give the new KUSA leaders grounding in sound principles of responsible and transformative leadership. The officials were accompanied by the Dean of Student Affairs, Dr Edwin Gimode.



The VC said the University had invested heavily in training students and staff with a view to "reaping the dividend of participatory decision-making and peaceful resolution of conflicts." Such investment, she said, was in line with the University's vision and mission of producing exemplary graduates.

End of Year Exams

Friday April 16, marked the end of the second semester examinations for the academic year 2009/10. For many students, the end marked the beginning of the long holiday. But for others it marked the finish line of their long-pursuit for a first bachelor's degree.

There was a strange feeling in the air that day, especially for those clearing from their respective hostels for the last time. In their minds, memories and lyrics from songs that signified the end of a journey, were played. In deed, for them the KU experience would soon be behind them.

For the continuing students the holiday, aptly named the 'long holiday' runs until the end of August. This means that for many it would be a working holiday. For education

students, teaching practice will take up most of their time while for those from other programmes this would be the best time to get some work experience through attachments and internships. Also for those whose degree programme research projects, the long holiday avails ample time for such undertakings.

All in all, though there is a significant drop in human traffic levels on the campus, the ever busy institution was not left lifeless. The school-based April session was in full swing and with the presence of IOL students for their tutorials; Main campus was still abuzz with activity.

However the bulk of the action will soon be realised when the First and Second year regular and SSP students return this month.



It had been a busy semester with students such as these in the library, revising hard for their exams.



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The VC Prof. Olive Mugenda with acting Chinese Ambassador, H.E. Dr Zhou Ping Jian (*second left*), when he paid her a courtesy call. With them are (*from left*) Prof. Pang Hui, Chinese Director, KU Confucius Institute, Ag. DVC Acad. Prof. Reuben Muasya, Ag. DVC Admin. Prof. P. K. Wainaina, DVC F. P. & D, Prof. Daniel Mugendi and Dr Martin Njoroge, Director, KU Confucius Institute.



Acting Chinese Ambassador H.E. Dr. Zhou Ping Jian (*right*) signs the visitors book during a recent visit to the VC, Prof. Olive Mugenda. Looking on are Prof. Daniel Mugendi (Finance, Development and Planning) (*left*), and Prof. Peter Wainaina, Ag. DVC Administration.



Ms G. Von Fricks, the Director, Kenya DAAD scholars association, with the Vice-Chancellor, Prof. Olive Mugenda after she paid the VC a courtesy call before the DAAD conference at the Main Campus.



Former IBP student leader, Otieno Oriedi (*right*), and other students listen to a talk by the VC Prof. Olive Mugenda at the Main Campus.



The People Group CEO Ms. Ivy Chege signs the visitor's book when she paid a courtesy call to the VC.



Accommodation Service Director, Dr Ruth Ndung'u, makes her contribution during the two weeks induction course by Equity Bank for the institution's pre-university student programme at KU's new Business and Students Services Centre.



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The VC, Prof. Olive Mugenda with beneficiaries of scholarships awarded by the Kenya DAAD Scholars Association. This was after the Kenya DAAD Scholars Association Conference at KU in April 2010.



The VC Prof. Olive Mugenda congratulates Mr. & Mrs. Dr Tom Kimani, Dean School of Economics, during their colorful wedding ceremony.



The VC, Prof. Olive Mugenda hands over an appointment letter to Mr. Salim Swaleh Ghalgan from Coast Province who is a beneficiary of Equity Bank's Pre-university Students Programme at the Equity Bank Centre in Nairobi.



The VC Prof. Olive Mugenda with KUSA leaders during their Mombasa retreat. She talked to the students at length on the role of student leadership in the growth of the University.



KUSA leaders take notes during the Mombasa retreat. Guest speakers, who included the Standard Group CEO, Mr Paul Wanyaga and Equity Bank senior relations manager, education sector Mr Kibiru Irungu, urged the leaders to uphold integrity and help protect the image of the University.



Graduate School Dean, Prof Judith Waudu (*third left*), with other committee members that assisted in the preparation of First Mentors Meeting of the Next Generation of Academic Network (NGAN) at the Main Campus on April 21, 2010.



Research Update



Bio-Engineering Maize for Drought Stress Tolerance

Kenyatta University's Plant Transformation Laboratory has established a platform for technology transfer on maize. The lab, headed by Prof Jesse Machuka of the Department of Biotechnology,

embryos for genetic transformation to confer drought tolerance.

In the last decade, maize (*Zea mays*) production has declined because of biotic and abiotic constraints, and this has resulted in prevalent famine. Of the abiotic stresses, drought is the most important stress affecting productivity of maize in Africa leading to up to 70% crop loss, and in certain cases, total crop loss. Conventional breeding, molecular marker assisted breeding and genetic engineering have already had, and will continue to have, important roles in maize improvement. Equally important is the rapid explosion of information from genomics and genetics combined with improved genetic engineering technologies. In concert, existing maize improvement strategies and genetic engineering could complement one

ACTIVATED PROTEIN KINASE KINASE KINASE KINASE (MAPKKK1) cascade NICOTIANA PROTEIN KINASE 1 (NPK1) triggered under drought stress has been successfully transformed into four tropical maize genotypes. Furthermore, in collaboration with Jennifer Thomson's Lab in the University of Cape Town, we are working on isolating genes and promoters to enhance drought resistance in tropical maize. The Thomson's lab at UCT has over 10 yrs been involved in mining genes from one unique grass called resurrection plant (*Xerophyta viscosa*). Over 10 genes have been mined. Of particular importance are three genes; *XEROPHYTA VISCOSA PEROXIREDOXIN 2 (XvPrx2)* which encodes a type II peroxiredoxin that manages (ROS) that tend to accumulate during oxidative or photoreductive stress, *XEROPHYTA VISCOSA ALDOSE REDUCTASE 1 (XvAldre1)*, which encodes an enzyme aldose reductase that is useful as an osmoprotectant because it converts glucose to its corresponding alcohol (sorbitol) and *XvSap1* which encodes a stress-inducible membrane signaling protein. Whereas transgenic maize expressing drought enhancing genes will improve drought tolerance, constitutive expression hampers normal growth often resulting in unwanted traits such as dwarfism. Our other objective is to identify drought inducible promoters for these genes. One such promoter has been isolated upstream of *XvSap* and found to be drought inducible and maize transformation with drought tolerance genes under this promoter is ongoing.



Above and right: A Research assistant at work in the plant transformation laboratory

has established a platform for technology transfer by using maize immature zygotic

another in important ways. An upstream transcription signal factor *MITOGEN*

Plans for IBP Students, as KU set to be a Wireless Location

Kenyatta University's Main Campus will soon become a wireless environment if plans by Kenya's leading mobile phone service provider and a top regional bank are implemented.

Equity Bank CEO, Dr James Mwangi said he and his Safaricom counterpart, Mr Michael Joseph, have had fruitful discussions recently with a view to having the two companies work together and make KU a wireless environment. He said the new Equity Bank-Safaricom partnership on KU "is part of social transformation."

Dr Mwangi, who is the Chairman of Vision 2030 Delivery Board, said the move would mean any computer within the campus would have access to the Internet without necessarily being connected to a socket. "Equity Bank and Safaricom will partner and make Kenyatta University a wireless environment so that you no longer need a socket to access the Internet ... It was a challenge by the VC on what the bank could do about it," Dr

A section of the Institutional-Based Programme as well as Open and Distance Learning students listen to a talk by Equity Bank CEO Dr James Mwangi at the Main Campus.



Mwangi told Institutional-Based Programme (IBP) students during his talk on Vision 2030 at the Main Campus on April 28, 2010

The bank, he said, would help IBP students access laptops through "highly-discounted prices."

of 12 %. The rate could even go down to 8% for teachers and students countrywide.

The Vice-Chancellor, Prof. Olive Mugenda, said the University would soon introduce one online unit for IBP students in a bid to

reduce duration of their degree programme from four to two-and-a-half years.

She urged Equity and Safaricom to help realise the plan by offering laptops to students at "reasonable prices."



PARKLANDS CAMPUS

Remarkable semester ends

Kusa polls, beauty pageant competition and a captivating talk by a visiting law professor marked the First Semester that ended on April 1, and gave students a well-deserved one-month break after weeks of studies, activities, and examinations.

Students are expected back for their Second Semester on May 1, 2010. The return would coincide with the admission of first year students. Earlier in the Semester, students were involved in the HIV/AIDS talk and testing week on March 15, 2010. The event was organised by KU's Aids Control Unit. It was encouraging to see a high number of students who turned out to be tested and know their HIV/AIDS status.

The School of Law's 'Wednesday Lecturer Series' programme, through Prof James Daniels, invited Prof W. Kosar, a Canadian Barrister and Solicitor, who gave a captivating talk on 'Informative exposition on the rule of Law in South Sudan.' There was also a bit of excitement as students got engrossed in organising the much-awaited Mr and Miss Parklands competition. The new Mr Parklands is Caleb Kusienya, while Miss Parklands is Ms Linda Mwanza is the.

KUSA elections were the most anticipated event as students with political ambitions peacefully traversed KU Campuses wooing voters in a bid to cut political deals. Overall winners were our very own Steve Rundu who became the Campus

Chairman, while Carey Mwaboza was elected Secretary General. The Acting Dean School of Law Dr Linda Musumba oversaw the elections.



Students at Parklands Campus during a lecture

RUIRU CAMPUS

Ruiru campus hosted ODEL students who reported for their April 2010 tutorials. The session which began on April 16, ended on April 30, 2010.



Ruiru Quadrangle

NYERI CAMPUS

Impressive move

Nyeri Campus received a major boost when, for the first time, it was accorded a student representative slot to the KUSA Governing Council.

The elections were successfully held and Mr John Wambua, a Second Year BCom student, was elected in a closely-contested race that had three other contenders. In fact, the candidates had to go for a run-off to determine a clear winner. The other contestants conceded defeat with dignity, and promised to support Mr Wambua to articulate issues affecting students at the campus. Kudos to John Wambua.

In an effort to create more space, the tenants on third, second, and part of first floors, have vacated the premises for the Nyeri Campus. Plans are at an advanced stage to have the floors renovated and converted into lecture halls, offices, the

library and computer laboratory. The move aims to cater for the expected high number of students, following plans to increase number of programmes.

Meanwhile, examinations for full-time students started on April 6, 2010 and went on without a hitch. Second Semester registration for ODEL students closed on April 12, 2010.

In an effort to create more space, the tenants on third, second and part of first floors have vacated the premises for the Nyeri Campus. Plans are at an advanced stage for these floors will be renovated and refurbished for use as lecture halls, offices, the library and Computer Laboratory to cater for the expected increase in programmes offered and student intake.

Meanwhile, examinations for full time students which started on April 6, 2010 were conducted without a hitch. Registration for ODEL students for second semester which has been going on was closed on April 12, 2010.

CITY CAMPUS

'The Acid Test'

As the first semester comes to an end, students at City Campus were busy doing their last CATs as well as revising for their examinations dubbed: 'The acid test.'

The resource centre has been a bee hive of activity especially on weekends as students troop in to research for their term papers.

The first exams for this pioneer group of postgraduate students who were admitted in February are scheduled to be done between May 10 and 21, 2010.

Meanwhile, the May admissions for students at the Campus both at under and postgraduate levels is on course.

The front view of the KU Plaza, which houses the City Campus, on Haille Selassie Avenue in Nairobi.



Exercise, Stress and Health



*Dr.
Robert K.
Muniu
Sports &
Games
Department*

The stress response is an inbuilt mechanism that helps the human organism respond to change. The necessity for change could vary from mild to extreme, this determining the intensity of the response. On perception of stress the organism reacts by triggering the release of hormones which allow it to deal with the situation. These hormones produce physiological responses such as increased circulation, higher energy



output and heightened muscle tension. Psychological reactions include heightened mental tension and alertness. While these reactions are good for the survival of the organism, the stress hormones and their metabolites continue to circulate in the body long after the event. This leads to a situation of

accumulation of the stress response when subsequent events trigger more hormonal



production to add onto what is already in circulation. Such a situation leads to an individual who is constantly tense hence over reacting even to minor events.

Long-term stress response has a serious consequence on health due to the lowering of immunity levels, excess glucose circulation, tachycardia stomach acidity, muscle and mental tension. Initial common symptoms include, frequent colds, stomach upsets, stress headaches, lower back pain and loss of sleep. On a day-to-day basis an individual is more prone to accidents due to ruminative thought patterns that reduce

attention span hence compromising reaction time. Existence of this over a period of years accelerates the appearance of degenerative diseases and ageing. It also leads to poor mental hygiene leading to deteriorating mental health.

Sports participation and exercise use the same energy and hormonal pathways as the stress response. While individuals are engaged in exercise they are essentially stressing the body at a much higher level. The effect of which is to improve the blood circulation and organ efficiency. This heightened activity

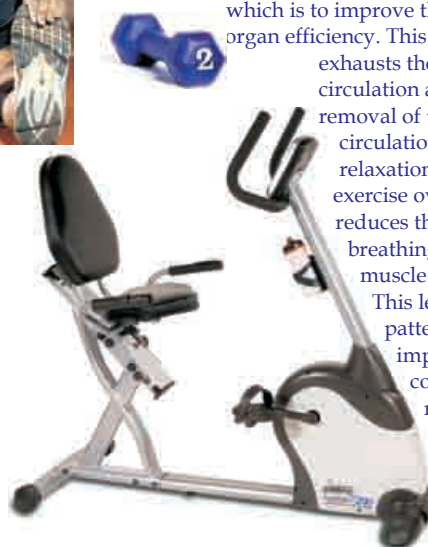
exhausts the stress hormones in circulation and improves the removal of their metabolites from circulation. This results in relaxation after exercise. Regular exercise over a period of time reduces the resting heart rate, breathing rate, blood sugar, muscle and mental tension.

This leads to better sleep patterns, improved appetite, improved mental concentration, and reduced occurrence of the earlier symptoms of stress. Moderate exercise for 30 minutes three times a week inoculates an

individual from stress and enables them to lead a more healthy and efficient life.

Dr Muniu,

Email: muniu.robert@ku.ac.ke: Cell: 0721-692 749



KU to Carry Out Kenya Investment Survey

Kenyatta University has won a contract to undertake the 2010 Kenya Investor Survey which is being undertaken by United Nations Industrial Development Organization (UNIDO) in collaboration with the Kenya Investment Authority (KenInvest). The School of Business at Kenyatta University will undertake the Survey expected to take 60 days and will cover; Nairobi and its environs, Mombasa, Eldoret, Nakuru and Kisumu.

The United Nations Industrial Development Organization (UNIDO) was established by the UN General Assembly in 1966 and since then it has operated as a specialized agency of the UN system, which helps developing countries and transition economies to pursue sustainable industrial development. It provides tailor-made solutions to today's industrial problems by offering a package of integrated services addressing three key concerns: competitive economy; sound environment; productive employment at policy, institutional and enterprise level.

Kenya Investment Authority (KenInvest) is a statutory body established in 2004 through an Act of Parliament (Investment Promotion Act of



*Prof.
Jonathan M.
Chege
Dean,
School of
Business*

2004) with the main objective of promoting investments in Kenya. It is responsible for facilitating the implementation of new investment projects, providing After Care services for existing investments, as well as organizing investment promotion activities both locally and internationally. The core functions of KenInvest include; Policy Advocacy; Investment Promotion; Investment Facilitation; Investor Tracking and After Care Services.

Officials from UNIDO, Brian Portelli, Stefan Kratesch, Dr. John Akoten and Mark

Irungu visited Kenyatta University and paid a courtesy call on the Vice-Chancellor on Monday April 26, 2010. They later held a meeting at the University boardroom to discuss the survey implementation details, the signing of the contract as well as the way forward. So far a team of supervisors and enumerators has been identified and trained by the School of Business to carry out the survey. At the same time a Call Centre for the survey has been set up at KenInvest offices, Nairobi.

Speaking during the Courtesy call, the Deputy Vice-Chancellor (Administration), Prof. P. K. Wainaina, who represented the Vice-Chancellor, thanked the UNIDO team for Choosing Kenyatta University to carry out the survey and assured them that the University had the necessary competence in the School of Business to successfully undertake the assignment. Present during the meeting were Prof. Jonathan Chege, Dean, School of Business, Mr. James Muturi and Mr Gerald Atheru both of the Department of Accounting and Finance in the School.



The session was very meaningful. Information was well disseminated, and ideas were harmonized. All tools are now set for work. The induction served the purpose.

Anthony Maina
KUSA president

I now feel equipped for the challenging task ahead. It was a great induction. I look forward to serving fellow students.

David Kyalo
Deputy Secretary General



The induction trip was very positive and instilled a lot of memorable experiences in the entire KUSA officials. The seminar gave a lot especially sharing with the KUSA alumni like C. Mutinda, the invited facilitators like the C.E.O, The Standard Group, Mr. Paul Wanyaga, Senior Relations Manager Education Sector, Mr. Kibiru. They gave encouraging talks that challenged the members and together let us join hands to take the KU experience and our University to the highest of heights. We pray to the Lord to lead us in unity through this journey.

George Oyoya
Congressman Nyayo 3 West and Flat 2



ORBITUARY



Ms Faith Romano passed away on April 13, 2010 at Thika Memorial Hospital while undergoing delivery process.

Faith joined Kenyatta University in November 2008 as an Administrator in the Aids Control Unit. She moved to the Regional Centre for Capacity Development where she worked until her sudden death.

Ms Faith N. Romano For the short time she worked at the University, Faith proved to be a reliable employee with a good relationship with her colleagues. Her death is not only a loss to her family and friends but also to the University

Sports and games department is eagerly waiting for the next semester to open so training could start in readiness for the East Africa University Games (EAUG) in December.



Already, Maseno, University of Nairobi, Mzumbe University (Tanzania), Mt Kenya University, and Zanzibar University (Zanzibar) have confirmed their participation. This is a clear indication the games would be a success.

Meanwhile, the staff from the department are busy preparing fixtures that will accord athletes adequate exposure to polish up their skills.



Kenyatta University students in a past football match. KU is hosting this year's East Africa University Games (EAUG) in December.

Appointments



Dr. J. K. Gathua
to Co-ordinate Kenyatta University- Presbyterian University of East Africa (PUEA) Collaboration.



Dr Ambrose Jagongo
to Co-ordinate Kenyatta University-Kiambu Institute of Science and Technology (KIST) Collaboration.

Tips to Build Self-Esteem & Confidence

1. Focus on your strengths and positive qualities and find ways to bolster them. Be yourself and don't compare yourself with others.
2. Learn to be resilient and bounce back after disappointments and setbacks. Don not dwell too much on mistakes or limitations. Instead, accept and learn from the mistakes, and move on with your life.
3. Use affirmations and visualisation to replace negative thoughts and images.
4. Take responsibility for your life instead of blaming others. You cannot control other people's behaviour, but you have complete control over own thoughts, emotions, words, and behaviour. Value civility and self-control.
5. Learn skills and competencies that give you opportunities and confidence in your abilities. It is not enough to feel good about yourself. You must also be able to do what is required to demonstrate that you are competent, honest, and responsible person. The more skills and personal qualities you acquire, the more competent and confident you will feel.
6. Focus on giving, not receiving, and make others feel valued and appreciated. You will increase your self-esteem when you make a contribution other people's lives.
7. Create a support system by surrounding yourself with confident and kind people who feel good about themselves and who make you feel good about yourself. People who boost your self-esteem generally have high self-esteem themselves.

Quoted from "Peak Performance"
By: Sharon K. Ferret

FAITH CORNER

By: George Monayo

Righteousness of Christ is what Jesus has given to us, leading us to heaven. This can also mean that Jesus moulds us, through the Holy Spirit, to his image. The Lord is righteous, He loves righteousness. His countenance beholds the upright (Psalms 11:7). (Proverbs 15:9) states that "the way of the wicked is an abomination to the Lord, but He who loves Him follows righteousness." Matthew 6:33 advises us to "seek first the kingdom of God and His righteousness and all things shall be added to you."

The crucial thing for Christians to understand is how they are utterly dependent upon Christ for their righteousness. What makes them holy before God is what Christ has done for them, not what they do. The moment someone loses sight of that truth, it is so easy for self-righteousness to rise up, and follow the path of corruption. Romans 5:19 clearly indicates that one man's disobedience made all of us sinners, so also by one man's obedience many will be made righteous. According to the basic biblical teaching, Adam led to all of us becoming sinners. Adam's sin brought the downfall of the human race. The obedience of Christ has the righteousness needed for salvation. Those of us who receive this grace get the gift of righteousness, which is earned and undeserved.

Righteousness is the fruit of the spirit that is connected to obedience. To some people, obedience is inconsistent with salvation by faith. Righteousness is doing right and it is by deeds that all will be judged. Our characters are revealed by what we do, the good works that many Christians yearn to produce from day to day come about only as they submit to God's leading through the indwelling power of the Holy Spirit. The Holy Spirit brings a life of Christ along with good works into the life of the believer and makes the believer's efforts effectual.

Mind bender

No.3/12

1. What are the Missing letters?

CD	BF	AH
DF	CH	BJ
EH	DJ	?

2. Which is the odd one out?
SPEECH, TELEPHONIST,
TELEVISION, POSTMAN, RADIO,
REFRIGERATOR?3. CHOLERIC is to BILE as
SANGUINE is to.....

From 'Improve Your IQ', By Glenn Wilson

Answers in the next Issue

Mind Bender answers to previous puzzle

1. B is for ICEBERG
2. 76-add 2 to first and second digit alternatively
3. ZERO is an absolute quantity; the others are relative.

Quotable quote

"If you are given a cup to clean, clean it better than anyone else can"

Dr. George Griffin
Former Director, Starehe Boys Centre

northcoast BEACH HOTEL

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1. LOCATED at Kikambala 25 Kms North of Mombasa
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.
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The hotel has:

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- Air-conditioned room with telephone and private balcony.
- 29 family rooms with lounge.
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- Great child-minding facilities, special entertainment for children.
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- Olympic-size swimming pool.
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 - Beach volley ball
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- Different set-ups to match the customers needs
- State-of-the-art Business Centre open 24 hours.



Different vistas of the Northcoast Beach Hotel



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