



Kenyatta University newsletter

A Fortnightly Publication from the Office of the Vice-Chancellor

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

Sixth University Council Convenes Under New Chairman

Kenyatta University has a new University Council. The 6th Council of University held its first meeting on Tuesday, 9th March 2010 in the University Boardroom.

The new council is chaired by Mr. Benson Wairegi who takes over from Prof. Onesmo Ole Moi-Yoi the long serving chairman whose term ended in 2009. Mr. Wairegi holds a Masters of Business Administration degree and Bachelor of Commerce (Accounting option) degree from University of Nairobi and is a Certified Public Accountant - CPA (K).

He is the Group Managing Director of British-American Investments Company (Kenya) Ltd., the parent company to British-American Insurance Company (K) Ltd and British-American Asset Managers Limited.

He is also a Director of Housing Finance Company of Kenya Ltd (HFCK), Chairman of Kenyatta University Council and a member of the Board of Trustees of the Insurance Training and Education Trust.

The Vice-Chancellor, Prof. Olive Mugenda in a message, welcomed the appointment of Mr. Wairegi as the Chairman of the 6th Council and wished him all the best in his new position.

The VC said she was confident that the new Council will guide the University into its next phase of achieving its vision of becoming



Members of the 6th Kenyatta University Council pose for a group photograph after the introductory meeting on 9th March 2010.

a world class University.

Prof. ole-MoiYoi welcomed the new Chairman of Council and wished him well in his new responsibilities. He said he will always be part of Kenyatta University and would be happy to be involved in future activities if called upon. He recounted the transformations KU has gone through and was

confident KU is on the right path.

Prof. ole-MoiYoi is the new Chairman of Kenya Agricultural Research Institute (KARI) Board.

Mr. Wairegi congratulated the outgoing Chairman for a job well done and promised that he will do his best to support the University attain the desired status.



Mr. Benson I. Wairegi
Council Chairman



Mr. Ayisi Makatiani
Vice-Chairman



Mr. Eliud Mathiu
Hon. Treasurer



The outgoing Chairman, Prof. Onesmo ole-MoiYoi (left) hands over the University Seal to the incoming Council Chairman, Mr. Benson I. Wairegi (right) as the Vice-Chancellor looks on.

3rd Annual Alumni Reunion Celebrated

Kenyatta University hosted the 3rd Annual Alumni Reunion on Saturday 13th March 2010 starting from 9:00 a.m. at the Science Zone 39 in the Main Campus.

The reunion served to bring back old students (alumni) from all walks of life to their alma mater for networking amongst each other as well as informing and updating them on activities and developments at the university.

This was a special reunion owing to the fact that Alumni Programmes went out on a mission of reaching out to alumni through the launching of two regional alumni chapters in Coast and Rift Valley

Provinces. It was also a good opportunity for the alumni to be brought up to date on the developments and achievements of the University since the last reunion which was held in November 2008.

During the reunion, there was a session where alumni critically discussed alumni activities and the way forward in terms of what their role should be in the growth of the University. A major activity during the reunion was the discussion on the proposed construction of the multi-purpose state-of-the-art Alumni Center as per the Directorate of Alumni Programmes' Strategic Plan. Alumni present contributed Kshs. 500,000 as a show of confidence in building the Alumni Centre.

From the Editor's Desk

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

Mr. Wairegi took the helm from Professor Onesmo ole Moi-Yoi who has steered this University for many years through many calm sometimes, inevitably, troubled waters. The professor was recently honoured by KU by naming the brand-new classrooms the Onesmo ole Moi-Yoi Lecture Halls.

We owe him deep and lasting gratitude for his sagacious and profound leadership. We wish him the best of luck in his still productive life.

The incoming Chairman, Mr. Benson Wairegi, is a seasoned captain of corporate leadership. His c.v, which is spelt out in our front page, speaks for itself. We look forward to a smooth transition and continuing and accelerating impetus that has characterized Kenyatta University's recent historic growth.

In the same week, the alumni spirit was enlivened by a Reunion and, as if to crown the occasion, it coincided with a story in the most widely-circulated local newspaper entitled: "Rookie Teacher Records Highest Mathematics Marks for His Class in KCSE".

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

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

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

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

David V. Karanja

CEO Nation Media Group Advises Students

The Nation Media Group CEO, Mr. Linus Gitahi paid a courtesy call to the Vice-Chancellor Prof. Olive Mugenda in her office. Mr. Gitahi was in KU on 25th February 2010 to preside as chief guest during the 2010 Career Week.

The CEO advised KU students to protect the good University image wherever they are. He challenged the students that the image of the institution speaks loudly in their resumes because ones institution inevitably defines a person's identity.

The Vice-Chancellor told the students that she was discussing with friends and business stakeholders in the possibility of starting an optional sandwich internship program for KU students. The program would allow students pursuing undergraduate courses to work for one or two years within their course of study.

This arrangement will ensure that students accepted in the program will earn some allowance during the practical period as well as acquire skills in their areas of study. This program would greatly add value to the students' education.



Nation Media Group C.E.O, Mr. Linus Gitahi gives a speech during the occasion.

Nigerian High Commissioner Visits KU



The Nigerian high Commissioner to Kenya, (2nd left) Dr. Chijokwe W. Wigwe, and the Vice-Chancellor Prof. Olive Mugenda (3rd left), pose for a photograph when he paid her a courtesy call in her office on 12th March 2010. In the photograph are Prof. Fredrick Gravenir, Prof. Reuben Muasya and Prof. Caroline L. Thoruwa.

The High Commissioner, Dr. Chijokwe W. Wigwe paid a courtesy call to the Vice-Chancellor, Prof. Olive Mugenda on 12th March, 2010. During the meeting with the Commissioner, the Vice Chancellor expressed the importance of linkages between Regional Universities.

The High Commissioner proposed a linkage between Kenyatta University and University of Jos in Nigeria.

The linkage would focus on exchange of students and staff as well as collaborative research.

The Ambassador promised to sell KU Vision to other diplomats in the African Region.

The following is the full list of the 6th Kenyatta University Council

Mr. Benson I. Wairegi	- Chairman	Dr. Frank K. Mwongera	- Member
Mr. Ayisi Makatiani	- Vice-Chairman	Past. Beatrice Wanjiku Musila	- Member
Mr. Eliud Mathiu	- Hon. Treasurer	Dr. Mary Lonyangopuo	- Member
Prof. Olive Mugenda	- Vice-Chancellor	Mr. Sammy P. M. Kyungu	- Member
Deputy Vice-Chancellor (Academic)	- Member	Mr. Obondo Kajumbi	- Member
Deputy Vice-Chancellor (Administration)	- Member	Prof. Peter E. Kinyanjui	- Member
Deputy Vice-Chancellor (FP&D)	- Member	Ms. Grace B. N. Madoka	- Member

KU Disability Day Inaugurated



Commissioner Lawrence Mute of the Kenya National Commission for Human Rights (NCHR), giving his speech during the University Inaugural Disability Day.

Kenyatta University inaugural Disability Day was held on Friday 26th February 2010 at the Graduation Square with the theme, 'Embracing Diversity and the Culture of Inclusiveness'. A Procession of both students and members of staff started from the Nyayo Zone to Graduation Square and ended at the Culture Village as a sign of solidarity to the members of Kenyatta University Community with 'Special Abilities'.

In his speech as the Chief Guest, Commissioner Lawrence Mute of the Kenya National Commission for Human Rights (NCHR), gave an

ON THE MOVE

VC Appointed Chair of the KESI Council

The Vice-Chancellor, Prof. Olive Mugenda has been appointed Chairman of Board, Kenya Educational Staff Institute (KESI).

The Kenyatta University fraternity congratulates the VC for this appointment and wishes her well as she steers KESI towards realization of the Institute's Strategic Plan.

inspirational speech titled '*from the Limbo of Charity to the Heights of Rights for Persons with Disabilities*'. He stressed that as global citizens and nationals of Kenya, people with disabilities remarkably can begin to deploy human rights norms and practice to unshackle themselves from the manacles of charity.

Commissioner Mute distinguished three prongs of self identity which are at the core of persons with disabilities as identity as human beings, identity as citizens of Kenya; and identity as the disabled of Kenya and that the significance of these core identities need to be understood by all Kenyans.

His message on human rights is that as students, professionals and Kenyans, our philosophical basis for engaging with human rights should be informed by these three concepts: inter-sectionality, multi-dimensionality, and anti-subordination. Mr. Mute called upon persons with disabilities to engage in the power games that the rest of society play

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The University Acquires New Vehicles



The Vice-Chancellor Prof. Olive Mugenda talks to the members of the Transport Unit recently when she flagged off newly acquired vehicles. She implored upon the staff at the unit to be more vigilant in their endeavors to serve in their different capacities for the betterment of KU.

During the launch of the newly acquired vehicles on the 4th of March 2010, the Vice-Chancellor Prof. Olive Mugenda commended the DVC (Administration) and his team for expediting the process of procuring the vehicles. The acquisition comes at a time when the University has registered immense expansion and development. To cater for this expansion, various support mechanisms have been put in place to match the massive numbers of students as well as staff. One of this is the transport system in the main campus, other campuses as well as other institutional facilities such as the Kenyatta University's North coast Beach Hotel.

The newly acquired fleet of vehicles includes one 62 seater bus to be used in the main campus; a 29 seater minibus to be used as a courtesy bus for the North Coast Beach Hotel; a 14 seater van for the newly opened City Campus and other saloon vehicles for use by management. Apart from vehicles and buses the University also acquired 5 automotive lawn mowers for maintaining the nicely kept lawns.

During the function the Vice-Chancellor also appealed to members of staff to work hard and add value in whatever they were doing. The VC emphasized that it was necessary to support the vision and mission of the University.

KU Collaborates With Akita University

Discussions regarding a formal collaboration between Kenyatta University and Akita University, Japan, started in September last year when Prof. Ritsuko Miyamoto visited Kenyatta University.

Last week Prof. Miyamoto returned to Kenyatta University accompanied by three undergraduate students. During her meeting with the Vice Chancellor on Tuesday 2nd March

2010, two agreements were signed an MoU and Student Exchange Programme.

During the week Prof. Miyamoto also met several Deans, Directors and Chairmen of Departments and discussed several avenues of collaboration.

The three Japanese students made presentations to Kenyatta University students about Japan, Akita City and Akita University.

Over the weekend on 6th and 7th March 2010, Akita University participated at the Japanese Universities Fair.

Other Universities in Japan with formal agreements with Kenyatta University which allows for student and faculty exchanges include Nagasaki University and Hiroshima University.

focus on students

KU Students Participate in the UNIV 2010 Congress

KU students will for the first time participate in the UNIV Congress, an international congress of university students that takes place annually in Rome, Italy. The congress is carried out using documentary presentations and round table discussions among others, to discuss issues of global concern.

Edna Karijo (Bachelor of Commerce) and Evalin Karijo (BSc. Environmental Health) who are 4th year students at KU have written a research paper on 'The Significance of Fostering Social and Moral Values in Kenyan Public Universities: A Case Study on Kenyatta University'. In this paper, they show how KU endeavors to maintain value-based education so as to develop students not only intellectually but wholly, and how important this is to the needs of the society.

Through their active participation at the Fanusi Study Centre which coordinates the group of students representing Kenyan Universities in the congress, the twins joined the group and are making preparations to participate in the UNIV 2010 congress in Rome, Italy from March 27th to 5th April.



Popularly known as the twins, Edna Karigo (Bachelor of Commerce) and Evalin Karijo (Bsc. Environmental Health) will both participate in an international Congress of University Students (UNIV) that takes place in Rome Italy. KU will be participating for the first time.

KU to Offer Military Degrees

Kenyatta University has been selected by the Kenya Military to train eligible military personnel in courses leading to the award of Bachelor of Science degrees in Military studies.

This follows a competitive bidding process which was initiated in way of tenders by the Department of Defence (DOD) in July 2008 and where KU beat other Public Universities to win the bid.

The degree programme scheduled to start later in October 2010 will have two components, the Military (professional) Curriculum to be prepared and implemented by the Kenya Military Academy and the Academic Curriculum to be prepared and implemented by Kenyatta University.



Dr. S. Tumuti and others participate in a workshop to develop curriculum for the Military Degrees at KUCC.

It is envisaged that about pioneer 150 students from the Military will benefit from this noble initiative come October this year.

The training programme duration will be 3 years and is expected to be a major boost to the military who will now be able to enroll for postgraduate training in their areas of specialization. This will also give the soldiers a cutting edge in world where professional qualification has become compulsory rather than optional.

An MOU was signed by Prof. Olive Mugenda & Permanent Secretary, Ministry of Defense, Mrs Kirui on Wednesday, 18th February 2010 at 2.00 pm at the office of the Permanent Secretary at DOD Headquarters, Lenana Road, Nairobi.

Disability Day Inaugurated



Visually Challenged Students from KU recite a popular poem "Disability in not inability" during the inauguration of 1st KU Disability Day at the Graduation Squire on 26th March 2010

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pointing out that if the country succeeds, persons with disabilities should be in the vanguard of that success; and if it fails, they must be part and parcel of the burial guard of honour!

Speaking at the auspicious function, the Vice-Chancellor Prof. Olive Mugenda said that the launch of the very first Disability Day signifies the University's commitment to the welfare of persons with disabilities. The VC highlighted that the University has the largest programme in Special Needs Education in East and Central Africa, admits the largest number of students with disabilities, and in 2008, the University fundraised in support of an Orphans and Vulnerable Students (OVS) Fund which is currently being used to support orphans, the poor and other vulnerable students.

She assured those present that the University will continue to develop a barrier free environment for members of the University community with disabilities. "The University has moved a step further in demonstrating concern for persons with special needs as the Management has approved the established of a University Disability Office to provide services to students and staff with special needs", Prof. Mugenda reiterated.

She acknowledged the support offered by Tile and Carpet Company Limited through the donation of T-shirts to mark the Day and Kenyatta University Students Association (KUSA) for their generous contribution towards making the day a success.

Others guests present included Mr. Isaac Mwaura, who represented the Director, National Council for Persons with Disabilities, invited entertainment groups from Salvation Army Band who led the procession, Savannah Maestros and students from Karen Technical Training Institute for the Deaf (KTTID).

focus on students

Student Wins Japanese Speech Prize

Ms.Njeri Kagea, a 2nd year Department of Foreign Language Student, took the 1st Run-up prize in Japanese Language. The contest which was held at Strathmore University on 27th

February, 2010.

She was part of the 9 strong KU contingent in a field of 35 contestants from institutions throughout Kenya. We congratulate Nancy for holding the KU flag high.



Ms. Njeri Kagea, with her winning prize.

GOOD NEWS

Mr. Benjamin Kimuyu, KU Alumnus, Explodes The Maths Myth

One of our 2008 graduates made headlines in the local press for exemplary results in teaching the formidable subject, Mathematics. Mr Benjamin Kimuyu's students scored the highest grades nationally in the recently released K.C.S.E results. Most of his Masai Girls High School candidates Scored at Least A- while only one had B-.

Aids Testing Week Preparation on Course

The Aids Control Unit (ACU) in collaboration with the Kenyatta University Students Aids Control Organization (KUSACO), and I Choose Life-Africa (ICL) are organizing the 7th HIV Annual Testing Week from 15th to 20th March, 2010. This year's theme is; "*Nakumind, Unajimind*"?

During the week, there will be mobile voluntary HIV testing at the Main, Ruiru and Parklands campuses. However, the highlights of the event will be the Mr. and Miss Status beauty pageant, to be held on the evening of Friday 19th March, and the G-Amini Annual Talent Explosion (GATE), to be held throughout the day on 19th and 20th March.

The GATE concerts will show-case the talent of school youth from Kenya's seven provinces, with the aim of creating HIV/AIDS awareness through drama, song and poetry. All are welcome: Be Involved!



A mobile HIV testing clinic during a past testing event held in KU.

Seminar For Student Mentors Held



Aspiring Student Mentors take notes during the Student to Student Nurture and Mentorship Seminar held at KUCC on 18th February.

A total of 66 student mentors attended a Student to Student Nurture and Mentorship seminar on 13th February 2010 at KUCC.

The purpose of the seminar was to share experiences among student mentors, disseminate the programme's Guidelines and Code of Conduct and Ethics and to discuss the way forward for the programme. The resource persons were, Dr. Elishiba N. Kimani (Director Mentoring Programme), Dr. C.O Ashira (Head, Health Unit), and Prof. D. Nderitu (Department of Plant and Microbial Sciences).

After welcoming the student mentors to the seminar, Dr. Elishiba Kimani congratulated them for their commitment and dedication to the programme. She urged them to develop close, positive

relationships with their mentees, provide role models and ensure positive identity with Kenyatta University vision and mission.

While disseminating the programme' Guidelines and Code of Conduct and Ethics, Prof. Nderitu urged the student mentors to adhere to the set Guidelines and the Code. Dr. C. Ashira Osundwa, Head, Health Unit gave a presentation on peer influence in control of HIV infection. He appealed to the student mentors to set pace to their mentees by observing responsible sexual behavior.

The student mentors thanked the Vice Chancellor for giving them an opportunity to enhance their capacity in mentorship. They promised to ensure the effectiveness and sustainability of the programme.

PICTURE *Speak*

FOCUS ON KU COUNCIL



Prof. Olive Mugenda and the new Chairman of Council, Mr. Benson Wairegi, accompany the Council to KUCC for a Luncheon after the University tour.



The incoming KU Council Chairman, Mr. Benson I. Wairegi, and KU Council Hon. Treasurer, Mr. Eliud Mathiu during a Luncheon held at the KUCC after a tour of the University.



Mr. Sammy P. M. Kyungu and Ms. Grace B. N. Madoka, both Council Members, go through documents before the start of the 6th Kenyatta University Council meeting.



Dr. Frank K. Mwongera, Council Member (*extreme left*), Prof. Olive Mugenda, Vice-Chancellor (*second from left*), Prof. Peter E. Kinyanjui, Council Member (*third from left*) and Mr. Tom Bwana, Student Leader (*extreme right*) looking at the upcoming library during the Council Members tour of the University.



Ms. Grace B. N. Madoka and Mrs. Beatrice Musila, both Council Members, leave the Students' Computer Centre during the Council Tour of the University.



Dr. Frank K. Mwongera, Council Member (*second from left*), Mr. Benson I. Wairegi, incoming Council Chairman (*third left*) and Mr. Eugene Mtembei (*extreme left*) at the New Business & Students' Services Centre during the KU Council tour to the University.

FOCUS ON KU COUNCIL

Continued

PICTURE *Speak*



The Vice-Chairman, KU Council, Mr. Ayisi Makatiani and the Vice-Chancellor, Prof. Olive Mugenda during a Luncheon held at the KUCC after a tour of the University.



The incoming Chairman of Council, Mr. Benson Wairegi, Mr. Sammy Macharia, Rep. Permanent Secretary, Mr. Joseph Kinyua, Ministry of Finance and Prof. Peter E. Kinyanjui, Council Members, outside the Students' Computer Centre.



DVCs, Registrar Finance, with Members of Council as they tour the Human Anatomy Laboratories and Thika Road Funeral Home.



Mr. Obondo Kajumbi of Council enjoy his lunch at KUCC after the University tour.



Mrs. Fenny Mwakisha, Rep. Permanent Secretary, Ministry of Higher Education Science and Technology, Prof. Francis Kiamba



Members of Council visit the upcoming Modern library.

Research Update

Environmental Students Win Research Grants from HARECN

Two students from Kenyatta University have won research grants from the Horn of Africa Regional Environmental Centre and Network (HARECN) under the Demand Driven Action Research Grants (DDAR).

The two students, Ms Mary N. Maingi and Mr. Daniel Namenya Naburi are both from the School of Environmental Studies. The two students are pursuing Masters degree in Environment and Community Development.

They were among a group of 25 students drawn from the Horn of Africa Participating countries and institutions of higher learning who had applied for this very competitive proposal writing programme.

The Horn of Africa regional Environmental Network is a network of members and partners consisting of environmental CBOS, NGOs and higher learning institutes from 6 countries from the horn of Africa.

The network promotes intensive cooperation among them through the exchange of information and experiences between indigenous NGOs, CBOs, research institutions and universities in the Horn of Africa.

The Centre has several components, the most important being the partnership programmes, capacity upgrading and demand driven action research. Concerning the latter, the Centre aims to motivate students in environment related studies by offering practice-oriented research



Kenyatta University students during a recent research workshop.

options in field situations.

The research grants will greatly assist the students in writing their masters theses and carry out their research successfully. The two grants are worth approximately US\$5700.

KU Hosts Africa-Asia University Dialogue RCD Workshop

Kenyatta University in collaboration with Hiroshima University hosted a workshop on Research Capacity

Development (RCD), in Education from the 3rd to the 5th of March 2010.

The University was privileged to host this

international workshop on Research Capacity Development which focused on research and policy formulation and research fundraising among other themes. The A-A Dialogue has made substantial progress so far considering that the network started only five years ago with 4 African Universities and two Asian Universities.

At the moment, the network is at an advanced stage of registering a UNESCO University Twining (UNITWIN) which will allow any of the member universities to apply for a UNESCO Chairmanship directly.

The Ag. DVC (Academic), Prof. P. K. Wainaina, representing the Vice-Chancellor during the opening ceremony at KUCC, indicated that the member universities of the A-A Dialogue are developing research proposals in three major thematic areas: (1) Gender and Equity, (2) Quality of Education and Education Policy and (3) Teacher Professional Development.

After the opening ceremony, at the Vice-Chancellor's behest, the participants enjoyed a cocktail party in the VC's lawn. Between the 6th and the 7th of March, the KU-Hiroshima University Resource Centre, in the School of Education, hosted a Japan Universities Fair where students from KU and Hiroshima participated.



The DVC (Academic), Prof. P.K. Wainaina, addresses delegates and audience attending the Africa-Asia Workshop.

DID YOU KNOW?

Suicide is not chosen; it happens when pain exceeds resources for coping with pain."

That's all it's about. You are not a bad person, or crazy, or weak, or flawed, because you feel suicidal. It doesn't even mean that you really want to die - it only means that you have more pain than you can cope with right now. If I start piling weights on your shoulders, you will eventually collapse! Will power has nothing to do with it. Of course you would cheer yourself up, if you could.

When pain exceeds pain-coping resources, suicidal feelings are the result. Suicide is neither wrong nor right; it is not a defect of character; it is morally neutral. It is simply an imbalance of pain versus coping resources.

You can survive suicidal feelings if you do either of these two things:

- Find a way to reduce your pain
- Find a way to increase your coping resources

People often turn to suicide because they are seeking relief from pain and you have to be alive to feel it. You will not feel the relief you so desperately seek, if you are dead.
You are not alone!

Kenyatta University provides counselling services under the **Dean of Students' Office** on the Main Campus, as well as Ruiru and Parklands campuses. The services are free of charge to students and staff. As a student, counselling services enables you explore issues related to Psychology and emotions, career development, academic matters and decision-making in general.

Services are offered on individual or on group basis when issues in question are particularly similar. In areas of residence, there are trained Peer Counsellors who are willing to interact with a needy student. In all its transactions, the highest sense of confidentiality is observed by the counselling unit as per the ideals of the profession. Remember a problem shared is a problem half-solved!

Book an appointment with your counsellors on extension 57149!

“the most authentic thing about us human beings is our capacity to create, to overcome, to endure, to transform, to love and to be greater than our suffering. So why kill yourselves? Life will do it for you some day anyway”

Understanding the Suicidal Phenomenon



By Sr. S. Nganda

Suicide is the conscious and deliberate attempt to end one's life. Suicidal attempts (the person survives) and suicidal ideation (thinking seriously about suicide) are other dimensions of the suicide phenomenon. Suicide is one form of violent behavior that characterizes the self-destructive lifestyle of many youth.

Three conceptual perspectives may help explain the epidemic of suicide:

1. **The sociological approach-** seen in the theory of Emile Durkheim (1867-1962) an individual's mobility to be comfortable with society and the impact of an unstable environment may force one to contemplate suicide.

2. **The psychological perspective-** from Freud's psychoanalytic concept, suicide represents inverted anger resulting from the loss of a loved object.

3. **The ecological perspective-** suggests that increase in competition for scarce resources and opportunities leave youth vulnerable for suicidal behavior.

There are many risk factors that contribute to the increased likelihood of suicidal ideation, attempts and completion. These factors are both psychological (internal) and sociological (external).

Psychological factors:

- Cognitive distortions
- Hopelessness
- Self-Efficacy and
- Coping style and Affect Regulation

Individuals with mental disorders, especially those with depression often display cognitive distortions such as rigid or dichotomous thinking, exaggeration or minimization of events. More often than not, such distortions lead to hopelessness.

A relationship exists between hopelessness and suicidality. Hopelessness arises from multiple sources including low self-esteem combined with interpersonal losses and lack of confidence in one's ability to regulate mood or

solve personal problems. At this point, the individual lacks self-efficacy and suicidality is most probable.

Self-Efficacy beliefs, the assessment of one's ability to manage or control external and internal threats exert a primary influence on human emotion, cognition and behavior. Positive self-efficacy represents the opposite of hopelessness and does protect individuals from suicidality.

Coping and emotion regulation styles refer to how individuals manage stressful conditions or events and how they regulate their own emotional, physiological, behavioral and cognitive reactions to stress. Coping styles contribute to physical and mental health following stressors.

Sociological factors influencing suicide include: marital status and parenthood, social support, religion/spirituality and economic/socioeconomic status. Across many cultures, people who enjoy close relationships with others cope better with various stresses and enjoy better psychological and physical health.

Helping professionals must consider the number of risk factors in dealing with suicidal clients. I hope you will now be more aware of these factors and be able to recognize individuals at risk.

The prevention aspect of suicide to be continued in the next issue.

Appointments



Dr. Phelomena N. Mwaura of the Department of Philosophy and Religious Studies as Acting Director, Gender and Affirmative Action Centre.



Dr. James O. Oyugi of the School of Health Sciences has been appointed as Acting Chairman, Department of Therapeutics, Dermatology and Psychiatry.



Dr. Wilson Kerich of the Department of Educational Communication and Technology has been appointed as Co-ordinator of Kenyatta University Programmes at South Western Teachers Training College, Kericho.



Mrs. Grace Kimani of the University Library has been appointed as the Acting Bookshop Manager. The Bookshop will be established at the Business & Students' Services Centre. (BSSC)

OBITUARY



The Late
Mr. Martin N. Odero

Mr. Martin N. Odero, Assistant Lecturer in the Department of Recreation Management & Exercise Science passed away on 12th February 2010 after a short illness and was laid to rest on 27th February 2010. The VC sent her condolences to his family from herself and the KU community.

May his Soul Rest in Peace

BEREAVEMENT

1. Ms. Eunice Nduku Mathuva lost her father Mr. Patrick Mathuva Mavuthu on 29th January 2010 after a short illness. The late Mr. Mavuthu was laid to rest on Saturday, 6th February 2010 at Itaava Village, Matiliku Division, Nzaui District, Makueni.
2. Ms. Jacinta N. Mutunga of the Deputy Vice-Chancellor (Academic) Office lost her husband Mr. Peter Nzuve Lwaya. He was laid to rest on 6th February 2010 at Uvete Village, Mukaa Location.
3. Mrs. Pamela K. Kamonde of Ruiru Campus lost her mother Mrs. Pacifica Moraa Masese. She was laid to rest on 16th February 2010 at Matunwa Village, Esise Division, Borabu District.
4. Mr. Julius K. Ringera of the Sports and Games Department lost his son Master Caleb Mutethia Kimathi on Friday 26th February 2010. He was laid to rest on 3rd March 2010 in Keirwa, Meru.
5. Ms. Liz Murugi Mwititi of Admission Sections, lost her mother, Mrs. Doris Kaguna Karitu on 13th February 2010. The Late Doris Karitu was laid to rest on Friday 19th February 2010 at her home in Kirege Village, Chuka District.

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



Sports Brief

Universities Sports Kenya Leagues Kicks-Off

The Universities Sports Kenya leagues for various sports (Basketball, Handball & Rugby) kicked off a fortnight ago. Hockey, Volleyball & Soccer league is set to kick-off this weekend (13th & 14th March 2010) where soccer and Volleyball are set to defend the title they won last year. During the pre-season tournament, Volleyball (M&W) emerged winners while Hockey (M&W) attained 2nd positions. This is a good indicator for better performance once a gain this year.

KU Participated in the Egerton University Inaugural Sports day on 6th & 7th March 2010

KU sent a number of teams to represent the University in the inaugural Egerton University sports day on 6th & 7th March 2010. The following disciplines represented the University; Soccer (m), Volleyball (M&W), Chess (M&W), Table Tennis. Our Volleyball (M&W), Chess and T. Tennis emerged victors in a well attended tournament.

KU Hockey Teams (men&women) Crowned Winners in The Eldoret Re-Union Tournament on 6th & 7th March 2010.

KU Hockey teams participated in the Eldoret Re- Union Hockey tournament on 6th & 7th March 2010. The tournament attracted a total number of 15 teams. Our teams emerged Victors and bagged trophies on offer.



Preparation for East-Africa University Games 2010 underway.

The preparations for eagerly awaited E.A.U.G scheduled for Dec. 2010 are at top gear. The local Organizing Committee and other sub-committees have had a series of meetings to strategize and plan for the prestigious event. The University Management is giving full support towards the preparations.



The KU City Campus registered 15 Ph.D students in Business and 7 others in Education. 76 students have been registered for Master Degrees in Economics, Business and M.A Arts. All classes have taken off from Monday 1st March 2010.

The Campus has continued to receive many visitors coming to enquire about the programmes on offer and the Directors and the staff on station have been at hand to serve all and sundry with utmost courtesy as it is our service spirit at the City Campus. We look forward to a bright KU future here in the city.

On Track with Infrastructural Growth

The Business & Students' Services Centre

The University recognizes the students as its major client and stakeholder. It recognizes that students come from different social backgrounds and face a myriad of challenges. In response to this, the University has put in place appropriate support systems to embrace the welfare of the student community.

In line with the University Strategic and Vision Plan (2005 - 2015), the University has striven to put in place new infrastructure as a basis of providing the services to the University Community. It is in line with this vision that Management undertook to construct a modern Business and Students' Services Centre.

The Centre will serve as a one-stop destination in providing the services needed by the student. The Centre houses various staff and student offices which provide various key services.

These include: the Office of the Dean, Students' Affairs; the Counselling Services Centre; the Chaplaincy Centre; Directorate of the Mentoring Programme; the Kenyatta University Student's Association (KUSA) offices and the Centre for Careers and Attachment Programmes.



The New Business and Students' Service Centre.

REGISTRATION- SECOND SEMESTER 2009/2010 ACADEMIC YEAR (2008 AND 2009 GROUPS)

2008 AND 2009 REGULAR UNDERGRADUATE STUDENTS IN MAIN, PARKLANDS, RUIRU, KITUI, SOUTH WESTERN TEACHERS COLLEGE AND CITY CAMPUSES, SELECTED POSTGRADUATE STUDENTS

This is to remind all students that the registration deadline for the above mentioned categories of students who commenced their second semester 2009/2010 academic year on 19th February 2010 is as follows:

- Deadline for Payment of Fees – 12th March 2010
The students are expected to have completed payment of the required fees by 12th March 2010
- Deadline for On-line Registration of Units – 17th March 2010
The students are expected to have completed on-line registration of units by 17th March 2010

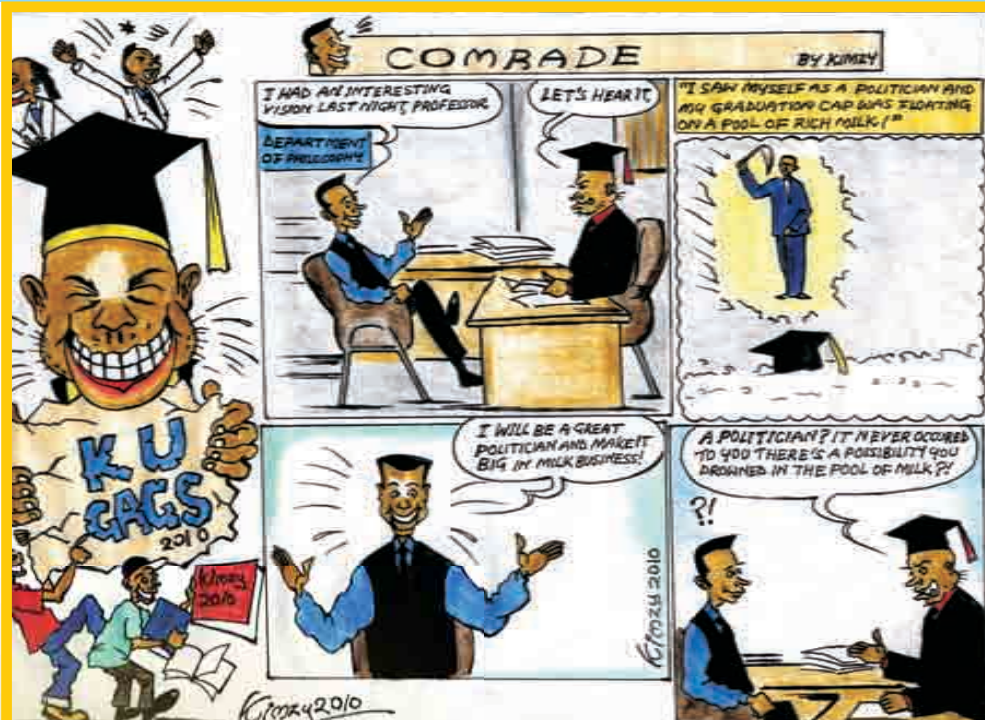
PLEASE NOTE THAT REGISTRATION FOR A SEMESTER COMPRISES PAYMENT OF FEES AND ONLINE REGISTRATION OF UNITS.

Those students who will not have completed their registration for the 2nd Semester 2009/2010 academic year by the deadline are required to take the semester off.

“I hated every minute of the training but I said, ‘Don’t quit. Suffer now and live the rest of your life as a champion.’”

-Muhammad Ali, Professional Boxer

From the Novel, **Unstoppable**
by Cythia Kersey



Poem

I Need Not Your Pity

I need not your pity,
Just your understanding
I have no use for your sympathy
Just put yourself in my shoes

Don't you like to see me try,
In spite of my deficiencies, striving
Fighting against fate's crooked hands
That struck me off from the league of so-called 'normality'?

Does it bother you that much
When I don't beg from you
When am not in some dark street corner
Avidly shaking my plastic begging cup at you
"Saidia maskini" my tongue keening at you?

Are you vexed by my being better than you,
As you fear accepting that you and I stand on the same platform
That in spite of my infirmities
I ask not for your pennies, your shilling coins
And beg not for affirmative action?

Is it jealousy that eats your gut,
What is that fire burning from your every word,
Is it envy's colour I see in your eyes,
Red anger that oozes from your every pore,
Or is it the emotion that warps and curls your face and lips,
Your nostrils dilating with revulsion
Whenever near you I draw?

In all, three things I delight in, two I joy of;
One, in your pique you appreciate me,
Two, in your jealousy you compliment me
Three, I glad in your twisted compliment

ELVIS BANDO (A friend of the disabled)

Mind bender

1. What is the missing word?



3. Photogenic is to pictures
as Nocturnal is to

Answers in the next issue

2. What is the next number in the series

2, $1\frac{1}{3}$, $\frac{2}{3}$, 0, (?)

Beware of Extremists – Political, Religious or Other

In the long run, anger and hatred are self-defeating emotions. But in the short run they pay high dividends in the forms of psychological and even (since they release large quantities of adrenalin and noradrenalin) physiological satisfaction. People may start out with an initial prejudice against tyrants (read realists, fanatics etc) but when tyrants or would-be tyrants treat them to adrenalin releasing propaganda about the wickedness of their enemies - particularly of enemies weak enough to be persecuted - they are ready to follow him (or her) with enthusiasm ... Strong emotion is in the highest degree contagious. Infected with the malignant frenzy of the orator, the audience will groan and sob and scream in an orgy of uninhibited passion. Almost all of us long for peace and freedom, but very few of us have much enthusiasm for the thoughts, feelings and actions that make for peace and freedom. Conversely, almost nobody wants war or tyranny; but a great many people find an intense pleasure in the thoughts, feelings and actions that make for war and tyranny (or rioting).

From "Brave New World Revisited"
By Aldous Huxley,
20th Century philosopher and futuristic author.
With editorial adaptation.