

# Comrades

NEWS FOR THE STUDENTS AND ALUMNI OF THE UNIVERSITY OF NAIROBI

APR/MAY 2021 ISSUE



## COVER STORY: BALLS OF STEEL

Meet Yassin Munyanya the youngest aspirant in the Nairobi Gubernatorial race. We get to know what drives him.

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#### ONE ON ONE WITH MASTER PIRANHA

We get to hear from one of the biggest musical talents in UoN.

#### NEW YEAR, NEW FACES NEW LEADERSHIP

Get to meet and know some of the new Student Leaders that were elected in the online elections in Nov 2020

#### VIRTUAL LEARNING BLESSING OR CURSE?

Is online learning the new normal? Does it ease the learning process or makes it even harder?



# STAY SAFE AND HEALTHY

**BACK TO CAMPUS:** LIVING AND LEARNING IN THE NEW NORMAL



## **SOCIAL DISTANCING**

A minimum distance of 6 feet.



## **FACE COVERINGS REQUIRED INDOORS**



## **WASH HANDS OFTEN**



## **STAY HOME IF YOU ARE SICK**

UoNComrades  
together



# Comrades

## UNSA MAGAZINE

JAN/FEB 2021 ISSUE

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The University of Nairobi Comrades Magazine is published bi-monthly by the University of Nairobi Students Association

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# Editorial Team



**Emma Jaber**  
Chief Editor

In the words of a famous song: Everyone's looking for a way to say something's that not been said before, but that's hard to do. So I'll just say, love lifted me. Each page speaks of a labour of love... for a people, a pursuit, a prize, a place. As you flip through the pages, may you pick & pursue a passion. Let's get lifted.  
-Love & light.



**Adrian Lubanga**  
Associate Editor

We all have a story to tell. At times all we need is a platform to amplify our stories. And this magazine is exactly that. I am excited to be working with some of the most brilliant minds on campus to help tell these stories in the most impactful way possible. As we set sail with this issue, be our guest. Ready for the journey ahead? We bet not. Here's to sharing our stories with the world!



**Immaculate Kendi**  
Associate Editor

May everything you do while still alive be the reason people will miss you when you are gone, and not the reason they thank God you are no more.  
**Facebook** @Kendi  
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**Facebook page:** Reality talk



**Mahak Dagar**  
Associate Editor

I am a second year journalism and media studies student. Everyone's story matters, and I hope we are able to provide a platform where we can come together and share our experiences. As Kim Namjoon said, "Tell me your story. I want to hear your voice, and I want to hear your conviction. No matter who you are, where you're from, your skin colour, gender identity: speak yourself."



**Collins Kibet Kiprop**  
Associate Editor

As a man of many talents; writer, producer and director, my priceless motivation is the ability to not only be good but also the best. As Richard Bach puts it, "A professional writer is an amateur who did not quit" The slogan 'Press On' has and will continue to solve the problems of the human race.



**ORCHID VALLEY**  
Natural. Healthy. Delicious.

## a word from the VC



I am deeply elated to witness the publication of the University of Nairobi Student magazine, dubbed 'The Comrades magazine.' This is not only a sign of progress in how we tell our story as a University but also a moment to witness the fruits of collective efforts. It has been our norm to embrace togetherness since time immemorial and it is in tandem with the latin words engraved in our logo 'Unitate et Labore' which is a call to 'unite and labor.'

During my installation as the 8th Vice chancellor of the University of Nairobi, I did indicate that for us to achieve our vision, different stakeholders had to play their part and their support and dedication of time and energy was going to be very instrumental. I am glad that the students, through the University of Nairobi Students Association are rising up to the occasion.

This publication comes second after an earlier publication having been done way back in 2008. It will go a long way in promoting the various talents in the University and will also be very useful in helping to bridge the gap between the University and the Industry. It also comes at a time when the University continues to make significant achievements both locally and internationally. Stories such as that of Mr Socrates Majune winning the WTO Thematic paper award or that of Ferdinand Omanyala winning the 100m race at Nyayo stadium couldn't only be told by national and international media but also by our own magazine.

I have no doubt that the magazine will play a pivotal role in our journey as an institution; help in building an academic edifice that will inspire fresh hope and push the frontiers of university education locally, regionally and internationally. I applaud the organizing team, the contributors and the entire students' body for this great initiative and I promise that my office will not hesitate to give the support needed to make it even more sustainable. **"Together we're stronger".**

## a word from the President

"If you're too comfortable, it's time to move on. Terrified of what's next? You're on the right track." As I vied for the UNSA President position, these words were my guiding light and as we embarked on creating and birthing the first ever issue of Comrades Magazine they served the same purpose for me and my team.

We as a University community have lacked a platform where we can exchange stories and experiences that make each Campus unique. I felt that for us to really claim to be one community, each and every student should be able to know what happens in every other campus in an easy and interesting manner.

The stories we share here will be fun, inspirational and will tell of how we overcame what we went through and will be someone else's survival guide. Great men have gone before us and their stories inspire us even though they are not well documented. Having the Comrades Magazine, we are sure that generations to come will have our experiences and our time in this great institution well documented for their consumption and betterment. This magazine began as a dream but as Richard Branson once said, "If your dreams do not scare you, they are not big enough." We were scared but we took the dream and made it a reality and that leads me to my last statement... **Let your dreams be your wings. FLY. BE.**



# The Frontline Commandos

WITH SHARON ADONGO

A third-year student in Bachelors of Medicine and Bachelors of Surgery, Sharon Adongo recently found herself on the frontline at Sheywe Community Hospital in Kakamega. I sat down with her to discuss her experience.

## How did you find yourself there, was it voluntary or default?

I went to work in a facility. I was to do the normal duty that a clinician does, and that is how I got myself in that position.

How did your family and friends take it?

Some of them didn't like the idea, but they had to accept it as it's what I do and it is why I'm studying medicine.

## What emotions were at play as you were there?

There was a lot of fear, but we are also helping people. The stigma is there. Those who tested positive for corona would face stigma. Others would not even come to the hospital because they were afraid they would catch covid at the hospital.

## Did you ever feel hopelessness at any instance?

Yes, I remember there was a certain patient we were treating and he was very sick. He was sweating, he couldn't even stand. For such patients you wonder what you could do for them except prescribing them the medications to relieve the symptoms and boost immunity, but there is not much you can do.

## What was the feeling amongst the patients? How did it make you feel as a student/medic?

They were nervous. Others didn't even want to do the test. Actually, it was something they never accepted. When they come with the covid symptoms, no one wants to accept that they can do the test or accept that they have covid symptoms. They just wanted to get treated and leave the hospital. The patient has autonomy; you cannot force them to do something they don't want. Although, sometimes I felt like if I was in a position of doing the test without them knowing I would do it, but they must consent to it so that they take the test.

## How did you work with these patients?

The thing was, I was working as a clinician. I was just seeing patients, making a diagnosis, sending them to the lab and then treating them, eventually. However, there were patients who had these symptoms which were not normal, even after doing basic tests. For such patients whom we suspected to have covid, we would send them for a covid test.

## What precautions did you have to take, what schedules did you have?

There were the standard operating procedures: there was the hand-washing taking place outside the facility, there was someone taking the temperature, and we accepted no one into the facility without a mask. We would work for a day or two or three or four, depending on our schedules. There were medicines we were being given weekly as immune boosters.

## Did you ever have any second thoughts in the course of it about being a medic?

I don't think I had any conflicting feelings; I took it positively. Of course there was that fear that you might get corona and eventually die, but I never had conflicted feelings about doing medicine; I think I was more inspired.



“ Everyone should take care of themselves well. **Wear your mask, wash your hands and don't underestimate something just because you may not be seeing the numbers. The virus is actually real.** ”

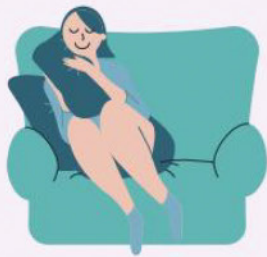
# Procedures for Self-Quarantine under Covid-19

Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have history of travel in infected or heavily populated areas.

## Stay at home.

Limit all your non-essential travels.

*Unless you're going out for food, medicines or other essentials.*



## Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.



## Check your temperature.

Check your temperature at least two times a day.



## Stay in a specific room.

If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others.



*If possible, have a designated toilet and bathroom as well.*

## Watch for other symptoms.

Aside from fever, Covid-19 symptoms include cough, difficulty breathing, and fatigue.



## Practice social distancing.

If you need to go out, maintain at least 1 meter (3 feet) distance from others.



## Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.



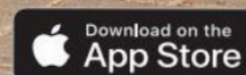
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# Inua Comrade

**Inua Comrade** is an initiative that aims at helping needy students acquire the basic needs such as food, transport costs and printing costs for their assignment. The initiative was officially launched in 2019 but had been in operation since 2017.

Inua Comrade was initiated by **Phroncine, the Governor, Lower Kabete campus**. In 2017 when she was only a class representative, some students would approach her and tell her they had nothing to eat. She would assist them as much as she could. This pushed her into establishing an initiative that would help meet their needs. She had not yet named what she was doing until 2019, when she decided to call it 'Inua' meaning 'uplift'.

The thought of a comrade sleeping hungry motivates Phroncine and her friends to raise funds and help them. This is what keeps her going; the thought of her neighbour suffering whereas she can help, makes her push harder and give more. Everyone needs a shoulder to lean on in life and the needy students, through the Inua Comrade initiative have been assured of one.

Inua Comrade, aims at becoming an organization that helps needy students across all universities in Kenya complete their studies without them feeling inferior. With an assurance that their needs are catered for, those students can put their focus on their studies hence attain academic excellence.

So far, Inua comrade initiative has achieved a lot. Before, its official launch while at class level, the initiative raised funds for two students whose hospital bills had ballooned. Also it catered for food and fare expenses for other two students who did not have fare to travel back to school. In February 2020, the initiative sponsored food and shopping expenses for 30 students drawn from different classes for a month before corona sent them home in March. The initiative catered for two meals a day for the 30 students through the month.

**“ The thought of a comrade sleeping hungry motivates Phroncine and her friends to raise funds and help them. This is what keeps her going; the thought of her neighbour suffering whereas she can help, makes her push harder and give more. Everyone needs a shoulder to lean on in life and the needy students, through the Inua Comrade initiative have been assured of one.**



The biggest challenge is raising funds to support the students. Donations come from fellow students who needless to say do not have much, hence sustaining the needs of the needy students in these tough times becoming difficult. Also some students doubt the motive of the initiative. They restrain from giving donations as they fear it's a scam aimed at squandering their money.

The initiative so far has no partners. It only draws its funds from students of good will. The initiative has not received any support from the school administration, but they hope to lobby with the administration so that students in extreme need can get meals from the school mess.

**Persons of good will are therefore welcome to help raise funds for the Inua Comrade Initiative.** "Alone we can accomplish little but together we can do so much more," says Phroncine, founder of Inua Comrade Initiative.



# MUSICAL DELIGHT



*Mrinzi Nyawa*, better known by his stage name 'Master Piranah', is an up-and-coming musician who recently graduated from the University of Nairobi. A jovial man with a powerful passion and drive for music, I sat down with him to discuss his musical journey, academic pursuits, and the future of his career.

## **What prompted your stage name, 'Master Piranah'?**

'Master' in music means a high skilled artist, that's where I got it from. 'Piranah', was a name given by my high school classmates. There is this book called the whale rider and I was given a chance to read it. I read it so well that my classmates gave me that nickname of Piranah, after one character called Koro Apirana.

## **You describe yourself as an east African bongo flavour/afrochakacha musician. In your own words, what does that entail for you?**

Well, it summarizes me so that the normal fan can understand and know me better. I do a wide range of music; there is pop, sometimes I even do reggae. I do diverse types of music except rap. I am flexible and I can do anything that first makes me happy and makes the normal fan happy as well.

## **What prompted your interest in music?**

Various colleagues and family members. I remember sometimes back in primary school we used to have these duty rosters of who will sing. We used to sing just before we left for lunch time. So anytime it was my turn to sing, the entire class would be hyped. So our class teacher recognized that, and I was actually made the permanent singer for that class. That's how I accumulated my interest in music. It was not until highschool form three when I was fully motivated. There was this launching ceremony where our high school was being promoted to a national school. There were several invited guests, including the former governor of Nairobi county, Mike Sonko. He was an old student of that school. I performed a song by Diamond Platnumz. I performed that so well until Mr. Mike Sonko gave me a cash gift and also gifted the school a few hundreds of thousands. So after that I knew I am really talented and happy to do something about it. I continued with my studies until I joined campus, where I visited studios and recorded my own music. Along with writing my own music, I wrote for other artists too.

## **What does your music writing process look like?**

The moment I get an interesting topic, I take less than an hour to write a full song. After that I edit, add some things to it. I like to be unique. Someone can tell me a story and I will come up with an idea and write up a song.

## **Do you take your experiences as inspiration?**

Most of the time I use my personal experience. Sometimes I see something happen to a friend or a colleague then I get the inspiration. Other times I like to read articles, so when I see an interesting article or story I get an idea and write about it. It's not that I write all the time from my experience, but I get ideas from different places. If I see something interesting, I just write a song.

## **Your song 'UoN Shule Lao' is an ode to the university. What**

release it soon.

### Can we expect an album soon?

Yes. In fact the album is ready; we are just waiting to film a video for each of the songs. I intend to release them altogether. I want to be unique.

### What piece of advice would you give to budding artists? Or any of your fans that are trying to get into music?

My advice is very simple: be disciplined, humble, and hardworking.

**“ After releasing a project, I become anxious to know how the common listener, critics, cyber bullies and fellow artists "with big names" will react to it. When they love it, I even experience more nightmares trying to figure out how to make the next project better than the current one. But it all depends on one's level of confidence in what they do. ”**

- Master Piranha

### What would you tell the guys with talents in music and even other talents and are students in UoN? What avenues should they explore? Are you happy with the school's setup and support?

My advice to fellow youth in campus is:

1. Belief in oneself.
2. Discipline, smart working and consistency.
3. Never quit.

There is no specific avenue to explore especially in the music industry, it's a matter of using common sense. Anything beneficial to the artiste's image is recommendable for pursuit. A professional artiste should not be afraid of knocking at big office doorsteps in search for contracts. They should use all available platforms to sharpen their skills and take their talents a notch higher, everyday.

# QUICK 3 FIRE



- 1) What is the most expensive item around you? My tv set.
- 2) What has been your biggest achievement in your career? Nominated for presidential performer during Jamhuri day, that's one of my biggest achievements. I am very grateful about it. UoN helped me with that too.
- 3) What are your top three songs at the moment? I have been listening to one of my songs I recorded, called oh ya, kongole, and Samantha.

### prompted you to write this song?

It was a random idea. I just woke up and felt like I had a rhythm to work with and the words were coming to me, so I wrote it for fun. I recorded it with a friend in our hostel. When we released it and saw the positive feedback, I recorded it in the studio and presented it to the school. They liked it and offered me another presentation.

### Your song 'Samantha' was a little different from your other works. Do you see yourself incorporating more genres in the future?

Yes. I am flexible. Samantha is a mix of rumba and Swahili. I try to do every genre except rap, although sometimes I give it a shot. I don't see myself rapping in the future because there is a lot of competition in the industry. I would like to focus on what I can do the best in order to give outstanding results to the fans so they can recognize that this is Master Piranha, this is what he does best. I don't want to be a jack of all trades; I want to be a master of one.

### Artists often get nervous even after their produced work is well received. Do you get any such feeling, and if so, how do you get the motivation to release your work?

Yeah, sometimes I tend to get very nervous. It's the fear of the unknown. After releasing a project, I become anxious to know how the common listener, critics, cyber bullies and fellow artists "with big names" will react to it. When they love it, I even experience more nightmares trying to figure out how to make the next project better than the current one. But it all depends on one's level of confidence in what they do. Confidence comes with high creativity and quality output, thus attracting numbers. Once I successfully combine the two, I become very comfortable and fearless. To overcome this nervousness, I make sure my work always meets the requirements and standards of "good music" so that my competitors don't get the energy to criticize.

### You hold a degree in science, wildlife management and conservation. How did you juggle that with your music?

At first it frustrated me. In fact, there was a time my family said I either choose between music and studies. So I chose studies and dropped music. I then had two or three months to figure things out. I could then focus on both. I bought two bags, one for books, the other was for music equipment. So if class bounced I would give the study bag to a classmate to take it back to the hostel and I would take the other bag and leave for the studio. Every free time I got I would head over to the studio, even on weekends. With time, I got used to it. I can't say it didn't affect my studies but I thank God because I am accomplished on both sides.

### Now that you have graduated, what plans do you have for your musical career?

Right now I am planning on going full time, but I am also looking for a professional job that can double as a side hustle. I am thrilled that the university is very supportive. They have helped me connect with a lot of corporates. They also gave me the privilege to write them a song. We have a video in the works; we are waiting for approval from the VC and council so we can

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# A7



# proudly UoN



## **VINCENT NYAKWACH, 3RD YEAR, SCHOOL OF ECONOMICS (MAIN CAMPUS)**



Joining UON is something I had really looked forward to. "This is where I am going to shape my future," I told myself as I stepped into the University on that Thursday morning. I did join the University during the kick-off for the University of Nairobi Students Association (UNSA) elections campaigns. I decided to help my favorite candidate for the gubernatorial seat, Eliud Makori who would later win. Consequently, I was appointed as a committee chair for academics, a position that hasn't only given me a chance to improve my leadership skills but has also given me a chance to accord assistance to other students. This story of service would not be complete if I failed to tell you about the Hult Prize international competition for championing the SDGs that saw me serve in the planning committee and ultimately, the opportunity that I had, to represent The African Students Association in Shanghai China for a program exchange.

## **VIOLET MORAA, 3RD YEAR, MEDICINE AND SURGERY (MBCHB), KNH**



One expects to cruise through school and exams because we've all heard stories of how our predecessors missed a thousand lectures and still graduated. Mine was a different story. You come in confident to score distinctions but end up discovering that being an average student and maintaining your sanity is equally important. The most exciting thing about campus has been meeting new people and friends. I have learnt that Somalis call their mothers "hooyo" and the red dot on Indians' forehead doesn't always mean they're married. Truly, the best place to network. The best decision I ever made was to join the Christian Union. Within it, I have grown spiritually as well as made beneficial mentorships and friendships.

## **WYCLIFFE FRANCIS, 1ST YEAR, FOOD NUTRITION AND DIETITICS ,UKC**



My university experience so far has been amazing. I have learned so much in such a short period of time. CAVS is a very welcoming place and from the first day, I felt at home here. I have made many new friends from many different backgrounds. It's been fantastic to meet in person people that I got to know over WhatsApp during the COVID-19 pandemic. There were WhatsApp groups set up for people who would be studying the same course. I have been spiritually uplifted in the university having joined the UKSDA family. Getting baptized in the church was the best moment of my stay here. My classes are great and I enjoy them all. I love to learn new things and I couldn't wait to get back to it. The classes have all been informative and incredibly interesting. Time has been flying. I cannot believe that we've been at the campus for two months already. Life at CAVS is a great experience that I plan to make most out of. My experience so far surpassed my expectations. I would advise the young ones who are still applying for the universities to make UoN their first choice. Indeed this is a place to be.

## **ZAKIYA MFUMBI, 3RD YEAR. BACHELOR OF COMMERCE MSA CAMPUS.**



I joined UoN in 2017 with the aim of becoming a successful entrepreneur in the business world. My experience in the university has been beneficial in that I was able to get more exposure as a business student through attending symposiums, talks, etc. I was also able to participate in Co-curricular activities like Chess, Scrabble, Netball, and Volleyball. Through the UoN, I have become more of a mentor to other students by Engaging in life changing behavioral activities and speaking out on the challenges that they face as students especially the girl child. This was evident during the pandemic when I joined Vybezzero Talk Show where we actively sensitize young people and especially the students on how to enrich themselves with knowledge and skills which are beneficial for their future wellbeing. Am looking forward for a University of Nairobi whereby students take more proactive steps to prepare for life after campus so as to become responsible, well rounded, productive individuals to the community and economy at large.



# Path



**My name is Omondi Evans, a 4th year student of Economics and Statistics at The University of Nairobi, Main Campus.** Am so much grateful to the Office of Career Services for connecting me to Solar Panda Company where I was invited for an interview in September 2019 and managed to be considered for an internship from October 2019 till date. I work as a Customer Service Representative, in which my roles entail calling and receiving calls from the company's customers to help them in matters pertaining their Solar kits. This opportunity has helped me a great deal as I am able to cater for my personal needs and also pay for my University fees. Always grateful to the Office of Career Services. May God continue blessing that office to continue helping more students.

**My name is Mercy Terer, student at Kikuyu campus awaiting graduation.** I applied for an internship late 2019 through career office. I was called for an interview in January which I attended and succeeded. I am happy the exposure at Solar Panda has given me a feel of the job market and has helped me get money which I am using to undertake a post graduate diploma and pay for my bills. Solar Panda is a diverse organization. My duties include but not limited to; Customer service assistance, follow up calls, approving sales, trouble shooting. It gives me immense pleasure when customers are satisfied with my services. Working there has equipped me with Communication, interpersonal, customer care skills and ability to work under pressure. I am greatly indebted to the UoN Career Office gifting me with a platform to start my career journey."

**My name is Jeremiah Nthumo, a former Bachelor of Arts student of Economics and Sociology from The University of Nairobi.** The Covid-19 pandemic caught me by surprise immediately after doing my final examinations in February 2020. Stepping out of school into the job market made me fret at first. However, I got in touch with the Office of Career Services hoping that I would benefit from being connected with employers who were looking for employees to work with at their companies.

With support from Office of Career Services, I luckily got invited for an interview at Liddem International Construction Co Ltd and later managed to secure a job role as a Sales Representative in the company after a series of interviews. The opportunity has been a great game changer in my life. This job has not only helped me transition from school life to the job market smoothly, but has also enabled me get exposure, improve on my personal skills and learn a lot as a sales representative in our company. Being a first-born in our family, I am now able to support my parents and siblings during these hard times of the Corona Pandemic. I sincerely appreciate the Office of Career Services for such great support

**The Office of Career Services has been partnering with a few corporates since 2018 to secure paid internship opportunities for UoN students. These are just but a few of our testimonials.**

# finders

**I am Faith Thumbi, a former student of The University of Nairobi currently working with Liddem International Construction Equipment Co Ltd.** First, I thank the UoN Career Office for it is through the office that I am working at Liddem. My journey with the careers office started in 2019 where I attended some soft skills training sessions hosted by the Director, Career Services, Mr. Johnson Kinyua. At first, I thought after studying hard in Campus and getting very excellent grades, it would be enough for me to thrive in the professional industry. Well, I was wrong, it takes more effort and determination to grow in your career path. These insights I got from the sessions I had during the various career training sessions. I can still hear the words of The Director echoing in my head as if he was talking directly to me "You will get a job whether you like it or not." He told us the best way to differentiate yourself professionally is by learning soft skills and making sure you are the best at it.

Without hesitation, I set a goal for myself to learn In-design and also took an online google digital marketing course. Being the marketing representative at Liddem, the skills I have learnt have played an excellent role in helping me be the best at my job. I encourage every student to learn digital/soft skills that will help them thrive in their career path even with the changing situations brought about by the pandemic.

My people, things have gone digital. Let us all go digital. Stay Strong, Stay safe, and learn a skill.

**Dennis Kamindu is a University of Nairobi alumnus. He graduated in September 2018 with a BSc. Electrical and Information Engineering Degree, Second Class Upper division.**

While in Campus, Dennis was involved in various activities, but the most significant one was at 'The Journey UoN' where he was a member of the band. Here is where he nurtured his guitar skills, improved my social skills, and formed friendship bonds that have lasted till today.

Dennis joined Huawei through a Graduate Management Trainee recruitment drive that was held at the University of Nairobi in June 2018. "At that moment, we were doing our final year projects. I applied for a position at the company and they responded by inviting me for an interview.

There were about 87 of us at the interview stage. The interview itself was held in three separate levels (Group interview, Technical interview & Final interview), on the same day and at each level, some of us got eliminated. A few weeks later, I got an email that he had successfully passed the interview stage and was offered one of the positions available.

The Graduate Management Trainee program itself was quite unique. The first month was an in-class training, done and facilitated by a vast team of experts in their various fields. After each course, we did an exam to measure our understanding of

the various courses. After the first month, depending on the score obtained from the exams, you were placed in the specific department in which you preferred and scored the highest. This was followed by a 4 month on job training experience. During this period, I was assigned a mentor who guided and supported me through the whole journey. The mentors assigned to all the trainees were experts with many years of experience in their respective fields.

At the end of the 4 months of on job training, there was an appraisal done based on the tasks handled. The appraisals were very objective, because these were based on results and also how much you were able to learn under your mentor. Therefore, it was very important to learn as much as possible from your mentor because during the final oral defense held in front of a panel of experts, a lot of questions would be asked based on your work experience.

After the 4 months on job training, I was named one of the excellent staff and offered a position in the company. I now work for the IT Solution Sales Department in a very diverse team of experts who have given me so much support in growing my career as well as in understanding the IT product portfolio. My transition from campus to the Huawei workforce has been made seamless due to the hard work of a dedicated team of experts that came together to formulate a unique management trainee program that seeks to develop knowledge, social skills, communication skills and work ethics while maintaining all the unique aspects of the trainees intact.



**Omondi Evans**



**Mercy Terer**



**Jeremiah Nthumo**



**Faith Thumbi**



**Dennis Kamindu**

# You are Hired!!!

## How Can Students Get Rid of Anxiety in Their First Interview?

So you've nailed that cover letter and landed yourself the first interview. Honestly, it cannot get more nerve-racking than this. It is natural to feel anxious and stressed before the interview. However, you must calm down to be able to give your best at the interview.

The thought of appearing for the first interview is quite exciting and stressful at the same time. From worrying about the proper outfit to fearing the questions that might be asked during the interview, students get really anxious about their first interview.

Here are a few tips that should help you relax and put an end to seemingly never-ending mental chaos.

### Stop Questioning Your Confidence

It is completely natural to feel anxious before your first interview. No matter how confident someone looks or sound, but while appearing for an interview, he/she is always nervous. You must remember that the company has read your CV and decided to call you for a face to face interview.

Out of the big stack of applicants, the company only invited a few for the interview. You must be confident as you've already beaten several other applicants with just your CV. Now is your chance to impress the interviewer in person. There is no reason why you should be questioning your confidence when an interviewer has shown interest in your profile. Go for it!

### Practice Positive Self-talk

If you're feeling low and too nervous, motivate yourself. Believe us; you are the best motivational coach for yourself. Tell yourself about all the skills you have got to land this job. Positive self-talk is the mantra to conquer your biggest fears.

You must remind yourself of your best attributes. You must tell yourself that you have got it all under control. Give yourself an excellent pep-talk and say it out loud that you're going to kill this interview.

### Get Ample Sleep

You must sleep sound a night before the interview. If you won't put off your thoughts and stay awake, you'll be tired and lousy during your interviews.

Even if your body does not need rest, your mind needs ample rest before such an important day. You need to look sharp and present at all times during the interview, and sound sleep is the key to that.

### Smile

Sport a big and nice smile even if you do not mean it completely. Smiling relaxes your mind and boosts positive vibes.





# Pace Setters

**1. School of Economics Scholar, Socrates Majune**, has won a top award by the World Trade Organization (WTO) after his policy paper emerged best among dozens drawn from around the world.

Mr. Majune, a tutorial fellow and PhD candidate has now made history by becoming the inaugural winner of the 2020 Trade Economist Thematic award, a new research focused competition. The young scholar beat 26 other contestants to the award which also comes with a monetary reward of Kshs. 620,000.

**2. Edgar Odongo**, a student from the School of Law, is the winner of the 7th National African Organization for Standardization (ARSO) essay writing competition.

The third year student emerged best among 186 students across different universities and colleges in Kenya.

The annual competition organized by the Kenya Bureau of Standards (KEBS) is aimed at generating and sustaining awareness for standardization among the youth in Africa with this year's contest organized under the theme – the role of standardization in resolving and addressing the socio-economic issues for the Refugees, Returnees and Internally Displaced Persons and creating durable Solutions to Forced Displacement in Africa.

**3.** Three Kenyan teams that emerged top of the Huawei ICT Global Competition were awarded at a colourful ceremony on Monday January 18, 2021.

The event which was held at the Nairobi Serena Hotel and officiated by Amb. Simon Nabukwesi, the Principal Secretary of the State Department for University Education and Research in the Ministry of Education.

**Maluki Muthusi**, a 3rd Year University of Nairobi student at the School of Computing and Informatics was awarded first prize for winning in the global finals ICT competition in the network track. The ICT competition, network track, is a skill-based competition involving hands-on experience on computer networks and network security.

The University of Nairobi's Vice Chancellor congratulated the UoN team for their effort & dedication in showcasing technical skills to win the global Competition. He assured on the University's commitment to continue partnering with industry partners to create opportunities for students.

Amb. Simon Nabukwesi acknowledged and commended the ICT Competitions noting the significance they accord to the Education sector. "The ICT Competition is a unique contribution that the private sector can provide that

significantly enhances the quality of our ICT education. We recognize the need for different formats that are practical and hands-on to complement the theory," the PS said. He congratulated the students and lecturers for winning these awards and outstandingly representing Kenya at the international level. He also thanked Huawei for commitment and support to building capacity amongst Kenyan students and institutions in ICT saying this will go a long way in creating jobs and digital solutions.

The 2019-2020 ICT Competition received over 6,400 student applications out of which 100 students proceeded to the national finals. Five teams later proceeded to the regional finals and eventually three teams represented Kenya at the global stage.

The winners were awarded medals, certificates and a variety of Huawei products and Huawei Exam Vouchers as rewards.

Other guests who attended the award ceremony were Prof. Joseph Rotich, Vice Chancellor, Laikipia University, Prof. Robert Kinyua Wambui Ngumi, DVC JKUAT and Mr. Johnson Ireri Kinyua, Dean of Students, University of Nairobi.



*Congratulations!*

# New Sheriffs

The University of Nairobi Student Association (UNSA) has ushered in a new set of leaders in office. Following the virtual electoral process that concluded late last year, the University made history by conducting the first ever online elections. The New Sheriffs in town took the oath of office on the 19th of November 2020 after a spectacular win, in a ceremony presided over by Vice-chancellor, Professor Stephen Kiama.

**Professor Kiama Gitahi** congratulated the newly elected leaders assuring them that the University management will work hand in hand with them to ensure that all students enjoy their stay in the University.

#### **The Deputy Vice Chancellor, Academic Affairs, Prof Julius**

**Ogeng'o** also lauded the newly elected leaders commenting on the electoral process.

"It has been a noise free electioneering period and the elections were free, fair, credible and transparent. The online elections were a major milestone for the university and demonstrated our innovativeness, courage and adaptability to change. I am looking forward to cordial working relationship with the newly elected student leaders." Prof. Ogeng'o said

#### **The Independent Electoral Commission Chairman, Prof.**

**Mohamud Jama** echoed Prof. Ogeng'o's sentiments whereas heaping praise on the technical team that was instrumental in the electoral process.

#### **MEET THE TEAM;**

#### **Eddie Mwendwa Mutua (UNSA Council President)**

Eddie Mwendwa Mutua is a third-year Law student at the Parklands Campus in Nairobi. The confident, articulate and multi-faceted leader believes in making a difference which is one of the reasons he joined politics.

Mwendwa is passionate about human rights and social justice which he says makes him accountable to his role as a leader. He borrows his life defining quote from Malcom X, "I'm for truth, no matter who tells it. I'm for justice, no matter who it is for or against. I'm a human being first and foremost, and as such I'm for whoever and whatever benefits humanity as a whole." His hobbies include and are not limited to football; both playing and watching, travelling and experiencing new cultures, writing, photography, art and volunteering.

#### **Dorcas Kagwiria Kaaria (UNSA Council Vice President)**

Dorcas Kagwiria Kaaria is a student of Food Nutrition and Dietetics in the College of Agriculture and Veterinary Sciences. Dorcas describes herself as a free spirited lady who believes that every human has the power to change the world.

As a young female leader she strives to empower her peers to take advantage of their potential to make a positive difference in

the world. Her mantra "I believe I can" pushes her every single day to make a bold step towards revolution.

Her hobbies include; reading novels, watching movies and acting. She also has a developing interest in theatre and film.

#### **Nathan Kiplangat (UNSA Council Secretary General)**

Nathan Kiplangat is a fifth-year Bio-systems Engineering Student in the College of Architecture and Engineering. With a sterling history in leadership, Nathan believes in inclusivity, accountability and transparency.

He has served as the UNSA Sports and Welfare Representative for the College of Architecture and Engineering as well as SONU Prefab Congressman.

Now as the UNSA Council Secretary General, he affirms his delivery to the entire student fraternity holding to the mantra that 'actions speak louder than words'

#### **Georgina Njeri Githua (UNSA Council Finance Secretary)**

Georgina Njeri Githua is a fourth-year student taking Medical Laboratory Science and Technology in the College of Health Sciences.

She describes herself as confident and determined in achieving her goals and dreams. Her inspiration to lead stems from her desire to make a difference in the lives of individuals. Her mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style. Her hobbies include; reading, writing, singing, dancing and gaming.

#### **Tonny Johnson Odindo (UNSA Council Sports and Welfare Representative)**

Tonny Johnson Odindo is a third-year student taking Bachelor of Commerce in the University of Nairobi. Tonny loves sports and to show for it, he is currently a rugby player for the UoN's Mean Machine RFC that is in the second-tier league.

He believes that sports has played a fundamental role in his holistic growth especially as a leader through the virtues of teamwork and coordination.

Tonny is a champion for student rights for he believes in equality regardless of societal stratification.

#### **Vincent Wiso (UNSA Council Int. Students Representative)**

Vincent Cletus Wiso (Tanzanian) is a third year Geospatial Engineering student at the College of Architecture and Engineering.

He is a strong advocate for inclusivity of key stakeholders in making decisions that affect them which he deems as the catalyst for societal revolution.

His hobbies include; listening to music, watching movies, travelling to new places and experiencing different cultures. He

# fs in Town

lives in Dar es Salaam.

## **Janet Wachira (UNSA Council Special Needs Representative)**

Janet Wachira is a third-year student of International Relations, from Main Campus, University of Nairobi. She is also pursuing a bachelor's degree in law, and currently in her fourth year.

She describes herself as strong, confident, articulate, young female leader, who is passionate about human rights and social justice. She believes in inclusive leadership with a strong appreciation of the position of African women in leadership.

Janet's hobbies are reading and writing, travelling to new places, meeting new people and experiencing new cultures, dancing, volunteering and team building.



# BROWSE & CALL

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# Poetic Justice



## PAIN DEMANDS TO BE FELT

I saw you by the road yesterday  
Making a new friend  
From a distance, I could tell her whole being was willing,  
Not that she could ignore your advances anyway.  
I thought she was willing because she was shaking, screaming...  
And I know how the story will go from here  
In regards to your 'friendship'  
She'll become so attached to you  
That she won't talk to her other friends  
You'll tie her to her bed, incapacitate her  
Because that's what you do,  
That's who you are.

You'll definitely fuck with her, A LOT  
Till the 'love' becomes physical  
She'll make markings on her skin just to prove to you she cares  
Maybe then you'll keep your distance  
She'll think  
I know because we're friends too.

I would like to pretend and say congratulations,  
you got to another one but you know what?  
I'm mad.  
Mad at you.  
Mad at myself.  
Mad at the situation.  
Mad that I can't do anything about it, about you.  
Mad...mad that you fuck with everyone  
But of most of all, I'm mad that you always demand to be felt.

**'Pain demands to be felt' is a poem by ISIKA ANN  
MUSEO, a student at the Parklands Law School.**

## GUILTY

Oh my God  
I don't even know how to start  
Am so guilty but it's like remorse  
A lot of evil has come from me  
I hate it but sometimes I fail  
I don't know how I reach there  
Does it mean am weak LORD  
Then I ask for your strength  
Strengthen me oh God

I always make clear plans  
Not to sin against you LORD  
How the plans change I don't know  
I know of your mercy  
I have felt your love  
Now I need the strength  
Strength to overcome the temptation  
Courage to repent from sin  
I want to walk with you

Help me change my life  
Fight for me and I win  
Open up the door for me  
Let me into the righteous life  
One day I want to be with you  
Up there in heaven  
When am among the brides  
Jesus Christ son of God  
Never let me fail.

**'Guilty' is a poem by EODU BRIAN, a student at  
the Parklands Law School.**



# Culture Show

**Moving from your home country to a new one can be quite the experience, especially as a student. I sat down with some of our own international students, Kalaba Mkupo from Zambia and Cedric Ivan from Cameroon, to discuss their experiences and perspectives.**

## **How did you end up enrolling at the University of Nairobi?**

**Kalaba:** I had come to visit relatives after finishing high school in Zambia. They suggested I should look into joining University of Nairobi. I enrolled in a Bachelor's of Commerce in Operations and Procurement.

**Cedric:** I came in 2018. I was looking at the best universities in Africa and when I was searching; I checked around and saw that the University of Nairobi was a fit. I am studying Economics and Statistics.

## **How did it feel when you first joined the university? What experiences did you have?**

**Kalaba:** We were supposed to open school on the 5th of January that year but, you know, UoN and their strikes. I was so excited to start university and then I reached class, but I was the only one. I was wondering what was going on. I had to ask around and people kept telling me in Swahili that lecturers are not coming and I couldn't even understand what they were saying and I didn't want to sound pushy since I didn't understand Kiswahili, so I was just nodding my head. I had to go to the admin where they told me no lecturers are on strike. That semester didn't happen until March. It was still hard because most of the lecturers were speaking in Swahili, and at this point I didn't understand any Swahili, not even the greetings. So I had to ask my friends what they were saying. First year was tough for me but after that everything was normal. And after that lecturers stopped speaking in Swahili since I wasn't the only international student in class.

**Cedric:** The language, Swahili, was not that easy. Everywhere you go people would speak Kiswahili, and that was a barrier at first. I had to be alone for maybe two months before trying to adapt with my classmates. But I was happy, as it was my first time being on campus.

## **How did you cope with having to move from your home country to a new city in a completely different country?**

**Kalaba:** At first when I used to live with my aunt I would say I didn't feel any difference because I would be in school the whole day, then return home and everything would just go back to normal because it would feel like I was going back to my little Zambian home. But after they moved away, and I had to move to a family friend's house, then eventually onto campus, I saw the difference. I couldn't eat food from back home, I had no stove to cook, I just had to cope. I had to eat the Kenyan food, and I had to use the matatu. That's when I started to understand Swahili. I thank God I had the opportunity to experience everything because now I can go away and say this is how it is in Kenya.

**Cedric:** I had to look for Cameroonian students living in Nairobi to help me find somewhere to live. I found one person who was doing his masters at the University of Nairobi and he helped me find a place to stay; he showed me places and helped me cope with the change.

## **Any takeaways that, if you go back home, you will keep with you?**

**Kalaba:** The people here are very, very kind. Back home, people are not as social as the people here. Kenyans are

**Kalaba:** The people here are very, very kind. Back home, people are not as social as the people here. Kenyans are very hardworking, that I have learnt. They all have side hustles that rarely happen back home. People usually just wait until they are employed and if they are not employed, then they will just stay like that forever. People here are not scared. They are not scared of anything. If they decide they are going to stand on the road until they get what they want, they will stick to that. People will actually show up. I come from a place of goody two shoes, but here it is different.

**Cedric:** People are friendly. A lot of my classmates were very friendly and we would interact a lot. People here are also a little more responsible.

## **Is there anything you picked up from your colleagues or something you do because of your surroundings?**

**Kalaba:** First, I don't know if you have noticed; I sound Kenyan. My accent has totally changed. I tried to keep it the same, but I couldn't. I have learnt how to speak like a Kenyan and it has really helped me because now when I go to buy stuff like at Maasai market and I need to negotiate; I switch to my Kenyan accent. I have learnt how to cook a lot of Kenyan food. I have learnt how to cook matoke, chapati, these are things we don't eat back home, githeri, mokimo. Even the ugali they cook it differently here. Back home we have to make porridge and wait for the porridge to get ready, then add more flour and then make it hard. It's usually softer than the ones they cook here.

**Cedric:** The way I talk, now I sound Kenyan. When I came I used to talk with an accent now people don't know that I am a foreigner. When I go back home, people notice that my accent has changed. I have also picked up the language so now I can go to the market and buy stuff speaking in Kiswahili. My accent has really changed. The food here is really different too, there are so many varieties.

## **How do you think the culture here has impacted you?**

# ock

**Kalaba:** When I got to second year, I was exposed to student politics. I think that they are very, very serious about their politics here because they use it to start their careers. This has really helped me to be ambitious. I took part in the 2018 executive elections; I was the international student represented to the youth under Manyara and it was quite an experience because we had to like meet politicians. It was amazing to see how serious the campus elections would be, and I'll take that with me wherever I go.

**Cedric:** I have been exposed to nightlife more here. I have become more social.

**If there was a way for you to summarise your experience, how would you do so?**

**Kalaba:** I was really excited to be in a different country, but there was a lot of shock, a lot of things I couldn't understand that I now understand. I think that it was a growing experience for me. When I joined campus, I was 19 and now I am in my early 20s so I have really grown. I think I have learnt more things in these short four years than I have learnt back home because I finished highschool and immediately came here and joined campus so I have learnt everything about being an adult here and I love that experience because I am learning how to be a grown up.

**Cedric:** Obviously my experience has helped me grow. I used to be really introverted, but now I have become very social. I can communicate better. Now I am open.



**Kalaba:** 4th year, Bachelor's of Commerce in Operations and Procurement.

**Cedric:** 3rd year, Bachelor's of Economics and Statistics





THE UNIVERSITY OF NAIROBI STUDENTS ASSOCIATION & CAMPUS ME TOO

# Say No To **SEXUAL HARASSMENT**

## WHAT CAN YOU DO?

### 1. PREVENT

Sexual harassment is never the victim's fault. However, until we have effective policies and procedures in place we need to protect ourselves from predators.

### 2. COLLECT EVIDENCE SAFELY

If a staff member sends you messages, says or does something that makes you uncomfortable, try to capture it through texts, emails, photos, videos or recordings.

### 3. REPORT

Talk to someone you trust. It's hard to defend an issue that is hard to see. The more people are aware something is happening the easier it is to make it stop.

### 4. ACTIVE BYSTANDER

A bystander is a person who is present when an act of sexual harassment takes place. As a bystander your actions matter.

**Join the movement! Follow #CampusMeToo on facebook, Instagram and Twitter**

# S

**See** the situation as a problem. Be on the lookout for things that do not feel right and recognize when someone needs help.

# A

**Assess** the situation. Step in and join in a conversation if someone looks uncomfortable. Think of an excuse for the both of you to leave.

# F

**Feel** responsible to act. Trust your instinct to know when something is not right and seek support from authority at your university.

# E

**Educate yourself on what to do. Know it is never the victim's fault and know how you can report the incident at your university.**



# A TALE OF TWO TIMES

By Chandni Ravji Patel

## "The war was right before us yet there was no visible enemy"

It was the best of times; it was the worst of times. It was the season of light; it was the season of darkness. It was the summer of hope; it was the winter of despair. We had everything before us yet it was nothing. In short, we were hoping for the best while preparing for the worst. The war was right before us, yet there was no visible enemy. The ship had sailed and while some of us were in Dream cruise ships, some of us were in rafts.

We were all in the same war; the fight was against an invisible enemy. **Just staying at home was considered the most heroic thing to do in the war.** Of course there was the battalion of soldiers at the very front of the war trying their best to keep the enemy at bay but the stay-at-home heroes were the ones who were the most crucial in making the enemy small, for the enemy grew the more it visited humans. The solution they gave us was to distance socially when indeed that is what we had been doing all through; the answer indeed was to maintain physical distance. Staying at home was actually reviving our very own long lost nature of being social.

We were transitioning back into what we were always meant to be. It was finally dawning on us that the gems we once chose to be our spouses were indeed still gems, the rush of work had clouded our minds and while at it stopped our hormone surges for those we once loved.

Others for the first time were realizing that their children were grown. We now had time we could invest solely into the assets it truly deserved to be invested into: family.

**As the greed machine that was driving humans was suddenly put to a halt by this microscopic yet huge monster, humans were learning to be humans again.** We were becoming who we really were. As masks went on, masks came off as well. We were finally doing the things we loved, not for the money but just because they gave us that individuality spark. We were still attending meetings virtually, completing assignments from the comfort of our homes but the grind of the greed machine was much slower; we still managed to give ourselves and our loved ones enough time.

Nature was also healing; it was breathing a sigh of relief. The rivers were cleaner than ever, the sky seemed bluer than ever, we noticed the moons and the stars. The air felt a lot crisper and cleaner. We were noticing the birds, maybe they had always been there or maybe they just migrated but in any case, their melodious chirps filled the space once filled by the metallic roaring of the morning commute. We were all really transitioning into life itself. We had always conquered over nature but now we were caged and nature was really living her best life.

There was a catch to this stay-at-home thing though. While a few of us could afford to keep the greed machine on halt for a while, for most of us this greed machine was not about greed it was about feed. To be alive we needed food and to get the food on our tables, we needed to go outside and fetch it. Most of us were in the fight against two evils, hunger and the superbug that was in our midst. The government kept telling us, "Stay at home! Flatten the curve!" For most of us this meant our ECG would be flat from hunger. The people who were telling us that to live, we must stay home didn't have a plan about how really we were to survive either way. In real sense, most of our governments world over were opportunistic infections in themselves; debilitating and disabling as the monster itself.

The clocks didn't matter anymore. Calendars were no longer a thing that guided our lives. We lived by events, by moments. At the end of the day, we waited for the statistics to flow in from the Ministry Of Health. **Yesterday: Tested, today: Lost the fight, tomorrow: Not promised.** The murders by this virus were too fast for human acceptance. People were dying alone. Love in the end times was not legal anymore. The worst of times were becoming worse. The numbers kept rising. Even those who were having the best of times, wallowed in anxiety about what the monster had planned next. There were success stories of those who survived from the fangs of this monster of course because in this war, we humans fought with information while the bug relied on mutation and of course the information was more powerful. The question was that when this war ended who were lucky: those who died or those who were left rebuilding the economy and getting over the grief of people who had to die alone? the world. Her mantra "I believe I can" pushes her every single day to make a bold step towards revolution.



# Let's talk Virt

## **Can everybody see my screen? I will be presenting on virtual learning**

The pandemic's most enduring impact will be as an accelerant. While it has initiated some changes, and altered the direction of some trends, the pandemic's primary effect has been to accelerate dynamics already present in the society. Take any trend, - social, business, or education and fast forward ten years. Even if we weren't prepared for any of this, the market now rests on the 2030 point on the trend line - positive or negative

For education, what has the acceleration towards virtual learning brought? read along

Virtual learning has an equalizing power that is undeniable. The online environment offers unprecedented opportunities for people who would otherwise have limited access to education. This means that people who would have otherwise not had the opportunity to attend classes now have the chance to sign to attend school and acquire knowledge

For recorded classes, virtual learning presents an environment where students can access their courses at any time of day or night. Further, they have continuous access to lectures, course materials, and class discussions. This is particularly convenient for those who may need to reread a lecture or take more time to reflect on some material before moving on.

Virtual learning also has the potential to set students for success in the post pandemic world. With many employers intending to give employees the option of working from home at least part of the time after the pandemic, the World Economic Forum (WEF) suggests that skills acquired through virtual learning such as collaboration and presentation might prepare students with the skills needed for modern careers where members of these teams will have to know how to collaborate efficiently, conduct online research and analysis, master speaking and presentation skills, exercise emotional intelligence, and become more self-motivated and proactive. While online programs have significant strengths and offer unprecedented accessibility to quality education, there are weaknesses inherent in the use of this medium that can pose potential threats to the success of any online program. These challenges include:

**Equity and Accessibility to Technology:** Before any online program can hope to succeed, it must have students who are able to access the online learning environment. Lack of access, whether it be for economic or logistic reasons, will exclude otherwise eligible students from the course.

The curriculum of any online learning must be carefully considered and developed in order to be successful. With rapid switching to virtual classes, the importance of the curriculum and the need for qualified professionals to develop it are often overlooked. Curriculum and teaching methodology that are successful in on-ground instruction will not always translate to a successful online program where learning and instructional paradigms are quite different

**What to be taught online:** it is important to recognize that some subjects should not be taught online because the electronic medium does not permit the best method on instruction. Examples include: hands-on subjects such as surgery, dental hygiene, and sports where physical movement and practice contribute to the achievement of the learning objectives. These subjects are probably best taught in a face-to-face traditional learning environment. Hybrid courses may represent a temporary solution to this problem.

As Scott Galloway says in Post Corona: From crisis to Opportunity, "The forced embrace of remote learning, as clunky and problematic as it has been, could catalyze the evolution of higher education yielding lower costs and increased admittance rates and restoring college to its role as a lubricant for upward mobility "

**That is the end of my presentation. Does anybody have a question? ..... Oh my God! I was on mute!**

# Female

## HOW TO STUDY ONLINE COURSES EFFECTIVELY

useful tips for online study success

### CHOOSE A STUDY SPACE

#### Choose a study space with reliable Internet access

You will need a study space where your Internet access will not be interrupted. Internet access will be particularly important during things like study sessions for your class.

### CREATE A SCHEDULE

#### Create a study schedule

Maintaining a strict schedule is vital to success in an online course. Even though you may not be required to attend classes or lectures at particular times, you still need to keep up with the course material on your own time..

### AVOID DISTRAC TIONS

#### Be disciplined / Avoid online distractions

It can be hard to stick to a schedule for an online course. However, be strict with yourself about adhering to your schedule. Self-discipline is vital to your success in an online course.

### LEARN ACTIVELY

#### Engage your mind

Learning happens when the neurons in your brain are active. To learn effectively, you must engage your mind. Write notes in your own words, recall information - say what you know about a topic without using notes.

### STAY MOTIVATED

#### Find ways to motivate yourself

Use motivation tricks to get results. You could study while listening to your favorite music or picture yourself in an hour's time having completed the task and enjoying a well-earned break.

### AVOID MULTI - TASKING

#### Do one thing at a time

Research shows that multitasking reduces the brain's ability to store new information, so if you're constantly switching between tasks, all that information will likely be going in one ear and out the other.

### PRINT OUT MATERIALS

#### Print out any study material

Sometimes, the internet or your computer can be a distraction. It can be helpful to turn your laptop off at times to study. You should also print out things like a course schedule and syllabus.

“ The curriculum of any online learning must be carefully considered and developed in order to be successful. ”

# Survivor 101

**For those who've been lucky enough to be enrolled in a university in Kenya, many, if not all, can attest to the freedoms it bears. Save for a few who enjoy a quarterly jab of HELB, the struggle that comes with trying to stretch the wallet is real.**

How do you control your finances? Saving and having financial discipline is a virtue every university student should thus cultivate.

Here are a few tips to guide you on how to budget:

### Plan your meals

Take advantage of university cafeteria. In most public institutions of higher learning, student meals are immensely subsidized.

If you make your own meals, try to meal plan. Take into account your monthly or weekly consumption habits as well as the rundown to each consumable.

### Share costs

Social interactions are common in any institution. Considering that there is a high likelihood that you will go out with friends for food or drinks once in a while, insist on sharing the cost.

### Set up a bank account/ download a budgeting app

However little you may have, there is never a bad time to start saving. Open a bank account and download a budgeting app. The app especially, at your convenience, automatically breaks out your expenses.

### Discipline

After all, this is said and done, discipline is the most important aspect of budgeting. You have to instil within yourself values that offer you a chance to beat the hard times.

***This does not mean you deny yourself the pleasures of life; enjoy it but within your means***

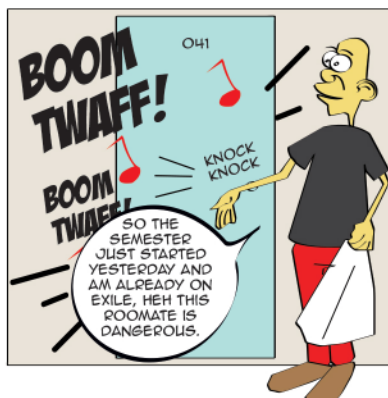


**KOMREDD CHRONICLES!**  
STRAIGHT OUTTA ADD  
knyagancha@gmail.com /  
nyagancha@students.uonbi.ac.ke

Wale mnajifanya mnajua English, huyu mtu anafanya nini?

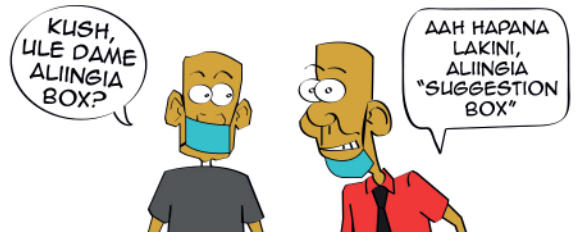


RULE OF THUMB, IT IS 'UNLAWFUL' TO KNOCK ON A DOOR PLAYING LOUD MUSIC WITH YOUR ROOMMATE INSIDE. WELL HERE IS THE CHEAT CODE, HE IS ON A DATE, IN OTHER WORDS YOU ARE OFFICIALLY ON "EXILE" UNTIL FURTHER NOTICE...



SO THE SEMESTER JUST STARTED YESTERDAY AND AM ALREADY ON EXILE, HEH THIS ROOMMATE IS DANGEROUS.

TO BE MORE PRECISE...

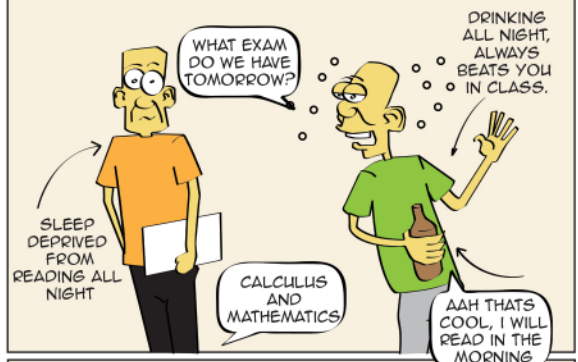


KUSH, ULE DAME ALINGIA BOX?

AAH HAPANA LAKINI, ALINGIA "SUGGESTION BOX"

## TYPES OF KOMREDDS

WE ALL HAVE THOSE CLASSMATES WHO SEEM TO BE HAVING FUN BUT YOU NEVER BEAT THEM IN CLASS



DRINKING ALL NIGHT, ALWAYS BEATS YOU IN CLASS.

WHAT EXAM DO WE HAVE TOMORROW?

SLEEP DEPRIVED FROM READING ALL NIGHT

CALCULUS AND MATHEMATICS

AAH THATS COOL, I WILL READ IN THE MORNING

OTHERS MISS CLASSES, YOU NEVER BEAT THEM



SOMEWHERE HAVING FUN, MAKES YOU OFFICIAL MAN ON GROUND

YOU FEEL LIKE JOINING YOUR PAL, BUT YOU KNOW YOU WILL GET STRAIGHT "D'S".



SANITIZE SANITIZE, MAN.

**POSTER OF THE WEEK**

# What next....

**While graduation signifies the end of an era many students can be left wondering, 'what's next?'**

Take a casual look through various campus Whatsapp groups, social media pages and you will bump into thousands of students who cleared University 1, 2, 3, 4, 5 or even more years back but they still dabble in matters that pertain to student affairs and welfare. You will find a few of them still spend a considerable time on campus and engaging campus students who are still undertaking their degrees. Others will form bodies that deal with and agitate for student affairs even though they are not students.

It is common to see former students engage and exchange words with students 10 years or so younger than them in the name of student activism. What makes it so hard to let go of the campus life and experience and move on to other spheres of adulthood? Time has no mercy and it does not wait for any man. It is not uncommon to see University of Nairobi students struggle to make the next step in life and to survive in Nairobi on handouts as they sell their "wisdom"

I remember once quite recently when I logged onto a very popular Facebook group comprising of active comrades and former comrades and all 90% of the activity was courtesy of the former students. As a former student, who graduated from Lower Kabete Campus in 2015, I had to ask myself a lot of questions. Was it worthwhile for me to be in such forums and engage students as young as 19 years of age while I am closer to the big 30? What value does it give me to exchange barbs with students who should be taking advice from me? Are we the older generation taking up too much space in forums which are meant for active students?

I struggled a lot when I cleared my studies because nothing prepares you for the life outside campus. The high cost of living, the high rent as compared to the near free student hostel rates, the shock of "life does not revolve around me" that we as students had. And I had to sit down and do a lot of soul searching. If I had to make the jump in the next phase of adulthood I had to outgrow my attachment to my campus life. I see some of my former friends on these forums and I believe they will also see the light at some point but as I said earlier, time has no mercy. Some of the most active individuals in these forums are in supposed to be raising families and prospering in life but they are stuck in a generation behind.

The most aggrieved and vocal I have to admit are from my generation, the SONU generation. With time comes change and we must agree life is not a constant, change is inevitable and as a result we must be adaptable to it. As a former participant in the "active social media politics" I have been on both sides and I thank God I could somehow outgrow my connection to the University and it's activities. They say, once a comrade, always a comrade but do we take this to it's literal meaning too much?

What happens to students who are picked from the best in the country to join the prestigious University, take four or more years to study and come out as "wisemen" whose only plan of action is to sell their "wisdom" and to engage campus students on forums that they should have outgrown? Is it a case of wasted talents and potential? Wasted intellectual power? **It begs the question, what next? After graduation what next?**

Here are some potential ways to start the next chapter of your life.

**Take a break and go traveling** - After working so hard during your degree, you definitely deserve a break. Whether you choose to have a short holiday, go traveling for an extended period, become a volunteer or earn while you travel, you're making a great choice.

**Continue your studies** - If you just can't bear to say goodbye to your university then maybe it's not time to leave? Postgraduate study isn't for everyone, and for some careers it's really not necessary, but if you've done your research and realized you could enhance your employability by doing further study then go for it.

**Become an entrepreneur** - If you don't fancy jumping on the nine-five bandwagon then why not try to go it alone and be your own boss? You'll need a strong business idea, so ask family members or friends who have started up their own successful business for some advice.

**Kimani J, a proud alumni of UoN, class of 2015 and a Strategic Management Trainer by Profession.**





# F9

THE FAST SAGA  
SUMMER

THIS FILM IS NOT YET RATED | DOLBY CINEMA | IMAX

© 2024 UNIVERSAL STUDIOS  
A UNIVERSAL FILM NETWORK PRODUCTION

# Things To do....

The first time I visited Nairobi, I didn't like it much.

I'd spent the most of my life in my relatively quiet town of Nyahururu where nothing much happens. So when I arrived in Nairobi, I felt that it was too hectic, big and intimidating.

But now, I LOVE it. Nairobi feels like home to me. Isn't it funny how things change?

I discovered a few things to do/places to visit over the weekend

One of my favourite hobbies is watching movies and I cannot thank the UNSA Government enough for partnering with ANGA IMAX to enable us to go to any of their movie theatres and catch a movie with friends or my loved ones for only KES 100 through the year.

I have already been there thrice but my favourite one has to be the date with our President, Eddie Mwendwa. With the reduced prices, i intend to go to the movies at least 5 times with my boyfriend and he has no excuse this time, KES 100 is God-sent for him.



UNIVERSITY OF NAIROBI STUDENTS ASSOCIATION & ANGA IMAX PRESENT

## STUDENTS *Movie Date*

WE WOULD LIKE TO ANNOUNCE  
OUR (UNSA) PARTNERSHIP WITH ANGA IMAX  
WHEREBY UoN STUDENTS ARE ABLE TO ENJOY  
VARIOUS MOVIES AT THE POCKET-FRIENDLY  
COST OF JUST **KES 100** AT ANY ANGA IMAX CINEMA

\*Terms & conditions apply



PRICE : **KES 100** BUY GOODS AND SERVICES: **179957**

# Balls of S

Yassin Munyanya, is an architecture student at the University of Nairobi, College of Architecture and Engineering(CAE). He could easily fit the description of the proverbial man in the arena. His has been a journey of showing up in the ring; taking punches with buoyancy and showing up yet again. Soon after his candidature for the seat of CAE Governor, in which he came second by a narrow margin, he took to the offensive once again, in a bid to replace the former Nairobi city boss, Mike Sonko. He shared the thrills and chills of the journey with the Comrades Magazine.

## **Where did your journey in politics and governance begin and what was the motivation?**

I'm not sure whether I'd call it politics or leadership, but it began in highschool, where I was one of five captains. On campus, I first got into a professional body; Architectural Students' Association (ASA). There, I served as the Sports' Secretary, during my third year. I took up this role, because I am passionate about positive change and football is an area I'm experienced in.

Other than ASA, I've served in other committees, such as the Mr & Miss CAE organizing committee.

## **What were some of your achievements during your tenure(s)?**

Setting a foundation during my term, I managed to rejuvenate the social spirit among Architecture students, mostly through sports.

As captain of the Architecture soccer team, I led the team to the finals of the CAE tournament, which was a first. In collaboration with other students, we organized an interdepartmental tournament, for soccer and basketball, dubbed ASA Cup. We held leagues among the students in the six years. Within three weeks, we picked out the best players to make the Architecture team to compete in the college tournament.

Under the ASA committee, we organized an event called 'Beyond Architecture', aimed at improving the social culture among students. It gave them a platform to showcase what they could do besides photography, be it photography, making cookies, etc.

## **Tell us about your experience in the race for CAE governor's seat.**

First of all, I'd commend the decision to have an online election. It gave the student populace a chance to elect

their leaders, in spite of the pandemic. However, more could still be done in terms of improving the levels of accessibility and empowerment of students to follow through, for a more credible process. The move was very well intentioned.

I loved the fact that people turned out in large numbers to let their voice be heard. I made peace with the results and encouraged my people to work with the current government, since they serve both those who voted for them and those who had a different standpoint. We have been in communication with the current leaders, seeking ways in which we can make the college and university at large, a better place.

## **What gains would you count from the process? Most definitely.**

Of course being a new experience to everyone, it was stretching to campaign and communicate to the delegates virtually. There's something about selling and sharing ideas in-person that is lost; the raw and honest interaction. However, borrowing from Winston Churchill, never let a good crisis go to waste. This online election was a foretaste of the future; with the world becoming more and more digitized, even a national online election is a possibility that can't be ruled out. So I learnt my lessons; knowing the ropes and lines within the online space as far as election is concerned.

## **Now to your most recent feat; what informed your decision to vie for the seat of Nairobi city-county governor?**

For starters, campus politics was a stepping stone to my greater vision. It laid the foundation for future prospects. The by-election came as an early opportunity to implement the dream.

I feel it's about time that youths take an active role in the conversations and policies that shape our counties and country at large. The revolutionary Mr. Lester Brown said, we have not borrowed the earth from our forefathers, we have borrowed it from our children; so we as the youth have to take center stage in development.

I am politically active and aware; so when the opportunity presented itself, I weighed the pros and cons, consulted widely; both peers and mentors.

For me it wasn't only about winning the election, but sending out a statement that, we, the youth are ready for change.

## **One of the contenders for the seat, termed himself as**



# Steel

**'tried and tested', hence the best fit for the seat. What would you say for yourself and what gave you the confidence to vie anyway?**

God doesn't call the qualified, he qualifies the called. I might not have been the most experienced, at least on paper, but I was bringing to the front a genuine intention and burning desire to uplift the lives of the people of Nairobi.

**What reactions did you get when you took the bold move? Could you share with us some of the sentiments you got.**

I got a lot of mixed reactions; there are those who had the noble audacity to believe in me and support me, there are those that believed in me but questioned my timing and there were definitely those who were apprehensive and disagreed with me. I can say I'm blessed to have a wide youth network that I was able to feed off and got resounding approval from. My immediate family was also my strongest support system. Critics asked, who do you think you are? But I don't think I was really intimidated by such, because campus politics sort of helped me develop some thick skin; though you can't develop skin thick enough for national politics on campus level.

**So where are you at now and what should we expect from you, moving forward?**

Currently, I hold a degree in Architectural studies and am now pursuing a Bachelor of Architecture, which is a subsequent to the former.

Politically, I can say that as long as my heart is still beating, I will strive to champion for equality, justice and respect for human life and dignity because as we have our eyes on the future, history has its eyes on us.

**What would you say to those who have criticized you along the way and those who look to you in admiration?**

To the comrades, let's enhance the spirit of comradeship and be aware, if not actively involved in what goes on in the country, because at the end of the day it influences the quality of life we live.



**“ I feel it's about time that youths take an active role in the conversations and policies that shape our counties and country at large. ”**

# to love and to cherish

## ONE ON ONE WITH ROBINSON MULWA NZOKA

**In 1981, an ambitious Robinson Mulwa Nzoka, first visited the University of Nairobi. He'd intended to pay a courtesy call on his cousin, then a resident of hall 2, but ended up being smitten with the institution & vowed to back... and he did. He now recounts the memories of what the last 34 years of his stay have been like.**

### How did it all begin?

I came to the University of Nairobi in her early years of existence, first to visit my cousin, then a few years later as a Library Assistant in Main Campus. At that time I was a student at the then Kenya Polytechnic, working part-time at the UON library.

### What fascinated you about the University of Nairobi?

Those days, there were very few students making it to the University (there was only one then), so it had the best facilities; hostels, lecture halls, etc. Students had their own rooms; the congestion experienced today was very foreign. The students would get a stipend referred to as Boom, for their upkeep. They would be served good meals; we're talking about chicken & meatballs at the school cafeteria (CCU) for free. So much so that students would wash their hands with coffee; there was more than enough. No one who joined the University would want to leave.

### At what point did you join UON as a student?

I went for my first degree in 1999 (B.A Education- Literature and linguistics). Before then there had been no parallel programs at the University. So I worked as Library Assistant for 7 years in Main campus. During the time I was working as a library assistant, my interaction with students proved to be my biggest motivation. I worked there for so long, that sometimes degree students would find me there, complete their first degrees and come back to do their master's and still find me there. So some would ask, "Wewe kwani bado uko hapa?" That made me think about my life. I felt I could do more.

### How was your student experience?

It was great. As the number of students increased, other universities came up, such as Kenyatta University, which was initially a constituent college of UON (the initial college of education). This created need for an education college, which gave rise to Kikuyu campus, college of education which was initially College of Adult Education. That's where I did my undergraduate & masters' degree, in a record 6 years. I was now working as a library assistant in Kikuyu campus, attending classes during the day & working after class. It's a position I held for 13 years.

### What did you do in terms of career after school?

After completing my Masters, I began teaching some of the Masters' students. In 2008, I moved back to Main campus, this time to work as Assistant Halls' Officer for three months, then became Halls' Officer.

### To what would you attribute the negative changes we've seen over the years in the institution?

Goonship really spoiled things around the campus. Students didn't graduate on time due to strikes that were caused by goons and their unreasonable demands. During Prof. Mbithi's time, though, goonship ended.

### A love-hate situation;

Mr. Nzoka still believes that the University of Nairobi is the best tertiary institution in Kenya & has ensured all his 3 sons studied here. However, he shares his frustration in the fact that the university does not acknowledge long-serving employees like him, who has held the same office since 2008.

Nonetheless, a warm & jolly Mr Nzoka has carried an important principle through the decades; Discipline is the essence of success.

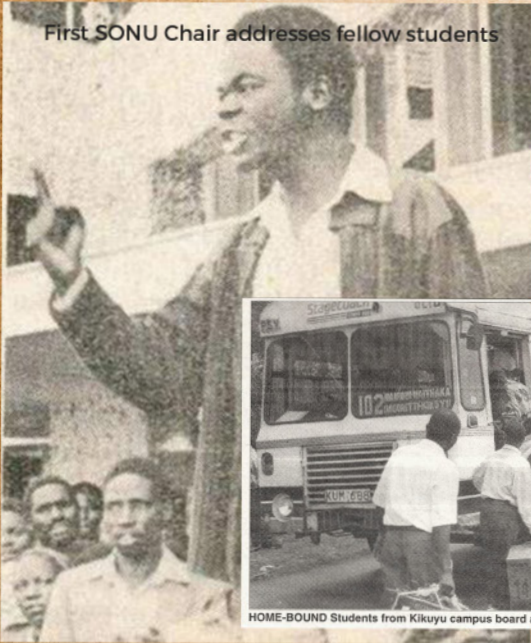
As he continues to serve the university he has held with such adoration from his youth, Mr. R. M. Nzoka grows fonder yet & anticipates even greater exploits, by her side.



*We would like to give a very special Thank you to Mr. Nzoka for granting us this interview and a quite enjoyable and candid chat down memory lane.*

# Down Memory Lane

First SONU Chair addresses fellow students



The acting Principal of the Kenya School of Law, Mr. Tudor Jackson, with Mr. Alfred Wetini, the School Librarian.



HRH Princess Margaret planting a flat-topped acacia tree during the opening of The Royal Technical College of East Africa on 24th October 1956



HOME-BOUND Students from Kikuyu campus board a bus after they were ordered to leave by the administration.

## Students clash with police

**G**IRLS were struck and men were dragged off to Kingsway Police Station, Nairobi, yesterday when riot police dispersed a sit-down demonstration by about 150 students of the Royal College, Nairobi.

These dramatic NATION pictures below and right tell the story.

It happened in the compound of the

police station. The students were protesting at the arrest an hour earlier of eight of their colleagues, who were alleged to have held up traffic on the Princess Elizabeth Way.



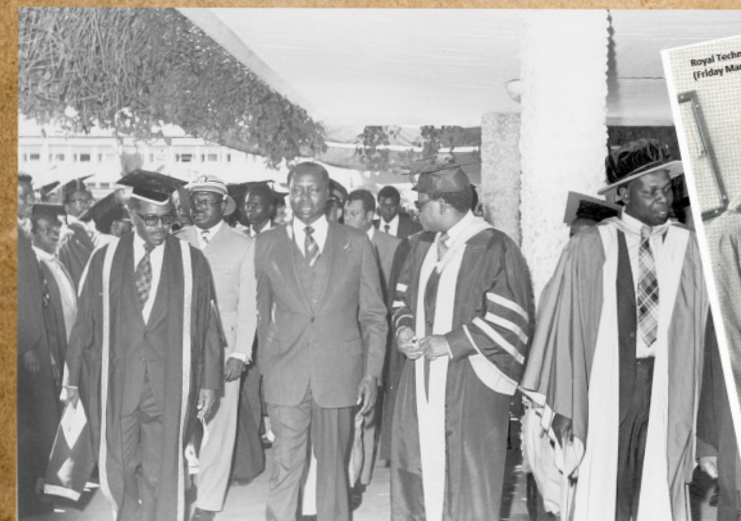
Batons at the ready, police grapple with a student.



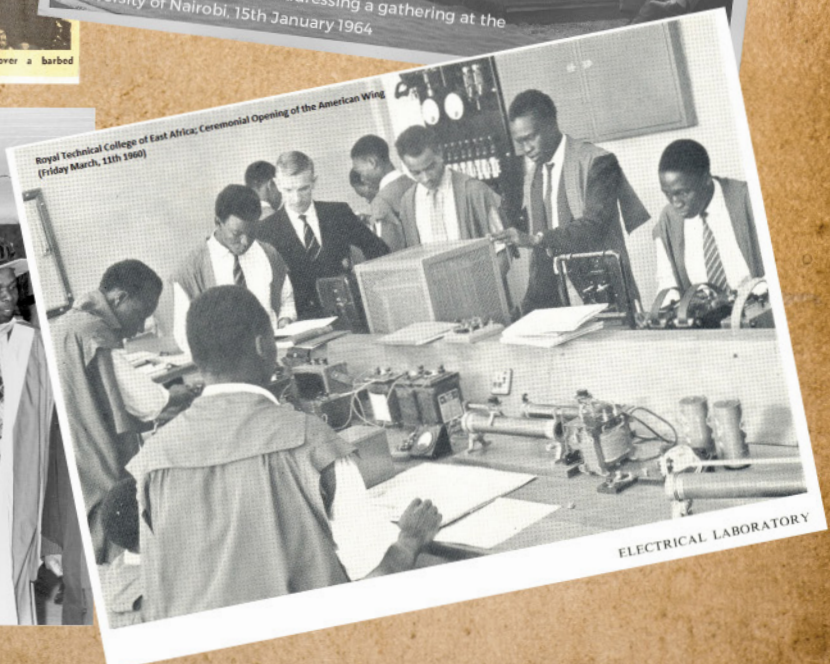
Police attempt to lift a student over a barbed wire fence.



President Jomo Kenyatta addressing a gathering at the University of Nairobi, 15th January 1964



President Moi arriving at the University of Nairobi to be installed as the Chancellor of the University - 24-11-78



Royal Technical College of East Africa, Ceremonial Opening of the American Wing (Friday March, 13th 1960)

ELECTRICAL LABORATORY

**There is no must in art because art is free.** "These are the words of *Wassily Kandinsky*, sharing in thought with one Dan Ngote, an exceptional art student whose works speak of a greater sense of imagination.

Starting off at a young age, the young man from Uthiru, Nairobi County expressed his love for comics through art. The pan-African association football comic "Supa Strikas" characters were the first to feature in his creative works.

With over ten years of experience, his family has been very instrumental to his growth especially in his formative years. He admits that his father would regularly buy him materials to enable him draw more often. His journey gained a boost in High School where he drew his first portrait. Thereafter, with an endless network of referrals, he couldn't seem to stop.

"In High School, I took Arts and Design as a subject and when I was in Form Three, I made my first portrait through the influence of my sport's teacher" Ngote, who is currently a fourth year Art student specializing in Interior Design in the University of Nairobi, draws his inspiration from the concept of Perfection. "I am a perfectionist and that makes me love detailed work. When I see a detailed picture I feel the need to bring out it's totally in my drawings, not forgetting even the slightest detail"

There is no doubt that his attention to detail makes his work stand out but Dan isn't one to brag about his work. "Art has different approach styles which makes everyone unique in their own way. I might be good but no one is perfect" Speaking of perfection, the world of art is a hub of criticism which Ngote admits to be extremely vital to an artist's growth. "There is never a time that a piece of art would be perfect. When I do a piece and share amongst my friends, I always get the feedback that I should have done more to the piece and that motivates me to fill in the gaps and try harder to bring out the best in my work next time"

Nonetheless, Ngote's artistic skills pays off at the end of the day. As a student he is able to take care of his bills as well as build a portfolio for his career.

However, his major challenge is his work being taken for granted by clients who want services "pro bono" Apart from being an exceptional artist, Ngote also mentors young individuals who wish to follow in his footsteps. "Never lose hope by letting someone discourage you from your dreams.

Do not compare yourself with others, define your own style, chart your own path and do you! Most importantly, always practice." His journey is far from over. Ngote dreams of opening an Art Studio Gallery where upcoming artists like him can call home.

For now, he markets his skills through [Facebook](#), Dan Ngote and [Instagram](#) , @dan\_ngote.



# Art UNUSUAL

WITH DAN NGOTE



“

I am a perfectionist and that makes me love detailed work. When I see a detailed picture I feel the need to bring out it's totally in my drawings, not forgetting even the slightest detail.

- Dan Ngote

”



# Girl Power....

**Women Students Welfare Association (WOSWA)** is a female student's body that was founded by students in the 1980s.

This was after seeing that women had no voice in leadership and that many were suffering in silence through sexual violation, verbal fights and even school drop outs as a result of not giving in to "sexually transmitted degrees" Women therefore took a step and formed WOSWA.

**The core objectives of the movement are ;**

1. Bringing out the best in every female throughout their stay in campus
2. Politically empowering female students
3. Honing talents in leadership and entrepreneurial skills
4. Creating networks for career growth
5. Spiritual and mental health growth.

We have been able to achieve this in that we have had an increase in the number of female students in leadership and all our activities has had a positive impact on matters affecting the girl child.

In the year 2021, we have managed to conduct fresher's orientation, an academic and network building trip to the coastal region, held a contest for Miss WOSWA who serves as our ambassador. Currently we have a campaign on ending rape culture and keeping girls in school through a pads and empowerment drive. Our programme never stops.



WOSWA officials during the **Miss WOSWA event**



Woswa Ambassadors empowering and educating young kids on the **perfect body campaign**

**\*\*\*It's important to note that all female students are WOSWA members by default.\*\*\***

“ No country can ever truly flourish if it stifles the potential of its women and deprives itself of the contributions of half its citizens. ”

- Michelle Obama



# Your Take

## ARE ONLINE CLASSES EFFECTIVE? WHAT DO YOU THINK?

### MUCHEMI MURIITHI

BACHELOR OF LAWS (LLB) AND BACHELOR OF ARTS (BA)

As we marvel at this new normal of undertaking education let us be cautious to define its impact on the system. There's more to being at the University than just getting the papers and leaving. There's the priceless chance to interact with intellectuals, to navigate the sea of knowledge, to dive right into the oasis of wisdom, to dare being the best, to explore greater possibilities, to experience the shortcomings of early adulthood freedom and to inspire the society armed with exposure and knowledge. Onsite campus life offers the ultimate forum for this type of engagement. Extracurricular activities create room for the wholesome development of an all-round student. This is entirely paralyzed by online learning It is important that we evaluate the fruits of both online and onsite life. May I lead in advocating for onsite learning your Honour!

### SALOME MBOYA

BACHELOR OF COMMERCE(BUSINESS INFORMATION SYSTEM)

While this may look ideal, virtual learning is a formidable task The onset of online education pronounced the digital divide and social status among learners. This weighed an advantage on the rich over the poor, underscoring this existential gap. For many learners, who had their unprivileged colleagues' interest at heart, this new trajectory was just untenable. Access to digital learning tools has been cumbersome for learners who live in the countryside as they face power outage and poor network connectivity.

### MATILDA STACY

BACHELOR OF LAWS (LLB)

First-hand, taking classes online has its perquisites. For starters, the whole learning experience is self-paced, of course in compliance with the Lecturer's timetable. Learning materials are posted online, making course content, even from a month ago accessible. Matters convenience, learners can squeeze in their studies between work and other commitments and still stick to a routine. Moreover, the future is online and skills of collaboration and presentation will be gold to the market place tomorrow; would we accept to prepare for that. Of course it may not have worked in the best way now -like every other project that is done for the first time- but now we can improve the structure. There's only one way to learn; online.

### KAIRU KAREGA

JOURNALISM AND MEDIA STUDIES

Online learning is not as evil as it has been portrayed; as a matter of fact they have been helpful.They have made us measure our adaptability and flexibility. We have to accept the times we live in and the implications of the same. For the intervention to be successful though, there has to be engagement from both ends of the divide: lectures and students, both utilizing every resource at their disposal. Secondly, online exams; examinations have never been more convenient and effective. Technology makes setting, writing & marking efficient.



# unbound

The fear of stigma and rejection has bound many people living with disabilities for a long time, especially in the past decades. Unfortunately, even in this 21st century, where we hope that every person in the world is informed and thus has knowledge on how People Living With Disabilities (PLWD) should be treated, many remain ignorant. Hundreds of PLWD have been shunned away from normal lives and the daily routine; being caged like animals with no access to the outside world. Families are ashamed of them and would rather hide their existence. This means no education, no social interactions, no nothing for them.

However, it should be noted that today, a large number of people have accepted who they are and embraced it well. They have unbound themselves from the chains of fear and self pity. On the contrary they're out here living the best of their lives and making great impact and leaving legacies behind. Such is one Susan Kirima.

**Susan is deaf but despite that, she is both an employee and a PhD student at the University of Nairobi.** Susan hails from a small village in Meru County. She's the 4th born in a humble home of seven children. Susan's impairment was caused by a medical condition. While 5 years of age, she contracted an unknown disease and was admitted at the hospital. It was only after her discharge that it was realised she had lost her hearing. Her parents took it well and saw her no different. However, her siblings saw her differently and would severely tease her. At times, they would test her hearing by imitating hyena sounds at night to scare her. Later on, her parents too gave in and started treating her differently. The thought of their child becoming permanently deaf was too much to bear. According to Susan, they would pour concoctions of all kind through her ears in an attempt to restore her hearing ability. When this did not work, they sought religious help. Numerous women and men of God interceded for her but it still was futile.

Growing up was not easy for Susan. According to her, she experienced her share of hell during her school days, especially primary and secondary schools. She was made fun of, humiliated and bullied. This led to her dropping out of school twice while in primary school, but her late father, who was so strict as she recalls, made her go back to school. Teachers are supposed to parent us and shield us from the cruel world. However Susan met with one teacher of English at Kaaga Girls high school in Meru, who colluded with students to make fun of her. The teacher would make her read out paragraphs and then join the students in laughing at her. She recalls one day being summoned by the principal to her office. When she got there, the principal handed her a note.

On it was written, 'we cannot admit you here unless you have a hearing aid'. She cried her lungs out because she could not afford a hearing aid and thus she thought it was the end of the road for her. Luckily, the principal to a neighbouring school,

Kaaga School for the Deaf, donated a hearing aid and she resumed her studies. She beat all odds and managed to score a C+ in KCSE and was among the few students to join University. In the early 90's, Susan join their prestigious University of Nairobi. It was a new environment away from her parents and teaches. There was no one to protect or assist her. The policies on people living with disabilities were not yet established and sign language was unknown. Her only means of survival was making many friends. She would copy notes from her friends which at times according to her made no sense. She was also forced to acquire a more complex hearing aid, which she purchased in instalments from the Kenya Society for Deaf Children.

Many are the times she missed CATs because they were announced verbally. At one time there was unrest in school, which led to formation of SONU. The school was closed for a year. Dates of resumption were announced on radio and newspapers. She had no access to either of them and thus she did not resume school. Back then there were no phones, so communication was a bit hard. Luckily, a neighbour who had been in session noticed she was yet to report, hence sent her a telegram. On her return, she had missed some exams. She had to write to the Dean of faculty and explain herself in order to be allowed to sit for special exams. Again she conquered all the setbacks and managed to complete her undergraduate studies.



**She also went back in the early 2000's and enrolled for masters. After her undergraduate studies, she worked with Kenya National Association of the Deaf. She was later posted to Rev Charles Muboro School for the Deaf as an untrained teacher. She later joined UON as an administrative assistant, a post she holds to date.**



"Deafness is not a disability but rather a special ability. Just because I cannot hear, doesn't mean I cannot communicate," says Susan. Many PLWD people given the opportunity can perform better than the 'able' people. Susan believes she can do whatever any other person can do given the chance. Meeting other deaf students and lecturers gives Susan a sense of belonging. They are a minority group of linguists who identify themselves through use of sign language, she says. Today, life is much easier for PLWD but not all smooth. They face new challenges everyday. To date Kenya cannot boast of having fully qualified interpreters for instance. Many deaf people have



lost opportunities courtesy of sign language interpreters. Also sometimes it's hard for PLWD to make friends. Susan says it's easier to make friends with other deaf people as they understand each other rather than people who can hear.

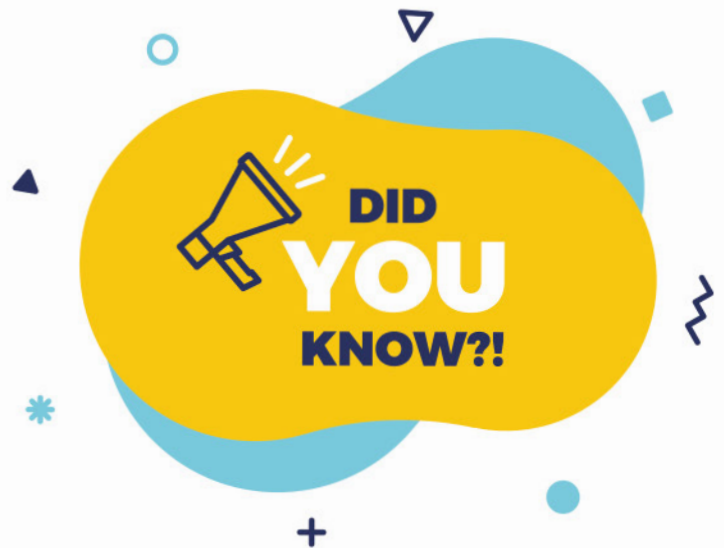
Severally, people have walked away from her when they realized she was deaf. Relationships with hearing people is also difficult which at most times make deaf people date deaf people i.e. date and marry their own.

With time, policies on PLWD have been established. Their place in the society has been well defined. The UON is due to launch The UON Disability Mainstreaming Policy soon, which will create an enabling environment for all students with disabilities.

Susan has no hope of regaining her hearing ability. She feels it would do her no good at her age. However, this doesn't mean that sometimes she wishes she could hear. She hopes to complete her PhD studies and join the academic staff of The University of Nairobi. That way she will have accomplished her purpose and also set an example to other deaf people and PLWD generally.

Susan feels there is need to build Universities for Deaf. She says that there are schools for the deaf hence adding universities for deaf would do no harm. Instead it will help the deaf attain much more as the environment will be conducive for them. They will be surrounded by people who understand them better and more qualified personnel and interpreters.

There are equal opportunities for all persons out here in the world. So it's up to the people, impaired or not to strive and attain the best. Parents too with children abled differently, should stop hiding and being ashamed of them; instead they should ensure none of their rights are violated. The government too has a role to play in ensuring that no one is discriminated against.



**1. The 2010 Constitution recognises Sign Language as a language for the deaf, an indigenous language and one of the languages of Parliament.**

**2. A survey by VSO Kenya and the Education ministry indicates that there exists a big gap in the Kenya Certificate of Primary Education (KCPE) performance between deaf children and their counterparts with proper hearing. For instance, most deaf children score as low as 100 marks out of 500.**



# How Deep is the Deep State??

## The Big Deep State Myth Deconstructed By Brian Kibet, 3rd Year, Parklands Campus

*Talk has been rife of the existence of a powerful cabal christened 'the system' which selects and appoints Kenyan leaders.*

As such, Kenyans have no voice in deciding the leaders they feel represent their views and who respond to their needs. The fat lie that usually accompanies such conversations is that the so called "deep state" will not allow President Uhuru Kenyatta to retire as president come 2022.

I find this axiomatization retrogressive since it suggests that Kenyans do not elect their leaders; rather the leaders are selected for them in order to appease some cabals and groups. Further, it purports that power is given to the selected as opposed to being wielded by persons elected by Kenyans in their trust. Such erstwhile retrogressive views should not be allowed to stand unchallenged.

Every five years, Kenyan voters' troop to polling stations across the country to elect their leaders. They do so to exercise their democratic right and to elect those who they believe will better their lives and lead them to prosperity. They do not do so to assuage anyone's interests but their own. Kenyans therefore elect their leaders, including the president, and not the so called 'system'.

Consequently, the existence of the 'system' that selects and imposes leaders on Kenyans is at best chimerical.

President Uhuru Kenyatta completes his second term in office in 2022. The Constitution of Kenya, as it is now, provides that this will be his final term in office. This is a diktat and come 2022, if this will still be the case,

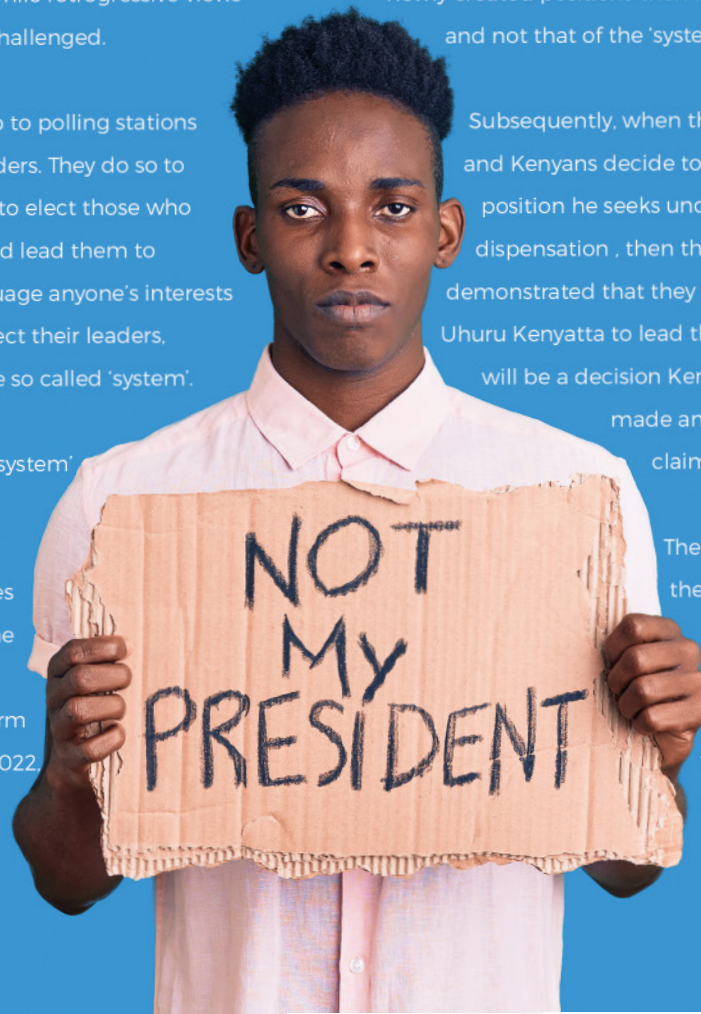
Uhuru Kenyatta must hand over power to the person who will be

announced as duly elected as president by the Independent Electoral and Boundaries Commission in the elections.

However, Kenyans in 2010, while adopting the Constitution envisioned that in future, there may be need to amend the constitution. In doing so Articles 256 and 257 were incorporated in the Constitution to guide such a process. If Kenyans in their own wisdom, before 2022, in a referendum initiated and conducted in accordance with the law governing the same, decide to amend the constitution and abolish presidential term limits or create more positions at the apex of the executive, with express provisions allowing Uhuru Kenyatta to vie for one of the newly created positions then it will be on their own volition and not that of the 'system'.

Subsequently, when the 2022 elections are held and Kenyans decide to elect Uhuru Kenyatta to any position he seeks under the new constitutional dispensation, then the Kenyans will have demonstrated that they have belief in the person of Uhuru Kenyatta to lead them for another term. This will be a decision Kenyans themselves will have made and not the cabals that some claim should be mollified.

The existence of the deep state is therefore a hoax. Kenyans themselves, at the ballot, decide who their president will be and the term limits thereof. It would be mirthful banter to suggest otherwise.





**NEW**

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PROTECTION



# Beauty with a purpose

## WITH MISS UON 2020 OLIVE MUTETI

Being a mom at the age of 18 is rarely a hallmark for any teenage girl. However, when life gives you lemons, you have the choice of making lemonade; that's the story of Olive Mwende Muteti, who believes this is no reason to give up on your dream of becoming the best version of yourself.

Olive, the crowned and reigning Miss University of Nairobi, ascribes to this school of thought and now terms motherhood, as the most beautiful thing that has ever happened to her.

As a young woman fresh into campus, she was determined to harness every opportunity life could offer in actualizing her dream as a model. Little did she know that her life would take an unexpected turn. Olive was expectant with her now 3 year-old child.

Her journey through her pregnancy was characterized by self-denial and a whole load of guilt; in a society where teenage pregnancy is considered an end to life situation. Luckily, she had a strong support system that included family

members and close friends who helped her through the novel experience.

Having gone down that road, her journey inspired her to launch a campaign that is aimed at bringing young moms together in the spirit of empowerment, to help them cope and actualize their set goals and dreams.

'Be Her' is a campaign initiative meant to reach out to young moms in campuses across the University of Nairobi in a quest to lend a helping hand through their journey.

The key message in the campaign is to help a young mom fulfill her set dreams before motherhood, while being the best mother she can. It's also a call to society to walk in her shoes. Thus the slogan 'Be Her'.

Speaking of society, Olive believes that it is time to take the bull by its horns by addressing teenage pregnancy in depth. Through the 'Be Her' campaign she aims at educating the society on the silent struggles a teenage mom faces in a bid to create an environment where they are well accommodated.

She believes that there is a need for a paradigm shift; an end to blame games and criticism. The society needs to walk in her shoes and 'Be Her' in order to understand that there is no amount of criticism hauled at her that she has not already self-inflicted.



"Put your money where your mouth is, what are you doing about those who have fallen victims and those who are already there...ask yourself that before you start pointing fingers"

Olive believes that 'Be Her' will be a safe haven for young moms who often get misunderstood and condemned by society. The campaign provides a platform where individuals with similar experiences are able share in their journey and get psychological help from mentors.

Taking advantage of her influential position as Miss University of Nairobi 2020/2021, she aims at reaching out to many young mothers in her first campaign event on the 19th of February 2021 at Anga IMAX IN Diamond Plaza at Parklands, Nairobi. Her advice to young moms is to never give up on their dreams, regardless of their current situation.

"My journey has been the constant urge to prove to my younger self that she was right to dream all that she dreamt off. Thus, young women should not deter from their dreams because they are moms at a young age"

“ **Put your money where your mouth is, what are you doing about those who have fallen victims and those who are already there... ask yourself that before you start pointing fingers** ”

**MOM**  
IS JUST  
**WOW**  
UPSIDE DOWN.



**To join in her campaign you can follow her on her social media platforms for more information**

Instagram @mwende\_muteti

Facebook @Olive Muteti

Twitter @olivemuteti

# Fountain of Wisdom (alumni corner)

**PROF. PLO-LUMUMBA, LL.D, D. Litt (hc), D.Sc (hc) FCPS (K), FKIM, FAAS (hon)**

May I express my deepest gratitude for your invitation on the occasion of the launch of the inaugural issue of University of Nairobi Students Magazine - "Comrades".

The University as a citadel of wisdom in society ought to be the oasis from which we quench our thirst for knowledge in all spheres of existence. The University indeed is endowed with the privilege of providing space for reflection and critical assessment of the challenges in Society. The University must therefore be a factory of knowledge.

As the famous African Cheikh Anta Diop has ably revealed, before the Greek Academies had emerged and long before their scholars like Socrates, Plato, Aristotle, Sophocles, Aristophanes had blossomed, Africa was the citadel of great learning.

Today, therefore, as we recognize the University as an intellectual sanctuary it behoves us to reflect on the utility of knowledge. Aristotle aptly observed, "The educated differ from the uneducated as much as the living differ from the dead."

The platonic allegory of the cave reminds us that so long as we are chained inside the abyss of ignorance, we remain oppressed by our own arrogance.

We must break the chains to enhance our capacity in pursuit of wisdom. So long as we remain aloof from contemporary issues and concerns of society, our quest for knowledge becomes sterile and destitute of value.

The University is the place where we walk out of the cave of ignorance in order to be illuminated by visions of authenticity. We come out into the daylight of wisdom in the pursuit of knowledge in all spheres of existence.

The University is not only the fountain of wisdom but also the citadel of knowledge which is acquired through a vigorous process of conscientization and discipline of the human mind.

From scientific insights to the discipline of humanities, the University is the nexus between global and local pursuits of knowledge. We do not seek knowledge for its own sake, rather, we seek knowledge towards affirming the dignity of every human being. We do not come to the University as novices in search of wisdom but as disciples of truth; giving meaning to the immortal words of the Osagyefo Kwame Nkrumah;

*"Africa needs a new type of citizen, a dedicated, modest, honest, informed man. A man who submerges self in service to the nation and mankind. A man who abhors greed and detests vanity. A new type of man whose humility is his strength and whose integrity is his greatness."*

The University therefore, is ultimately the shrine of wisdom whose umbilical cord must be linked with the daily issues that beg resolution as the society pursues happiness and fulfillment in all its dignifying permutations.



# Been There, Done That

**Is the grass truly greener on the other side? We sat down with former UNSA Council Vice-Chair Emmanuel Ian Ombonyo a.k.a Ian Chevy from Upper Kabete Campus to find out.**

**How was it for you to serve under what can be termed as a unique government since Anne was the first female president of the university?**

For me, it was a privilege because it was the first time we had a chance for a lady to serve as the chair of the University of Nairobi. It was challenging at first because it was so difficult to sell her to the comrades, to the fraternity, especially in an era where we were used to having males dominating the politics at the University of Nairobi. We faced a lot of rejection and pessimism, but that's politics.

We however rode on the winds of change because we wanted to have a lady and show the world that ladies also can serve. Some of us had to shelve our ambitions to support the dream. I'm glad we delivered, she delivered.

**What other challenges did you face during the campaign & ultimately in office?**

The major challenge that was there was selling a lady president. The idea of a lady leading male students into demonstrations or whatever kind of activism that students wanted, was foreign. Convincing the delegates was also an uphill task; there was the issue of tribalism. We thank God that we overcame it.

**What do you think are some of your greatest achievements during your term in office?**

Number one, we were the first UNSA government that led the increase of bursary allocations from Ksh.4000 to Ksh.6000 per student in each of the campuses. Number two, our UNSA government held the largest Mr & Miss UoN pageant ever, at KICC building. It had never happened before.

**If you had the chance to change something or improve something about your tenure, what would that be?**

What I would have loved to do more is to engage the corporate world; industries, government, etc. To source for government opportunities for students or forging partnerships that can improve the livelihood of the students in the university and also better themselves in terms of academic affairs.

I would also have wanted to see more advocacy and vibrancy on matters concerning students from student leaders.

**What do you think has been the impact of this undertaking on you as an individual?**

Being a vice president gave me a lot of opportunities. It opens doors for you; in the Kenyan market, in Africa and the world. It gives you an opportunity to meet new people, new innovative ideas that help you transform the lives of others. I also had the opportunity to better my skills when it comes to leading and service to students.



# Research like a

**Socrates Majune is a tutorial fellow and a PhD Candidate at the University of Nairobi. Last year (2020) his policy paper titled "The Effect of Lockdown Policies on International Trade Flows from Developing countries: Event Study Evident from Kenya" won a prestigious award by the World Trade Organization, (WTO). The scholar Majune beat 26 others from across the world to win this award that also came with a monetary reward of up to sh.620 000.**

The paper analyzed the impact of lockdown measures to the country's export and import business with its trade partners. He assessed the hit on the economy using a weekly series of product-by-country data for food and medical supplies, both imports and exports, for the period between July 2019 and June 2020.

In the paper, Mr. Majune found out that the lockdown measures increased the country's export by an average of 12% while the imports decreased by an average of 28%. The reduction in the imports was mainly caused by sea policies that had been introduced by countries that had imposed lockdown measures. However there was an increase in both the export and import of food commodities by 25% and 18% respectively.

The imports and exports were affected by the measures and policies put up by respective countries. For countries with stringent measures, exports from Kenya decreased while the imports from these countries increased. The research also established that exports to OECD (Organization for Economic Co-operation and Development) were not affected. On the contrary, imports from these countries increased. However, trade in China declined significantly after the country imposed lockdown measures. According to the paper it is true to say that generally, exports in Kenya were not very affected by the lockdown measures imposed. The imports on the other hand were affected due to sea policies and stringent regulations put up by trade partners.

The paper was highly praised by a high-profile panel of WTO economists and members of its advisory board, including Robert Koopman, the director of WTO's Economic Research and Statistics Division.

The University of Nairobi prides itself in having its scholar winning the prestigious award. Mr. Majune in his speech said he was so honored to be the first to win the award. He said his win was a statement about the quality of teaching in Kenyan and African Universities.

**\*\*\*Mr. Majune's paper can be found on the internet as "Majune's Paper".\*\*\***

**You became the inaugural Winner of the WTO Economics thematic Award, what did that mean to you as an individual?**

It felt rewarding, being that since my undergraduate, a lot of my research & projects have been in the area of international economics. I saw it as recognition of my efforts & consistency in a particular line.

It's also gives hope that these things are possible; it just takes a lot of perseverance and focus.

**Which role did the University of Nairobi play in the win?**

I highly attribute my victory to the University of Nairobi. Having been there since my undergraduate & masters' days, a lot of the knowledge I've acquired, the people I've met, professors who've been very influential; somehow have been connected to the university. I'm currently taking my PhD there as well, sponsored by African Economic Research Consortium, which is affiliated to the UoN. So I owe the AERC scholarship to the university; through it I have created a lot of networks that have played a role in my win.

**Reading elsewhere, you mentioned that you're working on becoming the next Economics Nobel Prize winner. Tell us a bit about that.**

Yes. No one from the continent of Africa has won a Nobel Prize in Economic sciences. Among black people, just one gentleman called Lewis once won the prize in around 1969, but was affiliated with an American institution.

The Nobel Prize is awarded to people who have shown a sense of consistency in a certain line. It would need a lot of collaboration with other like minded people as well, so if it comes my way, I'll be really glad.

**What advice would you give to Economics students who now look up to you as a mentor?**

My advice to them is quite simple; one, identify an area of your interest, we all have things we're really passionate about, then let the passion fuel you.

For me, the area of international economics & trade is one I've worked & written on since my undergraduate. I wrote this paper for the purpose of publishing it in a journal, which you're not paid for, or funded. And it happened that by chance I saw an advert that fitted my paper. So if you're out for the money & not passion it'll be hard to work hard & push yourself.

Secondly, focus & be willing to work very hard. I can assure you, it's not a walk in the park doing research, data analysis, writing, proofreading; you can't go to some extents if you're not really committed to the course.



# Pro

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Handwritten notes and diagrams on a chalkboard background.

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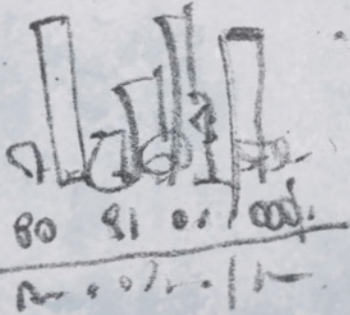
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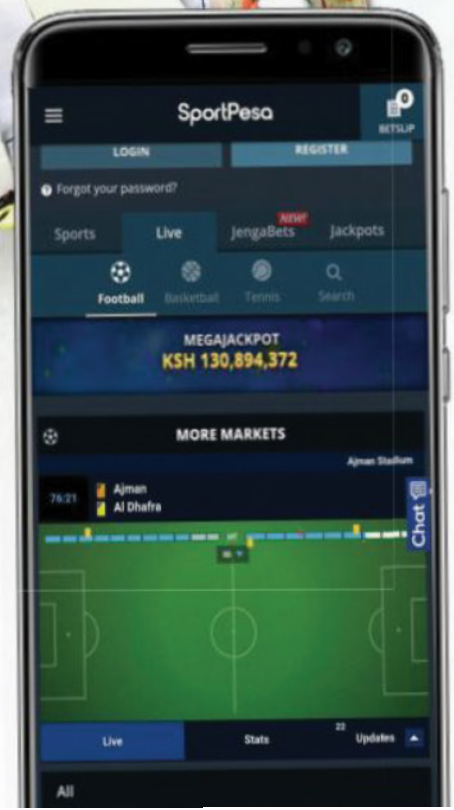
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# Rebound



## BASKETBALL TALK with Vallery Kemunto

**Bouncing back? 23 year-old, Vallery Kemunto can tell you all about it.** A budding basketballer who plays for the University of Nairobi Dynamite team, the young star has a sterling career scoping numerous awards, not the least of which was her latest TUSK medal in December 2020.

However, her journey has not been a walk in the park as many might be driven to believe. Through sheer will and love for her sport, Vallery has been able to surmount challenges that would have easily made any uninspired player to call it quits.

A few years past, Vallery fell prey to the irresistible seduction of a man consequently leading to her first pregnancy. For more than a year Vallery could not play basketball but this did not deter her love for the game. 2019 turned out to be her finest year: Vallery Kemunto met Sarah Chan, the Toronto Raptors peculiar talent, she won a medal at the Women Championship Competition in Eldoret and more important by far, Vallery was awarded a medal during the fabled USIU 3x3 competition playing for the *UoN Dynamite team*.

In an interview with Vallery, we got to learn more about the sport and how Vallery's self motivation and confidence has helped elevate her in her career

### Who is Vallery Kemunto?

Vallery Kemunto is a 2nd year student at the University of Nairobi pursuing Bachelor's degree in Education. She is a humble lady from Kisii who likes playing basketball.

### Have You always Played Basketball?

I have played basketball since I was young through my low levels in school.

### How often and where do you train?

Well, I mostly do my training with the team on scheduled weekdays and weekends, but also personal training is a priority for the better.

### What has been the impact of Covid-19 in your sport?

Covid has stopped our progress. With the restrictions in place we cannot interact as we used to and we can't take part in competitions. This has negatively affected us but we will recover from all this.

### What is the best part about competing?

Feeling you can dominate and deliver.

### What's the biggest sporting event you've taken part in?

The Kenyan Premier League competitions.

### Do you think basketball has an impact on your academics?

Negative, No. All I can say is that planning is the key.

### Who are some of the basketballers that you look up to?

Felmas Koranga. She's the first Kenyan to play Division one of basketball in the U.S for Troy College in Alabama. She's committed and ready to learn. A self-driven lady.

### Who has been your mentor?

My team coach, we call him Coach Kent, has been very supportive over the years. I can say has contributed to my growth and also my friend Ancet Wafula has been the best in terms of supporting me with the game. And I have to say above



all else, God has been with me all the way.

### Lastly, if you could play another sport what would it be?

I'd choose basketball all day

### What impact has motherhood had on you as a sportswoman?

Becoming a mother is one of the most important transitions that occur in a person's life. Most student mothers participating in sports face the challenge of lacking of time management in studying and parenting roles. For me it's been all about planning well; it's stretched my ability to balance.

# Not an Easy

## Kenyan flash; Ferdinand Omanyala

For the 25-year-old sprinter, Ferdinand Omanyala, planets are aligning. This athlete, who recently ran what has come to be described as the fastest 100m ever on Kenyan soil, shares his journey with us.

Born and bred in Kitale, and an alumni of Friends School Kamusinga, Ferdinand's sporting journey traces back to his 3rd and 4th form, where he played rugby. He sat for his KCSE, scoring an A-(minus), magna cum laude. This earned him a place at the prestigious, University of Nairobi, as a Bachelor of Science (B.Sc.) Chemistry at Chiromo Campus. But how did the journey that started in rugby evolve to the track? After being unsuccessful at joining the national under 20's rugby team (due to what he terms as corruption), he decided to join athletics. He now confesses, he was too swift for the pitch. A friend recommended track races and shared the running events calendar with him and as they say, there has been no looking back for him.

In 2016, he went to the Olympic trials in Eldoret but didn't make it as he missed the mark by 0.23 seconds. This didn't deter him as he continued training. A year later though, when he attended the Athletics Kenya Championships feeling incapable of competing with other experienced

## Omanyala runs fastest 100m ever on Kenyan soil

Saturday, January 23, 2021



*Ferdinand Omanyala competes in 100m heat during second leg of Athletics Kenya (AK) Relay Series at Nyayo National Stadium on January 23, 2021. Photo credit: Chris Omollo | Nation Media Group*

sprinters and won the race, he knew could sprint and decided from that moment onwards to give everything to athletics.

In 2017, he made the team to Bahamas for the World Relay Championships; a race he counts as his best feat. There, despite being considered an underdog on the tracks, he went ahead to win the race. He also represented the university in Taiwan at the world university games in August. In 2018, he won the national championships and in 2019, he set a record with the 6th best time of 10.23 seconds. 2020, was a slow year for him, thanks to the COVID-19 pandemic.

The journey hasn't been all rainbows and roses though. In 2017, he experienced a major setback when after suffering an injury he used painkillers (unwittingly) that contained a substance which had been banned by the World Anti-Doping Agency. That resulted in him getting banned for 14 months. During this period, he says he had his back against the wall. He felt like hanging his boots and going back to class and rugby. He was able to get through this thanks to having a strong support system that helped him keep his head above water. Along the way he also learnt how to pick himself up. His family, he says, has been very supportive of his athletics career. His father, who was a former sprinter used to come watch his rugby games. Ferdinand also attributes his mental agility to his father who inspires him very much.

He is also grateful to the University, who sponsored his first ever event and has continued supporting him ever since. He says that every time he's visited the Sports offices, they've always been willing to lend a hand.

This year started out on a high, when he won the buildup 300m race on 9th January. Two weeks later, he ran the record 10.11 seconds, that ratified, would be the new national record, were it not for mother-nature. The report on his being assisted by tail wind, only motivates him to run faster yet. He aims to run the 100 m marathon in less than 10 seconds, by mid this year. As he inches closer to Usain Bolt's record of 9.58 seconds, the dream, he affirms, feels closer than ever. Ferdinand looks up to Jamaican world champion Yohan Blake, whose life experiences he deeply relates to; sustaining serious injuries and being banned from championships.

Currently, Ferdinand says he needs someone to help fund his Olympics dreams, for which he has had to foot bills himself. Gym fees, physiotherapy sessions and tracks, continue to become more present needs and financially strenuous on him.

His long-term plans include setting up a sprinting camp for

# Catch

sprinters who cannot afford to come to Nairobi to enable them to have access to facilities so that they can also get a chance to compete globally. He also has his eyes set on getting his life story adapted to a movie as he loves movies himself and would like to inspire other people to follow their dreams.

His advice to aspiring athletes and everyone is that they should never give up no matter how hard life's blows get and they should keep up the hard work which will pay off one day.

“ You should never give up no matter how hard life's blows get and they should keep up the hard work which will pay off one day. ”

You can follow the Kenyan flash on his social media platforms for more information

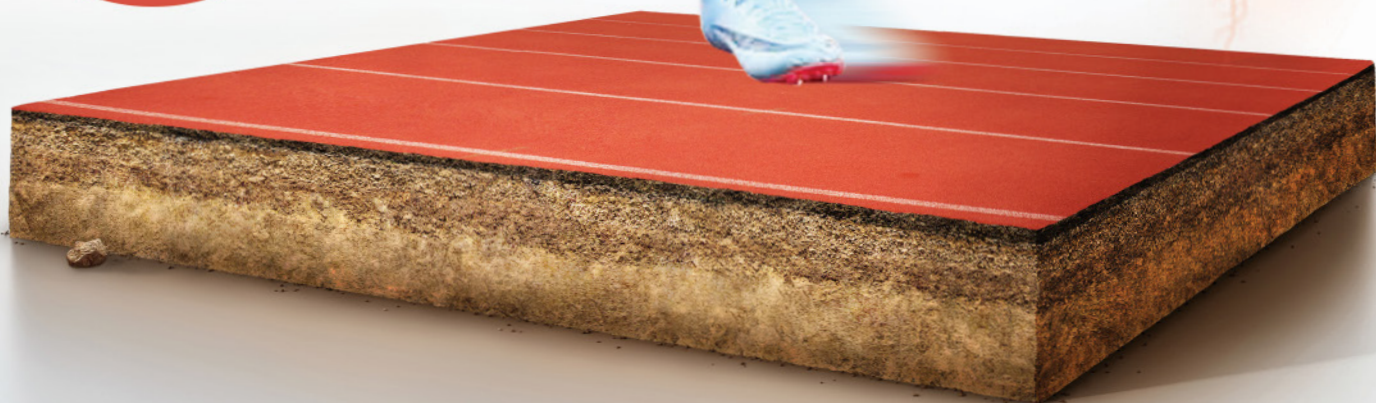
Instagram @ferdiomanyala

Facebook @Ferdinand Omanyala Omurwa

Twitter @Ferdiomanyala

The magic number

**10.11**  
SECONDS



AN UNSA COUNCIL 2021 CAMPAIGN

# BE KIND TO YOUR **MiND**

MENTAL HEALTH AWARENESS

We live in turbulent times and compacted by the COVID-19 pandemic, the issue of mental health is not only relevant but crucial. It's important to take care of yourself and get the most from life. Do not be afraid to talk to your friends and loved ones. A problem shared is a problem halved.



# Mental Health 101..

**We live in turbulent times and compacted by the COVID-19 pandemic, the issue of mental health is not only relevant but crucial.**

Mental health is more than the presence or absence of a mental illness. It is a crossroad between emotional, psychological, and physical well-being.

In 2020 and this year, many people have faced serious challenges to their mental health. Along with the health impacts of the disease, COVID-19 has led to, self and social isolation, disconnection from family and friends, quarantine and lockdowns on movement resulting in more people than ever experiencing feelings of helplessness, isolation, grief, anxiety and depression. Demand for health support services has increased exponentially as a result

Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

Stress can cause the following:


- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that you can help yourself, others, and your community manage stress.

## **1. Take breaks from watching, reading, or listening to news stories, including those on social media.**

It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.

## **2. Take care of your body.**

- Take deep breaths, stretch, or meditate 
- Try to eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol, tobacco, and substance use.
- Continue with routine preventive measures
- Get vaccinated with a COVID-19 vaccine when available.



## **3. Reach out and talk to one of the University Counsellors .**

### **College of Health Sciences**

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### **School of Business**

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### **School of Law**

Lucy Gakuya 0722384210

### **College of Agriculture and Veterinary Sciences and Wangari Mathai Institute**

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### **College of Biological and Physical and Sciences**

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# Spot Me Bro

Fitness and general body Wellness are key aspects of every human's life. Therefore, Needless to say, the two should be accorded the seriousness they deserve. Sadly, the two are mostly swept under the rug and taken for granted by many people. In the daily rush and busy with deadlines to meet, people have little or no time at all to take care of themselves. Elvis Kipkemoi is a medical student at the University of Nairobi and a great sport and wellness enthusiast.



“ Believe, and work towards what you believe. Life is short , so you should live to your full potential. ”

**Elvis, believes keeping fit is a life necessity. Last year, 2020, Elvis was the sports and welfare representative. He currently is the governor of KNH campus.**

Elvis believes that humans are creators and we're all working towards solving problems we identify in our daily interactions. He believes in leadership and service. According to him, leadership is all about improving and changing the lives of people. He had no preconceived notions whatsoever, that one day he would have achieved the much he has. He says that things just happened, each leading to the other. Eventually the dots just joined and he found himself where he is today. His sporting journey began approximately 8 years ago, while still in high school. It was here that he first held a rugby ball, and that kick-started his long journey. After high school when he went back home where the need to keep fit drove him into creating a small home gym, where he could exercise.

Elvis joined School of Medicine at the University of Nairobi. He sadly noticed that the students here lacked exercising facilities. His love for keeping fit drove him into an initiative that led to the establishment of the first gym ever at the School of Medicine. That way, these students can exercise comfortably and similarly stay fit.

He also believes that everyone who is able is obligated to give back to the society. It is this belief that made him and his three friends start an initiative named "Health Drive". Health Drive is based in Bomet. The initiative generally reaches out to the community and declassifies information on health into what the people can easily understand. They also translate the information from English to Kalenjin, hence ensuring all people in the community can understand. How does Elvis measure his achievements? According to him, it's the satisfaction that he derives from his work. The number of people impacted by this and made happy is all that matters to him.

Elvis' life purpose and main goal is to fight ignorance. People out there lack knowledge on various things. He believes he can help people overcome this, not only in education but also life in general . It is misconceptions such as "fitness is for the rich" and "fitness is for the fat" that Elvis wants to correct. He aims at making people see the truth unlike their false common beliefs

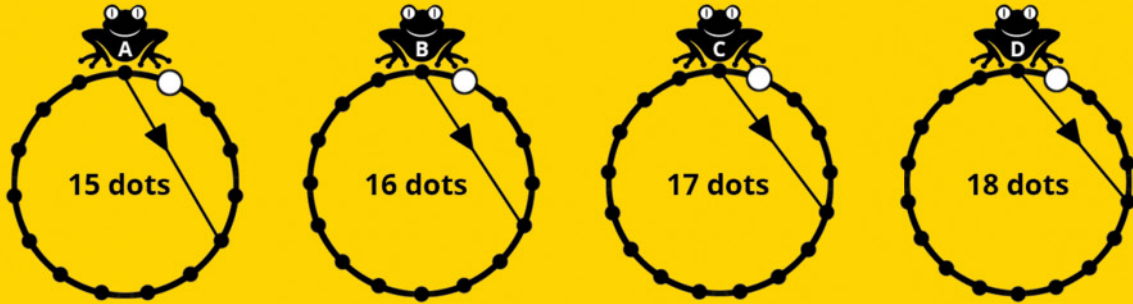
How does one balance between all the above things? How can one managed to tackle the daily activities and still keep fit and ensure their Wellness? Elvis says that There is no set guidelines on how to manage life. Each and every person has to find their own balance. Everyone need to find what works for them because, whatever works for him may not work for you.



# “Hopping frogs”

level 

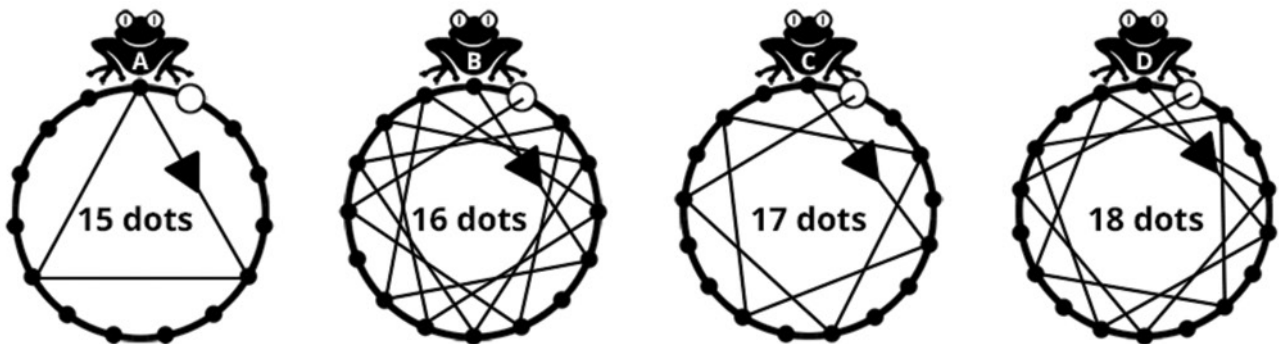
Four frogs are sitting on top of four circles, but the circles have different numbers of dots. Each frog skips ahead five dots (clockwise) with each hop. Which frog gets to the white dot with the fewest hops? A, B, C or D?



## ANSWER TO 'HOPPING FROGS'

Frog C gets to the highlighted dot with the fewest hops. (See the illustration below)

And apologies to frog A, who has to jump around and around and around...



## On a light note...

**Two university students had a week of exams coming up but decided to party instead.**

When they got to their exam they decided to tell the professor their car had broken down the night before due to a flat tyre and they needed a bit more time to study. The professor told them they could have another day to study.

That evening, both of the boys crammed all night until they were sure they knew just about everything. Arriving at class the next morning, each boy was told to go to a separate classroom to take the exam. Each shrugged and went to different parts of the building. As each sat down they read the first question. "For 5 marks, explain the contents of an atom." At this point they both thought this was going to be a piece of cake and answered the question with ease. The test continued....

"For 95 marks, tell me which tyre it was."

# Light a Candle



**IN MEMORIAM OF OUR FALLEN COMRADES, GONE BUT NOT FORGOTTEN.**

## **WILKISTER AKINYI OTIENO, MAIN CAMPUS**

"There is no death, daughter. People die only when we forget them,' my mother explained shortly before she left me. 'If you can remember me, I will be with you always.'  
- Isabel Allende

## **KEN KAGUCIA, CHIROMO CAMPUS**

"DON'T THINK OF IT AS DYING, said Death. JUST THINK OF IT AS LEAVING EARLY TO AVOID THE RUSH." - Terry Pratchett

## **KEN OUKO, LECTURER AND SOCIOLOGIST**

"Do you not know that a man is not dead while his name is still spoken?" -Terry Pratchett

## **MR JUMA WANGA, FORMER AG FINANCER OFFICER**

"You will forget. Death or life will take him from your minds. I know, whispered Despair, in her distant, empty voice. But I shall remember him." - Neil Gaiman

## **DR. MOSE JOSEPH ARANGA, MOMBASA CAMPUS**

"It's the journey that matters, soak it in. Learn lessons out of it. Impact positively so that if you never get to your destination, at least you'd leave a legacy to be remembered."- Emem Uko

## **DR STEPHEN MOGUSU, 28, DOCTOR & UON ALUMNI**

"People will walk in and walk out of your life, but the one whose footstep made a long lasting impression is the one you should never allow to walk out." - Michael Bassey Johnson

## **EDDY AKOBI, CAE CAMPUS**

"If death meant just leaving the stage long enough to change costume and come back as a new character...Would you slow down? Or speed up?" - Chuck Palahniuk

## **DR. ELSA PAULINO BOJO, KNH CAMPUS**

"If you have a sister and she dies, do you stop saying you have one? Or are you always a sister, even when the other half of the equation is gone?" - Jodi Picoult

## **CATHERINE MUTHEU MUTUKU, MAIN CAMPUS**

"For what is it to die but to stand naked in the wind and to melt into the sun? And when the earth shall claim your limbs, then shall you truly dance." - Kahlil Gibran

## **JOSPHINE ATIENO**

"If I die, I will wait for you, do you understand? No matter how long, I will watch from beyond to make sure you live every year you have to its fullest, and then we'll have so much to talk about when I see you again..." - Jeaniene Frost

## **PROF PAUL KIOY, NEUROLOGIST AND LECTURER**

"Every man's life ends the same way. It is only the details of how he lived and how he died that distinguish one man from another." - Ernest Hemingway

## **ERICKSON MEMUSI NKOINE, KENYA SCIENCE**

"I want words at my funeral. But I guess that means you need life in your life." - Markus Zusak



# Our Partners

(Friends of UNSA)



# LET'S TALK

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