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AHADI

Ahadi Kenya Trust CEO Stanley Kamau (2nd right) and Muranga women MP Betty Maina (right) distribute assorted foodstuff packages and blankets to over 500 elderly persons at Ihigaini ACK Church, in Muguru Kangema Constituency during an Easter Sunday Luncheon after the service to celebrate Easter festival.



IPOA

The AD Meru Regional Office Michael Kimatu assisted by PLO Christine Owino, PIO Eric Munuhe, SCO Maryline Tindi and SIO Samuel Wafula today sensitised 44 Tharaka Nithi University criminology students who visited the regional office for experiential learning. Ms. Owino, who was in Meru for court attendance accepted the invitation to facilitate a session upon request by the ADRO. The students were taken through the technical processes the Authority undertakes on behalf of victims of police misconduct. The students were accompanied by their lecturers; Dr. Charles Mwirigi and Kennedy Mutua. The students called upon IPOA to sustain its practical knowledge transfer initiative to learning institutions.

PHOTO STORY

Skal Kenya Coast under the presidency of Effie Fernandes 2022/23 planted 9,000 trees to make it 10,000 in total as 1000 were planted in the year 2000.



Sweets courtesy of Mzuri Sweets Ltd. Given to different sporting members for their performance during the Shanzu schools festival at Shanzu DTTC on 10 - 11 February 2024.



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TOP NEWS

President William Ruto has signed the Affordable Housing Bill into law



President William Ruto has urged sportsmen and women to desist from activities that can ruin their talents.

President Ruto regretted that use of drugs among some athletes has tarnished the country's name besides

ruining their careers.

Speaking during the funeral service of Marathon world record holder Kelvin Kiptum at Chepkorio grounds, Elgeyo Marakwet County, President Ruto said the Government has declared war against doping.

"I want to ask our sportsmen and women not to allow drugs

to ruin their profession," he said.

He said Kenya has put in place measures aimed at ensuring that doping does not lead to the country's ban by international athletics authorities.

"When we took over office in 2022, Kenya had already

been blacklisted because of doping. But we resolved the issue, and we are now off the list of countries targeted over doping," President Ruto said.

The Head of State announced that the government will use KSh3.5 billion in the next five years to deal with doping-related

activities.

At the same time, President Ruto said his administration has established an endowment and pension funds for the welfare of sportsmen and women.

"We have now established an Endowment Fund and Pension Fund to deal with matters of our sportsmen and women, especially after retirement," he said.

President Ruto directed Sports Cabinet Secretary Ababu Namwamba, who was also present, to adjust the reward system of sportsmen and women to meet their future needs.

He announced that Chepkorio Stadium will be built in honour of the late Kiptum. He also announced that the tendering process for the construction of Kamariny Stadium in Iten town was ongoing.

President Ruto asked Kenyan athletes to prepare adequately for the Paris Summer Olympics so that they win many medals in honour of Kiptum and Kenya.

He described Kiptum as a great athlete and a good person.

"In Kelvin Kiptum, we saw the future of athletics in Kenya. He was hardworking, disciplined and focused," said President Ruto.

Deputy President Rigathi Gachagua said he would join the athletes in Paris later in the year to boost their morale in honour of the late Kiptum.

He said death has snatched a great athlete who was destined for greater things.

Prime Cabinet Secretary Musalia Mudavadi urged Kenyans to support efforts

by President Ruto to fix the country's economy.

"Let's continue rallying behind our President in his effort to unite our country," said Mr Mudavadi.

Roads and Transport Cabinet Secretary Kipchumba Murkomen said his ministry would build murrum roads to be used by athletes during training.

Mr Namwamba, who read his condolence message by the entire Cabinet, said the country was shattered by the tragic news of Kiptum's death.

He described the late Kiptum as a champion of anti-doping.

"Kiptum showed us that one can win and shatter world records without using drugs," he said.

World Athletics President Sebastian Coe described Kiptum as an extraordinary young man who was destined for greater heights.

"I want to assure the world that his achievements are treasured and secure, and won't be forgotten," Mr Coe.

Athletics Kenya President Jackson Tuwei called for legislation providing for the welfare of athletes in the country.

Senate Majority Leader Aaron Cheruiyot said MPs were ready to support efforts that would improve the lives of athletes.

Governors Wisely Rotich (Elgeyo-Marakwet), Chelilim Bii (Uasin Gishu), Simon Kachapin (West Pokot) and Stephen Sang (Nandi) supported efforts to help athletes with investment opportunities.

Many MPs, MCAs and clergy attended the funeral service.

HE Uhuru Kenyatta at the 1st Strategic Reflection on Implementation of COHA meeting

H.E. President (Rtd) Uhuru Kenyatta, AU-Kenya Peace Envoy to the Horn of Africa and Great Lakes region, today participated in the inaugural strategic reflection meeting at the AUC Headquarters in Addis Ababa, Ethiopia. The objective of the meeting was to strengthen the implementation of the Cessation of Hostilities Agreement (#COHA).

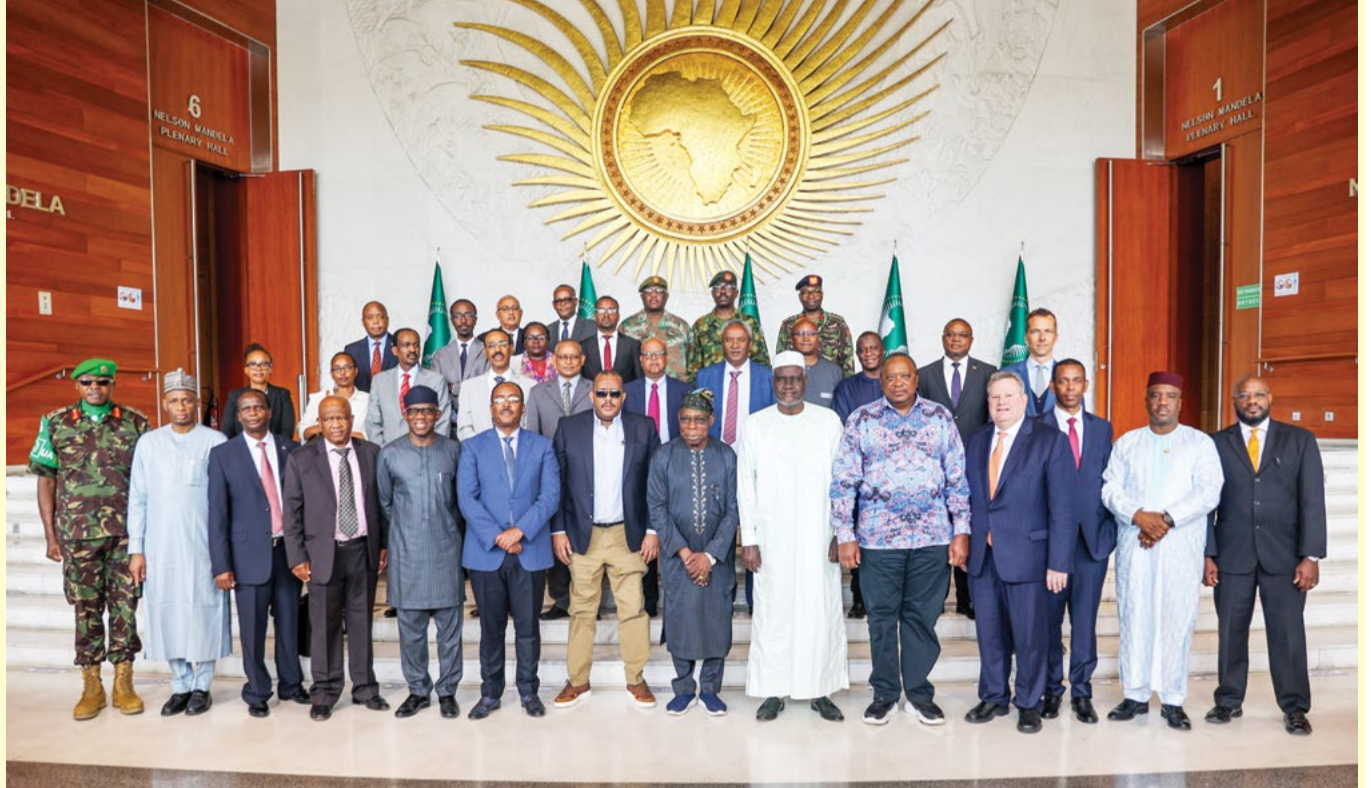
The AU High-Level Panel for the Ethiopian Peace Process also focused on mobilizing support for crucial aspects of the process, such as humanitarian assistance, Disarmament, Demobilization and Reintegration (DDR), and the rehabilitation and reconstruction of the region.

The strategic reflection meeting on the #COHA implementation brought together representatives from the Government of Ethiopia,



the TPLF, members of the AU High-Level Panel on Ethiopia, as well as partners including IGAD, UN, EU, AfDB, US, and the AU Commission.

In attendance were H.E. Moussa Faki Mahamat, Chairperson of the AUC; H.E. Olusegun Obasanjo, Former President of the Federal Republic of Nigeria, AU High Representative for the Horn of Africa, and member of the AU High-Level Panel for the Ethiopian Peace Process; and H.E. Ambassador Bankole Adeoye, Commissioner for Political Affairs, Peace, and Security among others.



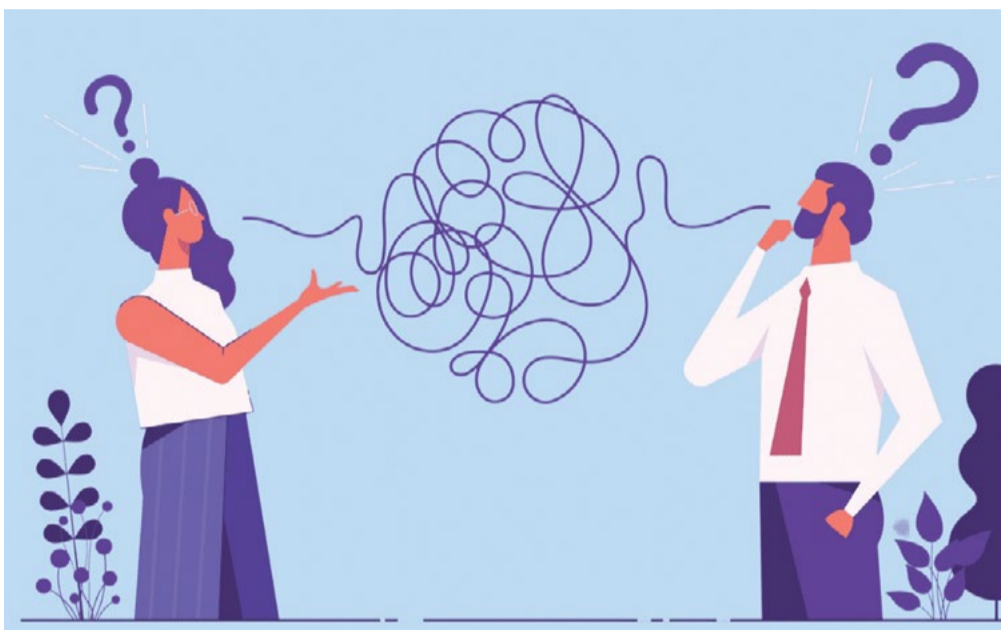
Seven ways on How to Listen: Discover the Hidden Key to Better Communication

1. Shift your focus: True listening isn't about waiting for your turn to speak. It's about genuinely understanding the speaker's message, feelings, and perspective. Be present in the moment, acknowledge the speaker with eye contact and body language, and let go of the pressure to formulate your response.

2. Practice active listening: Don't just passively absorb words. Engage with the speaker by summarizing their key points, asking clarifying questions, and reflecting on their emotions. This shows you're paying attention and encourages them to elaborate.

3. Go beyond words: Communication is more than just verbal messages. Pay attention to nonverbal cues like tone of voice, facial expressions, and body language. These can often reveal unspoken emotions and deeper meanings.

4. Suspend judgment: Resist the urge to form opinions or interrupt with advice before fully understanding



the speaker's perspective. Instead, offer empathetic understanding and avoid jumping to conclusions.

5. Embrace silence: Don't fill every pause with talking. Sometimes, silence allows the speaker to gather their thoughts and express themselves more deeply. Use pauses as opportunities

to process what's been said and formulate thoughtful responses.

6. Respect differences: Be open to viewpoints and experiences different from your own. Avoid criticizing or dismissing the speaker's feelings, even if you disagree. Instead, seek to understand where they're coming from.

7. Practice makes perfect: Effective listening is a skill that requires practice and self-awareness. Observe your own listening habits and actively seek opportunities to improve. Reflect on past conversations and ask for feedback from trusted friends or colleagues.

Author Courtesy

Alhaji Ibrahim Fofanah On This Planet Threatening Issue

The Earth is hurting... Planet Earth is bleeding due to non-sustainable agriculture practices. Can we continue to ignore the signs of distress from our environment? The impact of unsustainable farming methods is evident in the degradation of soil, loss of biodiversity, and pollution of water sources. How can we heal our planet and ensure a sustainable future for generations to come? The pollution of water sources due to agricultural runoff poses a threat to aquatic life and human health. Can we continue to overlook the impact of chemical fertilizers and pesticides on our waterways? It's imperative that we adopt farming methods that minimize water pollution and safeguard our precious water resources. Let's not be the greedy



consumers that forget the grower. We have the power to make a difference through

sustainable agricultural practices that prioritize the health of the planet. Let's work

together to heal the wounds inflicted by non-sustainable agriculture and pave the way for a thriving and balanced Earth.

Non-sustainable agriculture practices contribute to soil erosion, depletion of nutrients, and loss of fertile land. Can we afford to let our soil degrade further, jeopardizing our ability to grow food? It's time to rethink how we cultivate our land and embrace practices that promote soil health and long-term productivity.

The loss of biodiversity is another consequence of non-sustainable agriculture. Can we stand by as essential plant and animal species disappear at an alarming rate? We must find ways to farm that support diverse ecosystems and protect the rich tapestry of life on Earth.

**Climate Activist
Founder and Executive
Director**

PHOTO STORY

4Th Edition Of The Great Places To Go To School Gala Awards



Director of Education in the Ministry of Education Salome Maina (lady in specks and white necklace) and Sunrise Virtual School CEO Eng. Ben Kairu (in blue tie) presents Kigwa Ridge School Head teacher Victor Omondi (in White Shirt) with the award for the first position in the category of "Moral and Innovative School Leadership" during the 4th edition of the Great Places to Go To School Gala Awards held at Panari Hotel in Nairobi on Friday 22nd, 2023. With him is the school staff. A total of 46 schools made 392 entries for the 11 competitive categories.

Blood donation



104th blood donation from our country's highest blood donor Mr. Kennedy Sanya!

LAYLAT AL-QADR

The Night Of Power

By Ahlam Mansur

Dismayed by the evil and immorality around him, he finds himself drifting away from his kinsmen, wishing more and more to be alone. Ascending the mountains around his town, he retreats to a small cave.

From here, he is still able to see the House of Allah, built by his grandfather, the leader of tawhīd (oneness of Allah): Ibrāhīm (peace be upon him). He takes food along with him, and spends several days in this cave in isolation: reflecting, pondering, and worshipping.

And then one night, everything changes. The stillness and silence of the night is interrupted by one word: "Read!" The greatest of men – unbeknown to him at the time – has just experienced his first encounter with the greatest of all angels.

It marks the beginning of Allah's greatest gift to mankind: His very own words. Words of eternal guidance, instructing man how to live and prosper. A blueprint to attain eternal bliss.

This night will change the entire course of history.

The world will never be the same again.

More than a thousand years later, we commemorate this incredible night. It is the mother of all nights, a night of blessings and forgiveness, a night of closeness and intimacy with one's Creator.

From His deep love and generosity, Allah al-Akram (The Most Generous) named

this night for us ('Laylat al-Qadr'), and revealed a sūrah (chapter) dedicated to it. This is so that we do not ever forget the greatness of this Night, the greatness of this gift (the Qur'ān), the greatness of the angel (Jibrīl) responsible for its transmission, the greatness of the man (Muḥammad peace be upon him) upon whose heart the book was revealed, and ultimately the greatness of the Greatest: Allah, Magnificent and Exalted is He!

The last ten days of Ramadan are for intense worship. Just as the Messenger (peace be upon him) used to cut himself off from people and perform i' tikāf (seclusion in prayers) in the masjid, we too should try to do the same.

We should take off as many days as possible from work and use this time to connect deeply with Allah The Almighty.

We should avoid wasting this precious time with Eid preparations, and switch off from social media.

Along with ourselves, we should have a deep concern for the spiritual well-being and upliftment of our families. The atmosphere in the home during these days, and especially the nights, should be different.

'Ā'ishah (May Allah be pleased with her) said, "When the last ten days of Ramadan arrived, the Prophet (peace be upon him) would tighten his waist belt (stay away from his wives/strive hard), spend the night in worship, and awaken his family" (Bukhārī).

"The Night of Qadr is better than a thousand months" (3:97).

Laylat al-Qadr: the best night of the year. The night in which the Qur'ān was revealed. There is an entire sūrah (97) in the Qur'ān dedicated to this one night. This shows its great importance and virtue.

Amongst this night's virtues are:

1. Worshipping Allah in this one night is equivalent to worshipping. For more than a thousand months. Allahu Akbar! (God is Great). Look at the kindness of Allah The Almighty.

We struggle to worship Him for more than a few hours — and yet, from His immense generosity, He gifts us Laylat al-Qadr (the night of power).

Not once in our lifetime, but once every year throughout our life.

2. Angels descend with blessings and mercy. The earth is full of goodness and blessings on this night, as there are a huge number of angels filling up the entire earth, including Jibrīl (peace be upon him).

3. Allah The Almighty announces the decree of the upcoming year to His angels on this night, as they will be carrying out His Commandments. This includes births, deaths, provisions, and calamities.

WHEN IS LAYLAT AL-QADR?

The Prophet ḡ said, "Seek out Laylat al-Qadr in the odd nights of the last ten (days) of Ramaḡan" (Bukhārī).

A wisdom of the date being unspecified is that we strive hard to seek it and worship Allah wholeheartedly in many of the nights, instead of limiting our worship to one



night.

BEST DEED FOR LAYLAT AL-QADR: QIYAM

The Messenger of Allah (peace be upon him) said, "Whoever stands in prayer at night (qiyām) in Laylat al-Qadr with imān (belief) and hoping for reward (iḥtisāb), all his previous sins will be forgiven" (Bukhārī).

The best deed a person can perform on Laylat al-Qadr is qiyām (night prayer).

We should perform it with firm belief in Allah c, seeking reward from Him alone and with full khushū' (humility and full focus), lengthening each posture, and crying to Allah in prostration.

At the bare minimum, men should perform 'Ishā' and Fajr at the masjid.

Forgiving us is more beloved to Allah than punishing us.

We ask Allah in this du'a with His Beautiful Name Al-'Afuww: (The one who completely removes all traces and consequences of our sins, wiping them away from the records of the angels.)

Throughout these nights in prostration, we should also pour our hearts out and cry to Allah to free us from Hell-fire.

On this night, we should take time out to reflect on the enormity of what occurred on this night over a thousand years ago.

Let us feel humbled that

Allah chose us to be amongst the Ummah of Muḥammad (peace be upon him), and the recipients of His magnificent words; that He granted us the incredible gift of the Qur'ān.

Let us feel regret for our neglect of the Qur'ān: our failure to recite it, understand it, reflect on it and 'live' it.

Let us realise the damage we have caused our souls, and our societies, by failing to establish its guidance.

Let us ask Allah to help us build a strong relationship with the Qur'ān from this night onwards.

Let us beg Allah to make us from His chosen people: the People of the Qur'ān.

Holistic approach to STEM Education



By Mr. Ali Marcel Samora Jesse

In today's rapidly advancing technological landscape, elementary schools are recognizing the importance of introducing students to coding, programming, and robotics at an early age. This shift in educational focus reflects the increasing demand for digital literacy skills in the workforce and society at large. By incorporating these

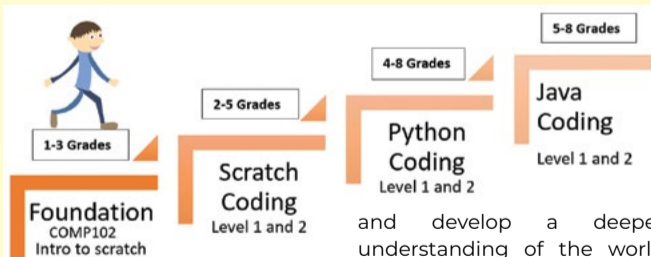
concepts into the curriculum, educators aim to foster critical thinking, problem-solving abilities, and creativity among young learners.

One of the primary benefits of teaching coding, programming, and robotics in elementary schools is the development of computational thinking skills. Through hands-on activities and interactive exercises, students learn to break down complex problems into smaller, manageable components, identify patterns, and devise systematic solutions. These foundational skills not only prepare students for future careers in technology but also enhance their overall cognitive abilities

across various subjects.

Moreover, exposure to coding, programming, and robotics cultivates a growth mindset among students. By engaging in iterative processes and experimenting with different approaches, children learn to embrace failure as a natural part of learning and development. This resilience and adaptability are invaluable traits that empower students to overcome challenges and pursue ambitious goals both inside and outside the classroom.

Furthermore, integrating these concepts into elementary education promotes interdisciplinary learning. Coding and programming activities often



incorporate elements of mathematics, science, and art, providing opportunities for cross-curricular connections. For example, students might explore concepts of geometry while designing shapes in a coding environment or apply scientific principles to understand the mechanics of a robotic system.

This holistic approach to education encourages students to make connections between different subjects

and develop a deeper understanding of the world around them.

Additionally, teaching coding, programming, and robotics fosters collaboration and teamwork among students. Many coding and robotics projects require students to work together in groups, brainstorm ideas, and allocate tasks based on each member's strengths. By working collaboratively, students learn to communicate effectively, share resources, and respect diverse perspectives, essential

skills for success in today's interconnected world.

In conclusion, the integration of coding, programming, and robotics into elementary education represents a significant step towards preparing students for the challenges and opportunities of the 21st century.

By equipping young learners with computational thinking skills, a growth mindset, interdisciplinary knowledge, and collaborative abilities, educators are laying the foundation for a generation of innovative thinkers and problem solvers. As technology continues to shape our society, providing students with these essential skills early on ensures that they are well-prepared to thrive in an increasingly digital world.



Cryptocurrency is a digital or virtual form of currency that utilizes cryptography for security and operates independently of a central authority, such as a government or bank. It relies on a decentralized network of computers to record and verify transactions, known as a blockchain (A blockchain is a decentralized and distributed digital ledger that records transactions across a network of computers in a secure and transparent manner. It is the underlying technology behind cryptocurrencies like Bitcoin, but its potential applications extend far beyond digital currencies.)

• **Blocks:** A blockchain consists of a series of blocks, each containing a list of transactions. When a new transaction occurs, it is bundled together with other transactions into a block. Each block also contains a reference to the previous block in the chain, creating a chronological and immutable record of all transactions.

• **Cryptographic Hashing:** To ensure the integrity and security of the blockchain, each block is cryptographically linked to the previous block using a hash function. A hash function takes an input (the data in the block) and generates a fixed-size output (the hash). Even a small change in the input data will produce a completely different hash. This property makes it virtually impossible to alter past blocks without altering all subsequent blocks, providing tamper-proof security.

• **Transparent and Immutable:** Once a transaction is recorded on the blockchain, it is visible to all participants in the network. This transparency ensures that anyone can verify the integrity of the transaction history. Additionally, because of the cryptographic hashing and consensus mechanisms, the data stored on the blockchain is immutable—it cannot be altered or deleted retroactively.

• **Smart Contracts:** Some blockchains, such as

Ethereum, support smart contracts—a programmable code that automatically executes predefined terms and conditions when certain conditions are met. Smart contracts enable the creation of decentralized applications (DApps) and facilitate complex transactions without the need for intermediaries. Overall, blockchain technology has the potential to revolutionize various industries by providing a secure, transparent, and efficient way to record and verify transactions. Its applications extend beyond cryptocurrencies to areas such as supply chain management, voting systems, identity verification, and more.

How does cryptocurrency work?

• **Decentralization:** Unlike traditional currencies, which are controlled by central banks or governments, cryptocurrencies operate on decentralized networks. This means there is no single point of control or failure, making them resistant to censorship and tampering.

• **Blockchain Technology:** At the core of most cryptocurrencies is a blockchain—a distributed ledger that records all transactions across a network of computers. Each block in the chain contains a list of transactions, and these blocks are linked together using cryptographic techniques. This creates a secure and transparent record of all transactions.

• **Peer-to-Peer Transactions:** Cryptocurrencies enable peer-to-peer transactions without the need for intermediaries like banks. When you want to send cryptocurrency to someone else, you broadcast a transaction to the network. Miners, who are nodes in the network with specialized hardware, then verify and add your transaction to a block in the blockchain.

• **Consensus Mechanisms:** To maintain the integrity of the blockchain, cryptocurrencies rely on consensus mechanisms.

The most common mechanism is proof-of-work (PoW), where miners compete to solve complex mathematical puzzles to validate transactions and create new blocks. Other consensus mechanisms include proof-of-stake (PoS), delegated proof-of-stake (DPoS), and proof-of-authority (PoA).

• **Cryptographic Security:** Cryptography is used extensively in cryptocurrencies to secure transactions and control the creation of new units. Public and private keys are used to sign and verify transactions, ensuring that only the owner of the funds can authorize transfers. Additionally, cryptographic hash functions are used to link blocks in the blockchain, making it virtually impossible to alter past transactions without altering subsequent blocks.

• **Mining and Supply:** Cryptocurrencies like Bitcoin have a limited and predetermined supply. New coins are typically created through the process of mining, where miners compete to solve complex mathematical puzzles. As a reward for their efforts, miners receive newly minted coins and transaction fees. The total supply of most cryptocurrencies is capped, leading to scarcity and potentially increasing their value over time.

• **Wallets:** To store and manage cryptocurrencies, users utilize digital wallets. These wallets can be software-based (e.g., desktop or mobile applications) or hardware-based (e.g., physical devices). Each wallet has a unique address, which is used to send and receive funds on the blockchain. Wallets also store the user's private keys, which are essential for authorizing transactions. Cryptocurrency represents a paradigm shift in the way we think about money and finance. It offers increased security, privacy, and autonomy compared to traditional currencies, while also introducing new challenges and opportunities in the digital economy.

Is Cryptocurrency legal in Kenya?

Cryptocurrency is legal in Kenya, and remains unregulated by regulatory authorities for the time being. The crypto marketplace is growing in Kenya due to the money remittance business well as demand for investment and trading. Is crypto taxed in Kenya? Banks deduct 20 percent excise duty on all commissions and fees charged on transactions. Kenyans will pay the Kenya Revenue Authority (KRA) capital gains for the increased market value of the crypto when they sell or use the digital currencies in a transaction if the Bill is approved. Does M-Pesa support cryptocurrency? Yes, you can buy Bitcoin with M-Pesa through BitValve P2P crypto exchange. Is Binance legal in Kenya? Is it legal to buy and sell cryptocurrencies on Binance from Kenya? Yes, Kenyan residents can legally engage in the buying and selling of cryptocurrencies on Binance, as long as they comply with relevant regulations.

Which is the best crypto exchange in Kenya?

- Crypto Best Trading Platforms in Kenya
1. Kraken - Best U.S. crypto exchange.
 2. Gemini - Most Trustworthy Crypto Exchange.
 3. ByBit - Best for Derivatives Trading.
 4. OKX - Best for Trading Bots.
 5. Binance - Best crypto Exchanges that Accept Mpesa.
 6. Coinmama - Most Convenient Crypto Exchange.
 7. Coinbase - Best Crypto Exchange for Beginners.

Is there Bitcoin ATM in Kenya? There's only 1 Bitcoin ATM in Kenya which is located at Kenrail Towers, Nairobi, the capital city of Kenya. Is crypto a good investment? Bitcoin is a risky investment with high volatility, and generally should be considered only if you have a high risk tolerance, are in a strong financial position already and can afford to lose some or all of your investment

BUSINESS PICTORIAL

Java



Charles Nyaberi, Kenya Volleyball Federation President (2nd left), Priscilla Gathungu, Java House Group CEO (2nd right), present the signed partnership documents flanked by Mercy Moim, Malkia Strikers Captain (left), and Brian Melly, Wafalme Stars Captain (right) on 5 March 2024. Java House has signed on as nutritional sponsors for the men's and women's national volleyball teams and will provide them with meals and refreshments for one year during training.

Thika prison donation



Trimo Security CEO Jane Mugoh (in maroon left) pledged by Rev Agnes Maina (Natasha) centre of wisdom sanctuary Thika and Thika law courts chief Magistrate Stella Atambo (in red right) presents a donation to women inmates at Thika prison. Jane had joined the international Association of women Judges (IAWJ) members at the prison to celebrate the international women day celebrated every March 8th. Through her CBO Trimo Humanitarian Watch Jane gave bouquet of flowers IAWJ members and distributed sanitary pads to women inmates.

SBM bank women day



SBM Group Director Shakilla Jhungeer (left) and SBM Bank Kenya Director, Consumer Banking, Beth Muthui (right), appreciate Nivi Sharmah, CEO, Bridges To Prosperity during the SBM Bank annual International Women's Day celebration customer appreciation event at Capital Club, Nairobi on 8th March 2024

STRESS MANAGEMENT

Unlocking the power within: Mastering the art of anger and stress management

Did you know that chronic stress and anger issues are linked to 60% of human illnesses and diseases? From heart diseases to depression, the toll of unmanaged stress on our health is staggering. And when stress transforms into uncontrolled anger, the consequences can be more profound, affecting not only our physical health but also our relationships and overall quantity of life. But here's the fantastic news, by mastering the art of anger and stress management, you can take back control and pave the way for a happier, healthier future. Imagine this: you're rushing to meet a deadline, juggling multiple tasks simultaneously, when suddenly your computer crashes, wiping out hours of work. Your heart races, your palms sweat, and frustration bubbles up inside you like volcano about to erupt. Panic sets in as you realize the gravity of situation, hours of painstaking work; your mind is not able to think about computer back up. In the midst of this chaos, your heart races, your breath quickens, and with trembling hands, you desperately seek a solution. Moments like these tests the limits of our patience and resilience, pushing us to the brink of despair. But fret not, for within these challenges lays opportunities for growth and triumph. In this article, we'll uncover powerful strategies to not only conquer anger and stress but also to empower you to take back control of your emotions and cultivate a life of balance and calmness. Anger management is a process that allows individuals

to recognize, understand and effectively manage their anger in a constructive manner. It involves developing strategies and skills to navigate anger-inducing situations, regulate emotions and communicate assertively.

Unveiling the roots: Let's explore the causes of anger and stress at home, includes a variety of factors that contributes to tension and strain within familial relationships. This may encompass financial difficulties, i.e. Rental payment while one is jobless and in debt which can create uncertainty and strain on family dynamics. Additionally, unresolved conflicts, communication breakdowns, and differing expectations among family members can lead to frustrations and resentment. Pressures related to caregiving responsibilities for children, elderly parents, or family members with special needs can also add to stress levels.

Moreover, issues such as lack of boundaries, feeling overwhelmed by household chores or responsibilities, and dealing with personal or marital problems can further exacerbate feelings of anger and stress within the home environment. Adding external stressors such as neighborhood disputes, community tensions or societal pressures may also impact individuals' emotion well-being within their homes.

Rather than home, work place can also be a stem from various sources of anger and stress, including heavy workloads, unrealistic deadlines, poor communication, lack of recognition and appreciation, conflicts with colleagues or

superiors or even customers, unclear expectations, feelings of powerlessness or lack of control over one's work environment, racism, and tribalism and bullying. Additionally, factors such as job insecurity, organizational changes, work-life imbalance, and toxic workplace culture can contribute to heightened levels of stress and frustration among employees. Moreover, external pressure such as financial concerns, family issues, or health problems can further exacerbate feelings of anger and stress, making it challenging for individuals to cope effectively in their professional lives.

In unison, a combination of external and internal factors can significantly impact the emotional and psychological well-being of individuals in a workplace and at home, leading to heightened levels of anger and stress if left unaddressed.

How can you master the art of anger and stress management?

This involves a multifaceted approach aimed at both prevention and management. The key solution at home is to create a safe and supportive atmosphere where individuals feel comfortable expressing their emotions and concerns without fear of judgments or reprisal. However, this can be achieved through regular family meetings or discussions where everyone can openly share their thoughts, views, feelings and experiences openly. At workplace, foster open communication and establishing clear expectations within the workplace is crucial

to mitigate misunderstandings and conflicts that may arise. Providing regular opportunities

maintain a healthy work-life balance leading to greater job and overall life satisfaction.

contributing to a happier and more fulfilling work-home life for everyone involved. Ultimately, it contributes to greater happiness, success, and fulfillment in both professional and personal endeavors.

Anger management programmes provide a supportive environment where individuals can explore the root causes of their anger, learn coping mechanisms and adopt healthier responses. When individuals take part in successful anger management programmes, they gain greater self-awareness, enhance their interpersonal relationships and improve their emotional well-being. MaRafiki Relief Aid Africa, being the champion of mental health well-being in the community through various ways, organizes forums such as mental health bonding every once a month, camping and trainings on mental health awareness, work related stress, basic counseling, etc. Such forums are organized to provide a constructive positive outlet for individuals to express and process their emotions, coping

employees to voice their concerns, seek feedback, and participate in decision-making processes can also help cultivate a supportive and inclusive working environment. Additionally, offering stress management workshops, resilience training, and access to counseling services can empower employees with coping strategies and resources to navigate stressors effectively. Implementing flexible work arrangements, promoting work-life balance, and encouraging breaks throughout the day can further alleviate stress and prevent burnout. Moreover, fostering a culture appreciation and recognition, where achievements are celebrated and contributions are valued, can boost morale and enhance overall job satisfaction.

Do we benefit? Of course we do, in several ways; it encourages open communication, leading to better understanding and collaboration among family members or coworkers. Individuals can also avoid unnecessary conflicts and promote a more harmonious atmosphere in both personal and professional settings; they can also prevent burnout and

Additionally, it builds resilience and equips individuals with valuable coping skills that can be applied to various situations and challenges in both professional and personal life. Also allows clear thinking and decision making, resulting in more informed choices and outcomes at work and at home. It can also lead to improved physical and mental health, reducing the risk of stress-related illnesses and promoting overall well-being. One is better equipped to stay focused and productive, leading to greater efficiency and success in tasks and responsibilities. Furthermore, creates a positive and supportive environment

mechanisms and strategies to manage anger and stress; also fostered a supportive community where individuals can share experiences and support one another.

For further inquiries or information, contact Mr. Rafik Rauf, C.E.O MaRafiki Relief Aid Africa via 0721794379 or find him on his social media platforms @ Rafik_Rauf.

Prepared by; Ms. Zenab Twahir, (MaRafiki Relief Aid Africa).



The senior social committee's program

On 25th February, 2024, Senior Social Committee of Visa Oshwal Community organized an event to create awareness of senior members in the community with special abilities titled Madhur Sur Sangeet Saathe

Vishisht Samertha (Special Abilities) kindly sponsored by and Indiraben and Dhanubhai Chandaria.

Mrs. Binduben, Secretary of Senior Social Committee welcomed the Audience.

Dr. Shaina after saying the prayers, invited Dr. Samir, the secretary of the community to welcome the Members. This was followed by a goodwill message from Mr Jinit Shah, Chairman of Visa Oshwal Community all the way from Australia.

This Program being the first of its kind was a milestone for the seniors committee and the Chairman hoped would be the beginning of more such programs to bring forward members with special abilities to enlighten to the public their daily challenges in life.

Mrs. Harshaben R. Shah all the way from United Kingdom, who had initiated the AED program at the School. 8 different Members with various Special Abilities were invited on to the stage some for the



first time in their lives. They narrated their life experience with the Special Abilities and what they go through in their day to day lives. The event was also graced by Rafiq and Mahmood serenading the seniors with classic tunes. Mrs. Binduben during giving her vote of thanks appreciated all the assistance provided by Mr. Satyan Shah in the planning of the Program.

The event was preceded by a delicious lunch. It was thoroughly enjoyed by over 1000 seniors present and many were shocked and appreciative of the challenges faced by the people with special abilities in the country.



Record-Breaking Dry Spell Leading to Starvation, Water Shortages in Southern Africa



A record-breaking dry spell has plunged Southern Africa into a dire situation, affecting vast areas and is driving communities to the brink of a humanitarian emergency. The region is experiencing the lowest rainfall recorded in at least 40 years, with devastating consequences for agriculture, water availability, and livelihoods. A combination of crop failure, widespread wilting of crops, and over 9,000 drought-related cattle deaths have been recorded between October 2023 and February 2024.

Matthew Pickard, Southern Africa Regional Director for CARE, expressed grave concern over the situation, stating, "The prolonged dry spell and erratic rainfall patterns are pushing Southern Africa to the brink of a humanitarian crisis. Coupled with an ongoing cholera outbreak, millions of people are facing severe hardship. Crops are wilting, livestock are dying, and millions of people are facing severe food and water shortages. The situation is particularly dire for women and girls, who often bear the brunt of such emergencies."

Dry spells disproportionately impact women and girls, who are often responsible for household food security and water collection. Limited access to water means they must travel longer distances, and this increases the risk of gender-based violence.

In Zambia, where a national

disaster has been declared, the Government announced that seven provinces have received no rain, resulting in the destruction of 1 million hectares of farmland and affecting over 5 million people. In Malawi, WFP estimates that over 6.8 million people are experiencing food shortages, while in Madagascar, 601,000 individuals face severe food scarcity.

In Mozambique, ongoing conflict coupled with El Niño-induced dry conditions may leave a staggering 7.6 million people facing acute hunger by September 2024. Neighboring Zimbabwe is also grappling with El Niño's erratic rainfall, with significant moisture stress, wilting crops, and livestock diseases. The consequences are dire, with over 5.3 million Zimbabweans facing acute hunger.

"CARE continues to provide essential assistance to vulnerable populations, as we work alongside other organizations and governments. We are committed to supporting them during this critical time," said Pickard. "Through our coordinated efforts, we aim to provide lifesaving assistance and help build resilience against future crises."

The relentless dry spell not only persists but is also increasing in scale. Without immediate international intervention, the future of Southern Africa is bleak. We implore the global community to act now. The lives of millions depend on it.

HAITI

Anarchy In Haiti: The Whole Story



As the already impoverished nation of Haiti descends into deeper chaos and anarchy of historic proportions, the question on everyone's lips is, "what is going on?!"

Haiti is a Caribbean nation located in the Greater Antilles archipelago. The nation shares the island of Hispaniola with a counterpart Caribbean nation of the Dominican Republic. Haiti sits on about 27,560 sq km of land, about 190 sq km of water and has a population of about 10.8 million inhabitants.

Now, let's cut to the chase. It's a long story but let's start from the timeline of the immediate past president of Haiti, Jovenel Moïse who was assassinated on July 7, 2021. Prior to his assassination,

a few interesting events unfolded in Haiti. In March of 2021, a Tweet originating from the Foreign Ministry of the Russian Federation stated that Haiti was entering a new period of "political instability and the largest ever social and economic crisis." The Tweet further emphasized, "Russia is ready to help Haitians restore political stability, maintain internal security and train personnel."

Three months later, in June of 2021, Haitian President Jovenel Moïse welcomed the Russian Federation's newest and third ambassador to Haiti, Sergey Melik-Bagdassarov. In a June 2 announcement on Twitter, Moïse said the two "discussed the prospects for strengthening bilateral relations between the two countries," (which essentially

implied Haiti had opened its doors wide for Russian military interventions and personnel training on multiple levels. But things were still at the incubation stages)

A month after the historic, open display of partnership with Russia, Moïse was dead, shot 12 times in his private bedroom in the hills above Port-au-Prince after a group of Haitian Americans, Haitian nationals and former Colombian soldiers failed to kidnap him two weeks earlier when he returned from an overseas trip to Turkey, where it is believed he had met with Russians to evade the prying eyes of the west, especially the USA.

When the news of his death broke, the nation was thrown into mourning. Protests broke out everywhere, with Haitians

accusing the imperialist forces (chief of which is the U.S.) of brutally assassinating their president. Gang warfare escalated and insecurity in Haiti degenerated beyond control. Amidst all the confusion and protests in much of Haiti over the brutal assassination of Moïse, American President Joe Biden was quick to throw his weight behind a quick replacement for Moïse in the person of Prime Minister Ariel Henry who filled the void. So, a Russian-leaning Moïse was assassinated and a Biden-supported Ariel was immediately railroaded to power, to replace him amidst protests - just for the records.

The choice of Ariel and the fact that he has been supported by the U.S. president to quickly replace Moïse at a time that no one has been able to explain what happened to Moïse further infuriated Haitians who already seem to have developed a deep-seated hatred towards the USA, whom they believe is at the center of nearly all the political, social and economic woes of Haiti.

Protests across Haiti quickly took a turn for the worst and then something that hadn't happened before happened: Haitian protesters were seen in their numbers waving Russian flags! According to a news article in the Haitian publication, AyiboPost, as recently as 18 October 2022, an author, Boaz Anglade, asserts that an undercurrent of pro-Russian sentiment in Haiti already existed prior to the current crises, but that recent events have made it far more widespread than previously. Anglade states that there has always been a fringe segment of Haitian society that has idolized leaders and nations who they perceive as defying US imperialism, but that this fringe had previously been limited to self-described socialists and socially-conscious university students.

Source: Internet

PHOTO STORY

Valentine



leopard beach resort in Mombasa south, international guests assisted by the hotels animation team cuts the cake to mark this years valentine day during a colorful dinner the hotel hosted for its local and international guests. The event was graced by the hotels GM kioko Musyoki

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 Bhagwanji Sweet & Farsan (3rd Parklands Kusi Lane)
 Kumar Brothers (Diamond Plaza)
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 Onn The Way Supermarket (all branches)
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 Taste of China (3rd Parklands)

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 Quickmart Bandari Supermarket
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 Mombasa Afrigas – Nyerere Avenue
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Western Emporium

INDUSTRIAL AREA:

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LANGATA:

Sona Shoppe (Galleria Shopping Mall)

KAREN:

Sona Shoppe (Karen Crossroads)

NAKURU:

Hyrax General Supplies (Biashara Avenue)
 Rani Ramchandani
 Rift Agencies Insurance Ltd c/o Purvi

KITALE:

Milli Hardware Ltd Main Road

ELDORET:

Kenya Jalaram Co Ltd – opp CBK

VOI:

Abbas Aluminum Supplies

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Blue Room Restaurants
 Nyali Cinemax
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 Umoja Rubber Shoes Shops

DIANI:

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SALES, MARKETING & OPERATIONS

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KAIZEN

Kaizen: The Japanese method for transforming habits at a Time

Sarah Harvey, in this beautifully written book, introduces the Japanese philosophy of kaizen, which means “good change” or “continuous improvement” that focuses on making small, incremental changes over time. The book is a practical guide to using kaizen to transform your habits and improve every aspect of your life - home, health, money, relationships and work - one small step at a time.



- 1. Small Steps, Big Results:**
Don't be discouraged by the seeming insignificance of small changes. Like compound interest, small, consistent actions accumulate over time, leading to remarkable transformations. It's like climbing a mountain; each step, no matter how small, brings you closer to the peak.
- 2. Continuous Improvement Over Perfection:**
Instead of striving for an

unattainable ideal, Kaizen encourages a “growth mindset” focused on constant progress. The journey of improvement is more valuable than reaching a fixed destination.

- 3. Start Today, Start Small:**
Feeling overwhelmed by a big goal can lead to inaction. Kaizen emphasizes taking the first step today, even if it's

seemingly insignificant. Start with manageable goals that fit your current lifestyle and gradually build momentum. Remember, a journey of a thousand miles begins with a single step.

- 4. Action Over Planning:**
While planning is important, avoid analysis paralysis. Don't let the fear of imperfection prevent you from taking

action. Experiment, learn from mistakes, and adjust your approach as you go. Remember, progress starts with action, not just planning.

- 5. Celebrate Every Win:**
Acknowledge and celebrate every step forward, no matter how small. This reinforces positive habits, boosts motivation, and fuels your progress. A simple high five or acknowledging your accomplishment in a journal can make a big difference.

- 6. Embrace Mistakes:**
Mistakes are inevitable, but they are also valuable learning opportunities. Don't view them as setbacks; instead, use them as stepping stones to identify areas for improvement

and refine your approach. Remember, even Thomas Edison failed thousands of times before inventing the light bulb.

- 7. Track Your Progress:**
Monitor your progress through simple methods like checklists or visual aids to stay motivated and celebrate milestones.

- 8. Reward Yourself:**
Acknowledge your achievements, even small ones, to reinforce positive habits and maintain enthusiasm.

- 9. Make it Sustainable:**
Choose changes that align with your values and lifestyle. Forcing unsustainable habits

leads to frustration and abandonment. Find small adjustments that fit seamlessly into your daily routine, making them easier to maintain in the long run.

- 10. Continuous Learning:**
Cultivate a growth mindset by actively seeking new information, strategies, and perspectives. Read books, listen to podcasts, and connect with others on similar journeys. Remember, continuous learning fuels your progress and helps you adapt to changing circumstances. Harvey also provides several examples of how kaizen can be used to improve different areas of life, such as health, relationships, work, and finances. She also includes tips for overcoming common challenges and staying motivated. If you're ready to start making small changes in your life, then I encourage you to pick up a copy of Kaizen today.

Steps to Conduct Due Diligence in Land Purchase

- 1. Title Search:**
Begin by verifying the land's title deed at the Ministry of Lands. This confirms the current owner, land size, and any restrictions or encumbrances.
- 2. Physical Inspection:**
Visit the property to confirm its existence and the accuracy of its details, such as boundaries, land size, and topography.
- 3. Land History:**
Investigate the land's history, including any past transactions, disputes, or subdivisions. This can be done by examining land records and speaking to neighbouring landowners.
- 4. Land Ownership:**
Ensure that the person selling the land is the legal owner, and there are no disputes or third-party claims.
- 5. Liabilities and Debts:**
Check if the land has any unpaid rates, taxes, or mortgages. These can affect your ownership rights and incur additional costs.



- 6. Survey and Beacon Information:**
Review the land survey and beacon information to confirm that the property's boundaries are accurate.
- 7. Environmental Compliance:**
Investigate whether the land is compliant with environmental regulations and zoning requirements. This is crucial for future land use.
- 8. Community and Neighbors:**
Interact with the local community and neighbouring landowners to gain insights

into the land's history and any potential issues.

- 9. Legal Documents:**
Consult a legal expert to review all documents, contracts, and agreements related to the land purchase.

- 10. Expert Assistance:**
Seek the assistance of professionals, such as land surveyors, real estate agents, and lawyers, to ensure that all aspects of due diligence are properly conducted.

Conducting due diligence in land purchase is a comprehensive process that demands thorough research, attention to detail, and professional guidance. By following the steps outlined in this guide, you can safeguard your investment and avoid potential legal disputes or financial losses in Kenya's intricate land market.

Remember that due diligence is not an option but a necessity when purchasing land, as it ensures that you acquire property with clear legal status and market value.

Credit to Author

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GAU SEVA

Save Cows For Healthier Life

BENEFITS OF GAU SEVA (Service to Cows)

What are the benefits of service to Cows (Gau Seva)?

1) Reduce negative energy from around your aura.

Cows are considered to be the abode of 330 million Gods and Goddesses, so feeding and taking care of them (Gau Seva) is like worshipping them.

2) Reduce animal-like chaos from your house.

Gau Seva can calm down the animal instincts in you and your family members and bring peace and harmony.

3) Improve your health and immunity.

Cows are healthy and strong animals that have a high resistance to diseases and infections. Gau seva can transfer their vitality and immunity to you and protect you from illnesses.

4) Can purify your body and mind.

Cows produce milk, ghee, curd, butter, dung and urine, which are all considered holy and pure in Hinduism. They are used in rituals, ceremonies, medicines and cooking in Hindu Culture. Gau Seva can purify your body and mind from impurities.

5) Can honour the Divine.

Cows are considered to be the embodiment of Kamadhenu, the divine Cow. Gau Seva can honour Kamadhenu and invoke her blessings.

6) Can enhance your spiritual growth.

Cows are gentle and compassionate animals that have a high level of consciousness and awareness. Gau Seva can connect you with their spiritual energy and help you elevate your soul.

7) Service to Cows can make you happy and contented.

Cows are happy and

contented animals that enjoy their simple life of grazing, chewing cud, giving milk and serving humans. Gau Seva makes you appreciate the gift of nature.

8) Gau Seva can help in attaining Moksha.

By being of service to Cows, in Kali Yuga, is equivalent to performing rituals and havans. It helps in redemptions and thus helps a person to attain moksha or liberation.

What is Shree Gau Seva Foundation about?

Sometime in 2019, Shree Rumit Gala of Nairobi, stated his intention to a few friends of his that he wants to establish a Refuge for Cows. (Gau Shala).

He hosted a preliminary meeting at his home to brainstorm a way forward to make this happen. At the next meeting held at the Hindu Temple in Gigiri, a total of 26 interested people attended to hear his intention. All of them immediately wanted to be included in this noble and worthwhile project.

Thus Shree Gau Seva Foundation was formed!

Our motto - "SAVE COWS FOR HEALTHIER LIFE"

OBJECTIVE

- Establish, erect and maintain animal welfare in cows as they are sacred animals in Hindu religion.

- Organise and support related activities and manage veterinary clinic.

- Refrain from any political activities as SGSF is a non-political organisation.



MISSION

- SHREE GAU SEVA FOUNDATION has envisioned to develop a refuge for physically challenged and old cows destined for the abattoir. These cows will be given all care until their last breath.

CORE VALUE

- To develop and maintain a refuge for cows for all to offer their seva to the cows.

The best part of this project was the fact that Shree Rumit Gala and his family donated about 50 Acres of Land for this Project. Accolades to Shree Rumit Gala and family. This land is about 6 kilometres from Kiaoni Village on the Kibwezi-Kitui Road, part of it fronting the Galana River, at the



Yatta Plateau.

A group of the members visited the site in October, 2020 to familiarise themselves with the land and identify all areas of interest.

The next step was to come up with a clear plan to actualize this project. In the first step - the "Shree Gau Seva Foundation was duly registered with the Kenya Government as a non-profit institution. This was done last year. All the other regulatory requirements for Shree Gau Seva Foundation were initiated and completed with the relevant Kenya Government authorities. A parcel of the land donated was duly transferred to the Foundation. Thanks again to the Gala Family.

PREPARATION & PROGRESS TO DATE

Scope of works to kick off the development necessitated the formation of a master plan. Priority wise the first practical work is to secure the land by constructing a fence.

Simultaneously, a guard house with a pit latrine and water tanks has to be built. Water to be pumped from River Galana, filtered and stored.

The Master Plan, together with the necessary drawings of the buildings, have been done.

PROPOSED DEVELOPMENT ITEMS OF GAU SEVA

NOTE: THE FOLLOWING LIST IS BY NO MEANS COMPLETE - SUBJECT TO CHANGE.

A) COW RELATED:

- ADMINISTRATION OFFICE BLOCK.
- FODDER STORE.
- COW SHEDS.
- MILK STORE.
- MANURE STORE.
- COW URINE STORE.
- WATER TROUGHS FOR COWS.
- VET CLINIC.

B) INFRASTRUCTURE:

- FENCING & GATES.
- GUARD HOUSE & CARETAKER'S UNIT.
- WATER RETICULATION SYSTEM INCLUDING PUMPS, FILTER & STORAGE.
- MACHINERY STORE.
- STORES.
- STAFF HOUSING.
- SOLAR WATER HEATING SYSTEMS FOR ALL

DEVELOPMENT.

16. SOLAR POWER SYSTEMS FOR ALL DEVELOPMENT.

17. MACHINES (TRACTORS, ETC) FOR MAINTENANCE.

18. BIO-GAS PLANT.

19. SEPTIC TANKS & SOAK PITS.

20. INFIRMARY (SMALL CLINIC FOR MINOR HEALTH ISSUES- INJURIES).

21. LABORATORY & PROCESSING UNIT FOR COW URINE.

22. REFURBISHING EXISTING HOUSE ON THE LAND.

C) GUEST & OTHER ACTIVITIES:

23. GUEST ROOMS BLOCK.

24. SWIMMING POOL, CHANGING ROOMS & FILTER PLANT.

25. GAZEBOS.

26. MULTI-PURPOSE HALL.

27. PICNIC & GAMES SITES.

28. COVERED AMPHI-THEATRE WITH ABLUTION BLOCK.

29. GHAT AT RIVER BANK.

30. HEALTH FARM.

31. MEDITATION & YOGA HALL.

32. SMALL HINDU TEMPLE AT AMPHI-THEATRE.

D) AGRICULTURE & FARMING:

33. PLANTING OF APPROPRIATE GRASS & VEGETABLES FOR COW FODDER IN THE GRAZING FIELDS.

34. LANDSCAPING INCLUDING WALK PATHS & PLANTING OF TREES.

35. HERBAL MEDICINE, ARYUVEDIC MEDICINES.

36. ORGANIC FARMING.

ANIMAL WELFARE:

37. BIRDS AND DOGS FEEDING.

COMMUNITY SERVICE:

38. WATER AND OUT-PATIENT CLINIC.

THE ABOVE WILL BE DONE IN PHASES.

But as we all believe, all new projects must start with the blessings of Shree Ganesh!

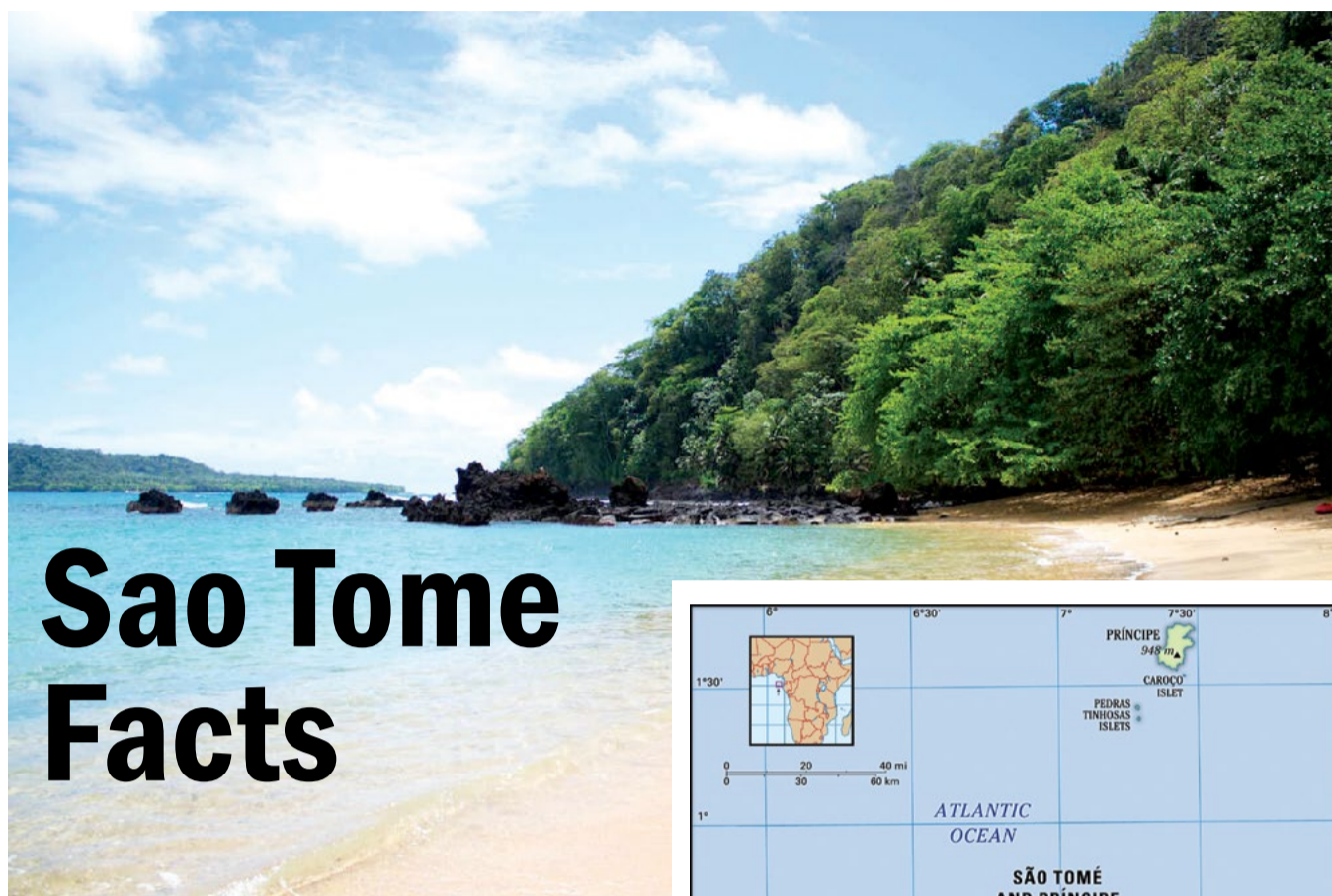
What has Shree Gau Seva Foundation done so far?

Shree Gau Seva Foundation has begun this project with:- SHREE GANESH POOJA

On the 8th. Of March, 2024, Friday, in the time frame between 10.00am and 11.00am, a Shree Ganesh Pooja and Shree Laxmi Pooja was conducted by Guru Shree Sankaran. Almost 30 members including their families attended this Pooja on site.

On the same day, being Maha Shiv Ratri, an Abhishek was also conducted.





Sao Tome Facts



The 2nd smallest Country in Africa by area and population is São Tomé and Príncipe

1. The country's area is estimated 960 Sq.Kms (slightly bigger than Nairobi) and it's population is estimated as 219,000

2. It has the smallest GDP in the continent, estimated as 526 Million USD (almost equivalent to Lamu County GCP)

3. On the per Capita, its 2021 estimate was 2,360 USD ranking 19th in the continent and was ahead of countries like Nigeria, Kenya, Senegal, Cameroon, Tanzania, Malawi among others

4. The country has a relatively high literacy rate estimated as 93 percent, and ranks 4th

highest in the continent

5. Its share of population with access to electricity is estimated 78 percent, which ranks 5th in the continent

6. The country's life expectancy at birth is estimated as 68 years; and is one of the 6 Portuguese speaking countries in the continent

7. The economy is mainly agro-based, and her main agricultural products includes coconuts, palm kernels, cocoa, copra, cinnamon, pepper, bananas, papayas, beans, poultry and fish; but cocoa represents 95 percent of the country's exports

8. The country has the 2nd largest per capita consumption of plantains in Africa, just behind Uganda with an

estimate of 155 kgs/person/year

9. The country ranks 10th in the continent in the production of Plantains, which also happens to be its major staple food; and has the 5th highest yield in the continent

10. Its wine consumption per capita is the highest in Africa, with an estimate of 22 liters/person/year; and when estimated as liters of pure alcohol equivalent, the country still leads in the continent, and

ranks 9th globally

11. The Capital of the Country is called Sao Tome (Saint Thomas in English), and is home to nearly 75% of the Population. The country is highly urbanized with 75% of its population classified as urban residents

12. The country's main religion is Christianity, specifically Catholic who are 55% of the total population

Source: Internet FB Roots

Mismatch identity

Why is it mandatory in the banks to write on cheques the amount of money in both - words and figure!

At 4.00 pm, when the bank was closed for the day, the branch manager received a phone call from a woman in a very sweet, melodious voice. From the other end of the phone, the lascivious lady murmured like a fountain falling from a hill, "Sir, I desperately need two hundred thousand shillings in cash. I'll get the cheque in ten minutes, will you please wait for me?" The branch manager was

overwhelmed by the woman's melodious voice. He ordered the cashier to keep the money ready. The cashier got angry with utter annoyance, but started getting ready to pay two hundred thousand.

Meanwhile, a huge, healthy woman knocked the door of the branch manager's office and said in a melodious voice, "Can I come in, sir?" For so long, the manager had imagined the face of a beautiful petite woman...but when he saw the real lady, he became speechless for a while. But he regained his senses quickly and said, "Sorry, madam, the cash is closed today, come tomorrow."

"You could have said that over the phone!" the woman walked out of the bank with



a huff. The cashier, who was waiting ready to pay, said angrily to the manager, "If you had not wanted to pay, why did you hold me back?"

The manager said - You also must know the international rule of banks - "If WORDS and FIGURE do not match, payment will be declined."

BUSINESS PICTORIAL

Kasib koroga cooking competition



Outgoing Nairobi Securities Exchange (NSE) CEO, Mr. Jeff Odundo (right) appreciates the culinary judges Natasha Wairimu (left) and Amina Abdi (center) at the Kenya Association of Stockbrokers and Investment Banks (KASIB) Annual Koroga Festival that was held on Friday 15th March in Nairobi. Over 110 KASIB members participated.

SBM COO AWARD



SBM Bank Kenya's Chief Operating Officer (COO), Amrit Gayan, proudly displays the COO of the Year award that he recently won at the 11th Edition Connected Banking Summit, Innovation and Excellence Awards 2024 East Africa in Nairobi. His pioneering contributions to driving inclusion and digital evolution in the banking sector have been recognized, marking a significant achievement in his career.

UNIVERSE



The Universe



By Mr. Rishi Arun Parikh

Our Solar System has one Sun and nine planets excluding Pluto; The Milky Way Galaxy (100,000 Light Years Wide) has estimated 400 Billion Stars like our Sun with Planets revolving around the Sun's; We see Billions of Galaxy's in the observable (known) Universe currently with the help of James Webb Telescope. The nearest being Andromeda Galaxy that's 2.5 Million Light Years away – That's the time Light would take to travel from Earth to Andromeda at 300,000 km/sec for 2.5 Million Earth Years! Currently, our Universe is 13.8 Billion Years old (with current technology and know-how) This will surely change as we improve our quest for

the reality. Scientists say the observable Universe is just 5% - We are yet to discover the 95% and its secrets (good and bad) with time. To know how the knowledge improved with time; read old religious scriptures that stated information about the Universe – You will be surprised of the knowledge level then and now.

The size of the universe is vast, and it's challenging to comprehend its scale. The observable universe, which is the portion we can currently detect and study, is estimated to be about 93 billion light-years in diameter. This is based on the age of the universe (approximately 13.8 billion years) and the fact that the expansion of space has occurred over time. As for the potential to see the entire universe with emerging technology, there are inherent limitations. The observable universe is limited by the speed of light and the age of the universe. The light from objects farther away than the observable universe

simply hasn't had enough time to reach us yet. While technological advancements like the James Webb Space Telescope allow us to see farther and clearer into the universe, it's unlikely that we'll ever be able to see the entire universe due to these fundamental constraints.

Regarding what we might discover with emerging technology, there are several exciting possibilities:

Dark Matter and Dark Energy: A significant portion of the universe is composed of dark matter and dark energy, yet we don't fully understand their nature. Advanced instruments may provide more insights into these mysterious components.

Early Universe: Improved observational tools could help us study the conditions of the early universe shortly after the Big Bang, providing a better understanding of the early stages of cosmic evolution.

Exoplanets and Extraterrestrial Life: Advancements in telescopes and detection methods may

allow us to identify more exoplanets and gather more information about their atmospheres, increasing the chances of finding signs of extraterrestrial life.

Cosmic Structures: Enhanced technologies might enable us to map the large-scale structure of the universe in greater detail, revealing more about galaxy clusters, filaments, and voids.

Multiverse Theories: Some theories propose the existence of a multiverse. While currently speculative, future technologies may offer new ways to explore or test these ideas.

It's important to note that scientific discoveries often come with unexpected findings, and emerging technologies can open new avenues of exploration. As our tools and methods improve, our understanding of the universe is likely to deepen, uncovering mysteries and phenomena that are currently beyond our grasp. Can you think of an entity faster than the speed of light?

Finley

In the heart of a mystical forest where fireflies danced under a canopy of twinkling stars, there lived a curious little fox named Finley. Finley had soft, russet fur that shimmered like the sun's gentle rays, and eyes that sparkled with wonder.

One moonlit evening, as Finley roamed through the woods, he stumbled upon a hidden glade bathed in a soft, ethereal glow. In the center of the glade stood a magnificent tree, its branches reaching toward the heavens like outstretched arms. But what truly captivated Finley was the sight of the tree adorned with shimmering crystals

that glimmered in every color imaginable.

Intrigued by the sparkling spectacle, Finley approached the tree cautiously. As he drew nearer, he heard a melodious hum, like the whispers of the wind harmonizing with the rustle of leaves. Mesmerized, Finley reached out to touch one of the crystals, and to his amazement, it began to pulse with a radiant light.

Suddenly, the tree shimmered and swayed, and a magical voice filled the air, speaking in a language only Finley could understand. The tree introduced itself as

the Guardian of Wonders, entrusted with safeguarding the mysteries of the forest.

Eager to explore, Finley embarked on an enchanting journey with the Guardian, discovering hidden realms filled with talking animals, enchanted streams, and fields of

shimmering flowers that bloomed in the moonlight.

With each new adventure, Finley's heart brimmed with joy and wonder, for he had found a friend in the Guardian and a home in the magical forest where dreams came to life. And as the stars painted the sky with their brilliant hues, Finley knew that his journey had only just begun.

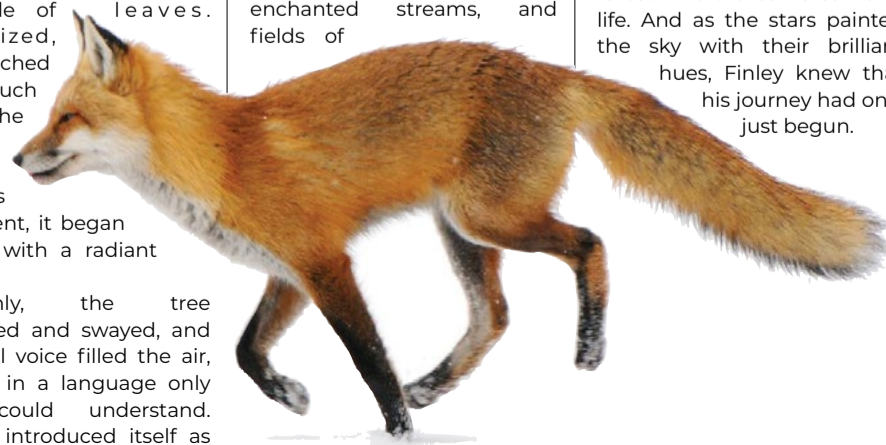


PHOTO STORY

Iftar Dinner



Her Excellency Tessie Musalia being dressed in a Hijab by PS Ummi Bashiri and Former PS State Department Broadcasting and Telecommunication Fatuma Hirsi during an Iftar Dinner held by Northern Kenya women Leaders caucus at Serena Hotel on 17th March 2024. The event was meant for prayers and breaking the fast together.



Her Excellency Tessie Musalia joined the Northern Kenya Women Leaders Caucus led by PS Ummi Bashir who held an Iftar Dinner at Serena Hotel on 17th March 2024. The purpose of the event was to bring the women together and also break their fast together.

Kongowea Market Nyali



Kongowea Fresh Produce Market is one of the largest markets in Kenya. With almost 3000 stalls; sellers get fresh produce from all over Kenya and neighboring countries like Tanzania's Chalenze's juicy oranges! The prices are bare minimum and you may save almost a thousand shillings in a batch shopping. The County Government Department of Tourism & Trade is trying hard to make it a go to place for every household's requirements for fruits, vegetables and other amenities.

Business Plan



By Mr. John Masavi

Investors, lenders and even students from tertiary colleges and universities prepare Business Plans. A Business Plan is a well thought out document prepared after research on an area of investment showing objectives, goals and strategies of an anticipated project. For example, if an investor wants to start a hotel, he/she will engage an expert to prepare a business plan.

The plan is intended to mitigate the risk on wrong capital outlay and aid in identifying a project with high Return On Capital investment.

A student may be required, as part of a requirement for fulfillment for award of a diploma or a degree to prepare a business plan. This is intended to inculcate an entrepreneurial culture to the student as he/she leaves the college.

A good Business Plan will be composed of the following parts;

1. EXECUTIVE SUMMARY

This is the first part of the Business Plan, but is written lastly. It is a one page information showing the summary of the plan. It will show the objectives and goals, the areas of interest such as marketing plans and trends as well as financial investment outlay. It captures the whole plan in one page.

2. BUSINESS DESCRIPTION

It shows the nature of the intended business as well as current micro and macro environment (SWOT)

analysis. The business name and contact details feature as well. It assures the user of the plan within legalities, nature of competitions, market size and trends, market target and segmentation.

3. MARKETING PLAN

This part informs the user on how to market the product or service. The AIDA principle applies, that is create Awareness, Interest, Desire and Action.

4. OPERATIONS AND LAUNCH PLAN

This is about how the business will be run successfully, on day-to-day basis. The launch date should be well planned for to maximize on awareness pedigree.

5. HUMAN RESOURCE MANAGEMENT

The most important resource of an organization is the human resource. Under this part, an organization structure should be drawn, showing the hierarchy and distribution of labor. The structure should have staff commensurate to its size, but effective.

6. FINANCIAL PLAN

This is the most important part of a Business Plan. It will show the budgeted financial statements, cash flows and Break Even Point Analysis. It allows the user to understand the profitability and liquidity of the investment. It should also show financial ratios to gauge on profitability, liquidity and returns on the capital outlay.

7. STRATEGIES

Under this area, the author should outline the growth and development strategies to be deployed. Such strategies should provide core competence.

8. TIME LINES

The project should have a chart, showing the network period of the investment. This is important to help stick to the stipulated period at each stage of the project. A contingent plan should also be included here.

A Business Plan will be prepared after survey by a qualified researcher. Both primary and secondary data should be used without bias and holding highest degree of data honesty and integrity. Monetary values should be expressed in a generally acceptable currency, like US dollar. Forecasted data should factor in, time value of money overtime. Therefore, it is important to fix a forward exchange rate in advance.

the document is not static but a living one, which is flexible and allows changes as and when they take place, whether micro or macro in nature.

After the plan is completed, it should be bound and signed by the author to show data integrity, ownership and legal obligations.

It should be implemented after a short time after completion date. If, it over stays on the trail, most of the information may become obsolete and of no use.

Masavijohn@gmail.com

PHOTO STORY



KPC handed over an interim dividend cheque of ksh. 5 billion to the national treasury CS Prof Njuguna Ndung'u, the energy and petroleum CS Davis Chirchir, Petroleum PS Mohamed Liban, Director KPC Mutungwa and Members of the KPC Team were all present.

Easter Sunday Luncheon



Ahadi Kenya Trust CEO Stanley Kamau (right) and Muranga women MP Betty Maina (2nd right) serves food to the Faithfuls from Ihigaini ACK Church, in Muguru Kangema Constituency during an Easter Sunday Luncheon after the service. More than 500 Elderly Persons received assorted foodstuff packs and blankets to celebrate Easter festivities.

Introducing Euro-Captain E-rickshaw Passenger

Fully Electric Three wheeler (commonly referred to as a Tuktuk in Mombasa). The tuktuk is from India and is sold here by Sivra Trading, located next to Naivas Saba Saba in Mombasa.

The tuktuk comes with 5 high quality Lead-Acid of Eastman battery brand, which is a renowned brand for making E-rickshaw batteries in India.

The tuktuk has a 4 passenger carrying capacity and does come with its own inverter-type based charger which can charge the tuktuk using any domestic home/office socket. Charging time is approx. 4-5hours to reach full and it has an automatic cutout system to cut off current to avoid damaging cells of the batteries. (though it is recommended not to charge the tuktuk overnight).

Top speeds attained by the E-rickshaw is 45kmph thereby avoiding road mishaps due to not so high speeds of the



tuktuk and bearing in mind safety of the passengers and also the driver.

The batteries come with an 18 month warranty. The E-rickshaw is maintenance free, does not require any oil change, filter change, servicing whatsoever as it has no Engine or Gearbox. The only maintenance here is checking battery water levels on weekly basis.

On Full charge, the tuktuk runs for 120kms-160kms depending on the load. Full charge consumes Power

worth 200-220kshs as per current cost per unit. Thereby equating to approximately 1.5kshs per kilometer, which is much less than a petrol or diesel counterpart which operates at roughly 7kshs per kilometer. Also the Petrol/diesel tuktuk needs regular servicing every 3-4 weeks which costs around 1800kshs which is not the case in our E-rickshaw.

Daily operating cost for Electric tuktuk is approx. 250kshs which equates to 7500kshs for a 30day period, whereas a Petrol or Diesel tuktuk daily operating cost is 1200kshs which equates to 36,000kshs along with 1800kshs for service charges thereby costing 37800kshs for month. A direct saving of 30,000kshs monthly means in 10 months one would end up saving 300,000kshs.

Purchase of all 5 batteries will not cost more than 175,000kshs (which one would recover well within half the life-span of the batteries).

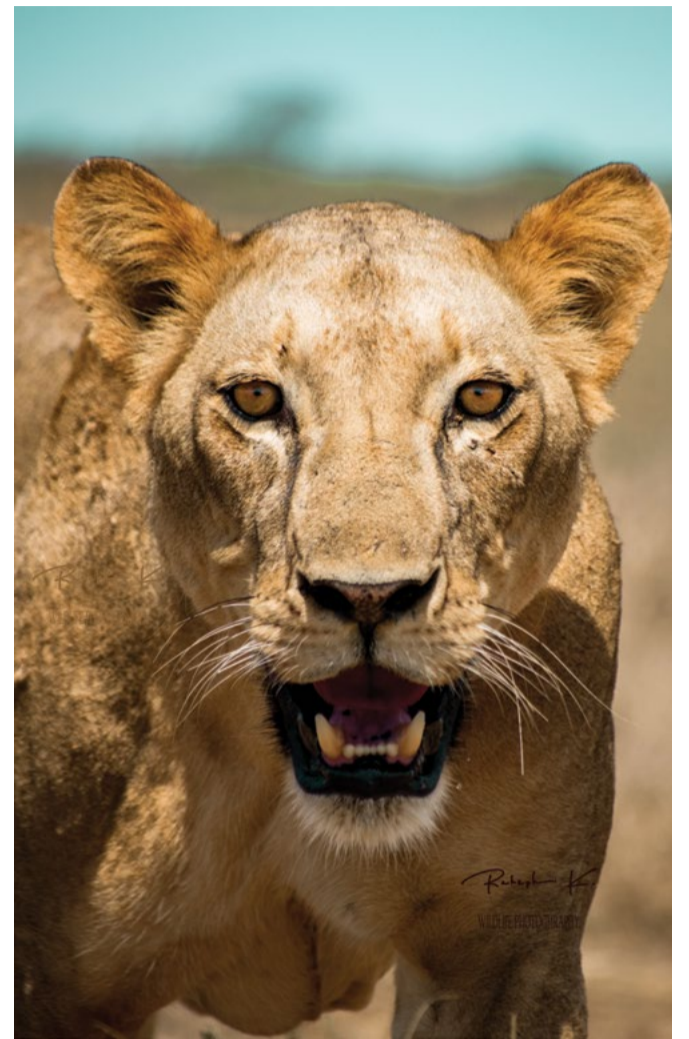
Lastly, we support the Go Green initiative by our government by promoting eco-friendly, emission free, noiseless vehicles on our roads.

WILDLIFE



WILDLIFE PHOTO

Photo by Rakesh K



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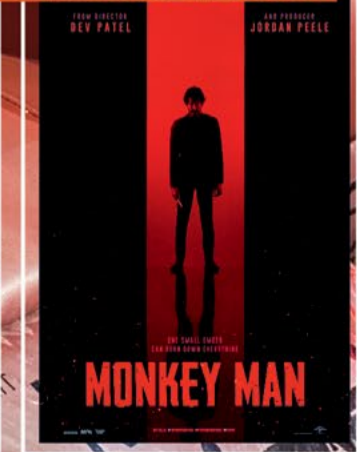


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Make that Sale; In Anything & Everything!



By Mr. Rishi Arun Parikh

The World over; We currently face hard economic conditions just like in Kenya! Certainly! In tough economic times, the art of selling anything and everything becomes even more crucial and tactical. Adapting, improvising and understanding are the key issues to synchronize with to achieve the basic sale and breakeven threshold of a business:

1. Understanding Customer Needs:

- Listen actively to your customers. Understand their challenges and priorities in the current economic climate. Tailor your product or service pitch to address specific pain points they are facing.

2. Provide Value:

- Emphasize the value your product or service brings. Highlight cost-saving benefits or long-term advantages. Offer solutions that help customers cut costs or improve efficiency. Always give more than what is paid for!

3. Build Relationships:

- Focus on building long-term relationships rather than just making a sale. Trust is crucial, especially during



tough times. Stay in touch with customers, show empathy, and be responsive to their changing needs. Follow up after sales for feedback and improvement the next time.

4. Adapt and Innovate:

- Be flexible and adaptable. If necessary, modify your offerings to align with changing market demands. Innovate in your sales approach, exploring new strategies and technologies that can set you apart. Give add in's (freebie's) - if affordable and financially palatable.

5. Demonstrate ROI (Return on Investment):

- Clearly communicate how your product or service will deliver a positive return on investment.
- Provide evidence, such as case studies or testimonials, showcasing successful outcomes.

6. Offer Flexible Payment Options:

- Recognize the financial constraints your customers

may be facing. Provide flexible payment plans or discounts to ease their burden.

7. Highlight Stability and Reliability:

- Emphasize your company's stability, reliability, and track record. Instill confidence in your customers that you are a trustworthy partner.

8. Educate and Inform:

- Share valuable insights and information relevant to your industry. Position yourself as an expert who can help customers navigate challenging times. A simple social chat may also improve future sales.

9. Optimize Digital Presence:

- Leverage online platforms for marketing and sales. Enhance your digital presence through social media, email campaigns, and a user-friendly website. Use SEO; Paid Ads, Hashtags, etc.

10. Customer Support:

- Provide exceptional customer support. A responsive

and helpful approach during tough times can strengthen customer loyalty. After sales is paramount; don't just sell, get feedback and customer response on experience. Word of Mouth spreads faster than Social Media Marketing! Remember, the key is to be empathetic, adaptable, and focused on delivering real value to your customers. Building strong relationships and maintaining a customer-centric mindset will contribute to successful selling, even in challenging economic conditions. Kenyans are very resilient and adapting. We have a multitude of parameters to maneuver with - Crafty Competition, Dual Taxation, Dynamic Overheads, Business Protection, Irregular Products Supply, Bad Debts, Theft, Staff Sabotage, Cheap Imports, Lack of Growth, Business Fatigue, Continuous Increase of Costs, New Technologies, Slow Adaptation to Changing Trends...

Madafu Newspaper Editor

PHOTO STORY

Start Early and Correctly



The Regreening Africa Project, implemented by Child Fund and Dow, today organized a practical training session at Mukuru Primary School. The focus was on setting up a Kitchen Farm in collaboration with the school's environment club. This initiative aims to empower communities with sustainable agricultural practices while promoting environmental stewardship. The training equipped students and educators with the skills and knowledge needed to cultivate a thriving kitchen garden, fostering self-sufficiency and environmental consciousness among the students. Through partnerships like these, Regreening Africa will significant make strides in promoting food security and environmental resilience across the continent.



Thank you all for joining us to celebrate International Day of Forests! We're grateful for the diverse groups that have come together to honor and protect our precious forests. Together, we can make a positive impact on the future of our planet. Let's continue to work together for the well-being of our forests and our world.

PHOTO STORY



Travellers Beach Hotel sales and marketing manager carolynne Kurumei presents a claue of ksh 50000/ to Daniel Muasya Musembi for being the top student in kwale county during the last KCSe looking on is his mother Eunice masila [second left] chief principal kwale high school Michael Mutua [second right] and Michael wanjohi travellers beach hotel assistant food and beverage manger



Ushiriki Wema parton Tessie Musalia and her friends pause for a photo with Upperhill Secondary School Muslim students after joining them for Iftar in school on 24th March 2024. She had an opportunity to interact with the students.

HEALTH

Men's mental health struggles in Kenya amidst hegemonic masculinity

Mental health is a critical aspect of overall well-being, affecting individuals irrespective of gender. However, societal expectations often play a significant role in shaping how men express and navigate their mental health.

In the vibrant tapestry of Kenya, the nuanced challenges surrounding men's mental health have come to a forefront, shedding light on the impact of hegemonic masculinity on their well-being. As social expectations continue to shape traditional gender norms, a growing concern arises about the toll it takes on the mental health of Kenyan men.

Hegemonic masculinity, a sociological concept emphasizing dominant male traits, has long influenced the expectations placed on men by the society. This concept prescribes dominant traits to men like strength, stoicism and emotional resilience, discouraging emotional vulnerability. In Kenya, where patriarchal values run deep, these expectations can create a stifling environment for men to express their feelings or seek help when facing mental health challenges.

In many Kenyan

communities, the pressure to conform to traditional masculine ideals can lead to a reluctance to acknowledge and address mental health issues. The stigma surrounding vulnerability and the perception that seeking help is a sign of weakness contributes to a culture of silence that exacerbates the struggles face by many men. The fear to be perceived as weak or unmanly causes many men to downplay their emotional struggles and leads to under reporting of their emotional grievances.

The lack of open conversations about mental health compounds the issue. Even on social media where most people are brave due to being behind a screen, men still can't converse freely for fear of being judged by other men or the women. 'Acha umama' (stop acting like a woman) those words are thrown at those who show any signs of being 'feminine'. Even as a child the male is always reminded about his expected role as a man. Crying for a male child always brings about words of teasing thrown towards him. 'Acha kulia baba mwanaume halii kulia achia wanawake huoni aibu' (stop crying men shouldn't cry you should leave that for the women have you no



shame). This is followed by the surrounding adults laughing at the child and teasing him for his effeminate behavior. This gets even worse if there are female children around and the male is told that women won't like him and will never agree to marry him if he cries.

The child grows up thinking that as a man he should not show his emotions if he wants to be perceived as a man in front of others. After a while the burden of life and the expectations to always show strength leaves the man grappling with stress, anxiety and depression in solitude. As this gets worse the man may look into different ways to try

and mask the emotions he is burdened with. Most end up abusing drugs like alcohol or cannabis, while some end up with depression which eventually may even lead to suicide.

Even after the suicide, society may end up spewing words of hate about his mental stability with some commenting that he was a weak man. That's why they took their life. This makes other men who are also suffering the same to retract their feelings even more into themselves.

However in recent years, efforts are underway to challenge these norms and foster a more inclusive dialogue

around mental health. It is crucial for society to recognize that addressing men's mental health involves challenging deeply ingrained stereotypes and fostering an environment where vulnerability is embraced rather than shamed.

Community-based initiatives and NGOs are working to break down the barriers that prevent men from seeking help. Counselling services tailored to address the unique challenges faced by men are being introduced. Proper mental education channels are being indoctrinated to the society especially to the men so as they can give up listening to every Tom, Dick and Harry

on the internet babbling about 'ideal men' which most of the time are just reinforcing hegemonic masculinity traits. Podcasts about 'alpha and beta males' and 'high value and low value men' which just bolster the already hefty expectations placed on men.

Government involvement is crucial in addressing this issue comprehensively. Policies that promote mental health awareness, education and accessibility to support services can contribute to dismantling stereotypes that hinder progress in that area. Public figures and influencers ought to also play a pivotal role by sharing and advocating for mental health acceptance.

As Kenya navigates the intersection of tradition and modernity, it is imperative to recognize the importance of dismantling harmful stereotypes around masculinity in order to create a healthier environment for men to thrive in both mentally and emotionally. By fostering a culture that encourages open conversations and embraces the diversity of emotional diversity instead of conforming to a rigid and stoic emotional stance, Kenya can pave way for a more inclusive and supportive society.

PREPARED BY: MS JAMILA SAID (MRA ORGANIZATION)

Influenza: a widespread threat with lethal potential

Influenza, commonly known as the flu, caused by influenza viruses, is a widespread acute respiratory infection affecting people worldwide. While many recover without treatment, it's still a significant concern, as highlighted by WHO. It spreads easily through coughing and sneezing, and recognizable symptoms include, sudden onset of fever, cough, sore throat, body aches, and fatigue.

Influenza virus comes in four types: A, B, C, and D. Types A and B are responsible for the seasonal epidemics commonly experienced.

Influenza A viruses are categorized into subtypes based on the combination of their surface proteins. Currently circulating in humans are subtypes A(H1N1) and A(H3N2). The A(H1N1) strain, also known as A(H1N1)pdm09, caused the

2009 pandemic, replacing the earlier A(H1N1) virus. Notably, pandemics have been linked mainly to influenza type A viruses.

- Influenza B viruses are not split into subtypes but fall into lineages - B/Yamagata and B/Victoria.

- Influenza C viruses appear less frequently and typically lead to mild infections, posing a lower public health threat.

- Influenza D viruses mainly affect cattle and do not infect or cause illness in humans.

How the Flu Spreads

It spreads through direct and/or indirect contact with an infected person. The common ways of transmission include:

1. Close Contact: Being near someone with the flu who coughs, sneezes, or talks can expose one to these droplets. They might land on the hands or be inhaled if in proximity.

2. Contaminated Surfaces: Surfaces like desks, doorknobs, phones, or computers can hold the virus if contaminated by these droplets. Touching these surfaces and then the face can transmit the virus.

3. Personal Contact: Direct contact with an infected person's hands or face, followed by touching one's own face, can transfer the virus.

Who's Vulnerable to the Flu?

Certain individuals are at a heightened risk of severe illness from the flu, which can potentially be life-threatening and necessitate hospitalization. These include:

1. Respiratory Conditions: Such as asthma, chronic obstructive pulmonary disease (COPD), or other chronic lung diseases.
2. Underlying Health Issues: Individuals with chronic



kidney, liver, heart, diabetes, or neurological diseases.

3. Conditions Affecting Muscle Function or Airways: Which hinder coughing, swallowing, or fluid clearance from the airways.

4. Weakened Immune Systems: Including individuals with HIV/AIDS, cancer, or those taking immunosuppressive medications.

5. Blood Disorders: Such as sickle cell disease.

6. BMI Below 40: Obesity can elevate the risk of severe flu complications.

7. Age Factor: Particularly those under 5 years old or over 65 years old.

8. Aspirin Use: Individuals under 19 years old who regularly take aspirin.

9. Residence in Long-Term Care Facilities: Where the risk of exposure and transmission is higher.

Avoiding the Flu: Prevention

Vaccination is the most effective means to prevent influenza, with safe and proven vaccines in use for over 60 years. However, immunity from vaccination reduces over time, requiring annual vaccination for sustained protection against influenza. While the vaccine might be less effective in older individuals, it reduces the severity of illness, minimizing the chances of complications and death. This is important for those at a higher risk of flu-related complications.

Annual vaccination is

recommended for:

- Children aged 6 months to 5 years
- Individuals over the age of 65
- People with chronic medical conditions (as advised by their healthcare provider)
- Healthcare workers
- Pregnant women (following recommendations from their gynecologists)

In addition to vaccination, other preventive measures can reduce the risk of contracting and spreading influenza:

- Consistently washing and drying hands.
- Covering mouth and nose when coughing or sneezing, and properly disposing of used tissues.
- Avoiding contact with others when feeling unwell.
- Reducing close contact with individuals known to have the flu virus.
- Refraining from touching eyes, nose, or mouth with unwashed hands.

Old age, arthritis and the connection



By Arifa Turabali
MKPA, HSM, MPH

What is Arthritis?

As we grow older, we often become more aware of the prevalent health conditions linked to aging. Among these, arthritis stands out as a chronic ailment affecting many older adults. Arthritis manifests as the inflammation and tenderness of one or multiple joints, with primary symptoms being joint pain and stiffness. These symptoms typically exacerbate with age.

Arthritis represents the body's natural response to disease or injury and is highly prevalent, particularly in the elderly population. However, the good news is that it can be effectively managed with proper care and treatment.

What are the Types of Arthritis

Arthritis encompasses a broad spectrum of conditions, with over 100 different types identified. Among them, osteoarthritis

and rheumatoid arthritis are the most common types.

Osteoarthritis, the most common form, exhibits a higher incidence in women compared to men. This is a degenerative condition that leads to the breakdown of cartilage—the tough, smooth tissue covering the ends of bones at the joints. Most patients who have arthritis have osteoarthritis.

Rheumatoid arthritis, on the other hand, is an autoimmune disorder where the body's immune system targets the joints, initially attacking the joint lining, causing inflammation in the lining of the joints and/or other internal organs.

Gout is characterized by the formation of uric acid crystals due to elevated levels of uric acid in the blood. Additionally, infections or underlying diseases such as psoriasis or lupus can trigger various other forms of arthritis.

How is Arthritis Diagnosed

The diagnostic process often begins with a primary care physician conducting a thorough physical examination. When necessary, blood tests and imaging scans are done to pinpoint the underlying issue.

Each type of arthritis may manifest with distinct symptoms. While some types solely affect the joints without

Reasons of Arthritis

- heredity
- infectious agents
- stress
- age
- great physical activity
- obesity

external symptoms, others may induce fatigue, fever, or a rash. Joint inflammation, characterized by swelling and stiffness, is a common feature across most types of arthritis.

Rheumatologists typically oversee the treatment of inflammatory arthritis,

gout, and complex cases. In instances of advanced arthritis, joint surgery may be performed by an orthopedic surgeon. It's important to note that while rheumatoid arthritis and osteoarthritis share similar symptoms, they are distinct conditions

with differing causes and treatment approaches.

When complications arise, seeking guidance from a primary care physician or a specialist is prudent.

Four Tips to Help Reduce Risk of Arthritis.

To reduce the risk of developing arthritis, follow these steps:

1. Maintain a healthy weight: Extra weight strains joints, increasing arthritis risk.
2. Eat a balanced diet: Foods rich in calcium and vitamin D, like seafood, fortified milk, and yogurt, strengthen bones and muscles.
3. Stay active: Regular exercise builds strong muscles, protecting and supporting joints.
4. Avoid injuries: Use proper safety equipment during sports and learn correct exercise techniques to prevent joint damage.

When To See Your Physician

If you suspect you're at risk for arthritis, consult your primary care physician. Ignoring arthritis pain can lead to further complications:

- Reduced activity: Ignored joint pain worsens over time, limiting your ability to carry out daily tasks like walking, bathing, or cooking.
- Increased risk of falls: Joint pain impairs mobility and balance, raising the likelihood of falls. Studies show a significant increase in fall risk with each affected joint.
- Higher fracture risk: Pain-induced mobility issues increase the chances of falls, consequently raising the risk of fractures, particularly in older individuals.

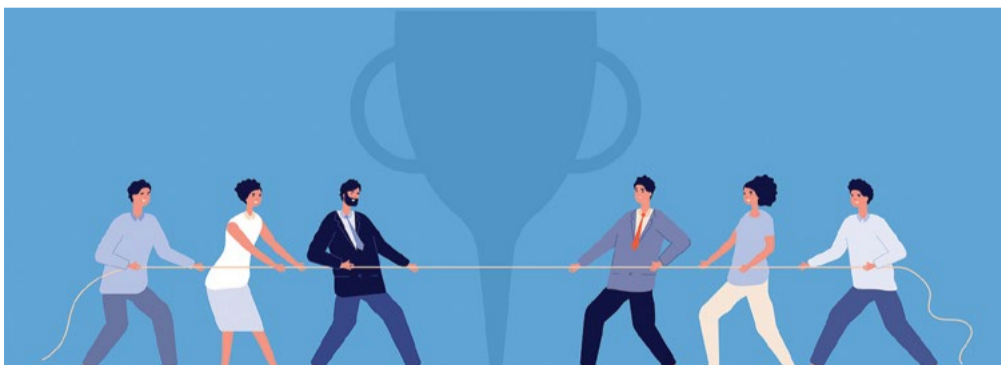
Shubh Mantra: Embracing Healthy Competition: Igniting Excellence Within

By: Shubhrika

In the bustling halls of a high school, two friends, Alex and Maya, shared a passion for mathematics. Both excelled in their studies, constantly pushing each other to new heights. However, as the annual math competition approached, tension simmered between them. What was once a friendly rivalry now seemed fraught with animosity.

On the day of the competition, Maya's heart sank as she watched Alex confidently breeze through the problems. Doubt crept into her mind, overshadowing her abilities. But just as she was about to give in to despair, Maya remembered the true essence of healthy competition. It wasn't about beating Alex; it was about pushing herself to be the best she could be.

With renewed



determination, Maya tackled each problem with vigor, drawing inspiration from Alex's performance rather than feeling threatened by it. As the competition drew to a close, both Alex and Maya awaited the results with bated breath. When the scores were announced, Maya's name was called as the winner. But instead of feeling triumphant, she felt grateful for the journey they had shared.

In that moment, Alex embraced Maya with genuine

joy, celebrating her victory as if it were his own. Their friendship had not only survived the competition but had grown stronger because of it. They realized that healthy competition had not driven them apart but had brought them closer together, pushing each other towards excellence while fostering a spirit of camaraderie and mutual support.

As they walked out of the competition hall, Maya and Alex knew that their journey

was far from over. They had discovered the true power of healthy competition – not as a rivalry to be feared but as a catalyst for growth and friendship. Together, they would continue to strive for greatness, knowing that their greatest competition was not each other, but the person they were yesterday.

In the realm of personal growth and achievement, competition often plays a pivotal role. However, the notion of competition is often

misconstrued, with negative connotations overshadowing its potential for fostering growth and excellence. Yet, when approached with the right mindset, competition can become a powerful catalyst for self-improvement and innovation.

At its core, healthy competition is not about tearing others down but rather about elevating oneself. It's about channeling one's energy and focus towards self-improvement, using the achievements of others as benchmarks for personal growth. By embracing healthy competition, individuals can push themselves beyond their perceived limits, striving to reach new heights of excellence in their endeavors.

Moreover, healthy competition fosters a culture of collaboration and camaraderie rather than hostility and envy. When individuals engage

in healthy competition, they inspire and motivate each other to excel. Each success becomes a source of celebration and admiration, fueling a positive cycle of growth and achievement within the community.

Ultimately, healthy competition is not just about winning or being the best; it's about the journey of self-discovery and continuous improvement. It's about challenging oneself to overcome obstacles, refine skills, and unlock untapped potential.

In this way, competition becomes a transformative force, propelling individuals towards greatness and shaping them into the best versions of themselves.

So, let us embrace healthy competition not as a threat but as a powerful ally in our quest for personal and collective excellence.

SPORTS

MARCH, 2024

Premier League title race: Will Arsenal, Liverpool or Manchester City win?



Pep Guardiola says Premier League leaders Liverpool are favourites for the title after his Manchester City side drew with second-placed Arsenal on Sunday.

Liverpool hold a two-point lead over the Gunners after beating Brighton at Anfield, with City a further point back in third.

"Always who is first is favourite," said Guardiola when asked if Liverpool were "clear favourites" to win the league.

"The second favourite is Arsenal and we are third. It's not in our hands."

Guardiola's City, who host fourth-placed Aston Villa on Wednesday, are aiming for a record fourth title in a row and second successive Treble.

"Always when we were top of the league, we were favourites," he added. "It was in our hands. Now it's not. It's simple."

Liverpool new title favourites - prediction models agree

The prediction models - compiled by Opta and data experts Nielsen's Gracenote - both give Liverpool a 48% chance of winning their second Premier League title, now making them favourites.

It is the first time this season Opta have a team other than Manchester City down as favourites according to their 10,000 'supercomputer' simulations.

It is the fourth time during the campaign Liverpool have been favourites according to Nielsen's Gracenote.

"The Reds were previously favourites for two weeks in December, the first two weeks of January and also in the last week of January and the first week of February," said Nielsen's Gracenote head of analysis Simon Gleave.

"Liverpool have yet to remain favourites for more than a fortnight."

Sunday's draw at Etihad Stadium meant Arsenal failed to win a Premier League game for the first time in 2024, but Mikel Arteta was satisfied with a point against a team he calls

the "best in the world, by far".

"They have the best manager in the world by far," Arteta added. "To catch up and try to be better than them is the challenge ahead of us."

"You want to win the game. You prepare to win it. If you cannot win it, make sure you draw it. We did that."

Guardiola's City side are in typically formidable post-Christmas form as they aim for an English top-flight record of four consecutive titles. They have 10 wins from 14 league games since a 1-0 defeat by Aston Villa in early December.

As for Liverpool, the 3-1 loss at Arsenal on 4 February remains their only league defeat in 10 games so far in 2024.

Jurgen Klopp's team still have a trip to Goodison Park for the Merseyside derby coming up in a busy schedule.

"We just have to win our games and see where we end up," said Klopp.

When were the other closest three-way title races?

There have been a handful

of three-way Premier League title races where the teams have been separated by just two points towards the end of a 38-game season.

2013-14: By as late as 6 May 2014, only two points separated Liverpool, Man City and Chelsea, but City won their game in hand to leapfrog a stumbling Liverpool - characterised by Steven Gerrard's famous slip against Chelsea and Crystal Palace's comeback - to snatch the title.

2001-02: On 23 April 2002, Arsenal led Liverpool by a point with Manchester United a further point back.

But Arsenal had a game in hand and were part-way through a run of 11 consecutive wins and sealed the title by beating United at Old Trafford.

1995-96: In mid-March, with eight games left, Manchester United were level on 61 points with Newcastle, and Liverpool were on 59 points in third.

Despite having played two games more, Sir Alex Ferguson's side saw off the challenge of Kevin Keegan's Magpies.

Shanzu sports festival 2024



Soft drinks given to teams during the schools festival courtesy of Mombasa Cement Limited (MCL) at Shanzu DTTC.

New Zealand's most-capped player to retire



The lock, who played 153 times for the All Blacks, retired from international rugby after defeat by South Africa in last autumn's World Cup final.

The 35-year-old won back-to-back World Cups in 2011 and 2015 and moved to Top 14 side Pau last year.

Stephan Jaeger wins first PGA Tour title as Scottie Scheffler misses out



Stephan Jaeger's (left) victory was confirmed when Scottie Scheffler missed a birdie chance at the 18th

Govt to restore the glory of football in Kenya, President Ruto says

The government is implementing several interventions to restore the glory of football in Kenya, President William Ruto has said.

He said the Ministry of Sports is spearheading renovation of stadia across the country and sponsoring young and talented Kenyans for local and international championships.

Moi International Sports Centre Kasarani is under renovation, while a new stadium is being built at Jamhuri Grounds at a cost of KSh30 billion.

President Ruto also recognised efforts by local clubs, including AFC Leopards, Gor Mahia, Shabana, Posta, Tusker and Bandari FC, for their contribution in the development of soccer.

The President made the remarks at the Nyayo National Stadium on Sunday during

a match to celebrate former Premier League champions AFC Leopards 60th birthday.

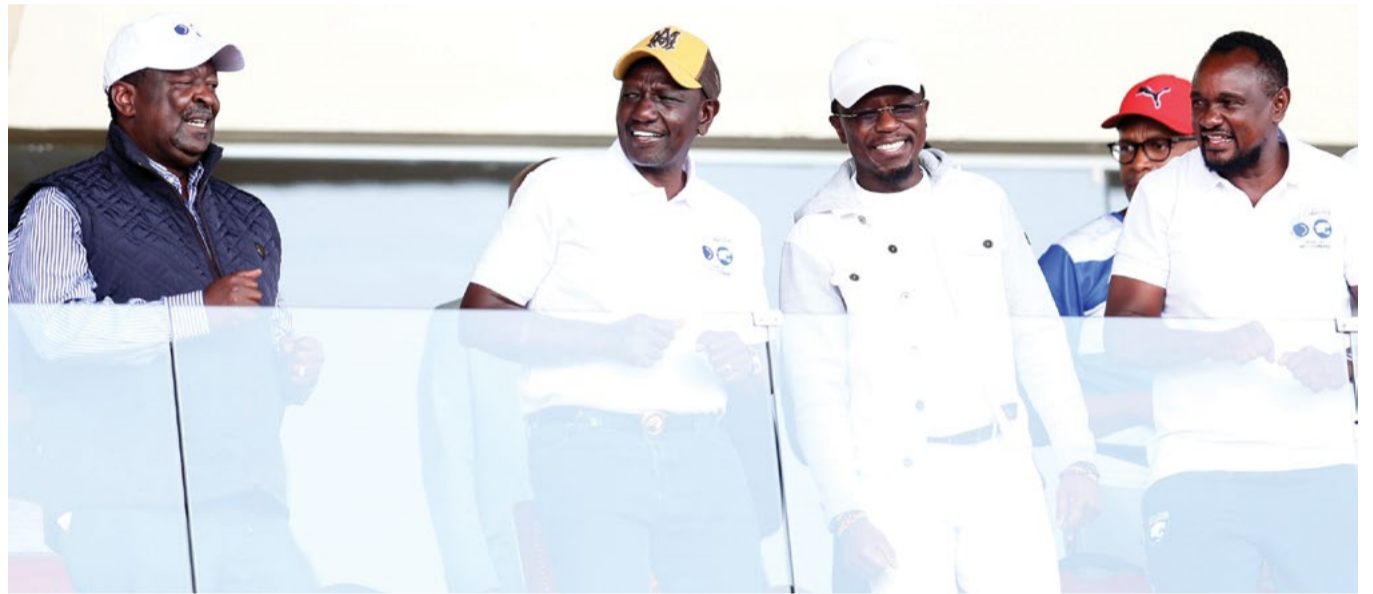
"We have all come to support our own AFC Leopards and to say congratulations on your 60th anniversary," the President said.

During the event, KSh16 million was raised, with President Ruto donating KSh10 million.

Prime Cabinet Secretary Musalia Mudavadi, Sports Cabinet Secretary Ababu Namwamba and Nairobi Governor Johnson Sakaja donated KSh2 million each.

Governors Ken Lusaka (Bungoma) and Simba Arati (Kisii) gave KSh1 million each, while Westlands MP Tim Wanyonyi and Nairobi Senator Edwin Sifuna gave KSh500,000 and KSh250,000 respectively.

As part of the celebrations, AFC Leopards played against Spanish side Ramasa FC and won 4-3 in a hotly contested



derby.

At half-time, Ramasa FC was leading 1-0. However, AFC Leopards, popularly known as Ingwe, returned to the pitch

with its claws wide open. Consequently, James Situma, Charles Okwemba, Michael Khamati and Deverel Museve scored one goal each in the

second half.


Team officials and supporters are using the 60th anniversary, that began on Friday, to upgrade AFC Leopards from a

community club to corporate status in an effort to make it financially afloat.

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WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	ART EVENTS & EXHIBS
Mondays The New Cheers Bamburi Live Band Music	Wednesdays The New Cheers Bamburi Live Band Music	Fridays Safari Inn Shanzu Serena Rd Live Band Evening with Jambo Africa Band	Sundays The New Cheers Bamburi Live Band Music	02 03 to 10 04 Peponi Hotel Lamu Art Exhibition Familiar faces by Joseph Cartoon
Tuesdays Safari Inn Shanzu Serena Rd Live Band Evening with Maranda & Band	Thursdays Club Mios Bamburi Ambro La Musica Live	The New Cheers Bamburi Live Band Music	New Yomoke Hotel Near Miritini Estate Rhumba Night with Banamitie Musica Band	FESTIVAL Saturday 24 03 Multiple Venues Uganda Consulate Mombasa In Partnership With Kenyan Coast Tourism Stakeholders Present Uganda Festiva
Toscana Restaurant And Lounge Pirates Beach Live Band Tuesdays with Mombasa Roots Band DJ Freaky	New Yomoke Hotel Near Miritini Estate Rhumba Night with Banamitie Musica Band	The Club Cocobongo Live Band Fridayd with with Faces Of Africa Band	JJC Bar And Restaurant Gede Superstar Sundays with Tamu Music Band	SHOWCASE / LIVE ACTS Saturday 06 04 Alliance Francaise De Mombasa Sukuma Wikli with Matt Ngesa Partraw Manasseh Shalom
Tapas Cielo Nyali Live Band Tuesdays with The Coral Groove Band	Mabeshte Sports Bar Malindi Live Band Thursdays with Sumillani Band	Chillspot Bar & Restaurant Likoni Rhumba Night Live with Banamitie Musica	Kusini Tavern Kilifi Saturday Finesse with DJ Bentiq	wh@t's on mombasa
www.whats-on-mombasa.com	The New Cheers Bamburi Live Band Music	Apollo Club Changamwe Ohangla Fridays - Achieng Nyarongo Performing Live	Apollo Club Changamwe Ohangla Saturdays with Mtu Saba (Afrobeat Band)	
	The New Big Tree Bamburi Beach Live Band On A Thursday with Octave Band	Saturdays The New Cheers Bamburi Live Band Music	The New Big Tree Bamburi Beach La Festa Sunday with Mombasa Roots Band DJ Ronyle MC Chapatizo DJ Prince Amar	
	Kusini Tavern Kilifi The Muziki Band	Apollo Club Changamwe MTU7 Saba & Sevens Afrobeat Band		

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SHOWCASE / LIVE EVENTS	FAIRS & EXPOS	COMEDY	ART EVENTS / EBHIBS	MOTORSPORTS
Sunday 07 04 Levilla Gradens Kikuyu The RNB Soiree with The Master Flexx Rae	17 to 19 04 Sarit Expo Centre MEDEXPO Africa 2024	Friday 12 04 Braeburn Theatre Gitonga Road Because You Said So: Rich Aunty/Uncle Vibes	16 03 to 11 05 The African Arts Trust Victoria Square Onyis Martin: In The Beginnin	Saturday 20 04 Kasarani Sports Stadium RX-Fest Amapiano Edition
Saturday 13 04 Waterfront Ngong Race Course The Kaya with Zakez Bantwini	19 to 22 04 KICC Grounds 35th Kenya Homes Expo	Saturday 13 04 KICC Grounds Somali Comedy Night with Nasra	23 03 to 14 04 Tribal Gallery Loresho Ridge Coster Ojwang: Tracing The Lines	CONCERT Sunday 14 04 KICC Kitalu Mega Concert
Saturday 13 04 Pixxel Yard Ngong Rd The Jig Gig with Labdi Midleast Gatthoni Random Guy	25 & 26 04 Sarit Expo Centre East AfrikaTEMS Africa ICT Expo and Conference	THEATRE Friday 12 04 Kenya National Theatre Ukumbi Mdogo I Know Why The Caged Lion Sings - A Play By Mavin Kibicho	06 03 to 31 05 Sarit Expo Center Loita Hall Drone Tech and Data Expo 2024	SPORTS Saturday 20 04 Nairobi Polo Club Ngong Racecourse The Corporate Challenge / Aside Football & / Aside Rugby
Saturday 13 04 National Museum of Kenya Louis Leakey Auditorium Mohammed Abdullah Hassan Hologram Show	FESTIVAL Saturday 20 04 Carnivore Grounds Nairobi Colour Festival	12 13th 04 Kenya National Theatre Ukumbi Mdogo Loose Ends - An Adaption of David Harrower's Blackbids - A Play By Mavin Kibicho	23 03 to 21 04 One Off Contemporary Art Gallery Paper Safari - Drawings	DANCE CONTEST Saturday 27 04 Prideinn Westlands Daddy Daughter Dance
Saturday 20 04 Korr Stables Light Shift	DANCE FESTIVAL 26 & 27 04 Spectrum Fashions Koinange St Pre-Akoma Weekend East Afrika		 www.whats-on-nairobi.com	

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